



Serving Upper Bucks and Montgomery Counties

The Compassionate Friends

Quakertown Chapter July 2021

Support Group Meeting July 11 at the Memorial Garden

As we did in May and June, our Support Group Meeting will be at our chapter's Memorial Garden in James Memorial Park, Ridge Road [Rt. 563] in West Rockhill Township from **12 noon to 2 PM on Sunday, July 11.**

Our meetings are strictly for bereaved parents, grandparents and siblings. Whether your child passed last month or 10 years ago, we welcome you. If you haven't attended a meeting for years, that's okay. We welcome you. No RSVP. No membership costs. No special attire. Just come as you are. We welcome you.

If you want to check the weather report, use the location, "Tylersport, PA." The weather on "the Ridge" can be vastly different than the weather in Quakertown or Hilltown or even Perkasie. Don't worry about the sun. We have a lovely shade tree near the garden. When the weather cools, we'll arrange to meet indoors if St. Luke's Quakertown Hospital opens its conference rooms for us.

You're welcome to stay after the end of the meeting to enjoy the beauty of our Memorial Garden with its new plantings, fresh mulch and some new Memorial Wall plaques.

We open our arms and our hearts to you.
You need not walk alone, we are The Compassionate Friends.

Barbara J Reboratti
Chapter Leader and Allison's Mom



Thank you, thank you chapter Moms and Dads for the generous donations so we could purchase plants this year for our Memorial Garden.

We asked and you gave.
Our Chapter's Memorial Garden Chairperson [Theresa Pettie Sitko](#) [Clayton's Mom] pulls it all together and leads us to our labor of love in remembrance of all our children 'gone too soon.'

<https://www.facebook.com/groups/quakertownchapter>

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
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

Chapter Leader – Barbara J Reboratti

Chapter Treasurer – Sherri Albro

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, Lisa

Dechant 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.

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

We were put on this earth *to love them*

for as long as WE live... ○

not for as long as THEY lived.

- Alan Pederson

Vacations After Loss

Vacations bring to mind time spent together as a family. After losing a child or children, vacations -- especially the first ones after loss -- remind us of their absence. Some bereaved parents place a higher expectation on the vacation than can be fulfilled. Maybe Mom may assume that getting away from home and the stress of work will enable dad and other family members to talk about their loss, reliving memories together and resolving issues of their grief. Dad might be thinking "If we can just get away from all these memories and stress, we can relax and forget our pain." Someone else in the family might think the vacation will give some relief from the grief work. Because each person has definite goals with high expectations, they may discover their spouse and/or children's goals to be painfully opposite their own. It's not uncommon to discover one spouse may not be ready to talk yet.

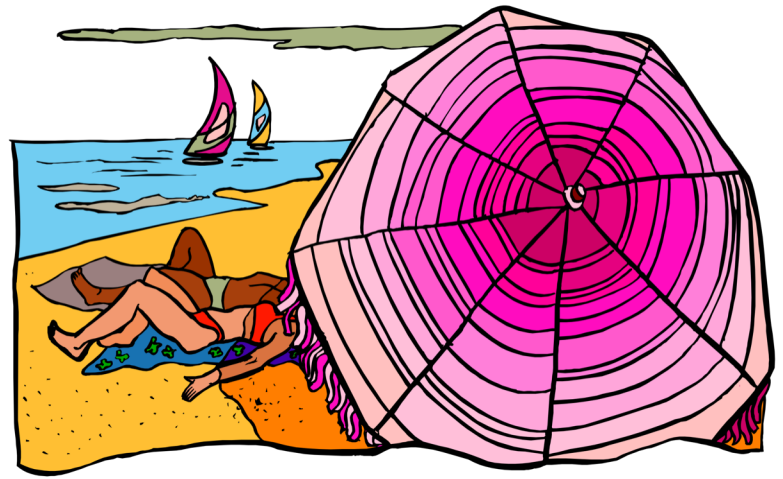
If vacations usually include trips to relatives or family camps, seeing everyone after your loss can be bittersweet. Memories as well as remembrances of what you'd planned for your child to do with others flood your mind. Some people will want to talk about your child. If your trip occurs shortly after the funeral, you may find that talking about your child is like

dragging the funeral out for days. When several months have elapsed, others often feel uncomfortable and will not mention your child's name until you do. If you want to talk about your child, don't wait for others to bring up his/her name they're uncertain if you're comfortable talking about them so are waiting for you to make the first move. Many find the enthusiasm to plan vacations and the concentration to make detailed arrangements are gone the first year, especially.

Others feel too stressed out to go anywhere or fear coming home would be too painful. In that case, day outings might be more suited to your energy and enthusiasm levels. Try to choose a variety of things so that each member of the family can do something they enjoy. Some bereaved parents experience fear of getting too far from home or fear of being too far away from the mementos that remind them of their precious child.

Various fears, some irrational may make thoughts of a vacation too painful to consider. In such a case, it would be good to try to define these fears. Just realizing what the fear pertains to helps you deal with it. If fear seems to be a problem with any member of the family, it would be good to make a list of what things they are fearful of happening, then calmly discuss these fears with someone. If it's too stressful to discuss them within the immediate family, as a trusted friend or pastor to discuss them with you. Just getting them out in the open and

Many recently bereaved people find that too much free time allows more time for painful remembrances than they welcome, so it's important to be flexible and willing



to change plans midway through the vacation if it's agreeable with the majority of the family.

Discuss the pros and cons of visiting a familiar place or new experience to decide what each family member feels most comfortable with. Remember grief depletes your energy levels so you'll tire more quickly. Take this into consideration when planning reasonable distances to be driven daily. Bereaved people need exercise but if you're planning to hike or do other strenuous exercise, don't forget your energy levels are not the same as expecting before you take off. If dad and the teenagers know Mom is expecting everyone to want to spend some time reminiscing and working through grief it will be less frustrating for everyone if they know the time will not ALL be devoted to one person's expectations. Knowing that some time may be set aside for grief work, but also some for total relaxation for dad and mom, and some for other individual family members' enjoyment will make it less stressful for everyone.

As in other family matters, communication is Very Important. No one else can read your mind and be able to fulfill your unexpressed expectations. For a vacation to be refreshing for everyone, good communication will be one of the most important factors.

You may have been planning a very special vacation and are wondering if you should take it so soon after your loss. You might want to consider waiting another year so you can enjoy it more than with the excess "grief baggage" you'll be carrying along this year. Or you may feel that since you have been anticipating it for so long, to put it off would just be another loss added to your child's death. Only you can decide. If you can't decide peaceably, that's an indication you won't enjoy it as much now as you most likely would a year from now.

As with everything else after loss, the first vacation will be the most challenging. It's all new with that huge absence ever present. It would be nice if a vacation were an opportunity for you to escape your pain or leave it behind at home, but the fact is, everywhere that love goes, grief goes too! We grieve because we love. As time passes, vacations won't be edged with as much pain. Someday you'll find one enjoyable.

-- by Carol Ruth Blackman

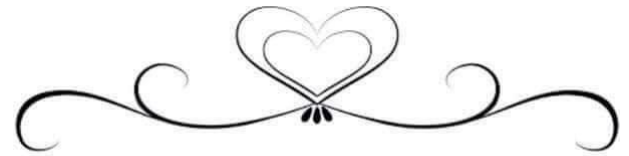
*"Our Children Remembered on their June Birthdays and
Always Loved, Missed and Forever in Our Hearts."*



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
7/6 - Morgan Basciano, daughter of Sharon & Nicholas Basciano; sister of Olivia Basciano
7/6 - Ryan McMullen, son of Kathleen & John McMullen
7/9 - Kyle Silver, grandson of Jeanne Hofmann
7/12 - Demetrios "Jimmy" Asprakis, son of Joan Asprakis
7/13 - Scott Silver, son of Jeanne Hofmann
7/18 - Brian Michael Leigh-Manuell, son of Ginny Leigh-Manuell; brother of Jennifer Wills
7/20 - Katie Leck, daughter of John & Anita Bardsley
7/20 - Adriana Toro, daughter of Israel Toro
7/20 - Alycia Pinkowski, daughter of Patty Rugulo
7/21 - Lisa Dawn Weatherly, daughter of Norma Jean Weatherly
7/22 - Michael Cogossi, son of Cheryl Cogossi
7/25 - Joe Discher, son of Martha & Art Discher; sister of Wendy Park
7/28 - Mitchell Yelovich, son of Jacquie Yelovich
7/29 - Donald Dolan, Jr., son of Don & Tina Dolan
7/30 - Robert Marich, son of Michele Callon
7/30 - Douglas Minner, son of Louise & Toby Minner

July's Child

Fireworks race toward heaven Brilliant colors in the sky.
Their splendor ends in seconds On this evening in July.
"Her birthday is this Saturday," I whisper with a sigh.
She was born this month,
She loved this month
And she chose this month to die.
Like the bright and beautiful fireworks Glowing briefly in the dark
They are gone too soon, and so was she Having been, and left her mark.
A glorious incandescent life,
A catalyst, a spark...
Her being gently lit my path
And softened all things stark.
The July birth, the July death of
my happy summer child
Marked a life too brief that ended Without rancor, without guile.
Like the fireworks that leave images
On unprotected eyes...
Her lustrous life engraved my heart... With love that never dies.
Sa!y Migliacci



*Death changes everything!
Time changes nothing,...
I still miss the sound of your voice,
the wisdom in your advice,
the stories of your life
and just being in your presence.
So, no, time changes nothing,
I miss you as much today
as I did the day you died.
I just miss you*





Memorial Garden plaques ordered by Feb. 2021 were installed



"My grief journey has no one destination. I will not "get over it."

The understanding that I don't have to be done is liberating. I will mourn this death for the rest of my life.

-Alan D Wolfelt
The Wilderness of Grief

TheAfterloss.com



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

- 7/1 – **Gabriel Krotzer**, son 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
7/5 – **Derek Brown**, son of Matthew Brown
7/5 – **Adam Graham**, son of Albert & Carol Graham
7/6 – **Joshua Woods**, brother of Jenn Kroll, Eliot Woods, Tricia Woods
7/6 – **Alex Shiloh**, son of Irena Shiloh
7/7 – **Michael Bolan**, son of Jennifer Bolan
7/9 – **Steven Ketterer**, son of Steven & Gail Ketterer
7/10 – **Heather Wagonseller Ash**, daughter of Janet Wagonseller
7/11 – **Emmalee Ingrid Bryan**, daughter of Terri Bryan
7/12 – **Hunter Larrabee**, son of Michelle Larrabee Argue
7/13 – **Joshua Sotak**, son of Mary Catherine Nederosteck
7/17 – **Melinda Daniel**, daughter of Jacqueline & Bob Daniel
7/17 – **Scott Silver**, son of Jeanne Hofmann
7/25 – **Denise Layton**, daughter of Edward & Gloria Layton
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, brother of 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**, sister & brother-in-law of Diane Anderson

I thought this was beautiful and something to ponder on...

You can shed tears because they are gone, or you can smile because they lived. You can close your eyes and pray they will come back, or you can open your eyes and see all that they left for you. Your heart can be empty because you can't see them, or you can be full of the love you shared. You can turn your back on tomorrow and live yesterday, or you can be happy for tomorrow because of yesterday. You can remember only that they are gone, or you can cherish their memory and let it live on. You can cry and close your mind and feel empty, or you can do what they would want. Smile, Open your heart, Love... and go on.

—Elizabeth Ammons
lessonslearnedinlife.com



I will learn to live
in the sunshine
of your life
instead of the
dark shadow
of your death.

- Unknown -

Love Gifts

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

To Josephine Jarema Lenhart, in loving memory of her dear son, John Jarema.

To Ginny Leigh-Manuell, in remembrance of her loving son, Brian Michael Leigh-Manuell:
"Always in my heart!!" – Love, Mom

To Patty Rugulo, in loving memory of her precious daughter, Alycia Pinkowski:
"Always on my mind, forever in my heart."

To James Donnelly, and Nancy & Matthew Rowley, in memory of his beloved son, James Donnelly, Jr:
"Love you now & forever." -Dad

And a special thank you for those who continue to support our TCF Chapter's Garden Fundraiser by purchasing our Garden Flags

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

A special thank you to Diane Guerecki, 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 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.

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 Sunday July 11,
12 noon at the Memorial Garden**



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.

