



The Compassionate Friends

Lehigh Valley Chapter

Supporting Family After a Child Dies

Fall/Winter2016

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Volume 30, Issue 4

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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 10 **Monthly Support Group Meeting** - General Sharing
- Oct 19 **TCF Basket Bingo** - See Page 3
- Nov 14 **Monthly Support Group Meeting** - General Sharing
- Dec 11 **TCF Worldwide Candle Lighting** - See Page 3
- Dec12 **TCF, Lehigh Valley Candle Light Remembrance Service** See Page 3

Meeting Cancelations

All cancelations will be posted on our **facebook page - facebook.com/TCFLehighValley**, on our **website homepage & calendar - www.lehighvalleytcf.org** and on **voicemail 484-891-0823**. Please refer to these sources for updates on the meetings

Other Local Bereavement Groups & TCF Chapters

TCF Carbon County Chapter - 1st Tuesday 7:00 - 9:00 pm at Palmerton Community Ambulance Assn., 501 Delaware Ave. Palmerton Chapter Co Leaders - Dave & Lora Krum, Phone: 484-719-6753 Contact Email: tcfcarboncounty@gmail.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) meets at The First Presbyterian Church, Allentown Preregistration required, Contact: Nancy Howe 484-863-4324; 484-788-9440; nancyhowe@ymail.com or Jenny Kemps - 610-442-8490

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
Only Child.....	Shelly Garst.....	484-241-5396	Homicide.....	Ginger Renner.....	610-967-5113
Addiction.....	Nancy Howe.....	484-863-4324			

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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

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: TCF Lehigh Valley, ATTN: Newsletter Editor, PO Box 149, Bath, PA

Please inform the Newsletter Editor of address changes or of a hold or forward on you mail. Newsletters are sent bulk mail and Bulk mail is not held or forwarded, it is returned at our expense. Addresses of newsletters returned are removed from the mailing list

Newsletter Submissions

Cutoff dates for publication of Love Gifts, articles and poetry

Issue	Cutoff Date
Winter (January, Febuary, March)	December 1 st
Spring (April, May, June)	March 1 st
Summer (July, August, September)	June 1 st
Fall (October, November, December)	Sept 1 st

Send Poems and Articles (with 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

We reserve the right to alter, modify or reject submissions not in keeping with our mission



Visit our web page at www.lehighvalleytcf.org for group information, meetings schedule, upcoming events and helpful links.

Like our facebook page: 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**

News, Events & Announcements

In Memorium

Elizabeth Mather, co-founder of The Compassionate Friends, Lehigh Valley Chapter, passed from this world on August 1, 2016. The chapter was formed in 1987 and over the years thousands of bereaved parents and families have found kinship, understanding and hope through it. We owe a huge debt of gratitude to this special woman who in the midst of her own grief reached to help others suffering the loss of a child.

October Meeting The Button Machine



We will be making photo buttons prior to the meeting from 6:30 - 7:00. To have a button made: Arrive early with a color or black & white COPY of a picture on Plain Paper (NOT photo paper) of your child. Buttons are 2 1/4 in diameter. ***Please Note:*** *The photo you supply will be cut and used to make the button.*

TCF Basket Bingo October 19, 2016



Northampton Community Center, 1601 Laubach Ave, Northampton, PA

Doors open at 5pm, Games start at 7 pm

Advance Tickets: \$15.00, At the Door: \$20.00

Advance tickets available at meetings or contact Dawn DeLong @ 610-837-7924

Come join us and try your luck at winning some great Filled Longaberger Baskets, Specials, Chinese Auction & 50/50. Food, beverages & snacks available for purchase.



The 20th Annual TCF Worldwide Candle Lighting December 11, 2016

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 annual Worldwide Candle Lighting creates a virtual 24-hour wave of light as it moves from time zone to time zone

In our area Tom & Eva Siebert are hosting their annual Worldwide Candle Lighting Social at their home in South Allentown. Everyone is welcome! The Social begins with a covered dish fellowship meal at 5:30 followed by the candle lighting at 7 pm. Covered dishes welcome but not necessary, candles provided.

Please RSVP to Tom and Eva at 610 967-5886 so that they can estimate the amount of food and supplies needed and provide directions if needed



TCF Candle Light Remembrance Service December 12, 2016

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. To include your child's picture in the slideshow see directions on page 4.

Note: *Volunteers are needed to help with the service and poetry readings. To volunteer please arrive by 6:00 pm and see Brenda in the regular meeting room across from the auditorium.*

Continued on page 4

Continued from page 3

To submit your child's picture 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 **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.

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 10.

We thank the following for their generous donations this month

<u>Contributor</u>	<u>In Memory of</u>
♥ Brenda Solderitch	Matthew Soderitch <i>Happy 38th Birthday, Matthew. Love and miss you, Mom</i>
♥ Joseph Holoman	Thomas Holoman <i>In Loving Memory</i>
♥ Dawn, Gene & Jamie Delong	David Delong <i>We love and miss you every day. Mom, Dad & Jamie</i>
♥ Richard & Suzanne Hoffstetter	Jonathan Paul Hoffstetter <i>Dear Jon, Remembering you on your 40th birthday. We have loved & missed you for 25 years. Mom & Dad</i>
♥ John and Grace Ashner	John Ashner, Jr. <i>We love and miss you. Mom and Dad</i>
♥ David Bremmer	Hunter Bremmer <i>Happy Birthday! All my love. Dad</i>
♥ Betty Schuler	Dean Lynn Schuler <i>In Loving Memory</i>
♥ Kenneth & Barbara Zellner	Kenneth S. Zellner <i>Happy 46th Birthday. Love and miss you. Mom & Dad</i>
♥ Mary & Arthur Williams	Rose Mocidlowski <i>In Loving Memory</i>
♥ Jane Kemmerer	Rose Mocidlowski <i>In Loving Memory</i>
♥ William & Maxine Ripper	Rose Mocidlowski <i>In Loving Memory</i>
♥ Panick Family Trust	Rose Mocidlowski <i>In Loving Memory</i>

Donations and Contributions

TCF Lehigh Valley Contributors

- ★ Sacred Heart Hospital, Allentown for meeting room and drinks
- ★ Giant Food Store Employees for United Way Contributions
In Memory of David Todd Smith
- ★ Mary Ann Donuts, Allentown for meeting snacks
- ★ 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.

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 12) & mail to the address indicated.

October, November & December Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
Aaron Abud	- Son of Jose & Susan Abud; Brother of Ariana & Sophia & Susan Abud	Nov 14	Sep 4
Patricia Alliston	- Daughter of Glen & Peggy Wessner	Jun 22	Dec 3
Jennifer Andrews	- Daughter of Andrews	Oct 22	Nov 16
John Ashner, Jr.	- Son of John & Grace Ashner; Brother of Suzanne & Michael	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
Robert Beidleman	- Son of David & Margie Beidleman; Brother of Jill Metzger & David J. Beidleman	Dec 6	Dec 26
Kevin Blosky	- Son of Jack & Janet Blosky; Grandson of Jack & Nancy Blosky	Jan 28	Oct 4
Joshua Booth	- Son of Les & Bonnie Booth	Mar 12	Dec 27
Hunter Bremmar	- Son of David Bremmer; Brother of Heather Bremmar; Grandson of John Bremmar, Jr	Dec 12	Jul 12
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	- Son of Mary Jo Ackerly; Brother of Theresa Legarski	Sep 30	Nov 2
Ari'ana-Jazell Curto	- Daughter of Jabbar Curto	Dec 24	Dec 24
Nathaniel Davis	- Son of Ronald & Elizabeth Davis	Dec 9	Aug 21
David DeLong	- Son of Gene & Dawn DeLong; Brother of Jamie DeLong; Grandson of David Kaufman	Oct 23	Dec 7
Angel Winter Dickinson	- Daughter of Debbi A Dickinson, CPBC	Dec 25	Dec 25
Junior Dickinson	- Son of Debbi A Dickinson, CPBC	Dec 24	Dec 24
Barry Donchez	- Son of Edward & Olga Donchez; Brother of Linda Shive & Mike Donchez	Nov 28	Jan 10
Wayne Ernst	- Son of Julius & Doris Ernst; Brother of David Ernst	Jan 6	Dec 24
Nicholas Fetchko	- Son of George & Fran Fetchko; Brother of Andrew Fetchko & Rebecca Fetchko	Oct 11	Nov 20
Jennifer Flanagan Kutz	- Daughter of Nancy Kutz	Oct 7	Sep 11
Rocky Fraccica	- Son of Rocky & Sadie Fraccica	Sep 13	Dec 9
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
Kevin Garrison	- Son of Kathleen Garrison; Brother of Anthony Garrison	Dec 2	Jan 16
Chelsie Graham	- Daughter of Chris & Debbie Graham	Sep 18	Nov 2
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
Brett Harris	- Son of Chester & Carol Kinsey, Jr.; Brother of Terry & Lisa	Dec 10	Jan 14
Jill Harris	- Daughter of Fred & Pat Andrew; Sister of Jeff	Nov 5	Jun 28
Heather Hawn	- Daughter of Mike & Cathi Tirrell	Feb 25	Dec 25
Anne Marie Mabus Heater	- Daughter of Wayne & Frances Mabus; Sister of Steven Mabus	Jan 7	Nov 25
Justin Hilbert	- Son of Robert & Joan Hilbert; Brother of Ashley & Kyle Hilbert	Dec 22	May 26
Jonathan Hoffstetter	- Son of Richard & Suzanne Hoffstetter; Brother of Diane & Kenneth Hoffstetter	Sep 22	Oct 1
Richard "Rich" Hollabaugh	- Son of Wayne & Linda Hollabaugh	Dec 20	Apr 10
Julie Howe	- Daughter of Timothy & Nancy Howe; Sister of Melanie Howe	Sep 3	Nov 19

October, November & December Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
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 Robert Wambold, Jr. & Michele Yankow	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 Juló	- Son of Jack & Margaret Juló	Oct 1	Oct 16
Jonathan Keller	- Son of Dennis & Lori Keller; Brother of Amy Keller	Oct 25	Mar 23
Kimberly Kissel	- Daughter of Michael & Gloria Kissel, Jr.; Sister of Colleen & Micheal Kissel & Lisa Zelko	Feb 6	Dec 22
Kimberly Kohl	- Daughter of Lyndon & Linda Kohl	Nov 17	Sep 28
Tara Koshinski	- Daughter of Daniel & Mary Koshinski Sr; Granddaughter of Joanne Gordon	May 26	Nov 18
Randy Krieg	- Grandson of Gloria Perlis	Oct 15	Dec 1
Gavin Krum	- Son of David & Lora Krum; Brother of The Late Dylan Krum; Grandson of Henry & Shirley Long and Nevin Krum	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
Trever Landis	- Son of Robin Landis; Brother of Marlea, Dana & Kelsey Landis	Apr 16	Dec 9
Joy Laube	- Daughter of Barry & Jeanette Laube	Nov 3	Jan 15
Brian Lentz	- Son of Gary & Judy Lentz	Dec 9	Mar 10
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 Loiacano	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
Michael McLaughlin	- Son of James & Julia McLaughlin; Brother of Matthew & Patrick McLaughlin	Mar 16	Dec 24
Emma McNulty	- Daughter of Jessica & Susan Katzbeck	Nov 19	Mar 11
Cathy Ann Mertz	- Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue	Oct 28	Dec 17
Doreen Meyers Ortiz	- Daughter of Terry & Angeline Meyers; Sister of Dwayne T. Meyers	Dec 18	Jul 13
Jacob Miller	- Son of William R & Caroline P Miller	Nov 15	Nov 16
Jason Miller	- Son of Phil & Pam Miller	Dec 10	Nov 28
Johnny Miller	- Son of Heather Miller; Brother of Hannah Miller	Sep 6	Nov 12
Suzanne Miller	- Daughter of Russell & Margaret Billig	Nov 28	Sep 28
Glenn Miller, Jr.	- Son of Lin Miller; Brother of Lorrie Woolever	Nov 20	Aug 4
Lisa Munjone	- Daughter of Lorraine Parkhurst	Dec 5	Jun 11
Cody Myers	- Son of David & Denise Myers; Brother of Travis, Crystal and Benjamin Myers	Dec 12	May 15
Gianna Natale	- Daughter of Daniel & Jaclyn Natale; Sister of Jaden Weller	Dec 26	Dec 26
Tanya Negrete	- Daughter of Judy Negrete; Sister of Melissa & Laura Negrete	May 17	Oct 20
Chris Noonan	- Son of Maurie & Kathy Noonan; Brother of Johnny Noonan	Nov 5	Oct 31
Susette Olewine	- Daughter of Louis & Joyce Szoke	Feb 17	Dec 2
Hannah Orsini	- Daughter of Christa Orsini	Nov 11	Nov 30
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

October, November & December Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
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
Tasha Phillips	- Daughter of Donna Wilson	Jul 27	Oct 26
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
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
Crystal Schaller	- Daughter of Jamie & Rose Schaller; Sister of Amanda Schaller	Nov 14	Dec 9
Lauren Schneck	- Daughter of James & Lisa Schneck	Aug 10	Dec 2
Dean Schuler	- Son of Betty Schuler & the late Lester Schuler	May 22	Nov 19
Steven Seibert	- Son of Thomas & Eva Seibert; Brother of Nick & Krista Seibert; Grandson of Eva Juhasz	Jun 27	Dec 22
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 Snyder	- Son of Robert & Elizabeth Snyder; Brother of Megan & Jesse Snyder	Dec 22	Jul 10
Matthew Solderitch	- Son of Brenda Solderitch & the Late Stephen Solderitch Sr.; Brother of Tina Saginario	Nov 24	Nov 3
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
Jennifer Strohl	- Daughter of Thomas & Christine Strohl	Apr 15	Dec 12
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
Travis Szerencits	- Son of Craig & Cookie Harron	Mar 11	Dec 1
Tracy Szoke	- Daughter of Randal & Kim Szoke; Sister of Trisha Remaley	Mar 9	Nov 24
Travis "Bo" Tkach	- Son of Jim & Sandi Tkach; Brother of Tristin & Tyler Tkach	Dec 25	Jul 20
Jessella Torres	- daughter of Jonathan & Jessica Torres	Dec 17	Jun 1
David Uecker	- Son of Susan Uecker-Bittner & The Late Phillip C. Uecker; Brother of Amanda Uecker-Miernicki	Aug 2	Oct 3
Chad Wagner	- Son of Carl & Pamela Fehnel; Brother of Cori	Mar 13	Dec 23
Whitney Wagner	- Daughter of Nick & Mindy Snyder	Nov 25	Feb 23
Gregory Weiland, Jr	- Son of Robin Weiland; Brother of Rozalyn Weiland	Sep 23	Dec 12
Skylar Wenger	- Son of Chris Wenger	Jun 17	Oct 28
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
Zachary Wieder	- Son of Michael & Tracy Wieder; Brother of Brandi Hahn; Grandson of Linda Seyfried	Apr 13	Dec 21
Christopher Williamson	- Son of Chris & Kim Williamson; Brother of Christina Joy Williamson	Nov 12	Nov 12
Adam Wolk	- Son of Michael & Sheila Wolk; Brother of Laura & Sarah Wolk	Aug 1	Oct 22
Michael Zalewski	- Son of Krzysztof & Jolanta Zalewska; Brother of Monika Baraket	Jan 7	Dec 6
Kenneth Zellner	- Son of Kenneth & Barbara Zellner	Oct 11	Nov 15

Control

By Magaret Gerner
TCF St Louis MO

The pain we feel is almost constant for many months, but there are times when it completely overwhelms us. At these times, we can do nothing but pace and wail. We wring our hands. Our bodies tremble with agony and despair. We feel regret; wishing to the depth of our souls that we could redo the yesterday when our child died. We feel intense longing for our child, so intense we don't believe we can stand it another minute. We feel completely alone. It is as though no one exists in this world but us. Between sobs, phrases like "My God, I can't go on", "What am I going to do?" or "It hurts so badly", comes out of our mouths over and over again. We feel as though we are at the bottom of a deep pit and there is no way out. We feel consumed with an indescribable anguish.

It is at these times we might be advised by those around us to "calm down" or to "control ourselves." It is my opinion that that is exactly what we should not do.

Mistakenly, I tried to "control" my emotions after Arthur died, but when I could "control" no longer, my grief would pour out of me in a raging torrent. I noticed that for days after one of these sessions, I felt a great release of pressure, but never did realize that these wailing sessions were helpful and healing.

Every emotion carries with it energy. Sadness, anger, guilt, regret are with us constantly in our grief, but the energy caused by them cannot be released as it builds. It is like a tea kettle. The water is constantly boiling . . . but it is in spurts that the steam pushes itself out the lid. The uncontrolled crying session is the steam of our boiling emotions forcing itself out. As with the lid on the tea kettle, these sessions are our safety valves.

These sessions can last from a few minutes to over an hour. They are self-terminating and they are exhausting. After such a session, we are worn out just as we would be after hard physical exercise. Sometimes, we can even sleep after them. Early in our grief, they may be frequent, but as time goes on and you allow yourself to experience them and not try to inhibit them, they will become farther apart.

Don't take the advice of those around you to "get hold of yourself". On the contrary, surrender

yourself to your pain. Cry. Wail. Rant. Wring your hands. Voice your anger, your guilts, your regrets. Expend your pent-up emotions. You will feel much better afterwards.

*Tears are the safety valve
of the heart when to much
pressure is laid on*

Albert Smith

Memories

Kelly Marston, TCF Grand Junction, CO

Tonight I saw
your silhouette
Against the harvest moon...

Tonight I heard
A sweet refrain
Of some long remembered tune.

Could it be
You know somehow
How many hearts remember you?

In harvest moons
And heartfelt tunes
The memories ever true.

Where do they go
When the moon fades away
And the music can no longer be?

Far, far away
To a wandering star
That only the heart can see.

*And when we have remembered everything,
We grow afraid of what we may forget.*

A face, a voice, a smile?

No need to fear forgetting,

Because the heart remembers always

Author Unknown

Halloween

Cheri Gordon, TCF N. Dade/S. Broward, FL

For me, Halloween marks the beginning of the holiday season. This used to mark the start of an emotional decline that ran straight through Valentine's Day.

October has Halloween,

November has Thanksgiving Day,

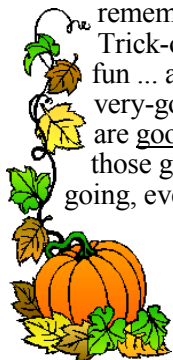
December has my birthday -- my Cathie's birthday, Christmas, and New Year's Eve, January has New Year's Day (the day the accident happened)

And January 13 (the day she died).

So, when Halloween came, I would just as soon have gone to sleep and awake some time in February!

As the children came to the door and called out, "Trick or Treat!" I would cringe because I could never hear Cathie say those words again. That was 'then'. Fifteen years later, I am able to hear those words as I hand out the goodies.

I inwardly thank them for letting me remember when Cathie did go Trick-or-Treating and had so much fun ... and for having those oh-so-very-good memories. Because they are good memories now. And it's all those good memories that keep me going, even after all these years.



One November Day

By Sherry Brown,
TCF Lehigh Valley, PA
Submitted by Brenda Solderitch
in memory of son Matthew

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

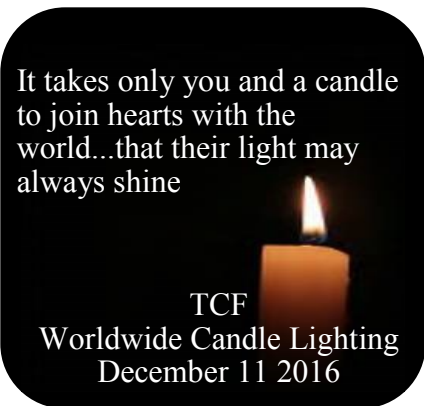
Those who knew Him
Loved Him so much,
It amazes me;
All the lives He touched,
For those of you;
That he never met,
He is one person you'd
Never Forget,
He's in God's Hands
For He passed away,
But I'll always remember
That one November Day.



Candles In The Dark

By Karen Nelson,
TCF. Brigham City UT

Blackness envelopes us
And leaves us alone
Then cool to the touch
A candle is placed
In our hands.
These hands which have held
Each of you - Our children;
And which now hold
Each other - One by one
A light is borne - One by one;
It flickers, flames
And the glow
Warms our hearts
Touches our souls.
And we remember. .Love
We remember...You



One life, like the song, strummed softly on the strings,
Makes music to the ears of those who hear it sing.
Discordant notes and harmony, together make the sounds,
But the space between the notes is where the meaning may be found.

A life may be as brief as a note on a page,
Or as long as a symphony with all the movements played.
But long or short, the melody has its meaning though unfinished
And for those with ears to hear it, the meaning's not diminished.

Somewhere the song continues its sweetly singing phrase,
The music is forever, not just for those days.
One life, like a song, strummed softly on the strings,
Makes music to the ears of those who hear it sing.

Karen Howard TCF Miami, FL

As a guest speaker some years ago **Donna Falk** of the Falk Funeral Homes addressed *Handling the Holidays*. She said that there are big ones Thanksgiving, Christmas and New Years that are approaching and everyone is wrapped up in preparation for. We need to decide how we will celebrate. It may be very different than what we have done in the past. That is perfectly all right. There are the smaller ones like Valentine's Day, Mother's Day and Memorial Day that are also difficult. Finally, there are what she called the personal ones - anniversaries, birthdays, graduations, etc. that other people may not recognize, but may be very difficult for grieving parents and families. She stated that the key to handling all these times is to have a plan, let family and friends know your plan and to stick to that plan. She gave us this list of helpful hints.

Coping With Holidays

After the loss of someone close to us, it often seems like our lives have been turned upside down. Nothing is the same. To complicate matters, sooner or later, we all have to face the holidays. Holidays are the cornerstone of traditions -of sameness throughout the years.

Several books and videos are available that help to enable and empower us to explore our options during these difficult times. One of the best is a video, entitled "A Ray of Hope." Following are some helpful hints from the video.

Set Boundaries on Expectation

Decide what you will and won't or can't do at the holidays. Do you want to carry on as usual, or do you want to do things differently? It's OK to admit either. Claim your space -but let others help you with those tasks you feel would be painful. Admit your fears about the upcoming events.

Tell Your Friends and Family Your Thoughts

Have a family meeting before the holidays to discuss what your needs and expectations are. Share your feelings - and encourage others to share theirs as well. Set the stage for common meaning and understanding. But remember - everyone grieves differently. Not everyone will need or want to do the same thing. If you cannot have a meeting, talk to family members individually or write a letter to them explaining your feelings. Say what you want, and say what you need.

Rehearse How To Respond To Situations

You may already know that there are events or places that you must absolutely go to. Rehearse in your mind what you are going to say to others, especially if it is a situation that you are uncomfortable with. Write down your feelings and your responses. Say them out loud. Visualize the situation with a positive outcome. What are your fears about the situation? Write them down and address them.

Use the Holidays as an Opportunity for Healing "A Holy Day" for Self-Renewal

Observe the day in a way that has meaning for you, nurture yourself. Go outside. Create a day of rest and relaxation. Take a bath, sleep late, go for a bike ride. Physical activity is a great stress reliever. Do not feel that you even have to acknowledge the day if you do not want to. Do something special just for you.

Honor Your Emotional Life

Use the experience to release pent up anger and

anxieties. Write in a journal. Share what's in your heart and mind. Try to have at least one person, whether a friend, relative, or a counselor who you can talk to.

Connect to the Spiritual

Do not forget your spiritual side. Pray. Meditate. Visit a church, synagogue or another place that lifts your spirit. Light a candle. Release a balloon. Cry. Reconnect to Laughter. Do something to remind you that you are a part of a greater whole.

Be Flexible

Be open to surprises. Have a plan, but remember that nothing is written in stone.

Be Open to Signs

There are those things that happen that make us sure that our loved one is near—a bird flying over at the right time, the chime of bells.. Accept these signs, no matter how small and be thankful.

Be Creative

It's OK to change tradition. Start something new. Make a new holiday. Bring special touches that remind you of your loved one to the holiday. Start a memory tree. Or go away. Go somewhere new and different - go on vacation. Keep busy.

Gifts and Gift Giving

No one can take away the deepness and richness that your loved one gave to you. Be thankful for that gift. Give others gifts that remind you of your loved one. Give simple gifts. Make them. Give photos. Get yourself a gift.

Have a Plan

Most importantly, have a plan. Sometimes anticipating the event is far worse than the day itself. Listen to that small voice inside yourself that tells you what you need and DO IT.

Sibling Page

Dear Sibling,

How can I possibly tell you how much I miss you? But of course you probably know - since you knew me better than anyone. No matter how much time passes, I still wish you were here to share our lives and the future I expected us to have together.

Even though we fought and at times neglected each other, I just assumed that you would be there. That we'd grow old together and remember stories of growing up and laugh at each other as we looked and acted more like our parents. That we'd share our joys and setbacks, and adore each other's children.

Your death has rocked me harder than I could imagined I'd survive. Ultimately, there are no answers to my questions. There is no replacing you and there is no solace for my grief.

There is only the simple choice I make every day to live on in the honor of your memory and the love we shared. To strive to live on in honor of your memory and the love we shared. To strive to carry on the best of who you were. To cherish the brief time we have with others. To celebrate the opportunity to be alive. To have compassion for the pain of others as well as my own. To have the courage to love fully as I have loved you and to remember that you would want me to go on and find joy again.

You gave me so many gifts while you were alive and I continue to discover the gifts in this loss. I am so thankful you were born my sibling. I would not have traded our time together for anything. You are always with me because you are a part of me.

Mary Lamourex, TCF Marin County, CA

It's the Music That Bonds the Soul

By Stacie Gilliam, TCF N Oklahoma City, OK

The room you once lived in
Doesn't look the same.
The people who used to call you
Never mention your name.

The car you used to drive
They may not make anymore;
And all the things you treasured
Are boxed behind closed doors.

The clothes you set the trends by
Are surely out of date.
The people you owed money to
Have wiped away the slate.

Things have changed and changed
Since you went away,
But some things remain the same
Each and every day.

Like the aching in my heart -
A scar that just won't heal.
Or the way a special song
Can change the way I feel.

Brother, you must know that the music
Bonds us and will keep us close;
Because secretly I know in my heart
It's the music you miss the most.

So let the world keep turning,
Time can take its toll.
As long as the music is playing



Note: Sibling volunteers are needed to light the sibling wreath and as readers for the Candle Light Remembrance Service.

To Volunteer contact Gene Delong @ 610-837-7924

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.

Submission Deadlines: Winter - Dec 1st; Spring - March 1st; Summer - June 1st; Fall - Sept 1st

Contributor Name

Mail to:

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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 to be published in. Deadlines listed above. Late submissions will be published in the next edition

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

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C/O Dave & Lora Krum
250 South 9th St
Lehighton, Pa 18235

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)

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*

If this is a information change please specify what change(s) are (i.e. correction, sibling name addition etc...) Use another piece of paper if necessary