



The Compassionate Friends, Lehigh Valley Chapter

Supporting Family After A Child Dies

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

DECEMBER 2011

Email: TCFLehighValley@gmail.com

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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

- Dec 11** Worldwide Candle Lighting - Light a candle from 7 - 8 pm in memory of a child who has died. Participate in your own home or at a local group candle lighting - see page 2 for locations
- Dec 12** Candle Light Remembrance Service- See Pg 2
- Jan 9** Monthly Meeting - General Sharing

Other Local TCF Chapters Meetings

Carbon County
1st Wednesday 6:30 - 8:30 pm
Palmerton Community Ambulance Assn.
501 Delaware Ave. Palmerton
610-837-7375 or 610-826-2938
Email: tcfcarboncounty@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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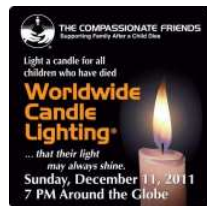
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Events & Announcements

December 11, 2011

TCF Worldwide Candle Lighting

We do this . . . that their light may always shine!



The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles to honor and remember children who have died. Candles are lit at 7 p.m. local time, creating a virtual 24-hour wave of light as it moves from time zone to time zone. We encourage you to participate by joining us at one of the local observances or in your own home.

Local Observances

Lehigh Valley - 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 - hosted by TCF Carbon County at The Zion UCC Church, 2nd & Iron Sts, Lehighton. The program begins at 6:30 and includes readings, music & candle lighting, followed by refreshments and fellowship. Participants are encouraged to create a photo ornament for the Remembrance Tree. *For More Information email: davelora@ptd.net*

December 12, 2011

TCF Joint Chapter Candle Light Remembrance Service

Sacred Heart Hospital Auditorium 6:45 - 9pm



We invite you to join us as we celebrate the lives of our children, grandchildren and siblings in this very special service of remembrance. The program includes remembrance music, poetry readings by parents and siblings, a slideshow of our children, a sibling candle wreath lighting, memorial scroll and much more. The program starts promptly at 7 p.m., so please try to arrive 15-20 minutes prior.

The Memorial Scroll, inscribed with the names of our children and siblings who have died, will be on display. If your child's or sibling's name has yet to be inscribed, you will have an opportunity to add it. A memory table will be set up to display your photos. Following the program a reception will be held in the meeting room across the hall from the Auditorium. Please bring one of your child's favorite treats or finger foods to share. John Szabo, Easton Chapter Leader, will have "Forever In My Heart" wristbands available for purchase.

Note: Volunteers are needed to help with the program. We also need sibling volunteers to light the sibling wreath. To volunteer with the program or as a sibling candle lighter please contact Kathy Collins at 610 837-6393

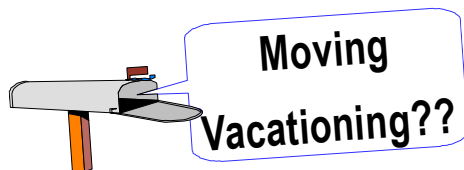


Keywords: The Compassionate Friends, Lehigh Valley

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.



Visit our Facebook Page

Keywords: The Compassionate Friends, Lehigh Valley

Keep current with the chapter events and meetings by checking out our facebook page. Our page also includes a photo gallery of "Our Children" To add your child's picture send a Jpeg photo to: TCFNewsEditor@gmail.com.

Holiday Wrappings

By: Hank Hewitt, TCF Scranton Pa

We wrap ourselves for the holidays much like the presents we give. The brightly colored paper hides what's within. When people look at us they only see the outside.

We promise ourselves we will not come unwrapped. We will make it through the family celebrations, the church services, and the big occasions. The paper and the ribbon will remain intact.

But it is the small thing that manages to untie the bow. The little insignificant moment; the Christmas parade, the search for the tree, the discovered ornament, the special carol, the memory, and the paper gets wrenched off. The true Christmas presence shows itself.

The inevitable tide of feelings bursts out of the artificially decorated facade. The emotions pour out. The intense anger wells up. The tears are shed and the holidays come. These are as sure as the tides and the march of time.

Only a Compassionate Friend, a bereaved parent, knows of what I speak. Yet the answer isn't in fighting or in denying these feelings. We have paid the price. We have the right to grieve. The resolution of our grief is in grieving.

Our hope for all who read this letter is that you will make it through the holidays. WE cannot make the pain go away. But know there are others who suffer with you. We have made it, and together will continue on.



Making it Through the Holidays

By Cathy Patillo, TCF Salt Lake City, UT

Here are some suggestions for getting through the holiday:

★ Family get-togethers may be extremely difficult. Be honest with each other about your feelings. Sit down with your family and decide what you want to do for the holiday season. Don't set expectations too high for yourself or the day. If you wish things to be the same, you are going to be disappointed. Undertake only what each family member is able to handle comfortably.

★ Baking and cleaning the house can get out of proportion. If these chores are enjoyable, go ahead, but not the point that it is tiring. This year you could either buy baked goods or go without.

★ Emotionally, physically and psychologically, it is draining. You need every bit of strength. Try to get enough rest.

★ One possibility for the first year may be to visit relatives, friends, or even go away on a vacation. Planning, packing, etc., keeps your mind somewhat off the holiday and you share that time in a different and hopefully less painful setting.

★ Consider not sending or cutting back on your cards this year. It is not necessary to send cards, especially to those people you will see over the holidays.

★ Give a special gift in memory of your loved one. Join the gift-giving emphasis of the holidays by giving a gift of some kind, e.g., a flowering plant to a favorite institution like a nursing home.

★ Engage in an activity that you and your loved one especially enjoyed. You might choose to do this alone, or with other family or friends.

★ To rephrase an old saying, "It is just as blessed (and appropriate) to receive as to give." In that spirit, give yourself some kind of special gift during the holidays. You might try to imagine something which your loved one would have given you or done for you.

★ Remember: anticipation of any holiday is usually much worse than the actual day.



The Single Most Memorable Holiday I've Ever Had

By Ann Marie Parman, TCF Augusta, GA

On December 6, 1985, my daughter Michelle was murdered. While gathering her things to bring home, we found she had lovingly made Christmas gifts for everyone in the family. Family came from Florida, Canada, Arizona and here in Georgia and remained through the holidays.

Sometime before the incident, my daughter told me that she had a dream that the whole family was together at Christmas time and she was outside the window looking in. She said that in her dream she felt such a feeling of contentment at seeing us all together; it had been years since all the family had been together.

We decided to have Christmas as Michelle would have wanted it. My husband and I wrapped the gifts Michelle had made for those she loved. On Christmas morning, while we were opening the gifts, my husband told me to look out the window. There are two rocking chairs on the porch, and one was rocking back and forth. My husband reached over and held my hand, and it was at that moment I remembered what Michelle had told us about her dream, and I realized that her dream had become a reality. Michelle was still with all of us and was indeed content at watching the family she loved so much sharing the joy of Christmas together.

I also realized Michelle would always be watching me and that, though in one sense she had been taken from us, she would always be a part of all of us. The little gifts she made for everyone that Christmas would be treasured for many Christmases to come, but what would be treasured most was her LOVE OF FAMILY and the FAITH that one day we will be together again.

Children, Grief and the Holidays

From "Not Just Another Day"

by Missy Lowery, TCF, Phillips, WI

Grieving is probably a new feeling for your children.

They don't know what to expect and they may be afraid.

They may be afraid of the actual day and the feelings it will bring both for you and for them.

They may be afraid of what other people are going to expect from them.

They may be afraid to ask the questions that are bothering them.

- ◆ Will we still have Christmas or Hanukkah?
- ◆ Will Santa come this year?
- ◆ Will I get any presents?
- ◆ Are we still going to Grandma's?
- ◆ Will we put up a Christmas tree?
- ◆ Who will light the Menorah?
- ◆ Is it all right to feel happy?

They may feel guilty for looking forward to the holiday.

Because you seem sad, they may think they should feel the same way.

They may become worried when they don't.

They may not know what they want to do, and at the same time, nothing feels right.

They may just want to avoid the whole holiday time.

Expectations

By Margaret Gerner, TCF, St. Louis, MO

Expectations play a large role in our grief. Certainly, expecting to feel better and to not always hurt is helpful, (although we tend to expect it to happen too soon) but other expectations can be hurtful. Some of these are the expectations we have of those around us - our friends and relatives.

We "expect" them to listen to us talk about our child and our pain. We "expect" them to be sensitive and aware that we are hurting more on a particular day or date. We "expect" that they will understand that it is normal to grieve for so long. We "expect" them to understand our mood swings. We "expect" and we "expect", and when they don't understand or provide what we need we are angry and hurt.

TO EXPECT IS TO PRESUME. When we expect a friend or relative to behave a certain way or say a particular thing, we presume they know what we want or need. This is rarely possible. Even if the other person is a bereaved parent, he cannot read our minds. What they needed in their grief may not be what you need in yours. If our friend or relative is not a bereaved parent, it is even less likely they will have any idea how to help us.

The problem with expecting understanding and help from another, is that we set ourselves up to be hurt. On page 452 of one of my favorite books, ALCOHOLICS ANONYMOUS, it says, "my serenity is inversely proportional to my expectations." Of course, serenity doesn't exist for the bereaved parent, but the hurt we feel from others IS "inversely

proportional to our expectations."

If we expect a friend or relative to do or say the right thing and they don't, we are hurt. But, on the other hand, if we do not expect their reaction and they react as we would like them to, we will be pleased. I think it would be better to be pleased now and then, rather than be hurt almost every time.

We need to remind ourselves over and over, that others do not know how to help us. They are not being cruel, uncaring or indifferent. They simply do not know what to say or do. Therefore, the responsibility to let them know of our needs lies with us. Not only must we tell them of our needs, after we have done that we must take it a step farther. In the future, if the individual does not react in the way we prefer, we must try to accept this and consider that, for reasons only they can know, they are either unable or unwilling to do as we ask. We can't know their innermost motivation anymore than they can know our innermost needs.

To eliminate the hurt we feel from others we must let go of our expectations of them. We can only be hurt if we ALLOW ourselves to be hurt by something that was done or said (or not done or said) in ignorance. Remember, we ourselves did not know of bereaved parents needs before our child died. There will be times we must simply say, "He or she doesn't know," or we might ask ourselves, "How important is it that that person is not supportive?"

It is up to us to protect ourselves from any more hurt than we already have. If we stop expecting what others may not or cannot give, we can stop some of the unnecessary hurt.

“ The problem with expecting understanding and help from another, is that we set ourselves up to be hurt. “

**Grant that I may not so much seek
to be consoled as to console;
To be understood as to understand;
To be loved as to love.
For it is in giving that we receive**

St Francis of Assisi

Holiday Lights



By Bettye and Sam Rosenberg, TCF, Louisville, KY

During the holiday season, both Christians and Jews light candles in celebration of their respective faiths, and as they do so, even the darkest of rooms become warm and bright from the glow of the candle. Then, we can ask ourselves how powerful and sinister can the darkness be if it can be overcome by the light of one little candle?

There is then a message in this for all of us. When the darkness seems to overwhelm us, and it can be a mental and spiritual darkness as well as the darkness of winter night, we need to be reminded that it is powerless to withstand the smallest bit of illumination.

So, as the world grows colder and darker during these winter months, we as Compassionate Friends must do what people of many faiths have been taught to do at this season. Light a candle in someone's life to make the darkness and fears flee. A little bit of light is all that most of us need, but, oh, we need that little bit so badly.

So, let us all in The Compassionate Friends extend a candle of light and hope not only to each other, but to the unfortunate people who, for whatever reason, become one of us this winter and will be in need of that light. It's the least we can do and it accomplishes so much.

TOGETHER WE CAN MAKE IT.

*You gave them the gift of life and
in return they gave you the
gift of love.*

Nothing can deny that gift exchange

THE SEARCH

I looked for Christmas everywhere
Through snow-filled skies and winter's air.

I hunted in the likely places...
The festive shops, the children's faces.

I searched for Christmas day and night,
In sprigs of holly, and candlelight;
In gifts gaily wrapped and friendly greeting,
Yet found it not, and time was fleeting.

And then, with a sudden start,
I thought to search within my heart.
And there, not lost, but warm and waking,
Was Christmas... mine just for the taking.

Emily Templeton TCF, Ft. Collins, CO

DIMMING LIGHTS

by Ceil Katz, TCF, South Hampton Chapter

For most, Chanukah is a joyous
time with dreidels, gifts and lights.

We also once had-
But since you have died,
My heart is only heavy and sad.

Wherever you are my dearest son,
I pray you are at peace -
Seeing the menorah lights
Giving me strength to get
Through these dim and dark Eight days...

Outwardly the Chanukah candles
Are glimmering bright-
But inside of me burns only
A shimmer of blurred light.

Sibling Page

TO ALL SIBLINGS...

Be guided by the reality that there is no right or wrong way to celebrate the holidays after your sibling died. Do what you need to do to get yourself through the holidays. We grieve differently than our parents do. Yes, we need to respect their grief, but we need to remember ours. Our siblings would want us to laugh and sing along with the Christmas carols, but we just may not be ready yet. Guilt? Oh, yes, we will feel that this holiday season. But we may also celebrate their lives in our own special way.

Whatever you choose to do, do what's good for you. Everyone is at a different stage in their grief. The holidays make the reality of loss even harder. I hope this holiday season you can find peace and love in memories. Please know you are not alone.

Vera, Sara's sister, TCF, Kansas City, MO

You're Always with Me

Though you're no longer with me,
 Everyday I find,
 One way or another,
 You're back there on my mind.

I might hear a piece of music,
 And at once my mind is stirred,
 Back to a treasured moment
 The two of us have shared.

I never try to stop them,
 I let them just flow through,
 It's just my way of spending time,
 Once again with you.

Love, from your sister, Jodie, TCF, WA
 In memory of her brother, Wayne Day

All the Things I Miss

I sometimes think about all the things I miss about my brother

There are a lot - some painful, some I never would have believed at the time that I would miss. And I find that what I miss the most are the things that should have been. I bought my first car the year he would have turned sixteen. He should have been there to ask to borrow the keys... not that I would have given them to him... but he should have been there to ask. He should have been a senior this year, getting ready to face the world with no summer vacations and deciding what to do with his life.

He should be here when I fall in love to tease me and give his opinion of the man I choose. He should be here when I have a child to be a godparent and uncle, friend and confidant.

My brother was my friend and my foe in a way that only a little brother can be. And as I sit here and think about my brother, what I think the most is he should be here.

I love and miss you little brother.

Shannon Odessa Steiner, TCF Lowe, In

Note:

Sibling volunteers are needed to light the sibling wreath and to read the sibling credo at the Dec 12th Candle Light Remembrance Service.

To Volunteer please call:

Kathy Collins @ 610 837-6393



Our Children Remembered Birthdays



| | | |
|-------------------------------|---|---------|
| Mark Abdallah | Son of Judy Kahl | Dec 11 |
| Ryan Balliet | Son of Bruce & Pat Balliet | Dec. 22 |
| Robert Beidleman | Son of David & Margie Beidleman; Brother of Jill Metzger & David J. Beidleman | Dec. 06 |
| Julia Bradt Hallingse | Daughter of L Jack & Patricia Bradt, Sister of Jim & George Bradt; Wife of Donald Hallingse; Mother of Brian & Tara Hallingse | Dec. 18 |
| Frederick Burkhart | Brother of Jane Fritchman | Dec. 27 |
| Christine Conner | Daughter of Elaine Conner; Sister of Stephen Conner | Dec 15 |
| Christopher Cook | Son of Jennifer Pongracz; Brother of Mark, Giovanni, Angel & Alexis | Dec. 12 |
| Todd Croslis | Son of Jane Croslis | Dec. 10 |
| Nathaniel Davis | Son of Ronald & Elizabeth Davis; | Dec. 09 |
| Angel Winter Dickinson | Daughter of Debbi A Dickinson, CPBC | Dec. 25 |
| Junior Dickinson | Son of Debbi A Dickinson, CPBC | Dec. 24 |
| Kelly Gallagher | Daughter of Marigrace Gallagher | Dec. 31 |
| Kevin Garrison | Son of Kathleen Garrison; Brother of Anthony Garrison; Uncle of Logan Garrison | Dec 2 |
| Angelica Gonzaga | Daughter of Evelyn Gonzaga | Dec. 21 |
| Kelly Grossbauer | Daughter of John & Kathleen Grossbauer | Dec. 17 |
| 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 | Dec. 10 |
| Justin Hilbert | Son of Robert & Joan Hilbert; Brother of Ashley & Kyle Hilbert | Dec. 22 |
| Jason Hittner | Son of Joseph & Susan Hittner; Brother of Alexis Marie Bartholomew | Dec. 28 |
| Richard Hollabaugh | Son of Wayne & Linda Hollabaugh | Dec. 20 |
| Eric Lair | Son of Edward & Sandra Lair; Brother of Jessica, Jason & Kellie Lair | Dec. 11 |
| Adam LaRizzio | Son of Teddy and Lori LaRizzio; Brother of Jordan LaRizzio | Dec. 17 |
| Brian Lentz | Son of Gary & Judy Lentz | Dec. 09 |
| Tiffany Mellor | Daughter of Josephine Coco; Sister of Crystal; Kimberly & Amanda | Dec. 25 |
| Doreen Meyers Ortiz | Daughter of Terry & Angeline Meyers; Sister of Dwayne T. Meyers | Dec. 18 |
| Jason Miller | Son of Phil and Pam Miller | Dec. 10 |
| Robert Mitchell | Son of Patrick and Amy Sigafos; Brother of Bryanna & Nathan and Amy Mitchel | Dec 19 |
| Lisa Munjone | Daughter of Lorraine Parkhurst | Dec. 05 |
| Cody Myers | Son of David & Denise Myers; Brother of Travis, Crystal & Benjamin Myers | Dec. 12 |
| Stacey Schmidt | Daughter of Rick & Beverly Schmidt | Dec. 24 |
| Matthew Snyder | Son of Robert & Elizabeth Snyder; Brother of Megan & Jesse Snyder | Dec. 22 |
| Travis "Bo" Tkach | Son of Jim & Sandi Tkach; Brother of Tristin & Tyler Tkach | Dec. 25 |
| Bryan Weiand | Son of Raymond & Anita Weiand | Dec. 03 |

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



| | | |
|--------------------------------|--|--------|
| Patricia Alliston | <i>Daughter of Glen & Peggy Wessner; Sister of Michelle, Kristy & Kyle</i> | Dec 3 |
| Salvatore Bartolotta | <i>Son of Salvatore & Mary Bartolotta</i> | Dec 27 |
| Robert Beidleman | <i>Son of David & Margie Beidleman; Brother of Jill Metzger & David J. Beidleman</i> | Dec 26 |
| Danielle "Danie" Bogert | <i>Daughter of James & Donna Bogert</i> | Dec 31 |
| Joshua Booth | <i>Son of Les & Bonnie Booth</i> | Dec 27 |
| Justin Bramich | <i>Son of Nancy Quinton; Brother of Ryan & Ian Bramich</i> | Dec 31 |
| Daniel Catino | <i>Son of Stacie Catino; Brother of Hunter, Tanner & Joshua Catino</i> | Dec 5 |
| Christine Conner | <i>Daughter of Elaine Conner; Sister of Stephen Conner</i> | Dec 15 |
| Donald Cooper, Sr. | <i>Son of Madeline Cooper</i> | Dec 29 |
| David DeLong | <i>Son of Gene & Dawn DeLong; Brother of Jamie DeLong; Grandson of David & Gladys Kaufman; Nephew of Jill Lichty</i> | Dec 7 |
| Wayne Ernst | <i>Son of Julius & Doris Ernst; Brother of David Ernst</i> | Dec 24 |
| Rocky Fraccica | <i>Son of Rocky & Sadie Fraccica</i> | Dec 9 |
| Jason Frey | <i>Son of Susan Center & Lee Frey; Brother of Jared & Janel Frey</i> | Dec 26 |
| William "Bill" Kerr | <i>Son of Catherine Milano</i> | Dec 15 |
| Kimberly Kissel | <i>Daughter of Michael & Gloria Kissel, Jr.; Sister of Colleen & Micheal</i> | Dec 22 |
| Randy Krieg | <i>Grandson of Gloria Perlis; Brother of Ryan, Aaron, & Alicia Kreig</i> | Dec 1 |
| Todd Kuhns | <i>Son of Leonard & Shannon Kuhns; Brother of Leonard & Londa Kuhns</i> | Dec 15 |
| Trever Landis | <i>Son of Robin Landis</i> | Dec 9 |
| Joseph Matalone | <i>Son of Michael & Margaret Matalone; Brother of Michele</i> | Dec 13 |
| Michael McLaughlin | <i>Son of James & Julia McLaughlin; Brother of Matthew & Patrick McLaughlin</i> | Dec 24 |
| Cathy Mertz | <i>Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue; Mother of Melissa Ann Gurdineer</i> | Dec 17 |
| Susette Olewine | <i>Daughter of Louis and Joyce Szoke</i> | Dec 2 |
| Bradley Peters | <i>Son of Robert & Anne Peters, Jr.; Brother of Jessica Mohn & Morgan Peters</i> | Dec 11 |
| Thomas Schmidt | <i>Son of Sally Schmidt</i> | Dec 28 |
| Lauren Schneck | <i>Daughter of James & Lisa Schneck</i> | Dec 2 |
| Steven Seibert | <i>Son of Thomas & Eva Seibert; Brother of Nick & Krista Seibert; Grandson of Eva Juhasz</i> | Dec 22 |
| Manya Shipreck | <i>Daughter of Aline Shipreck; Sister of Carolina Shipreck</i> | Dec 13 |
| Marlene Silva | <i>Daughter of Juan & Miriam Rodas</i> | Dec 8 |
| Travis Szerencits | <i>Son of Craig & Cookie Harron</i> | Dec 1 |
| Christopher Taylor | <i>Brother of Tim & Cynthia Taylor</i> | Dec 18 |
| Chad Wagner | <i>Son of Bruce A. Wagner & Pamela Fehnel; Brother of Cori; Husband of Kelli Wagner; Father of Morgan & Hannah</i> | Dec 2 |
| Gregory Weiland, Jr | <i>Son of Robin Weiland; Brother of Rozalyn</i> | Dec 12 |



Love Gifts



| | |
|-----------------------------|--|
| Gene & Dawn DeLong | David G. DeLong <i>In loving memory of David.. We miss and love you every day. Dawn, Gene & Jamie</i> |
| George & Pat Geiger | Sgt. Christopher P. Geiger <i>Honor First</i> |
| Shirley Hamm | Tim Hamm <i>We still miss you even though it is 8 years</i> |
| Emil and Danna Buatti | Linely M. Buatti <i>We a love you</i> |
| Betty Schuler | Dean Lynn Schuler <i>Love and miss you. Love, Mom</i> |
| Sherwood and June Gum | James Gum <i>Remembering you on your 49th Birthday. We love and miss you. Love Mom & Dad</i> |
| Donald Forman | Wayne Casey Forman <i>We know that you are dancing in Heaven! Save a dance for us. Your Family</i> |
| Fred and Pat Andrew | Jill Patricia Harris <i>Happy 50th birthday Jill. Miss You! Love Mom, Dad, Jeff, Sam & Alex</i> |
| William and Elizabeth Arey | Patricia Arey <i>Patti , You loved Christmas so much and baking cookies. We miss you</i> |
| Ann Sensinger | Thomas Sensinger <i>In loving memory of our son</i> |
| John and Cynthia Chryst | Benjamin Fry <i>Forever in our hearts</i> |
| Lily Cheng | Peter Cheng <i>Always in my heart. Love, Mom</i> |
| Salvatore & Mary Bartolatta | Salvatore Carai Bartolotta <i>In Loving Memory</i> |
| Chet & Carol Kinsey | Brett Harris <i>Brett, Eleven years without your smiles and hugs! Miss you and Love you. Mom & Dad</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 Assn. for TCF Carbon County's meeting room 🦋

*Hope, like a gleaming taper's light
Adorns and cheers our way,
And still, as darker grows the night
Emits a brighter ray*

Oliver Goldsmith

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 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 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