



Serving Upper Bucks and Montgomery Counties

The Compassionate Friends



Quakertown Chapter November 2022

Important Information for our Candle Lighting Event Dec. 11, 2022

NEW Location: **Upper Bucks Senior Center** (2183 Milford Square Pike, Quakertown, PA 18951)

Date: Sunday, December 11, 2022

Doors Open 6pm. Program 6:30-8pm

This event 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. Other chapters will also host their candle lighting events, and families will light candles all around the world to let their children and sibling's light be forever in our hearts. The continuous band of light will circle the globe for 24 hours with each time zone starting at 7pm local time.

After the program, the chapter will provide you with a candle votive to take home and we have a social gathering with refreshments. The event is free to attend, but we ask that if you are able to bring a refreshment to share that night, please do so. Ideas include meat and cheese, fruits, cookies, brownies, or anything that you would like to share. The chapter provides water, napkins and plates.

NEW THIS YEAR: This location has chairs (instead of pews) so we are requesting families to RSVP. You can either RSVP on this form <https://forms.gle/MRQbw6aoeycrouHr6> or you can **call or text** Ginny (co-leader) 215-760-0602 with the following information: **name, phone number, number of people attending, and whether you will be able to bring a refreshment to share.** If December 11 arrives and you never RSVP but you want to attend, please come to the event. Thank you so much!

If you have further questions, please post on our Facebook group, email contact@tcfquakertownpa.org or give us a call.

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: 215-703-8431
contact@TCFQuakertownpa.org
website: www.tcfquakertownpa.org



Please give some thought to volunteering with The Compassionate Friends. Our Chapter is growing and we need helping hands to continue to help others that are new to this path of grief. We need not walk alone.



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Chapter Leader – Crystal Hunter

Chapter Treasurer – Lisa Dechant

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, and

Lynette Lampman, Sherri Albro,

Barbara Reboratti

TCF National Office:

877-969-0010

www.compassionatefriends.org

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



**New Chapter
phone number
215-703-8431**

Self-help Program

The Compassionate Friends, Inc. is a mutual assistance, self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

To Our New Members

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain!. Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work.

To our Members who are further down the "GRIEF ROAD"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK - what would it have been like for you at your first meeting if there had not been any TCF "veterans" to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

Information Regarding Our Meetings

PLEASE don't stay away from a meeting because the topic scheduled does not interest you. We are here to discuss whatever is on your mind, we don't stay on the topic only. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group but it is not a requirement. Coming to listen to the others is Okay too. Re-member also that our meeting is open to adult siblings, grandparents, or adult family members such as aunts or uncles.

Support Group Meetings

We are so sorry for the cause that brings us together. It takes courage to attend a Compassionate Friends support group 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

*“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
- 11/13 – Andrew Black**, son of Brian & Kim Black;
brother of Emily
- 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
- 11/26 – Emilee 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



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

- 11/1 - Emilee 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
- 11/7 - 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
- 11/20 - Tom Underwood**, son of Mary Sellecchia
- 11/21 - Matthew Grabowski**, son of Constance Grabowski; brother of Andrea Grabowski
- 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 Jennifer Pini, Diane Gurecki, Sierra Doyle, and Ginny Leigh-Manuell 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 Theresa Sitko for managing our memorial garden. She does this in memory of her son Clayton. Thank you to Dianna Cox for addressing our monthly newsletters for mailing. She does this in remembrance of her son Michael. Thanks to Barb and Bob Heimerdinger for applying the memorial Plaques to the wall in the memorial garden. They do this in remembrance of their son Ryan.



The Gathering Place

<https://gatheringplaceevent.com/>

Huge special THANK YOU to Elsa and her business! We hold our in person support meetings at The Gathering Place in the center of Quakertown and we love it. If you have a need to have a gathering of 100 or less people, reach out to her! We appreciate Elsa and her staff for helping us provide support to families going through unimaginable grief.



We are looking for some people who may be interested in giving back to the chapter, but perhaps you do not want to commit to a certain day/time (4th Tuesdays at 7-8:30 if you do) for our leadership team. The people we need would be doing visits to business, fire houses, funeral homes and churches. Reach out to us if you want to help us connect with other families who may need us.



**DIRECTIONS FOR SUBMITTING
PHOTOS FOR SLIDESHOW: (EVEN IF
YOU DO NOT ATTEND, YOU CAN
PARTICIPATE THIS WAY)**

· You may submit up to 3 photos that highlight your loved one.

Please email them as jpg or png files to

candlecfquakertown@gmail.com

All photos are due November 15, 2022.

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. They look better on the screen.

Until 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.

You cannot swap out photos but if you did not submit 3, you can add to the slideshow to make 3 total.

Questions can be directed to the email listed above.

I look forward to seeing all your beautiful children. It is truly an honor to design the slideshow for the chapter.

With all my love,
Crystal, Justin's sister

We Are

By: Crystal Hunter

***In Memory of my Big Brother,
Justin, 1979-2009***

We are the siblings who need each other.
We are the children of the parents who are grieving their child.

We are the siblings who have lost a piece of our past, present, and future.

We are the siblings of the children we are remembering.

We have learned our siblings will always be our siblings, no matter what.

We don't say We Had Five Siblings—we say We HAVE Five Siblings.

We ask others to never forget us – the surviving siblings.

We gather strength as we watch our parents live each day, one day at a time, in their “new normal” way of life.

We listen while our parents worry about us, and we worry about them each day.

We are the siblings of the children we are remembering.

We lost the one person who shared all our childhood experiences.

We hurt when we realize our sibling will miss all the future events,

even their young niece's and nephew's future weddings.

We become frustrated when people say we need to move on and be the person we use to be.

We try to stay positive when we realize our siblings are with us—in their own special way.

We cry when we can't call our sibling to explain our good news.

We are the siblings of the children we are remembering.

We have become a group of siblings who lean on one another.

We have burdens and sadness that only we understand.

We talk to each other and do not have to explain why we are having a bad day.

We don't need to explain our story on those special days that just creep up onto you.

We are thankful for the siblings we have met, but regret the reason we met.

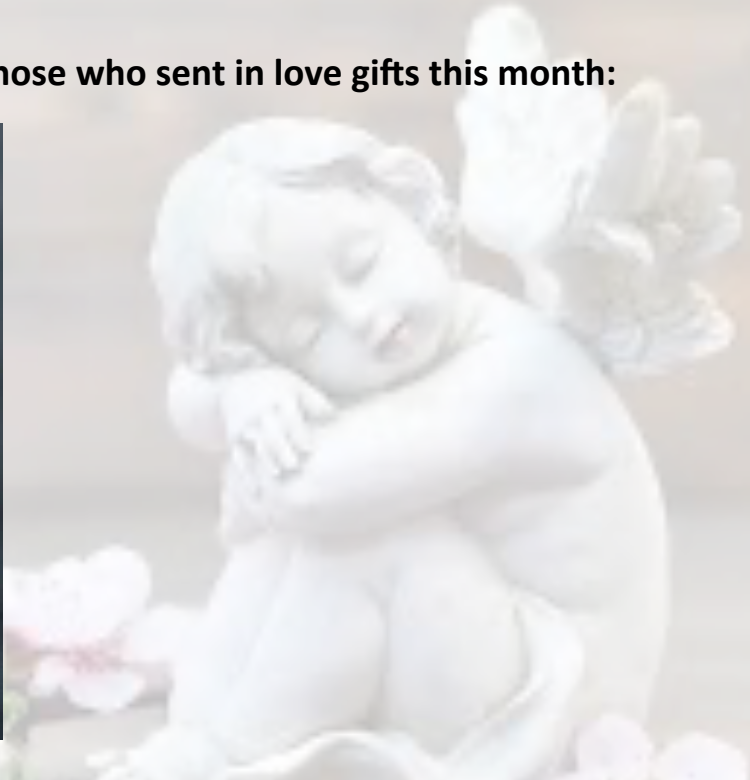
I am the sister of Justin.

We are the siblings of the children we are remembering.

Love Gifts

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief...and unspeakable love."
Washington Irving

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



Donations made in memory of your child, grandchild or sibling are always welcome,.
Please help us help others. We Need Not Walk Alone.



LOVE GIFTS

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

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



In Memory of: _____

Birth Date _____ Death Date _____

Check One: Please use my gift for:

General Operating Expenses Memorial Garden

Your Name: _____

Email: _____

Phone: _____

Address: _____

Love Gift Message _____

Please make check payable to:
The Compassionate Friends, Quakertown Chapter

Mail to:
PO Box 1013
Quakertown, PA 18951

Yes or No - include my name / love note in the newsletter.



NAMI Bucks County
STRIDE
 FOR MENTAL HEALTH AWARENESS

AWARD RECIPIENT

Sunday, October 9th at 1:00 PM
 Warminster Community Park

PATTI DILLE
 The Peyton Heart Project
VOLUNTEER OF THE YEAR AWARD

We walk to spread hope, raise awareness, and end stigma. Registration is open, and sponsorships are available. Register today at www.namibucksstride.org and join the largest mental health movement.

The garden is now in winter mode but it is still open for visitors! It is beautiful to visit even during the winter so be sure to stop by! Also, just a reminder that our chapter is responsible for the upkeep of the garden - it is not a township garden. When Spring comes, we would like a Garden Committee to form to be utilized from March to October. The committee will discuss and maintain the garden, under the guidance of our co-chairs, Dianna Cox and Theresa Sitko. If you do not know much about gardening but can take directions and you love being outside, this may be a great opportunity for you to remember your child/sibling. In addition, we are looking for someone to learn from Crystal Hunter and Lynette Lampmann about our plaque ordering and application process. The way we have this set up involves using google suite, so you would need to be comfortable with that technology. You would also coordinate with the plaque company, maintain the lists and database of plaques, and work with our contact to apply the plaques on the wall at the garden. This would be great for a young adult who wants to get more involved. If you are interested in either, let us know via –

contact@tcfquakertownpa.org. It takes a large number of volunteers to make the chapter run smoothly. Thank you for considering.



My Grief Journey

Featuring Patti Dille

THE INSPIRED WOMEN PODCAST

https://inspiredwomenpodcast.com/my-grief-journey-featuring-patti-dille/?fbclid=IwAR3-s6brRMaZ6c-WNa1zFCKdkqKd_urlvc3J41bDO7ReO_xS9jplKw1Dy30

Garden Plaque ordering is open!

Scan here with your Smartphone camera for order form

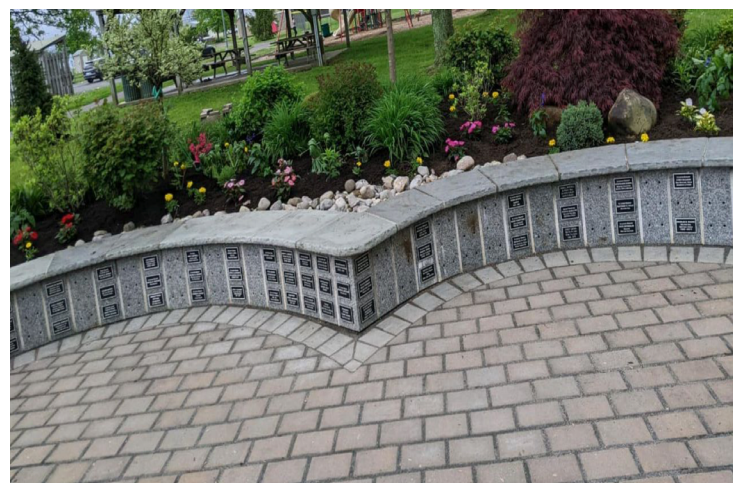


Deadline to submit order is February 15th.

Questions can be sent to memorialgardenTCF@gmail.com

Or to order, type this website into the URL
<https://forms.gle/DF3AG53XCqRPXgG8>

For additional details, refer to previous newsletter, the website, or Facebook group.



Loved One

SEAN DIETRICH NOVEMBER 14, 2021

Hi. This is your late loved one speaking. I don't have long, so listen up because I have a lot I want to tell you.

First off, I get it.

Ever since I left this world you have missed me, and I know you're bracing for the holidays without me. No matter what anyone says, this year's festivities are going to be really tough.

In fact, let's be honest, this festive season will probably suck pondwater. But then, Thanksgiving and Christmas are tough holidays for a lot of people. You're not alone.

See, the misconception about the holidays is that they are one big party. That's what every song on the radio claims. Each television commercial you see shows happy families clad in gaudy Old Navy sweaters, carving up poultry, smiling their perfect Hollywood teeth at the camera. But that's not exactly reality.

In reality, fifty-eight percent of Americans admit to feeling severely depressed and anxious during November and December. In reality many folks will cry throughout the "most wonderful time of the year."

Well, guess what? Nobody is crying up here in heaven. This place is unreal. There is, literally, too much beauty to take in. Way too much.

For starters—get this—time doesn't even exist anymore. Which I'm still getting used to.

Right now, for all I know, the calendar year down on Earth could be 1728, 4045, 1991, or 12 BC. It really wouldn't matter up here. This is a realm where there is no ticking clock, no schedule. Up here there is only this present moment. This. Here. Now. That's all there has ever been. And there is real comfort in this.

I know this all seems hard to grasp, but if you were here you'd get it.

Also, for the first time I'm pain free. I feel like a teenager again in my body. You probably don't realize how long I've lived with pain because I never talked about it, I kept my problems to myself because I was your loved one, and you needed me to be brave.

But pain is a devious thing. It creeps up on even the strongest person, little by little, bit by bit. Until pretty soon, pain becomes a central feature of life.

Sometimes my pain would get so bad it was all I thought about. No, I'm not saying that my life was miserable—far from it. I loved being on earth. It's just that simply waking up each morning was getting exhausting.

But, you know what? Not anymore. In this new place, I am wholly and thoroughly happy.

But enough about me. I don't have room to describe all the terrific things I'm experiencing, and you don't need to hear them. Right now, you're grieving, and what you need is a hug.

Which is why I'm writing to you. This is my hug to you. Because you've lost sight of me. And in fact, you've lost sight of several important things lately.

Death has a way of blinding us. It reorganizes the way you

think, it changes you. You will never be the same after you lose someone. It messes with your inner physiology. It reorganizes your neurons.

But then, there's one teensy little thing you're forgetting:

I'm still around.

Yes, you read that correctly, I'm right here with you. No, you can't see me. No, you can't reach out and hold me. But did you know that one of the things I'm allowed to do as a heavenly being is hang out with you?

It's true. I'm never far away. I'm in the room with you now, along with a big cloud of ancestors, saints, and witnesses. I'm shooting the breeze alongside you, watching you live your life, watching you raise your kids, watching your private moments of sorrow.

Here, in this new realm, I am in the perfect position to help you learn things. Which is what I vow to spend the rest of your earthly life doing, teaching you little lessons, lending you a hand when you least expect it, and desperately trying to make you smile. Actually, I've already been doing this stuff, you just don't realize it.

What, you don't believe me?

Well, wake up, pal. You know that tingle you get in your spine whenever you think of me? That's me.

You know how, just yesterday, you had a beautiful memory when you were driving and it made you cry so hard that it actually felt good and you began to laugh through tears? Also me.

You know how sometimes when you're all alone, preoccupied with something else, suddenly you get this faint feeling that someone is standing in the room with you? Hello? Me.

You're not alone on this earth. You never were. You never will be. So during this holiday season, when cheerful families are getting together and making merry, and taking shots of eggnog, I'm going to be clinging to your shoulder, helping you muddle through somehow.

I'll be making your spinal column tingle a lot, and I'll be sending plenty of signs. Each of these signs—every single one—is code for "I love you." So start paying attention to these hints.

Because this was one.



Losing a Daughter
is like losing a limb.
You can learn to function
again in time,
but you'll be compensating
for that loss the rest of your life.



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

Support Group Meeting is Nov 8th 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.

