



The Compassionate Friends

Supporting Family After a Child Dies



Serving Upper Bucks and Montgomery Counties

May 2017

Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: (267)
380-0130

contact@TCFQuakertownpa.org
www.tcfquakertownpa.org

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Treasurer: Crystal Hunter

Secretary: Gail Blaise

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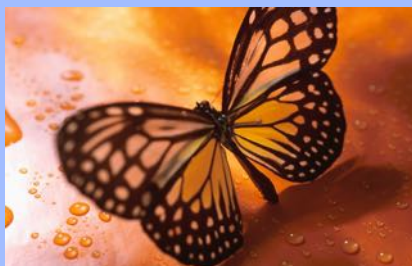
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www.compassionatefriends.org

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



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.



Fundraising for this special garden has taken over 10 years, and materials and plants are being acquired from various people and businesses., Our Memorial Garden was fenced off and elevation levels were determined.

On Saturday, May 6th, we will celebrate the groundbreaking for this monumental garden and have Work Day #1. We need Human Power! Please arrive at 9am at James Memorial Park on Ridge Road, Sellersville. We will transport cement into place (with wheelbarrows) and move 180 cement cinder blocks.

Items you should bring for yourself:

- * work gloves
- * closed toe shoes
- * water to stay hydrated
- * spade shovel for cement (with your name on it)

Once you arrive on site, we will debrief you so you know who is coordinating the tasks.

Once again, stay tuned to Facebook for more information or email Ginny, Lynette, or Crystal with questions.

Lynette Lampmann

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

Our Support Group Meetings are the 2nd 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.

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. Remember 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 are 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

Quakertown Chapter

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website: www.tcfquakertownpa.org



Hey Grieving Mom,
You wish Mother's Day didn't exist, don't you? You have buried a precious child, and your arms ache to hold him. Of all days, you especially want him with you on Mother's Day. You want to celebrate that you carried, birthed, and nurtured him. You want to bask in who he has become, not recall who he was. You long to see him alive and whole and want to inhale the scent that was only his. I know. I get that. Forget the cards, flowers, and chocolate. The gift you long for is to have him walk through the door, throw his arms around you, and say as only he could say, "Hi, Mom."

I know your heart bleeds and your empty arms throb. I am acutely aware that there is no greater sorrow in all the earth than that of losing a child. I understand why you might avoid public Mother's Day celebrations, and instead visit the cemetery to see your son's or daughter's name written because no one speaks it anymore. And after lovingly planting a kiss on the cold stone that is his grave, you gingerly trace each letter of his sweet name with your finger, don't you? Say his name bravely and boldly today, mom.

You are extraordinarily grateful that your surviving children breathe and wake up every morning yet live in constant fear that they too will be taken too soon. And if you are with them, you hug them extra tight as you plead with God to keep them safe and healthy.

Sweet, brave mama, you are not going crazy. You are courageous. And you are going to be okay. You've survived the unimaginable and managed to crawl out of bed yet again today. You are spectacular. Never forget that you will always be his mom.

And you know what? It's okay to skip church this Mother's Day and to lunch at a restaurant out-of-town to avoid awkward greetings and conversations. Likewise, cry a little harder, hide out at home, or be as public as you want to be. This is your Mother's Day. You do what you need.

Since your precious child is not here to tell you, please allow me: Happy Mother's Day, Mom! You are wonderful! You are brave! You are beautiful! You are loved!

And mom, please allow me to pray this prayer for you.

Father,

We mamas who have buried our

precious children hurt. Please comfort us. Soothe this piercing pain that rears its ugly head and tries to render us helpless.

Thank you for holding us in our grief. Thank you for sitting with us in our sorrow.

Tell our children that we love and miss them.

Help us to be grateful women.

Lord, we give our surviving children back to you. Don't let us impose our grief and fears upon them. Let them become the people You want them to be.

Help us to flee bitterness and anger. Fill us with forgiveness and love.

Show us what you have for us to do while we live on this side of heaven and give us the strength to do it



Spring has fragile beginnings; a tiny shoot of green that emerges from the cold earth, a hint of pastel against the brownish grass, a bud that awakens with the morning sun.

Sometimes spring comes so quietly we almost miss it, but once it begins, it is impossible to ignore the daily growth and change. The morning sun brings sounds that were not there before. The breeze carries warmth that invites us to venture outside of ourselves. A promise is released with the budding and blossoming surrounding us. Hope emerges for the beginning of a new season; change is in the air. What we experience in the springtime of the year is what we can experience in the springtime of our grief. There begins to be a growing radiance. The radiance is not just around us; it is within us. A gradual warming of the heart silences the chill of intense pain. The natural unfolding of the grief process moves gently to remind us that we will survive. Life is changing and growth emerges through the changes. The song of our hearts that seemed off key begins to experience a harmonious blend of the past and the present. The songs of the birds invite us to join them in a celebration of a new life. In the springtime of our grief, there can be a new song for us to sing. It will be a song we composed through the heartache of loss. Optimism for a better day may awaken us one morning. Hearing laughter and discovering it is coming from within ourselves gives us promise for today. Dreams and hopes for a better tomorrow shine brightly with the morning sun. Surviving the winter of our grief with the openness to embrace change is a decision to embrace loss and integrate its impact into the fabric of our lives. It can be a willingness to explore new possibilities that create a different landscape to behold. We can make a decision that we will begin to appreciate what we still have, not just focus on what is missing. We will know when we have made that decision. Something buds; something opens. The harshness of winter is softened with new life and new growth. It is not something we can force; it is something that unfolds when the time is right. The springtime of grief arrives with no dramatic entrance, no flashing lights. The stillness of the beauty unfolds and captures our attention. It is happening around us, but it is also happening in us. If spring has already crossed the path of your personal journey of grief, rejoice! But, if the chill of winter remains in your heart, be encouraged; spring is on its way. Look for it; expect

Our Children Remembered on Their 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
- 5/18 – **David Trump**, son of Laura Trump
- 5/20 – **Mia Rose Monteviodoni**, daughter of Matt & Kelly Monteviodoni
- 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

Mother's Day Revisited

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

If you would like to donate baked goods towards our Baked Good sale at the Memorial Walk and Butterfly Release, you can sign up in different ways.

1) Online -->

<http://www.signupgenius.com/go/20f0a44aaa622a2f85-2017>

2) At the support Meeting May 9th

3) By contacting Crystal at crys.hunter@gmail.com, Facebook, or 614-746-8076 (include your name, phone, email, and what you are making)

We have 4 categories- brownies, cookies, cupcakes, and other. All baked goods need to be prepared as individual servings. Remember it is hot in June, and to mark items if they have allergens. At our Baked Good sale, it is Pay What You Wish! You can drop it off at the park starting at noon; if you can't, please let Crystal know.



Directions to James Park, Derstine Pavillion, 1028 Ridge Road, Sellersville , PA. 18960

309 South- take exit toward PA -563/Perkasie, Turn Right onto Lawn Avenue Turn left at the first cross street onto PA 563 s. Destination will be on the right.

309 North to exit PA 563/Perkasie Turn left onto Ridge Rd/PA 563. estination is just past School Rd on the right



The Compassionate Friends – Quakertown Chapter
15th Annual Memorial Walk and Butterfly Release

Date: Saturday, June 10, 2017 (will be held rain or shine-no rainedate)

NOTE: New location

Place: James Park, Derstine Pavillion, 1028 Ridge Rd. Sellersville, PA 18960.

Registration check in: starts at 1:00 P.M.—Bring lawn chairs and blankets to sit on

Memorial Walk starts at 2:00 P.M. Registration/Butterfly Order Due by May 10th—limited quantities available after this date

Bagpiper will be leading the walk through the park.

Remembrance Program and butterfly release following walk—approx 3:00 P.M.

Refreshments will be available starting at 12 noon for purchase. Come and enjoy lunch before the walk.

Butterfly presentation and display by butterfly breeder, Folk Butterfly Farm will be available to answer questions.

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

Cut on this line and return with bottom section

PLEASE PRINT CLEARLY ON REGISTRATION FORM

Registration order form—**Pre Register MUST be postmarked by May 10th**—orders postmarked after May 10th and same day registration will not be guaranteed—**REGISTER EARLY.** See below for details T-shirts are Gildan—100% ultra cotton 5.1 ounce and embroidered.

Order Package under NAME _____

Address _____

Phone () _____

Your name	Name of child to be remembered	Youth or Adult shirt	Reg \$30 shirt and butterfly - list size	Reg \$33, 2XL-3XL shirt & butterfly	Extra shirt Y-3X \$15-4XL + XL \$20	Extra shirt 2XL & 3XL \$23	Additional butterflies \$15.00	Total of each line
John Doe	Child Doe	A	XL (\$30)				3 X 15 = \$45	\$75
							Total	

Add shipping @shirts X \$5= _____

Total Enclosed \$ _____

Mall registration and check payable to:
Compassionate Friends-Quakertown Chapter
P.O. Box 1013
Quakertown, PA 18951

_____ I/We plan on attending
_____ I'm not able to attend but would like to have my T-shirts shipped add \$5 per T-shirt for shipment charges (butterflies will not be shipped) # shirts

Email Ginny at: contact@bcquakertownpa.org if you would like to have more than (1) T-shirt shipped you may also order on line at www.bcquakertownpa.org and click on events to pay with credit card.

2017 Memorial Walk and Butterfly Release

JAMES MEMORIAL PARK ~ 1028 RIDGE RD. ~ SELLERSVILLE

In addition to the walk on the paved path at 2pm, and releasing butterflies at 3pm, the special day has a few other things. Come at noon to eat!

50/50 RAFFLE

1 ticket for \$1
Arm length of tickets for \$5
Wingspan for \$10
Wraparound for \$20
Must be present to win
Cash



BAKED GOODS

Pay What You Wish
Look for info to donate
baked goods
Available at Noon
Cash



FOOD

\$1 Hot Dogs
\$1 Water
Available at Noon
Cash

SILENT AUCTION

Get a bidding number
Starting at noon
Bid often!
Pay cash, check, or credit card
Some Items: Handmade woven baskets by a mom in our group, Action Karate birthday party for 15 kids or adults, handmade butterfly purse (it is gorgeous!), and more to come!

RAFFLE BASKETS

Special tickets
Cash or Check
1 ticket for \$1
6 tickets for \$5
Starting at noon
Some Items: My Pillow, Mosaic butterfly stone, Bucks County Children's Museum admission, Crayola Factory admission, NatureWords photo PEACE, and more to come!

There will be some picnic tables under the pavilions but bring chairs and blankets to enjoy the sun! This event is RAIN OR SHINE.

Questions: contact@tcfquakertownpa.org



Remember to register for the walk to make sure you have a butterfly and/or t-shirt! You can find that information on our website and in this newsletter.



Our Children Remembered on the Anniversary of their death



5/4 – **Jennifer Wenhold**, daughter of Jeff & Wendy Wenhold

5/5 – **Nancy Hall**, daughter of Charles & Patricia Hall

5/6 – **Calvin Gross**, son of Karen Gross

5/7 – **Brandon Crosby**, son of Tracy & Mark Ehleben

5/7 – **Colleen O'Connell**, daughter of Jay & Barbara Keeley

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; granddaughter of Pam Gebhard and Carol & Spencer Kauffman

5/9 – **Allison Reboratti**, daughter of Barbara & Eduardo Reboratti

5/10 – **Bill Chapman**, son of John & Carol Scheetz, Sr.

5/11 – **Anthony Bonino**, son of Robert & Susan Bonino

5/11 – **James Donnelly, Jr.**, son of James & Alice Donnelly

5/11 – **Dawn Meshon**, sister of Vicki Moffett and Richard & Verdie Winters

5/11 – **Nina Seehuetter**, daughter of Cathy Seehuetter

5/15 – **Donna Lee Stichter**, daughter of Don & Carol Collis

5/15 – **Joseph Jenkins**, son of Dennis & Allison Jenkins

5/15 – **Adrian Paul**, son of Joyce Mann & Kurt Pfitzer

5/17 – **Jeremy Nase**, son of Carol Nase

5/18 – **Joe Discher**, son of Martha & Art Discher; brother of Wendy Park

5/18 – **Kaitlin Murphy**, daughter of Pat Murphy

5/20 – **Michael Rabadi**, son of Essam & Anne Rabadi

5/20 – **Dan Slaughter**, son of Lori Slaughter

5/21 – **Joseph Bello, Jr.**, son of Gloria Bello; brother of Sharon Kronmiller

5/21 – **Blake Sharp**, son of LuAnn & Harry Hebrank

5/21 – **Joseph Cifone III**, brother of Dorothy & Garry Neubert

5/22 – **Katie Leck**, daughter of John & Anita Bardsley

5/22 – **Ross VanHouten**, son of Brenda VanHouten

5/23 – **Matt Trauger**, son of Mary Anne Macko & Mike Hamilton; grandson of Dolly Bibic

5/23 – **Dayna Irwin**, daughter of Ken & Patricia Irwin

5/24 – **Ryan McMullen**, son of Kathleen & John McMullen

5/25 – **Trevor Baelz**, son of Marsha Leary

5/26 – **Andrew Delp**, son of Robert & Sheryl Delp

5/27 – **Patricia Loughrey**, daughter of Desiree Loughrey

5/28 – **1st Lt. Matthew Gaffney**, son of Phillip & Kathleen Gaffney

5/28 – **Esther Litwiller**, daughter of Ken & Laura Litwiller

5/30 – **Jonathan Krist**, son of Robert & Peggy Krist

Thank you, Thank you, Thank you

April refreshments:

Louise and Toby Minner, in memory of Douglas, their son.
Nancy Eisenhart in memory of Kelly

In memory of my son Chris Trauger on his birthday. Loved you then, love you still; Always have, always will. Love always, Mary Anne Macko, Mike Hamilton, Josh, and Jake. (for March actually due to canceled meeting)

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 Nancy Eisenhart, Lynette Lampmann, Jenn Pini, Kelly Logan and Jennifer Pini for the Remembrance and Thank you cards that you receive. They do this in remembrance of their children/ siblings, daughter, Kelly (Nancy), son, 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 our meetings, they do this in remembrance of their children and siblings. A special thank you to St. Luke's Hospital for providing us with our meeting rooms each month.

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. 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) _____

Birth Date _____ Death Date (Angel Day) _____

Check One: Please use my gift for....

- Memorial Garden
- Special Events (i.e. speakers, community outreach)
- Candle Lighting Program
- Memorial Walk & Butterfly Release
- General operating expenses

Checks payable to: TCF Quakertown Chapter
Mail to: PO Box 1013, Quakertown, PA 18951

Love Gift Message:

Your Name: _____

Email or Telephone: _____

Address: _____

Treasurer Use Only

Cash/Check # _____ Amount _____

D _____ Q _____ T _____ N _____



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



Next Meeting May 9, 2017



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.

