



# The Compassionate Friends

March 2018

Serving Upper Bucks and Montgomery Counties

## Finding Spring Again

Cathy Seehuetter, Nina's mom forever

The official first day of spring is less than two weeks away. For many of you, it may not look or feel like spring is nearing at all, especially those who recently got bombarded with over a foot of snow! But, for what will be 22 years in May since Nina's death (and five years in June since Chris's), whenever spring comes around I can feel that tug of sadness in my heart and the what-if's and if-only's rise up into my thoughts. And I remembered this article I wrote back in 2001, six years after Nina's death, and look at the progression made by all those "one step forward, two steps back" I have made over two decades. For those of you in the early years of your grief, perhaps you will see yourself in my words written 16 years ago, and will find hope for renewed meaning in life again..

Hugs, Cathy

It is mid March, which means we are nearing the end of what has often been a brutal winter for many. While gazing at the mountains of snow piled high in my front yard and the foot-long icicles hanging from my roof, it is hard to imagine that spring will ever come. We have endured bitter cold winds that have

chilled us to the bone and treacherous roads that we have cautiously traveled. The days have been long and dark and often free of sunlight. No matter how long you have been a native of the Upper Midwest, I know we will be glad when it comes to an end.

However, as I described these thoughts about winter, I felt as if I was describing the days of my early grief. At that point, I did not believe that a day would ever come when I would thaw from the chill that had consumed my body and mind. The bleakness of my existence during those early months after Nina died is almost frightening to remember; it is so difficult to even conceive of that much pain. I was anesthetized from some of its cruelty by the protective blanket of numbness that blessedly shielded me from the gale force of such overpowering sorrow. How would I ever feel spring in my heart again?

Spring had always been my favorite season. The air had a certain freshness to it that I would drink in. Simply put, it always made me feel happy and light of heart. Spring was our reward for surviving the freezing winter months that preceded it. It

continued on page 6

*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 meeting March 13

**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: (267)380-0130

[contact@TCFQuakertownpa.org](mailto:contact@TCFQuakertownpa.org)

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

"The world loves closure, loves a thing that can, as they say, be gotten through. This is why it comes as a great surprise to find that loss is forever, that two decades after the event there are those occasions when something in you cries out at the continual presence of an absence."

—Anna Quindlen



# The Compassionate Friends

## Quakertown Chapter

### Supporting Family After a Child Dies

### Serving Bucks and Montgomery Counties

#### About Our Chapter

##### **Chapter Leader:**

Ginny Leigh-Manuell

**Treasurer:** Crystal Hunter

**Secretary:** Gail Blase

**Chapter Librarian:** Theresa Sitko

**Newsletter :** Linda Stauffer

**Website:** Linda Stauffer

##### **Steering Committee:**

Mary Anne Macko

Linda Stauffer

Theresa Sitko

Carol Graham

Lynette Lampmann

Barbara Reboratti

Gail Blase

Mary Catherine Neiderstock

Celeste Nice

Sheri & Bob Albro

##### **Remembrance & Thank You Cards:**

Lynette Lampmann

Kelly Logan

Mary Catherine Neiderstock

Jennifer Pini

#### **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.

##### 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



##### 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 are able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

Your Friends at TCF Quakertown Chapter

##### Library Books

We have a nice library of books for our members to check out and read and return them back to our library. A problem we currently have is that some books have not made their way back to our library and our library is shrinking. If you have checked out a book or magazine from our library and are done reading it won't you PLEASE return it to us at our monthly meetings. If you are not able to make the meeting you may mail it back to us or have someone else return it to us. Also, if you have any books that would help other grieving families through their journey and would like to donate them to our library please give them to our librarians.

##### Newsletter Errors and Omissions

For any errors or omissions please contact Linda via email at kt4ever@mac.com with the error and the correction for the next month newsletter. Please remember we are all volunteers and grieving

##### About This Newsletter

This newsletter comes to you courtesy of The Compassionate Friends, Quakertown Chapter with the hope that it will be a helpful resource for you on your grief journey.

If you no longer wish to receive the newsletter please contact the newsletter editor by email: newsletter@tcfquakertownpa.org

PLEASE NOTE: If you are moving or your email has changed please notify the newsletter editor so that we can update your information and you continue to receive the newsletter. If the newsletter is returned to us either via mail or your email bounces back and you have not notified us you will be removed from the mailing list.

# OUR CHILDREN REMEMBERED

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

- 3/3 - Earl Colella III**, son of Jaynee & Earl Colella  
**3/5 - Genine Leary**, daughter of Jon & Sylvia Holznagel  
**3/8 - Liam Williamson**, son of Erin & Daniel Williamson  
**3/9 - Leah Corrine Brown**, daughter of Doug & Anita Brown  
**3/10 - Rachel Behrig**, daughter of David & Kimberly Behrig  
**3/11 - George Davish**, son of Sheryle & George Davish  
**3/13 - Rodney Bossert**, son of Julia Bossert Roush  
**3/14 - Jeremy Gibialante**, son of Kim Gibialante; brother of Monica Shumaker  
**3/15 - Kristy Bender**, daughter of Kathy & Frank Bender  
**3/15 - Robert Dorman, Jr.**, brother of Donna & Greg Rowe  
**3/16 - Olivia Fretz**, daughter of Andy & Jennifer Fretz  
**3/16 - Brandon Leathers**, son of Jim Leathers  
**3/17 - Julie Hartwich**, daughter of Donna & Dave Hartwich  
**3/17 - Andrew Shadle**, son of Barbara Shadle  
**3/18 - Joseph Cooper**, son of Edith Cooper  
**3/18 - Ryan Heimerdinger**, son of Robert & Barbara Heimerdinger  
**3/18 - Brian Keim**, son of Ronald & Joan Keim  
**3/18 - Paul Swope**, son of Marge Swope  
**3/19 - Billy Klinedinst**, son of Michelle Klinedinst  
**3/20 - Amber Eisenstein**, daughter of Ben Eisenstein  
**3/21 - Chris Trauger**, son of Mary Anne Macko & Mike Hamilton; grandson of Dolly Bibic  
**3/21 - Matthew DiNicola**, son of Ron & Myra DiNicola  
**3/21 - Sara Parvin**, daughter of Sandy & Keith Parvin; niece of Kim Eubanks  
**3/22 - Ryan McGuinness**, son of Tim McGuinness  
**3/23 - Peter Hallinan**, son of Carol & Tom Hallinan  
**3/24 - James Hector Lillo**, son of Liz & Bryon Lillo  
**3/24 - Billy Boor**, son of Tina & Randolph Merl  
**3/26 - Joshua Adair**, grandson of Lois Harner  
**3/26 - Hunter Larraee**, son of Michelle Larraee & Steve Argue  
**3/28 - Alexis Falcone**, daughter of Dominic & Carolyn Falcone  
**3/28 - Jason Heuckeroth**, son of Debbie & Mark Heuckeroth  
**3/29 - Kathleen "Tia" Conn**, daughter of Kathy & Robert Smith  
**3/30 - Donna Lee Stichter**, daughter of Don & Carol Collis  
**3/31 - Justin Hunter**, brother of Crystal Hunter



## Our Children Remembered on the Anniversary of their Death

**3/2 - Philip Lecklikner**, brother of Joseph & Karen Davis  
**3/4 - Ardyth Cope**, daughter of Carol Cope  
**3/5 - Ryan Kintzly**, son of Tammy Devine  
**3/5 - Genine Leary**, daughter of Jon & Sylvia Holznagel  
**3/6 - Timothy Raymond**, son of John & Tina Raymond  
**3/6 - Robert Reynolds**, brother of Lisa Robey  
**3/6 - Tommy Synder**, brother of Tara Snyder  
**3/7 - Wendy Croissette**, daughter of Marvin & Ellen Croissette; sister of Todd, Terri-Lynn, & Jeffrey  
**3/7 - Jamie Stewart**, son of Jim & Beverly Stewart, brother of Sherrie  
**3/8 - Marc Bannon**, son of Jan & Kevin Bannon, brother of Aimee  
**3/8 - Jessica Gallagher**, daughter of Robyn & Ron Gallagher; sister of Ronnie & Jaclyn  
**3/8 - Katie Stauffer**, daughter of Carl & Linda; sister of Chrissy  
**3/11 - Shaun Barton**, son of Catherine Barton  
**3/11 - Richard "Drew" Panettieri**, son of Richard & Suzanne Panettieri  
**3/14 - Marc Falcone**, son Dominic & Carolyn Falcone  
**3/16 - Adam Sautner**, son of Bonnie & Alfred Sautner  
**3/17 - Demetries Asprakis**, son of Joan Asprakis  
**3/17 - Patrick Connelly**, son of Jim & Laurie Connelly

**3/18 - Christine McGhee**, daughter of Dawn McGhee  
**3/20 - James Ogden**, son of Linda & Patrick Ogden  
**3/21 - Brad R. Godshall**, son of Robert Godshall  
**3/21 - Captain Laura Eberts**, daughter of Joseph & Karen Matejik  
**3/21 - Tammy Moore**, daughter of Tom & Sandra Moore; sister of Tom, Tara & Thad  
**3/22 - Olivia Fretz**, daughter of Andy & Jennifer Fretz  
**3/22 - Lisa Koletty**, daughter of Barbara & Dietrich Koletty  
**3/22 - Justin Landis**, son of Amy & David Landis  
**3/23 - Karen Graham**, daughter of John & Barbara Graham  
**3/24 - Kenneth Kolb**, brother of Kathy Holloway  
**3/24 - Jesse Swindell**, son of Ronald & Tina Jackson  
**3/24 - Abigail Schumer**, daughter of Mike & Meg Schumer  
**3/25 - Glen Scott**, son of Doris & Fred Crouthamel  
**3/26 - Timothy Mickley**, brother of Steve Mickley  
**3/28 - Kristy McCoy**, daughter of Arlin & Donna Moyer  
**3/29 - Matt Barber**, son of Noel & Tim Barber  
**3/29 - Rennis Reitz II**, son of Barbara Reitz

Katie Stauffer, always loved and remembered. A message from a classmate at QCSHS.



"I remember Katie being one of the first people I met when I first started at QCHS in my sophomore year (after moving from another school). I shared a desk with her in AP English. She was immediately so nice to me and I knew what a sweet, kind person she was. We had so many classes together, shared a room during our senior trip to Disney, a limo to senior prom, etc. I'm always so thankful that I met her and got to know her. She would always do anything for anyone and was one of the nicest people I've ever known. I remember that although she could be quiet, she had such a big personality and could always make me smile. I think about her often – I recently came across some old photos from our senior year and was looking through them with my 2 year old daughter. So grateful for her friendship, yet wishing I could see where she would be today and what amazing things she would be doing." Allison Diehl

# Fate and Finn

By Patti Dille 3-1-18

Quakertown Chapter

Today is February 28, 2018 and I celebrate 4 years with Finn. Finn is my black Labrador Retriever. Finn is obsessed with playing Frisbee with my husband. He is a wonderful helper to me. I've trained him to retrieve water bottles for me to load the refrigerator. If I drop something, he will come running to pick it up for me. Of course he knows it will mean a biscuit for him, as his reward. I am so grateful to have Finn in my life.

We got Finn because my 16 year old son, Matt, wanted a dog. Finn is our 3<sup>rd</sup> black Labrador. When we lost our second Lab, my boys were only 5 and 10 years old. We missed our other dog a lot, but we were very busy and my husband thought it best we take a break from dog ownership for a while.

It took awhile to convince my husband to get another dog. But Matt, my 16 year old was very persistent and kept asking. I had finally convinced my husband that this was the right time and that Matt really wanted a dog.

Shortly after this decision was made, I happened to be at a birthday party for a friend. Another friend that was there mentioned that his Mother, who happened to raise Labradors, had a litter and asked if I was interested. Perfect timing!

Although his folks lived in Nebraska, they would be coming to Pennsylvania as soon as the puppies were weaned. They brought two puppies on their trip and let us pick. We choose the smaller puppy. Matt was so happy and we told him that he could name the new puppy.

Matt decided to name his puppy, Finn. We never learned if it was from the Adventure Time cartoon he watched or from his love of cheddar cheese Pepperidge Farm Goldfish crackers? (Finn is the name of the fish on their packaging.)

Here is my challenge though. I will never know what prompted Matt's decision of the name Finn. I will never see Matt and Finn grow old together. I will never see them run around in my backyard again.

On September 26, 2014, I lost my son, Matt. Matt decided to end his life. We miss him so much.

So was it FATE that Matt would finally convince us to get Finn? Was it FATE that I was at that party and heard about Finn? I'd like to think its FATE that we have Finn to help us through our difficult grief journey.

So Happy Birthday Finn! We are so grateful to have you in our lives. I hope Matt knows how much you mean to us and is watching over all of us in heaven.

## What can I do about the empty swing

What can I do about the empty swing  
Or the heartache I feel when others sing  
The song she loved above all the rest  
Or eat the custard pie she liked best  
Or smell roses she planted one spring?  
What do I do with the years to come  
Which must now belong only to some  
But not to her who I loved so much  
Whose beauty I can no longer touch?  
Whose goals and dreams are left undone?  
How can I force all the world to see  
Life's fleetness and its fragility  
That is the unique beauty of falling flake  
Or the red shadows cast by day's break  
Happen but once in reality?  
I can write songs for others to sing  
About the miracles of each spring,  
The soft surprise of a sudden rain,  
Or rabbits playing along a lane.  
But what do I do with that empty swing?  
Marcia F. Alig, TCF Mercer Area Chapter

## **Save the date! Memorial Garden Dedication**

We have exciting news. The Dedication Ceremony for the Memorial Garden has been set for **Sunday, April 29<sup>th</sup> at 2 PM.** Please join us as we celebrate the completion of our lovely Memorial Garden.

While you have your calendars out, remember to **Save the Date** for The Compassionate Friends **Annual Memorial Walk and Butterfly Release,** **June 9<sup>th</sup>.**

Both events to be held at James Memorial Park, Ridge Road, Sellersville.

**Spring** continued from page 1

brought a smile to my face and a bounce to my step.

However, it was the spring of the year where my heart was irretrievably broken. It was during this exquisite season of warm, lilac-scented breezes and sun-kissed mornings where my precious daughter Nina's life would end.

I wondered if my thoughts about spring would ever be the same. Rather than anticipate with gladness the coming of spring, I dreaded it with the knowledge that it brought with it the anniversary of her death. The smell of the air and the look to the sky that I once found exhilarating now brought me back to my darkest day. I know that anyone, who has lost a loved one, no matter the season, understands.

Will spring come again to your life? In the almost six years since Nina died, has it come to mine? Looking back at my description of the winter of "my early grief", I know that I have come a long way from that time of desolation. I have found, especially after the first few years, that with each subsequent spring, I have rediscovered some of the pleasure I used to feel. I have learned that just because I have found things to feel joyful about again does not mean I am dishonoring my daughter's memory. I now take her along with me in my mind and my heart. I try to retrieve memories of the dandelion bouquets she so carefully gathered for me, the rides to the park in the Radio Flyer, our talks while sunning on the deck, and, of course, shopping for spring clothes! Her favorite pastime!

I will always feel apprehension and sadness as May 11th draws near, but I no longer hold it against spring. It is a slow, difficult journey, this grief pathway we travel. It is as treacherous as the roads we maneuvered following the winter storms, never knowing when we will hit an icy patch on the road and be thrown into a tailspin. Yet, we must travel it if we are to find any measure of peace, hope and healing.

Please be patient with yourself as you are working hard to survive this winter in your heart. Trust that spring, though a much different one than the one we knew before our beloved child died, will come again.

With gentle thoughts,  
Cathy Seehuettter, Nina's mom forever  
TCF/St. Paul, MN



# The Surviving Children

By Ronnie Peterson  
TCF, Star Lake, NY

Being a parent is never easy. When one's child dies, it is even more difficult being parents to the children who survive. In those first days and weeks, shock may cause us to make decisions (or allow others to make them) that we will later regret. We may wish later that we had included the children more, that we had not permitted ourselves to be isolated from them, that we had explained things differently. Most of us never expect to face this situation, so we have never thought through in advance what the best course would be.

At some point in our grief, we do become more sensitive to these "forgotten grievers" who have lost a brother or sister. They are having struggles of their own. The first thing to remember is that everything going on with our other children is not caused by the death. They are still, through it all, growing up, going through the various developmental stages that have always concerned parents.

Any special problems they had before will not have magically disappeared. Just as we proclaim repeatedly that there is no one way for a parent to grieve, so each child has his own style and timetable for everything, and we cannot control these.

We can only try to understand and help when we can. We cannot make it "go away" any more than we can make any of the other harsh realities of life go away.

The very foundation of life has been shaken. The home, so sheltering and safe, has been invaded by forces our surviving children do not understand and parents, who seemed all-powerful and all-wise, may have been reduced to quavering, uncertain robots. Probably for the first time, death, whatever that is, has claimed someone who is not old. Worse, if there has been the usual quota of sibling rivalry and squabbling, the child may be afraid that he has caused the death by being "bad," or by wishing there were no such bothersome person to have to share with or "take a back seat to."

Just as every child is different, every relationship is different. Feelings toward an older brother or sister who was protector, teacher, idol, and those toward a younger one who may have been a sometime responsibility, hanger-on, biggest fan, are not the same. They may have been best friends or rivals who didn't get along very well. Their responses to the death will be as varied as our own. A child's place in the family system is changed. The second oldest finds himself suddenly the big brother. The buffer between the others may be gone. Most difficult of all, a child may have become an "only child." Any child younger than the one who died has to go through the scary years of being the same age.

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will continue. They need all the facts they can understand. Part of this honesty requires that they know of your grief. By your actions, you can teach them it is okay to cry (even fathers!), it is okay to admit you are angry at "life" for being this way, that you too are confused about "why." Maintaining a "stiff upper lip" in front of the children only encourages them to suppress their feelings.

Try to be available when they want to talk, but be prepared for the possibility that they may not want to talk with you about their feelings. Many children hold back because they are afraid they might make you cry. You can try explaining that you are not worried about that, but they may still prefer to talk to someone else.

They may be ashamed of some common reactions such as feelings of anger, guilt, jealousy, even relief. Perhaps you can help them find someone they can talk to comfortably. They may have already found such a person without you realizing it.

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Although the World is  
Full of Suffering,  
It is Full Also  
of the  
Overcoming of it.  
Helen Keller

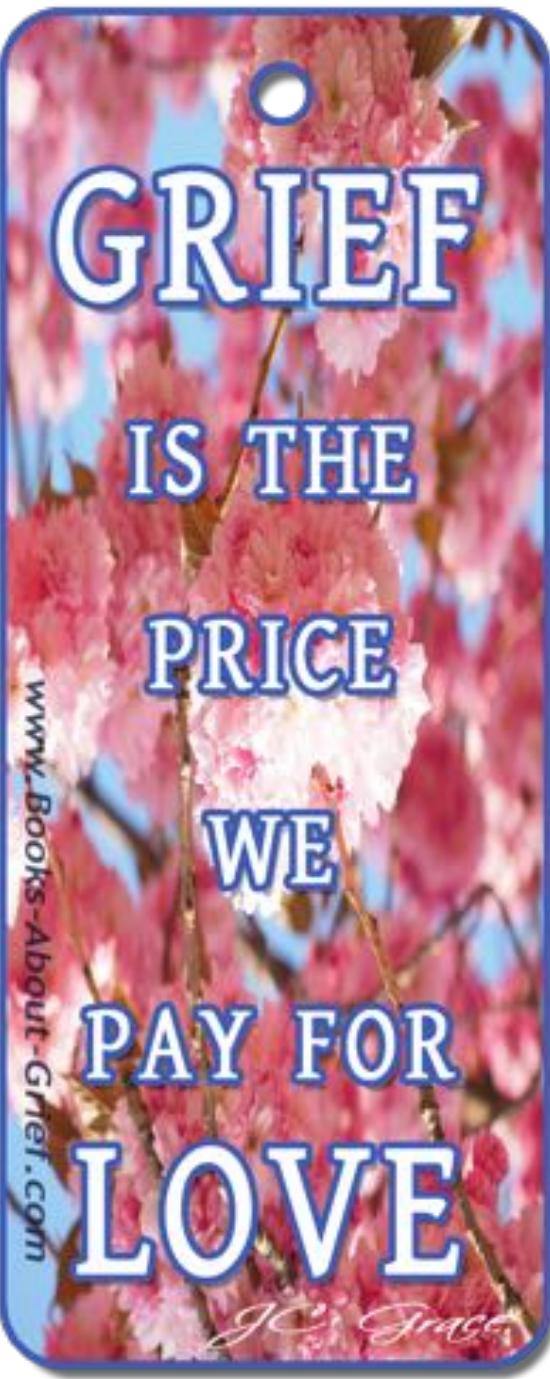
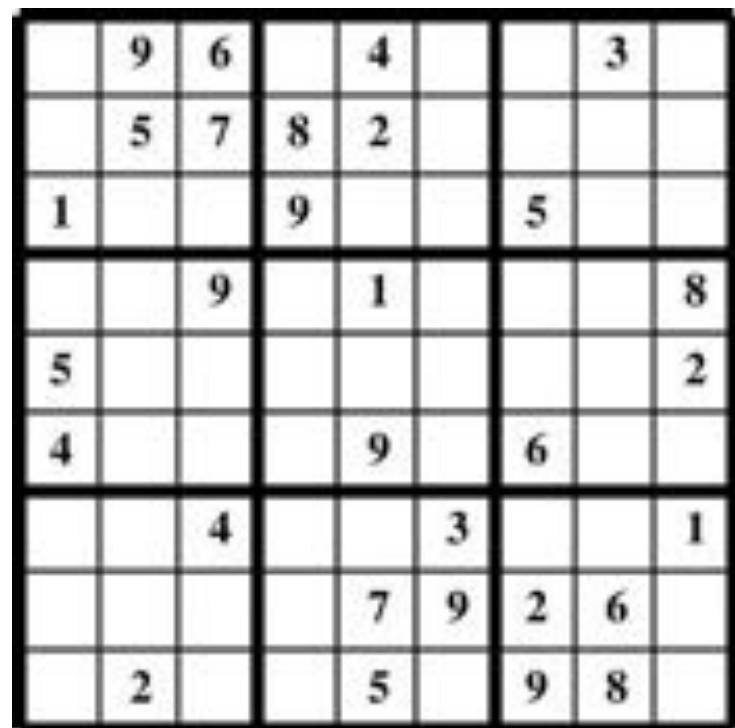


**Spring**

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a message about Spring.

T	L	E	M	W	O	N	S	S	A	R	G	L	A	
G	C	Y	C	L	A	M	E	N	S	A	L	I	L	P
G	N	G	R	O	W	T	H	R	L	L	L	R	S	
O	Y	I	I	D	L	S	A	R	A	I	E	S	N	N
L	A	L	N	K	A	I	E	B	E	R	R	O	H	E
F	M	L	O	A	N	F	E	S	G	M	I	P	W	W
E	N	A	E	E	E	S	F	I	U	L	R	R	A	L
I	O	B	Q	R	A	L	E	O	E	C	S	A	B	E
R	S	T	U	B	E	S	C	D	D	F	O	S	W	A
I	A	F	I	G	R	N	N	G	L	I	N	R	H	V
S	E	O	N	N	R	A	E	O	N	I	L	C	C	E
E	S	S	O	I	D	E	W	W	B	I	R	S	B	S
S	I	N	X	R	G	E	E	O	A	A	R	M	E	G
A	Y	F	L	P	R	O	R	N	M	L	W	P	E	O
E	T	E	W	S	S	P	I	L	U	T	R	S	S	R
R	E	T	S	A	E	P	L	A	N	T	I	N	G	F

ALLERGIES	FROGS	RAIN
APRIL	GOLF	RENEWAL
BASEBALL	GRASS	ROBINS
BEES	GREEN	SEASON
CROCUSES	GROWTH	SNOWMELT
CYCLAMENS	IRISES	SOFTBALL
DAFFODILS	LILIES	SPRING BREAK
DANDELIONS	MARCH	SPRING CLEANING
EASTER	MAY	TULIPS
EQUINOX	NEW LEAVES	WARMER
FLOWERS	PLANTING	WET





## Refreshments for February

Gail Blasé - in memory of her daughter Katey

Craig Duvall - in memory of his son Kinsey

Lynette Lampmann - in memory of her son Shawn

*If you would like to sponsor refreshments or bring some in remembrance of your loved one at a meeting please call Carol Graham at 215-538-3651.*

A special thank you to Lynette Lampmann, Kelly Logan, Jennifer Pini and Mary Catherine Neiderstock for the Remembrance that you receive. They do this in remembrance of their children/ siblings, Shawn (Lynette), and brother, Jason (Jennifer), Kelly does it in remembrance of all those who have gone too soon. 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 taking on the monthly task of addressing our monthly newsletters for mailing, they do this in remembrance of their daughter, Tracy..

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.

Lynne Rainey - in memory of her son Robert Kyle Rainey

Lynette Lampmann -In loving memory of her son Shawn.

My beautiful son, you are missed and loved.

Charlie & Betty Hottenstein in memory of their daughter Tracy Elizabeth Hottenstein - Gone too soon, but forever in our hearts! Happy 45th Birthday.  
Love always, Mom & Dad

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.



## 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 I

**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

Checks payable to: TCF Quakertown Chapter

Mail to: PO Box 1013, Quakertown, PA 18951

*Love Gift Message:*

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

Email or Telephone: \_\_\_\_\_

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

Treasurer Use Only

Cash/Check # \_\_\_\_\_ Amount \_\_\_\_\_

D \_\_\_\_\_ O \_\_\_\_\_ T \_\_\_\_\_ N \_\_\_\_\_



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

Next Meeting March 13, 2018



#### *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.

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