



# The Compassionate Friends, Lehigh Valley

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www.lehighvalleytcf.org

October 2011

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## TCF Online Support Community

www.compassionatefriends.org  
To participate, click on "Online Support" under the resource 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. There are no religious affiliations and no 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.

## 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.

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.

We maintain an extensive free library of grief-related materials that is set up at meetings. Donations 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

- Oct 10 Monthly Support Group Meeting - Video / Sharing
- Oct 12 TCF Basket Bingo
- Nov. 14 Support Group Meeting - Grave Blanket Making Demonstration Gene & Dawn DeLong / Sharing / Button Machine 6:30 - 7:00

## \* Button Machine \*

The button machine will be at the November meeting. Buttons will be made from 6:30 - 7 pm. To have a button made: Arrive early with a color or black & white COPY of a picture on Plain Paper (NOT photo paper) of your child. Buttons are 2 1/4 in diameter. Donations requested

## 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 Groups

### Ryan's Tree for Grieving Children (ages 5-18)

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

### Children's General Bereavement Group (ages 5 - 13)

Counselor, Jeanette Laube, MA is available to facilitate a children's bereavement group, as needed. Meeting day, time & place coincide with TCF, Lehigh Valley monthly meetings, allowing TCF members to attend the adult meeting while their children (ages 5-13) attend the children's bereavement group. The group is run as needed, to register for the group or get further information contact Jeanette @ 484-515-4077 You may call up until the morning of the day of the meeting

## TCF Telephone Friends

Fellow bereaved parents that are available to listen, care and share

Infant	Cathy McDonald	610 391-1474	Suicide	John & Maria Szabo	610 866-5468
Multiple Loss/General	Betty Thompson	610 868-0303	Addiction	Nancy Howe	484-863-4324
Only Child	Shelly Garst	484 851-3450	Addiction/Sibling	Melanie Howe	484-863-4324

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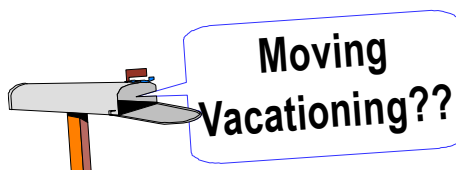


**Keywords:** The Compassionate Friends, Lehigh Valley

**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.

# Events & Announcements

## Carbon County New Meeting Location

Starting November 2, 2011 the Carbon County meeting will be held from 6:30 - 8:30 pm at the Palmerton Community Ambulance Assn, 501 Delaware Ave., Palmerton. Street parking only

**October 12, 2011**

### TCF Basket Bingo

Northampton Community Center

Doors open at 5pm, Games start at 7 pm

**Tickets: \$10.00 In Advance, 20.00 @ the Door**

Turn out to support the Lehigh Valley chapter and try your luck at winning some great filled Longaberger Baskets, Specials, Chinese Auction & 50/50. Food, beverages & gourmet candy apples available.

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

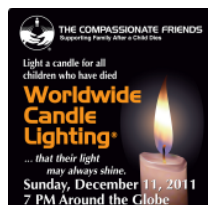
*Benefits The Compassionate Friends, LV*

**December 11, 2011**

### TCF Worldwide Candle Lighting

unites family & friends around the globe as candles are lit for 1 hour for children who have died.

#### Local Observances



**Lehigh Valley** - Social & Candle Lighting hosted by Tom & Eva Siebert. The social begins at 5:30pm with a covered dish meal followed by the candle lighting at 7:00pm All TCF members welcome! Covered dishes are appreciated but not necessary, candles provided. *For Directions & to RSVP call Tom and Eva at 610 967-5886*

**Carbon County** - Remembrance Service hosted by the Carbon County Chapter at The Zion UCC Church, 2nd & Iron Streets in Lehigh. The program begins at 6:30 and includes readings, music & candle lighting, followed by light refreshments and fellowship. Participants are encouraged to create a photo ornament of their child to be hung on the Remembrance Tree

**December 12, 2011**

### TCF Joint Chapter Candle Light Remembrance Service

Sacred Heart Hospital Auditorium 6:45 - 9pm



Hosted by TCF, Carbon County, Easton & Lehigh Valley and open to members and families, as well as anyone who has lost a child, sibling or grandchild. The service features music, poetry readings, a slideshow and memorial candle lighting, followed by a social.

**For slideshow: submit the following no later than Oct. 31st**

- ♥ 1 -2 individual (not group photo) close up photos (up to 8x10)
- ♥ Your contact information, child's name, birth & anniversary dates, family members names

**Submit by:**

- Email: send a photo quality jpeg & info to: kimpogo@msn.com
- Mail: Enclose in a stiff mailer and send to: Kim Szep, 5816 Snowy Orchid Lane, Allentown, PA 18104
- Make an appt by calling Kim @ 610-530-4244

# 2011 "We Remember Them"

## Remembrance Walk & Butterfly Release



On Saturday, August 20th we gathered at The Bob Rodale Fitness & Cycling park for our 8th Remembrance Walk and Butterfly Release. Remarkably with the weather reports calling for unsettled weather, we enjoyed clear skies for the event.

The event began as always with the Remembrance Walk. After which everyone had the opportunity to sample some of the fine offerings in the food area, write messages to heaven and enjoy fellowship time with friends and family. The Butterfly Release program included poetry readings, touching musical selections and speeches from TCF Lehigh Valley member Jim Tkach and TCF Lehigh Valley sibling member Stephanie Siefert. The program culminated in the reading of each loved ones name for whom a butterfly was purchased and the release of our memorial butterflies.

We hope that everyone that attended had a memorable experience. As always, this wonderful event would not take place if it were not for the planning committee, volunteers and sponsors. In order to continue this event in the future please consider volunteering for next years event. The planning committee meetings will begin in March or April next year.

Many thanks to this years Committee Members, Event Day Volunteers and Sponsors



More pictures of the event can be seen on our Facebook page. Search: The Compassionate Friends, Lehigh Valley

If you have pictures taken at the Butterfly Event or a picture of your child you would like added to our facebook page please email copies to:  
TCFNewsEditor@gmail.com

*Note: When sending a picture of your child for the facebook "Our Children" album please include your child's name, and if desired: Birth & Anniversary months and years, names of parents, grandparents, and siblings*



Thank You

### New Members

Welcome new friends. We regret the cause that has brought you to our group. As fellow bereaved we offer care, compassion, comfort and a deep understanding of the pain you are experiencing. Please give us the opportunity to reach out to you by attending at least a few meetings.

Easton	Judith Madden - Son - Alexander
Easton	Mary Burke - Son - Brian Michael Burke
Easton	Sandy Sherrer - Son - Ryan Ritzer
Easton	Susan Heard - Son - David
Easton	Lily Cheng - Son - Peter Cheng
Carbon County	Dean & Sheri Tretter - Son - William Binder

# Halloween Is Still a Holiday to Remember

By: Wayne Loder ~ TCF Lakes Area, Michigan

Two Halloweens have now passed since my eighteen year-old Stephanie and five-year-old Stephen left us to live God. Even before the kids were old enough to trick or-treat, I still recall their delight at the costumes worn by all the neighborhood kids who came to the door. I still remember how thrilled Stephen was to be handing out the candy when he was only one-and-a-half years old. We still have a picture of him holding the plate of goodies. If you look close, you can see where he took a bite out of one of the candy bars with the wrapper on and set it back on the plate.

I can still remember the all too few times I was able to take my children out trick-or-treating. I remember my daughter dressed up as a nurse offering to fix up all those other trick-or-treaters who were obviously hurting with all that fake blood they were wearing. I remember Stephen wearing his great pumpkin outfit. We stuffed it so full of padding that when he fell down not only did he not get hurt, he had to be physically picked up because he was flailing his arms around like a beetle on its back. I can still see Stef holding Stephen's little hand and patiently leading him up the walkway and helping him hold open his bag so that the candy would find its mark. She always made certain he said thank you for the candy. It usually came out "thank woo."

The first Halloween following their death I remember driving home with tears streaming down my face as I watched the other trick-or-treaters coming up and down the streets. My wife and I fled our home depositing bags of candy for our next door neighbors to hand out for us. Last year we found the courage to stick around and greet the ghosts and goblins who found their way to our door. Funny thing was we felt as dressed up as the trick-or-treaters. We were wearing our happy face masks.

The memories are now starting to fade of the Halloween before our children died. It won't be too long and I'll be leading Christopher our son who is now a year old up those driveways just like I did before. I feel sad that Stef and Steve can't be there but you know I have a feeling that if I hold out my hand and close my eyes, two little gloved hands will slip into mine and I'll again hear in unison "just one more house Daddy."



## Memories

Tonight I saw  
your silhouette  
Against a harvest moon...

Tonight I heard  
a sweet refrain  
Of some long remembered tune.

Could it be  
you know somehow  
How my heart remembers you?

In harvest moons  
and heartfelt tunes  
The memories ever true.

Where do they go  
when the moon fades away  
And the music can no longer be?

Far, far away  
to a wandering star  
That only the heart can see.

Kelly Marston  
TCF Grand Junction, CO

## STRONGER THAN DEATH: SURVIVING A LOVED ONE'S SUICIDE

By Sue Chance, M.D., adapted from her book  
"Stronger Than' Death: When Suicide Touches Your Life"

When a person loses a loved one to suicide, the survivor may be unable to take in information about how others have survived the self-inflicted death of someone close to them. Some persons are so emotionally overwhelmed for a while that they don't want information. Complaints that they "can't think straight" are practically universal.

But the increasing availability of survivor groups and a growing body of literature about suicide and its aftermath are changing the secretiveness and shame that used to overwhelm survivors. When someone else expresses what we have felt (but thought "too terrible" to say), it diminishes our fear of being "crazy" or "wicked." Repeatedly hearing, "That's normal. We've all felt like that," reassures us. And hearing it from someone who is a bit further along in the healing process gives us hope.

Since hope is the very thing our loved one abandoned, it is all the more precious to us. Long-term survivors who are doing well express a certain pride in that fact. They have endured. They have held on to their hope. They have been stronger than the desire to end their own suffering.

The sooner we are honest about the mode of death, the sooner we can begin to heal. For many years, the cultural taboo against suicide and the blame focused on survivors caused many of them to deny or rationalize the way their loved one died. Even when it was admitted, it might quickly be dismissed as inexplicable or as having nothing to do with current problems. Individuals who are reluctant to talk about it may be trying to keep their distance from others in a misguided effort to ward off future tragedy. (Of course, in reality, such persons are warding off love.)

It's often helpful for survivors to know that three common reactions are likely to plague them. Fortunately, medical and mental health professionals know how to look for and treat these reactions - depression, posttraumatic stress disorder, and pain.

**DEPRESSION.:** Feeling down is normal and everyone expects it at first. But when it goes on for a long time or hampers the survivor's ability to function, antidepressant medication may be called for.

**POSTTRAUMATIC STRESS DISORDER.:** This reaction encompasses a set of symptoms that involve re-experiencing the trauma, decreased responsiveness to others, and at least two other symptoms (being easily startled, sleeping poorly, feeling guilt about surviving, having trouble concentrating or remembering, avoiding activities that are a reminder of the suicide). In survivors of suicide, re-experiencing the trauma often occurs as recurrent recollections or dreams. The most common kind of "flashback" involves imagining the moment of death or feeling as though it's happening right then. But survivors can use a "thought-stopping" technique to deal with flashbacks. The idea is to command oneself to "Stop!" when starting to relive the death. This command can be reinforced with a cue such as popping the wrist with a rubber band. For this technique to work, though, survivors must recognize that dwelling on the moment of death does the deceased no good and only punishes the survivors. They need to decide that they have been punished enough by these flashbacks and are ready to let go of them.

**PAIN :** All survivors suffer physically. The immune system doesn't function as well during the grieving process. Survivors with a preexisting medical condition will no doubt get worse, or they may develop other physical illnesses. If they don't have one, they may suddenly develop one. These people hurt, and pain is both a metaphor and a pathway for expressing that hurt. The mind and the body are really one.

Finally, survivors need help in dealing with their feelings of guilt and anger. Both are ultimately dealt with the same way - by placing the responsibility for the suicide squarely where it belongs, namely, on the person who committed it.

It goes without saying that all of us have regrets when it comes to those we love. None of us is perfect. None of us does everything right.

But the other people we have loved have not committed suicide. So something else must have entered the picture at some point to lead the person who died to make such a drastic decision. Since that something was not under our control, we do not realistically bear responsibility for it.

For years, though, we may, indeed, feel that we do. We may tell ourselves we do. We may act as though we do. But in the final analysis, we must realize that each individual decides to live or die for personal and unique reasons that we may never understand.

## DEAR ABBY

BY ABIGAIL VAN BUREN

Parents who lost a daughter are now in a different place

DEAR ABBY:

My beautiful 20-year-old daughter was killed in a car accident. I am writing this not only for myself, but for all parents who have lost a child, and to all of the wonderful people who asked, "What can I do for you?" At the time there wasn't much anyone could do to help, but after two years I have an answer. Accept me for who I am NOW.

When Rachel came into my life, it changed me profoundly. Losing her did the same. Her father and I work hard to honor her memory, but we will never "get over it" to the degree of being who we were before. I am different now in some ways - I think - better. I am kinder, more patient, more appreciative of small things, but I am not as outgoing nor as quick to laugh.

I know people mean well when they encourage me to get on with my life, but this IS my life. My priorities have changed. My expectations of what my future will hold have changed., Please extend to me again the offer of "anything I can do" and, please, accept me as I am now - DIFFERENT NOW IN RIVERVIEW, FLA.

DEAR DIFFERENT NOW:

Please accept my, profound sympathy for the tragic loss of your daughter. I hope your letter will help anyone who doesn't understand that the death of a child is the most devastating loss parents can suffer and the experience is life changing.

They may get beyond it, but they never get "over" it. To expect they would is unrealistic, because it's a wound that may become less visible but never goes away.

*Submitted by Gail Strohl, TCF Carbon County Chapter*

## Loss and Grief

Have you ever wanted to scream out in frustration in not being able to control your life?

Did you ever wonder if you would care about anything again?

Were your feelings ever hurt by people who turned away from you? Did you ever cry until your eyes and throat hurt?

Have you ever buried your face in a certain piece of clothing and breathed in the memories?

Do certain days ever get you down? Was it ever difficult to leave your home?

Did you ever start crying for no reason at all?

Did you ever get so angry that you can't think straight?

Have you ever felt guilty about something you didn't do? '

Has your faith ever been tested to the limit?

Were you ever tempted to tell others how you really feel?

Did you ever think you would wake up from a terrible dream?

Do you ever think about special moments?

Have you ever wondered "why?"

Did you ever find Compassionate Friends who understood your grief?

Do you ever feel it's getting a little easier?

Yeah, me too.

*Cathy Heider TCF Algona, IA*

# Sibling Page

## A Scar That Just Won't Heal

The room you once lived in  
doesn't look the same.  
The people who used to call you  
never mention your name.

The car you used to drive,  
they may not make anymore;  
And all the things you once treasured  
are boxed behind closet doors.

The clothes you set the trends by  
are surely out of date.  
The people you owed money to  
have wiped clean the slate.

Things have changed and changed again  
since you went away,  
But some things have remained the same,  
each and every day.

Like this aching in my heart,  
a scar that just won't heal,  
Or the way a special song  
can change the way I feel.

Brother, you must know that the music bonds us  
and will always keep us close;  
Because secretly I know deep in my heart,  
it's the music you miss most.

So let the world keep on turning  
and time can take its toll.  
For as long as the music keeps playing,  
you'll be alive and dancing in my soul.

Stacie Gilliam, TCF, Oklahoma City, OK

## WEARING A MASK

Lovingly lifted from the Fernside Newsletter  
for Grieving Children

Halloween is a great time to pretend to be someone else. You can be mean and nasty even though you're usually a pretty nice person, or you can be scary when you usually are the one that gets scared. You can pretend to be strong and powerful or beautiful or mysterious or famous. You can pretend to be anything on Halloween.

It isn't fun, though, to try to always wear a mask. Sometimes for a person who is grieving, it seems like you need to always pretend to be your old happy self. Your friends and others may want you to forget about your loss and go on as if nothing much has changed. But it is really hard to mask your true feelings all the time. It is much better for you if you can "take off your mask" and just be yourself sometimes. If you let your feelings out, then you are being honest with yourself and others. By taking off your mask and revealing your true self, you will be a much more REAL person. It's better to save masks for Halloween.

**“To live in hearts  
we leave behind  
Is not to die.”**

Thomas Campbell



## Our Children Remembered Birthdays



Matthew Aungst	Son of Christopher and Mary Kelly Aungst, Brother of Alecia & David Aungst Aungst	Oct 15
Donna Lee Benninger	Daughter of Betty Thompson	Oct 24
Michael Brown	Son of John & Cynthia Coyle ; Brother of Josey Brown	Oct 12
Christopher Cole	Son of Theresa Cole & Donald Cole ; Brother of Lauren Cole;	Oct 10
David DeLong	Son of Gene & Dawn DeLong; Brother of Jamie DeLong; Grandson of David & Gladys Kaufman; Nephew of Jill Lichty	Oct 23
Gregory Dooley	Son of Marc & Shirley Shubert	Oct 13
Bobby Egner	Brother of Melissa Nice	Oct 13
Nicholas Fetchko	Son of George and Fran Fetchko; Brother of Andrew Fetchko & Rebecca Fetchko	Oct 11
Benjamin Fry	Son of John & Cynthia Chryst; Brother of the late Peter & Paul Fry; Twin Brother of Jeff Fry	Oct 6
Kyle Hoffman	Son of Joshua Hoffman; Brother of Austin Hoffman	Oct 24
Jeanne Hurley	Daughter of Stephen & Jeannette Viglione; Sister of Michele Yankowy & Robert Wambold, Jr.; Mother of Cole J. Hurley	Oct 12
Carol Johnson	Daughter of Lauretta Coyne; Sister of Elaine Muretta, Bob, Jim & Dave Johnson	Oct 18
David Julo	Son of Jack and Margaret Julo	Oct 1
Katie Kasinecz	Daughter of Susan Kasinecz; Daughter of Robert Kasinecz	Oct 25
Jonathan Keller	Son of Dennis & Lori Keller; Brother of Amy Keller	Oct 25
Randy Krieg	Brother of Ryan, Aaron, & Alicia Kreig; Grandson of Gloria Perlis	Oct 15
Adam Labezius	Son of Larry & Kimberly Labezius; Brother of Zachary & Amber Labezius	Oct 12
Thomas Lehrman	Son of Jean Lehrman & the late Edward Lehrman, Sr.; Brother of the late Edward S. Lehrman, Jr.	Oct 26
John Luzenski	Son of John & Audrey Luzenski; Brother of Judy & Jeffrey Luzenski	Oct 6
James Mante	Grandson of William and Judith Mawhinney	Oct 3
Cathy Mertz	Daughter of Franklin & Lucille Reinhard; Mother of Melissa Ann Gurdineer; Sister of Cheryl Ann McCue	Oct 28
Matthew Mitek	Son of Cynthia Mitek	Oct 12
Russell Nicholson	Son of Jim & Lyn Nicholson; Brother of Rachel Nicholson	Oct 18
Haley Opperman	Daughter of Eddie & Michele Opperman	Oct 21
Jeffrey Pettis	Son of John and Gloria Zucal, Brother of Sherry White	Oct 16
Deanna Renner	Daughter of Merle & Ginger Renner	Oct 11
Scott Rothrock	Son of Larry & Linda Rothrock	Oct 20
Elwood Rush	Son of Elwood & Shirley Rush	Oct 4
Demetrius Scebes	Son of Jessica Scebes	Oct 22
Sharon Schreiter	Daughter of Jerry & Janice Walker; Sister of Diane Kichline; Sister of Scott Walker	Oct 20
Julie Searfoss	Daughter of Gregory & Sharon Searfoss; Sister of David Searfoss; Granddaughter of Hilda Smoyer	Oct 7
Debbie Secero	Daughter of Donna Stiener; Sister of Louis Secero & Michelle Petrillo	Oct 10
Marty Secero	Son of Donna Stiener; Brother of Louis Secero & Michelle Petrillo	Oct 31
Larry Shunk	Son of Betty Thompson	Oct 12
Darryl Shurow	Son of Lew & Sharon Richards	Oct 12
Lisa Staub	Daughter of Mark & Louise Stahley; Granddaughter of William & Patricia Johnson	Oct 1
Michael Stocker	Son of Calvin & Kay Stocker; Brother of Megan Fibrick	Oct 14
Frank Thiel	Son of Gregg & Debi Thiel; Brother of Ryan, Greg & Adam Thiel; Nephew of Barbara Brennan & Don & Kathy Clarke	Oct 28
Kenneth Zellner	Son of Kenneth & Barbara Zellner	Oct 11

**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



Ryan Balliet	Son of Bruce and Pat Balliet	Oct 10
Kevin Blosky	Son of Jack and Janet Blosky; Grandson of Jack and Nancy Blosky	Oct 4
Michael Brown	Son of John and Cynthia Coyle; Brother of Josey Brown	Oct 15
Nicholas Caldarelli	Son of George and Cheryl Caldarelli	Oct 11
Anthony Coccia	Nephew of Jane Coggins	Oct 3
Jessica Coe	Daughter of Randy and Diane Coe; Sister of Allison Coe	Oct 7
Jon Conrad	Son of Erma Conrad; Brother of Jeffrey & James Conrad	Oct 6
Todd Crosliis	Son of Jane Crosliis	Oct 6
Gregory Dooley	Son of Marc and Shirley Shubert	Oct 31
Bobby Egner	Brother of Melissa Nice	Oct 29
Matthew Fahey	Son of Michael and Nancy Fahey; Brother of Michael & Rob	Oct 13
Dean George, Sr	Son of Delphin and Sylvia George; Father of Dean A. George, Jr & Lisa George	Oct 9
Diane Donna Gross	Daughter of Peter and Fay Gross, Sr.	Oct 23
Thesius Harley	Brother of Armelia Harley	Oct 4
Jonathan Hoffstetter	Son of Richard and Suzanne Hoffstetter; Brother of Diane and Kenneth Hoffstetter	Oct 1
Julie Howe	Daughter of Timothy and Nancy Howe; Sister of Melanie Howe	Oct 19
David Julo	Son of Jack and Margaret Julo	Oct 16
Pamela Kisthart	Daughter of Dennis and Judy Kisthart	Oct 26
Richard Kulik	Son of Dolores Kulik; Brother of Christina Schantzenbach and Michael Kulik	Oct 27
M. Nathan Kutz	Son of Lennia Kutz	Oct 30
Adam Labezius	Son of Larry and Kimberly Labezius; Brother of Zachary and Amber Labezius	Oct 15
Edward Lehrman, Jr.	Son of Jean Lehrman & the late Edward Lehrman, Sr.; Brother of Leanne, Robyn, Michele, Debra & the late Thomas	Oct 19
Paul Levine	Son of Louisa Levine; Brother of Gregory, Mary & Philip Levine	Oct 31
Andrea Luecke	Daughter of Louise Luecke; Sister of Jennae Luecke	Oct 23
John Luzenski	Son of John and Audrey Luzenski; Brother of Judy and Jeffrey Luzenski	Oct 28
Haley Opperman	Daughter of Eddie and Michele Opperman	Oct 21
Matthew Peczenij	Son of Peter and Judy Peczenij	Oct 20
Wayne Petzold	Son of David and Margaret Petzold, Sr.; Brother of Amy, Dave and Father of Katie Petzold; Husband of Joan Kay	Oct 8
Deanna Renner	Daughter of Merle and Ginger Renner	Oct 22
Lydia Rice Cobb	Daughter of Virginia Rice	Oct 10
Kasey Roman	Daughter of Michael and Marcia Roman; Sister of Christopher, Matthew & Twin Brother Jesse Roman	Oct 29
Thomas Sensinger	Son of Glenn and Ann Sensinger; Brother of Susan Brown	Oct 9
Peter Slifer	Son of Richard and Paulinda Slifer	Oct 15
Troy Southgate	Son of Donald and Susann Southgate; Brother of Martin Southgate	Oct 30
Drew Sporka	Son of Ron and Pat Sporka; Brother of Keri Markle	Oct 21
David Uecker	Son of Susan Uecker-Bittner & The Late Phillip C. Uecker; Brother of Amanda Uecker-Miernicki	Oct 3
Justin Wenner	Son of Jack & Susan Wenner; Brother of Tara & Jonathan Wenner	Oct 24
Adam Wolk	Son of Michael and Sheila Wolk; Brother of Laura & Sarah Wolk	Oct 22



## Love Gifts



<b>Richard &amp; Suzanne Hoffstetter</b>	<b>Jonathan Paul Hoffstetter</b> <i>Dear Jon, Remembering you on your 35th birthday. Love Mom, Dad, Diane &amp; Ken</i>
<b>Ronald and Elizabeth Davis</b>	<b>Nathaniel Davis</b> <i>In Loving Memory</i>
<b>Ann Sensinger</b>	<b>Thomas Sensinger</b> <i>In loving memory of our son, Tom Sensiger</i>
<b>John and Audrey Luzenski</b>	<b>John J. Luzenski</b> <i>Our love forever. Mom, Dad, Jeff &amp; Judy</i>
<b>Ken &amp; Barbara Zellner</b>	<b>Kenneth Samuel Zellner</b> <i>Happy Birthday Kenny, we love and miss you each and every day.</i>
<b>Udo &amp; Janet Virmalo</b>	<b>Sean Mikhail Virmalo</b> <i>Always with us. Mom, Dad, Eric, Brett, Katelyn &amp; their families</i>
<b>Lee &amp; Shirley Lutz</b>	<b>Michael Douglas Mann</b> <i>Happy 42nd Birthday to our wonderful son. Love and miss you every day. Love Mom &amp; Dad</i>
<b>Eleanor Wetherhold</b>	<b>Rick Wetherhold</b> <i>Happy Birthday Rick - still miss you so much</i>
<b>Mary, Rich, &amp; Melissa Burke</b>	<b>Brian Michael Burke</b> <i>Always in our hearts - love you always</i>



## Donations & Contributions



We thank the following for their thoughtfulness and generosity

🦋 Sacred Heart Hospital for TCF, Lehigh Valley's 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 🦋

🦋 Palmerton Community Ambulance Co. for TCF Carbon County's meeting room 🦋

*"With the death of every person I love,  
a part of me has been buried, but their  
contribution to my being of happiness,  
strength and understanding remains to  
sustain me in an altered world."*

*Helen Keller*

### 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 YOR GIFT PUBLISHED

Contributor Name

Mail to:

Address

THE COMPASSIONATE FRIENDS  
LEHIGH VALLEY CHAPTER  
P.O. BOX 145  
EMMAUS, PA 18049

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 145  
Emmaus, PA 18049

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**We're on the web**  
[www.lehighvalleytcf.org](http://www.lehighvalleytcf.org)



*We Need Not Walk Alone*



*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**