



# The Compassionate Friends

## Lehigh Valley Chapter

### Supporting Family After a Child Dies

October/November 2015

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Volume 29, Issue 10

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#### TCF Online Support

www.compassionatefriends.org  
click on "Online Support" under  
the "Find Support" 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.

## 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

- Oct 12** Monthly Meeting - General Sharing
- Oct 21** TCF Basket Bingo - 1601 Laubach Ave, Northampton - tickets 20.00 Doors open at 5 pm
- November 9** General Sharing /Handling The Holidays
- Dec 13** TCF Worldwide Candle Lighting - See page 2 for details
- Dec 14** Candlelight Remembrance Service - See page 2 for details

## Other Local Bereavement Groups & TCF Chapters

**TCF Carbon County Chapter** - 1st Wednesday 7:00 - 8:30 pm at Palmerton Community Ambulance Assn., 501 Delaware Ave. Palmerton  
Chapter Leader - Patti Bissell, Contact Phone: 610-826-2938 Contact Email: pannbiss@aol.com

**TCF Easton Chapter**- 2nd Thursday 7:00 - 9:00 pm at Good Shepherd Lutheran Church, 2115 Washington Blvd., Easton  
Chapter Leaders John & Maria Szabo, Contact Phone: 610-866-5468 Contact Email: szabojanos1@verizon.net

**TCF Quakertown Chapter** - 2nd Tuesday 7:30 - 9:00 pm at St. Lukes Quakertown Hospital; 1021 Park Ave, Quakertown  
Contact Phone: 215-536-0173, Contact Email: tcfquakertownchapter@verizon.net

**GRASP** (grief recovery after substance passing) 3rd Monday at The First Presbyterian Church, Cedar Crest & Tilghman Sts., Allentown  
Preregistration required, Contact: Nancy Howe 484-863-4324; 484-788-9440; nancyhowe@ymail.com

## Local Children's Support Groups

**Ryan's Tree for Grieving Children (ages 5-18)** - www.slhn.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)** Meeting day, time & place coincide with TCF, LV  
Facilitated by Jeanette Laube, MA on a as needed basis. Preregistration required. Call 610-762-5783

## TCF Telephone Friends

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

- |                   |                   |              |                |                         |              |
|-------------------|-------------------|--------------|----------------|-------------------------|--------------|
| Infant Loss ..... | Kim Szep.....     | 610-730-3111 | Suicide.....   | John & Maria Szabo..... | 610 866-5468 |
| Infant Loss ..... | Cathy McDonald... | 610 391-1474 | Addiction..... | Nancy Howe.....         | 484-863-4324 |
| Only Child.....   | Shelly Garst..... | 484 241-5396 | Homicide.....  | Ginger Renner.....      | 610-967-5113 |

# News, Events & Announcements

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## Remembrance Weekend December 12-13, 2015

Zion UCC Church, 2nd & Iron Sts, Lehighton

Saturday events include a 5k or 1 mile run/walk (registration & fee required); various bereavement panel discussions/sharing sessions; Keynote speaker Sara Ruble and Trinity Praise Band concert (Free but registration required)

Sunday 6:30 pm - Worldwide Candle Lighting Service

For information & registration forms visit: [www.Zionlehighton.org](http://www.Zionlehighton.org), or at [www.facebook.com/dylanandgavinsrainbow](http://www.facebook.com/dylanandgavinsrainbow).  
For more information Call: Ken at Zion UCC - 610-377-1191 or Email Dave & Lora at [davelora@ptd.net](mailto:davelora@ptd.net).

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## The 19th Annual TCF Worldwide Candle Lighting December 13, 2015

The Worldwide Candle Lighting is a very special and moving event, when bereaved families join together from around the world and light candles at 7:00 p.m. local time to commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the 19th annual Worldwide Candle Lighting creates a virtual 24-hour wave of light as it moves from time zone to time zone

**In the Lehigh Valley area** Tom & Eva Siebert are hosting their annual Worldwide Candle Lighting Social at their home on Dec 13th at 5:30. Everyone welcome! Covered dishes welcome but not necessary, candles provided.

For information, directions & to RSVP call Tom and Eva at 610 967-5886

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## TCF Candle Light Remembrance Service December 14, 2015

Sacred Heart Hospital Auditorium 6:45 - 9pm



All members and families, as well as anyone who has lost a child, sibling or grandchild are invited to attend. The service features music, poetry readings, memorial candle lighting, a slideshow of our children, followed by a social.

### **For the slideshow submit the following no later than Oct. 31st:**

- ♥ 1-2 individual (not group) photo(s) of your child, sibling or grandchild (up to 8x10). Note: If you previously submitted a photo you do not need to submit another. All photos returned at the service
- ♥ Your contact info, child's name, birth & anniversary dates, family members names

### **Submit by:**

- ♦ **Email:** a photo quality jpeg & info to: [kimberlee.szep@lvh.com](mailto:kimberlee.szep@lvh.com) **Mail:** in a stiff mailer to - Kim Szep, 5816 Snowy Orchid Lane, Allentown, PA 18104 **or Make an appointment** by calling Kim @ 610-530-4244

*Please follow the submission instructions carefully and submit all required information prior to the deadline.  
The chapter is not responsible for submissions that are incomplete, late or sent to the wrong address.*

## Important Information

### Upcoming Changes to the Newsletter

Dear Readers,

As you've probably noticed this issue is late and spans the months of October and November. The reason for this is a member of my family is seriously ill and I no longer have the time I once did. Regretfully this will impact not only this issue but future issues as well. I know a lot of you look forward to receiving your newsletter, unfortunately at this time no one has stepped forward to take over as editor of the newsletter or to aid in its creation. I need to focus on my family now and without a replacement the only way I can continue on as newsletter editor is to cut back on the frequency of issues. Therefore starting in 2016 the newsletter will be published quarterly. This will change the cutoff dates for article & poem submissions as well as love gifts and donations.

Below is a list of the cutoff dates for the new year:

Issue	Cutoff Date	Issue	Cutoff Date
<b>Winter</b> (January, February, March)	- <b>December 1<sup>st</sup></b>	<b>Summer</b> (July, August, September)	- <b>June 1<sup>st</sup></b>
<b>Spring</b> (April, May, June)	- <b>March 1<sup>st</sup></b>	<b>Fall</b> (October, November, December)	- <b>September 1<sup>st</sup></b>

Thank you for your understanding  
*Kathy Collins*

## Masques

By Karen Nelson, TCF Columbia, MO



In idle conversation you ask me about my children. You are an acquaintance. I do not know you well and so I don a masque. I speak happily of joys, light heartedly of mischief, but I do not speak of death.

I do not want to see the shadow of uncertainty pass your face and feel the awkward silence that falls like a curtain between us. I do not want to say, "It's OK, that was a long time ago. "It will never be quite "okay" and sometimes it seems as if it happened yesterday.

And so I take my masque along with me through life like a perpetual Halloween night, to hide just a bit from people and to preserve my strength. For mourning is tiring and each time I recount that day of death, I am a little wearied. I would rather speak of the joys in his life than the sorrows of his death to strangers who absently ask of children.

Yet tragedy is more universal than I had ever known before it touched my life. And so many times I wonder who else looks out from behind a masque.

*I have been trying to make the best of grief and am just beginning to learn to allow it to make the best of me.*

*Barbara Lazear Ascher*

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### 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



Visit our **web page** at [www.lehighvalleytcf.org](http://www.lehighvalleytcf.org) for group information, meetings schedule, upcoming events and helpful links.

**Like our facebook page:** [www.facebook.com/TCFLehighValley](http://www.facebook.com/TCFLehighValley) for quotes, meeting & event reminders, cancelations and member forum.

Find us on **Pinterest** under the keyword **The Compassionate Friends, Lehigh Valley Chapter**

## 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](mailto:TCFNewsEditor@gmail.com) or by mail: TCF Lehigh Valley, ATTN: Newsletter Editor, PO Box 149, Bath, PA 18014*

**If you are Moving or going on Vacation and having your mail held or forwarded?** Please remember to inform the Newsletter Editor (see contact information above) of your new address or if your mail is being held or forwarded. Newsletters are mailed bulk mail and can not be forwarded or held. They are returned to us at our expense. If your newsletter is returned your name will be removed from the mailing list.

### Newsletter Submissions

Love Gifts, articles and poetry must for December issue must be received by November 1st - *See page 3 for cutoff dates for next year*

Send Love Gifts to the address on the Love Gift form.

Send Poems and Articles (Including the author's name & your contact information) by 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)

# Our Children Loved and Remembered Always

**Birthday and Anniversary dates can be especially difficult. Please keep the parents, grandparents and siblings of the following children in your thoughts and heart this month**

*Note: Due to privacy concerns Birthday and Anniversary listings are only published with permission for Parents/Guardians, Siblings & Grandparents. For additions and corrections complete & sign the Update Form (pg 11) & mail to the address indicated.*

## October and November Birthdays and Anniversaries

Child	Parents, Guardians, Siblings & Grandparents	Birthday	Anniv.
Aaron Abud	Son of Jose & Susan Abud; Brother of Ariana, Sophia & Susan Abud	Nov 14	Sep 4
John Ashner, Jr.	Son of John & Grace Ashner; Brother of Suzanne	Jun 22	Nov 8
Matthew Aungst	Son of Christopher & Mary Kelly Aungst; Brother of Alecia & David Aungst Aungst	Oct 15	May 30
Salvatore Bartolotta	Son of Salvatore & Mary Bartolotta	Nov 26	Dec 27
Sergei Beloglazova	Brother of Ulia Doschiavo	Dec 31	Oct 29
Kevin Blosky	Son of Jack & Janet Blosky; Grandson of Jack & Nancy Blosky	Jan 28	Oct 4
Brian Burke	Son of Rich & Mary Burke; Brother of Melissa Burke;	Jan 3	Oct 9
Anthony Coccia	Nephew of Jane Coggins	Jun 30	Oct 3
Jessica Coe	Daughter of Randy & Diane Coe; Sister of Allison Coe	Aug 13	Oct 7
Christopher Cole	Son of Donald Cole; Brother of Lauren Cole	Oct 10	Sep 10
John Counterman, III	Brother of Theresa Legarski	Sep 30	Nov 2
David DeLong	Son of Gene & Dawn DeLong; Brother of Jamie DeLong; Grandson of David Kaufman	Oct 23	Dec 7
Barry Donchez	Son of Edward & Olga Donchez; Brother of Linda Shive & Mike Donchez	Nov 28	Jan 10
Nicholas Fetchko	Son of George & Fran Fetchko; Brother of Rebecca Fetchko & Andrew Fetchko	Oct 11	Nov 20
Benjamin Fry	Son of John & Cynthia Chryst; Twin Brother of Jeff Fry; Brother of the late Peter & Paul Fry; Grandson of Charles & Rose Giltner	Oct 6	Mar 14
Kelly Gallagher	Daughter of Marigrace Gallagher	Dec 31	Nov 15
James "Jim" Gum	Son of Sherwood & June Gum; Brother of Deborah Martini	Nov 21	May 1
Timothy Hamm	Son of Shirley Hamm	Nov 1	Nov 20
Jill Harris	Daughter of Fred & Pat Andrew; Sister of Jeff	Nov 5	Jun 28
Anne Marie Mabus Heater	Daughter of Wayne & Frances Mabus; Sister of Steven Mabus	Jan 7	Nov 25
Jonathan Hoffstetter	Son of Richard & Suzanne Hoffstetter; Brother of Diane & Kenneth Hoffstetter	Sep 22	Oct 1
Julie Howe	Daughter of Timothy & Nancy Howe; Sister of Melanie Howe	Sep 3	Nov 19
Molly Hude	Daughter of Rex & Yvonne Hude; Grand daughter of Nancy Kornafel	Nov 2	Jul 2
Jeanne Hurley	Daughter of Stephen & Jeannette Viglione; Sister of Michele Yankowy; Sister of Robert Wambold, Jr.	Oct 12	Aug 13
Jordon Hyndman	Son of Robin Hyndman; Brother of Shawna & Briana Hyndman	Nov 14	May 23
Brandon Jesse	Son of Cathi Jesse	Nov 2	Aug 6
Carol Johnson	Daughter of Lauretta Coyne; Sister of Elaine Muretta, Bob, Jim & Dave Johnson	Oct 18	Sep 23
David Julo	Son of Jack & Margaret Julo	Oct 1	Oct 16
Jonathan Keller	Son of Dennis & Lori Keller; Brother of Amy Keller	Oct 25	Mar 23
Kimberly Kohl	Daughter of Lyndon & Linda Kohl	Nov 17	Sep 28
Matthew Kolb	Brother of Sarah & Andrew Kolb	Nov 26	Sep 6
Tara Koshinski	Daughter of Daniel & Mary Koshinski; SrGranddaughter of Joanne Gordon	May 26	Nov 18
Randy Krieg	Grandson of Gloria Perlis	Oct 15	Dec 1

## October and November Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
Gavin Krum	Son of David & Lora Krum; Brother of The Late Dylan Krum; Grandson of Nevin Krum & Henry & Shirley Long	Apr 9	Nov 27
Todd Kuhns	Son of Leonard Kuhns & Shannon Kuhns; Brother of Leonard & Londa Kuhns	Nov 9	Dec 15
Jack Kuhns, Jr	Son of Jack & Cindy Kuhns; Brother of Michelle & Josh Kuhns	Sep 23	Oct 12
Richard Kulik	Son of Dolores Kulik; Brother of Christina Schantzenbach & Michael Kulik	Sep 5	Oct 27
Michael Kulp	Son of Mike & Tamara Kulp; Brother of Mikell Kulp	Apr 21	Nov 17
Charles Kunsman, Jr	Son of Charles & Joan Kunsman; Brother of Sherry Flanagan, Sandra Kunsman, the late Walter Alfonso & the late David Kunsman	Sep 18	Nov 19
Joy Laube	Daughter of Barry & Jeanette Laube	Nov 3	Jan 15
Joseph Lestishock	Son of Marjorie Lestishock	Aug 30	Nov 2
Paul Levine	Son of Louisa Levine; Brother of Gregory, Mary & Philip Levine	Sep 28	Oct 31
Nathan Loicano	Brother of Andrea Loicano	Nov 17	Nov 18
Andrea Luecke	Daughter of Louise Luecke; Sister of Jennae Luecke	Jan 30	Oct 23
John Luzenski	Son of John & Audrey Luzenski; Brother of Judy & Jeffrey Luzenski	Oct 6	Oct 28
Tina Marko	Daughter of Darlene Loncosky	Aug 8	Oct 9
Micheal Martin, Jr	Son of Micheal & Jean Martin	Feb 4	Nov 29
Cathy Ann Mertz	Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue	Oct 28	Dec 17
Jacob Miller	Son of William R & Caroline P Miller	Nov 15	Nov 16
Jason Miller	Son of Phil & Pam Miller	Dec 10	Nov 28
Thomas Miller	Grandson of Emma Butz	Nov 21	Feb 18
Glenn Miller, Jr.	Son of Lin Miller; Brother of Lorrie Woolever	Nov 20	Aug 4
Bob Minotti	Brother of Lauren Wallitsch		Nov 1
Tanya Negrete	Daughter of Judy Negrete; Sister of Melissa & Laura Negrete	May 17	Oct 20
Anthony Parker, Jr	Son of Melissa Pickett	Oct 3	Oct 3
Allison Perno	Daughter of Cathy Perno; Sister of Joseph & Anthony Perno	Oct 7	Jun 10
Wayne Petzold	Son of David & Joan Petzold, Sr.; Brother of Amy, Dave & Father of Katie Petzold	Aug 20	Oct 8
PJ Pfenning	Son of Maureen Pfenning; Brother of Mandy Sciarillo & Lauren Pfenning	Aug 30	Nov 5
Caleb Putro	Son of David & Susan Pultro; Brother of David Pultro, Jr	Mar 31	Oct 13
Deanna Renner	Daughter of Ginger Renner & The late Merle Renner	Oct 11	Oct 22
Lydia Rice Cobb	Daughter of Virginia Rice	Sep 27	Oct 10
Pablo Rivera, Jr	Son of Beverly Rivera; Brother of Jeremy & Jesserina Rivera	Jul 10	Nov 19
Daniel Rostkowski	Son of Shirley May Rostkowski; Brother of Janet Wise & Andrew Rostkowski	Nov 28	Jan 30
Scott Rothrock	Son of Larry & Linda Rothrock	Oct 20	Sep 18
Jason Rute	Son of Bill & Linda Cavanaugh	Aug 25	Nov 13
Scott Sargeant	Son of Gary & Phyllis Sargeant; Brother of Gary & Paul	Apr 14	Nov 1
Dean Schuler	Son of Betty Schuler & the late Lester Schuler	May 22	Nov 19
Thomas Sensinger	Son of Ann Sensinger; Brother of Susan Brown	Jun 14	Oct 9
Darryl Shurow	Son of Lew & Sharon Richards	Oct 12	Aug 18
Matthew Solderitch	Son of Brenda Solderitch & the Late Stephen Solderitch Sr.; Brother of Tina Saginario	Nov 24	Nov 3

## October and November Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
Troy Southgate	Son of Donald & Susann Southgate; Brother of Martin Southgate	Feb 25	Oct 30
Lisa Staub	Daughter of Mark & Louise Stahley	Oct 1	Mar 2
Michael Stocker	Son of Calvin & Kay Stocker; Brother of Megan Fibrick	Oct 14	Jan 26
Pete Swartwood, III	Son of Pete Swartwood	Oct 11	Mar 22
Debra Sweeney	Daughter of Richard & Doris Hosler; Sister of Donna Mallard	Nov 16	Jan 5
Tracy Szoke	Daughter of Randal & Kim Szoke; Sister of Trisha Remaley	Mar 9	Nov 24
David Uecker	Son of Susan Uecker-Bittner & The Late Phillip C. Uecker Brother of Amanda Uecker-Miernicki	Aug 2	Oct 3
Richard "Rick" Wetherhold	Son of Franklin & Eleanor Wetherhold; Brother of Michael Wetherhold	Nov 20	Apr 16
Darren Whipple	Brother of Jean Marie Yurkovitch	Oct 27	Nov 2
Christopher Williamson	Son of Chris & Kim Williamson; Brother of Christina Joy Williamson	Nov 12	Nov 12
Quinn Wolfe	Daughter of Matt Wolfe	Aug 20	Nov 17
Adam Wolk	Son of Michael & Sheila Wolk; Brother of Laura & Sarah Wolk	Aug 1	Oct 22
Kenneth Zellner	Son of Kenneth & Barbara Zellner	Oct 11	Nov 15

## The Pain of Losing a Child

By Tina Adamski, Tri-County, PA TCF

I've never suffered a gunshot wound, but I've read that If you remain awake after being shot, you don't feel anything at first Just numb. Then suddenly, a sensation of overwhelming cold or heat followed quickly by unbearable pain.

How similar is this to parental grief? When our child first dies, we are mercifully cushioned by 'shock'. We are numb, unfeeling. We make decisions and follow rituals without thought but at some point, the shock wears off. Some of us experience this gradually, while some of us feel the change in the blink of an eye. My shock wore off gradually, but when it did, I felt cold. My hands and feet felt like I had been shoveling snow in a swimsuit I felt my blood rush through my veins, aware of it as never before, because it was so cold. Suddenly Shelly's death hit me. The icy fingers of terror squeezed my heart so hard, I thought It would explode. My heart didn't explode - but as I warmed up, it hurt. My head hurt, my arms, legs, liver, heart, intestines, mind, toes, my everything hurt. The pain was like none I had ever felt before. I felt that the pain had invaded my every pore. Each cell of my body felt ready to burst.

As a gunshot wound heals, the pain slowly recedes. There is work to do. Continued medical treatment may be needed. Rehabilitation progresses. Then there is a scar. It hurts sometimes for no reason at all. It hurts sometimes because we bang it. It hurts sometimes because we think about the cause of the scar. It hurts sometimes because we see someone else wounded by a bullet

How similar is this to parental grief? As our grief progresses, our pain does ease. It takes a long time. Hard work is required. Continued help from private counselors, support groups or friends and family may be needed. Then one day, the pain isn't the first thing to come to mind when we wake up In the morning. As a gunshot victim one morning awakens, stretches and doesn't feel immediate pain, we begin the day without tears. But, by the time lunch rolls around, the gunshot victim's body is sore from use, because It is not fully healed, and our entire being hurts because our soul and heart are sore from the effort of surviving without our child.

Then, eventually, though it sometimes seems as though it will never happen, there is a scar. It hurts sometimes for no reason at all. It hurts sometimes because an insensitive word from another bangs it. It hurts sometimes because we just plain miss our child. It hurts sometimes because it is an especially painful time of year. It hurts sometimes because we see undeserving parents having children they don't want or appreciate. It hurts sometimes because we see a child sick or injured or killed in the same way our child was. It hurts sometimes because we see that ice-cold-terror-anguish-realization-that-my-child-is-dead look in another parent's eyes. And sometimes it doesn't hurt at all, and we live.

***“People spend as much energy in one day of grief as if they dug ditches for an 8 hour shift”***

*Freud*



## Love Gifts

There are no dues or fees to belong to The Compassionate Friends. Love Gifts are donations given in memory of a child or in memory of or in honor of a friend, relative or special person. These tax deductible donations enable the chapter to continue our mission of reaching out to the newly bereaved and providing ongoing support to all our members. To make a love gift donation please use form on page 11

**We thank the following for their generous donations this month**

<u>Contributor</u>	<u>In Memory of</u>
♥ Lucille Radocha	<b>Peter Anthony Radocha</b> <i>In Loving Memory</i>
♥ Tom and Sherry Gallagher	<b>Kelly A. Gallagher</b> <i>Love and Miss You</i>
♥ Lee and Shirley Lutz	<b>Michael Douglas Mann</b> <i>Happy 46th Birthday to our beautiful son. Love and miss you everyday</i>
♥ Richard & Suzanne Hoffstetter	<b>Jonathan Paul Hoffstetter</b> <i>Jon, Remembering you on your 39th Birthday. We all love and miss you</i>
♥ John & Cindy Chryst and Charles & Rose Giltner	<b>Benjamin Fry</b> <i>Happy Birthday, Ben - Always in our hearts. Love, Mom, John, Nan &amp; Pops</i>
♥ Donald and Sue Southgate	<b>Troy Southgate</b> <i>We love and miss you so very much. Love, Mom, Dad &amp; Marty</i>
♥ Dolores Kulik	<b>Richard J. Kulik</b> <i>Miss you more with each passing year. Love you, Mom, Christina &amp; Michael</i>
♥ Jack and Nancy Blosky	<b>Kevin Blosky</b> <i>It has been 15 years without you, you are in our hearts and memory forever</i>
♥ Kenneth and Barbara Zellner	<b>Kenneth S. Zellner</b> <i>Kenny, Happy 45th birthday. Love you, Mom &amp; Dad</i>
♥ Judith Andrews	<b>Jennifer Andrews</b> <i>In loving memory of my daughter Jen. Mom loves you</i>
♥ Gene & Dawn DeLong	<b>David DeLong</b> <i>Happy Birthday. We love and miss you. Mom, Dad &amp; Jamie</i>
♥ Nancy Kornafel	<b>Molly Hude</b> <i>Happy Birthday, Miss you. Grammy, Mom &amp; Dad</i>
♥ Betty Schuler	<b>Dean Lynn Schuler</b> <i>Love and Miss You</i>
♥ Yvonne Hude	<b>Molly Hude</b> <i>Happy 27th Birthday! Have fun baking your favorites. Love, Mom, Dad Grammy &amp; Mike</i>
♥ Fred & Pat Andrew	<b>Jill Patricia Harris</b> <i>Happy Birthday Jill. We love and miss you. Mom, Dad, Jeff, Sam and Alex</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 for United Way Contributions In Memory of David Todd Smith
- ★ Joan Kunsman

- ★ 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.



## The Shadows of the Night

Lisa Johnson, TCF Baltimore MD

I sit alone in the shadows of the night.  
Looking up at the stars that shine so bright I  
think of you somewhere far up above  
I remember all the laughter, happiness, and love.

The full moon shines bright in the sky  
Staring at the full moon, I start to cry  
From the face of the moon above the tree  
I see your face staring back at me.

Then it starts to rain and the sky turns gray  
I remember what happened two years ago in May  
It continued to rain the whole night through I  
think the rain meant that you were crying too.

## Seasons Pass

By Roshann Parris Kansas City, MO TCF

At least a month before the seasons changed  
We saw a leaf from the maple fall  
Fluttering down for no apparent reason  
On a still day when it seemed nothing moved at all.

We reached down to touch it, to hold it, to know it  
When a gust of wind wrest it from our grasp  
Leaving us wondering why nature, instead of sharing it  
Chose to steal the leaf away so fast.

Seasons will pass; the maple will surely spawn other offerings  
Over which nature will longer dwell  
But always will we remember that silent day  
And the tiny green leaf that fell.



## Coping with Grief during the Holidays

Halloween barely passes before stores stock their shelves with holiday decorations. Christmas carols echo through shopping malls, and the first of the holiday commercials hits the airwaves. If you've lost a loved one, these can be stark reminders that the holidays won't be the same. Whether your loved one died recently or decades ago, the holidays bring forth powerful memories that may trigger your grief. If the person died on or near a holiday, the two events are forever linked and may be particularly painful, especially if you have unresolved feelings about the lost relationship.

When trying to cope with grief, it's important to understand that grief is cumulative. We don't experience a Loss, move through predetermined emotional stages, then emerge on the other side. Steve Moeller, director of community services and grief recovery outreach program at Floral Haven Funeral Home and Memorial Gardens in Broken Arrow, Okla., says grief is more like adding rocks into a backpack. Each loss, be it a death, divorce or a move away from family and friends, is packed in like another rock; some bigger than others. When grief is unresolved, one of these emotional rocks may come tumbling out of the backpack when we least expect it. And it may come out inappropriately, in the form of road rage, substance abuse or lashing out verbally or physically.

This holiday season, if the first Christmas card you open or the first "Happy Hanukkah!" you hear rips a rock from your backpack, use that opportunity to work through your feelings. Don't just shove it back in the pack. Here are some tips to help you cope.

### DO:

- ❖ Expect to have some pain. When the feelings come, let them.
- ❖ Accept a few invitations to be with close family or friends. Choose the ones that sound most appealing at the time and avoid the ones that feel more like obligation.
- ❖ Talk about your feelings. Let people know if you're having a tough day.
- ❖ Incorporate your loved one into the holidays: x Share your favorite stories over dinner.
- ❖ Make a toast or light a candle in remembrance.
- ❖ Make a donation in his or her name
- ❖ Help others: Take a meal to a homebound couple.
- ❖ Modify or make new traditions if it feels right. Just remember to include others who are grieving, in the decision.
- ❖ If the idea of holiday shopping overwhelms you, buy gifts online or through catalogs.
- ❖ Replace negative thoughts with positive ones. The National Funeral Directors Association suggests affirmations such as, "In spite of loss, will try to enjoy this season."
- ❖ Prepare yourself for January. Sometimes the aftermath of the holidays can bring more sadness than the holidays themselves.

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# Sibling Page

*The August 2004 The Morning Call Newspaper invited persons to submit what the song "FREE BIRD" meant to them in their lives. This was my daughter Teresa's e-mail entry. Submitted by Carol Newell, TCF Lehigh Valley Chapter*

## WHAT FREE BIRD MEANS TO ME

To start off, the song itself rocks!!... but it is far more than just a cool song to me. If anything, the song is a memory for me, embedded in my mind of my beloved brother Scott, who passed away April 28th, 1996. 'Free bird' was one of his favorite songs to play on the jukebox. The words expressed in the song are as if he was singing it himself. The first several years during my family's grieving process, the song tended to upset us at times. However, now-a-days, when it comes on the radio, we turn it up and find comfort in our beliefs that he's nearby, even though we don't see him. The one verse in the song says "If I leave here tomorrow, would you still remember me?" In regards to my brother, who was the best and greatest friend to me, my reply is I could never forget you, EVER!

I loved him like no other, I adored him & cherish his life in my heart, mind, and soul. He had such an influence on me as a person, and when I was 17 years old he chose to end his life; he was only 22. He truly was a masterpiece of the human soul. It's only unfortunate for the people who didn't get the opportunity to have a wonderful person like my Scott in their lives, cause he truly was an angel in disguise who touched everyone's heart with his caring, sensitive, funny ways. I've seen him give the shirt off his back to someone who needed it more. That's the kind of genuine person this world needs more of. Sadly enough, it's the greatest beings of the world who don't think as highly of themselves as they should. With the life of turmoil he struggled with as a young abused child, I've only grown older to feel helpless. There was nothing anyone could do to help him. Obviously, he'd run out of energy when it came time again for him to realize that he counted too. I wish he could've only given himself the love and patience that he poured out to everyone else. He meant everything to me, and I don't stand alone on that fact. My brother Scott is my 'Free Bird', and I firmly desire to know that he really is safely home now, in a place where he knows he's loved and appreciated. I find peace in my mind knowing he's no longer hurting inside. I miss him terribly, and will always yell 'Free Bird' (in his honor) at a concert or open mike night. It makes me feel as if I'm doing something for him, since he's no longer here to do it for himself. Yelling out 'Free Bird', or simply turning the song up on the radio, is my way of saying to him, "I'm thinking of you." Whenever I hear the song, I feel it's his way of letting me know he's sitting there watching over me; protecting me like he always did. Another verse that sticks out to me in the song is, "I can't change," and I've gritted and grinded my teeth and held back tears, because those are simple words for anyone else, but happen to be my cruel, harsh reality. Every year since his suicide, when I blow out my birthday candles, I wish to myself "Wish you were here." I guess I need to be more honest with myself, to just accept the fact that he's gone off into the big world in his own way most comfortable for him, which is by becoming a 'Free Bird' soaring in the sky free - free from hurt; free from the government, which he detested; free from the unfairness this world is made up of. He was loved so much, by so many... his pain and sorrow took that away from him. For those who knew and loved him, we can only accept this tragedy in one way... by putting our grief of losing him aside, and fill our minds and souls with the knowledge that he is happy now, and not hurting anymore.

He was the most beautiful 'Free bird' in the world. Love, Peace & Happiness always be with you Scott.  
Love, Teresa Newell, aka Terry

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## One More Day

If I were granted one more day  
To spend alone with you,  
I'd say the things I should have said  
And do all I wanted to do.

I'd tell you that I love you.  
Did I tell you that before?  
Or did I just take it for granted  
That you'd always walk through the door?

I'd play all the games you asked me to play  
But I was too busy, you see.

I'm sorry for the times I wasn't there,  
Now, I wish you were here for me.

I'd tell you I miss you so very much.  
You've been gone forever, it seems,  
And I still hope that one of these days  
I'll wake from this terrible dream.

If one more day were given to me  
To tell you the things I'd say,  
The only thing I'd want after that,  
Would be just one more day.

Crystal Gibb Bereavement Magazine Jan 1991

## 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) section.

**Mail this update form to:** Kathleen Collins, 2971 Pheasant Dr., Northampton, PA 18067 **or email updates to:** [TCFNewsEditor@gmail.com](mailto: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 & or Grandparents Names (We publish only Parents/Guardians, Grandparents and Sibling names)

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

**DON'T:**

- ❖ Don't hide your feelings from children in an effort to be strong for them or protect them. You'll only be teaching them to deny their own feelings.
- ❖ Don't isolate yourself. Although you may not feel much like celebrating, accept a few invitations.
- ❖ Don't accept every invitation or throw yourself into work in an effort to keep busy. It may only add more stress.
- ❖ Don't expect to go through defined stages of grief. "Every person is different and every relationship is unique.
- ❖ Don't act as if your loved one never lived.
- ❖ Don't be afraid to cry. "Crying is like the valve on a pressure cooker. It lets the steam out"

From: [www.funeralplan.com/griefsupport/holidays](http://www.funeralplan.com/griefsupport/holidays)

## **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 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

## **The Compassionate Friends Siblings Walking Together**

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.