



Serving Upper Bucks and Montgomery Counties

# The Compassionate Friends

Quakertown Chapter June 2021

## Father's Role in the Loss of a Child

By Amy Newman

While many fathers may put on an outward display of strength, inside they are as heartbroken as any parent would be over the loss of a child. They experience the same [stages of grief](#) as anyone else, even if they do not always express it. Society often focuses on the mother, but fathers also need support while being allowed to grieve on their terms.

### How Men Grieve

While women are generally open with their emotions, men often keep theirs bottled up. A father may not outwardly show any sadness over the loss of his child, either because of societal pressure to be strong or the feeling that he must be there to support his wife.



### Grieving Silently

Many men have been taught that they should not share their emotions or reach out for support. They are raised to be strong in times of trouble, thus they often [grieve silently](#). This does not mean he is not grieving - it just means he is [doing it differently](#).

To all of our fathers and grandfathers on your Father's Day, June 20th.

May each of you have a day filled with peace and kind memories. We are all blessed by our TCF fathers, grandfathers and brothers.

<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](mailto: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](mailto:contact@tcfquakertownpa.org)



Quakertown Chapter  
PO Box 1013  
Quakertown, PA 18951  
Chapter Info Line: 484-408-7314  
[contact@TCFQuakertownpa.org](mailto:contact@TCFQuakertownpa.org)  
website: [www.tcfquakertownpa.org](http://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](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.

#### 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 meeting. We understand how it feels to walk into a room of strangers and share personal feelings, especially when you are in so much pain. At your first meeting, we hope you find care, support, understanding and a group of friends to share with. Truly, there are no strangers among compassionate friends.

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4 meetings of attendance to determine if they are for you. It may take a few meetings before you're able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

#### Your Friends at TCF Quakertown Chapter

#### Library Books

We have a nice library of books for our members to check out and read and return them back to our library. A problem we currently have is that some books have not made their way back to our library and our library is shrinking. If you have checked out a book or magazine from our library and are done reading it won't you PLEASE return it to us at our monthly meetings. If you are not able to make the meeting you may mail it back to us or have someone else return it to us. Also, if you have any books that would help other grieving families through their journey and would like to donate them to our library please give them to our librarians.

#### Newsletter Errors and Omissions

For any errors or omissions please contact Linda via email at [kt4ever@mac.com](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.

#### 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)

We were put on this earth *to love them*

for as long as WE live... ○

not for as long as THEY lived.

- Alan Pederson

## MEN DO CRY!

I heard quite often "men don't cry"  
Though no one ever told me why.  
So when I fell and skinned a knee  
No one came by to comfort me.

And when some bully boy at school  
Would pull a prank so mean and cruel  
I'd quickly learn to turn and quip  
"It doesn't hurt" and bite my lip.

So as I grew to reasoned years  
I learned to stifle any tears.  
Though "Be a big boy" it began  
Quite soon I learned to "Be a man."

And I could play that stoic role  
While storm and tempest wracked my soul.  
No pain nor setback could there be  
Could wrest one single tear from me.

Then one long night I stood nearby  
And helplessly watched my son die.  
And quickly found to my surprise  
That all that tearless talk was lies.

And still I cry and have no shame  
I cannot play that "big boy" game.  
And openly without remorse  
I let my sorrow take its course.

So those of you who can't abide  
A man you've seen who's often cried  
Reach out to him with all your heart  
As one whose life's been torn apart.

For men do cry when then can see  
Their loss of immortality.  
And tears will come in endless streams  
When mindless fate destroys their dreams.

Ken Falk  
TCF, NW Connecticut Chapter

## I may look the same

Mark Myers

I may look the same as before Kylie died, but I am a different man altogether. I will love you more fiercely and respect the good and genuine in you and others. But I will no longer tolerate meaningless and petty attitudes and pursuits. I won't waste my time on things that don't matter. I don't fear death because part of me is already dead. I miss her every day even when I laugh and smile.

That is the thing I hope people understand: that I'm radically different in this grieving life - take me or leave me.

[www.whatsyourgrief.com](http://www.whatsyourgrief.com)

Grief, I've learned, is really just love. It's all the love you want to give but cannot. All of that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest.

Grief is just love with no place to go.

-Jamie Anderson





## Grieving Physically

Men often [express their grief physically](#). A grieving father may throw himself into work or projects around the house, or he may take up a hobby to keep himself occupied and avoid dealing with his emotions. He may turn to physical activity, such as playing basketball or going to the gym, to get the anger out. He may avoid contact with his wife because he doesn't know how to deal with her emotions on top of his. Whatever form his grief takes, a father must be allowed to process his feelings in his own way.

## Helping a Grieving Father

Society often neglects to care for the grieving father, showering all its support on the mother. Yet fathers need support as well, and he may not wish to turn to his wife for support, who is working through her grief. If you know a father who has recently lost a child, here are some suggestions for helping him work through his grief:

- **Be supportive:** He may need help with funeral arrangements, including driving him to the funeral home, picking out a casket or selecting flowers.
- **Don't pressure him:** If the father refuses to talk about his child's death, don't try to force the issue. Let him know that if he needs to talk, you'll be there to listen.
- **Listen:** When he is ready to start talking, just listen. Tell him how sorry you are for his loss. Use his child's name. Do not throw clichés at him, such as "Your child is in a better place", or "Now you have an angel to look after you". Not only are these not helpful, but it may make him feel that expressing his emotions is making you uncomfortable, which may cause him to stop talking about his grief.

- **Help him with daily tasks:** Find out what needs to be done, show up and just do it if you ask if he needs anything, he will likely say no. Tell him you will be at his house at a specific date and time to do the laundry or mow the lawn, or that you are dropping off dinner. If he has other children, offer to take them to the movies or the park to give him and his spouse some time alone.
- **Invite him out:** He may decline, but keep inviting him. Even if he never accepts, sometimes just knowing the invitation is there and that somebody cares is enough to get through a bad day. Often friends fade away after the loss of a child because they don't know what to say. He needs to know that you will not abandon him.

## Support

If you know someone who has lost a child, or if you are a father who has lost a child, take time to get some help. There are many organizations devoted to helping parents through the loss of a child, and many have local chapters with support groups for mothers, fathers, and both parents. Many of these organizations also have online forums specifically for fathers to go and talk about their grief with other men who have been through the same experience.

- [Center for Loss in Multiple Birth](#)

## Path Towards Healing

There is no one way to grieve and no quick answer to the pain a parent feels after losing his child, regardless of the circumstances. Grief is a process, and it's important to let each individual experience that grief on their own terms. Grief counseling is often helpful for people who are struggling through the loss of a child as well.



# Dads Cry Too

"Men often grieve differently to women, focusing primarily on their wife or partner who's going through the physical act of loss, before they consider their own emotions.

"The right support from family, friends and colleagues is vital in allowing men to grieve fully, which in turn can help improve relationships and mental health."

## How to help grieving fathers

Wondering how you might be able to help support a father going through baby loss?

The Mariposa Trust suggests this advice:

1. **Ask:** Take time to actually ask them how they're coping, sleeping, etc.
2. **Listen:** When people go through loss, they often need to retell what's happened, and this is a crucial part of working through grief. Allow dads to talk and be the friend who's willing to listen, be it once, twice or 20 times.
3. **Act:** Provide practical support. When people go through loss, the last thing they think about is practical things like cooking, for instance. Take round some prepared meals that they only have to warm. If they have other children, perhaps you could do the school runs. Try to think of ways to make their lives easier without imposing yourself on them.
4. **Understand:** Grief is an ongoing journey and often comes in waves. Some days will be better than others. Sometimes things can seem quite settled, and then people are hit by another wave of grief. This is normal, so just stand alongside grieving dads through these times.



## Things that won't help grieving dads

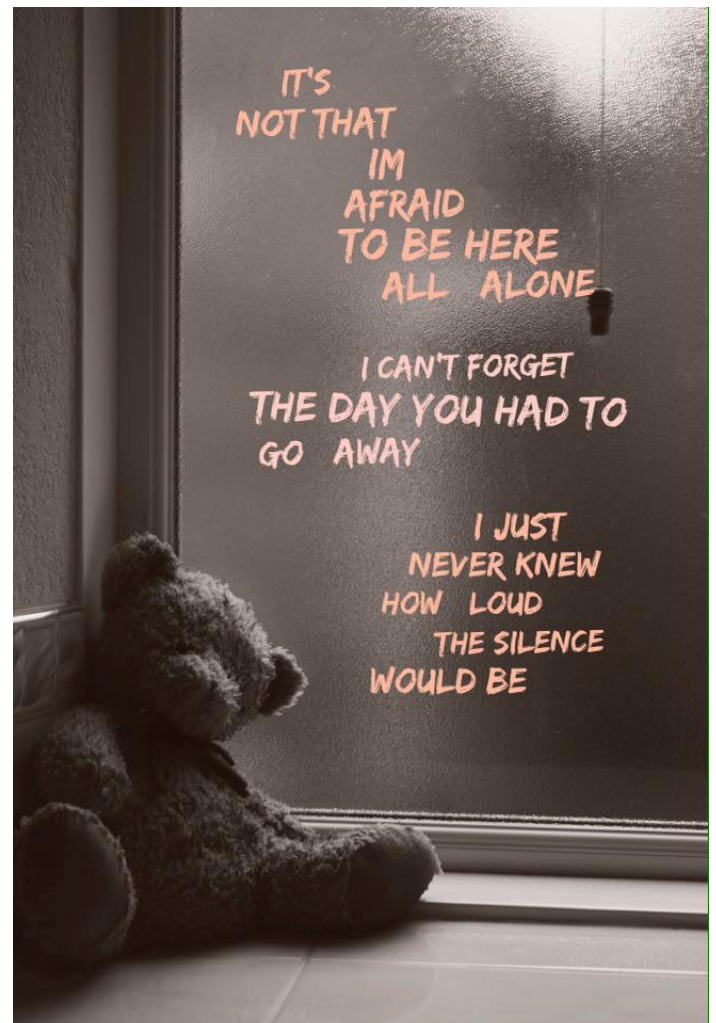
1. **Don't presume:** It's easy to see a father who's had to go back to work following the loss of his baby and think he's fine. But Clark-Coates warns that just because someone has to carry on with life doesn't mean they're okay or they've come to terms with their loss. Grieving is unique to each person and it may take weeks, months or even years for a father to come to terms with his loss.
2. **Don't make platitudes:** Comments like "At least you know you can get pregnant" and "At least the baby's in a better place" don't help at all, says Clark-Coates, who points out that no one knows if they can ever get pregnant again and that parents will always want their child in their arms. "Human nature often makes us want to look for the positives, but when it comes to death and grief, the only person who should be making 'at least' statements is the person who's bereaved," he says.
3. **Don't make grieving dads rush:** Allow them the time they need to process and come to terms with what they've gone through.

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



6/2 – **Dennis Harris**, son of Linda Lepo  
6/2 – **Matt Trauger**, son of Mary Anne Macko & Mike Hamilton, son of Jim Trauger, grandson of Dolly Bibic  
6/2 – **Shannon Frederick Rodgers**, son of Cindy Rodgers  
6/4 – **Andrea Clutter**, daughter of Alyssa Sandt  
6/5 – **Edward (Eddie) Myers**, son of Diane Daneker  
6/7 – **Michelle Dusza**, daughter of Steve & the late Darlene Dusza; sister of Jenn Geib  
6/9 – **Adrian Paul Pfitzer**, son of Joyce Mann & Kurt Pfitzer  
6/10 – **Crystal Cordero**, daughter of Linda & Rich Ervin  
6/10 – **James Donnelly, Jr.**, son of James & Alice Donnelly  
6/10 – **Christine McGhee**, daughter of Dawn McGhee  
6/12 – **Natasha Michelle Dechant**, daughter of Nancy Dechant  
6/14 – **Skylar Kauffman**, daughter of Heather & Eric Kauffman  
6/15 – **James Gabriel Geib**, son of Jim & Helen Geib  
6/15 – **Keith Heckler**, son of Emma & Lamar Heckler  
6/15 – **Courtney Isabella**, daughter of Anthony & Michelle Isabella  
6/17 – **Nick Campellone**, son of Johanna Goodwin  
6/17 – **John Patrick Sharkey**, son of Maggie O'Donnell  
6/24 – **Brandon Gilbert**, son of Susan Gilbert

6/24 – **Katie Stauffer**, daughter of Carl & Linda Stauffer; sister of Chrissy Stauffer  
6/27 – **CalliMae Derstine**, daughter of Lucy & Mike Derstine  
6/29 – **Randy Freed**, son of Bonnie Freed  
6/30 – **Joey Reichman**, son of Tacey & Stephen Reichman, brother of Tami



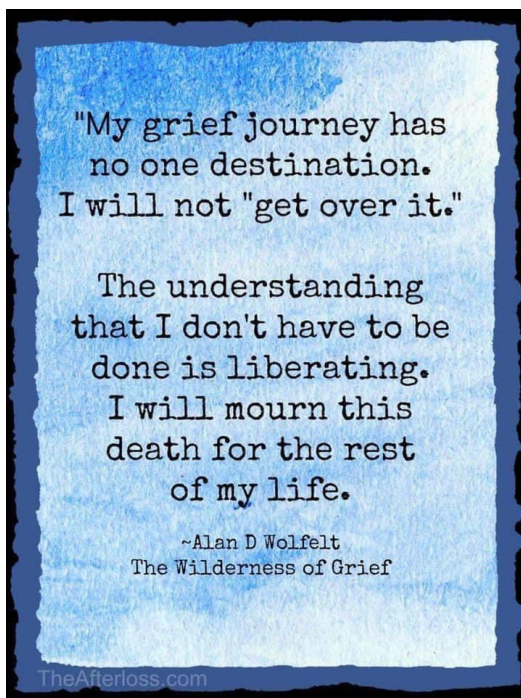


## Next plaque order

The memorial garden is a serene place that you can sit quietly, read, or hide a rock for others to find. Most importantly, this memorial garden is for you and for your children and siblings gone too soon.

There are just over 70 spots left if your child, grandchild, or sibling does not have a space yet. The deadline is based on interest for this next order. There will be plenty of reminders. To place an order <<http://shorturl.at/iCJLV>> or scan the QR code below to go to the order form

The memorial garden was a large project and will always need care, donations, and love. Please keep your love gifts coming for the garden or the chapter in general. We rely on your donations, your time, and your love. If you have questions about the plaques, please email [memorialgardenTCF@gmail.com](mailto:memorialgardenTCF@gmail.com).





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

6/4 – **Jonerick “EJ” Perullo**, grandson of Suzanne & Tom Kwan  
6/4 – **Gregory Nacios**, brother of Marade Williams  
6/9 – **Christopher Reed**, son of Sally Reed  
6/10 – **Allison Perno**, son of Cathy Perno  
6/11 – **Steffan Orazewski**, grandson of Crystal Kay  
6/12 - **Eric Smith**, son of Ross & Mary Smith, brother of Ashley  
6/13 - **Katey Blase**, daughter of Gail Blase, sister of Hillary Blase  
6/18 - **Benjamin Martin**, son of Kristine Fallows, brother of Rachel Whitely  
6/21 - **Jason Roeder**, son of Shirley Roeder, brother of Jessica Youtz  
6/21 – **William Young**, son of Barbara Young  
6/22 - **Joshua Adair**, grandson of Lois

Harner

6/22 - **James Gabriel Geib**, son of Jim & Helen Geib  
6/22 – **Brandon Gilbert**, son of Susan Gilbert  
6/26 – **Elena Wenger**, daughter of Melinda Wenger  
6/27 - **Christopher Trauger**, son of Mary Anne Macko & Mike Hamilton, son Jim Trauger, grandson of Dolly Bibic  
6/27 – **Michael Gurecki**, son of Diane & Stanley Gurecki  
6/29 - **Ashley Doyle**, daughter of Brian Doyle  
6/29 - **Thomas Onraet**, son of Ruth & Maurice Onraet

*And all the children that will never be forgotten as we celebrate their lives and memories.*

**One of my greatest fears is that the world will forget her. And I can't let that happen.**

**So she shows up in the world through me.**

**When I help another or act in love or choose kindness, I bring her humbly back into the world and remind others that she lived, she died, and she matters. Still.**

In Loving Memory of Katie Stauffer  
June 24, 1983 - March 8, 2003

<http://www.katiestauffer.org/>



# Love Gifts

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

To Rosemary & James Stewart, in loving memory of their dear son, Matthew James Stewart:

“I love you and miss you, my handsome devil, especially your hugs.”

To Carol & Don Mikesell who sent in a “contribution for flowers for the love garden, in loving remembrance of their dear son, Greg L Mikesell.”

To Michelle & Jonathan Wolf for their donation in loving memory of their precious daughter, Abigail Wolf.

To Jim & Helen Geib for their donation in loving memory of their dear son, James G. Geib:

“Loved and remembered always.”

To Susan J. Gilbert for her love gift in loving memory of her dear son, Brandon S. Gilbert:

“You are missed and thought of every day.”

To Mary Anne Macko, Mike Hamilton, Josh & Jake, in loving memory of their sons/ brothers, Chris Trauger, #1 son, and Matt Trauger, the happy middle child:

“Loved you then, ((Since before you were born)) Love you still, ((Love NEVER dies)), Always have, always will ((My promise till we meet again<3<3))”

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, Betty and Charlie Hottenstein for addressing our monthly newsletters for mailing. They do this in remembrance of their daughter, Tracy. Thanks to Barb and Bob Heimerdinger for applying the memorial Plaques to the wall in the memorial garden. They do this in remembrance of their son Ryan.

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

Next Meeting June 13  
at the Memorial Garden 12:00 noon



*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.

