



The Compassionate Friends

Lehigh Valley Chapter

Supporting Family After a Child Dies



484-597-0240

www.lehighvalleytcf.org

facebook.com/TCFlehighvalley

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Email: tcflehighvalley@gmail.com

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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.

Meeting and Events Calendar

March 10 Monthly Meeting - General Sharing

April 10 Monthly Meeting - Separate Sharing for Men and Women

Meeting Cancelations

In the event we need to cancel a meeting, as we did last month, due to inclement weather or other situations a notification will be posted on the **chapter facebook page** - facebook.com/TCFLehighValley, on the **website homepage and calendar** - www.lehighvalleytcf.org and on **voicemail message** at 484-891-0823. Please refer to these sources for updates on the

Other Local TCF Chapters Meetings

Carbon County
1st Wednesday 6:30 - 8:30 pm
Palmerton Community Ambulance Assn.
501 Delaware Ave. Palmerton
610-826-2938
Email: pannbiss@aol.com

Easton
2nd Thursday 7 - 9 pm
Good Shepherd Lutheran Church,
2115 Washington Blvd., Easton
610-866-5468
Email: szabojanosl@verizon.net

Quakertown
2nd Tuesday 7:30 - 9 pm
St. Lukes Quakertown Hospital
1021 Park Ave, Quakertown
215-536-0173
Email: tcfquakertownchapter@verizon.net

Local Children's Support Groups

Ryan's Tree for Grieving Children (ages 5-18) - www.slnh.org/ryanstree

Sessions are offered at various times throughout the year. Call Krista Malone @ 610-997-7120 for information or register

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. Call 610-762-5783 to register or for more information

TCF Telephone Friends

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

Infant Loss Cathy McDonald... 610 391-1474

Suicide..... John & Maria Szabo..... 610 866-5468

Multiple Children/

Addiction..... Nancy Howe..... 484-863-4324

General Loss..... Betty Thompson... 610 868-0303

Only Child..... Shelly Garst..... 484 241-5396

Homicide..... Ginger Renner..... 610-967-5113

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News, Events & Announcements

Mark your calendars for these upcoming meetings & events

❖ March 10 - Monthly Meeting

General Sharing

❖ April 10 - Monthly Meeting

Separate Sharing for men & women

❖ June 14

TCF Family Picnic and Memorial Balloon Launch, Moore Twp Recreation Center, Bath, PA. We welcome all members and their families to attend.

Watch for further information and rsvp form in upcoming issues.

New Members

Welcome new friends. We regret the cause that has brought you to our group. As fellow bereaved we offer care, compassion, comfort and a deep understanding of the pain you are experiencing. Please give us the opportunity to reach out to you by attending at least a few meetings.

Lehigh Valley Stacey Bedics - Brother - Shawn Williams

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.

To Our Seasoned Members

Think back to your first meeting. You were hurt, confused and felt alone in your grief. Remember the comfort you felt when you found you weren't alone and that others that had been where you were and survived. Remember the love and support you felt as fellow members offered on your grief journey. Now you are stronger and may not feel the need to attend meetings for aid and comfort. We need you though. New members need you. They need your encouragement, support and wisdom. If you haven't attended a meeting in awhile please consider coming back to offer hope to those who now feel lost and see no hope.

"It is one of the most beautiful compensations of life that no man can sincerely help another without helping himself" ~Ralph Waldo Emerson



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

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

Our Children Loved and Remembered Always

Birthdays and Anniversary dates can be especially difficult.

Please keep the parents, grandparents and siblings of the following children in your heart this month

March Birthdays

Joshua Bartosic	Son of Traci Jennings; Brother of Aaron Bartosic & the late Natasha Marie Bartosic	Mar 2
Timothy Bogart	Son of Nancy and Bill Bogart; Brother of Ryan Bogart & Katelyn Bogart	Mar 12
Joshua Booth	Son of Les and Bonnie Booth	Mar 12
John Evans	Son of Ann Evans; Brother of Tom Sampson & Patti Stout	Mar 12
John "Chuck" Frenchko	Son of John and Myrtle Frenchko	Mar 2
Joel Frisby	Son of Caroline Frisby; Brother of Richard, Gregory, Michael & Timothy Frisby	Mar 26
John Fry	Son of Cathy McDonald; Brother of Joey & Allison McDonald	Mar 19
Eileen Collins Gant	Daughter of Dorothy & the late John Collins Sr.; Sister of John, Steven & Brian Collins, Kathleen Morrison & MaryAnn Watkins	Mar 25
Sgt. Christopher Geiger	Son of George and Patricia Geiger; Brother of Michael, Terrance, David & Timothy Geiger	Mar 30
Lisette Hahn	Daughter of Louis and Joyce Szoke	Mar 4
David Hertzog	Son of Connie Hertzog; Brother of Billy Hertzog	Mar 10
Lori Hudasky	Daughter of Irene Hudasky	Mar 18
Ryan Jones	Son of David and Elaine Jones	Mar 7
Schylar Kemps	Son of John and Jenny Kemps; Brother of Courtney & Alex Kemps	Mar 8
Beth Anne Mather	Daughter of Peter Mather	Mar 12
Rowan McElmoyle	Son of James McElmoyle & Jenny Renninger	Mar 14
Michael McLaughlin	Son of James and Julia McLaughlin; Brother of Matthew and Patrick McLaughlin	Mar 16
Randy Peischl	Son of Betty Peischl	Mar 1
Valeri Powers	Sister of Stephen, Raymond & Gerald Taranto	Mar 31
Caleb Putro	Son of David and Susan Pultro; Brother of David Pultro, Jr	Mar 31
Nolan Ritchie	Son of Robert and Tiffany Ritchie; Brother of Triston & Cora Ritchie	Mar 29
Maria Rothermel	Daughter of Gerald and Doris Rothermel; Sister of Mark Rothermel	Mar 25
Andrew Siegfried	Son of Rich and Ruthann Siegfried; Brother of Ben Siegfried	Mar 27
Geoffrey Steckel	Son of Dean and Patricia Steckel; Brother of Jennifer and Mark Steckel	Mar 1
Travis Szerencits	Son of Craig and Cookie Harron	Mar 11
Tracy Szoke	Daughter of Randal and Kim Szoke; Sister of Trisha Remaley	Mar 9
Reeder Thatcher, Jr.	Son of Jane Thatcher & the Late Reeder Thatcher Sr. ; Brother of Timothy, Michael & Lynne	Mar 12
Matthew Tobias	Son of Allen and Roseann Tobias	Mar 15
Sheena Villa	Daughter of Bill Villa & Maquera Villa; Step Daughter of Angie Villa; Sister of Patrick Villa, Cruz Maquera & Gianni Villa	Mar 23
Chad Wagner	Son of Carl and Pamela Fehnel; Brother of Cori	Mar 13
Seth Warhurst	Son of Debra Warhurst; Brother of Michele Warhurst	Mar 4

Please Note: Due to privacy concerns Birthday and Anniversary listings are only published with permission for parents /guardians, siblings and grandparents. If your child, grandchild or siblings name does not above or a correction is needed please fill out and sign the Update Form on page 11

March Anniversaries

Penny Azar	Son of Michelle M. Azar & the late Diab Azar; Brother of Michelle Weidman & Jean-Pierre Azar	Mar 11
Emil Check, Jr.	Son of Mary Check; Brother of the late Joseph Michael Check	Mar 4
Nathan Deutsch	Son of Ronald & Karen Deutsch; Brother of Stephen & Derek Deutsch	Mar 14
Darlene Fitch	Sister of Diane Lehr & Gary Fitch	Mar 10
John "Chuck" Frenchko	Son of John & Myrtle Frenchko	Mar 11
Aaron Groff	Son of Leon & Debra Manuel; Brother of Melissa LaBar	Mar 5
Rita Guerrieri	Daughter of Art & Mary Guerrieri	Mar 11
Jonathan Hawk	Son of Bruce & Mary Hawk; Brother of Bruce Hawk & the late Lisa Hawk	Mar 30
David Hertzog	Son of Connie Hertzog; Brother of Billy Hertzog	Mar 19
Ryan Jones	Son of David & Elaine Jones	Mar 7
Jonathan Keller	Son of Dennis & Lori Keller; Brother of Amy Keller	Mar 23
Bonnie Krause	Daughter of Josephine Leiby - Mather	Mar 24
John "Jack" Kushnerick, Jr.	Son of Bernice Kushnerick; Brother of Pat & Jan Kushnerick	Mar 16
Brian Lentz	Son of Gary & Judy Lentz	Mar 10
Kevin Martin	Son of J. Ronald & Linda Martin	Mar 17
Rowan McElmoyle	Son of James McElmoyle & Jenny Renninger	Mar 14
Jim Minter	Son of Jim & Barbara Minter; Brother of Jeanine Minter	Mar 14
Adria Parker	Daughter of Adele Parker; Sister of Briana Parker & Nathan Parker	Mar 22
Eliza Parker	Daughter of The late Adria Parker; Granddaughter of Adele Parker	Mar 22
Buddy Pearson	Son of Bob & Shelly Garst	Mar 24
Quinna Schleicher	Daughter of Lin & Judy Schleicher; Sister of Aaron Schleicher; Granddaughter of Marie Moyer	Mar 10
Amanda Schultz	Daughter of Mark & Patty Schultz; Sister of Ryan & Eric Schultz	Mar 5
Lisa Staub	Daughter of Mark & Louise Stahley; Granddaughter of William & Patricia Johnson	Mar 2
Jason Steigerwalt	Son of Sandra Steigerwalt	Mar 20
Pete Swartwood, III	Son of Pete Swartwood	Mar 22
Sheena Villa	Daughter of Bill Villa & Maquera Villa; Step Daughter of Angie Villa; Sister of Patrick Villa, Cruz Maquera & Gianni Villa	Mar 24
Seth Warhurst	Son of Debra Warhurst; Brother of Michele Warhurst	Mar 6
Christopher Yetter	Son of Richard Yetter; Stepson of Robyn Yetter; Brother of Nicholas Yetter & Jessica Yetter	Mar 5

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Love Gifts

There are no dues or fees to belong to The Compassionate Friends. Our largest monthly expense is the printing and mailing of newsletters to our 400 readers. 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 our members. Love Gifts are most often given in memory of a child who has died. They may also be given in memory of or in honor of a friend, relative or special person. To make a love gift donation please use form on page 11

We thank the following for their generous donations this month

- | | |
|-----------------------------------|--|
| ♥ Elizabeth Hotz | James "Jimmy" Hotz
<i>In Loving Memory</i> |
| ♥ Lawrence & Linda Melenchek | Nathaniel Davis
<i>Nate, We miss you! Love you always. Aunt Linda, Uncle Larry, Stacie & Justin</i> |
| ♥ Rick and Kathleen Fenstermacher | Eric Fenstermacher
<i>Happy 23rd Birthday in Heaven. Missing u everyday in every way. Til we meet again. Love Mom, Dad, Heather, Sean, Roxy & Sophie</i> |
| ♥ Caroline Frisby | Joel L. Frisby
<i>We love you and think of you every day. Mom, Richard, Gregory, Mike & Tim</i> |

Donations and Contributions

TCF Lehigh Valley Contributors

- ★ *Sacred Heart Hospital, Allentown for meeting room and drinks*
- ★ *Mary Ann Donuts, Allentown for meeting snacks*
- ★ *Giant Food Store Employees, Village West, Allentown for United Way Contributions*

- ★ *Aetna 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.

An Irish Blessing

May God Grant you always...
 A sunbeam to warm you,
 A moonbeam to charm you,
 A sheltering Angel, so nothing can harm you

Our Struggle In The World That Surrounds Us

By Lara Krum, TCF Carbon County, PA

Our lives were forever changed when our world was blown apart.
 The blast has thrown us down to depths so deep.
 Farther down into darkness than we could have ever known existed
 In a hole flooded with the tears that we weep.
 The struggle we face in trying to crawl out of that hole is unimaginably grueling
 It often feels too difficult to continue the fight;
 When each inch of the climb is muddled with unexpected obstacles
 Making it even harder to see a pinpoint of light.
 We muster up strength to labor through, not even sure of the reason
 For without our children, why do we *want* to survive?
 Crushed dreams, and an empty future will forever run parallel
 with the longing for your child to still be alive.
 When we're in places deep and dark, muddy and slippery,
 and sometimes drowning in our tears;
 We might instinctively try to grab on to something, to depend on for help to lift us up
 in an effort to quell our fears.
 We'll grab hold of a mangled root that's jutting out from the side of the hole
 to assist with a little lift;
 And as our arms begin to tremble from hopelessly hanging on,
 a protruding rock for our foot is a welcome gift.
 As weariness grows, we desperately rely on knowing what we reach out for is sturdy,
 We hope for a moment to feel stable.
 When our vision is clouded by mud and we float in our tears,
 We remain as confident as we are able.
 With love in our hearts, we regain energy and might, to make it up to the top
 And attempt to stagger along the path.
 The tremendous amount of energy we use to plod only takes us a short distance
 As we continue to face enormous wrath.
 Encounters in this world are now aimless and deficient,
 Our emotions are often very wild.
 How can we even begin to determine what we should now do
 When all we want is to be with our child?
 In no time at all, as we're limping along, we discover that we no longer seem to fit
 If we try to be honest and true-
 With hopeless thoughts, and how sad we feel about what has been ripped away forever.
 Others don't want to know we feel blue.
 The reactions we experience are at first shocking and wounding for us
 when acceptance is what we want;
 Energy and muscle is what it seems to take as our efforts are condemned,
 And others' words are blunt.
 When others demand we go at *their* speed and follow *their* map, or confuse us
 with obstacles that cause us more trouble,
 We agonize over what we once could tolerate, our minds become unclear
 Even though we once were durable.
 It is so tragic, we never wanted to live in this world without our children
 This nightmare is the worst.
 When you hear us cry and see us falter, please try to be kind and try not to judge
 Because our children should never have gone first!



Spring Is Coming

By Evelyn Billings
TCF Springfield, MA

If you are newly bereaved and looking toward your "first" spring, you may be surprised at some of the feelings you may experience during the next few weeks.

We hear much about the beauty of spring - the new life and the feelings of renewal that are supposed to accompany this lovely time of year. During my "first" year I expected that spring would cheer me up and make me feel lots better.

How surprised and frustrated I was when, on one of those truly magnificent spring days that life seems to burst forth everywhere, I was "in the pits". When a friend said to me, "Doesn't a day like this lift your spirits and make you feel better?" I had to reply honestly that I was having a really bad day. That the sense of loss and emptiness was greatly intensified. Gradually, I began to realize that my expectations for spring were unrealistically high. I had looked forward to spring with the wrong kind of hope.

When we are newly bereaved, we are constantly looking for something to take away the pain and make our lives all right again. Unfortunately, there is no magical event or moment when this takes place. It does happen, but only with time and grief work we must all do before we can be healed.

The coming of spring cannot make everything okay again. What it can do, however, is remind us that regardless of what happens in our lives, nature's processes will continue, and that can offer us hope.

I am looking forward to spring this year. I welcome the sun's warmth, the return of the birds from their winter in the south, the forsythia, the daffodils and the greening of the world.

Know that someday you will once again welcome spring. Be gentle and patient with yourself and with nature. Don't expect too much. Be ready to let a little of the hope that spring can offer into your heart.

Musings

By Sheila Simmons, TCF Atlanta

Isn't it strange that things we once took for granted, have changed so much? Things like the soft wings of a brilliant colored butterfly, or the radiant colors in the sky at dawn and sunset or perhaps a song we heard in passing or a movie, we once took for granted. But now, these very same things can bring on tears and leave us feeling a deep sense of longing. Why? Are these not the same as before? What changed? We did. The things we once took for granted are now viewed with much more than human eyes. We now experience these things through the eyes of a broken heart.

Prayer for Spring

By Janice Heil,
Coquitlam, BC Canada

Like Springtime, let me unfold and grow fresh and anew, from this cocoon of grief that has been spun around me.

Help me face the harsh reality of sunshine and renewed life, as my bones still creak from the winter of my grief.

Life has dared to go on around me, and as I recover from the insult of life's continuance, I readjust my focus to include recovery and growth as a possibility in my future.

Give me strength to break out of the cocoon of my grief. But may I never forget it is the place where I grew my wings, becoming a new person because of my loss.

The Myth Of Perfect Parenthood

By Margaret Gerner, TCF St. Louis, Missouri

The feeling of worthlessness is strong in many bereaved parents. I believe that the myth of Perfect Parenthood that is deeply set in us is one of the main causes. We expect that we will raise perfect children, provide them with the very best we can afford, and most of all, see that they are safe and secure in their lives. Then when the unspeakable happens and our child dies, we feel we have failed totally and completely.

We did not see the unhappiness in our child in time to prevent his suicide. We did not spot the symptoms of her illness in time to prevent her death. We let her take the car instead of driving her ourselves. We were enjoying ourselves somewhere else when he was run down by a careless driver. It's our fault. We failed to be a perfect parent.

It sounds ridiculous, but unconsciously, below our awareness, lies the idea that if we had been doing our job as "Good Parents", we could have prevented our child's death.

Not one of us has ever said, "I expect to be the perfect parent", but on all sides of us, it is implied that we should be. The television and advertising media are big contributors to this myth. The "Father Knows Best" type of TV program convinces us that we should be perfect parents. The parents in the TV shows always see that their child is depressed and know the right words to talk him out of it. The TV mother always discovers the illness in time for the doctors to cure him. The TV child has been taught to drive carefully, and if he does get into an accident, he comes out of it with fixable injuries.

Advertising tells us the right things to use to raise perfect children. If they are not perfect, it tells us the right things to use to make them that way. It even tells us what insurance to buy that will help us pay for that perfection.

We, ourselves expect to do a better job of rearing our children than our parents did. All around us, other parents seem to be doing a better job with their children than we are.

We are bombarded from all sides by the idea that we should be perfect parents. Even before our child died, many of us felt inadequate as parents at time, but when our child died, we saw ourselves as total failures. Our unconscious minds told us we were not perfect parents, so therefore our child was dead. We failed. We were worthless.

How unfortunate this is. As human beings we cannot be perfect parents. We need to realize that we did the best we could have done for our child with the emotional, intellectual and material tools we had. Our child's death, no matter what he died from, was not caused by our failure as parents.

We need to be aware that this myth of Perfect Parenthood is actively at work in our subconscious minds and feeds our feelings of worthlessness. The pain of the loss of our child is devastating enough--we don't need to beat ourselves down even further by allowing this myth to consume us.

If Only

By Theresa Hutchinson, Norman, OK TCF

"If Only" is the whip with which we lash ourselves.

- ❖ If only I had not bought him a motorcycle...
- ❖ If only I had not let her cross the street alone....
- ❖ If only I had forbidden him to drive while he was so tired...
- ❖ If only I hadn't permitted the surgery...
- ❖ If only I had allowed the surgery sooner...
- ❖ If only I had waited for trained personnel to move her...
- ❖ If only I were an all-knowing, all-powerful God,

I would not have allowed my child to die
But I am only human.

Guilt is perhaps the most painful companion to

How Long?

By Joan Schmidt.
Central Jersey TCF



How long does it take to put yourself back together? That's one of the questions in the early days of bereavement. There's no one answer that's always right. It's not $64 + 36 = 100$. It all depends. Maybe the sun is shining. Maybe a flower blooms. Maybe something is funny and you laugh. Maybe the storm ends with a rainbow. But there are also days when none of those cheery things happen.

Do you really have to be 100 every day? Be reasonable with yourself. You knew your child would stumble now and then when he learned to walk. Figure that you have to do the same as you try to learn to walk without him.

Take just one step at a time. It will help you to walk through one hour at a time, and one day at a time.

As the days go by, perhaps into the thousands, you'll realize you have some energy. Your act has some semblance of shape. Not the way it used to be; but better than it has been. Some things seem to get done. Surprising, and pleasant.

Remember, there'll be down days. Nothing goes right, nothing gets finished. If you do demand of yourself some daily success, a small list of mindless jobs for those days might be useful. Mine includes pulling weeds (yard looks a lot better this summer!), washing floors or windows, polishing silver or copper pans. You probably have some good ideas to add. The point is to be reasonable. Set no goal. One weed pulled, one pot polished - that's an accomplishment.

You don't need to meet someone else's standards.

If the future seems
overwhelming, remember
that it comes one moment
at a ————— time

Beth Mende Conny

March The Month of In Between

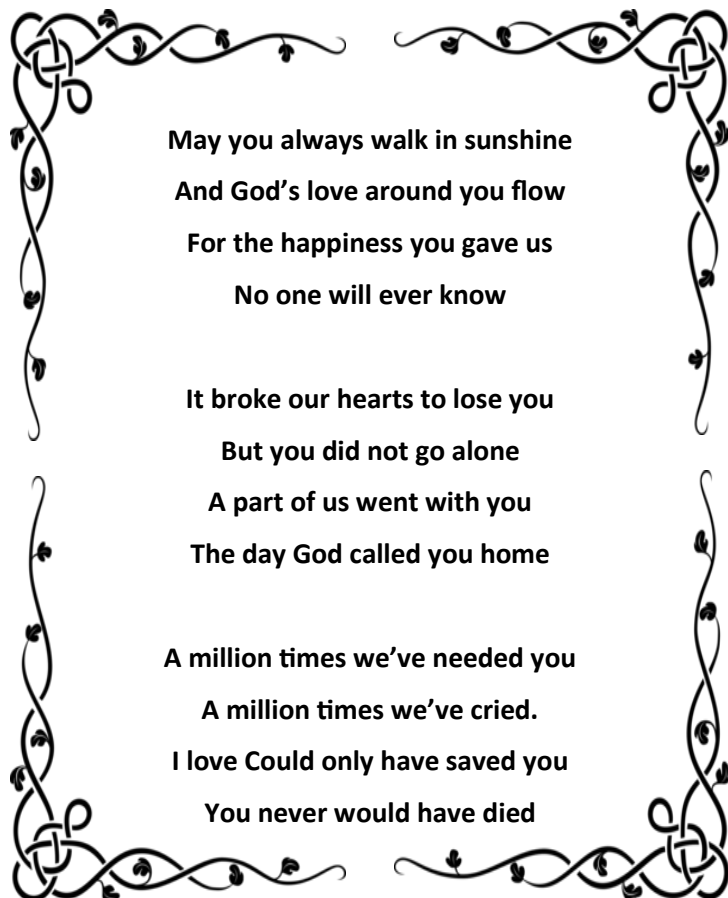
By Naomi Holzman TCF, Volusia/Flagler, FL

In between winter
And Spring
Your death has left me
Feeling in between

In between this world
And the next
Since you died
Nothing's the same

I no longer feel like I belong
Yet I haven't wings for Heaven
Though I have no heart for earth

So I'm somewhere with March
I'm somewhere in between



May you always walk in sunshine
And God's love around you flow
For the happiness you gave us
No one will ever know

It broke our hearts to lose you
But you did not go alone
A part of us went with you
The day God called you home

A million times we've needed you
A million times we've cried.
I love Could only have saved you
You never would have died

Sibling Page

The following beautiful story about a sibling continuing to carry her sister with her throughout her life was written by Diedre Paterno Pai of Boulder, CO and emailed to her friend, who is a bereaved sibling also.

Tuesday was the fourth anniversary of Danielle's death. I was on a plane after about 4 hours of sleep and in meetings all day in Arizona. Her memory would grab at my chest when walking to my room or taking a phone call but I couldn't let myself go. Thank God for exhaustion! I was able to spend the weekend in Florida, not to memorialize her but as often happens when I am near the sea, I was able to hold her in my mind and heart and I was able to swim with her as I do everywhere I go in the world.

As you probably know, we scattered my sister's ashes into the ocean near where we played as children. No matter where I travel to, I feel her close to me when I put my feet into a stream, a lake, a waterfall but mostly - when I am near the ocean. I have danced with her in Spain off the southern coast, I have cried with her in Italy and have run alongside of her in New Jersey as she meanders next to my running trail.. I am able to dance with her and laugh with her and fill myself with her as her memory is embodied in the waters I love. I am looking forward to seeing her in China and alongside me as I run my marathon near the coast. As time goes on, it hurts differently but heals more to let the water tickle my toes. Like she was in life, she is at times stormy or cold and others she is bright and glistening... rambling... at other times she is warm and soothing.

The morning we were supposed to leave Florida, I walked out onto the beach to say hello to her and about 15 feet off shore, three dolphins played and I laughed out loud at their antics knowing she was a part of that spirit and that moment was between us. I picked up a shell to hold the memory. I continue to make memories, even though she is gone. I miss her.

Stay Near

I sit in your once bright room

I can feel you are near

Can you see me?

Are you here?

Can you see me fall to my knees in pain?

Wanting you to be with me,

And take care of me

And grow with me

`till the end of time?
Do you know when I cry for you?
Can you hear me when I talk to you?

You have touched so many lives

Everyone loves you

Why did you have to go?

Why?

I never expected this,

I never thought I would

ever feel this way

These feelings of such loneliness

And despair...

I love you, I hope you know that

for you are the most loved in my heart

But now you are gone,

Stay near me

That's all I ask

Protect me from this world

And help me up when I fall

I can't do this on my own

All I ask,

Be with me.

Selina Lepinsky, TCF/ Winnipeg, Canada

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 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) section.

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

The following is Information change or update Address or Phone change Permission (check this box to grant OCR publication Newsletter/ Web permission)

Your Name _____

Signature (required) _____

Relationship to Child _____

Email Address _____

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

Phone Number _____

Child's Name _____

Date of Birth _____

Date of Death _____

Parent / Guardian 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.

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.

If you no longer wish to receive the newsletter please contact the newsletter editor by phone at 484-891-0823; by email: TCFNewsEditor@gmail.com or by mail sent to TCF Lehigh Valley, ATTN: Newsletter Editor, PO Box 149, Bath, PA 18014

Please Note: Our newsletters are mailed through Bulk Mail and the Post Office does not forward or hold bulk mail. It is returned to us at our expense.

If you are moving or having your mail held please remember to inform the Newsletter Editor (see information above). If your newsletter is returned to us and we are not notified your name will be removed from the mailing list.



Newsletter Submissions

Submit articles and poetry to the editor by the first of the proceeding month. Include the author's name & your contact information.

Mail to: TCF Lehigh Valley, ATTN: Newsletter Editor, PO Box 149, Bath, PA 18014 or email to: [email: TCFNewsEditor@gmail.com](mailto:TCFNewsEditor@gmail.com)