



Quakertown Chapter

servicing Upper Bucks and Montgomery Counties

The Compassionate Friends
Quakertown Chapter
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Quakertown PA 18951
Chapter Info line: 215-536-0173
Chapter email:
tcfquakertownchapter@verizon.net
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The Compassionate Friends National Office
877-969-0010
www.compassionatefriends.org
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Bobbie Milne mcfly423@aol.com
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February
2016

Quakertown Chapter Founders -Eileen & the late Tim Bolish
Facebook page: **Quakertown PA Compassionate Friends**

A self-help organization offering friendship, love, and understanding to bereaved parents, siblings, and their families.

we talk, we listen, we share, we care, we understand

We extend a special warm welcome to you, the newcomers. We are sorry for the reason you have received our newsletter. We know that it takes courage to attend your first TCF meeting, and it may take three or more meetings for you to feel the benefit of group sharing. We will not offer a "quick fix" or hurry you along in your grief, but we can offer you much needed support, and provide an opportunity for you to meet new friends who are traveling the same path.

SUPPORT GROUP MEETING INFORMATION - Our next support group meeting will be held on **Tuesday, February 9, 2016, 7:30 PM-9 PM at the St Lukes Quakertown Hospital, 1021 Park Ave., Quakertown, PA in Taylor conference rooms A & B.**

BRING A PHOTO OF YOUR CHILD/SIBLING FOR THE REMEMBRANCE TABLE. Bring memoirs / photos of your child/sibling for the birthday table when its their birthday. Tell us about your memories of your loved one...we'll listen, cry and hug with open arms.

2016 Steering Committee

Chapter Leader : Darlene Dusza
215-536-0173 (TCF) (c) 267-374-1171
nanadusza@verizon.net

Treasurer : MaryAnn Kulp

Co-Leader: Ginny Leigh-Manuell

Secretary : Barb Reboratti

Newsletter Editor / Community Outreach

Darlene Dusza
415 Rich Hill Rd
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215-536-0173
tcfquakertownchapter@verizon.net

Remembrance and thank you cards

Lynette Lampmann Kelly Logan
MaryAnn Kulp Nancy Eisenhart
Ginny Leigh-Manuell Jennifer Pini

Public Relations—Barb Reboratti, Linda Stauffer

UNITED WAY #14064

Greater Lehigh Valley

Hospitality Committee : Carol Graham

Nancy Eisenhart

Committee Members :

Bonnie Maurizio Donna Hesse
Linda Stauffer MaryAnne Macko

Chapter Librarians: Theresa Sitko /
Linda Ervin

Email - Telephone Friends

Barb Reboratti - daughter, Allison
death-- result of crime 215-538-0941
victim.advocate@verizon.net

Darlene Dusza - daughter, Michelle
death-- result of auto accident
215-536-0173

nanadusza@verizon.net

Jennifer Pini sibling, Jason
death -- suicide 215-828-3810
dance140@hotmail.com

Crystal Hunter-sibling, Justin
death - medical condition
crys.hunter@gmail.com
614-746-8076 (sibling contact person)

Donna Hesse - daughter, Kisha
death -- result of auto accident
dmhesse150@yahoo.com

Anne and Craig Landis - son, Marc
death - result of suicide
215-536-5143

Collection of Redners Save-A-Tape program

Mail your register save-a-tape slips to our PO box to help our chapter. You may black any debit / credit card numbers, but do not black out the dollar amounts. Remember to use your Pump Perks card for the save-a-tape program. Send complete sales receipt.

PRINTER INK CARTRIDGES

STOP don't throw them away... Save your empty ink cartridges and give to our chapter for recycling. We earn rewards for recycling them and can purchase paper and other items to help cut the costs of printing the newsletters, programs for events etc... Bring to a meeting or an event in a plastic bag and give to Darlene .

Other TCF support group meetings and children support groups etc:

Lehigh Valley Group meets the 2nd Monday of each month on the 2nd floor of Sacred Heart Hospital on Chew St. at 4th St. in Allentown PA at 7 PM Contact: 484-597-0240

Peace Valley Group meets the 3rd Wednesday of each month at Lenape Valley Presbyterian Church at Rt. 202 and Ute Rd, New Britain PA at 7:30 PM; Contact: Karen Kovacs 267-218-5889

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

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

Greenshire Arts Consortium Grief and Empowerment Workshops - located in Quakertown - contact: Hillery Woods Siatkowski, NCTMB at 206-552-4229 or email message@moonogyoga.com for dates and more information

www.kidsaid.com - is a FREE online resource and is a safe place for kids and teens to help each other deal with grief and loss. There are options of email support groups, sharing artwork, poetry, and stories, and a place for parents and kids to ask questions and get answers.

***Kids-to-kids** is an email support group for kids ages 12 and under ***K2K-teens** is an email support group for teens ages 13- 18.

THANK YOU THANK YOU THANK YOU

Thank you to, Theresa Sitko, Carol Graham, for providing our January refreshments. They do this in remembrance of their children, Clayton (Theresa), Peter (Carol)

If you would like to provide refreshments in remembrance of your loved one at a meeting please contact Carol Graham at 215-538-3651. You may also sponsor refreshments for a meeting for a fee of \$40 or more depending on what you would like and the hospital's catering service will set up and provide the drinks and refreshments for the evening. This can be split between more than one family each month.

A special thank you to Mary Ann Kulp, Nancy Eisenhart, Lynette Lampmann, Ginny Leigh-Manuell, 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, Betty and Charlie Hottenstein, for taking on the monthly task of assembling our monthly newsletters for mailing, they do this in remembrance of their daughter, Tracy Hottenstein.

Thank you for your Love Gifts and Support

We the parents and families of the Quakertown Chapter of Compassionate Friends would like to send a special Thank You to the following donors. Without their generosity in giving to a good cause we would not be able to continue reaching out to newly bereaved parents and families with our Outreach packet and newsletters.

Trish & Jim Ulmer, In Loving Memory of their son, Christopher Ulmer, 8/16—2/27

Forever in our hearts, missed beyond words... Love Mom, Dad & Jim

Pat & Harold Hunsicker, In Loving Memory of their daughter, Brenda Meehl, 8/10—2/10

You are forever in our hearts. We love & miss you very much.

Peggy Daggit & Diane Anderson, In Loving Memory of their daughter/sister & son/brother-in-law,

Chris Inscho, 1/12—7/30 and John Inscho, 2/18—7/30

Love Never Dies...

Lynette Lampmann, In Loving memory of her son, Shawn Lampmann, 2/10—2/13

Forever in our hearts...



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

Quakertown Chapter does have a siblings group that meets at various places, days and times. To try and accommodate the surviving siblings that cannot attend a regular meeting because of childcare issues or work schedule etc. Please contact our sibling contact person: Crystal Hunter via email or by phone. Contact info on front page.

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 Darlene via email at tcfquakertownchapter@verizon.net with the error and the correction for the next month newsletter.

Please remember we are all volunteers and grieving parents / siblings and we do forget and make mistakes too.

About This Newsletter

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

If you no longer wish to receive the newsletter please contact the newsletter editor by phone 215-536-0173;

or email: tcfquakertownchapter@verizon.net

PLEASE NOTE: If you are moving or your email has changed please notify the newsletter editor so that we can update your information and you continue to receive the newsletter. If the newsletter is returned to us either via mail or your email bounces back and you have notified us you will be removed from the mailing list.

Newsletter submissions:

Submit articles and poetry to the editor by the 15th of the proceeding month. Include the author's name & your contact information. You may mail to our PO Box 1013, Quakertown PA 18951 or email as a pdf file or word document to: tcfquakertownchapter@verizon.net.

**No farewell words were spoken
No time to say goodbye
You were gone before I knew it
And only God knows why.**

Author Unknown

Submitted by: Lynette Lampmann In memory of
Shawn's birthday and Angel day
Very much missed and Loved

Memories...

Valentine's Day

Submitted by Glen Lord (The Grief Toolbox)

When someone we love dies, days on the calendar take on a new meaning. Days that once were full of joyful anticipation can now be a cause for dread and fear. Knowing that we can no longer celebrate special days without our loved ones has changed every holiday and other special days. Some of these days like Christmas, Thanksgiving or birthdays are clearly going to be triggers, and the anticipation of them allows us and others to prepare a bit for them. Other holidays may take us by surprise. Maybe they were not significant when our loved ones were alive so we don't initially associate the holiday to the pain of missing them that we are now feeling.

Valentine's Day can be one of these days. The pain of the holiday is clear to those who have lost a spouse. Most often thought of as a romantic holiday for spouses and couples, this holiday can be very painful for people missing others as well. We begin celebrating Valentine's Day as children when we struggle to put our names to our classmate's valentines. The day is filled with heart shaped candy, class parties and homemade valentines for our parents. It is a day to celebrate love, and as a society we have embraced the day to celebrate the love we feel for our parents, children, spouses, grandparents, siblings, and other family and friends. The day can bring up the pangs of grief because someone we love is now missing from this celebration.

With the death of our loved one, some control has been stripped from our lives. What we thought would be forever is suddenly taken from us. Just the same as we do not have control over the days that come along every year, we wish there was a way for them to just disappear-- to have "special" days that cause pain, to just forever be taken from the calendar.

Unfortunately, time moves forward without our permission and these days will come every year. We are left to decide how to make them bearable. This will be different for each day, but Valentine's Day invites us to remember the love. We can decide to focus on the memories. We can decide to focus on the love. The goal is not to take away the pain or to make everything okay, rather to allow us to share the love that always and will forever be there.

Some things that you can do on Valentine's Day to share that love:

- Light a candle in honor of your loved one.
 - Bring Valentine's Day cards to people who may not get any.
- Write a love letter to them and read it aloud and share it with the universe.
- Make a donation in their name to a homeless shelter or donate a book in their name to a library.
- Plant a tree or a plant in their memory and place a memorial plaque beside it.
- Post their picture on Facebook and ask others to share their memories or photos with you.
- Go shopping for a Valentine's card, and look for the perfect one---the one that they would have purchased for you and buy it as a gift for you from them.
 - Go to a favorite place and spend time with your memories.
- Make their favorite meal and invite others to come share in love and memories.

These are just a few ideas. Open your mind and your heart. Do what feels right to you. Try one thing, if it does not work for you then try something else.

Valentine's Day is different, but it is still Valentine's Day. Our loved ones are forever a part of us. They have changed us forever and their love lives on in us. This Valentine's Day, allow space for the joy of their memories and the power of their love to share space with the pain of them not being with you.

Happy Valentine's Day, LOVE NEVER DIES!

Sorrow Is Not Forever

So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day. Don't try to face twenty years; face today. When that has been achieved, face tomorrow. You will find more and more ways in which you can cope. The Chinese have a saying that a journey of a thousand miles starts with a single step. There is no way you can take the 15th or the 270th step before you have taken the first. It can be difficult to face going out again and resuming your regular activities. It can take more courage to face the little things than the big things in life. Going out shopping for groceries the first time can become an ordeal; making the change more complete could help. Try a different store, a different day or time and go with a friend. When it seems very hard to decide what to do first, maybe it's not very important where you start, as long as you start. Choose a simple task and get started. Once you've begun, it will be far easier to set your priorities, and you will have gained confidence for already having achieved something.

Bob McCullough TCF, Burlington, VT

Each Day a New Beginning

By: Karen Casey (reading from her book)

Most of us are on a long uphill climb at this moment. It is a climb we are making together, and yet a climb we can't do for each other. I can reach out my hand to you, and you can grasp my hand in return. But my steps are my own, just as you, too, can only take one step at a time.

For brief periods we skip, even run, along the uphill path. The rocks and the occasional boulder momentarily trip us up. We need patience and trust that the summit is still achievable. We can help one another have patience. We can remind one another to trust.

We look back at the periods that devastated us so long ago. And now we are here. We have climbed this far. We are stronger, saner, and more secure. Each step makes easier the next step—each step puts us on more solid ground.

I may run into some rocks or even a boulder today. I have stepped around them in the past. I will do so again.

Valentines Day

Valentines Day is a day to honor our spouse, girlfriend / boyfriend or anyone we are romantically involved with in the present. The past can represent a hole in your heart where your loved one used to be.

Tips

- Write a love letter
- Smile a smile for them
- Light a red candle
- Tell someone about them.



Just Remember

Holidays are clearly some of the roughest terrain we navigate after a loss. The ways we handle them are as individual as we are. What is vitally important is that we be present for the loss in whatever form the holidays do or don't take. These holidays are part of the journey to be felt fully. They are usually very sad, but sometimes we may catch ourselves doing okay, and we may even have a brief moment of laughter. You don't have to be a victim of the pain or the past. When the past calls, let it go to voice mail...it has nothing to say. You don't have to be haunted by the pain or the past. You can remember and honor the love. Whatever you experience, just remember that sadness is allowed because death, as they say, doesn't take a holiday.

Even without grief, our friends and relatives often think they know how our holidays should look, what the family should and shouldn't do. Now more than ever, be gentle with yourself. Don't do more than you want, and don't do anything that does not serve your soul and your loss.



Should We Have a Credo for Friends?

We are the friends of those who lost their children to death. We want to be part of your grieving by helping you, our friends, through this very difficult time. We do not know what to say and might inadvertently say the wrong thing. We need you to help to tell us when this happens. Most of all, we want you to know that we hurt with you. You are our friends and we feel helpless. We do not want to force you to hurry with your grieving, but we want you to make us part of it. We do not know your pain and hope that we never will, but we feel your pain because we care for you. We are here to listen, so you may talk to us about your loved one. If we were not privileged to know your child, tell us about your child so we also understand the special person he or she was. Most of all, trust us, we are here when you need us. We will not ask you to show a happy face when sadness is in your heart. We will not diminish your grief by uttering useless phrases like "God must have wanted your child more than you." We know that in time we will once again see you smile. But we are willing to wait until you are ready. We are "The Friends of those who Grieve" and we have compassion for your loss.

Karin Powell

TCF Volusia/Flagler, FL

SEASONS OF THE HEART

Your special days are unchanging
Seasons of the heart I celebrate.
Your birth, forever spring,
Tender memories relate,
New and green, a dream
From which too soon I awake.

The summer of your life was bright
Laughter needed no reason,
Seemingly endless days of sharing.
Sixteen summers. Short in season.

Your death brought winter without warning,
What sense in all this can be found?
Summer dreams replaced with mourning.
Where is hope now?

But the heart knows what
The mind cannot accept
That when all is lost,
It is love that is left.
Love knows no barriers
Time or distance recognize.
Love does not diminish,
But is constant in our lives.
And like a summer breeze
Uplifts and inspires us
With healing memories.

Peggy Walls
TCF Alexander City, AL
In Memory of my son, Eddie

There is Another Side of Grief

Where the tears still flow
Not as often

Where memories bring smiles
Not just sadness

Where blessings are recognized
Not just struggles

Where joy and peace are present
Not just sorrow

Where you are remembered
Not just Mourned

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www.thegrieftoolbox.com
www.facebook.com/grieftoolbox

Valentine's in Heaven

Are there Valentines in Heaven?
Are there Red Hearts everywhere?
Do they line the golden streets,
Or is that very rare?
I wish that I could send you one,
Right through Heaven's Gate,
To say how much we miss you,
On this special date.
I'd like to send a Candy Heart,
That is printed, "I Luv U,"
And maybe you would whisper back,
"I know, I Luv U too."



Marilyn Rollins
TCF Lake-Porter, IN
For All Our Children

Living With A Broken Heart

I spend some time each day wondering
How different my life might be.
Why so many people that I love
Are no longer here with me.

Mothers, Fathers, a sister, then our son
Wonderful friends, beloved pets, always another one.
I know where there is love, there will also be pain.
The sadness will continue until we're together again.

When the phone rang that particular morning,
I was sure it was a call from Heaven.
The ashes of my best friend, Gabby, were ready.
It was Valentine's Day. (The time was 11:11.)

The loss of each one has left its mark.
Their legacy is what they gave to those they left below.
"It's not what you take when you leave this world,
It's what you leave behind when you go."

How many more breaths will I be allowed to take
Before it's my time to leave this world?
How many breaks can one heart take
Before it doesn't beat any more?

Tom Murphy
Greater Cincinnati TCF - East Chapter, OH
In Memory of my son, Brennan Murphy

Valentine Message

I send this message to my child
Who no longer walks this plane,
A message filled with love
Yet also filled with pain.

My heart continues to skip a beat
When I ponder your early death
As I think of times we'll never share
I must stop to catch my breath.

Valentine's Day is for those who love
And for those who receive love, too
For a parent the perfect love in life
Is the love I've given you.

I'm thinking of you this day, my child,
With a sadness that is unspoken
As I mark another Valentine's Day
With a heart that is forever broken.

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

It isn't for the moment you are struck that you need
courage, but for the long uphill climb back to sanity
and faith and security.

Anne Morrow Lindbergh

From TCF - Loss to Cancer

"They say that time in Heaven is compared to "the
blink of an eye" for us on Earth. Sometimes it helps
me to think of my child running ahead of me
through a beautiful field of wild flowers and butter-
flies; so happy and completely caught up in what
he is doing that when he looks behind him, I'll al-
ready be there. - Author Unknown

OUR CHILDREN REMEMBERED FOR FEBRUARY
Birthdays and Always

Heather Schaefer, daughter of Linda and Wayne Schaefer, 2/3

Robert Kyle Rainey, son of Lynne Rainey, 2/3

Eric Martin, son of Daniel Martin, brother of Mikaela Martin, 2/4

Robert Bowen, son of Agnes and Robert Bowen, 2/5 - Annv. 2/12

Caitlin Beldham, daughter of Danielle and Ian Beldham, 2/8 - Annv. 2/5

Stephen Fuhrmeister, son of Lisa Fuhrmeister, nephew of Renee Hudoka, 2/6

Dario Datis, son of Sherie Datis, 2/9

Katey Blase, daughter of Gail Blase, sister of Hillary, 2/9

Derick Lawley, brother of Tara Lawley-Bergey, 2/9

Jeffery Broxteman, son of Roger & Janet Broxteman, 2/10

Shawn Lampmann, son of Lynette & Bill Lampmann, 2/10 - Annv. 2/13

David Schaller, son of Raymond Schaller, 2/12

Marc Falcone, son of Dominic & Carolyn Falcone, 2/14

Kristin Statuti, daughter of Henry and Maryann Statuti, Shirley & Henry Statuti, 2/15

Scott Newell, son of Carol Newell, 2/16

Alexandria Gasior, daughter of Linda & Dan Brophy, 2/16

John Ruch, son of Christina Dunning, brother of Stephanie Adams, 2/18

Tracy Hottenstein, daughter of Charlie & Betty Hottenstein, sister of Scott & Troy, 2/18 - Annv. 2/15

Rachel Watts, daughter of Joe & Danielle Watts, 2/18

John Inscho, son-in-law of Peggy Daggitt & brother-in-law of Diane Anderson, 2/18

Chris Guidotti, son of Nancy & Al Guidotti, 2/18

Bill Molkp, son of Ellen Molko, 2/19

Kinsey Duvall, son of Craig and Pat Duvall, 2/20

Scott, brother of Anje Naber, 2/20

Tammy Moore, daughter of Tom and Sandra Moore, sister of Tara and Troy Detweiler, 2/25

Cpl Barton Humlhanz, son of Michele & Don Carey, brother of Niki Humlhanz, 2/26

Jason Tyler Foulke, son of Mitzi & Dean Foulke, 2/26

Joey Siedlecki, son of Joe & Monica Siedlecki, 2/26

Matt Cardinal, son of Lynn Cardinal & brother of Mike, 2/28

Sullivan Burd, son of Glenn & Jessica Burd, 2/28

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

Myrl Packer III, son of Anna Packer, 2/1

Joseph Cavataio, son of Libby Cavataio, 2/3

Douglas Hofmackel, son of Marie and Ken Hofmackel, 2/7

Blake Smith, son of Colleen and Robert Bendesky, 2/8

Anne Marie Acker, daughter of Anne Marie Acker and sister of Jamie Lynn Russo, 2/9

Dawn Cannon, daughter of Joanne and David Cannon, 2/9

Megan Eschenburg, daughter of Gary and Peggy Eschenburg, 2/10

Brenda Meehl, daughter of Patricia and Harold Hunsicker, 2/10

Lisa Kuniaga-Lewis, daughter of Arlene & Alan Vogel, 2/10

Joshua Fehrle, son of Thelma Dobson, brother of Rhiannon Harris, 2/10

Christopher Harrison, son of Betty Harrison, 2/10

Rachel Behrig, daughter of David and Kimberly Behrig, 2/11

James Monahan II, son of Kim Kleinsmith, 2/12

Lisa Weatherly, daughter of Norma Jean Weatherly, 2/12

Jake Paternoster, son of Mike and Ruth Paternoster, 2/13

Rebecca VanLuvanee, daughter of Daniel and Nanette Helms, 2/13

Derick Schubert, son of Anne & John Schubert, brother of Marie, 2/14

Randy Angstadt, son of Paul and Barbara Angstadt, 2/15

Brittani James, daughter of Christine & Jack James, granddaughter of Nancy James, sister of Shannon Short, 2/15

Benjamin Albro, son of Sherri & Bob Albro, 2/16

Stormy Weaver, infant daughter of Amber and Nathan Weaver, 2/16

Vivienne Martin, daughter of Justin and Mary Martin, granddaughter of James and Catherine McFadden, 2/17

Rodney Bossert, son of Julia Bossert Roush, 2/18

Kevin Short, son of Frank & Lynne Short, 2/18

Sarah Souder, daughter of Dean & Kay Souder, granddaughter of Betty & Fred Deetz, 2/22

David Grebe, brother of Sue Grebe, 2/24

David Cassel, brother of Carol Lamonte, 2/24

Shane Bowen, son of Agnes and Robert Bowen, 2/25

Daniel Murphy, son of Merry Murphy, 2/25

William Nemeck Jr, son of Margo Staats, 2/27

Christopher Ulmer, son of James and Patricia Ulmer, 2/27

Brian Hackmaster, son of Barbara Hackmaster, brother of Amy Hackmaster, 2/27

Justice Goodwin, son of Holly & Keith Goodwin, 2/28

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



*** UPCOMING MEETING ANNOUNCEMENTS ***

***February 9, 2016 — 7:30 PM support meeting**

***February 23, 2016 — steering meeting 7PM Quakertown Family Diner**

***March 8, 2016 — 7:30 PM support meeting**

Newsletter Update Form The purpose of this section is to update your information, email address, mailing address, phone number, Child's name, sibling's name, birth date and anniversary death date. This information will also help us in remembering your child / sibling on their days with a remembrance card sent to you by our chapter. Any questions contact the newsletter editor at 215-536-0173. Mail to the above address. I am the ___parent ___sibling ___grandparent

Your Name _____ I give permission to remember my child/sibling in the chapter newsletter/

Address _____ website newsletter on their remembrance day and their photo if submitted

_____ Phone # _____

Child / Sibling name _____ birth date _____ anniversary date _____

Child / Sibling name _____ birth date _____ anniversary date _____

If you would like to receive information about our special events, memorial walk and butterfly release, candle lighting etc. via email please provide your email address below. Would you please consider to receive our newsletter via email as a link to a chapter website where you are able to view it before it is mailed to those who do not have email.

___ yes ___ no email address:

_____ PLEASE PRINT

_____ Authorization Signature

_____ Date

LOVE GIFTS

A LOVE GIFT is a gift of money to The Compassionate Friends. It is usually in memory of a child who has died; either on his/her birthday or anniversary of the death. It can also be from someone who wants to honor a friend or relative who has died, or anyone who wants to help support the work of TCF. Your LOVE GIFTS are TAX DEDUCTIBLE, and are the Chapter's main monetary support. Chapter Non-profit #2053

I wish to make a donation in memory _____ honor _____ of _____

**Birth date _____ Death date _____

Love gift message _____

Please send your check payable to: TCF Quakertown Chapter and mail to: TCF Quakertown Chapter, PO Box 1013, Quakertown, PA 18951

I / We would like our Love gift to be used for: _____ Special Events /Speakers/community outreach _____ Memorial Garden

_____ Candle Lighting Program _____ Memorial Walk & Butterfly Release _____ General operating expenses

Your Name _____ email _____

Address _____

_____ Telephone _____



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

Meeting Date: February 9, 2016



**WE ARE A SUPPORT GROUP FOR PARENTS, SIBLINGS, GRANDPARENTS AND FAMILIES WHO HAVE EXPERIENCED
THE DEATH OF A CHILD OR SIBLING OF ANY AGE.**

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The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends.

We reach out to each other with love, with understanding, and with hope.
The children we mourn have died at all ages and from many different causes,
but our love for them unites us.

Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances.
We are a unique family because we represent many races, creeds, and relationships.

We are young, and we are old.

Some of us are far along in our grief, but others still feel a grief so fresh and so
intensely painful that they feel helpless and see no hope.

Some of us have found faith to be a source of strength, while some
of us are struggling to find answers.

Some of us are angry, filled with guilt or in deep depression,
while others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends,
it is pain we will share, just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves,
but we are committed to building a future together.

We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace,
share the faith as well as the doubts, and help each other to grieve as well as to grow.

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