



The Compassionate Friends

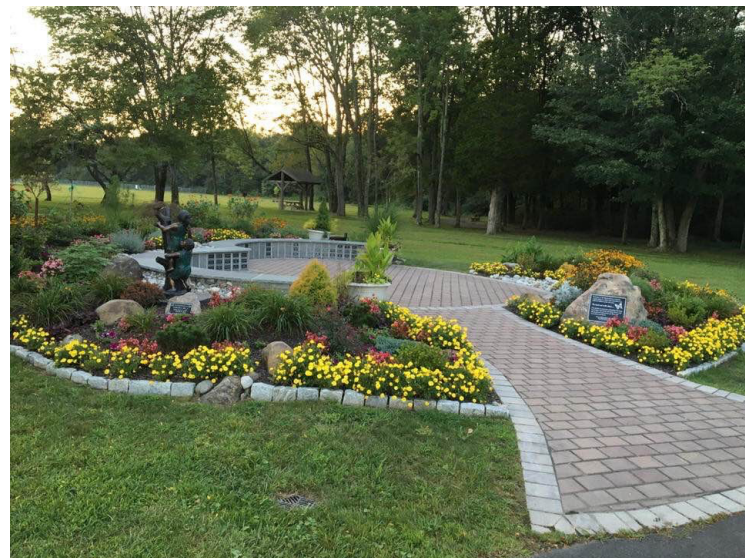
September 2018 *Serving Upper Bucks and Montgomery Counties*

SCHOOL STARTS

Mary Cleckley, TCF, Stone Mountain, GA

Strange things happen to you when your child dies. You'll fail if you try to make sense of most of it. Both my children had finished high school when my son died, yet I found the beginning of school – especially the first year – to be difficult. The bus stops in front of my home for the neighborhood children. Suddenly, as they all gathered to wait for the bus, I found myself reliving those simpler, happier days of old; longing for them actually. It was a peaceful time. Now if I, whose children are grown and gone, had a problem with school starting, those of you who do have school age children must know that your pain is normal. It's another reminder that life goes on – with or without our children – and acknowledging that hurts!!! I came to the conclusion that it is all right to pine for happier times and it was nothing to get upset about. As with

many remnants of grief, I recognize it, allow it and then get on with my life. Maybe you're like me, you'll always be a little nostalgic about school starting. That would probably have been true even if my son had lived. Maybe you, too???



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: Sept 11, Oct 9

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.

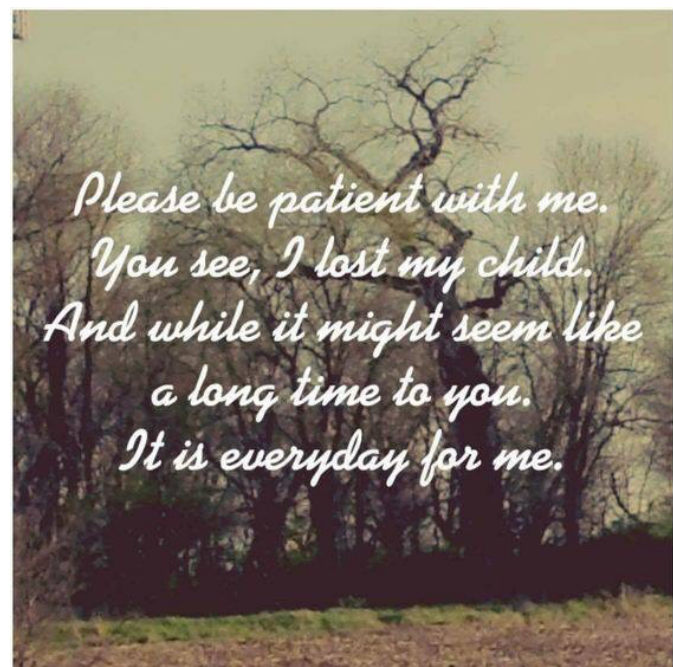
Newsletter submissions:

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 September

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

- 9/1 – Sophie Burock**, infant daughter of Russ and Theresa Burock
- 9/1 - Cpl. Elliot Teisler**, son of Daniel & Roberta Teisler
- 9/3 – Julie Howe**, daughter of Tim & Nancy Howe, sister of Melanie
- 9/6 – Rachel Sands**, daughter of Charlotte Tatu, sister of Christian, mother of Tommy
- 9/9 – Robert Reynolds**, brother of Lisa Robey
- 9/10 - Calvin Gross**, son of Karen Gross
- 9/11 - Justice Goodwin**, son of Holly & Keith Goodwin
- 9/12 – Anne-Marie Acker**, daughter of Anne Marie Acker
- 9/12 - Clayton Stiko**, son of Henry & Theresa Sitko
- 9/15 – 1st Lt. Matthew Gaffney**, son of Phillip & Kathleen Gaffney
- 9/18 - Gregory Giachetti**, son of Lawrence & Wanda, sibling of Jeffrey & Susan Giachetti
- 9/18 – David Roscilo**, son of Barbara Frojan
- 9/22 – Anthony Lounolo**, son of Anthony Lounolo
- 9/23 – Damien DeRose**, son of Lynn DeRose
- 9/23 – John Roeder Sr**, son of Don & Joan Roeder, brother of Kerrie
- 9/26 - Michael Adamson**, son of Darlene & Daniel Dean, brother of Michelle
- 9/30 - Adrienne Heber**, daughter of Anna & John Heber



OUR CHILDREN REMEMBERED FOR September

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

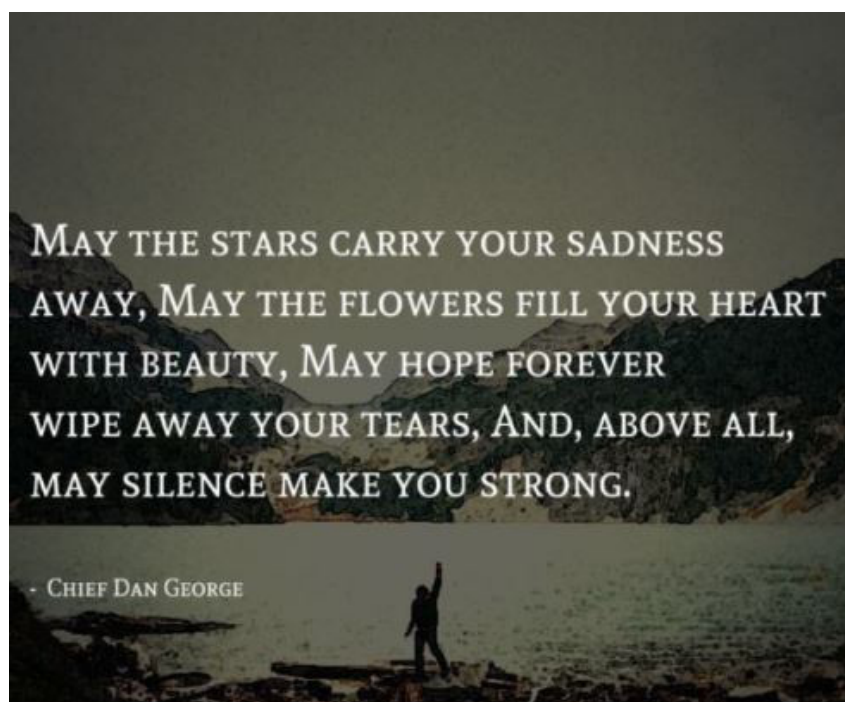
- 9/1 - **Kevin Figanik**, son of Thomas & Valerie Figanik
9/1 - **Justin Hunter**, brother of Crystal Hunter
9/2 - **Jenna Nicole Burleigh**, daughter of Ed & Jaqui Burleigh
9/4 - **Aaron Abud**, son of Susan Abud
9/4 - **Ryan Heimerdinger**, son of Robert & Barbara Heimerdinger
9/5 - **Charles Hartnett**, son of Barbara Hartnett
9/5 - **John Jarema III**, son of Josephine Lenhart
9/5 - **Tyler Mostek**, son of Kimm Mostek & Brendan Dorsa;
grandson of Vick Bartakovits
9/6 - **Richard Cantando**, son of Stephen & Kathryn Cantando
9/6 - **Billy Klinedinst**, son of Michelle Klinedinst
9/6 - **Jennifer Rose**, daughter of Michael & Donna Rose
9/6 - **Farrald Lee III**, brother of Kendra Stenack
9/7 - **Judy Besh**, sister of William Klinger
9/9 - **Sullivan Burd**, son of Glenn & Jessica Burd
9/10 - **John Ruch**, son of Christina Dunning
9/12 - **Ben Smith**, son of Nick Wyllie,
9/14 - **Cristina Ewers**, sister of Phillip & Linda Emery
9/15 - **Gregory Giachetti**, son of Lawrence & Wanda, sibling of
Jeffrey & Susan Giachetti
9/17 - **Sophie Burock**, granddaughter of Russ & Theresa Burock
9/17 - **Cole Ferdock**, son of Kelly Ferdock
9/17 - **Susan Sine**, daughter of Dorothy & Lynn Miller
9/20 - **Billy Boor**, son of Tina & Randolph Merl
9/20 - **Ellen Crooke**, daughter of Annette & Daniel Crooke
9/21 - **Geneva Doll**, daughter of Keith & Barbara Doll
9/21 - **Justin Powis**, son of Jennifer and William Powis
9/22 - **Christopher Fonder**, brother of Brittni Fonder
9/22 - **Michael Vincent Schanbacher**, brother of Bill Schanbacher
9/23 - **Tara Sciss**, daughter of Todd Sciss
9/24 - **Petie Shultz**, son of Maria Shultz; brother of Maria
9/25 - **Jean Marie Moyer**, daughter of Joe Siedlecki & Monica
Siedlecki
9/26 - **Matt Dille**, son of Patti & Joe Dille
9/27 - **Nathaniel Rocque**, grandson of John & Marie Rocque
9/28 - **Karen Murray**, sister of Nancy Perrin
9/30 - **Tyler Schultz**, son of Debbie & Gary Shultz



FOR MY JIMMY

Jimmy, my little boy blue,
I am so missing you,
Your charming warmth and smile,
Your laughter that I've longed to hear for
Such a long while,
The love you gave in so many ways,
Causes me to cry for too many days,
When I think I'll never see you,
Never hug you, never walk with you,
On Florida's beaches again.

Joan Asprakis, Abington TCF, PA



Empty

Do not tell me I am strong
You only see my days
Filled with details and work

You have never shared my nights
Long evenings empty
Except for memories and tears

My despair is sacrificed
to responsibility
You would be strong too
If you had no other choice

Kim Knapp

The way I feel

They say there is a reason,
They say that time will heal,
But neither time nor reason,
Will change the way I feel,

No-one knows the heartache,
That lies behind my smile,
No-one knows how many times,
I have broken down and cried,

I want to tell you something,
So there won't be any doubt,
You're so wonderful to think of,
But so hard to be without.

~Author Unknown

Eskimo Proverb

"Perhaps they are not stars,
but rather openings in heaven
where the love of our lost ones
pours through and shines down upon us
to let us know they're happy."

Her Name Sings my Soul

The mention of my child's name
May bring tears to my eyes,
But it never fails to bring
Music to my ears.

If you are really my friend,
Let me hear the beautiful music of her name.
It soothes my broken heart
And sings to my soul.

author unknown

8th Annual Souderton 5 Miler

Sunday, October 7, 2018 9:00AM
5 Mile Run, 1 Mile Walk, and Kid's Fun Run



- Location:** 5 Miler Start/Finish Line at the Souderton Area High Sc 625 Lower Road, Souderton PA 18964 **Registration opens at 7:30AM**
5 Miler at 9:00AM, 1 Mile Walk at 9:05AM Kid's Fun Run at 8:45AM on school grounds.
- Course:** Enjoy a great run on the lightly rolling country roads of Franconia Twp. **Rain or shine.** The course is wheel measured. Water stations located throughout the course.
- Awards:** Top Male and Female winners plus: (no mailing of awards)
0-18: 3M, 3F 19-29 3M, 3F 30-39 3M, 3F 40-49 3M, 3F 50-59 3M, 3F 60+ 3M, 3F
- Entry:** **\$30.00 for the 5 Miler** if registered on or before September 19, 2018 Fee is \$35.00 after.
\$20 for the 1 Mile Walk \$10 for the Kid's Fun Run (non-competitive, untimed, short run on the school grounds).
- Amenities:** **Long sleeve** shirt (guaranteed to those who register by 9/19/18 goodie bag (while supplies last), snacks, beverages, door prizes, and a free raffle ticket for raffle prizes being raffled. DJ, and much more will be on sight, too! Register early...shirts went fast last year!
- Benefits:** Proceeds go to the **Tracy Hottenstein Scholarship Fund** (benefitting a Souderton Area High School student)

Optional online registration at www.pretzelcitysports.com (closes at midnight on Wed., October 3, 2018 or see below.)

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Runner's Information please print clearly

First Name _____ Last Name _____

Sex: M F DOB: _____ Age on Race Day: _____ Email _____

Address: _____ City _____ State _____ Zip _____

Shirt Size (circle): Adult S M L XL or Youth (one size fits all) **Event:** 5 Mile 1 Mile Walk Kid's Run

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, any subcontractors & facilities it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ Date / /2018

Application may be duplicated. App also available at www.pretzelcitysports.com

Mail form with payment to race director: Charles Hottenstein, 951 Alycia Lane, Telford, PA 18969

*Make check payable to Charles Hottenstein (in memo Souderton 5 Miler) Questions? chotts@comcast.net



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.

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! Here is our first event! In memory of their daughter Tracy, Charlie and Betty award a scholarship to a senior female at Tracy's alma mater high school. To raise funds, the first Sunday in October is a full day of races! Check it out! All information and registration info is on the flyer. We hope to see you!

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!!**



Five Years as an Only Child

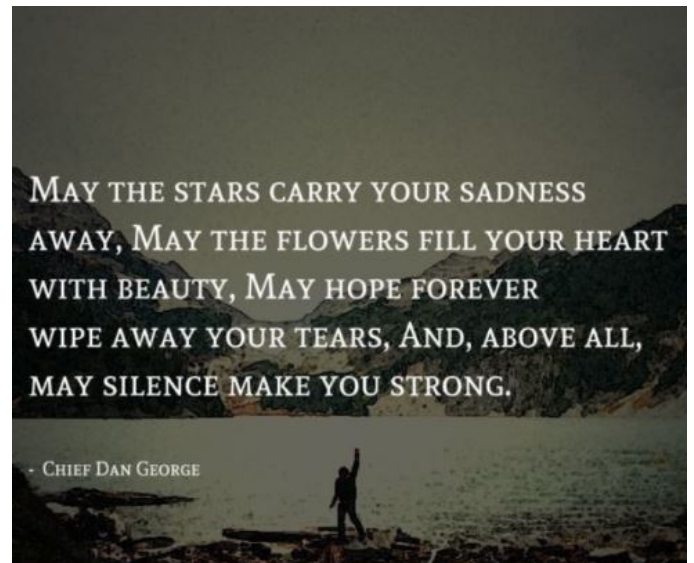
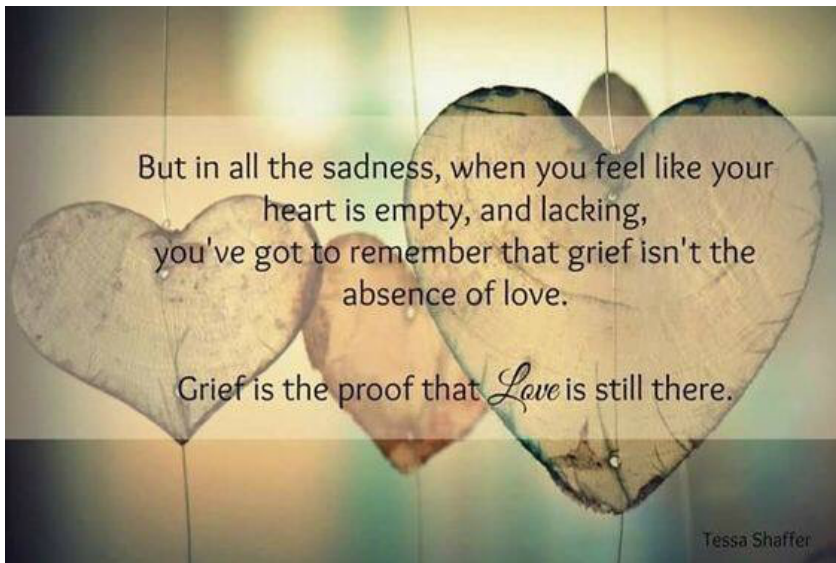
I've been without my brother for five years. I guess the hard part is over now. Sometimes I think I've aged thirty years in the last five. In a strange way, these past five years have been the best and worst years of my life. I've accomplished the many things of a typical young adult - learning to drive, graduating from high school, going to college, and starting a career. Every one of my accomplishments has been clouded by the fact that my brother George is not here to share each mile- stone and is not achieving any more milestones for himself. He was cheated of so many things. He will never graduate, get married, have children, or travel. He will never grow old, and I will never have a brother to grow old with. I'll never have nieces and nephews. The sibling relationship, usually the longest relationship of one's life, has been cut short for us. In these five years, although I've learned to accept that he's not coming back, the difficult past is dealing with it day by day.

My relationship with George ended just when we started to become friends. The childish fights and annoyances of having a big brother were changing to real conversations and to having an occasionally. I'm angry about all of the things that we've missed and all of the things that will never be, and I guess I always will be. Five years heals a lot of wounds, but the hurt will always be there, no matter how many years pass. In these past five years, I've been forced to grow up too fast.

I've been forced into a new out- look on life. I've felt lonely and alone. I realize I will never be the same person as before. That person is locked away and is gone forever. Maybe I'm a better person now because of what I've been through. Five years ago I never thought I'd survive, but I'm still here dealing with it every day. I don't know what the next five years will bring, but at least I've made it this far.

Kristina Steiner

TCF, Staten Island, NY



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.

No gifts this month.

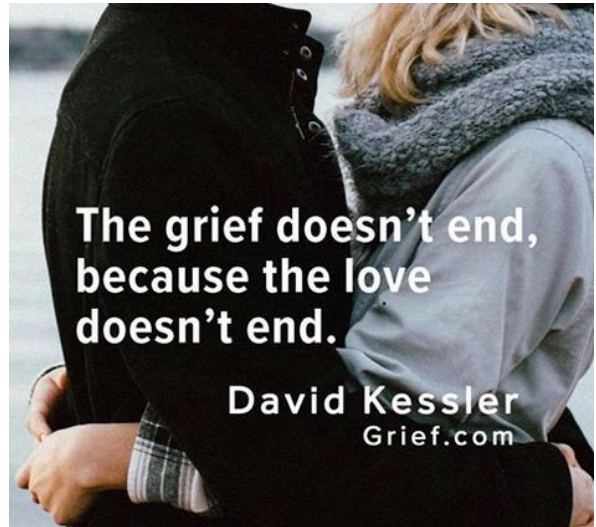
Without your generosity in giving we would not be able to continue reaching out to newly bereaved parents and families with our Outreach packet and newsletters.

Refreshments for August

Cindy O'Donnell, in memory of her son, **Rourke O'Donnell**; Craig Duvall, in memory of his son, **Kinsey Duvall**; Mary Catherine Nederosteck, in memory of her son, **Joshua** ; Louise & Toby Minner, in memory of their son, **Douglas Minner**.

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 (Brittini) 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 _____

