



Serving Upper Bucks and Montgomery Counties

# The Compassionate Friends



Quakertown Chapter December 2022

## Worldwide Candle Lighting Memorial for Our Children Dec. 11th



2183 Milford Square Pike. Take 663 to Allentown Rd. Turn on Allentown Rd . Go one block to Milford Sq. Pike . Turn left , the building is on the right.

**NEW THIS YEAR:** This location has chairs (instead of pews) so we are requesting families to RSVP. **call or text** Ginny (co-leader) 215-760-0602 with the following information: ***name, phone number, number of people attending, and whether you will be able to bring a refreshment to share.*** If December 11 arrives and you never RSVP but you want to attend, please come to the event. Thank you so much!

Scan QR Code with your phone for map and directions from your location.



Quakertown Chapter  
PO Box 1013  
Quakertown, PA 18951  
Chapter Info Line: 215-703-8431  
[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 – 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 – Dianna Cox,

Diane Gurecki, and Lynette Lampman,

Sherri Albro, Barbara Reboratti, Lynne

Rainey, 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.



**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](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 on their December Birthdays  
Always Loved, Missed and Forever in Our Hearts.”*

- 12/3 - Sundai Marie Peters**, daughter of Arlene & Phil Peters
- 12/8 - Ashley Doyle**, daughter of Brian Doyle
- 12/8 - Matthew James Stewart**, son of Rosemary & Jim Stewart
- 12/10 – David Cohen**, son of Hilary Cohen
- 12/15 – Christopher Dixon**, son of Steve & Kim Dixon
- 12/15 - Arthur Ucci**, brother of Joan Ucci
- 12/16 – Tom Underwood**, son of Mary Sellecchia
- 12/17 - Ryan Strauch**, son of Dave & June Strauch
- 12/18 - James (Jimmy) Belott**, brother of William Klinger
- 12/19 - Thomas Onraet**, son of Ruth & Maurice Onraet
- 12/19 - David Curran**, son of Barbara Santaniello
- 12/24 - Kiana Alvarenga**, daughter of Tina & Jose Alvarenga
- 12/25 - Allison Fawcett**, daughter of Anne & Bernie Smith
- 12/28 - Michael Bolan**, son of Jennifer Bolan, sister of Bridgette



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

- 12/7 – **Adrienne Heber**, daughter of Anna & John Heber  
12/7 – **Randy Freed**, son of Bonnie Freed  
12/7 - **Dominic Liples**, son of Kira & Ken Liples  
12/7 – **Josiah Weigner**, son of Keith Weigner  
12/8 – **Bernie Kenzakowski**, brother of Rebecca Kenzakowski  
12/12 – **Sean A. Ryer**, son of Pat Ryer; grandson of Diana Adams  
12/13 – **Matthew James Stewart**, son of Rosemary & Jim Stewart  
12/13 – **Michael Tondera**, son of Maria & Steven Tondera; brother  
of Yvonne Perrucci  
12/14 – **Robert Kyle Rainey**, son of Lynne Rainey  
12/15 – **Christopher Thomas**, son-in-law of Barbara & Eduardo  
Reboratti  
12/16 – **Robert Marich**, son of Michele Callon  
12/17 – **Taryn Kline**, daughter of Susan Kline  
12/21 – **Jacquelyn Dahms**, daughter of Don & Lorraine Croisette  
12/25 – **Amber Eisenstein**, daughter of Ben Eisenstein  
12/26 – **Ryan Barr**, son of Londonne & David Barr  
12/27 – **Christopher Dixon**, son of Steve & Kim Dixon  
12/30 – **Dalton Hunsberger**, son of Charis Hunsberger



## Special Thanks

A special thank you to Jennifer Pini, Diane Gurecki, Sierra Doyle, and Ginny Leigh-Manuell 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 are  
the rememberers.  
the people  
left behind.  
to keep the one  
who's gone from us  
alive in heart and mind;  
the people left  
to cherish and  
preserve a legacy.*

*Yes. we are  
the rememberers....*

*... and we will always be.*



"Cleaning Richlandtown Pike in Memory of Katey Blase" You may have seen the signs on Rt. 212-one at the Tohickon Bridge just leaving Quakertown and the other near Phoebe Nursing Home. That's a stretch of 2 miles that Gail Blase and her family and friends clean twice a year (fall and spring) for PennDOT. This is done in memory of her daughter, Katey .who died June 13, 2012 at the age of 25. Gail's sister, Dee put the plan in motion and contacted PennDOT to arrange it. Even Katey's dog, Duke helped out! The beeps and waves from appreciative residents help keep us going. The mayor even stopped to thank us! For anyone who is interested , contact PennDOT "Adopt a Highway".



**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](mailto:memorialgardenTCF@gmail.com)

Or to order, type this website into the URL <https://forms.gle/DFE3AG53XCqRPXqG8>

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

# The Gathering Place

<https://gatheringplaceevent.com/>

Huge special THANK YOU to Elsa and her business! We hold our in person support meetings at The Gathering Place in the center of Quakertown and we love it. If you have a need to have a gathering of 100 or less people, reach out to her! We appreciate Elsa and her staff for helping us provide support to families going through unimaginable grief.



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 (4<sup>th</sup> 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.

# 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:**

**From Arlene & Phil Peters in memory of their daughter Sundai Marie Peters:**

**"We will always love and miss our sweet little girl",  
Mom, Dad and Ad**

I miss the future i  
was supposed to have  
with you

Preciousgiftfromheaven.com



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.**

## Surviving the Holidays

We hope that some of the ideas below might help and support you as you prepare for the holiday season...

Don't allow other people to dictate to you how you should get through this extremely difficult time of year. Don't feel you have to go to the office party or • festivities with friends/extended family if you can't cope with them.

Sometimes we don't know what we will feel like doing until the last minute. Don't feel you have to have a plan. Tell people you will decide on the day and you will come if you feel up to it, but may well not be able to.

Let close friends/family know that you are struggling and need to be able to talk about your child at this important family time.

Tell people that you need to have your child • acknowledged by others at Christmas – to see their name in a Christmas card or to remember them with a toast during the Christmas meal means so much, but many people would be scared of doing this unless you tell them.

Within the family try to talk to each other, about how • you are feeling, or what you all might want to do.

Thinking and talking together can help us to prepare ourselves for Christmas, and sometimes when these plans do go right, the day can bring surprising comfort to us. •

If you have young children in the family be aware that they might wish for Christmas to carry on as before – although this can be enormously painful for you, for • surviving children the normality of Christmas celebrations can be a comfort. •

For parents who have lost their only child or all of their children, Christmas can be especially painful, particularly so if there are no grandchildren.

Christmas is generally recognised as a family time and for parents without surviving children this can be extremely hard to bear. For such parents it can be difficult being with other families at Christmas and yet the alternative – being alone – can be equally hard to bear. Whatever these parents choose to do, it is vital that their child or children are remembered.

Some people don't send cards at Christmas any more.

Others like to include their child's name – for example – “Love from X x and x and always remembering xx”. You can also ask others to include a similar sentiment on any cards they send you. A small gesture which can really lift our hearts. Don't put too much stress on yourself. If there are difficult relations who expect to visit or for you to visit them, just say you can't do it this year if it's going to make you feel worse. Or introduce a time limit – “We'll come over for a quick drink but will only stay an hour.”

Develop a Christmas ritual involving your child – attend a candle lighting service with other bereaved parents; spend time at a special memorial place on your own or with others; make or buy a special card or decoration for your child.

Spend time with people who understand. Avoid those who don't.

On the day itself, make time for yourself to escape if things are too much. A walk outside can really help ease tensions. Or take yourself off for a long warm bath.

If you can't cope with the idea of Christmas at all, go away and do something completely different. (Be aware, though, that sometimes being away from supportive friends or family can be more difficult and the jollity of strangers may be painful).

Volunteer for a charity helping the homeless or elderly over Christmas. This can be some small distraction and you are doing good too.

Try to take some gentle exercise every day – really helps boost those much needed endorphins.

Be aware that the New Year celebrations can also be difficult. The coming of a new year can feel like we are moving 'further away' from our child and the celebrations of others, wishing us a 'Happy New Year', can intensify our yearning and grief. We can feel isolated from the celebrations and happiness of others. Acknowledge these feelings to yourself and others close to you, and perhaps plan the evening of December 31st – whether that is to be alone, or with close, understanding friends who will allow you to be yourself and remember your child at this poignant time of year.



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

## Support Group Meeting is December 13th 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.

