



Serving Upper Bucks and Montgomery Counties

# The Compassionate Friends

Quakertown Chapter October 2021

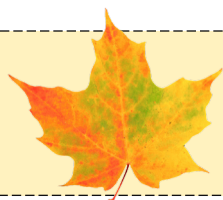
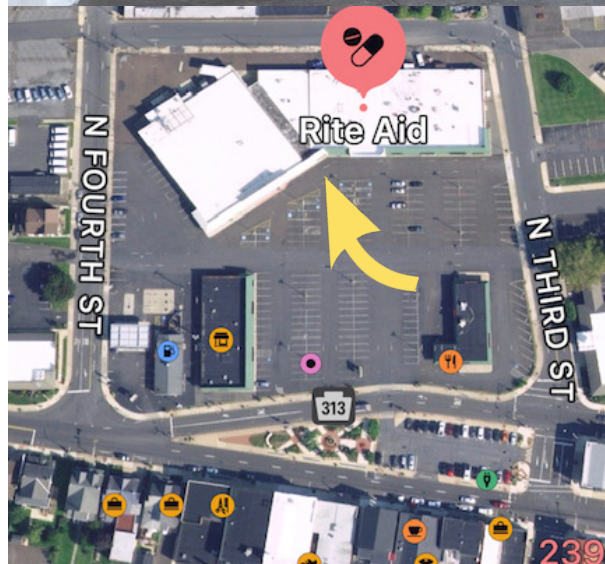
## October Support Group Meeting

Our October, November and December Support Group Meetings will be at a new location indoors at the Quaker Village Shopping Center in downtown Quakertown. The entrance to "The Gathering Place" at 351 W. Broad Street is in a breezeway located to the left of the Rite Aid pharmacy in the shopping center. [see photo]

The Tuesday Oct. 12 meeting will begin at 7 PM and we strongly suggest you wear a mask. We will not have refreshments or sharing of food but you may bring your own beverage. Our meetings are for bereaved parents, grandparents and siblings. Whether your child passed last month or 10 years ago, we welcome you. If you haven't attended a meeting for years, that's okay. We welcome you.

Prior to the pandemic, our meetings were in the conference rooms at the Quakertown campus of St. Luke's Hospital. At this time, the hospital is not permitting meetings in the conference rooms. The owner of The Gathering Place is graciously offering her location for our meetings since the weather is too cold for meeting outdoors at the Memorial Garden in West Rockhill Township Park.

You need not walk alone, we are The Compassionate Friends.



If you are reading this newsletter and do not receive emails from the chapter, and would like to, please email [contact@tcfquakertownpa.org](mailto: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](mailto:contact@tcfquakertownpa.org)



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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](http://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](mailto: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](mailto: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](mailto: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



# Candle Lighting



## WHY CAN HALLOWEEN BE SO DIFFICULT FOR THE GRIEVING PERSON?

When someone experiences the loss of a loved one, the imagery of Halloween can be a virtual nightmare. Visions of “in your face” makeshift cemeteries, coffins on display and ghosts or other beings hanging from front yard trees might cause flashbacks to the agonizing loss of a loved one. Be aware that costumes of zombies, skeletons, doctors, etc. can be a trigger to difficult memories. This often catches newly grieving adults by surprise, as they hadn’t thought of Halloween as a big deal so they are unprepared for their reaction to the sights and sounds of Halloween.

In addition, if you or someone you know has lost a child Halloween can be a difficult day as you/they anticipate young children in costumes trick-or-treating at their door. It is just another reminder of what your/their child would be doing if he/she were still alive. It can be hard watching other children have fun, when all you/they can think about is that your/their child died and isn’t able to participate in fun events.

When people are grieving, they often feel like they have a limited amount of energy to cope with life. So for some grieving adults, the idea of dozens or hundreds of children ringing the doorbell may create anxiety. This may be a result of not feeling like you have the energy to open the door and interact with so many people or it may be overwhelming as it is the first Halloween you are alone and this was something you did with your loved one.

Be kind, be patient and be present to yourself and others. Remember it’s ok to take a vacation from this holiday and next year you can reassess. If you want to participate in Halloween, it is also okay if you do it differently than you have in the past. For example, you could invite a friend or family member to join you at your house for trick or treating. Or you could go to someone else’s house. Or you could join a community trunk or treat event so you would be connected with others in your community.

The best piece of advice we can give you, is to spend a little time thinking about what you feel you want to do and whom you want to do it with, and then give yourself permission to be okay with your decision.



25th Annual World Wide Candle Lighting 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 [candlecfquakertown@gmail.com](mailto:candlecfquakertown@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.
- 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.
- 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.

# Losing A Puzzle Piece

There are many moments where we are hit with the overwhelming absence of our sister, Colleen. This summer was full of new experiences and big events but, still, the recurring pangs of her absence. It just keeps happening, you guys! In the past several months, we have cried in front of a large audience (more than once) and spoken our truth about our sister dying to strangers and friends alike.

We cried during our presentation about sibling caregivers, which we knew was a strong possibility but still took us by surprise. We thought that we could be like robots and simply share our reflections on caregiving, but when we talked about our sister and our experience as sibling caregivers, our feelings got the best of us and we did get choked up. Although we shed a few tears, we were able to keep speaking and we made it through our planned remarks.

More recently, we once again found ourselves in front of a large audience talking about our sister, Colleen, while giving a toast at our younger sister's wedding. We wanted to acknowledge our oldest sister who was absent from this monumental family occasion. Although we had practiced the speech a few times, it was even more difficult to get the words out, perhaps because we were speaking in front of friends and family who shared our sense of loss.

Although we can't help but worry how we appeared during these events - like, was it really bad ugly crying or was it respectable? - we also have bigger questions about how to talk about and share our experience with others - like, will we be known as the girls that always cry about their sister and are sad? Yet, for the most part (we think?) when we opened up, our comments were well received. At the conference, an audience member told us to remember that it is our story and no one can change that or take it away. That remark has stuck with us. We realized that we can share our story even though it is sad because well, those are the facts. We can't make up a different story, the story is what it is. And as our aunt told us after our wedding toast, we had to address the elephant in the room - Colleen - because she was on everyone's minds.

Since these experiences, we have been learning to push aside the voice inside that questions whether we should be talking about it. Am I making others uncomfortable? Am I being overly dramatic if I do talk about it? Am I being weird when I don't talk about it?

These instances of showing emotion and being honest about what happened felt like such positive steps that lately we have been brave enough to talk about Colleen and our loss in everyday life! Regardless of the reaction we get, we have realized that it doesn't help us in our grief to avoid the topic or try to cover it up, and why should we have to? It hasn't gone off without a hitch, though... We often wonder, did I just drop a big bummer in the conversation? Was that ok?

On the day of our sister's wedding, a wedding vendor who we had just met was asking about our family and we were explaining each of our "numbers" or birth order. She paused and said, "oh, well, who is the oldest? Was she unable to be here?" It felt like a punch to the gut. We also felt badly for her, who innocently wandered into this conversation. But without hesitation, we replied that our oldest sister died a few years ago. She was very kind about it and it didn't end up feeling awkward. It was a freeing feeling to just be honest and not worry how it would sound or make others feel.

In the past few months, we have told coworkers and new friends about losing our sister for the first time. Sometimes the topic comes up when you're getting to know someone, and questions about our family were more frequent with a family wedding this year. New friends or colleagues would ask: "So, there are FOUR girls in your family?" And we'd be forced to explain: "Well, actually, five, but our oldest sister died..." It was interesting to see that when we told the sad truth, some were very sensitive around the subject and others just passed over it, as if we said that our hamster had died. It is shocking and maddening when the latter happens - like, you have no further questions on the subject? Weird. And a few times, a new acquaintance or coworker was dealing with a loss and we had to navigate whether to bring up our experience or not - like, is it helpful to explain that we might know something about what they are going through (although we know that no two experiences in grief are the same), or does it just bring the attention back to ourselves?

We aren't sure where these self-conscious feelings come from and have been trying to figure it out, likely a combination of others' uncomfortable feelings surrounding death and grief and our own nerves. Do people make us feel like we shouldn't tell the truth? Or are we nervous about showing emotion in front of other people? Are we supposed to just keep it to ourselves, like that was "the past"? Do we feel weird because others are so awkward? (probably yes) Are we still scarred by the grief police?

Of course there are situations where it may be best to keep to yourself, but we are trying to be more forthcoming. Maybe if we can show strength in speaking about our experience, it will make others more comfortable. We also don't want to worry constantly about others and how THEY feel. We will probably still struggle at times to share our experience, and some may judge our grief, but it doesn't change what happened. It is our story.

Blog by: Jessica and Shane  
losingapuzzlepiece@gmail.com



*"Our Children Remembered on their October Birthdays  
Always Loved, Missed and Forever in Our Hearts."*



- 10/3 - Michael Leach**, son of Beth Horwin  
**10/3 - Steffan Orazewski**, grandson of Crystal Kay  
**10/3 - Edward (Eddie) J. Ulanowski, III**, son of Lisa Dechant  
**10/6 - Ryan Barr**, son of Londonne & David Barr  
**10/7 - Jordan Campbell**, son of Marci Borits  
**10/7 - Allison Perno**, daughter of Cathy Perno  
**10/8 - Kisha Hesse**, daughter of Donna Hesse  
**10/9 - Rebecca VanLuvanee**, daughter of Daniel & Nanette Helms  
**10/9 - Becky Rosenberger**, daughter of Lois Rosenberger  
**10/10 - Jacob Burkett**, son of Kathleen & Jim Hardgrove  
**10/10 - Kaitlin Murphy**, daughter of Pat Murphy  
**10/10 - Christopher Rhudy**, son of Beth Ruch  
**10/10 - Josiah Weigner**, son of Keith Weigner  
**10/10 - Michael Detweiler**, son of Mary & Larry Detweiler  
**10/12 - Christopher Fonder**, brother of Brittni Fonder  
**10/16 - Jethro Hunter**, nephew of Crystal Hunter; grandson Pat & the late Annette 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  
**10/24 - David Grebe**, brother of Sue Grebe  
**10/25 - Dillon Andrew Godwin**, son of Karen Godwin & Ray Gintowt  
**10/30 - Miranda Lynn Schaup-Werner**, daughter of Shirley & Dennis Schaup  
**10/30 - Alex Shiloh**, son of Irena Shiloh

Time between summer and winter,  
Time under changing skies –  
Muted and heavy with foresight,  
Or endless blue, smiling at butterflies.

Time between summer and winter,  
Time between laughter and tears –  
Harvest of beauty remembered,  
And voices (where are you?) to hear.

Time between summer and winter,  
Thoughtful and painful and wise –  
Muted and heavy with losing,  
But also – smiling at butterflies.

if tears  
could build a  
stairway &  
Memories a lane,  
I'd walk right  
up to  
Heaven  
and bring you  
Home again.

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

**10/2 - Will Moyer**, son of Sue Simon; nephew of Amy Atkins

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

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

**10/6 - Michelle Dena Dusza**, daughter of Steve & the late Darlene Dusza; sister of Jenn Geib

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

**10/9 - Becky Rosenberger**, daughter of Lois Rosenberger

**10/9 - Sebastian Carey**, son of Christine Carey

**10/12 - Mitchell Yelovich**, son of Jacquie Yelovich

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

**10/17 - Glen McCartney**, son of Vivian McCartney; brother of Kelly Sanders

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

**10/23 - Arthur Ucci**, brother of Joan Ucci

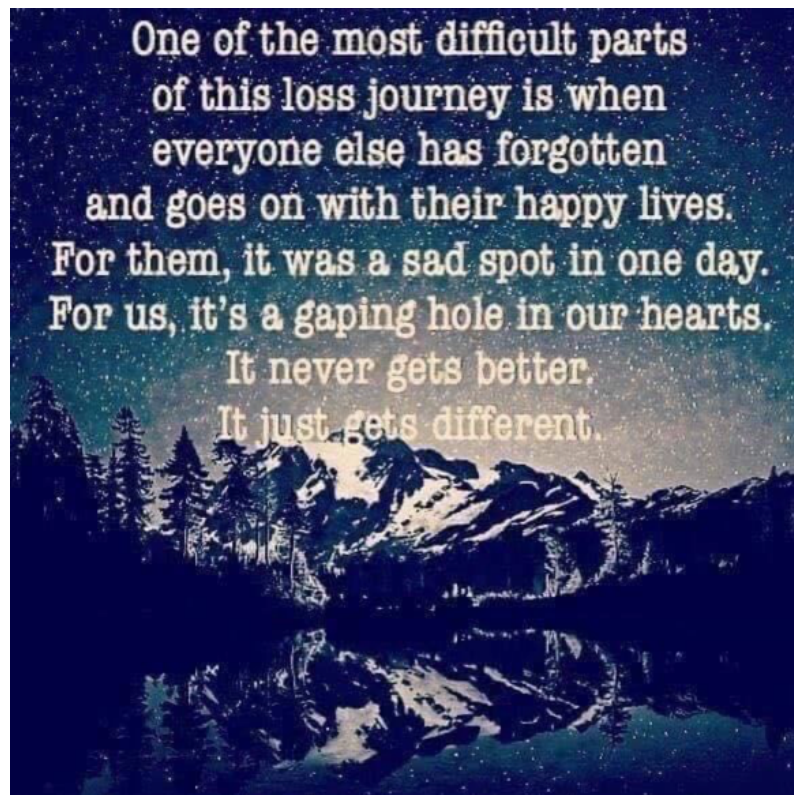
**10/25 - Jason Tyler Foulke**, son of Mitzi & Dean Foulke

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

**10/27 - Jethro Hunter**, nephew of Crystal Hunter; grandson of Pat & the late Annette Hunter

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

**10/31 - Andrew Flath**, son of Lori Jordan



## 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.





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 now for the season, but please look for their return next spring.

We had an Outreach table next to our lovely garden in West Rockhill Township's Park on Sunday September 26<sup>th</sup>. Our wonderful volunteers enjoyed the beautiful weather, the awesome September Fest put on by the township, and we especially enjoyed visiting with our neighbors.

Thanks to all who stopped by and gave donations or purchased some of our commemorative items!!

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

To Patty Rugulo, in loving memory of her precious daughter, Alycia Pinkowski:

"Never forgotten – forever loved"

To Sue Simon, in loving memory of her precious son, Will Moyer:

"Miss you and love you!"

To Patricia Dille, in loving memory of her precious son. Matt Dille:

"Forever in my heart! Love you, Matt!"

To Barbara Young in memory of her son Billy

To Curt Johnson, for his donation for the memorial garden.

To Connie Kehs for her donation in loving memory of Christopher Reed:

"In memory of Christopher Reed, who loved the outdoors, on his birthday Sept. 30<sup>th</sup>.

To Lisa Dechant, in loving memory of her precious son, Eddie Ulanowski, III:

"Wishing my son, Eddie a happy birthday in Heaven on 10/3, it's been 10 long years without you. Eddie would have been 31. We love you! Love, Mom, Keith, Heather, Anthony, Ava and Autumn."

## Love Gifts

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

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 Oct 12th 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.

