



Serving Upper Bucks and Montgomery Counties

The Compassionate Friends

Quakertown Chapter February 2022

This Newsletter is Your Newsletter

This monthly newsletter is the heart and labor of volunteers who understand your grief. We do it for you. As you look through each page, pay attention to what resonates with you. Think about what you would like to read more about. Then, send us suggestions.

One of the ideas the Steering Committee (those leading the meetings, organizing the events, and walking alongside you) wants to bring back is more stories about your children and siblings. For the anniversary month or birthday month, we would love to have guest columns- anecdotes, memories, pictures- of your child/sibling (with or without you in the pictures!) In the past, these stories were a way to get to know each other and that is more than ever important since we are not meeting in the same ways we did pre-pandemic (miss you all!). The stories are keeping their light shining here on Earth. We want to read these. If you feel inclined to send a story, it must be received by the 15th of the month to make it into the next month's newsletter. Be sure to include YOUR name so we can attribute it to you. Find the email address below. You can also mail them to our PO box.

Secondly, helpful book reviews is a topic we are looking for! What have you read that was great (or even not so great for you but maybe helpful for someone else!)?? Since life has changed and we are not always with each other, our lending library is not being used as much so we hope you have found some reading material at the library, on your reading devices,



or online. Please write a book review or several and send them to the email address below. This topic came up at the last meeting and one thing we overlook sometimes is how helpful children's books can be (for us or children!) so please review those too!

Email is the best way: newsletter@tcfquakertownpa.org to send all of these!

Wishing you peace and healthy vibes,

If you are reading this newsletter and do not receive emails from the chapter, and would like to, please email contact@tcfquakertownpa.org to be included on the email list. Be sure to include your name!



As our membership grows costs are rising to mail paper copies of the newsletter each month. Please consider receiving the newsletter by email, or Facebook, or our website. Please contact us with your email address!!! Thank you for helping us SAVE funds!!! email or scan ----->
contact@tcfquakertownpa.org



Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
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contact@TCFQuakertownpa.org
website: www.tcfquakertownpa.org

Please give some thought to volunteering with The Compassionate Friends. Our Chapter is growing and we need helping hands to continue to help others that are new to this path of grief. We need not walk alone.



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Chapter Leader – Crystal Hunter

Chapter Treasurer – Lisa Dechant

Chapter Secretary – Gail Blase

Assistant Secretary –

Mary Anne Macko

Newsletter Editor/Webmaster –

Linda Stauffer

Membership Outreach–

Ginny Leigh Manuel

Social Media Coordinator & Sibling

Coordinator – Crystal Hunter

Memorial Garden Chairperson –

Theresa Sitko

Committee members – Bob Albro,

Dianna Cox, Diane Gurecki, and

Lynette Lampman

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.

We were put on this earth *to love them*

for as long as WE live... ○

not for as long as THEY lived.

– Alan Pederson

Self-help Program

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

To Our New Members

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

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

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

Information Regarding Our Meetings

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

Support Group Meetings

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

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4 meetings of attendance to determine if they are for you. It may take a few meetings before you're able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

Your Friends at TCF Quakertown Chapter

Library Books

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

Newsletter Errors and Omissions

For any errors or omissions please contact Linda via email at kt4ever@mac.com with the error and the correction for the next month newsletter. Please remember we are all volunteers and grieving

About This Newsletter

This newsletter comes to you courtesy of The Compassionate Friends, Quakertown Chapter with the hope that it will be a helpful resource for you on your grief journey.

If you no longer wish to receive the newsletter please contact the newsletter editor by email: newsletter@tcfquakertownpa.org
PLEASE NOTE: If you are moving or your email has changed please notify the newsletter editor so that we can update your information and you continue to receive the newsletter. If the newsletter is returned to us either via mail or your email bounces back and you have not notified us you will be removed from the mailing list.

Newsletter submissions:

Submit articles and poetry to the editor by the 15th of the preceding month. Include the author's name & your contact information. You may mail to our PO Box 1013, Quakertown PA 18951 or email as a pdf file or word document to: newsletter@tcfquakertownpa.org



How to Survive Valentine's Day Grief

Special days often trigger powerful emotions and memories in survivors regardless of how much time has passed since the death of a loved one. A holiday reaction or anniversary response can occur because you associate a date on the calendar or the event itself with someone significant, such as a spouse, family member, or friend.

For anyone mourning a loss due to death, Valentine's Day can feel particularly cruel because it emphasizes the togetherness, love, and romance. Moreover, given its significant marketing and prominent displays of merchandise in stores of all types, it is practically impossible to avoid reminders that the "couple's holiday" approaches.

Use these tips to help you cope with the grief you feel on or around Valentine's Day as you attempt to deal with your loss.

Ignore the Rules

The pressure to act a certain way adds an unfortunate and unnecessary burden to those mourning a loss to death. If you feel the need during Valentine's Day to conceal your tears or put on a brave face (or, conversely, *not* to laugh or enjoy yourself at times), then you need to give yourself permission to grieve in your own way. Despite societal pressures—real or imagined—or the idea of the universality of grief stages- there simply is no correct way to mourn the loss of a loved one.

Cope Ugly

In 2008, a study was published concerning the resiliency of people facing potentially traumatic events, including bereavement. The authors expressed the idea of "coping ugly," meaning that coping does not necessarily need to be a thing of beauty—it just needs to get the job done. Do whatever you need to do during the holiday in order to cope.

Put Pen to Paper (or Fingers to Keyboard)

Journaling not only helps relieve stress but can also help you process and organize your thoughts and feelings as you write them down. Whether you express yourself best sitting at your computer or using paper and pen, exploring and recording your innermost emotions and ideas "for your eyes only" often proves therapeutic and can provide insight into your grief response.

Bury the Past

If you are comfortable with the idea, select a significant memento, reminder, or artifact that you strongly associate with the deceased and, literally, bury it in the ground during a private ceremony that you plan. Whether this involves a particular photograph, letter, matchbook, souvenir, or some other physical connection to your loved one, the idea here is to symbolically and lovingly say goodbye to the deceased and to "let go" of your past relationship so you can move forward.

Be Your Own Valentine

Grief takes not only an emotional toll on those mourning a death, but it also takes a physical one. Often, the bereaved person feels exhausted because of poor eating habits, a lack of exercise, or inadequate sleep. If that describes you, then practice some self-love during the holiday by paying attention to your physical needs. If you don't feel energetic enough to prepare a meal, then order out or go to a favorite restaurant. Take your dog for a walk, or invite a friend to stroll around the mall with you.

Honor Your Beloved

Focusing your attention on a meaningful way to honor and memorialize your loved one can help channel your thoughts and feelings in a positive fashion during the holiday. Ask yourself how your loved one would like to be remembered and then make it happen. It can be a physical memorial such as planting a tree in your yard or donating one to a school or church, adding a small "In Memory of..." plaque. But there are ways to honor your loved one that doesn't require spending money. You could give blood or assist with a blood drive, volunteer your time to help others, or visit and read to those at a nursing home. Give it some thought and you will find a way to honor your departed loved one. You might make this your Valentine's Day tradition.

A Compassionate Valentine

We remember Valentine's Day when we were happy there was so much love to give in our heart

But now our hearts are broken in two when a child that we loved so much had to part

The holidays never seem the same anymore as they did before in the past

We will always remember the good times we had and all of the beautiful memories that will last.

It's like a piece of our heart was taken away and it is a part that never mends

But the group that helped me out the most is the love and understanding from Compassionate Friends.

For all of our hearts were broken one day and we all have our own story to tell

We help each other out the best way we can everytime I go there a little more of me gets well.

It is hard to believe there are so many broken

hearts that had loved their children this much.

A child who had meant so much in our lives who was always so gentle to our touch.

I believe that God is taking care of our children for a while they have a new place to play.

And that someday we will all be together again who knows it may be on Valentine's Day.

All of our tears come from the heart and the pain just never seems to end

You don't realize that there are so many like you who understand and want to be your friend

So don't ever think you are alone there are so many that want to help and pray

And remember that our children are watching so try and have a nice Valentine's Day.

By Dee and Jack Heil
NE Philadelphia TCF
2-14-2016

**Garden Plaque order
being sent to
manufacturer this month**

***Deadline to submit
order is the 15th of
This Month***

*Scan here with your
Smartphone camera
for order form*



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

*“Our Children Remembered on their February Birthdays
Always Loved, Missed and Forever in Our Hearts.”*

2/1 - **Brian Dorsey**, son of Mindy Dorsey

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

2/4 - **Andrew Flath**, son of Lori Jordan

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

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

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 - **Shawn Lampmann**, son of Lynette Lampmann

2/14 - **Nici Grawonski**, sister of Michelle McDaniels

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

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

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

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

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

2/19 - **Will Moyer**, son of Sue Simon

2/19 - **Thomas Water**, brother of Pamela Buda

2/20 - **Kinsey Duvall**, son of Craig Duvall

2/25 - **Tammy Moore**, daughter of Tom & Sandra Moore

2/25 - **Skye A. Gilbert**, daughter of Susan J. Gilbert

2/26 - **Jason Tyler Foulke**, son of Mitzi & Dean Foulke

2/27 - **Justina Sue Daniel Espinoza**, daughter of Bob & Jacqueline Daniel

To honor you, I get up everyday and take a breath. And start another day without you in it.

To honor you, I laugh and love with those who knew your smile and the way your eyes twinkled with mischief and secret knowledge.

To honor you, I take the time to appreciate everyone I love, I know now there is no guarantee of days or hours spent in their presence.

To honor you, I listen to music you would have liked, And sing at the top of my lungs, with the windows rolled down.

To honor you, I take chances, say what I feel, hold nothing back, Risk making a fool of myself, dance every dance.

You were my light, my heart, my gift of love, from the very highest source.

So everyday, I vow to make a difference, share a smile, live, laugh and love.

Now I live for us both, so all I do, I do to honor you.



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

2/6 – **Jonathan McCormick**, son of
Jacqueline & Bob Daniel
2/7 – **Michael Pettie**, son of Doreene Pettie
2/7 – **Leslie Ann Kobzina**, daughter of
Randy & Lori Ann Kobzina
2/8 – **Philip D. Calabrette, Jr.**, son of Lynn
Calabrette
2/9 – **Dawn Cannon**, daughter of Joanne &
David Cannon
2/10 – **Lisa Kumiega-Lewis**, daughter of
Alan & Arlene Vogel
2/10 – **Brenda Meehl**, daughter of Patricia
& Harold Hunsicker
2/10 – **Jolene Wohlbach**, daughter of
Marie Fedorowicz
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
2/15 – **Tracy Elizabeth Hottenstein**,
daughter of Charlie & Betty Hottenstein
2/15 – **Pat Cornell**, sister of Kathy & Frank
Bender
2/15 – **Brittani James**, daughter of
Christine James
2/16 – **Benjamin Michael Albro**, son of
Sherri & Bob Albro
2/21 – **Natasha Michelle Dechant**,
daughter of Nancy Dechant
2/21 – **Greg Mikesell**, son of Carol & Don
Mikesell
2/22 – **Sarah Souder**, daughter of Kay
Souder
2/22 – **Joey Reichman**, son of Tacey &
Stephen Reichman, brother of Tami



2/24 – **George Davish**, son of Sheryle &
George Davish
2/24 – **David Grebe**, brother of Sue
Grebe
2/25 – **Shane Bowen**, son of Agnes &
Robert Bowen
2/27 – **Donnie Daniels, Jr.**, son of Don &
Kelly Daniels
2/27 – **Christopher Ulmer**, son of James
& Patricia Ulmer

Special Thanks

A special thank you to Diane Guerecki, Lisa Dechant, Jenifer Pini, [Michelle Argue Larrabee](#), [Rosemary Stewart](#) for the Remembrance cards that you receive. They do this in memory of their children/ siblings: An appreciated Thank You to our members for helping to set up and tear down for chapter meetings. Thank you to Linda Stauffer for supplying the ink and paper and printing our newsletter and creating and maintaining our website. She does this in memory of her daughter Katie. Thank you to 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.

Love Gifts

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

To Lynette I. Lampmann, in loving memory of her beloved son, Shawn William Lampmann:
"In memory of my loving son, Shawn William Lampmann. Miss and love you very much!"

To Susan Gilbert, in loving memory of her beloved daughter, Skye A. Gilbert:
"You are in our thoughts and missed very much. Love, Susan Gilbert (Mom), Lucas Detweiler (son) and Jaylee Gilbert-Saltmer (daughter)."

To Pat and Harold Hunsicker, in loving memory of their beloved daughter, Brenda Meehl:
"In loving memory of our daughter, Brenda Meehl from Pat & Harold Hunsicker."

To Linda L. & Wayne Schaefer, in loving memory of their beloved daughter, Heather Marie Schaefer:
"We miss you very much. Your memories & smiles are kept close by in our hearts."

Please feel free to use the Love Gift Form in the newsletter to include your special message.

"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

Donations made in memory of your child, grandchild or sibling are always welcome, but more so this year. Due to COVID restrictions we had to cancel our biggest fundraiser, the annual Memorial Walk and Butterfly Release. 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



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

Support Group Meeting is February 8



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.

