



The Compassionate Friends

November 2018 *Serving Upper Bucks and Montgomery Counties*

THE CRITICAL IMPORTANCE OF SEEKING SUPPORT

If there is ever a time in life when we need others to support and nurture us, it's when someone we love dies. In many ways, "grief work" is the most difficult work we will ever do. And hard work is less burdensome when others lend a hand.

Sharing the devastation that results from the death of someone precious won't make the hurt go away, but it does make it more bearable.

WHERE TO TURN FOR HELP

"There is strength in numbers," one saying goes. Another echoes, "United we stand, divided we fall." This is a time in your life when you need to let other people in. You needn't let everyone in all the time, but I encourage you to make room for those you trust the most. Carefully chosen friends and family members whom you feel safe with can often be at the center of your support system.

Seek out people who encourage you to be yourself and who acknowledge your many thoughts and feelings. Open your broken heart a little at a time to those people in your life who are compassionate and loving listeners. In an ideal world, this is your family and friends. If this is not true for you, seek out other sources of support.

A professional grief counselor may also be a very helpful addition to your support system. A counselor's office can be a place of sanctuary where you can give voice to those feelings you may be afraid to express elsewhere.

Grief support groups are one of the best helping resources. In a group, you can connect with others who have experienced similar thoughts and feelings. You will be allowed and gently encouraged to talk about the person who died as much and as often as you like. Each person can share his or her unique grief experience in a non-threatening, safe atmosphere. Fellow group members are usually very patient with one another and understand your need for compassionate support with no set time limits.

As a grief counselor, I have been privileged to have thousands of grieving people reach out to me for help. Among the lessons they have taught me is that sharing their grief with others is an integral part of the healing process. Perhaps it is helpful to remember that by definition, mourning means "the shared response to loss."

Remember, help comes in different forms for different people. The trick is to find the combination that works best for you and then make use of it. Please don't try to confront your grief alone. Wrap your arms around yourself, but also

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The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.



Next meetings: Nov 13 , Dec 11

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.

**Quakertown Chapter
PO Box 1013**

Quakertown, PA 18951

Chapter Info Line: 484-408-7314

contact@TCFQuakertownpa.org

website: www.tcfquakertownpa.org

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

—Anna Quindlen



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Ginny Leigh-Manuell, Chapter Leader
Crystal Hunter, Chapter Treasurer
Gail Blase, Chapter Secretary
Mary Anne Macko, Assistant Secretary
Linda Stauffer, Chapter Newsletter & Website
Lynette Lampmann, Memorial Garden Director & Remembrance Cards
Theresa Sitko, Chapter Librarian
Barbara Reboratti, Chapter Delegate
Carol Graham, Hospitality
Mary Catherine Nederostek
Brittini Fonder, Remembrance Cards
Celeste Nice, Outreach
Sheri Albro
Bob Albro

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. 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

OUR CHILDREN REMEMBERED

for November

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

- 11/2 - Richard Carver, Jr.**, brother of Carla Clark
- 11/3 - Alaina Reese Ratcliffe**, daughter of Andrea & Adam Ratcliffe
- 11/4 – Jenna Nicole Burleigh**, daughter of Jaqui & Ed Burleigh
- 11/5 - Dwayne Hager**, son of Ruth & Stanley Hager, Jr.
- 11/6 - Jake Patermoster**, son of Mike & Ruth Patermoster
- 11/7 - Daniel Attilio**, son of Patrick & Ann Marie Attilio
- 11/7 - Jon Masso**, brother of Melissa Fisher
- 11/12 - Lisette Martin**, daughter of Luke & Amanda Martin; granddaughter of Evelyn & Nelson Martin, Jr.
- 11/12 - Rourke O'Donnell**, son of Cindy O'Donnell
- 11/14 - Aaron Abud**, son of Susan Abud
- 11/14 - Benjamin Michael Albro**, son of Sherri & Bob Albro
- 11/15 - James P. Ryer**, son of Diana M. Adams & Pat Ryer
- 11/16 - Melinda Daniel**, daughter of Jacqueline & Bob Daniel
- 11/16 - Rennis Reitz II**, son of Barbara Reitz
- 11/17 - Jamie Scheck**, daughter of Rebecca & Ed Scheck
- 11/18 - Michael Macko**, brother of Mary Anne Macko
- 11/18 – Tyler Mostek**, son of Kimm Mostek & Brendon Dorsa; grandson of Vicki Bartakovits
- 11/19 – Adam Graham**, son of Albert & Carol Graham
- 11/19 - Cynthia Cole**, daughter of Hugh & Marie Madden
- 11/19 - Racheal Whiteley**, daughter of Kristine Fallows
- 11/20 - Philip D. Calabrette, Jr.**, son of Lynn Calabrette
- 11/21 – Matthew Grabowski**, son of Constance Grabowski, brother of Andrea Grabowski
- 11/21 - Alan Roskow**, son of Nan Roskow
- 11/23 – Heather Wagonseller**, daughter of Janet Troupe Wagonseller
- 11/24 - Joseph Bello, Jr.**, son of Gloria Bello; sibling of Sharon Kronmiller
- 11/26 - Lindsey Laverty**, daughter of Jim & Wendy Laverty
- 11/27 - Dan Bardsley**, son of Emma Bardsley; brother of John Bardsley
- 11/27 – Carly Bradley**, sister of Kasey Bradley
- 11/27 - Selena Gebert**, daughter of Donna Gebert
- 11/27 - Susan Sine**, daughter of Lynn and Dorothy Miller
- 11/27 - Richard “Drew” Panettieri**, son of Richard & Suzanne Panettieri
- 11/28 – Chad Statuti**, son of Henry & Shirley Statuti
- 11/29 - Anthony DelConte**, son of John & Marie DelConte, Jr.; brother of Dana Turock

OUR CHILDREN REMEMBERED FOR November

Our Beloved Children...In Our Hearts Always...Remembered on the
Remembrance Day of their Death

11/1 - Lindsey Laverty, daughter of Jim & Wendy Laverty

11/2 - Dillon Andrew Godwin, son of Karen Godwin & Ray Gintocot

11/3 - David Neider, son of Celeste Neider Nice; brother of Lexi Hull

11/3 - Alaina Reese Ratcliffe, daughter of Andrea & Adam Ratcliffe

11/4 - Dario Datis, son of Sherie Datis

11/4 - Christopher Rhudy, son of Beth Ruch

11/5 - Rebecca Yeager, daughter of David & Nancy Yeager

11/7 - Alison Gilmore, daughter of Susan Slawek

11/8 - Jaime Scheck, daughter of Rebecca & Ed Scheck

11/10 - Adrian Conrad, grandson of Barbara & Ronald Borolla, Sr.; grandson of Pamela Anderson

11/10 - Donald Dolan, Jr., son of Donald & Tina Dolan

11/12 - Kathleen "Tia" Conn, daughter of Kathy & Robert Smith

11/12 - Andrew Lister, son of Jennifer & Kevin Lister

11/13 - Kimberlee Godshall, daughter of Terry & Fairlie Godshall

11/13 - Michael Leach, son of Beth Horwin

11/15 - Benjamin Culton, son of Mark & Barb Coulton

11/17 - Jeffrey Harbison, son of Donald & Joanne Harbison

11/17 - Kevin O'Donnell, son of Doris & Steve Yurchak

11/17 - Erika Thomas, daughter of Thomas & Peggy Delpopolo

11/18 - Damien DeRose, son of Lynn DeRose

11/18 - Edward Ulanowki, Jr., son of Lisa Dechant

11/19 - Julie Howe, daughter of Tim & Nancy Howe; sister of Melanie

11/19 - Marc Landis, son of Anne & Craig Landis

11/21 - Jenny Bender, daughter of Clarke & Dawn Fulton

11/21 - Matthew Grabowski, son of Constance Grabowski; brother of Andrea Grabowski

11/22 - Christopher Accardi, son of Anthony & Mary Ellen Accardi

11/22 - Jeffrey Broxteman, son of Roger & Janet Broxteman

11/24 - Matt Cardinal, son of Mike & Lynn Cardinal

11/24 - Dennis Harris, son of Linda Lepo

11/24 - Rachel Sands, daughter of Charlotte Tatu, sister of Christian, mother of Tommy

11/27 - Stephen Fuhrmeister, son of Lisa Fuhrmeister; nephew of Renee Hudoka

11/27 - Matthew Lincul, son of Linda & Ed Lincul

11/28 - James Hector Lillo, son of Liz & Bryon Lillo

11/28 - Jason Miller, son of Phil & Pam Miller

11/28 - Pamela Minnichbach, daughter of Paul & Dolly Cell; sister of Paul & Lauren Cell

11/30 - Samantha Grosse, daughter of Jeffrey & Hope Grosse; granddaughter of John & Jeanette Hoy

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open your arms to the loving support that wants to embrace you. You need and deserve companions — friends, relatives, counselors, and others who have experienced similar losses — who will walk with you as you make the difficult journey through grief.

~ by Dr. Alan Wolfelt

submitted by Barbara Reboratti,

TCF Quakertown Chapter



**The
Compassionate
Friends**
Supporting Family After a Child Dies

TCF Quakertown Chapter
PO Box 1013
Quakertown PA 18951
(484) 408-7314

MEMORIAL GARDEN FUNDRAISER

NAME: _____

E=MAIL: _____ PHONE#: _____

Please write checks to: TCF Quakertown Chapter – Garden

ALL ITEMS MUST BE PICKED UP AT SUPPORT MTG, STEERING MTG,
OR CANDLE LIGHTING. NO SHIPPING AVAILABLE

ITEM DESCRIPTION	COLOR IF INDICATED	ITEM PRICE	QUANTITY	TOTAL AMOUNT	PD	CK #
GRAY BLANKET optional monogram with additional \$5 voucher to redeem at DOYLESTOWN EMBROIDERY		\$35				
WEATHER RESISTANT ZIPPERED TOTE		\$25				
APRON COLORS: BLACK, TAUPE		\$25				
TWO BOTTLE WINE CARRIER		\$20				
SPORT CAP COLORS: BLACK, DK GRAY, DK BROWN		\$25				
TOTAL AMOUNT DUE						

MEMORIAL GARDEN FUNDRAISER

Our chapter is rolling out a new fundraiser to support the on-going costs of the Children's Memorial Garden located in James Memorial Park, Sellersville. Recently holly bushes, azalea bushes and dwarf variegated bushes were planted rounding out the four season display in the garden. The additional bushes and perennials will reduce the amount of annual plants that need to be added each spring and summer.

Even with the large number of volunteers willing to water the garden on a daily basis during the heat of the summer, watering has become a bit of a problem. Most of the volunteers live a distance away and it's hard to know if it rained at the garden or not. This summer saw flooding rain in one area and just a few miles away no rain at all. As a result, Lynette Lampmann and I have been researching simple irrigation systems for the garden. As a result we have

found that a drip irrigation system would solve the watering problem. We hope to have a system in place early next spring.

We hope the variety of items offered will appeal to those looking for holiday gifts. The blanket is so soft and quite large. It comes with a voucher to have it monogrammed if you wish for \$5 at Doylestown Embroidery. The tote is a great size, has a zipper closure, pockets on each side for water bottles or phones. The apron is a nice quality fabric and in the dark colors work great for the man in your life who loves to BBQ. It pairs nicely with the two bottle wine tote. The divider can be moved so it can hold a one large bottle. The sport caps are a very nice quality as well. All great gift ideas! Please help us support the garden. ***Please note that all orders must be picked up at a support meeting or at the Candlelighting. Shipping is not available***

Hugs to all and have a lovely Thanksgiving!
Ginny Leigh-Manuell, Chapter Leader
Bereaved Mom of Brian





Worldwide Candle Lighting Memorial Service

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 pm local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WWCL

started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

The Compassionate Friends and allied organizations are joined by local bereavement groups, churches, funeral homes, hospitals, hospices, children's gardens, schools, cemeteries, and community centers. Services have ranged in size from just a few people to nearly a thousand.

Printer for Sale make an offer

The Quakertown Chapter has a Xerox Colorcube 8700x printer for sale. It is a multifunction printer, scanner, copier, fax machine. It uses solid ink cubes, prints in beautiful color and can also print on both sides. (Retail for over \$1500)

If you are interested please contact Crystal or Linda



Community Corner

Starting now, our newsletter will have a Community Corner. If you have an event that benefits bereaved Parents or siblings or you have a non-profit in memory of your child/sibling and have events, send them to us!

Katie Stauffer Memorial Fund at the Lehigh Valley Community Foundation. Scholarships to Quakertown High School students
James C Roberts IV memorial scholarship fund at East Stroudsburg University- must be involved in sports (football) and major in secondary education.

Save the Date

December 9, 2018

The Compassionate friends Worldwide Candle lighting will be held on **Sunday December 9th at First UCC Church in Quakertown at 7:00 PM.**

42ND TCF NATIONAL CONFERENCE



**RINGS IN
PHILADELPHIA**

JULY 19-21, 2019

**New phone number
484-408-7314**



Grieving During The Holiday Season

Written by a Parent who lost a child

“ For those of you who have lost a child, the holiday season can be an overwhelming time of anxiety and sadness. The familiar rituals of family togetherness and being home for the holidays may leave us feeling alone and isolated. While the world around is celebrating, managing the pain and navigating this incredibly difficult time is often challenging for those who are grieving. The nostalgia of the season can renew the pain of loss even years after a child’s death.

When a child passes away, nature’s intentions and the natural order of life and death are reversed. Grief can be both physically and emotionally exhausting. You may lose trust in your ability to make decisions or to trust others. Losing a child often takes us to the core of our being: we question life, fairness and our religious beliefs. When your world is falling apart it is hard to feel that you have any control. Even ordinary tasks at home and at work can be difficult.

Try to acknowledge that the upcoming holiday season may be a very difficult time for you. The first holiday without your child can be an especially painful one. Consider scaling back. Together, as a family, create new holiday traditions. If you have other children, ask them what they would like to do. Then, as a family, decide the best way to spend the holidays.

While planning your holiday time in advance will not change your loss, it may give you a sense of control over the occasion. Seasonal gatherings can be painful for those who are grieving. As difficult as this may be, try not to set your expectations of yourself or others too high. Let it be your choice how spend time honoring your child’s memory. Many bereaved parents will tell you that looking ahead to the possible sources of discomfort helped them better navigate this difficult time. Often families will change their familiar rituals and opt to do something different for the holidays, especially the first year after their child’s death. As a family, you may seek solace in a more private holiday experience where you can hold your memories close.

When it comes to grief, children often become the forgotten mourners. Talk to your children about their feelings as the holidays can still be a special time for them. Children need to express their emotions as they adapt to life without their precious brother or sister. Allow them to celebrate the holidays too. It’s normal for children to grieve in small doses. One minute they may be overwhelmed by their sadness, and the next rejoicing.

Look for ways to include the memory of your loved one in your holiday celebration. Encourage your children to make or do something meaningful. This could be making a holiday card or a special gift, lighting a special candle, creating an ornament, volunteering with a children’s charity or donating toys to those in need – all these can be beautiful ways to honour your child’s memory. Giving something of yourself to others can be healing during the holidays.

Every December, our family attends a “Blue Christmas” evening carol sing at the cemetery where Josiah is laid to rest. We also attend holiday services of remembrance at our local hospital and in our community.

We savour time spent time with other bereaved families and the connection with the professionals who cared for Josiah. This year, our daughters will hang their traditional angel ornament on our hospice tree and together we will make a wreath to place at the cemetery. Each winter my husband places a ‘candy cane’ solar light where Josiah is buried, while our children place tiny ornaments on the cemetery Christmas tree with a message to their brother in heaven.

Look for creative and meaningful ways that you can honour your child throughout the year. Many families visit their child’s final resting place on special occasions such as the anniversary of the child’s birth and death and special holidays. Parents find a sense of peace knowing that their child is always with them in spirit. Give yourself permission to feel your heartache. Your memories of your child will help you cope.

Throughout the holiday season I encourage you to seek solace in others who share your pain. Find comfort in someone who can listen. Many hospices offer special workshops to help parents and siblings get through the holidays.

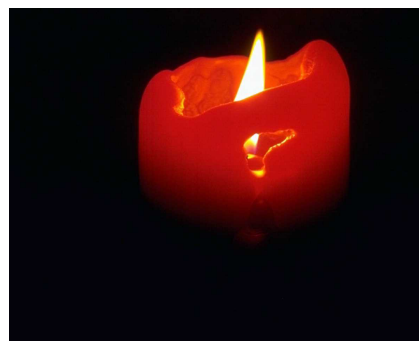
You may find that your support network changes. Some of those closest to you may not understand the depth and pain of your loss. You will find strength in those who share your loss – with bereaved parents, siblings and families.

Choose those people to be close who can hold your grief, let you cry your tears and share your pain. You may find yourself needing to distance yourself from those who are insensitive to your grief. Our society does not handle loss well, and those who have never experienced such tragedy may not understand it.

Have faith. Grief is a process of letting go of what was and accepting what is. Grieving is excruciatingly painful but it is also your salvation. Grieving is how you can come to terms with your child’s death.

I have learned that you don’t recover after the loss of a child. You adapt. You come to a place in your life where you can carry your loss forward and incorporate the loss within you.

Grief takes us on an unpredictable path. I have learned that there is no detour. There is only one road, and that is through ... And I have found this to be so true. In the years to come, we will look back and discover what grief teaches us about life. Our understanding of life will deepen”





Due to changes to St. Luke's Hospital's Food & Beverage Service, The Compassionate Friends Quakertown Chapter will no longer be ordering hot beverages from the hospital service. We will still provide bottled water and light finger foods each month. Please bring your own coffee or tea with you. There are dispensing machines near the cafeteria if you forget.

Refreshments for October

Beth Horwin in memory of her son Michael Leach.
 Brittini Fonder in memory of her brother Chris Williams.
 Patti Dillie in memory of her son Matt.
 Carol Graham in memory of her sons Adam & Peter.

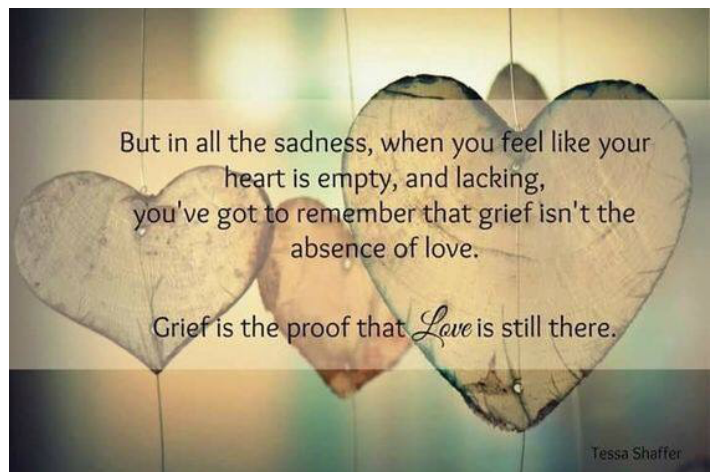
If you would like to sponsor refreshments or bring some in remembrance of your loved one at a meeting please call Mary Ann MAcko 267-699-6821 .

A special thank you to Lynette Lampmann, Brittini Fonder, Jennifer Pini and Mary Catherine Neiderstock for the Remembrance cards that you receive. They do this in memory of their children/ siblings: Shawn (Lynette), brother, Jason (Jennifer) brother Christopher (Brittini) and son Josh (Mary Catherine). An appreciated Thank You to our members for helping to set up and tear down for chapter meetings. Thank you to Linda Stauffer for doing our newsletter and website. She does this in memory of her daughter Katie. Thank you to, Betty and Charlie Hottenstein for addressing our monthly newsletters for mailing. They do this in remembrance of their daughter, Tracy.

We would like to send a special Thank You to the following donors.

Joan Asprakis in memory of her son Jimmy.
 Ann Marie Attilio in memory of her son Danny on his 30th Birthday.

Without your generosity in giving 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 persc

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

Your Name: _____

Email or Telephone: _____

Address: _____

Checks payable to: TCF Quakertown Chapter

Mail to: PO Box 1013, Quakertown, PA 18951

Love Gift Message:

Treasurer Use Only
 Cash/Check # _____ Amount _____
 D _____ Q _____ T _____ N _____



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

Next Meetings : Nov 13, Dec 11



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.

