



The Compassionate Friends

Lehigh Valley Chapter

Supporting Family After a Child Dies



484-597-0240

Email: tcflehighvalley@gmail.com

www.lehighvalleytcf.org

facebook.com/TCFlehighvalley

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TCF Online Support Community

www.compassionatefriends.org
To participate, click on "Online Support" under the resource tab

Who We Are

The Compassionate Friends (TCF) is a national nonprofit self-help organization that offers friendship, understanding and hope to bereaved parents, grandparents and siblings. There are no religious affiliations and no dues.

About Our Meetings...

Meetings are held 2nd Monday each month from 7 to 9 pm at Sacred Heart Hospital (2nd Flr. Conference Center), 4th & Chew Sts, Allentown. Free parking deck passes are available at the meeting.

Meetings are open to all bereaved parents, grandparents and mature siblings. Younger siblings may benefit from one of the children's bereavement groups listed below. Meetings vary, from sharing, to guest speakers, to special presentations. Separate sharing sessions are offered to new members. Participation in group sharing is confidential and voluntary. Our hope is that being among other bereaved parents you may feel free to talk, cry and share, but it is okay to just come and listen too.

We invite you to bring a picture of your child to display at the meeting for their birth or anniversary month or at any time.

To Our New Members

Making the decision to come to your first meeting can be difficult. It can also be difficult to return for a second or third meeting, but we ask that you attend three meetings before deciding whether or not TCF will work for you. We cannot walk your grief journey for you, but we can take your hand and walk beside you if you allow us to. We have no easy answers or quick fixes, but we care, share and understand. Although our members circumstances may be different, we have all "been there"...we are all grieving the loss of a child and therefore we can truly say we understand. You are not alone.

Meeting and Events Calendar

- Nov. 11 **Monthly Support Group Meeting** - Topic: Handling the Holidays
- Dec 8 **TCF Worldwide Candle Lighting** - More information on page 2
- Dec 9 **Joint Chapter Candle Lighting Remembrance Program** - More information on page 2

Other Local TCF Chapters Meetings

<p>Carbon County 1st Wednesday 6:30 - 8:30 pm Palmerton Community Ambulance Assn. 501 Delaware Ave. Palmerton 610-826-2938 Email: pannbiss@aol.com</p>	<p>Easton 2nd Thursday 7 - 9 pm Good Shepherd Lutheran Church, 2115 Washington Blvd., Easton 610-866-5468 Email: szabojanos1@verizon.net</p>	<p>Quakertown 2nd Tuesday 7:30 - 9 pm St. Lukes Quakertown Hospital 1021 Park Ave, Quakertown 215-536-0173 Email: tcfquakertownchapter@verizon.net</p>
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Local Children's Support Groups

Ryan's Tree for Grieving Children (ages 5-18)

Sessions are offered at various times throughout the year.
For information or to register contact Krista Malone @ 610-997-7120 or visit www.slnh.org/ryanstree

Children's General Bereavement Group (ages 5 - 13)

Jeanette Laube, MA facilitates a children's bereavement group on a as needed basis. Preregistration required. Meeting day, time & place coincide with TCF, LV meetings. To preregister or get further information contact Jeanette @ 610-762-5783

TCF Telephone Friends

There are times that you need to connect with someone between meetings ...for those times the following bereaved parents are available to listen, care and share

Infant..... Cathy McDonald... 610 391-1474	Suicide..... John & Maria Szabo..... 610 866-5468
Multiple Children/ General Loss..... Betty Thompson... 610 868-0303	Addiction..... Nancy Howe..... 484-863-4324
Only Child..... Shelly Garst..... 484 241-5396	Homicide..... Ginger Renner..... 610-967-5113

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Important Information for our readers

We recently lost the services of the printer who has been printing our newsletter at a reduced cost for years. We have been actively searching for another printer to provide affordable printing. To date we have found a few who can extend a discount but cannot provide the service at a price near to what we had been paying.

What this means for the future of the newsletter: If we cannot find another source of low cost printing or a business or individual to underwrite the cost changes will need to be made. Several changes discussed include Bi-monthly or quarterly newsletter, a yearly subscription fee, email newsletters & reduction of pages.

We prefer to not make any changes because we know that newsletter provides an important lifeline to our members especially those that those that are not able to attend meetings for one on one support.

So we are asking for your help. If you know someone who may be able to provide a reduced cost printing or underwrite the cost of printing or if you have ideas about how we can cut down the cost please call Kathy at 484-891-0823

Events and Announcements



TCF Worldwide Candle Lighting December 8, 2013

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles to honor and remember children who have died. Candles are lit at 7 p.m. local time, creating a virtual 24-hour wave of light as it moves from time zone to time zone. We encourage you to participate by joining us at our local observance or in your own home.

In Our Area: Tom & Eva Siebert are hosting their annual Holiday Social at their home on Dec 8th at 5:30. Everyone is welcome! Covered dishes welcome but not necessary, candles provided.

For Directions & to RSVP call Tom and Eva at 610 967-5886



TCF Joint Chapter Candle Light Remembrance Service

December 09, 2013

Sacred Heart Hospital Auditorium 6:45 - 9pm

We invite all TCF members as well as anyone who has experienced the loss of a child to join us as we celebrate the lives of our children, grandchildren and siblings in this very special service of remembrance. The program includes remembrance music, poetry, a slideshow of our children, a sibling candle wreath lighting, memorial scroll and more. The program starts promptly at 7 p.m., so please try to arrive 15-20 minutes prior. The Memorial Scroll, inscribed with the names of our children and siblings who have died, will be on display. If your child's or sibling's name has yet to be inscribed, you will have an opportunity to add it. A memory table will be set up to display your photos. Following the program a reception will be held in the meeting room across the hall from the Auditorium. Please bring one a favorite treat or finger food to share.

Note: Volunteers are needed to help with the service and sibling volunteers for the sibling wreath lighting and readings. To volunteer please contact Kathy Collins at 484-891-0823



Available for purchase at the Remembrance Service

Hand Painted Personalized Ornaments and TCF "Forever In My Heart" Wristbands

Dawn Delong will be personalizing her own hand crafted Angel & Butterfly ornaments. Angels are available as a boy or girl as shown in the picture above. John Szabo will also be on hand selling TCF Wristbands

All proceeds benefit the chapter and the TCF Children's Memorial Garden

Our Children Loved and Remembered Always

Special Days can be especially difficult times. Please keep the families of the following children in your heart this month

Birthdays

Aaron Abud	Son of Jose & Susan Abud; Brother of Ariana & Sophia & Susan Abud	Nov 14
Salvatore Bartolotta	Son of Salvatore & Mary Bartolotta	Nov 26
Natasha Bartosic	Daughter of Traci Jennings ; Sister of Aaron Bartosic & the late Joshua Michael Bartosic	Nov 21
Carlos Berra	Son of Jose & Rita Familia; Brother of David Familia	Nov 2
Christopher Carman	Son of Carol Carman; Brother of Bruce Virga; Fran Catino & The Late Brian Virga	Nov 22
Barry Donchez	Son of Edward & Olga Donchez; Brother of Linda Shive & Mike Donchez;	Nov 28
Donald Freudenberger	Son of Nola Freudenberger	Nov 8
Steven Fussner	Son of George & Linda Fussner; Brother of Kathleen Kowker & Jeffrey Fussner; Father of Alyssa & Kaitlyn	Nov 5
James "Jim" Gum	Son of Sherwood & June Gum; Brother of Deborah Martini	Nov 21
Timothy Hamm	Son of Shirley Hamm	Nov 1
Jill Harris	Daughter of Fred & Pat Andrew; Sister of Jeff; Mother of Sam & Alex Harris	Nov 5
Molly Hude	Daughter of Rex & Yvonne Hude	Nov 2
Jordon Hyndman	Son of Robin Hyndman; Brother of Shawna & Briana Hyndman	Nov 14
Kimberly Kohl	Daughter of Lyndon & Linda Kohl	Nov 17
Todd Kuhns	Son of Shannon Kuhns & Leonard Kuhns; Brother of Leonard & Londa Kuhns	Nov 9
Joy Laube	Daughter of Barry & Jeanette Laube	Nov 3
Kevin Martin	Son of J. Ronald & Linda Martin	Nov 7
Jacob Miller	Son of William R & Caroline P Miller	Nov 15
Glenn Miller, Jr.	Son of Lin Miller; Brother of Lorrie Woolever	Nov 20
Daniel Ostertag	Son of George Ostertag; Brother of Noel & Patrick Ostertag	Nov 2
Daniel Rostkowski	Son of Shirley May Rostkowski; Brother of Janet Wise & Andrew Rostkowski	Nov 28
Matthew Solderitch	Son of Brenda Solderitch & the Late Stephen Solderitch Sr.; Brother of Tina Saginario	Nov 24
Jason Steigerwalt	Son of Sandra Steigerwalt	Nov 8
Debra Sweeney	Daughter of Richard & Doris Hosler; Sister of Donna Mallard	Nov 16
Richard "Rick" Wetherhold	Son of Franklin & Eleanor Wetherhold; Brother of Michael Wetherhold	Nov 20
Christopher Williamson	Son of Chris & Kim Williamson; Brother of Christina Joy Williamson	Nov 12

Anniversaries

John Ashner, Jr.	Son of John and Grace Ashner	Nov 8
Natasha Bartosic	Daughter of Traci Jennings; Sister of Aaron Bartosic & the late Joshua Michael Bartosic	Nov 22
Carlos Berra	Son of Jose and Rita Familia; Brother of David Familia	Nov 12
John Counterman, III	Son of Mary Jo Ackerly; Brother of Theresa Legarski	Nov 2
Nicholas Fetchko	Son of George & Fran Fetchko; Brother of Andrew Fetchko & Rebecca Fetchko	Nov 20
Kelly Gallagher	Daughter of Marigrace Gallagher	Nov 15
Timothy Hamm	Son of Shirley Hamm	Nov 20
Anne Marie Mabus Heater	Daughter of Wayne and Frances Mabus; Sister of Steven Mabus	Nov 25
Julie Howe	Daughter of Timothy and Nancy Howe; Sister of Melanie Howe	Nov 19
Gavin Krum	Son of David & Lora Krum; Brother of the late Dylan Krum; Grandson of Nevin Krum and Henry & Shirley Long	Nov 27
Michael Kulp	Son of Mike and Tamara Kulp; Brother of Mikell Kulp	Nov 17
Charles Kunsman, Jr	Son of Charles and Joan Kunsman; Brother of Walter Alfonso, Sherry Flanagan, Sandra Kunsman & the late David Kunsman	Nov 19
Joseph Lestishock	Son of Marjorie Lestishock	Nov 2
Jacob Miller	Son of William R and Caroline P Miller; Son of Phil and Pam Miller	Nov 16
Jason Rute	Son of Bill and Linda Cavanaugh	Nov 13
Scott Edward Sargent	Son of Gary & Phyllis Sargeant, Brother of Paul & Gary, Husband of Jenna; Father of Jacob	
Michael Schondorfer, Sr	Son of Alma Schondorfer	Nov 26
Dean Schuler	Son of Betty Schuler & the late Lester Schuler	Nov 19
Matthew Solderitch	Son of Brenda Solderitch & the Late Stephen Solderitch Sr.; Brother of Tina Saginario	Nov 3
Tracy Szoke	Daughter of Randal and Kim Szoke; Sister of Trisha Remaley; Aunt of Nikita Remaley	Nov 24
James Waitkus, Jr.	Son of Elizabeth Waitkus; Brother of Alice Walbert & the late Dale A. Waitkus	Nov 26
Darren Whipple	Brother of Jean Marie Yurkovitch	Nov 2
Christopher Williamson	Son of Chris & Kim Williamson; Brother of Christina Joy Williamson	Nov 12
Kenneth Zellner	Son of Kenneth & Barbara Zellner	Nov 15

*Perhaps our children are like stars in the daytime...
They are still there, but we can't see them right now.*

Unknown

Love Gifts

There are no dues or fees to belong to The Compassionate Friends. Your tax deductible Love Gift donations enables the chapter to continue our mission of reaching out to the newly bereaved and providing ongoing support to all members. Love Gifts are most often given in memory of a child who has died. They also can be given in memory of a friend, relative or special person. To give a love gift please

We thank the following for their generous donations this month

- | | |
|-------------------------------|---|
| ♥ Julia McLaughlin | Michael Patrick McLaughlin
<i>In Loving Memory</i> |
| ♥ Tom & Sherry Gallagher | Kelly A. Gallagher
<i>Loving You, Missing You</i> |
| ♥ Fred & Pat Andrew | Jill Patricia Harris
<i>Happy Birthday Jill. We love and miss you. Mom, Dad, Jeff, Sam & Alex</i> |
| ♥ Shirley Rostkowski | Daniel Rostkowski
<i>In Loving Memory</i> |
| ♥ Brenda Solderitch | Matthew Solderitch
<i>Happy 35th Birthday! We love and miss you so very much! Love, Mom</i> |
| ♥ John & Grace Ashner | John Ashner, Jr
<i>We love and miss you. Mom and Dad</i> |
| ♥ George & Linda Fussner | Stephen Fussner
<i>Still missing you. Love, Mom, Dad, Kathleen, Jeffrey, Alyssa and Kaitlyn</i> |
| ♥ Edward & Olga Donchez | Barry E. Donchez
<i>Happy Birthday, Holidays and January passing!</i> |
| ♥ Betty Schuler | Dean Lynn Schuler |
| ♥ Sherwood & June Gum | James "Jim" Gum
<i>In Loving Memory</i> |
| ♥ Richard & Doris Hosler | Debra L. Sweeney
<i>Happy 60th Birthday! You are loved and missed by all.</i> |
| ♥ Salvatore & Mary Bartolotta | Salvatore Carai Bartolotta
<i>In memory of our son, Salvatore Carai Bartolotta</i> |
| ♥ Kenneth & Barbara Zellner | Kenneth S. Zellner
<i>We love and miss you with each passing day. Love Mom & Dad</i> |
| ♥ Dr James & Leslynn Oneill | Gary Lichty
<i>In Loving Memory</i> |
| ♥ Tracy Hinish | Gary Lichty
<i>In Loving Memory</i> |
| ♥ Rex & Yvonne Hude | Molly Hude
<i>Happy 25th Birthday Molly. We miss and love you so very much. Mom, Dad & Grammy</i> |

Donations and Contributions

TCF Lehigh Valley Contributors & Donors

- ★ *Sacred Heart Hospital, Allentown*
for meeting room and refreshments
- ★ *Mary Ann Donuts, Allentown* *for meeting snacks*
- ★ *Giant Food Store Employees, Village West, Allentown*
for United Way Contributions
- ★ *St. Mark's Evangelical Lutheran Church, Bethlehem, PA*

- ★ *Aetna Payroll Contributors*

- ★ *United Way Payroll Contributors*

TCF Carbon County Contributors

- ★ *Palmerton Community Ambulance Assn.*
for meeting room
- ★ *The Country Harvest, Palmerton* *for meeting snacks*

To contribute through the United Way to The Compassionate Friends, Lehigh Valley, ask your employer for the appropriate form and use the number 12116 in the write-in area.



SOME THANKSGIVING SUGGESTIONS

By Diane Zamkoff, TCF Simi Valley, CA

Through our lives, expectations of things to come are based upon past experiences.

If in the past, you had set a glorious table and were the perfect host or hostess, it is very possible that friends and family will expect more of the same this year.

They may not be aware that you are not looking toward the holidays with a fun and games attitude. They probably do not know that in anticipation of Thanksgiving, Chanukah, and Christmas, you may feel anxiety and fear.

They are probably thinking this year will be different and some sadness will accompany it, but I don't think they are aware of your anguish,

especially if it has "been awhile."

I would suggest that in fairness to yourself you need to be honest about your feelings and, just as important, you need to communicate those feelings to those around you. I really don't think it is necessary for you to believe that because you set a tradition and always made the turkey, fried the latkes, and always had the family over, that you need to feel obligated to do it all again this year. Perhaps you would like to tell everyone:

- * Someone else will have to make the dinner this year.
- * You want to make dinner in your home, but you need lots of help because you don't have the energy to do it alone.
- * You want to go to the parties but you are afraid you may break down and cry; you want them to know in advance that this is really okay.
- * You want to tell them it's okay to talk about your child - it won't make you uncomfortable.
- * The list goes on, but the point is that to pretend everything is "just fine" is a lie, and that's not fair to you or to the people who love you.

At Thanksgiving

TCF Portland, OR

Though you're filled with sorrow and pain over the loss of your child, you can be thankful for:

- * *- The memories you hold close*
- * *The time you shared with your child, no matter how short it was*
- * *- The things that your child taught you*
- * *- The friends that are there when you need them*

And you can be thankful for -

- * *The strength you have that makes you a survivor*
- * *The smiles of other children. They are not our missing children, no... but they still smile.*

They Did Their Share

By Joanna Fuchs
Poemsource.com

On Veteran's Day we honor
Soldiers who protect our nation.
For their service as our warriors,
They deserve our admiration.

Some of them were drafted;
Some were volunteers;
For some it was just yesterday;
For some it's been many years;

In the jungle or the desert,
On land or on the sea,
They did whatever was assigned
To produce a victory.

Some came back; some didn't.
They defended us everywhere.
Some saw combat; some rode a desk;
All of them did their share.

No matter what the duty,
For low pay and little glory,
These soldiers gave up normal lives,
For duties mundane and gory.

Let every veteran be honored;
Don't let politics get in the way.
Without them, freedom would have died;
What they did, we can't repay.

We owe so much to them,
Who kept us safe from terror,
So when we see a uniform,
Let's say "thank you" to every wearer.



Sorrow in not Forever - Love is!

From "The Facts of Death"
Michael A. Simpson, TCF Birmingham, AL

So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day. Don't try to face twenty years. Face today. When that has been achieved, face tomorrow. You will find more and more ways in which you can cope. The Chinese have a saying that a journey of a thousand miles states with a single step. There is no way you - can take the fifteenth, or the two hundred seventh step, before you have taken the first.

It can be difficult to face going out again and resuming you regular activities. It can take more courage to face the little things than the big things in life. Going out shopping for groceries for the first time can become an ordeal. Making the change more complete could help. Try a different store, a different day of time, and go with a friend. When it seems very hard to decide what to do first, maybe its not very important where you start, as long as you start. Choose a simple task and get started. Once you've begun, it will be easier to set your priorities, and you will have gained in confidence for already having achieved something.



Find us on the web at:
www.lehighvalleytcf.org

and on Facebook at:
www.facebook.com/TCFlehighvalley

ONE NOVEMBER DAY

By Sherry Brown, TCF Lehigh Valley, PA
In memory of Larry Ross Brown, Jr

Everything we do
Changes our life in some way,
This happened to me
One November day,
That's when I had
My son; You see,
It was a joyful
Time for me.
As time went on
And years went by,
He became his own person
A wonderful guy,

Those who knew Him
Loved Him so much,
It amazes me;
All the lives He touched,
For those of you;
That he never met,
He is one person you'd
Never Forget,
He's in God's Hands
For He passed away,
But I'll always remember
That one November Day.

Flow with the Season and Take Care of Yourself

By Elizabeth Estes, TCF Augusta, GA

We're into November, and it's almost time to take the "January Pill." After Tricia died I decided I'd invent a pill you could take the week before Thanksgiving and when you came to, it would be January. I'm still working on the invention. In the meantime, I know many of you are already dreading the holidays.

The true spirit and meaning of Thanksgiving and Christmas are not necessarily exemplified by some of our "traditions." You are re-evaluating many aspects of your life so let this also apply to the approaching holiday activities, but maybe not in all the things you once thought so important.

Flow with the season and with your sadness, knowing strength will come as you work with what you can do without overtaxing yourself. Resolve to be as generous with your energy as you can and as selfish as you have to be to protect the emerging person you will become as a result of your loss. This person can be truly beautiful and loving because of what you have learned through grief.

You will miss your child; no magic potion can wipe the pain away, but even this pain will one day change to something more gentle. Give yourself time and space. Enjoy what you can; you deserve some pleasure. And may some measure of peace overtake you before the year ends.

Colors

By Barb Williams, TCF Fort Wayne, IN

*Leaves of gold and Autumn hue
Soft brisk winds bring thoughts of you
Tumbling and tossing around in my head
You're still alive, you are not dead.*

*You live in the wind and in the sky
You live in my heart and you'll never die
You live in the colors you'll never see
As long as there's life...You'll always be.*



Organ Donation Can Help Many

By Gloria M Perlis, TCF Lehigh Valley, Pa

My 18-year-old grandson, Randy Krieg, was on his way to work when he was in a horrible accident on Nov 29, 2005.

He suffered severe brain swelling and was declared brain dead on Dec. 1. Because of Randy's age, excellent health and giving nature we thought about organ donation.

When a representative from Gift of Life approached us we were informed that Randy was a registered organ donor. We knew this is what Randy would want and we began the painful process of saying goodbye to the child we dearly loved- our "Gentle Giant."

Gone were Randy's plans of culinary school after high school graduation, marriage and children with his girlfriend Angie and the eventual opening of his own restaurant in St. Martin. Yet his life ended up meaning so much more.

There truly is no greater gift than life, which is something he gave many. Randy's heart, kidneys, liver, pancreas, corneas, bones and skin saved and improved the lives of over 50 people - many of whom have sent us letters of gratitude, letting us know how their lives have changed since Randy's gifts.

Randy's selflessness has changed all of our lives: Members of our family are now registered organ donors. We check the box on license and car registration forms to donate to the organ donor fund and we participate in donor run/walks to raise the awareness of organ donation.

Randy may be gone, but the lesson on giving he taught all of us will live on. He is our hero.

Feelings

By Sally Migliaccio
TCF West Islip, NJ

Her clothing is folded in tidy array
How it was left is how it will stay.
Her desolate dresser silently weeps
In the still of the night, when everyone sleeps.

The closet continues to guard and protect
Items hanging on hangers, forlorn with neglect
And the bed she adored,
where she bounced high with glee
Cries invisible tears when no one can see.

The bathtub she splashed in will not again see
Someone who will love it as fiercely as she.
It sits idle now, no longer a "star"
And asks (in its way) if I know where you are.

The house that she lived in,
the yard where she played
Are missing the landscape of love that she laid.
Her numerous playthings, her once favorite toy
Languish mournfully now without any joy.

This dwelling called `home' has
relinquished its heart,
That gift from the one who was forced to depart.
Now it withers from grief-its spirit extinct
And we watch through our tears as
the walls seem to shrink.

Our angel was gone in the blink of an eye
She took the light with her that day in July.
Yet now there are times when
your heart feels her near
Then I know she's not left me.. her love is still here.

*Your death has shaped me but it is your
life that has changed me for the better.
It is for that reason that your death
will never overshadow your life*

~Mary Thompson

Sibling Page

A Special Thanksgiving to Me

By Bonnie, sister of Bryan Todd Burling. NJ

This Thanksgiving is different but special
 And I want to make it clear
 That we still must be very thankful
 Because of the presence that is here
 On the table there is food to eat
 At our sides, are people we love
 A warm house is under our feet
 And our dear Bryan is right above

Although he's only here in spirit
 At this special Thanksgiving meal
 He should not be put out of our minds
 For our memories are very real
 Think of one wonderful moment
 When Bryan made you smile
 And be thankful for that memory
 For that makes this time worthwhile

As I feel a tear form in my eye
 I smile instead of cry
 Because I know that is a tear
 That will not be shed by Bry
 For he now is in a place
 Where he will be happy forever more
 And we will all see him again
 That is what I'm thankful for

Note:
 Sibling volunteers are needed to light the sibling wreath and as readers for the Dec. 9th Candle Light Remembrance Service.
 To Volunteer contact
 Kathy Collins @
 484-891-0823 or
 TCFNewsEditor@gmail.com

IF I COULD TURN BACK TIME...

In memory of my brother
 Carlos M. Berra
 11/1983 - 11/2000
 By David Familia
 TCF Lehigh Valley, PA



If I could go back in history and change something in history, I would ... beg my brother to stay home the day of his accident, about 5 years ago. November 12, 2000 he crashed and died.

It would change my life because I wouldn't be so negative and sad all the time. And wouldn't be so mentally scared with that incident.

It would change the world because it will end my mom's and family's pain forever and end the grief of death.

This Thanksgiving and always.
Through the grief,
Through the tears
Through the loneliness,
Through the fears,
WE ARE THANKFUL
WE HAD OUR BROTHERS AND SISTERS

Love Gift Form

*Please consider making a Love Gift to support the Compassionate Friends today.
Your gift will help defray the cost of chapter expenses such as the newsletter mailings, meetings and our outreach to the newly bereaved.
The Compassionate Friends is a 501c(3) non-profit organization and your donations are fully tax deductible.*

MUST BE RECEIVED BY THE 1ST OF THE MONTH PRIOR TO THE MONTH YOU WISH YOUR GIFT PUBLISHED

Contributor Name _____

Mail to:

Address _____

**THE COMPASSIONATE FRIENDS
LEHIGH VALLEY CHAPTER
P.O. BOX 149
BATH, PA 18014**

Phone _____

Email Address _____

I would like to make a donation In Memory of In Honor of A Chapter Gift (without memorial or honorarium)

Name of person gift given for _____

Edition Month _____ desired publication month . Deadline by the the 1st of the prior month

Special Text - Brief Messages Please. Poems & story submissions are always welcome and should be sent directly to the Newsletter Editor for inclusion in the newsletter.

Enclosed is my donation of \$ _____ Lehigh Valley Carbon County Easton

Note: Please mail Carbon County & Easton gifts to the addresses below

If your gift is for Lehigh Valley please designate which of the following your gift is for (you may circle more than one)

Newsletter Expenses Postage Office Expenses Outreach Program Special Events

Mailing Addresses for Carbon County and Easton Chapters

The Compassionate Friends, Carbon County
C/O Patti Bissell
365 Drift Rd
Palmerton, Pa 18071

The Compassionate Friends, Easton
C/O John Szabo
1514 Sculac Dr
Bethlehem, Pa 18020

Member Update Form

Please use this form to change or update information or permit publication of child's Birth and Anniversary dates in "Our Children Remembered" (OCR) newsletter section.

Mail this update form to: Kathleen Collins, 2971 Pheasant Dr., Northampton, PA 18067 **or email updates to:** TCFNewsEditor@gmail.com

The following is Change or Update of information Change of Address or Phone Number Permission (check this box to grant OCR publication permission)

Your Name _____

Phone Number _____

Email Address _____

Mailing Address (where your newsletter is to be sent to) _____

Child's Name _____

Date of Birth _____

Date of Death _____

Parent's Names _____

Child's Sibling's Names _____

If this is a information change ... please indicate what changes need to be made (i.e. name change, correction, sibling name addition etc...)

TCF 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 and 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 we feel helpless and see no hope.

Some of us have found our faith to be a source for strength; while some of us are struggling to find answers. Some of us are angry, filled with guilt or in a 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 that 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 grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends

Siblings Walking Together

(Formerly Sibling Credo)

We are the surviving siblings of The Compassionate Friends.

We are brought together by the deaths of our brothers and sisters.

Open your hearts to us, but have patience with us.

Sometimes we will need the support of our friends.

At other times we need our families to be there.

Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be.

We cannot be our dead brother or sister; however, a special part of them lives on with us.

When our brothers and sisters died, our lives changed.

We are living a life very different from what we envisioned,
and we feel the responsibility to be strong even when we feel weak.

Yet we can go on because we understand better than many others the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that we sometimes are, but to walk together to face our tomorrows
as surviving siblings of The Compassionate Friends.

About This Newsletter

This newsletter comes to you courtesy of The Compassionate Friends, Lehigh Valley Chapter with the hope that it will be a helpful resource for you on your grief journey.

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