



Quakertown Chapter

servicing Upper Bucks and Montgomery Counties

The Compassionate Friends National Office
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www.compassionatefriends.org

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September 2013

The Compassionate Friends

Quakertown Chapter

PO Box 1013

Quakertown PA 18951

Chapter Info line: 215-536-0173

Chapter email:

tcfquakertownchapter@verizon.net

website: www.tcfquakertownpa.org



Quakertown Chapter Founders -Eileen & the late Tim Bolish

Facebook page: Quakertown PA Compassionate Friends

A self-help organization offering friendship, love, and understanding to bereaved parents, siblings, and their families.

WE TALK, WE LISTEN, WE SHARE, WE CARE, WE UNDERSTAND

We extend a special warm welcome to you, the newcomers. We are sorry for the reason you have received our newsletter. We know that it takes courage to attend your first TCF meeting, and it may take three or more meetings for you to feel the benefit of group sharing. We will not offer a "quick fix" or hurry you along in your grief, but we can offer you much needed support, and provide an opportunity for you to meet new friends who are traveling the same path.

SUPPORT GROUP MEETING INFORMATION - Our next support group meeting will be held on **Tuesday, September 10, 2013 7:30 PM-9 PM** at **the St Lukes Quakertown Hospital, 1021 Park Ave., Quakertown, PA in Taylor conference rooms A & B.**

BRING A PHOTO OF YOUR CHILD/SIBLING FOR THE REMEMBRANCE TABLE. Bring memoirs / photos of your child/sibling for the birthday table when its their birthday. Tell us about your memories of your loved one...we'll listen, cry and hug with open arms.

2013 Quakertown Chapter Steering Committee

Chapter Leader

Darlene Dusza

215-536-0173

nanadusza@verizon.net

Treasurer

MaryAnn Kulp

Secretary

Crystal Hunter

Assistant Secretary

MaryAnne Macko

Newsletter Editor / Community Outreach

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Sellersville PA 18960

215-536-0173

tcfquakertownchapter@verizon.net

Remembrance and thank you cards

Gail Ketterer Crystal Hunter

Kelly Ferdock MaryAnn Kulp

Nancy Eisenhart Jennifer Emberger

Hospitality Committee

Carol Graham

Mary Anne Macko

Committee Members

Linda Stauffer Bonnie Maurizio

Barbara Reboratti Nancy Eisenhart

Karen Lavery Linda Ervins

Chapter Librarian

Donna Hesse

Theresa Sitko

Email - Telephone Friends

Barb Reboratti - daughter, Allison

death-- result of crime

victim.advocate@verizon.net

215-538-0941

Darlene Dusza - daughter, Michelle

death-- result of auto accident

nanadusza@verizon.net

215-536-0173

Jennifer Emberger sibling, Jason

death -- suicide

dance140@hotmail.com

215-828-3810

Crystal Hunter-sibling, Justin

death - medical condition

crvs.hunter@gmail.com

614-746-8076 (sibling contact person)

Melissa Fisher- sibling, Jon

death-- result of medical condition/care

melissa2539@gmail.com

215-880-4148

Donna Hesse - daughter, Kisha

death -- result of auto accident

dmhesse150@yahoo.com

Anne and Craig Landis - son, Marc

death - result of suicide

215-536-5143

Collection of Redners Save-A-Tape program

Mail your register save-a-tape slips to our PO box to help our chapter. You may black any debit / credit card numbers, but do not black out the dollar amounts. Remember to use your Pump Perks card for the save-a-tape program. **Send complete sales receipt.**

PRINTER INK CARTRIDGES

STOP don't throw them away... Save your empty ink cartridges and give to our chapter for recycling. We earn rewards for recycling them and can purchase paper and other items to help cut the costs of printing the newsletters, programs for events etc... Bring to a meeting or an event in a plastic bag and give to Darlene or a member on our steering committee.

Other TCF support group meetings and children support groups etc:

Lehigh Valley Group meets the 2nd Monday of each month on the 2nd floor of Sacred Heart Hospital on Chew St. at 4th St. in Allentown PA at 7 PM Contact: 610-462-1892

Peace Valley Group meets the 3rd Wednesday of each month at Lenape Valley Presbyterian Church at Rt. 202 and Ute Rd, New Britain PA at 7:30 PM; Contact Bill or Linda Hendrix 215-822-1343

Ryan's Tree for Grieving Children, Inc. located in Lehigh Valley, PA, Support for children ages 5-18 who are grieving the loss of a family member or friend. - Is currently not offering services contact St. Luke's Hospice at 610-997-7120 or Krista.Malone@sluhn.org.

Stepping Stones for children ages 4 -12 years old, has a program for children who are grieving a sibling, parent, etc... Held at: Camelot for Children, 2354 W. Emmaus Ave, Allentown PA 18103 call: 610-969-0330 for more information

Greenshore Arts Consortium Grief and Empowerment Workshops - located in Quakertown - contact: Hillery Woods Siatkowski, NCTMB at 206-552-4229 or email message@moondogyoga.com for dates and more information

www.kidsaid.com - is a FREE online resource and is a safe place for kids and teens to help each other deal with grief and loss. There are options of email support groups, sharing artwork, poetry, and stories, and a place for parents and kids to ask questions and get answers.

Kids-to-kids is an email support group for kids ages 12 and under

K2K-teens is an email support group for teens ages 13- 18.

THANK YOU

Thank you to Linda Ervin and Jennifer Emberger, for providing our August refreshments. They do this in remembrance of their children / siblings. Linda (Crystal), Jennifer (Jason)

If you would like to provide refreshments in remembrance of your loved one at a meeting please contact Carol Graham at 215-538-3651. You may also sponsor refreshments for a meeting for a fee of \$30 or more depending on what you would like and the hospital's catering service will set up and provide the drinks and refreshments for the evening.

A special thank you to Mary Ann Kulp, Kelly Ferdock, Gail Ketterer, Nancy Eisenhart, Crystal Hunter and Jennifer Emberger for the Remembrance and Thank you cards that you receive. They do this in remembrance of their children/ siblings, son, Tony (MaryAnn), son, Steven (Gail), son, Cole (Kelly), daughter, Kelly (Nancy), brother, Justin (Crystal) and brother, Jason (Jennifer). An appreciated Thank You to our members for helping to set up and tear down for our meetings, they do this in remembrance of their children and siblings. A special thank you to St. Luke's Hospital for providing us with our meeting rooms each month.

Thank you to, Betty and Charlie Hottenstein, for taking on the monthly task of assembling our monthly newsletters for mailing, they do this in remembrance of their daughter, Tracy Hottenstein.

Thank you for your Love Gifts and Support

We the parents and families of the Quakertown Chapter of Compassionate Friends would like to send a special Thank You to the following donors. Without their generosity in giving to a good cause we would not be able to continue reaching out to newly bereaved parents and families with our Outreach packet and newsletters.

Linda Ervin, In Loving Memory of her daughter, Crystal D (Ervin) Cordero, June 10 - August 26

We miss and love you so much. Love Always & Forever, Mom and Dad

Jennifer Pini-Emberger, In Loving Memory of her brother, Jason Pini, January 13 - August 12

Forever in our heart....

Joyce Mann & Kurt Pfitzer, In Loving Memory of their son, Adrian Paul Pfitzer, June 9 - May 15

You are our beloved, forever!

Craig & Anne Landis, In Loving Memory of their son, Marc D Landis, January 4 - November 19



Self-help Program

The Compassionate Friends, Inc. is a mutual assistance, self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

To Our New Members

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain!. Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work.

To our Members who are further down the "GRIEF ROAD"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK -- what would it have been like for you at your first meeting if there had not been any TCF "veterans" to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

Information Regarding Our Meetings

PLEASE don't stay away from a meeting because the topic scheduled does not interest you. We are here to discuss whatever is on your mind, we don't stay on the topic only. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group but it is not a requirement. Coming to listen to the others is Okay too. Remember also that our meeting is open to adult siblings, grandparents, or adult family members such as aunts or uncles.

Support Group Meetings

We are so sorry for the cause that brings us together. It takes courage to attend a Compassionate Friends support group meeting. We understand how it feels to walk into a room of strangers and share personal feelings, especially when you are in so much pain. At your first meeting, we hope you find care, support, understanding and a group of friends to share with. Truly, there are no strangers among compassionate friends.

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4 meetings of attendance to determine if they are for you. It may take a few meetings before you are able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

Your Friends at TCF Quakertown Chapter

Heaven's Recipes

This is open to everyone - PLEASE send in recipes

We would like to compile a cookbook of our children's and siblings favorite foods to share with our parents and families. If you would like to contribute a few recipes to our cookbook please send complete ingredients with measurements, mixing instructions, baking instructions, category it would be listed in etc... along with your name and who its in memory of, and the TCF chapter you are affiliated with if not the Quakertown PA chapter. **We welcome recipes from any of the TCF chapters and families.** You may send more than 1 recipe in...categories are -- appetizers, main dishes, salads, desserts, cookies, cakes, pies, beverages, etc.

Send recipes by email as a word document or PDF file to:

tcfquakertownchapter@verizon.net or mail to:

Compassionate Friends - Quakertown Chapter

Att: Cookbook

PO Box 1013

Quakertown PA 18951



How Many Children Do You Have?

How many children do you have? A simple, innocent question, but one a bereaved parent struggles with.

If we don't include our children who died when we answer the question, we feel as if we are denying their existence. One mother told me that she cried for hours because she told someone she had no children (her two children had been killed earlier that year).

If we do include our deceased children when we answer, somehow we fear the response or discomfort that is felt by the person hearing the news.

For the bereaved parent, there is really no "right" answer to this question. We must respond the way our heart and the situation dictates. We should not fear how the person we are talking to feels about the truth. We should only be concerned with how we feel at the moment we are telling it. We need to be considerate of our own feelings and, if the situation is such that we do not include our children who have died in the answer, that's okay, too . . . because we may be at a point in our grief that doing so may be painful.

We are the only ones who need to be pleased with our response!!

Pat Loder

TCF Lakes Area Chapter, MI

The Music Will Play Again

It seems everyone in the Heavilin family is musical. My husband Glen has been playing the trumpet since he was five years old when he participated in various community bands with his father. Our sons Nathan and Matthew both started playing the trumpet while they were in early elementary school.

We have fond memories of our boys playing in ensemble with their dad and grandpa on the rare occasions when we were all together since Grandpa Heavilin lives in Indiana and we live in California. At the family reunions, much of the time was spent with the entire group, which often numbered over 100, joining in singing favorite hymns. Our immediate family often sang specials at our local church.

When our older teens played in the high school marching band, Nathan, then nine or ten, marched as the mascot for the band. When we visited our oldest son Matthew at college, it was not unusual for his little brother Nathan to sit in the band with him at basketball games.

When Nathan was in high school he played in the concert band, the jazz band, the pep band, and sang in the concert choir, barbershop quartet, and special ensemble. Our lives were filled with music.

On February 10, 1983 the music in our family stopped suddenly when Nathan was killed in a car crash caused by a drunk driver. The trumpets lay silent; the hymn books were closed. I wondered if I would ever hear music in my house again.

Eventually we were able to sing hymns at church with only a few tears. Our son Matthew has even sung some specials with his wife at church, and Mom Heavilin has managed to sit and listen although I've gone through many tissues in the process.

It took longer for the trumpets to be retrieved from the closet. Nathan had been gone seven years when his dad finally tried to blow a few notes. After assuring himself that he could still play, he decided to join the Fourth of July Band, a volunteer group that plays in the park for all the Fourth of July functions in our city each year.

I'm sitting in the park writing this on my laptop computer while I'm listening to Glen rehearse with the band. This is his fourth year to participate with this group. The first year was really hard for all of us. While Glen practiced, I spent my time calling all of our friends and inviting them to come and support Glen in this very significant performance. Now we have established a tradition. While Glen plays in the band, I entertain our many guests. We talk, we laugh, and we remember.

We have music in our house again, but we recognize it will never be the same. Before we played and sang "with" Nate. Now we play and sing "because of" and "for" Nate. When my husband started playing the trumpet again, he gave himself an added incentive. He uses Nathan's trumpet. He is not playing only for himself. He is playing for his son Nathan.

There is music at our house again. The notes are deeper, filled with emotion, but in time it is possible to sing (and play) again.

Marilyn Heavilin TCF of Redlands, CA In Memory of my son, Nathan

Are You Stuck in Your Grief?

Is it a few years down the road and life still has no meaning? You're still severely depressed. You heard "it" gets better with time, but you keep asking when. Meetings are supposed to help so you've been going, only to find they, too, have not provided the answer. Could it be you are stuck in your grief and don't want to feel any differently than you do? Bereaved parents have a choice of making the best of a terrible situation or the worst of a terrible situation.

A bereaved mother called just recently and said what surprised her since their teenage daughter was killed in a car accident was how relatives clearly had not learned anything from her daughter's death. It didn't help them appreciate what they have, their own families, their health, having food on the tables. They had not learned. Have we? We, parents of children whose death brought us to TCF? Have we learned that it's what we have left that counts?

In my role as a co-leader of TCF, I have talked to many bereaved parents over the last 4½ years since my eight year-old daughter, Cassandra, died of a brain stem tumor. Some bereaved parents refuse to accept a helping hand. They are negative, and any attempt to gently help them along is rebuffed. They wear their bereaved parenthood as a rationale to express their rage toward everyone around them, their spouse, their surviving families, their coworkers, restaurant personnel, even shop keepers. We each bring into our grief our own strengths and weaknesses, but these do not excuse our being "stuck." Grief is hard work: however, we can choose not to work at it. We can choose to be alive and yet not live. We have a choice. We can spend our remaining years complaining to the world around us and seeking out others who do likewise, or choose to use our loss as a tool by which to grow.

If you think you felt "better" last year or the year before, perhaps you have stopped working at your grief. To feel life is less painful you need to realize that grief is an ongoing job. If your phone rings less often, could it be that even your friends at TCF are finding that you never have anything positive to say, so to protect themselves, they too stay away?

Is it that meetings are not helpful to you, or that you won't let them be a source of help? Is it that time doesn't heal or that you refuse to use the time constructively? Consider accepting a helping hand. You might be surprised. Or better yet, offer to help someone else. It could help you to focus your energy away from yourself, and you might find you, too, can be a source of strength to others. It could give you the incentive to no longer be "stuck."

Does being less unhappy really mean a betrayal of our children? Surely we know we will never be the same. However, being unstuck does not mean we have forgotten our children. Our love lives on. What can each of us do in memory of our children?

Angela Purpura TCF Long Island, NY

In Memory of my daughter, Cassandra

Remembering Baby

Remembering Baby After a Pregnancy Loss

By Robin Elise Weiss, LCCE, About.com Guide

Having your baby die at any point in gestation or after is something horrible to even comprehend. And yet millions of families are living with these memories. While after awhile they are not constant, they are there. Our minds often turn to loved ones lost at family centered times of year or during special remembrances. Family celebrations may conjure up pictures in your mind of "what if" holidays or as due dates and birth or death dates come and go.

Here are some ideas to help you remember your lost babies at this or any time of year.

Ways to Remember

Name your baby.

Consider giving your baby a name. If it feels right or good, do it. Don't let anyone else tell you how to grieve. It doesn't matter how far along your pregnancy was or whether or not you knew the sex of your baby. This is something you can do, even years later.

Save something from the experience.

One of the nicest things I've saved was the card and the ultrasound photos that I had mailed to my husband who was off defending his dissertation. It had actually been lost in the mail, and returned to sender. We received it about 2 weeks after we had had a D & C. On the cover of the card was a fat, giggling baby, rolling in flowers. It's a rather popular picture, and every time I see it now I think of that baby.

Create a Ritual.

This was particularly helpful to me during a subsequent pregnancy. It went right along with our family Sabbath and was a special prayer form our family to say thank you for the time we had with the baby that was growing and that we were anxiously awaiting the birth. It involved a small candle and prayer. The candle stayed unlit until the very first Sabbath after the birth of that baby.

Hold a service.

Have a memorial service for your baby. Again, no matter how long you had your baby, it's still a part of you and recognizing this publicly can be very healing. It can also allow your friends and family a chance to learn to express themselves and help you.

Send announcements.

I've received some of the most beautiful announcements. The first one I received, I was shocked and amazed. The mother explained that she was relieved not to have to tell everyone in person, and yet it was a public way to announce the birth/death of their daughter and ask for community support.

Buy something special.

For my last pregnancy loss, we knew nothing of the baby, and the pregnancy ended so early and violently, we had no mementos or even ultrasound pictures. I was out shopping and ran across a small rock. It was smooth, but not polished. It felt good and heavy in my hands. It had a simple message inscribed: Remember. Now it sits on my desk. (See also Gifts for Pregnancy Loss.)

Make a donation.

You can donate anything, time, gifts, or money. One of the sweetest things I've heard of is parents returning to the hospital where their child was born and giving a special blanket to the staff to be given to a baby born either around the anniversary time for that baby or for another grieving family.

You were on my mind . . .

When I woke up this morning...

You were on my mind. You were on my mind.

You with that genuine enthusiasm,
like a kid with his first bicycle.

You with the curiosity and excitement
that dads love to be there for.

There's so much of you still with me.
Still with us!

It's not fair that we feel cheated or
that we won't share your ways anymore.

But in reality, after all the tears and
inner feelings of pain and sadness pass

We will have joy and great happiness because
we shared your days. Your laughter. You.

And when I wake up each morning
It will be OK that you were on my mind...
You are on my mind.

That's a special place for you to be, because it will be forever.

Michael Tyler TCF Lighthouse Chapter, Lewes, DE

The Unthinkable Grief: Coping With the Death of a Child Marriages Can Survive the Loss of a Child

By Sheri & Bob Stritof, About.com Guides

When people realize three of our children have died, we hear comments about how amazing it is that our marriage survived such a loss. We also hear dumb statements about how lucky we are to have four healthy kids and how our little ones are in a better place.

Realities

The reality is that our marriage survived these heartaches because we worked really hard to make sure the two of us would be okay. The reality is that having surviving children doesn't lessen the pain of losing children. The reality is that I don't care where they may be in the after life, I would prefer to have our babies with us.

Talk to One Another

*Don't ignore or try to bury your feelings. The death of a child will leave you feeling weak and dazed and in shock. You may find yourselves feeling alone and sullen.

*It is vital that a couple who has lost a child communicate their feelings with one another. Share your feelings of helplessness, confusion, anger, depression, pain, guilt, fear, and even hate.

*Learn and understand the stages of death and dying. Don't allow yourselves to get stuck in one of the stages. If you find your spouse becoming aloof, or if disharmony begins to get more intense in your relationship, seek counseling. Don't try to get through this alone.

What to Do for Grieving Parents

If the two of us appear to be defensive ... it is because we are defensive. We cringe when we hear what some people say to grieving parents. They have enough to cope with. These couples don't need to deal with hurtful remarks.

If you don't know what to say, then don't say anything. Just give them a hug. Let them know you are available to listen and that you care.

Issues Couples May Face

The first six months following the loss of a child is when the majority of divorces occur. Problems that couples often encounter while dealing with grief include:

- *Lack of communication with one another.
- *Disagreement on how to parent their other children.
- *Being overprotective of other children.

*Whether or not to have another baby.

*Differences in how to grieve.

*Putting blame and guilt on self and/or on spouse.

*Turning to alcohol and drugs.

*Looking for someone or something to blame.

*One wants to talk about the deceased child, and the other doesn't.

*Wondering when and where and how to deal with a child's belongings.

*Decision about whether or not counseling is needed.

*Financial concerns.

*Turning away from one another.

*One spouse may tend to feel anger sooner than the other.

*One may tend to feel sadness sooner than the other.

*One may want to "do" something to make things right again.

*One may just want to "be."

*If a couple had problems before the child's death, those problems can become more difficult to deal with.

What We Learned

The two of us learned that it was important to remember that life is precious. By being overprotective of our children and one another, we were cheating all of us out of life. We learned to accept that we couldn't always keep our children safe and that we couldn't be in total control of our lives. Bob learned that big boys do cry and that he didn't have to be the strong one or the one to tough it out. We have since tried to live our lives in the present moment.

There Are No Quick Fixes

Although the first two years are the hardest, the pain is long-lasting. As the two of us were discussing writing this article, we found ourselves with watery eyes and getting emotional even though it has been many years since we lost Little Angel, Susan Sarah, and Teresa Rose.

Although it is important to accept your feelings, it is also important to get on with living your life each day and to not dwell on your grief. Find ways to laugh with one another. With your love for one another, you will weather this storm together.

Quakertown Chapter does have a siblings group that meets at various places, days and times. To try and accommodate the surviving siblings that cannot attend a regular meeting because of childcare issues or work schedule etc. Please contact our sibling contact person: Crystal Hunter via email or by phone . Contact info on front page.

The Four Phases and Tasks of Grief

From Angela Morrow, RN, former About.com Guide

Grief is deeply personal. Although four phases and tasks of grief have been identified, everyone will move through them differently. You may move through the phases quickly or slowly; you may move through them in a different order; you may skip a phase or task altogether. However you move through the grieving process will be the right way for YOU.

The Four Phases

The stages of grief can be divided into four distinct phases:

Numbness – This is the phase immediately following a loss. The grieving person feels numb, which is a defense mechanism that allows them to survive emotionally.

Searching and Yearning – This can also be referred to as pining and is characterized by the grieving person longing or yearning for the deceased to return. Many emotions are expressed during this time and may include weeping, anger, anxiety, and confusion.

Disorganization and Despair – The grieving person now desired to withdraw and disengage from others and activities they regularly enjoyed. Feelings of pining and yearning become less intense while periods of apathy, meaning an absence of emotion, and despair increase.

Reorganization and Recovery – In this final phase, the grieving person begins to return to a new state of “normal”. Weight loss experienced during intense grieving may be regained, energy levels increase, and an interest to return to activities of enjoyment returns. Grief never ends but thoughts of sadness and despair are diminished while positive memories of the deceased take over.

Because everyone grieves in their own way at their own pace, there is no timeline that these phases are supposed to be completed in. Receiving bereavement counseling and joining bereavement support groups can help the grieving individual move through the phases fluidly.

The Four Tasks

There are specific tasks of mourning that need to be accomplished in order for mourning to be completed. The concept of tasks implies that effort on the part of the individual is required.

These tasks are:

Accept the Reality of the Loss – Coming full face with the reality that the person is dead and will not return is the first task that needs to be completed. Without accomplishing this, the

grieving person will not be able to continue through the mourning process.

Work Through the Pain – Grief is painful, physically and emotionally. It is important to acknowledge the pain and not suppress it.

Adjust to the New Environment in Which the Deceased is Missing – This may require adjusting to the roles that the deceased once carried out. If it is a spouse that has died, it required the bereaved to accept their new identity as a widow.

Emotionally Relocate the Deceased and Move On – While the bereaved will never be compelled to totally give up on the relationship, the goal is to find an appropriate place in their emotional lives for the deceased. This requires a letting go of attachments so new relationships can begin to form.

Completing these tasks will help the bereaved come to terms with their loss and return to a new state of normalcy. Again, involvement in bereavement support groups or seeking grief counseling can help individuals move through the tasks.

Palliative care and hospice programs integrate bereavement care into their comprehensive approach to care. Take advantage of the services they have to offer you.

The Compassionate Friends is for Sharing

Many people may think that meetings of The Compassionate Friends consist of bereaved people who sit and cry most of the evening, but that is certainly a misconception. It is normal to shed tears as we talk about our child’s death, and we would expect a newly bereaved person to cry. We understand that completely. But we don’t just sit and cry. Would you believe that most of the time we spend in our sharing group circle we may enjoy hearing others’ stories about their children, or even sharing our own? Our meetings are usually about our memories, our questions and also telling what has helped us to cope with it all. We all have ideas that we share with others in the hope that they may reach a point of “good memories” instead of bad memories of the child’s death.

A support group should be very comforting and welcoming to those who attend and should always have non-judgmental members. We are less concerned at how the child died (even though we do care) and we are **more** concerned that we be there for the parents, siblings or grandparents who need us. They have a desire to talk and share about their loved one. We want to let them lean on us in their time of pain, just as we had others before us who let us lean on them. It does come full circle.

Jackie Wesley

TCF East Central Indiana and Miami-Whitewater Chapters



OUR CHILDREN REMEMBERED FOR SEPTEMBER

Loved...Missed...Remembered on their Birthdays and Always

Sophie Burock, infant granddaughter of Russ & Theresa Burock, 9/1-9/17

Mark Teufel, brother of Helene Teufel, 9/1

Cpl Elliott Teisler, son of Daniel & Roberta Teisler, 9/2

Julie Howe, daughter of Tim & Nancy Howe, sister of Melanie Howe, 9/3

Robert Reynolds, son of Mary Reynolds, brother of Lisa Robey, 9/9

Calvin Gross, son of Karen Gross, 9/10

Christopher Detweiler, son of Jean & Vern Detweiler, brother of Matthew, 9/10

Clayton Sitko, son of Henry & Theresa Sitko, brother of Mandy, 9/12

Anne Marie Acker, daughter of Anne Marie Acker, 9/12

1st Lt. Matthew Gaffney, son of Phillip & Kathleen Gaffney, 9/15

David Roscilo, son of Barbara Frojan, 9/18

Gregory Giachetti, son of Lawrence & Wanda Giachetti, brother of Jeffrey & Susan Giachetti, 9/18 - 9/15

Anthony Lounolo, son of Anthony Lounolo, 9/22

John Roeder Sr, son of Don & Joan Roeder, brother of Kerrie Garges, 9/23

Joshua Taylor Fehrle, son of Thelma Dobson, brother of Rhiannon Harris, 9/25

William Nemeč Jr, son of Margo Staats, 9/28



2 Teach is...



Our Beloved Children...In our Hearts always... Remembered on the Remembrance Day of their death

Justin Hunter, brother of Crystal Hunter, 9/1

Ryan Heimerdinger, son of Robert & Barbara Heimerdinger, 9/4

Charles Hartnett, son of Barbara Hartnett, brother of William & Amy Hartnett, 9/5

John Jarema III, son of Josephine Lenhart, 9/5

Jennifer Rose, daughter of Michael & Donna Rose, 9/6

Farrald Lee III, brother of Kendra Stenack, 9/6

Richard Capobianco, son of Kelly & Jerry Capobianco, 9/6

Sullivan Burd, son of Glenn & Jessica Burd, 9/9

John Ruch, son of Christine Dunning, 9/10

Christina Ewers, sister of Joanne Douglas, Phillip & Linda Emery, and Mark & Jacqueline Teufel, 9/14

Cole Ferdock, son of Kelly Ferdock, 9/17

Susan Sine, daughter, of Dorothy & Lynn Miller, 9/17

Billy Boor, son of Tina & Randolph Merl, 9/20

Ellen Crooke, daughter of Annette and Daniel Crooke, 9/20

Geneva Doll, daughter of Keith & Barbara Doll, 9/21

Justin Powis, son of Jennifer & William Powis, 9/21

Tara Sciss, daughter of Todd Sciss, 9/23

Petie Shultz, son of Ron & Maria Shultz, brother of Maria and Nathan, 9/24

Gregory Tuefel, son of Renee & late Mark Tuefel, 9/24

Jean Marie Moyer, daughter of Monica Siedlecki & Joe Siedlecki, 9/25

Brett Smith, son of Dennis & Kelly Smith, 9/26

Nathaniel Rocque, son of Marc & Rose Rocque, grandson of John & Marie Rocque, 9/27

Karen Murray, sister of Nancy Perrin, 9/28

Tyler Schultz, son of Debbie & Gary Schultz, 9/30

and all the children that will never be forgotten as we celebrate their lives and memories

LABOR DAY

***** UPCOMING MEETING ANNOUNCEMENTS *****



September 10, 2013 - 7:30 PM - general support group meeting

September 24, 2013 - 7 PM - steering meeting - Quakertown Family Diner

December 8, 2013 -- Candle Lighting - more information to come shortly --Any photos that we have from previous candle lighting will be used again. Send any new photos in now for this year slideshow.

Newsletter Update Form

The purpose of this section is to update your information, email address, mailing address, phone number, Child's name, sibling's name, birth date and anniversary death date.

This information will also help us in remembering your child / sibling on their days with a remembrance card sent to you by our chapter. Any questions contact the newsletter editor at 215-536-0173. Mail to the above address. I am the parent sibling grandparent

Your Name _____ I give permission to remember my child/sibling in the chapter newsletter / website newsletter
Address _____ on their remembrance day and their photo if submitted

Phone # _____

Child / Sibling name _____ birth date _____ anniversary date _____

Child / Sibling name _____ birth date _____ anniversary date _____

If you would like to receive information about our special events, memorial walk and butterfly release, candle lighting etc. via email please provide your email address below.

Would you please consider to receive our newsletter via email as a link to a chapter website where you are able to view it before it is mailed to those who do not have email.

yes no email address: _____ PLEASE PRINT

Authorization Signature

Date

LOVE GIFTS

A LOVE GIFT is a gift of money to The Compassionate Friends. It is usually in memory of a child who has died; either on his/her birthday or anniversary of the death. It can also be from someone who wants to honor a friend or relative who has died, or anyone who wants to help support the work of TCF. Your LOVE GIFTS are TAX DEDUCTIBLE, and are the Chapter's main monetary support. Chapter Non-profit #2053

I wish to make a donation in memory _____ honor _____ of _____
Birth date _____ Death date _____

Love gift message _____

Please send your check payable to: TCF Quakertown Chapter and mail to: TCF Quakertown Chapter, PO Box 1013, Quakertown, PA 18951

I / We would like our Love gift to be used for: _____ Special Events /Speakers/community outreach _____ Memorial Garden
_____ Candle Lighting Program _____ Memorial Walk & Butterfly Release _____ General operating expenses

Your Name _____ email _____

Address _____

Telephone _____

LOVE GIFTS

If you would like to remember your loved one in our newsletter and make a donation to help support the group please fill in the form and mail it in by the 15th of each month for the next months newsletter. Information and love gift must be received by above date to insure it to be in the next month's newsletter. Any love gifts received after the above date will be mentioned in the following month's newsletter. Thank you, The Newsletter Editor



The Compassionate Friends
Quakertown Chapter
PO Box 1013
Quakertown, PA 18951

MEETING DATE: Tuesday, September 10, 2013

September 2013 newsletter



WE ARE A SUPPORT GROUP FOR PARENTS, SIBLINGS, GRANDPARENTS AND FAMILIES WHO HAVE EXPERIENCED THE DEATH OF A CHILD OR SIBLING OF ANY AGE.

If you do not wish to receive this newsletter. Please return this page to the above address.

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends.

We reach out to each other with love, with understanding, and with hope.
The children we mourn have died at all ages and from many different causes,
but our love for them unites us.

Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances.
We are a unique family because we represent many races, creeds, and relationships.

We are young, and we are old.

Some of us are far along in our grief, but others still feel a grief so fresh and so
intensely painful that they feel helpless and see no hope.

Some of us have found faith to be a source of strength, while some
of us are struggling to find answers.

Some of us are angry, filled with guilt or in deep depression,
while others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends,
it is pain we will share, just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves,
but we are committed to building a future together.

We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace,
share the faith as well as the doubts, and help each other to grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends .(c) 2007