



Serving Upper Bucks and Montgomery Counties

The Compassionate Friends

Quakertown Chapter September 2022



We Remember.....

Thank you to those who made it to the first two **Bring Your Own Tea Garden Spruce Up**. We are hearing how great it is to gather outside of a support meeting. It is working nicely to sign up to give us an idea of who is coming but as we all know, sometimes last minute you want to come-- if you are in the mood to come, drop on over! Next scheduled day is Thursday, September 8 at 6pm. We hope it stays light enough. For last minute changes, check our private Facebook page. See page 5 for details!

*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.*

The
Gathering
Place

<https://gatheringplaceevent.com/>



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 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 Sitko**, son of Henry & Theresa Sitko, brother of Mandy

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

9/17 - **Donald Trujillo**, son of Priscilla Crawford

9/17 - **Julie Petcel**, daughter of Antoinette Sellecchia; granddaughter of Mary Sellecchia

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

9/28 - **Andrew Campbell**, son of Beth Campbell

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

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



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.



*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

9/1 - **Danny Trujillo**, son of Pricilla Crawford

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 Brittini Fonder

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

9/23 - **Julie Petcel**, daughter of Antoinette Sellecchia; granddaughter of Mary Sellecchia

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



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.



We heard so many great comments at the walk about all being together and our support meetings have been full of support, tears, and laughs. We love seeing you!

Overwhelmingly, people wanted to have more gatherings. We heard you!!!

Please join us for our **BYOT Tea Party** at the Garden. We will gather to help spruce up the garden to reduce the work when we “close” it in the Fall. The dates are Sept 8 & 29. Check the sign up genius for more dates. We plan for 6-7pm. Please sign up here so we have an idea of who to expect!

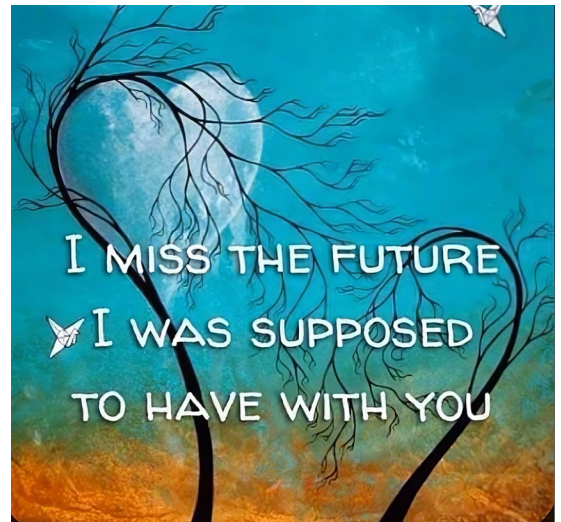
Questions should be sent to contact@TCFquakertownpa.org or can be addressed within our Facebook group. In the event you cannot do either, we have the chapter phone (215-703-8431) where you can leave a detailed message and someone will get back to you.

<https://www.signupgenius.com/go/20F0A44AAA622A2F85-byot>



My Child Died.

I don't need advice.
All need is for you
to gently close
your mouth,
open wide
your heart and
walk with me
until I can see
in color again.



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.

The Annual World Wide Candle Lighting

is approaching. It is a beautiful evening remembering our loved ones. The event will take place on [December 11, 2022](#); more details will be sent out in the coming months.

Every year, we are asked if people are in the slideshow or if they can add more photos. This year, I have put together a list to help out! The color of the names corresponds with the key at the bottom. If your loved one is red or blue (or not on the list) you are more than welcome to add photos. You may have a total of 3 photos per name.

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

candleTCFquakertown@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, 2022.** 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. I look forward to seeing all your beautiful children and siblings. It is truly a gift that I have the honor to design the slideshow for the chapter.

With all my love,

Crystal. Justin's sister

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/DF3AG53XCqRPXqG8>

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

MY CHILD DID EXIST

I've lost a child,
I hear myself say,
And the person
I'm talking to just turns away.
Now why did I tell them,
I don't understand.
It wasn't for sympathy or
to get a helping hand.
I just want them to know
I've lost something dear,
I want them to know my child was here.
My child left something behind
which no one can see,
So, if I've upset you,
I'm sorry as can be.
You'll have to forgive me,
I could not resist.
I just want you to know that
my child did exist.

preciousgiftfromheaven.com



We Remember.....

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!

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:



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.

Rest assured, every donation we receive is used to support our mission of assisting families in their natural grief journey following the death of a child. Your support, in any amount, is greatly appreciated.

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.



The Compassionate Friends
Quakertown Chapter
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Quakertown, PA 18951

Support Group Meeting is September 13th 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.

