



The Compassionate Friends

Supporting Family After a Child Dies



Serving Upper Bucks and Montgomery Counties

October 2016

Quakertown Chapter
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Quakertown, PA 18951
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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.



Special Craft at October Meeting

Our sibling liaison, Crystal Hunter, came across the Kindness Rocks Project at her work. It is a simple gesture to spread kindness by messages and drawings on rocks and sharing them with others. To learn more specifics, go here <http://thekindnessrocksproject.com/>.

Crystal loved this project, and what it

signifies, so she wanted to share it with our chapter. We will have time to briefly share our stories, and of course have refreshment hour too, but part of the meeting will be decorating rocks and sharing them with others at the meeting. These rocks are meant to remember our child(ren) and sibling(s); show our love for them!

Rocks were donated by Home Depot in Souderton. Sharpie markers (hopefully) will be donated as well; however, feel free to bring your own markers if you wish. We look forward to seeing you as we create this special craft for our loved ones.



The Compassionate Friends

Worldwide Candle Lighting

Join us on December 13, 2015

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

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I'm There Inside Your Heart

Right now I'm in a different place,
And though we seem apart,
I'm closer than I ever was...
I'm there within your heart.

I'm with you when you greet each day
And while the sun shines bright,
I'm there to share the sunsets too..
I'm with you every night.

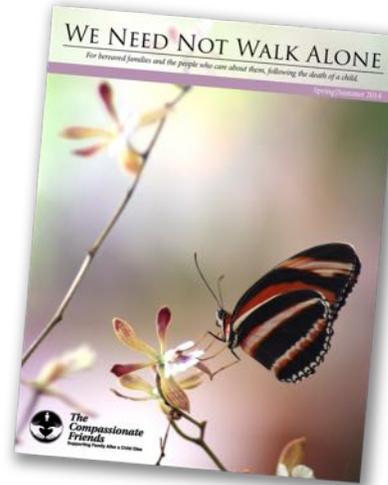
I'm with you when the times are good,
To share a laugh or two
And if a tear should start to fall...
I'll still bether for you.

And when that day arrives
That we no longer are apart
I'll smile and hold you close to me
Forever in my heart.

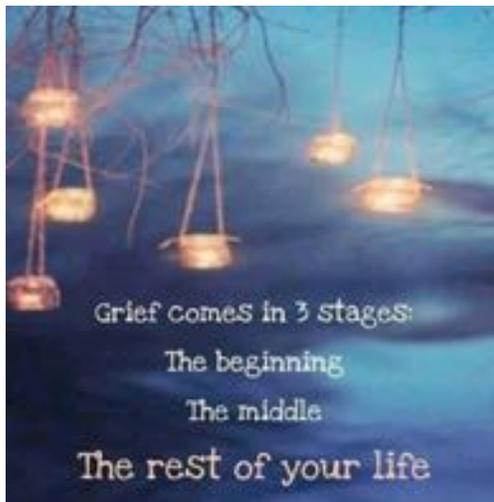
TCF National Magazine We Need Not Walk Alone Available Free Online

The Compassionate Friends national magazine, *We Need Not Walk Alone*®, is available for free online. The magazine remains available in print free with any patron donation or when ordered by

paid subscription through TCF's online store. *We Need Not Walk Alone* provides comfort and support to bereaved parents, siblings, and grandparents through stories, poems, advice



Justin and Crystal Hunter



Love Never Dies

There will never come a day, hour, minute or second I stop loving or thinking about my child. Just as parents of living children unconditionally love their children always and forever, so do bereaved parents. I want to say and hear his name just the same as non-bereaved parents do. I want to speak about my deceased children as normally

and naturally as you speak of your living ones. I love my child just as much as you love yours—the only difference is mine lives in heaven and talking about about him is unfortunately quite taboo in our culture. I hope to change that. Our culture isn't so great about hearing about children gone too soon, but that doesn't

stop me from saying my son's name and sharing his love and light everywhere I go. Just because it might make you uncomfortable, doesn't make him matter any less. My son's life was cut irreversibly short, but his love lives on forever. And ever.

Bereaved parents share an unspeakable bond.

In my seven years navigating the world as a bereaved parent, I am continually struck by the power of the bond between bereaved parents. Strangers become kindreds in mere seconds—a look, a glance, a knowing of the heart connects us, even if we've never met before. No matter our circumstances, who we are, or how different we are, there is no greater bond than the connection between

parents who understand the agony of enduring the death of a child. It's a pain we suffer for a lifetime, and unfortunately only those who have walked the path of child loss understand the depth and breadth of both the pain and the love we carry.

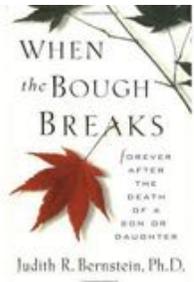
Angela Miller is a writer, speaker and grief advocate who provides support and solace to those who are grieving the loss of a child. She is the author of [You Are the Mother of All Mothers: A Message of Hope for the Grieving Heart](#), founder of the award-winning community [A Bed For My Heart](#),



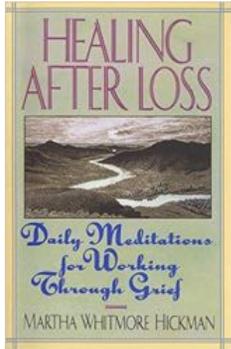
Worldwide Candle lighting
Memories Light Our Darkest Hours

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

Books for Help and Healing

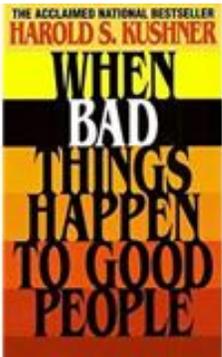


This book is, by far and away, the best for bereaved parents. I first read it after my son, Josh, was killed on September 17, 1999, and have reread it dozens of times since that awful day. The ache still crushed my heart daily, but I have every hope that it will ease. How wonderful it was to read that I will not "get over this" but will incorporate this into the rest of my life. Bereaved parents NEED to know that they will survive, and somehow start to live again.



Healing After Loss by Martha Whitman Hickman

There should be a place for 100 stars. This book is brilliant, comforting, profound, and a profoundly simple means to find sanity, hope, wholeness and peace during the darkest of times. Reading this helps me everyday. Grief is so hard but the author captured all of my feelings and gives me meditations that ease the pain of loss. God bless you, Ms. Hickman.

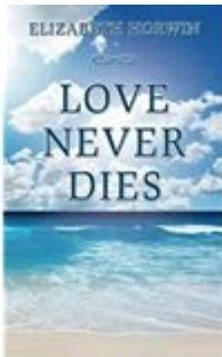


When Bad Things Happen to Good People Harold S Kushner

This book is written from the heart and based on personal experience. I have read it several times and am currently reading it again as my heart is full of grief. If you have to deal with unimaginable loss I hope you are able to find solice within these pages as I have.

Love Never Dies, by Elizabeth Horwin

Love Never Dies teaches the individual how to: understand and live through the stages of loss; begin and complete the healing process; understand relationships for what they are and become unattached to form and material possessions.



Why do people fear death? What is death? Where do we go when we die? What do we need to understand to help us with our fear of death and dying? These and many more fundamental questions of life (who am I; where did I come from; why am I here; what is my purpose?) are addressed to assist the reader in identifying , challenging and changing (if appropriate) their beliefs regarding death and the dying process.

This book was written with total respect for all religions, cultures and personal beliefs.

Elizabeth Horwin is a graduate of the University of Scranton and is a Licensed Professional Counselor providing Cognitive Behavioral Therapy to individuals and families. Elizabeth is also a grieving parent.

Have you found a book, website or blog that you'd like to share? Please send it to newsletter@tcfquakertownpa.org. Please include title and author of books and URL of websites!



What to Do With Anger

Anger is one of the most difficult emotions for me to express. Reared as a "proper" young lady, I was taught that anger was not becoming. Many of the women I have spoken to were similarly taught.

I found, however, I did not have the tools to deal with the deep anger that came shortly after the death of my daughter. My anger was spilling over to people who did not deserve it, or I vented excess anger by overreacting to some situations.

With the loving care and patience of several people, I developed some tools that helped me to express my anger. Rather than trying to suppress my angry feelings, I learned to release them in constructive ways. Hopefully, some of these coping techniques will be helpful to others.

EXERCISE - This is a great way to release anger, plus get into shape! I joined the YMCA, swam twice a week, did "Y's Ways to Fitness" three times a week, and walked three to five miles each day. At first, I was concerned about doing so much exercise because I have a very bad back, so I took it easy and worked my way up to my present routine. I always feel much better after a good workout, and I had the extra benefit of getting out of our home and back into society.

After my daughter's death, my life felt so out of control; but as I became more fit, I regained some control. This renewed strength aided in my recovery.

Exercise decreases stress levels and aids in controlling depression. Since grief can also

make us more vulnerable to physical illness, exercising and taking care of our health is important. Even daily walking is good therapy.

WRITING - When the anger bubbled up in me, I would write. Many times I didn't know where to begin, so I just started by writing, "I am angry because. . ." "Soon, my thoughts were coming faster than I could write them down. After I had expressed my anger in writing, I often discovered that the sources of my anger were different than I had imagined. It usually sifted down to just being angry about my daughter's death. The technique of writing about your feelings is especially nice because you can just throw away or burn your words and the anger with them.

PAINTING - There is nothing like taking bright oils or acrylics and stroking them over an open canvass. I had not painted in over fifteen years, but I went up into the attic and got down the easel, brushes, and paints. I always felt better after a good painting session. Those times were very private for me and no one ever saw my creations, but they were helpful in expressing my anger.

TALKING - Sometimes I would call a good friend and just rant and rave. My friend was a very good and non-judgmental listener. She realized that most of what I said in anger I did not mean. She never gave advice or held me to my "anger" statements. She just lovingly listened.

This technique calls for a careful choice of friends who can maintain confidentiality and are not afraid of anger. It is even more helpful if the friend has had a similar loss.

ENERGY - Convert anger into energy and use that energy to change the world. Angry with the limited support that mothers of children with Spinal Muscular Atrophy (SMA) had in their communities, I converted that anger into action. I joined several nationwide support groups and helped to bring their support into our community.

My anger was further converted into energy which I used to raise money for SMA research. I baked over 700 loaves of bread (a lot of anger there!) for a fundraiser. My friends saw my energies and joined in to help. Together, our efforts raised over \$6,000 in under six weeks! This kind of energy can be contagious.

Reaching out to others can help in healing. If something good can come from our tragedies, it can add meaning to their deaths.

EGGS - Yes, eggs! When I just could not resolve my anger with any of the above techniques, I would take a dozen eggs and a black felt-tipped pen and go into the back yard. Writing the reason I was angry on the egg, I threw it at the back fence. At first, I thought this was a little crazy, but after throwing the first egg and watching it shatter, I felt so much better!

I always used just one word to describe my anger. It might be: Death, SMA (the disease my daughter died of), Husband, A friend's name, God. No one need know what you write on that egg! Afterward, the birds would have a treat eating the eggs; and listening to their happy noises while having their treat, eased my anger.

These are some of the techniques I used to express my anger. It is OK to be angry, and it is important to express, not suppress, anger. Suppressed anger can result in deep depression.

It is also all right to be angry with God. He is forgiving and understands our emotions. He would rather have us be angry with Him than shut Him out.

Penny A. Blaze
New Canaan, CT

Thank you, Thank you, Thank you

Thank you to Theresa Sitko, son Clayton, Patti Dillie, son Matt and Crystal Hunter in memory of Justin for providing our September 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.*

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.

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



Love Gifts for October

Marie Madden sent in memory of daughter Cindy Cole.
Forever in our hearts and thoughts.
Love always, Mom, Dad & Family
Stanley Heisey in Memory of Darlene Dusza.
Theresa & Henry Sitko in Memory of their son Clayton Sitko.

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 October Birthdays

Michael Leach, son of Beth Horwin, 10/3

Joseph Perno & Anthony Perno, sons of Cathy Perno, 10/7

Kisha Hesse, daughter of Donna Hesse; sibling of Brienne Fretz, 10/8

Rebecca VanLuvanee, daughter of Daniel & Nanette Helms, 10/9

Silas Asa Harvey, infant son of Ryan Harvey & Sarah Wireman, 10/9

Jacob Burkett, son of Kathleen & Jim Hardgrove, 10/10

Michael Detweiler, son of Mary & Larry Detweiler; sibling of Lauren & Alyssa, 10/10

Kaitlin Murphy, daughter of Pat Murphy, 10/10

Christopher Rhudy, son of Beth Ruch, 10/10

Adrian Conrad, infant son of Sarah Borolla & Adam Conrad; grandson of Pamela Anderson; Ronald & Barbara Borolla, Sr., 10/12

Tyler Schultz, son of Debbie & Gary Schultz, 10/12

Gary Zemitis, son of Lynne Bowers, 10/13

Daniel Lavery, son of Karen Kovac & Daniel Lavery; sibling of Meghan, 10/15

Frank Voce, son of Anna & Frank Voce, 10/15

Jethro Hunter, nephew of Crystal Hunter, 10/16

Stephen Stalheim, son of Barbara & Gabriel Mertens, 10/16

David Neider, son of Celeste Neider Nice, 10/17

Andrew Lister, son of Jennifer & Kevin Lister, 10/19

Dawn Cannon, daughter of Joanne & David Cannon, 10/20

Billy Savage, son of Bill & Blanche Savage, sibling of Jennifer, 10/23

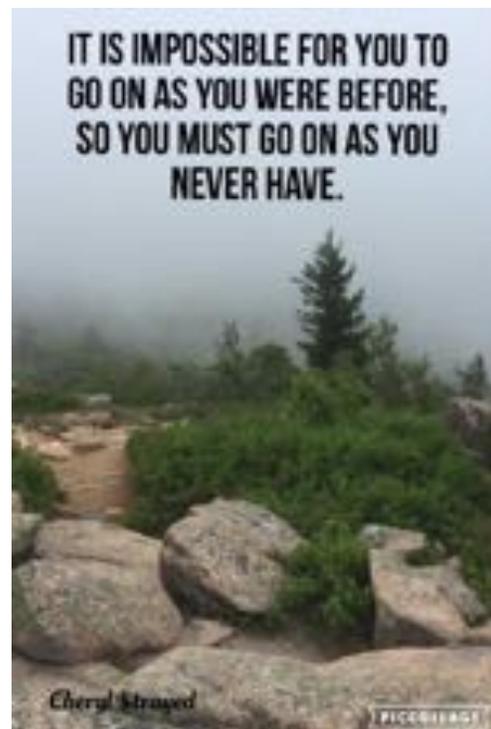
David Cassel, son of Carol Lamonte, 10/24

David Grebe, sibling of Sue Grebe, 10/24

Kevin Myers, son of MaryLou Nyce, 10/24

William Ingelido, Jr., son of Rosann Smiley & William Ingelido, Sr., 10/25

Glen Scott, son of Doris & Fred Crouthamel, 10/28



Our Children Remembered on the Anniversary of their death

Cindy Dise, daughter of Hiram Wenhold; sibling of Cheryl & Ralph Cassel, Barry Wenhold & Brian Wenhold, 10/2

Allison Fawcett, daughter of Anne & Bernie Smith, 10/3

Zachery Roessler, son of Chuck Roessler, 10/4

Jeffrey Carpenter, son of Steve Carpenter, 10/5

Michelle Dena Dusza, daughter of Steve Dusza; sibling of Jenn Geib & Family, 10/6

Anna Nicole Fowler, daughter of Rita Armstrong; sibling of Mick Penecale, 10/6

Tom O'Donnell, son of Thomas & Susan O'Donnell, 10/6

Candice Shirey, sibling of Chuck & Lori Stockert, 10/6

Robert Walker, son of Barbara Walker, 10/6

Heather Schaefer, daughter of Linda Schaefer, 10/8

Silas Asa, infant son of Sarah Wireman & Ryan Harvey, 10/11

Cheryl Ann Smakula, daughter of Helen Delong; sibling of Michelle Lonetti, 10/7

Michael Adamson, son of Darlene & Daniel Dean; sibling of Michelle Lanning, 10/15

Jarrod Nordland, son of Craig & Lisa Nordland, 10/17

Courtney Isabella, daughter of Michelle & Anthony Isabella, 10/18

Mia Rose Montevidoni, infant daughter of Matt & Kelly Montevidoni, 10/18

Christine Roesener, daughter of Paul & Ellen Roesener, 10/20

Ryan Knapp, son of Bruce & Holly Knapp, 10/21

John Fonsemorti, son of Rose Fonsemorti, 10/23

Arthur Uccj, sibling of Joan Uccj, 10/23

Tristan Engarde, son of Edward & Lisa Engarde, 10/25

Jason Tyler, son of Mitzi Foulke, 10/25

Shannon Gorman, sibling of Allen Dejewski & Douglas Dejewski, 10/26

Christopher Court, son of Caroline & Tim Court, 10/27

Jethro Hunter, nephew of Crystal Hunter, 10/27

Rebecca Cloud, daughter of Richard & Diane Cloud, 10/28

Ellen Heim, daughter of Barbara Walker, 10/28

Chad Statuti, son of Henry & Shirley Statuti, 10/28

Nick Umberger, son of Nina & Jeff Wolfinger; grandson of Grace Parzych, 10/28

Patti Mood, daughter of Paula Fritch; sibling of James & Kathryn Jenks, Jr., 10/30

"There are things that we don't want to happen but have to accept, things we don't want to know but have to learn, and people we can't live without but have to let go". Author unknown.

