



The Compassionate Friends

Supporting Family After a Child Dies



Serving Upper Bucks and Montgomery Counties November 2016

Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: (267)
380-0130

contact@TCFQuakertownpa.org
www.tcfquakertownpa.org

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Treasurer: Mary Ann Kulp

Secretary: Barbara J. Reboratti

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Mary Anne Macko

Linda Stauffer

Theresa Sitko

Nancy Eisenhart

Carol Graham

Lynette Lampmann

Crystal Hunter

Remembrance & Thank You

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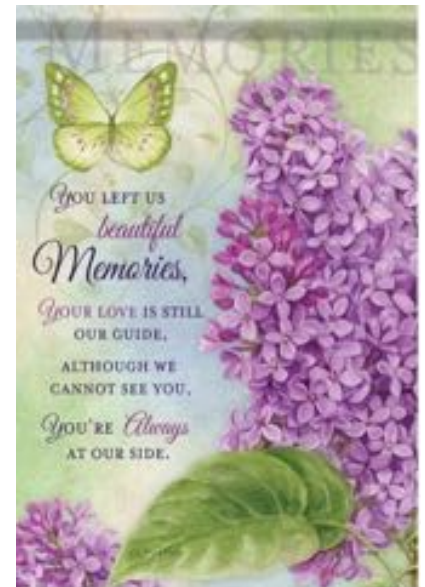
The Compassionate Friends is a nationally renowned 501 C (3) non-profit organization with 700 chapters in the US. All donations are tax deductible.

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.

Memorial Garden Update:

We are pleased to announce that the West Rockhill Township engineer has given us conditional approval for our garden plans. If all goes well, we will begin the garden in April 2017. There will be a list made in the coming months for the supplies and specials, needed to begin the garden. Hopefully, some will be donated. In the meantime, we hope you will consider donating toward the funding for the garden. Please consider volunteering for the garden committee by contacting the chairman Lynette Lampmann at lilamp10@comcast.net.

Feel free to contact me with any questions or ideas for donations of materials or skills.



The Compassionate Friends-
Quakertown Chapter
Annual Worldwide Children's
Memorial Candle Lighting
Sunday, December 11, 2016
Time: 6:30 PM
First United Church of Christ
151 S. 4th St
(corner of Park Ave & 4th St)
Quakertown PA 18951

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

Our Support Group Meetings are the 2nd 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.

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 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

Quakertown Chapter

PO Box 1013

Quakertown, PA 18951

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website: www.tcfquakertownpa.org



Memories Light Our Darkest Hours

The Compassionate Friends-Quakertown Chapter
14th Annual Worldwide Children's
Memorial Candle Lighting

Date: Sunday, December 11, 2016

Time: 6:30 PM

Place: First United Church of Christ
151 S. 4th St (corner of Park Ave & 4th St)
Quakertown PA 18951

*

Contact: (267)380-0130 leave message

OR email: contact@tcfquakertownpa.org or register online at our website
www.tcfquakertownpa.org

bring a dry staple or canned good for the food pantry collection

_____ We would like our child / sibling remembered at the candle lighting
Name of child / sibling being remembered: Please print clearly

Your Name, Address, Phone # , email

Phone#

Email

Photos to be included in the slide show must be submitted by November 20th
Photos sent after may not be included in the slide show. Photos must be an
original in a 4 x 6 or larger size individual shots preferred. We will scan the
original and return to you. Please include a self addressed stamped sturdy
envelope to mail back, pick up at a meeting or the night of the candle lighting. OR
email photo as a jpeg in a 300 resolution to: newsletter@tcfquakertownpa.org

_____ We will be attending

_____ Number of guests (include family, relatives, friends)

_____ We will NOT be attending (please remember our child/sibling)

_____ We would like to provide a finger food refreshment to share

There is no cost for the program - Love gifts are accepted

RSVP: by November 30th, pictures by Nov 20 please

Return to : Compassionate Friends-Quakertown Chapter

PO Box 1013; Quakertown PA 18951

Dealing With the Holidays

Alan Pedersen

- 1 **Define your own strategy first** – Just as the airlines tell you in the event of an emergency to put your own oxygen mask on first before trying to help others, you will be more effective at supporting others when you have made your own plan for how you will handle the season. This may mean that you ask veteran members of your Chapter or steering committee to take on additional tasks to help you. Having a discussion with your leadership team about the potential need for additional support for new members this time of year will help your Chapter be more prepared and will lessen the load for any one individual.
- 2 **Practice What You Preach** – There are some basic rules of thumb for handling the holidays which have proven to be of great benefit. In addition to suggesting them to your members, make sure you apply them to your own journey.
 - **No rules on rituals and traditions** – Give yourself the freedom to try completely new rituals, alter your rituals or follow all the traditional things you have done in the past. No two people grieve alike; some find comfort in what they have always done and others find what they have done in the past to be excruciating. Give yourself permission to tinker with tradition in whatever manner necessary to help you survive the season.
 - **Insist on flexibility** – Don't let others dictate how you celebrate or don't celebrate the season. Only participate in what you feel you can handle and leave open the option of canceling events you may have committed to. If those inviting you need an RSVP, let them know you need flexibility, as you may not know in advance how you will feel on any particular day.
 - **Always have an exit plan** – If you do attend holiday events, if possible drive yourself or have a ready exit plan. Most seasoned grievers have learned this lesson the hard way, where we were stuck at somebody's event when we were hit with a massive grief wave in the middle of the party and had no way out. Oftentimes you can tell the host that you may be overcome with emotion and, if so, to please allow you to step outside, into another room or to leave. You do not want to ruin the party but you also need the space to roll with whatever you are feeling.
 - **Ask others for help** – Especially for those early in grief, going to the mall or other stores can be overwhelming. Tell those around you what you need. Maybe they can shop for you, wrap gifts for you, or escort your children or others in your family who may need to shop or attend holiday events. People do want to help; they just sometimes need us to let them know how best to support us.
 - **Help others** – One of the most suggested tips I hear about the holidays is from those who reached out to others even in their earliest years of grief; that there is something healing about a parent who has no child giving a gift to a child who may have no parent to receive a gift from. Helping others can give us a purpose and make us feel needed and this can be especially helpful during the holidays.
- 3 **Always offer hope** – As difficult as the holiday season is, it is especially critical that we offer hope to all we serve. Most of us look back at our first couple of years and wonder how on earth we survived; however, the fact is we did survive. Many of us have found our footing and discovered what works for us. It is so important that those new in grief share in our hope; that we convey to them that as difficult as it seems there can still be good moments. There is also the hope that we can even find joy in the memories of the past and the experiences of the future, if we continue to share their life and honor the love that still remains planted firmly in our hearts.

First Thanksgiving

The thought of being thankful fills my heart with dread. They'll all be feigning gladness, not a word about her said. These heavy shrouds of blackness enveloping my soul, pervasive, throat-catching, writhe in me, and coil.

I must, I must acknowledge, just express her name,

so all sitting at the table, know I'm thankful that she came. Though she's gone from us forever and we mourn to see her face, not one minute of her living, would her death ever replace. So I stop the cheerful gathering, though my voice quivers, quakes, make a toast to all her living. That small tribute's all it takes.

- Genesse Bourdeau Gentry from Stars in the Deepest Night – After the Death of a Child

GIVING THANKS

- Sascha

I can not hold your hands today, I can not see your smile.

I can not hear your voices now, My children, who are gone.

But I recall your faces well,

The songs, the talks, the sighs, And storytimes, and winterwalks, And sharing secret things.

I know you helped my mind to live Beyond your time with me.

You gave me clearer eyes to see –

You gave me finer ears to hear –

What living means, what dying means, My children, who are gone.

So here it is Thanksgiving Day, And you are not with me.

And while I weep a mother's tear, I thank you for the gift you were, And all the gifts you gave to me, My children, who are gone.

Real grief is not healed by time...If time does anything, it deepens our grief. The longer we live, the more fully we become aware of who she was for us, and the more intimately we experience what her love meant for us. Real, deep love is, as you know, very unobtrusive, seemingly easy and obvious, and so present that we take it for granted. Therefore, it is often only in retrospect – or better, in memory – that we fully realize its power and depth. Yes, indeed, love often makes itself visible in pain.

- Henri Nouwen

THANKSGIVING

You may ask, "What do I have to be thankful for now that my child is dead?" After the death of a child, where is the joy in a day off from work? What pleasure can we derive from sitting around a table when someone is missing, and an uttered prayer of thanksgiving echoes hollow in our hearts?



Maybe we have been concentrating on the loss which has brought the overwhelming sorrow of death, and have forgotten the complete joy of life. When I remember laughing brown eyes, a mischievous grin, a scraped knee that Mommy could fix, a new word learned, even the memory of the realization that I had a baby boy, I have a great deal to be thankful for. I had 1 1/2 years of a dream come true, and I'm truly thankful I had my child.

Sure, the agony of grief, the anguish of losing my precious child to death, the torture of wanting to see that child grow and mature and the pain of never knowing, rips me up.

There is no Thanksgiving in entertaining these thoughts, so this month I am going to concentrate on the Living of my child, the Life that brought me so much joy. In this I am thankful that Evan was born, thankful that he lived, thankful that even for those short 30 months – I lived them too. Even so, as he lived once, I live now and want a productive life.

I am thankful I have come that far in my grief work to know I want to live and remember the good times without sorrow. And I am thankful for my husband, who stood by me during the rough times, the husband who is the father of the child of our love. In him I have found my child, in our marriage I have found love, and that love taught us how to love that child. I am also thankful for you, my real friends – Compassionate Friends.

Edie Kaplan – TCF, Ft. Lauderdale, FL

Thank you, Thank you, Thank you

Thank you to Beth Horwin in memory of her son Michael. Kathleen Hardgrove in memory of her son Jacob. Mary Anne Macko in memory of Darlene's daughter Michelle Dusza. Theresa Sitko in memory of her son Clayton Sitko. Crystal Hunter in memory of her nephew Hunter. for providing our October refreshments. *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 Mary Ann Kulp, Nancy Eisenhart, Lynette Lampmann, Ginny Leigh-Manuel, Kelly Logan 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), 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 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 Linda Stauffer for doing our newsletter. 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. Without their generosity in giving to a good cause we would not be able



Love Gifts for November

Helen Geib sent in memory of James Geib.
Forever in our hearts and thoughts.

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 _____



Our Children Remembered on their November Birthdays

Richard Carver, Jr., brother of Carla Clark - 11/2

Samuel Hornberger, grandson of Dleanor Morrow - 11/3

Alaina Reese Ratcliffe, daughter of Andrea & Adam Ratcliffe - 11/3

Dwayne Hager, son of Ruth & Stanley Hager, Jr. - 11/5

Jake Patermoster, son of Mike & Ruth Patermoster - 11/6

Daniel Attilio, son of Patrick & Ann Marie Attilio - 11/7

Jon Masso, brother of Melissa Fisher - 11/7

Lisette Martin, daughter of Luke & Amanda Martin; granddaughter of Evelyn & Nelson Martin, Jr. - 11/12

Rourke O'Donnell, son of Cindy O'Donnell - 11/12

Aaron Abud, son of Susan Abud - 11/14

Benjamin Michael Albro, son of Sherri & Bob Albro - 11/14

James P. Ryer, son of Diana M. Adams - 11/15

Melinda Daniel, daughter of Jacqueline & Bob Daniel - 11/16

Rennis Reitz II, son of Barbara Reitz - 11/16

Jamie Scheck, daughter of Rebecca & Ed Scheck - 11/17

Michael Macko, brother of Mary Anne Macko - 11/18

Cynthia Cole, daughter of Hugh & Marie Madden - 11/19

Racheal Whiteley, daughter of Kristine Fallows - 11/19

Alan Roskow, son of Nan Roskow - 11/21

Christopher Adams, son of Judy Adams - 11/24

Joseph Bello, Jr., son of Gloria Bello; sibling of Sharon Kronmiller - 11/24

Lindsey Laverty, daughter of Jim & Wendy Laverty - 11/26

Dan Bardsley, son of Emma Bardsley; brother of John Bardsley - 11/27

Susan Sine, daughter of Lynn and Dorothy Miller - 11/27

Richard "Drew" Panettieri, son of Richard & Suzanne Panettieri - 11/27

Anthony DelConte, son of John & Marie DelConte, Jr.; brother of Dana Turock - 11/29

Our Children Remembered on the Anniversary of their death

Lindsey Laverty, daughter of Jim & Wendy Laverty – 11/1

Deborah Hornberger, granddaughter of Eleanor Morrow – 11/3

Samuel Hornberger, grandson of Eleanor Morrow – 11/3

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

Alaina Reese Ratcliffe, daughter of Andrea & Adam Ratcliffe – 11/3

Dario Datis, son of Sherie Datis – 11/4

Christopher Rhudy, son of Beth Ruch – 11/4

Rebecca Yeager, daughter of David & Nancy Yeager – 11/5

Alison Gilmore, daughter of Susan Slawek – 11/7

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

Adrian Conrad, grandson of Barbara & Ronald Borolla, Sr.; grandson of Pamela Anderson – 11/10

Donald Dolan, Jr., son of Donald & Tina Dolan – 11/10

Jennifer Church, daughter of Joy Church – 11/12

Kathleen “Tia” Conn, daughter of Kathy & Robert Smith – 11/12

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

Destani Danae Osborne, daughter of Sabrina Snyder – 11/12

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

Michael Leach, son of Beth Horwin – 11/13

Benjamin Culton, son of Mark & Barb Coulton – 11/15

Jeffrey Harbison, son of Donald & Joanne Harbison; grandson of Julie Harbison – 11/17

Kevin O’Donnell, son of Doris & Steve Yurchak – 11/17

Erika Thomas, daughter of Thomas & Peggy Delopolo – 11/17

Damien DeRose, son of Lynn DeRose – 11/18

Julie Howe, daughter of Tim & Nancy Howe; sister of Melanie – 11/19

Marc Landis, son of Anne & Craig Landis – 11/19

Jenny Bender, daughter of Clarke & Dawn Fulton – 11/21

Christopher Accardi, son of Anthony & Mary Ellen Accardi – 11/22

Jeffrey Broxteman, son of Roger & Janet Broxteman – 11/22

Matt Cardinal, son of Mike & Lynn Cardinal – 11/24

Dennis Harris, son of Linda Lepo – 11/24

Rachel Sands, daughter of Charlotte & John Tatu, sister of Christian, mother of Tommy – 11/24

James Bowen III, son of Catherine & James Bowen, Jr. – 11/27

Stephen Fuhrmeister, son of Lisa Fuhrmeister; nephew of Renee Hudoka – 11/27

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

Jason Miller, son of Phil & Pam Miller – 11/28

Pamela Minnichbach, daughter of Paul & Dolly Cell; sister of Paul & Lauren Cell – 11/28

Amy Cyan-Spier, sister of Thomas & Susan O’Donnell – 11/29

Christopher Detweiler, son of Jean & Vern Detweiler; brother of Matthew Detweiler – 11/30

Samantha Grosse, daughter of Jeffrey & Hope Grosse – 11/30

Samantha Joy, granddaughter of John & Jeanette Joy – 11/30



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

Next Meeting Nov 8, 2016



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.

Worldwide Candle lighting
Memories Light Our Darkest Hours

Save the date Sunday December 11 @6:30 First UCC, Park Ave., Quakertown (same place as last year)