



The Compassionate Friends

Lehigh Valley Chapter

Supporting Family After a Child Dies

Spring 2018

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TCF Online Support

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

Who We Are

The Compassionate Friends (TCF) is a national nonprofit self-help organization that offers friendship, understanding and hope to bereaved parents, grandparents and siblings.

About Our Meetings...

Meetings are held 2nd Monday each month from 7 to 9 pm at Sacred Heart Hospital (2nd Flr. Conference Center), 4th & Chew Sts, Allentown. Free parking deck passes are available at the meeting.

Meetings are open to all bereaved parents, grandparents and mature siblings. Younger siblings may benefit from one of the children's bereavement groups listed below. Meetings vary, from sharing, to guest speakers, to special presentations. Separate sharing sessions are offered to new members. Participation in group sharing is confidential and voluntary. Our hope is that being among other bereaved parents you may feel free to talk, cry and share, but it is okay to just come and listen too.

Meeting and Events Calendar

- April 9** Monthly Support Group Meeting - Guest Speaker: Tasha Behnke MS, NCC, LPC
- May 14** Monthly Support Group Meeting -Topic: Mothers Day
- June 11** Monthly Support Group Meeting - Topic Fathers Day
- June 16** TCF Annual Picnic and Memorial Balloon Launch

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 Kempf - 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

Strength and Courage

By John G. Young
Mississaiya, Ont. Canada

- It takes strength to be firm
- It takes courage to be gentle
- It takes strength to stand guard
- It takes courage to let down your guard
- It takes strength to conquer
- It takes courage to surrender
- It takes strength to be certain
- It takes courage to have doubt
- It takes strength to feel a friend's pain
- It takes courage to feel your own
- It takes strength to hide feelings
- It takes courage to show them
- It takes strength to stand alone
- It takes courage to lean on another
- It takes strength to love
- It takes courage to be loved
- It takes strength to survive
- It takes courage to live

News, Events & Announcements

April 9th Meeting:

Guest Speaker Tasha Behnke MS, NCC, LPC will speak about the grieving process. with a period for questions and discussion afterward.



May 14th Meeting

Topic: Mother's Day. Separate sharing group is offered to first time members if desired



June 11th Meeting

Topic: Father's Day. Separate sharing group is offered to first time members if desired

Sat. June 16th: TCF Family Picnic and Memorial Balloon Release -- 12 Noon at 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 Pavilion.

Information, directions and RSVP form are on the last page of this newsletter.

If you plan to attend please RSVP. This helps us determine the amount of supplies needed. You may do so by using the form or by texting @ 484-891-0823 remember to include your name, number of attending and covered dish you will be bringing.



Attention Carbon County Members

We are pleased to announce TCF Carbon County is now publishing its own quarterly newsletter. The chapter will begin sending its newsletter to all its members over the course of 2018. TCF Lehigh Valley will continue to send our newsletter to all Carbon County members who are currently receiving it during the transition. If you wish, you can continue to receive the Lehigh Valley newsletter. To do so contact us in writing prior to November 2018. Write a short note stating you are a TCF Carbon County member that wishes to remain on TCF Lehigh Valley's newsletter list and include your name, address and phone number. Mail request to: TCF, Lehigh Valley, ATTN: Kathy Collins P.O. Box 149 Bath, PA 18014 or Email to: TCFNewsEditor@gmail.com

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
♥ Caroline Frisby	Joel Frisby <i>You are our treasure</i>
♥ Fred & Pat Andrew	Jill Patricia Harris <i>We love and miss you. Mom, Dad, Jeff, Sam & Alex</i>
♥ Betty Schuler	Dean Lynn Schuler <i>Love you and miss you</i>
♥ Lucille Radocha	Peter . Radocha <i>Happy Birthday from Mom, Frankie, Gina and Families</i>
♥ Jack & Jule Leonard	John Leonard, Jr <i>In loving memory of our son</i>
♥ Sherwood & June Gum	James "Jim" Gum <i>In loving memory . Love Mom & Dad</i>
♥ Rev. Scott & Christine Paradise	Macson Blaine Mensch <i>In Loving Memory</i>
♥ Linda Melenchek	Nathaniel Davis <i>In Loving Memory Love Aunt Linda & Uncle Larry</i>
♥ Gene & Dawn DeLong	Gwendolyn M. Houser <i>In Loving Memory</i>
♥ Charles & Rose Giltner	Benjamin Fry <i>Our Grandson - Always loved and dearly missed</i>
♥ Mr & Mrs Tim Houser	David Kaufman <i>In Loving Memory</i>
♥ Linda & Doug Houser	David Kaufman <i>In Loving Memory</i>
♥ David & Denise Myers	Cody David Alexander Myers <i>We love and miss you</i>
♥ Irene Hudasky	Lori L Hudasky <i>Always in my thoughts, I love and miss you. Mom</i>
♥ Doris Ernst	Wayne Stephen Ernst <i>Many years have gone by without you. I love you & now dad has come along to be with you. Love, Mom</i>

Donations and Contributions

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

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/TCFLhighValley for quotes, meeting & event reminders, cancellations 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

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.

April, May & June Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
Marie Albert	- Daughter of Kim & Barb Hunsicker	Jun 14	Apr 6
Evan Albertini	- Son of Louis Albertini; Brother of Christopher Albertini	May 28	Feb 13
Walter Alfonso	- Brother of Sherry Flanagan, Sandra Kunsman & the late David Kunsman & the late Charles Kunsman, Jr	Aug 10	May 18
Walter Alfonso	- Son of Joan Kunsman	Aug 10	May 18
Patricia Alliston	- Daughter of Glen & Peggy Wessner	Jun 22	Dec 3
Sean Apgar	- Son of Randy Apgar	Jun 18	Jan 22
Patricia Arey	- Daughter of Elizabeth Arey; Sister of Elizabeth Ann, Barbara, Rose Marie & Elaine	Apr 18	May 8
Dakota Arndt	- Son of Steve & Mary Arndt; Brother of Ann Marie & Dylan	Feb 6	May 19
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
Wilfredo Ayala	- Son of Rose Ayala; Brother of Alfredo; Jasmine & Felicia	Apr 24	Jan 18
Mark Bailey	- Son of Thomas & Karen Bailey	Jun 19	Apr 8
Hannah Rose Bankos	- Daughter of Thomas & Christina Bankos; Sister of Matthew Bankos	Apr 8	Feb 24
Graham Beckhorn	- Son of Alice Keyes; Brother of Patrick Beckhorn & Christopher Beckhorn	Apr 20	Feb 14
Gabriel Benner	- Son of Baily Benner; Brother of Calum Benner	May 4	Feb 9
Aaron Bissell	- Son of Bob & Patti Bissell; Brother of Danielle Bissell	Jun 17	Aug 19
Matthew Breiner	- Son of Jim & Lynne Breiner; Brother of Monica Breiner	May 5	May 17
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 Bill Cavanaugh; Daughter of Beverly Ann Cavanaugh; Sister of Bo Cavanaugh	Apr 27	Sep 25
Matthew Chupella	- Son of Maryann Chupella	May 18	Jul 31
Cody Cinicola	- Son of Larry & Jeanne Cinicola; Brother of Larry Cinicola; Grandson of Frank & Gayle & Anna Cinicola	Jun 8	May 25
Anthony Coccia	- Nephew of Jane Coggins	Jun 30	Oct 3
Lorriane Corbo	- Daughter of Debbie Goodman	Jul 13	Jun 23
Kenneth Cosentino	- Son of Judy Cosentino; Brother of Noreen Cosentino	Aug 11	May 6
Avery Coyle	- Son of Jeff & Summer Coyle	Jun 3	Jun 22
Kayla Crawford	- Daughter of Wayne & Tammi Crawford; Sister of Anthony Davis	Nov 24	May 5
Rachel Dallas	- Daughter of Robert & Linda Dallas; Sister of Sadie Dallas	Jan 21	Jun 14
Cole Davis	- Son of Konnie Krasenics & Charles Davis; Brother of Jahleah Krasenics-Galarza	Jan 10	Apr 8
Denise Deiter	- Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue	Jul 3	Jun 11
Ky DiVittorio	- Son of Jan DiVittorio; Brother of Ian DiVittorio	Feb 13	Apr 3
Heather Duh	- Daughter of Ernest & Laurie Duh; Sister of Laurestine "Laurie" Hollie Duh	May 15	May 24
Paige Fernandez	- Daughter of William Fernandez; Sister of Jamie & Billy Fernandez	Jun 18	Feb 28
Michael Fisher	- Son of Trip & Abigail Fisher	Jun 21	May 11
Edwin Frantz	- Son of Pamela Green	Aug 11	May 24
Joel Frisby	- Son of Caroline Frisby; Brother of Richard, Gregory, Michael & Timothy Frisby	Mar 26	Jun 4
Peter & Paul Fry	- Sons of John & Cynthia Chryst; Grandsons of Charles & Rose Giltner; Brothers of Jeff Fry & the late Benjamin Fry	Jun 1	Jun 1
Mark Gery	- Son of William & Catherine Gery; Brother of Kristin	May 22	Aug 3
Elizabeth Gibson, MD	- Daughter of Richard J. Brown & The Late Marilyn Brown; Sister of Margaret Nahrganl & Eric Brown	Jun 15	Apr 2

April, May & June Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday Anniv.	
Olivia Jo Grazer	- Daughter of Scott & Melissa Grazer; Granddaughter of Louis & Margie McCullen and Stan & Diane	Apr 7	Apr 7
Mary Greaser	- Daughter of Lucian & Brenda Strybuc	Aug 9	Jun 14
Jerry Green	- Son of Sandra Green; Brother of Tina & Jeremy Green	May 30	Jul 4
Jennifer Grider	- Daughter of Carl & Joan Grider	May 18	Jun 29
Robert Grozier, II	- Son of Shirley Grozier; Brother of Laurie, Brenda & Vance Grozier	Feb 15	Jun 11
James "Jim" Gum	- Son of Sherwood & June Gum; Brother of Deborah Martini	Nov 21	May 1
Lisette Hahn	- Daughter of Louis & Joyce Szoke	Mar 4	May 3
Jeffrey Halvorsen	- Son of Deborah Halvorsen; Brother of Michael Halvorsen	Jun 20	Jun 4
Jill Harris	- Daughter of Fred & Pat Andrew; Sister of Jeff	Nov 5	Jun 28
Lisa Hawk	- Daughter of Bruce & Mary Hawk; Sister of Bruce Hawk	Sep 4	Jun 1
David Heard	- Son of Susan Heard; Brother of Daisy Heard	May 20	Feb 10
Francis Hearn	- Son of Scott & Linda Huber	Jun 23	Jul 13
Mark Hebdon	- Son of Lawrence & Ruth Hebdon; Brother of Laura Long & Michael Hebdon	Feb 24	May 15
Zachary Heck	- Son of Lori Edinger	Sep 3	Apr 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
David Hoagland, Jr	- Son of Gypsy Garrett	Sep 24	Apr 26
Loren Holl	- Son of Fern Gerth	May 31	May 30
Richard "Rich" Hollabaugh	- Son of Wayne & Linda Hollabaugh	Dec 20	Apr 10
Taylor Holloway-Brown	- Daughter of Marilyn Brown	May 26	May 19
James "Jimmy" Hotz	- Son of Elizabeth Hotz	Apr 24	Jul 4
Lori Hudasky	- Daughter of Irene Hudasky	Mar 18	Apr 22
Jordon Hyndman	- Son of Robin Hyndman; Brother of Shawna & Briana Hyndman	Nov 14	May 23
Hannah Jordan	- Daughter of Lisa Jordan	Jan 18	May 24
Jack Julo, Jr	- Son of Jack & Margaret Julo	Jun 14	Jun 18
Frank Kerr	- Son of Catherine Milano	Aug 27	Jun 23
Julian Keyock	- Son of Gregory Keyock; Brother of Maya & Jacob Keyock	May 5	Feb 17
Colleen Kilker	- Daughter of Mark & Kathleen Kilker; Sister of Meghan, Bridget & Mark Kilker	May 6	Jul 23
Tara Koshinski	- Daughter of Daniel & Mary Koshinski Sr; Granddaughter of Joanne Gordon	May 26	Nov 18
Bonnie Krause	- Daughter of Josephine Leiby - Mather	Jun 22	Mar 24
Dylan Krum	- Son of David & Lora Krum; Brother of The Late Gavin Krum; Grandson of Nevin Krum and Henry & Shirley Long	Jun 22	Jul 15
Gavin Krum	- Son of David & Lora Krum; Brother of The Late Dylan Krum; Grandson of Nevin Krum and Henry & Shirley Long	Apr 9	Nov 27
Michael Kulp	- Son of Mike & Tamara Kulp; Brother of Mikell Kulp	Apr 21	Nov 17
David Kunsman	- Son of Charles & Joan Kunsman; Brother of Sherry Flanagan, Sandra Kunsman, the late Walter Alfonso & Charles Kunsman, Jr	May 2	Jul 15
Trever Landis	- Son of Robin Landis; Brother of Marlea, Dana & Kelsey Landis	Apr 16	Dec 9
Jamie Laudenslager	- Son of Jane Laudenslager; Brother of Jon & Shelly	Jan 23	Apr 14
Michael Malia	- Son of Carol Malia; Brother of Brian Malia	May 24	Apr 2
Joseph McGouldrick	- Son of Pat McGouldrick; Brother of Jennifer McGouldrick	Jul 24	Jun 5
Ryan Miller	- Son of Patti Miller & The late Richard Miller, Jr; Brother of Richard Miller, III	Jan 4	Jun 12
Michael Milot	- Son of John & Patti Milot; Brother of Jill	Jun 30	Feb 2
Frank Mirabile	- Son of Joseph & Laura DeVito; Brother of Michael, Joseph & Nicholas	Apr 19	May 18
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
Colins Nevins Greede	- Son of Ted & Mary Nevins Greede	Jun 23	Jan 10
Kelly Owens	- Son of Judy Dorward; Son of Douglas D. Owens	Jan 24	May 20

April, May & June Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
Allison Perno	- Daughter of Cathy Perno; Sister of Joseph & Anthony Perno	Oct 7	Jun 10
Michael Potkovac, III	- Son of Annette Potkovac; Brother of Michele Cuvo, Matthew, Mark, John, & Denise Potkovac and the late Donna Marie Potkovac-Roth	May 26	Aug 29
Donna Potkovac-Roth	- Daughter of Annette Potkovac; Sister of Michele Cuvo, Matthew, Mark, John, & Denise Potkovac and late Michael N. Potkovac, III	Apr 21	Feb 26
Angelo Providakis	- Son of Michael & Joanne Providakis	Feb 7	Apr 9
Peter Radocha	- Son of Lucille Radocha; Brother of Frank Radocha, Jr & Gina Sacco	Jun 13	Jul 1
Harry Rawdon	- Son of Margaret Rawdon; Brother of JettaAnn Rawdon	Sep 23	May 13
Emma Raymondo	- Daughter of Kayleen Raymondo; Sister of Chloe, Trent, Zachary, Tyler & Christina	Apr 13	Sep 22
Allison Reboratti	- Daughter of Eduardo & Barbara Reboratti	Jan 25	May 9
Stella Reiger	- Daughter of Casey & Krista Reiger; Sister of Mason Reiger	Jun 18	Jun 18
Nicole Reinhart	- Daughter of Michael & Pamela Reinhart; Sister of Mikey & Timmy Reinhart	Jun 3	Sep 17
Stephen Rendish	- Brother of Sheri Wilson	May 6	Jun 21
Cory Ross	- Son of Kathy Ross; Brother of Michael Ross	Jul 24	Jun 12
Eric Rute	- Son of Linda Cavanaugh	Feb 15	May 20
Scott Sargeant	- Son of Gary & Phyllis Sargeant; Brother of Gary & Paul	Apr 14	Nov 1
Dean Schuler	- Son of Betty Schuler & the late Lester Schuler	May 22	Nov 19
Amanda Schultz	- Daughter of Mark & Patty Schultz; Sister of Ryan & Eric Schultz	Jun 18	Mar 5
Steven Seibert	- Son of Thomas & Eva Seibert; Brother of Nick & Krista Seibert; Grandson of Eva Juhasz	Jun 27	Dec 22
Thomas Sensinger	- Son of Ann Sensinger; Brother of Susan Brown	Jun 14	Oct 9
Ronald "Ronnie" Sherbaum, Jr.	- Son of Ronald & Donna Sherbaum, Sr.; Brother of Daniel & Joseph Sherbaum	Jul 17	May 17
Andrew Siegfried	- Son of Rich & Ruthann Siegfried; Brother of Ben Siegfried	Mar 27	Apr 18
Joshua Simcox	- Son of Michelle Green & Otis Ramsey; Brother of Joseph, Zoe' & Tessy	Jun 30	Mar 16
Jonelle Sisonick	- Daughter of Rella Sisonick Daniels; Sister of Anthony & Nicholas Sisonick	May 22	Aug 3
Zachary Spence	- Son of Rebecca Spence	Sep 27	May 22
Casey Stengel	- Son of Casey & Jane Stengel; Brother of Chrissy, Sarah, Lisa & Mike Stengel	Jul 22	May 4
Kevin Stenlake	- Son of Elizabeth Leada Stenlake; Brother of Dawn Frey	Feb 22	May 26
Keith Storat	- Son of Richard & Susan Storat; Brother of Todd & Greg	May 18	Jul 22
Jennifer Strohl	- Daughter of Thomas & Christine Strohl	Apr 15	Dec 12
Steven Suarez	- Son of Abby Suarez; Brother of Giovanni Miranda; Grandson of Roger & Gabby Schreck	May 29	Jan 19
Russell Terry	- Son of Brian & Amy Erbe; Brother of Shannon	May 8	Jan 9
Jared Thomas	- Son of Sandra B. Schueck	Aug 31	Jun 22
James "Jimmy" Thompson	- Son of Mary A. Thompson & The late Richard Thompson; Brother of Marie, Mark, Patrick & Kathy Thompson	Jan 23	Apr 6
Kelsey Thompson	- Daughter of Janet Thibault	Nov 25	Jun 7
Meredith Unger	- Daughter of Kathleen Paone	May 23	Feb 17
Shane Uttard	- Son of Brenda Deubler	Jan 15	May 13
Sean Virmalo	- Son of Udo & Janet L. Virmalo; Brother of Eric, Brett & Katelyn Virmalo	Sep 13	Apr 28
Joseph Visnosky, Jr.	- Brother of Grace L Ashner	May 27	May 4
Elena Wenger	- Daughter of Melinda Wenger; Sister of Tess Wenger	Nov 28	Jun 26
Joshua Wersinger	- Son of David & Joanne Wersinger; Brother of Patrick, Hope, Joeseeph, Gertrude & Marjorie Wersinger	Jan 19	May 17
Richard "Rick" Wetherhold	- Son of Franklin & Eleanor Wetherhold; Brother of Michael Wetherhold	Nov 20	Apr 16
Craig Yurick	- Son of Robert & Sharon Yurick; Brother of Todd Yurick	Aug 5	Jun 21
Abigail Zukowski	- Daughter of Chris & Lisa Zukowski; Sister of Vincent Disimone, Gabrielle & Madison Zukowski; Granddaughter of Martin & Michele Glynn	Jan 27	May 18



A Prayer for Spring

By Janis Heil

Like Springtime, let me unfold
and grow fresh and anew,
from this cocoon of grief
that has been spun around me.

Help me face the harsh reality of
sunshine and renewed life,
as my bones still creak from
the winter of my grief.

Life has dared to go on around me.
And as I recover from the insult
of life's continuance,
I readjust my focus to
include recovery and growth
as a possibility in my future.

Give me strength to break out of
the cocoon of my grief.
But may I never forget it is
the place where I grew my wings,
becoming a new person because of my loss.

Something to Think About as Mothers and Fathers Day Approach

By Karen Martin Rockville Center. NY

Parental love involves a never-ending commitment and plenty of opportunities to care for and assume responsibility for your child. Parental grief challenges you to find a way to live with the frustration of being robbed of the opportunity to directly care and be responsible for your child.

Parental love involves having plenty of opportunities for emotional and physical contact with your child. Parental grief challenges you to find a way to continue loving your child without that continued contact.

Parental love involves having dreams and expectations for the future of your child. Parental grief challenges you to find solace and meaning in a life briefly lived.

Parental love involves knowing where your child is. Parental grief challenges you to find a safe place for your child. Parental love involves attending to your child's needs when he is in your presence. Parental grief challenges you to learn how to look after your own needs when you sense your child's presence or struggle with his absence.

Parental love involves learning to live with your child's natural and gradual absence as she grows up and leaves home. Parental grief challenges you to find ways to deal with your child's unnatural and sudden absence.

Parental love involves knowing when it is time to release your hold on your child, for his sake. Parental grief challenges you to learn when it is time to let go of your sorrow, for your sake.

Parental love involves an expanded capacity for love and life. Parental grief challenges you to find a use for that expanded capacity, to not let it go to waste or to wither away.

Because parental love is never-ending, so too is parental grief. You don't really get over the death of a child, you just learn to live with it.

And so, on this special day when you celebrate your role as a mother or father, be kind to yourself. Give yourself a hug. Give yourself some time alone. Give yourself permission to remember, to cry, to miss your child, to tell others how you feel. But most important of all, remember to celebrate the special gift of parental love, the lasting gift that your child has given you, a gift that not even death can take away.

Take Time to Grieve

TCF Boise, Idaho

Take time for the memories of other Easters. Take time to mourn what might have been. Indulge yourself in the beauty of an Easter Lily. Don't be afraid if at first there seems more pain than comfort in the age-old words and the beautiful music of Easter. And never be ashamed of your tears.

To walk through grief is not easy. When the shock and numbness have gone, we are left with reality, the reality that life includes pain and loss. Easter is a season of many feelings...a time of pain and loss. It is also a time of rebirth, and of real personal growth. So, also, are the Seasons of Grief.

A significant part of each parent died when our children died. Yet a crucial part of each child lives on in the heart of every mother and father. Neither time nor death will erase that bond. It is solid, it is pure and it is forever.

Annette Mennen Baldwin

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!

Men Do Cry

By Ken Falk, TCF Northwest CT

I heard quite often "Men don't cry."
Though no one ever told me why.
So when I fell and skinned a knee,
No one came to comfort me.

And when some bully boy at school,
Would pull a prank so mean
and cruel.

I'd quickly learn to turn and quip, "
It doesn't hurt" and bite me lip.

So as I grew to reasoned years,
I learned to stifle any tears.
Though "Be a big boy" it began,
Quite soon I learned to "Be a Man."

And I could play that stoic role,
While storm and tempest wracked
my soul.
No pain nor setback could there be,
Could wrest one single tear from me.

Then one long night I stood nearby,
And helplessly watched my son die.
And quickly found to my surprise,
That all that tearless talk was lies.

And still I cry and have no shame,
I cannot play that "Big Boy" game.
And openly without remorse,
I let my sorrow take it's course.

So those of you who can't abide,
A man you've seen who's often cried
Reach out to him with all your heart,
As one whose life's been torn apart.

For Men do cry when they can see,
Their loss of immortality.
And tears will come in
endless streams,
When mindless fate destroys
their dreams.

Balloon Launch

By Karen Nelson
TCF, Box Elder County, UT

I took some words
from my heart today
I let the ink fill out
the letters on my card--
I love you it read
and simply added
I miss you.

I had pondered how to
fill that blank space with
words of you.
I wondered whether to speak of
laughter or of tears
to speak of hopes or of dreams
and came to this--

I love you
I miss you

Through all the emotional gamut
that death can bring..

these two thoughts remain
most constant

Through anger, pain, guilt,
and that questioning ache
they will remain
Etched forever on my heart
a human memorial.

I love you
I miss you.

And now I send them skyward
attached to my balloon,
That seems to effortlessly lift
to meet the clouds
and I think of you.

I love you
I miss you.

***They whom we loved and lose are no longer where they were before.
They are now...wherever we are.***

~St John Chrysostem

Withdrawal Symptoms

By Mary Clecky, TCF Atlanta GA

"Whoever has stepped outside his door already has a hard part of his journey behind him."

I saw this quote the other day and thought that it certainly can apply in many situations, but none more so than when the doors of your life slam shut after the death of a child. The tendency to want to withdraw is a strong one. The world outside your door no longer seems a friendly and safe place. Whatever security blanket you had has been torn away, leaving you vulnerable and fragile like a pile of egg shells just waiting to be crushed. Gone may be any assurances that you had about having a protective umbrella over your head because you had already had more than your share of hard knocks. You now know that bad things do, indeed, happen to good people, and that umbrellas get holes in them.

There are times through all the pain of fresh grief when you certainly need to be alone to do your private grief work. You need some days to be and do whatever meets your needs without the worry of the impact of your emotions on someone else. Not all the days, however, need to be spent in privacy, for the "safety" of your home can be a double-edged sword. Privacy not only protects you from a society that does not understand, it also insulates you from the comfort of that special person who truly does understand and who can encourage you to know that the pain won't always be this intense. Privacy takes away an opportunity you could have to better help yourself by helping someone else. It protects not only from pain but also from whatever pleasure that is left out there for you.

As a bereaved parent, one of your greatest fears can be that everybody, in time, will forget that your child lived and died. Who out there is better able than you to see that this does not happen? Who out there is better able to assure that something meaningful will happen because your child died? No one.

If you have become reclusive in an effort to protect yourself, recognize that there is no permanent protection for you there. Take that first step outside your door and put a large part of your journey behind you. We hope that your first step will be toward a Compassionate Friends' meeting, where you will find that understanding friend (or friends) who can encourage you to risk reinvestment in life not only for your sake, but also for the sake of those left who care for you, and for the sake of the memory of your dead child.

IT'S NEVER TOO LATE TO START YOUR JOURNEY.

Memorial Day

For each grave where a soldier lies at his rest
 For each prayer that is said today out of love
 For each sigh of remembering someone who died
 Let us give thought to the mothers and fathers
 the brothers and sisters
 the friends and the lovers
 whom death left behind.

Sascha Wagner -
 TCF Des Moines, IA

Falling Apart

I seem to be falling apart.
 My attention span can be measured in seconds,
 My patience in minutes
 I cry at the drop of a hat.
 I forget things constantly.
 The morning toast bums daily.
 I forget to sign the checks.

Half of everything in the house is misplaced.
 Anxiety and restlessness
 are my constant companions.
 Rainy days seem extra dreary;
 Sunny days seem an outrage.

Other people's pain and frustration
 seem insignificant.
 Laughing, happy people seem
 out of place in my world.
 It has become routine to feel haff crazy.
 I am normal, I am told.
 I am a newly grieving person.

Eloise Cole, TCF Phoenix AZ

The loss of a child is bitter. The memory of that child is sweet. Hold onto that memory. Experience the sweetness. For that child is yours forever

Joanne Caccitore, PHD

Sibling Page

Questions & Answers from Bereaved Siblings

from "This Healing Journey an Anthology for Bereaved Siblings"

All of a sudden I burst into tears and cannot control crying.

You have the freedom to cry when you need to. Crying is a normal reaction. You may feel embarrassed, but most people will react with sympathy and wish for themselves that they could cry freely. Crying is a natural outlet to grieving.

Why am I so mad at my sister for dying? She left me alone. I know it wasn't her fault, but I feel so guilty for being angry.

At some time everyone is angry at the person who died. Anger does not mean you loved them less; it means the loss is so great that you want the terrible pain to end.

I can't concentrate. I can't think and I can't remember anything. I think I am losing my mind.

You are not losing your mind, although it may feel that way. Your mind is probably overloaded. Not only do you have to go through your daily routine, but your mind is flooded with thoughts and feelings for your brother or sister. This is temporary; your memory and concentration will return over time.

I have terrible nightmares. Sometimes I dream I am dying. I can't tell anyone because they will think I am crazy. Am I?

Some grieving people experience intense dreams. Dreams serve as a healthy outlet for the intense feelings you have during the day. As time goes on and you deal with your feelings, your dreams will become less frightening.

I feel so guilty for the way I yelled at my brother. We would fight about the silliest things. I'll never be able to tell him how sorry I am.

Brothers and sisters in every family quarrel and don't apologize after every argument. Even though you fought, you still loved your brother and he loved you.

Suddenly my parents expect me to parent them. I just can't handle it.

This is truly one of the most unfair positions your grief puts you in. Try to share these feelings with your parents. Hopefully you will be better able to understand one another.



A word that can describe Events of the solar system, Galaxies and planets.

Astronomical.. .to describe A huge vast dark space.

Astronomical...

When I think of how

Your loss has impacted my life.

Astronomical grief

When I see these wonders

And know...you're gone.

Astronomical...

Vast emptiness and tears for stars.

Jamie Cote Weaver TCF Valley Forge, PA

Thoughts for Siblings on Mothers Day



from "One Women's Opinion" by Shirley Ottman

Mother's Day is sure to be a stressful time for a bereaved mom. Even when remaining children in the family gather to make their mother happy and to show her how purposeful her life is to them. Mother's Day is almost certain to be lonely for any bereaved mother.

If your mother doesn't seem as responsive that day, you sons and daughters, give your hugs and kisses anyway. She loves you, too. Remember that she's also the mother of a child no longer here, your brother or sister, and she misses your sibling as much as you do.

Love Gift Form

*Please consider making a Love Gift to support the Compassionate Friends today.
Your gift will help defray the cost of chapter expenses such as the newsletter mailings, meetings and our outreach to the newly bereaved.
The Compassionate Friends is a 501c(3) non-profit organization and your donations are fully tax deductible.*

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

Contributor Name _____

Mail to:

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

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

TCF Annual Family Picnic & Memorial Balloon Launch

Sat. June 16 @ 12 pm (Rain or Shine)
Moore Township Recreation Center
635 English Rd. Bath, PA

You are invited to join us for our annual Picnic. Hot dogs, drinks & balloons are provided by the chapter, Please bring a covered dish to share, lawn chairs & sports equipment.

Please RSVP, so that we can accurately determine the amount of supplies needed, by filling out and returning the form below or texting 484-891-0823 with your name, number of attendees, covered dish and if you are able to volunteer

Directions to the park:

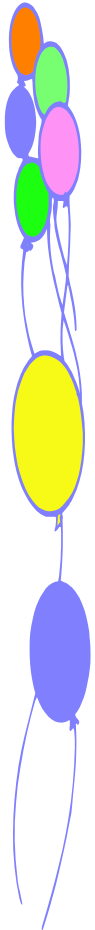
From Bethlehem Area - Take Center St./ PA-512 north, to PA-946 (Community Dr) Turn left proceed 2.4 miles to English Rd turn left, continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

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 June 1st

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