



The Compassionate Friends

November 2017 *Serving Upper Bucks and Montgomery Counties*

Mark your calendar for our chapter's Sunday, Dec. 10 Annual Candle Lighting at First United Church of Christ, 151 S. Fourth St., Quakertown, as part of The Compassionate Friends Worldwide Candle Lighting the 2nd Sunday of every December.

At 7 pm in every time zone around the world, candles are lighted and provide a virtual band of light circling the globe in remembrance of all children gone too soon.

Doors open at 6 pm and our program begins at 6:30 pm with a slideshow of our children, siblings and grandchildren. We will have a keynote speaker, readings and a musician singing, "Tonight I Hold This Candle," after each bereaved parent lights a candle and says their child's name. Bereaved siblings will also light a candle in remembrance of their brother or sister.



This is not a religious nor holiday event. It is our annual remembrance program and First United Church of Christ graciously offers their facility for our program. This program is free, attire is casual and family and friends are welcome to attend.

In gratitude to First United Church of Christ, we ask that you bring a non-perishable food item for the church's food pantry. You are also welcome to bring a finger food to share at the end of the program during refreshments.

The entrance to the church is located along Fourth Street. There is a parking lot as well as on street parking.

If you are attending and we do not already have a photo of your child, sibling or grandchild for the slideshow, please submit at least a 4X6 high quality individual photo. Individual portrait type photos are preferred. Photos must be received no later than Nov. 18 for the slide show. Please include the name of your child, sibling or grandchild.

If you are mailing the photo, please include a sturdy, self-addressed stamped envelope or pick it up at the candle lighting or the next support group meeting. You can also scan and email the photo as a jpeg in 300 resolution.

Mail photos to: The Compassionate Friends-
Quakertown Chapter
PO Box 1013
Quakertown, PA 18951

If you are emailing the photo as a jpeg, send it to: newsletter@tcfquakertownpa.org

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
November 14**

Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: (267)380-0130
contact@TCFQuakertownpa.org
website: www.tcfquakertownpa.org



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.



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties

About Our Chapter

Chapter Leader:

Ginny Leigh-Manuell

Treasurer: Crystal Hunter

Secretary: Gail Blase

Chapter Librarian: Theresa Sitko

Newsletter : Linda Stauffer

Steering Committee:

Mary Anne Macko

Linda Stauffer

Theresa Sitko

Carol Graham

Lynette Lampmann

Barbara Reboratti

Gail Blase

Mary Catherine Neiderstock

Remembrance & Thank You Cards:

Lynette Lampmann

Kelly Logan

Mary Catherine Neiderstock

Jennifer Pini

Eastern PA Regional Coordinators

Ann Walsh tcfeastrc@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.

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



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.

OUR CHILDREN REMEMBERED FOR NOVEMBER

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

11/2 - Richard Carver, Jr., brother of Carla Clark

11/3 - Samuel Hornberger, grandson of Eleanor Morrow

11/3 - Alaina Reese Ratcliffe, daughter of Andrea & Adam Ratcliffe

11/4 - Kevin Mitchell, son of Jacquie Mitchell

11/5 - Dwayne Hager, son of Ruth & Stanley Hager, Jr.

11/6 - Jake Patermoster, son of Mike & Ruth Patermoster

11/7 - Daniel Attilio, son of Patrick & Ann Marie Attilio

11/7 - Jon Masso, brother of Melissa Fisher

11/12 - Lisette Martin, daughter of Luke & Amanda Martin; granddaughter of Evelyn & Nelson Martin, Jr.

11/12 - Rourke O'Donnell, son of Cindy O'Donnell

11/14 - Aaron Abud, son of Susan Abud

11/14 - Benjamin Michael Albro, son of Sherri & Bob Albro

11/15 - James P. Ryer, son of Diana M. Adams

11/16 - Melinda Daniel, daughter of Jacqueline & Bob Daniel

11/16 - Rennis Reitz II, son of Barbara Reitz

11/17 - Jamie Scheck, daughter of Rebecca & Ed Scheck

11/18 - Michael Macko, brother of Mary Anne Macko

11/18 - Tyler Mostek, son of Kimm Mostek & Brendon Dorsa; grandson of Vicki Bartakovits

11/19 - Cynthia Cole, daughter of Hugh & Marie Madden

11/19 - Racheal Whiteley, daughter of Kristine Fallows

11/20 - Philip D. Calabrette, Jr., son of Lynn Calabrette

11/21 - Alan Roskow, son of Nan Roskow

11/24 - Christopher Adams, son of Judy Adams

11/24 - Joseph Bello, Jr., son of Gloria Bello; sibling of Sharon Kronmiller

11/26 - Lindsey Laverty, daughter of Jim & Wendy Laverty

11/27 - Dan Bardsley, son of Emma Bardsley; brother of John Bardsley

11/27 - Selena Gebert, daughter of Donna Gebert

11/27 - Susan Sine, daughter of Lynn and Dorothy Miller

11/27 - Richard "Drew" Panettieri, son of Richard & Suzanne Panettieri

11/28 - Elena Wenger, daughter of Dale F. Wenger.

11/29 - Anthony DelConte, son of John & Marie DelConte, Jr.; brother of Dana Turock



Our Children Remembered on the Anniversary of their Death

11/1 - **Lindsey Laverty**, daughter of Jim & Wendy Laverty

11/3 - **Deborah Hornberger**, daughter of Eleanor Morrow

11/3 - **Samuel Hornberger**, grandson of Eleanor Morrow

11/3 - **David Neider**, son of Celeste Neider Nice; brother of Lexi Hull

11/3 - **Alaina Reese Ratcliffe**, daughter of Andrea & Adam Ratcliffe

11/4 - **Dario Datis**, son of Sherie Datis

11/4 - **Christopher Rhudy**, son of Beth Ruch

11/5 - **Rebecca Yeager**, daughter of David & Nancy Yeager

11/7 - **Alison Gilmore**, daughter of Susan Slawek

11/8 - **Jaime Scheck**, daughter of Rebecca & Ed Scheck

11/10 - **Adrian Conrad**, grandson of Barbara & Ronald Borolla, Sr.; grandson of Pamela Anderson

11/10 - **Donald Dolan, Jr.**, son of Donald & Tina Dolan

11/12 - **Jennifer Church**, daughter of Joy Church

11/12 - **Kathleen "Tia" Conn**, daughter of Kathy & Robert Smith

11/12 - **Andrew Lister**, son of Jennifer & Kevin Lister

11/12 - **Destani Danae Osborne**, daughter of Sabrina Snyder

11/13 - **Kimberlee Godshall**, daughter of Terry & Fairlie Godshall

11/13 - **Michael Leach**, son of Beth Horwin

11/15 - **Benjamin Culton**, son of Mark & Barb Coulton

11/17 - **Jeffrey Harbison**, son of Donald & Joanne Harbison; grandson of Julie Harbison

11/17 - **Kevin O'Donnell**, son of Doris & Steve Yurchak

11/17 - **Erika Thomas**, daughter of Thomas & Peggy Delpopolo

11/18 - **Damien DeRose**, son of Lynn DeRose

11/19 - **Julie Howe**, daughter of Tim & Nancy Howe;

sister of Melanie

11/19 - **Marc Landis**, son of Anne & Craig Landis

11/21 - **Jenny Bender**, daughter of Clarke & Dawn Fulton

11/22 - **Christopher Accardi**, son of Anthony & Mary Ellen Accardi

11/22 - **Jeffrey Broxteman**, son of Roger & Janet Broxteman

11/24 - **Matt Cardinal**, son of Mike & Lynn Cardinal

11/24 - **Dennis Harris**, son of Linda Lepo

11/24 - **Rachel Sands**, daughter of Charlotte & John Tatu, sister of Christian, mother of Tommy

11/27 - **James Bowen III**, son of Catherine & James Bowen, Jr.

11/27 - **Stephen Fuhrmeister**, son of Lisa Fuhrmeister; nephew of Renee Hudoka

11/27 - **Matthew Lincul**, son of Linda & Ed Lincul

11/28 - **Jason Miller**, son of Phil & Pam Miller

11/28 - **Pamela Minnichbach**, daughter of Paul & Dolly Cell; sister of Paul & Lauren Cell

11/29 - **Amy Cyan-Spier**, sister of Thomas & Susan O'Donnell

11/30 - **Christopher Detweiler**, son of Jean & Vern Detweiler; brother of Matthew Detweiler

11/30 - **Samantha Grosse**, daughter of Jeffrey & Hope Grosse; granddaughter of John & Jeanette Hoy



Garden News



Garden Plaque Update: The plaques are being made! We will let you know when they have been applied on the wall.

The second batch of plaques will be ordered in February. Information with the Google form link will be emailed out in January and the January newsletter will have a reminder. All the same rules apply- one plaque per child, cost is \$125, and only members of the Quakertown chapter may order a plaque. If you would like to order a plaque in person, please come before the support meeting January 9th with a check and Crystal will order your plaque for you. Any questions can be sent to MemorialGardenTCF@gmail.com

SIBLINGS CORNER

Bereaved Siblings, ages 16 and above, are invited to dinner on Saturday, November 18. It will be in Bensalem, PA. If you are interested in more details, please call Crystal at 614-746-8076 or email her at crys.hunter@gmail.com or you can find her on Facebook. The next gathering will be at Blue Mountain for Snow Tubing!



Visit the James Memorial Park
1027 Ridge Rd., West Rockhill
Twp., PA (Sellersville)



The Stages of Grief

The death of a child is one of the most profound losses anyone could ever have to deal with, mainly as a child's death is so unnatural; your children should not die before you. A love for your child is overwhelmingly unconditional and the most pure of any love and to experience the injustice of life that your child will never grow up and fulfil their dreams and desires is the greatest pain of all.

Grieving after the loss of a child is a long and arduous journey, with no rules or guidelines to help parents reduce their pain and cope with the loss. They say that there are 5 main stages to grief; we have covered 8 here; but we believe that they are all as important and are what most parents will experience at some point. All the stages are natural and expected; and remember that they can occur in any sequence with one particular stage maybe lasting longer than another. It is much healthier to accept the stages rather than to ignore them. It is also important to remember that however you move on in life, how you cope or deal with loss your life will never be the same as it was before.

Guilt

As parents we are responsible for our children and no matter how the death of your child occurred you may feel that you have let them down. You may find yourself asking if you could have done more to help them, or wondering if it was something you did or didn't do. There will be many emotions and you may feel responsible for the death.

Blame

It is very common for parents to feel they need to blame someone for the death of their child. But be careful to avoid blaming your partner or family members as accusations could cause damage to family relationships or even your marriage.

Bargaining

It may be very normal to try and strike a deal with God or the universe for the pain to go away. You will be trying to look for answers to cure the hurt, you may take risks looking for these answers. You would wish to trade places or do anything to have your child back or for the pain to disappear.

Despair

Being overwhelmed by your pain and hurt of losing a child will bring such strong emotions and feelings, you may find yourself crying uncontrollably, feeling sorry for yourselves or going long periods of time in silence. You may experience the loss of hope/faith in God or the universe and wonder how you will ever be able to believe and trust in mankind again after

he has taken your child. It is vital that you work through this stage of grief to avoid damage to relationships or even your marriage.

Stigma

This is very common in our experience; where you may find that friends avoid you. The death of a child makes people very uncomfortable as it highlights their own fears that it could happen to them. People don't know what to say and often say nothing at all; when all you need is for someone to listen to you.

Anger

Personally this was one emotion we have experienced on several occasions. The anger that your child has been taken before their life had really begun, anger towards other people's fear or perceptions of how you should be feeling. Anger is a powerful emotion making us want to take action and maybe giving rise to place blame or feeling guilty. But anger is also a normal stage of grief although can be dangerous if it persists. If this is the case seek help from a counsellor or your GP.

Sadness

The bond between a parent and their child is so strong that their death will bring profound sadness even despair and feeling that you may never recover. You may become withdrawn, cannot concentrate on daily activities, forget things and find it extremely difficult to relate to other people. You may have trouble sleeping or have physical signs like headaches or anxiety pains. Sadness is a symptom of grief that should not last forever. However, if you do feel that you cannot move away from these feelings [Click here](#) to take a quick self assessment test for depression. Depression is a constant emotion that will interfere with everyday life, but to find out more about depression [click here](#) to visit our information page.

Acceptance

To think that in time you will accept the death of your child may seem totally unbelievable at this present moment in time. It may take months or even years to accept it and even when you do accept it doesn't mean that you will not still have feelings of sadness or guilt, even as you move forward in your life and focus on the positives. By accepting your loss means you can deal with your loss in a much more structured and confident way; either by being able to now express our feelings and pain freely or recognise that we have to go through the stages of loss in order to gain the confidence we need to grow.



Refreshments for October:

Refreshments:

- Celeste Neider Nice, in memory of her son David Neider
- Sue Simon, in memory of her son Will Moyer
- Nancy Eisenhart, in memory of her daughter Kelly
- Kathleen & Jim Hardgrove, in memory of their son Jacob Burkett
- Donna Hesse, in memory of her daughter Kisha Hesse
- Beth Horwin, in memory of her son Michael Leach

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 Nancy Eisenhart, Lynette Lampmann, Kelly Logan, Jennifer Pini and Mary Catherine Neiderstock for the Remembrance that you receive. They do this in remembrance of their children/ siblings, daughter, Kelly (Nancy), son, Shawn (Lynette), 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.

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

Your Name: _____

Email or Telephone: _____

Address: _____

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 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

* Thank you to the members of our chapter who purchased 53 plaques for the memorial garden.



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 _____



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

Next Meeting November 14



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.

