



The Compassionate Friends

November 2019 Serving Upper Bucks and Montgomery Counties



On October 19th we participated in our first Quakertown Alive fall festival. The weather was a beautiful fall day, albeit a bit cool. Thanks to Lisa DeChant (co-chairman), who gave her entire day, and several volunteers, the day was a success! Numerous individuals and representatives from other organizations stopped by for information on our chapter. This outreach event was successful thanks to the steering committee's decision to participate in this event and the volunteers who gave their time and energy.

Lynette Lampmann
Co-chairman

23rd Annual

World Wide Candle Lighting

Hosted by the Compassionate Friends
Quakertown Chapter

This is a time to remember our loved ones who have died. It is sponsored by the local Compassionate Friends chapter, who supports parents, grandparents, and siblings who have had a child, grandchild, or sibling die.

December 8, 2019 @ 6:30p.m.

First United Church of Christ

151 S 4th St. Quakertown, Pennsylvania 18951

(the program is non-religious)

Doors open at 6:00p.m.

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.

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.

Quakertown Chapter

PO Box 1013

Quakertown, PA 18951

Chapter Info Line: 484-408-7314

contact@TCFQuakertownpa.org

website: www.tcfquakertownpa.org



Save the date! December 8, 2019 @ 6:30p.m. World wide candle lighting



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-Co-leader
 Sherri Albro, Chapter Treasurer
 Gail Blase, Chapter Secretary
 Mary Anne Macko, Assistant Secretary
 Linda Stauffer, Chapter Newsletter & Website
 Theresa Sitko, Memorial Garden Director
 Barbara Reboratti, Chapter Delegate
 Carol Graham
 Lynette Lampmann, Hospitality
 Mary Catherine Nederostek, Hospitality
 Diane Guerecki, Remembrance Cards
 Lisa Dechant, Remembrance Cards
 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'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

DEAR MOM & DAD – A NOTE FROM YOUR SURVIVING CHILD

(continued from page 5)

Dear Mom & Dad,

There may be moments when you wonder about me. How I am doing since our precious family member was stolen from us. A few things I wish you would know:

- I am hurting so much, but afraid to share with you just how much, lest I add to the tremendous pain I see you are suffering
- I don't know what to say to you sometimes. I'm afraid of saying the wrong thing. I'm afraid of saying the right thing
- I know you knew my sibling from the day they were born, but I knew them my entire life. We were so close in years and they were older than me and so there is not a day of my life that they did not exist. You have years of memories before they were here. My life without them started the day they died
- I feel unloved sometimes as I watch you fuss over them instead of me who is still here. I understand why and don't begrudge you – but some days it stings
- I feel guilty for not protecting them and don't understand the lion that roars inside of me from all this hurt
- I've become fiercely protective of my other siblings and you. Don't mistake that façade of strength to mean I'm okay
- I don't understand this grief and that makes me question how I could possibly know how to help you and our family with their grief. But somehow feel responsible to do so
- I worry as I watch you fade and diminish from your grief
- I wish you could kiss this and make it all better, like you did when I was little and scraped myself. I know you can't but I still look up to you and the little child in me still wants it with all my heart.
- I don't blame you for their death
- I know I may be hard to handle: angry, sullen, distant. Please know that is just the hurt coming from my deep pain that I sometimes direct at you because I can't get to the one that is responsible
- Under all the ugliness, I still love you very much



throne of our particular house of worship. We might not be angry but our anger might be triggered by what people feel the need to say, even all these years later. We may still be angry about the specific circumstances of our child's death or the fact that people's attitudes haven't changed or that the people responsible are still driving around or practicing medicine. Or we might be angry about people's behavior towards us. We might feel they treat us like pariahs, like we're the problem and it's our fault that our child died. We'll always be "those people". And that's why they can't be our friends or let their child sleep over at our house.

But we have to remember that others are trying to find the fault line, to rationalize why this would never happen to them. Even though all of us, here, know that it could. Sometimes we have to talk ourselves off the ledge. It's okay to throw yourself a tiny pity party. But when the party ends, sweep up the mess and move on to a happier place.

Regret is really difficult to live with. It's insidious, seeping deep down inside of us and hiding in our cells, erupting as broken heart syndrome, digestive disorders, or hypertension. When Noah died I remember thinking if anything should cause cancer, it's this. And maybe it will, some day. In the meantime, live with our remorse we must. Regardless of the circumstances, we all failed, as parents, to protect our children. And we have to make our peace with that.

Regret may last forever but time creates the space to live with it and cushion the blow. So, breathe. Every time we inhale deeply, straight into the anguish we're avoiding, and then exhale with gusto, we release a little of whatever we're holding onto. And we create a tiny space within which we can replace our sorrow with joy. Then we can begin, again, to smile, laugh, and enjoy our lives.

We are all works in progress. Forgive yourself. Release your anger. Manage your regrets. Over and over, again. Rub those broken edges between your bloody fingers until they're worn smooth. Every day is a new day. Keep gluing yourself back together. As Leonard Cohen said, "There is a crack in everything. That's how the light gets in."

KELLY KITTEL

Kelly Kittel is the author of *Breathe*, a Memoir of Motherhood, Grief, and Family Conflict, and has been published in many magazines and anthologies, including *Three Minus One: Stories of Parents' Loss and Love*. She speaks about grief and loss and presents annually at TCF conferences. Her TEDx talk can be viewed at: <https://www.youtube.com/watch?v=l1oA3w7JcTg> and her website is www.kellykittel.com.

Our Children Remembered for November

Loved...Missed...Remembered on their birthdays

11/2 - Richard Carver, Jr., brother of Carla Clark

11/4 – Jenna Nicole Burleigh, daughter of Jaqui & Ed Burleigh

11/5 - Dwayne Hager, son of Ruth & Stanley Hager, Jr.

11/6 - Jake Paternoster, son of Mike & Ruth Paternoster

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 & sister of Patricia Ryer

11/16 - Melinda Daniel, daughter of Jacqueline & Bob Daniel

11/16 - Rennis Reitz II, son of Barbara Reitz

11/17 - Jaime 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

11/23 – Heather Wagonseller, daughter of Janet Troupe Wagonseller

11/24 - Joseph Bello, Jr., son of Gloria Bello; sibling of Sharon Kronmiller

11/26 - Lindsey Lavery, daughter of Jim & Wendy Lavery

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



**In memory
of all those who left
us too Soon. We remember
you in the morning, in the
night, when we look at
the stars, a song a
place, a smell... You're
always with us.**



OUR CHILDRENS REMEMBERED on the Anniversary of their deaths

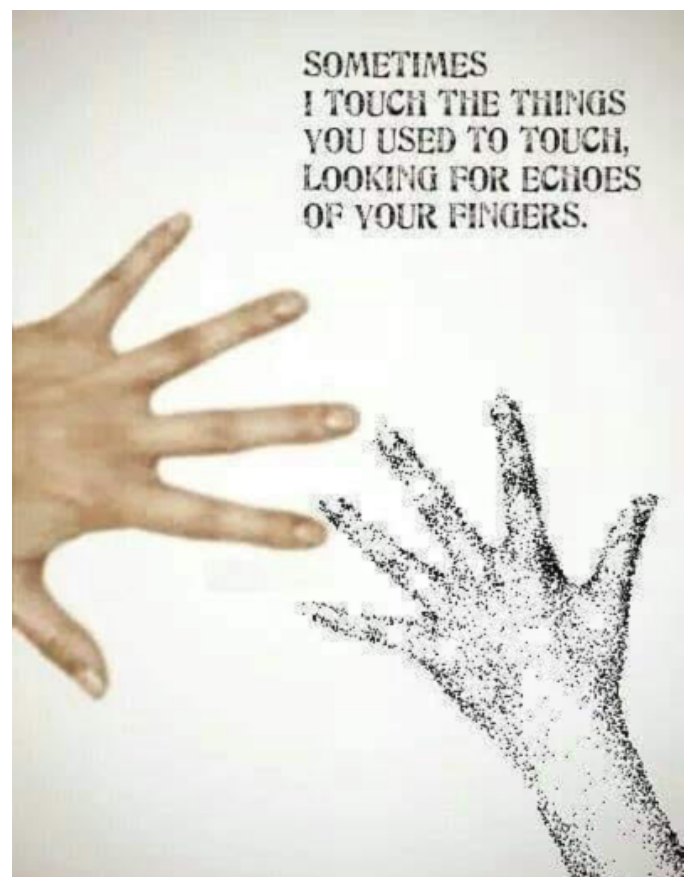


11/1 - Lindsey Laverty, daughter of Jim & Wendy Laverty
11/2 - Dillon Andrew Godwin, son of Karen Godwin & Ray Gintocot
11/3 - David Neider, son of Celeste Neider Nice; brother of Lexi Hull
11/4 - Dario Datis, son of Sherie Datis
11/4 - Christopher Rhudy, son of Beth Ruch
11/5 - Rebecca Yeager, daughter of David & Nancy Yeager
11/7 - Alison Gilmore, daughter of Susan Slawek
11/8 - Jaime Scheck, daughter of Rebecca & Ed Scheck
11/9 - Shari Gelb, sister of Lisa Cohen
11/10 - Adrian Conrad, son of Sarah Borolla & Adam 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 (Eddie) Ulanowski, III, son of Lisa Dechant
11/18 - Andrea Clutter, daughter of Alyssa Sandt
11/19 - Julie Howe, daughter of Tim & Nancy Howe; sister of Melanie

11/19 - Marc Landis, son of Anne & the late 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 Lynn Cardinal; brother of Mike 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



CONFESSIONS OF A LONG-TERM GRIEVER

They say that childbirth is a pain you forget, but nobody ever says that about child death. Losing your child is like having a piece of broken glass jammed into your heart. Permanently. Over the years, the sharp edges are often worn smooth, like sea glass, and cut less sharply. You learn to breathe through the pain. You survive. But you certainly never forget. And the younger your child was when you lost them, the longer you live with the remembering.

It has been 22 years now since the terrible day when our fifteen-month-old son, Noah, was run over in my in-law's driveway. Noah was our fourth child and my husband and I were 35 years old, still getting our marriage, family, and careers on track, when our world was shattered. It has also been 21 years since the day, nine months after Noah's death, when our fifth child, Jonah, was stillborn. We buried two babies in the space of ten months. And two decades later, we are still recovering. In many ways, we will mourn their absence for the rest of our lives.

I'm pretty sure two decades qualifies me as a long-term griever. Certainly, there was a time when I never thought I'd last this long. Whenever I attend a TCF conference and they ask for a show of hands, although I'm much younger than the oldest bereaved parents in attendance, I'm definitely among the longest. Indeed, those of us who lose our children to miscarriage or stillbirth, or as infants or toddlers, will likely live for many decades with our grief. We are the ones for whom that blessed "normal" life we once knew was shorter than the one we'll live long after we've crawled through the valley of the shadow of death. We are the bread and butter of the grief world, the stalwart attendees of support groups and conferences forever after our children's funerals are over. We will live to power wash the lichens growing on their gravestones, time and again, as the trees we planted in their memories reach ever closer to the sky.

Part of my responsibility as a long-term griever is to assure the newly bereaved that they, too, will survive and, yes, even thrive, again. Which is what we all need to hear when our worlds come crashing down around us. But there will always be work to do. As much as I hope that some day I'll wake up to find all of my rough edges worn smooth, that day has yet to dawn. Jagged shards keep breaking off, exposing sharp, shiny edges. Some are new cracks, but some are the same old worn spots I've glued back together many times. And I must confess to three that I find myself having to repair, again and again. Forgiveness. Anger. Regret. All have persisted. And along with cupboards full of things considered fragile, like

wedding china and crystal, it seems I'll have a relationship with these three nouns for far longer than I ever had my sons.

F is for Forgiveness and I feel like I've earned a PhD in this particular field of study. Noah was run over by my sixteen-year-old niece, which was an accident. But that didn't make it any easier for me to forgive her. Especially when she didn't take responsibility for her actions, nor were there any apparent consequences. Jonah's death resulted in a medical malpractice lawsuit in which we prevailed. But that didn't mean the doctor took responsibility, either. On the contrary, she fought us in court. I teach my kids that there are three parts to an apology: "I'm sorry," "I did this," and "Here's how can I try to make it up to you." The people responsible for the deaths of our sons said none of those things, but we couldn't move forward without figuring out some way to forgive for our own sake.

I have learned that forgiveness isn't necessarily forever. It's fluid. Relationships change over time, things resurface, and sometimes the people we forgive are lost to us forever. Sometimes self-preservation means excommunicating people we once loved. Sometimes the people we need to forgive are ourselves. We can talk all day about the "if only's" because we all loved our children more than ourselves and "if only" we'd known better, we would have done better. We've all learned the hard way that we're not in control. It's not our fault. We are only human. Extending that grace to others becomes our mandate, difficult as it may be, even if we simply stand on the shore and shout it out to the sea.

One of the many disappointing things we experienced in our hour of need was that the people we expected would be present for us didn't show up. And yet, they're still in our lives all these years later. People don't always behave the way we think they will. Sometimes they behave much, much worse. Conversely, others show up whom we never expected, strangers even. And so we learn to be grateful for the kindness of strangers, to embrace the gifts we do receive. And for the things we don't, we try to relinquish our expectations and forgive. Sometimes we are still Angry. Yes. We are. Anger still exists, right in between what we've lost and what remains, and how the world goes on, regardless. We might be angry with people, like family and friends, or with institutions, like the medical system or insurance companies, or with the higher power seated on the

You can shed tears because they are gone, or you can smile because they lived. You can close your eyes and pray they will come back, or you can open your eyes and see all that they left for you. Your heart can be empty because you can't see them, or you can be full of the love you shared. You can turn your back on tomorrow and live yesterday, or you can be happy for tomorrow because of yesterday. You can remember only that they are gone, or you can cherish their memory and let it live on. You can cry and close your mind and feel empty, or you can do what they would want. Smile, Open your heart, Love... and go on.

—Elizabeth Ammons



Community Corner

Raising Funds to Help Kids, in memory of Kevin O'Donnell

By: Kaitlin (O'Donnell) Cron

On November 17, 2012, Kevin O'Donnell, my brother, lost his life to a tragic motorcycle accident. On this day, he was doing a motorcycle run to raise money for children in need around the holidays. It took me years, but last year with the help of family and friends, we collected toys for children and donated them for the holidays. It brought so much joy to myself, and my daughters, and is a wonderful tribute to my sweet brother Kevin.

Many people have asked to send me money, so this year I decided to set up a GoFund Me account. 100% of the proceeds will go to buy toys for those in needs. (My daughters love doing the shopping too... see the picture!). If you would rather send a check, please email me at Kaitlinod825@gmail.com to get more information.

Thank you all in advance for your love and support. Kevin is shining down on all of you.



Link for GoFundMe:

<https://qr.go.page.link/EBTta>

or scan the QR code.



THANK YOU



Our sincere thanks for the refreshments in October: Patti Dille - son Matt
Chrystal Hunter - Jethro Hunter
Beth Horwin - Michael Horwin
Lori Jordan and Alyssa Sandt - Andrew Flath

If you would like to sponsor refreshments or bring some to a meeting in remembrance of your loved one, please call our Chapter Info Line 484-408-7314.

A special thank you to Diane Guerecki, Lisa Dechant and Crystal Hunter for the Remembrance cards that you receive. They do this in memory of their children/siblings: An appreciated Thank You to our members for helping to set up and tear down for chapter meetings. Thank you to Linda Stauffer for 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. 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.

A red advertisement for the GIANT Giving Tag Program. At the top right is a globe icon and the text "GIVE BACK TO THE COMMUNITY." Below this is a box of "GIANT ALL YOU KNEAD & LOVE" flour with a "\$1 DONATION" tag. The main text reads "USE THE TAG, SEND US A \$1 DONATION." At the bottom right, it says "GIVING TAG PROGRAM".

HELP US RAISE MONEY

Do you use the reusable (and super sturdy) bags for the grocery store? If so, go to GIANT and purchase some reusable **Bags 4 My Cause with the Giving Tag**. Go home, get online (website is provided on the Giving Tag) follow the directions and choose **The Compassionate Friends Quakertown Chapter** as the non-profit. You will have to scratch off and enter a code, but it literally takes less than 5 minutes to give us some cash! We get a check from Giant to add to our funds. It is SUPER easy. Tell your friends! If you don't use them, now is a good time to start! Thank you!

Grievers use a
very simple calendar.
Before & After.

A limb has fallen from the family tree.
I keep hearing a voice that says, "Grieve not for me.
Remember the best times, the laughter, the song.
The good life I lived while I was strong.
Continue my heritage, I'm counting on you.
Keep smiling and surely the sun will shine through.
My mind is at ease, my soul is at rest.
Remembering all, how I truly was blessed.
Continue traditions, no matter how small.
Go on with your life, don't worry about falls
I miss you all dearly, so keep up your chin.
Until the day comes we're together again.

23rd Annual

World Wide Candle Lighting Hosted by the Compassionate Friends Quakertown Chapter

This is a time to remember our loved ones who have died. It is sponsored by the local Compassionate Friends chapter, who supports parents, grandparents, and siblings who have had a child, grandchild, or sibling die.

December 8, 2019 @ 6:30p.m.

First United Church of Christ

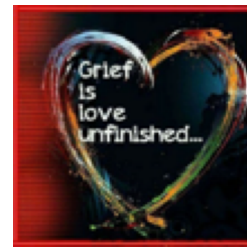
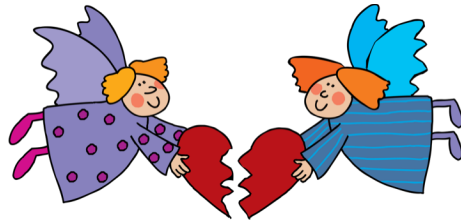
151 S 4th St. Quakertown, Pennsylvania 18951

(the program is non-religious)

Doors open at 6:00p.m.

SLIDESHOW

If you opted out of submitting photographs in 2018 or are new to the group, you may submit up to 3 photos that highlight your child, grandchild or sibling. If you did this



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. Love gifts for September:

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

Love Gift Message:

Your Name: _____

Email or Telephone: _____

Address: _____

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

Treasurer Use Only

Cash/Check # _____ Amount _____

D _____ Q _____ T _____ N _____

last year, do not re-submit for the same person.

Email the photos to memorialgardenTCF@gmail.com or you can mail them to the chapter (PO Box 1013, Quakertown, PA 18951). You must pick the photos up at the candle lighting or the December chapter meeting. Photos are due by November 15th.

FINGER FOODS

Please bring a finger food to share after the event.

Questions can be directed to
MemorialGardenTCF@gmail.com or
484-408-7314.



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

Next Meetings : Nov. 12, Dec. 10



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.

