



Serving Upper Bucks and Montgomery Counties July 2016

Quakertown Chapter PO Box 1013 Quakertown, PA 18951

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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.

The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

2016 Memorial Walk and Butterfly Release

More than 200 bereaved parents, siblings and families turned out for our chapter's Annual Memorial Walk and Butterfly Release to participate in both the memorial walk and the release of 400 Monarch butterflies. It is a sight to behold as many of those Monarchs flitted around and even perched on shoulders, hands and cheeks before taking flight to the sky. For most, it symbolizes an act of lasting love and remembrance of our "children gone too soon."

What attendees don't see are the months of countless hours by our chapter's Steering Committee pulling this monumental event together as the one and only fundraiser we have to sustain the operational costs of publishing a monthly newsletter, sending outreach packets to the newly bereaved, providing resources, public awareness, monthly support group meetings and our Annual Candle Lighting. Each of the 700 chapters of The Compassionate Friends depend on fundraisers and donations to serve bereaved parents, siblings and grandparents.

We express our heartfelt gratitude to all those who volunteered their time and services on the days preceding as well as the day of the event. In particular, we are grateful to the CR Strunk Funeral Home of Quakertown, which has co-sponsored our Memorial Walk for more than a decade. In addition to purchasing a butterfly in remembrance of each client family for the year, funeral home owners, Judy and Michael Schmauder secure donations from area businesses and work the day of the event from beginning to end. We thank Sounds Xtreme Entertainment owner and professional DJ Chris Benninger, for stepping up at the last moment to volunteer his services and equipment. We thank those who donated items for our raffle sales

We work very hard to make it look easy so that all those who attend our Memorial Walk and Butterfly Release to feel as though they are stepping into a beautiful cocoon filled with love, understanding, validation and the freedom to feel anything and everything without judgment.

We will cry together, laugh together, learn together and grow closer together as we experience firsthand that "we need not walk alone." We hope to see you again next year.

Barbara J. Reboratti, TCF Quakertown Chapter secretary.

We talk. We listen. We share. We care.

Our Support Group Meetings are the $2^{\rm nd}$ 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.

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 is 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, un¬derstanding 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 attend-ance to determine if they are for you. It may take a few meetings before your able to talk about your loved one and that is under-standable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meet-ings 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 ou 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: tcfguakertownchapter@verizon.net

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 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

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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 quile. Like the fireworks that leave images On unprotected eyes... Her lustrous life engraved my heart... With love that never dies. Saly Migliacci



TCF Babylon, Long Island, NY



My Beloved Katie

Each day I wake up from a terrible dream, Only to find the world has changed. I go to your room; your things are still there Your dolls, your medals and your favorite bear. The scent of you lingers, the smell of your hair Memories of you, I find, are everywhere Your precious books are stacked by the bed And tissues that captured your tears as you read Your paintings and drawings still hang on the wall Collections of seashells and rocks from the beach Bring back the memories of the times well spent How do I go on without you by my side? To love you to hold you, with smiles and pride. My heart, it is broken, my dear beloved child I miss your laughter, your music and your smiles, All of our dreams of the future will never come true The 'whys 'and 'if onlys 'endlessly swirl in my head Please tell me, oh God, I wish I were dead I want to be with you every second of the day But Dad and your sister, they need me to stay Your friends and your family will never forget, Your friendship, your love and your gentle kindness You will live on forever in their hearts and their minds. I will love you forever my darling, my child. By Linda Stauffer





In Loving memory of Katie Stauffer 1983-2003



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 identified will help immeasurably.

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 they were before your child's death. Exhaustion and disappointment with your capabilities (thus frustration)

will come much SOONEr
than it previously did.
Whether you leave town or
stay home, remember
working through grief is the
hardest work you'll ever do.
Be kind to yourself as it's
physically, mentally, and
emotionally exhausting. Allow
time to re-energize your own
depleted reserves.
It would be good to sit down
as individuals or as a family to
jot down your expectations or

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idea of what others are

goals for your vacation, your

as parents you can have an

fears and other factors so that

IF THEY ONLY KNEW

If only they knew that when I speak of him, I am not being morbid. I am not denying his death. I am proclaiming his life. I am learning to live with his absence. For twenty-six years he was a part of my life, born, nurtured, molded and loved – this cannot be put aside to please those who are uncomfortable with my grief.

If only they knew that when I sit quietly, apparently content with my own company, I am not self indulgently unhappy, dwelling on things which cannot be changed; I am with him. I am seeing his face, hearing his voice, remembering his laughter, recalling his excitement and joy in life. Please allow me this time with him, as I do not begrudge you your time with your children.

If only they knew that when I sometimes weep quietly, I do not cry in self pity for what I have lost. I weep for what he has lost, for the life he loved, for the music which filled his very being, and for all he still longed to hear, for the poetry which moved him to tears, for the beauty about him that daily fed his soul, for the exhilaration and excitement of flying the skies, of searching for his God in the fast space of the universe. For all that he loved and lost, I cry.

If only they knew the feeling of deep grief, the emptiness, the dull pain, the endlessness of death. If only they understood the insanity of the platitudes so freely spoken – that "time heals," that "you'll get over it," that "it was for the best," that "God takes only the best," – and realize that these are more an insult than a comfort, that the warm and compassionate touch of another

means so much more.

If only they knew that we will not find true peace and tranquility until we are prepared to try to stand in the shoes of others. We will not be understood until we learn to understand compassionately and we will not be heard until we learn to listen with hearts we well as minds.

Jan McNess TCF Victoria, Australia



(Vacation cont.)

expecting before you take off. If dad and the teenagers know Morn 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

An Open Letter From A Grieving Friend

Dear close friend who disappeared after someone I love died,

Hey there. It's been a while since we talked, a long while in fact. I have been thinking about it and it seems time we catch up. Let's start by reviewing the course of events that contributed to the distance between us, as I remember them.

First, this terrible, devastating, tragic thing happened to me and you didn't know what to do. You made a couple efforts at the beginning but then you just disappeared. I'm not going to lie, I was feeling pretty annoyed by that. You let a lot of time pass without calling or texting or emailing or visiting. Though this was probably because you felt awkward and were trying to figure out what to do or what to say, it doesn't change the fact that I felt abandoned. And now a bunch of time has passed and you probably feel super awkward reaching out. Me too, it's awkward-city around here. I see this awkward-cycle continuing and, as much I want you to be the one to break it, I realize it is probably easier if I do it. So here I am, doing it.

Now, friend who disappeared, I have some good news for you. I am declaring an amnesty for all past weird, avoidant, and awkward behavior. I am viewing this as a chance to pick our friendship up, dust it off, and see if we might just get back on track. It is an opportunity to collectively acknowledge that grief is hard and society doesn't make it any easier to know how to navigate all this. So if you can forgive me for some stuff I can forgive you for some stuff.

Here's where I propose we start: text me, call me, message me, whatever. It will probably take a little work from both of us, but I'm in. And because I hope you're in, I am going to include in this letter some reasons this friendship may feel hard. I am hoping if we talk about them it may make things just a wee bit easier.

First, you will probably ask me to do things we used to do on three or five or ten different occasions and I will say no every time and get a little annoyed that you keep asking me to do things. You will give up and stop asking and then I'll be sad you gave up. I realize this seems irrational, but grief-brain can be a little irrational. You may think that when I am finally ready to do something we used to do I'll just go ahead and call to make plans, and that is a reasonable thing to think. But I probably won't, because I just don't have the energy for that and, like I said, grief-brain is a little irrational. This could spiral us back into

this same not-talking predicament again, and let's agree we don't want that. So if you promise to ask me if it is okay to keep asking me to do stuff, I promise to tell you the truth and to try to find the motivation to text you if the whim to do something hits me.

Sometimes you will feel like you are being a good friend to me in my grief and I won't be receiving it that way. Frustrating, I know. There is nothing you can say or do that is going to bring back the person I really love who died, so just be there for me, offer support and at least pretend you aren't scared of my intense grief emotions. I promise that will be a pretty safe place to start. Though often I won't know what I need or I won't want to speak up about it when I do, I really will try to open up about that when I can.

One day something will remind you of the person I really love who died and you won't be sure if you should tell me because you have no idea if it will make me smile or cry. I have no idea if it will make me smile or cry either, but it is pretty safe to say even if it makes me cry I'll still be really glad you were thinking about the person I love and wanted to talk about them.

I may get a little aggravated and judgmental sometimes when you seem consumed by things that now feel totally unimportant to me. If you promise to bear with me when that happens, I will try to keep it in check and remember that even though my universe stopped, yours didn't, and that's okay.

I may have a hard time letting go of the fact that we had a rocky patch at the beginning of all this, but I promise to work on remembering that it isn't your fault. You haven't been through exactly what I have been through and you couldn't read my mind to know exactly what I needed. Heck, I barely knew what I needed. I also promise to remember that I have been acting a little snippy and entitled and flakey and sad and angry and confused and intense and emotional and that doesn't make me the easiest person to be friends with. I hope you'll remember that being there for me goes a really long way, even when it's hard. Especially when it's hard, actually.

So here it is- a clean slate. A new day. A fresh start. I hope we're in it together.

Thank you, Thank you, Thank you

Thank you to Mary Anne Macko for providing our June refreshments. She does this in memory of her sons Chris and Matt. Gail Blase in memory of her daughter Katey, Darlene Dusza in memory of her daughter Michelle and Brian Doyle in memory of his daughter Ashley. If you would like to provide refreshmens in remembrance of your loved one at a meeting please call Carol Graham at 215-538-3651.

You may also sponsor refreshments for a meeting for a fee of \$40 or more depending on what you would like and the hospital's catering service will set up and provide the drinks and refreshments for the evening. This can be split between more than one family each month.

A special thank you to Mary Ann Kulp, Nancy Eisenhart, Lynette Lampmann, Ginny Leigh-Manuel I, Kelly Logan and Jennifer Pini for the Remembrance and Thank you cards that you receive. They do this in remembrance of their children/ siblings, son, Tony (MaryAnn), daughter, Kelly (Nancy), son, Shawn (Lynette), son. Brian (Ginny), and brother, Jason (Jennifer), Kelly does it in remembrance of all those who have gone too soon. An appreciated Thank You to our members for helping to set up and tear down for our meetings, they do this in remembrance of their children and siblings. A special thank you to St. Luke's Hospital for providing us with our meeting rooms each month.

Thank you to, Betty and Charlie Hottenstein, for

taking on the monthly task of assembling our monthly newsletters for mailing, they do this in remembrance of their daughter. Tracy Hottenstein.

Thank you for your Love Gifts and Support We the parents and families of the Quakertown Chapter of Compassionate Friends would like to send a special Thank You to the following donors. Without their generosity in giving to a good cause we would not be able to continue reaching out to newly bereaved parents and families with our Outreach packet and newsletters.

Love Gifts for July

In memory of James Gabriel Geib 6/15- 6/22 from
Jim and Helen Geib Remembering and loving you always.
In loving memory of Darlene Dusza 1/31-5/5
Kevin & Sherri Kramer, Boh & Elaine Williams, Gail & Steve

Kevin & Sherri Kramer, Bob & Elaine Williams, Gail & Steven Ketterer, Emily Ann Whener, Gretchen & Timothy Whener, Cynthia O'Donnell

In memory of son Eric Smith by Mary & Ross Smith In Memory of daughter Courtney Isabella 6/15-10/18 Michele & Anthony Isabella

In Memory of Brandon S. Gilbert 6/24-6/22 by Susan J. Gilbert. You are forever in our hearts- Love , Mom & Skye

LOVE GIFTS

A LOVE GIFT is a gift of money to The Compassionate Friends. It is usually in memory of a child who has died; ei- ther on his/her

· · · · · · · · · · · · · · · · · · ·	from someone who wants to honor a friend or relative OVE GIFTS are TAX DEDUCTI-BLE, and are the Cha	•
wish to make a donation in memory honor	of	**Birth date
∟ove gift message		
Please send your check payable to: TCF Quakerto PA 18951	wn Chapter and mail to: TCF Quakertown Chapter, PC	D Box 1013, Quakertown,
-	Special Events /Speakers/community outreach Walk & Butterfly Release General operating e	
Your Name	email	
Address		

Telephone



Seven Things No One Told Me About Grief

By Lexi Behrndt
www.scribblesandcrumbs.com

1. Grief has no concept of time.

The things that I think will be hard, aren't, and the things I don't expect, hit me square between the eyes. And sometimes, it's all a little hard, and you just limp along. The firsts are hard. And so are the seconds. And the thirds, and some day it will become normal for you to find yourself laughing on the floor, tears and snot running down your face as you go through new rounds of grief and brokenness. On those days, embrace it.

2. Grief will make you awkward.

What do you say? What do you do? How do you meet new people? What do you say when people ask personal questions? What do you do, again? How do you not cry in front of total strangers? How? Why? What? Oh, crap. Did I really just say that?

These are all questions I ask myself, and for all of these, I have no answers.

3. Grief will steal your filter.

You might probably become brutally honest, and lose all patience for petty issues or small talk. All normal. You also might become a fan of dark humor (which FYI is widely socially unacceptable). Who makes jokes that are super morbid without blinking an eye? Serial killers and people who are grieving.

4. Grief will steal your energy.

All this zeal you have to embrace life and soak in every moment? Your heart will feel that, but sometimes your body will say NOPE. Some days, laying in bed all day, eating a gallon of ice cream with a spoon, and watching movies looks so much more attractive than savoring every moment. The good news? You're allowed those days.

5. Grief has no rules.

Grief doesn't care about you. Grief does what grief wants, and sometimes that involves very public meltdowns, or inappropriate remarks, or highly embarrassing moments. Sometimes it zaps all you have within you, and sometimes it motivates you to carry out brave and beautiful legacies. And some weeks, days, (or hours), it's a little of all of that. It can also all

look different for different people.

Grief is just a part of you, not all of you.

Loss happens. It's devastating, and sometimes you lose someone or something that can never, ever, ever be replaced. Sometimes it feels more like an amputation. Grief comes in full force, but it's still only a part of you. It doesn't steal your identity. It doesn't steal your identity. It doesn't steal you. It sits on you like a fog, and it may change you in many ways, but beneath the grief, you're still you—changed, but still you.

7. Grief makes you feel isolated, but really, you are never grieving alone.

The big thing that I needed to know is this: so many have gone before me, so many are beside me, and so many will come after me. I will never be alone. I'll never be alone in the horrible pain and loss, and I'll never be alone in the surviving. If others could survive, I could survive. If others could stay sane, I could stay sane. If others could still hope and laugh and love and live fully, then you better believe I will, too.

Collection of Redners Save-A-Tape program

Mail your register save-a-tape slips to our PO box to help our chapter. You may black any debit / credit card numbers, but do not black out the dollar amounts.

Remember to use your Pump Perks card for the save-a-tape program. Send complete sales receipt.

PRINTER INK CARTRIDGES

STOP don't throw them away... Save your empty ink cartridges and give to our chapter for recycling. We earn rewards for recycling them and can purchase paper and other items to help cut the costs of printing the newsletters, programs for events etc... Bring to a meeting or an event in a plastic bag and give to Ginny

Our Children Remembered on their July birthdays and on the Anniversary of their deaths Birthdays

<u>Karen Slotter</u>, daughter of Dolly Bibic, 7/1 <u>Jonathan Waters</u>, son of Melissa & Russell Waters; grandson of Amy & Russell Waters, 7/1 <u>Shane Bowen</u>, son of Agnes & Robert Bowen, 7/3

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

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

<u>Jarrod Nordland</u>, son of Craig & Lisa Nordland, 7/7

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

<u>Scott Silver</u>, son of Jeanne Hofmann, 7/13 <u>Andy Mihalek</u>, son of Pete Mihalek, 7/15 <u>Matt Barber</u>, son of Noel & Tim Barber, 7/16 <u>Dan Slaughter</u>, son of Lori Slaughter, 7/17 <u>Brian Michael Leigh-Manuell</u>, son of Ginny Leigh-Manuell, 7/18

<u>Thomas Hamilton</u>, sibling of Jessica Green, 7/20

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

<u>Lisa Dawn Weatherly</u>, daughter of Norma Jean Weatherly, 7/21

<u>Lisa Kolett</u>y, daughter of Barbara & Dietrich Koletty, 7/24

<u>Joe Discher</u>, son of Martha & Art Discher; Wendy Park, 7/25

Esther Litwiller, daughter of Ken & Laura Litwiller, 7/26

<u>Adam Sautner</u>, son of Bonnie & Alfred Sautner, Jr., 7/28

<u>Gregory Teufel</u>, son of Mark & Renee Teufel, 7/28

<u>Donald Dolan</u>, <u>Jr.</u>, son of Don & Tina Dolan, 7/29

Jonathan Jason Orlick, son of Teri Orlick, 7/29 Robert Marich, son of Michele Callon, 7/30 Douglas Minner, son of Louis & Toby Minner, 7/30

Brad R. Godshall, son of Robert Godshall, 7/31 **Jean Marie Moyer**, daughter of Joe Siedlecki & Monica Siedlecki, 7/30

Anniversaries

<u>Matthew Hoffa</u>, son of Dennis & Marcia Hoffa, 7/1 <u>K. Michael Humlhanz</u>, son of MaryLou Humlhanz, 7/1

Barton Carroll, son of Liz & Mike Carroll, 7/4 **Callie Mae Derstine**, daughter of Lucy & Mike Derstine, 7/4

Brandon Leathers, son of Jim Leathers, 7/4
Andy Walnes, daughter of Kim Walnes, 7/4
Derek Brown, son of Matthew Brown, 7/5
Adam Graham, son of Albert & Carol Graham, 7/5
Michael Derstine, son of Mary & Larry Derstine, 7/5
Steven Ketterer, son of Steven and & Gail Ketterer, 7/9

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

<u>Jonathan Parker</u>, son of Susan Parker, 7/9 <u>Joey Siedlecki</u>, son of Joe Siedlecki & Monica Siedlecki, 7/9

Earl Colella III, son of Earl & Jaynee Colella, 7/10
Jonathan Waters, son of Melissa & Russell
Waters; grandson of Amy & Russell Waters, 7/10
Stephen Limongelli, son of Patricia Limongelli,
7/14

Mike Hicks, sibling of Kathy Hicks, 7/15
Melinda Daniel, daughter of Jacqueline & Bob
Daniel, 7/17

<u>Scott Silver</u>, son of Jeanne Hofmann, 7/17 <u>James Reilly</u>, sibling of Maureen Elliott; John & Michelle Finegan, 7/18

<u>Colby Matador Swartley</u>, son of Jan Swartley, 7/18

<u>Jana Lee Snedeker</u>, daughter of Dave Snedeker, 7/20

Richard Murphy II, son of Richard Murphy, 7/22
Bobby Rolph, son of Judy & Bob Rolph, 7/22
Donald Vincente, son of Christine & Donald
Vincente, 7/22

<u>Eric Stillings</u>, son of Kirt & Joyce Stillings, 7/24<u>Eric Gotwals</u>, son of Gary & Anne Gotwals, 7/28

<u>James P. Ryer</u>, son of Diana Adams; sibling of Pat Ryer, 7/28

<u>Chris Guidotti</u>, son of Nancy & Al Guidotti, 7/29 <u>Mark Teufel</u>, sibling of Helene Teufel, 7/29 <u>Chris & John Inscho</u>, sibling of Diane Anderson & Peggy Daggit, 7/30

And all the Children who will never be forgotten as we celebrate their lives and memories.



Next Meeting July 12, 2016



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

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 tto grieve as well as to grow.

We Need Not Walk Alone.
We Are The Compassionate Friends.