



The Compassionate Friends

October 2017

Serving Upper Bucks and Montgomery Counties

The Compassionate Friends

Worldwide Candle Lighting

Join us on December 10, 2017

"... that their light may always shine."

The Compassionate Friends-Quakertown Chapter
Annual Worldwide Children's Memorial Candle Lighting

December 10, 2017 at 6:30 PM

First United Church of Christ (corner of Park Ave & 4th St)
Quakertown, PA 18951

Contact: (267)380-0130 or contact@tcfquakertownpa.org

Please bring a dry staple or canned good for the food pantry collection.

If you are new to TCF and would like to add photos (limit 3) to be included in the slide show, they must be submitted by November 18th. Photos sent after may not be included in the slide show. Photos must be an original in a 4x6 or larger size, individual shots preferred. We will scan the original and return to you. Please include a self addressed stamped sturdy envelope to mail back, pick up at a meeting or the night of the candle lighting.

Send photos to: Compassionate Friends-Quakertown Chapter

PO Box 1013

Quakertown, PA 18951

OR email photo as a jpeg in a 300 resolution to:

newsletter@tcfquakertownpa.org

There is no cost for the program - Love gifts are accepted. Please bring baked finger foods/snacks to share for the reception after the ceremony.

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 meeting
October 10

Quakertown Chapter

PO Box 1013

Quakertown, PA 18951

Chapter Info Line: (267)380-0130

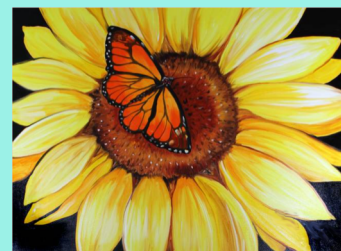
contact@TCFQuakertownpa.org

website: www.tcfquakertownpa.org

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.





The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties

About Our Chapter

Chapter Leader:

Ginny Leigh-Manuell

Treasurer: Crystal Hunter

Secretary: Gail Blase

Chapter Librarian: Theresa Sitko

Newsletter : Linda Stauffer

Steering Committee:

Mary Anne Macko

Linda Stauffer

Theresa Sitko

Carol Graham

Lynette Lampmann

Barbara Reboratti

Gail Blase

Mary Catherine Neiderstock

Remembrance & Thank You Cards:

Lynette Lampmann

Kelly Logan

Mary Catherine Neiderstock

Jennifer Pini

Eastern PA Regional Coordinators

Ann Walsh tcfeastrc@yahoo.com

Bobbie Milne mcfly423@aol.com

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.

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



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.

OUR CHILDREN REMEMBERED FOR SEPTEMBER

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

- 10/3 - Michael Leach**, son of Beth Horwin
- 10/3 - Steffan Oraezewski**, grandson of Crystal Kay
- 10/6 - Ryan Barr**, son of David & Londonne Barr
- 10/7 - Jordan Campbell**, son of Marci Borits
- 10/7 - Joseph Perno & Anthony Perno**, sons of Cathy Perno
- 10/8 - Kisha Hesse**, daughter of Donna Hesse; sister of Brienne Fretz
- 10/9 - Rebecca VanLuvanee**, daughter of Daniel & Nanette Helms
- 10/9 - Silas Asa Harvey**, infant son of Ryan Harvey & Sarah Wireman
- 10/10 - Jacob Burkett**, son of Kathleen & Jim Hardgrove
- 10/10 - Michael Detweiler**, son of Mary & Larry Detweiler; sister of Lauren & Alyssa
- 10/10 - Kaitlin Murphy**, daughter of Pat Murphy
- 10/10 - Christopher Rhudy**, son of Beth Ruch
- 10/12 Adrian Conrad**, infant son of Sarah Borolla & Adam Conrad; grandson of Pamela Anderson; Ronald & Barbara Borolla, Sr.
- 10/12 - Tyler Schultz**, son of Debbie & Gary Schultz,
- 10/13 - Gary Zemitis**, son of Lynne Bowers
- 10/15 - Daniel Lavery**, son of Karen Kovac & Daniel Lavery; brother of Meghan
- 10/15 - Frank Voce**, son of Anna & Frank Voce
- 10/16 - Jethro Hunter**, nephew of Crystal Hunter
- 10/16 - Stephen Stalheim**, son of Barbara & Gabriel Mertens
- 10/16 - Luke Still**, brother of Annette Morales
- 10/17 - David Neider**, son of Celeste Neider Nice; brother of Lexi Hull
- 10/19 - Andrew Lister**, son of Jennifer & Kevin Lister
- 10/20 - Dawn Cannon**, daughter of Joanne & David Cannon
- 10/23 - Billy Savage**, son of Bill & Blanche Savage, brother of Jennifer
- 10/24 - David Cassel**, son of Carol Lamonte
- 10/24 - David Grebe**, brother of Sue Grebe
- 10/24 - Kevin Myers**, son of MaryLou Nyce
- 10/25 - William Ingelido, Jr.**, son of Rosann Smiley & William Ingelido, Sr.
- 10/28 - Glen Scott**, son of Doris & Fred Crouthamel



**I will not get over this
regardless of how much
time has passed. There is
a wound in my heart that
will never heal.**



Our Children Remembered on the Anniversary of their Death

10/2 - Cindy Dise, daughter of Hiram Wenhold; sister of Cheryl & Ralph Cassel, Barry Wenhold & Brian Wenhold

10/2 - Will Moyer, son of Sue Simon

10/3 - Allison Fawcett, daughter of Anne & Bernie Smith

10/4 - Zachery Roessler, son of Chuck Roessler & Pam Howell

10/5 - Jeffrey Carpenter, son of Steve Carpenter

10/6 - Michelle Dena Dusza, daughter of Steve Dusza; sister of Jenn Geib & Family

10/6 - Anna Nicole Fowler, daughter of Rita Armstrong; sister of Mick Penecale

10/6 - Tom O'Donnell, son of Thomas & Susan O'Donnell

10/6 - Candice Shirey, sister of Chuck & Lori Stockert

10/6 - Robert Walker, son of Barbara Walker

10/8 - Heather Schaefer, daughter of Linda Schaefer

10/11 - Silas Asa, infant son of Sarah Wireman & Ryan Harvey

10/7 - Cheryl Ann Smakula, daughter of Helen Delong; sister of Michelle Lonetti

10/15 - Michael Adamson, son of Darlene & Daniel Dean; brother of Michelle Lanning

10/17 - Jarrod Nordland, son of Craig & Lisa Nordland

10/18 - Courtney Isabella, daughter of Michelle & Anthony Isabella

10/18 - Mia Rose Montevidoni, infant daughter of Matt & Kelly Montevidoni

10/20 - Christine Roesener, daughter of Paul & Ellen Roesener

10/21 - Ryan Knapp, son of Bruce & Holly Knapp

10/23 - John Fonsemorti, son of Rose Fonsemorti

10/23 - Arthur Ucci, brother of Joan Ucci

10/25 - Tristan Engarde, son of Edward & Lisa Engarde

10/25 - Jason Tyler, son of Mitzi Foulke

10/26 - Shannon Gorman, sister of Allen Dejewski & Douglas Dejewski

10/27 - Christopher Court, son of Caroline & Tim Court

10/27 - Jethro Hunter, nephew of Crystal Hunter

10/28 - Rebecca Cloud, daughter of Richard & Diane Cloud

10/28 - Ellen Heim, daughter of Barbara Walker

10/28 - Chad Statuti, son of Henry & Shirley Statuti

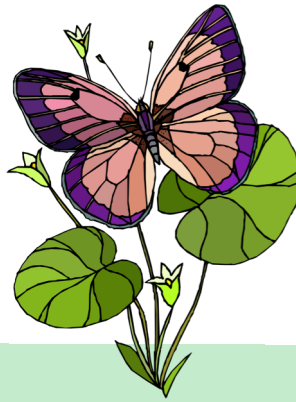
10/28 - Nick Umberger, son of Nina & Jeff Wolfinger; grandson of Grace Parzych

10/30 - Patti Mood, daughter of Paula Fritch; sister of James & Kathryn Jenks, Jr.





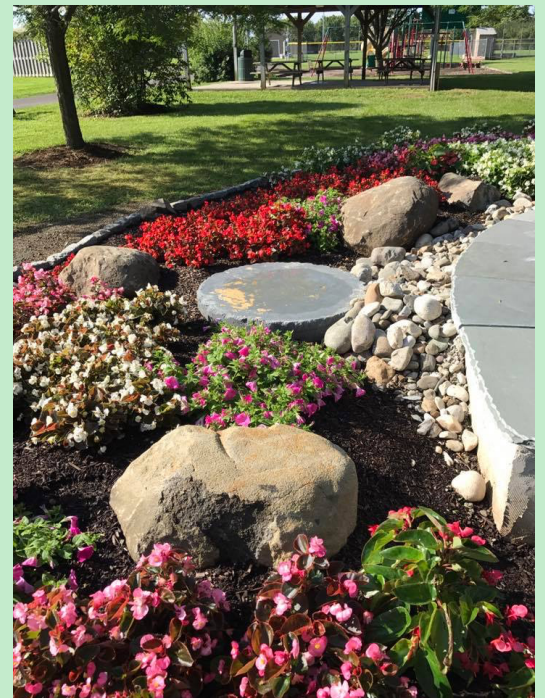
Join us for a night of FunArt at Fiddlestix Paint & Sip on October 17 @ 7:00. Linda Stauffer will guide us through the steps of this beautiful sunflower and Monarch butterfly (the butterfly will be available as an appliqué if you rather not paint it). Guaranteed to be a fun night so don't forget the wine!
Cost is \$35.per person. Register online at <http://www.fiddlestixpaint.com>. Just show up!



Garden update: We are almost finished with the memorial garden. The mason who so generously gave us his time and talents has finished the bench. The beds are mulched and lined with cobblestones. The township very generously gave us a water line to the garden so we have the convenience of water supply for the garden landscape. I can't begin to thank all the businesses, and beautiful people who volunteered their time, talents, energy and products throughout the summer. This garden was truly a labor of love. The children's statue will be arriving soon. The two large plaques are completed and will be placed in the garden. This fall we will be planting the evergreens, and the fall bulbs for spring blooming. Even though we had rain this summer, we still need volunteers for the watering of the garden plants. Please sign up on the calendar for volunteering to water. The first order of individual memorial plaques has been submitted.. Check web site for information on the second batch of orders in a few months.

I encourage all to visit our memorial garden. As a side note, each time I have been to the garden there were butterflies!

Lynette Lampmann(chairman)



Visit the James Memorial Park
1027 Ridge Rd., West Rockhill
Twp., PA (Sellersville)

Grief is not a sign of weakness.

Grief is necessary to bearing sorrow honestly. Realize that grief is a fitting reaction; a tribute to the loss of someone very precious. Grief is something you cannot run away from nor repress. Let grief have its way for a while; then, gently, re-lease yourself from its grip. For most people, there is a pattern to grief. These ten points are part of the pattern for many. Some of us do not go through all the stages. We do not experience them in the same order; nor for equal lengths of time; nor with equal depth. This may help you identify your pattern.

STEPS IN THE GRIEF PROCESS:

1. Shock

Temporarily stunned; in a trance as a response to the death of your child. Perhaps relieved attend of pain for child. Lasts for minutes, hours, or even days. Tendency to let others make decisions; use of tranquilizers. But shock wears off, soon one must face up to the reality of death with all of its emotions; one must try to regain control of oneself and begin to make decisions.

2. Facing Emotions

One must confront, analyze and deal with one's emotions. These emotions provide motivation for action; if not understood, they endanger future actions; use help of others to understand emotions. During this period, one should not make major decisions too soon. Emotions may lead to mistakes. It is better to wait until grief is worked through at least partially.

3. Depression

Loneliness and depression are a normal part of grief. They affect all of us, but in varying degrees. They, too,



will pass away. Recognize the difference between loneliness and aloneness. Loneliness can be accepted. Be careful not to ascribe all depression by reaching out to others.

4. Physical Symptoms

Your thoughts can cause physical distress. In addition there may be a tendency here to re-sort to excessive drinking, smoking, little exercise, bad eating habits. These physical symptoms are the result of unresolved grief. There is a relation between illness and loss. One must examine the cause of the symptoms and deal with them.

5. Panic

One begins to panic in the face of the unknown and has fear of going it alone can't concentrate nor accept finality of death. Tendencies to run from life; find excuses to be alone; fear of doing new things and facing people; difficulty in coping with other children. Un-resolved grief can play tricks on the mind. This stage doesn't last too long unless one continues to deny it.

6. Guilt

Almost everyone experiences some feeling of guilt in the loss of a child. Normal guilt is due to doing or not doing something while the child was alive. But neurotic guilt is feeling guilty out of all proportion. That clouds and affects health and behavior. In such cases one should examine their image of self and seek assistance from a qualified person to examine guilt feelings.

7. Hostility

Resentment, hostility, and anger are not un-common feelings to those working through grief. There is a

desire to fix blame for one's condition on God, doctors, clergy, members of the family, or oneself. Often we ask the wrong questions. Don't ask WHY. (You may never know), but rather ask "How can I live through this and help others?"

8. Drifting

There is sometimes an inability to return to usual and even necessary activities. One feels it difficult to grieve in the presence of others doesn't want to bother anyone, fantasizes about child, daydreams about what was and what might have been rather than face up to what is.

9. Hope

Hope does finally glimmer through and then brightens. One achieves the ability to express emotions without fear of being thought different; able to control emotions and to feel warm affection for and to be a source of encouragement to others. One is able to make mature decisions. Even in the deepest gloom we should expect soon to feel hope.

10. Reaffirm

One will ultimately affirm the reality about one-self. One can never become "old self" again. A new complete person must emerge with much to give, capable of helping others through their grief and able to use untapped potential, building on new strength which adversity has engendered while gaining a new self esteem and a positive self image.



The Surviving Children

By Ronnie Peterson

TCF, Star Lake, NY

Being a parent is never easy. When one's child dies, it is even more difficult being parents to the children who survive. In those first days and weeks, shock may cause us to make decisions (or allow others to make them) that we will later regret. We may wish later that we had included the children more, that we had not permitted ourselves to be isolated from them, that we had explained things differently.

Most of us never expect to face this situation, so we have never thought through in advance what the best course would be.

At some point in our grief, we do become more sensitive to these "forgotten grievers" who have lost a brother or sister. They are having struggles of their own. The first thing to remember is that everything going on with our other children is not caused by the death. They are still, through it all, growing up, going through the various developmental stages that have always concerned parents. Any special problems they had before will not have magically disappeared. Just as we proclaim repeatedly that there is no one way for a parent to grieve, so each child has his own style and timetable for everything, and we cannot control these.

We can only try to understand and help when we can. We cannot make it "go away" any more than we can make any of the other harsh realities of life go away.

The very foundation of life has been shaken. The home, so sheltering and safe, has been invaded by forces our surviving children do not understand and parents, who seemed all-powerful and all-wise, may have been reduced to quavering, uncertain robots. Probably for the first time, death, whatever that is, has claimed someone who is not old. Worse, if there has been the usual quota of sibling rivalry and squabbling, the child may be afraid that he has caused the death by being "bad," or by wishing there were no such bothersome person to have to share with or "take a back seat to."

Just as every child is different, every relationship is different. Feelings toward an older brother or sister who was protector, teacher, idol, and those toward a younger one who may have been a sometime responsibility, hanger-on, biggest fan, are not the same. They may have

been best friends or rivals who didn't get along very well. Their responses to the death will be as varied as our own.

A child's place in the family system is changed. The second oldest finds himself suddenly the big brother. The buffer between the others may be gone. Most difficult of all, a child may have become an "only child." Any child younger than the one who died has to go through the scary years of being the same age.

Similar symptoms and situations are so frightening. Brothers and sisters often do look and behave very much alike, and these resemblances can be a source of discomfort or of pride. There may be efforts to exaggerate these, to replace the missing child, to make things the way they used to be.

What can we as parents do to help? Most of all, our children need reassurance and honesty. They need to know they are loved and that the family and the home will continue. They need all the facts they can understand. Part of this honesty requires that they know of your grief. By your actions, you can teach them it is okay to cry (even fathers!), it is okay to admit you are angry at "life" for being this way, that you too are confused about "why." Maintaining a "stiff upper lip" in front of the children only encourages them to suppress their feelings.

Try to be available when they want to talk, but be prepared for the possibility that they may not want to talk with you about their feelings. Many children hold back because they are afraid they might make you cry. You can try explaining that you are not worried about that, but they may still prefer to talk to someone else. They may be ashamed of some common reactions such as feelings of anger, guilt, jealousy, even relief. Perhaps you can help them find someone they can talk to comfortably. They may have already found such a person without you realizing it.



The Grief of Grandparents

By Helen Fitzgerald, CT

There is no bond greater than the bond between parent and child. When a child dies, the pain of parental loss is near the top of the scale of human grief, and there is an immediate outpouring of sympathy and concern for the bereaved parents. But other grieving family members, including siblings, are often seen as secondary players who must provide support to the distraught parents. Among these forgotten grievers are the grandparents.

In many families, the relationships between grandparents and grandchildren are every bit as profound as those between parents and their children. The death of a grandchild also ranks high on the scale of human grief – but it is rarely acknowledged. There are few books or support groups addressing the grief of grandparents, and bereavement counselors who specialize in this kind of grief are rare. Grandparents are usually left to cope as best they can.

When a grandchild dies, the anguish of grandparents is doubled. Their grief for a son or daughter suffering this tragic loss only compounds their pain at the loss of a beloved grandchild. Grandparents who outlast a grandchild struggle with a death that seems out of order; they may cope with survival guilt, perhaps wondering why they couldn't have died instead. Moreover, a grandchild's death chips away at a grandparent's assumed legacy. Most of us hope to make a mark in the world, and the achievements of our children and grandchildren are a part of that dream. When one dies prematurely, that loss resonates through the generations, and like the bell in John Donne's poem – "it tolls for thee."

Many families are fractured by divorce, violence or mere inattention, and struggling single parents are hard pressed to provide the consistent and unconditional love that children need. Grandparents fill the role of the enduring presence, the ones who are available and

who can be depended upon for affection and support. The deep, nurturing love shared by many children and their grandparents is a bond that is extraordinarily painful when broken by death. It is a grief out-of-sight, but nonetheless powerful.

If you are a grandparent who has lost a grandchild, you have every reason to grieve deeply. Life is complex, and many of our fundamental questions have no apparent answer: Why do such bad things happen? What is the meaning of such pain? For now, your task is to mourn the death of this child and to take care of yourself as best as you can. If you want help, look for a book that addresses parental grief and substitute "grandparent" as you read. Perhaps your local hospice, faith community or mental health center has a support group for grieving grandparents. If not, ask them to start one. There may be other grieving grandparents among your friends and neighbors, and you can share your common grief and mutual comfort.

Above all, be patient with yourself, and:

- ♣ Don't try to suppress your grief. Stoicism won't work.
- ♣ Select the relatives or friends who give you comfort, and tell them how you feel.
- ♣ Don't accept a comparison of your grief to that of others; grief is unique to each person.
- ♣ Take time off from your grief occasionally. Go visit a friend or take a short vacation at a place that you love.
- ♣ The loss of a beloved grandchild is a severe blow, but avoid thinking that life has no more to offer. Some of the world's grandest music and literature were created out of personal tragedy. Find your own expression of your loss and your search for meaning — see if you can create your own requiem.

It is important that you find ways to fill the void in your life. The worlds of literature, music, and art are can be

sources of great comfort in a time of grief. Think of the great works of Bach, Handel, Mozart, Haydn, and Beethoven; what comfort they can bring! If you have always wanted to paint, take some classes and dedicate your efforts to the memory of your grandchild. Sign up as a volunteer for a local hospital or food bank. Helping others can strengthen the nurturing identity that has been injured by this death. By putting your pain to work, the good that comes from it can heal.

When a great loss hits us, we are numbed and life seems meaningless for a while. But with the passage of time, we again begin to see that life is still worth living, not just for others but for ourselves, as well. Just as you loved a grandchild, there are others — friends, neighbors, and even strangers — who await your love. For all its cruel twists, this life is still the only one we are given. You have every right to be a survivor and to make the most of each day and each year.

MOTHER AND SON

*I would give my life to have you back,
said his Mum
I know you would, said her son.
I cry each night for you, said his Mum
And I catch all of your tears said her son
I pray for the day that I can see you again
said his Mum
Close your eyes and you can see me,
said her son.....
You are the first person who loved me,
and you are the first person I loved.
You were always there when I needed you,
and you always knew when I needed a hug
I am here for you now, mum
in your heart and in your soul.
I did not take your heart with me
instead I left mine with you to hold
One day I will take your hand
and lead you to paradise,
but until then my beautiful mother,
when you want to see me
you only need to close your eyes.....*



Refreshments for September:

Theresa & Henry Sitko, in memory of their son Clayton
 Crystal Hunter, in memory of her brother Justin
 Patti & Joe Dille, in memory of their son Matt

If you would like to sponsor refreshments or bring some in remembrance of your loved one at a meeting please call Carol Graham at 215-538-3651.

A special thank you to Nancy Eisenhart, Lynette Lampmann, Kelly Logan, Jennifer Pini and Mary Catherine Neiderstock for the Remembrance that you receive. They do this in remembrance of their children/ siblings, daughter, Kelly (Nancy), son, Shawn (Lynette), and brother, Jason (Jennifer), Kelly does it in remembrance of all those who have gone too soon. An appreciated Thank You to our members for helping to set up and tear down for our meetings, they do this in remembrance of their children and siblings. A special thank you to St. Luke's Hospital for providing us with our meeting rooms each month.

Thank you to Linda Stauffer for doing our newsletter and website. She does this in memory of her daughter Katie. Thank you to, Betty and Charlie Hottenstein, for taking on the monthly task of addressing our monthly newsletters for mailing, they do

LOVE GIFTS

A Love Gift is a gift of money to The Compassionate Friends. Love Gifts can be in memory of a child or sibling on their birthday or angel day, can honor a friend or relative, or can show support for the work of TCF. Love Gifts are the Chapter's main monetary support. Thank you for your Love Gift.

Love Gifts are tax deductible – Chapter Non-Profit #2053

Circle One: *In Memory or In Honor of* (name of person) _____

Birth Date _____ Death Date (Angel Day) _____

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

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

Your Name: _____

Email or Telephone: _____

Address: _____

this in remembrance of their daughter, Tracy..

Thank you for your Love Gifts and Support We the parents and families of the Quakertown Chapter of Compassionate Friends would like to send a special Thank You to the following donors. Without their generosity in giving to a good cause we would not be able to continue reaching out to newly bereaved parents and families with our Outreach packet and newsletters.

Love Gifts

* Thank you to the members of our chapter who purchased 53 plaques for the memorial garden.



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 Meeting October 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.

