



The Compassionate Friends

Lehigh Valley Chapter

Supporting Family After a Child Dies

Fall 2018

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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

Position currently vacant

Acknowledgement Secretary

Sharon Yurick

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

- Oct 8 **Monthly Support Group Meeting** - General Sharing
- Nov 12 **Monthly Support Group Meeting** -: General Sharing
- Dec 9 **The Compassionate Friends Worldwide Candle Lighting**
- Dec 10 **Candle Light Remembrance Service**

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@gmail.com or Jenny Kemps - 610-442-8490

Local Children's Support Groups

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	

Please Note:

Over the next month or two we will be contacting members by mail who we haven't heard from lately to inquire if they wish to remain on the mailing list. If you receive a letter please fill out the enclosed form (even if you do not wish to receive future newsletters) and return it as soon as possible. If form is unreturned your

News, Events & Announcements

The 21st Compassionate Friends Worldwide Candle Lighting will be held this year on Sunday, **December 9, 2018**. This is a very special and moving event, when bereaved families join together from around the world in memory of all children gone 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.

Now believed to be the largest mass candle lighting on the globe, the 21st annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Started in the United States in 1997 as a small Internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance.

Participants may observe the event at home with family or attend a local gathering. The Compassionate Friends National website, www.compassionatefriends.org, has a page where you can search for local gatherings



TCF Candle Light Remembrance Service December 10, 2018

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 sibling candle wreath lighting, memorial scroll, a slideshow of our children (to have your child added to the slideshow see page 4). 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 the children who have died, will be on display. If your child'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 across the hall from the Auditorium. Please bring one a favorite treat or finger food to share.

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.

To add 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.*

TCF Memorial Garden,

Just a quick update on the status of the garden. I stopped by the Palmer Township Municipal Offices yesterday (9/10/2018) to see where we stand with a potential starting date. Unfortunately, the news wasn't what I had hoped. The Township's project has come to a standstill due to PennDOT not granting a permit to construct the driveway at west end of the Chrin complex. Mr. Christman, the township manager has no clue as to when this might happen, and for that he was most apologetic. He has the file for the project on his desk, and shared with me his personal desire to see our garden in place. As soon as he lets us know when we can proceed, we will.

John Szabo, TCF, Easton Area Chapter

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
♥ Betty Schuler	Dean Lynn Schuler <i>Love you and miss you</i>
♥ Brenda Solderitch	Matthew Solderitch <i>Happy 40th Birthday Matthew. I love and miss you so very much. Love, Mom</i>
♥ Doris Hosler	Debra Sweeney <i>Happy 65th Birthday Debbie, Sending our love</i>
♥ Stephen & Jeannette Viglione	Jeanne C. Hurley <i>You have a grandson, Gavin James Hurley, Son of Cole</i>
♥ Donald & Susann Southgate	Troy G. Southgate <i>We miss and love you very much. Love. Mom, Dad & Martin</i>
♥ Sherwood & June Gum	James "Jim" Gum <i>Always in our hearts</i>
♥ Yvonne Hude	Molly Hude <i>Happy 30th Birthday!! Molly. Wishing you a happy day. All Our Love, Mom, Dad & Grammy</i>
♥ Larry & Linda Rothrock	Scott G. Rothrock <i>In Loving Memory</i>
♥ Kenneth R. & Barbara Zellner	Kenneth Samuel Zellner <i>Love and miss you every day. Its been almost 18 years. Love You</i>
♥ Anderson, Collins & Pickett families	Janet Pickett <i>Our hearts are heavy, but your soul has been set free to fly with the Angels! Missing You! Your Family</i>
♥ Jack & Nancy Blosky (Mom Mom & Pop Pop)	Kevin Thomas Blosky <i>You live in our hearts forever</i>
♥ Fred & Pat Andrew	Jill Patricia Harris <i>Happy Birthday Jill. We love and miss you</i>
♥ Yvonne Hude & Nancy Kornafel	Janet Pickett <i>We are sorry for your loss. May your Mom rest in peace.</i>
♥ John & Grace Ashner	John Ashner <i>We love and miss you</i>

Donations and Contributions

- ★ *Sacred Heart Hospital, Allentown for meeting room and drinks*
- ★ *The Shafer Family Charitable Trust*
- ★ *Giant Food Store Employees for United Way Contributions In Memory of David Todd Smith*
- ★ *Aetna Payroll Contributors*
- ★ *Mary Ann Donuts, Allentown for meeting snacks*
- ★ *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.



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.

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

October, November & December Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthdate	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
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
Lucas Boyle	- Son of Brenda Boyle; Brother of Shelby & Tyler	Apr 1	Dec 17
Hunter Bremmar	- Brother of Heather Bremmar; Son of David Bremmar	Dec 12	Jul 27
Brian Burke	- Son of Rich & Mary Burke; Brother of Melissa Burke	Jan 3	Oct 9
Anthony Coccia	- Nephew of Jane Coggins	Jun 30	Oct 3
Jessica Coe	- Daughter of Randy & Diane Coe; Sister of Allison Coe	Aug 13	Oct 7
Christopher Cole	- Son of Donald Cole; Brother of Lauren Cole	Oct 10	Sep 10
John Counterman, III	- Brother of Theresa Legarski	Sep 30	Nov 2
Kayla Crawford	- Daughter of Wayne & Tammi Crawford; Sister of Anthony Davis	Nov 24	May 5
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	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
Robert Elisarraras	- Son of Robert Elisarraras; Brother of Anita, Margaret, Renee, Johnny & Rachel	Dec 20	Aug 25
Patrick Erney	- Son of Kay Dietrich	May 11	Dec 9
Wayne Ernst	- Son of Doris Ernst; Brother of David Ernst	Jan 6	Dec 24
Jillian Faustner	- Daughter of Joan Cottone; Sister of Jennifer, Jessica & James	Aug 7	Oct 21
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; Grandson of Charles & Rose Giltner; Twin of Jeff Fry; Brother of the late Peter & Paul Fry	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
John Gelsebach	- Son of Beth Love	Aug 7	Dec 6
Mican Gianotti	- Son of Jennifer Gerczak	Jan 22	Dec 21
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; Sister of Holli & Chad	Feb 25	Dec 25
Anne Marie Mabus Heater	- Daughter of Wayne & Frances Mabus; Sister of Steven Mabus	Jan 7	Nov 25
Sara Ann Hicks	- Daughter of Mary Ellen Hicks; Sister of David Hicks	Oct 19	Jun 24
Justin Hilbert	- Son of Robert & Joan Hilbert; Brother of Ashley & Kyle Hilbert	Dec 22	May 26
Thomas Hillanbrand	- Son of LaDonna Hillanbrand; Brother of Tristen & Stephanie Miller	Nov 3	Jan 9
Jonathan Hoffstetter	- Son of Richard & Suzanne Hoffstetter; Brother of Diane & Kenneth Hoffstetter	Sep 22	Oct 1

October, November & December Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday Anniv.	
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
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 Julo	- Son of Jack & Margaret Julo	Oct 1	Oct 16
Jonathan Keller	- Son of Dennis & Lori Keller; Brother of Amy Keller	Oct 25	Mar 23
Kimberly 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 Nevin Krum & Henry & Shirley Long	Apr 9	Nov 27
Todd Kuhns	- Son of Leonard Kuhns & Shannon Kuhns; Brother of Leonard & Londa Kuhns	Nov 9	Dec 15
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 & late David Kunsman	Sep 18	Nov 19
Trevor 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
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
Nathaniel Linger	- Son of Duane & Beth Cahill	Nov 8	Sep 7
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
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 & Benjamin Myers	Dec 12	May 15
Gianna Natale	- Daughter of Daniel & Jaclyn Natale; Sister of Jaden Weller	Dec 26	Dec 26
John Newhall, III	- Son of Pixie Pozza	Dec 23	Sep 21
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
Anthony Parker, Jr	- Son of Melissa Pickett	Oct 3	Oct 3
Allison Perno	- Daughter of Cathy Perno; Sister of Joseph & Anthony Perno	Oct 7	Jun 10
Wayne Petzold	- Son of David & Joan Petzold, Sr; Brother of Amy, Dave & Father of Katie Petzold	Aug 20	Oct 8
PJ Pfenning	- Son of Maureen Pfenning; Brother of Mandy Sciarillo & Lauren Pfenning	Aug 30	Nov 5
Tasha Phillips	- Daughter of Donna Wilson	Jul 27	Oct 26
Caleb Putro	- Son of David & Susan Putro; Brother of David Putro, Jr	Mar 31	Oct 13
Deanna Renner	- Daughter of Ginger Renner & The late Merle Renner	Oct 11	Oct 22

October, November & December Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
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
Jacqueline Saget-Walker	- Daughter of Jana Walker; Sister of Sage, Dante & Jayden	Jun 9	Dec 4
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; Grandson of Eva Juhasz; Brother of Nick & Krista Seibert	Jun 27	Dec 22
Thomas 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 & 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
Kelsey Thompson	- Daughter of Janet Thibault	Nov 25	Jun 7
Mark Thompson	- Son of Mary A Thompson; Brother of Marie, Patrick, Kathy & the late Jimmy Thompson	Dec 19	Feb 28
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
Chad Wagner	- Son of Carl & Pamela Fehnel; Brother of Cori	Mar 13	Dec 23
Gregory Weiland, Jr	- Son of Robin Weiland; Brother of Rozalyn Weiland	Sep 23	Dec 12
Elena Wenger	- Daughter of Melinda Wenger; Sister of Tess Wenger	Nov 28	Jun 26
Richard "Rick" Wetherhold	- Son of Franklin & Eleanor Wetherhold; Brother of Michael Wetherhold	Nov 20	Apr 16
Darren Whipple	- Brother of Jean Marie Yurkovitch	Oct 27	Nov 2
Christopher Williamson	- Son of Chris & Kim Williamson; Brother of Christina Joy Williamson	Nov 12	Nov 12
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

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.

The moment that you left me, my heart was split in two; one side was filled with memories; the other side died with you. I often lay awake at night when the world is fast asleep; and take a walk down memory lane with tears upon my check.

Remembering you is easy, I do it everyday; but missing you is a heartache that never goes away. I hold you tightly within my heart and there you will remain; you see life has gone on without you, but will never be the same.



Author Unknown

FALL

By Peggy Hartzell TCF Ambler, PA

To me, fall is the most invigorating time of the year. The crispness of the air, the beautiful coloration of the trees, the smell of leaf and wood smoke, the sky full of birds traveling south "talking" with one another as they go, are all part of this wonderful world we live in. I hope all of you will be able to feel and see the wonders of fall.

Sometimes we are so "down" and preoccupied with our child's death, and we are working so hard to just get through each day, that we are unable to appreciate what is going on in the world around us. Try to take a few minutes each day and look around. If you can focus on a beautiful tree or leaf, smell the chrysanthemums blooming in the garden or bite into a fresh apple just picked and enjoy doing this for just a few minutes, it will make your day seem brighter. And, if you are up to it, go to a high school football game or a band competition. The enthusiasm of the young people participating in these events is contagious.

Yes, it sometimes hurts. We want our children to be there also, enjoying these activities. But it also gives us renewed faith that life does go on, and there is happiness and excitement in the world. I hope you all can find some beauty and peace in the fall months ahead.



Halloween has always been a special holiday time. I regret that our son only had a one-time experience at this magical time of year. I remember—as though it were yesterday—the wonder in his face, how he tried to eat the candy through his mask, how he said thank you without coaxing. Then I think of all the parents whose child never had the opportunity and I am grateful for that one time.

It's hard watching all the other children trick-or-treating, and yet there is something special about this season that comforts me. As I watch the trees around me, I am reminded that there is a beauty even in their dying leaves. There's a special aroma, a breathtaking color scheme, and if you listen, a rustling in the air. I believe there is a message in fall. I believe God wants us to know that death is like a

change of seasons, that our children now know far more beauty than we can ever imagine.

Like the tree that lives on through the barren winter and comes alive again in spring, our children are not gone. They live!

...in the autumn

By Jim O'Neil, TCF, Montgomery, AL



Some people love to see
the changes in the colors of the leaves,
When the sky is clear and dark blue
as the sea.

They love to smell the oak leaves burning
But it is then my heart is yearning
To be with ones I know
I cannot see.

There's something in the autumn
That makes my heart so heavy,
I miss them all but know they're where □
they should all be.

If I can make it through the winter,
And see the spring unfold before me,
Then I'll know once more they're there,
and wait for me.

When the morning sun comes later,
and the afternoons die early,
And my spirits drop like leaves
around my feet.

I'm so aware that! am mortal
and I can almost see the portal
that I will pass through and be
evermore complete.

**There is absolutely no
time limit on grief.
So don't rush yourself
or let others rush you.**

Author Unknown

For That I Am Thankful

By Darcie D. Sims

It doesn't seem to get any better.
but it doesn't get any worse either,
For that, I am thankful.

There are no more pictures to be taken..
But there are memories to be cherished.
For that, I am thankful.

There is a missing chair at the table.
But the circle of family gathers close.
For that, I am thankful.

The turkey is small.
But there is still stuffing.
For that, I am thankful.

The days are shorter.
But the nights are softer.
For that, I am thankful.

The pain is still there..
But it lasts only moments.
For that, I am thankful.

The calendar still turns..
The holidays still appear
And they still cost too much.
But I am still here.
For that, I am thankful.

The room is still empty,
The soul still aches.
But the heart remembers,
For that, I am thankful.

The guests still come,
The dishes pile up..
But the dishwasher works.
For that, I am thankful.

The name is still missing,
The words still unspoken.
But the silence is shared,
For that, I am thankful.

The snow still falls,
The sled still waits,
And the spirit still wants to..
For that, I am thankful.



The stillness remains.
But the sadness is smaller.
For that, I am thankful.

The moment is gone..
But the love is forever,
For that, I am blessed,
For that, I am grateful..

Love was once (and still is)
A part of my being..
For that, I am living.

I am living.
And for that, I am thankful.

May your holidays be filled with
reasons to be thankful.

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.



I knew a man called Sandy Kane
Few folks even knew his name
But a hero yes was he
Left a boy came back a man
Still many just don't understand
About the reasons we are free
I can't forget the look in his eyes
Or the tears he cried
As he said these words to me

All gave some and some gave all
And some stood through for
the red, white and blue
And some had to fall
And if you ever think of me
Think of all your liberties
and recall
Some gave all...

Now Sandy Kane is no longer here
But his words are oh so clear
As they echo throughout our land
For all his friends who gave us all
Who stood the ground
and took the fall
To help their fellow man

Love your country
and live with pride
And don't forget those who died
America can't you see

All gave some and some gave all
And some stood through for
the red, white and blue
And some had to fall
And if you ever think of me
Think of all your liberties
and recall
Some gave all...

And if you ever think of me
Think of all your liberties
and recall, yes recall
Some gave all

Ten Tips to Surviving the Difficult Holidays After Your Child Dies

With Thanksgiving and the normally festive holidays around the corner, millions of families throughout the United States that have lost a child are struggling with how they can simply survive to see the new year. "The stress that bereaved parents, siblings, and grandparents face during the hustle and bustle of the holidays can feel overwhelming," says Patricia Loder, former executive director of The Compassionate Friends. "It is difficult for those who have not gone through the death of a child to understand the depth of despair which such a loss brings." Mrs. Loder, whose two young children died in a car crash in 1991, says there are many tips that can help a grieving family prepare for the holidays.

- 1) Plan ahead. Realize you will not be able to do everything with everyone. Decide what is truly important to you and your family.
- 2) Don't be afraid to ask friends for help. Tasks which may normally take little effort can feel overwhelming, whether it's fixing a meal, cleaning the house, or putting up decorations.
- 3) No one expects you to string rows and rows of lights just to prove you have the holiday spirit. If you don't feel up to past efforts, you may simply want to place an electric powered candle in your window in memory of your child.
- 4) Just because you've hosted holiday gatherings in the past doesn't mean you're obligated to this year. Others will understand.
- 5) After a child dies, old traditions are often left behind and new ones that incorporate the child who died can take their place. Honor the memory of your child in unique ways that have meaning to you.
- 6) Surviving children should be included in your plans. They, too, mourn their sibling, but need a normalcy the holidays can provide.
- 7) If you don't get everything done you plan, be easy on yourself. Grief is tough work and you should never feel guilty for not getting everything done.
- 8) If you must shop for others, find a time when the stores are not extremely busy like early morning, order through the Internet, or ask others to shop for you.
- 9) Participating in a memorial service, such as The Compassionate Friends Worldwide Candle Lighting the second Sunday in December, can be very meaningful. This can be done in a formal service with others or through a short private candle lighting in the privacy of your home.
- 10) Remember that the fearful anticipation of an approaching holiday is usually worse than the day itself. "Many

people believe they can escape the holidays by leaving home on a vacation," adds Mrs. Loder. "This rarely helps because grief can never be left behind and it is important to have the support of relatives and friends. Talking with others who have also lost a child can help those facing grief to understand they are not alone. Others have survived the holidays and they will, too."

Christmas Memories

Author Unknown

When snowflakes dance on winter winds
And colored lights shine Christmas cheer,
When children's laughter fills the air
And family gathers from far and near,

I try to celebrate with them
And not let my hurting show,
But the empty spaces within my heart,
At this season, seems to grow

'Till oftentimes it fills the days
And many nighttime's too,
With aching thoughts and memories
Of Christmases I spent with you.

Yes, memories do hurt, it's true
But I have this feeling too.
I'm so glad I hold these memories,
For with them I hold part of you.

So for now I'll wipe away the tears
And join with loved ones dear
To celebrate this Christmas time,
For I know that, in my heart, you're here.

It takes only you and a
candle to join hearts
with the world...that
their light may always

Christmas in Heaven

by Unknown

'Tis Christmas in Heaven
What a beautiful sight!
It's my first one here;
Everything is all right.

The crib is adorned
With the brilliance of stars,
Wisemen have come
From Venus and Mars.

I've met all our dear ones
Who preceded us here;
The reunion was lovely,
An event full of cheer.

And tonight we'll all gather,
In reverence we'll kneel,
For the Babe in the cradle
Up in Heaven is Real.

I think of my family
that I left behind
And I pray that your Christmas
Is as blessed as mine

Please shed no more tears,
For my soul is at rest,
Just love one another;
Live life to its best.

Yes, It's Christmas In Heaven,
So I've heard them say,
Yet, Christmas In Heaven
Happens every day.

Siblings

Who Am I Now?

By Paul Alexander

You and I we're a Team,
It seems like we fought against the odds,
You and I, we'd paint rainbows when
The world would fall apart
We'd laugh and play all day,
And make angels in the snow.
We were two, You and I,
Me and You.

Who and I now without you,
Who will I turn out to be?
I stand alone, I'm broken in two
Doesn't anybody realize
How much I'm missing you?

You and I, we'd play the music box,
And giggle in the sand.
You and I, we'd look for shooting stars,
When our fears got out of hand.
We'd close our eyes real tight,
And make a secret plan.
We were two,
You and I,
Me and You.

You're still with me,
Like the air I breathe.
And the Sun that fills the Sky
Forever, You and I.



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

To Volunteer contact Gene Delong @ 610-837-7924

Love Gift Form

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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.*

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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

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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