



The Compassionate Friends

January 2020

Serving Upper Bucks and Montgomery Counties

Healing With Journaling

Come to our support meeting January 14 and learn more about journaling and how it can help you navigate grief. Through journaling, you can feel calmer, write exactly how you are feeling and not be judged, and track patterns in your emotions and behaviors. There is a lot of research and many websites that can help you start, but at our meeting on January 14, ideas will be shared from those who journal. Even if you have never thought about journaling, feel free to attend this meeting-- you might find some support or an idea to be helpful to how you handle grief. You can purchase a journal for \$5 (exact cash preferred, or check) and the front has pictures of our memorial garden. You can also bring your own journal. Feel free to bring your favorite pens! If you have questions about this support meeting, please contact us. We look forward to seeing you and sharing your own journaling tips.



Coming January 14, 2020 at our TCF Quakertown Meeting
"Healing With Journaling"

Memorial Garden Journals will be available for purchase at the meeting, or bring your own.

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



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

Barbara Reboratti, Chapter Coordinator
& Chapter Delegate to National
Ginny Leigh-Manuel-Membership Outreach
Crystal Hunter, Social Media Coordinator &
Sibling Outreach
Sherri Albro, Chapter Treasurer
Gail Blase, Chapter Secretary
Mary Anne Macko, Assistant Secretary
Linda Stauffer, Chapter Newsletter &
Website Creator & Maintenance
Theresa Sitko, Memorial Garden Director
Lynette Lampmann, Hospitality
Mary Catherine Nederostek, Hospitality
Diane Guerecki, Remembrance Cards
Lisa Dechant, Remembrance Cards
Dianna Cox
Bob Albro
Carol Graham

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'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

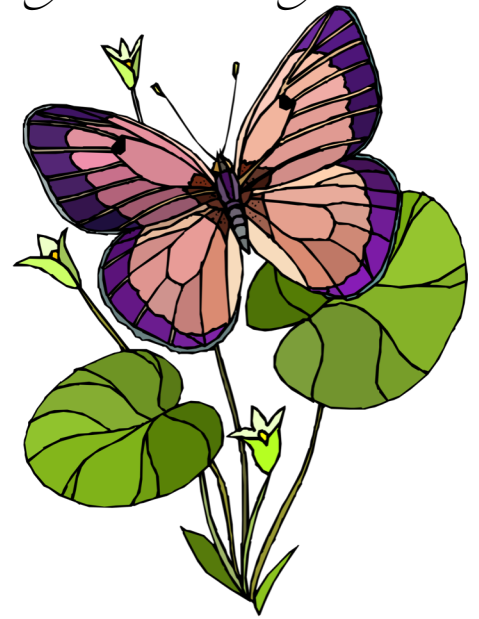
PLEASE NOTE: If you are moving or your email has changed please notify the newsletter editor so that we can update your information and you continue to receive the newsletter. If the newsletter is returned to us either via mail or your email bounces back and you have not notified us you will be removed 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

Our Children Remembered for January Birthdays

- 1/1 - **Joseph Cavataio**, son of Libby Cavataio
1/1 - **Pamela Minnichbach**, daughter of Paul & Dolly Cell
1/2 - **Stephanie Kissel**, daughter of Barbara & Bob Krantz
1/2 - **Beverly Sue Otten**, daughter of Mary Leuz
1/3 - **Bobby Rolph**, son of Judy and Bob Rolph
1/4 - **Marc Landis**, son of Anne & the late Craig Landis
1/5 - **Anthony Bonino**, son of Robert & Susan Bonino
1/5 - **Lisa Kuniaga-Lewis**, daughter of Arlene & Alan Vogel
1/9 - **Christopher Accardi**, son of Anthony & Mary Ellen Accardi
1/9 - **Dominic DeBlasio**, son of Jeannine DeBlasio
1/10 - **Peter Graham**, son of Al & Carol Graham
1/10 - **Ryan Mitman**, son of Victoria & James Weisbrod
1/11 - **Sean A. Ryer**, son of Patricia Ryer; grandson of Diana Adams
1/12 - **Chris Inscho**, son of Peggy Daggitt; brother of Diane Anderson
1/12 - **Ellen Crooke**, daughter of Annette & Daniel Crooke
1/13 - **Kevin Figanik**, son of Thomas & Valerie Figanik
1/13 - **Greggory Hallman**, nephew of Mary Pat Hallman
1/13 - **Jason Pini**, brother of Jennifer Pini
1/14 - **Geneva Doll**, daughter of Keith & Barbara Doll
1/18 - **Cynthia Benge**, daughter of Robert & Cheryl Benge
1/18 - **Kyle Smith**, son of David & Maria Smith
1/19 - **Karen Graham**, daughter of John & Barbara Graham, Jr.
1/20 - **Stormy Weaver**, daughter of Nathan & Amber Weaver
1/23 - **Nick Umberger**, son of Nina & Jeff Wolfinger; nephew of Bev Pearson
1/24 - **Austin Jacobs**, son of Penny Jacobs
1/24 - **Peter Smith**, son of Angela & Richard Smith
1/25 - **Allison Reboratti**, daughter of Barbara & Eduardo Reboratti
1/27 - **Megan Eschenburg**, daughter of Gary & Peggy Eschenburg
1/27 - **Ross Van Houten**, son of Brenda Van Houten
1/28 - **Denise Layton**, daughter of Edward & Gloria Layton
1/28 - **Liz Ann Whipple**, daughter of Liz Sullivan
1/29 - **Matthew Lincul**, son of Linda & Ed Lincul
1/30 - **Michael Cox**, son of Dianna Cox
1/30 - **Michael Vincent Schanbacher**, brother of Bill Schanbacher



LIGHT A CANDLE

And I will light a candle for you. To shatter all the darkness and
Bless the times we knew.
Like a beacon in the night.

The flame will burn bright
And guide us on our way.
Oh, today I light a candle for you. The seasons come and go,

And I'm weary of the change.
I keep moving on,
You know it's not the same.
And when I'm walking all alone, Do you hear me call your name?

Do you hear me sing the songs We used to sing?

You filled my life with wonder,

Touched me with surprise,
I saw that something special Deep within your
eyes.

And through the good times And the bad,
We carried on with pride.

By Paul Alexander TCF, Atlanta GA

Ten Years in Wings

I never really understood death until you passed away. I thought it was like going through a door that would never reopen again. It was locked on both sides, permanently sealing our connection with you. I thought that I'd only have pictures, memories and the things you left behind.

That door has nothing to do with our connection to you. Even though you have walked through death's door, we still have you here with us.

I see you in my Mother's eyes.
I see you in my Father's strength.
I see you in my nephew's hands.
I see you in my daughter's determination.
I see you in my son's mischievous spirit.
I see you in the flash of electricity.
I see you in the tools of your trade.
I see you in the many hearts that we find.

I hear you in my father's footsteps.
I hear you in my mother's voice.
I hear you in your son's laughter.
I hear you in the roar of a motor.
I hear you in almost every kind of music.
I hear you in discussions about religion.
I hear you in the laughter during a comedy show.
I hear you in the thunder and rain.

I feel your love when I see your son.
I feel you in the hearts that you leave.
I feel you in the sting of the wind.
I feel you by my side when I am sad.
I feel your strength when in difficult situations.
I feel you when I'm in the garage.
I feel you in the heat of the fire.
I feel you as I hold a found penny.
I feel you in my heart every day.

You are still here. Your love for us never goes away. Our love for you never ceases just because your body is gone from this earth. Love easily passes through death's door in both directions.

It took time for us to learn how to love you after you got your wings. It was all so new, sad and painful. Every reminder of you hurt until we learned that you are still here. You showed us how to love you. You showed us



how to heal our hurting hearts. You showed us how to keep you in our lives.

It feels strange to say that it has been ten years since we heard your voice and laughter. A decade since we saw your face. We still celebrate your birthday and your wing day. We include you in our holidays. We talk about you like we saw you last week. You are still alive in our lives despite your physical presence being stolen from us. You are still here in our love for you and your love for us. Love never dies. Love does not cross over. Love never leaves. Love has kept you with us every day.

You must be proud of the man that your son has become. You were so excited when you learned he was on the way. What a miracle for you to have a son when doctor believed it to be impossible. My memory of your joy at his birth is crystal clear. He is the combination of all of your best qualities. His heart is golden and shines through his eyes just like your's did. His hands and intellect combine into the master of repairing whatever has been broken. Like you, he combines strength and courage with a gentle kindness.

In Memory of my Brother, Clayton Sitko
9/12/77 to 1/20/10
Celebrating a Decade with Wings in Heaven

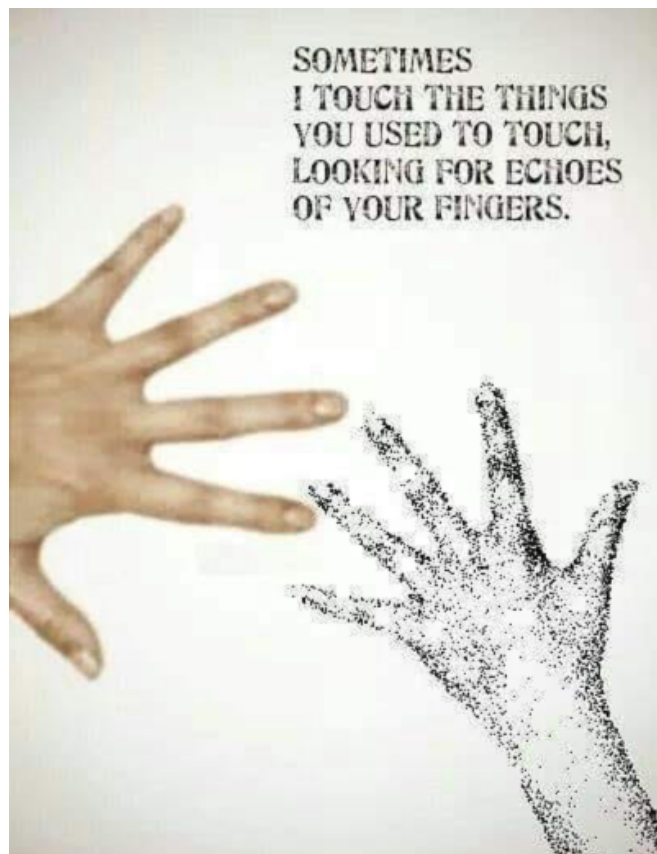
His loving family, Henry, Theresa,
Maximilian, Mandy, Violet, Jayden, and
Sparkle

Our Children Remembered on the Anniversary of Their Death

Loved , missed and alway in our hearts

1/1 - **Nick Campellone**, son of Johanna Goodwin
1/1 - **Lisette Martin**, daughter of Luke & Amanda Martin; granddaughter of Evelyn & Nelson Martin, Jr.
1/2 - **Joseph Harper**, son of Chris & Janeen Harper; grandson of Rosemarie & Francis Salamone
1/2 - **Joseph Oglialoro**, son of Mike & Becky Oglialoro; grandson of Rose & Joseph Oglialoro; Gary & Vickie Shoudt
1/2 - **Julia Smith**, daughter of Deborah Heatherington
1/5 - **Philip Gold**, son of Alan & Frances Gold
1/5 - **Jessica Roth**, daughter of Wilbur & Carol Roth
1/5 - **Eric Santayana**, son of Debi & Walt Schimpf
1/7 - **Stephanie Kissel**, daughter of Barbara & Bob Krantz
1/9 - **Anthony DelConte**, son of John & Marie DelConte, Jr.; brother of Dana Turock
1/9 - **Jason Heuckeroth**, son of Debbie & Mark Heuckeroth; brother of Jaime
1/9 - **Stephen Stalheim**, son of Barbara Mertens; brother of Deborah, Daniel & Peter
1/10 - **Eric Gorman**, son of Butch & Marianne Gorman, Jr.; brother of Patrick & Jennifer Gorman
1/12 - **Kiana Alverenga**, daughter of Tina & Jose Alvarenga
1/12 - **Daniel Attilio**, son of Patrick & Ann Marie Attilio
1/12 - **Morgan Mysza**, son of Dean & Jill Mysza
1/13 - **Brett Stebulis**, son of Barbara & Leonard Stebulis
1/15 - **Ken Trauger**, brother of Donna Gibson
1/16 - **William Mindler**, son of Kathryn Mindler
1/16 - **David Roscilo**, son of Barbara Frojan
1/17 - **Karin Haughey Adair**, sister of Martha Stoler
1/18 - **Curtis Anthony**, son of Paul Anthony & Donna Kapper; grandson of Charlie & Nancy Kapper
1/19 - **Peter Graham**, son of Albert & Carol Graham
1/19 - **Jacob Burkett**, son of Kathleen & Jim Hardgrove
1/20 - **K. Scott Frey**, son of Ken & Roberta Frey
1/20 - **Clayton Sitko**, son of Henry & Theresa Sitko
1/21 - **Robert Toft, Jr.**, son of Robert & Joy Toft
1/21 - **Adriana Toro**, daughter of Israel Toro
1/21 - **Margaret Welhaf**, sister of George Blood, Jr.
1/22 - **Eric Martin**, son of Daniel Martin; brother of

Mikaela Martin
1/23 - **Matthew DiNicola**, son of Ron & Myra DiNicola
1/23 - **William Ingelido, Jr.**, son of William Ingelido, Sr. & Rosann Smiley
1/23 - **Jacob Jones**, son of Elaine & Paul Barndt
1/23 - **Michael Macko**, brother of Mary Anne Macko
1/25 - **Nathan Rodosky**, son of Dean Rodosky; grandson of Sandra & Warren Madison
1/26 - **Michael Cox**, son of Dianna Cox
1/27 - **Julie Hartwich**, daughter of Donna & Dave Hartwich
1/29 - **Karen Slotter**, daughter of Dolly Bibic
1/30 - **Dan Bardsley**, son of Emma Bardsley; brother of John & Anita Bardsley
1/31 - **Stephen Lees**, son of Gregory Lees
1/31 - **Kristin Statuti**, daughter of Henry & Maryann Statuti
1/31 - **Linda Toland**, sister of Andrea Dunning & Valerie Schulz



Winter Blues

Winter months for many people are difficult in the best of circumstances. The colder days matched with fewer hours of sunlight are a perfect mix to make even the happiest of hearts feel a little blue. As we emerge from the cover of holiday 'joie de vivre' we can experience the intensity of the winter blues because of unmet expectations from family and friends. While only some will receive a diagnosis of Seasonal Affective Disorder (SAD), many people living in the north will experience feelings of sadness or even depression.

If this can be a typical feeling for many people on a good year, what happens when the complications of loss and the grief process are added to the experience? Enter SAD x 2. The death of a loved one, especially within the past year may add complicated feelings around this time of year. With this added layer of sadness there may be a temptation to wonder if the fog of sadness will ever lift. The question is raised, 'What can I do to alleviate some of these symptoms?'

If balance and wholeness is what you seek then a balanced approach is necessary. Consider the areas of Physical, Emotional and Spiritual ways of being to achieve balance this.

Physical

- 1 *Keep Moving:* One natural tendency is to want to hunker down and stay immobile. While a pyjama day every now and then is good for anyone, attention to physical activity is good for both grief resiliency and seasonal blues. Even when it is grey and cold outside, going for a 45 minute walk will make a world of difference.
- 2 *Healthy Diet and Vitamin D:* Because we are deprived of natural vitamin D from the sun, paying attention to our nutrition is important. Ensuring natural sources of vitamins with a healthy diet is significant. Where vitamin deficiency is an issue, look into the possibility of taking supplements. Foods high in sugar and fat contribute to fatigue.
- 3 *Light Therapy:* Some have found support with light therapy during the winter months. Special light boxes that mimic the spring and summer sun have been shown to assist portion of the population.
- 4 *Visiting your Doctor:* A routine check-in with your doctor during the winter months may keep a minor problem from becoming severe. A routine check-up on your emotional disposition, blood pressure and sleep monitoring all will help you keep an appropriate balance on your physical health.

Emotional/Social

- 1 *Socialize:* Stay close to the people who acknowledge the sacredness and importance of your loss. Find a regular time to get together with that person who will not expect you to move on, who will honour your story. Perhaps this is the person you would like to go for a walk with.
- 2 *Journall/Scrapbooking:* Recognizing that you cannot be outside all of the time, perhaps some of your indoor time can be dedicated to the memory of your loved one. Journaling about your feelings around the loss or writing about the life of your loved one will assist with the expression of your grief. Perhaps your creative side can express itself through the scrapbooking of memories of your loved one.
- 3 *Indulge in a Hobby:* Perhaps the death of a loved one has left a lot of time that used to be taken up with their care. This may be a time during the winter months to take up a lost hobby or to take an inventory of hobbies you may like to take up. Recreation centres and libraries often offer programming that encourage ongoing learning.
- 4 *Volunteering:* Consider volunteering with a cause that was important to your loved one. This is a great way to carry on their legacy as well as meet new people who share a similar passion.

Spiritual

- 1 *Meaning:* Time does not always have to be filled with activity. After a loss, the winter months provide time for reflection. The search for meaning after loss is important. Sometimes we are afraid of the silence that loss brings, but spending quiet time with our tears is important. This is also where journaling may assist.
- 2 *Connecting with Community:* If you belong to a faith community, this is an appropriate time to stay connected. This is what a faith community should be about, support and assistance with meaning especially after loss.
- 3 *Gratitude:* There is the temptation to be absorbed into the loss so much that we miss the many blessings around us each day. Having at least one thing to be grateful for each day and being mindful, will assist in the comprehension of meaning around loss.
- 4 *Mindfulness:* Also called meditation, mindfulness allows us to reconnect with the moment that is now and assist you with remaining grounded. Life is manageable in little pieces. When we get caught up in too much of the past, we can be overwhelmed with depression and when we get too caught up in the future, we can be overcome with anxiety. This moment on the other hand is manageable.

Staying physically, emotionally/socially, and spiritually balanced is an important task of keeping the winter grief/blues in check. The reality is, we all have setbacks brought on by sadness because of loss and/or cold winter days. We do, however, have a choice to combat these blues by staying active.



Plaques are only available for ACTIVE members of the Quakertown Chapter of The Compassionate Friends, which serves parents, siblings, and grandparents. **Being active means attending events, meetings, donating Love Gifts, or volunteering for the chapter in some capacity.** Circle: I am a bereaved **grandparent / parent / sibling** _____. I became part of TCF Quakertown in (year) _____.

Memorial Garden Plaque Order Form

Name: _____

Address/City/State/Zip: _____

Phone Number: _____ Email: _____

PLEASE WRITE LEGIBLY. WRITE ONE (1) LETTER OR SPACE FOR EACH BLOCK.

A PERIOD/COMMA GOES IN THE SAME BLOCK AS THE LETTER BEFORE. YOU DO NOT HAVE TO CENTER ANY OF IT.

Line 1																			
Line 2																			
Line 3																			
Line 4																			

Make the check (\$135 memo: Plaque) payable to The Compassionate Friends Quakertown Chapter and mail with form to:
 TCF Quakertown Chapter
 P.O. Box 1013; Quakertown, PA 18951

By marking this box, I confirm I have checked the spelling for my plaque.

DEADLINE: February 15, 2020

Questions: Plaque Coordinator Crystal at MemorialGardenTCF@gmail.com or 614-746-8076

THE PLACEMENT OF THE PLAQUE IS DETERMINED BY THE PLAQUE COMMITTEE. Special glue is used and will ruin the plaque and the wall if removed. Plaques are only for chapter members to purchase.



Little by little, step by step I learned that I didn't need To hang on to the death To remember the life. What a joyous discovery!

~ by *Kittie Brown McGowin TCF Montgomery, AL*

Refreshments for December

Brian Doyle in loving memory of his daughter Ashley's birthday. Special thanks to Diana Cox for storing and delivering the candle lighting event's bounty!

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 Diane Guerecki, Kasey Bradley Lisa Dechant, Jenifer Pini and Crystal Hunter 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 doing our newsletter and website. She does this in memory of her daughter Katie. Thank you to, Betty and Charlie Hottenstein for addressing our monthly newsletters for mailing. They do this in remembrance of their daughter, Tracy. 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.

Our Wishes For You

To those of you whose pain is fresh and raw, and still have courage to come and share with us, and give us healing through your pain, we send you love and compassion.

To those of you whose pain of grief, anger, and frustration has begun to soften, We wish you hope and healing.

To those of you who have found life can be good again, and can tenderly remember your child tinged with much less sorrow, and not be overwhelmed, we wish you fond memories.

To those of you who are struggling in your marriage or relationship, we wish you patience and understanding to accept one another for what you can give.

To those of you who are struggling with your spirituality, we wish you peace.

To those of you who give words of comfort and hope to another in the depth of despair, we say "Thank You."

To those of you who so willingly lend a hand in doing all the chores, and those who give financial support that holds the TCF chapters together, we say "Thank You."

We send you love, hope, compassion, a hug, and wish you peace.

Marie and Ken Hofmockel TCF, Valley Forge Chapter King of Prussia PA



Love Gifts

In Memory of Eric R Smith from Mary & Ross Smith.

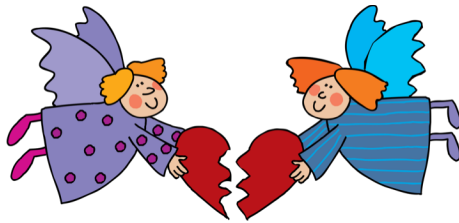
2020 – Another year without you, another year closer to seeing you again. Keep sending signs!

From Donald & Sally Reed; in loving memory of their son Christopher.

From Brian Doyle; in loving memory of his daughter, Ashley Doyle's birthday.

In loving memory of our daughter, Courtney Isabella from Tony & Michele Isabella.

In memory of my son, John Jerema; from Josie Lenhart.



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. **Please make checks payable to The Compassionate Friends Quakertown Chapter.** (Bank will not accept just TCF)he

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

Love Gift Message:

Your Name: _____

Email or Telephone: _____

Address: _____

Checks payable to
The Compassionate Friends
Quakertown Chapter
PO Box 1013
Quakertown, PA 18951

Treasurer Use Only

Cash/Check # _____ Amount _____

D _____ Q _____ T _____ N _____



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

Next Meetings : Jan. 14, Feb 11



The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers.

Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

We Need Not Walk Alone.

We Are The Compassionate Friends.

