



The Compassionate Friends, Lehigh Valley

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

January 2011

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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. There are no religious affiliations and no membership dues.

The mission of TCF is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. The secret to TCF's success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal. The vision of TCF is that everyone who needs us will find us and everyone that finds us will be helped.

About Our Meetings...

The Lehigh Valley Chapter meets monthly on the 2nd Monday 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.

Monthly meetings are open to all bereaved parents, grandparents and mature siblings (those old enough to understand the meeting discussions and not be upset by them). We currently do not have a sibling group, but Ryan's Tree (contact information is provided on the bottom of this page) offers bereavement groups for siblings ages 5 thru 18.

Meetings vary each month, from sharing, to guest speakers, to special presentations. Separate sharing sessions are offered to new members. Participation in group sharing is confidential and voluntary. It is our hope that being among other bereaved parents you may feel free to talk, cry and share your feelings, but it is okay to just come and listen too.

The chapter maintains an extensive free lending library of grief-related materials that is set up at meetings. Donations of grief-related books are always welcome.

We invite you to bring a picture of your child to display at the meeting for their birth or anniversary month or at any time. We also welcome refreshments brought in honor of your child.

TCF Lehigh Valley Calendar

| | |
|----------|--|
| Jan. 10 | TCF Monthly Meeting - General Sharing |
| Feb 14 | Monthly Meeting - Sharing: Topic ~ Memories from the Heart <i>Please bring mementoes of your child</i> |
| March 14 | Monthly Meeting - To Be Announced |

Other Local TCF Chapters Meetings

Carbon County
1st Wednesday 6:30 - 8:30 pm
Simply Something, (Café)
312 Delaware Ave. Palmerton
610-837-7375 or 610-826-2938
Email: bjmsasylum@yahoo.com

Easton
2nd Thursday 7 - 9 pm
Good Shepherd Lutheran Church,
2115 Washington Blvd., Easton
610-866-5468
Email: szabojanos1@verizon.net

Quakertown
2nd Tuesday 7:30 - 9 pm
St. Lukes Quakertown Hospital
1021 Park Ave, Quakertown
215-536-0173
Email: tcfquakertownchapter@verizon.net

Local Children's Support Group

Ryan's Tree for Grieving Children

Six week sessions are offered throughout the year for children ages 5 through 18
For more information or to register contact Erin McLean @ 484-241-8043 or visit www.slnh.org/ryanstree

TCF Online Support Community www.compassionatefriends.org

TCF National moderated sessions are open to all. To participate, click on "Online Support" under the resource tab

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2010 TCF Worldwide Candle Lighting

On Sunday Dec 12th the Seibert's welcomed TCF members into their home as they hosted a social for the TCF Worldwide Candle Lighting. Members old and new gathered together at 5:30 for a potluck dinner and fellowship. At 7:00 everyone gathered in a circle and one by one lit a candle and spoke the name of their child. Many thanks to the Siebert's for hosting this meaningful event for the chapter, as they have done for many years.

2010 TCF Joint Chapter Candle Lighting Remembrance Service

85 members and families attended our annual joint chapter Remembrance service which was held on Monday Dec 13. At a time of year that often leaves us feeling a bit separate from others (sometimes even our own family) this service offers much needed fellowship.

We thank the following for their contributions to the remembrance service: Sacred Heart Hospital for the use of the auditorium and the beverages; Mary Ann Donuts for providing the donuts; Kim Szep for the wonderful slideshow of our children; the Easton Area chapter leaders John & Maria Szabo for donating the candles; John Szabo for his wonderful closing remarks (which are reprinted in this issue on pg 6); the Carbon County chapter leaders Patti Bissell & Brenda Solderitch for the beautiful crocheted angels ornaments that were given to each family; Dawn & Gene DeLong for supporting the chapter through the sale of their personalized angel ornaments; everyone that volunteered to read or help with the event and everyone who brought goodies to share



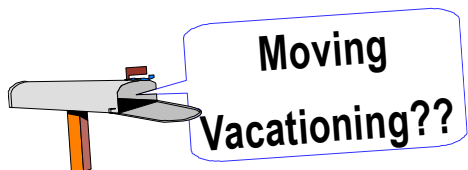
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Keywords: The Compassionate Friends, Lehigh Valley

Newsletter Submissions, Errors, Etc...

Submit articles and poetry to the editor by the first of the proceeding month. Include the author's name & your contact information.

In the case of any errors or omissions, please notify me and I will try to make corrections in the following edition.



The Post Office does not forward or hold bulk mail, it is returned to us at our expense. So, please inform us before moving or having your mail held.



Telephone Friends

Are fellow bereaved parents who are available to listen, care and share

| | | |
|--|--------------------|--------------|
| Infant/ Sids/ Miscarriage/ Still Birth | Cathy McDonald | 610 391-1474 |
| Multiple Loss/General Grief | Betty Thompson | 610 868-0303 |
| Only Child | Shelly Garst | 484 851-3450 |
| Suicide | John & Maria Szabo | 610 866-5468 |
| Carbon County | Doris Rothermel | 610 767-4877 |

January: Just Surviving

By Darcie Sims

Former VP TCF National Board of Directors

January is depressing. Its a month of bitter cold, gloomy days and leftovers. Its a month of used Christmas bows (surely we should save them for next year...) and things that don't fit (either they didn't fit before the holidays, or they don't fit now). January is also a month of too many days.

January is a let down from the hustle and bustle of the holidays. It is a month to "get through." January is a month to SURVIVE.

I've decided to spend January in my basement. After all, basements are often dark and gloomy (suits my mood), in need of organization (describes my life perfectly) and could use a good clearing (similar to shaking the cobwebs out of my brain).

Therefore, I would like to have Hallmark declare January as BASEMENT month and come out with a suitable card to help me celebrate my hibernation. That's where I am going to spend the icy, snowy Missouri month of January. I have all sorts of plans. I can tackle the still-packed boxes from our move last summer. I can arrange and rearrange to my heart's content without annoying the family who dwells upstairs, and who thinks that "everything looks fine, Mom." (They, however, would think that K-Mart on Exchange Day looks fine, too.)

I can sift through boxes of unknown treasures, sorting and tossing. I can count my blessings in the soft, dim darkness of a basement lit with a single light bulb and no one will see the tears I hid so well during the holidays. I can come up one blessing short and gasp in the pain (always there, but not often brought out to light any more), and then let it dissipate in the far reaches of the basement.

I think I will organize the basement according to the seasons: Spring, with the flower pots, fertilizer, garden seeds, and bicycles; Summer, with the lawn mower, garden hoses and rubber rafts; Fall, will have the rakes and the Halloween decorations. And Winter... Winter will have the snow shovels, snow boots, sleds, ice skates, skis (and crutches)--all stored neatly, side by side. The holiday decorations will be stored halfway between Fall and Winter because of the GREAT DEBATE in our house about

WHEN is the proper time to put up the decorations. This debate is topped only by the one about WHEN to take them down. So far, earliest we have discarded the holidays is Christmas afternoon, and Easter wins as the latest!

I will have to have another category in my basement, however. It will be the Fifth Season... the season of Miscellaneous. That's where I stash everything that doesn't fit anyplace else---somewhat like my grief, which seems to pop up at the most inconvenient times. I wish I could compartmentalize it, organize it, so I wouldn't be caught off guard. I wish I could put it away for a time--storing it in the recesses of my basement---knowing where it is when I need it. But grief doesn't work that way (my basement probably won't work that way either!) Grief is there, always. You don't "get over it." you can't hide from it. You can't put it aside until it is convenient. In fact, the more you try to avoid it, the more it catches you. Its a bit like that mysterious gift you once got from some distant relative. The more you try to forget it, the more it stays. Grief is in all the seasons of your life.

But grief doesn't have to be a burden all the time. Like the things you have stored in the basement, it can be dealt with. It doesn't have to be just stashed in the darkest corner of your heart. Part of grief is learning to live without the person who made your life so incredibly wonderful. But the other side of grief is remembering how wonderful life can be and getting busy with not just surviving, but LIVING!

The snowflakes are still just as lovely and mysterious. The spring flowers will bloom again, with their sweet message of life. Summer will bring more warm evenings and fireflies to chase, and Fall will turn its leaves one more time. Winter will come and another January will be celebrated in the basement.. not because it is the only place we can find solace and comfort, but because the sifting and sorting and reorganizing are an important part of our process. Your life with your loved one was filled with moments of laughter. Remember those moments, enjoy them again and again. Don't store them in the basement of your heart.

So won't you join me this month as I make good my New Year's resolution? I resolve to keep my basement clean, organized and usable. It will NOT be

(Continued on page 4)

(Continued from page 3)

come a repository for cast offs and the no-longer useful in my life. It will be what it really is: a part of my house, my home, my life.

I will be in the basement this month, not escaping the snow (I LOVE that!), but getting ready to heal.

LET THE JOY YOUR LOVED ONE'S LIFE BROUGHT TO YOU BEGIN TO TAKE THE PLACE OF THE HURT AND PAIN OF DEATH. The memories will always hurt, but there also will always be LOVE, and you cannot discard, bury or lose the love you shared. January is BASEMENT MONTH. Hugs and Hope.



Someone Who'll Watch Over Me

By: Carolyn Bryan
TCF Orange Park, FL

I remember how I used to watch over you
Tried to teach you the things you should do
I can remember the things I would say
As I tried to guide you along the way

But since you've gone and our lives have changed
It seems the roles have been rearranged
Sometimes it feels like it used to be
Only you're the one watching over me

I know in my mind that you're not here
Yet there are times when you feel so near
I've learned if I let love flow through
I'll get to keep a part of you

For though death comes...the love never goes away
Your presence is with me every day
For my guardian angel you now will be,
And you're the someone who'll watch over me

Winter Memories

The days are getting colder,
And the first snow's not far off

It used to be so pretty,
Gently falling from aloft

But the snow won't be as pretty,
As it gathers on the ground

Cause there'll be a snowman missing,
My son is not around

The playing children's laughter,
Used to be a special song

But this year will be different,
Without my son along.

The song has lost its music,
And it'll be just another day

As I gaze down from my window
And watch the children play

But the snow will again be pretty
In a far off distant time

And we'll build snowmen together,
And never look behind

For now, I'll remain with memories,
But the melting snow will fade

And he builds snowmen to his hearts
content,
Cause he lives where its made



New Years Resolution for Bereaved Parents

Nancy A Mower TCF Honolulu, HI

I resolve...

That I will grieve as much, and for as long, as I feel like grieving, & I will not let others put a timetable on my grief.

That I will grieve in whatever way I feel like grieving, and I will ignore those who try to tell me how I should or should not be behaving.

That I will cry whenever I feel like crying, and that I will not hold back my tears just because someone else feels I should be "brave" or "getting better" or "healing by now".

That I will talk about my child as often as I want to, and that I will not let others turn me off because they can't deal with their own feelings.

That I will not blame myself for my child's death, and that I will constantly remind myself that I did the best job of parenting I could possibly have done. But when feelings of guilt are overwhelming, I will remind myself that this a normal part of the grief process and it, too, will pass.

That I will not be afraid or ashamed to seek professional help if I feel it is necessary.

That I will commune with my child at least once a day in whatever way feels comfortable and natural to me, and that I won't feel compelled to explain this communication to others or to justify or even discuss it with them.

That I will try to eat, sleep and exercise every day in order to give my body the strength it will need to help cope with my grief.

To know that I am not losing my mind, and I will remind myself that loss of memory, feelings of disorientation, lack of energy, and a sense of vulnerability are all normal parts of the grief process. To know that I will heal, even though it may take a long time.

To let myself heal and not to feel guilty about feeling better.

To remind myself that the grief process is circuitous — that is, I will not make steady upward progress. And when I find myself slipping back into the old moods of despair and depression, I will tell myself that "slipping backwards" is also a normal part of the grief process and these moods, too, will pass.

To try to be happy about something for some part of every day, knowing that at first, I may have to force myself to think cheerful thoughts, so eventually they become a habit.

That I will reach out at times, and try to help someone else, knowing that helping others will help me to get over my depression.

That even though my child is dead, **I will** opt for life, knowing that is what my child would want me to do.

January Warmth

Like a tree in winter which has lost its leaves, we look ahead to Spring for new growth and the warmth of the sun to heal the pain in our hearts. Let us make January a time to reach out to each other and give that warmth from our hearts, and in return, we will all show new growth.

Pat Dodge, TCF, Sacramento Valley, CA

2010 Joint Chapter Candle Light Remembrance Service Closing Remarks

By John Szabo

TCF Easton Area Chapter Leader

Once more, we have gathered together to remember our children and our siblings who have died. We have come here tonight not only from many different locations in the greater Lehigh Valley, but also from many different points along our own grief pathways. It's hard to believe that it's been eleven years since Michael died — there are times when it seems as though it was just yesterday. As I stand here and look out among you, I see many faces that have been traveling this road called grief far longer than I. Thank you for taking the time to pause on your journey to walk with me, and in doing so, to revisit your own grief and heartache. I also see many new faces to this journey, faces still full of the shock and disbelief that comes with the death of a child. To you I say, take heart and have hope; there is someone waiting to walk with you. The burden of your grief is much too great to bear on your own. Allow us to share it with you... because, you see... we also share with you our love for our children.

That love pushes us to go on, even in those times when it feels as though we just can't take another step. That love enables us to share openly with others the stories of the children who have died, even though the world around us would rather us keep silent. That love allows us to open up our very souls, to uncover the wounds deep inside us and yield them to a healing touch. That love compels us to reach out to one another...to listen when the rest of the world ignores; to embrace when the rest of the world pushes away; to cry together with when the rest of the world shuns. That love assures us that even though we don't know how or why or when, we will get through this grief journey, and we will do so together. That love promises us that one day our heartaches and tears will give way to

smiles and happy memories of time gone by. That love reaches out to us to pause along our own, journey and walk with those new to this road. That love holds a promise to us all...that no matter how long our individual road turns out to be, no matter how intense the pain and heartache, no matter how strong the doubts, no matter how bitter the anger, no matter how deep the despair ...we have this one assurance:

We will share the pain and sorrow along with the joys and smiles; we will reach out in hope and with help; we will cry and laugh, together. We will never leave another lost and all alone. Throughout the storms and in the calm; in the midst of darkness and into the light; going into all our tomorrows, with the memories of all of the yesterdays .We will not, we need not walk alone. We are The Compassionate Friends.

“Our Children”

I like to think
They are encircling us
Sunlight in their hair,
Starlight in their eyes;
Holding hands in love

The older ones
Nurturing the younger
Helping them grow

I like to think they are ONE
As we are ONE...
A family of love !

*Gloria Grant
TCF Miami, FL*

Sibling Page

WHY ?

When my sister died, I asked what every surviving sibling most likely asks himself: Why?

For quite a while this question gave me something to strive for, a purpose to fight for: But what I soon realized was that there was no use in asking. That question is irrelevant; the point is moot. It no longer matters why she died, and there is nothing I can do to change that, including finding the answer to why. There is no such answer.

If perchance God would speak to me, would that change anything? If he would say, "Trey, I took your sister because I want her up here in Heaven," what would that mean to me? I still lost her. I would still question God's decision.

What it comes down to, however, and although it is hard, we who have lost a sibling must accept the fact that they are now gone. Put aside that fact of why or how they died, and remember that they once lived and will always be alive in your memory and heart. Bypass the question of why they died, and instead concentrate on how we should now live. Remember they would have wanted it that way

*Trey Martin
TCF Hardin County OH*

You are Missed

You are missed
Today and every day
Your smile and laughter
Still remain near
To all the loved ones
Who often shed tears.

You are missed
On lonely days and
Lonely nights
When memories of you
Can't escape our sight.

You are missed
At times when we may
Seemed dazed and
Confused...
Reminders of all the
Thought we have of you.

A sister, a daughter
A friend to several others
But to all that knew you
Now know you are missed.

*Erin O'Brien
TCF Babylon, NY
Written in memory her sister, DonnaLyn*

DEALING WITH RAGE

One of the most important ways of dealing with rage is trying to **forgive** yourself and others. Note: **forgive** contains the word **give**.

You **give** yourself the opportunity to place behind you those past agonies that diminish your strength and vigor.

You **give** yourself new energies to move on and meet new challenges.

You **give** yourself permission to live in an unfair, disappointing world.

Forgiveness offers a very powerful way to pull yourself out of the negative spiral of bitterness and hard feelings.

From "Straight Talk for Teenagers" by Earl A. Grollman



Our Children Remembered Birthdays



| | | |
|-------------------------|---|-----------|
| Raymond Albert | Brother of Barbara Hunsicker | Jan 24 |
| Kevin Blosky | Son of Jack & Janet Blosky; Grandson of Jack & Nancy Blosky | Jan 28 |
| Thomas M. "Tommy" Booth | Son of Tom & Ginny Booth | Jan 22 |
| Zarife Boussaid | Son of Shari Benson | Jan 8 |
| Debra Brown | Daughter of Doris Clauser | Jan 6 |
| Holly Brown | Daughter of Janice A. Picard; Mother of the late Cheyenne Makenzie Brown | Jan 3 |
| Rachel Dallas | Daughter of Robert & Linda Dallas; Sister of Sadie Dallas | Jan 21 |
| Sheila DeBoer | Daughter of Barbara DeBoer & the late Henry DeBoer; Sister of Leslie & Cory DeBoer | Jan 29 |
| Mark Dilts, Jr | Son of Mark & Joy Dilts; Brother of Beth Dilts | Jan 6 |
| Angela Dion | Daughter of Edmond & Robin Johnson | Jan 12 |
| Wayne Ernst | Son of Julius & Doris Ernst; Brother of David Ernst | Jan 6 |
| Maggie Faber | Daughter of Harry & Carol Faber; Sister of Heidi & Harry Faber & Randi & Eric Gerencser | Jan 17 |
| David "Dave" Fegley | Son of Dick & Peg Fegley | Jan 23 |
| Jesse Gentile | Grandson of Gerry & Doris Rothermel; Nephew of Mark Rothermel | Jan 28 |
| Anne Marie Mabus Heater | Daughter of Wayne & Frances Mabus; Sister of Steven Mabus | Jan 7 |
| Debra Hornberger | Daughter of Desmond & Eleanor Morrow | Jan 12 |
| Nevin Keller | Son of Darlene Keller | Jan 26 |
| Jamie Laudenslager | Daughter of Jane Laudenslager; Brother of Jon & Shelly | Jan 23 |
| Andrea Luecke | Daughter of Louise Luecke; Sister of Jennae Luecke | Jan 30 |
| Tim Lutz | Son of Joseph & Emilie Lutz; Brother of Joseph, Jerome, Thomas Linda, Ann Lutz & the late Ted Lutz | Jan 20 |
| Ryan Miller | Son of Patti Miller | Jan 4 |
| Gretchen Newton-Krieg | Daughter of Gloria Perlis | Jan 18 |
| Kelly Owens | Son of Douglas D. Owens & Judy Dorward | Jan 24 |
| Allison Reboratti | Daughter of Eduardo & Barbara Reboratti | Jan 25 |
| Merlin Rico | Son of Valarie Rico-Lewis | Jan 10 |
| Lori Rudelitch | Daughter of Larry & Maureen Markley | Jan 18 |
| Ruth Ruth | Sister of Nadine Host, Faye Schreiner & Linda Eck | Jan 29 |
| James "Jimmy" Thompson | Son of Richard & Mary Thompson; Brother of Marie, Mark, Patrick & Kathy Thompson; Uncle of Josh & Drew Thompson | Jan 23 |
| Victoria Volkert | Daughter of Joanne Fimiano | Jan 14 |
| Joshua Wersinger | Son of David & Joanne Wersinger | Jan 19 |

FYI - If this is your child or siblings birth month and their name does not appear in this section or there is an error, please fill out the update form on the last page (below the love gift form) and mail to the address listed



Our Children Remembered Anniversaries



| | | |
|-----------------------|--|--------|
| Raymond Albert | Brother of Barbara Hunsicker | Jan 11 |
| Sean Apgar | Son of Randy Apgar | Jan 22 |
| Christopher Cook | Son of Jennifer Pongracz; Brother of Mark, Giovanni, Angel & Alexis | Jan 8 |
| Brianna DeFrancisco | Daughter of Tianna DeFrancisco | Jan 30 |
| Kathleen Deutsch | Sister of Jane Fritchman | Jan 19 |
| Barry Donchez | Son of Edward & Olga Donchez; Brother of Linda Shive & Mike Donchez | Jan 10 |
| Andrew Engborg | Son of Rick & Becky Engborg; Brother of Amanda Engborg | Jan 11 |
| Maggie Faber | Daughter of Harry & Carol Faber; Sister of Heidi, Harry, Randi & Eric | Jan 17 |
| Brenda Fehr Hatrak | Daughter of David & Eileen Fehr, Sr.; Sister of Barbara R. Burgin & David Fehr, Jr.; Granddaughter of Warren & Rose | Jan 8 |
| Steven Fussner | Son of George & Linda Fussner; Brother of Kathleen Kowker & Jeffrey Fussner ; Father of Alyssa & Kaitlyn Fussner | Jan 14 |
| Jesse Gentile | Grandson of Gerry & Doris Rothermel; Nephew of Mark Rothermel | Jan 29 |
| Corbin Graver | Son of Keith & Audrey Graver; Brother of Karisa Graver | Jan 3 |
| Brett Harris | Son of Chester & Carol Kinsey, Jr.; Brother of Terry & Lisa ; Father of Shaun, Shannon, Nicole & Brett Lee; Grandfather of Chasity, Shaun Jr. & Justin | Jan 14 |
| Jason Hittner | Son of Joseph & Susan Hittner; Brother of Alexis Marie Bartholomew | Jan 2 |
| Jessica Irizarry | Daughter of Marisa Irizarry; Sister of Jacqueline & Rafael | Jan 20 |
| William Kehley | Son of Charlotte Kehley | Jan 11 |
| Michele Koch | Daughter of Frank & Mary Ann Koch; Sister of Bridget & Rachel Koch; Aunt of Frankie & Devin Koch | Jan 30 |
| Steven Koch, Sr. | Son of Audrey J. Koch | Jan 20 |
| Thomas S. Loquasto | Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle , Michael Loquasto, II & the late Jeffrey Loquasto | Jan 8 |
| Joy Loube | Daughter of Barry and Jeanette Loube | Jan 15 |
| Beth Anne Mather | Daughter of Peter Mather | Jan 17 |
| David McHale | Son of Joseph & Mary Jane McHale | Jan 12 |
| James Mullen, II | Son of Jeanie Mullen; Brother of Rose, Chris & Dawn | Jan 1 |
| Gretchen Newton-Krieg | Daughter of Gloria Perlis | Jan 1 |
| Randy Peischl | Son of Betty Peischl | Jan 29 |
| Shea Picht | Daughter of Kevin Picht | Jan 21 |
| Merlin Rico | Son of Valarie Rico-Lewis | Jan 11 |
| Anthony Romig | Son of Edward C. Romig, Sr. & Lois Pearsall; Brother of Edward C. Romig, Jr. | Jan 20 |
| Daniel Rostkowski | Son of Shirley May Rostkowski; Brother of Janet Wise & Andrew Rostkowski | Jan 30 |
| Sharon Schreiter | Daughter of Jerry & Janice Walker; Sister of Scott Walker & Diane Kichline | Jan 15 |
| Geoffrey Steckel | Son of Dean & Patricia Steckel; Brother of Jennifer & Mark Steckel; Father of Benjamin & Emma Steckel | Jan 20 |
| Michael Stocker | Son of Calvin & Kay Stocker; Brother of Megan Fibrick | Jan 26 |
| Debra Sweeney | Daughter of Richard & Doris Hosler; Sister of Donna Mallard | Jan 5 |



Love Gifts



| | |
|--|--|
| Patti, Bob & Danielle Bissell | Aaron P. Bissell <i>A new year begins. Another lonely year without you. We will always love and miss you, forever & always. Love Mom, Dad and Danielle</i> |
| Chet & Carol Kinsey | Brett R. Harris <i>Love and miss you, till we meet again!</i> |
| Chet & Carol Kinsey | Joseph J Westerman <i>Joe, Hard to believe you are gone a year! Love and miss you so much Brother</i> |
| David & Eileen Fehr, Sr. | Brenda Marie Fehr Hatrak <i>Brenda, Its bee 9 long years and we all love and miss you very much! Love Mom, Dad & Family XOXO</i> |
| Fern Gerth | Loren Holl <i>In loving memory to my Son</i> |
| Judy Dorward | Kelly Shawn Owens <i>Miss you more each year</i> |
| Jim, Vivien & Steve Gollatz | Scott J. Gollatz <i>In loving memory of our Son and Brother</i> |
| Nancy Quinton | Justin Bramich <i>We love and miss you so much. Mom, Rick, Ryan & Ian</i> |
| William & Elizabeth Arey | Patricia Arey <i>We miss you more than ever at the Holidays. Love, Mother & Dad</i> |
| Julius & Doris Ernst | Wayne S. Ernst <i>Happy Birthday dear Son - We love and miss you! Mom & Dad</i> |
| Stephen & Jeannette Viglione | Jeanne C. Hurley <i>Merry Christmas Jeanne - Always with us. Love Mom & Stephen</i> |
| David and Denise Myers | Cody David Alexander Myers <i>In Loving Memory</i> |
| Douglas D. Owens | Kelly Shawn Owens <i>Missing you always. Love, Dad</i> |
| Richard & Suzanne Hoffstetter | Jonathan Paul Hoffstetter <i>Dear Jon, Our 20th Christmas & New Year without you. We all love and miss you!</i> |
| Jeanette Beilfuss | Rachael Brosky <i>Merry Christmas Rachael. All our love. Mom, Sis Becky, Niece Leelanee & nephew Dawi</i> |
| Anonymous | <i>In Loving Memory</i> |
| Linda Fussner | Steven C. Fussner <i>You are missed every day! Love you. Mom, Dad, Jeff, Alyssa & Katie</i> |



Donations & Contributions

We thank the following for their thoughtfulness and generosity



✈ *Shafer Family Charitable Trust* ✈

✈ *Sacred Heart Hospital for our meeting room & beverages* ✈ *Mary Ann Donuts for our meetings treats* ✈

✈ *Contributions from the Employees of Giant Food Store at Village West Shopping Center, Allentown* ✈

✈ *United Way Payroll Donation Contributors* ✈

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.*

PLEASE PRINT, SEND FORM & CHECK BY THE 1ST OF THE MONTH PRIOR TO THE MONTH YOU WISH YOUR GIFT PUBLISHED

Contributor Name _____

Mail to:

Address _____

**THE COMPASSIONATE FRIENDS
LEHIGH VALLEY CHAPTER
P.O. BOX 184
TREXLERTOWN, PA 18087-0184**

Phone _____

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 Month *Submit by the 1st of the month prior to be published*

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 gifts for Carbon County & Easton to the addresses listed 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 Mailing Office Expenses Outreach Program Special Events (ie Picnic, Candle Lighting Etc...)

Mailing Addresses for Carbon County and Easton Chapters

The Compassionate Friends, Carbon County
C/O Patti Bissell
365 Drift Rd
Palmerton, Pa 18071

The Compassionate Friends, Easton
C/O John Szabo
1514 Sculac Dr
Bethlehem, Pa 18020

Our Children Remembered Permission/Update Form

The purpose of this form is to change, update or grant permission for your child's Birth and Anniversary dates to be printed in the newsletter. If you have given permission it is **Not** necessary to do so again. Contact the Newsletter Editor if you have questions.

Mail this update form to: Kathleen Collins, 2971 Pheasant Dr., Northampton, PA 18067

The following is a Change or Update (*ie name change, sibling name addition etc*) New Permission

I give my permission to publish my child's birth and anniversary dates in the Our Children Remembered section of the newsletter

Required Authorization Signature _____

Phone Number _____

Date _____

Child's Name _____

Date of Birth _____

Date of Death _____

Parent's Names _____

Sibling's Names _____

If this is a change ... please explain briefly what the change is (ie sibling surname changes from smith to jones)

**THE COMPASSIONATE FRIENDS
LEHIGH VALLEY CHAPTER**
P.O. Box 184
Trexlerstown, PA 18087-0184

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www.lehighvalleytcf.org



We Need Not Walk Alone

JANUARY
2011

This newsletter comes to you courtesy of The Compassionate Friends, Lehigh Valley Chapter with the hope that it will be a helpful resource for you on your grief journey. If you no longer wish to receive the newsletter please contact the newsletter editor (contact information is on page one)

T C F C R E D O

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races and creeds and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that we feel helpless and see no hope.

Some of us have found our faith to be a source for strength; while some of us are struggling to find answers. Some of us are angry, filled with guilt or in a deep depression; while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts and help each other grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends