



Serving Upper Bucks and Montgomery Counties

# The Compassionate Friends

Quakertown Chapter May 2022

'til we meet again on  
**June 11**

**The annual Memorial Walk and Butterfly Release will be on Saturday, June 11, 2022, at James Memorial Park (rain or shine).**

It has been 3 years since we had this event, and we are elated to see everyone again.

Thank you to all who sent in order forms.

There will be a limited number of butterflies and t-shirts for sale starting at Noon.

The event is open to everyone.

### Timeline for June 11

- 9am to 11:30am: Drop off completed raffle baskets (we will have plastic bags to contain them if you do not)
- 9am- 12:30pm: Drop off individually wrapped baked goods (transport them in throwaway containers or be sure to pick it up later)
- Noon: Begin arriving to pick up your orders, purchase hot dog/water (\$1 each) or baked goods (donation)
- Noon-2pm: purchase 50/50 raffle tickets and tickets for the various raffle baskets

- 2pm: all sales stop as we begin the program
- 2pm: at the Derstine Pavilion the program will begin with a speaker and short walk
- Approx. 2:30: at the Markley Pavilion (at our garden) reading names and releasing butterflies
- Approx. 3pm: winners of the raffles will be announced

### Additional Details

- You may bring a small picture for the memory board; however, you must take it home with you as we cannot guarantee we will get it back to you.
- Be sure to bring your blankets and lawn chairs as there are limited picnic tables at the pavilions.
- At the event, there will also be special items like garden flags, garden mugs, previous years' apparel, and other items. If you have an idea to donate items to sell (previously someone made coasters and notepads) contact us
- At the event, only cash or check will be accepted.
- Bring your cameras. Afterwards, you can share the best pictures to our social media pages or email them to [newsletter@tcfquakertownpa.org](mailto:newsletter@tcfquakertownpa.org) to be included in the July newsletter.

If there are other questions you have, please email [contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org) and we will get back to you within a timely manner. Hope to see you on June 11!

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: 215-703-8431**  
[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 – Crystal Hunter

Chapter Treasurer – Lisa Dechant

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, and

Lynette Lampman, Sherri Albro,

Barbara Reboratti

**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.



**New Chapter  
phone number  
215-703-8431**

#### 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 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)

# Ways to cope with “parental grief”

It's important to be both realistic and optimistic — you will never get over the death and loss of your child. But you will survive it, even as you are changed by it. You will never forget your child or his or her death. As you go through each holiday, each season, each happy and sad occasion that may trigger another wave of grief, you will gain greater strength and better tools for coping with the pain.

***Don't hide from your guilt:*** After the death and loss of a child you have feelings of guilt — which are common but not always present — confront and admit them. Examine the reality of how your child died and your actual intentions and actions at the time. You may see your actions or reactions in a more positive light. Forgive yourself for being imperfect — you did and continue to do the best that you can.

***Accept happiness:*** After the death and loss of a child one of the major hurdles parents experience in their return to the world of the living is their inability to accept pleasure — or acknowledging that it even exists. But happiness or enjoyment is one of the most important survival tools, even if for just a moment in your grief. It's okay to laugh in the midst of tears, to smile at someone or something. You might feel that your laughter betrays your child's memory, but you need to know you are not abandoning your grieving by



enjoying yourself. The only way to survive bereavement is to step away from it occasionally.

***Take small steps:*** After the death and loss of a child it is important to break down the future into small increments, an hour or a day, and deal only with one portion at a time. Focus on tasks — feed the cat, do the laundry. These little bits of normalcy and focusing on the moment at hand will make grief more bearable.

***Remember the positive:*** Focus on the positive events and experiences in the relationship you had with your child. At some point, consider making a journal of all the details you want to remember about your child's life. Review your family photographs and include some in your book. You may not feel ready to do this right away or you may take great comfort doing this in the early days — each person is individual in his or her needs.



*“Our Children Remembered on their May Birthdays  
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

**5/18 - Lisa McKusick**, daughter of Elaine Hollows

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

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

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

**5/23 – Jolene Wohlbach**, daughter of Marie Fedorowicz

**5/23 - Eric David Schwartz**, son of Amy DeLellis

**5/24 – Gregory Nacios**, brother of Marade Williams

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

**5/30 – Glen McCartney**, son of Vivian McCartney; brother of Kelly

**5/31 – Sebastian Carey**, son of Christine Carey

**5/31 - Brittani James**, daughter of Christine James

Coping with Grief continued

***Let others know your needs:*** After the death and loss of a child many people want to be supportive but are at a loss for what to do — they are unable to process this loss or know exactly what to say. Bereaved parents may have to be the ones to take the first step in reaching out to others. Let friends and family know your needs, and don’t be afraid to ask for help. If you’re afraid of running into someone who might say something about your child, ask a friend to do some shopping for you. Others could help you deal with daily tasks. Maybe you’d like someone to be available to listen to you or be around to ease your loneliness. Only you know what you need.

Surviving the death and loss of a child takes a dedication to life. As a parent, you gave birth to life as a promise to the future. Now you must make a new commitment to living, as hard or impossible as it may seem right now. You will survive this; however, the experience may change you.



*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 – Selena Gebert, daughter of Donna Gebert  
5/15 – Adrian Paul Pfitzer, son of Joyce Mann & Kurt Pfitzer  
5/17 – John Turner, son of Joanne Turner; brother of Jackie Toro  
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  
5/24 – Lisa McKusick, daughter of Elaine Hollows  
5/24 – Ryan McMullen, son of Kathleen & John McMullen  
5/25 – Trevor Baelz, son of Marsha Leary  
5/25 – Miranda Lynn Schaup-Werner, daughter of Shirley & Dennis Schaup  
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



## Special Thanks

A special thank you to Diane Guerecki, Lisa Dechant, Jenifer Pini, Michelle Argue Larrabee, Rosemary Stewart 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 Dianna Cox for addressing our monthly newsletters for mailing. She does this in remembrance of her son Michael. 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.

## Looking for Volunteers

Have you wanted to get a little more involved with the chapter? Now is your chance. Please reach out to someone in the Leadership Steering Committee or email [contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org) and we will confirm the details. Here are the 3 activities we are planning in May and June.

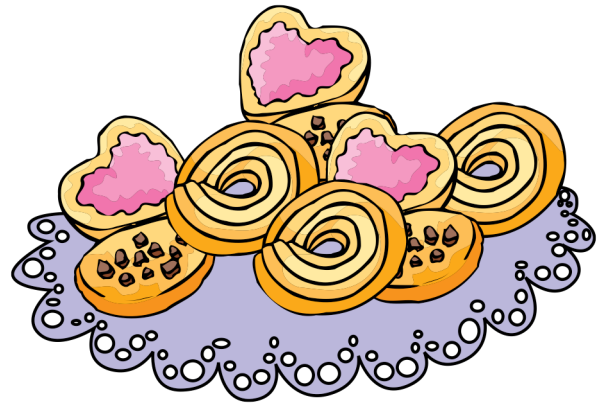
- 1) Garden Planting & Mulching: **May 14/15** - 9am 🌸 weather dependent – Mulch is heavy so we could use several volunteers. In addition, we plant lots of flowers!
- 2) Arts Alive Festival in Quakertown: **May 21** 🏆 Shifts are 9-11, 11-1, 1-3, 3-5. The event is 10-4 with a raindate May 22. We could use 1-2 more people per shift. We share about TCF- no hard labor for this event!
- 3) THE Memorial Walk: **June 11** 🦋 We are looking for some help setting up 9-11am and tearing down 3-6pm (both involve moving tables, organizing). In addition, 11a-3p there are some other tasks such as selling items, helping with stations, and being extra eyes on the butterflies!

We are run 100% by volunteers; each of us began with a little nudge so here is yours.

❤️ We look forward to welcoming you- simply email us at

[contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org), talk to someone listed on page 2, or talk to us at the support meeting May 10.

Sending love,  
Yours truly, the Volunteers



## Calling all Bakers

At the walk, we sell baked goods all donated by families. The items need to be individually wrapped. We have had ice cream sandwiches (bring the cooler), cupcakes, bars, brownies, YOU NAME IT! The baked goods are sold for a donation and all proceeds go to the chapter. Simply bring the baked goods the morning of walk – we are there at 9am!

Please bring it by 12:30pm. Do not bring a container you want back because if it is left, we cannot guarantee it will be returned. Questions: [contact@tcfquakertownpa.org](mailto:contact@tcfquakertownpa.org)



## Next Support Meeting

May 10 @ the Gathering Place

7-8:30pm

Come as you are for the meeting. No dues and you do not have to talk - listening only is welcomed!

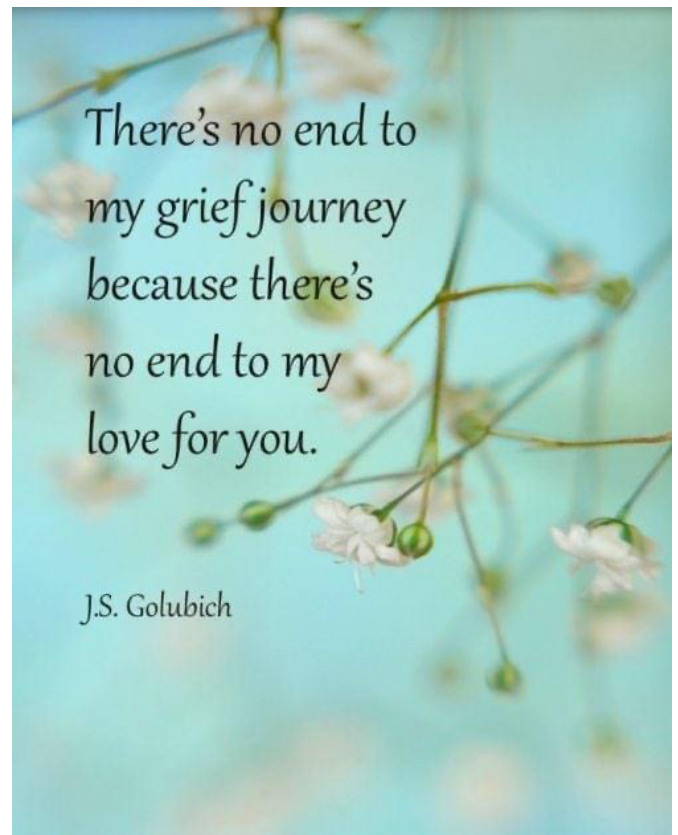
If you want to, you can bring a favorite snack to share in memory of your child/sibling.

The Guidelines:

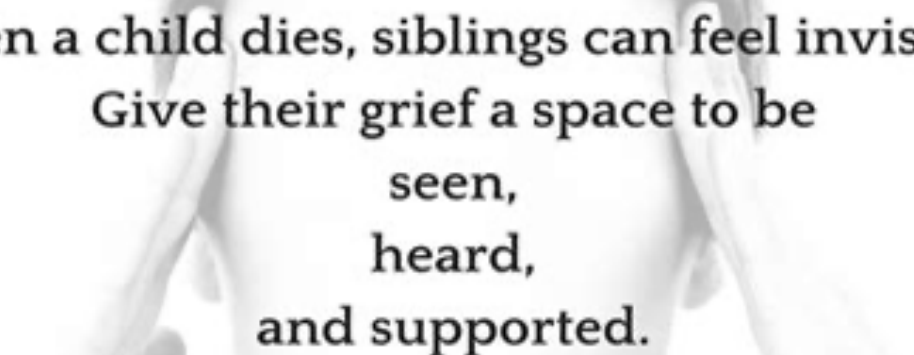
- Finger food (no forks or plates available)
- Individually wrapped/proportions

The chapter will provide napkins and you will bring your own drinks.

We look forward to seeing you at the meeting!



"Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All 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



When a child dies, siblings can feel invisible.  
Give their grief a space to be  
seen,  
heard,  
and supported.







## Garden Planting Time

Spring has sprung , the winter snows that protected our garden have melted. We need to add some beautiful bright flowers!

As we haven't been able to have fundraisers , we would appreciate anyone who could donate .

The flowers will be planted in memory of our children and siblings.

10 plants for \$25

25 plants for \$50

Please fill out the love donation form on page eight, check-for Memorial Garden. We will add your donation in our next newsletter.

Any donations will be greatly appreciated.



## Be a Part of the

### 'their' favorite thing basket

A few years ago, we had a raffle basket filled with "favorite things" that our children/siblings loved. We want to bring this back! For me, my brother loved Twizzlers, so in memory of Justin, I am going to put a pack of Twizzlers in the basket. This does not take a lot of planning but there are some guidelines.

- No chocolate (gift card for chocolate works!)
- Keep it on the smaller side (we will have a basket to hold it all)
- Bring the item to the May support meeting OR simply bring it by noon at the walk

- One item per child/sibling
- No alcohol

If you are far away, and can't mail the item, contact@tcfquakertownpa.org and I am sure we can figure it out

Fill out the Favorite Thing card (seen below) to include with the item. (Any paper is fine- no bigger than 3x5 notecards).

### "their" favorite Thing Basket

Name

In Memory of

Added by

Explanation

# Love Gifts

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

Please feel free to use the Love Gift Form in the newsletter to include your special message.

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

It's been five years. You are the eternal flame in my soul and the beat of my heart. You are loved and remembered forever. Love MeMe

To Sally and Don Reed for Memorial Garden Flowers, in loving memory of their son, Christopher Reed, Forever Loved- Mom and Dad

To Michael Baker for Memorial Garden Flowers, in honored of loved ones.

*"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief...and unspeakable love."*  
Washington Irving

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

**Yes or No - include my name / love note in the newsletter.**





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

## **Support Group Meeting is May 10 at The Gathering Place**

### *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.

