



The Compassionate Friends, Lehigh Valley

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

February 2011

Copyright © 2011 The Compassionate Friends, Inc

Chapter Leaders

Les & Judy Zellner
484 851-3008

Treasurer

Carol Kinsey

Librarian

Les Zellner

Newsletter Editor

Kathleen Collins
2971 Pheasant Drive
Northampton, Pa 18067
610 837-6393 (Voice)
610 837-2195 (Fax)
TCFNewsEditor@gmail.com

Publicity

George Geiger

Remembrance

Secretary

Birthdays
Maria Szabo

Acknowledgement Secretaries

Love Gift Thank You
Pat Geiger
Sharon Yurick

Newly Bereaved Packet

George & Pat Geiger

Newly Bereaved

Research

Patti Bissel, Kathi Paone

Newly Bereaved

Contact

Dawn DeLong
610 837-7924

Hospitality Greeters

Brian Collins, Judy Zellner

Steering Committee

Brian & Kathleen Collins, Gene
& Dawn DeLong, George & Pat
Geiger, Chet & Carol Kinsey,
John Sulick, Sharon Yurick; Les
& Judy Zellner

TCF Regional Coordinators

Janet & Dale Keller
717 292-6046
Easternpatcf-rc@hotmail.com

TCF National Headquarters

PO Box 3696
Oak Brook, IL 60522
1(877) 969-0010 (toll-free)
www.compassionatefriends.org

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

- | | |
|-----------------|--------------------------------------------------------------------------------------------------------|
| Feb 14 | Monthly Meeting - Sharing: Topic ~ Memories from the Heart <i>Please bring mementoes of your child</i> |
| March 14 | Monthly Meeting - Speaker - Sister Margarette |
| April 11 | Monthly Meeting - Sharing - Separate Sharing for Men and Women |

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

NEW: Sacred Heart Hospice Children's General Bereavement Group (ages 5 - 13)

Monthly meetings held the 2nd Monday of each month from 7 - 9 pm (same night and time as the TCF, LV meeting) at Sacred Heart Hospital (2nd Flr. Conference Center), 4th & Chew Sts, Allentown. Meeting is facilitated by Jeanette Laub, Sacred Heart Hospice Bereavement Coordinator.

For more information or to register contact Jeanette @ 610-871-5886

TCF Online Support Community www.compassionatefriends.org

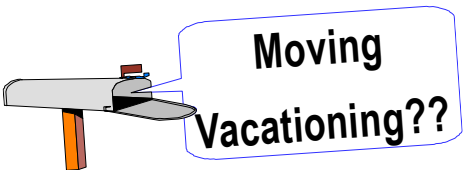
TCF National moderated sessions are open to all. To participate, click on "Online Support" under the resource tab

Inside this issue:	
Chapter News	2
Article - The Valentines of Yesterday	3
Poem - There's a Valentine Waiting For You	3
Article - After a Death in the Family	4
Poem - Magic	4
Article - Our Broken Hearts	5
Article Bereaved Presidents	6
Sibling Page - Living Valentines; To Honor You	7
Our Children Remembered Birthdays	8
Our Children Remembered Anniversaries	9
Love Gifts	10
Love Gift Donation Form	11



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.

Help Needed

We are currently in need of a chapter treasurer. Among the Treasurers duties are keeping the organizations' financial records, paying bills, compiling financial reports for the steering committee and the national organization and filing tax documents. All interested parties should contact Kathy Collins @ 610-837-6393

New Children's Bereavement Group

Sacred Heart Hospice Bereavement Coordinator, Jeanette Laub, has started a new children's bereavement group and extends an invitation to all TCF siblings ages 6 through 13 who wish to participate. The group is a general bereavement group for any child within the specified age group that has suffered the loss of any significant person in their lives. Meetings will be held the 2nd Monday of each month from 7 - 9 pm in the 2nd floor conference area of Sacred Heart Hospital, Allentown. For information or to register contact: Jeanette Laub @ 610-871-5886

Butterfly Release & Remembrance Walk

Sadly no one has answered our call for help to head up our Butterfly Release committee, because of this Kathy Collins and Brenda Solderitch have agreed to stay on another year with the event. We hope to hold the event the third weekend in August. We will be taking the event back to its roots this year with the focus, as it should be, on remembering our loved ones. Please watch your upcoming newsletters for more information

Library

The Librarian asks members that have borrowed a library book(s) to please return books at the next chapter meeting.

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.

- Carbon County George & Fran Fetchko - *Son* - Nicholas Fetchko
- Carbon County William & Lisa Shiffert - *Son* - Cody Dean Wentz

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

The Valentines of Yesterday

In my lifetime I have received many Valentines. Parents, grandparents, aunts, uncles, school friends, boy-friends, good friends, acquaintances and my husband have showered me over the years with lovely Valentines which I have so appreciated. The tradition of declaring friendship and love on Valentine's Day is a very fond memory.

However, the sweetest Valentines I have ever received are from my son. From the first days in nursery school when my son made a hand plaque and a drawing on construction paper to the final Valentine in 2002, I have cherished these gifts of love from my only child. I have kept every Valentine my son ever made for me or bought for me. I have every Valentine gift he ever gave me. These are the treasures that remind me how special a parent's love truly is. There is no love to compare with the unconditional love we give our children. I think my son knew that nobody in the world would love him as much as his mother did. Yet, he also knew that he would love his children in just this same way. This unconditional parent's love that we give our children is the most precious love in life. It is always our hope that they, too, will find the joy of this love with their children.

When our child dies, we cling to our unconditional love as we feel the anguish of a final separation on this earthly plane and a tsunami of betrayal as the devastation of this incomprehensible loss sweeps over us. The pain is real. It is physical, emotional, psychological and forever embedded on our psyche. Yet, without that unconditional love, there would be no pain. Who among us would trade the most infinitely rewarding love and the subsequent pain of loss for a life of lukewarm relationships?

And so, as Valentine's Day once again comes into my life, I will look back at this love, at the good times, the wonderful handmade childhood Valentine cards and gifts and the carefully selected cards of adulthood that my son gave to me. His words, his love, his appreciation for all that we had shared as mother and child will be reflected in these treasures. There will be tears, certainly, but these are tempered with the many wonderful, sweet memories of my son and his life. It is these sweet memories which sustain me, give me hope, and bring me gratitude for all that was given to me. My son is forever in my heart. He is with me every day and every night, and especially, he is with me on Valentines Day.

Annette Mennen Baldwin, TCF, Katy, TX ~ In memory of my son, Todd Mennen



There's a Valentine Waiting for You

Mary C., Lawrence, GA; from Bereaved Parents USA

There's a Valentine waiting for you,
That's different from all of the others.
It's there every month at our meetings.
Of heartbroken fathers and mothers.
Its envelope is made of caring.
The glue of understanding seals it tight.
This non-judgmental group who've "been there"
Help to take away your fear and fright.
So, come join with us together,
Read your living message printed clear.
In not only this month's valentine,
But all those throughout the year.



After a death in the family

by Carol A. Ranney Bereaved mother and author of
Broken Hearts, Living Hope:
free support for bereaved families:
www.brokenheartslivinghope.com

After a death in the family, the first few weeks are usually spent in a “fog,” doing all the necessary tasks in robotic fashion, while the mind is far away. During this time and in the following months, you may begin to notice lapses in memory—not only where you put the keys, but finding the apples in the freezer or the bread on the living room table. It’s as if the normal powers of doing things by routine have collapsed, and repeated random actions leave you constantly hunting for things you have misplaced, wracking your brain for the appointment date you didn’t write down, or suddenly realizing it’s dinnertime and you haven’t started anything.

People actually have the fear of dementia or Alzheimer’s Disease at times when memory loss becomes severe. However, it is simply a symptom of extreme stress and grief. Your mind is overwhelmed with more than it can handle, being forced to “accept the unacceptable and believe the unbelievable.” You may be unable to sleep well, have no appetite, and almost certainly you are totally out of your normal routine; all these things contribute to a sense of “losing it” and being unable to function.

Try not to expect too much of yourself. You are fragile right now, and you are going through one of life’s most difficult, if not the most difficult, experience you will ever have to survive. Like any “survival experience,” your priorities must necessarily be different. Take good physical care of yourself so you will have strength to endure the long haul. Try to eat regular nutritious meals, even if they are small. Drink plenty of water, and try to get some exercise. Walking in the fresh air is one of the best ways to get exercise while relieving stress. If you are a little more active in the day, you may rest better at night. Give yourself time to grieve, as well—grief takes time and can be exhausting, yet the work of mourning is essential to coping with your devastating loss.

Keep lists. Have a central place such as a clipboard on the dining table that won’t be as easy to misplace as pieces of paper. Keep your lists all in the same place: grocery list, to-do list, appointments. Cross things off as they are finished, or if you begin to realize that something weighing on you is not really that important. Take breaks during the day to listen to music or read a paragraph or two from a book.

Remind yourself that memory lapses are normal for someone in your situation, and that they are temporary. By caring for your physical needs, pacing your activity, giving intentional time to grieving, and prioritizing what you need to do, above all the things that there are to be done, you will find it easier to cope until you are able to think more clearly again.

MAGIC

By Donna Dragoo, TCF, Norman, OK

I have no magic words for you,
and none for me as well.
On the day I buried my child
there were no words to tell.
Now we have come to bury yours,
and I feel your desolate pain.
How sad it is to know
the sun will never shine the same.

This is a long hard road,
my friend:
The unendurable
we must somehow endure.
You ask me for
magic words to help,
I have no magic..
yet I'm sure.

There must be peace that
so slowly comes,
you scarcely know
when it arrives.
The peace of knowing our children
will always be part of our lives.

I'm told "it does get better."
It has to.. .someday, it must.
Others farther down the road have told me so.

Another Christmas without you near,
Oh how will I bear the holidays without you near.
I'll cry a tear
and tell myself I made it through another year.

Rella Daniels TCF, Easton PA

Our Broken Hearts

By Jacquelyn M. Comeaux

In Loving Memory of My Angels...Michelle, Jerry & Danny , Copyright 2001 Reprinted by permission of author

If someone fell and broke a leg, people would rush to their aid. They wouldn't stop to even think about it. Yet, when it's our hearts that are broken, few rush to our aid and even fewer understand. At first, we receive the cards and phone calls wishing us well and telling us "if there's anything I can do"...but they soon taper off to a trickle. Then we begin to hear that we must 'get on with our life,' 'we can't let it get us down,' and we're told just how soon we should be 'back to normal'... we're given a deadline of sorts. When we don't follow the acceptable standards for healing, we are thought to 'need help'...the professional kind... and we're told that we are 'in denial'. These same people, who seem to have all of the answers, not only have never experienced the loss of a child but also tend to not want to get too involved...too close to our pain. They would rather stand off to the side until we're back to our old selves...whatever that is!

They're uncomfortable when we speak of why our hearts are broken and they don't mention it for fear of reminding us of how our hearts broke in the first place... as if we could ever forget. When they ask us, "How are you"...it's more a greeting than a question. They don't want to hear how we ache inside, how lonely and empty we feel, how desolate we feel. Why...because they can't fix it. They can't make us whole again. And unlike a broken bone that's healed, we will never be as good as new. We will forever be missing a part of what made us the person that we once were.

When our child died, so did a part of our heart and where that piece was, now there is nothing...only a gaping hole that nothing and no one can ever fill. Unlike a broken bone, we will not mend in a few weeks...in fact, we will never fully mend. We learn to live without that piece of our hearts...to live with our loss, to survive...one day at a time!



Your Heart will mend, but it will....

...be a different heart

...be wearing a deep and lasting scar

....be a more compassionate heart

...know life in a new and different way

Nancy Green, TCF, Livonia, MI

Understand the Eternity of Love

Bereaved Presidents

Compiled by Harriet Deshayes, TCF, Fresno, CA

Did you know that... Twenty of our 42 presidents and their wives were and are bereaved parents?

John Adams, lost his son Charles, 20, while he was president.

Thomas Jefferson had six children and only two lived to maturity. One daughter, Mary, 26, died while he was president.

James Monroe lost a son two years of age.

John Quincy Adams lost a daughter in infancy; a son died while Adams was president; and another son died five years later.

William Harrison had ten children; six died before he became president.

Zachary Taylor had six children; two died as infants and a daughter died three months after her wedding.

Millard Fillmore's daughter Abigail died at 22.

Franklin Pierce, lost two sons in infancy. History records his wife's grief so great that he resigned from the Senate. Two months before his inauguration to the presidency, their only child, Benjamin, 11 years old, was killed in a railroad accident. Mrs. Pierce collapsed from grief and was unable to attend the inauguration. She secluded herself in an upstairs bedroom for nearly half of her husband's term in office.

Abraham Lincoln, lost two sons during his lifetime: Edward, four years old, while President Lincoln was in office; and William, 11 years old. He wrote, "In this sad world of ours, sorrow comes to all...it comes with bitterest agony...Perfect relief is not possible except with time. You cannot realize that you will ever feel better...and yet this is a mistake. You are sure to be happy again. To know this, which is certainly true, will make you some less miserable now. I have experienced enough to know what I say." The president's wife, Mary Todd Lincoln, unable to cope with the assassination of her husband and the death of yet another son, Thomas, 18 years old, was confined to a sanitarium. Although she was released after a few months, she was never to be well again.

Rutherford B. Hayes had eight children, three of whom died in infancy.

James Garfield had seven children; two died while still infants.

Chester Alan Arthur's eldest son died in infancy.

Grover Cleveland's eldest daughter, Ruth, died at 13 years of age.

William McKinley, lost both children: Ida, four months old, and Katherine, four years old. His wife became so overwhelmed with shock and grief that she became an invalid for the remainder of her life.

Theodore Roosevelt's son died at 21 years of age.

Calvin Coolidge had a son, Calvin Jr., who died at 16 while his father was in office. Recorded in his autobiography, the president said, "When he went, the power and glory of the presidency went with him."

Franklin Roosevelt's son, Franklin Jr., died in infancy.

Dwight Eisenhower's son, Doug Dwight "Icky," three years old, died at Camp Mead, Maryland. In President Eisenhower's autobiography written in 1969 (49 years after Icky died), he stated, "With his death a pall fell over the camp. When we started the long trip back to Denver for his burial, the entire command turned out in respect to Icky. We were completely crushed – it was a tragedy from which we never recovered. I do not know how others have felt when facing the same situation, but I have never known such a blow. Today when I think of it, even as I now write of it, the keenness of my loss comes back to me as fresh and terrible as it was in that long, dark day soon after Christmas, 1920."

John F. Kennedy's two-year-old son, Patrick died while his father was president; Kennedy lost another infant prior to becoming president.

George Bush and his wife Barbara lost their daughter Robin to cancer.

"The death of a child is so painful, both emotionally and spiritually, that I truly wondered if my own heart and spirit would ever heal..."

Barbara Bush

(The Bush's daughter, Robin, died from cancer at 4 years of age)

Sibling Page

Living Valentines

February is the month for valentines. We give valentines to our friends and family. The message on a valentine often says, "Dear Valentine, Be Mine!" Giving a valentine is a way of saying, you are my special friend, and I want to be your special friends, too."

Did you know that there is a way that you can give a valentine to a loved one who died? It is called a "Living Valentine." A "Living Valentine" is when you use your mind, your body, and your energy to do something that would make the person who died feel joy and love for you and what you did, if he or she were here now. It does not have to be something big. It only need to be something to show how much you love and enjoy life. It could be simply pitching in to share a household chore with someone in your family, such as doing the dishes together, and having fun with it. Or it might be putting out some food for birds on a cold wintry day, or caring for our life-giving world by recycling paper, cans or glass. Pick something that you know you can do.

One nine-year-old boy make his "Living Valentine" by being friendly to a new kid at school whom everyone had been picking on.

Making a "Living Valentine" leaves you with a good feeling in your heart. When this good feeling comes, imagine that the loved one who died is sharing that good feeling with you.

A good way to remember your "Living Valentine" and to honor the one who died, is to draw a picture of what you did. You might like to add a big heart-shaped frame around your "Living Valentine" picture. Share with others what you have done, by showing your picture and telling about your "Living Valentine" and what you imagine the one who died would have to say about it.

Yvonne Williams, Bereavement Magazine, Feb "92"



To Honor You

To honor you, I get up everyday and take a breath.
And start another day without you in it.

To honor you, I laugh and love with those who knew your smile
And the way your eyes twinkled with mischief and secret knowledge.

To honor you, I take the time to appreciate everyone I love,
I know now there is no guarantee of days or hours spent in their presence.

To honor you, I listen to music you would have liked,
And sing at the top of my lungs, with the windows rolled down.

To honor you, I take chances, say what I feel, hold nothing back,
Risk making a fool of myself, dance every dance.

You were my light, my heart, my gift of love, from the very highest source.
So everyday, I vow to make a difference, share a smile, live, laugh and love.

Now I live for us both, so all I do, I do to honor you.

Connie F. Kiefer Byrd

Loving lifted from the TCF Tyler Texas Newsletter



Our Children Remembered Birthdays



Susan Antler	Daughter of Charles & Charlotte Antler	Feb 21
James Balloch	Son of Cindy Scornavacchi; Brother of Ashley Jaroweki & Caitlyn Balloch; Grandson of Fern Gerth & Bill Gerth	Feb 22
Justin Bramich	Son of Nancy Quinton; Brother of Ryan & Ian Bramich	Feb 2
Emil Check, Jr.	Son of Mary Check & the late Joseph Michael Check	Feb 21
Dennis DeLong	Son of David & Jane DeLong; Brother of David, Carol & Nancy	Feb 12
Ky DiVittorio	Son of Jan DiVittorio; Brother of Ian DiVittorio;	Feb 13
Jill Erdman	Daughter of Charles Hanna; Sister of Rhonda Henry & Charles Hanna, III; Wife of Larry Erdman	Feb 10
Eric Fenstermacher	Son of Rick & Kathleen Fenstermacher; Brother of Heather Fenstermacher	Feb 14
Brandon Firing	Son of Dale & Bonnie Benner; Brother of Holly Matlock	Feb 16
Eniya Frison	Daughter of Dennis Frison	Feb 11
Michael Gatti	Son of Rosemarie Gatti; Brother of Chris Gatti; Grandson of Irene Valentine	Feb 1
Aaron Groff	Son of Leon & Debra Manuel; Brother of Melissa LaBar	Feb 11
Mark Hebdon	Son of Lawrence & Ruth Hebdon	Feb 24
Kimberly Kissel	Daughter of Michael & Gloria Kissel, Jr.; Sister of Colleen & Micheal ,	Feb 6
Jeffrey Loquasto	Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle, & Michael Loquasto, II	Feb 10
Keri Ann Magoon	Daughter of Stan & Victoria Saiauskie; Sister of Gene, Jason & Sandy	Feb 25
Penny Mills Kile	Daughter of Arlene Mills & the late Emerson J. Mills	Feb 19
Amanda Mohr	Daughter of Rodney Mohr & Beverly Mohr	Feb 25
James "Jimmy" Mullen, II	Son of Jeanie Mullen; Brother of Rose, Chris & Dawn	Feb 26
Teresa Mullin	Daughter of Edward & Patricia Mullin; Sister of Elizabeth, Tim, & Ted Mullin & the late Susan Mullin Boyle; Granddaughter of Mary Terese Dugan	Feb 19
Scott Newell	Son of Carol Newell; Brother of Thomas & Teresa Newell	Feb 16
Rosemary Olesh	Daughter of Rose Mocidlowski; Sister of Jean Redding; Mother of George Olesh, IV	Feb 2
Angelo Providakis	Son of Michael & Joanne Providakis	Feb 7
Joshua Rau	Son of Rick & Kim Rau	Feb 5
Benjamin Saraceno	Son of Julius & Carol Molnar	Feb 24
Jennifer Schaible	Daughter of Linda Stewart; Sister of Andy & Aaron Schaible	Feb 18
Quinna Schleicher	Daughter of Lin & Judy Schleicher; Sister of Aaron Schleicher; Granddaughter of Marie Moyer	Feb 2
Anthony Severo	Son of Harry & Jean Severo	Feb 7
David Todd Smith	Son of David & Kathleen Smith; Brother of Stephanie Seifert	Feb 25
Troy Southgate	Son of Donald & Susann Southgate; Brother of Martin Southgate	Feb 25
Kevin Stenlake	Son of Elizabeth Leada Stenlake; Brother of Dawn Frey	Feb 22
Jon Sulick	Son of John Sulick; Brother of Aymae Sulick	Feb 9
Kassidy Sullivan	Daughter of Jessica Potteiger	Feb 20
Michael Wright	Son of Judy A. Hartzell; Stepson of Alan Hartzell Sr.; Son of Arlan Wright; Stepson of Kathy Wright; Brother of Kristy Cole & Diana Bower & Alan Hartzell, Jr.	Feb 16

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



Janet Acocks	Daughter of Mary Zabrecky; Sister of Lori & Joseph Zabrecky	Feb 20
Evan Albertini	Son of Louis AlBertini; Brother of Christopher AlBertini	Feb 13
Susan Antler	Daughter of Charles & Charlotte Antler	Feb 21
Graham Beckhorn	Son of Alice Keyes; Brother of Patrick Buckhorn	Feb 14
Gregory Brown	Son of Dale & Mary Brown	Feb 14
Hope Davidson	Daughter of Dean & Donna Davidson	Feb 8
David "Dave" Fegley	Son of Dick & Peg Fegley	Feb 18
Robert Fritzingler, III	Son of Robert & Grace Fritzingler, Jr.	Feb 22
Eileen Collins Gant	Daughter of Dorothy Collins; Sister of John, Steven & Brian Collins, Kathleen Morrison & MaryAnn Watkins	Feb 14
Sgt. Francis "Frank" Gerbino	Son of Francesco & Marjory Gerbino; Brother of Joe, Jeff & Mark Gerbino	Feb 2
Kelly Grossbauer	Daughter of John & Kathleen Grossbauer	Feb 14
Raymond Haas, Jr.	Son of Bernice Haas & the late Raymond H Haas, Sr.; Brother of Charles Haas & Linda Wronowski	Feb 29
Robert Handwerk	Son of Martha Handwerk	Feb 9
Christopher Harrison	Son of Jerry & Elizabeth Harrison; Brother of Andrea	Feb 10
Shawne "Shawnee" Haymaker	Son of Cynthia Shimko; Brother of Megan Haymaker	Feb 28
Kyle Hoffman	Son of Joshua Hoffman; Brother of Austin Hoffman	Feb 23
Schylar Kempes	Son of John & Jenny Kempes; Brother of Courtney & Alex Kempes	Feb 10
Matt Kush	Son of Rick & Ann Kush; Brother of Mike & Jenn	Feb 10
Troy LaBar	Son of Donna LaBar & the late Bruce LaBar	Feb 27
Adam LaRizzio	Son of Teddy & Lori LaRizzio	Feb 20
Adam LaRizzio	Brother of Jordan LaRizzio	Feb 20
Katherine McGraw	Daughter of John & Sue McGraw; Sister of Maggy & Sean McGraw	Feb 28
Ed McNally	Son of Don & Connie McNally; brother of Sean McNally	Feb 11
Teddy Menegatos	Son of Nick & Mary Ann Menegatos	Feb 26
Thomas Miller	Grandson of Emma Butz	Feb 18
Michael Milot	Son of John & Patti Milot; Brother of Jill; Father of Michael Jr	Feb 2
Russell "Russ" Nicholson	Son of Jim & Lyn Nicholson; Brother of Rachel Nicholson	Feb 24
Donna Potkovac-Roth	Daughter of Michael & Annette Potkovac, II; Sister of Matthew, Mark, John, Denise Reichard & Michele Cuvo Potkovac & The late Michael N. Potkovac, III	Feb 26
Christian Procopio	Son of John & Deborah Procopio; Brother of Lauren Procopio	Feb 22
Joshua Rau	Son of Rick & Kim Rau	Feb 6
Maria Rothermel	Daughter of Gerald & Doris Rothermel; Sister of Mark Rothermel	Feb 3
Jennifer Schaible	Daughter of Linda Stewart; Sister of Andy & Aaron Schaible	Feb 26
Tara Stauffer	Daughter of Kermit T. & Faye Nester	Feb 19
Constance Stewart	Daughter of Joanne Stewart; Sister of Keith & Kevin Stewart	Feb 1
David Stewart	Son of Wilma Stewart; Brother of Tammy Scanga	Feb 9
Kassidy Sullivan	Daughter of Jessica Potteiger	Feb 20
Frank Thiel	Son of Gregg & Debi Thiel; Brother of Ryan, Greg & Adam Thiel; Nephew of Barbara Brennan & Don & Kathy Clarke	Feb 11
Kevin Trice, Jr.	Son of Kevin & Nancy Trice, Sr.; Brother of Amanda Trice	Feb 1
Meredith Unger	Daughter of Kathleen Paone	Feb 17
Stephanie Volkert	Daughter of Joanne Fimiano; Sister of Zachary Volkert	Feb 12
Victoria Volkert	Daughter of Joanne Fimiano; Sister of Zachary Volkert	Feb 16



Love Gifts



Charlotte Kehley	Bill Kehley <i>Mom loves you always !</i>
Mary A Thompson	James "Jimmy" Thompson <i>Happy 50th Jimmy. Dad can see you now, You're in our hearts forever</i>
Tom & Karen Bailey	Mark Adam Baily <i>In Loving Memory</i>
Mike & Joanne Providakis	Angelo Providakis <i>Love you, Miss you everyday even more</i>
Beverly Ann Loquasto	<i>In Loving Memory</i>
Glenn and Ann Sensinger	Tom Sensinger <i>In Loving Memory 1967 - 2001</i>
Rick & Ann Kush The Matt Kush Foundation	Matt Kush <i>In memory of Matt 8/24/67 - 2/10/01</i>
Anonymous	<i>In Loving Memory</i>
Maynard & Barbara Dreas	Todd M. Dreas <i>In Loving Memory</i>
Don & Sue Southgate	Troy Southgate <i>We love and miss you very much, always in our hearts. All our love Mom, Dad & Marty</i>
Rella Daniels	Jonelle Sisonick <i>In loving memory of my daughter</i>
Lew & Sharon Richards	Darryl Shurow <i>In memory of Sharon's Son</i>
Judy Lazarus	Stevie Seibert <i>In Loving Memory</i>
Jane Fritchman	Karen Deutsch <i>It's been 10 years, but we'll miss you always. You're in our hearst forever</i>



Donations & Contributions

We thank the following for their thoughtfulness and generosity



🦋 Beverly Ann Loquasto 🦋

🦋 The Matt Kush Foundation 🦋

🦋 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 🦋

*Sometimes the anguish of my child's death is
an echo of my heartbeat
At other times the longing for my child tears at my soul
Always the love for my child is a river flowing,
pushing me ever onward – through life*

Judith Vasas, TCF Winnipeg, Manitoba

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

Return Service Requested

Non-Profit Org.
U.S. Postage Paid
Allentown, PA
Permit # 174

We're on the web
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)

TCF CREDO

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