



The Compassionate Friends

October 2018

Serving Upper Bucks and Montgomery Counties

What The Death Of My Daughter Is Teaching Me About Grief

Jacqueline Dooley

On July 24, an orca named Tahlequah (also known as J35) gave birth to a calf that lived for less than an hour. Afterward, Tahlequah carried or pushed her dead calf nearly a thousand miles over 17 days, finally dropping it on Aug. 11, at which point the Center for Whale Research in Washington state proclaimed that Tahlequah's "tour of grief" was over. Her grief (for what else could it be?) captivated the world. It was so achingly poignant and horrific because it actualized one of our deepest, most primal fears — the death of a child.

I understand that grief.

I lost my daughter, Ana, 16 months ago. Ana was diagnosed with a rare form of cancer when she was 11. Her adolescence was dominated by the disease. Ana died in her room, in her own bed. My last words to her were, "I love you. It's OK to go."

But the truth is, nothing will ever be OK again.

We kept my daughter's body in her room for three hours before we called the funeral home to come get her. We saw her one last time, the next day, laid out on a gurney with a sheet pulled up to her chin.

Her face was peaceful. Her were eyes were closed.

Her forehead was cold as stone. It was the same forehead I had touched countless times, checking for fever. It was the forehead I had kissed when she was a baby, a toddler and a smiling child who'd loved frogs and strawberries. I knew her face better than my own. Still, I had to say goodbye. I had to walk away. That's what you do when someone dies. Except this wasn't just someone. It was Ana, my sweet girl.

I wanted to curl up beside her and die right then and there, rather than lose the last bit of my child — her physical body. Even in the first few hours of my grief, I knew that holding onto the essence of her would be difficult as time put distance between me and the last time I was able to look at her beloved face.

So, yes, I understand why Tahlequah continued to carry her calf for more than two weeks even though it exhausted her, even though it threatened her own life. I understand that when she finally let the calf drift to the bottom of the ocean, the world breathed a sigh of relief. It's incredibly hard to witness that kind of pain. I can't help but wonder if Tahlequah is truly done with grief. Just because her sorrow isn't visible, doesn't mean it's not still there.

Continued on page 5

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: Oct 9, Nov

We talk. We listen. We share. We care.

Our Support Group Meetings are the 2nd Tuesday of every month at St. Luke's Quakertown Hospital, 1021 Park Ave., Quakertown, in the Taylor Conference rooms A & B on the ground floor of the professional wing.

Meetings are 7:30 - 9 PM.

No need to register. No fees or dues. Just come as you are.

Quakertown Chapter

PO Box 1013

Quakertown, PA 18951

Chapter Info Line: (267)380-0130

contact@TCFQuakertownpa.org

website: www.tcfquakertownpa.org

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

—Anna Quindlen



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

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

TCF National Office:

877-969-0010

www.compassionatefriends.org

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



Self-help Program

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

To Our New Members

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

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

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

Information Regarding Our Meetings

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

Support Group Meetings

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

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4

meetings of attendance to determine if they are for you. It may take a few meetings before you are able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

Your Friends at TCF Quakertown Chapter

Library Books

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

Newsletter Errors and Omissions

For any errors or omissions please contact Linda via email at kt4ever@mac.com with the error and the correction for the next month newsletter. Please remember we are all volunteers and grieving

About This Newsletter

This newsletter comes to you courtesy of The Compassionate Friends, Quakertown Chapter with the hope that it will be a helpful resource for you on your grief journey.

If you no longer wish to receive the newsletter please contact the newsletter editor by email: newsletter@tcfquakertownpa.org

PLEASE NOTE: If you are moving or your email has changed please notify the newsletter editor so that we can update your information and you continue to receive the newsletter. If the newsletter is returned to us either via mail or your email bounces back and you have not notified us you will be removed from the mailing list.

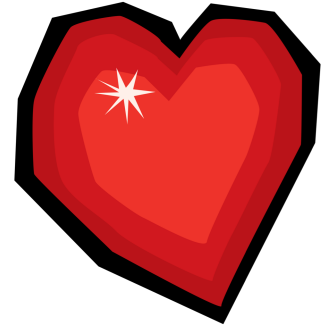
Newsletter submissions:

Submit articles and poetry to the editor by the 15th of the preceding month. Include the author's name & your contact information. You may mail to our PO Box 1013, Quakertown PA 18951 or email as a pdf file or word document to: newsletter@tcfquakertownpa.org

OUR CHILDREN REMEMBERED

for October

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



- 10/3 - **Michael Leach**, son of Beth Horwin
- 10/3 - **Steffan Orazewski**, grandson of Crystal Kay
- 10/3 - **Eddie Ulanowki, Jr.**, son of Lisa Dechant
- 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 - **Becky Rosenberger**, daughter of Lois Rosenberger
- 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
- 10/12 - **Christopher Williams**, brother of Brittni Fonder
- 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
- 10/17 - **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
- 10/20 - **Nathan E. Charland**, son of Charles Charland
- 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.
- 10/25 - **Dillion Andrew Godwin**, son of Karen Godwin
- 10/28 - **Glen Scott**, son of Doris & Fred Crouthamel

OUR CHILDREN REMEMBERED FOR OCTOBER

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

10/9 - Becky Rosenberger, daughter of Lois Rosenberger

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

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

10/17 - Cheryl Ann Smakula, daughter of Helen DeLong; sister of Michelle Lonetti

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.

10/30 - John Patrick Sharkey, son of Maggie O'Donnell



I'm anthropomorphizing a whale. I realize that. But I believe that Tahlequah has a lot to teach us about grief, lessons I've been learning over the past 16 months. I've learned that when it comes to death, time means distance. As the second year without Ana continues to move forward — spring into summer, then autumn and beyond — she feels so much further away.

Sometimes I feel crazy, wondering if she was even real. That's something new, too. At first, I couldn't believe that her death was real. I used to conjure up the last minutes of her life and those final, agonizing moments at the funeral home just to remind myself of the awful truth. She'd never text me again. She'd never ask me to make her a grilled cheese sandwich. Her room would remain empty.

But now? Her birth, her childhood, and the promise of her bright, young life — were these things real? On my worst days, this thought plagues me. It mocks me. It fills me with shame. How can I doubt that my own daughter existed?

Grief changes shape. That's another thing I'm learning. In the first year, it was sharp and painful. It made my heart hurt as though a fist were squeezing it. But now grief is more like a cloak draped over my shoulders. Sometimes it makes my entire body ache, but sometimes I'm able to shrug it off and find joy again. Joy has a different shape, too. The fact that I'm able to experience it without Ana here is surprising and frightening. Does it mean I'm moving on? Does it mean I'm healing?

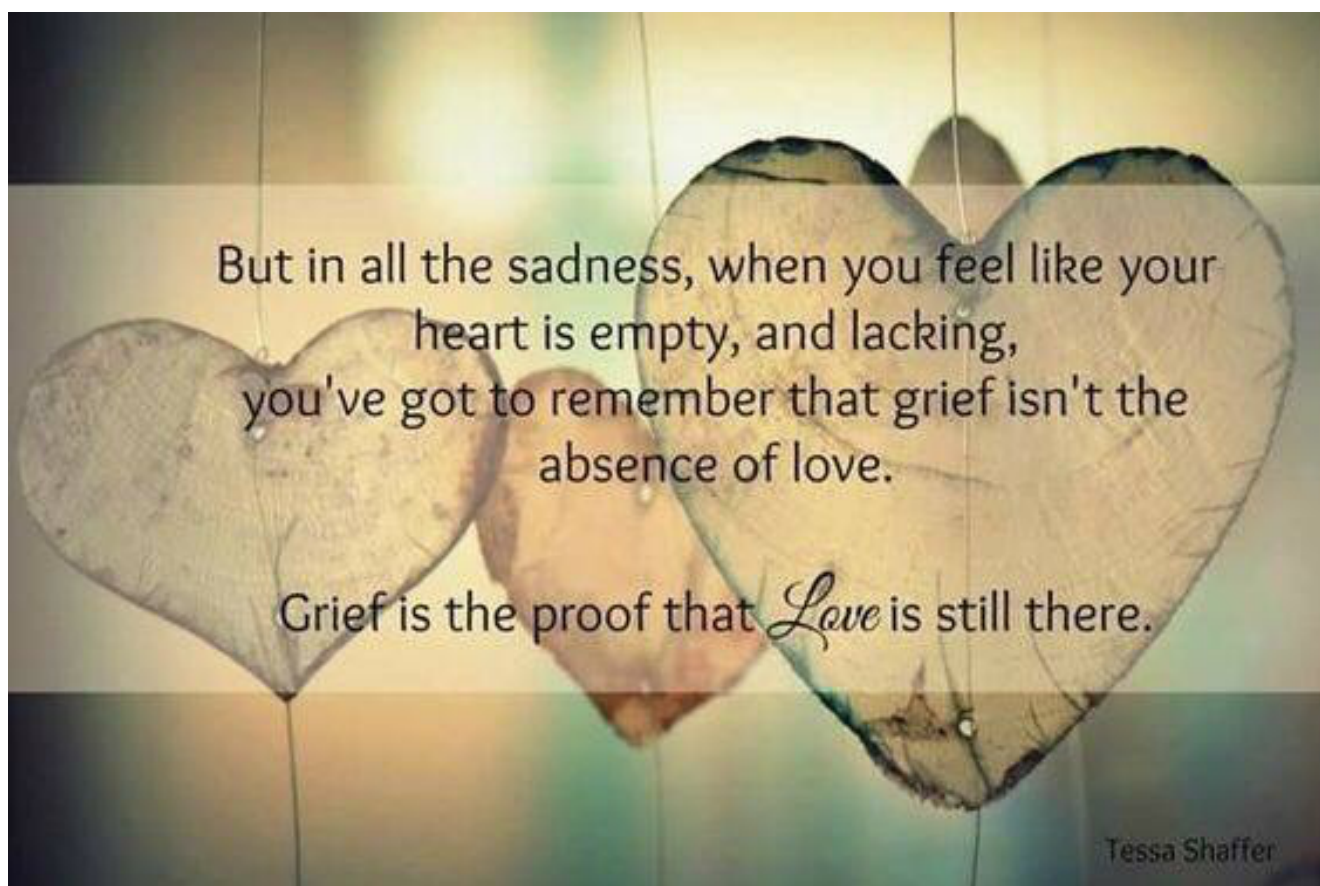
As a bereaved parent, I hate the terms "moving on" and "healing." These sentiments feel wrong. I'm still carrying Ana with me. I feel her close, but I can't reach her. I'm desperate to touch her hand and hear her voice, but I know I never will again. I mourn for the promise of her life, the things she'll never experience and the adult woman I'll never meet. I can't move on from a future without my child. I can only move toward it whether I want to or not. I've begun to grasp the permanence of this loss. I know that I will always grieve.

As each year passes and the distance between me and the physical reality of Ana grows wider, I expect that my experience of Ana will shift, just as it would have if she'd lived. Her childhood will continue to fade — all those nuanced moments, all the smells and sounds and colors — and something else will take their place. This has already started happening.

I find myself picturing her spirit existing in an unreachable place. Sometimes I'm sure she can see and hear me, but no matter how hard I try, I can't find her. I talk to her all the time. I write her letters. I imagine her voice in my mind as she answers my questions and gives me advice.

I carry her with me because there can be no forgetting her. Sometimes it feels like I'm alone with the burden of remembering, that holding on forever may pull me down into the darkness. But letting go isn't an option. I bet Tahlequah would understand.

This is a confession that may upset some people who want me to move on — there is no healing from the loss of a child. There is only learning how to exist in a new reality. The love is still there. It's endless. And so is my grief.





Worldwide Candle Lighting Memorial Service

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

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WWCL started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

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

Printer for Sale \$500. or best offer

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

If you are interested please contact Crystal or Linda



Community Corner

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

Katie Stauffer Memorial Fund at the Lehigh Valley Community Foundation

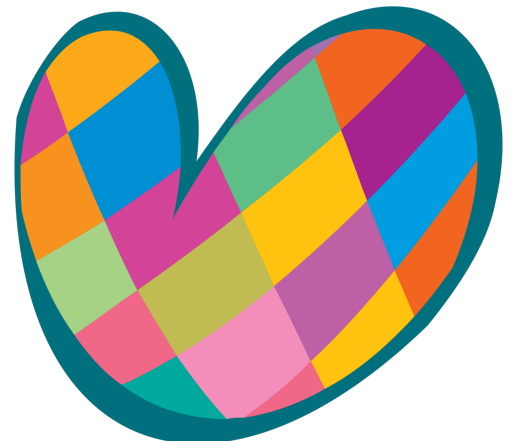
Save the Date

December 9, 2018

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

We will be creating a new candle lighting memorial slide show. If you want your child/sibling to be included in the presentation you may submit up to 3 photos. They must be photos of your children, not parents, spouses or friends.

You may mail pictures to Barbara Reboratti PO Box 1013, Quakertown, PA 18951 or email a jpeg file to newswriter@comcast.net All pictures will be returned at the candle lighting. **Pictures must be submitted by October 15. NO EXCEPTIONS!!**



Butterfly boutique for the 2019 TCF convention in Philadelphia

I would like to introduce myself, I am Betty and I am the co-chapter leader of the Brandywine Hundred Chapter in Wilmington, Delaware. I am Kara Lyn's mom. Pam is a member of the Chatham Area TCF in Chatham Township, New Jersey. Pam is Paula's mom.

We have volunteered to co-chair the Butterfly Boutique at the upcoming 2019 National Conference, "Hope Rings in Philadelphia", that will be held in Philadelphia, Pa. on July 19 – 21, 2019 and we need your help.

We would like you to please put this Request for Donations in your next newsletter and as often as you can for the next few months and to announce this to your membership.

In order to be successful and raise money... we need donations of items to sell. We would like to have new and gently used pre-owned items. We need anything that you have purchased or were given that has angels, butterflies, hearts, hummingbirds, dragonflies or any other appropriate subject matter. It could be jewelry (pins earrings, rings necklace, ankle bracelet) or jewelry box ..maybe a scarf or a tote bag...a candle or coasters...could be a Christmas ornament or decoration...kitchen or bath towel (new of course), framed pictures, artwork or handmade items...Seraphim angels or Susan Lordi Willow Tree, Butterflies on anything ..a chair or lamp...a night light or magnet ..note paper, a pen, something you may have purchased at the national conference and never used...even heart things...wallet, a watch. At the national convention they even sold items that did not have butterflies or hearts like Coach wallets and Vera Bradley items...so any and all items that can be sold would be greatly appreciated.

If you'd like a donation receipt, please let us know. TCF is a 501(c)3 tax exempt organization.

Please help by asking at your meeting, since we do get different things from different people. If you could collect the items and send them to Betty Valentine (her address is at the top of the page) so that they can be sorted, cleaned, marked for sale and listed. Give us a call if you have any questions. We, at TCF would be so appreciative.

Betty Valentine, Co-chair, 302 Llangollen Blvd. New Castle DE 19720

bettyboop19720@gmail.com

Pam Bennett-Santoro, Co-chair, 10 Harwich Rd., Morristown, NJ, 07960, Jpmp010@aol.com

Please update your info to continue to receive our newsletter

It has come to our attention that many of the people we send our newsletter to via email are not opening the email. Many people have moved and our mailings have been returned. If you would like to continue to receive our newsletter please fill out this form and mail it to Quakertown Chapter of The Compassionate Friends, PO Box 1013, Quakertown, PA 18951 or email the info to contact@tcfquakertownpa.org

Your Name _____ Name of child/sibling _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

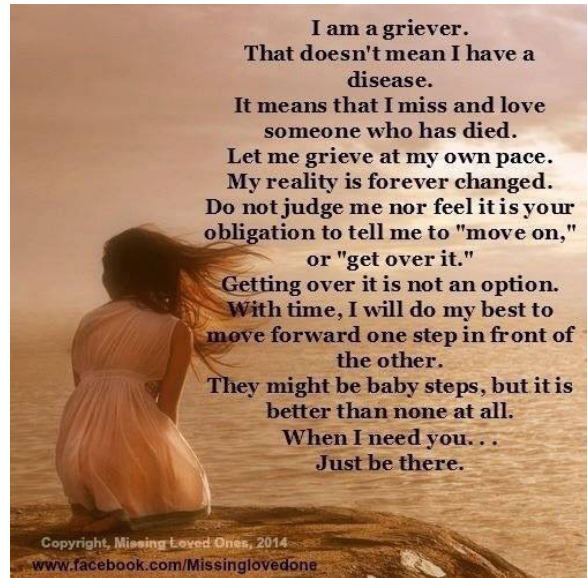
Date of child/sibling birth _____ Death _____



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

- **Josephine Jarema Lenhart & Jodi Jarema**, in memory of their son and brother, **John Jarema**
- **Rev. Craig & Anne Landis**, in memory of their son Marc Daniel Landis - *We still miss you after 35 years.*
- **Jeanne Hofman**, in memory of her son, **Scott Silver**, and her grandson, **Kyle Silver**
- **Crystal Hunter**, in memory of her brother, **Justin Hunter** - *It's been 9 years and I have so much exciting news to share with you. Miss you!*

Without your generosity in giving we would not be able to continue reaching out to newly bereaved parents and families with our Outreach packet and newsletters.



Refreshments for September

Jacqui Burleigh in memory of her daughter Jenna
Carol Graham in memory of her sons Adam & Peter
Brittni Fonder in memory of her brother Chris Williams

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

LOVE GIFTS

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

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

Circle One: *In Memory* or *In Honor* of (name of persc

Birth Date _____ Death Date (Angel Day)

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

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

Your Name: _____

Email or Telephone: _____

Address: _____

Checks payable to: TCF Quakertown Chapter

Mail to: PO Box 1013, Quakertown, PA 18951

Love Gift Message:

Treasurer Use Only

Cash/Check # _____ Amount _____

D _____ Q _____ T _____ N _____

