



# The Compassionate Friends

July 2017

Serving Upper Bucks and Montgomery Counties

Memorial Garden

2017

## A Place to Reflect

This year we have finally begun to build our dream Memorial Garden for the children, grandchildren and siblings gone too soon. The Memorial Garden would not be possible without the generous donations of our members as well as very generous sponsors.

We could not have proceeded

without Lynn Kraft, retired art teacher at QCSHS and Landscape Designer. Lynn's garden design brought our dreams to paper and now to life. He has spent countless hours over the past 4 years with our Garden Committee, planning and even going to township meetings with us. Thank you Lynn from the bottom of our hearts!!!

Our Garden Committee Chairwomen, Lynette Lampmann will certainly keep everyone updated on the progress we make

as well as announcing our "Grand Opening Ceremony". Thank you Lynette for all the hours of work you have put into organizing the garden construction and volunteers.

Thank you to all the hard working volunteers who have given up weekends and evenings to help out.

*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.*

## Quakertown Chapter

PO Box 1013

Quakertown, PA 18951

Chapter Info Line: (267)380-0130

[contact@TCFQuakertownpa.org](mailto:contact@TCFQuakertownpa.org)

website: [www.tcfquakertownpa.org](http://www.tcfquakertownpa.org)

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

Our Support Group Meetings are the 2<sup>nd</sup> 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.



# The Compassionate Friends

Supporting Family After a Child Dies

## About Our Chapter

### Chapter Leader:

Ginny Leigh-Manuell

**Treasurer:** Crystal Hunter

**Secretary:** Gail Blase

**Chapter Librarian:** Theresa Sitko

**Newsletter :** Linda Stauffer

### Steering Committee:

Mary Anne Macko

MaryAnn Kulp

Linda Stauffer

Theresa Sitko

Kathleen Hargrove

Carol Graham

Lynette Lampmann

Barbara Reboratti

Gail Blase

### Remembrance & Thank You Cards:

Lynette Lampmann

Kelly Logan

Nancy Eisenhart

Jennifer Pini

### Eastern PA Regional Coordinators

Ann Walsh [tcfeastrc@yahoo.com](mailto:tcfeastrc@yahoo.com)

Bobbie Milne [mcfly423@aol.com](mailto:mcfly423@aol.com)

### TCF National Office:

877-969-0010

[www.compassionatefriends.org](http://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.

### 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](mailto:newsletter@tcfquakertownpa.org)



### 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 your 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](mailto: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](mailto: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.

**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

**7/1 - Jonathan Waters**, son of Melissa & Russell Waters; grandson of Amy & Russell Waters

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

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

**7/6 - Morgan 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

**7/13 - 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

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

**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

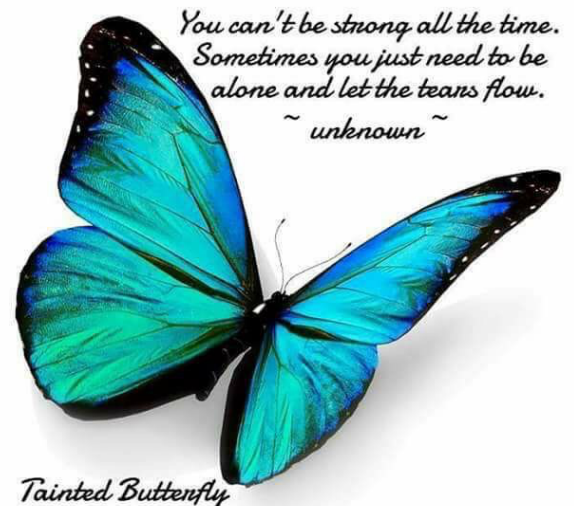
**7/29 - Jonathan Jason Orlick**, son of Teri Orlick

**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

**7/31 - Brad R. Godshall**, son of Robert Godshall



# July Anniversaries

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

7/4 – **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

7/6 – **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 – **Jonathan Waters**, son of Melissa & Russell Waters; grandson of Russell & Amy Waters

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

7/18 – **Colby Matador Swartley**, son of Jan Swartley

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

7/21 – **Michael Fayewicz**, brother of Sandra Ligowski

7/22 – **Richard Murphy III**, son of Richard Murphy

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

7/24 – **Laura Smith**, daughter of Valerie Smith

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

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

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

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

7/29 – **Mark Teufel**, son of Helene Teufel

7/30 – **Morgan Basciano**, sister of Olivia Basciano





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

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:  
Suzanne Panettieri in memory of Sean Wright and Drew Panettieri

**June refreshments:**

Mary Anne Macko: In memory of my sons Matt and Christopher Trauger. Loved you then, love you still; Always have, always will. Love always, Mary Anne Macko, Mike Hamilton, Josh, and Jake.

Brian Doyle: In memory of his daughter, Ashley Doyle

*If you would like to sponsor refreshments or bring some in remembrance of your loved one at a meeting please call Carol Graham at 215-538-3651.*

A special thank you to Nancy Eisenhart, Lynette Lampmann, Kelly Logan and Jennifer Pini for the Remembrance that you receive. They do this in remembrance of their children/ siblings, daughter, Kelly (Nancy), son, Shawn (Lynette), and

**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

Checks payable to: TCF Quakertown Chapter

Mail to: PO Box 1013, Quakertown, PA 18951

Your Name: \_\_\_\_\_

Email or Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

*Love Gift Message:*

**Treasurer Use Only**

Cash/Check # \_\_\_\_\_ Amount \_\_\_\_\_

D \_\_\_\_\_ Q \_\_\_\_\_ T \_\_\_\_\_ N \_\_\_\_\_

## A Survivor's Alphabet: Empathy

"Where were you when I needed you?" Ever find yourself saying words like that? Ever look for comfort at a point of greatest need and wonder why it doesn't come or help? Family and friends try their best to let us know they care. It never seems enough for just what we need at the critical moment.

What's going on? Family and friends, in expressing their sincere words of comfort and love, are relieving their own anxiety. In their attempts they often bypass our more critical need. It's like two trains passing each other in the night. They meet but quickly go their separate ways.

What we have received is sympathy which, by itself, gives temporary comfort and relief but has little long lasting effect. It may or may not touch the point of hurting with enough impact to relieve. What is better is a sensitivity to hurt where it is and a response to that hurt that mirrors the crisis itself. What is needed is not sympathy but **empathy**.

Empathy is made up of the following:

**Listening.** What do you hear when you hear? Isn't it amazing how often we hear but we do not listen. You and I hear the concert while the violinist listens for pitch and tone. We tell a mechanic the engine runs "rough" while he listens and notes that something is wrong with the valves. Developing the skill of listening enables us to be

more sensitive to actual need where it occurs. A cry for help may be more, or less, than what we think we hear. Someone is hurting and needs relief, now. Being with that person we listen and are given clues of what to say and do that will bring the greatest relief. It's not for us to set the agenda; the other person in their hurt and pain does.

**Understanding.** By careful listening it's amazing what we can learn that we only surmised before. We learn that our agenda can be put "on hold" while the hurting person is considered as top priority. We learn that words do not always have the weight we give to them; a touch will do far more. Maybe just being there without thinking that we have to do something helps. Whatever it is, we are there for the other person and they know it; they are given just what they need at that given moment.

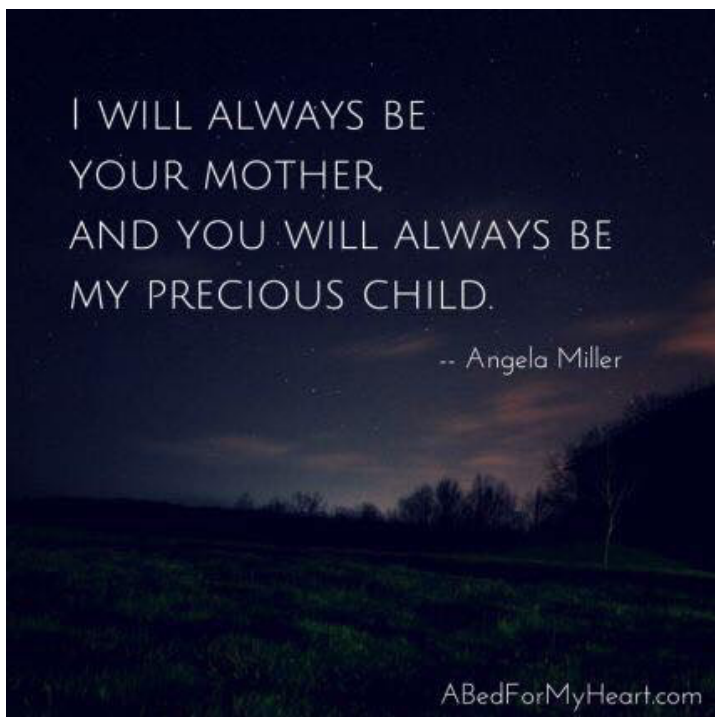
**Value.** This tacit understanding gives strength for building trust. A bond is created whose value will be noted long after the crisis is over. Friendships are developed that are long lasting. New understanding between family members creates a climate of love. Personal self esteem is given a boost which has a value of its own. We understand others and they understand us and a network is established of support and caring.

Empathy is "LUV" actively supporting and sustaining to develop strength for times of crisis. It goes beyond in creating long lasting relationships that give personal vitality to each of us.

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*Jesse Baker is a retired minister of The United Methodist Church. He and his wife Fay live in Port Orange, FL. They became bereaved parents when their daughter Vera was murdered in November, 1984.*

*Reprinted from the Heart of Florida Chapter newsletter, May 1999.*



## Thoughts from a Parent Who Lost an Older Child

Perhaps I had my child longer than you had yours, but thirty-eight years does not seem long. Perhaps there are more memories to hold in my heart, but I know yours are just as dear to you as mine are to me, even if your memories are memories of only one or two days. Your dreams for your child are gone. So are mine. Never did I imagine that I would have to deal with my child's death instead of him having to deal with mine. In thirty-eight years there was time to give me a legacy of three grandchildren. This is a very special blessing and one that I do not take for granted. My mission is to sustain the relationship with my three granddaughters who now live three thousand miles away from me.

My child died from a terminal illness that is not one of the "acceptable" diseases. My child died of alcohol and drug addiction. The tools for remission of this disease are placed in the hands of the person who has the disease. Even with the help of four treatment centers, the recovery was not to be. One day at a time, my recovery is taking place. The pain, after two and one half years, has gone to a place where it can be tolerated.

My story and my age may be different from yours, but the bottom line is the same: my child has gone to a place where I cannot go, and I miss him so much. The pain of grief is still there, but I am living life one-day-at-a-time, enriched because my son came through my body into my life.

Helen Godwin  
TCF Orange Park-Jacksonville, FL

## Journaling to Heal

Each time I look back over my grief journey, I remember the important role that journaling played in my first and second years of grief. Handwritten entries, some sentences, sometimes just a few words describing my emotions, helped me to define where I was in my daily life. As I review the tear-stained pages, I am reminded of the deep, deep pain and the catharsis of the journal. Whether I was angry, in pain, deeply depressed or just too exhausted to think, I wrote a few words, maybe even a few lines each day. I saw it as my connection to my son.

As time progressed, my journaling became writing and eventually I returned to the computer and began forming coherent thoughts and sentences, with subjects and messages to my child, myself and to others. But the process started with the healing of the journal. I learned to be very honest with myself in my journal because I never shared it with anyone. I didn't

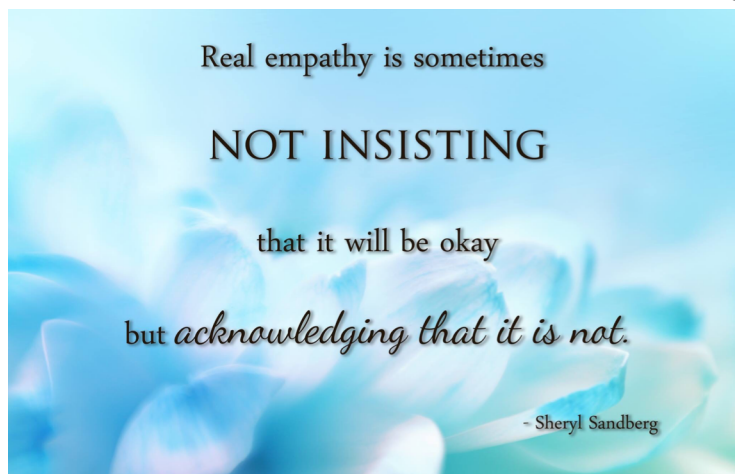
## LOST POTENTIAL

Last year I attended a workshop presented by a specialist in grief named Dr. Cable. Dr. Cable said many important things about the grief process, but as a bereaved parent one thing stuck in my mind.

He said that if you ask a bereaved person to describe his deceased mother, he will say, "Oh, she was so sweet. She always wore flowered dresses and loved to bake cookies." But, if you ask a bereaved parent to describe her deceased child, she will say, "Oh, he would be five this year and just starting kindergarten," or, "She would be twenty-two this year and graduating from college."

You see, we bereaved parents grieve the lost potential of our children. Our children don't stop growing in our minds. We grieve again and anew each year as our child would have been a different age.

Chris Anderson  
TCF, Walla Walla, Washington



put on a mask or rationalize in my journal, as no one else would be reading it. I was completely candid, and I soon recognized my weaknesses, regrets, strengths and successes. Pure honesty and great insight were achieved in my journal's conversation with myself.

Grief therapists recommend journaling to bereaved parents quite frequently. Some people are able to find an outlet for their daily roller coaster of emotions through journaling. Some seek answers and others seek questions. Many parents feel they are connecting with their child through their journal. There are as many reasons to journal as there are types of journals.

While journaling may not be for everyone, we encourage each of you to at least attempt it for a week. Give it your best effort. If, as some have found, it offers you nothing and is a chore, not a treasured time, then stop and seek other forms of outlet. But if, as many have found, it offers you a place for your thoughts, your messages, your self-revelation and self-evaluation as well as a refuge from the world, then by all means, continue to journal.

Annette Mennen Baldwin  
In memory of my son, Todd Mennen  
TCF, Katy, TX

## A STEPPARENT'S THOUGHTS

I am a bereaved stepparent – *Stepfather* to be exact. Robin Ann Craney, my stepdaughter, was killed at the hands of a drunk driver on June 8, 2001. She was 17 years old.

I have a son named Greg. His Mom remarried so I saw him on weekends, did the trips, and long summer visits as many divorced parents do. I did not get the chance to be a part of his life and see him every day. I got to hear about his activities and accomplishments *all* after the fact. When you marry someone with kids, you get another chance.

After several months of dating my (now) wife Cindy, I finally met her kids, Chris and Robin. Robin was almost 7 years old at the time. I remember that first meeting clearly because she wasn't feeling so good. She ended up getting sick and had to go home. What a first meeting that was!

After that, I became totally involved in the lives and activities of both of the children. I remember one of those nights well! Cindy and I attended parent-teacher conferences for both kids, a Cub Scout Pack Meeting and a Girl Scout Brownie Meeting...not bad for a single guy, who had been unmarried for 13 years!

Over the years, I got to know Robin's likes, dislikes, and all of her friends – *and she had a lot of friends!* I attended and participated in all of Robin's activities, supporting her in her many endeavors – including gymnastics (her favorite). I was there when she had migraine headaches, running her to the doctor when her Mother couldn't, encouraging her, supporting her – all the things Dads do for their kids. I want to tell you in no uncertain terms, being a stepparent is so much harder. You get the responsibility and, often times it seems, none of the respect. "Mom said I could so I don't have to listen to you" or "You can't tell me what to do, you are not my dad" and so forth. I tolerated and dealt with her emotional outbursts when she

became incensed at anything (sometimes it seemed everything) during the teen years. All *Dads* know how trying those times can be!

Now I am a bereaved stepparent...the one in a kind of "no man's land." I am not biologically connected to Robin; I sometimes feel like an outsider around people who were *once* a family - Mother, Father, Son, and Daughter. Many of our friends have worried about Cindy and Chris. They often ask me "How is Cindy doing?" or "Is Chris OK?" Although I knew and lived with Robin for 10 years, very few ask, "How are *you* doing?" I am only the *stepparent*. The idea that this tragedy cannot be as devastating to me as it is to Robin's "real family" is incomprehensible.

One definition for the word father is "father figure: one often of particular power or influence who serves as an emotional substitute for a father." This is what I was for Robin. She loved to push my buttons – but that was part of our relationship – as frustrating as it could be. Robin is the only daughter I will ever have. I was every bit a *father* to her. I love her and I miss her.

We, the stepparents of children who have died, grieve for our children too. *Only* society puts the "Step" in the name. *Parent* is still the biggest part of who we are. We hurt because they were our children too - often without the support and understanding that is demonstrated towards the biologically connected parents. These beautiful children with whom we developed emotional bonds are now gone out of our lives; and we, too, endure the same feelings of loss and sadness.

Tony Cinocco  
In memory of Robin Ann Craney  
TCF, Denver, CO





# Memorial Walk and Butterfly Release

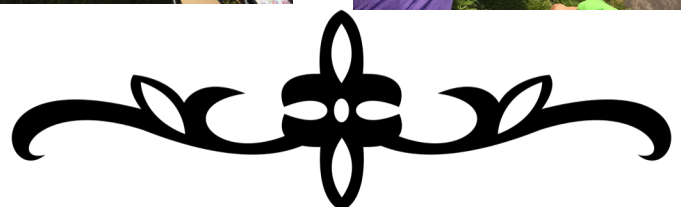
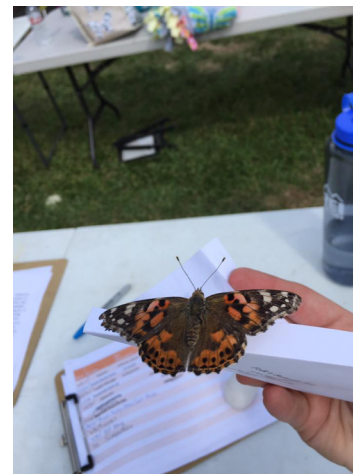
Last month, we had our annual Butterfly Release and Memorial Walk. It was at a new location so everyone could get a glimpse at our in-progress Memorial Garden for our children.

Thank you to everyone who purchased butterflies, shirts, raffles, and food! We had many great sponsors so be sure to check out some of our bigger sponsors: Folk Butterfly Farm, Landis Electric, FiddleStix in Quakertown, and many other local sponsors. It was spectacular to see the many artists who donated items. We will begin collecting gift baskets and other items in March if you would like to donate to next year's raffle basket and silent auction.

This is our largest single event fundraiser that for our chapter. This year, we raised over \$4000 which will help us continue to support families in grief through meetings, outreach, and special events. Throughout the year, Love Gifts (general donations) are added to our fundraising, but this walk helps us continue our large chapter of mailing newsletters and cards and providing support all year long.

The core leadership team, also called Steering Committee, organizes meetings, this event, and the candle lighting, as well as outreach, newsletter, cards, and other items. If you are interested in joining the leadership team, please reach out to one of the members. We meet on the 4th Tuesday in Quakertown! We would love to have you join us to join or lead a committee.

## Walk in Peace





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

Next Meeting July 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.

