



Quakertown Chapter

serving 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

The Compassionate Friends National Office

877-969-0010

www.compassionatefriends.org

Eastern PA Regional Coordinators

Bobbie Milne mcfly423@aol.com

Ann Walsh tcfeastrc@yahoo.com

**February
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, February 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 Quakertown Chapter 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 Crystal Hunter

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 or a member on our steering committee. **NOTE: we are only recycling the small ink cartridges NOT for commercial size copiers/printers.**

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. - 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 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 to, Linda & Dan Brophy, Carol Graham, Becca Scheck and Nan Roskow for providing our January refreshments. They do this in remembrance of their children, Alexandria (Linda & Dan), Adam and Peter (Carol) and Jaime (Becca), Alan (Nan)

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, Crystal Hunter 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), 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.

Charles & Betty Hottenstein, In Loving Memory of their daughter, Tracey Elizabeth Hottenstein, Feb 18 - Feb 15

Tracy you will always live in our hearts. Love Always, Mom & Dad

Lydia Weikel Cox, In Loving Memory of her brother, William James Lampmann

Lisa Robey, In Loving Memory of her brother, Robert "Bobby" Reynolds, Sept 9 - Mar 6

I miss you my dear brother, in my heart always

Lynette Lampmann, In Loving Memory of her son, Shawn William Lampmann, Feb 10 - Feb 13

In Loving memory of my beloved son, Shawn

Peggy Daggitt & Diane Anderson, In Loving Memory of her daughter/sister & son-in-law/brother-in-law, Chris & John Insco
Chris, Jan 12- Jul 30, John, Feb 18 - Jul 30

Pat Hunsicker & family, In Loving Memory of their daughter, Brenda Meehl, Aug 10 - Feb 10

You are forever in our hearts. We love and miss you very much.



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 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.

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.

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.



SAVE THE DATE.....

2015 Eastern PA Regional Conference

Date: October 9-11, 2015

Where: Hyatt, King of Prussia, PA

Memories



FOR THE LOVE OF TRACY
A Celebration of the Life of Tracy Elizabeth
Hottenstein
February 18, 1973 to February 15, 2009

To show the love that Tracy had for life and those around her, we are asking for your participation. We are asking our family and friends, as well as Tracy's friends and their families, to make Valentine's Day more meaningful for those around us. We are asking that you involve your entire family, especially the children, in doing special for someone else. In this way we can pass Tracy's love to the next generation. In some small way, as we each do something for others, we can help make this world a better place, and exhibit Tracy's impact on all of our lives.

It would be a way to honor Tracy, if you would make this a yearly event in her memory.

It would be greatly appreciated if you could share with us a short summary of what you did, along with any pictures that you may take. We are saving all of these remembrances in a special album dedicated to Tracy.*

Thanks, For the Love of Tracy,
God Bless -
Betty & Charlie Hottenstein

P.S. - If you know of someone who has not received this note, or anyone else who would be interested in participating, please pass this idea on to them. Thank You!

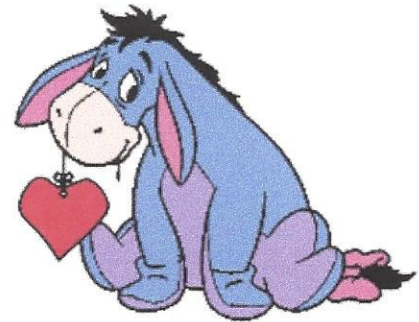
* Send to email: chotts@comcast.net or 951 Alycia Lane, Telford, PA 18969



Heart Gifts

It's not the things that can be bought that are life's richest treasure, It's just the little "heart gifts" that money cannot measure... A cheerful smile, a friendly word, a sympathetic nod Are priceless treasures from the storehouse of our God... They are things that can't be bought with silver or with gold, For thoughtfulness and kindness and love are never sold... They are priceless things in life for which no one can pay, And the giver finds rich recompense in giving them away.

By Helen Steiner Rice



Valentine*s in Heaven

Are there Valentines in Heaven?

Are there Red Hearts everywhere?

Do they line the golden streets,

Or is that very rare?

I wish that I could send you one,

Right through Heaven*s Gate,

To say how much we miss you,

On this special date.

I*d like to send a Candy Heart,

That is printed, *I Luv U,*

And maybe you would whisper back,

I know, I Luv U too.

Marilyn Rollins

TCF Lake-Porter, IN

For All Our Children

HOPE

By: Margaret Gerner

Bereaved Mother and Bereaved Grandmother

St. Louis, MO

I sat down regularly to read the many newsletters that I receive from the chapters across the county. Most of the time there were articles in them that made me cry a little.

I read about children who are dead and parents who were hurting, but never did I come away from those reading sessions depressed.

I came away with hope, hope that the searing torment does lessen and eventually give way to warm, loving memories of our child.

When we are in the deepest throes of our grief, when our beloved child has just recently been snatched from life by a tragic accident or succumbed to a fatal illness, or died in some other way, can we believe we can ever be happy again? When to simply get up in the morning is a major accomplishment, can we believe that we will ever be able to function with enthusiasm or purpose?

When every thought of our children brings excruciating pain, can we believe that we will someday be able to think of him/her and smile? I know it is hard to believe that this will ever happen, but it will.

Words used in defining HOPE are expect, trust, anticipate, wish, desire and confident. These are the key words. If we expect, trust and anticipate feeling better, we will in time.

If we wish it and are confident, the day will come when we will feel better. Of course, it doesn't just happen. It takes a long hard grief work. It takes many painful hours of allowing ourselves to go through our grief.

It takes patience and it takes time. But know you will come to the light at the end of the tunnel.

Know that there is hope. Know that many many bereaved parents who have been in the same painful place that you are now have found life meaningful again.

Know that you will too.

Denial and Disbelief in Grieving

Written by Sarah Kravits on Friday, January 23, 2015

I was in denial from the first moment. And for a while thereafter.

On a sunny Saturday in June, I had just finished a mud run with my son, and we were walking back to our car in late morning, covered with mud and laughing. My husband called my cell, from our home phone, I assumed, since as far as I knew, he was home with our other two children. I answered, and he said, "Where are you?" When I told him I was heading to the car, he said no, he needed to know exactly where I was located at that moment. Confused, I gave him a description of where I was on the sidewalk.

The next thing I knew, he was running across the street to me. He told my son and his friend to walk ahead. He grabbed me by the shoulders and looked me in the eyes and somehow choked out the words: There was a car accident, he told me, and my sister-in-law and niece were in critical condition, and my brother did not make it.

I don't recall all the details of how I reacted. What I do remember is crying, screaming, "No, NO, NO, not Frank, NO, NOT FRANK..." The only thought in my mind was that this had not happened. It was not possible. I denied it totally, utterly, completely. Denial was not something I chose; it was something that instantaneously ignited inside me and radiated out like a force.

I soon found that my experience had little to do with what I understood as the "stages" of grieving, because for whatever reason, perhaps due to the particular set of circumstances of my loss, denial dominated my every thought. I hadn't been given a chance to bargain. I had no time to be angry, not then anyway, occupied as I was with a flood of tasks.

But amazingly, in my heart I could continue to deny that this had happened, even as I sat at a funeral home, handled auto insurance claims, received condolences, wrote an obituary, gave a eulogy at a funeral service, and was basically deluged with every possible proof that my brother was no longer physically present on this earth.

Then several weeks ago, about six months after the accident, I realized that denial had changed into something different. As I listened to myself in various conversations with friends and family, I noticed I was saying over and over again: "I don't believe it, still." "I still can't believe it." "It doesn't make sense." Somehow the roaring fire of denial had transformed into the embers of disbelief, which to me feels quite different. I understand what happened in a way that I could not when in denial, and yet I am baffled by it. In denial, I rejected the truth. In disbelief, the truth is accessible to me, but I can find no logic to support it.

With their more tolerable yet still insistent heat, the embers of disbelief stay close. It is as if I carry them in my hand. I set them down just before I fall asleep. Then when I wake up each morning, wondering for a moment why something doesn't feel quite right, I notice them by my bedside and remember. I pick them up and go about my day. I'm not sure how long they will burn.

When a Child Dies of Drug Addiction

Written by Joni Norby on Sunday, January 18, 2015

Ben was an addict. That declaration is enormously painful and takes even more courage to write than Ben died at age nineteen. He was an honor student, football captain, neighborhood skateboard star, altar server, little league all-star, and lead singer in a punk rock band; he was handsome, popular, kind, and gentle. He was my first born, my only boy....he was an addict and heroin killed him.

When Ben was in the throes of his disease, I would jolt awake, stare at the blank ceiling, feeling my blood turn to ice. With my hands slipped under my lower back and my fingers spread so my body heat could radiate through my arms, hands, and fingers, I'd say the Lord's Prayer, trying to obliterate the swarming fears.

Obsessed with this prayer, I studied Emmet Fox's *Around the Year with Emmet Fox* before bed each night. Reading and dissecting the prayer by phrase, I studied each word on every page, searching for an answer to my never-ending question: "How can I save Ben?"

I also wrote in journals, pouring out my heart to empty space. Addiction is lonely and isolating, and it leaves a trail of "Whys?" and "Could haves?" I'm still haunted by the idea that some kind of trauma or horrible encounter unleashed a beast within my son. Why didn't I see it? Why didn't Ben feel safe enough to tell me? Was the disease so embedded in his DNA, that there was nothing anyone could do? Did I fail him? That is the hardest question of all: Did I fail him?

I sometimes wish Ben had died of cancer. People understand that disease. Addiction carries an insidious stigma, casting out its victims and relegating them – and their families – to society's margins. There is no respect attached to such conditions. Police officers don't touch the brim of their hats in homage, and no other fanfare takes place to mark the grievous occasion of loss. There is only mourning....and those damn unanswerable questions.



But yet, there are times in the stillness of my grieving years (almost seven years now) that I can cease my internal wrangling and remember my son: his dirty-dog smell and little boy's giggle, the dime-sized mole on his left butt-cheek, his fondness for canned peaches and Jell-O chocolate pudding; I reminisce about his talent for building medieval castles out of Lego's, his knack for altering his own clothes with dental floss, instead of thread (a habit which earned him the nickname, "Stitch"). In the echoes of my mind, these recollections linger to the accompaniment of the gentle melodies he would play on his guitar or keyboard the few times we were alone together at home.

As I integrate these cherished memories into this present moment, I realize how much I have changed since Ben's passing. I once was a harried college administrator balancing career and family, living for others and not seeking to find myself buried under the avalanche of external demands. I now spend summers with my parents, and volunteer at elementary schools teaching struggling kids to read while reassuring them of their inherent worth.

I lunch with my high school girl friends, study water fowl as it dances across our lake in the fall, grow grapes, and eat kettle corn while watching romantic comedies. I spoon with my husband in our backyard hammock, and allow myself to be transported by the breeze that rustles in the olive trees. I marvel at the drone of bees as they pollinate the apple and plum trees, and laugh at the blue jays as they make mischief. I listen for God's whisper, beckoning me to live; and as for the unanswered questions, I cast them aside for another day... and then, another... and then, the next.



Siblings Walking Together

We are the surviving siblings of The Compassionate Friends.
We are brought together by the deaths of our brothers and sisters.

Open your hearts to us, but have patience with us.

Sometimes we will need the support of our friends.

At other times we need our families to be there.

Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be.
We cannot be our dead brother or sister; however, a special part of them lives on with us.

When our brothers and sisters died, our lives changed.

We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak.

Yet we can go on because we understand better than many others the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrows as surviving siblings of The Compassionate Friends

When the Mirror Breaks: Loss of a Close Sibling

Written by Daisy Massey on Monday, August 26, 2013

"Siblings are the only relatives, and perhaps the only people you'll ever know, who are with you through the entire arc of your life... Your parents leave you too soon and your kids and spouse come along late, but your siblings know you when you are in your most inchoate form." – writer Jeffrey Kluger observed to Salon in 2011, the year his book "The Sibling Effect" was published.

My brother Andy was more than a sibling, he was my twin. We weren't really twins, we were just close in age and physically favored each other including, despite the 2.5 year age difference, being the same height. We always played together and were constantly told stories of how we immediately bonded from the moment I was born. Being younger than he was, I never knew life without him. He was my first friend and best friend. We were affectionately called "the matching pair" by our family.

Although we had two other siblings, my entire identity was a reflection of my life with him. Our world was rich with creativity in every way. As children, we spent most of our time playing with toys; coming up with different scenarios and personalities for each (which changed frequently). As we got older, this world of "make believe" manifested in the form of music, theater, print and digital media, etc. Andy was publicly seen as quiet but behind closed doors he could put on quite a show and is still the funniest person I have ever met. He was sensitive and had respect for all things, living and inanimate. If one of us were to toss aside a stuffed animal, he'd immediately run over, cradle it, and say we had hurt its feelings. This kind of behavior really made our toys come to life.

I was 24 when my brother passed away instantly in a car accident. This is an untouchable age where nothing bad could possibly happen. The world exists to serve you and you'll worry about responsibility "later." I was unbreakable; we were unbreakable. When Andy died, I shattered. From that moment on, nothing would ever be the same. The world no longer served me. It was against me and it took from me. I was immediately broken and couldn't see myself; I had lost the pieces of me.

For those of us who have lost a loved one, attempting to put together the shattered glass of our lives is beyond tedious; it's nearly impossible. It is such a struggle that many people get tired after a few initial attempts and give up. This is because there is no easy way around it. The only way to get it done is to work through it piece by piece. First, you have to locate all the pieces and get them organized into one pile. Then you start with one piece and sift through the entire pile until you find its adjacent piece; and repeat. As you continue this process, it starts to take less time to sift through the remaining pieces and find where it fits. Eventually, there are only a few left and you're putting them together quickly and with ease.

It took over three years for me to collect all my pieces into a pile and remember who I used to be. The first year after a loss is particularly emotional because you are experiencing everything, such as holidays and gatherings, for the first time without that person. The following year serves as reminder of this new reality. Then, even though it's hard and you don't always want to, you accept it.

During this time, I thought about what I used to like to do and had to make myself try them again. Activities that used to feel second-nature like exercise (running, biking, rowing) and playing piano now felt awkward and forced. It's really hard to not be good at something that you used excel in. This is where the hard work comes in and you have to make a commitment to yourself that you won't quit; you must rejoin the living. At this point, it is more about your mental state than whatever task or activity you are performing.

They say that when a mirror breaks, the penalty is to endure seven years of bad luck. This June will mark seven years since Andy's death. The process of working through collecting the pieces gave me strength to start living again. My pieces have been found and I am swiftly completing the mirror that once was shared by my brother. The new face has cracks but it is fixed and I am whole in it. The reflection shows a happy person who participates in many activities and loves living life again.

What we remember best about our love for our child or sibling

Topic for support meeting February 10th

We ask everyone to bring a story, keepsake, creation, or picture of part of your child's life and the joy and appreciation you had together. Then as we go around the smaller groups, you can share more about your special relationship with your child. As we grieve our loss, it is too easy to get consumed by that and forget about the special times you had together when they were alive.



Fiddlestixs - Quakertown PA

Come sign up for a special painting for our TCF families and friends and anyone who would like to paint the above beautiful heart and angel.

Date: February 15th 3PM

For every person that signs up for this painting Fiddlestixs will donate \$5 per registration to our Quakertown Chapter Memorial Garden Fund.

Go to the following website to register and pay for your class.

<http://www.fiddlestixpaint.com>

Click on calendar and reservations - scroll to event 146



Honoring a Deceased Child on Valentine's Day

Written by Sandy Fox on Monday, February 7, 2011

Valentine's Day is a day for love, and a day to celebrate with those you love. It's also another holiday to remember your child, who can no longer celebrate with you. It is a difficult day for all of us who grieve the loss of our child or children.

So I say, embrace Valentine's Day as a special day to commemorate your child and celebrate your love for him or her. Death may end our child's life, but it does not end the relationship we had and still have. Bonds of love are never severed by death, nor is the love we shared with our child.

What can we do to celebrate this day? I am a writer and what better way than write about my child. I can do a poem, an anecdote, a letter, a song, or a story about something memorable she did for me on Valentine's Day.

As an example, my daughter never forgot to give me a card. Nor did she ever let her dad forget. She then had to check out not only the card he bought but also the gift as well. A stamp of approval meant we could all go out for dinner to celebrate. I wish I had kept all the cards she gave me. I only have a few. Usually, they were cute cards with a touch of humor, while her father's cards were more on the romantic side.

Another thing you can do is to go on a short trip to a special location you both loved. I remember one year, Valentine's Day fell on a weekend, so we all went to romantic Sedona, AZ, to celebrate with my daughter and her boyfriend at the time. I have gone back to Sedona on special occasions and immerse myself in the healing power of remembrance.

This Valentine's Day, light a special candle for your child. Perhaps do it every Valentine's Day and continue that tradition as you remember the good times you shared. Or make it a holiday where you decide that since it is February, and Arbor Day is around the corner, you will plant a tree at your child's school.

Talk about your child to anyone who will listen. You will find that people do care and do remember him or her. They may even contribute to the conversation something they, too, remember about your child. Recently, I had that experience, and it made my day.

Volunteer some time to an organization that could use your help. Do it in honor of your child. It could be a child-related organization, a pet organization (if your child had special pets), or a local hospice group. Doing something good for others can help ease your pain.

If you work in an office, show your thoughtfulness to colleagues by cooking a nice dish and bringing it. If cooking is not one of your strengths, buy a Valentine cake to share. There is nothing wrong with celebrating the occasion with those whom you work with all year long. It can also strengthen your workplace relationships.

For those who work for you (for example, the newspaper boy, your doctor, your housemaid, or the postman), present each with a small token gift like a white rose or a little chocolate box. The smile you get in return will make the gesture worthwhile.

Finally, be creative on this day and make a Valentine's Day craft, like your child used to do for you. It can be a home decoration item for the rest of your family to enjoy or even given as a gift for a loved one. Use materials easily available around the house.

My wish for all of you on this holiday is that you always have wonderful memories, accented with a smile, a laugh or a giggle, and remember your child, who can not be with you physically on this day but will always be with you in your heart.



OUR CHILDREN REMEMBERED FOR FEBRUARY Birthdays and Always

Heather Schaefer, daughter of Linda and Wayne Schaefer, 2/3

Robert Kyle Rainey, son of Lynne Rainey, 2/3

Eric Martin, son of Daniel Martin, brother of Mikaela Martin, 2/4

Robert Bowen, son of Agnes and Robert Bowen, 2/5 - 2/12

Caitlin Beldham, daughter of Danielle and Ian Beldham, 2/8 - 2/5

Stephen Fuhrmeister, son of Lisa Fuhrmeister, nephew of Renee Hudoka, 2/6

David Utti, son of Emanuel and Claudia Utti, 2/9

Dario Datis, son of Sherie Datis, 2/9

Katey Blase, daughter of Gail Blase, sister of Hillary, 2/9

Jeffery Broxteman, son of Roger and Janet Broxteman, 2/10

Shawn Lampmann, son of Lynette & Bill Lampmann, 2/10 - 2/13

David Schaller, son of Raymond Schaller, 2/12

Marc Falcone, son of Dominic and Carolyn Falcone, 2/14

Kristin Statuti, daughter of Henry and Maryann Statuti, Shirley & Henry Statuti, 2/15

Scott Newell, son of Carol Newell, 2/16

Alexandria Gasior, daughter of Linda & Dan Brophy, 2/16

John Ruch, son of Christina Dunning, brother of Stephanie Adams, 2/18

Tracy Hottenstein, daughter of Charlie & Betty Hottenstein, sister of Scott & Troy, 2/18 - 2/15

Rachel Watts, daughter of Joe & Danielle Watts, 2/18

John Inscho, son-in-law of Peggy Daggitt & brother-in-law of Diane Anderson, 2/18

Kinsey Duvall, son of Craig and Pat Duvall, 2/20

Scott, brother of Anje Naber, 2/20

Tammy Moore, daughter of Tom and Sandra Moore, sister of Tara and Troy Detweiler, 2/25

Cpl Barton Humlhanz, son of Michele and Don Carey, brother of Niki Humlhanz, 2/26

Jason Tyler Foulke, son of Mitzi and Dean Foulke, 2/26

Joey Siedlecki, son of Joe & Monica Siedlecki, 2/26

Matt Cardinal, son of Lynn Cardinal and brother of Mike, 2/28

Sullivan Burd, son of Glenn & Jessica Burd, 2/28

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

Myrl Packer III, son of Anna Packer, 2/1

Douglas Hofmackel, son of Marie and Ken Hofmackel, 2/7

Blake Smith, son of Colleen and Robert Bendesky, 2/8

Anne Marie Acker, daughter of Anne Marie Acker and sister of Jamie Lynn Russo, 2/9

Dawn Cannon, daughter of Joanne and David Cannon, 2/9

Megan Eschenburg, daughter of Gary and Peggy Eschenburg, 2/10

Brenda Meehl, daughter of Patricia and Harold Hunsicker, 2/10

Lisa Kuniega-Lewis, daughter of Arlene and Alan Vogel, 2/10

Joshua Fehrle, son of Thelma Dobson, brother of Rhiannon Harris, 2/10

Christopher Harrison, son of Betty Harrison, 2/10

Rachel Behrig, daughter of David and Kimberly Behrig, 2/11

Marsha Chai Lambert, daughter of ChinLing and Martha Chai, sister of Monica Chai, 2/12

James Monahan II, son of Kim Kleinsmith, 2/12

Lisa Weatherly, daughter of Norma Jean Weatherly, 2/12

Jake Paternoster, son of Mike and Ruth Paternoster, 2/13

Rebecca VanLuvanee, daughter of Daniel and Nanette Helms, 2/13

Derick Schubert, son of Anne & John Schubert, brother of Marie, 2/14

Randy Angstadt, son of Paul and Barbara Angstadt, 2/15

Brittani James, daughter of Christine & Jack James, grand daughter of Nancy James, sister of Shannon Short, 2/15

Benjamin Albro, son of Sherri & Bob Albro, 2/16

Stormy Weaver, infant daughter of Amber and Nathan Weaver, 2/16

Vivienne Martin, daughter of Justin and Mary Martin, grand daughter of James and Catherine McFadden, 2/17

Rodney Bossert, son of Julia Bossert Roush, 2/18

Kevin Short, son of Frank & Lynne Short, 2/18

Sarah Souder, daughter of Dean and Kay Souder, grand daughter of Betty and Fred Deetz, 2/22

David Grebe, brother of Sue Grebe, 2/24

David Cassel, brother of Carol Lamonte, 2/24

Shane Bowen, son of Agnes and Robert Bowen, 2/25

Daniel Murphy, son of Merry Murphy, 2/25

William Nemec Jr, son of Margo Staats, 2/27

Christopher Ulmer, son of James and Patricia Ulmer, 2/27

Brian Hackmaster, son of Barbara Hackmaster, brother of Amy Hackmaster, 2/27

Christina Vandergrift, daughter of Karen Moyer, 2/27

Justice Goodwin, nephew of Holly & Keith Goodwin, 2/28

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

**** UPCOMING MEETING ANNOUNCEMENTS ****

*February 10, 2015 - 7:30 PM - What we remember best about our love for our child or sibling see info inside newsletter as to what to bring to meeting

*February 24, 2015 -- 7PM -steering meeting-Quakertown Family diner

*March 10, 2015 -- 7:30 PM-general meeting



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 _____

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: February 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.

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