



Serving Upper Bucks and Montgomery Counties

The Compassionate Friends

Quakertown Chapter November 2021

Deadline Approaching for Photo Submissions

Each year, our chapter has a beautiful remembrance program on the second Sunday of December. While that may seem far away, it is quickly approaching and that means the slideshow photo deadline is even closer. This year the program will be on Zoom at 6:30pm on Sunday, December 12, 2021. The zoom link will be published next month.

The program is a time to reflect and remember our children and siblings who are no longer here with us. We have readings, poems, songs, and a beautiful slideshow with music. This program is not recorded; all you need to do is log onto zoom from your comfy couch (cameras are off) and have a candle to light.

If you are new to the chapter or never submitted photos to our beautiful and emotional slideshow that plays during the program, please do so quickly. The photos are due by November 15 so there is enough time to add them to the slideshow. You can submit 3 photos of your loved one. Email them to candletcfquakertown@gmail.com with the first and last name to include on the slide. For more specific details view the fuller article inside the newsletter. This photo is an example of one slide; I took this picture from last year's presentation while I watched. If you have questions please email the address above.

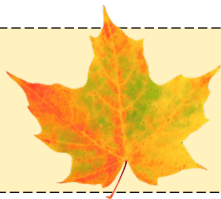


I do not want anyone to feel left out of the slideshow and I know with grief, time means nothing so here is your reminder to accomplish this one task this week. The program is a beautiful evening and we can all cross our fingers that in 2022 we are back together in person. Until then, sending you love and support as the holiday season approaches.

Crystal

Justin's little sister

More details about photos on page 4



If you are reading this newsletter and do not receive emails from the chapter, and would like to, please email contact@tcfquakertownpa.org to be included on the email list. Be sure to include your name!



As our membership grows costs are rising to mail paper copies of the newsletter each month. Please consider receiving the newsletter by email, or Facebook, or our website. Please contact us with your email address!!! Thank you for helping us SAVE funds!!! email or scan ----->
contact@tcfquakertownpa.org



Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: 484-408-7314
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.



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Chapter Leader – Barbara J Reboratti

Chapter Treasurer – Sherri Albro

Chapter Secretary – Gail Blase

Assistant Secretary -

Mary Anne Macko

Newsletter Editor/Webmaster –

Linda Stauffer

Membership Outreach-

Ginny Leigh Manuel

Social Media Coordinator & Sibling

Coordinator – Crystal Hunter

Memorial Garden Chairperson –

Theresa Sitko

Committee members – Bob Albro,

Dianna Cox, Diane Gurecki, Lisa

Dechant and Lynette Lampman

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. Re-member also that our meeting is open to adult siblings, grandparents, or adult family members such as aunts or uncles.

Support Group Meetings

We are so sorry for the cause that brings us together. It takes courage to attend a Compassionate Friends support group meet-ing. We understand how it feels to walk into a room of strangers and share personal feelings, especially when you are in so much pain. At your first meeting, we hope you find care, support, understanding and a group of friends to share with. Truly, there are no strangers among compassionate friends.

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4 meetings of attendance to determine if they are for you. It may take a few meetings before you're able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

Your Friends at TCF Quakertown Chapter

Library Books

We have a nice library of books for our members to check out and read and return them back to our library. A problem we currently have is that some books have not made their way back to our library and our library is shrinking. If you have checked out a book or magazine from our library and are done reading it won't you PLEASE return it to us at our monthly meetings. If you are not able to make the meeting you may mail it back to us or have someone else return it to us. Also, if you have any books that would help other grieving families through their journey and would like to donate them to our library please give them to our librarians.

Newsletter Errors and Omissions

For any errors or omissions please contact Linda via email at kt4ever@mac.com 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

We were put on this earth *to love them*

for as long as WE live... ○

not for as long as THEY lived.

- Alan Pederson

Anniversaries

And Special Dates Remembered

By Robert B. Murry, Adapted from
Bereavement Magazine

Anniversaries often create an emotional bond between two people and can be acknowledged weekly, monthly and annually on meaningful dates remembered and shared. Anniversaries can also conjure up a deep emotional impact for the bereaved.

For one man, although he knew how ill his wife had been, deep inside he still felt surprise when she took her last breath. Her funeral was a blur.

Afterward though, he began to experience a disturbing emotional cycle which started with an increasing sense of anxiety every Thursday morning. His sleep that night was fitful, then he would find himself wide awake at four o'clock in the morning. By the next evening, he would begin to feel better again. One evening it occurred to him that his wife had died on a Friday. He was experiencing some sort of anniversary effect each week.

With this realization the gentleman began to write in his journal every Thursday morning in anticipation of his troubling anxiety. Eventually, this helped him to overcome this powerful feeling, although the anxiousness returned almost monthly.

He knew, as the one year anniversary of her passing approached, he needed to prepare himself. He decided to have a special memorial service. In preparation, he and his children purchased balloons, helium, ribbons, and colored paper. When the one year anniversary day arrived, all of his loved ones gathered together.

They stood in a circle and each person was asked to recount a special memory of her. Some were funny, some were touching, but none were sad. They wanted to celebrate her life.

Each person was instructed to write something personal to her they wanted to let go. They put the notes into the balloons and filled them with helium. When all were ready, together, they shouted her name and released their balloons up into the sky.

Finding ways to honor your loved one can be an accelerator toward healing. If an outdoor tribute is your desire, there are many environmentally friendly ways to celebrate their memory.



Next plaque order

The memorial garden is a serene place that you can sit quietly, read, or hide a rock for others to find. Most importantly, this memorial garden is for you and for your children and siblings gone too soon. There are just over 70 spots left if your child, grandchild, or sibling does not have a space yet. The deadline for this next order is 2/15/22. There will be plenty of reminders. To place an order <hSp:// shorturl.at/iCJLV> or scan the QR code below to go to the order form

The memorial garden was a large project and will always need care, donations, and love. Please keep your love gifts coming for the garden or the chapter in general. We rely on your donations, your presence, and your love. If you have questions about the plaques, please email memorialgardenTCF@gmail.com.



25th Annual World Wide Candle LightPng is approaching. It is a beautiful evening remembering our loved ones. The event will take place on December 12, 2021; more details will be sent out in the coming months. We do not know if it will be in person or virtual; however, it is time to collect photos for the slide show.

If you are new to our chapter or never submitted up to three photos of your loved one, read on. Directions for submitting photos:

- You may submit up to 3 photos that highlight your loved one.
- Please email them as jpg or png files to candlelightquakertown@gmail.com.
- Include the FIRST and LAST name of the person in the subject line. No other information is needed. Please focus on photos with less than 4 people in them and try not to include additional children without the consent of their parents.
- All photos are due November 15, 2021.
- In November, you will receive an automatic email back stating I am not checking emails frequently. Once I begin working on the slideshow, I will confirm the photos were received!
- If you do not receive a confirmation email from me by November 15th, email the above address. It means the photos did not make it to me.
- If you have difficulty scanning photos, please contact the leadership team and we will figure out how to help you.
- Questions can be directed to the email above.
- !!!If you forget if you submitted photos or how many photos you sent, please email to request that information. You cannot swap out photos but if you did not submit 3, you can add to the slideshow to make 3 total.

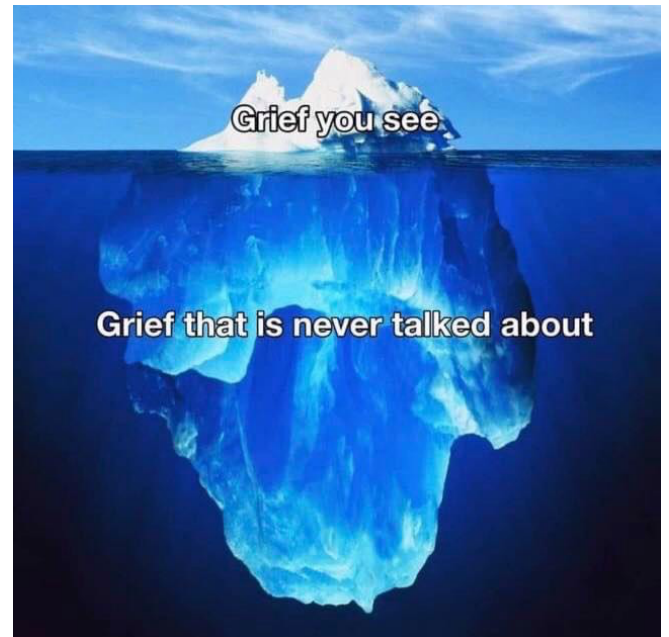
First Thanksgiving

The thought of being thankful fills my heart with dread. They'll all be feigning gladness, not a word about her said. These heavy shrouds of blackness enveloping my soul, pervasive, throat-catching, writhe in me, and coil.

I must, I must acknowledge, just express her name,

so all sitting at the table, know I'm thankful that she came. Though she's gone from us forever and we mourn to see her face, not one minute of her living, would her death ever replace. So I stop the cheerful gathering, though my voice quivers, quakes, make a toast to all her living. That small tribute's all it takes.

- Genesee Bourdeau Gentry from Stars in the Deepest Night – After the Death of a Child



Real grief is not healed by time...If time does anything, it deepens our grief. The longer we live, the more fully we become aware of who she was for us, and the more intimately we experience what her love meant for us. Real, deep love is, as you know, very unobtrusive, seemingly easy and obvious, and so present that we take it for granted. Therefore, it is often only in retrospect – or better, in memory – that we fully realize its power and depth. Yes, indeed, love often makes itself visible in pain.

- Henri Nouwen

*“Our Children Remembered on their November Birthdays
Always Loved, Missed and Forever in Our Hearts.”*



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

11/7 - Daniel Attilio, son of Patrick & Ann Marie Attilio

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

11/16 - 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

11/18 - Meagan Sands, daughter of Bernadine & Anthony Buccafuri, granddaughter of Edward & Gloria Layton

11/19 - Adam Graham, son of Albert & Carol Graham

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 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 - Richard “Drew” Panettieri, son of Richard & Suzanne Panettieri

11/28 – Elena Wenger, daughter of Melinda Wenger

Anniversary Rituals

From Hope Through Healing Publications

Facing a death anniversary can sometimes be complicated as grief is unique to each individual affected. Some may feel angry or upset, thinking “I should be over it by now.”

Rituals can offer a meaningful way to ease emotions and nourish healing.

Rituals help show ways to share our emotions and can be carried out with close friends and family or they can be done privately. Mold and shape the ideas we share to fit your lifestyle, your mood, your loved one.

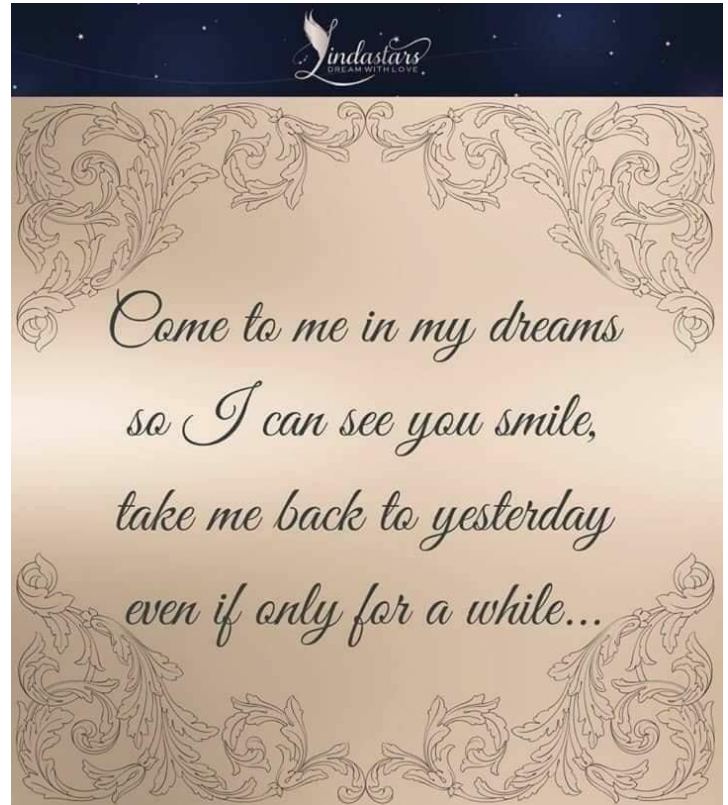
- Light a candle on a certain night at a certain time.
- Read a poem or short story, or listen to music which makes you feel closer to them.
- Plant a tree or flower in a meaningful place.
- Put flowers on the altar of your faith community center.

Find rituals which bring you comfort and aid you in expressing your feelings.

*Our Children Remembered on the Anniversary
of Their Death Loved, missed and always in our hearts*

11/1 - Lindsey Laverty, daughter of Jim & Wendy Laverty
11/2 - Lillian Claire Ciccarone, daughter of Claire & Frank Ciccarone
11/2 - Dillon Andrew Godwin, son of Karen Godwin & Ray Gintowt
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
11/7 – Brian Beyer, son of Eileen Beyer Curry
11/7 - Abigail Wolf, daughter of Michelle & John Wolf
11/8 - Jaime Scheck, daughter of Rebecca & Ed Scheck
11/9 - Shari Gelb, sister of Lisa Cohen
11/10 - Donald Dolan, Jr., son of Donald & Tina Dolan
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 Culton
11/17 - Kevin O'Donnell, son of Doris & Steve Yurchak
11/18 - Edward (Eddie) Ulanowski, III, son of Lisa Dechant
11/18 - Andrea Clutter, daughter of Alyssa Sandt
11/19 - Marc Daniel Landis, son of Anne & the late Craig Landis
11/21 - Matthew Grabowski, son of Constance Grabowski; brother of Andrea Grabowski
11/22 - Jeffrey Broxteman, son of Roger & Janet Broxteman
11/22 - Edward "Eddie" Myers, son of Diane Daneker
11/24 - Dennis Harris, son of Linda Lepo

11/24 - Rachel Sands, daughter of Charlotte Tatu, sister of Christian, mother of Tommy
11/25 - Karisa Kade, daughter of Kathy & Mike Fluck
11/27 - Matthew Lincul, son of Linda & Ed Lincul



Special Thanks

A special thank you to Diane Guerecki, Lisa Dechant, Jenifer Pini 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 supplying the ink and paper and printing our newsletter and creating and maintaining our website. She does this in memory of her daughter Katie. Thank you to Dianna Cox for addressing our monthly newsletters for mailing. She does this in remembrance of her son Michael. Thanks to Barb and Bob Heimerdinger for applying the memorial Plaques to the wall in the memorial garden. They do this in remembrance of their son Ryan.

Love Gifts

We are extending a special thank you to those who continue to support our TCF Chapter's Memorial Garden Fundraiser by purchasing our Garden Flags, Commemorative Mugs, Notebooks and Magnets. **They are all put away for the season now, but please look for their return next spring.**

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

To Sally and Don Reed, in loving memory of their beloved son, Christopher Reed:
"Forever loved"

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

Our member's love gifts continue to support our chapter's ongoing expenses as well as the maintenance and beautification of our chapter's magnificent Memorial Garden in James Memorial Park, Sellersville.

Donations made in memory of your child, grandchild or sibling are always welcome, but more so this year. Due to COVID restrictions we had to cancel our biggest fundraiser, the annual Memorial Walk and Butterfly Release. Please help us help others. We Need Not Walk Alone.



LOVE GIFTS

A Love Gift is a donation of money in support of our Quakertown Chapter of The Compassionate Friends. Donations can be in memory of a child, sibling, or grandchild on their birthday, angel day or anytime. Your Love Gift will be acknowledged in our newsletter. Love Gifts are our Chapter's main monetary support. Anyone can donate and we thank you for your support of our chapter.

We are a 501(c) 3 nonprofit, chapter #2053. Donations are tax deductible.

In Memory of: _____

Birth Date _____ Death Date _____

Check One: Please use my gift for:

General Operating Expenses Memorial Garden

Your Name: _____

Email: _____

Phone: _____

Address: _____

Love Gift Message _____

Please make check payable to:

The Compassionate Friends, Quakertown Chapter

Mail to:

PO Box 1013

Quakertown, PA 18951





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

Support Group Meeting is Nov 9th 7-8:30 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.

