



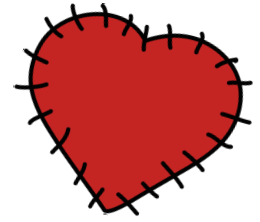
The Compassionate Friends

February 2019 *Serving Upper Bucks and Montgomery Counties*

Wounded Heart

"Your broken heart requires at least as much care as a broken bone. With proper care you can be confident that you will heal. The same powerful forces that mend a broken bone will heal your emotional pain, but a wounded heart needs time and proper care to heal."

~Harold Bloomfield, MD~



If someone fell and broke a leg, people would rush to their aid. They wouldn't stop to even think about it. Yet, when it's our hearts that are broken, few rush to our aid and even fewer understand. At first, we receive the cards and phone calls wishing us well and telling us "if there's anything I can do"...but they soon taper off to a trickle. Then we begin to hear that we must 'get on with our life,' 'we can't let it get us down,' and we're told just how soon we should be 'back to normal'... we're given a deadline of sorts. When we don't follow the acceptable standards for healing, we are thought to 'need help'...the professional kind... and we're told that we are 'in denial'. These same people, who seem to have all of the answers, not only have never experienced the loss of a child but also tend to not want to get too involved...too close to our pain. They would rather stand off to the side until we're back to our old selves...whatever that is! They're uncomfortable when we speak of why our hearts are broken and they don't mention it for fear of reminding us of how our hearts broke in the first

place... as if we could ever forget. When they ask us, "How are you"...it's more a greeting than a question. They don't want to hear how we ache inside, how lonely and empty we feel, how desolate we feel. Why...because they can't fix it. They can't make us whole again. And unlike a broken bone that's healed, we will never be as good as new. We will forever be missing a part of what made us the person that we once were. When our child died, so did a part of our heart and where that piece was, now there is nothing...only a gaping hole that nothing and no one can ever fill. Unlike a broken bone, we will not mend in a few weeks...in fact, we will never fully mend. We learn to live without that piece of our hearts...to live with our loss, to survive...one day at a time!

Jacquelyn M. Comeaux

In Loving Memory of My Angels...

Michelle, Jerry & Danny

Copyright 2001 Reprinted by permission of author

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 meetings: February 12 , March 12

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.

Quakertown Chapter

PO Box 1013

Quakertown, PA 18951

Chapter Info Line: 484-408-7314

contact@TCFQuakertownpa.org

website: www.tcfquakertownpa.org

People will forget what you said, people will forget what you did, but people will never forget how you made them feel. ~ Maya Angelou



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Ginny Leigh-Manuell, Chapter Leader
Sherri Albro, Chapter Treasurer
Gail Blase, Chapter Secretary
Mary Anne Macko, Assistant Secretary
Linda Stauffer, Chapter Newsletter & Website
Theresa Sitko, Memorial Garden Director
Theresa Sitko, Chapter Librarian
Barbara Reboratti, Chapter Delegate
Carol Graham, Hospitality
Lynette Lampman, Remembrance Cards
Mary Catherine Niderostek, R Cards
Brittini Fonder, Remembrance Cards
Celeste Nice, Outreach
Crystal Hunter
Bob Albro

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.



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.

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

OUR CHILDREN REMEMBERED

for February

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

2/1 - Brian Dorsey, son of Mindy Dorsey

2/3 - Robert Kyle Rainey, son of Lynne Rainey

2/3 - Heather Schaefer, daughter of Linda Schaefer

2/4 - Eric Martin, son of Daniel Martin; brother of Mikaela Martin

2/4 - Andrew Flath, son of Lori Jordan

2/4 - Lynda Mohlenhoff, daughter of Frank & Peggy Posivak

2/5 - Robert Bowen, son of Agnes & Robert Bowen

2/5 - Jonathan McCormick, son of Jacqueline & Bob Daniel

2/6 - Stephen Fuhrmeister, son of Lisa Fuhrmeister; nephew of Renee Hudoka

2/6 - Michael Pettie, son of Doreene Pettie

2/9 - Katey Blasé, daughter of Gail Blasé, sister of Hiliary Blasé

2/9 - Dario Datis, son of Sherie Datis

2/9 - Derick M. Lawley, brother of Tara Lawley-Bergey

2/10 - Jeffrey Broxteman, son of Roger & Janet Broxteman

2/10 - Shawn Lampmann, son of Lynette Lampmann

2/12 - David Schaller, son of Raymond Schaller

2/14 - Marc Falcone, son of Dominic & Carolyn Falcone

2/14 - Joshua Sotak, son of Mary Catherine Nederosteck

2/15 - Kristin Statuti, daughter of Henry & Maryann Statuti; Henry & Shirley Statuti

2/16 - Alesandria Gasior, daughter of Linda & Dan Brophy

2/16 - Chris Guidotti, son of Nancy & Al Guidotti

2/16 - Scott Newell, son of Carol Newell

2/18 - Tracey Elizabeth Hottenstein, daughter of Charlie & Betty Hottenstein

2/18 - John Inscho, son of Peggy Daggitt; brother of Diane Anderson

2/18 - John Ruch, son of Christina Dunning

2/19 - Bill Molko, son of Ellen Molko

2/19 - Will Moyer, son of Sue Simon

2/20 - Kinsey Duvall, son of Craig Duvall

2/20 - Scott Naber, brother of Anje Naber

2/25 - Tammy Moore, daughter of Tom & Sandra Moore; sister of Tom, Tara, & Thad

2/26 - Cpl. Barton Humlhanz, son of Michele & Don Carey

2/26 - Joey Siedlecki, son of Joe Siedlecki & Monica Siedlecki

2/28 - Jason Tyler, son of Mitzi Foulke

2/28 - Sullivan Burd, son of Jessica & Glenn Burd

2/28 - Matt Cardinal, son of Lynn Cardinal; brother of Mike Cardinal



OUR CHILDREN REMEMBERED

for February

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

2/1 – Myrl Packer III, son of Anna Packer
2/3 – Joseph Cavataio, son of Libby Cavataio
2/6 – Jonathan McCormick, son of Jacqueline & Bob Daniel
2/7 – Douglas Hofmackel, son of Marie & Ken Hofmackel
2/7 – Michael Pettie, son of Doreene Pettie
2/8 – Blake Smith, son of Colleen & Robert Bendesky
2/8 – Philip D. Calabrette, Jr., son of Lynn Calabrette
2/9 – Dawn Cannon, daughter of Joanne & David Cannon
2/9 – Anne-Marie Acker, daughter of Anne Marie Acker
2/10 – Megan Eschenburg, daughter of Gary & Peggy Eschenburg
2/10 – Lisa Kumiega-Lewis, daughter of Alan & Arlene Vogel
2/10 – Brenda Meehl, daughter of Patricia & Harold Hunsicker
2/11 – Rachel Behrig, daughter of David & Kimberly Behrig
2/12 – Robert Bowen, son of Agnes & Robert Bowen
2/12 – James Monahan II, son of Kim Kleinsmith
2/12 – Lisa Dawn Weatherly, daughter of Norma Jean Weatherly
2/13 – Shawn Lampmann, son of Lynette Lampmann
2/13 – Jake Paternoster, son of Mike & Ruth Paternoster
2/13 – Rebecca VanLuvanee, daughter of Nanette & Daniel Helms
2/14 – Derick Schubert, son of Anne & John Schubert; brother of Marie

2/15 – Randy Angstadt, son of Paul & Barbara Angstadt
2/15 – Tracey Elizabeth Hottenstein, daughter of Charlie & Betty Hottenstein
2/15 – Brittani James, daughter of Christine James; Jack & Polly James; sister of Shannon Short; granddaughter of Nancy James
2/16 – Benjamin Michael Albro, son of Sherri & Bob Albro
2/16 – Stormy Weaver, daughter of Nathan & Amber Weaver
2/17 – Vivienne Martin, daughter of Justin & Mary Martin; granddaughter of James & Catherine McFadden
2/18 – Rodney Bossert, son of Julia Bossert Roush
2/18 – Gregory Hallman, nephew of Mary Pat Hallman
2/18 – Kevin Short, son of Fran & Lynne Short
2/21 – Natasha Michelle Dechant, daughter of Nancy Dechant
2/22 – Sarah Souder, daughter of Dean & Kay Souder
2/24 – David Cassel, brother of Carol Lamonte
2/24 – George Davish, son of Sheryle & Geroge Davish
2/24 – David Grebe, brother of Sue Grebe
2/25 – Shane Bowen, son of Agnes & Robert Bowen
2/27 – Brian Hackmaster, son of Barbara Hackmaster; brother of Amy Hackmaster
2/27 – Donnie Daniels, Jr., son of Don & Kelly Daniels
2/27 – Christopher Ulmer, son of James & Patricia Ulmer
2/28 – Justice Goodwin, son of Holly & Keith Goodwin

WHEN YOU WISH UPON A STAR

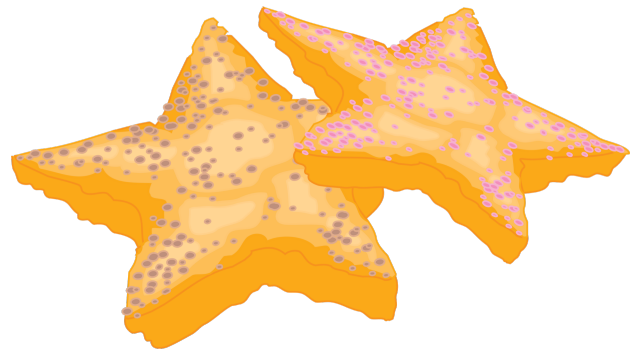
Every time I am in a group of bereaved parents, I hear people say things like, "I wish my child hadn't died" or "I wish I had him back." Those wishes, unfortunately, can never come true. Another wish I hear is "I wish my friends (or church, or neighbors, or relatives) understood what I am going through and were more supportive." This is a wish that has some possibility of coming true if we are able to be honest and assertive with the people around us. What do we wish others understood about the loss of our child? Here is a partial list of such wishes:

1. I wish you would not be afraid to speak my child's name. My child lived and was important.
2. If I cry or get emotional if we talk about my child, I wish you knew that it isn't because you have hurt me; the fact that my child died has caused my tears. You have allowed me to cry and thank you. Crying and emotional outbursts are healing.
3. I wish you wouldn't "kill" my child again by removing from your home his pictures, artwork, or other remembrances.
4. I will have emotional highs and lows, ups and downs. I wish you wouldn't think that if I have a good day my grief is all over, or that if I have a bad day I need psychiatric counseling.
5. I wish you knew that the death of a child is different from other losses and must be viewed separately. It is the ultimate tragedy and I wish you wouldn't compare it to your loss of a parent, a spouse, or a pet.
6. Being a bereaved parent is not contagious, so I wish you wouldn't shy away from me.
7. I wish you knew all of the "crazy" grief reactions that I am having are in fact very normal. Depression, anger, frustration, hopelessness, and the questioning of values and beliefs are to be expected following the death of a child.
8. I wish you wouldn't expect my grief to be over in six months. The first few years are going to be exceedingly traumatic for us. As with alcoholics, I will never be "cured" or a "former bereaved parent," but will forevermore be a "recovering bereaved parent."
9. I wish you understood the physical reactions to grief. I may gain weight or lose weight, sleep all the time or not at all, develop a host of illnesses and be accident-prone, all of which may be related to my grief.

10. Our child's birthday, the anniversary of his death, and holidays are a terrible times for us. I wish you would tell us that you are thinking about our child on these days, and if we get quiet and withdrawn, just know that we are thinking about our child. Don't try to coerce us into being cheerful.
11. It is normal and good that most of us re-examine our faith, values, and beliefs after losing a child. We will question things we have been taught all our lives and hopefully come to some new understanding with our God. I wish you would let me tangle with my religion without making me feel guilty.
12. I wish you wouldn't offer me drinks or drugs. These are just temporary crutches, and the only way I can get through this grief is to experience it. I have to hurt before I can heal.
13. I wish you understood that grief changes people. I am not the same person I was before my child died and I never will be that person again. If you keep waiting for me to "get back to my old self," you will stay frustrated. I am a new creature with new thoughts, dreams, aspirations, values and beliefs. Please try to get to know the new me - - maybe you'll still like me.

Instead of sitting around and waiting for our wishes to come true, we have an obligation to teach people some of the things we have learned about our grief. We can teach these lessons with great kindness, believing that people have good intentions and want to do what is right, but just don't know what to do with us, or we can sit and wait, I believe our children would want us to help the world understand.

Elaine Grier
TCF Atlanta, GA



A Valentine for Mom

As we grow older, we find that the simple reflections of our children are often the best memories we have. One such memory most mothers have is a valentine.....maybe many valentines. These special valentines were made by our children just for us. They were made when mom was the most important person in their world.

Some of us have kept each little memento of our child's years....from the first little hand plaque to the handmade gifts and cards to the special gifts that our children purchased with their own money. Each one is a part of our child, a part of us and a part of our shared history.

My first valentine from my child was a handmade red construction paper heart glued to heart shaped white lace paper... On it he had written "Happy Valentine's Day to my MOM. I love you. Todd." Shyly he asked if I liked it. I told him I loved it, and that his valentine was the most beautiful valentine a mother could receive. It is a treasure I have always kept. "I just wanted to be sure," he whispered.

In my office I have a gift that Todd bought me five years ago. All grown up now with an MBA, bright future, important corporate job, family of four children, a beautiful new home, and major responsibilities, precious little time was available for finding the perfect gift for his mom. His life was busy; his free time was limited, but a something special caught his eye and he thought about me. He decided to buy it. A few weeks later, he gave me a brightly wrapped package containing a beautiful plate picturing a Sioux Indian princess. "She's beautiful, just beautiful", I told him. "Do



Valentine's in Heaven

Are there Valentines in Heaven?
Are there Red Hearts everywhere?
Do they line the golden streets,
Or is that very rare?
I wish that I could send you one,
Right through Heaven's Gate,
To say how much we miss you,
On this special date.
I'd like to send a Candy Heart,
That is printed, "I Luv U,"
And maybe you would whisper back,
"I know, I Luv U too."

Marilyn Rollins
TCF Lake-Porter, IN
For All Our Children

you really like it?" he asked. The detail, the essence of her heritage and her outlook were captured perfectly. I told him, "I love it, Todd I'll keep her in the office so I can see her every day. I think she is beautiful." And she is in my office today, another treasure I will always keep. "I just wanted to be sure," he whispered.

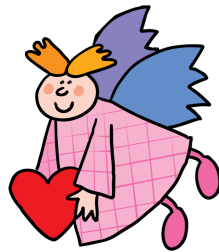
Much has happened since my three year old son gave me that handmade valentine and my adult son gave me that special gift. The years have raced by; my son has been dead for over two years. And so this month I will open another special gift that my son bought me when he was still in college: my cedar chest. I'd always wanted a cedar chest for the special keepsakes marking our lives. That cedar chest contains pictures, cards, handmade gifts and other things that only a mother could hold in her hands while watching the movies play in her head. There are many movies in that cedar chest, but only I can see them. That is the beauty of memories.

Each of us has our memories of our child. Whether our child was 5 days old or 55 years old, we have special memories that are as much a part of us as our faces. Valentine's Day was always a special day for our family. We exchanged valentines and sometimes give a special gift.

This Valentine's Day I will send my son a special handwritten valentine, carried on the wind to the cosmos. The message will be simple. "Happy Valentine's Day to my SON, Todd. I love you. Your Mom."

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

Some of the most
comforting words in the
universe are 'me too.' That
moment when you find out
that your struggle is also
someone else's struggle,
that you're not alone, and
that others have been
down the same road.



Love Gifts

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

Pat & Harold Hunsicker, in memory of their daughter **Brenda Meehl**: You are forever in our hearts. We love and miss you very much.
Charlie & Betty Hottenstein, in memory of their daughter, **Tracy Elizabeth Hottenstein**: Thanks for the great memories. Thinking of you each and every day. Love Forever, Mom & Dad

Refreshments for January

Thank you for refreshments in January:
 Don Croisette, in loving memory of his daughter Jackie
 Kasey Bradley, in loving memory of her sister Carly
 Dianna Cox, in loving memory of son Michael Cox
 Theresa Sitko, in loving memory of their son Clayton Sitko

If you would like to sponsor refreshments or bring some to a meeting in remembrance of your loved one, please call our Chapter Info Line 484-408-7314. .

A special thank you to Lynette Lampmann, Brittni Fonder, 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) brother Christopher (Brittni) and son 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

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.

Starting now, our newsletter will have a Community Corner. If you have an event that benefits bereaved Parents or siblings or you have a non-profit in memory of your child/sibling and have events, send them to us!

Katie Stauffer Memorial Fund at the Lehigh Valley Community Foundation. Scholarships to Quakertown High School students
James C Roberts IV memorial scholarship fund at East Stroudsburg University- must be involved in sports (football) and major in secondary education.

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

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 : February 12, March 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.

