



Serving Upper Bucks, Southern Lehigh and Montgomery Counties

The Compassionate Friends

Quakertown Chapter November / December 2023



The Compassionate Friends
Supporting Family After a Child Dies

Light a candle for all
children who have died

**Worldwide
Candle
Lighting®**

*... that their light
may always shine.*

**Sunday, December 10, 2023
7 PM Around the Globe**



Worldwide Candle Lighting Memorial Service

First UCC Church 4th and Park Ave, Quakertown

The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are

lit on December 10th, 2023 at 7:00 pm local time, hundreds of thousands of people commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting (WCL), a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WCL started in the United States in 1997 as a small internet observance and has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held, and thousands of informal candle lightings are conducted in homes, as families gather in quiet remembrance of children who have died and will never be forgotten.



Visit our
facebook pages
Scan the codes



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Quakertown, PA 18951
Chapter Info Line: 267-379-0429
contact@TCFQuakertownpa.org
website: www.tcfquakertownpa.org

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<https://www.facebook.com/tcfquakertownpa>

www.facebook.com/groups/quakertownchapter

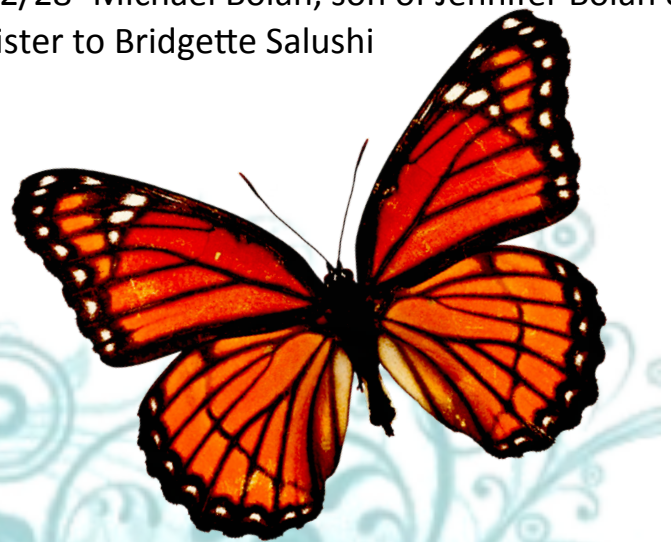
Our Children Remembered on their Birthdays

November

11/4- Jenna Nicole Burleigh, daughter of Jaqui & Ed Burleigh
11/7- Daniel Attilio, son of Ann Marie & Patrick Attilio
11/12- Rourke O'Donnell, son of Cindy O'Donnell
11/13- Andrew Black, son of Brian & Kim Black
11/14- Benjamin Michael Albro, son of Sherri & Bob Albro
11/16- Melinda Daniel, daughter of Jacqueline & Bob Daniel
11/16- Rennis Reitz II, son of Barbara Reitz
11/17- Jaime Scheck, daughter of Rebecca & Ed Scheck
11/18- Michael Macko, brother of Mary Anne Macko
11/18- Tyler Mostek, grandson of Vicki Bartakovits
11/18- Meagan Sands, daughter of Bernadine & Anthony Buccafuri and granddaughter of Edward & Gloria Layton
11/19- Adam Graham, son of Al & Carol Graham
11/19- Racheal Whiteley, daughter of Kristine Fallows
11/20- Phillip Calabrette Jr., son of Lynn Calabrette
11/21 – Matthew Grabowski, son of Constance Grabowski
11/22- Richard Jefferson, son of Richard Jefferson
11/23 – Heather Wagenseller, daughter of Janet Troupe Wagenseller
11/26 - Emilee Laverty, daughter of Jim & Wendy Laverty
11/27- Carly Bradley, sister of Kasey Bradley
11/27 – Dan Bardsley, brother of John Bardsley
11/27- Selena Gebert, daughter of Donna Gebert
11/27- Richard “Drew” Panettieri, son of Richard & Suzanne Panettieri
11/28- Elena Wenger, daughter of Melinda

December

12/3- Sundai Peters, daughter of Arlene & Phil Peters
12/8- Ashley Doyle, daughter of Brian Doyle
12/8- Matthew James Stewart, son of Rosemary & Jim Stewart
12/10- David Cohen, son of Hilary Cohen
12/15- Christopher Dixon, son of Steve & Kim Dixon
12/15-Arthur Ucci, brother of Joan Ucci
12/16- Tom Underwood, son of Mary Sellecchia
12/17- Ryan Strauch, son of Dave & June Strauch
12/18- James Belott, brother of William Klinger
12/19- David Curran, son of Barbara Santaniello
12/24- Kiana Alvarenga, son of Tina & Jose Alvarenga
12/25- Allison Fawcett, daughter of Anne & Bernie Smith
12/28- Michael Bolan, son of Jennifer Bolan & sister to Bridgette Salushi



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

11/1- Emilee Laverty, daughter of Jim & Wendy Laverty

11/2 - Lillian Claire Ciccarone, daughter of Claire & Frank Ciccarone

11/2 - Dillon Andrew Godwin, son of Karen Godwin & Ray Gintowt

11/3 - David Neider, son of Celeste Neider Nice

11/7 - Brian Beyer, son of Eileen Beyer Curry

11/7 - Abigail Wolf, daughter of Michelle & John Wolf

11/8 - Jaime Scheck, daughter of Rebecca & Ed Scheck

11/9 - Shari Gelb, sister of Lisa Cohen

11/12 - Andrew Lister, son of Jennifer & Kevin Lister

11/13 - Kimberlee Godshall, daughter of Terry & Fairlie Godshall

11/13 - Michael Leach, son of Beth Horwin

11/17 - Kevin O'Donnell, son of Doris & Steve Yurchak

11/18 - Andrea Clutter, daughter of Alyssa Sandt

11/18 - Edward Ulanowski III, son of Lisa Dechant

11/19 - Marc Daniel Landis, son of Anne Landis

11/20 - Tom Underwood, son of Mary Sellecchia

11/21- Matthew Grabowski, son of Constance Grabowski

11/22- Edward Myers, son of Diane Daneker

11/24 - Dennis Harris, son of Linda Lepo

11/24 - Rachel Sands, daughter Charlotte Tatu

11/25 - Karisa Kade, daughter of Kathy & Mike Fluck

11/27 - Matthew Lincul, son of Linda & Ed Lincul

12/7- Randy Freed, son of Bonnie Freed

12/7- Adrienne Heber, daughter of Anna & John Heber

12/7- Dominic Liples, son of Kira & Ken Liples

12/7 - Josiah Weigner, son of Keith Weigner

12/8 - Bernie Kenzakowski, brother of Rebecca Kenzakowski

12/12 - Sean Ryder, son of Pat Ryder

12/13 - Michael Tondera, son of Maria & Steven Tondera

12/13 - John Young, son of Barbara Young

12/13 - Matthew James Stewart, son of Rosemary & Jim Stewart

12/14 - Robert Kyle Rainey, son of Lynne Rainey

12/15 - Christopher Thomas, son in law of - Barbara & Eduardo Reboratti

12/16 - Robert Marich, son of Michele Callon

12/17 - Taryn Kline, daughter of Susan Kline

12/25 - Amber Eisenstein, daughter of Ben Eisenstein

12/26 - Ryan Barr, son of Londonne & David Barr

12/27- Christopher Dixon, son of Steve and Kim Dixon

12/30 - Dalton Hunsberger, son of Charis Hunsberger

12/31 - Lisa Meneely, daughter of Mary Wegscheider



by St. Luke's Bereavement Team

"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical, and spiritual necessity; the price you pay for love. The only cure for grief is to grieve." — Earl Grollman

When we grieve the death of a loved one, holidays, anniversaries and other days often become painful triggers. Memories are the grieving mind's invitation to remember rather than to forget. We remember that it was one month or one year ago that our loved one was alive and that provides a context in which we can place an event that still seems unreal and unimaginable. The anniversary gives us another opportunity to revisit the death in order to believe the unbelievable and accept the unacceptable a little more fully.

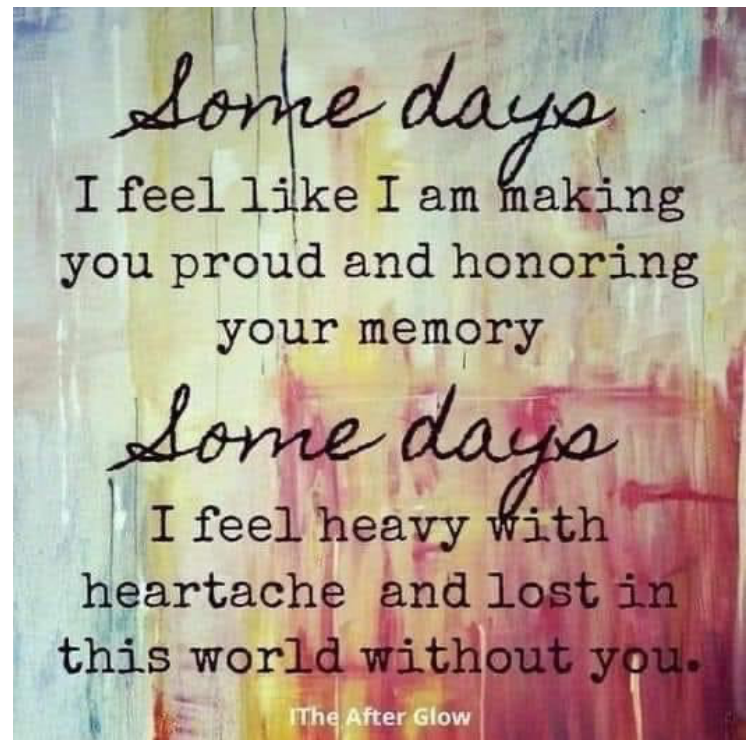
As difficult dates loom on the horizon, we dread them, realizing that the tears we'd hoped were behind us will well up again, and the loneliness of missing the person will rise to the surface. It's tempting to think you can avoid these painful reminders and pretend it's a day like any other day.

We have a choice. We cannot escape the impact of these special days; these reminders of life and death are unavoidable. The only choice is whether we will control the grief or whether we will allow the grief to control us. Avoidance

Special Thanks



A special thank you to Jennifer Pini, Diane Gurecki, Sierra Doyle, for the Remembrance cards that you receive. They do this in memory of their children/ siblings: An appreciated Thank You to our members for helping to set up and tear down for chapter meetings. Thank you to Linda Stauffer for supplying the ink and paper and printing our newsletter and creating and maintaining our website. She does this in memory of her daughter Katie. Thank you to Theresa Sitko for managing our memorial garden. She does this in memory of her son Clayton. Thank you to Dianna Cox for lovely planters at the garden she donated in loving memory of her son Michael and for addressing our monthly newsletters for mailing. She does this in remembrance of her son Michael. Thanks to Barb and Bob Heimerdinger for applying the memorial Plaques to the wall in the memorial garden. They do this in remembrance of their son Ryan.



doesn't work well, because just when we least expect it, grief taps us on the shoulder and consumes us. We may even get through the actual day, but the grief attack will occur a day or so earlier, or a week or two later. Reconciling our loss is best accomplished by working at it, not by ignoring and hoping it will go away.

Anniversaries and special days allow us the opportunity to take inventory, to review some lessons learned and to plan ahead. Allow yourself to grieve, allow yourself to love and miss your loved one. Try to plan some coping strategies ahead of time. And if you are able to try to plan something that helps you continue to feel connected to your loved one.

And if nothing else, these days serve to remind us that we have made it thus far, and that in itself is worth celebrating.

-Shared through the kindness and generosity of St. Luke's Bereavement Team

How to Manage Tough Days

- **Depart from your usual activities.** Take the dreaded day off from work since there's no use pretending that this day is like any other day. Don't allow anyone to accuse you of "wallowing in your grief" by doing this. Taking time to mourn and remember is actually facing reality much more than avoiding it.
Choose the company you keep. Don't assume that the best people to surround you are those with whom you've always spent that day. You may feel more comfortable
Don't wait for others to remember. Your grief easily slips from the minds of even your closest friends and family. Take the initiative and call people when the dread of the day's approach first starts to trouble you. Cash in those "if there's anything I can do" offers. Be specific and tell people what you need – someone to drive you to the cemetery, to take you to lunch or to provide a shoulder for you to cry on.
Introduce ritual. A memorial service, the lighting of a memorial candle or a mass said for the deceased can not only mark the day, but also be symbolic of your survival and determination.
Claim your memories. Take out the photograph albums, scrapbooks, love letters and line up all the gifts and souvenirs you cherish. Call to mind the joys as well as the struggles that shaped the relationship with your loved one. Doing this can be painful at first, but memories have a wonderful way of softening as we work with them.
- **Do what is meaningful to you.** On a birthday, celebrate the person's life as well as commemorating their death. Do an activity that you would have enjoyed together. Or write a new obituary which contains all the memories you have of the person, their physical appearance, idiosyncrasies and qualities that you want to remember.
Re-read the cards and notes you received and the visitors book from the funeral. These may remind you that in the most difficult days of your life, you were not alone, and that the people who cared then still care now, even though they may not be as vocal or forthcoming.
Take time to look forward. While you grieve the past, celebrate today's joys. Count the blessings you have, and the people who are part of your life. Are there any of these relationships that could use some attention? Are there things that could be said to those who still support you?
Think big and think small. Plan one thing you would like for the future, whether it's redecorating a room or planning a vacation. But also think small. Do something on this tough day for yourself. Buy a book you've been meaning to read, rearrange the living room furniture, go for a walk or take in a movie. Do something you would like to do for you!

Please give some thought to volunteering with The Compassionate Friends. Our Chapter is growing and we need helping hands to continue to help others that are new to this path of grief. We need not walk alone.

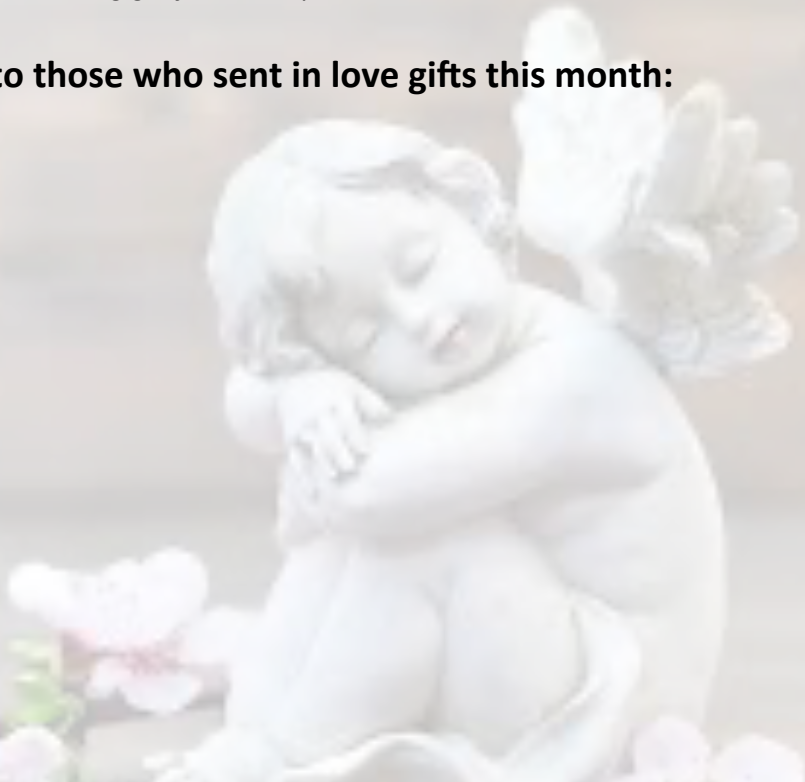


<https://gatheringplaceevent.com/>

Love Gifts

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

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



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



LOVE GIFTS

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

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

In Memory of: _____

Birth Date _____ Death Date _____

Check One: Please use my gift for:

☐ General Operating Expenses ☐ Memorial Garden

Your Name: _____

Email: _____

Phone: _____

Address: _____

Love Gift Message _____

Please make check payable to:

The Compassionate Friends, Quakertown Chapter

Mail to:

PO Box 1013

Quakertown, PA 18951

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





The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

**Chapter Treasurer –Lisa
Dechant**

Chapter Secretary – Gail Blase
**Assistant Secretary –
Mary Anne Macko**

**Newsletter Editor/Webmaster –
Linda Stauffer**

**Membership Outreach-
Memorial Garden Chairperson –
Theresa Sitko**

**Chapter Liaison -Barbara
Reboratti**

**Committee members – Dianna
Cox, Diane Gurecki, Lynne
Rainey, Donna Hesse**

**TCF National Office:
877-969-0010**

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



**New Chapter
phone number
267-379-0429**

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 meet-ing. We understand how it feels to walk into a room of strangers and share personal feelings, especially when you are in so much pain. At your first meeting, we hope you find care, support, understanding and a group of friends to share with. Truly, there are no strangers among compassionate friends.

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4 meetings of attendance to determine if they are for you. It may take a few meetings before you're able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

Your Friends at TCF Quakertown Chapter

Library Books

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

Newsletter Errors and Omissions

For any errors or omissions please contact Linda via email at kt4ever@mac.com 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.

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



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

Support Group Meetings are Nov 14 and Dec 12
At The Gathering Place, Quakertown, PA

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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