



The Compassionate Friends

August 2020

Serving Upper Bucks and Montgomery Counties

Support Group Gathering scheduled for Sunday, August 9

As we did in July, we will again have a chapter support gathering in August next to the Memorial Garden at James Memorial Park on Ridge Road in West Rockhill Township. We had approximately 25 bereaved moms and dads attend our gathering in July. Some used the opportunity to connect with others and check out the garden while others stayed for the support circle of sharing.

We are adhering to wearing masks or face coverings and maintaining social distancing. The feedback was overwhelmingly positive even though we had to forego holding hands or hugging. While we had virtual support group meetings via Zoom since the pandemic, everyone agreed it was comforting to meet in person.

Rain or shine, our support gathering will be Sunday Aug. 9 from 12 noon to 2 PM. Arrive at any time and bring your chair, lunch and beverage if you wish. We sat six-feet-apart under the shade of a tree next to our garden and were blessed with a lovely breeze. Although winged insects weren't a problem last time, you may want to bring some repellent just in case.

We will again have garden flags for sale, \$15 each by exact cash or check.

When checking for the weather, remember this is 'the ridge.' It can be cloudy and raining in Quakertown while it's sunny and dry in Sellersville. I refer to the weather dot com website and type in Sellersville. Yes, James Memorial Park is in West Rockhill Township but the address is Sellersville. If you're using a GPS, the address is 1079 Ridge Road, Sellersville, PA.

Come talk to us. Share your story and child with us. We're listening.
~ Barbara Reboratti, Quakertown Chapter Coordinator

You Will Go On. You Will Build a New Life for Yourself

The pain never really leaves you. Loss is an eternal emptiness inside us, and time does not heal all wounds. But that doesn't mean we should let the grief claim us. That doesn't mean we cannot go on.

You will go on. You will build. You will plant gardens and you will build a new life for yourself with all who love you. "But it hurts. And I miss her."

It will hurt and you will miss her. Pain is like that. Sometimes comfort, time, even love cannot banish it. Sometimes pain is like a scar, forever with you. But that doesn't mean you can't feel joy too.

Old pain doesn't chill the warmth of new happiness. Old shadows cannot extinguish new light.

Saplings will rise from burnt forests; thus can new happiness rise in a broken soul.

By Daniel Arenson

Excerpt from Requiem of Dawn of Dragons



<https://www.facebook.com/groups/123802347679381/>
[Our private facebook group](#)

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.

Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: 484-408-7314
contact@TCFQuakertownpa.org
website: www.tcfquakertownpa.org



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.

Support Gathering Sunday, August 9 at the Memorial Garden 12:00-2:00



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Barbara Reboratti, Chapter Coordinator
& Chapter Delegate to National
Ginny Leigh-Manuel-Membership Outreach
Crystal Hunter, Social Media Coordinator &
Sibling Outreach
Sherri Albro, Chapter Treasurer
Gail Blase, Chapter Secretary
Mary Anne Macko, Assistant Secretary
Linda Stauffer, Chapter Newsletter &
Website Creator & Maintenance
Theresa Sitko, Memorial Garden Director
Lynette Lampmann, Hospitality
Diane Guerecki, Remembrance Cards
Lisa Dechant, Remembrance Cards
Dianna Cox
Bob Albro

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 tax deductible.

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:

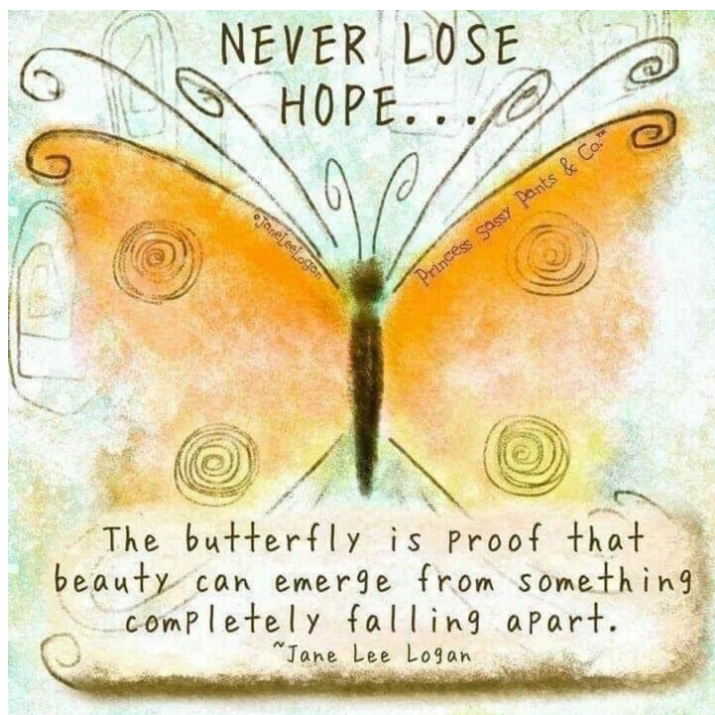
Submit articles and poetry to the editor by the 15th of the preceding month. Include the author's name & your contact information. You may mail to our PO Box 1013, Quakertown PA 18951 or email as a pdf file or word document to: newsletter@tcfquakertownpa.org



Our Children Remembered for August Birthdays

8/1 - David Bentz III, son of Kimberly Geonnotti
8/2 - Jennifer Wenhold, daughter of Jeff & Wendy Wenhold
8/4 - Eric Gotwals, son of Gary & Anne Gotwals
8/4 - James Monahan II, son of Kim Kleinsmith
8/7 - Jeremy Nase, son of Carol Nase
8/8 - Jamie Stewart, son of Jim & Beverly Stewart; sibling of Sherrie
8/9 - Joshua Woods, sibling of Eliot Woods, Tricia Woods & Jenn Kroll
8/10 - Brenda Meehl, daughter of Patricia & Harold Hunsicker
8/10 - Tom O'Donnell, son of Thomas & the late Susan O'Donnell
8/10 - Ronald "Petie" Shultz, son of Maria Shultz; grandson of Doreene Pettie
8/10 - Jamie Frick Standish, daughter of Terry Frick
8/12 - Christopher Thomas, son in law of Barbara & Eduardo Reboratti
8/12 - Tara Sciss, daughter of Todd Sciss
8/13 - Trevor Baelz, son of Marsha Leary
8/13 - Julia Smith, daughter of Deborah Heatherington
8/13 - Derick Schubert, son of Anne & John Schubert; sibling of Marie
8/13 - Emmalee Ingrid Bryan, daughter of Terri Bryan
8/14 - Austin Jacob Fenstermacher, son of Lori Ann Kramer & David Fenstermacher
8/15 - Jana Lee Snedeker, daughter of Dave Snedeker
8/16 - Lillian Claire Ciccarone, daughter of Claire & Frank Ciccarone
8/16 - Christopher Ulmer, son of James & Patricia Ulmer
8/17 - Michael Morgan, son of Deb & Ray Vrtis
8/18 - Michael Gurecki, son of Diane & Stanley Gurecki
8/18 - Zachery Roessler, son of Pam Howell
8/21 - Eric Smith, son of Mary & Ross Smith; sibling of Ashley

8/22 - Erika Thomas, daughter of Thomas & Peggy Delpopolo
8/24 - Alison Gilmore, daughter of Susan Slawek
8/25 - Jim Roberts III, son of Sue & Jim Roberts
8/26 - Mike Hicks, brother of Kathy Hicks
8/27 - Douglas Hofmackel, son of Marie & Ken Hofmackel
8/29 - Kimberlee Godshall, daughter of Terry & Fairlie Godshall
8/29 - Corbin Christopher Snider, son of Chris Snider
8/31 - Peter Plant, son of Steven & LouAnn Wilkinson; brother of Rachael



Grief is Hard Work but Each Year Gets a Little Better

My 19-year-old son, Nick, died by suicide when he jumped from a bridge just outside his college campus. His body was lost for almost five weeks. Meanwhile, my family tried to remove two cruel videos posted online after the suicide—one making fun of Nick's death. Losing a child to suicide is horrific, and these events certainly compounded the pain.

It is now seven years after my son's suicide. It's important for other parents who are in the grief process to know that there is still hope. Life as you once knew it may be over, however, your life is not over. Your family's life is not over. You can get through this. The grief process is grueling and requires a lot of work, but you will find joy again. Some of the pain will always be there because you deeply miss your child but you will find joy and engage in life again.

At first, all loss survivors toss and turn in anguish, wondering what you could have done differently, what signs you missed, what things you could have said or done to prevent the unthinkable. You mentally try to rewrite your tragedy. Remember, the suicide was not your fault, so stop blaming yourself or anyone else. Blame only hinders the healing process and cannot bring back your child. No living person can truly understand the exact level of pain it takes to end one's own life.

The anniversaries and birthdays will always be tough days, as well as the days leading up to them, because your anticipation brings memories, reminds you of your loss, and can even reopen some wounds. The good news is that even those days eventually get less painful over time. You learn to make them days to celebrate your loved one's life and not special days of mourning.

Each year gets a little better. Over time, you will learn how to live with your loss. You are a survivor. Your tragedy has most likely made you more empathetic toward others while giving you a better understanding of what is important in life. Use all of this knowledge in your relationships and interactions with others. Some of you may even choose to use your loss to help others. I know this continues to give me joy.

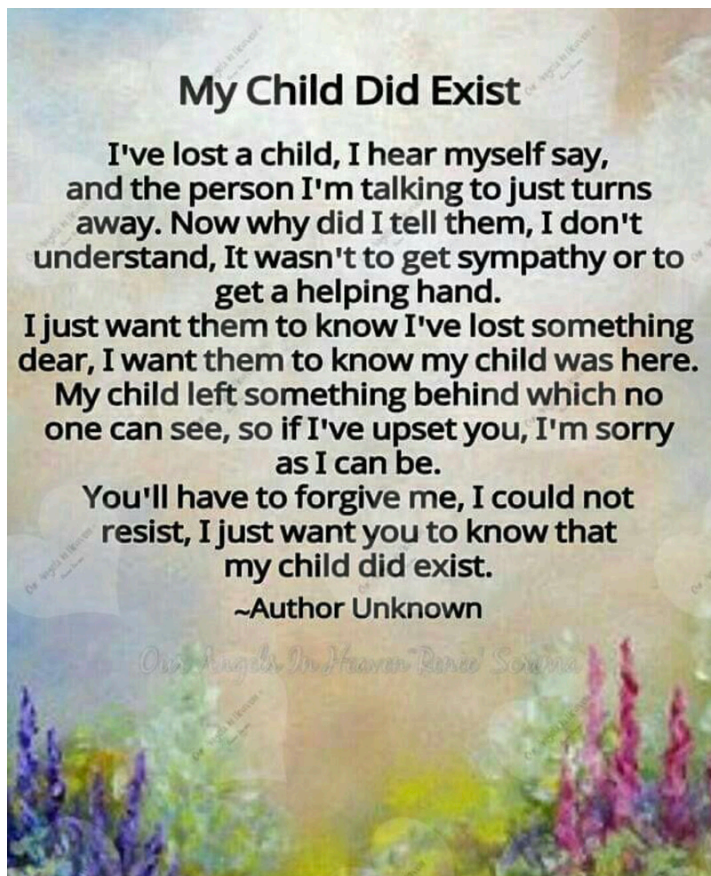
You will find your own meaningful ways to honor your child. Picking up the pieces and rebuilding your life in a productive way that is loving and kind certainly do that. Be patient with yourself. Grieving is hard work, especially the first two years, but you've got this. Don't lose hope. You will smile, laugh, and enjoy life again.
~ by Linda Pacha, an attorney, public speaker, and founder/president of Nick's Network of Hope, a nonprofit that provides resources, education, and support about life challenges with an emphasis on mental health awareness, suicide prevention, and grief and loss.



Our Children Remembered on the Anniversary of Their Death

Loved , missed and alway in our hearts

8/2 - Joseph Cooper, son of Edith Cooper
8/2 - Brian Dorsey, son of Mindy Dorsey
8/2 - James D. Layton, son of James & Barbara Layton, Sr.
8/2 - Ryan McGuinness, son of Tim McGuinness
8/4 - John Roeder, son of Don & Joan Roeder, sibling of Kerrie
8/8 - Jim Roberts III, son of Sue & Jim Roberts
8/8 - Dustin Stauffer, son of Glenn & Sandra Stauffer
8/9 - Keven Kuestner, son of Keith & Tammy Kuestner
8/12 - Cynthia Bengel, daughter of Robert & Cheryl Bengel
8/12 - Sean Buehrle, son of Kathy Buehrle
8/12 - Bradford Krenitsky, son of Deborah & Donald Krenitsky
8/12 - Jason Pini, sibling of Jennifer Pini
8/12 - Robert Tarr, son of Robert & Susan Tarr
8/13 - Alexandria Gasior, daughter of Linda & Dan Brophy; Ellen & Duke Misnik
8/13 - Brian Wensel, Jr., son of Brian Wensel, Sr., grandson of Leroy & Dawn Wensel
8/14 - Austin Jacob Fenstermacher, son of Lori Kramer & David Fenstermacher
8/17 - Lynn Gross, daughter of Jean Werst, sibling of David
8/17 - James McKale, grandson of John & Winifred McKale
8/17 - Thomas Richards, grandson of Jean Hellerman
8/18 - Jonathan Jason Orlick, son of Teri Orlick
8/21 - Kinsey Duvall, son of Craig Duvall
8/21 - Kisha Hesse, daughter of Donna Hesse; sister of Brienne
8/21 - Ryan Mitman, son of Victoria & James Weisbrod
8/22 - Justin Hawkes, son of Norm & Dorrie Hawkes
8/25 - Kevin Villante, son of Joseph & Cecilia Villante
8/25 - Shannon Frederick, son of Cindy Rodgers
8/26 - Cpl. Barton Humilhanz, son of Michele & Don Carey
8/26 - Crystal Cordero, daughter of Linda & Rich Ervin
8/27 - Austin Jacobs, son of Penny Jacobs
8/27 - Paul Swope, son of Marge Swope
8/28 - Peter Hallinan, son of Carol & Tom Hallinan
8/28 - Racheal Whiteley, daughter of Kristine Fallows
8/29 - Rourke O'Donnell, son of Cindy O'Donnell
8/29 - Joshua Slotter, son of Nina Slotter



Deadline Extended!

The memorial garden is a serene place that you can sit quietly, read, or hide a rock for others to find. Most importantly, this memorial garden is for you and for your children and siblings gone too soon.

There are just over 80 spots left if your child, grandchild, or sibling does not have a space yet. The deadline is extended to September 15, 2020 for this next order. You can fill out the form at this link <https://forms.gle/YWupAnu2qPVpjrrA6> or scan the QR code to go to the website to fill out the form. You can send a check even if you order online.

The memorial garden was a large project and will always need care, donations, and love. Please keep your love gifts coming for the garden or the chapter in general. We rely on your donations, your time, and your love. If you have questions about the plaques, please email memorialgardenTCF@gmail.com.

Scan the QR code to go to order form



GRIEVING DURING THIS ISOLATING VIRUS

Posted on May 5th, 2020

I can say without reservation that the years spent grieving the loss of my daughter, daily missing her presence, created a loneliness harsher than anything I could ever have imagined. Now, throw in an isolating, disruptive virus floating through our cities and towns, large and small.

With sixteen years of grieving experience on my "life resume," my attention over the past few weeks has turned to moms and dads who are "new grievers," those trying to navigate fresh grief when everything in the country – even planning a funeral or memorial service – is out of working order. You have many concerns and worries. My prayers, carried deeply in my soul, are for your comfort.

Maybe you have other people physically in your presence, or like me, you are at home alone. I'm kind of tired of hearing people whine about how tough it is to be "stuck at home" with their kids, coming up with clever ideas and innovative activities to get through this terrible time of being at home with the family.

Now, I'm not minimizing the challenges of setting up school at home and feeding hungry people all day long, believe me. I just wish these people on TV and dancing happily across electronic screens doing chores in their kitchens and cooking in the backyard had any idea of how very fortunate they are. Many parents are living in agony and would give anything and everything to have had more days, months, years with their precious children – even when they were aggravating the heck out of you. It's impossible to communicate these feelings to anyone who has not lost a child, so I'm trusting you with my

thoughts.

Right now you are dealing with the sorrow and isolation of today. Don't look past today – today is enough. Take yourself outside for a while. If possible, take a short walk – it might turn into a longer walk when you realize walking helps to air out your feelings a little. This is a time to put yourself first when possible, as hard as that may be. Sit down with a book even if you can't read more than a few pages. Eat something though you don't feel hungry. (I had some popcorn and a bite of chocolate cake for breakfast, so who am I to be giving advice on nutrition?) Take a quick ride through a drive-through for a cold drink, some small treat to break up the day. Settle down with meditation or prayer though you feel as though you can't focus. Try something for just a short time to calm your soul. My motto through the years has been "make the bed." What???? To me that means to accomplish some small task, some little job that puts just a jolt of order and routine to my day. It helped me emotionally and psychologically to pull back the covers on the bed each night rather than toss around in a tangled mess. I would think – I've made it through a day – now I can leave it behind and see what happens tomorrow. You may feel like you are doing better in isolation. I have those times too. But, as you have already likely learned, time can turn on you in an instant, compounding your grief, isolation and loneliness. Reach out through Compassionate Friends to the other moms and dads who are struggling and who know your walk. Listen to what they are living. And, here's something you may not have thought about – you are helping someone else when you have honest conversation with another grieving parent. When you become able to soothe someone else's pain, you will recognize that your own healing has begun. It's a privilege to share your pain.



Love Gifts

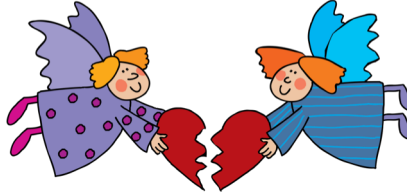
In loving remembrance of our daughter, **Katie Stauffer**. We miss and love you so much. ~ Mom, Dad and Chrissy
Barbara R. Angstadt in memory of son, **Randy Angstadt**. "Always remember you are the life and love we all shared with you. Always!"

Josephine Lenhart in loving memory of son, **John Jarema**.

Brian and Kristine Doyle in loving memory of **Ashley Doyle**.

In loving memory of our daughter, **Brenda Meehl**, from Pat and Harold Hunsicker.

Ginny Leigh-Manuell in memory of son, **Brian Michael Leigh-Manuell**, "Forever 23."



A special thank you to Diane Guerecki, Kasey Bradley Lisa Dechant, Jenifer Pini and Crystal Hunter 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, Betty and Charlie Hottenstein for addressing our monthly newsletters for mailing. They do this in remembrance of their daughter, Tracy. 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.



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



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

Next Virtual Meeting : TBA



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.