



The Compassionate Friends

August 2019

Serving Upper Bucks and Montgomery Counties

My Child Did Exist

I've lost a child, I hear myself say,
and the person I'm talking to just turns
away. Now why did I tell them, I don't
understand, It wasn't to get sympathy or to
get a helping hand.
I just want them to know I've lost something
dear, I want them to know my child was here.
My child left something behind which no
one can see, so if I've upset you, I'm sorry
as I can be.
You'll have to forgive me, I could not
resist, I just want you to know that
my child did exist.
~Author Unknown

My Child Did Exist

Its been over 16 years since I got that phone call on March 8, 2003. It was the Georgia State Police. My only response, Please tell me she is OK. He did not reply but asked to speak to my husband. I knew then she was not alright. It had to be a mistake! There was another girl in the car, it had to be her, not Katie.

But it was Katie. She was dead. The driver had fallen asleep at the wheel. There must be a way to fix this. I am a fixer. I can fix anything. There had to be a way, a time machine, a way to warn her. My brain would not accept what had happened.

How could god let this happen to her? She was an angel on earth. a kind and gentle spirit, a premed student, a coach, a concert pianist, a role model. She did not deserve to die.

As the years passed I came to terms with her death. I read her journals where she stated that some day she hoped something she would do would make a difference. I had to make that difference for her. I created scholarships and awards in her memory so she would not be forgotten. I think that is my biggest fear, that she will be forgotten as if she never existed.

I left her room untouched for 15 years until I had to prepare it for my elderly father. I went through her school papers, notebooks from jr high school and her collections. I gave some clothes, books and possessions to her friends who knew how important her things were to me. That made it ok. I gathered up notebooks and papers she saved and tossed them in a garbage bag. The next morning I took them out of the garbage and put them in a bankers box in the garage. I just can't throw them out. They are proof! Proof that she lived, proof that she was loved. My child did exist! She will live forever in my heart.

Linda Stauffer

Please give some thought to volunteering with The Compassionate Friends. Our Chapter is growing and we need helping hands to continue to help others that are new to this path of grief. We need not walk alone.



Next Meetings: Aug 13, Sept 10

We talk. We listen. We share. We care.

Our Support Group Meetings are the 2nd Tuesday of every month at St. Luke's Quakertown Hospital, 1021 Park Ave., Quakertown, in the Taylor Conference rooms A & B on the ground floor of the professional wing.
Meetings are 7:30 - 9 PM.

No need to register. No fees or dues. Just come as you are.

Quakertown Chapter
PO Box 1013

Quakertown, PA 18951

Chapter Info Line: 484-408-7314

contact@TCFQuakertownpa.org

website: www.tcfquakertownpa.org

“We should love people and use things, not love things and use people”

Katie Stauffer 2000



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

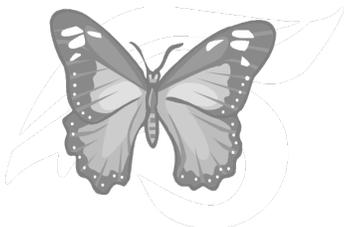
Ginny Leigh-Manuell, Chapter Leader
 Crystal Hunter-Co-leader
 Sherri Albro, Chapter Treasurer
 Gail Blase, Chapter Secretary
 Mary Anne Macko, Hospitality & Assistant Secretary
 Linda Stauffer, Chapter Newsletter & Website
 Theresa Sitko, Memorial Garden Director
 Barbara Reboratti, Chapter Delegate
 Carol Graham
 Lynette Lampman, Remembrance Cards
 Mary Catherine Niderostek, R Cards
 Crystal Hunter, Remembrance Cards
 Bob Albro

TCF National Office:

877-969-0010

www.compassionatefriends.org

The Compassionate Friends is a nationally renowned 501 C (3) non-profit organization with 700 chapters in the US. All donations are tax deductible.



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

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 Linda via email at kt4ever@mac.com with the error and the correction for the next month newsletter. Please remember we are all volunteers and grieving

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 email: newsletter@tcfquakertownpa.org

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 not notified us you will be removed from the mailing list.

Newsletter submissions:

Submit articles and poetry to the editor by the 15th of the preceding 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: newsletter@tcfquakertownpa.org



OUR CHILDREN REMEMBERED for August



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

8/1 - David Bentz III, son of Kimberly Geonnotti

8/2 - Jennifer Wenhold, daughter of Jeff & Wendy Wenhold

8/4 - Eric Gotwals, son of Gary & Anne Gotwals

8/4 - James Monahan II, son of Kim Kliensmith

8/7 - Jeremy Nase, son of Carol Nase

8/8 - Jamie Stewart, son of Jim & Beverly Stewart;
sibling of Sherrie

8/9 - Joshua Woods, sibling of Eliot Woods, Tricia Woods & Jenn Kroll

8/10 - Brenda Meehl, daughter of Patricia & Harold Hunsicker

8/10 - Tom O'Donnell, son of Thomas & Susan O'Donnell

8/10 - Ronald "Petie" Shultz, son of Maria Shultz;
grandson of Doreene Pettie

8/10 - Jamie Frick Standish, son of Terry Frick

8/12 - Christopher Thomas, son in law of Barbara & Eduardo Reboratti

8/12 - Tara Sciss, daughter of Todd Sciss

8/13 - Trevor Baelz, son of Marsha Leary

8/13 - Julia Smith, daughter of Deborah Heatherington

8/13 - Derick Schubert, son of Anne & John Schubert;
sibling of Marie

8/14 - Austin Jacob Fenstermacher, son of Lori Ann Kramer & David Fenstermacher

8/15 - Jana Lee Snedeker, daughter of Dave Snedeker

8/16 - Christopher Ulmer, son of James & Patricia Ulmer

8/17 - Michael Morgan, son of Deb & Ray Vrtis

8/18 - Michael Gurecki, son of Diane & Stanley Gurecki

8/18 - Zachery Roessler, son of Chuck Rossler & Pam Howell

8/21 - Eric Smith, son of Mary & Ross Smith

8/22 - Erika Thomas, daughter of Thomas & Peggy Delpopolo

8/24 - Alison Gilmore, daughter of Susan Slawek

8/25 - Jim Roberts III, son of Sue & Jim Roberts

8/26 - Mike Hicks, brother of Kathy Hicks

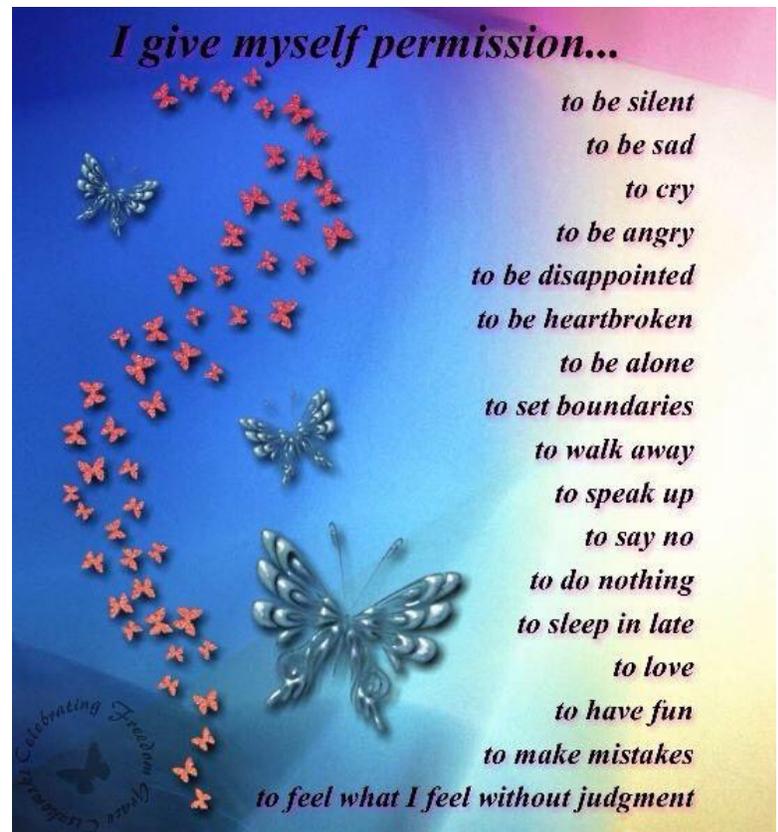
8/27 - Douglas Hofmackel, son of Marie & Ken Hofmackel

8/29 - Kimberlee Godshall, daughter of Terry & Fairlie Godshall

8/29 - Eric S. Moyer, son of Ray & Linda Moyer

8/29 - Corbin Christopher Snider, son of Chris Snider

8/31 - Peter Plant, son of Steven & LouAnn Wilkinson;
brother of Rachael



Our Children Remembered for August

Loved...Missed...Remembered on the Anniversary of
their death

8/2 - Joseph Cooper, son of Edith Cooper

8/2 - Brian Dorsey, son of Mindy Dorsey

8/2 - James D. Layton, son of James & Barbara
Layton, Sr.

8/2 - Ryan McGuinness, son of Tim McGuinness

8/4 - Bobby McCans, son of Dorothy & Charles
McCans

8/4 - John Roeder, son of Don & Joan Roeder, sibling
of Kerrie Garges

8/8 - Jim Roberts III, son of Sue & Jim Roberts

8/8 - Dustin Stauffer, son of Glenn & Sandra Stauffer

8/9 - Kevin Kuestner, son of Keith & Tammy Kuestner

8/12 - Cynthia Bengé, daughter of Robert & Cheryl
Bengé

8/12 - Sean Buehrle, son of Kathy Buehrle

8/12 - Bradford Krenitsky, son of Deborah & Donald
Krenitsky

8/12 - Jason Pini, sibling of Jennifer Pini

8/12 - Robert Tarr, son of Robert & Susan Tarr

8/13 - Alexandria Gasior, daughter of, Linda & Dan
Brophy; Ellen & Duke Misnik

8/13 - Todd Iatarola, son of Ronda Iatarola, nephew of
Sandy Bittenbender

8/13 - Brian Wensel, Jr., son of Brian Wensel, Sr.,
grandson of Leroy & Dawn Wensel

8/14 - Austin Jacob Fenstermacher, son of Lori
Kramer & David Fenstermacher

8/15 - William Scott III, son of Ruth Scott

8/17 - Lynn Gross, daughter of Jean Werst, sibling of
David Werst

8/17 - James McKale, grandson of John & Winifred
McKale

8/17 - Thomas Richards, grandson of Jean
Hellerman

8/18 - Jonathan Jason Orlick, son of Teri Orlick

8/19 - Daniel Lavery, son of Karen Kovac, son of
Daniel Lavery, sibling of Meghan Lavery

8/21 - Kinsey Duvall, son of Craig Duvall

8/21 - Kisha Hesse, daughter of Donna Hesse; sister
of Brienne Fretz

8/21 - Ryan Mitman, son of Victoria & James
Weisbrod

8/22 - Justin Hawkes, son of Norm & Dorrie Hawkes

8/25 - Kevin Villante, son of Joseph & Cecilia
Villante

8/25 - Shannon Frederick, son of Cindy Rodgers

8/26 - Cpl. Barton Humilhanz, son of Michele & Don
Carey

8/26 - Crystal Cordero, daughter of Linda & Rich
Ervin

8/27 - Austin Jacobs, son of Penny Jacobs

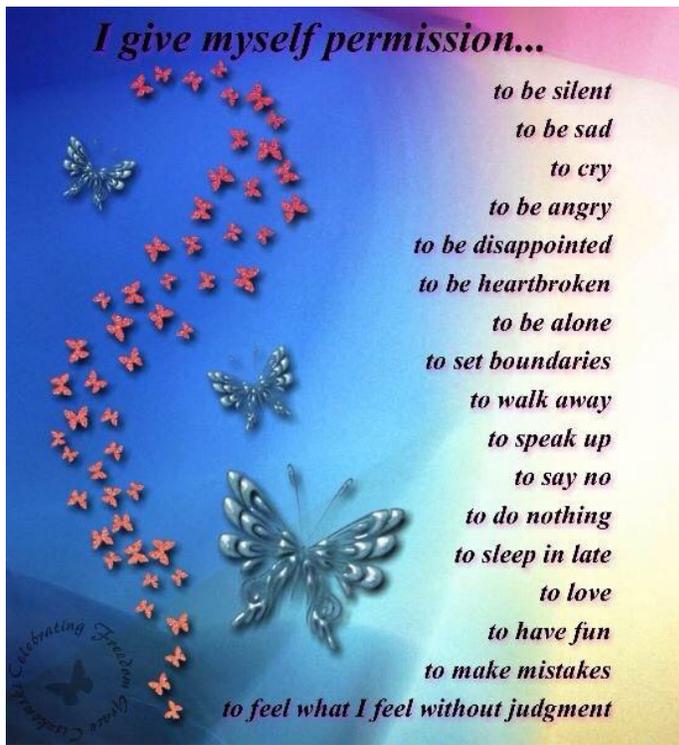
8/27 - Paul Swope, son of Marge Swope

8/28 - Peter Hallinan, son of Carol & Tom Hallinan

8/28 - Rachel Whiteley, daughter of Kristine Fallows

8/29 - Rourke O'Donnell, son of Cindy O'Donnell





Angels Among Us

Our Angels are among us
 We see them everyday
 In all the forms that God created... They are with us
 along life's way.
 We see them in the sunrise, That brightens and
 warms our soul. We feel them in the summer breeze
 That chases away our cold.
 They are there among the flowers... Their sweet scent
 a memory of love. They soar with the eagles,
 As they fly so high above.
 The night will find them in the stars, Lighting our path
 below.
 And even in our dreams, Their presence we'll still
 know.
 As the snow melts with the sun,
 And spring flowers peek through their beds, They
 come on the wings of butterflies, And flutter about our
 heads.
 They are telling us they are with us, And will be
 forever more... Until it's time for us to meet again, As
 we pass through heaven's door.
 Jacquelyn M. Comeaux

The Last Time

From the moment you hold your baby in
 your arms, you will never be the same.
 You might long for the person you were
 before, When you had freedom and time,
 And nothing in particular to worry about.
 You will know tiredness like you never knew
 it before, And days will run into days that
 are exactly the same, Full of feeding and
 burping,
 Whining and fighting,
 Naps, or lack of naps. It might seem like a
 never-ending cycle.
 But don't forget...
 There is a last time for everything.
 There will come a time when you will feed
 your baby for the very last time.
 They will fall asleep on you after a long day
 And it will be the last time you ever hold
 your sleeping child.
 One day you will carry them on your hip,
 then set them down,
 And never pick them up that way again.
 You will scrub their hair in the bath one

night

And from that day on they will want to bathe alone. They
 will hold your hand to cross the road,
 The never reach for it again.
 They will creep into your room at midnight for cuddles,
 And it will be the last night you ever wake for this. One
 afternoon you will sing 'the wheels on the bus' and do all
 the actions,
 Then you'll never sing that song again.
 They will kiss you goodbye at the school gate,
 the next day they will ask to walk to the gate alone. You
 will read a final bedtime story and wipe your
 last dirty face.
 They will one day run to you with arms raised,
 for the very last time.
 The thing is, you won't even know it's the last time until
 there are no more times, and even then,
 it will take you a while to realise.
 So while you are living in these times, remember there
 are only so many of them and when they are gone,
 you will yearn for just one more day of them
 For one last time.
 Author unknown

THANK YOU



Our sincere thanks for the refreshments in July:

Ginny Leigh-Manuel for Brian Leigh-Manuel

Mary Catherine Nederosteck for Joshua Sotak

Louise & Toby Minner for Doug Minner

Crystal Hunter for Justin Hunter

And thank you for sharing your memories of your loved ones with us!

If you would like to sponsor refreshments or bring some to a meeting in remembrance of your loved one, please call our Chapter Info Line 484-408-7314. .

A special thank you to Lynette Lampmann, Crystal Hunter, Jennifer Pini and Mary Catherine Neiderstock for the Remembrance cards that you receive. They do this in memory of their children/ siblings: Shawn (Lynette), brother, Jason (Jennifer), and son Josh (Mary Catherine). An appreciated Thank You to our members for helping to set up and tear down for chapter meetings. Thank you to Linda Stauffer for doing our newsletter and website. She does this in memory of her daughter Katie. Thank you to Betty and Charlie Hottenstein for addressing our monthly newsletters for mailing. They do this in remembrance of their daughter, Tracy.

Bereaved Parents Share an Unbreakable Bond.

In my seven years navigating the world as a bereaved parent, I am continually struck by the power of the bond between bereaved parents. Strangers become kindreds in mere seconds— a look, a glance, a knowing of the heart connects us, even if we've never met before. No matter our circumstances, who we are, or how different we are, there is no greater bond than the connection between parents who understand the agony of enduring the death of a child. It's a pain we suffer for a lifetime, and unfortunately only those who have walked the path of child loss understand the depth and breadth of both the pain and the love we carry.

Angela Miller is a writer, speaker and grief advocate who provides support and solace to those who are grieving the loss of a child. She is the author of *You Are the Mother of All Mothers: A Message of Hope for the Grieving Heart*, founder of the award-winning community *A Bed For My Heart*,



And if I go, while you're still here...
Know that I live on,
Vibrating to a different measure
Behind a thin veil you cannot see through.
You will not see me,
So you must have faith.
I wait for the time when we can soar
together again,
Both aware of each other.
Until then, live your life to the fullest
And when you need me,
Just whisper my name in your heart,
...I will be there.

-Emily Dickinson

ATTENTION: MEMORIAL GARDEN PLAQUE ANNOUNCEMENT!

Due to recent interest in purchasing Memorial Garden Plaques, we are planning on placing a summer order. The deadline to order is **August 10th** ! Price for plaques paid with cash or check is **\$135**. Price for plaques paid through Pay Pal is **\$145**.

You can fill out the attached form and mail it to:

TCF Quakertown Chapter
c/o Plaques
P.O. Box 1013
Quakertown, PA 18951

Or order online at our website:
<https://goo.gl/forms/03N9n9K6418zvRT92>

Questions: Contact Plaque Coordinator Crystal Hunter at
MemorialGardenTCF@gmail.com



The Compassionate Friends
Quakertown Chapter
Supporting Family After a Child Dies

Plaques are only available for ACTIVE members of the Quakertown Chapter of The Compassionate Friends, which serves parents, siblings, and grandparents. **Being active means attending events, meetings, donating Love Gifts, or volunteering for the chapter in some capacity.** Circle: I am a bereaved grandparent / parent / sibling _____. I became part of TCF Quakertown in (year) _____.

Memorial Garden Plaque Order Form

Name: _____

Address: _____ City: _____ State: _____ Zip code: _____

Phone Number: _____

PLEASE WRITE LEGIBLY. WRITE ONE (1) LETTER OR SPACE FOR EACH BLOCK.

A PERIOD/COMMA GOES IN THE SAME BLOCK AS THE LETTER BEFORE. YOU DO NOT HAVE TO CENTER ANY OF IT.

Line 1																				
Line 2																				
Line 3																				
Line 4																				

Make the check (\$135 memo: Plaque) payable to TCF Quakertown and mail with form to:
TCF Quakertown Chapter
c/o Plaque
P.O. Box 1013
Quakertown, PA 18951

By marking this box, I confirm I have checked the spelling for my plaque.

DEADLINE: Form & Money Received by _____

Questions: Plaque Coordinator Crystal at
MemorialGardenTCF@gmail.com or
614-746-8076

THE PLACEMENT OF THE PLAQUE IS DETERMINED BY THE PLAQUE COMMITTEE. Special glue is used and will ruin the plaque and the wall if removed. Plaques are only for chapter members to purchase.

Why volunteer?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Benefits of volunteering: 4 ways to feel healthier and happier

1. Volunteering connects you to others
2. Volunteering is good for your mind and body
3. Volunteering can advance your career
4. Volunteering brings fun and fulfillment to your life

One of the best ways to [make new friends](#) and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

When it comes to volunteering, passion and positivity are the only requirements

While learning new skills can be beneficial to many, it's not a requirement for a fulfilling volunteer experience. Bear in mind that the most valuable assets you can bring to any volunteer effort are compassion, an open mind, a willingness to pitch in wherever needed, and a positive attitude.

Please give some thought to volunteering with The Compassionate Friends. Our Chapter is growing and we need helping hands to continue to help others that are new to this path of grief. We need not walk alone.

It doesn't need to be a huge commitment of time and effort.

We need:

- * Greeters are needed at support meetings
- * Help is needed in setting up and cleaning up at meetings
- * We need help writing cards every month (could use 2 or 3 people)
- * We need help with outreach. Put ads & announcements in newspapers, send out newly bereaved packets.

If you have some time to spare and would like to help out, please contact Ginny @ 215-760-0602.

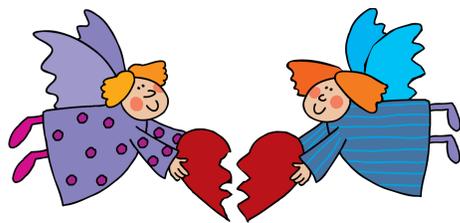
Why A Butterfly?

Marge Tomlinson, TCF, Seattle-King County, WA

A few weeks ago I was asked why the butterfly was used so much in TCF. I didn't hesitate to give her MY answer. I had heard that the butterfly represents our children, but I have my own interpretation. The butterfly's metamorphosis is a symbol of who I was, what I went through and who I've become because of Greg's death. I don't like that my son, Greg, died. But I do like the person I've become because of it. The 'Marge' before Greg's death was the caterpillar. I had



a purpose in life and lived life as I felt I needed to. Then Greg died and I was inside a dark confinement that I desperately wanted to be released from. I wanted to go back to the familiar. But just as the butterfly has to bide its time in its chrysalis, I had to work through the dark time of grieving and sorting through the broken pieces of my life. As I slowly emerged from that darkness of mourning I knew there was no going back to what once was and there was still more grief work ahead. The new 'Marge' didn't happen rapidly, just as a butterfly isn't released instantly from its confinement. It takes time for the butterfly to release itself from the chrysalis, to stretch its legs, to spread out its wings and gain the strength to fly. Because of my grief journey, I relate to the butterfly and its life cycle. I like who I am now and because of the painful journey, I feel I am more vibrant and more alive because of it. I learned that happiness did return to my shattered life and I want others to know that their life, too, can once again be meaningful and happy.



LOVE GIFTS

A Love Gift is a gift of money to The Compassionate Friends. Love Gifts can be in memory of a child or sibling on their birthday or angel day, can honor a friend or relative, or can show support for the work of TCF. Love Gifts are the Chapter's main monetary support. Thank you for your Love Gift.

Love Gifts are tax deductible – Chapter Non-Profit #2053



Circle One: *In Memory or In Honor of* (name of person) _____

Birth Date _____ Death Date (Angel Day) _____

Check One: Please use my gift for....

- Memorial Garden
- Special Events (i.e. speakers, community outreach)
- Candle Lighting Program
- Memorial Walk & Butterfly Release
- General operating expenses

Love Gift Message:

Your Name: _____

Email or Telephone: _____

Address: _____

Checks payable to
TCF Quakertown Chapter
PO Box 1013
Quakertown, PA 18951

Treasurer Use Only

Cash/Check # _____ Amount _____

D _____ Q _____ T _____ N _____

