



The Compassionate Friends

Lehigh Valley Chapter

Supporting Family After a Child Dies

Summer 2017

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Mailing Address:

PO Box 149
Bath, PA 18014

Phone:
610-837-7924

Email:
tcflehighvalley@gmail.com

Website
www.lehighvalleytcf.org

Facebook Page
facebook.com/TCFlehighvalley

Steering Committee

Brian & Kathleen Collins, Gene Delong, George Geiger, Brenda Solderitch, Sharon Yurick;

Newsletter Editor

Kathleen Collins
TCFNewsEditor@gmail.com
484-891-0823

Treasurer / Newsletter Mailing Coordinator

Brenda Solderitch

Remembrance Secretary

Maria Szabo

Acknowledgement Secretary

Sharon Yurick

Newly Bereaved Packet

George & Pat Geiger

Newly Bereaved Contact

Dawn DeLong
610-837-7924

TCF Regional Coordinators

Ann Walsh - 717-515-3000
Bobbi Milne - 215-801-2840

TCF National Headquarters

1(877) 969-0010 (toll-free)
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

- July 10 **Monthly Support Group Meeting** - General Sharing
- Aug 14 **Monthly Support Group Meeting** - General Sharing
- Sept 11 **Monthly Support Group Meeting** - General Sharing

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.

We welcome newsletter writings from our members, you can also submit writings by others. All submissions must include the author's name & your contact information. Send to TCF Lehigh Valley, ATTN: Newsletter Editor, PO Box 149, Bath, PA 18014 or email to: TCFNewsEditor@gmail.com by the following cutoff dates:

Issue	Cutoff	Issue	Cutoff
Winter (Jan., Feb., March)	Dec. 1 st	Summer (July, Aug., Sept.)	June 1 st
Spring (April, May, June)	March 1 st	Fall (Oct., Nov., Dec.)	Sept 1 st

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

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, 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 Allentown (grief recovery after substance passing) 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.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

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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



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
Only Child -	
Shelly Garst	484-241-5396
Addiction -	
Nancy Howe	484-863-4324
Suicide -	
John & Maria Szabo	610-866-5468
Homicide -	
Ginger Renner	610-967-5113

New Members

We welcome new members. We are deeply sorry for the circumstances that have brought you to our group. As fellow bereaved parents, grandparents and siblings we offer care, compassion, comfort and a deep understanding of the pain you are experiencing. We know how much courage it took to attend your first meeting and hope that you will allow us to help by continuing to attend.

Beth Love whose beloved son, John, born 8/7 died 12/6 at 26 yrs
 Michelle Green & Otis Ramsey whose beloved Son, Joshua, born 6/30 died 3/16 at 26 yrs
 Konnie Krasenics & Charles Davis whose beloved Son, Cole, born 1/10 died 4/8 at 2 month, 28 days
 LaDonna Hillanbrand whose beloved Son, Tyler, born 11/3 died 1/9 at age 25
 Robert Elisarraras whose beloved son, Robert, born 12/20 died 8/25 at age 25
 Wayne Crawford whose beloved Daughter, Kayla, born 11/24 died 5/5 at age 6

There are three needs of the griever

To find the words for the loss
 To say the words aloud
 And to know that they have been heard

Victoria Alexander

News, Events & Announcements

July 28 - 30

40th Annual TCF National Conference “Rays Of Sunshine - Oceans Of Hope”

Hilton Bonnet Creek, 14100 Bonnet Creek Resort Ln, Orlando, Florida

Visit the TCF National Website for more information, hotel & conference reservations

October 18, 2016

TCF Basket Bingo

Doors open at 5pm, Games start at 7 pm Northampton Community Center, 1601 Laubach Ave, Northampton,

Advance Tickets: \$15.00 (deadline Sept 21 - No Exceptions), At the Door: \$20.00

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

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

December 17, 2016

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon. You may participate by joining one of the local gatherings or by quietly lighting a candle in your own home at 7 pm. Information on local gatherings will be listed in the next newsletter issue.

December 11, 2016

Candle Light Remembrance Service

6:45 pm in the Sacred Heart Hospital Auditorium

In lieu of the monthly support group meeting in December we will be celebrating the lives of our children, siblings and grandchildren with a very special service of remembrance. The program includes music, poetry, a slideshow of our children, a sibling candle wreath lighting, memorial scroll, a memory table for photos and more. The program will be followed with a reception of shared finger foods and fellowship. Guests are asked to bring a favorite treat or finger food to share. Please arrive early the program will begin promptly at 7pm. More information about submitting a photo for the slideshow will be listed in the next newsletter issue.

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.

We thank the following for their generous donations this month

Contributor	Loved One
♥David Bremmer	Hunter Bremmer <i>All my love, Dad!</i>
♥Nancy Kornafel	Molly Hude <i>Granddaughter Love Grammy Nancy R.I.P. 4 Yr Anniversary</i>
♥Kathleen Collins	Anthony E Mariani II <i>Although we know you are with us and watch over us, we miss your loving hugs and smiling face more than words can express. Your loving family</i>
♥Linda & Larry Melencheck	Nathaniel Davis <i>Always in our hearts - we miss you!</i>
♥Yvonne Hude	Molly Hude <i>Its been 4 years since I've seen your smile and heard your voice. Missing you so much, Love Mom, Dad & Grammy</i>
♥Udo & Janet L. Virmalo	Sean Mikhail Virmalo <i>Always with Us Udo, Janet, Eric, Brett & Katelyn</i>
♥John & Grace Ashner	John Ashner <i>We love and miss you. Love Mom & Dad</i>
♥Ellen Winkler	Steven Winkler <i>We love you and miss you more than words can say. 4 ever in our hearts. Mom & Jennifer</i>
♥Tom & Syd Caton	Kimberly Jo Caton <i>A Sad - Happy Birthday. Love you and miss you</i>
♥Jim & Barbara Minter	Jim Minter <i>Happy Birthday, Wish you were here. Love Mom and Dad</i>

Donations and Contributions

- ★ 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
- ★ St Marks Evangelical Luthern Church, Bethlehem, PA
- ★ The Matt Kush Foundation In Memory of Matt Kush
- ★ Aetna Payroll Contributors
- ★ United Way Payroll Contributors

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.

There is no path so dark, nor road so steep, nor hill so slippery that other people have not been there before me and survived. May my dark times teach me to help others on a similar journey

~Maggie Bedrosian



Look for us on the Web



Visit our web page at www.lehighvalleytcf.org for group information, meetings & events schedule, 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**

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 & mail to the address indicated.

July, August & September 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
Walter Alfonso	- Son of Joan Kunsman; Brother of Sherry Flanagan, Sandra Kunsman & the late David & Charles Kunsman, Jr	Aug 10	May 18
Megan Alisio	- Daughter of Nick & Tina Alisio	Sep 8	Jul 12
James Balloch	- Grandson of Fern Gerth & Bill Gerth	Feb 22	Sep 4
Morgan Basciano	- Daughter of Nicholas and Sharon Basciano; Sister of Olivia & Sophia	Jul 6	Jul 30
Todd Belles	- Son of Anita Belles	Sep 17	Sep 28
Aaron Bissell	- Son of Bob & Patti Bissell; Brother of Danielle Bissell	Jun 17	Aug 19
Timothy Bogart	- Son of Nancy & Bill Bogart; Brother of Katelyn Bogart & Ryan Bogart	Mar 12	Jul 4
Hunter Bremmar	- Son of David Bremmer; Brother of Heather Bremmar; Grandson of John Bremmar, Jr	Dec 12	Jul 12
Rachael Brosky	- Daughter of Karl Brosky; Sister of Rebekah Brosky-Dorsey & William Brosky	Jun 9	Sep 8
Michael Buss	- Son of Bea Bryfogle; Brother of Lindsay & Katelyn Buss	Sep 13	May 15
Kimberly Caton	- Daughter of Thomas & Sydney Caton	Aug 30	May 2
Holly Cavanaugh	- Daughter of Beverly Ann Cavanaugh & Bill Cavanaugh; Sister of Bo Cavanaugh	Apr 27	Sep 25
Carol Chanitz	- Daughter of John & Ruth Chanitz	Aug 25	Aug 25
Joseph Chanitz	- Son of John & Ruth Chanitz	Jul 16	Aug 28
Matthew Chupella	- Son of Maryann Chupella	May 18	Jul 31
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
Lorriane Corbo	- Daughter of Debbie Goodman	Jul 13	Jun 23
Kenneth Cosentino	- Son of Judy Cosentino; Brother of Noreen Cosentino	Aug 11	May 6
John Counterman, III	- Son of Mary Jo Ackerly; Brother of Theresa Legarski	Sep 30	Nov 2
Hope Davidson	- Daughter of Dean & Donna Davidson; Sister of Nicholas Davidson	Aug 8	Feb 8
Sarah Davidson	- Daughter of Dean & Donna Davidson; Sister of Nicholas Davidson	Jul 10	Jul 10
Nathaniel Davis	- Son of Ronald & Elizabeth Davis	Dec 9	Aug 21
Sheila DeBoer	- Daughter of Barbara DeBoer & the late Henry DeBoer; Sister of Leslie & Cory DeBoer	Jan 29	Jul 27
Denise Deiter	- Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue	Jul 3	Jun 11
Kannah Dew	- Daughter of Heather Surget	Sep 14	Feb 24
Ashley Dickinson	- Daughter of Debbi A Dickinson, CPBC	Sep 3	Sep 3
Kimberly Dickinson	- Daughter of Debbi A Dickinson, CPBC	Aug 25	Aug 25
Mark Dilts, Jr	- Son of Mark & Joy Dilts; Brother of Beth Dilts	Jan 6	Jul 8
Alexandra Dixon	- Daughter of Albert & Joan Dixon; Sister of Zack Dixon	Sep 22	Jul 31
John Evans, III	- Son of Jack & Ann Evans; Brother of Tom Sampson & Patti Stout	Mar 12	Aug 16
Brenda Fehr Hatrak	- Daughter of David & Eileen Fehr, Sr.; Sister of Barbara R. Burgin & David A. Fehr, Jr.; Granddaughter of Elwood & Mary Mann and Warren & Rose Fehr	Aug 31	Jan 8
Eric Fenstermacher	- Son of Rick & Kathleen Fenstermacher; Brother of Heather Fenstermacher	Feb 14	Jul 31
Faun Finn	- Daughter of Chris and Adrienne Pfaeffli; Sister of Benjamin & Timothy Kimak	Sep 29	Aug 30
Jennifer Flanagan Kutz	- Daughter of Nancy Kutz	Oct 7	Sep 11
Rocky Fraccica	- Son of Rocky & Sadie Fraccica	Sep 13	Dec 9

July, August & September Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
Edwin Frantz	- Son of Pamela Green	Aug 11	May 24
Kelly Gallagher	- Daughter of Tom & Sherry Gallagher	Jul 14	Aug 22
Sgt. Christopher Geiger	- Son of George & Patricia Geiger; Brother of Roseanne Reenock & Michael, Terrance, David & Timothy Geiger	Mar 30	Jul 9
Mark Gery	- Son of William & Catherine Gery; Brother of Kristin	May 22	Aug 3
Chelsie Graham	- Daughter of Chris & Debbie Graham	Sep 18	Nov 2
Eric Graver	- Son of Mary L Graver	Aug 17	Jul 9
Mary Greaser	- Daughter of Lucian & Brenda Strybuc	Aug 9	Jun 14
Rita Guerrieri	- Daughter of Art & Mary Guerrieri; Sister of Maryrose Guerrieri-Nesbitt	Sep 29	Mar 11
Jonathan Hawk	- Son of Bruce & Mary Hawk; Brother of Bruce Hawk & the late Lisa Hawk	Aug 26	Mar 30
Lisa Hawk	- Daughter of Bruce & Mary Hawk; Sister of Bruce Hawk	Sep 4	Jun 1
David Hoagland, Jr	- Son of Gypsy Garrett	Sep 24	Apr 26
Jonathan Hoffstetter	- Son of Richard & Suzanne Hoffstetter; Brother of Diane & Kenneth Hoffstetter	Sep 22	Oct 1
Ryan Holihan	- Son of Gavin and Nancy Holihan	Sep 22	Jul 7
James "Jimmy" Hotz	- Son of Elizabeth Hotz	Apr 24	Jul 4
Julie Howe	- Daughter of Timothy & Nancy Howe; Sister of Melanie Howe	Sep 3	Nov 19
Molly Hude	- Daughter of Rex & Yvonne Hude; Granddaughter of Nancy Kornafel	Nov 2	Jul 2
Jeanne Hurley	- Daughter of Stephen & Jeannette Viglione; Sister of Michele Yankowy & Robert Wambold, Jr.	Oct 12	Aug 13
Allan Itterly	- Son of Richard & Jeanette Itterly; Brother of Albert & James	Aug 14	Jul 8
Austin Jacobs	- Son of Penny Jacobs; Brother of Seth Jacobs	Jan 24	Aug 27
Brandon Jesse	- Son of Cathi Jesse	Nov 2	Aug 6
Carol Johnson	- Daughter of Laurretta Coyne; Sister of Elaine Muretta, Bob, Jim & Dave Johnson	Oct 18	Sep 23
Frank Kerr	- Son of Catherine Milano	Aug 27	Jun 23
Colleen Kilker	- Daughter of Mark & Kathleen Kilker; Sister of Meghan, Bridget & Mark Kilker	May 6	Jul 23
Kimberly Kohl	- Daughter of Lyndon & Linda Kohl	Nov 17	Sep 28
Dylan Krum	- Son of David & Lora Krum; Brother of The Late Gavin Krum; Grandson of Henry & Shirley Long and Nevin Krum	Jun 22	Jul 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
David Kunsman	- Son of Charles & Joan Kunsman; Brother of Sherry Flanagan, Sandra Kunsman, the late Walter Alfonso & Charles Kunsman, Jr	May 2	Jul 15
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
Matt Kush	- Son of Rick & Ann Kush; Brother of Mike & Jenn	Aug 24	Feb 10
John "Jack" Kushnerick, Jr.	- Son of Bernice Kushnerick; Brother of Pat & Jan Kushnerick	Sep 17	Mar 16
John Leonard, Jr	- Son of John & Jule Leonard; Brother of Karen	Jul 27	Jan 6
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
Mitchell "Mitch" Lloyd	- Son of Sandra Lloyd; Brother of Douglas Lloyd; Randy & Fran Lloyd	Jul 27	Aug 15
Michael Longyore	- Son of Charlotte Longyore	Jul 6	Jul 31
Michael Mann	- Son of Lee & Shirley Lutz	Sep 26	Aug 12
Anthony "Tony" Mariani, II	- Son of the Kathleen Collins & the late Anthony E. Mariani; Stepson of Brian Collins; Brother of Matthew Mariani; Grandson of William & Janet Pickett	Sep 13	Sep 6
Francis McGaughran, Jr	- Son of Nancy McGaughran; Brother of Kelli, Brian & Michael	Aug 15	Jul 8
Joseph McGouldrick	- Son of Pat McGouldrick; Brother of Jennifer McGouldrick	Jul 24	Jun 5
Katherine McGraw	- Daughter of John & Sue McGraw, Sister of Maggy & Sean McGraw	Aug 15	Feb 28
Ed McNally	- Son of Don & Connie McNally; Brother of Sean McNally	Jul 29	Feb 11
Doreen Meyers Ortiz	- Daughter of Terry & Angeline Meyers; Sister of Dwayne T. Meyers	Dec 18	Jul 13
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

July, August & September Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
Terence Milton, Jr	- Son of Terence Hagins; Brother of Tyreek, Caressa, Asley, Danyell	Jan 1	Jul 26
Jim Minter	- Son of Jim & Barbara Minter; Brother of Jeanine Minter	Aug 15	Mar 14
Michael "Mike" Morgan	- Son of Raymond & Deborah Vrtis	Aug 17	Apr 19
Buddy Pearson	- Son of Bob & Shelly Garst	Jul 12	Mar 24
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
Michael Potkovac, III	- Son of Annette Potkovac; Brother of Michele, Matthew, Mark, John, Denise & the late Donna Marie Potkovac-Roth	May 26	Aug 29
Michael Powers	- Son of Richard & Margaret Powers; Brother of Billy, Richie, Tara & Ryan	Jul 9	Feb 10
Peter Radocha	- Son of Lucille Radocha; Brother of Gina Sacco & Frank Radocha, Jr	Jun 13	Jul 1
James Ralls	- Son of Tina Ralls; Brother of Timothy & Geoffrey	Jan 2	Aug 17
Harry Rawdon	- Son of Margaret Rawdon; Brother of JettaAnn Rawdon	Sep 23	May 13
Nicole Reinhart	- Daughter of Michael & Pamela Reinhart; Sister of Mikey & Timmy Reinhart	Jun 3	Sep 17
Lydia Rice Cobb	- Daughter of Virginia Rice	Sep 27	Oct 10
Sandra Roberts	- Daughter of Millard & Barbara Howell; Sister of Randy, Michaela & Alexandria	Feb 3	Aug 13
Anthony Romig	- Son of Lois Pearsall & Edward C. Romig, Sr.; Brother of Edward C. Romig, Jr.	Sep 12	Jan 20
Cory Ross	- Son of Kathy Ross; Brother of Michael Ross	Jul 24	Jun 12
Scott Rothrock	- Son of Larry & Linda Rothrock	Oct 20	Sep 18
Jason Rute	- Son of Bill & Linda Cavanaugh	Aug 25	Nov 13
Aaron Schaible	- Son of Linda Stewart; Brother of The late Jennifer Schaible	Jul 30	Aug 28
Lauren Schneck	- Daughter of James & Lisa Schneck	Aug 10	Dec 2
Ronald "Ronnie" Sherbaum, Jr.	- Son of Ronald & Donna Sherbaum, Sr.; Brother of Daniel & Joseph Sherbaum	Jul 17	May 17
Joseph Siedlecki, Jr	- Son of Joe & Monica Siedlecki; Brother of MaryAnn & Michele Siedlecki & the late Jeanmarie Siedlecki Moyer	Feb 26	Jul 9
Jeanmarie Siedlecki-Moyer	- Daughter of Joe & Monica Siedlecki; Sister of MaryAnn & Michele Siedlecki & the late Joey Siedlecki	Jul 30	Sep 25
Jonelle Sisonick	- Daughter of Rella Sisonick Daniels; Sister of Anthony & Nicholas Sisonick	May 22	Aug 3
David Todd Smith	- Son of David & Kathleen Smith; Brother of Stephanie Seifert	Feb 25	Sep 17
Matthew Snyder	- Son of Robert & Elizabeth Snyder; Brother of Megan & Jesse Snyder	Dec 22	Jul 10
Joseph Span	- Son of Joel & Annette Span	Jul 8	Feb 12
Zachary Spence	- Son of Rebecca Spence	Sep 27	May 22
Christopher Stasurak	- Son of Paul & Adriane Stasurak	Jul 10	Jul 10
Casey Stengel	- Son of Casey & Jane Stengel; Brother of Chrissy, Sarah, Lisa & Mike Stengel	Jul 22	May 4
Constance Stewart	- Daughter of Joanne Stewart; Sister of Keith & Kevin Stewart	Sep 23	Feb 1
Keith Storat	- Son of Richard & Susan Storat; Brother of Todd & Greg	May 18	Jul 22
Jon Sulick	- Son of John Sulick; Brother of Aymae Sulick	Feb 9	Sep 15
Michael Szabo	- Son of John & Maria Szabo, Jr	Aug 2	Aug 17
Benjamin Thomas	- Son of Kathy Thomas; Brother of James Thomas	Aug 26	Jul 13
Jared Thomas	- Son of Sandra B. Schueck	Aug 31	Jun 22
Travis "Bo" Tkach	- Son of Jim & Sandi Tkach & Brother of Tristin & Tyler Tkach	Dec 25	Jul 20
David Uecker	- Son of Susan Uecker-Bittner & The Late Phillip C. Uecker; Brother of Amanda Uecker-Miernicki	Aug 2	Oct 3
Alayna Velez	- Daughter of Ruth Ann Velez; Sister of Joshua, Bryann, Karissa, Shannan	Jul 9	Aug 17
Sean Virmalo	- Son of Udo & Janet L. Virmalo; Brother of Eric, Brett & Katelyn Virmalo	Sep 13	Apr 28
Stephanie Volkert	- Daughter of Joanne Fimiano; Sister of Zachary Volkert	Sep 22	Feb 12
Gregory Weiland, Jr	- Son of Robin Weiland; Brother of Rozalyn Weiland	Sep 23	Dec 12
Christina Williamson	- Daughter of Chris & Kim Williamson; Sister of the late Christopher Jayden Williamson		Aug 6
Steven Winkler	- Son of Ellen Winkler; Brother of Jennifer; Grandson of Arnold Abramowitz	Jan 12	Jul 26
Hunter Wolfe	- Son of Tony Wolfe & Kimberly B Sargent; Brother of Carter & Olivia Wolfe & Katarina Sargent	Jul 23	Jul 7
Adam Wolk	- Son of Michael & Sheila Wolk; Brother of Laura & Sarah Wolk	Aug 1	Oct 22
Craig Yurick	- Son of Robert & Sharon Yurick; Brother of Todd Yurick	Aug 5	Jun 21

Independence Day

By Tom and Sondra Wright
TCF, Tucker GA

The Fourth of July, Independence Day, Our Nation's Birthday. Whatever you call it, we celebrate America's Independence from England on July 4th each year. As a nation, we have endured for 200+ years to become a significant independent and powerful force in the world. We were founded on the principles of equality and religious tolerance, of equity and opportunity, and of rights and responsibilities. Several generations of men and women have defended our precious freedom with their lives.

As we celebrate this year, let's take a moment to remember those who paid the ultimate price for freedom - and to remember their families. It is sometimes easy to think only of the glory of their sacrifices, and to overlook the sacrifice of their families. War is never glorious, no matter how romantic the notion created by Hollywood. War has casualties that go farther and deeper into the fabric of our nation than we may realize. Those who died are buried with fanfare, as befits a nation's fallen valiants. And their families learn to go on, just as we have, in spite of their loss. But think for a moment of those who were declared missing in action, or who were prisoners of war. Their families must endure, often for years, and sometimes without an end to their pain and loss.

Remember all of our nation's fallen when you celebrate this year. Remember those ceremoniously laid to rest; remember those who were captured, imprisoned, even tortured; remember those whose fate remains unknown. And remember, too, the families of all of them. Death, no matter how noble, is never easy for those left behind. We send our thanks to the veterans - living, dead, and missing - and their families.



The Storm of Grief

By Mary Jo Pierce
TCF, Tuscaloosa, AL

It comes like a huge thunderbolt, shocking and deafening you to all else around you. Suddenly the world that had been so bright is black and desolate. There seems to be no hope.

The tears come like torrential rains. The winds of reality come, and your body is torn by the pains and fears caused by the storm. Even when the tears stop for a while, the dark clouds loom over you, threatening with more pain.

Most passersby can't help you through the storm because they have never been caught in one like it and some don't seem to care. There are a few who will reach out their hand and try to pull you from the storm, but the storm must be endured. And then there are the special ones, the ones who are willing to walk with you through the storm. Usually these are people who have been there before and know the storm can be survived.

After a time, the torrential rains turn to showers, and then the showers come less often. But the clouds don't go away. The sadness and pain remain, but they become more bearable.

Eventually, as the clouds begin to part, there may even be a rainbow - a sign of hope. And as the sun begins to shine a little more, flowers of memory will blossom to be enjoyed. I don't think the showers will ever end; but I believe as they get farther apart, the sky will get bluer, we will see more rainbows, and flowers will bloom more and more.

Perhaps it's even good to have a shower now and then to cleanse our souls and to revive those special flowers of memory.

Fireworks

You used to run around with a sparkler in your hand,
pretending you were a minute man or a patriot drummer.

It didn't matter; there was time for all.

You'd wrap a rag around your head and take your toy drum,
and tromp around the yard.

Whatever you were on those wonderful nights, you loved it!
And we watched and laughed as you waved your tiny flag,
thinking maybe you were the one who
really understood what we celebrated.

Now the drum is gone and no one gets sparklers any more.

The yard is quiet on the Fourth of July.

Do you still march and play the drum for others?

You Walked Through Our Lives His Journey's Just Begun

By Marilyn Auen, TCF W. Central Iowa Chapter
*Submitted by Kathleen Collins memory of
 Anthony E Mariani, II
 You were our sunshine!*

You took a walk into our lives
 And paused a little while.
 You gave us love and happiness,
 With every glowing smile.

This pause of only eighteen years,
 Really wasn't long.
 While you were here you gave us love,
 A love so warm and strong.

A special gift for us to share
 A gift that was a treasure.
 What you have meant to all our lives
 We cannot really measure.

You stopped to brighten up our days
 To fill our hearts with love.
 You made our lives more worthwhile,
 'Til God spoke from above.

Your walk continued on then,
 Your visit here was done.
 Our lives seemed filled with darkness,
 For we lost our glowing sun.

Your footprints will remain,
 They'll never fade away.
 For they're secure upon each heart
 And there they'll always stay.

So, once again
 You walk through every heart.
 We all still feel your presence
 And really aren't apart.

By Marie Reiman, TCF Lehigh Valley
 In memory of her son Donald Reiman

Don't think of him as gone away
 His Journey's Just Begun;
 life holds so many facets
 this earth is only one.

Just think of him as resting
 from the sorrows and the tears
 in a place of warmth and comfort
 where there are no days and years.

Think how he must be wishing
 that we could know, today,
 how nothing but our sadness
 Can really pass away.

And think of him as living
 in the hearts of those he touched...
 for nothing ever loved is ever lost -
 And he was loved so much.

***Grief work takes more time and
 effort than most people ever
 anticipate.***

***And even after weeks, months
 and years later, grief may ebb but
 it never ends***

~ Dr Jimmy Holland

Life in Freefall

My life is in freefall, like raging water over the waterfall.
 No longer the strength, to stand and fight.

Pushed on by the incessant currents, I must go with the flow
 In the torrent of life, Towards a tomorrow
 That I don't know

~Steven Katsineris, TCF Victoria, AU

My Grandchild Died

Author wishes to remain anonymous

Many months ago now my grandchild died, some days it feels as if it were yesterday, other days it seems a life time ago. I am told by my friends and some of my family that it is time I "moved on". They tell me that I must put "it" behind me!

It is not easy to smile back. It is not easy to tell them why I will never "get over it". How can you explain the grief? One cannot do so and I hope they never learn from personal experience what it is like for a grandmother to lose a grandchild.

I used to think my heart had broken but I now know that is not true. If my heart had broken I would not be here. My "being" broke, I feel as if I am a 3D jigsaw puzzle that broke into thousands of pieces the day my grandchild died. Slowly, through self help I have put that puzzle together. It is not perfect and regularly a piece, or sometimes a few pieces, slip out and remain out for some time. They can be put back in and need to be for me to live my life, but I find I have two pieces that will not fit back into that puzzle, no matter how I try. Some days one piece almost fits; this is the grief for my grandchild. It will always be a new piece in my being. That grief will remain until the day I die. It is a piece of puzzle uniquely shaped from happy and sad memories, from an undying love, from so many emotions. I touch this piece of puzzle often, sometimes the grief it brings is so intense it is almost unbearable, other days it does not seem so bad. Some days touching it makes me smile. It is always in my thoughts and I feel it constantly, however I can place it in my pocket and know that it rests safely there. It is at peace so I have learnt not to struggle to try to make it fit.

The other piece is more difficult. It belongs to my child, the daughter I gave birth to, fed and nurtured, loved and cuddled. The daughter I watched grow from baby to adulthood. The daughter I helped shape into a wonderful human being. She too was part of my "being", I understood her and we shared a history. We were mother and daughter. Now that piece has changed shape forever and does not even look like fitting in. Can I mould the shape to fit, no not yet. Will it ever fit back in? I do not know. I understand that she has changed forever and I love her unconditionally but I wonder if I will ever get to know this new daughter. Is it possible to find that comfortable place I once shared with her? Can that natural mother daughter relationship be learned again now we are not child and adult? She has had to change to cope, she has been dealt the most terrible of tragedies, and her life has changed forever. She lost a child. She has needed to find strength from her deepest self. She is grown up now, she no longer needs me to nurture her as a mother but I still

need her as a daughter. I long for the day when I can feel her arms around me again and hear her say I, love you Mum from her heart. Maybe then that piece of puzzle will have days when it fits into my pocket comfortably too.

It will always be a piece of my puzzle whose shape has changed but hopefully one which also becomes comfortable to hold.

Is this why they say a grandparent suffers a double grief when their grandchild dies? Maybe.

The Battle Within

Dave & Marsha Wildin, TCF, Algona, IA

The war we fight is as horrendous to us as any war ever fought anywhere, anytime. Many people around us, however, are unaware that we continue to fight this war. The best allies we have are those who are fighting the same war and understand our continuing struggle. The wounds we suffer; especially in our worst early battles, are very deep and slow to heal; indeed, the wounds never completely heal. The pain initially is so bad that we sometimes are nearly ready to give up the fight, as our will is nearly exhausted. As days, weeks, months and years pass, we slowly win more major battles, but the small skirmishes still come, often unpredictably. Just as our wounds never completely heal, the battles seem to never end. In time, we come to understand that these battles will be part of our lives forever, although the frequency and intensity will gradually become less. We also find that our pain is lessened when we help those new combatants who are suddenly forced into this conflict.

We hope that no one else is drawn: into this war, but we know that inevitably, others will suddenly and un-willingly be forced into the battles. The war we fight is a silent war; within our own psyches. Such is the war of grief we fight as parents who have suffered the death of a child.

***The ache of grief is always there,
but the emptiness will lift one day.***

***Their life to us, the greatest gift
and only by living can it be repaid***

~Jill Pendley

Sibling Page

You've Got To be Strong Now!

By Warren Pynt in memory of his brother Graham.
TCF, Johannesburg. SA.

"You've got to be strong now, for your parents." How many of you heard that when your brother or sister died? It generally comes from some well meaning relative or family friend. You've got nothing to grieve about. You didn't lose a child.

Yes, your parents were grieving and they had a right to as well. They lost a child. You didn't just lose a brother or sister, you lost more. You lost any or all of the following. A playmate who could keep you company as a child. A dining companion when everyone else seemed to desert you. A rival in many areas. A critic of everything bad you did. A fan of all your good points and deeds. A personal doctor who looked after you when you were ill. A conscience that told you what the right thing to do was when you didn't know. A bank manager who loaned money to you when you were broke. A personal secretary who posted your mail, answered the phone and answered the door. A personal slave. A body guard. A soul mate. Your confidant. The person that when all looked lost, took your hand and said everything would be alright. Your best friend. You didn't lose a person. You lost a whole gang of people. No wonder you have all this grief. It's no wonder you have all these feelings and emotions swirling around your body. You have a right to grieve too, and don't let anybody stop you.

Teenage Grief & the Subject of Anger

By Linda Cunningham
TCF Western Australia

Expressing anger is not something that most of us are given permission to do while growing up. We are often told to go to our room or calm down. We buy the message that anger is inappropriate and are seldom given examples of how to vent anger in a way that does not hurt someone else or ourselves.

Anger is a very human response to grief. We may be angry at ourselves, the doctor, God, or friends who have family members

that we no longer have. We can even be mad at our loved one for dying and leaving us alone to deal with life without them.

It has been said that depression is often a result of anger turned inward. If we intellectualize or minimize our anger, it will not go away by itself. Our suppressed anger may find an avenue in situations that appear to be unrelated to the death.

Some people have found that anger can be safely expressed in the following ways: writing an angry letter and tearing it *up*, screaming into a pillow, punching a pillow or mattress, scribbling with red crayon until you get tired, exercising - running, bicycling or boxing, etc.

While doing the above, verbalize either out loud or silently, the anger you are feeling. Verbalizing is an effective way of focusing your anger where it belongs.

Journaling or drawing can also release anger. At the top of a sheet of paper, you might want to write, "I am angry because..." and respond to this question with short sentences or sketches. Writing brings responses from the intellect and drawing can bring deeper responses from the heart, so think about doing both.

If you have mastered the art of meditation and are accustomed to being still in the silence, this can be an opportunity to look deeply into the source of your anger. Often we are angry for reasons that are quite different from what we originally thought. Prayer is also a great healer. Prayer and meditation are thought, by many, to be methods of avoiding angry thoughts and feelings. On the contrary, prayer and meditation provide an opportunity to look directly into the face of anger in an environment that produces clarity and direction. If you are not feeling anger at this time, respect that. There is not a magic formula that says you have to be angry while grieving. Anger is simply a common and frequent response to grief for many people

Follow your heart and allow yourself to grieve in your own way and on your time.

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