



# Quakertown Chapter

servicing Upper Bucks and Montgomery Counties

The Compassionate Friends  
Quakertown Chapter  
PO Box 1013  
Quakertown PA 18951  
Chapter Info line: 215-536-0173  
Chapter email:  
[tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net)  
website: [www.tcfquakertownpa.org](http://www.tcfquakertownpa.org)



The Compassionate Friends National Office  
877-969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
Eastern PA Regional Coordinators  
Bobbie Milne [mcfly423@aol.com](mailto:mcfly423@aol.com)  
Ann Walsh [tcfestarc@yahoo.com](mailto:tcfestarc@yahoo.com)

November  
2015

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, November 10, 2015, 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.

## 2015 Steering Committee

**Chapter Leader :** Darlene Dusza  
215-536-0173 (TCF) (c) 267-374-1171  
[nanadusza@verizon.net](mailto:nanadusza@verizon.net)

**Treasurer :** MaryAnn Kulp

**Secretary :** Ginny Leigh-Manuell

**Assistant Secretary :** MaryAnne Macko

### Newsletter Editor / Community Outreach

Darlene Dusza  
415 Rich Hill Rd  
Sellersville PA 18960  
215-536-0173

[tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net)

### Remembrance and thank you cards

Lynette Lampmann Kelly Logan  
MaryAnn Kulp Nancy Eisenhart  
Ginny Leigh-Manuell Jennifer Pini

### UNITED WAY #14064

Greater Lehigh Valley

### Hospitality Committee : Carol Graham

Mary Anne Macko Nancy Eisenhart

### Committee Members : Linda Stauffer

Bonnie Maurizio Barbara Reboratti  
Donna Hesse

**Chapter Librarians:** Theresa Sitko/  
Linda Ervin

### Email - Telephone Friends

**Barb Reboratti** - daughter, Allison  
death-- result of crime 215-538-0941  
[victim.advocate@verizon.net](mailto:victim.advocate@verizon.net)

**Darlene Dusza** - daughter, Michelle  
death-- result of auto accident  
215-536-0173

[nanadusza@verizon.net](mailto:nanadusza@verizon.net)

**Jennifer Pini** sibling, Jason  
death -- suicide 215-828-3810  
[dance140@hotmail.com](mailto:dance140@hotmail.com)

**Crystal Hunter**-sibling, Justin  
death - medical condition  
[crys.hunter@gmail.com](mailto:crys.hunter@gmail.com)

614-746-8076 (sibling contact person)

**Donna Hesse** - daughter, Kisha  
death -- result of auto accident  
[dmhesse150@yahoo.com](mailto: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 .

### 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: 484-597-0240

**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; Conatct: Karen Kovacs 267-218-5889

**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. - run programs throughout the year-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

**Greenshire Arts Consortium Grief and Empowerment Workshops** - located in Quakertown - contact: Hillery Woods Siatkowski, NCTMB at 206-552-4229 or email [massage@moondogyoga.com](mailto:massage@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 THANK YOU

Thank you to, Beth Horwin, Donna Hesse, Darlene Dusza, Crystal Hunter for providing our October refreshments. They do this in remembrance of their children/nephew, Michael (Beth), Kisha (Donna), Michelle (Darlene), nephew - Jethro (Crystal).

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. This can be split between more than one family each month.

A special thank you to Mary Ann Kulp, Nancy Eisenhart, Lynette Lampmann, Ginny Leigh-Manuell, Kelly Logan and Jennifer Pini for the Remembrance and Thank you cards that you receive. They do this in remembrance of their children/ siblings, son, Tony (MaryAnn), daughter, Kelly (Nancy), son, Shawn (Lynette), son, Brian (Ginny), and brother, Jason (Jennifer), Kelly does it in remembrance of all those who have gone too soon. 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.

**Dean & Kay Souder**, In Loving Memory of Peggy Deetz.

**Donna Hesse**, In Loving Memory of her daughter, Kisha Hesse, 10/8—8/21

*Love you & Miss you always*

**Ed & Linda Lincul**, In Loving Memory of their son, Matt Lincul, 1/29—11/27

*We loved you then, we love you now, our love is forever...missing you always*



### **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**

**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.

### **Library Books**

We have a nice library of books for our members to check out and read and return them back to our library. A problem we currently have is that some books have not made their way back to our library and our library is shrinking. If you have checked out a book or magazine from our library and are done reading it won't you PLEASE return it to us at our monthly meetings. If you are not able to make the meeting you may mail it back to us or have someone else return it to us.

Also, if you have any books that would help other grieving families through their journey and would like to donate them to our library please give them to our librarians.

### **Newsletter Errors and Omissions**

For any errors or omissions please contact Darlene via email at [tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net) with the error and the correction for the next month newsletter.

Please remember we are all volunteers and grieving parents / siblings and we do forget and make mistakes too.

### **About This Newsletter**

This newsletter comes to you courtesy of The Compassionate Friends, Quakertown Chapter with the hope that it will be a helpful resource for you on your grief journey.

If you no longer wish to receive the newsletter please contact the newsletter editor by phone 215-536-0173;

or email: [tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net)

PLEASE NOTE: If you are moving or your email has changed please notify the newsletter editor so that we can update your information and you continue to receive the newsletter. If the newsletter is returned to us either via mail or your email bounces back and you have notified us you will be removed from the mailing list.

Newsletter submissions:

Submit articles and poetry to the editor by the 15th of the proceeding month. Include the author's name & your contact information. You may mail to our PO Box 1013, Quakertown PA 18951 or email as a pdf file or word document to: [tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net).

### **2016 Steering Committee—Quakertown Chapter**

Chapter Leader—Darlene Dusza

CO-Chapter Leader—Ginny Leigh-Manuell

Treasurer—MaryAnn Kulp

Secretary—Barb Reboratti

Asst Secretary—Open

Media Liaisons—Barb Reboratti and Linda Stauffer

# Memories...

## First Thanksgiving

The thought of being thankful  
fills my heart with dread.  
They'll all be feigning gladness,  
not a word about her said.

These heavy shrouds of blackness  
enveloping my soul,  
pervasive, throat-catching,  
writhe in me, and coil.

I must, I must acknowledge,  
just express her name,  
so all sitting at the table,  
know I'm thankful that she came.

Though she's gone from us forever  
and we mourn to see her face,  
not one minute of her living,  
would her death ever replace.

So I stop the cheerful gathering,  
though my voice quivers, quakes,  
make a toast to all her living.  
That small tribute's all it takes.

Genesee Bourdeau Gentry  
from *Stars in the Deepest – After the Death of  
a Child*



## November Again

Leaves are turning the shades of autumn  
then falling, one by one,  
to the misted ground below.

Summer flowers have faded and died.  
The sun hides behind dark and dreary  
clouds.

It is November again.  
Was it so long ago  
that this month brought warm  
thoughts of Thanksgiving together?  
The smell of wood burning,  
walks in the nippy air?

This is the month you left us.  
And all the warm glow of November  
went with you.  
All that remains are the chrysanthemums  
planted in a special memorial  
garden for you.

Ready to burst into beautiful shades  
of yellow and orange.  
They symbolize one more year without you.  
But our love has not diminished.

Pat Dodge  
TCF, Sacramento, CA

## Handmade Quilt



handmade quilted wall hanging



## MEMORIAL GARDEN FUNDRAISER

Cost - \$5 per ticket

Drawing will be held on December 13, 2015 at our Annual Candle Lighting - winners do not need to be present

Please ask your family, friends, relatives, co-workers.

## Garden Flags

COST— \$15 EACH

## Magnets and Decals

\$6 each



T-shirts Sky Blue color \$20

Sweatshirts—grey color crew \$25

Hoodies—grey color \$35



## Quakertown Chapter of The Compassionate Friends

We are raising funds for our Memorial Garden Fund. Please contact Darlene Dusza Chapter Leader to purchase Memorial Garden Flags, tickets for our Butterfly themed quilt /wall hanging, T-shirts, sweatshirts, Hoodies, magnets/decals. Email: [tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net)

Cell 267-374-1171

## Recommendations for a Grieving Family System

by Thomas R. Egnew, Ed. D., ACSW  
Compassionate Friends of Canada

1. Recognize the hurt: identify, predict, and accept the validity of the unique issues and problems the family faces:  
**Be gentle with each other.**
2. Be realistic about expectations as parents:  
**We cannot protect our children from everything.**
3. Identify problem areas and communicate about them in light of grief process:  
**Never underestimate the impact of grief on the family.**
4. Discuss differences in grieving styles and do not judge the responses of other family members:  
**Do not expect the grief of other family members to be like yours.**
5. Men, open up to your pain/grief, learn to cry and express anger/stress appropriately: women, learn to express your anger appropriately:  
**Learn to share your grief with one another constructively.**
6. Assist children to grieve by allowing expression of feelings, giving factual explanations, and being careful of expectations:  
**Don't expect children to act or understand like adults.**
7. Pace yourself with the recognition that grief resolution will take a long time and will require reworking throughout life:  
**Recognize and prepare for anniversary reactions.**
8. Establish personal and family methods of recognizing important times relative to the deceased:  
**Create family grief rituals.**
9. Give yourself and family members permission to set aside grief and enjoy life:  
**Have fun together.**
10. Be realistic regarding the resolution of grief:  
**Accept that things will never be the same and turn off the "if onlys".**

## Anger and the Grieving Process

~ by Chaplain Leroy Joesten  
Lutheran Minister and Chaplain at  
Lutheran General Hospital  
Park Ridge, Illinois.

Posted on: Compassionate Friends of Canada

Anger is but one of many emotional reactions to the painful reality of death. It is important to recognize anger as a natural, human response. If we can allow ourselves to be aggravated, irritated, even angered, by relatively minor life disappointments, we are certainly entitled to feel angry when faced with one of life's most devastating experiences — the death of a child.

Anger is not chosen, however, whether to remain angry, to refuse to surrender it or to resolve it ... is a choice.

Even though it is a natural, emotional response and is not willed, anger does have some objectives. **Initially, anger is PROTEST** — an attempt to ward off a reality which is seen as too devastating to one's own sense of survival. It is an attempt to undo an event which is untimely and unwarranted. This phase of anger is the most acute, the most intense and therefore, perhaps, the most frightening. But anger must be expressed or ventilated in order for it to burn out. The reality of the death must be acknowledged; it cannot be fought or denied.

**Anger is a means of RETRIEVAL.** It craves a target. It may be directed at the doctor, at God, at oneself, or even at the deceased. Anger seeks to locate the author of the death with the hope that somehow our deceased child can be retrieved. This desire to retrieve or to have our dead child return to life continues for some time. Anger continues to feed the hope that somehow the death can be reversed. What eventually must be accepted is not only that the death has occurred but also that it is irreversible. As unfair and untimely as it is, the death cannot be undone.



**Anger is a means of CONTROL.** Anger erupts when we have lost control. It is an emotional response designed to regain control. It is a defense against accepting one's own sense of impotence. This helplessness may be the most painful dimension of a beloved child's death. Anger must be vented and burned out before we can, or in order for us to, get close to our helplessness. Our impotence to change the event needs to be accepted.

**Once we can accept anger as a natural, human response, we can focus on its proper or improper expression.** Instead of talking of good or bad ways of expressing anger, I prefer to speak of constructive or counterproductive means of expressing anger. Constructive expression leads toward some form of resolution or dissolution of anger, while counterproductive venting perpetuates, perhaps even magnifies, the effects of the death of a child. **Constructive venting of anger includes verbal and non-verbal means.** It is important for people to have permission to verbalize their most intense feelings of anger, regardless of where the anger is targeted. Anger at God is as permissible as at any other target. If we give thanks to God for good times, it seems only natural that God would bear the brunt of at least some of our anger. It is also permissible and common that our dead child receive some of our anger. Even if the words must be yelled or screamed, the expression is healthy and therapeutic. The only caution may be to be in the company of someone who is understanding and accepting of our needs to verbalize the full intensity of our anger.

Anger can also be ventilated non-verbally. Crying itself can be a release of anger, especially the more intense and uncontrollable crying. Crying is a natural means of releasing frustration, helplessness, pain. Allowing ourselves to do those things which force the tears are good things to do: listening to music, looking at pictures, doing things that remind us of our child. Often these are avoided so that we will not cry, but they are a natural means of reinforcing the reality. Other non verbal means of expressing anger include physical exercise (running, walking, golf, tennis). The more physically demanding the better, because it forces a deeper physical release of stored up anger. (Scrubbing floors, washing walls, chopping wood, pounding nails are also good).

But there are counterproductive ways of dealing with anger. Repressing it so that it cannot come out is a common means. Displacing it on people who are either ignorant of the death or who are unable to understand the origin of the anger is counterproductive because it drives people away, causing even greater emotional isolation. Displacement may include being critical, harsh or even cruel to family members or friends for no apparent reason. Other counterproductive means include excess alcohol and drug abuse. Smoking or eating may increase. All of these make oneself the target of the anger, decreasing one's self esteem and self worth. Some may idealize their child, making him or her perfect or more than human. This can be a cover up for anger at the dead child which is too painful to express. Vengeance or taking the law into one's own hands is counterproductive. However, seeking justice through proper channels is a legitimate and potentially constructive outlet.

It is important to understand that people vary greatly in their experience of anger. Some people are said to have short fuses and erupt with very little provocation. Others are said to have the patience of a saint and are slow to anger. People also vary in their expression of anger; some find it easy while others find it difficult. These differences need to be respected so that people are free to pursue the most fitting expression of anger for themselves.

Anger must be expressed along with other emotional responses in order for it finally to be put to rest. Anger must be resolved if we are ever to be at peace with the fact of our child's death. Unexpressed anger leads to unresolved anger, which in turn leads to bitterness and sometimes depression. Bitterness is when a person's entire view of life is tainted and distorted. A bitter person is one who refuses to see the beauty and goodness and joy which, in spite of the tragedy of a child's death, still constitutes much of life. Indeed, the occasion of those qualities being restored in our life is a living tribute to the importance and lasting value of our child's life.

The goal of grief is to say goodbye to our child on all levels, to embrace the contribution our child was able to make to life and to exercise gratitude for the life that was, albeit all too short. To identify and express anger as a natural, human response is one of the steps on the way to recovery.

## OUR CHILDREN REMEMBERED FOR NOVEMBER Birthdays and Always

**Richard Carver**, brother of Carla Clark, 11/2

**Samuel Hornberger**, grandson of Eleanor Morrow, **birth/death**  
11/3

**Alaina Ratcliffe**, infant daughter of Andrea & Adam Ratcliffe, **birth/  
death** 11/3

**Dwayne Hager**, son of Stan and Ruth Hager Jr, 11/5

**Jake Paternoster**, son of Mike and Ruth Paternoster, 11/6

**Jon Masso**, son of Claudia and Emanuel Utti, brother of Melissa  
Fisher, 11/7

**Daniel Attilio**, son of Patrick & Ann Marie Attilio, 11/7

**Lisette Martin**, infant daughter of Amanda & Luke Martin & grand-  
daughter of Evelyn & Nelson Martin Jr., 11/12

**Benjamin Albro**, son of Sherri & Bob Albro, 11/14

**Aaron Abud**, son of Susan Abud, 11/14

**James P Ryer**, son of Diana Adams and brother of Pat Ryer, 11/15

**Melinda Daniel**, daughter of Bob & Jacqueline Daniel, 11/16

**Rennis Reitz II**, son of Barb Reitz, 11/16

**Michael Macko**, brother of Mary Anne Macko, 11/18

**Adam Graham**, son of Albert and Carol Graham and family, 11/19

**Cynthia Cole**, daughter of Marie & Hugh Madden, 11/19

**Alan Roskow**, son of Nan Roskow, 11/21

**Joe Bello Jr.**, son of Gloria Bello and brother of Sharon Kronmiller  
& Lisa Devenney, 11/24

**Drew Panettieri**, son of Richard and Suzanne Panettieri, 11/27

**Susan Sine**, daughter of Dorothy and Lynn Miller, 11/27

**Dan Bardsley**, son of Emma Bardsley, brother of John & Anita  
Bardsley, 11/27

**Chad Statuti**, son of Henry and Shirley Statuti, 11/28

**Anthony DelConte**, son of John and Marie DelConte, brother of  
Dana Turock 11/29

### Our Beloved Children...In our Hearts always... Remem- bered on the Remembrance Day of their death

**Lindsey Laverty**, daughter of Jim & Wendy Laverty., **B11/26-A** 11/1

**Deborah Hornberger**, daughter of Eleanor Morrow, 11/3

**David Neider**, son of Celeste Neider Nicce, 11/3

**Christopher Rhudy**, son of Beth Ruch, 11/4

**Dario Datis**, son of Sherie Datis, 11/4

**Rebecca Yeager**, daughter of David and Nancy Yeager, 11/5

**Alison Gilmore**, daughter of Susan Slawek. 11/7

**Jaime Scheck**, daughter of Rebecca & Ed Scheck, **B11/17 - A** 11/8

**Adrian Conrad**, infant grandson of Pamela Anderson & Barbara &  
Ronald Borolla Sr, 11/10

**Donald Dolan Jr**, son of Don & Tina Dolan, 11/10

**Destani Danae Osborne**, daughter of Sabrina Snyder, grand daugh-  
ter of Mary Snyder, 11/12

**Tia Conn**, daughter of Kathy and Robert Smith, 11/12

**Jennifer Church**, daughter of Joy Church, 11/12

**Andrew Lister**, son of Jen & Kevin Lister, 11/12

**Kimberlee Godshall**, daughter of Terry and Fairlie Godshall, 11/13

**Michael Leach**, son of Beth Horwin, 11/13

**Benjamin Culton**, son of Mark & Barb Culton, 11/15

**Erika Thomas**, daughter of Thomas & Peggy Delpopolo, 11/17

**Jeffrey Harbison**, son of Don and Joanne Harbison, 11/17

**Kevin O'Donnell**, son of Doris & Steve Yurchak, 11/17

**Marc Landis**, son of Craig and Anne Landis, 11/19

**Julie Howe**, daughter of Tim and Nancy Howe, 11/19

**Jenny Bender**, daughter of Clarke and Dawn Fulton, 11/21

**Christopher Accardi**, son of Anthony and MaryEllen Accardi, 11/22

**Jeffrey Broxteman**, son of Roger and Janet Broxteman, 11/22

**Dennis Harris**, son of Linda Lepo, 11/24

**Rachal Sands**, daughter of Charlotte & John Tatu & family, 11/24

**Matthew Lincul**, son of Linda and Ed Lincul, 11/27

**James Bowen III**, son of James and Cartherine Bowen Jr., 11/27

**Stephen Fuhrmeister**, son of Lisa Fuhrmeister, nephew of Renee  
Hudoka, 11/27

**Jason Miller**, son of Phil and Pam Miller, 11/28

**Pamela Minnichbach**, daughter of Dolly & Paul Cell, 11/28

**Amy Cygan Spier**, sister of Sue O'Donnell, 11/29

**Samantha Grosse**, daughter of Jeff and Hope Grosse, 11/30

**Samantha Hoy**, daughter of Jon and Jeanette Hoy, 11/30

**Christopher Detweiler**, son of Vern & Jean Detweiler, 11/30

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

**\*November 10, 2015—7:30 PM support meeting— Beth Horwin-bereaved parent / grief counselor-topic: Handling the Holidays**

**\*November 17, 2015 — steering meeting 7PM Quakertown Family Diner**

**\*December 8, 2015—7:30 PM support meeting 7:30 PM**

**\*December 13, 2015 - Candle Lighting—see details enclosed**

**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/

Address \_\_\_\_\_ website newsletter 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 \_\_\_\_\_



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

**Meeting Date: November 10, 2015**



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

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### **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