



The Compassionate Friends

Supporting Family After a Child Dies



Serving Upper Bucks and Montgomery Counties

March 2017

Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: (267)
380-0130

contact@TCFQuakertownpa.org
www.tcfquakertownpa.org

Chapter Leader:

Ginny Leigh-Manuell

Treasurer: Crystal Hunter

Secretary: Gail Blaise

Chapter Librarian: Theresa Sitko

Newsletter : Linda Stauffer

Steering Committee:

Mary Anne Macko

MaryAnn Kulp

Linda Stauffer

Theresa Sitko

Kathleen Hargrove

Carol Graham

Lynette Lampmann

Barbara Reboratti

Gail Bláse

Remembrance & Thank You Cards:

Lynette Lampmann

Kelly Logan

Nancy Eisenhart

Jennifer Pini

Eastern PA Regional Coordinators

Ann Walsh tcfestrc@yahoo.com

Bobbie Milne mcfly423@aol.com

TCF National Office:

877-969-0010

www.compassionatefriends.org

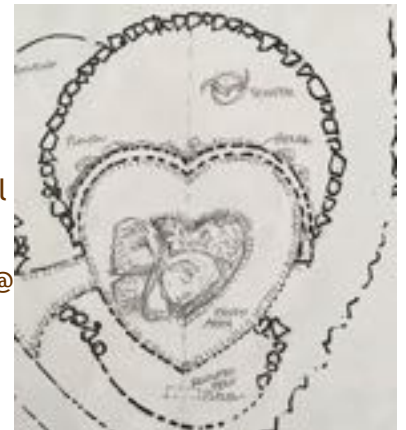
The Compassionate Friends is a nationally renowned 501 C (3) non-profit organization with 700 chapters in the US. All donations are tax deductible.



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.

Memorial Garden Update:

West Rockhill Township has given the chapter final approval for our memorial garden in the James Memorial Park across from the township building. Construction will begin May 1st. A planning meeting has been scheduled for March 27th @ 7 P.M. at Fiddlestix Art Studio. Located at 1542 W. Broad St. Quakertown. (rte. 663 across from MacDonald's shopping strip). Everyone on the garden committee and those who are interested in assisting with the garden are welcome. Any questions direct to Lynette Lampmann (chairman) e-mail: lilamp10@comcast.net. The



outline of the garden has been marked at the park for those interested in seeing the shape and size of the garden.



Above: Plan of our memorial garden

Left: A memorial garden filled with flowers and a sculpture similar to one we'd like to have in our garden

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.

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

Quakertown Chapter

PO Box 1013

Quakertown, PA 18951

Chapter Info Line: (267)380-0130

contact@TCFQuakertownpa.org

website: www.tcfquakertownpa.org



Each day I wake up from a terrible dream,
 Only to find the world has changed.
 I go to your room; your things are still there
 Your dolls, your medals and your favorite bear.
 The scent of you lingers, the smell of your hair
 Memories of you, I find, are everywhere
 Your precious books are stacked by the bed
 And tissues that captured your tears as you read
 Your paintings and drawings still hang on the wall
 Collections of seashells and rocks from the beach
 Bring back the memories of the times well spent

How do I go on without you by my side?
 To love you to hold you, with smiles and pride.
 My heart, it is broken, my dear beloved child
 I miss your laughter, your music and your smiles,
 All of our dreams of the future will never come true
 The 'whys 'and 'if onlys 'endlessly swirl in my head
 Please tell me, oh God, I wish I were dead
 I want to be with you every second of the day
 But Dad and your sister, they need me to stay
 Your friends and your family will never forget,
 Your friendship, your love and your gentle kindness
 You will live on forever in their hearts and their
 minds,
 I will love you forever my darling, my child.
 by Linda Stauffer

In Loving memory of Katie Stauffer
 1983-3/8/2003



Precious Memories

"I've heard it said
 That people come into our lives for a reason
 Bringing something we must learn
 And we are led
 To those who help us most to grow
 If we let them
 And we help them in return
 Well, I don't know if I believe that's true
 But I know I'm who I am today
 Because I knew you



Like a comet pulled from orbit as it passes a sun
 Like a stream that meets a boulder
 Halfway through the wood
 Who can say if I've been changed for the better?
 But because I knew you
 I have been changed for good

It well may be
 That we will never meet again
 In this lifetime
 So let me say before we part
 So much of me
 Is made of what I learned from you
 You'll be with me
 Like a handprint on my heart
 And now whatever way our stories end
 I know you have re-written mine
 By being my friend



Like a ship blown from its mooring
 By a wind off the sea
 Like a seed dropped by a skybird
 In a distant wood
 Who can say if I've been changed for the better?
 But because I knew you
Because I knew you
 I have been changed for good"

**Excerpt from "For Good" lyrics, from the Broadway musical
 "Wicked"**

Submitted in treasured remembrance of the entrance into this
 world of my "#1 son", Christopher.
 Loved you then, love you still; always have & always will -Mom
 -Mary Anne Macko

From the Living Room of the Treasurer

Hello. As the treasurer, I wanted you to know a little about me, a little about the leadership positions for our chapter, and the importance of our treasury. My older brother, Justin, passed away in 2009 from sudden cardiac death. I saw him Sunday while visiting my family in Ohio, flew back to Philadelphia Monday, and got the horrible phone call Tuesday. Being 2nd child of 6, I am now the surviving oldest child.

When Justin passed away, I was told about TCF from my 4th grade teacher. Her son had succumbed to cancer 3 years earlier. I attended my first meeting October 2009. Being able to meet many parents and a few siblings who have experienced this unique grief has been critical in my healing process. I am not alone. I will never be alone.

From 2009-2010 I never missed a meeting, but then I moved back to Ohio for a year. While there I kept in touch with Quakertown chapter and upon moving back, I joined the Steering Committee. Since TCF helped me, I wanted to be part of helping others heal. Fast forward to Fall 2016, and various circumstances led me to being nominated and voted by Steering Committee to be your chapter treasurer.

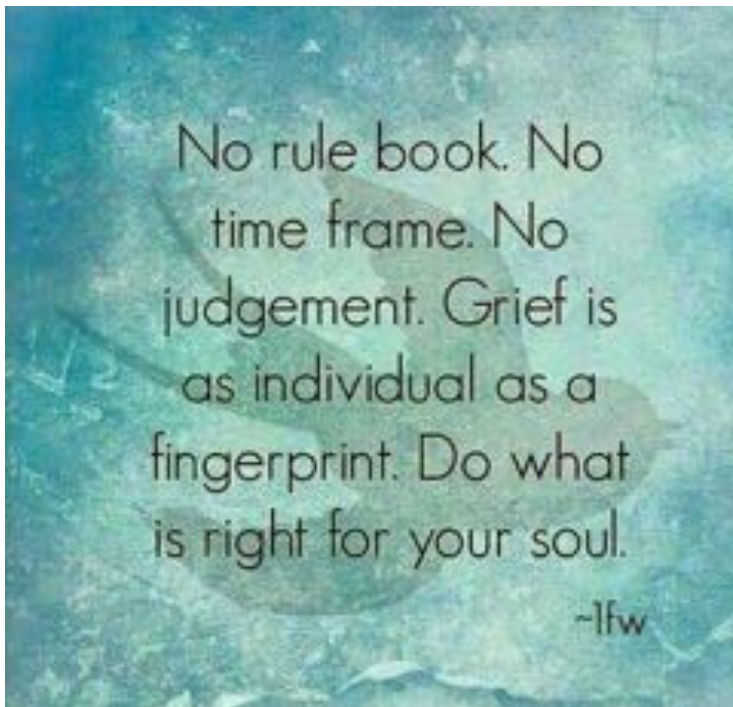
The Steering Committee is made up of the Chapter Leader, Treasurer, Secretary, Newsletter Editor, Librarian, and other parents and siblings (and grandparents) (there is a list of all the names on the newsletter). It is a place to brainstorm how to help others like ourselves navigate the mountains and hills of grieving. We also plan, organize, and facilitate our events, meetings, and other activities. If you have ideas, please let us know or join us on the 4th Tuesday at 7pm. Contact one of the Steering Committee members for more information.

Now, onto the nitty gritty of my position-- money. When you hear money it is hard not to cringe, but please keep reading. The Compassionate Friends organization has planned its chapters to be an "open door" organization, which means that members can come and go as they please, and it means there are no dues collected... ever. Each chapter is run 100% on donations and through any fund raising activities. Some of the expenses include: office supplies, printing and stamps for newsletter, speakers, and refreshments at meetings (if they are not covered by those who sign up each month).

At our core, TCF is a volunteer run organization in which people give back as volunteers once they have received what they need. (A very few are paid at the national level.) Every calendar year, each chapter has to pay a percentage of their general donations to national to assist in funding at the national and regional level. (Donations for the garden, memorial walk, candlelighting, and other specific events are exempt from this percentage.) Those are the only dues our chapters has to pay to be affiliated with national. Watch for another article about the resources, regionally and nationally, that are available to you.

Now, when you donate to our chapter, how does that work? In newsletters there is a LOVE GIFT form. Simply fill that out, mail it in with a check, and ta da... you are finished. The form has two important places. One is the Love Gift message, which will then be printed in the newsletter. The other is the section in which you allocate where you would like your donation to go. As you know, the memorial garden is approved and in the works. All donations for that go to a separate account so we can purchase supplies, plants, coordinate machinery, and whatever else we may need to do to sustain the garden! Other places you can designate are listed on the form.

We thank you for any and all donations. In addition, you can designate our chapter as a United Way recipient at your work. As your leadership team, we know how TCF has helped us, and we want to continue to assist you in your grieving process. You will never walk alone, again, if you take our hand.



*Our Children Remembered
on their March birthdays*

Earl Colella III, son of Jaynee & Earl Colella
– 3/3

Genine Leary, daughter of Jon & Sylvia
Holznagel – 3/5

Liam Williamson, son of Erin & Daniel
Williamson – 3/8

Leah Corrine Brown, daughter of Doug &
Anita Brown – 3/9

Rachel Behrig, daughter of David &
Kimberly Behrig – 3/10

George Davish, son of Sheryle & George
Davish – 3/11

Rodney Bossert, son of Julia Bossert
Roush – 3/13

Jeremy Gibialante, son of Kim Gibialante;
brother of Monica Shumaker – 3/14

Kristy Bender, daughter of Kathy & Frank
Bender – 3/15

Robert Dorman, Jr., brother of Donna &
Greg Rowe – 3/15

Olivia Fretz, daughter of Andy & Jennifer
Fretz – 3/16

Brandon Leathers, son of Jim Leathers –
3/16

Julie Hartwich, daughter of Donna & Dave
Hartwich – 3/17

Andrew Shadle, son of Barbara Shadle –
3/17

Joseph Cooper, son of Edith Cooper – 3/18

Ryan Heimerdinger, son of Robert & Barbara
Heimerdinger – 3/18

Brian Keim, son of Ronald & Joan Keim – 3/18

Paul Swope, son of Marge Swope – 3/18

Billy Klinedinst, son of Michelle Klinedinst – 3/19

Chris Trauger, son of Mary Anne Macko & Mike
Hamilton; grandson of Dolly Bibic – 3/21

Matthew DiNicola, son of Ron & Myra DiNicola –
3/21

Sara Parvin, daughter of Sandy & Keith Parvin;
niece of Kim Eubanks – 3/21

Ryan McGuinness, son of Tim McGuinness –
3/22

Peter Hallinan, son of Carol & Tom Hallinan –
3/23

Billy Boor, son of Tina & Randolph Merl – 3/24

Joshua Adair, grandson of Lois Harner – 3/26

Jason Heuckeroth, son of Debbie & Mark
Heuckeroth – 3/28

Kathleen “Tia” Conn, daughter of Kathy &
Robert Smith – 3/29

Donna Lee Stichter, daughter of Don & Carol
Collis – 3/30

Justin Hunter, son of Pat & Annette Hunter;
brother of Crystal Hunter – 3/31

Our Children Remembered on the Anniversary of their death



Philip Lecklikner, brother of Joseph & Karen Davis – 3/2

Ardyth Cope, daughter of Carol Cope – 3/4

Ryan Kintzly, son of Tammy Devine – 3/4

Genine Leary, daughter of Jon & Sylvia Holznagel – 3/5

Timothy Raymond, son of John & Tina Raymond – 3/6

Robert Reynolds, brother of Lisa Robey – 3/6

Tommy Synder, brother of Tara Snyder – 3/6

Wendy Croisette, daughter of Marvin & Ellen Croisette; sister of Todd, Terri-Lynn, & Jeffrey – 3/7

Nicholas Marlin, brother of Sean Marlin – 3/7

Jamie Stewart, son of Jim & Beverly Stewart, brother of Sherrie – 3/7

Marc Bannon, son of Jan & Kevin Bannon, brother of Aimee – 3/8

Jessica Gallagher, daughter of Robyn & Ron Gallagher; sister of Ronnie & Jaclyn – 3/8

Katie Stauffer, daughter of Carl & Linda; sister of Chrissy – 3/8

Shaun Barton, son of Catherine Barton – 3/11

Richard “Drew” Panettieri, son of Richard & Suzanne Panettieri – 3/11

Adam Sautner, son of Bonnie & Alfred Sautner – 3/16

Patrick Connelly, son of Jim & Laurie Connelly – 3/17

Christine McGhee, daughter of Dawn McGhee – 3/18
James Ogden, son of Linda & Patrick Ogden – 3/20

Brad R. Godshall, son of Robert Godshall – 3/21

Captain Laura Eberts, daughter of Joseph & Karen Matejik – 3/21

Tammy Moore, daughter of Tom & Sandra Moore; sister of Tom, Tara & Thad – 3/21

Olivia Fretz, daughter of Andy & Jennifer Fretz – 3/22

Lisa Koletty, daughter of Barbara & Dietrich Koletty – 3/22

Justin Landis, son of Amy & David Landis – 3/22

Karen Graham, daughter of John & Barbara Graham – 3/23

Kenneth Kolb, brother of Kathy Holloway - 3/24

Jesse Swindell, son of Ronald & Tina Jackson – 3/24

Abigail Schumer, daughter of Mike & Meg Schumer – 3/24

Glen Scott, son of Doris & Fred Crouthamel – 3/25

Timothy Mickley, brother of Steve Mickley -3/26

Kristy McCoy, daughter of Arlin & Donna Moyer – 3/28

Matt Barber, son of Noel & Tim Barber – 3/29

Rennis Reitz II, son of Barbara Reitz – 3/29

Proof of Life

Linda Stauffer

It seems impossible that I have lived the past 14 years without my beloved daughter Katie. The memory of the phone call from the Georgia State Police in the early morning of March 8, 2003 is as clear as if it happened yesterday. "This is the Georgia State Police!", "Please tell me she is OK", was my only reply. They asked if my husband was there and I handed the phone to him. I could tell by the look on his face it was bad...very bad. Katie was dead. The rest of that day is a blur of screaming, crying and trying to figure out how I could undo the day, fix it, I was in denial.

I was angry, hurt, devastated. How could god let this happen to my daughter? Where was her guardian angel? She didn't do anything wrong. She was the kindest, most gentle soul on the planet. She had plans, med school, an author, life! How could I live without her?

They were on their way to the Florida Keys to stay with Jeff's parents for spring break.

He fell asleep at the wheel with the car going 75mph on cruise control. It was an accident, he simply did not recognize the "cobwebs" and pull over to rest. Brunswick GA was so far away.

The college arranged for her things to be delivered to our house. Her things! Her treasures, proof that she existed, proof of life! In her bedroom were her precious books, her trophies and medals from swim meets and precious trinkets. A sand dollar, stuffed animals, a swim clock, a small carved hippo, photos of friends from high school and lots of art work all proved she lived, she loved, she cared. How could I remove anything?

It's very hard to give anything away. A coat to her grandmother, her clarinet to her best friend, clothes to her sister were OK because they knew how precious these things were to me. Other things I find impossible to throw out or give away. Once I actually got her junior high notebooks, which I read, into a garbage can but when I came to my senses in the morning I removed them and put them in a bankers box.

Now 14 years later I've had to give her room to my elderly father. The bed is gone (but not the tissues I found stuffed between the mattress and box spring). Her jeans have turned into a beautiful quilt and her shirts into another quilt. Her paintings have all been framed and displayed in our home. I still have a curio cabinet, bins and trunks filled with memories that I will keep forever right next to the part of her I keep in my heart.

Don't tell me that you understand
Don't tell me that you know.
Don't tell me that I will survive,
How I will surely grow.
Don't tell me this is just a test,
That I am truly blessed
That I am chosen for this task,
Apart from all the rest.
Don't come at me with answers
That can only come from me.
Don't tell me how my grief will pass
That I will soon be free.
Don't stand in pious judgment
Of the bounds I must untie,
Don't tell me how to suffer,
And don't tell me not to cry.
My life is filled with selfishness,
My pain is all I see,
But I need you, I need your love
Unconditionally.
Accept me in my ups and downs
I need someone to share,
Just hold my hand and let me cry,
And say, "My friend, I care."

The Compassionate Friends
Supporting Families & Caregivers

- Jonetta Headal



Reflection

Impermanence is the fundamental law of our existence. This is the only thing that is certain in this life: everything changes. Change is actually the reason why anything can happen.

Anything that you are going through at this moment in your life will pass. Everything that you acquire, everything that you experience - will pass. Time eats up everything.

Contemplating our own impermanence is one of the most powerful wake up calls a human being can have.

Exercise

Spend some time contemplating the impermanence of everything in your life, including your own body. Learn to accept it deeply in your heart. This will help you focus on what is really important, and see a more fulfilling life unfold.

Happy growing,
Giovanni
Dienstmann

Blog
[http://liveanddare.com/?utm_campaign=N
ewsletter+Week+1&utm_content=I
mpermanence&utm
medium=email
&utm_source=get
response](http://liveanddare.com/?utm_campaign=N%20newsletter+Week+1&utm_content=I%20impermanence&utm_medium=email&utm_source=get%20response)

Thank you, Thank you, Thank you

Jacqueline and Bob Daniel, Gail Blase, Mary Catherine Kedereck, Craig Duval, Lynette Lampman, Lynn Rainey. *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 Mary Ann Kulp, Nancy Eisenhart, Lynette Lampmann, Jenn Pini, Kelly Logan and Jennifer Pini for the Remembrance and Thank you cards that you receive. They do this in remembrance of their children/ siblings, son, Tony (MaryAnn), daughter, Kelly (Nancy), son, Shawn (Lynette), son, Brian (Ginny), and brother, Jason (Jennifer), Kelly does it in remembrance of all those who have gone too soon. An appreciated Thank You to our members for helping to set up and tear down for our meetings, they do this in remembrance of their children and siblings. A special thank you to St. Luke's Hospital for providing us with our meeting rooms each month.

Thank you to Linda Stauffer for doing our newsletter. She does this in memory of her daughter Katie. Thank you to, Betty and Charlie Hottenstein, for taking on the monthly task of addressing our monthly newsletters for mailing, they do this in remembrance of their daughter, Tracy..

Thank you for your Love Gifts and Support We the parents and families of the Quakertown Chapter of Compassionate Friends would like to send a special Thank You to the following donors. Without their generosity in giving to a

good cause we would not be able to continue reaching out to newly bereaved parents and families with our Outreach packet and newsletters.

Love Gifts for January

Pat and Harold Hunsicker--

In memory of their daughter, Brenda Meehl

You are forever in our hearts. We love and miss you very much.

In memory of Shaun Barton

Words can't express how much I miss you. Love Mom - Catherine Barton

Gone but never forgotten. Loved & Missed beyond Words.

Love, Mom, Dad, Jim, Megan

(In memory of Christopher Ulmer -- Patricia & James Ulmer)

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 person)

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

Checks payable to: TCF Quakertown Chapter
Mail to: PO Box 1013, Quakertown, PA 18951

Love Gift Message:

Your Name: _____

Email or Telephone: _____

Address: _____

Treasurer Use Only

Cash/Check # _____ Amount _____

D _____ Q _____ T _____ N _____

Processing Grief and Recovery
~ by *Bettie-Jeanne Rivard-Darby*

It will be eight years in December since my daughter was killed.

I have no great words of wisdom and no cliches about time.

What I can share with you is that, for me, somewhere around year 4 - 5, the balance began to shift.

Instead of being all about Robyn's death and all the pain of her not being alive, it became more and more about her life and all my love for her that continues to grow in my heart.

For me, it wasn't the "passing of time." It was what I did with that time.

I absorbed every tool that was appropriate for me to use in mitigating my grief.

I allowed myself to deeply grieve and not cover it up with drugs to numb the pain.

I have felt pain so deep that I didn't think it was possible to survive.

I attend every support group meeting of The Compassionate Friends, every candlelighting, every memorial event and every annual conference of The Compassionate Friends since Robbie's death.

I have attended Bereaved Parents USA gatherings.

I have attended countless grief-related workshops: many of them presented by Alan Pederson [executive director of The Compassionate Friends], Mitch Carmody, Dr. Bob Baugher, Darcie Sims, and Bj Jensen's over and over again.

I reach out to the newly bereaved with understanding, support and compassion.

I speak openly and candidly about grief and my grief in particular.

I never tried to run away from the pain, but immersed myself in the horrible details because Robyn deserved for me to experience the pain of her death as deeply as I did the pain of her birth.

I forced myself in the beginning to observe gratitude in grief by writing a thank you note, even when I didn't feel thankful it all, to someone every single day for seven months.

I forced myself to make list after list of even the smallest of things in life, which I could be thankful for, even when I really didn't feel thankful at all. I forced my brain to work through my emotions.

I stayed alive, even when I really didn't want to, in order to honor her memory and to be the keeper of her stories and her legacy.

The death of a child Sucks beyond any Sucking that words can describe!

But I've been going through a metamorphosis whether I really wanted to or not since her death.

Part of my cocoon was that my love for her, and hers for me, has continued to grow even though she no longer has a body on Earth. Every day the wrapping of her love gets stronger and tighter and I find myself able to live a little bit more and bring a little bit of color back into my life to honor her.

Rose Fitzgerald Kennedy's quote about time not healing the wounds of death but creating a scar makes sense to me.

I don't think that time passing is what makes color come back into a black and white life.

For me, it is the allowing of LOVE to continue.

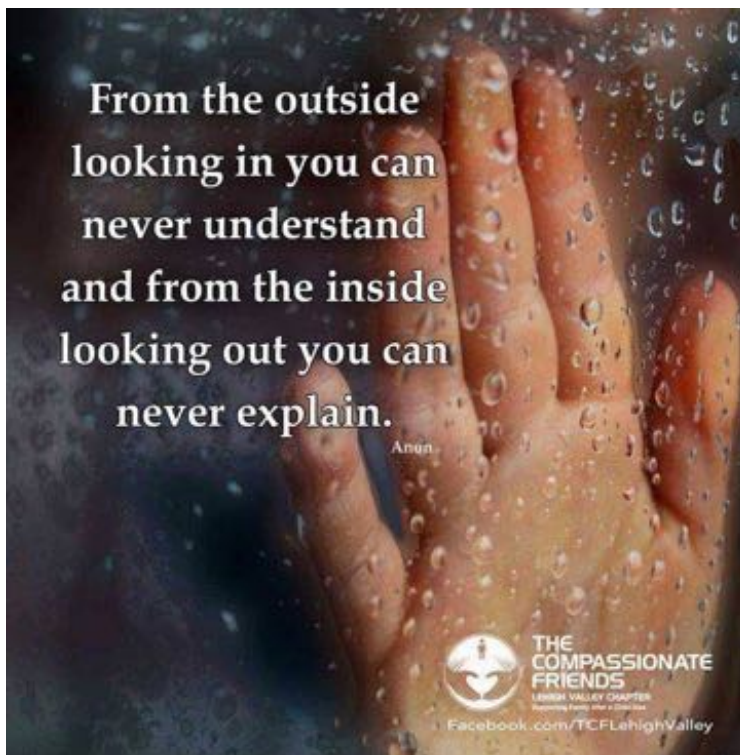
It is the embracing of the LOVE that I feel from my deceased daughter.

It is the 100 percent positive knowledge that she has not ended, but has taken a different form.

We remain connected. Not as I want it to be, but how it is.

Over the course of these eight years, I have allowed myself to not only feel the grief, but to absorb her love. And the Light of Her Love has grown more powerful than the pain and darkness of her death.

~ Submitted by *Barbara J. Reboratti*, TCF Quakertown Chapter, with permission from the author





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



Next Meeting March 14, 2017



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.

