



Serving Upper Bucks and Montgomery Counties

The Compassionate Friends

Quakertown Chapter August 2022

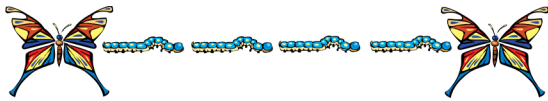
Fifteen Commandments For Surviving The Death Of Your Child

1. Thou shall expect to experience an array of confusing, conflicting and at times overwhelming feelings, sometimes accompanied by rampant tears. This is not unusual and is a part of the normal grieving process.

2. Thou shall learn as much as possible about the grieving process. It is important that you understand what to expect, what is normal, and if or when it may be necessary to seek professional bereavement support. Knowledge is power. Knowing the facts about grief and grieving serves as a “reality check” and lessens the feeling of powerlessness.

3. Thou shall take life one day at a time. Some days this may mean getting through one difficult moment or one hour at a time. Getting through each day can be a great accomplishment.

4. Thou shall give thyself permission to grieve. This means learning to accept the loss, facing it and walking right through the middle of it. Some wise person once said, “The only way out is through.” Even though grief is painful, walking through the pain is the only known way to release it and begin to heal.



5. Thou shall ignore clichés, such as “God knows best...;” or “they are in a better place...;” or “s/he is no longer in pain” statements. Comments that begin with “at least”, coming from those who have not experienced the death of a child are intended to be comforting, but usually miss the mark. Accept the good intentions and ignore the rest.

6. Thou shall not hold thyself responsible for contributing to your child’s death, in any way. No matter what happened, remember you would have done anything in your power to save your child.

7. Thou shall grieve in your own way— for as long as it takes. There is no schedule, no time limit, and no template on how to grieve. Everyone’s grief journey is unique.

8. Thou shall take the opportunity to talk about your child. Telling your child’s story can be very comforting to you and gives permission to others, to speak of your child. Repeating your story helps you to face the reality of the loss.

9. Thou shall surround thyself with supportive people. This is one of the most difficult times in your life. A support group (such as The Compassionate Friends), a trusted friend, or an understanding family member, can be a sounding board and can help to lighten the load of grief.

If you are reading this newsletter and do not receive emails from the chapter, and would like to, please email 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



Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: 215-703-8431
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.



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Chapter Leader – Crystal Hunter

Chapter Treasurer – Lisa Dechant

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, and

Lynette Lampman, Sherri Albro,

Barbara Reboratti

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.



**New Chapter
phone number
215-703-8431**

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

10. Thou shall use some means for “externalizing” the grief (getting the grief outside of yourself). Once externalized, grief is more manageable. This can be accomplished by such activities as journaling or other forms of writing, quilting, meditating, composing music or poetry, weeping with the conscious intent to release, or rigorous physical activity, just to name a few.

11. Thou shall plan for special days, such as birthdays, holidays, and anniversaries. These days can be difficult, especially in the early years of grief. Having a plan can help to reduce the dread, mitigate the pain, and help to transform the pain into a meaningful memorial.

12. Thou shall remember your child’s life, as well as the death. To honor your child’s memory, plant a tree, carry a linking object (anything that serves as a positive reminder), or create a memorial/remembrance of your choice.

13. Thou shall love thy self as much as you love your child. This means taking care of you without feeling guilty for laughing or enjoying yourself. You are not deserting or betraying your child by living on and savoring pleasant moments whenever possible.

14. Thou shall connect with your Higher Power, Supreme Being, God, Allah, Great Mother, or whomever you look to for strength. Meditation, prayer, spiritual literature, and other practices help to make that connection.

15. Thou shall reach out and touch someone. The act of doing something to comfort or support someone else helps keep your own grief in perspective. It is also a way to honor your child’s memory.

Dr. Coralease Ruff is a Bereavement Facilitator, A Registered Nurse, a University Professor and an International Nursing Consultant.

Garden Plaque ordering is open!

Scan here with your
Smartphone camera
for order form



**Deadline to submit
order is February 15th.**

*Questions can be sent to
memorialgardenTCF@gmail.com*

Or to order, type this website into the URL
<https://forms.gle/DFE3AG53XCqRPXgG8>

For additional details, refer to previous newsletter, the website, or Facebook group.



After viewing the garden, you may be interested in your own plaque for your child or sibling. Now is the time! By ordering before winter, you do not have to worry about the deadline and there is plenty of time to finalize the design. The cost is \$175 and once you submit your order through our google form, you will mail a check. All the information is located at the order form – you can find the link on our Facebook group and also in the email sent out with the newsletter. You can also scan the QR code. If you have questions, let us know!

*“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

8/30 - **Dustin David Weiss**, son of Nikki Radcliff



*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, brother of Kerrie
8/8 - **Jim Roberts III**, son of Sue & Jim Roberts
8/12 - **Jason Pini**, brother 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



DEAR **MY Daughter** in **HEAVEN**

I thought of you with love today but
that is nothing new I thought about you
yesterday and days before that too,
I think of you in silence
I often speak your name
All I have are memories and
your picture in a frame
Your memory is my keepsake with which
I'll never part God has you in his keeping
I have you in my heart.

Special Thanks

A special thank you to Diane Guerecki, Lisa Dechant, Jenifer Pini, [Sierra Doyle](#), [Rosemary Stewart](#) 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 Theresa Sitko for managing our memorial garden. She does this in memory of her son Clayton 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.



We heard so many great comments at the walk about all being together and our support meetings have been full of support, tears, and laughs. We love seeing you!

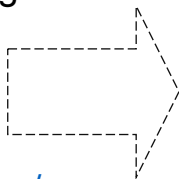
Overwhelmingly, people wanted to have more gatherings. We heard you!!!

Please join us for our **BYOT Tea Party** at the Garden. We will gather to help spruce up the garden to reduce the work when we "close" it in the Fall. The dates are Aug 4 & 18 and Sept 8 & 29. We plan for 6-7pm. The October dates will be published at the end of August. Please sign up here so we have an idea of who to expect!



Questions should be sent to contact@TCFquakertownpa.org or can be addressed within our Facebook group. In the event you cannot do either, we have the chapter phone (215-703-8431) where you can leave a detailed message and someone will get back to you.

<https://www.signupgenius.com/go/20F0A44AAA622A2F85-byot>



We are looking for some people who may be interested in giving back to the chapter, but perhaps you do not want to commit to a certain day/time (4th Tuesdays at 7-8:30 if you do) for our leadership team. The people we need would be doing visits to business, fire houses, funeral homes and churches. Reach out to us if you want to help us connect with other families who may need us.

Adam Graham
Adriana Toro
Al Duvall
Alex Yarik
Allison Reboratti
Alycia Marie
Andrea Clutter
Andrew Flath
Andrew Lister
Andy Campbell
Andy Thorn
Ben Albro
Brian L-M
Carly Bradley
Chris Reed
Chris Thomas
Chris Trauger
Chris Ulmer
Chris Williams
Clayton Sitko
Craig Salomon
Daniel LaPlaca
David Curan
David Duvall
David Neider
Derick Schubert
Dino Vincente
Douglas Minner
Eddie Ulanowski
Elena Wenger
Eric David Schwartz
Eric Smith

Glen McCartney
Greg L. Mikesell
Hunter Larrabee
Jaime Scheck

James Donnelly Jr
Jason Heuckeroth
Jason Pini
Jenna Burleigh
Jimmy Asprakis
Joey Sitko
John Turner
Joseph Discher
Joseph Vincente
Kaia Nicole DeCesare
Katey Blase
Katie Leck
Katie Stauffer
Kevin ODonnell
Kinsey Duvall
Kisha Hess
Kristy Bender
Kyle Silver
Lilian Claire Ciccarone
Linda Duvall
Luke Still

Matt Dille
Matt Trauger
Matthew James Stewart
Matthew Mindler
Michael Bolan
Michael Cox
Michael Gurecki
Michael Leach
Michelle Dusza
Mike Macko
Miranda Schaub-Werner
Morgan Basciano
Patrick Pettie
Peter Graham
Peter Halliman

Peter Smith
Rennis Reitz II
Rich Hollabaugh
Robert Kyle
Rainey
Rouke ODonnell
Ryan
Heimerdinger
Scott Silver
Shari Gelb
Shawn Lampmann
Skylar Kauffman
Stephanie Kissel
Sundai Marie
Peters
Tammy Moore
Tracy Hottenstein
Will Moyer
William Lampmann

Name Key:

Red- can add
1 more
picture
Blue- can
add 2 more
pictures
Black- no
additional
pictures, at 3
max.

The Annual World Wide Candle Lighting

is approaching. It is a beautiful evening remembering our loved ones. The event will take place on [December 11, 2022](#); more details will be sent out in the coming months.

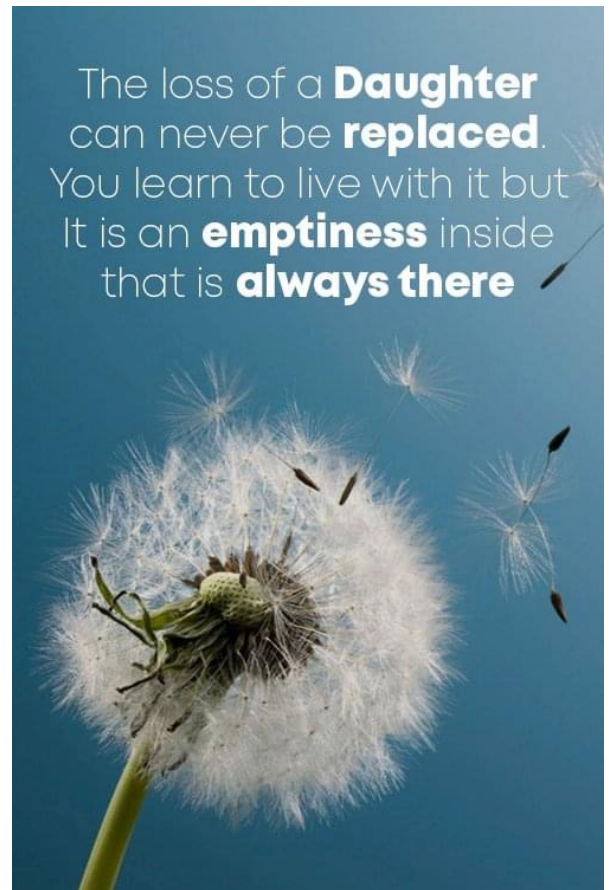
Every year, we are asked if people are in the slideshow or if they can add more photos. This year, I have put together a list to help out! The color of the names corresponds with the key at the bottom. If your loved one is red or blue (or not on the list) you are more than welcome to add photos. You may have a total of 3 photos per name.

Directions for submitting photos:

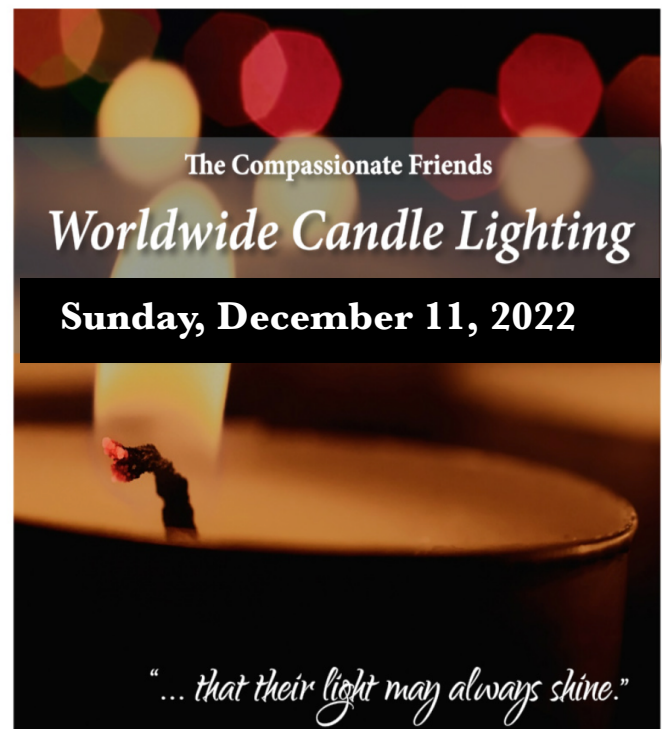
- You may submit up to 3 photos that highlight your loved one.
- Please email them as **jpg or png** files to candleTCFquakertown@gmail.com.
- Include the **FIRST** and **LAST** name of the person in the subject line. No other information is needed. Please focus on photos with less than 4 people in them and try not to include additional children without the consent of their parents.
- **All photos are due November 15, 2022.**
- Until November, you will receive an automatic email back stating I am not checking emails frequently. Once I begin working on the slideshow, I will confirm the photos were received!
- **If you do not receive a confirmation email** from me by November 15th, email the above address. It means the photos did not make it to me.
- If you have difficulty scanning photos, please contact the leadership team and we will figure out how to help you.
- Questions can be directed to the email above.

I look forward to seeing all your beautiful children and siblings. It is truly a gift that I have the honor to design the slideshow for the chapter.

With all my love,
Crystal
Justin's sister



The loss of a **Daughter** can never be **replaced**. You learn to live with it but It is an **emptiness** inside that is **always there**



Love Gifts

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief...and unspeakable love."
Washington Irving

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

Love gift for garden From Jeannie Hoffman
In Memory of: Scott Silver and Kyle Silver

To Harold & Pat Hunsicker- In memory of their daughter Brenda Meehl, "You are forever in our hearts. We love and miss you very much."

To Ginny Leigh-Manuell - In memory of her son Brian Michael Leigh-Manuell, "Forever 23"

To Carol & Don Mikesell~ In memory of their son Greg Mikesell- "In peace I will lie down and sleep"

To Mary Smith~ In memory of her son Eric Robert Smith- Thank you for the signs! Forever missed and deeply loved~ Mom & Ashley

Donations made in memory of your child, grandchild or sibling are always welcome,.
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

Yes or No - include my name / love note in the newsletter.



The Compassionate Friends
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Quakertown, PA 18951

Support Group Meeting is August 9th at The Gathering Place



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.

