

The Compassionate Friends

May 2018

Serving Upper Bucks and Montgomery Counties





To those who attended the Memorial Garden Dedication on Sunday, April 29th, THANK YOU for all your support. The ceremony was a beautiful way to let the community know that the Memorial Garden is officially open to be enjoyed. If you haven't had the opportunity to visit the garden please find the time to do so. It is located in James Memorial Park on Ridge Road in Sellersville. The garden and its heart shaped bench overlook a fishing pond. It is such a lovely, quiet spot to reflect on our precious children gone too soon.

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.

Next meeting May 8, June 12

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

Our Support Group Meetings are the 2 Tuesday of every month at St. Luke's Quakertown Hospital, 1021 Park Ave., Quakertown, in the Taylor Conference rooms A & B on the ground floor of the professional wing.

Meetings are 7:30 - 9 PM.

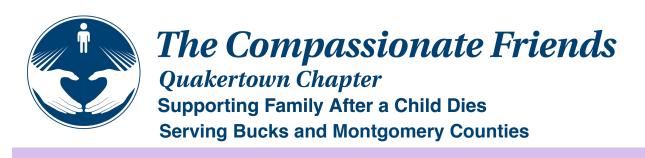
No need to register. No fees or dues. Just come as you are.

Quakertown Chapter PO Box 1013 Quakertown, PA 18951 Chapter Info Line: (267)380-0130 contact@TCFQuakertownpa.org

website: www.tcfquakertownpa.org

"The world loves closure, loves a thing that can, as they say, be gotten through. This is why it comes as a great surprise to find that loss is forever, that two decades after the event there are those occasions when something in you cries out at the continual presence of an absence."

—Anna Quindlen



About Our Chapter

Chapter Leader:

Ginny Leigh-Manuell **Treasurer:** Crystal Hunter **Secretary:** Gail Blase

Chapter Librarian: Theresa Sitko Newsletter : Linda Stauffer Website: Linda Stauffer **Steering Committee:** Mary Anne Macko Linda Stauffer Theresa Sitko

Carol Graham Lynette Lampmann Barbara Reboratti Gail Blase

Mary Catherine Neiderstock Celeste Nice Sheri & Bob Albro

Remembrance & Thank You Cards:

Lynette Lampmann Kelly Logan Mary Catherine Neiderstock Iennifer Pini

TCF National Office:

877-969-0010

www.compassionatefriends.org

The Compassionate Friends is a nationally renowned 501 C (3) nonprofit 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



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 please contact the newsletter editor by email: 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

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

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 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

OUR CHILDREN REMEMBERED

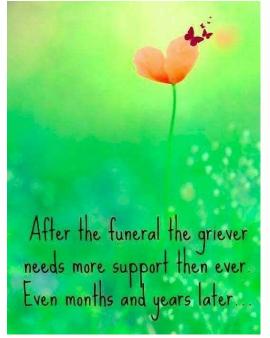
Loved...Missed...Remembered on their Birthdays and Always

They avoid speaking of your child to keep from upsetting you.

They do not realize that no one ever speaking of them is your biggest fear.

mommies with angel babies Shell





May Birthdays

5/4 - Ardyth Cope, daughter of Carol Cope

5/4 - Hector Valle, son of Hector Valle

5/8 – Justin Powis, son of Jennifer & William Powis

5/11 - Rebecca Cloud, daughter of Richard & Diane Cloud

5/16 – James Ogden, son of Linda & Patrick Ogden

5/16 – Brian Wensel, Jr., son of Brian Wensel, Sr.; grandson of Leroy & Dawn Wensel.

5/17 – Craig Zakeosian, son of Mike Zakeosian

5/20 – Mia Rose Montevidoni, daughter of Matt & Kelly Montevidoni

5/20 – Kevin O'Donnell, son of Doris & Steve Yurchak

5/24 – Aidian Bacchus, grandson of MaryLou Miller

5/24 - Matt Dille, son of Patti & Joe Dille

5/24 - Mario Pontecorvo, son of Ellen Pontecorvo

5/25 – Kristy McCoy, daughter of Arlin & Dona Moyer

5/26 – Ryan Kintzly, son of Tammy Devine

5/27 – Rob Tarr, son of Robert & Susan Tarr

5/29 – Joseph Oglialoro, son of Mike & Becky Oglialoro; grandson of Rose & Joseph Oglialoro and Gary & Vickie Shoudt.

5/29 - Eric Santayana, son of Debi & Walt Schimpf

5/31 – Brittani James, daughter of Christine James; Jack & Polly James; granddaughter of Nancy James

Our Children Remembered on the Anniversary of their Death

5/4 – Jennifer Wenhold, daughter of Jeff & Wendy Wenhold	5/18 – Joe Discher, son of Martha & Art Discher; brother of Wendy Park	
5/5 – Nancy Hall, daughter of Charles & Patricia Hall	5/18 – Kaitlin Murphy, daughter of Pat Murphy	
5/6 – Calvin Gross, son of Karen Gross	5/20 – Michael Rabadi, son of Essam & Anne Rabadi	
5/7 – Brandon Crosby, son of Tracy & Mark Ehleben	5/20 – Dan Slaughter, son of Lori Slaughter	
5/7 – Colleen O'Connell, daughter of Jay & Barbara Keeley	5/21 – Joseph Bello, Jr., son of Gloria Bello; brother of Sharon Kronmiller	
5/7 – Tony Kulp, son of Mary Ann Kulp	5/21 – Blake Sharp, son of LuAnn & Harry Hebrank	
5/7 – Derick M. Lawley, brother of Tara Lawley-Bergey	 5/21 – Joseph Cifone III, brother of Dorothy & Garry Neubert 5/22 – Katie Leck, daughter of John & Anita Bardsley 	
5/8 – Brian Leigh-Manuell, son of Ginny Leigh-Manuell; brother of Jennifer Wills		
5/9 – Skylar Kauffman, daughter of Heather Gebhard & Eric Kauffman; granddaughter of Pam Gebhard; Carol &	5/22 – Ross VanHouten, son of Brenda VanHouten	
Spencer Kauffman	5/23 – Matt Trauger, son of Mary Anne Macko & Mike	
5/9 – Allison Reboratti, daughter of Barbara & Eduardo Reboratti	Hamilton; Jim Trauger; grandson of Dolly Bibic 5/23 – Dayna Irwin, daughter of Ken & Patricia Irwin	
5/11 – Anthony Bonino, son of Robert & Susan Bonino	5/24 – Ryan McMullen, son of Kathleen & John	
5/11 – James Donnelly, Jr., son of James & Alice Donnelly	McMullen	
5/11 – Dawn Meshon, sister of Vicki Moffett and Richard	5/25 - Trevor Baelz, son of Marsha Leary	
& Verdie Winters	5/26 – Andrew Delp, son of Robert & Sheryl Delp	
5/11 – Nina Seehuetter, daughter of Cathy Seehuetter	5/27 – Patricia Loughrey, daughter of Desiree Loughrey	
5/12 – Selena Gebert, daughter of Donna Gebert	5/28 – 1 Lt. Matthew Gaffney, son of Phillip & Kathleen	
5/15 – Donna Lee Stichter, daughter of Don & Carol Collis	Gaffney	
	5/30 – Carly Bradley, sister of Kasey Bradley	
5/15 – Joseph Jenkins, son of Dennis & Allison Jenkins	5/30 – Kyle Silver, grandson of Jeanne Hofmann	
5/15 – Adrian Paul, son of Joyce Mann & Kurt Pfitzer	5/31 – Jonathan Krist, son of Robert & Peggy Krist	
5/17 – Jeremy Nase, son of Carol Nase		

On a lovely, sunny, glorious Friday afternoon in May of 2008, (WOOHOO - TGIF! – Right?? – NOT THIS TIME!!!) I received the phone call at work; the one all bereaved parents have now learned to dread more than anything else in the world. It brought news that another son of mine had passed.



In the weeks that followed I soon realized that this second grief journey was going to be very different from the one I had started almost seven years earlier. It would turn out to be different on so many, many levels. My mind was in constant high gear, comparing the particulars of two accidental deaths, both of them my sons'.

Believe it or not, this second bereavement process became as unique to the first journey as this son was to his older brother. From the first moments of their births, they appeared to be such individual souls; so unique. Now even death proved the same observation.

Noticing so many differences brought me so many alternate perspectives. Each comparison would prove to me that looking at life differently and choosing to shift my perspective would allow me to see each from a unique viewpoint. Yes, I did indeed have a choice in this. Wayne Dyer says it perfectly: "When you change the way you look

at things, the things you look at change".

And there were many similarities that also appeared, reinforcing my belief that all love is not lost. Like Sandy Goodman's book title says: "Love Never Dies". So many aspects of love in our life appear to be ripped from us when our child dies. I choose that word "appear" quite intentionally. I have experienced otherwise.

A surprising but common thread through all my thoughts at this time was that this process was a gift for me to experience and grow and ultimately to share with others. Those aspects of love and life that appeared to have been stolen yet again could be returned, revised but renewed, if I chose to make the effort. This was just one of many revelations I had along this journey. Grief can truly shift you to a different plane.

Also, our physical body changes with time, so why not our thoughts and beliefs? Isn't that the essence of learning? Exposure to teachings or experiences, upon examination, becomes our knowledge, our truth. I was just choosing to learn from this pain. "Some good has to come of this!" I spoke time and time again. ~~~

~~~ It's been 10 years since I wrote those words. WHO KNEW that our life was destined to be so completely restructured? WHO KNEW the pain so unimaginable? WHO KNEW the way through it? For me, LOVE FINDS A WAY. LOVE NEVER DIES<3<3

- Mary Anne Macko, in loving memory of my second son, Matthew Paul Trauger 6/1979-5/2008

"Loved you then; love you still!!! Always have and always will!!!"



# mother and fores

# Mother's Day Again

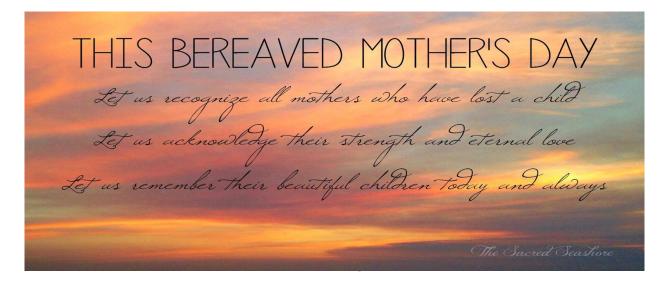
It is Mother's Day again.
The day that my first born son became an angel.
Time for remembering Mothers
Time to remember their love for their children
For me it is a reminder of the day you became an angel
And a piece of my heart went with you
Yes it is Mother's Day again.

It is Mother's Day again
I will remember the good times with Kevin
I will remember his smiles
I will remember his hugs
I will remember his firsts
but I will remember most of all
His love for me, his sister and his daddy.
So yes it is Mother's Day again.

Kathie Kelly TCF Fredericksburg, VA In Memory of my son Kevin







Many of us in TCF do not look forward to Mother's Day. On this holiday, when the whole nation is celebrating the joys of parenthood, grieving parents often feel a special anguish.

Mother's Day this year looms as a particularly difficult milestone for me, Sunday, May 10, 1998, is not only Mother's Day but also the second anniversary of the death of my ten-year-old son, Jacob. Because this day of private sadness also happens to be a day of public celebration, I decided that I should start thinking early about the occasion. I engaged in a little research about the holiday and learned a story that I think is worth sharing.

Mother's Day was the creation of a woman named Anna Jarvis in the early years of this century. Anna, who never married and never had children of her own, devoted herself to establishing a national Mother's Day as a way of honoring her beloved mother, who died on May 9, 1905. In Anna's view, her mother deserved a memorial because she had lived selflessly and endured considerable suffering - seven of her eleven children had died in early childhood. According to historians, Anna's mother mourned the deaths of her children throughout her life.

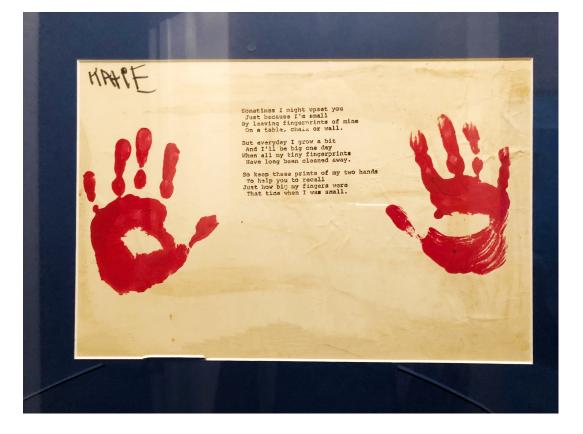
Anna insisted that the holiday always fall on a Sunday so that it would retain its spiritual moorings. Because of her efforts, President Woodrow Wilson finally proclaimed the second Sunday in May as Mother's Day. Although Anna couldn't prevent the new holiday from quickly becoming a marketing phenomenon, she did try. Speaking out against "the mire of commercialization" that threatened to engulf Mother's Day, Anna attempted to preserve her creation as a true "holy day," a time for solemn reflection and prayer.

Mother's Day, then, was borne of a daughter's grief and love. More importantly, it was intended as a tribute to a bereaved mother-a brave woman who lost multiple children but who managed to live with an abiding kindness and generosity toward others. I like knowing this background, and my attitude towards Mother's Day has been colored by the knowledge. The holiday now makes me think of the common sorrow that links all bereaved parents. I feel a bond with Anna's mother that stretches over time and space. In a broader sense, the woman for whom the holiday was founded reminds me of people I've met at TCF who have continued to live productive, meaningful lives in the face of unthinkable loss.

Finally, Mother's Day in its origins symbolizes both the joy and the vulnerability inherent in parenthood. Anna's mother knew all too well that from the moment a child is born, hope and the possibility of tragedy go hand in hand. She understood the fragility of life.

Enriched by its own history, Mother's Day is easier for me to tolerate. The coincidence of dates this year-Mother's Day and the anniversary of my son's death-is not as jarring as it once seemed. Although the commercial images of the modern Mother's Day still make me wince, I can turn off the television and envision the kind of day that Anna Jarvis had in mind: a time for quiet reflection and the sharing of cherished memories.

Barbara Atwood In memory of Jacob TCF, Tucson, Arizona



# Hands

Little handprints in a frame, Flashback of memories days long gone, yet still so fresh in my mind as if only yesterday.

Tiny hand of my baby girl,
Fingers curled around my own,
Only a reflex to some,
But not in my mind,
For me only the purest
of loving connections.

Outstretched toddler hand reaching out for mine. trusting mother's protective grasp, maneuvering the busy streets, we skipped together, hand-in-hand.

Slender-fingered teenage beauty, polished nails, smooth scented hands.
Seeking independence,
Hands pushing me away,
Sensing somehow her reluctance,
Not really ready, not quite yet...

Hands of her adult years,
I thought would have held mine
as I navigated through the ageing
years.
Hands to comfort and hold, but never
to be,
I am left only with my memories,
and tiny handprints,
in a frame...

Cathy Seehuetter TCF St. Paul, MN In Memory of my daughter, Nina

Forget making dinner on Thursday, May 3rd! Invite your friends! Come on down to Texas Roadhouse from 4-10pm at the Montgomeryville Location (115 Garden Golf Blvd. Montgomeryville, PA 19454) and our chapter will get not only 10% but an extra 5% of all sales (including take out and gift cards). We cannot get the donation if you use a coupon, unfortunately. Take the flyer in this newsletter and print a bunch and give them to your friends! See you for dinner!



# The Compassionate Friends Quakertown Chapter Memorial Walk & Butterfly Release June 9, 2018

Location: James Memorial Park; Ridge Road; Sellersville, PA

| Name:                              | Phone Number:                          |  |
|------------------------------------|----------------------------------------|--|
| Please list first & last name of p | erson(s) to be remembered at the Walk: |  |
| ľ                                  |                                        |  |

| Mail Checks to:         |
|-------------------------|
| TCF Quakertown          |
| PO Box 1013             |
| Quakertown PA 18914     |
| Payable: TCF Quakertown |
| Memo: Walk              |
|                         |

| HOITIOI FRANK         |          |
|-----------------------|----------|
| Postmark Registration | by May 9 |
| 2018 to guarantee     | items    |

| ** Shippir |                | not attending the walk,<br>SHIRTS ONLY          |
|------------|----------------|-------------------------------------------------|
|            | is additional: | \$5 for one shirt, \$10 for<br>more shirts \$20 |
| Address    |                |                                                 |
| City:      |                |                                                 |
| State:     | Zip:           |                                                 |

| Pre-Registration Cost | \$ |
|-----------------------|----|
| Additional Donation   | \$ |
| ** Shipping           | \$ |
| Total Enclosed        | \$ |

Questions: 267-380-0130 or contact@tcfquakertownpa.org

You may also order online and pay with your credit card at tcfquakertownpa.org

You may bring one photo of your child/sibling/loved one (5X7 or smaller) to post on our memory board display. You will take the photo home when you leave. NO guarantee that photos left behind will be returned.

| <u>ltem</u>                                          | Quantity of Items | Price per Item | Quantity x Price =<br>Total Item Cost |  |
|------------------------------------------------------|-------------------|----------------|---------------------------------------|--|
| One (1) Butterfly                                    |                   | \$15           | \$                                    |  |
|                                                      | SINGLE SI         | HIRTS          |                                       |  |
| Shirts<br>Youth Small - Adult XL                     |                   | \$20           | \$                                    |  |
| Shirts<br>Adult XXL - XXXL                           |                   | \$23           | \$                                    |  |
|                                                      | PACKAC            | SES            |                                       |  |
| Packages (1 shirt & 1 Butterfly)<br>Youth – Adult XL |                   | \$30           | \$                                    |  |
| Packages (1 shirt & 1 Butterfly)<br>Adult XXL - XXXL |                   | \$33           | s                                     |  |

# Please List Quantity of Shirt Sizes in each Box. Shirts not available until day of walk.

| Youth Small   | Youth Medium   | Youth Large     |
|---------------|----------------|-----------------|
| Adult Small   | Adult Medium   | Adult Large     |
| Adult X-Large | Adult XX-Large | Adult XXX-Large |

 $({\sf Add\ all\ lines\ together})\ \underline{\sf Pre-Registration\ Cost}$ 

\$

# MEMORIAL GARDEN PLAQUE

# It's Time to Order!

# MONEY & ORDER DUE JUNE 30

- Only bereaved parents, siblings, and grandparents who are part of the Quakertown chapter of The Compassionate Friends will be invited to order a plaque for the Memorial Garden.
- Due to the limited availability of plaques, a child's name may only appear once on the garden. If we receive a duplicate name (i.e. grandparent and parents who order separately), you will be contacted.

# **HOW TO ORDER**

| Online Order Form                                                                                                                                            | Paper Order Form                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| If you receive the newsletter via email, you will need to order online. GO here  Order Form:  https://goo.gl/forms/cgXOle7on44FnCcS2  or scan the code below | If you receive our newsletter via mail, you need to contact Crystal at the number or email below and she will send you a form within 7 days. Please leave a message with your name, your child/sibling's name, your address, and a phone number. You will fill out the form and mail it back. The Plaque Coordinator will enter these orders online. |
| DUE DATE: Online order forms are due by JUNE 30, 2018. The plaque will not be ordered without being paid.                                                    | DUE DATE: The order form with a check must be received by JUNE 30, 2018.                                                                                                                                                                                                                                                                             |
| Cost: \$125 (follow directions via Google form)                                                                                                              | Cost: \$125 (follow directions on order form)                                                                                                                                                                                                                                                                                                        |



The metal is aluminum and the letters are raised. The plaque is 3" x 5" and can have up to 4 lines of text. The size of the letters will be the same no matter how many lines. Each line can have up to 16 characters (including spaces). If you have an initial, the period does not count as a character.

Left: Example of a 3 line plaque

Send Questions to: Plaque Coordinator Crystal MemorialGardenTCF@gmail.com (Preferred) 614-746-8076 (Leave a Message)

Scan this to go to order form





# **Refreshments for March**

Brittni Fonder in memory of her brother Chris Mary Anne Macko in memory of her sons Chris & Matthew. Louise & Toby Minner in memory of their son Doug

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 Lynette Lampmann, Kelly Logan, Jennifer Pini and Mary Catherine Neiderstock for the Remembrance that you receive. They do this in remembrance of their children/ siblings, Shawn (Lynette), 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 chapter meetings. Thank you to Linda Stauffer for doing our newsletter and website. She does this in memory of her daughter Katie. Thank you to, Betty and Charlie Hottenstein, for 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. Cathy Barton, In memory of her son **Shawn Barton**, Love Always, Mom.

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

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                                                                                                    |                                       | Checks payable to: TCF Quakertown Chapter |                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-------------------------------------------|--------------------------------------------------|
| Birth Date Check One: Please u                                                                                                                          | Death Date (Angel Day) se my gift for |                                           | to: PO Box 1013, Quakertown, PA 18951            |
| Memorial Garden Special Events (i.e. speakers, community outreach) Candle Lighting Program Memorial Walk & Butterfly Release General operating expenses |                                       | Love Gift Message:                        |                                                  |
| Your Name:<br>Email or Telephone:<br>Address:                                                                                                           |                                       |                                           | Treasurer Use Only  Cash/Check # Amount  D Q T N |



# Next Meetings May 8, June 12



# 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.