



Serving Upper Bucks and Montgomery Counties

# The Compassionate Friends

Quakertown Chapter September 2021

## Support Group Meeting September 12 at the Memorial Garden

Our monthly Support Group Meeting will be at our chapter's Memorial Garden in James Memorial Park, Ridge Road [Rt.

563] in West Rockhill Township from **12 noon to 2 PM on Sunday, September 12.**

Our meetings are only 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. No RSVP. No special attire. Just come as you are. We welcome you. We will not serve refreshments, so please bring your own beverage/snack if you wish. Bring a lawn chair and perhaps a sweater/sweatshirt if it's a tad cool.

You're welcome to stay after the meeting to enjoy the beauty of our Memorial Garden and the camaraderie of our compassionate friends if you don't mind some butterflies flitting around. We've had some real beauties.

**This will be our last meeting at the park for this year.**

We'll be meeting indoors next month if all goes well. St. Luke's Quakertown Hospital, where we have been meeting for nearly 20 years prior to the pandemic, is not allowing public meetings at this time in their Taylor Conference rooms.

However, we have a tentative agreement with a Quakertown business owner to use her facility in the Quaker Village shopping center along West Broad Street in downtown Quakertown Borough. **Our indoor meetings will be the second Tuesday of every month beginning in October.** We will comply with the CDC, PA Dept. of Health and the business owner's stipulations. We will give full details in our October newsletter.

We hope to see you at our **September 12 meeting at the Memorial Garden.** We open our arms and our hearts to you.

You need not walk alone. We are The Compassionate Friends.

Barbara J Reboratti  
Chapter Leader and Allison's Mom

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)



Quakertown Chapter  
PO Box 1013  
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website: [www.tcfquakertownpa.org](http://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 – 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

# How To Deal With the Physical Symptoms of Grief

Creaky hips were my first sign that something different was going on. It was the fall of 2017, and my hips groaned and crackled whenever I moved from the spot where I spent hours staring blankly at a TV. My hips ached as I slept and as I sat. Nothing could soothe them, not even painkillers or a few extra stretches per day.

This was a pain I'd never experienced, but it mirrored the emotional anguish I was enduring. My best friend had just died, and my body held massive stress. It was as if my hips were bracing for impact from the next inevitable devastation. The seasons were changing, and all I could think about was how much my life had suddenly shifted. The persistent pain was yet another transition through which I was struggling.

It turns out that creaks, aches, and phantom pains are pretty normal for people dealing with grief and bereavement didn't know about the physical symptoms of grief at the time—I thought my decreased activity and shock were likely culprits. While my bleary-eyed TV-watching marathons didn't help, the pain was a symptom of something bigger. Grief had made a home within my body, and I carried it with me as I moved.

“A lot of people have pain in their body,” she says. “It can be very intense and can be anywhere. [There's also] the usual bodily stress responses meaning things like cardiovascular symptoms, gastrointestinal symptoms, and muscle tensions.”

In other words, grief hurts. Acute grief, which The Center for Grief defines as the early period following a significant loss, is an incredibly distressing time. Even though most of us emphasize the emotional weight, bodies react to the stress and pain as well. Altered sleep and weight fluctuations are common, too. Understanding that our bodies react to loss, helps correct the misconception that grief is limited to yearning for a loved one or what is gone. Grief as an embodied event, and it helps us treat it as such. Our response to loss connects to every single body part. Our bodies roar as we wrap ourselves around a newly-arrived reality, and it was a step toward integrated grief the kind of pain we spend the rest of our lives existing alongside.

## Recognize that your pain is

As we mentioned above, physical symptoms, as well as weight fluctuations and sleeping habits, are a natural part of grief—they aren't a sign that your process is strange or wrong. It's worth restating that grief can include a wide range of physical symptoms: You may get sick more often, deal with stomach upset, decreased focus, exhaustion, or general aches and pains. All of these fall within the realm of normal grief reactions. While addressing any physical concerns, remind yourself that the pain you're feeling is a valid part of healing. Just as physical cuts and sores take time to mend, so does the enormous pain of loss.

## Approach your physical symptoms of grief with curiosity and self-compassion

Embrace gentle movement When I realized my aching was grief-related, one of the first things I turned to was yoga. Instead of doing intense hip-opening exercises, a friend suggested I try both restorative yoga and vin yoga. Both are slower-paced and involve holding poses for more extended periods. For me, those moments on the mat were life-altering. There, I was in the valleys of my grief, mourning over a dear friend who should still be alive. I had space to feel what was coming up and release it, too.

Within weeks, the aching in my hips dissipated. My grief remained, but over time it felt more manageable. I had given myself the chance to hold my grief without judgment, and it was a step toward what Dr. Shear calls integrated grief—the kind of pain we spend the rest of our lives existing alongside.

Maybe yoga isn't for you, though. Perhaps you like hiking or leisurely trail walks. Maybe you want to feel the wind against your cheeks. Or maybe weight lifting or burpees fits what you need. In the throes of grief, getting out of bed can be a challenge, so be gentle with yourself and go in the direction of what feels right. You can adjust and experiment with what works.

**Consider talking to a healthcare provider about your concerns** If any of the sensations you're experiencing worry you, it's okay to discuss your concerns with a healthcare provider. For instance, if you're dealing with gastrointestinal distress, a doctor can recommend something to soothe nausea, or they can suggest lifestyle changes to lessen cases of upset stomach. Additionally, you can chat with a mental health professional or grief counselor who might be able to help you work through emotional challenges while you tend to your physical needs. Grief can be harrowing, and it's perfectly fine to seek multiple methods of support.

Nneka M. Okona

# Candle Lighting



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.**



# Scars in Heaven

Song by Casting Crowns

If I had only known the last time would be the last time  
I would've put off all the things I had to do  
I would've stayed a little longer, held on a little tighter  
Now what I'd give for one more day with you  
'Cause there's a wound here in my heart where  
something's missing

And they tell me that it's gonna heal with time  
But I know you're in a place where all your wounds have  
been erased

And knowing yours are healed is healing mine

The only scars in heaven, they won't belong to me and  
you  
There'll be no such thing as broken, and all the old will be  
made new

And the thought that makes me smile now, even as the  
tears fall down  
Is that the only scars in heaven are on the hands that hold  
you now

I know the road you walked was anything but easy  
You picked up your share of scars along the way  
Oh, but now you're standing in the sun, you've fought  
your fight and your race is run

The pain is all a million miles away

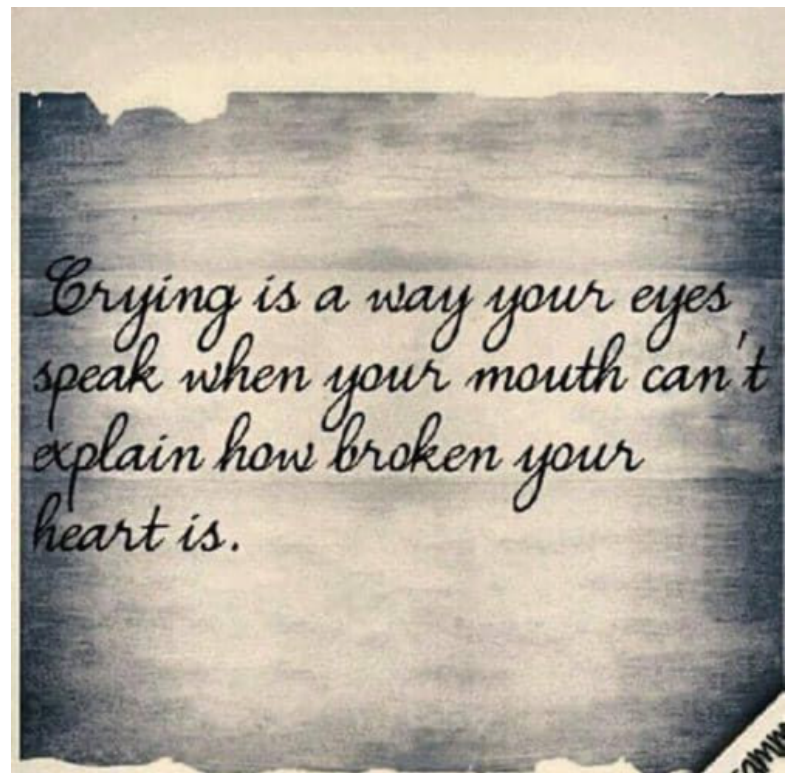
The only scars in heaven, they won't belong to me and you  
There'll be no such thing as broken, and all the old will be  
made new  
And the thought that makes me smile now, even as the tears  
fall down  
Is that the only scars in heaven, yeah, are on the hands that  
hold you now

Hallelujah, hallelujah  
Hallelujah, for the hands that hold you now

There's not a day goes by that I don't see you  
You live on in all the better parts of me  
Until I'm standing with you in the sun, I'll fight this fight and  
this race I'll run  
Until I finally see what you can see, oh-oh

The only scars in heaven, they won't belong to me and you  
There'll be no such thing as broken, and all the old will be  
made new  
And the thought that makes me smile now, even as the tears  
fall down  
Is that the only scars in heaven are on the hands that hold  
you now

Songwriters: John Mark Hall / Matthew West



*“Our Children Remembered on their September Birthdays  
Always Loved, Missed and Forever in Our Hearts.”*



9/3 - **Shari Gelb**, sister of Lisa Cohen

9/6 - **Rachel Sands**, daughter of Charlotte Tatu, sister of Christian, mother of Tommy

9/6 – **Candace Lambert**, daughter of Brenda Halikias

9/9 – **Liam Parker Lange**, son of Katie & Seth Lange

9/10 - **Calvin Gross**, son of Karen Gross

9/12 - **Clayton Stiko**, son of Henry & Theresa Sitko, sister of Mandy

9/16 - **Jeremy Kuba**, son of Roslyn Kuba

9/23 - **John Roeder, Sr**, son of Don & Joan Roeder, brother of Kerrie

9/24 - **Michael Yothers**, son of Brenda Yothers

9/26 - **Michael Adamson**, son of Darlene & Daniel Dean, brother of Michelle

9/30 - **Adrienne Heber**, daughter of Anna & John Heber

9/30 - **Christopher Reed**, son of Sally Reed



The Calendar sheds its pages  
like autumn leaves  
chased by the wind.  
Crumbled until they are no more.  
But, unlike calendar pages  
leaves know no linear time.  
Only the seasons of Nature's heart  
and the perpetual circle of life.  
No beginning or end  
does the circle know.  
Though one page still remains  
and unaffected by time,  
I add it to the circle of life.  
I choose not to stay on that page.  
It will circle around again and again  
and reappear at times with  
no conscious thought on my part.  
In time, I have realized  
that the Circle of Joy  
that sustains me  
is much greater than the  
Circle of grief and despair.

by Craig Duval

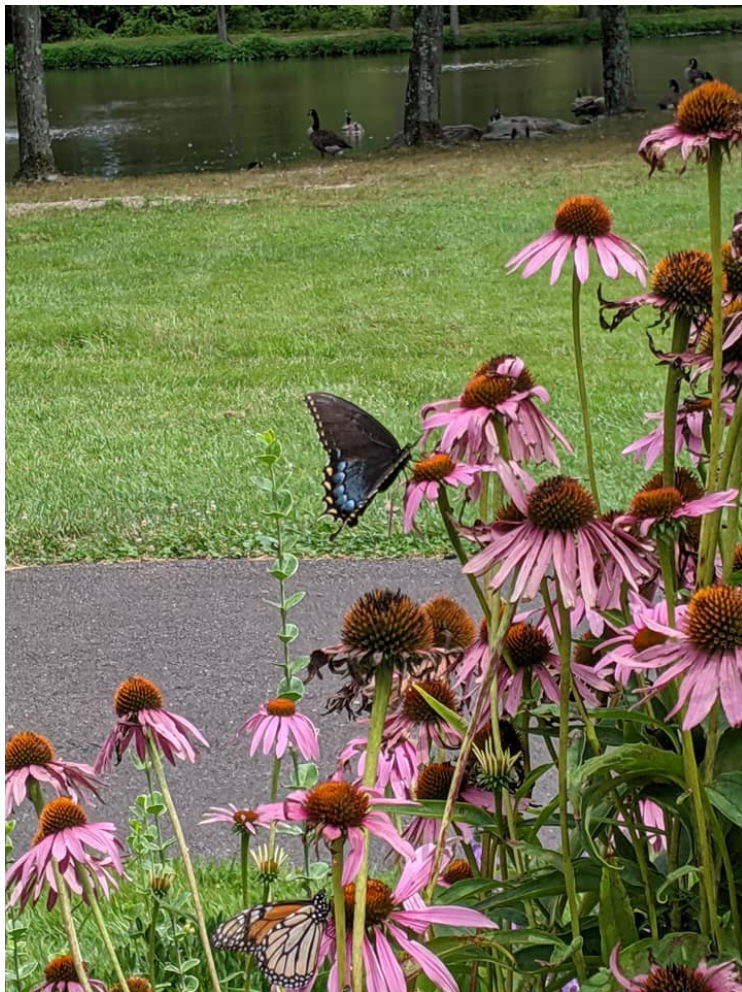
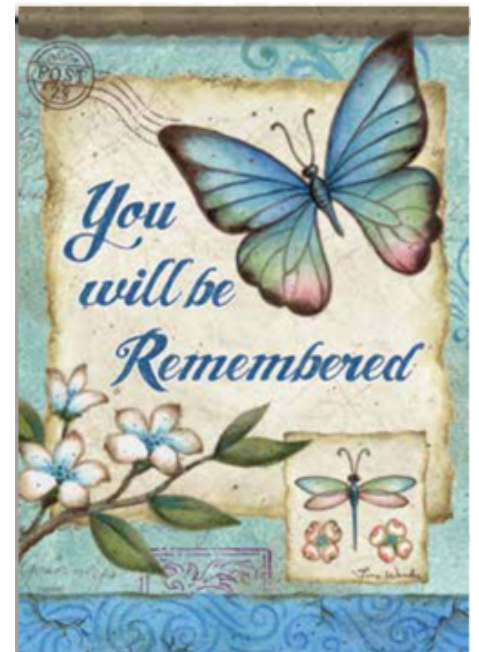
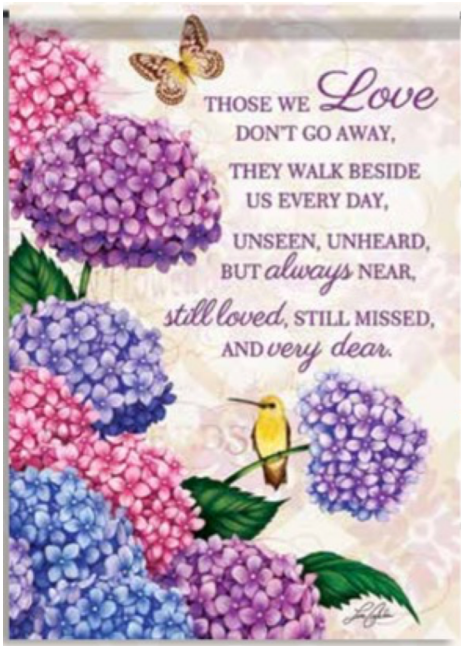
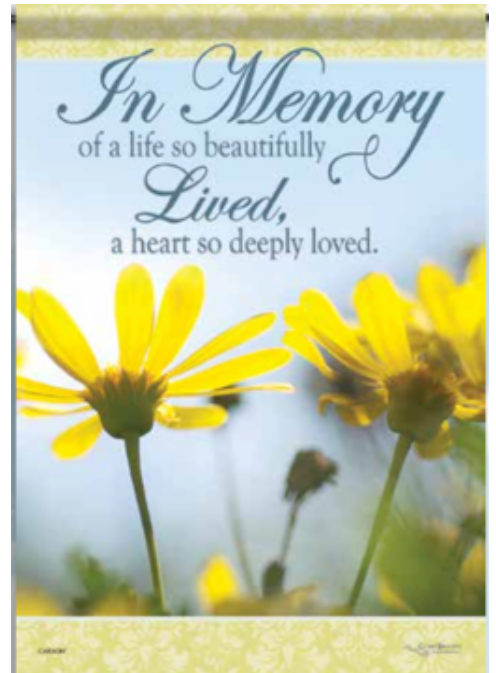
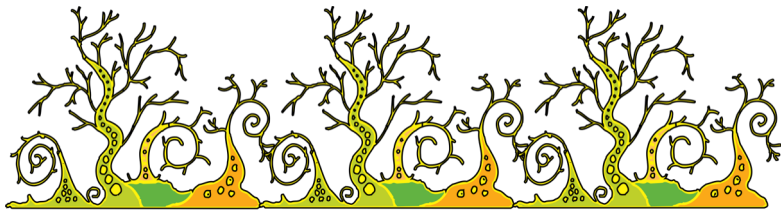


Photo by Lisa Dechant

# Garden Flags Available.

Thank you for supporting our Memorial Garden

We have 4 flags available for purchase at our support meetings. Also available to order on our website Garden store. \$15.00 each plus shipping



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

9/1 - **Kevin Figanik**, son of Thomas & Valerie Figanik

9/1 - **Justin Hunter**, brother of Crystal Hunter; son of Pat & the late Annette Hunter

9/2 - **Jenna Nicole Burleigh**, daughter of Ed & Jaqui Burleigh

9/4 - **Ryan Heimerdinger**, son of Robert & Barbara Heimerdinger

9/5 - **John Jarema III**, son of Josephine Lenhart

9/5 - **Tyler Mostek**, son of Kimm Mostek & Brendan Dorsa; grandson of Vicki Bartakovits

9/6 - **Billy Klinedinst**, son of Michelle Klinedinst

9/6 - **Jennifer Rose**, daughter of Michael & Donna Rose

9/7 - **Judy Besh**, sister of William Klinger

9/9 - **Liam Parker Lange**, son of Katie & Seth Lange

9/12 - **Ben Smith**, son of Nick Wyllie,

9/13 - **David Cohen**, son of Hilary Cohen

9/17 - **Cole Ferdock**, son of Kelly Ferdock

9/21 - **Geneva Doll**, daughter of Keith & Barbara Doll

9/21 - **Alycia Pinkowski**, daughter of Patty Rugulo

9/22 - **Christopher Fonder**, brother of Brittni Fonder

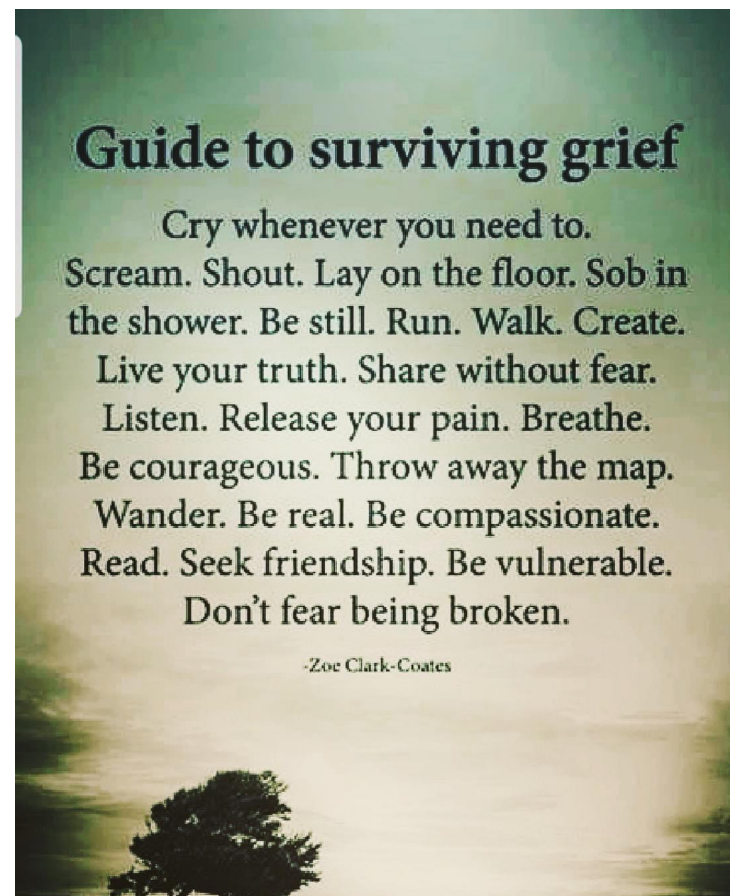
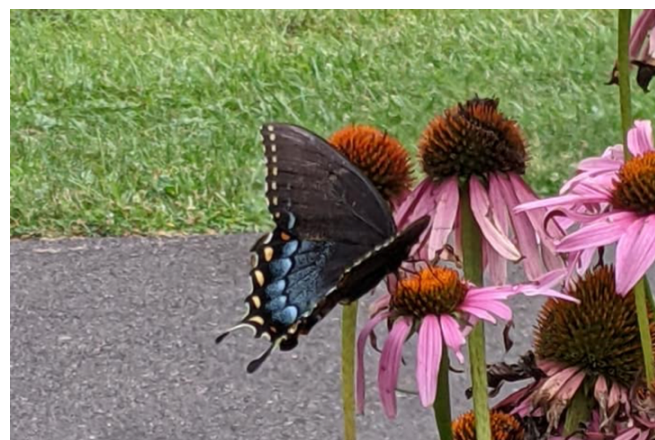
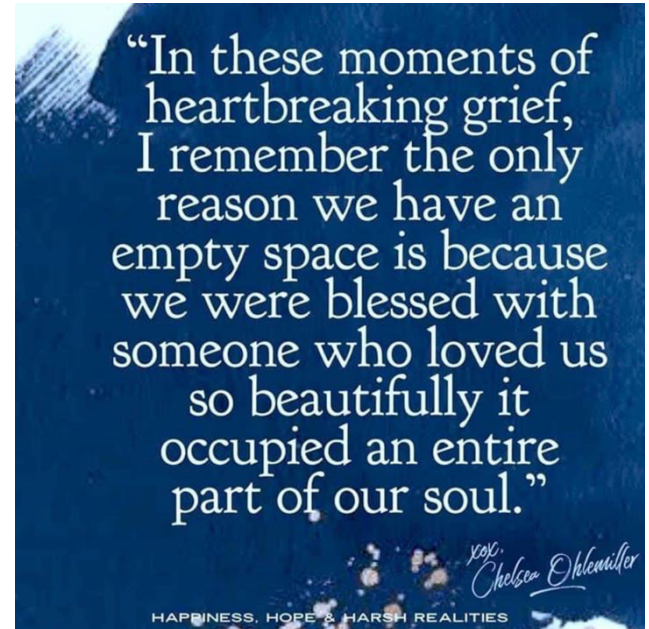
9/22 - **Nici Grawonski**, sister of Michelle McDaniels

9/24 - **Petie Shultz**, son of Maria Shultz; grandson of Doreen Pettie

9/26 - **Matt Dille**, son of Patti & the late Joe Dille

9/27 - **Nathaniel Rocque**, grandson of John & Marie Rocque

9/28 - **Karen Murray**, sister of Nancy Perrin





# Love Gifts

And a special thank you to those who continue to support our TCF Chapter's Garden Fundraiser by purchasing our Garden Flags. We have 4 different styles and they're available at our support group.

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

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

To Josephine Lenhart for her donation in loving memory of her dear son, John Jarema, on his birthday, August 20<sup>th</sup>.

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.

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 Sept 12 at the Memorial Garden 12-2:00**



### *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.

