



The Compassionate Friends

December 2017 Serving Upper Bucks and Montgomery Counties

Worldwide Candle Lighting

Mark your calendar for our chapter's Sunday, Dec. 10 Annual Candle Lighting at First United Church of Christ, 151 S. Fourth St., Quakertown, as part of The Compassionate Friends Worldwide Candle Lighting the 2nd Sunday of every December.

At 7 pm in every time zone around the world, candles are lighted and provide a virtual band of light circling the globe in remembrance of all children gone too soon.

Doors open at 6 pm and our



program begins at 6:30 pm with a slideshow of our children, siblings and grandchildren. We will have a keynote speaker, readings and a musician singing, "Tonight I Hold This Candle," after each bereaved parent lights a candle and says their child's name. Bereaved siblings will also light a candle in

remembrance of their brother or sister.

This is not a religious nor holiday event. It is our annual remembrance program and First United Church of Christ graciously offers their facility for our program. This program is free, attire is casual and family and friends are welcome to attend.

In gratitude to First United Church of Christ, we ask that you bring a non-perishable food item for the church's food pantry. You are also welcome to bring a finger food to share at the end of the program during refreshments.

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
December 12**

Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: (267)380-0130
contact@TCFQuakertownpa.org
website: www.tcfquakertownpa.org



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.



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties

About Our Chapter

Chapter Leader:

Ginny Leigh-Manuell

Treasurer: Crystal Hunter

Secretary: Gail Blase

Chapter Librarian: Theresa Sitko

Newsletter : Linda Stauffer

Steering Committee:

Mary Anne Macko

Linda Stauffer

Theresa Sitko

Carol Graham

Lynette Lampmann

Barbara Reboratti

Gail Blase

Mary Catherine Neiderstock

Remembrance & Thank You Cards:

Lynette Lampmann

Kelly Logan

Mary Catherine Neiderstock

Jennifer Pini

Eastern PA Regional Coordinators

Ann Walsh tcfestrc@yahoo.com

Bobbie Milne mcfly423@aol.com

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.

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



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 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.

OUR CHILDREN REMEMBERED FOR DECEMBER

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

12/2 - John Fonsemorti, son of Rose
Fonsemorti

12/3 - Sundai Marie, daughter of Arlene &
Phil Peters

12/5 - Keven Kuestner, son of Keith &
Tammy Kuestner

12/7 - Stephen Limongelli, son of Patricia
Limongelli

12/7 - Scott Smakula, grandson of Naomi
Shaw

12/7 - Laura Smith, daughter of Valerie
Smith

12/8 - Ashley Doyle, daughter of Brian
Doyle

12/8 - Brian Lambert, son of Richard &
Alberta Lambert

12/10 - Jason Miller, son of Phil & Pam
Miller

12/15 - Arthur Ucci, brother of Joan Ucci

12/17 - Ryan Strauch, son of Dave &
June Strauch

12/18 - Christopher Dixon, son of Steve
& Kim Dixon

12/19 - Joseph Cifone III, brother of
Dorothy & Garry Neubert

12/19 - Thomas Onraet, son of Ruth &
Maurice Onraet

12/19 - Andy Walnes, daughter of Kim
Walnes

12/20 - Rich Hollabaugh, son of Linda & Wayne
Hollabaugh

12/20 - Michael Fayewicz, brother of Sandra
Ligowski

12/24 - Kiana Alvarenga, daughter of Tina &
Jose Alvarenga

12/25 - Allison Fawcett, daughter of Anne &
Bernie Smith

12/26 - Richard Murphy II, son of Richard
Murphy

12/29 - Bill Chapman, son of John & Carol
Scheetz



Our Children Remembered on the Anniversary of their Death

12/2 – Matthew Detweiler, son of Eleanor Detweiler; brother of Lesley & Phyllis Mikolon

12/2 – Alan Roskow, son of Nan Roskow

12/5 – Chad Liles, son of Carl Liles; Susan & John Rowe

12/6 – Beverly Sue Otten, daughter of Mary Leuz

12/7 – Adrienne Heber, daughter of Anna & John Heber

12/8 – Kevin Myers, son of MaryLou Nyce

12/12 – Sean A. Ryer, grandson of Diana Adams

12/12 – Nicole Rush, daughter of Harold Conrad, Sr.

12/13 – Michael Tondera, son of Maria & Steven Tondera; brother of Yvonne Perrucci

12/14 – Robert Kyle Rainey, son of Lynne Rainey

12/14 – Finnegan Ward, son of Carlee & Edmund Ward, Jr.

12/15 – Christopher Thomas, son-in-law of Barbara & Eduardo Reboratti

12/15 – Robert Dorman, Jr., brother of Donna & Greg Rowe

12/16 – Robert Marich, son of Michele Callon

12/16 – Zachary Dawson, son of Roger Dawson; brother of Jamie

12/18 – Brian Keim, son of Ronald & Joan Keim

12/19 – Dwayne Hager, son of Ruth & Stanley Hager, Jr.

12/19 – Billy Savage, son Bill & Blanche Savage; brother of Jennifer

12/20 – James Fiorelli, son of Steve & Roseanne Fiorelli

12/20 – Russell Snyder, Jr., son of Sandra & Russell Snyder, Sr.

12/21 – Jon Masso, brother of Melissa Fisher

12/22 – Christopher Adams, son of Judy Adams

12/22 – Kim Biborosch, daughter of Diane Biborosch

12/23 – David Schaller, son of Raymond Schaller

12/24 – Jesse Miskovsky, son of David & Debra Miskovsky; brother of Courtney Covelens

12/25 – Amber Eisenstein, daughter of Ben Eisenstein

12/25 – Michael Johnson, son of David & Donna Freeman; brother of Dorene Elwell

12/27 – Christopher Dixon, son of Steve & Kim Dixon

12/27 – Jeremy Gibialante, son of Kim Gibialante; brother of Monica Shumaker

12/29 – Peter Angstadt III, son of Lynette & Peter Angstadt

12/31 – Eric S Moyer, son of Ray & Linda Moyer



Garden News



Memorial Garden Update:
As winter descends upon us the final plantings were planted in the garden. On a very cold Saturday morning a few brave volunteers planted a Japanese Maple, 60 bushes and 300 bulbs. Thanks to a generous donation from a local business we will be finishing the garden with mulch for the new plantings. Many thanks to all the volunteers for a very successful garden. Thanks also to those faithful volunteers who regularly watered the garden. Hopefully mother nature will continue to water the plants till spring when the township turns the water back on again.
Stay safe and warm and see you in the spring!

Lynette

Visit the James Memorial Park
1027 Ridge Rd., West Rockhill
Twp., PA (Sellersville)

Due to situations beyond our control, the plaques from the first order will have to be applied once the weather warms up. We had a timeline to complete items, but due to some items being held up, we could not complete some important steps so we could apply the plaques. All of the plaques ordered in the first round, and the plaques that are ordered between January 2-February 2, 2018, will be applied in the Spring, prior to our Garden Dedication. Please enjoy the bench, statue, and the beautiful plants this winter.

The online link to order plaques will be available January 2-February 2, 2018. An email will be sent as a reminder, and all questions should be emailed to MemorialGardenTCF@gmail.com.

“They Tell Me” By Esther Bogin, Heath’s Mom

In Memory of Heath Bogin

They Tell Me

Songs-Pictures-Thoughts-Memorabilia-Reminders-Reminders.

They tell me “time heals everything.”

Movies – the tears – TV shows – the sobs – the quiet, alone moments.

They tell me “time helps you to deal better.”

Holidays – celebrations – birthdays – the bittersweet in my enjoyment.

They tell me “in time it will get easier.”

New memories – plans for tomorrow – family – friends – the void, the empty space.

They tell me “in time it gets deeper.”

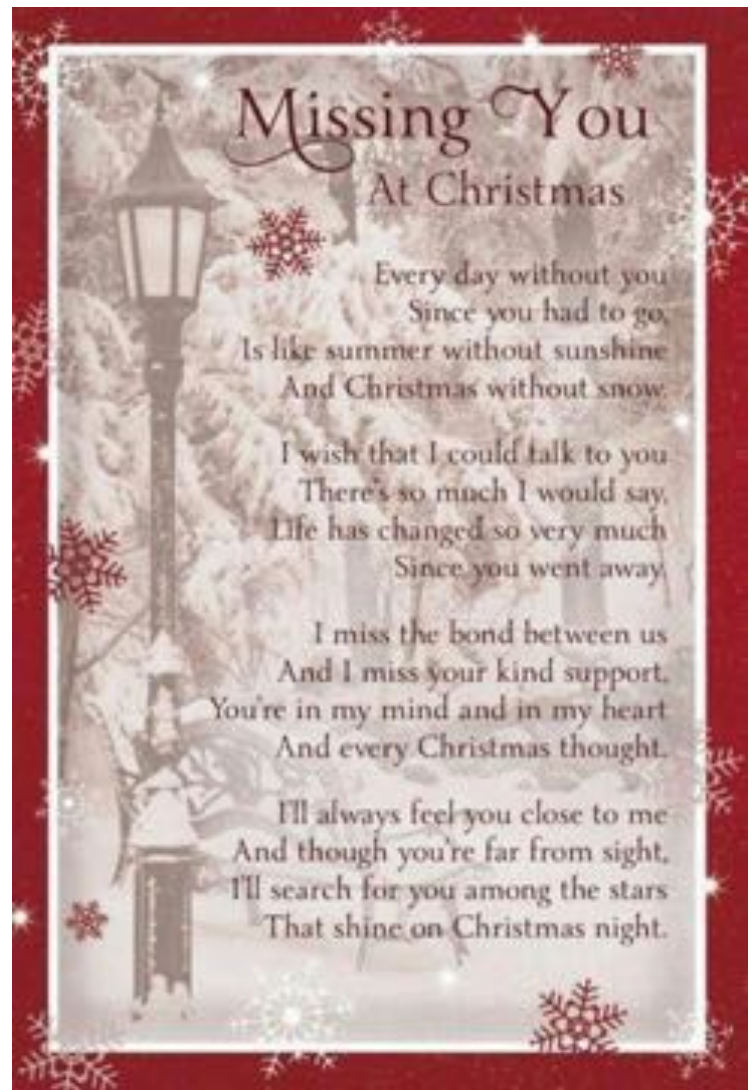
The should-be’s – the could have been’s – the why’s – the wish to go back in time.

They tell me “time doesn’t take the pain away, it just takes longer for it to come out.”

They tell me so many words; all with good intention; so many words that I really don’t remember.

When they say time heals everything, I want to ask them “how?” How can time heal missing you? How can time heal my wishing you were here? How can time heal the hurt knowing that I am living without you with me? How can time do all of that? How can time do all of that?

Time may heal everything- just not loving you, my sweet son.



You Are Not Going Crazy, It's Grief

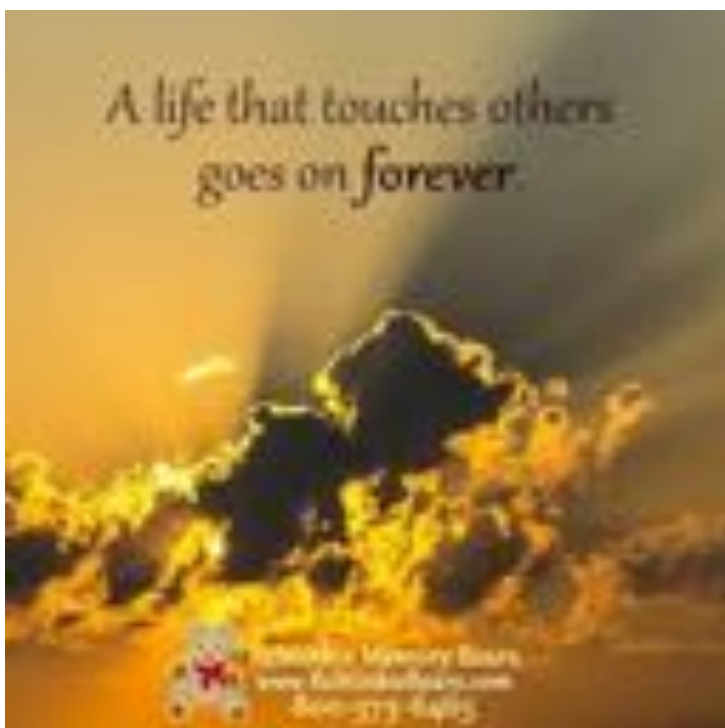
By: Amy Olshever

Most of us functioned fairly competently in our day-to-day lives—holding jobs or going to school, managing families, reading books, taking care of our health, entertaining friends and family—right up until someone we loved stopped living. Instantly we become disorganized, distracted, distraught, distressed, and disoriented. It's no wonder everything seems foggy. The things we once did by habit even seem difficult, to say nothing of the more challenging tasks.

Grief can cause confusion, forgetfulness, anxiety, and a lack of concentration we call "Brain Fog." Have you put the ice cream away in the pantry and the car keys in the freezer? Have you missed an appointment? Or forgotten to brush your teeth? You may have worried that you were going crazy or starting to show early signs of dementia. But these symptoms, the fog and the mental confusion, are actually symptoms of extreme stress and grief. When you are trying to read a book, or concentrate on a movie but find

you have no idea what you just read or saw, you have Brain Fog. Grief causes brain fog, because not only are you sad and missing the person you've lost, but your brain is preoccupied by the "what if" and "if only" thoughts that are a normal and natural reaction to loss.

To help clear some of that fog you need to acknowledge it first. You aren't going crazy, and you can help yourself focus, but you will benefit from staying with the feelings for a while so you can process them. It is normal to drift out of focus in response to conscious or unconscious memories of the person who died. When you notice this happening, take a "grief break" with someone you trust; it might help you get back to focus. If you can avoid making big decisions for a while, you might try to wait so that more of your mental capacity comes back on line. It is also important to take care of the physical—nourish your body with healthy food and water. If you are not sleeping well, it could be a good time to seek help for that. Most importantly, be gentle with yourself, this fog is normal and will, with time, become easier to manage.



A SABBATICAL FROM GRIEF

Kay Bevington, Van Wert, Ohio

I am certain that each of you reading this newsletter this month would like to take a sabbatical from your grief.

How well I remember those first years of bereavement when our sixteen year old daughter, Rhonda, died. I would have given anything in this world, including my own life, to have had her alive, healthy, and happy and not to be doing my grief work.

Grief work is the most difficult work that we will ever have to do in our lives. It is physically taxing to our bodies, it devastates us psychologically and we are not ourselves socially.

We would like to take a sabbatical or "vacation" from our grief. We can take "mini-vacations" from our grief by allowing humor into our lives. A few brief moments of laughter gives us some respite from the horrible feelings of grief. Attending a funny movie, reading a funny book or listening to a joke is some simple means of giving yourself a "short sabbatical."

Sometimes our work keeps our mind busy for a short time and this is a form of a sabbatical.

A good walk or exercise in the sunshine, working on the lawn or in the garden are also means of a "mini vacation" from our grief.

Plan an evening out this spring and summer with a friend or family members. It might be watching a softball game, attending a movie, taking a picnic, going swimming, a drive through the country, shopping trip or a week-end trip to another area. These are opportunities for each of us to take a short sabbatical from our grief. We take our sadness with us but it helps to "lighten the load of grief" with diversions once in awhile. Having something to look forward to is also very important during our grieving process.

Rodney and I recently took a 'sabbatical' from Alive Alone. We left the frigid, snowy

and blowing winds of northern Ohio for the sunny, warm, tropical climate of Hawaii. We vacationed three weeks and split our time between Waikiki Beach in Honolulu, Hawaii and Malaea Bay, Maui. This is not only close to paradise but it is such an awesome, God created, blissful and restful place to replenish our body, mind, and soul. Basking in the warmth of the warm sunshine, walking the sandy beach and feeling the sand ooze between our toes, stepping into the azure warm waters of the Pacific, eating the cuisine of the islands, shopping in boutiques, visiting with dear friends, sightseeing in areas that we had not visited when we had been to this tropical paradise previously, and just getting some much needed rest and relaxation was truly a much needed sabbatical.

Even though we thoroughly enjoyed the vacation from grief work and working with those of you like ourselves, who have endured the ultimate loss of our only child/all children, we wish Rhonda could have been with us. Rhonda would NOW be the age we were when she died. As 'time marches on' and we are nearing our 'golden years' we are even sadder, at times, to realize what Rhonda missed in life on this earth. Oh yes, we know her heavenly home is far greater than anything we experience on this earth but that does not lessen our loneliness for her. We OFTEN wonder what career would she have chosen for her life? Would she be married? Where would she be living? How many children would she have had and who would they have been?

Yes, taking a 'sabbatical' from grief work is replenishing to each of us and we need to take the time to do so. Our wish and suggestion is that each of you find "your sabbatical" no matter how big or small that will assist you on your grief journey. Take time for yourself and try to find some small measure of enjoyment that will replenish your mind, body and soul.

ALIVE ALONE SPRING 2007



her son

Refreshments for November

Cindy & Charles O'Donnell in memory of their son Rourke
 Lynette Lampmann in memory of Shawn Lampmann
 Carol & Albert Graham in memory of their son Adam
 Graham

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 Nancy Eisenhart, Lynette Lampmann, Kelly Logan, Jennifer Pini and Mary Catherine Neiderstock for the Remembrance that you receive. They do this in remembrance of their children/ siblings, daughter, Kelly (Nancy), son, Shawn (Lynette), and brother, Jason (Jennifer), Kelly does it in remembrance of all those who have gone too soon. An appreciated Thank You to our members for helping to set up and tear down for our meetings, they do this in remembrance of their children and siblings. A special thank you to St. Luke's Hospital for providing us with our meeting rooms each month.

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 person) _____

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

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 taking on the monthly task of addressing our monthly newsletters for mailing, they do this in remembrance of their daughter, Tracy..

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

Love Gifts

Josephine Lenhart in memory of her son John Jarema, III

Jeanne Hofman in memory of her grandson, Kyle Silver -- You may be out of my sight, but never out of my thoughts, mind, heart, and soul. Love you forever, MeMe

Arlene & Phil Peters: In memory of Sundai Marie Peters - Dad, Mom, and Adam love you and miss you everyday.

Checks payable to: TCF Quakertown Chapter
 Mail to: PO Box 1013, Quakertown, PA 18951

Love Gift Message:

Your Name: _____

Email or Telephone: _____

Address: _____

Treasurer Use Only
 Cash/Check # _____ Amount _____
 D _____ Q _____ T _____ N _____



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

Next Meeting December 12



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.

