



Serving Upper Bucks and Montgomery Counties

The Compassionate Friends

Quakertown Chapter May 2024

SHARED THOUGHTS ON MOTHER'S DAY

Mother's Day is that special day that our children can make us feel what a good job we have done in rearing them. As they express love, feelings, and appreciation, we know we have given them the right ingredients for living. I still have a box of those beautiful homemade cards from construction paper, flowers, lace, over decorated and many saturated with perfume. I cherish them so. The simplicity, innocence, love, crooked and reversed letters in their message can still bring tears. How fortunate we are to have had children. Many never know the bliss a child can bring.

Many times our beautiful holidays become difficult. Instead of looking forward to them with excitement, and enjoying the anticipation of their coming, we dread and fear those special days. Frequently, our anticipation can cause more pain than the day itself, as we reminisce and say "remember when", it

continued on page 4

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



Annual Memorial Walk and Butterfly Release
June 15, 2024 Save the date!

1027 Ridge Rd.

James Memorial Park
Sellersville, PA

Registration begins at Noon

Walk begins at 2 followed by butterfly release
(see form on page 6)

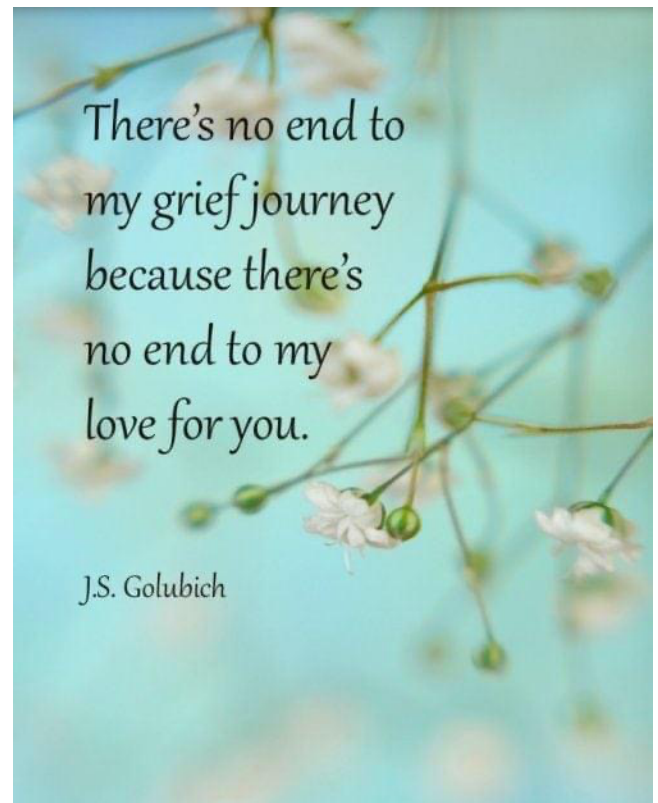


Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: 215-703-8431
contact@TCFQuakertownpa.org
website: www.tcfquakertownpa.org

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.

In Loving Memory of Our Children on their May Birthdays

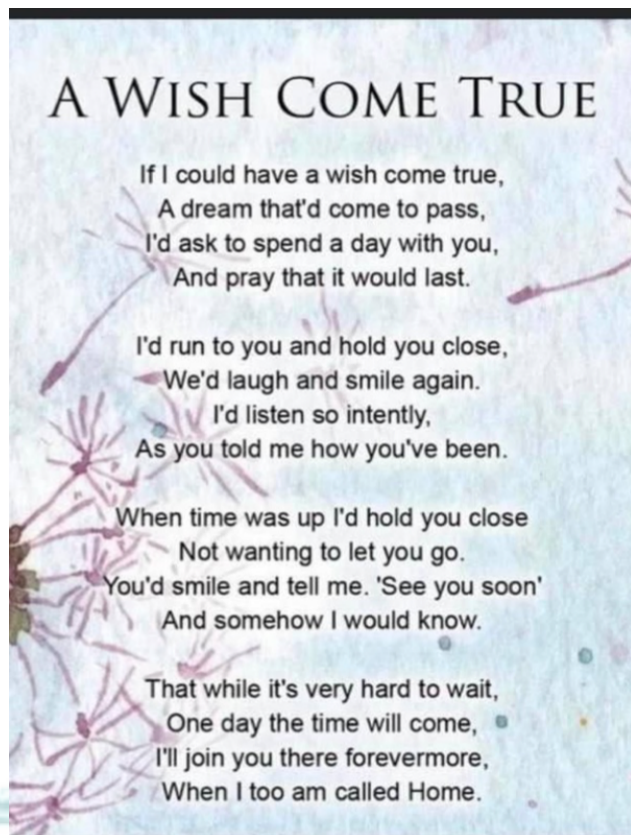
- 5/1 – **Patrick Pettie**, son of Doreene Pettie
5/1 – **Dominic Liples**, son of Kira & Ken Liples
5/3 – **Abigail Wolf**, daughter of Michelle & John Wolf
5/4 – **Ardyth Cope**, daughter of Carol Cope
5/6 – **Joshua Slotter**, son of Nina Slotter
5/12 – **Greg Mikesell**, son of Carol & Don Mikesell
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 Pettie, Jr.**, son of Doreene Pettie
5/23 – **Eric David 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
5/30 – **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



Have a poem or something you've written that you'd like to share with our group? (send as a word file) to kt4ever@mac.com by the end of the month for inclusion in the coming month.

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 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



The
Gathering
Place

<https://gatheringplaceevent.com/>

continued from page 1

also brings to mind that there will be no more added memories of that person. Losing our children or siblings, makes us realize the importance memories play in the role of getting through our grief. We cherish memories. They are far more valuable than all the tangible things we have from our children or siblings. In our early grief they are very bitter sweet, for even good memories are painful. But now that many years have passed, I find them very peaceful, and value them. We will always wish there were more, but we gather those we have, and hold them close.

Mother's day will be especially hard for those families who do not have surviving children. I would never attempt to say I know how they feel, because I'm sure I don't know the depth of their despair of not having living children. Our hearts go out to them for this additional pain they must bear. To those we extend our love and caring. For the more fortunate families, it is important to share Mother's Day with our surviving children, and not deny them the same happiness and joy we gave to our deceased child. We are so all consumed with grief that it takes time before we can value what we have left. Our living children need to know they are as loved as the ones we have lost. We know this, but sometimes we forget to tell them how grateful we are to have them. It is very human to channel all our energy to the one that is not here. Our surviving children need to know they bring us much to live for.

Sometimes it is difficult to find joy in anything when newly bereaved. We at Compassionate Friends know you will heal and will feel joy again, never as soon as you would like, but it will come. Even though that is difficult to believe now, you can tell your surviving families that bereaved parents and siblings before you tell how grief does soften and feelings will return. Our living children need to be assured we and they will be better in time. You will be better. We wish you peace and hope. God Bless, Marie Hofmockel , TCF Valley Forge, PA



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.

From the blog of Dr. Joanne Cacciatore
KindnessProjectDay.org

Will Volunteering Help the Grieving Process?

Like anything else in the grieving process, this is subjective and will vary by person. What works for one may not work for another. That being said, it's been shown that volunteering and giving of oneself can help ease the grieving process.

Depending on where you are in your grief journey, there may come a point where you feel the need to channel your pain, along with the time and energy you once devoted to the relationship with your loved one, into something that's productive and meaningful. Volunteering is a great way to achieve that because you truly understand the grieving process and may be in the best position to reach out to others who are suffering from loss. You've found your way through the challenges of your own grief and may be ready to share your coping skills with others who are in the same boat. Not only can you identify with their struggles, but you can also empathize with their sorrows and doubts, offering invaluable information and support says [Grief Healing](#).

When you give of yourself as a volunteer, you can pursue personal interests, hone old skills and learn new skills, all while making a positive impact in the community.

How Volunteering Helps After Loss

Life shifts after losing someone you love, so it's critical that you not dwell on the past but rather become "forward-focused." Find something you're passionate about, learn as much as you can about it, and then volunteer. In a sense, paying it forward helps you to cope. Here are some ways in which it helps the grieving process:

- **It's good for the mind and body:** Studies show that volunteering your time to a good cause can boost mental well-being and happiness. The study, commissioned by UnitedHealth Group, found that most people felt mentally and physically healthier after a volunteer experience, mostly in relation to mood improvement, lower stress levels, and enhanced sense of purpose.
- **It's a meaningful way to honor a loved one:** Over time, you may feel less and less of a connection between yourself and your loved one. Volunteering is a great way to bring that connection back while honoring your loved one in a meaningful, enriching way. Volunteering helps you honor their life by helping others, with your loved one being an inspiration and a way to give back. ((“Do this in memory of me.”))
- **It takes your mind off your own grief:** By helping others in the community, volunteering gives you a chance to step back, see the world as something bigger than yourself, and — at least for a moment — push back your grief and take a reprieve from your own suffering. If only for a little while, you can immerse yourself in something fulfilling and take your mind off your own grief. You deserve this break, so take it!

Excerpt from PathwaysHealth.org

A special thank you to Donna Hesse (Kisha), Diane Gurecki (Michael) and Sierra Doyle (Ashley) for the Remembrance cards that you receive. They do this in memory of their children / siblings. Thank you to Linda Stauffer for supplying the ink and paper and creating and printing our newsletter and creating and maintaining our website. She does this in memory of her daughter Katie. Thank you to Theresa and Henry Sitko for managing our memorial garden. They do this in memory of their son Clayton. 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.



The Compassionate Friends
 Quakertown Chapter
 Supporting Family After a Child Dies



Memorial Walk & Butterfly Release

James Memorial Park
1027 Ridge Road, Sellersville



June 15
Rain or Shine

Painted Lady Butterfly Purchase \$5 Each
Payment Due May 20, 2024

Your name and loved one's name[s] will be printed in our program. Remembrance names will be read aloud during the program. If not present, your butterfly will be released for you.

WE DO NOT HAVE T-SHIRTS THIS YEAR

Questions:
contact@tcfquakertownpa.org

Telephone number _____

Name[s] in Remembrance of	Remembered by		

Payment Information

Check payable to: TCF Quakertown Chapter

of butterflies _____

Mail to: TCF Quakertown Chapter
 P.O. Box 1013, Quakertown, PA, 18951

x \$5 each = _____

ORDERS POSTMARKED BY MAY 20, 2024

Total paid _____



Garden Planting Time

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

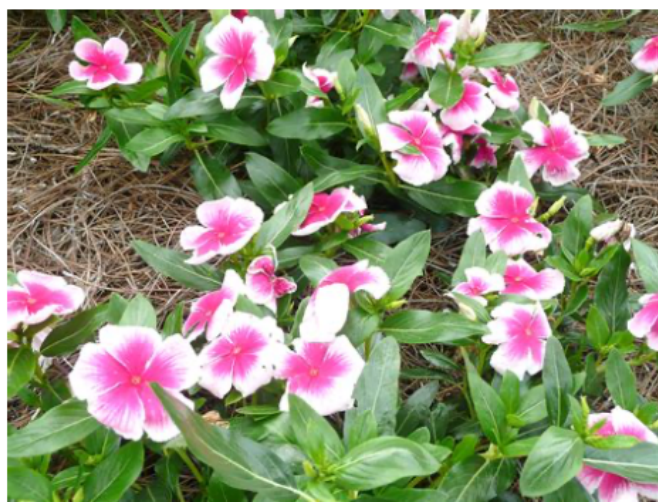
As we haven't been able to have fundraisers , we would appreciate anyone who could donate . The flowers will be planted in memory of our children and siblings.

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.



Love Gifts

"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

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



Mary Smith- flowers in memory of **Eric Smith**
Beth Campbell, in memory of **Andy Campbell-** I love you, Not a day goes by that you re not on my mind
Ursula Arentzen, in memory of **Linda Arentzen-** I love you and miss you so much!
Sandy & Joe Schlaner, in memory of **Ashley Schlaner-** Miss you so much, Love, Mom and Dad
Priscilla Crawford, in memory of **Danny Trujillo** and **Donald Trujillo,** Gone but never forgotten! Not a day goes by that I don't think about the two fo youy. Love you, Mom

Donations made in memory of your child, grandchild or sibling are always welcome,.
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: _____ **For flowers** _____

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

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Barbara Reboratti, Chapter Liaison

Chapter Treasurer – Lisa Dechant

Chapter Secretary – Gail Blase

Newsletter Editor/Webmaster –

Linda Stauffer

Assistant Secretary -

Mary Anne Macko

Memorial Garden Chairperson –

Theresa Sitko

Committee members – Dianna Cox,

Donna Hesse, Diane Gurecki

Amy DeLellis, Member list

Membership Outreach TBD

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.



**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 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



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

**Next Support Group Meeting— May 14
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.

