



# The Compassionate Friends

## Lehigh Valley Chapter

### Supporting Family After a Child Dies

Spring 2016

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Volume 30, Issue 2

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#### Newly Bereaved

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www.compassionatefriends.org

#### 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

- April 11** Monthly Support Group Meeting - General Sharing
- May 9** Monthly Support Group Meeting - Video "Space between breaths"
- June 13** Monthly Support Group Meeting - General Sharing

## Meeting Cancellations

All cancellations 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 - 8:30 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) 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.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)** 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

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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*

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**

### Newsletter Submissions

2016 Cutoff dates for publication of Love Gifts, articles and poetry

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

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*

## News, Events & Announcements

**TCF May Meeting, Mon. May 9th - Video Presentation - "Space Between Breaths"** please join us for this uplifting video which looks at the potential in grief and way it can become a motivational, transformational force in our lives. Featuring conversations which bereaved parents

**Sat. July 9th-TCF Family Picnic and Memorial Balloon Release -12 Noon @ Moore Township Rec Center, Bath, PA** Families and friends who have experienced the death of a child, grandchild or sibling are invited to join us for a pot luck meal and memorial balloon release in honor of the children gone too soon, but who will live forever in our hearts!

The afternoon will begin with a potluck lunch. Every family is asked to bring a covered dish to share. Hot dogs, drinks and paper goods are provided by TCF Lehigh Valley. After lunch everyone will be given a memorial balloon upon which we can write a personal message to our loved one. We will then gather in a circle and release the our balloons as one.

There is a playground for the children and restrooms are conveniently located in the Pavillion. More information and a RSVP form are on the last page of this newsletter.

## 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**

### Contributor

- ♥ Rich and Ruthann Siegfried
- ♥ Udo and Janet L. Virmalo
- ♥ Sharon Richards
- ♥ John and Grace Ashner
- ♥ Sherwood and June Gum
- ♥ Elizabeth Arey
- ♥ Shirley Grozier
- ♥ Elizabeth Hotz
- ♥ Fred & Pat Andrew
- ♥ Julia McLaughlin
- ♥ Kim and Barb Hunsicker
- ♥ Kelly DeFusco
- ♥ Michael and Sheila Wolk
- ♥ Mark J. and Kathleen M. Kilker
- ♥ Irene Hudasky

### In Memory of

- Andrew Siegfried**  
*Thinking of you every day*
- Sean Mikhail Virmalo**  
*Always with us. Janet, Udo, Eric, Brett & Katelyn*
- Darryl Shurow**  
*In loving memory of my son*
- John Ashner, Jr.**  
*We love and miss you very much. Mom & Dad*
- James Gum**  
*In loving memory, always in our hearts. Mom & Dad*
- Patricia Arey**  
*Forever in my heart. Love, Mother*
- Robert C. Grozier, II**  
*Still missing and loving you so much my bob. 2 years of tears. God bless you my son. Mom*
- Jimmy Hotz**  
*Happy Birthday Jimmy. Love Dad(in Heaven), Mom & Keith*
- Jill Patricia Harris**  
*We love and miss you. Mom, Dad, Jeff, Sam & Alex*
- Michael Patrick McLaughlin**  
*In Loving Memory*
- Marie Lynn Albert**  
*Always in our hearts Love Mom & Dad*
- Michael Anthony Fisher**  
*Thinking of you Whitey, today and every day*
- Adam D. Wolk**  
*In memory of our beloved son, Adam*
- Colleen Kilker**  
*We love & miss you , honey! Life is sweet! Love, Mom & Dad*
- Lori L. Hudasky**  
*I love & miss you . Always in my heart. Love Mom*

# 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.*

## April, May & June Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
<b>Marie Albert</b>	- Daughter of Kim & Barbara Hunsicker	Jun 14	Apr 6
<b>Evan Albertini</b>	- Son of Louis Albertini; Brother of Christopher Albertini	May 28	Feb 13
<b>Walter Alfonso</b>	- Son of Joan Kunsman; Brother of Sherry Flanagan, Sandra Kunsman, the late David Kunsman & the late Charles Kunsman, Jr	Aug 10	May 18
<b>Patricia Alliston</b>	- Daughter of Glen & Peggy Wessner	Jun 22	Dec 3
<b>Sean Apgar</b>	- Son of Randy Apgar	Jun 18	Jan 22
<b>Patricia Arey</b>	- Daughter of Elizabeth Arey; Sister of Elizabeth Ann, Barbara, Rose Marie & Elaine	Apr 18	May 8
<b>Dakota Arndt</b>	- Son of Steve & Mary Arndt; Brother of Ann Marie & Dylan	Feb 6	May 19
<b>John Ashner, Jr.</b>	- Son of John & Grace Ashner; Brother of Suzanne & Michael	Jun 22	Nov 8
<b>Matthew Aungst</b>	- Son of Christopher & Mary Kelly Aungst; Brother of Alecia & David Aungst Aungst	Oct 15	May 30
<b>Mark Bailey</b>	- Son of Thomas & Karen Bailey	Jun 19	Apr 8
<b>Hannah Rose Bankos</b>	- Daughter of Thomas & Christina Bankos; Sister of Matthew Bankos	Apr 8	Feb 24
<b>Graham Beckhorn</b>	- Son of Alice Keyes; Brother of Christopher Beckhorn & Patrick Beckhorn	Apr 20	Feb 14
<b>Gabriel Benner</b>	- Son of Baily Benner; Brother of Calum Benner	May 4	Feb 9
<b>Aaron Bissell</b>	- Son of Bob & Patti Bissell; Brother of Danielle Bissell	Jun 17	Aug 19
<b>Matthew Breiner</b>	- Son of Jim & Lynne Breiner; Brother of Monica Breiner	May 5	May 17
<b>Rachael Brosky</b>	- Daughter of Karl Brosky; Sister of Rebekah Brosky-Dorsey & William Brosky	Jun 9	Sep 8
<b>Michael Buss</b>	- Son of Bea Bryfogle; Brother of Lindsay & Katelyn Buss	Sep 13	May 15
<b>Kimberly Caton</b>	- Daughter of Thomas & Sydney Caton	Aug 30	May 2
<b>Holly Cavanaugh</b>	- Daughter of Bill Cavanaugh & Beverly Ann Cavanaugh; Sister of Bo Cavanaugh	Apr 27	Sep 25
<b>Matthew Chupella</b>	- Son of Maryann Chupella	May 18	Jul 31
<b>Cody Cinicola</b>	- Son of Larry & Jeanne Cinicola; Brother of Larry Cinicola; Grandson of Frank & Gayle; Grandson of Anna Cinicola	Jun 8	May 25
<b>Anthony Coccia</b>	- Nephew of Jane Coggins	Jun 30	Oct 3
<b>Lorriane Corbo</b>	- Daughter of Debbie Goodman	Jul 13	Jun 23
<b>Kenneth Cosentino</b>	- Son of Judy Cosentino; Brother of Noreen Cosentino	Aug 11	May 6
<b>Rachel Dallas</b>	- Daughter of Robert & Linda Dallas; Sister of Sadie Dallas	Jan 21	Jun 14
<b>Denise Deiter</b>	- Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue	Jul 3	Jun 11
<b>Ky DiVittorio</b>	- Son of Jan DiVittorio; Brother of Ian DiVittorio	Feb 13	Apr 3
<b>Heather Duh</b>	- Daughter of Ernest & Laurie Duh; Sister of Laurestine "Laurie" Hollie Duh	May 15	May 24
<b>Paige Fernandez</b>	- Daughter of William Fernandez; Sister of Jamie & Billy Fernandez	Jun 18	Feb 28
<b>Michael Fisher</b>	- Son of Trip & Abigail Fisher; Brother of Christina, John, Alex & Caroline	Jun 21	May 11
<b>Edwin Frantz</b>	- Son of Pamela Green	Aug 11	May 24
<b>Joel Frisby</b>	- Son of Caroline Frisby; Brother of Richard, Gregory, Michael & Timothy Frisby	Mar 26	Jun 4
<b>John Fry</b>	- Son of Cathy McDonald; Brother of Joey, Allie & Billy McDonald	Mar 19	Jun 14
<b>Peter &amp; Paul Fry</b>	- Sons of John & Cynthia Chryst; Brothers of Jeff Fry & the late Benjamin Fry; Grandsons of Charles & Rose Giltner	Jun 1	Jun 1
<b>Edward Gaydos, III</b>	- Son of Edward & Sally Gaydos	Apr 23	Apr 8
<b>Mark Gery</b>	- Son of William & Catherine Gery; Brother of Kristin	May 22	Aug 3
<b>Elizabeth Gibson, MD</b>	- Daughter of Richard J. & Marilyn Brown; Sister of Margaret Nahrganl & Eric Brown	Jun 15	Apr 2
<b>Olivia Jo Grazer</b>	- Daughter of Scott & Melissa Grazer; Granddaughter of Louis & Margie McCullen; Granddaughter of Stan & Diane	Apr 7	Apr 7

## April, May & June Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
<b>Mary Greaser</b>	Daughter of Lucian & Brenda Strybuc	Aug 9	Jun 14
<b>Jennifer Grider</b>	Daughter of Carl & Joan Grider	May 18	Jun 29
<b>Robert Grozier, II</b>	Son of Shirley Grozier; Brother of Laurie, Brenda & Vance	Feb 15	Jun 11
<b>James "Jim" Gum</b>	Son of Sherwood & June Gum; Brother of Deborah Martini	Nov 21	May 1
<b>Lisette Hahn</b>	Daughter of Louis & Joyce Szoke	Mar 4	May 3
<b>Jeffrey Halvorsen</b>	Son of Deborah Halvorsen; Brother of Michael Halvorsen	Jun 20	Jun 4
<b>Jill Harris</b>	Daughter of Fred & Pat Andrew; Sister of Jeff	Nov 5	Jun 28
<b>Lisa Hawk</b>	Daughter of Bruce & Mary Hawk; Sister of Bruce Hawk	Sep 4	Jun 1
<b>David Heard</b>	Son of Susan Heard; Brother of Daisy Heard	May 20	Feb 10
<b>Mark Hebdon</b>	Son of Lawrence & Ruth Hebdon; Brother of Laura Long & Michael Hebdon	Feb 24	May 15
<b>Justin Hilbert</b>	Son of Robert & Joan Hilbert; Brother of Ashley & Kyle Hilbert	Dec 22	May 26
<b>David Hoagland, Jr</b>	Son of Gypsy Garrett	Sep 24	Apr 26
<b>Loren Holl</b>	Son of Fern Gerth	May 31	May 30
<b>Richard "Rich" Hollabaugh</b>	Son of Wayne & Linda Hollabaugh	Dec 20	Apr 10
<b>Taylor Holloway-Brown</b>	Daughter of Marilyn Brown	May 26	May 19
<b>James "Jimmy" Hotz</b>	Son of Elizabeth Hotz	Apr 24	Jul 4
<b>Lori Hudasky</b>	Daughter of Irene Hudasky	Mar 18	Apr 22
<b>Jordon Hyndman</b>	Son of Robin Hyndman; Brother of Shawna & Briana Hyndman	Nov 14	May 23
<b>Jack Julo, Jr</b>	Son of Jack & Margaret Julo	Jun 14	Jun 18
<b>Frank Kerr</b>	Son of Catherine Milano	Aug 27	Jun 23
<b>Julian Keyock</b>	Son of Gregory Keyock; Brother of Maya & Jacob Keyock	May 5	Feb 17
<b>Colleen Kilker</b>	Daughter of Mark & Kathleen Kilker; Sister of Meghan, Bridget & Mark Kilker	May 6	Jul 23
<b>Tara Koshinski</b>	Daughter of Daniel & Mary Koshinski Sr; Granddaughter of Joanne Gordon	May 26	Nov 18
<b>Bonnie Krause</b>	Daughter of Josephine Leiby - Mather	Jun 22	Mar 24
<b>Dylan Krum</b>	Son of David & Lora Krum; Brother of The Late Gavin Krum; Grandson of Nevin Krum and Grandson of Henry & Shirley Long	Jun 22	Jul 15
<b>Gavin Krum</b>	Son of David & Lora Krum; Brother of The Late Dylan Krum; Grandson of Nevin Krum and Grandson of Henry & Shirley Long	Apr 9	Nov 27
<b>Michael Kulp</b>	Son of Mike & Tamara Kulp; Brother of Mikell Kulp	Apr 21	Nov 17
<b>David Kunsman</b>	Son of Charles & Joan Kunsman; Brother of Sherry Flanagan, Sandra Kunsman, the late Walter Alfonso & the late Charles Kunsman, Jr	May 2	Jul 15
<b>Trever Landis</b>	Son of Robin Landis; Brother of Marlea, Dana & Kelsey Landis	Apr 16	Dec 9
<b>Jamie Laudenslager</b>	Son of Jane Laudenslager; Brother of Jon & Shelly	Jan 23	Apr 14
<b>Joseph McGouldrick</b>	Son of Pat McGouldrick; Brother of Jennifer McGouldrick	Jul 24	Jun 5
<b>Ryan Miller</b>	Son of Patti Miller & The late Richard Miller, Jr; Brother of Richard Miller, III	Jan 4	Jun 12
<b>Michael Milot</b>	Son of John & Patti Milot; Brother of Jill	Jun 30	Feb 2
<b>Frank Mirabile</b>	Son of Joseph & Laura DeVito; Brother of Michael, Joseph & Nicholas	Apr 19	May 18
<b>Michael "Mike" Morgan</b>	Son of Raymond & Deborah Vrtis	Aug 17	Apr 19
<b>Lisa Munjone</b>	Daughter of Lorraine Parkhurst	Dec 5	Jun 11
<b>Cody Myers</b>	Son of David & Denise Myers; Brother of Travis, Crystal & Benjamin Myers	Dec 12	May 15
<b>Tanya Negrete</b>	Daughter of Judy Negrete; Sister of Melissa & Laura Negrete	May 17	Oct 20
<b>Kelly Owens</b>	Son of Douglas D. Owens & Judy Dorward	Jan 24	May 20
<b>Allison Perno</b>	Daughter of Cathy Perno; Sister of Joseph & Anthony Perno	Oct 7	Jun 10
<b>Michael Potkovac, III</b>	Son of Annette Potkovac Brother of Michele Cuvo, Matthew, Mark, John, & Denise Potkovac & the late Donna Marie Potkovac-Roth	May 26	Aug 29

## April, May & June Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
<b>Donna Potkovic-Roth</b>	- Daughter of Annette Potkovic; Sister of Michele Cuvo, Matthew, Mark, John, & Denise Potkovic & the late Michael N. Potkovic, III	Apr 21	Feb 26
<b>Angelo Providakis</b>	- Son of Michael & Joanne Providakis	Feb 7	Apr 9
<b>Peter Radocha</b>	- Son of Lucille Radocha; Brother of Frank Radocha, Jr & Gina Sacco	Jun 13	Jul 1
<b>Harry Rawdon</b>	- Son of Margaret Rawdon; Brother of JettaAnn Rawdon	Sep 23	May 13
<b>Allison Reboratti</b>	- Daughter of Eduardo & Barbara Reboratti	Jan 25	May 9
<b>Nicole Reinhart</b>	- Daughter of Michael & Pamela Reinhart; Sister of Mikey & Timmy Reinhart	Jun 3	Sep 17
<b>Stephen Rendish</b>	- Brother of Sheri Wilson	May 6	Jun 21
<b>Cory Ross</b>	- Son of Kathy Ross; Brother of Michael Ross	Jul 24	Jun 12
<b>Scott Sargeant</b>	- Son of Gary & Phyllis Sargeant; Brother of Gary & Paul	Apr 14	Nov 1
<b>Dean Schuler</b>	- Son of Betty Schuler & the late Lester Schuler	May 22	Nov 19
<b>Amanda Schultz</b>	- Daughter of Mark & Patty Schultz; Sister of Ryan & Eric Schultz	Jun 18	Mar 5
<b>Steven Seibert</b>	- Son of Thomas & Eva Seibert; Brother of Nick & Krista Seibert; Grandson of Eva Juhasz	Jun 27	Dec 22
<b>Thomas Sensinger</b>	- Son of Ann Sensinger; Brother of Susan Brown	Jun 14	Oct 9
<b>Ronald "Ronnie" Sherbaum, Jr.</b>	- Son of Ronald & Donna Sherbaum, Sr.; Brother of Daniel & Joseph Sherbaum	Jul 17	May 17
<b>Andrew Siegfried</b>	- Son of Rich & Ruthann Siegfried; Brother of Ben Siegfried	Mar 27	Apr 18
<b>Jonelle Sisonick</b>	- Daughter of Rella Sisonick Daniels; Sister of Anthony & Nicholas Sisonick	May 22	Aug 3
<b>Zachary Spence</b>	- Son of Rebecca Spence	Sep 27	May 22
<b>Casey Stengel</b>	- Son of Casey & Jane Stengel; Brother of Chrissy, Sarah, Lisa & Mike Stengel	Jul 22	May 4
<b>Kevin Stenlake</b>	- Son of Elizabeth Leada Stenlake; Brother of Dawn Frey	Feb 22	May 26
<b>Keith Storat</b>	- Son of Richard & Susan Storat; Brother of Todd & Greg	May 18	Jul 22
<b>Jennifer Strohl</b>	- Daughter of Thomas & Christine Strohl	Apr 15	Dec 12
<b>Steven Suarez</b>	- Son of Abby Suarez; Brother of Giovanni Miranda; Grandson of Roger & Gabby Schreck	May 29	Jan 19
<b>Russell Terry</b>	- Son of Brian & Amy Erbe; Brother of Shannon	May 8	Jan 9
<b>Reeder Thatcher, Jr.</b>	- Son of Jane Thatcher & the Late Reeder Thatcher Sr.; Brother of Timothy, Michael & Lynne	Mar 12	May 22
<b>Jared Thomas</b>	- Son of Sandra B. Schueck	Aug 31	Jun 22
<b>James "Jimmy" Thompson</b>	- Son of Mary A. Thompson & the late Richard Thompson; Brother of Marie, Mark, Patrick & Kathy	Jan 23	Apr 6
<b>Meredith Unger</b>	- Daughter of Kathleen Paone	May 23	Feb 17
<b>Sean Virmalo</b>	- Son of Udo & Janet L. Virmalo; Brother of Eric, Brett & Katelyn Virmalo	Sep 13	Apr 28
<b>Joseph Visnosky, Jr.</b>	- Brother of Grace L Ashner	May 27	May 4
<b>Joshua Wersinger</b>	- Son of David & Joanne Wersinger; Brother of Patrick, Hope, Joseph, Gertrude & Marjorie Wersinger	Jan 19	May 17
<b>Richard "Rick" Wetherhold</b>	- Son of Franklin & Eleanor Wetherhold; Brother of Michael Wetherhold	Nov 20	Apr 16
<b>Zachary Wieder</b>	- Son of Michael & Tracy Wieder; Brother of Brandi Hahn; Grandson of Linda Seyfried	Apr 13	Dec 21
<b>Craig Yurick</b>	- Son of Robert & Sharon Yurick; Brother of Todd Yurick	Aug 5	Jun 21
<b>Abigail Zukowski</b>	- Daughter of Chris & Lisa Zukowski; Sister of Vincent Disimone, Gabrielle & Madison Zukowski; Granddaughter of Martin & Michele Glynn	Jan 27	May 18

## 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.

## The Cord

Author Unknown

We are connected,  
My child and I, by  
An invisible cord  
Not seen by the eye.

It's not like the cord  
That connects us 'til birth  
This cord can't been seen  
By any on Earth.

This cord does it's work  
Right from the start.  
It binds us together  
Attached to my heart.

I know that it's there  
Though no one can see  
The invisible cord  
From my child to me.

The strength of this cord  
Is hard to describe.  
It can't be destroyed  
It can't be denied.

It's stronger than any cord  
Man could create  
It withstands the test  
Can hold any weight.

And though you are gone,  
Though you're not here with me,  
The cord is still there  
But no one can see.

It pulls at my heart  
I am bruised...I am sore,  
But this cord is my lifeline  
As never before.

I am thankful that God  
Connects us this way  
A mother and child  
Death can't take it away

ultimate, from the joy of birth to the sorrow of death. I belong to a special group who truly know the meaning of the word Mother.

Would I have not accepted the gift if I had known the terrible loss I would feel by having it taken away from me? I would still hold out my hands and accept such a precious gift, for to love and to cherish, even for a short while, is worth every tear.

I'll shed my tears but let them be as a soft summer's rain. A rain that nourishes the earth, tears that heal and cleanse my heart.

## Father's Grief

Author Unknown

It must be very difficult  
To be a man in grief,  
Since ~~men don't cry and men are strong~~  
No tears can bring relief

It must be very difficult  
To stand up to the test  
And field the calls and visitors  
So she can get some rest.

They always ask if she's all right  
And what she's going through.  
But seldom take his hand and ask,  
"My friend, but how are you?"

He hears her crying in the night  
And thinks his heart will break.  
He dries her tears and comforts her,  
but "stays strong" for her sake.

It must be very difficult  
To start each day anew  
And try to be so very brave  
He lost his child too.

aren't.

Until the day of my son Bryan's, death, I'm afraid I was guilty of defining myself by my role in life; computer marketer, husband, father and without really being aware of it, most often in that order. I was caught up with "bringing home the bacon," "making a name for myself" and the tunnel vision that goes with all of that. My sense of self-worth was wrapped with these things...I was a workaholic, and only too often by the time I'd gotten around to family matters, I'd run out of steam.

Then my son died. The superficiality of my life smashed into a brick wall. For months I felt I was sitting in the middle of a field scattered with pieces of my life: job pieces askew here, family relationship trailing off there, dreams piled akimbo over there, hopes rent asunder over there.

As I listened to my son's friends at the remembrances for him, it dawned on me that at 19 a young man doesn't have a long list of accomplishments. Bryan hadn't "made a name far himself", Bryan was Bryan no more, no less. His friends loved him for who he was, not what he was.

*Strange the lessons  
Fathers learn from sons*

*To care, To share, To be there*

I wrote these words blinded by pain and I could sense what it was that brought together people from all over in a common bond of shared grief - Bryan cared about them. I wondered if I was to die suddenly, how would I be eulogized. "A real professional, a true marketer, a dedicated employee...? I'd settle for two words: "He cared."

I've tried to put the pieces of my life back together again, but I've tried to be selective. I've left many pieces lying in that field because they don't fit anymore. And I've fashioned some new pieces, each in some way inspired by the lesson of Bryan's life.

*Continued on page 8*

## The Broken Places

By Bob Rosenberger TCF Burke, VA

"If I am what I do, and I don't, then I'm not" These words have been spinning around in my head ever since I heard someone comment on how we tend to define ourselves by what we do, rather than by who we are. I thought about those words incessantly, almost to the point where they became nonsensical. But they

## Mother's Day

By Vera Babb, TCF, St. Louis, MO

Even in my sorrow I feel special,  
for I know the true meaning of the word Mother. I have reached the

*Continued from page 7*

Hemingway wrote, "Sooner or later life breaks everyone, but afterward some are stronger at the broken pieces." I've tried to put the pieces on my life back together selectively. I've fashioned new pieces.

## Here are the top 10 things I have learned about grieving as a couple



By Caroline, Mom to Jack Robinson, *Sharing Mar-Apr 2006*

1. Go to grief counseling as a couple if you can. It will help you understand and accept differences in grieving at a time when you both need each other so much.
2. Know that you each have strengths, weaknesses and limitations - chances are these are different for each of you. It sounds obvious, but can be very hard to accept that both of you have suffered a great loss and one of you may not be able to give the other what you need in such a desperate time. Grief takes a lot of energy and you may not always have much to give your partner during this time. Also, you each have different ways of coping and dealing with your grief-neither of you is wrong - allow the other space to do what they need to do, whatever that is.
3. It is normal to have disagreements over nothing that turn into big blow-out fights.
4. It is normal to get frustrated with each other. Grief requires tremendous patience. Try to be as patient as you can with yourself and your partner.
5. It is normal to take things out on each other. Try to be aware of this and stop yourself from doing this as much as you can.
6. Know that no matter how good your relationship is, or how supportive your partner is, grief can make you miserable, cloud your judgment, and make you feel like you need a divorce.
7. It is usually not a good idea to make any big changes when you are grieving and this includes leaving your relationship.
8. No matter how alike you are, each of you will have different things that upset and bother you more than other things, and different stages and time frames for your grief. Do your best to understand that you do not have to agree or be feeling the same things at the same time to accept each other's feelings and support each other

8. No matter how much you love each other, there will be times when you will feel completely alone while grieving the loss of your child. Grief is lonely.
9. Always do your best to have a united front to family, friends and the rest of the world - no matter if you agree or not. Other's judgments have a great potential during this time to pull you apart. You are much stronger as a pair than as two separate individuals. There will be times when it feels like you have no one in the world to support, listen and stand up for you. Try your very hardest to be there for each other as much as you can. NO-ONE else in the world loved your child more than each of you. Therefore, no-one else in the world shares this world of grief the same as the two of you.

## I Wonder

*(To My Spouse)*

I wonder if you know...

Some mornings I still wake up and wonder if it was all a bad dream... and I know you must do the same.

I wonder if you know...

Each night before I go to sleep, I quietly whisper "I missed you again today" and say a prayer that he will hear it.

I wonder if you know...

That even though I stand strong and look okay on the outside, inside my pain is still very deep & very real! I know yours is too.

I wonder if you know...

That I heard "that song" again today, and in the privacy of my car. I cried for him! I know you still cry for him too.

I wonder if you know...

Sometimes I feel like I'm going crazy and spend hours wishing I could change things. We aren't crazy, are we?

I wonder if you know...

That I have tried so hard to be strong for you, and yet a part of me is also very weak and needs your strength.

But above all else. I wonder if you know...

You are my hero and I love you very much.

*Stacie Gilliam TCF, Oklahoma, OK*





## Springtime's Burden Turns To Promise

By Don Hackett, TCF South Shore, MA

Seasonal changes are difficult for many bereaved parents. This is often most true as winter yields to spring.

The land seems to throb with life once more as young buds emerge and robins return from their sojourn in the south. Lilacs bloom and the breeze carries their fragrance. Woodland animals begin to lose the leanness of winter hunting or quiet hibernation.

The day is longer and filled with renewed vitality to match its length. It is as if a cold hand had loosed its bitter grip and the earth is reborn.

It is this quality of resurrection that seems so bitter. For as we struggle in the darkness of loss, all around us is the vigorous rush of life, breaking forth in colors and song. But our children do not come forth. They dwell in the land of death and the nether-world nightmare of our anguish.

But I believe we can see as well the promise inherent in spring's unfolding glory and grasp the continuity its return affirms. Last fall we saw an acorn, but this year we see the tender shoot of an infant tree.

From gnarled, dead-looking stumps, the cut-back rose sends tendrils of green to drink the sun. In each full cycle of our planet around its sun, we encounter irrefutable testament to renewal. In this we sense the defeat of death.

This is the time of year, when twilight surrenders to darkness, to stand outside and feel the rays of countless stars, smell the scents granted by the new earth, hear the chorus of night creatures and sense the rebirth that has no end.

Stand silently then, beneath the constancy of the night sky and upon the rejuvenating earth, and sense our children, constant and growing too, yet beyond our sight. Life continues. There are no endings. There are only beginnings. That is the promise of spring.

## An Angel's Kiss

Author Unknown

We go through life so often  
 Not stopping to enjoy the day  
 And we take each one for granted  
 As we travel on our way.  
 We never stop to measure  
 Anything we just might miss  
 But if the wind should blow by softly  
 You'll feel an ANGEL'S KISS.  
 A kiss that is sent from heaven  
 A kiss form up above  
 A kiss that is very special  
 From someone that you love.  
 For in your pain and sorrow  
 An ANGELS KISS will help you through  
 This kiss is very private  
 For it is meant for only you.  
 So when your hearts are heavy  
 And filled with tears and pain  
 And no one can console you  
 Remember once again,  
 About the ones you grieve for  
 Because you sadly miss  
 And the gentle breeze you took for granted  
 Was just an ANGEL'S KISS.....

## "HEARTQUAKE"

By Charla Catania Rots, TCF PGH Chapter,

We parents who bury a child  
 Suffer a terrible "Heartquake."  
 Our hearts are shaken off their foundation  
 Never to be secure or right again!  
 We are forever flawed with an internal injury.  
 We are the walking wounded  
 With no visible scar or sign of bleeding.  
 Outwardly we may look the same.  
 However, we bereaved parents know the truth:  
 Without our precious child here on earth with us,  
 Our world is upside down or inside out.  
 We are daily adjusting to our "New Normal"  
 Until our reunion in Heaven.

## 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 1<sup>st</sup>; Spring - March 1<sup>st</sup>; Summer - June 1<sup>st</sup>; Fall - Sept 1<sup>st</sup>

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 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

*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 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](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 specify what change(s) are ( i.e. correction, sibling name addition etc...) Use another piece of paper if necessary*

# Sibling Page

## To my big brother, David. I miss you. This is for you

I lied in bed tonight,  
My mind was running wild.  
Pictures, smells, sounds, feelings... Memories.  
They started coming back.  
I can't even remember when the last time  
I thought of you was.  
That's depressing in itself.  
It's been over 4 years  
Since I heard your voice.  
But for a brief moment I felt you tonight.  
God knows I have a horrible memory.  
I forget things so easily.  
But tonight, God blessed me.  
I thank God for a moment filled with  
memories of you.  
Some memories you and I shared.

I remember...  
Running in the playground up North. playing  
Cliffhanger on mounds of dirt. I would pretend I was  
falling and you would come and save me.  
I remember talking though our air vents at our old  
house. We didn't have much to say, but I remember  
thinking we were so clever because if Mom ever  
grounded us, we could still communicate.  
I remember eating honeysuckle out of mom's garden  
with you.  
I remember eating hot dog buns and watching Jack and  
the Beanstalk.  
I remember your adorable laugh and your adorable  
cheeks.  
I remember you always playing hockey games,  
pretending to be the announcer. You even did the cute  
"crowd screaming" thing.  
I remember you autographed EVERYTHING. You  
wanted to be famous. I remember pouring pop all over  
the snow with you and then eating it, like the ground was  
one giant snow cone.

I remember always having something to tattle on you for.  
I remember playing catch on the third floor at Boyne, the  
ball would drop off the balcony and you always made me  
go get it.  
I remember family dinners. It hasn't been the same  
without you. Dad sits in your spot now, and it really  
throws me off. It's so different. I wish it could go back the  
way it was.  
I miss you.  
I'll see you one day. I don't know when. My brother.  
My other half.  
My protector, my guardian.  
I'm sorry I don't think about you as much as I should.  
But you're always in my heart. Thank you for always  
loving me. I love you. Forever and Always.

*by Karen Harrison*


*In loving memory of David, TCF, Livonia, MI*



## You're Always With Me

By Jodie Day, TCF, Washington  
In memory of her brother, Wayne Day

Though you're no longer with me,  
Every day I find,  
One way or another  
You're back there on my mind.  
I might hear a piece of music,  
And at once my mind is stirred,  
Back to a treasured moment.  
The two of us shared.  
I never try to stop them,  
I let them just flow through,  
It's just *my way* of spending time,  
Once again with you.



# **TCF Annual Family Picnic & Balloon Launch**

**Sat. July 9 @ 12 pm (Rain or Shine)**  
**Moore Township Recreation Center**  
635 English Rd. Bath, PA

You are invited to join us for our annual Covered Dish Picnic and Memorial Balloon Launch.  
Hot dogs, drinks & balloons are provided by the chapter.  
Please bring your favorite covered dish, lawn chairs & sports equipment  
For questions or further information contact Kathy Collins at 484-891-0823

**Directions to the park:**

**From Bethlehem Area** - Take Center St./ PA-512 north, to PA-946 (Community Dr) Turn left proceed 2.4 miles to English Rd turn left, continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

**From Carbon County Area** -Take PA-248 east to PA-512 (Walnut St.) turn left proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left, continue .04 miles. to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

**From Easton Area** - Take PA-248 west to PA-512 (Walnut St.) turn right, proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

**From Wind Gap Area** -Take PA-512 South to PA-946 (Community Dr) Turn right proceed 2.4 miles to English Rd and turn left, continue .04 to park entrance on right. Turn right into the park and follow the park road to the first stop sign Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion

*Suggestion: Keep this top portion as a reminder*

**RSVP by July 1**

**PLEASE PRINT**

Yes, I will attend the picnic     Total Attending     Adults     Children

\_\_\_\_\_ Covered Dish I will bring

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Chapter(s) you attend \_\_\_\_\_

Yes, I will volunteer to help with the picnic     Set Up     Clean Up     Other \_\_\_\_\_

Mail to: The Compassionate Friends, Lehigh Valley  
Attn: Kathy Collins  
PO Box 149  
Bath, PA 18014

