



Serving Upper Bucks and Montgomery Counties

The Compassionate Friends

Quakertown Chapter October 2022

A DEATH BY SUICIDE

A death by suicide triggers great amounts of anger and guilt. However, some of those feelings can be balanced, by struggling to see that the suicide was not so much a deliberate, hostile act, but a gesture of utter hopelessness and despair. Reminders that the person was so driven by emotional whirlwinds that it was impossible to sense any ray of hope can

temper, considerably, the emotional impact of a death by suicide. One of the best responses to a suicide that I have ever heard came through a sermon delivered by the pastor, of a young man who shot himself. With great eloquence, his pastor was able to convey tremendous hope through these words: "Our friend died on his own battlefield. He was killed in action fighting a

civil war. He fought against adversaries that were as real to him as his casket is real to us. They were powerful adversaries. They took toll of his energies and endurance. They exhausted the last vestiges of his courage, and only God knows how this child of His suffered in the silent skirmishes that took place in his soul.
Author Unknown

26th Annual World Wide Candle Lighting Sunday, December 11, 2022 – IN PERSON!

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

Doors Open 6pm. Program begins at 6:30pm

This 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



We Remember.....

who have had a child, grandchild, or sibling die.
December 11, 2022 @ 6:30p.m.
(the program is non-religious) Doors open at 6:00p.m.
Bring a finger food to share after the service.

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 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 - Michael Detweiler, son of Mary & Larry Detweiler

10/10 - Josiah Weigner, son of Keith Weigner

10/12 - Christopher Fonder, brother of Brittini Fonder

10/13 - Janelle Kleckner, daughter of Teri Monastero

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

10/22 - Danny Trujillo, son of Priscilla Crawford

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

“Correction: Happy Birthday to William Young September 18. His name was accidentally not included last month”



**It's incredible, how heavily
Your absence weighs
On my chest some days,
It truly takes effort,
Just to breathe.**

preciousgiftfromheaven.com



*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

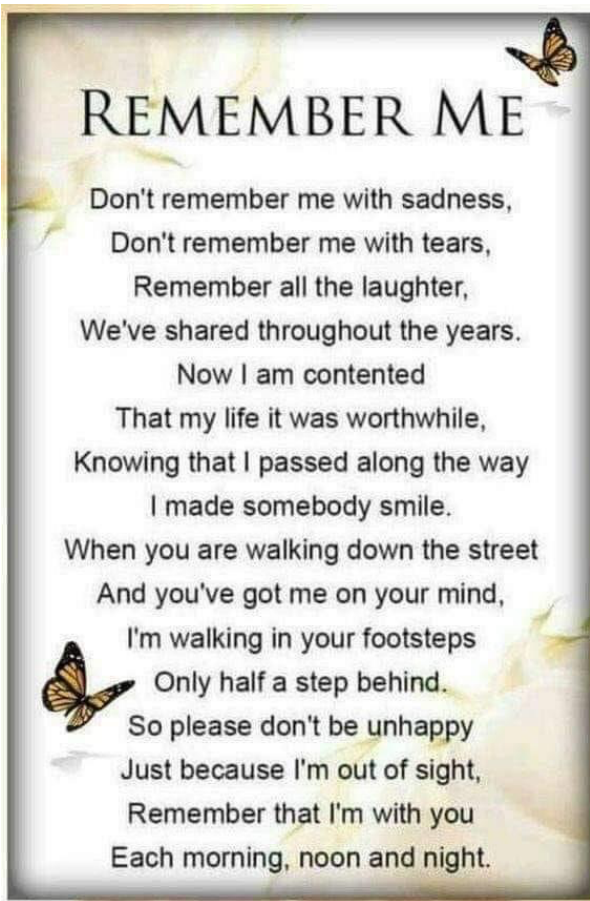
10/30 - John Patrick Sharkey, son of
Maggie O'Donnell

10/31 - Andrew Flath, son of Lori Jordan



Special Thanks

A special thank you to Diane Guerecki, Lisa Dechant, Jenifer Pini, [Sierra Doyle](#), [Rosemary Stewart](#) 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.



Red- can add 1 more picture

Blue- can add 2 more pictures

Black- no additional pictures, at 3 max.

Adam Graham
Adriana Toro
Al Duvall
Alex Yarik
Allison Roboratti
Alycia Marie
Andrea Clutter
Andrew Flath
Andrew Lister
Andy Campbell
Andy Thom
Ben Albro
Brian L-M
Carly Bradley
Chris Rood
Chris Thomas
Chris Trauger
Chris Ulmer
Chris Williams
Clayton Sitko
Craig Solomon
Daniel LaPlaca
David Curan
David Duvall
David Neider
Derrick Schubert
Dino Vincente
Douglas Minner
Eddie Ulanowski
Elena Wenger
Eric David Schwartz
Eric Smith

Glen McCartney
Greg L. Mikesell
Hunter Larabee
Jaime Scheck
James Donnelly Jr
Jason Heuckeroth
Jason Pini
Jenna Burleigh
Jethro Hunter
Jimmy Asprakis
Joey Sitko
John Turner
Joseph Discher
Joseph Vincente
Justin Hunter
Kala Nicole DeCesare
Katey Blase
Katie Lock
Katie Stauffer
Kevin O'Donnell
Kinsey Duvall
Kisha Hess
Kristy Bender
Kyle Silver
Lilian Claire Ciccarone
Linda Duvall
Luke Still

Matt Dille
Matt Trauger
Matthew James Stewart
Matthew Mindor
Michael Bolan
Michael Cox
Michael Gerocki
Michael Leach
Michelle Dusza
Mike Macko
Miranda Schaup-Werner
Morgan Basciano
Patrick Pettie
Peter Graham
Peter Halliman
Peter Smith
Rennis Reitz II
Rich Hollabaugh
Robert Kyle Rainey
Rourke O'Donnell
Ryan Heimerdinger
Scott Silver
Shari Geb
Shawn Lampmann
Skyler Kauffman
Stephanie Kissel
Sundai Marie Peters
Tammy Moore
Tracy Hobenstein
Will Moyer
William Lampmann

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.



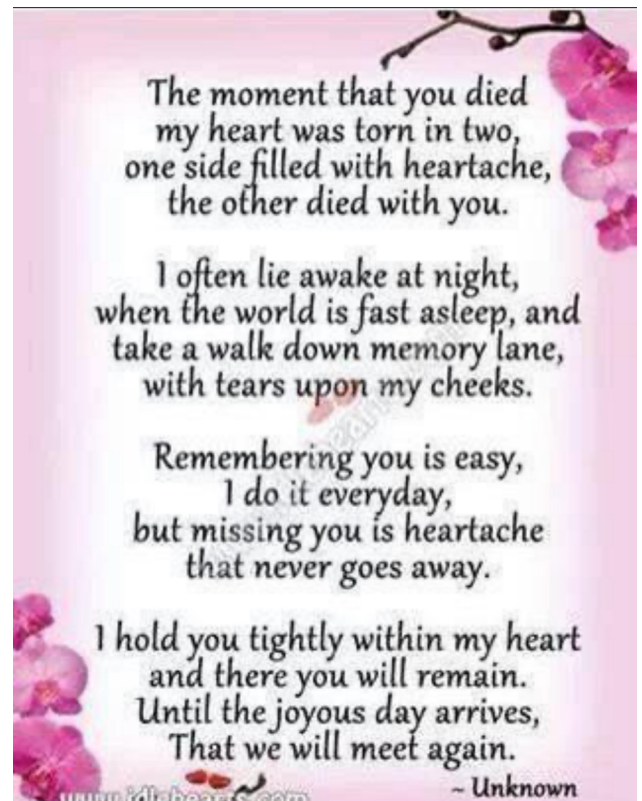
We Remember.....

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



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:



Preciousgiftfromheaven.com

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.

Josephine Lenhart ~ In loving Memory to her son
John Jarema , who is dearly missed.
Lisa Dechant ~ In Loving Memory of her son Eddie
Ulanowski III – October 3rd – Happy Birthday Eddie! 11
Birthdays without you here on earth, but we will
always celebrate you! Truly missed every day, and we
love you so much ~ Mom, Keith, Heather, Anthony,
Ava, Autumn and Gianna

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.**

All proceeds go towards the upkeep of the Memorial Garden

Go Left

Previous Year's T-Shirts: \$10⁵

Journal: \$5 or 2 for \$8

Mug: \$5 or 2 for \$8

Flags: \$15

Magnets: \$5

Other Items: Priced as marked

Available at the October support group meeting - they make great gifts - last chance to purchase before they are packed away for the winter."

Thank you so much for all your comradery and hard work at the Garden. We have a few more dates listed on the signup sheet, but they will be edited depending on sunset and when the final GARDEN CLOSE OUT is occurring (date and time TBD).

The best place to quickly find up-to-date information once the newsletter is out is on our **private Facebook page** [<https://www.facebook.com/groups/quakertownchapter>]. We try to post on our **general page** [<https://www.facebook.com/tcfquakertownpa>] but questions should be posted in the private page as they are.

Questions should be sent to contact@TCFquakertownpa.org or can be addressed within our Facebook group.)

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/DFE3AG53XCqRPXgG8>

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

After viewing the garden, you may be interested in your own plaque for your child or sibling. Now is the time! By ordering before winter, you do not have to worry about the deadline and there is plenty of time to finalize the design. The cost is \$175 and once you submit your order through our google form, you will mail a check. All the information is located at the order form – you can find the link on our Facebook group and also in the email sent out with the newsletter. You can also scan the QR code. If you have questions, let us know!



“I Lost a Child....Here’s What You Need to Know.....”

I was talking with a friend who came to me after losing her only child. She was telling me all the things she thinks people need to know about her loss.

I just recently completed a training course on working with people that have lost a child, and I still know that I will never be an expert on that subject. I have had many losses, but I have never had a child, so I will never fully understand the pain of losing one.

So I will tell you what she thinks people need to know, including myself. I will share with you what she has taught me. If you have lost a child, then you will most likely know and understand the pain, a degree of suffering that is impossible to grasp without experiencing it firsthand.

Often, when we know someone else is experiencing grief, our discomfort keeps us from approaching it head-on. But they want the world to remember their child or children, no matter how young or old the child was.

My friend said, “If you see something that reminds you of my child, tell me. If you are reminded at the holidays or on his birthday that I am missing my son, please tell me you remember him. And when I speak his name or relive memories, relive them with me; don't shrink away. If you never met my son, don't be afraid to ask about him. One of my greatest joys is talking about him.”

She also said she wishes people would stop trying to “fix” her.

What I call an “out-of-order“ death, such as child loss, breaks a person (especially a parent) in a way that is not fixable or solvable. They will learn to pick up the pieces and move forward, but their lives will never be the same. Every grieving parent must find a way to continue to live with loss, and it's a solitary journey.

They appreciate our support but we have to be patient with them as they try to find their way.

Never tell a grieving parent it's time to get back to life, that's it's been long enough, or that time heals all wounds. They need support and love, and although

sometimes it's hard to watch them suffer, their brokenness isn't going to go away. It's something to observe, recognize, and accept.

My friend told me that there are at least two days a year she needs a timeout. She still counts birthdays and fantasizes about what her child would be like, if he were still living. Birthdays are especially hard. Her heart aches to celebrate her child's arrival into this world, but she is left becoming intensely aware of the hole in her heart instead.

Then there's the anniversary of the date her child became an angel. This is a remarkable process similar to a parent of a newborn, first counting the days, then months, then the one-year anniversary, marking the time on the other side of that hole in her life. No matter how many years go by, the anniversary date of when her child died brings back deeply emotional memories and painful feelings.

Here’s the thing.....parents who have lost a child struggle every day with happiness just like anyone else that is grieving. It's an ongoing battle to balance the pain and guilt of outliving your child with the desire to live in a way that honors them and their time on this earth.

As bereaved parents, they are constantly balancing holding grief in one hand, and a happy life after loss in the other. It's a loss that is unnatural, out of order; and it challenges our sense of safety.

My friend said everyone needs to know that a parent will never forget their child. And, in fact, their loss is always right under the surface of other emotions....even happiness.

She said, ”I would rather lose it because you spoke his name and remembered my child, than try and shield me from the pain and live in denial.”

I’m grateful my friend shared her feelings with me, and I agree it was all information I need to know....we all need to know....

Thank you.....

Gary Sturgis - “Surviving Grief”



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

Support Group Meeting is October 11th 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.

