



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

**March
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, March 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; Conatct: Karen Kovacs 267-218-5889

Ryan's Tree for Grieving Children, Inc. located in Lehigh Valley, PA, Support for children ages 5-18 who are grieving the loss of a family member or friend. - run programs throughout the year-contact St. Luke's Hospice at 610-997-7120 or Krista.Malone@sluhn.org.

Stepping Stones for children ages 4 -12 years old, has a program for children who are grieving a sibling, parent, etc.... Held at: Camelot for Children, 2354 W. Emmaus Ave, Allentown PA 18103 call: 610-969-0330 for more information

Greenshore Arts Consortium Grief and Empowerment Workshops - located in Quakertown - contact: Hillery Woods Siatkowski, NCTMB at 206-552-4229 or email message@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, Lynette Lampmann, Kim Kleinsmith, Holly Goodwin, Craig Duvall, for providing our February refreshments. They do this in remembrance of their children, Shawn (Lynette), James (Kim), Justice (Holly), Kinsey (Craig).

If you would like to provide refreshments in remembrance of your loved one at a meeting please contact Carol Graham at 215-538-3651. You may also sponsor refreshments for a meeting for a fee of \$30 or more depending on what you would like and the hospital's catering service will set up and provide the drinks and refreshments for the evening. This can be split between more than one family each month.

A special thank you to Mary Ann Kulp, Nancy Eisenhart, Lynette Lampmann, Ginny Leigh-Manuell, 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.

Trish Ulmer, In Loving Memory of her son, Christopher Ulmer, Aug 16 - Feb 27

Dean & Kay Souder, In Loving Memory of their daughter, Sarah Souder, Feb 22

Kim Kleinsmith, In Loving Memory of son, James Monahan II, Aug 4 - Feb 12

Holly Goodwin, In Loving Memory of her son, Justice Goodwin, Sept 11 - Feb 28

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



In Loving Memory of
Christopher Ulmer
August 16 - February 27

To the living, I am gone.
To the sorrowful, I will never return.
To the angry, I was cheated.
But to the happy, I am at peace.
And to the faithful, I have never left.
I cannot speak, but I can listen.
I cannot be seen, but I can be heard.
So as you stand upon a shore gazing at a beautiful
sea,
As you look upon a flower and admire its simplicity,
Remember me. Remember me in your heart,
Your thoughts, and your memories,
Of the times we loved, The times we cried,
The times we fought, The times we laughed.
For if you always think of me, I will never be gone.
But with you always deep inside your heart.

submitted by: Trish Ulmer - TCF Quakertown PA
chapter

Bereaved Parents

Different ages
Different stages
Different issues

Same pain
Daily strain
Occasional tissues

Our children have died
Often is all we know
A fact we fear to hide

Despite our ever-present woe
We live with pride
Though broken-hearted
To love, remember, and grow

Victor Montemurro
TCF Medford, NY

Love's Lasting Touch

Don't weep for me when I'm gone,
Because I'll always be there.
My spirit will exist in all the earth,
In the water, trees, and air.

You'll hear me say, "I love you",
In the whisper of a breeze.
You'll know that I'm beside you,
With the rustling of the leaves.

You'll feel my arms caress you,
In the warmth of each sunrise.
The moon will be my goodnight kiss,
The stars my watchful eyes.

Your life will be my legacy,
Your memories my epitaph.
These ties will bind us together,
Till we meet on heaven's path.

I'll not ever desert you,
We'll never be far apart.
I'll live within you always,
Nestled deep inside your heart.

Jacquelyn M. Comeaux
In Memory of My Angels...
Michelle, Jerry & Danny

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Last Moments

Last moments
Snatches of conversation
That echo across all decades...
Priceless words
Indelibly etched on the heart.

Sometimes
Thoughts were never spoken
But unexpected sentiment—
A quick embrace, a silly smirk,
Or joyous laughter—
Reaches through the pain
And warms the heart.

We came too soon to understand
The folly of harsh words
Or neglected touch,
For who can know which
Taken-for-granted event
Will become
A last moment.

Diane Fields TCF Westmoreland, PA

When Sadness Becomes Depression: Some Thoughts for Bereaved Parents

About a month after my son died, I went to visit my doctor for my annual checkup. He was aware that my son had died and was very concerned about my state of mind. He asked me how I felt, and I told him this was the worst trauma of my life and I was "in the hole" mentally. When he offered to write a prescription for an anti-depressant, I declined. Why did I do that?

I explained to my doctor that I was supposed to be depressed, disconnected, tearful, sad, angry, withdrawn and deeply hurt. That is expected in the initial stages of this grief process. I told him that if I had said, "Oh, I'm doing great. No problems. Just another little hiccup in life," that he probably would have had me in a straight jacket on the way to a mental hospital. "Wouldn't you think I was completely insane if said I was 'ok'?" He agreed and said that a loss of this magnitude was incomprehensible to him, and he was available day or night if I needed his help.

A year later when I went back for my annual physical, we had the same conversation. This time, though, I was in a different frame of mind. I wasn't depressed, I was simply very, very sad. Medications were not necessary.

However, I have met many, many bereaved parents who are unable to start seeing hope after six months, eight months and then a year. These parents are in a paralyzing fog of deep depression. Once we pass the one year mark, we are still devastated, but we are usually functioning on most levels, albeit without the joy that once was in our lives. Those parents who are still depressed, unable to motivate themselves, unable to function, continually tearful and withdrawn, are probably clinically depressed. These deep, continuing depressions call for a medication to work on the physiological causes and a good grief counselor to work on the damage to your psyche. There is no shame in this; it is a matter of simple survival.

Here is a good description of depression and anxiety (both so very common to bereaved parents) from the DSM-Statistical Manual of Mental Disorders, published by the American Psychiatric Association:

"A person is suffering from a major depressive episode if he or she experiences items number 1 or 2 from the list of symptoms below, along with any 4 others, continuously for more than 2 weeks:

1. Depressed mood with overwhelming feelings of sadness and grief
2. Apathy--loss of interest and pleasure in activities formerly enjoyed
3. Sleep problems--insomnia, early-morning waking, or oversleeping nearly every day
4. Decreased energy or fatigue

5. Noticeable changes in appetite and weight (significant weight loss or gain)
6. Inability to concentrate or think, or indecisiveness
7. Physical symptoms or restlessness or being physically slowed down
8. Feelings of guilt, worthlessness, and helplessness
9. Recurrent thoughts of death and suicide, or a suicide attempt."

While the above are also symptoms of the initial grief for the bereaved parent in the early months, these symptoms should modify toward the end of the first year. If they do not, the "episode of depression" referenced above will become a never-ending way of life. Should this happen to you, address it now. Talk to your doctor and a counselor about your days and nights and feelings. Let them know what you feel...not what others want you to feel. You won't be pulling yourself up by the bootstraps on this one, gentle parent. You are unique in your grief. I have never seen any two parents grieve in the same way. I've often said that my odds of winning the lottery 20 times are better than my odds of seeing a bereaved couple who travel the grief road in exactly the same way.

It may surprise you to know that a substantial number of our members are seeing counselors and many are taking medications for depression and anxiety. This is the harsh reality of life after the death of our children. The shock and the overwhelming sense of loss do damage us both physically and psychologically. That's our truth and our reality. Not all parents experience this. But to deny that many of our members do experience depression and deep anxiety is to deny the very essence of our souls. Be honest with yourself. Be open to possibilities.

There is hope. You see it in the eyes of those who have passed the third, fourth, fifth, tenth and even twentieth anniversary of their child's death. But many of these people were clinically depressed and wisely sought professional help. Do this for yourself. Depression is a roadblock to your grief work.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

Bereavement camp for children and teens

Camp Erin NYC is a free bereavement camp for children and teens 6-17 who have lost a parent, sibling or someone close to them. Camp will be held again this summer August 28-30 2015 at Camp Wayne in the Poconos. Contact: Ann Fuchs at 914-939-5338 or email at afuchs@copefoundation.org for more details.

Beyond Surviving: "Twenty Five Commandments"

Hundreds of books have been written about loss and grief. Few have addressed the aftermath of suicide for survivors. Here again, there are no answers; only suggestions from those who have lived through and beyond the event. I've compiled their thoughts.

1. Know you can survive. You may not think so, but you can.
2. Struggle with "why" it happened until you no longer need to know "why," or until you are satisfied with partial answers.
3. Know you may feel overwhelmed by the intensity of your feelings, but all your feelings are normal.
4. Anger, guilt, confusion, forgetfulness are common responses. You are not crazy – you are in mourning.
5. Be aware you may feel appropriate anger at the person, at the world, at God, at yourself.
6. You may feel guilty for what you think you did or did not do.
7. Having suicidal thoughts is common. It does not mean that you will have to act on these thoughts.
8. Remember to take one day at a time.
9. Find a good listener with whom to share. Call someone if you need to talk.
10. Don't be afraid to cry. Tears are healing.
11. Give yourself time to heal.
12. Remember, the choice was not yours. No one is the sole influence in another's life.
13. Expect setbacks. Don't panic if emotions return like a tidal wave. You may only be experiencing a remnant of grief; an unfinished piece.
14. Try to put off major decisions.
15. Give yourself permission to get professional help.
16. Be aware of the pain of your family and friends.
17. Be patient with yourself and with others who may not understand.
18. Set your own limits and learn to say no.
19. Steer clear of people who want to tell you what or how to feel.
20. Know that there are support groups that can be helpful, such as The Compassionate Friends, or Survivors of Suicide groups. If not, ask a professional to help start one.
21. Call on your personal faith to help you through.
22. It is common to experience physical reactions to your grief, i.e., headaches, loss of appetite, inability to sleep, etc.
23. The willingness to laugh with others and at yourself is healing.
24. Wear out your questions, anger, guilt, or other feelings until you can let them go.
25. Know that you will never be the same again, but you can survive and go beyond just surviving.

Iris Bolton, author of *My Son, My Son*



Survival Plan

There are times in the life of a bereaved parent when we are feeling fine and are going about our daily activities when suddenly, off in the distance, we begin to inwardly feel a change in the atmosphere of our soul. The rumbling storm clouds start to gather and an icy wind blows a cold rain through our heart. The dull ache that has been kept to a minimum suddenly becomes unbearable once again. We've been blindsided by grief. It's for times like these that we need to develop survival skills. We need to find a fallback position where we can seek shelter, calm ourselves, rest and regroup. The time to formulate this contingency plan is not when we're in the middle of agonizing sorrow, but when we are feeling and doing well. We can even make a list of ideas, put them into writing and save them for those moments when we are not able to think about what's going to help us in the midst of our blinding pain. What calms and soothes you the best when the bad days come and you're longing for the touch of your child? Would your respite

be snuggling in bed under a warm blanket with a hot cup of tea or perhaps watching a favorite movie that you and your child would have enjoyed together? Maybe hugging and telling your surviving children or grandchildren how much you love and treasure them; would this ease your sorrow? Would writing a poem or love letter to your child and reading it out loud help afford you some peace? Would calling one of our Loving Listener's for comfort and understanding assist you during this difficult time? If you haven't been to a TCF meeting in a while, plan on attending the next one. Give yourself something to hold on to and look forward to. We all know that the death of our child is something that we will never "get over" but we can try to find ways to make it through the really bad days. We are here to help.

Janet Reyes
TCF Alamo Area Chapter, TX

Newly Bereaved ... Burden of Grief

As I struggle with words to find answers
Reading and writing my pain
The pages grow blurred before eyes that are tired
From this crushing emotional drain.
The relief that comes from the writing
Parallels what I feel when I read—
To open myself to the torture of loss
Seems to soothe this unbearable need.
There's no pleasure in life at this moment
It's an effort to get through the day
And I labor to stay above water...
But the shoreline is so far away.
So I pick up a pen or a book about grief
And it serves as a raft for a while.
And I hope, as my tears fall on pages of pain
That I'll learn once again how to smile.
As I swim toward the shore of acceptance
I pray for the peace of belief
That heaven's your home and you're waiting for me
Then I'll finally be free of this grief.

Sally Migliaccio
TCF Babylon, NY

From Tracey, An Extraordinary Child



Tiny Little Footprints

*Little footprints on a paper,
Tiny footprints stamped on white.
No smiling pictures of your bath time,
No running or flying a kite.
Such sparse memories I have of you,
Sweet, beautiful, babies mine.
No keepsake rattles or no bronzed shoes,
No treasures for me to find.
Just tiny little footprints,
That I look at every day,
My memories of two little boys,
That the Angels took away.
We will make a million memories,
When Daddy and I get there,
Oh wait, we'll make it two million,
After all, you are a pair.*

Marilyn Rollins
TCF Lake-Porter County, IN
*In Memory of Reece and Andersen, sons of Mike and
Kathy Williams*

You are My Sunshine

As a child, I learned to sing on road trips in the family car. We sang "She'll be Coming 'Round the Mountain", "Row, Row, Row Your Boat" and my favorite:

You are my sunshine, my only sunshine,
You make my happy when skies are gray.
You'll never know, dear, how much I love you.
Please, don't take my sunshine away.

Since my son's death, whenever I hear this song, I mentally change the spelling to 'son-shine.' When he left, skies surely turned gray. Gray skies continue to visit me in random moments of grief to the point that at times, it's impossible to see the sun. And when summer brings sunny days, it breaks my heart that he can't be here with me to light up my life.

Grief enhances our senses so that the absence of light allows us to perceive our need for light. A good example came one dark and dismal day as I sat reading, a part of me dwelling on my missing child. Ever so softly, warmth crept across my outstretched leg. I shot a glance in its direction and discovered a stream of golden sunshine. In my preoccupation, I hadn't noticed the parting clouds outside—the transformation from gloom to gleam. If I had not been sitting quietly, thinking of my child, I would have missed the gift—missed an opportunity to find joy in that brief moment when 'son-shine' paid an unexpected visit. What a blessed gift it is to remember my child with joy.

There's a scientific reason that a sunny day brings some joy and energy to our lives. Bright light makes a difference to the brain chemistry. Lack of light causes a condition called Seasonal Affective Disorder. SAD doesn't occur only in the dark winter months. If you work the night shift or you spend all day in an office, wear sunglasses outside, spend your days off in a dimly lit home you may not be getting adequate light. All the more reason to grasp at every golden moment that comes our way.

The true lifesavers in my grief journey are those small surprising occurrences that often go unnoticed. When memories arrive on beams of joyous sunlight, I'm learning to take notice, to savor, then stock pile the simple pleasures that somehow appear in spite of heavy days. Sometimes light comes from deep within our hearts. Sometimes friends arrive with small rays of hope, guiding us through the darkest hours. Summer brings moonlit evenings, the flash of lightening across an endless sky, fireflies in a Mason jar, the beam of a flashlight piercing the darkness, yellow butterflies at the break of day; all reminders that our children were bright and full of life.

We are on a dark journey. At the same time, we are on a righteous search for light, grasping at hope wherever we find it. When gray days return and winter seems endless, remember—it's not. As grief changes, we learn to survive the darkness, believing that light lies ahead. May sunshine bless you with small, precious moments of hope and joy in the coming summer days.

Carol Clum
TCF, Medford, OR
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Compassionate Friends



OUR CHILDREN REMEMBERED FOR MARCH Birthdays and Always

Willa Clementine Hunt, daughter of Colin & Heather Hunt, 3/2010

Wayne Harris, son of Kathe McDaniel, 3/1

Earl Colelia III, son of Jaynee & Earl Colelia, 3/3

Genine Leary, daughter of Jon & Sylvia Holznagel, 3/5 -3/5

Laim Williamson, son of Erin & Daniel Williamson, 3/8

Leah Corrine, daughter of Doug & Anita Brown, 3/9

Rachel Behrig, daughter of Dave & Kim Behrig, 3/10

Rodney Bossert, son of Julia Bossert Roush, 3/13

Jeremy Gibialante, son of Kim Gibialante, brother of Monica Shumaker, 3/14

Robert Dorman Jr, brother of Donna & Greg Rowe, 3/15

Kristy Bender, daughter of Kathy & Frank Bender, 3/15

Brandon Leathers, son of Jim Leathers, 3/16

Olivia Fretz, infant daughter of Andy & Jennifer Fretz, 3/16 -3/22

Julie Hartwich, daughter of Dave & Donna Hartwich, 3/17

Andrew Shadle, son of Barbara Shadle, 3/17

Paul Swope, son of Marge Swope, 3/18

Ryan Heimerdinger, son of Robert & Barbara Heimerdinger, 3/18

Joseph Cooper, son of Edith Cooper, 3/18

Brian Keim, son of Ronald & Joan Keim, 3/18

Billy Klinedinst, son of Michelle Klinedinst, 3/19

Matthew DiNicola, son of Ron & Myra DiNicola, 3/21

Christopher Trauger, son of Mary Anne Macko & Mike Hamilton & Jim Trauger, grandson of Dolly Bibic, 3/21

Sarah Parvin, daughter of Keith & Sandy Parvin, 3/21

Ryan McGuinness, son of Tim McGuinness, 3/22

Peter Hallinan, son of Carol & Tom Hallinan, 3/23

Billy Boor, son of Tina & Randolph Merl, 3/24

Joshua Adair, grandson of Lois Harner, 3/26

Alexis Falcone, daughter of Dominic & Carolyn Falcone, 3/28

Jason Heuckeroth, son of Debbie & Mark Heuckeroth, brother of Jamie, 3/28

Kathleen *Tia* Conn, daughter of Kathy & Robert Smith, 3/29

Donna Lee Stichter, daughter of Don & Carol Collis, 3/30

Justin Hunter, brother of Crystal Hunter, 3/31

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

Philip Lecklikner, brother of Karen & Joe Davis, 3/2

Ardyth Cope, daughter of Carol Cope, 3/4

Ryan Kintzly, son of Tammy Devine, 3/4

Tommy Snyder, son of Dr. Carolyn Rutherford, stepson of Gary Reese, brother of Tara Snyder, 3/6

Bobby Reynolds, son of Mary Reynolds, brother of Lisa Robey, 3/6

Timothy Raymond, son of John & Tina Raymond, 3/6

Wendy Croisette, daughter of Marvin & Ellen Croisette, sister of Jeff, Todd, Terri Lynn, 3/7

Nicholas Marlin, son of Lewis & Shirley Marlin, brother of Sean, 3/7

Jamie Stewart, son of Jim & Beverly Stewart, brother of Sherrie, 3/7

Katie Stauffer, daughter of Carl & Linda Stauffer, sister of Chrissy, 3/8

Kevin Marc Bannon, son of Jan & Kevin Bannon, sister of Aimee, 3/8

Jessica Gallagher, daughter of Robyn & Ron Gallagher, 3/8

Drew Panettieri, son of Richard & Suzanne Panettieri, 3/11

Shaun Barton, son of Catherine Barton, 3/11

Mark Falcone, son of Dominic & Carolyn Falcone, 3/14

Adam Sautner, son of Bonnie & Alfred Sautner, 3/16

Patrick Connelly, son of Jim & Laurie Connelly, 3/17

Christine McGhee, daughter of Jim & Dawn McGhee, grand daughter of Isabelle McGhee, 3/18

James Ogden, son of Linda & Patrick Ogden, 3/20

Tammy Moore, daughter of Tom & Sandra Moore, sister of Tom & Thad Moore & Tara Detweiler, 3/21

Brad Godshall, son of Robert Godshall, 3/21

Captain Laura Eberts, daughter of Joe & Karen Matejik, 3/21

Lisa Koletty, daughter of Barbara & Dietrich Koletty, 3/22

Justin Landis, son of David & Amy Landis, 3/22

Giacomo Maurizio, son of Bonnie Maurizio, brother of Nina Russo, 3/23

Karen Graham, daughter of John & Barbara Graham, 3/23

Kenneth Kolb, brother of Kathy Holloway, 3/24

Jesse Swindell, child of Ron & Tina Jackson, 3/24

Abigail Schumer, daughter of Mike & Meg Schumer, 3/24

Glenn Scott Crouthamel, son of Doris Crouthamel, 3/25

Timothy Miekley, son of Rich & Marilyn Miekley, brother of Steve, 3/26

Kristy McCoy, daughter of Arlin & Donna Moyer, 3/28

Callison Herb, son of John & Colin Herb, 3/28

Matt Barber, son of Noel & Tim Barber, 3/29

Rennis Reitz II, son of Barbara Reitz, 3/29

Joe Caine, brother of Sean & Nina Russo, 3/31

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

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

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

*March 24, 2015--Steering meeting 7PM-Quakertown Family Diner

*April 14, 2015 -- 7:30PM-Ask It Basket

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: March 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