



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
website: www.tcfquakertownpa.org



September
2015

The Compassionate Friends National Office
877-969-0010
www.compassionatefriends.org
Eastern PA Regional Coordinators
Bobbie Milne mcfly423@aol.com
Ann Walsh tcfestarc@yahoo.com

Quakertown Chapter Founders -Eileen & the late Tim Bolish
Facebook page: **Quakertown PA Compassionate**

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, August 11, 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

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

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

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

nanadusza@verizon.net

Jennifer Pini sibling, Jason
death -- suicide 215-828-3810
dance140@hotmail.com

Crystal Hunter-sibling, Justin
death - medical condition
crys.hunter@gmail.com
614-746-8076 (sibling contact person)

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 .

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; Contact: 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

Greenshore Arts Consortium Grief and Empowerment Workshops - located in Quakertown - contact: Hillery Woods Siatkowski, NCTMB at 206-552-4229 or email 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, Linda Ervin, Donna Hesse, Becca Scheck, and Craig Duvall, for providing our August refreshments. They do this in remembrance of their children, Crystal (Linda), Kisha (Donna), Jaime (Becca), Kinsey (Craig).

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.

MaryAnn Kulp, In Loving Memory of her son, Tony Kulp, 4/25—5/7

Love you & Miss you always

Becca Scheck, In Loving Memory of her daughter, Jaime Scheck, 11/17—11/8

Love you & Miss 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 October meeting. 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 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

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.



Memories...

WHEN YOU SEE A BUTTERFLY

By: Brytani Russell—Tampa, FL

When you see a butterfly

Think of me.

When you see a shadow

Don't be afraid.

When you see a light,

Think of good things.

But when you see a butterfly

Think of me.

When you see a cloud,

Don't be afraid to try and grab it.

When you see a raindrop,

Open your mouth and let it fall in.

When you see a hand touch you,

Don't jump away.

When you get all tingly,

Let the feeling last.

When you feel loved

Cherish it forever.

But when you see a butterfly,

Think of me.

When you feel like no one is there,

Make sure you know I am.

When you feel like I am gone forever,

Make sure you feel like I am there.

When you think you have grieved too much,

I know there is always another tear,

Think of me.

For you know I am always with you,

in every way, shape and form.

I am always there to protect you,

Even through dangerous storms.

Know that I am right behind you,

In whatever fate decides to put you through.

For I may be gone,

But I am around,

So when you see a butterfly,

Know I am always there.

Note: A 15 year old Brytani Russell wrote the above for her grandmother after the death of Brytani's mother, her grandmother's daughter.

www.bereavedparentsusa.org.

A New Normal

I wanted my life to return to normal.

Then I realized what I wanted was for my life to return to what it once was.

A year ago I found hope one night when I heard my wife and my youngest son laughing in our bedroom.

I thought my life was returning to normal.

I played cards with our youngest son after supper,

with much fun and laughter.

After a few cartoons,

he and my wife were off to bed.

It was then that I realized my life was not returning

to the normal that it was

when Greg was alive,

but changing to a new normal.

I cannot return to what I once was, because all of the parts are no longer there.

I have the choice, consciously, and subconsciously

to carry on with my life,

thus creating a new normal.

Hope lies in accepting what you now have –

looking with joy, not sorrow,

looking ahead with optimism

not pessimism.

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Crawfordsville, IN

www.bereavedparentsusa.org.

Handmade Quilt



handmade quilted wall hanging



MEMORIAL GARDEN FUNDRAISER

1ST PRIZE - handmade butterfly theme quilt

2ND PRIZE - handmade butterfly theme quilted wall hanging

Only 200 tickets will be sold so your chances of winning are greater

Cost - \$5 per ticket

Winners will be selected on December 13, 2015 at our Annual Candle Lighting - winner does not need to be present

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

Tickets can be purchased at support meetings, other events or you may request tickets to be sent to you. Please return any ticket stubs sold along with payment or tickets not sold by December 1st.



SAVE THE DATE.....

2015 Eastern PA Regional Conference

Date: October 9-11, 2015

Where: Hyatt, King of Prussia, PA

Print off registration form from our website www.tcfquakertownpa.org

DON'T wait to register DO IT NOW



Recommendations for a Grieving Family System

by Thomas R. Egnew, Ed. D., ACSW

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".



Men and Grief

by Jeanne M. Harper

Ken Doka speaks of “disenfranchised grief” that is when loss cannot be openly acknowledged socially sanctioned or publicly shared. one of the reasons maybe that the “griever is not recognized.”

Quite often that is exactly what happens to men in their families. The stereotypical man is to “be strong and frequently required to not show emotion at the time of death of their loved ones.

Problems this can create may include a bad mood, lack of social support, exclusion from care. The grief may then be intensified, and without support the male griever is ALONE.

Carol Staudacher in her 1991 book MEN AND GRIEF, demonstrates how typical males may respond to death of their loved one. She bases her theory on Havinghurst’s Tasks of Mourning which was elaborated by Dr. William Worden in his book GRIEF COUNSELING GRIEF THERAPY. Carol reports from her research that most grievers, male and female, go through Phase One:

PHASE ONE. Retreating: temporary manage pain and anxiety shock, numbness, disbelief, confusion, disorientation denial. Goal: Grappling with and testing reality

Men appear to go through Phase One and Three. Differences for men and women seem to arise in Phase Two:

PHASE TWO. Working through: by confronting and enduring. Having a range of responses by thinking, talking, crying, writing about disorganization in their lives. Goal: Detachment from loved one NOT from emotions; must experience the pain Many men have been raised to NOT talk, cry, or reach out (for Support). Therefore, their grief tends to stay inside and can create physical ailments, as studies have shown. Heart attacks, ulcers, cancer are a few of the physical ailments that can be created when the grief stays within. Men who do express, release or completely work through their grief are the EXCEPTION rather than the rule.

The third phase is something most men are exceptional at doing. They can be masters at reorganizing and restructuring because it involves a lot of THINKING. For most men, objective THINKING is their gift.

PHASE THREE. Resolving: reorganizing and restructuring life. Goals: Adjust to Environment-take on new identity Reinvest Time and Energy-develop new goals

Carol's research shows that men have established four typical male coping styles that are LEGITIMATE and ACCEPTABLE alternatives to WORKING THROUGH grief (Phase 2). These patterns have enabled them to take advantage of their natural gifts and talents

1. Remain Silent—They will keep the pain to themselves. They appear to not need to communicate about their grief. The non-communication helps them protect themselves against being vulnerable—which to them is “expressing” grief through tears, feelings, sharing.

2. Engaging in “Secret Grief”—This is a method of “solitary mourning” activities, i.e. taking the new puppy for a walk—puppy represents NEW LIFE and crying and feeling as they walk, hug and play with the NEW LIFE. They do this solitary mourning to “spare others from seeing, feeling, experiencing their grief. For most men to do otherwise seems against “cultural expectations”.

3. Taking Physical & Legal Action – Many men immediately attempt to bring control to an “out of control” situation by taking physical and legal action for extended periods of time. Others support and reward them for being “assertive and courageous” in their time of grief. Becoming Immersed in Activity – Most men become obsessive about activity. They diligently find things to, occupy their time...all of it. They fill “every waking minute” with work, errands, house activities. This immersion consumes time, energy and thought so there is no time for grief, no time for thinking of the loss and no time for feeling the grief pain.

Recently, I attended a conference on death education and counseling in Portland. Ken Doka and Terry Martin presented a session on men and grief. They found in their studies that men needed closed groups with separate subjects planned for each session. The material needed to be presented in a problem-solving mode. A method most men feel accustomed to. Supporters of men need to allow for the expression of emotion in ways that are compatible to the male roles {such as the patterns that Staudacher described}. Ask questions “how did you react” rather than “how do you feel”. Most men need to return to work as soon as possible. Research showed that most men felt better if they were working (again this corresponds with Staudacher's work).

The important issue is that each gender uses their own STRENGTHS to deal with grief and IN TIME they, both genders, out of their grief. One way of grieving is NOT better than another. Rather there are differences in how they grieve. These differences need to be CELEBRATED, not corrected. Carl Jung says we balance our lives as we age...men become more in touch with their feminine qualities and women become more aggressive and in touch with their male qualities. Each gender's way of coping has negative AND positive aspects.

In conclusion, the tasks of grief [testing the reality, experiencing the pain, adjusting to the environment and reinvesting time and energy back into life], are experienced individually. Respect must be experienced so we do not “disenfranchise” anyone's grief or grieving process due to our stereotypical expectations. Men and women must come to a point where they can learn from each other's methods of grieving, rather than judge these methods. We need to understand their are personality style differences, as well as male/female differences. All differences can be CELEBRATED, it is your choice.

Where Do I Go From Here?

By: Traci Morlock—BP/USA Bereaved Sibling

All of my life, I have known what I wanted from life. I wanted to be a mommy, a wife, and a singer. I always took for granted that I was already a daughter and a sister.

Those things were the “understood” part of my life. Then one tragic January day, my brother died.

When my brother died, I felt I was spinning helplessly out of control. I went through so many emotions. Anger, guilt, overwhelming sadness. I felt as though I was no longer a sister to a brother. I began to fear death. At night, I would say my prayers, hoping it was all a horrible nightmare. I thought that no one could ever feel as badly as I was or know how I was feeling. I felt as though my life had stopped. One year after my brother died I went to a meeting. I met a girl who was about my age and she was feeling the same things that I was. Boy, I really wasn't crazy! After that night, she and I started a sibling and friends group. That was not part of my plan.

Who would come to our group? A grief support group is not exactly a group most people would want to join. Though our attendance has been up and down, I feel as if I am actually doing something worthwhile.

So, where do I go from here? I feel that, after five years, my life is finally getting back on track. I am a wife and a mommy. I still sing. And I will always be a sister to my brother.

**OUR CHILDREN REMEMBERED FOR
SEPTEMBER 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

Rachel Sands, daughter of Charlotte Tatu, 9/6

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 - DOD 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

Michael Adamson, son of Darlene & Daniel Dean, brother of Michelle Lanning, 9/26

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



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

Justin Hunter, son of Pat & Annette Hunter, brother of Crystal Hunter, 9/1

Kevin Figanial, son of Thomas & Valeie Figanial, 9/1

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

Aaron Abud, son of Susan Abud, 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 Cantando, son of Stephen & Kathryn Cantando, 9/6

Billy Klinedinst, son of Michelle & Klinedinst, 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 Shultz & Maria Pettie-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

Matt Dille, son of Joe & Patti Dille, 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

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

- *September 8, 2015 - 7:30 PM general meeting
- *September 22, 2015—7 PM steering meeting—Quakertown Family Diner
- *October 13, 2015—7:30 PM general meeting
- *October 9, 10, 11, 2015 - Eastern PA Regional conference
- *December 13, 2015 - Candle Lighting

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: September 8, 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.**

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