



The Compassionate Friends

July 2019

Serving Upper Bucks and Montgomery Counties

2019 TCF Memorial Walk & Butterfly Release

June 8th dawned with magnificent weather, not too hot and not too cold, perfect weather for our Annual Memorial Walk and Butterfly Release. Theme for this year was "You Are Missed".

Our Quakertown Chapter walked the path of remembrance for our children and siblings. Leading the group was Brian Widelitz, a very talented bag piper. Craig Duvall gave a moving speech about how we all miss our loved ones so very much. He likened our deep grief to going over Niagra Falls. The world seems to drop out from under us.

To release our butterflies we gathered around the Memorial Garden where the names of our loved ones who have passed were read aloud. Slowly butterflies were released and at the end of the names, the mass release of butterflies. All in all the day was a very moving experience. If you haven't attended one of these walks and butterfly releases, please mark your calendars for next year, June 13th, at James Memorial Park, Sellersville.

Thank you to all who came out to support our chapter!

We give a very big thank you to Tom and Sandra Moore. They bought the winning ticket for the 50/50 drawing and donated all the money back to the chapter as a Love Gift in loving memory of their daughter, Tammy Moore.



Submitted by, Ginny Leigh-Manuell

July Support Group Meeting

Don't miss the July Support Group Meeting on July 9th. Crystal Hunter will be presenting some insights on Sibling Grief. Calling out to all the siblings in our chapter! Parents this information helps us bring our surviving children coping skills and most importantly **HOPE**.



Next Meetings: July 9, Aug 13

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

"We should love people and use things, not love things and use people"

Katie Stauffer 2000



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

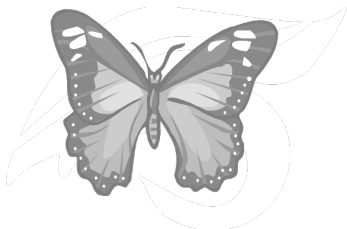
Ginny Leigh-Manuell, Chapter Leader
 Crystal Hunter-Co-leader
 Sherri Albro, Chapter Treasurer
 Gail Blase, Chapter Secretary
 Mary Anne Macko, Hospitality & Assistant Secretary
 Linda Stauffer, Chapter Newsletter & Website
 Theresa Sitko, Memorial Garden Director
 Barbara Reboratti, Chapter Delegate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

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



7/1 - Karen Slotter, daughter of Dolly Bibic

7/1 – Gabriel Krotzer, son of Steven & Heather Krotzer

7/3 - Shane Bowen, son of Agnes & Robert Bowen

7/5 - Bobby Cloud, son of Richard & Diane Cloud

7/5 - Andrew Keegan, son of Karen & Mark Keegan

7/6 - Morgan Basciano, daughter of Sharon & Nicholas Basciano; sister of Olivia Basciano

7/6 - Ryan McMullen, son of Kathleen & John McMullen

7/7 - Jarrod Nordland, son of Craig & Lisa Nordland

7/9 - Michele Lyn Murray, infant daughter of Kevin & Amy Murry

7/9 – Kyle Silver, grandson of Jeanne Hofmann

7/12 - Demetrios Asprakis, son of Joan Asprakis

7/13 – Lorraine Corbo, daughter of Deb Goodman

7/13 - Scott Silver, son of Jeanne Hofmann

7/16 - Matt Barber, son of Noel & Tim Barber

7/17 - Dan Slaughter, son of Lori Slaughter

7/18 - Brian Michael Leigh-Manuell, son of Ginny Leigh-Manuell; brother of Jennifer Wills

7/20 - Thomas Hamilton, sibling of Jessica Green

7/20 - Katie Leck, daughter of John & Anita Bardsley

7/20 – Adriana Toro, daughter of Israel Toro

7/21 - Lisa Dawn Weatherly, daughter of Norma Jean Weatherly

7/23 – Alexis Quay, daughter of Mary Dickinson

7/24 - Lisa Koletty, daughter of Barbara & Dietrich Koletty

7/25 - Joe Discher, son of Martha & Art Discher; sister of Wendy Park

7/28 - Adam Sautner, son of Bonnie & Alfred Sautner, Jr.

7/28 - Gregory Teufel, son of Mark & Renee Teufel

7/29 - Donald Dolan, Jr., son of Don & Tina Dolan

7/29 - Jonathan Jason Orlick, son of Teri Orlick

7/30 - Robert Marich, son of Michele Callon

7/30 - Douglas Minner, son of Louis & Toby Minner

7/30 - Jean Marie Moyer, daughter of Joe Siedlecki & Monica Siedlecki



An Open Letter, From a Grieving Sibling

“When a parent dies, you lose the past. When a child dies, you lose the future. When a sibling dies, you lose the past and the future.” - Unknown

Dec. 11, 2018- The whirlwind of emotions a person goes through after the loss of someone to suicide can seem unbearable, and everyone will experience grief in different ways. Sibling grief in particular can often be forgotten, misunderstood, or overlooked.

As a person struggling with the loss of my brother, there seemed to be sparse resources out there to help a grieving sibling.

Denial, anger, bargaining, depression, and acceptance, these “stages” of grief, may be our responses to the strong emotions accompanying a loss. But we don’t enter each stage the same way our friends or family might, and we also may not experience each stage in a linear fashion.

I felt stuck in my anger for a long time. I was so angry with my brother. I was angry that he did this, angry that he left me behind. I was angry with myself for not knowing how much pain he was in. I was angry with his friends for their not having seen his signs of struggle.

The worst was watching my parents mourn the loss of their son. Seeing them in so much pain broke my heart, and I found myself *hating* my brother.

I realize now that the anger and hatred I felt was a product of my grief. I was in so much emotional pain, and everything reminded me of him. I loved my brother. I wasn’t angry at him; I was upset that he would never do anything to “anger me” again.

I was guilty of neglecting my own grief. I felt as if I couldn’t allow myself to be sad, under the weight of the sorrow those around me were feeling. After all, how can I be sad for myself, when my parents had lost a child?

My experience has provided me with some insights into what someone who loses their sibling may feel. The death of a sibling is a unique loss, and the emotions involved can be complicated. There are a few key points I want to highlight, that are important to remember for those grieving a sibling.

Your Own Grief is Valid

Sibling grief may feel pushed aside by the grief of other family members, but it is okay to focus on your own grieving process.

After my brother died, people continuously came up to me saying how sorry they were for my parents, having lost a child. They often mentioned that they could not imagine what they were going through. The focus on my parents’ loss caused me to believe my own feelings for his loss should not be as strong.

Thankfully, my parents themselves often checked in with me, and asked me how I felt. Before I moved out, we would talk about my brother often. These days, we reminisce about him, and talk about what we think he would be up to now.

Having an open dialogue and the freedom to express your own emotions about your loss is a good way to ensure you aren’t devaluing your own grieving process in lieu of another’s.

“What I want people to know about my brother isn’t how he died, but rather how he lived.”

Answering Some Difficult Questions

If you are now learning how to be an only child, like I am, it takes time. Take time to think about how you may want to answer some difficult questions.

“Do you have any siblings?” This was a tough one for me. Do I say I’m an only child and pretend he just never existed? Do I say yes, change the subject, and not go further into the topic? Or do I respond that yes, I had a brother, and wait to see if the person wants to delve deeper into the conversation?

Personally, I am honest about it. I don’t want to hide the fact that I *had* a brother. A sibling is the first friend you make in life, and often your longest relationship. You will witness more life events with your sibling than anyone else. You share genetics, family, and culture. You learn how to communicate with others through talking to your sibling, as well as how to function in society. This is not something I could ever pretend didn’t exist in my life.

Additionally, if people want to ask about my brother, I want to answer about him. I want to share how amazing he was. I don’t want his death to be the only thing people talk about. I want people who didn’t know him to know it’s ok to ask questions, and I want people who did know him to share their stories with me.

Nothing can prepare you for the loss of a loved one to suicide. What I want people to know about my brother isn’t how he died, but rather how he lived.

Surviving Siblings May Face Tension

Perhaps you were closer to your sibling who passed, and now your other brother or sister feels as though they missed out on some of those moments with them. Maybe the sibling you lost was closer with your surviving sibling than with you, and you find yourself wondering how they could’ve missed any [warning signs](#) of struggle. The most important thing to remember is that everyone grieves differently. What you may be feeling in your own grief process might be wildly different to what someone else is, even another sibling. Open communication is a key element for navigating through this tumultuous time. It is always better to talk about it with each other, rather than holding it in.

You Will Be OK

At first, it may not feel like it, but you will be ok. People who die by suicide aren’t malicious, nor are they doing it to hurt you. They are in a great deal of pain and feel there is no other choice.

As to why it happened, it wasn’t your fault. Don’t blame yourself. Take everything one day at a time, and know most importantly that you aren’t alone. Talk openly about your feelings and be kind to yourself and your own needs. It may not seem like it now, and it may take some time, but you will be ok.

July Support Group Meeting.

Don’t miss the July Support Group Meeting on July 9th. Crystal Hunter will be presenting some insights on Sibling Grief. Calling out to all the siblings in our chapter! Parents this information helps us bring our surviving children coping skills and most importantly **HOPE**.

Our Children Remembered for July

Loved...Missed...Remembered on the Anniversary of
their death

7/1 – Matthew Hoffa, son of Dennis & Marcia Hoffa

7/1 – K. Michael Humlhanz, son of Mary Lou Humlhanz

7/1 – Gabriel Krotzer, daughter of Steven & Heather Krotzer

7/2 – Peter Smith, son of Angela & Richard Smith

7/3 – Lynda Mohlenhoff, daughter of Frank & Peggy Posivak

7/4 – CalliMae Derstine, daughter of Lucy & Mike Derstine

7/4 – Brandon Leathers, son of Jim Leathers

7/4 – Andy Walnes, daughter of Kim Walnes

7/5 – Michael Detweiler, son of Larry Detweiler; brother of
Lauren & Alyssa

7/5 – Derek Brown, son of Matthew Brown

7/5 – Adam Graham, son of Albert & Carol Graham

7/5 – Dominic DeBlasio, son of Jeannine DeBlasio

7/6 – Joshua Woods, brother of Jenn Kroll, Eliot Woods, Tricia
Woods

7/9 – Joey Siedlecki, son of Joe Siedlecki & Monica Siedlecki

7/9 – Michele Lyn Murray, daughter of Amy & Kevin Murray

7/9 – Jonathan Parker, son of Susan Parker

7/9 – Steven Ketterer, son of Steven & Gail Ketterer

7/10 – Earl Colella III, son of Jaynee & Earl Colella

7/10 – Heather Wagonseller Ash, daughter of Janet
Wagonseller

7/12 – Hunter Larrabee, son of Michelle Larrabee

7/13 – Joshua Sotak, son of Mary Catherine Nederosteck

7/15 – Mike Hicks, brother of Kathy Hicks

7/17 – Melinda Daniel, daughter of Jacqueline & Bob
Daniel

7/17 – Scott Silver, son of Jeanne Hofmann

7/18 – James Reilly, brother of Maureen Elliott, John &
Michelle Finegan

7/20 – Jana Lee Snedeker, daughter of Dave Snedeker

7/21 – Michael Fayewicz, brother of Sandra Ligowski

7/22 – Bobby Rolph, son of Judy & Bob Rolph

7/24 – Laura Smith, daughter of Valerie Smith

7/22 – Donald Vincente, son of Christine & Donald
Vincente

7/24 – Eric Stillings, son of Kirt & Joyce Stillings

7/26 – Eric Hill, son of David & Susan Hill

7/28 – Eric Gotwals, son of Gary & Anne Gotwals

7/28 – James P. Ryer, son of Diana M. Adams & Pat Ryer

7/29 – Chris Guidotti, son of Nancy & Al Guidotti

7/30 – Morgan Basciano, daughter of Sharon & Nicholas
Basciano; sister of Olivia Basciano

7/30 – Chris & John Inscho, sons of Peggy Daggitt;
brothers of Diane Anderson



42nd National Conference Registration Open

The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019 at the Philadelphia 201 Hotel. “Hope Rings Out in Philadelphia” is the theme of this year’s event, which promises more of last year’s great National Conference experience. We’ll keep you updated with details on the national website as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience.



Our sincere thanks for the refreshments in June:
Gail Blase for Katie Blase
Brian Doyle for Ashley Doyle
Alyssa Sandt for Andrea Clutter
Lori Jordan for Andrea Clutter & Andrew Flath
Mary Anne Macko for Matt & Chris Trauger
And thank you for sharing your memories of your beloved children with us!!

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, Crystal Hunter, 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), 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 remembrance of their daughter, Tracy.

Plaque orders

It is time to order your Memorial Garden Plaque! This order will be applied to the wall in May 2020. Orders are due December 20, 2019. The cost is \$135 if paying by check or Pay Pal Friends & Family. If you pay Pay Pal Goods & Services, the cost is \$145.

To order, follow this link:

<https://forms.gle/b8pcekg9c6szaRpy8> It is also listed in the email sent out with the newsletter and on social media.

You can pay via check or PayPal. All the directions are listed on the order form.

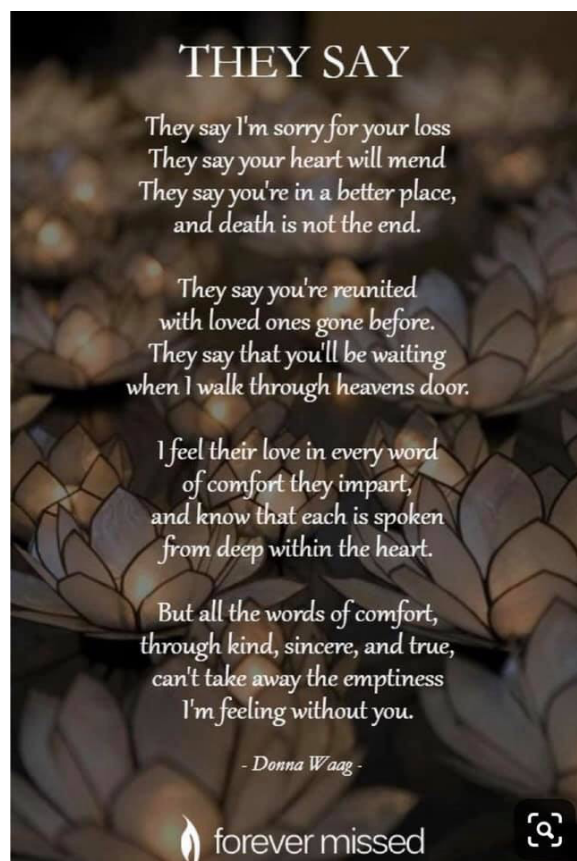
For those who receive the paper newsletter, if you do not have access to the internet, please call the chapter so we can mail you a form. You may also pick up the form at the Memorial Walk or support meeting.

Questions can be directed to MemorialGardenTCF@gmail.com.

MY TRAVELLING COMPANION

I take you wherever I travel,
Something from your grave,
A stone, some soil.
This time a small twig of
The Christmas greens I left
There a couple of months before.
Where shall I leave it this time?
I can't decide yet.
The Galapagos is remote
And fragile and I need
Its wild nature to heal
From the awful pain
Of loss I feel.
The fifth anniversary of
Your death looms
And I travel to distant lands
To seek relief amongst
God's creations.
Someone on the ship asked
How many children I have
And was not so kind.
I retreated to my cabin to cry.
Later, swimming in the clear waters
Of Bartolome
I shed salt tears to leave
In the wide ocean for you.

By Joan Asprakis, TCF
For her son, Jimmy





**The
Compassionate
Friends**
Supporting Family After a Child Dies

TCF Quakertown Chapter
PO Box 1013
Quakertown PA 18951
(484) 408-7314

MEMORIAL GARDEN FUNDRAISER

NAME: _____

E-MAIL: _____ PHONE#: _____

Please write checks to: TCF Quakertown Chapter – Garden

ALL ITEMS MUST BE PICKED UP AT SUPPORT MTG
NO SHIPPING AVAILABLE

ITEM DESCRIPTION	COLOR IF INDICATED	ITEM PRICE	QUANTITY	TOTAL AMOUNT	PD	CK #
GRAY BLANKET optional monogram with additional \$5 voucher to redeem at DOYLESTOWN EMBROIDERY		\$35				
WEATHER RESISTANT ZIPPERED TOTE		\$25				
APRON COLORS: BLACK, TAUPE		\$25				
TWO BOTTLE WINE CARRIER		\$20				
SPORT CAP COLORS: BLACK, DK GRAY, DK BROWN		\$25				
TOTAL AMOUNT DUE						

We Need Not Walk Alone – We are The Compassionate Friends

Garden News

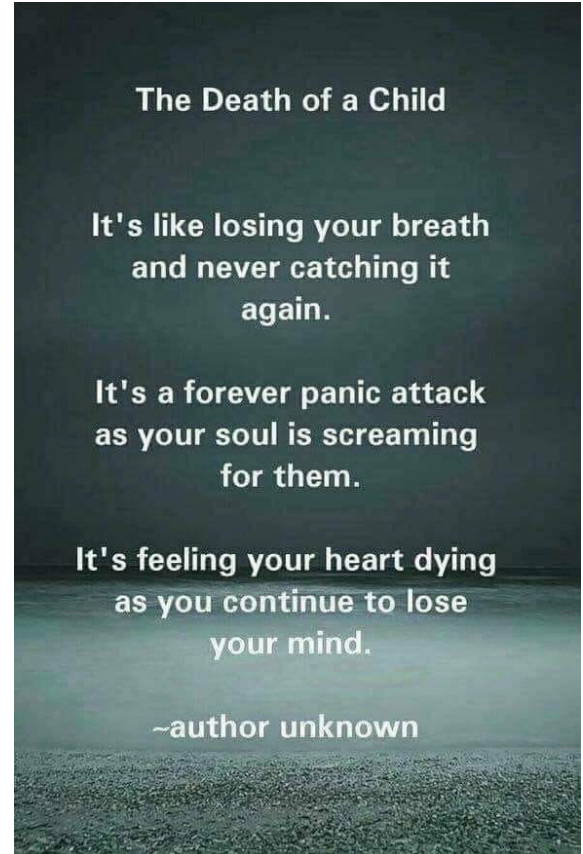
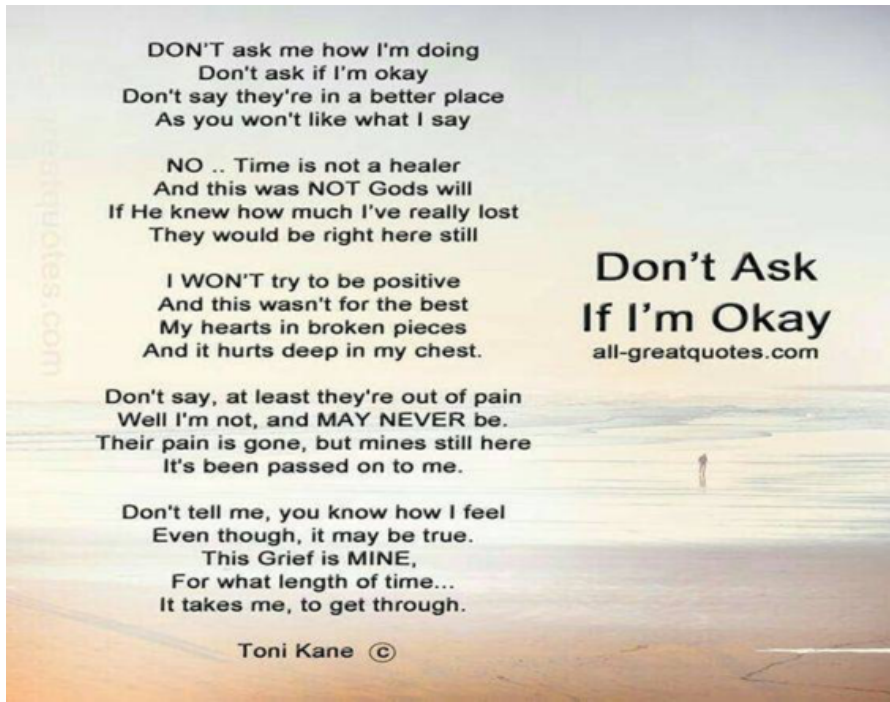
The spring garden has been planted and looks beautiful. The watering system has been purchased and installed so no need to worry about hand watering schedules this year. We've hired someone to pull weeds and maintain the garden.

Our garden fund is offering these items to continue to fund the improvement and maintenance of our beautiful garden. We hope the variety of items offered will appeal to those looking for holiday gifts. The blanket is so soft and quite large. It comes with a voucher to have it monogrammed if you wish for \$5 at Doylestown Embroidery. The tote is a great size, has a zipper closure, pockets on each side for water bottles or phones. The apron is a nice quality fabric and in the dark colors work great for the man in your life who loves to BBQ. It pairs nicely with the two bottle wine tote. The divider can be moved so it can hold a one large bottle. The sport caps are a very nice quality as well. All great gift ideas!

Please help us support the garden. Please note that all orders must be picked up at a support meeting. Shipping is not available.

Hugs to all and have a lovely summer!





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

Mary Anne Macko in memory of Matt Trauger's birthday & Chris Trauger's passing.

*Loved You Then, Love You Still
Always Have & Always Will*

LOVE NEVER DIES

Love, Mom & Brothers Josh & Jake

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

Love Gift Message:

Your Name: _____

Email or Telephone: _____

Address: _____

Checks payable to
TCF 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 : July 9, Aug 13



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.

