



The Compassionate Friends

Quakertown Chapter May 2021

Support Group Meeting Sunday, May 16 at the Memorial Garden

The weather has warmed and we can resume meeting in person at James Memorial Park as we did last summer and fall. Our gathering will be Sunday, May 16 at 12 PM next to our Memorial Garden.

James Memorial Park is located on Ridge Road [old Route 563] in West Rockhill Township. The park is located across the road from the West Rockhill Township Building. Portable rest rooms are close to our meeting location, which is visible from the parking lot. In the event of heavy rain and we have to cancel, we will have a Zoom meeting at 7:30 PM on Tuesday, May 18. For those familiar with "the Ridge," the weather can be very different than the weather where you reside even if you live only five miles away. If you want to check the weather, search "Tylersport."

Our chapter is following the guidelines of the CDC with regard to COVID. The CDC reports that if you are fully vaccinated with the Moderna, Pfizer or Johnson & Johnson vaccines at least two weeks prior [to our meeting], you are not required to wear a mask outdoors. We will observe social distance guidance at our meeting and will not be serving refreshments. Please remember to bring a lawn chair.

Our support meeting is for bereaved parents, grandparents and siblings.

If you are interested in purchasing a garden flag for your home, you can do so at the meeting - cash or check. Each flag is \$15 and there are 4 designs. You will take it home that day. All funds go back to support our garden.

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



We welcome you whether it's your first time or your 50th time at our chapter meetings. We open our arms and our hearts to you.

With heart hugs of love and light,
~ Barbara J Reboratti, chapter leader
newswriter@comcast.net

If you are reading this newsletter and do not receive emails from the chapter, and would like to, please email contact@tcfquakertownpa.org to be included on the email list. Be sure to include your name!



As our membership grows costs are rising to mail paper copies of the newsletter each month. Please consider receiving the newsletter by email, or Facebook, or our website. Please contact us with your email address!!! Thank you for helping us SAVE funds!!! email or scan ----->
contact@tcfquakertownpa.org



Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: 484-408-7314
contact@TCFQuakertownpa.org
website: www.tcfquakertownpa.org

Please give some thought to volunteering with The Compassionate Friends. Our Chapter is growing and we need helping hands to continue to help others that are new to this path of grief. We need not walk alone.



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Chapter Leader – Barbara J Reboratti

Chapter Treasurer – Sherri Albro

Chapter Secretary – Gail Blase

Assistant Secretary -

Mary Anne Macko

Newsletter Editor/Webmaster –

Linda Stauffer

Membership Outreach-

Ginny Leigh Manuel

Social Media Coordinator & Sibling

Coordinator – Crystal Hunter

Memorial Garden Chairperson –

Theresa Sitko

Committee members – Bob Albro,

Dianna Cox, Diane Gurecki, Lisa

Dechant and Lynette Lampman

TCF National Office:

877-969-0010

www.compassionatefriends.org

The Compassionate Friends is a nationally renowned 501 C (3) non-profit organization with 700 chapters in the US. All donations are tax deductible.

Self-help Program

The Compassionate Friends, Inc. is a mutual assistance, self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

To Our New Members

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain!. Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work.

To our Members who are further down the "GRIEF ROAD"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK - what would it have been like for you at your first meeting if there had not been any TCF "veterans" to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

Information Regarding Our Meetings

PLEASE don't stay away from a meeting because the topic scheduled does not interest you. We are here to discuss whatever is on your mind, we don't stay on the topic only. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group but it is not a requirement. Coming to listen to the others is Okay too. Re-member also that our meeting is open to adult siblings, grandparents, or adult family members such as aunts or uncles.

Support Group Meetings

We are so sorry for the cause that brings us together. It takes courage to attend a Compassionate Friends support group 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 with the error and the correction for the next month newsletter. Please remember we are all volunteers and grieving

About This Newsletter

This newsletter comes to you courtesy of The Compassionate Friends, Quakertown Chapter with the hope that it will be a helpful resource for you on your grief journey.

If you no longer wish to receive the newsletter please contact the newsletter editor by email: newsletter@tcfquakertownpa.org
PLEASE NOTE: If you are moving or your email has changed please notify the newsletter editor so that we can update your information and you continue to receive the newsletter. If the newsletter is returned to us either via mail or your email bounces back and you have not notified us you will be removed from the mailing list.

Newsletter submissions:

Submit articles and poetry to the editor by the 15th of the preceding month. Include the author's name & your contact information. You may mail to our PO Box 1013, Quakertown PA 18951 or email as a pdf file or word document to: newsletter@tcfquakertownpa.org

We were put on this earth *to love them*

for as long as WE live... ○

not for as long as THEY lived.

- Alan Pederson

How to help parents who are grieving on Mother's Day

When someone loses a child, their world changes forever. Mother's Day is just one of many days that make that loss feel even more profound. Bereaved parents may feel angry, cheated, heartbroken, or all of these at once—and they may worry they can't be there fully for surviving children the way they want to be. Whether it's the first or the fiftieth Mother's Day after a child dies, part of a parent's heart always belongs to their lost child. As Darcy Krause of the Center for Grieving Children puts it, "A child is a child no matter how old they are. In a mother's or father's heart, it's *their* child." Parents who have living children in addition to the one who passed can find Mother's Day bittersweet. One child doesn't replace another or soften the blow of that loss. Sue Lloyd of [Kara](#), an organization that provides grief support to families, tells us, "It's like having a separate bank account for each child. Parents want to have pure joy and celebration for their living child but also need to set time aside to mourn the loss of the child who is gone." Miscarriage is another loss that can ache on Mother's Day. In this case, even though parents and family didn't get to know their child, they might grieve for the life that child won't have. And if it was a loss early in pregnancy, friends and family might not even know that it happened. That can be isolating as well.

As a friend to a grieving parent, you can never take away that pain. But there are things you can do to help support bereaved parents—especially if they're not looking forward to Mother's Day. Experts suggest that you

1 Meet them where they are in their grief

Psychotherapist and grief specialist Fran Dorf cautions friends not to say or do things that could make a parent's grief seem like it's out of proportion or taking too long to resolve. Listen to your friend without judgment or advice. There is no right way to grieve. We need to let others work through their pain instead of trying to force them through it.

2 Let your friend know you're thinking of them

You could say something like, "You're on my mind today. I miss Michael, too." If they have a living child, try, "This day must be filled with mixed feelings for you. I love seeing the relationship you have with Cora and remember your love for Jessie." If you don't know what to say, that's okay. Just acknowledging that it can be a hard day can help your friend feel supported.

3 Say their child's name

Often when someone dies, people stop saying their name around the grieving family. Experts agree that many families want to hear the child's name out loud. Grief-support expert Shelly Gillan of Kara says that "it reminds them that their child is still loved and missed by many. A parent's worst fear is that their child will be forgotten."

4 Share memories or do something to honor the child—if your friend is ready

Darcy Krause advises that while some grieving parents won't want to talk about their child, "others will leap at the chance. Follow social cues. If they change the topic, follow their lead." Let your friend know that you're available to talk or share stories of their child. If you want to give a thoughtful gift, write a card that they can read when they're ready. Bake the child's favorite cookies and leave them at the door with a note. Take a photo of something that reminds you of the child's favorite color, movie, or holiday and send a text that lets your friend know you're thinking of them.

5 Support surviving siblings

Darcy Krause reminds us that, even in families, grief can be lonely. Bereaved siblings can feel left out or experience survivor's guilt that they're still alive while their sibling isn't. They sometimes feel pressure to take on the deceased sibling's role in the family. Pay extra attention to siblings and help them feel nurtured and loved. Plan a special outing with them after Mother's Day: a trip to the aquarium, an afternoon of arcade games—anything that makes them feel cherished.

6 Encourage self-care

Take your friend for a walk or drop by with a healthy meal. Offer to spend Mother's Day together doing something relaxing like yoga or catching up on a favorite show.

7 Stay in the picture

Mother's Day doesn't necessarily become easier over time for a parent who lost a child. But friends and family can get caught up with their own lives and forget to check in as time passes. Commit to being there in the years to come on Mother's Day, and to helping your friend keep their child's memory alive.

We Are

By: Crystal Hunter
*In Memory of my Big Brother,
Justin, 1979-2009*



We are the siblings who need each other.
We are the children of the parents who are grieving their child.
We are the siblings who have lost a piece of our past, present and future
We are the siblings of the children we are remembering.



We have learned our siblings will always be our siblings, no matter what.
We don't say We Had Five Siblings—we say We HAVE Five Siblings.
We ask others to never forget us – the surviving siblings.
We gather strength as we watch our parents live each day, one day at a time, in their “new normal” way of life.
We listen while our parents worry about us, and we worry about them each day.
We are the siblings of the children we are remembering.

We lost the one person who shared all our childhood experiences.
We hurt when we realize our sibling will miss all the future events, even their young niece's and nephew's future weddings.
We become frustrated when people say we need to move on and be the person we use to be.
We try to stay positive when we realize our siblings are with us—in their own special way.
We cry when we can't call our sibling to explain our good news.
We are the siblings of the children we are remembering.

We have become a group of siblings who lean on one another.
We have burdens and sadness that only we understand.
We talk to each other and do not have to explain why we are having a bad day.
We don't need to explain our story on those special days that just creep up onto you.
We are thankful for the siblings we have met, but regret the reason we met.
I am the sister of Justin.
We are the siblings of the children we are remembering.

To My Little Sister in Heaven

Hey Abbey,

I hope you're "chilling with Jesus" and are the happiest you've ever been. I hope you see how much of an impact you made on all of us down here. I hope you're reunited with all of our loved ones who went before you; give them a hug for me. I hope you know how much we miss you.

Being your big sister was such a blessing and the 14 years we had together gave me some of the greatest memories I will treasure forever. You were my first roommate and my favorite roommate. From being in a crib across the room from me to your matching twin bed next to mine you never like sharing a room, but I think you secretly liked it. I have endless videos of you being your crazy self within the four walls of our room that I go back to everyday.

I wish I would have told you just how much I admired you when I had the chance. Ever since you were little you continued to amaze me with your independence, outgoing personality, beauty, smarts, artistic, and athletic abilities! I could honestly continue to list everything I admired about you, but it's my job as a big sister to keep you a tiny bit humble. You were our little Martha Stewart- you baked, cleaned, and sewed. I'm glad I showed you how to make banana bread because it meant I didn't have to make it anymore, and honestly, you made it better anyway.

While I did basketball since the time I was little to starting volleyball in middle school, you were different. You were the kid who tried everything! Let's see, you tried: soccer, basketball, dance, gymnastics, swimming, horseback riding and even acting. I'm glad you found volleyball when you did though, that was your sport. I was really excited to hear how much you liked it, I finally had a volleyball partner to play with in the street and backyard. I will always remember our times playing volleyball together, listening to country music from my portable speaker.



I loved how much you enjoyed planning my wedding even though I'm not even close to that yet. You created a Pinterest board of dresses, venues, color schemes and themes. Even though I rolled my eyes every time mom said we had to be each other's maid of honor- I really loved that idea and was so excited for that day to come. Instead of you being next to me when that day comes, you'll be watching from the best seat in the entire world- Heaven.

You were supposed to be the fun Aunt Abbey to my children when I had to be the bad guy implementing rules. You were supposed to tell them embarrassing stories of us when we were growing up and giving them too many "good" ideas. Instead, I'll be telling them all the stories and making sure they know just how amazing Aunt Abbey was.

I hope you know that your cat, Sox, misses you so much and that he now sleeps with me every night. You should also know that I do face masks now and don't go on nearly as many coffee runs as I did when you were here with us. I haven't done that many Tik Toks either since you left- it's just not the same without you laughing next to me. I listen to your Spotify playlists even if

that means I'm listening to continuous One Direction.

I have to admit, I'm jealous of everyone who gets to have their sister with them. I know you're still with me every day, but it's just not the same. I miss our stupid fights or singing to songs while getting ready for the day. I wear pretty much all of your clothes, and I know that made you so mad when you were here, but I know you don't actually mind. I would gladly let you make fun of my choice in style, let you do my hair, let you be the prettier sister if that meant I had one more day with you.

I know I'll see you again one day, but until then I'll just live every day in honor of you and continue to tell your story. We all miss you so much!

Love,

Your sister Kayla

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



5/1 – Patrick Pettie, son of Doreene Pettie

5/3 – Abigail Wolf, daughter of Michelle & John Wolf

5/4 – Ardyth Cope, daughter of Carol Cope

5/6 – Joshua Slotter, son of Nina Slotter

5/12 – Greg Mikesell, son of Carol & Don Mikesell

5/17 – Craig Zakeosian, son of Mike Zakeosian

5/18 – Erick McBeth, son of Marie Fedorowicz

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

5/22 – Matt Dille, son of Patti & Joe Dille

5/23 – Walter Petite, Jr., son of Doreene Petite

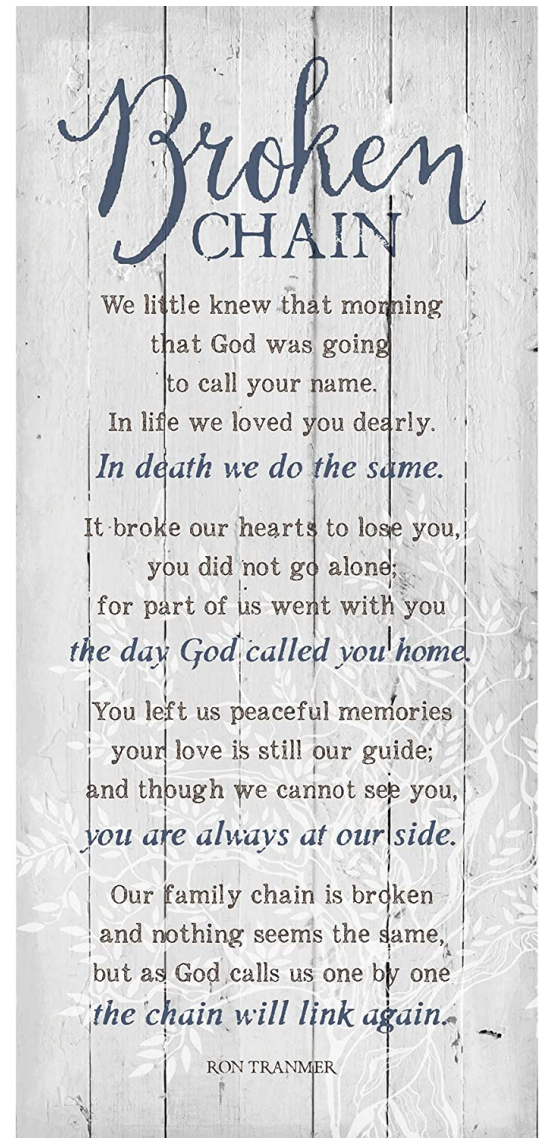
5/23- Eric Schwartz, son of Amy DeLellis

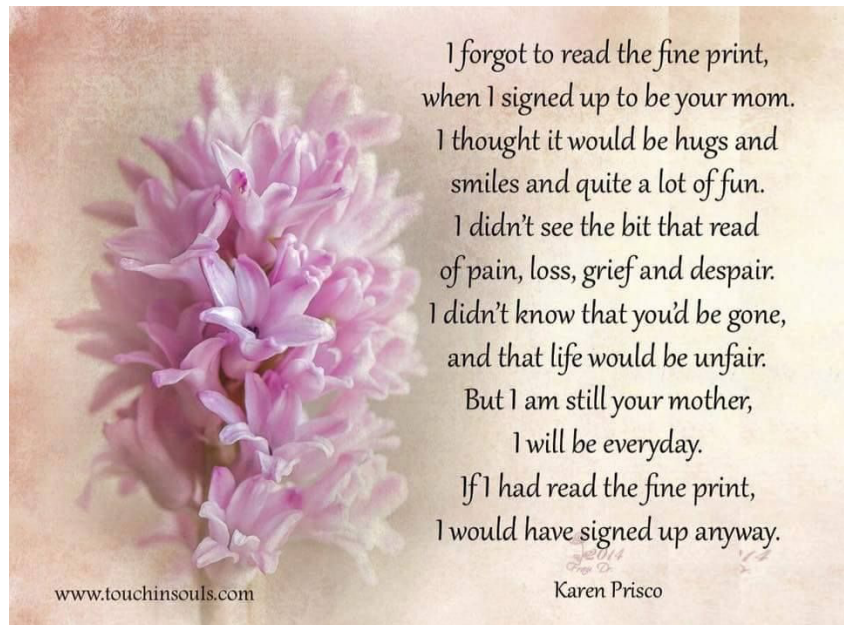
5/23 – Jolene Wohlbach, daughter of Marie Fedorowicz

5/24 – Gregory Nacios, brother of Marade Williams

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

5/31 – Sebastian Carey, son of Christine Carey





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.



*I have felt no greater pain
than the moment when your
heart ❤️*

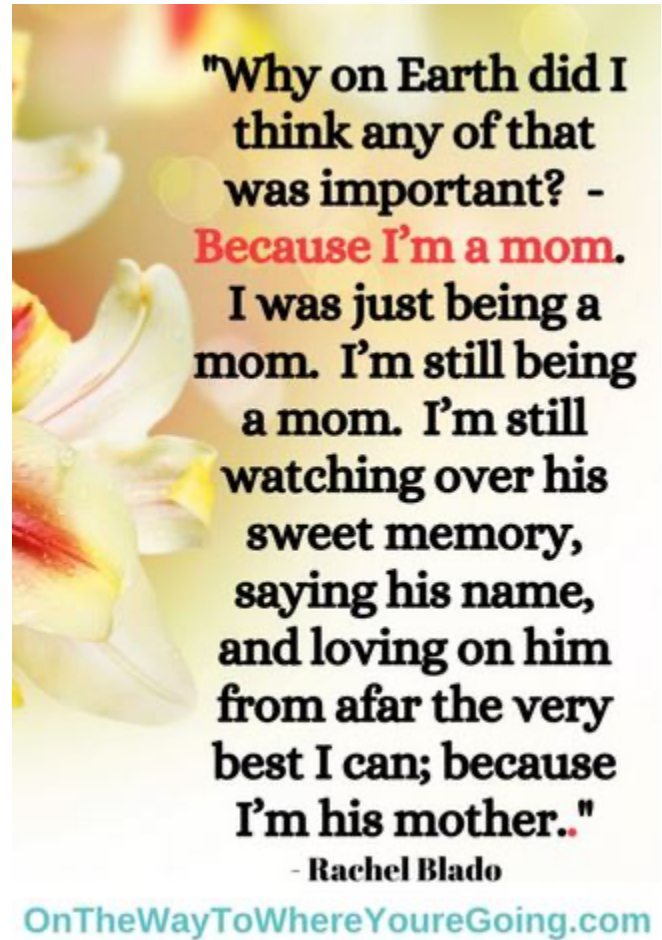
Stopped beating.

*And mine
carried on...*



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

- 5/6 – **Calvin Gross**, son of Karen Gross
5/6 – **Meagan Sands**, daughter of Bernadine & Anthony Buccafuri; granddaughter of Edward & Gloria Layton
5/7 – **Tony Kulp**, son of Mary Ann Kulp
5/7 – **Derick M. Lawley**, brother of Tara Lawley-Bergey
5/8 – **Brian Leigh-Manuell**, son of Ginny Leigh-Manuell; brother of Jennifer Wills
5/9 – **Skylar Kauffman**, daughter of Heather Gebhard & Eric Kauffman
5/9 – **Allison Reboratti**, daughter of Barbara & Eduardo Reboratti
5/11 – **James Donnelly, Jr.**, son of James & Alice Donnelly
5/12 – **Nathan E. Charland**, son of Charles Charland
5/12 – **Selena Gebert**, daughter of Donna Gebert
5/18 – **Joe Discher**, son of Martha & Art Discher; brother of Wendy Park
5/18 – **Kaitlin Murphy**, daughter of Pat Murphy
5/22 – **Katie Leck**, daughter of John & Anita Bardsley
5/23 – **Matt Trauger**, son of Mary Anne Macko & Mike Hamilton; Jim Trauger; grandson of Dolly Bibic
5/25 – **Trevor Baelz**, son of Marsha Leary
5/25 – **Miranda Lynn Schaub-Werner**, daughter of Shirley & Dennis Schaub
5/26 – **Jeremy Kuba**, son of Roslyn Kuba
5/30 – **Carly Bradley**, sister of Kasey Bradley
5/30 – **Kyle Silver**, grandson of Jeanne Hofmann
5/30 – **Dorinne Buda**, daughter of Pamela Buda



Love Gifts

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

To Jeanne Hoffman, in loving memory of her grandson Kyle Silver:

“Always in my heart – I love you always. – MeMe”

To Sally Reed, in loving memory of her son, Christopher:

“Always Remembered, Always Loved.”

To Mary and Ross Smith, in loving memory of Eric R. Smith:

“Forever missed and loved. – Mom and Ashley”

To the anonymous donor, in loving memory of Allison Reboratti.

To Sue, Rick and Andrea Simon, in loving memory of their son Will Moyer:

“We love you and miss you so much.”

To Catherine Barton, in loving memory of her son Shaun Barton:

“Miss you so much – love Mom.”

To Brian Doyle in loving memory of his precious daughter, Ashley

To Michael and Judy Schmauder, in loving memory of “All that have gone too soon.”

To Susan Minch and Bill Strong, “toward the maintenance of your lovely garden”.

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

May 16 at the Memorial Garden see page 1



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.

