



# The Compassionate Friends

August 2018

Serving Upper Bucks and Montgomery Counties

The Compassionate Friends offers over 600 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child. When you attend chapter sessions, you won't find professionals running the meetings and giving advice. We are not therapists and we do not provide counseling. Everyone will be just like you – someone who is going through the natural grieving process. As we meet together, we learn from each other through our shared experiences. You will find people attending the meetings of all ages from young adult to 70 and 80 year-olds. You will find people mourning the loss of an adult child and others who are mourning the loss of a child who never had an opportunity to take their first breath. You may find people whose child died 30 years

No one comes to judge another. You will find that children are being mourned who have died from all ages and all causes. The pain is the same—that of the loss of hopes and dreams that will never be realized.

Come and join with others who understand much of what you're feeling—certainly not everything—but a lot more than most people, simply because we've been there. Know that there will be sadness and tears as we talk about our loss, but there will also be joy and laughter as we remember special times with our children. You don't have to say anything if you don't want to, but you will certainly be given that opportunity.

We ask but one thing from you—that you attend at least three meetings before you decide if The Compassionate Friends is right for you.



*The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.*



## Next meeting: August 14, Sept 11

**We talk. We listen. We share. We care.**

Our Support Group Meetings are the 2<sup>nd</sup> 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: (267)380-0130

[contact@TCFQuakertownpa.org](mailto:contact@TCFQuakertownpa.org)

website: [www.tcfquakertownpa.org](http://www.tcfquakertownpa.org)

“The world loves closure, loves a thing that can, as they say, be gotten through. This is why it comes as a great surprise to find that loss is forever, that two decades after the event there are those occasions when something in you cries out at the continual presence of an absence.”

—Anna Quindlen



# The Compassionate Friends

## Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



### About Our Chapter

Ginny Leigh-Manuell, Chapter Leader

Crystal Hunter, Chapter Treasurer

Gail Blase, Chapter Secretary

Linda Stauffer, Chapter Newsletter & Website

Lynette Lampmann, Memorial Garden Director & Remembrance Cards

Theresa Sitko, Chapter Librarian

Barbara Reboratti, Chapter Delegate

Carol Graham, Hospitality

Mary Anne Macko, Hospitality

Mary Catherine Nederostek, Remembrance Cards

Celeste Nice, Outreach

Sheri Albro

Bob Albro

### 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.



### Self-help Program

The Compassionate Friends, Inc. is a mutual assistance, self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

### To Our New Members

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work.

### To our Members who are further down the "GRIEF ROAD"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK - what would it have been like for you at your first meeting if there had not been any TCF "veterans" to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

### Information Regarding Our Meetings

PLEASE don't stay away from a meeting because the topic scheduled does not interest you. We are here to discuss whatever is on your mind, we don't stay on the topic only. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group but it is not a requirement. Coming to listen to the others is Okay too. Remember also that our meeting is open to adult siblings, grandparents, or adult family members such as aunts or uncles.

### Support Group Meetings

We are so sorry for the cause that brings us together. It takes courage to attend a Compassionate Friends support group meeting. We understand how it feels to walk into a room of strangers and share personal feelings, especially when you are in so much pain. At your first meeting, we hope you find care, support, understanding and a group of friends to share with. Truly, there are no strangers among compassionate friends.

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4

meetings of attendance to determine if they are for you. It may take a few meetings before you are able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

### Your Friends at TCF Quakertown Chapter

#### Library Books

We have a nice library of books for our members to check out and read and return them back to our library. A problem we currently have is that some books have not made their way back to our library and our library is shrinking. If you have checked out a book or magazine from our library and are done reading it won't you PLEASE return it to us at our monthly meetings. If you are not able to make the meeting you may mail it back to us or have someone else return it to us. Also, if you have any books that would help other grieving families through their journey and would like to donate them to our library please give them to our librarians.

#### Newsletter Errors and Omissions

For any errors or omissions please contact Linda via email at [kt4ever@mac.com](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)

# OUR CHILDREN REMEMBERED

Loved...Missed...Remembered on their  
Birthdays and Always

**8/1 - David Bentz III**, son of Kimberly Geonnotti

**8/1 - Tommy Snyder**, brother of Tara Snyder

**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 Kliensmith

**8/7 - Daniel Murphy**, son of Merry Murphy

**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 - James Bowen III**, son of Catherine & James Bowen, Jr.

**8/10 - Barton Carroll**, son of Liz & Mike Carroll

**8/10 - Brenda Meehl**, daughter of Patricia & Harold Hunsicker

**8/10 - Tom O'Donnell**, son of Thomas & Susan O'Donnell

**8/10 - Ronald "Petie" Shultz**, son of Maria Shultz;  
sibling of Maria

**8/10 - Jamie Frick Standish**, son 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

**8/14 - Austin Jacob Fenstermacher**, son of Lori Ann Kramer & David Fenstermacher

**8/15 - Jana Lee Snedeker**, daughter of Dave Snedeker

**8/16 - Christopher Ulmer**, son of James & Patricia Ulmer

**8/17 - Michael Morgan**, son of Deb & Ray Vrtis

**8/18 - Zachery Roessler**, son of Chuck Rossler & Pam Howell

**8/21 - Eric Smith**, son of Mary & Ross Smith

**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 - Eric S. Moyer**, son of Ray & Linda Moyer

**8/29 - Corbin Christopher Snider**, son of Chris Snider

**8/31 - Peter Plant**, son of Steven & LouAnn Wilkinson; brother of Rachael

# OUR CHILDREN REMEMBERED FOR August

Our Beloved Children...In Our Hearts Always...Remembered on the  
Remembrance Day of their Death

**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 - Bobby McCans**, son of Dorothy & Charles McCans

**8/4 - John Roeder**, son of Don & Joan Roeder, sibling of Kerrie Garges

**8/8 - Jim Roberts III**, son of Sue & Jim Roberts

**8/8 - Dustin Stauffer**, son of Glenn & Sandra Stauffer

**8/9 - Kevin Kuestner**, son of Keith & Tammy Kuestner

**8/12 - Cynthia Benge**, daughter of Robert & Cheryl Benge

**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 - Alexndria Gasior**, daughter of, Linda & Dan Brophy; Ellen & Duke Misnik

**8/13 - Todd Iatarola**, son of Ronda Iatarola, nephew of Sandy Bittenbender

**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

**8/15 - William Scott III**, son of Ruth Scott

**8/17 - Lynn Gross**, daughter of Jean Werst, sibling of David Werst

**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

**8/19 - Daniel Lavery**, son of Karen Kovac, son of Daniel Lavery, sibling of Meghan Lavery

**8/21 - Kinsey Duvall**, son of Craig Duvall

**8/21 - Kisha Hesse**, daughter of Donna Hesse; sister of Brienne Fretz

**8/21 - Ryan Mitman**, son of Victoria & James Weisbrod

**8/22 - Justin Hawkes**, son of Norm & Dorrie Hawkes

**8/25 - Kevin McFadden**, son of Phillip & Kathleen McFadden

**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 - Rachel Whiteley**, daughter of Kristine Fallows

**8/28 - Robert Kalbfleisch**, son of Deb & Kurt Kalbfleisch, sibling of Rebecca, grandson of Joan & Donald Kalbfleisch

**8/29 - Rourke O'Donnell**, son of Cindy O'Donnell

# Love in the Anguished Present

You can shed tears that she is gone--I have.

You can also smile because she lived--I do.

You can close your eyes and pray that she'll come back--I have.

You can also open your eyes and see all she's left here--I do.

You can feel your empty heart because you cannot now see her--I have.

You can also feel full of the love she shared. I do.

You can feel tempted to turn your back on tomorrow and live yesterday - I have.

You can also feel happy for tomorrow because of yesterday. I do.

You can remember my sister and only that she's gone--I have.

You can also cherish her memory and let it live on--I do.

You can angrily decry the injustice of her too-early death--I have.

You can also begrudgingly accept the immutability of her passing--I do.

You can close your mind to the anguished present - I have.

You can also open your heart to love in the anguished present, as my sister would want. I'll try.

Written by Allyson Rourke, in memory of her sister Melissa Rourke, Ardmore PASummer 2018

Inspired by "She is Gone" by David Harkins, © 1981

# She is Gone

You can shed tears that she is gone  
or you can smile because she has lived.

You can close your eyes and pray that she'll come back  
or you can open your eyes and see all she's left.

Your heart can be empty because you can't see her  
or you can be full of the love you shared.

You can turn your back on tomorrow and live yesterday  
or you can be happy for tomorrow because of yesterday.

You can remember her and only that she's gone  
or you can cherish her memory and let it live on.

You can cry and close your mind,  
be empty and turn your back

or you can do what she'd want:  
smile, open your eyes, love and go on.

David Harkins, © 1981

Silloth, Cumbria, UK



## The Meaning of Summer

By Susan Heil, 6/4/1961 - 6/8/1986

Published in High School Newspaper

Daughter of Dee & Jack Heil, Chapter Leaders of NE Philadelphia TCF

When delicate roses touch the sweet morning dew,  
And hundreds of daffodils are looking at you,  
How can a person miss the meaning of June,  
When most of these flowers are now in full bloom.

Then along comes July when we all use our fans,  
And millions of people are receiving tans.  
With our barbecued chicken that you most carefully tend,  
Hoping in vain the summer would never end.

But along comes August with its hot summer heat,  
Beating down on the cold cement street.  
Then you suddenly realize the meaning of it all,  
It's just an escape from the spring-time to fall.

## "Grieving Parents Club"

- \* We never knew this club existed.
- \* No one asked if we wanted to join this club.
- \* The price you pay to join, is way too much.
- \* Once you're in, you're a lifetime member.

## The Beach

Find and circle all of the beach words that are hidden in the grid.  
The remaining letters spell an additional beach word.

T R I H S T S T O W E L B E  
Y K S E S U A T S A G L E R  
A S V U R I I O D D N A A O  
S A E F N U F R B I I B C H  
W U I S S S A R D N L Y H S  
W N N M S O C R A G I E B A  
G A I S B A I R N T A L A E  
P W T F H F L O E D S L L S  
S I R E T I K G C E D O L E  
H U E W R C N A N E N V S A  
S A O R L I F E G U A R D G  
T O T E E F E R A B S N L U  
D E S W I M M I N G P A I L  
L L E H S A E S D U O L C L

BARE FEET	SAILING	SURFBOARD
BEACH BALL	SAND	SURFING
BOAT	SEAGULL	SWIMMING
CLOUDS	SEASHELL	SWIMSUIT
DRIFTWOOD	SEASHORE	T SHIRT
HAT	SKY	TOWEL
KITE	STARFISH	VOLLEYBALL
LIFEGUARD	SUNGLASSES	WADING
OCEAN	SUNSCREEN	WATER
PAIL	SUNSHINE	WAVES
PIER		

## A Butterfly's Wings

By Dan Gardner  
TCF Nashville, TN

How delicate and beautiful to see,  
Those wings that carry them so easily.  
With a simple twitch they are in the air  
To fly so gracefully from here to there.

Wings so dainty and colorfully made,  
Reds, blues, yellows that never fade.  
Their shapes and sizes are so varied,  
The small bodies so easily carried.

Whether in a strong breeze or calm air,  
They fly successfully everywhere.  
The beauty in each will always remain,  
In those wings be they fancy or very plain.

Those wings that seem so very frail  
Enable those small creatures to really sail.  
The flowers they visit are made more bright  
Whenever the butterfly decides to light.

Watching them flit among the flowers  
Makes time stand still, sometimes for hours.  
Their beauty is both in color and grace.  
It is a joy to have them all over the place.

If only they were able to speak to us,  
They might ask, "What's all the fuss?"  
Like your children, we are normal beings,  
But now they fly with angel's wings.





## Worldwide Candle Lighting Memorial Service

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 pm local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WWCL started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

The Compassionate Friends and allied organizations are joined by local bereavement groups, churches, funeral homes, hospitals, hospices, children's gardens, schools, cemeteries, and community centers. Services have ranged in size from just a few people to nearly a thousand.

## Save the Date

December 9, 2018

The Compassionate friends Worldwide Candle Lighting will be held on **Sunday December 9th at First UCC Church in Quakertown at 7:00 PM.**

**We will be creating a new candle lighting memorial slide show.** If you want your child/sibling to be included in the presentation you may submit up to 3 photos. They must be photos of your children, not parents, spouses or friends.

You may mail pictures to Barbara Reboratti PO Box 1013, Quakertown, PA 18951 or email a jpeg file to [newswriter@comcast.net](mailto:newswriter@comcast.net) All pictures will be returned at the candlelighting. **Pictures must be submitted by October 15. NO EXCEPTIONS!!**

## Garden News



Have you stopped by the garden recently? We make a great team! Thank you for helping to water and weed! We have about 6-8 more weeks that watering is crucial.

With that said, we need your help! Can you spare a few hours one morning or night? It's relaxing and beautiful. When it rains in Sellersville, we can skip the watering.

Sign up here <https://www.signupgenius.com/go/60b044ca9a829a7fb6-garden> - You can write if you will go morning or afternoon. You can send an email to [MemorialGardenTCF@gmail.com](mailto:MemorialGardenTCF@gmail.com) to get this sign up emailed to you. The directions are simple and on the sign up. You can also sign up at the meetings on the 2nd Tuesday. Please be gentle when rolling the hose back up.

The plaques from the first batches are up. The plaques ordered this summer will be sent to the factory on October 15th. You have about two more months if you want to order now. Please email [MemorialGardenTCF@gmail.com](mailto:MemorialGardenTCF@gmail.com) to get the link to order. They are \$125. Only current, active members of TCF Quakertown can order them. After October 15th, plaques will not be available to order until Spring 2019. The plaques ordered by October 15th will be on the wall for the Memorial Walk 2019.

## Managing Grief through Journaling

by Nancy Elliott, Jay's mom

Conventional wisdom tells us that writing a journal in times of catastrophic trauma is a good and helpful thing to do. Two-thirds of people who have experienced traumatic stress, such as the death of a loved one, described writing in a journal as difficult, frightening, overwhelming or counterproductive.

### IDEAS AND SUGGESTIONS FOR WRITING THROUGH YOUR GRIEF

Most of these can be accomplished in **15 minutes** or less, which is helpful for two main reasons. First, when grief is new, feelings are so close to the surface and pain is so raw that short writes are less likely to pitch you into overwhelm. Second, our culture doesn't really support us in grieving, and we are expected to return to work and resume the mantle of everyday life almost immediately after even a catastrophic loss.

For many people, *shorter writes are friendlier and more adaptable to daily realities.*

**There aren't any rules.**

Journal writing isn't like flossing; you don't have to do it every day. And it isn't school: You don't have to spell the words right, or punctuate them, or worry about grammar. Give yourself permission to write whatever comes. You're not being judged or graded by anyone else, so please don't judge or grade yourself.

Choose a journal that **fits your lifestyle**. Some people treasure lovely blank bound books. Others favor spiral notebooks that can be chucked into a backpack. If you think at your keyboard, keep your journal on computer. There is excellent journal software available; LifeJournal, available at major bookstores, or on the internet ([www.lifejournal.com](http://www.lifejournal.com)). Or write your journal via e-mail to a support group or mailing list of chosen friends and family.

Get in the habit of writing **three words** that describe your feelings at the beginning and end of every journal entry. This helps you track your feelings over time and gives you an opportunity to notice that emotions shift with time and process.

Because it is common for memory to be affected with acute grief, **make to-do lists**, and keep them right in your journal. Make other lists, as well. Lists are great for organizing and categorizing, and their

structure is comforting when things feel like they are spinning out of control.

Before you go to bed, choose something you'd like to experience the following day — a feeling of hope or pleasure; an item crossed off a to-do list; an experience such as a productive meeting or a gym workout. Write this "**Choice du Jour**" in your journal. As you go to sleep, reflect on your choice. How would you recognize success? What can you do to arrange your day to increase the likelihood that your choice will manifest? At night, write for five minutes reflecting on outcomes.

When you are aching with longing for your loved one, write "**Captured Moments**" — brief vignettes written quickly. Make them intense with vivid descriptions; the sight, smell, touch, taste, feel of things. A collection of Captured Moments becomes like a written photo album, preserving precious memories for all time.

**Unsent Letters** are an excellent way to maintain a sense of communication with your loved one and can offer deep opportunities for soothing and comfort.

Sometimes the only way to get through devastation is to imagine a time when it might not hurt so much. Write a "**One Year from Today**" entry in which you fast-forward yourself to the healing side of the grief. Allow yourself a glimpse into the future. Imagine your life as if you have wheeled around through four seasons, and you are one year distant from the losses you are experiencing today.♥

*Scientific research shows that brief, intense bursts of emotional release writing — only 15 minutes a day, for only four consecutive days — is correlated with increased immune system functioning that can last for several weeks. Since grief often compromises the immune system and leaves you more vulnerable to colds, flu and infection, these writes can help your physical as well as your emotional health.*

this newsletter comforting to you and others, please share it with us [newsletter@tcfquakertownpa.org](mailto:newsletter@tcfquakertownpa.org)

## Printer for Sale \$1500

The Quakertown Chapter has a Xerox Colorcube 8700x printer for sale. It is a multifunction printer, scanner, copier, fax machine. It uses solid ink cubes, prints in beautiful color and can also print on both sides.

Here is a link to a full description

[https://www.jtfbus.com/item/8277/Xerox-ColorCube-8700-X-Color-Solid-Ink-All-in-One-Printer-Copier?gclid=CjwKCAjwy\\_XaBRAWEiwApfjKHhly1LUUAFnxQc0oldFoXIEs2hKBWaR\\_8uCRFyprxyHptsvMAPgu2RoC4KIQAvD\\_BwE](https://www.jtfbus.com/item/8277/Xerox-ColorCube-8700-X-Color-Solid-Ink-All-in-One-Printer-Copier?gclid=CjwKCAjwy_XaBRAWEiwApfjKHhly1LUUAFnxQc0oldFoXIEs2hKBWaR_8uCRFyprxyHptsvMAPgu2RoC4KIQAvD_BwE)

If you are interested please contact Crystal or Linda





**Refreshments for July**

Angela Smith in memory of her son Peter, Joan Asprakis in memory of her son Demetrios, Ginny Leigh-Manuell in memory of her son Brian

*If you would like to sponsor refreshments or bring some in remembrance of your loved one at a meeting please call Carol Graham at 215-538-3651.*

A special thank you to Lynette Lampmann, Jennifer Pini and Mary Catherine Neiderstock for the Remembrance cards that you receive. They do this in memory of their children/ siblings: Shawn (Lynette), brother, Jason (Jennifer) and Josh (mary Catherine). An appreciated Thank You to our members for helping to set up and tear down for chapter meetings. Thank you to Linda Stauffer for doing our newsletter and 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.

We would like to send a special Thank You to the following donors.

- **Pat Hunsicker**, in memory of her daughter **Brenda Meehl** - You are forever in our hearts. We love and miss you very much.

- **Trish & Jim Ulmer**, in memory of their son **Christopher S. Ulmer** - Happy 29th Birthday in Heaven, Christopher. Not a day goes by where we do not think about you.

Without your generosity in giving we would not be able to continue reaching out to newly bereaved parents and families with our Outreach packet and newsletters.



**LOVE GIFTS**

A Love Gift is a gift of money to The Compassionate Friends. Love Gifts can be in memory of a child or sibling on their birthday or angel day, can honor a friend or relative, or can show support for the work of TCF. Love Gifts are the Chapter’s main monetary support. Thank you for your Love Gift.

***Love Gifts are tax deductible – Chapter Non-Profit #2053***

**Circle One:** *In Memory or In Honor* of (name of persc

Birth Date \_\_\_\_\_ Death Date (Angel Day)

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

- Memorial Garden
- Special Events (i.e. speakers, community outreach)
- Candle Lighting Program
- Memorial Walk & Butterfly Release
- General operating expenses

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

Email or Telephone: \_\_\_\_\_

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

\_\_\_\_\_

Checks payable to: TCF Quakertown Chapter

Mail to: PO Box 1013, Quakertown, PA 18951

*Love Gift Message:*

**Treasurer Use Only**  
 Cash/Check # \_\_\_\_\_ Amount \_\_\_\_\_  
 D \_\_\_\_\_ Q \_\_\_\_\_ T \_\_\_\_\_ N \_\_\_\_\_



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

Next Meetings : August 14, Sept 11



### *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.

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