

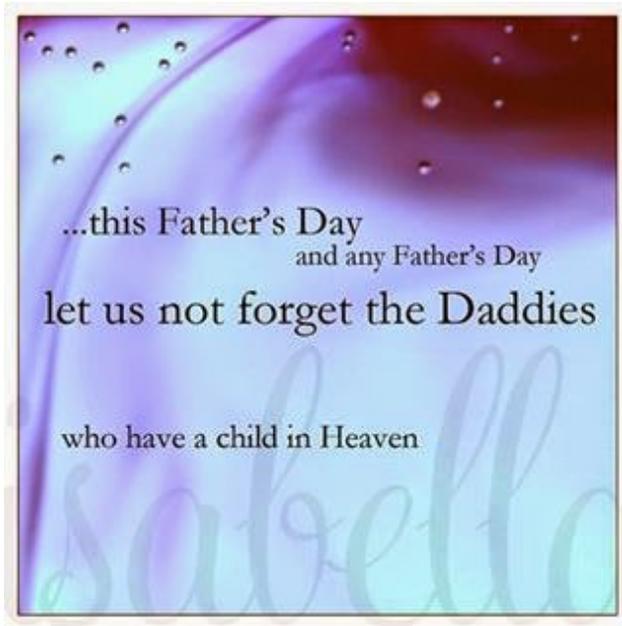


# The Compassionate Friends

June 2019

Serving Upper Bucks and Montgomery Counties

## Father Day Grief, an Emotional Journey



Father's Day can be the most painful day of the year for dads who've lost their children. Society still expects men to be the "rock" of the family, the strong ones who keep everything together and never show emotions. Men do grieve, of

course, and they grieve very deeply. They just may not do it in a way that women understand or expect. Experts even have a name for this, saying men and women have "incongruent grieving patterns."

Barry Kluger is trying to increase the understanding of men's grief by sharing his own personal story of the loss of his daughter, and frankly discussing the emotional journey and growth he went through as a result. He said, "Men typically feel they cannot grieve as in most cases, they feel responsible to keep the family together. The pain gets buried and either surfaces in a most unhealthy way or stays buried forever." Kluger, who lives in

Arizona, lost his 18-year-old daughter Erica in a car accident in 2001. When asked what others can do to help this type of dad, especially around Father's Day, Kluger said, "Wives, parents, children and friends can assist the grieving process by just showing up. Sometimes, a dad will talk, will walk away or sometimes just shut the door. It is vital for those around dads to know it is NOT about them; it's about the dad's own discomfort about what to say or do. You can't withhold love or support because it might make you feel uncomfortable."

(continued on page 2)

*The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.*



## Next Meetings: June 11, July 9

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

Our Support Group Meetings are the 2<sup>nd</sup> 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](mailto:contact@TCFQuakertownpa.org)

website: [www.tcfquakertownpa.org](http://www.tcfquakertownpa.org)

"We should love people and use things, not love things and use people"

Katie Stauffer 2000

Kluger said the most important thing he'd like others to understand about the loss of a child is that there is life for the parents after death, and often it's a rather rich life. To help others going through this he made his book a no-holds-barred retelling of the highs and lows around his daughter's death. He offers his perspective of their unique relationship, including the varying emotions he went through as he grieved: pain, despair, anger, shock, humor and a sense of lost love.

Some people wonder whether fathers who no longer have living children should be included in Father's Day greetings and events. Says Kluger, "Dads will always be fathers to those they lost. The parenting chores may stop but the love never stops.

Dads who have lost children may not admit it because it's difficult, but they want to be reminded of what they had that was good, not what they lost. The label 'dad' stays with us."

He adds, "Divorced dads are somewhat different. They may feel guilt if a child died during their 'watch' or their relationship with their ex is strained and they never got to mourn together. Normal human relations and conflicts get in the

way and the two people who can truly understand the loss never get to cry together."

"We all grieve differently, some with more grace and control than others," explained Kluger, a former senior media executive with the USA and MTV Networks in New York, and now a well-regarded media consultant. "By sharing my experiences, I'm celebrating Erica's life and the joy she brought to those who were lucky enough to know her." For those who would benefit from a "how-to" guide, psychologists and grief counselors often recommend *The Grief Recovery Handbook*, considered a classic resource that helps people complete the grieving process and move toward recovery and happiness.

Another helpful resource is a support group or organization where people have the opportunity to talk openly with others who have had the same experience. The resource list below includes several - readers are encouraged to add their own and share their personal experiences as well.

Just as a woman who has born a child will always be a mother, a father is always a father. Dads who've lost their child or children are no exception, on Father's Day and every day of the year.

We begin to remember not just  
that you died, but that you lived.  
And that your life gave us  
memories too beautiful to forget



"Sometimes I touch  
the things you used to touch,  
looking for echoes  
of your fingers."

\*  
— Iain Thomas





# The Compassionate Friends

## Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



### About Our Chapter

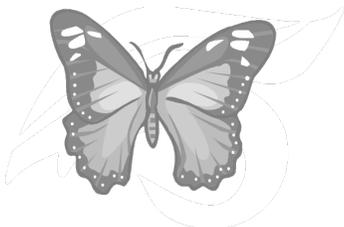
Ginny Leigh-Manuell, Chapter Leader  
 Crystal Hunter-Co-leader  
 Sherri Albro, Chapter Treasurer  
 Gail Blase, Chapter Secretary  
 Mary Anne Macko, Assistant Secretary  
 Linda Stauffer, Chapter Newsletter & Website  
 Theresa Sitko, Memorial Garden Director  
 Theresa Sitko  
 Barbara Reboratti,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



### 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](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)



## OUR CHILDREN REMEMBERED for June

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

**6/2 – Dennis Harris**, son of Linda Lepo  
**6/2 – Matt Trauger**, son of Mary Anne Macko & Mike Hamilton; son of Jim Trauger; grandson of Dolly Bibic.  
**6/2 – Shannon Frederick Rodgers**, son of Cindy Rodgers  
**6/3 - Jessica Gallagher**, daughter of Robyn & Ron Gallagher; sister of Ronnie & Jaclyn Gallagher  
**6/4 – Andrea Clutter**, daughter of Alyssa Sundt  
**6/7 – Michelle Dusza**, daughter of Steve Dusza; sister of Jenn Geib  
**6/9 – Adrian Paul**, son of Joyce Mann & Kurt Pfitzer  
**6/9 – Sean Dawson**, son of Roger & Becky Dawson  
**6/10 – Crystal Cordero**, daughter of Linda & Rich Ervin  
**6/10 – James Donnelly, Jr.**, son of James & Alice Donnelly  
**6/10 – Christine McGhee**, daughter of Dawn McGhee  
**6/11 – Bobby McCans**, son of Dorothy & Charles McCans  
**6/12 – Natasha Michelle Dechant**, daughter of Nancy Dechant  
**6/13 – Wyatt Gansz**, son of Marc & Melissa Gansz  
**6/14 – Skylar Kauffman**, daughter of Heather & Eric Kauffman; granddaughter of Pam Gebhard, Carol & Spencer Kauffman  
**6/14 – Joey Acker**, son of Anne Marie Acker  
**6/15 – James Gabriel Geib**, son of Jim & Helen Geib

**6/15 – Keith Heckler**, son of Emma & Lamar Heckler  
**6/15 – Courtney Isabella**, daughter of Anthony & Michelle Isabella  
**6/15 – Colleen O’Connell**, daughter of Jay & Barbara Keeley  
**6/16 – Anna Nicole Fowler**, daughter of Rita Armstrong; sister of Nick Penecale  
**6/16 – Eric Stillings**, son of Kirt & Joyce Stillings  
**6/17 – Nick Campellone**, son of Johanna Goodwin  
**6/17 – John Patrick Sharkey**, son of Maggie O’Donnell  
**6/19 – Kevin Marc Bannon**, son of Jan & Kevin Bannon, brother of Aimee Bannon  
**6/23 – Joseph Vincente**, son of Christine & Donald Vincente  
**6/23 – Donald Vincente**, son of Christine & Donald Vincente  
**6/24 – Randy Angstadt**, son of Paul & Barbara Angstadt  
**6/24 – Brandon Gilbert**, son of Susan Gilbert  
**6/24 – Katie Stauffer**, daughter of Carl & Linda Stauffer; sister of Chrissy Stauffer  
**6/26 – Brett Stebulis**, son of Barbara & Leonard Stebulis  
**6/27 – CallieMae Derstine**, daughter of Lucy & Mike Derstine  
**6/29 – Peter Angstadt III**, son of Peter & Lynette Angstadt  
**6/30 – Joey Reichman**, son of Tacey & Stephen Reichman, brother of Tami

# How Do I Deal with Fathers Day?

How does a father who has lost a child cope with Father's Day? What should be done in order to get through this painful, yet important day in your life? Here are some things that can help you work through the pain in a healthy, compassionate, and helpful manner.

*Remember, it is still your day.* Even if you don't have any other children, *you are still a father.* Don't forget that. Don't think that you're any less of a dad because you lost your child - even though you may have just been a father for a few brief moments, you are still a father and it is still your day. Father's Day is your day and you deserve to be recognized for it. You are a wonderful man who has taken time out of your life to love someone more fully than you have ever loved anyone, except perhaps your spouse. That alone is worth being recognized, and if you can bring yourself to do it, celebrate if you can. You are still wonderful and you are still loved, and that's important to remember.

*Make time for your partner or spouse as well.* Even if they are not male, Father's Day can bring heartbreaking feelings to your spouse as well, like Mother's Day may have done for you. Spend some alone time with them, work through some of your feelings, just hold each other or do something quiet together. It's good for you to walk together through these difficult days, and it's important for you to remember each other when the going gets tough. Both of you are hurting, but you will both need the strength of the other to continue to move forward and work through your feelings. Love can help many things and help to strengthen you through many types of pain - don't take it for granted.

*Be patient and gentle with yourself - it's okay to hurt.* If you cry on Father's Day, it's okay. Actually, it's healthy. Let yourself cry. Allow yourself to feel, allow yourself to remember. It's not a bad thing, and it's a part of the whole healing process. Grief is not something that we go through once and then forget about it; grieving is something that we may have to go through again and again and again in different ways. That's not to say that we're stuck in a cycle of grief forever, but that moments of grief may come up at times, even years after your child has passed away. So be patient with yourself. Don't do any of this "I have to be a man" business. Allow yourself to cry and feel the pain that you feel - it's normal, it's healthy, and it can help you to become stronger in the end.

*If you have other children, focus on them too.* Father's Day and Mother's Day is as much for the kids as it is for the parent that is being celebrated. If you have other children, then give them some extra love today. They may be thinking about the loss as well, because Father's Day and Mother's Day have a way of bringing out that grief for everyone that is involved. Do something fun with them, like going to the movies or playing mini-golf. Let them love on you today too, because children are incredibly perceptive, even if they are older children. They will know that something is going on with you today, and they will do

everything that they can to help you, even if it's something as simple as making a cute little card or taking you out to dinner. They can really help you to get through your day, too, because your children are precious and, even though they may remind you of the child you have lost, their support will help you remember why you're so special as a dad. Pass the love around!

*Recognize those in your life that you see as fathers.* Is your father (or your father in law) still living? Chances are, they are struggling with today too - obviously, it doesn't have the same impact that it has on your immediate family, but they still feel the pain that you are going through. Obviously, you want to make sure that you put some focus on them today, but let them walk with you too. They may have some words of wisdom that can help you out, or they can just be fun to be around for the day. On top of that, if you have father figures (from your place of worship, work, or other associations), make sure you give them a shout out today as well - they're just as much dads as you are, even if there's no biological connection. The reason I say this is because it really helps you to work through your pain if you're loving on other people.

*Talk about it.* Last but not least, don't avoid it. Please, don't avoid the topic all together. Don't forget about Father's Day and act like it doesn't exist at all. If you can and want to, go and put flowers on your child's grave, or just take a visit there. It may hurt, but the more that you talk about it and talk through it, the better it will be for everyone involved and it will help make the next time this comes around that much easier to work through in a healthy way.

## Some Last Thoughts

If you are a father that is dealing with the pain of losing a child on Father's Day, we stand with you on this day. I know that it can be hard to lose someone that is so dear to you, and it may be hard to remember that they're gone on such a day. But Father's Day is a day for you as well, and we sincerely hope that you are able to work through your grief. If it's gotten to be too much to bear, please go seek out help from a mental health professional. We've got plenty of resources here and we can make sure that you get someone who can help you walk through the pain. *You are not alone.*

And if you know a father that has lost a child, make sure that you stand beside them on this day. It can be really hard to know what to do, but *just be there.* It's a very difficult day for a number of people, and the love and support of friends and family can play a crucial role in helping these grieving fathers to get through what may be the most difficult day of the year. You don't have to do anything out of the ordinary - just be there for them and show that you support them in a healthy manner. Let them know that you're there and let them know that you think they're pretty awesome.

I hope that you have a wonderful Father's Day, no matter what your situation may be.

[Marti Wormuth, MA](#)

# Our Children Remembered for June

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

- 6/2 - Christopher Bennetsen**, son of Catherine & Steven Bennetsen, grandson of Hilda Bennetsen
- 6/2 - Jake Guzewicz**, son of Bill & Rhonda Guzewicz
- 6/2 - Peter Plant**, son of Steven & LouAnn Wilkinson, brother of Rachael
- 6/4 - Aaron Young**, son of Perry & Susan Young
- 6/4 - Joneric "EJ" Perullo**, grandson of Suzanne & Tom Kwan
- 6/10 - Scott Naber**, son of Anje Naber
- 6/10 - Joseph & Anthony Perno**, son of Cathy Perno
- 6/11 - Steffan Orazewski**, grandson of Crystal Kay
- 6/12 - Eric Smith**, son of Ross & Mary Smith, brother of Ashley
- 6/13 - Katey Blase**, daughter of Gail Blase, sister of Hillary Blase
- 6/14 - Wyatt Gansz**, infant son of Marc & Melissa Gansz
- 6/14 - Roger Jones**, brother of Sara & Bert Jones
- 6/16 - Scott Smakula**, brother Shawn Smakula; grandson of Naomi Shaw
- 6/17 - Donald Hockenberry**, son of Richard & Sharon Hockenberry, brother of Richard & Jill Hockenberry, Susan & Tim Buehrle
- 6/18 - Benjamin Martin**, Kristine Fallows, brother of Rachel Whitely
- 6/18 - Steven Schrader**, son of Michele & Gary Schrader
- 6/18 - Alexis Quay**, daughter of Mary Dickinson
- 6/20 - David Bentz III**, son of Kimberly Geonnotti
- 6/21 - Jason Roeder**, son of Shirley Roeder, brother of Jessica Youtz
- 6/22 - Joshua Adair**, grandson of Lois Harner
- 6/22 - James Gabriel Geib**, son of Jim & Helen Geib
- 6/22 - Brandon Gilbert**, son of Susan Gilbert



- 6/22 - Michael Patzuk Jr.**, son of Mike & Joesphine Patzuk
- 6/22 - William R. Wilson, Jr.**, son of William & Genevieve Wilson
- 6/23 - Lorraine Corbo**, daughter of Deb Goodman
- 6/24 - Jamie Place**, son of Kathleen Place
- 6/25 - Anthony Lounolo**, son of Anthony Lounolo
- 6/25 - Danielle Mesaros**, daughter of Sheila Haub
- 6/25 - Christopher Parker**, son of John Parker, Jr.
- 6/27 - Adian Bacchus**, grandson of MaryLou Miller
- 6/27 - Christopher Trauger**, son of Mary Anne Macko & Mike Hamilton, son of Jim Trauger, grandson of Dolly Bibic
- 6/27 - Michael Gurecki**, son of Diane Gurecki
- 6/28 - Glen German**, son of Albert & Betty German
- 6/29 - Ashley Doyle**, daughter of Brian Doyle
- 6/29 - Thomas Onraet**, son of Ruth & Maurice Onraet
- 6/30 - Bradley Rapp**, son of Robert Rapp Jr.



## 42nd National Conference Registration Open

The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019 at the Philadelphia 201 Hotel. "Hope Rings Out in Philadelphia" is the theme of this year's event, which promises more of last year's great National Conference experience. We'll keep you updated with details on the national website as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience.



Our sincere thanks for the refreshments in May: Ginny Leigh-Manuell for Brian Leigh-Manuell, Patti Dille for Matt Dille Lynette Lampmann for Bill Lampmann Pam & Heather Gebhard for Skylar Kauffman

*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, Brittini Fonder, 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) brother Christopher (Brittini) 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.

### Plaque orders

It is time to order your Memorial Garden Plaque! This order will be applied to the wall in May 2020. Orders are due December 20, 2019. The cost is \$135 if paying by check or Pay Pal Friends & Family. If you pay Pay Pal Goods & Services, the cost is \$145.

To order, follow this link:

<https://forms.gle/b8pcek9c6szaRpy8> It is also listed in the email sent out with the newsletter and on social media.

You can pay via check or PayPal. All the directions are listed on the order form.

For those who receive the paper newsletter, if you do not have access to the internet, please call the chapter so we can mail you a form. You may also pick up the form at the Memorial Walk or support meeting.

Questions can be directed to [MemorialGardenTCF@gmail.com](mailto:MemorialGardenTCF@gmail.com).

### \*\* RAFFLE BASKETS \*\*

We are already receiving messages that you want to donate an item for the raffle baskets. AMAZING!

This year, unfortunately, we do not have someone to coordinate and make baskets. To continue this awesome tradition, we are asking if anyone wants to be the raffle basket coordinator.

Until we hear from someone who can commit to this, here is how raffle basket donations will work.

- 1) All baskets must be "hefty" -- not just one item. We say about \$100 but understand sometimes the baskets can easily be more or less than that. Think THEMES! Think about what you would want to win. Ask friends for donations.
- 2) Basket must be wrapped (like picture) and Dollar Tree has those bags!
- 3) As of the April newsletter, all completed baskets must be brought to the park Saturday morning by 10am (we are there as early as 7:30/8:00am. This is to give the volunteer staff time to organize and be prepared for the start at 12:00pm. If this changes, it will be communicated in future newsletters and on social media.
- 4) With the basket, attach a list of what it is in, approximate value, and any other important information that staff may need to know.

Thank you for helping us make the raffle baskets a success.





## Turn Your Online Shopping & Searching Into Donations For The Compassionate Friends Quakertown Chapter

### Good Karma: Just Shop or Search Online!

Be a part of the first and largest online network of shoppers, online stores, and worthy causes dedicated to turning everyday online shopping and searching into much-needed donations.

### FREE Membership. Great Deals.

iGive.com is totally free. Plus, you get access to free shipping deals and exclusive coupons, on top of the great deals you'll find every day through our network of 2,100+ stores.

### Shop at 2,100+ Top-Notch Online Stores, and Maybe Save on Your Taxes Too.

Our mall includes: Walmart, Pottery Barn, Staples, Petco, Expedia, Best Buy, QVC and many more. Best of all, up to 26% of your purchase at each store is donated to your favorite worthy cause. Many of these contributions could even be considered tax-deductible\*.

### Raise a Penny Per Search at [www.iGive.com](http://www.iGive.com)!

Why not raise money every time you search the web? Try iGive's search engine and enjoy free, easy fundraising for a good cause.

### Join for Free, Shop or Search Online, & Help a Great Cause!

[www.iGive.com/TheCompassionateFriendsQuakertownChapter](http://www.iGive.com/TheCompassionateFriendsQuakertownChapter)



\*Only donations made to IRS-recognized nonprofit organizations may be considered tax-deductible. For details, visit:  
<http://www.iGive.com/html/taxdeduct.cfm>

Help the Compassionate Friend Quakertown Chapter every time you shop online, it's all free and so easy to be socially-conscious. Join me and start Giving #AllYearRound.

The stores make this possible because they want you to like them and shop at them over and over again. There's 2113 socially-responsible stores helping to make donations happen.

I hope you'll give it a try. To learn more or sign up now, use this link: <https://www.iGive.com/snCDPWC>

*In my dreams  
I'll always see you soar  
Above the sky  
In my heart  
There always be a place  
For you for all my life  
I'll keep a part  
Of you with me  
And everywhere I am  
There you'll be*

*- Forever Grace Grief and Healing*

***There's no tragedy in life  
like the death of a child.  
Things never get back to  
the way they were.***

**i** *by Dwight D.  
Eisenhower*

Happy Birthday in Heaven,  
Matthew

Today would have been your party  
With candles and a cake  
But since you cannot blow them out  
It's hard to celebrate

On such a happy day as this  
There still is much to say  
For God did bless us with your birth  
I'm grateful still today

Your life filled my heart with joy  
Your brothers did that, too  
Your laughter and your happy ways  
Are missed; that is so true!

But memories are like embers  
And they still warm my heart  
The flame's gone out but not  
the light  
We're really not apart

And till the day we meet  
again  
I have one wish, that's true  
God keep you safely by His  
side  
And bring my love to you

Happy Birthday in Heaven,  
Matthew!

Love always, Mom  
Mary Anne Macko



We would like to send a special Thank You to the  
following donors;

Linda Stauffer in Loving Memory of her daughter  
Katie. *Forever in My Heart*

Susan Gilbert in Memory of her son, Brandon S. Gilbert  
*"You are with me always. Love, Mom."*



### 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 \_\_\_\_\_



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

Next Meetings : June 11, July 9



### *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.

