



*Serving Upper Bucks and Montgomery Counties*

# The Compassionate Friends

Quakertown Chapter January/February 2023

## Looking Ahead for The Compassionate Friends Quakertown Chapter in 2023

Well, it is here- 2023. Going into the third year after the world shut down due to the pandemic. My personal 14<sup>th</sup> new calendar year without my brother and my second new calendar year without my mom.

The change of the calendar is a challenging time. We all know the feelings- exchanging the 2022 calendar for the 2023 calendar and it means our children and siblings are missing another year.

These moments do not get easier. They will never feel the same as “before” the event. Do we even remember turning the calendar “before”? Probably not. Why did it not matter “back then” when we went to the next year? Now, we are hyper aware of little things- how these minute actions impact us while we continue to love our children and siblings who are not here with us physically. How have we changed and grown and adapted to this new normal? What can we do to remember them and keep their spirit around for longer?

As we go into 2023, our support group is here to remember our children and siblings ~ Say their names ~ Tell stories ~ Always keep them close in our

hearts and minds. They are not here physically but you better believe 2023 will be another year of telling stories, remembering the funny moments, and welcoming new families into our group no one wants to join.

As we go into 2023, you will notice a few changes to our Chapter and how we will be handling things. Some things that are the same, though. Read below to find out some changes.

### NEWSLETTER – a change

- We will publish newsletters in odd months- January, March, May, July, September, and November. We will include names for January and February in January. Names for March and April in March, and so on. This means Love Gifts, articles, and event announcements must be received by the 15<sup>th</sup> of the month PRIOR to be included in the newsletter.
  - We plan to ‘snail mail’ walk information in April and candle lighting information in October. Everyone would get those mailings.

As our membership grows costs are rising to mail paper copies of the newsletter each month. Please consider receiving the newsletter by email, or Facebook, or our website. Please contact us with your email address!!! Thank you for helping us SAVE funds!!! email or scan ----->  
[contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org)



Quakertown Chapter  
**PO Box 1013**  
Quakertown, PA 18951  
**Chapter Info Line: 215-703-8431**  
[contact@TCFQuakertownpa.org](mailto:contact@TCFQuakertownpa.org)  
website: [www.tcfquakertownpa.org](http://www.tcfquakertownpa.org)



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.

## SUPPORT GROUP MEETINGS – the same

- Our support meetings will stay at The Gathering Place, 7-8:30pm on the 2<sup>nd</sup> Tuesday.
  - Please try to arrive on time so everyone can hear announcements and each other's stories. Some meetings may have a theme but others will be only sharing circles.
  - Continue to bring treats as you please- no sign up needed. Bring your own drink!
  - Wearing of masks are welcome.
- Should the leadership team decide to cancel a Support meeting due to high spread of illness or weather, it will be announced on our closed Facebook page and on our voice mail of 215-703-8431. You can also text that number or email [contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org).
  - If we decide to have a Zoom meeting due to a cancellation, that information will be available in those announcements.

## ANNUAL EVENTS – as of now, both in person like 2022!

- SAVE THE DATES: June 10 (Memorial Walk) and December 10 (Candle Lighting)
  - If you are interested in helping with either, please email [contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org).

## GARDEN INFORMATION – slight change

Plaque orders are due February 15, 2023. The cost is \$175.

- We are looking for a person (age 18+) who can take over the process of plaque orders starting in March, please email [contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org). You will be given all the resources and files to successfully navigate this task.
- If we cannot find someone to handle the orders (designing on Microsoft Word or google docs, emailing confirmations, and ordering with the company), plaque orders will be put on hold until the position can be filled.
- If you are interested in helping with the planting and random hands-on garden upkeeps, keep your eyes open for information.

As the years pass, the leadership team members have stayed pretty much a core group; however, as people move into new chapters of their lives, move away, or need a change to their own grief support, the leaders have to make adjustments to continue this support chapter in Quakertown.

We also need to add people to our leadership team so if you are interested in helping organize, run, support, etc., please reach out to someone listed in the newsletter that is on the committee or email [contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org). Everyone on the leadership team knows the importance of support from those who understand so we hope you reach out to us to offer some of your talent in one way or another.

Looking forward to seeing you in person, online, or in spirit. May 2023 bring comfort to you each day knowing you are not walking this path alone.

Warmly yours until the next newsletter (March),

Crystal Hunter

2023 Chapter Leader



# *Our Children Remembered on their Birthdays*

## *January*

1/2 - **Stephanie Kissel**, daughter of Barbara & Bob Krantz  
1/4 - **Marc Landis**, son of Anne & the late Craig Landis  
1/5 - **Lisa Kuniega-Lewis**, daughter of Arlene & Alan Vogel  
1/9 - **James Palatinus**, son of Susan & Nandor Palatinus  
1/10 - **Peter Graham**, son of Al & Carol Graham  
1/11 - **Sean Ryer**, son of Pat Ryer  
1/12 - **Christine Inscho**, son of Peggy Daggitt; sister of Diane Anderson  
1/13 - **Kevin Figanik**, son of Thomas & Valerie Figanik  
1/13 - **Jason Pini**, brother of Jennifer Pini  
1/14 - **Geneva Doll**, daughter of Keith & Barbara Doll  
1/18 - **Kyle Smith**, son of David & Maria Smith  
1/20 - **Dorinne Buda**, daughter of Pamela Buda  
1/24 - **Austin Jacobs**, son of Penny Jacobs  
1/24 - **Peter Smith**, son of Angela & Richard Smith  
1/25 - **Allison Reboratti**, daughter of Barbara & Eduardo Reboratti  
1/27 - **Abbie Zukowsia**, daughter of Lisa Zukowsia  
1/28 - **Denise Layton**, daughter of Edward & Gloria Layton  
1/28 - **Liz Ann Whipple**, daughter of Liz Sullivan  
1/29 - **Matthew Lincul**, son of Linda & Ed Lincul  
1/29 - **Kaia DeCesare**, daughter of Kristina DeCesare Robinson  
1/30 - **Michael Cox**, son of Dianna Cox

## *February*

2/1 - **Brian Dorsey**, son of Mindy Dorsey  
2/1 - **Gavin Stewart**, son of Courtney Trimble  
2/3 - **Robert Kyle Rainey**, son of Lynne Rainey  
2/4 - **Andrew Flath**, son of Lori Jordan  
2/4 - **Lynda Mohlenhoff**, daughter of Frank & Peggy Posivak  
2/5 - **Jonathan McCormick**, son of Jacqueline & Bob Daniel  
2/6 - **Michael Pettie**, son of Doreene Pettie  
2/9 - **Katey Blasé**, daughter of Gail Blasé, sister of Hiliary Blasé  
2/9 - **Derick M. Lawley**, brother of Tara Lawley-Bergey  
2/10 - **Shawn Lampmann**, son of Lynette Lampmann  
2/14 - **Nici Grawonski**, sister of Michelle McDaniels  
2/14 - **Marc Falcone**, son of Carolyn & Dominic Falcone  
2/14 - **Joshua Sotak**, son of Mary Catherine Nederosteck  
2/16 - **Alexandria Gasior**, daughter of Linda & Dan Brophy  
2/16 - **Chris Guidotti**, son of Nancy & Al Guidotti  
2/18 - **Tracy Elizabeth Hottenstein**, daughter of Charlie & Betty Hottenstein  
2/19 - **Will Moyer**, son of Sue Simon  
2/19 - **Thomas Water**, brother of Pamela Buda  
2/20 - **Kinsey Duvall**, son of Craig Duvall  
2/25 - **Tammy Moore**, daughter of Tom & Sandra Moore  
2/25 - **Skye A. Gilbert**, daughter of Susan J. Gilbert  
2/26 - **Jason Tyler Foulke**, son of Mitzi & Dean Foulke  
2/27 - **Justina Sue Daniel Espinoza**, daughter of Bob & Jacqueline Daniel



# *Our Children Remembered on the Anniversary of Their Death Loved, missed and always in our hearts*

1/1 - **Nick Campellone**, son of Johanna Goodwin

1/2 - **Julia Smith**, daughter of Deborah  
Heatherington

1/7 - **Stephanie Kissel**, daughter of Barbara & Bob  
Krantz

1/9 - **Jason Heuckeroth**, son of Debbie & Mark  
Heuckeroth; brother of Jaime

1/9- **Stephen Stalheim**, son of Barbara Mertens

1/10 - **Corbin Christopher Snider**, son of Chris  
Snider

1/10 - **Andrew Justin Campbell**, son of Elisabeth  
Campbell

1/12 - **Kiana Alvarenga**, daughter of Tina & Jose  
Alvarenga

1/12 - **Daniel Attilio**, son of Patrick & Ann Marie  
Attilio

1/19 - **Peter Graham**, son of Albert & Carol Graham

1/19 - **Jacob Burkett**, son of Kathleen & Jim  
Hardgrove

1/20 - **Clayton Sitko**, son of Henry & Theresa Sitko

1/21 - **Adriana Toro**, daughter of Israel Toro

1/23 - **Michael Macko**, brother of Mary Anne  
Macko

1/24 - **Justina Sue Daniel Espinoza**, daughter of  
Bob & Jacqueline Daniel

1/26 - **Michael Cox**, son of Dianna Cox

1/29 - **Karen Slotter**, daughter of Dolly Bibic

1/30 - **Dan Bardsley**, son of Emma Bardsley;  
brother of John & Anita Bardsley

2/6 – **Jonathan McCormick**, son of Jacqueline & Bob Daniel

2/7 – **Michael Pettie**, son of Doreene Pettie

2/7 – **Leslie Ann Kobzina**, daughter of Randy & Lori Ann  
Kobzina

2/8 – **Philip D. Calabrette, Jr.**, son of Lynn Calabrette

2/9 – **Dawn Cannon**, daughter of Joanne & David Cannon

2/10 – **Lisa Kumiega-Lewis**, daughter of Alan & Arlene Vogel

2/10 – **Brenda Meehl**, daughter of Patricia & Harold  
Hunsicker

2/10 – **Jolene Wohlbach**, daughter of Marie Fedorowicz

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

2/12 – **Lisa Dawn Weatherly**, daughter of Norma Jean  
Weatherly

2/13 – **Shawn Lampmann**, son of Lynette Lampmann

2/15 – **Tracy Elizabeth Hottenstein**, daughter of Charlie &  
Betty Hottenstein

2/15 – **Pat Cornell**, sister of Kathy & Frank Bender

2/15 – **Brittani James**, daughter of Christine James

2/16 – **Benjamin Michael Albro**, son of Sherri & Bob Albro

2/16 - **Matthew Hellman**, Lori Williams and Family

2/21 - **Natasha Michelle Dechant**, daughter of Nancy  
Dechant

2/21 – **Greg Mikesell**, son of Carol & Don Mikesell

2/22 – **Sarah Souder**, daughter of Kay Souder

2/22 – **Joey Reichman**, son of Tacey & Stephen Reichman,  
brother of Tami

2/22 – **Janelle Kleckner**, daughter of Teri Monastero

2/24 – **George Davish**, son of Sheryle & George Davish

2/25 – **Shane Bowen**, son of Agnes & Robert Bowen

2/27 – **Donnie Daniels, Jr.**, son of Don & Kelly Daniels

2/27 – **Christopher Ulmer**, son of James & Patricia Ulmer

2/27 – **Jimmy Belott**, brother of William Klinger

## Special Thanks



A special thank you to Jennifer Pini, Diane Gurecki, Sierra Doyle, and Ginny Leigh-Manuell for the Remembrance cards that you receive

They do this in memory of their children/ siblings: An appreciated Thank You to our members for helping to set up and tear down for chapter meetings. Thank you to Linda Stauffer for supplying the ink and paper and printing our newsletter and creating and maintaining our website. She does this in memory of her daughter Katie. Thank you to Theresa Sitko for managing our memorial garden. She does this in memory of her son Clayton. Thank you to Dianna Cox for addressing our monthly newsletters for mailing. She does this in remembrance of her son Michael. Thanks to Barb and Bob Heimerdinger for applying the memorial Plaques to the wall in the memorial garden. They do this in remembrance of their son Ryan.

# PLAQUE ORDERS DUE FEBRUARY 15th

Have you visited James Memorial Park? Our garden is in our 5th winter. You can visit alone or meet up with friends to take a walk. When it snows, it is beautiful. You will see there are plaque spaces available and you can order it now, by February 15, to have it applied before the walk in June (pending any issues out of our control).

You can find the order form link on our Facebook group and also scan the QR code listed in the picture below. The cost is \$175 and open to anyone who is on our roster for the death of a sibling, child or grandchild.

Once the order is submitted, you will get an email confirmation from google. Please mail your check then. Within a few days, you will receive emails to 1) confirm the order is received and/or confirm the check was received by our treasurer 2) you will need to email us back after we send a picture of the proof that we do to make sure everything fits and is spelled correctly. If the money is not received, the plaque will not be ordered.

Orders are due February 15th and this will last chance to order until we have a volunteer take over the process. Email [contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org) if you want to learn the process! (involves email, word docs, and more emails!). If you are unsure of the status of your plaque or need the link to order a plaque, email [memorialgardentcf@gmail.com](mailto:memorialgardentcf@gmail.com)

Thank you for considering supporting our garden!



<https://gatheringplaceevent.com/>

**Garden Plaque ordering is open!**

Scan here with your  
Smartphone camera  
for order form



**Deadline to submit  
order is February 15th.**

Questions can be sent to  
[memorialgardentcf@gmail.com](mailto:memorialgardentcf@gmail.com)

Or to order, type this website into the URL  
<https://forms.gle/DFE3AG53XCqRPXqG8>

For additional details, refer to previous newsletter, the website, or Facebook group.

*Huge special THANK YOU to Elsa and her business! We hold our in person support meetings at The Gathering Place in the center of Quakertown and we love it. If you have a need to have a gathering of 100 or less people, reach out to her! We appreciate Elsa and her staff for helping us provide support to families going through unimaginable grief.*



We are looking for some people who may be interested in giving back to the chapter, but perhaps you do not want to commit to a certain day/time (4<sup>th</sup> Tuesdays at 7-8:30 if you do) for our leadership team. The people we need would be doing visits to business, fire houses, funeral homes and churches. Reach out to us if you want to help us connect with other families who may need us.

# Love Gifts

*"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief...and unspeakable love."*

Washington Irving

**Sending a very special thank you to those who sent in love gifts this month:**



**From Amy De Lellis, in memory of her son Eric David Swartz:**

**Forever Loved-Forever Remembered Eric**

**From Jeanne Hofmann, in memory of her son and grandson, Scott and Kyle Silver-**

**My beautiful boys-Missing you and loving you every day of the year. Love Mom and MeMe**

**From Josephine Lenhart in Memory of her son John Jarema-you are very missed and loved.**

**From Linda & Don Brophy, In Memory of their daughter Alexandria Gasior- you are very missed and loved.**

**Steven Tondera- In memory of his son, Michael**

Donations made in memory of your child, grandchild or sibling are always welcome,.  
Please help us help others. We Need Not Walk Alone.



## LOVE GIFTS

A Love Gift is a donation of money in support of our Quakertown Chapter of The Compassionate Friends. Donations can be in memory of a child, sibling, or grandchild on their birthday, angel day or anytime. Your Love Gift will be acknowledged in our newsletter. Love Gifts are our Chapter's main monetary support. Anyone can donate and we thank you for your support of our chapter.

***We are a 501(c) 3 nonprofit, chapter #2053. Donations are tax deductible.***

**In Memory of:** \_\_\_\_\_

Birth Date \_\_\_\_\_ Death Date \_\_\_\_\_

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

\_\_\_ General Operating Expenses \_\_\_ Memorial Garden

**Your Name:** \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

**Love Gift Message** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please make check payable to:**

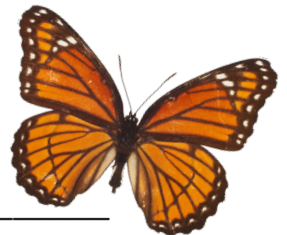
The Compassionate Friends, Quakertown Chapter

**Mail to:**

PO Box 1013

Quakertown, PA 18951

**Yes or No - include my name / love note in the newsletter.**







# *The Compassionate Friends*

## *Quakertown Chapter*

### **Supporting Family After a Child Dies**

### **Serving Bucks and Montgomery Counties**



#### About Our Chapter

Chapter Leader – Crystal Hunter  
Chapter Treasurer – Lisa Dechant  
Chapter Secretary – Gail Blase  
Assistant Secretary –  
Mary Anne Macko  
Newsletter Editor/Webmaster –  
Linda Stauffer  
Membership Outreach –  
Ginny Leigh Manuel  
Social Media Coordinator & Sibling  
Coordinator – Crystal Hunter  
Memorial Garden Chairperson –  
Theresa Sitko  
Committee members – Dianna Cox,  
Diane Gurecki, and Lynette Lampman,  
Sherri Albro, Barbara Reboratti, Lynne  
Rainey, Bob Albro  
**TCF National Office:**  
877-969-0010

[www.compassionatefriends.org](http://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.



**New Chapter  
phone number  
215-703-8431**

#### 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. Re-member 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're 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](mailto: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](mailto: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](mailto:newsletter@tcfquakertownpa.org)



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

## **Support Group Meetings are January 10th and February 14th at The Gathering Place**

### *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 our 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.**

