



Serving Upper Bucks and Montgomery Counties

# The Compassionate Friends

Quakertown Chapter August 2021

## Support Group Meeting August 8th at the Memorial Garden

As we did in previous months, our Support Group Meeting will be at our chapter's Memorial Garden in James Memorial Park, Ridge Road [Rt. 563] in West Rockhill Township on **August 8th from 12 noon to 2 PM**. **IN the event of rain we will hold a zoom meeting on August 10th**

Our meetings are strictly for bereaved parents, grandparents and siblings. Whether your child passed last month or 10 years ago, we welcome you. If you haven't attended a meeting for years, that's okay. We welcome you. No RSVP. No membership costs. No special attire. Just come as you are. We welcome you.

If you want to check the weather report, use the location, "Tylersport, PA." The weather on "the Ridge" can be vastly different than the weather in Quakertown or Hilltown or even Perkasie. Don't worry about the sun. We have a lovely shade tree near the garden. When the weather cools, we'll arrange to meet indoors if St. Luke's Quakertown Hospital opens its conference rooms for us.

You're welcome to stay after the end of the meeting to enjoy the beauty of our Memorial Garden with its new plantings, fresh mulch and some new Memorial Wall plaques.

We open our arms and our hearts to you.  
You need not walk alone, we are The Compassionate Friends.

The name of your child  
is a magic word  
Did you know?

At any given moment  
Whether busy or still ...  
Stop and think  
Or say that name

Something will happen  
And whatever that something is  
Let it happen ... even if it be tears

The name of your child  
Is a magic word  
To heal your heart

~ Sascha Wagner

If you are reading this newsletter and do not receive emails from the chapter, and would like to, please email [contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org) to be included on the email list. Be sure to include your name!



As our membership grows costs are rising to mail paper copies of the newsletter each month. Please consider receiving the newsletter by email, or Facebook, or our website. Please contact us with your email address!!! Thank you for helping us SAVE funds!!! email or scan ----->  
[contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org)



Quakertown Chapter  
PO Box 1013  
Quakertown, PA 18951  
Chapter Info Line: 484-408-7314  
[contact@TCFQuakertownpa.org](mailto:contact@TCFQuakertownpa.org)  
website: [www.tcfquakertownpa.org](http://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.



# The Compassionate Friends

## Quakertown Chapter

### Supporting Family After a Child Dies

### Serving Bucks and Montgomery Counties



#### About Our Chapter

Chapter Leader – Barbara J Reboratti

Chapter Treasurer – Sherri Albro

Chapter Secretary – Gail Blase

Assistant Secretary -

Mary Anne Macko

Newsletter Editor/Webmaster –

Linda Stauffer

Membership Outreach-

Ginny Leigh Manuel

Social Media Coordinator & Sibling

Coordinator – Crystal Hunter

Memorial Garden Chairperson –

Theresa Sitko

Committee members – Bob Albro,

Dianna Cox, Diane Gurecki, Lisa

Dechant and Lynette Lampman

#### TCF National Office:

877-969-0010

[www.compassionatefriends.org](http://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.

We were put on this earth *to love them*

for as long as WE live... ○

not for as long as THEY lived.

- Alan Pederson

#### 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](mailto: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](mailto: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](mailto:newsletter@tcfquakertownpa.org)

## 8 Tips for Surviving Summer

By [Mary Kathryn Nader](#)



The idea of summer usually brings pictures of sunshine, vacations, and fun, but for those who are grieving, summer can feel different and even depressing. Many families have shared with us here at [The WARM Place](#) that summer seems to intensify their grief. The activities they used to look forward to now have an element of sadness as their loved one is no longer there to enjoy summer with them. Holidays like [Father's Day](#) and Fourth of July can serve as reminders of the loss.

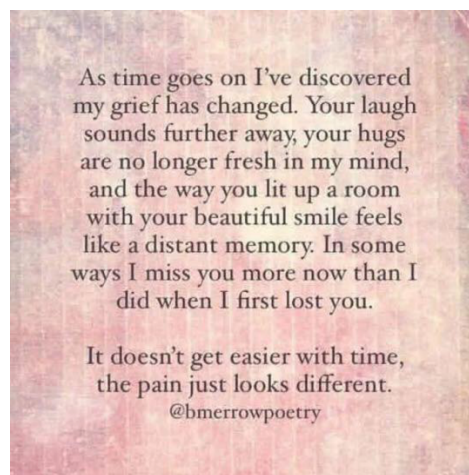
With the absence of a school schedule, children and families may have more time to think about their grief, and feel more overwhelmed by it. Social media reminds us daily that those around us “appear” to be having fun, while the things we may have looked forward to before the death, now seem meaningless.

Here are a few tips to help you survive summer grief:



1. **Take time to talk to your family about your hopes for the summer.** Ask your children what they hope to do this summer. It may be something totally different than you expect. Make a list of these hopes for the summer.
2. **Talk about how you want to remember your loved one this summer.** Did he or she have a favorite summertime activity? A favorite restaurant or meal? A favorite place to visit? How do you want to keep his or her memory alive?
3. **It's okay to take a break from regular summertime routines or to alter your summer plans.** If you don't feel up to taking a vacation, that's okay. Take care of yourself and do what is best for your family.
4. **Others around you want to help, but are not sure how.** Let them know what they can do to support you in your grief journey.
5. **Let your children know it's okay to have fun.** Oftentimes kids may feel guilty if they have fun when their parent is sad, or they are grieving. Let them know having fun is still a good thing.
6. **Find different ways to create new summer memories together.** After a death, we have to adjust to a 'new normal.' Sometimes it's helpful to create new traditions as a family to help fill in some of the things you may feel are missing.
7. **Get professional help if you need it.** If it feels like more than you can bear, it's a good idea to talk to your doctor or seek a grief counselor.
8. **Remember that you are not alone.** Find a support group and connect with others who have experienced a loss. It may seem overwhelming to sit with others, but sometimes a simple “me, too” can make a huge difference.

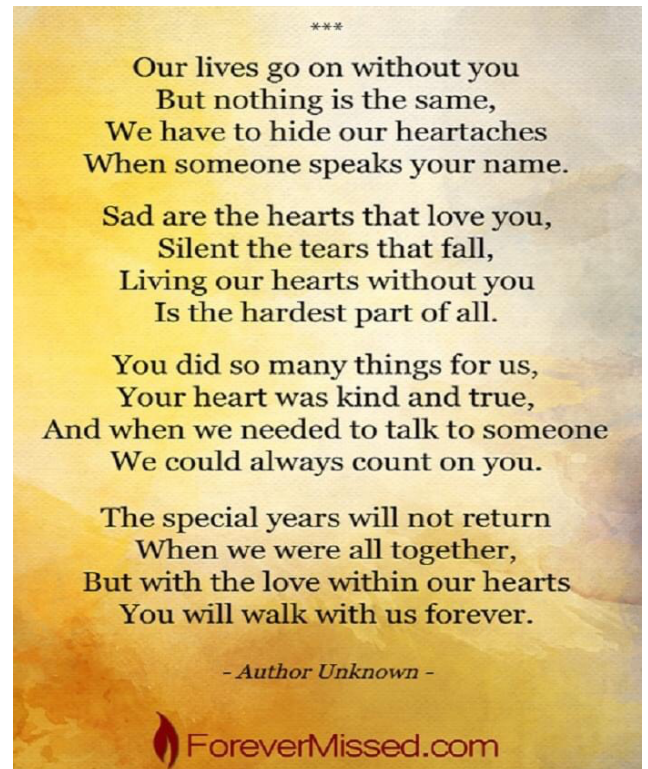
As you survive summer, take time to care for yourself and reach out to those around you. ~~~



*“Our Children Remembered on their August Birthdays  
Always Loved, Missed and Forever in Our Hearts.”*



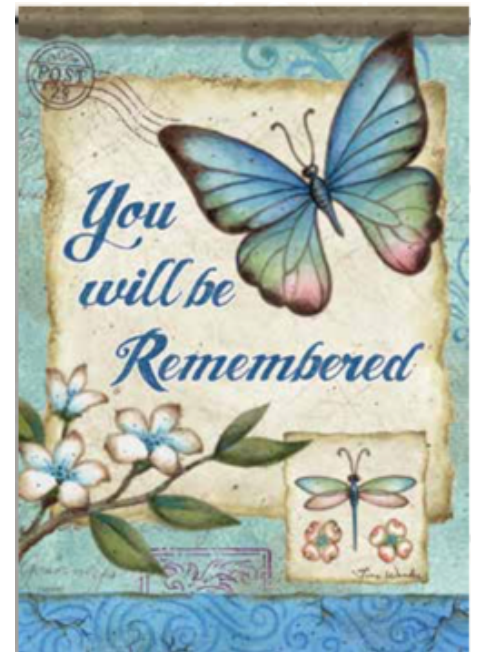
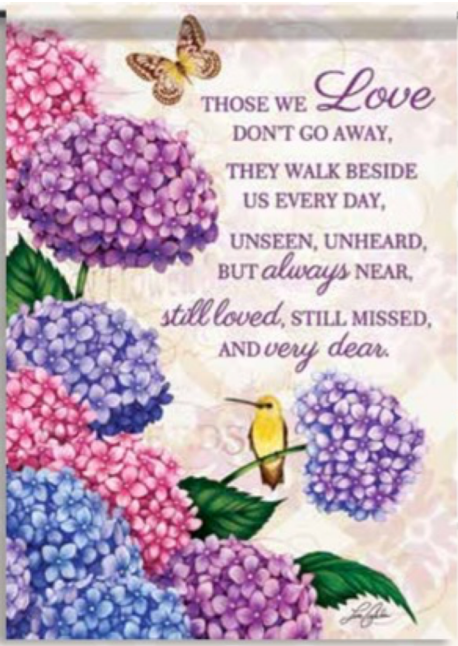
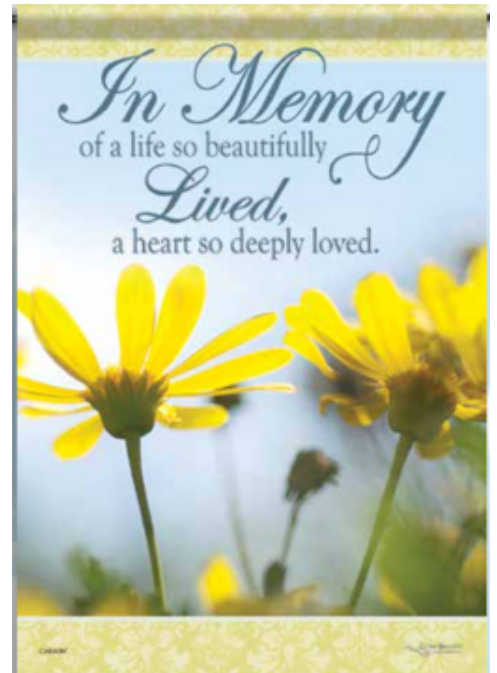
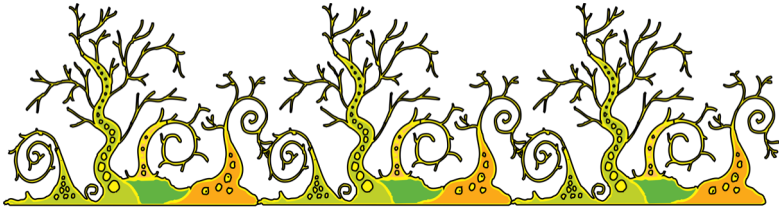
- 8/4 - **James Monahan II**, son of Kim Kleinsmith  
8/8 - **Jamie Stewart**, son of Jim & Beverly Stewart;  
sibling of Sherrie  
8/8 - **John Turner**, son of Joanne Turner  
8/9 - **Joshua Woods**, sibling of Eliot Woods, Tricia  
Woods & Jenn Kroll  
8/10 - **Brenda Meehl**, daughter of Patricia & 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  
8/13 - **Trevor Baelz**, son of Marsha Leary  
8/13 - **Julia Smith**, daughter of Deborah  
Heatherington  
8/13 - **Emmalee Ingrid Bryan**, daughter of Terri Bryan  
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  
8/25 - **Jim Roberts III**, son of Sue & Jim Roberts  
8/29 - **Kimberlee Godshall**, daughter of Terry & Fairlie  
Godshall  
8/29 - **Corbin Christopher Snider**, son of Chris Snider



# Garden Flags Available.

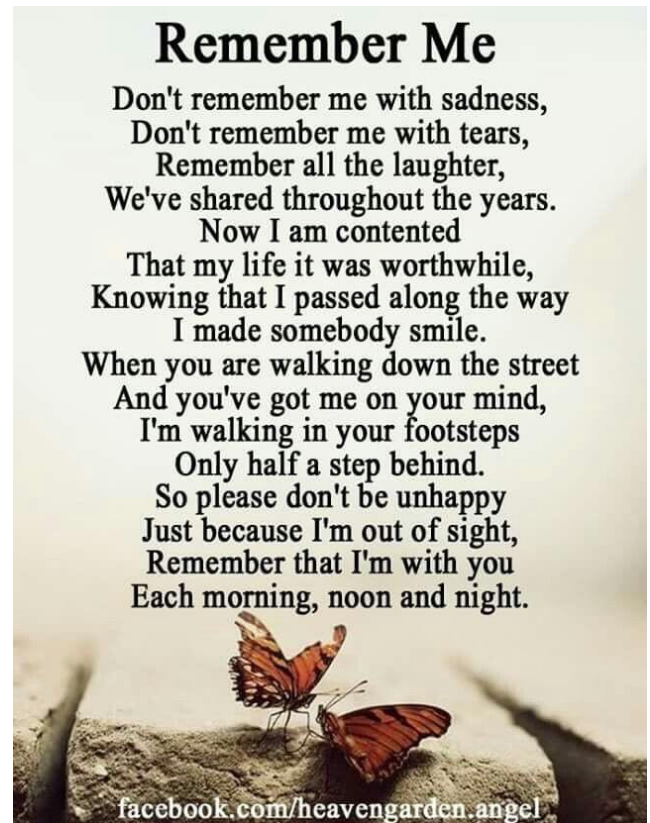
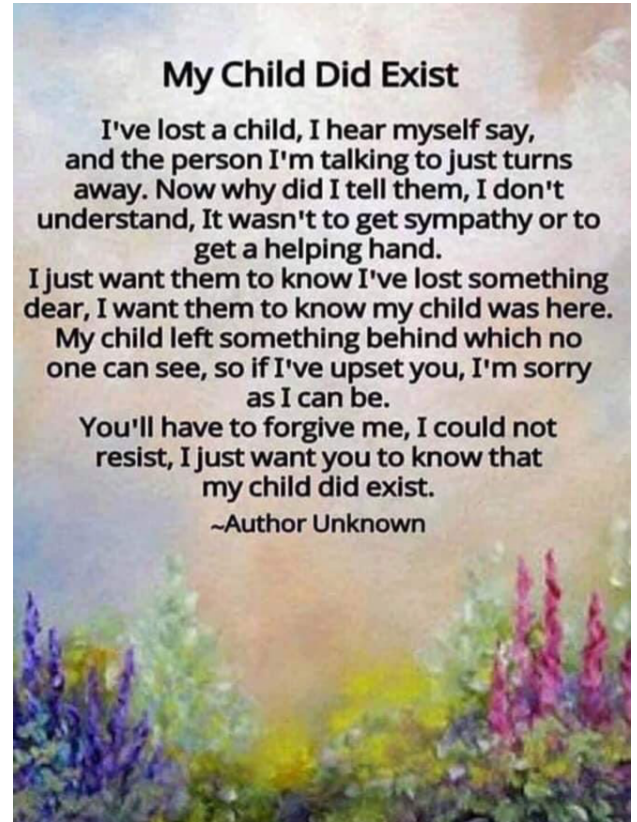
Thank you for supporting our Memorial Garden

We have 4 flags available for purchase at our support meetings. Also available to order on our website Garden store. \$15.00 each plus shipping



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

- 8/2 - **Joseph Cooper**, son of Edith Cooper  
8/2 - **Brian Dorsey**, son of Mindy Dorsey  
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  
8/12 - **Jason Pini**, sibling of Jennifer Pini  
8/13 - **Alexandria Gasior**, daughter of Linda &  
Dan Brophy; Ellen & Duke Misnik  
8/13 - **Candace Lambert**, daughter of Brenda  
Halikias  
8/21 - **Kinsey Duvall**, son of Craig Duvall  
8/21 - **Kisha Hesse**, daughter of Donna Hesse;  
sister of Brienne  
8/25 - **Shannon Frederick**, son of Cindy Rodgers  
8/26 - **Crystal Cordero**, daughter of Linda & Rich  
Ervin  
8/27 - **Austin Jacobs**, son of Penny Jacobs  
8/28 - **Peter Hallinan**, son of Carol & Tom  
Hallinan  
8/28 - **Rachael Whiteley**, daughter of Kristine  
Fallows  
8/29 - **Rourke O'Donnell**, son of Cindy O'Donnell  
8/29 - **Joshua Slotter**, son of Nina Slotter



# Love Gifts

And a special thank you to those who continue to support our TCF Chapter's Garden Fundraiser by purchasing our Garden Flags. We have 4 different styles and they're available at our support group.

**Please feel free to use the Love Gift Form in the newsletter to include your special message.**

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

To Pat and Harold Hunsicker, in loving memory of their dear daughter, Brenda Meehl:

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

To Mary Smith, in loving memory of her dear son Eric Robert Smith:

"Hope you and Dad are having a divine celebration! Missing you always! Love, Ashley and Mom."

A special thank you to Diane Guerecki, 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, Dianna Cox for addressing our monthly newsletters for mailing. She does this in remembrance of her son Michael. Thanks to Barb and Bob Heimerdinger for applying the memorial Plaques to the wall in the memorial garden. They do this in remembrance of their son Ryan.

Donations made in memory of your child, grandchild or sibling are always welcome, but more so this year. Due to COVID restrictions we had to cancel our biggest fundraiser, the annual Memorial Walk and Butterfly Release.

Please help us help others. We Need Not Walk Alone.



## LOVE GIFTS

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

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

In Memory of: \_\_\_\_\_

Birth Date \_\_\_\_\_ Death Date \_\_\_\_\_

**Check One:** Please use my gift for:

General Operating Expenses  Memorial Garden

**Your Name:** \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

**Love Gift Message** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please make check payable to:**

The Compassionate Friends, Quakertown Chapter

**Mail to:**

PO Box 1013

Quakertown, PA 18951





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

## **Support Group Meeting is August 8 at the Memorial Garden 12-2:00**



### *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.

