



The Compassionate Friends, Lehigh Valley

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www.lehighvalleytcf.org

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Who We Are

The Compassionate Friends (TCF) is a national nonprofit self-help organization that offers friendship, understanding and hope to bereaved parents, grandparents and siblings. There are no religious affiliations and no membership dues.

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

About Our Meetings...

The Lehigh Valley Chapter meets monthly on the 2nd Monday from 7 to 9 pm at Sacred Heart Hospital (2nd Flr. Conference Center), 4th & Chew Sts, Allentown. Free parking deck passes are available at the meeting.

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

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

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

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

TCF Lehigh Valley Calendar

March 14	Monthly Meeting - Speaker
April 11	Monthly Meeting - Sharing - Separate Sharing for Men and Women
May 9	Monthly Meeting - Sharing - Topic: Mothers Day



Reminder: Daylight Savings Time
March 13th, 2 AM set your clocks forward 1 hour

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: bjmsasytum@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.slhn.org/ryanstree

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

Monthly meetings held the 2nd Monday of the month from 7 - 9 pm at Sacred Heart Hospital (2nd Flr. Conference Center), 4th & Chew Sts, Allentown. Facilitated by Jeanette Laub, Sacred Heart Hospice Bereavement Coordinator.

For more information or to register contact Jeanette @ 484-515-4077

TCF Online Support Community www.compassionatefriends.org

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

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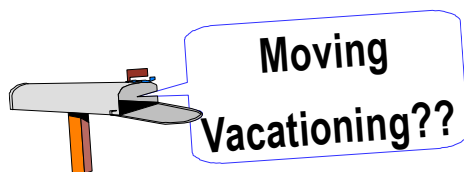


Keywords: The Compassionate Friends, Lehigh Valley

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.



2011

Butterfly Release and Remembrance Walk

NEWS: This years event will be held on Aug. 20th (raindate Aug 21st) at the Rodale Cycling and Fitness Park in Trexlertown. There will be a few changes to this years event. The two biggest changes being the event start time will be 1 hour earlier and we have a limited amount of butterflies available for purchase. Please mark your calendars with the date and look for more information about the event in upcoming newsletters and on our Facebook page.

NEEDS:

- Volunteers to help the day of the event
- Photographer - day of the event
- Key Speaker - suggestions needed for program speaker
- Sibling Speaker

To volunteer to help or as sibling speaker or if you have a suggestion for a speaker please call: Brenda Solderitch at 610-837-7375

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.

- Lehigh Valley Jose & Susan Abud - Son - Aaron Abraham Abud
- Lehigh Valley Jack & Susan Wenner - Son - Justin Christopher Wenner
- Lehigh Valley Michele & William Kuti - Daughter - Sarah Kuti Frankenfield
- Lehigh Valley Judy Kahl - Son - Mark Kahl Abdallah
- Lehigh Valley Jamie Francisquini - Daughter - Araya Sanette Francisquini

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



Strange Words: Welcome New Members

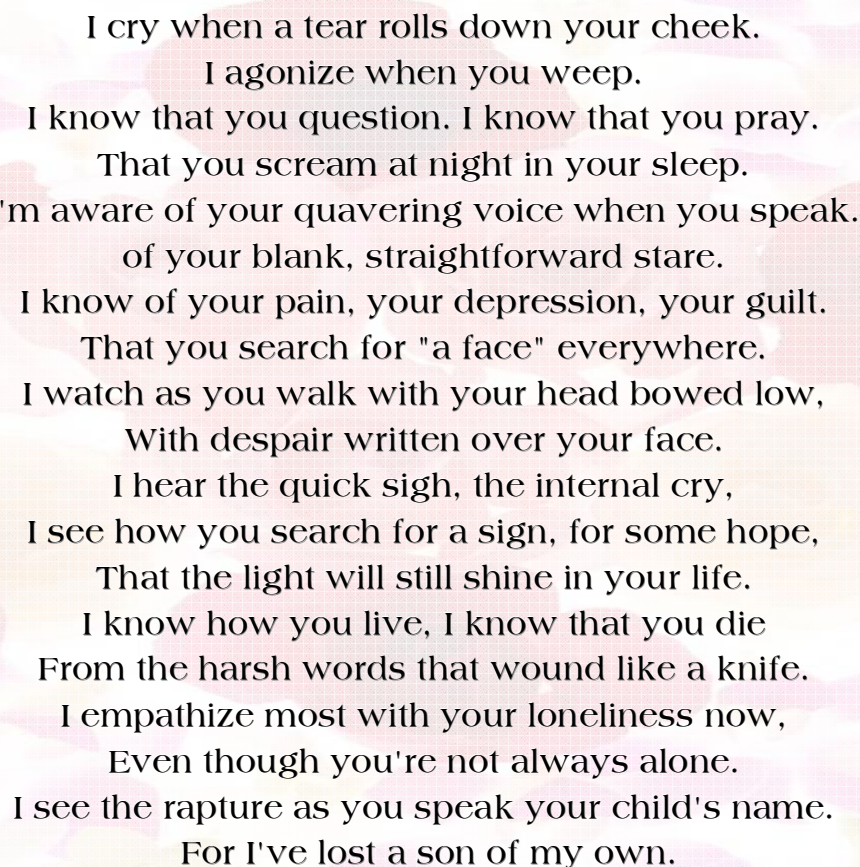
by Annette Mennen Baldwin, TCF, Katy, TX, June 2006 ~ In memory of my son, Todd Mennen

I am always amazed at the instant empathy we each feel as new members come to their first meeting. We have the strangest welcome for these parents: "We are so sorry you have to be here."

In other organizations the questions are probing: where did you go to school, where do you work, where do you live? All designed to "size up" the newcomer, put him or her in the proper perspective of a neatly ordered world. For us, this information is meaningless. We know the world isn't neat and orderly; we discovered that when we lost our children. We care about you, the newly bereaved parent, whose life was tossed into a cosmic blender when your child died. We care because we are you. We have been here a while, in this purgatory of pain. We have learned to live our lives in a different way, to place value on understanding and hope, the intangibles of the purest meanings of life. We have learned to value each other, to reach out and talk, to wait patiently during the silences needed to form thoughts. We listen intently as you quietly say your child's name, tell your child's story, speak of your heartbreak.

Yes, this is a different kind of welcome. But it is the most deeply sincere welcome we will ever receive. We are kindred souls, you and I. Each of us lives in the "after death" world of losing our child. Each of us has learned gradually that the hope we have attained has made life better, lessened the pain, moderated the isolation, tears, emotional devastation and pure mayhem that once overtook us. Each of us has learned this slowly, in our own time and in our own way.

Each month new parents who have suffered the most horrific loss that a human can endure are welcomed into our group. We reach out, we listen with our hearts and we remember.



I cry when a tear rolls down your cheek.
I agonize when you weep.
I know that you question. I know that you pray.
That you scream at night in your sleep.
I'm aware of your quavering voice when you speak.
of your blank, straightforward stare.
I know of your pain, your depression, your guilt.
That you search for "a face" everywhere.
I watch as you walk with your head bowed low,
With despair written over your face.
I hear the quick sigh, the internal cry,
I see how you search for a sign, for some hope,
That the light will still shine in your life.
I know how you live, I know that you die
From the harsh words that wound like a knife.
I empathize most with your loneliness now,
Even though you're not always alone.
I see the rapture as you speak your child's name.
For I've lost a son of my own.

Charmaine Stickel, TCF Pittsburgh, Pa.

Reflections on March

by Dayton Robinson, Tuscaloosa AL TCF

In March, it is as if the higher powers know we need to be shaken out of the lethargy of winter, awakened, prepared for growth.

Winter is again almost behind us although the hardwoods very stubbornly hold onto the last leaves of autumn. Is there a power of nature that knows that the tree, the plants, and we humans are still within our lethargy, fixed in modes of inactivity, semi-dormant, and like all sleepers, resentful of rough disturbance?

Is there a knowledge that remembers the need for all things to bend, lest they break? March "comes in like a lion" and "leaves like a lamb." Perhaps we have a primordial need for the shake the month gives us each spring, and the ensuing lamb is only arresting lion, all work done for this period of renewal.

Suddenly the peaceful quiet of winter days is much disturbed by violent wind gusting! Stark limbs are pushed to strive and snap back against a still gray sky. The hanger-on, the last dead leaves, are torn from their resting places, as if the stark trees are told there must be room for new growth! Neighbors complain as the wind moves all trash, seemingly deposits it where it knows it will be cleared. March is not a gentle month, but perhaps it is the most playful of, all months, a very young month! March is as playful as an adolescent child, a big friendly puppy, an awkward kitten.

What message does an ancient tree receive when it's limbs are flung against the sky, repeatedly exercised, threatened with severe harm, and small wounds cause the flow of healing juices? What happens to the roots in their winter sleep when shaken by the wind-flung tree?

March roars in like a lion, but no great harm results. March rages like an upset mother, but we know that she loves us. March is playful. March rests, and storms again in case we again sleep. March cleans the trees, moves the dead leaves, rearranges all trash, and knows we will complain and clean it all again. It takes will, caring, and health to complain. March laughs, and all of us

who forgot how to laugh are reminded. Laughter is healthy. Playful is cheerful. Confusion awakens us. Storm threats alert us.

Every year March rages, rests, upsets, moves, surprises, and repeats its lively repertoire; adolescent, out of sequence, full of surprise. Bare trees flail against the sky. The waters of the lake are roiled. New plants are rudely pushed about. Old ones are roughly awakened by the boisterous side of nature. March is the exuberant one of all the months. March insures that, ready or not, we will greet the renewal of nature, new growth, new challenge. We are simply not allowed to hide in our comfortable "rut." March is a month that refuses to be ignored. We are thrown out of the comfort of the winter shell. March's message seems to be "ready or not, it's time to be alive again."

We Compassionate Friends all seem to go through a period of dormant life and growth as we struggle to assimilate our great losses. With the passage of time, there is then a period of renewal, of interest in life, and an ability to accept new growth, new tasks, and life's challenges, awareness that we can leave some of our cold winter behind us.

Even in deep grief we, too, seem to come out of our lethargy and be cheered by the renewal so apparent in spring. we hope that you, this year will enjoy the gusting winds of March and be stirred and cheered by March's playful prelude to the coming spring.

Lives, blowing on the wind of change

Some are gaunt and icy, some warm and healing.

they come in every range.

If the North wind blows upon your life today

Hold on, a wind of change is coming,

waiting to blow healing gentle winds your way.

Hoping gentle breezes for your day.

Shelia Simmons TCF Tulsa, OK

Where is my child now ?

by Claudia Waller, TCF Alexandria, VA

So many times after our son died, I found myself asking questions. Where has he gone? Is there really life after death? Is there really a Heaven? Was his life with us worth anything?

I read. I talked to people. I prayed. I cried. I became depressed and I yelled at my God. Then I found Elizabeth Kubler Ross's book, "On Children and Death." She responded to a mother's letter and shared her wisdom and experience. She told that grieving mother (and through her, me) that out of her pain - if she chooses - comes a great amount of compassion, increased understanding and wisdom, and love for others who are in pain. It is her choice whether out of tragedy comes blessing or a curse, compassion or bitterness.

She concluded her letter with these words: "I want you to know that our research in death and life after death has revealed beyond a shadow of a doubt that those who make the transition are more alive, more surrounded with unconditional love and beauty than you can ever conceive. They are not really dead. They have just preceded us in the evolutionary journey all of us are on; they are with their former playmates (as they call them), or guardian angels; they are with family members who preceded them in death and are unable to miss you as you miss them since they are unable to feel any negative feelings. The only thing that stays with them is the knowledge of love and care that they have received and of the lessons they learned in their physical life.



by JoAnn Zimmaro, Mom to Chris, Abington, PA

We don't have a disease,
We're not contagious;
The way people treat us
Is really outrageous.

We don't know why
Our children He took;
The answers are hidden
In God's secret book.

So if you know parents
Who've lost a son,
Try to reach out -
Be the brave one .

We need your love,
Kindness and support;
Our loss is so great,
Our child's life too short.

Write a few words
In a card or letter;
Help in some way
To make us feel better.

We've lost enough
Their days too few;
We don't want to
Also lose you.

"The next time someone needs you, just be there...stay. We are not human beings going through a temporary spiritual experience.

We are spiritual beings going through a temporary human experience."

Author Unknown

BIRTHDAYS.....

by Lynette Gillam
T.C. F. Perth, Australia

Listening and talking with many bereaved parents, a question often comes up - what to do on birthdays? Birthdays can be a time of sadness, when we remember that there was never a first birthday, the candles blown out with glee, the family get-together, and the time making sure we have chosen the card that is just right. Below are suggestions from bereaved parents, and what they have done on birthdays.

1. Visit the cemetery.
2. A memorial notice in the newspaper and/or newsletter.
3. Donate a toy or book in memory of your child to your local school library or community library, community centre, hospital, kindergarten, toy library or even The Compassionate Friends library.
4. Bake or buy a birthday cake.
5. If you have candles on the birthday cake, allow the wind to blow them out.
6. Light a special remembrance candle for the day.
7. Buy the birthday card you would have bought.
8. Write in the card your feelings.
9. Buy a small gift and donate it to a worthy cause, or give it to someone who is special in your life.
10. Plant a tree, shrub or flower in your garden or donate it to a school, community center or the local park.
11. Visit a special friend.
12. Help someone in need that day, e.g. meals on wheels, Red Cross.
13. Have a picnic lunch, or just sit quietly in a place special to your child.
14. Write a letter to your child and address it to "Cloud 9".
15. Have a special dinner either at home or out, that may include some favorite food of your child.
16. Write down memories of the time leading up to, and including the birth of your child.
17. Write memories of the "other" birthdays - 1 minute old, 1 day old, 1 week old, etc.

These suggestions are in memory of the many children that I have learned to know through their mums and dads.

Do you have any other suggestions we could offer? What about 1st, 13th, 18th, 21st and 50th birthdays?

**I give you this one thought to keep
I am with you still, I do not sleep.
I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sunlight on ripened grain,
I am the gentle autumn rain.**

**When you awaken in the morning's hush,
I am the swift, uplifting rush
of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not think of me as gone,
I am with you still in each new dawn.**

Native American Prayer

Sibling Page

Everything is a First – a sibling's perspective

by Lisa Ann Jones , Avoda, PA

Everything is a first. Many moments must be faced. There are the first holidays, the first anniversary, the first birthday. Thoughts about my brother Dave will always be with us. It's never more than a sentence away from me . . . NEVER!

The ordinary cannot be ordinary. A certain phrase, a look, or an article of clothing can trigger thoughts and emotions. The joy of my senior year in college was interrupted by sad reality. FORGET? How is this possible?

The days and months following my brother's death were filled with grief. Flowers and food were everywhere—love and concerns were translated into strength that kept me moving one step at a time. People don't know what to say—nothing is NORMAL.

Tragedy has brought a seriousness to my life. Thoughts about the meaning of life and the unimportance of a lot of things I have previously found important are circulating in my mind. I think about my own funeral now. When will it be? Tomorrow, next week, next year, before or after my parents? There are good days and bad days. I am learning to deal with all of this.

People ask me "How are you?" Here is my answer: "I am mad Dave died at the age of 17. I am angry that my parents have to go through this. I am confused about my role in the family. I am jealous of other families. I am sad. I am fearful about the future. I am hopeful things will get better. I am courageous. I think about my brother every day. I will be strong."

Where Do I Go?

by Marcia Alig ~ TCF, Mercer Area Chapter, NJ

Now that you're gone, where do I go
to see your fair smile
to hear your tingling giggle
to smell your dank hair after a swim
to listen to your questions
to touch your gentle cheek
to feel your bear hug?

Where do I go

to share all my years of wisdom
to find someone who'll tell me truth
to answer the phone that won't ring
to tell you I'm sorry
to know that I am loved and
to pour out my love and my tears?

I shall go

to the pictures that hold you forever
to the books we shared
to the music you taught me to love
to the woods we explored as one
to the memories that never fail
to the innermost reaches of my heart
to where we are always together.

To All Bereaved Siblings

We are searching for a sibling speaker for this years Butterfly Release Program on Aug 20th (rain date Aug21st) . If you are interested please call Brenda Solderitch at 610 837-7375 or email: bjmsasylum@yahoo.com



our Children Remembered Birthdays



Joshua Bartosic	Son of Traci Jennings; Brother of Aaron Bartosic & the late Natasha Marie Bartosic	Mar 2
Timothy Bogart	Son of Nancy & Bill Bogart ; Brother of Ryan Bogart & Katelyn Bogart	Mar 12
Joshua Booth	Son of Les & Bonnie Booth	Mar 12
Gregory Davis, Jr	Son of Gregory Davis; Brother of Nikitas & Helen Davis	Mar 5
Brianna "Brithy" DeFrancisco	Daughter of Tianna DeFrancisco	Mar 1
Todd Dreas	Son of Maynard & Barbara Dreas; Brother of Jeffrey & Janelle Dreas	Mar 20
Gordon Evans	Son of George & Nancy Evans	Mar 22
John "Chuck" Frenchko	Son of John & Myrtle Frenchko;	Mar 2
John Fry	Son of Cathy McDonald; Brother of Joey & Allison McDonald	Mar 19
Eileen Collins Gant	Daughter of Dorothy Collins; Sister of John, Steven & Brian Collins, Kathleen Morrison & MaryAnn Watkins	Mar 25
Sgt. Christopher Geiger	Son of George & Patricia Geiger	Mar 30
Sgt. Francis "Frank" Gerbino	Son of Francesco & Marjory Gerbino; Brother of Joe, Jeff & Mark Gerbino	Mar 23
Lisette Hahn	Daughter of Louis & Joyce Szoke	Mar 4
Blaze Hendershot	Son of Laurie Little	Mar 7
David Hertzog	Son of Connie Hertzog; Brother of Billy Hertzog	Mar 10
Lori Hudasky	Daughter of Irene Hudasky	Mar 18
Marjorie Hutton	Sister of Donald L. & Virginia Steele, Jr.	Mar 12
Ryan Jones	Son of David & Elaine Jones	Mar 7
Schylar Kemps	Son of John & Jenny Kemps; Brother of Courtney & Alex Kemps	Mar 8
Thomas S. Loquasto	Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle, Michael Loquasto, II & the late Jeffrey Loquasto	Mar 11
Ted "Teddy" Lutz	Son of Joseph & Emilie Lutz; Brother of the late Tim Lutz	Mar 29
Beth Anne Mather	Daughter of Peter Mather	Mar 12
Michelle McConnell	Mother of James M Krasley	Mar 22
Michael McLaughlin	Son of James & Julia McLaughlin; Brother of Matthew & Patrick McLaughlin	Mar 16
Randy Peischl	Son of Betty Peischl	Mar 1
Valeri Powers	Daughter of Barbara Taranto Sister of Stephen, Raymond & Gerald Taranto;	Mar 31
Kasey Roman	Daughter of Michael & Marcia Roman; Sister of Christopher, Matthew & Twin Brother Jesse Roman	Mar 30
Maria Rothermel	Daughter of Gerald & Doris Rothermel; Sister of Mark Rothermel	Mar 25
Geoffrey Steckel	Son of Dean & Patricia Steckel; Brother of Jennifer & Mark Steckel; Father of Benjamin & Emma Steckel	Mar 1
Linda Streltzky Kaintz	Daughter of Eleanor Streltzky; Wife of Kevin Kaintz	Mar 16
Travis Szerencits	Son of Craig & Cookie Harron	Mar 11
Tracy Szoke	Daughter of Randal & Kim Szoke; Sister of Trisha Remaley; Aunt of Nikita Remaley	Mar 9
Christopher Taylor	Brother of Tim & Cynthia Taylor	Mar 26
Reeder Thatcher, Jr.	Son of Jane Thatcher & the Late Reeder Thatcher Sr.; Brother of Timothy, Michael & Lynne	Mar 12
Sheena Villa	Daughter of Bill & Angie Villa; Sister of Patricia & Gianni Villa	Mar 23
Chad Wagner	Son of Pamela Fehnel & Bruce A. Wagner; Brother of Cori; Husband of Kelli Wagner ; Father of Morgan & Hannah Wagner	Mar 13
Seth Warhurst	Son of Debra Warhurst; Brother of Michele Warhurst	Mar 4

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



Penny Azar	Son of Michelle M. Azar & the late Diab Azar; Brother of Michelle Weidman & Jean-Pierre Azar	Mar 11
Jason Berger	Son of Dennis & Shirley Berger; Brother of Jennifer & Amanda Berger	Mar 9
Cheyenne Brown	Daughter of the late Holly Ada Brown; Granddaughter of Janice A. Picard	Mar 25
Debra Brown	Daughter of Doris Clauser	Mar 27
Holly Brown	Daughter of Janice A. Picard; Mother of the late Cheyenne Makenzie Brown	Mar 11
Frederick Burkhart	Brother of Jane Fritchman	Mar 4
Emil Check, Jr.	Son of Mary Check; Brother of the late Joseph Michael Check	Mar 4
Dennis DeLong	Son of David & Jane DeLong; Brother of David, Carol & Nancy	Mar 22
Nathan Deutsch	Son of Ronald & Karen Deutsch; Brother of Stephen & Derek Deutsch; Nephew of Roseann Mikalik	Mar 14
Jesse Dorward	Son of Donald & Susan Dorward; Brother of Jenelle Dorward	Mar 3
Darlene Fitch	Daughter of Gloria Fitch & the late Harold Fitch; Sister of Diane Lehr & Gary Fitch	Mar 10
Timothy Fitch	Son of Gloria A. Fitch; Brother of Thomas & Kirk Fitch	Mar 4
John "Chuck"	Son of John & Myrtle Frenchko	Mar 11
Benjamin Fry	Son of John & Cynthia Chryst; Twin Brother of Jeff Fry; Brother of the late Peter & Paul Fry	Mar 14
Michael Gatti	Son of Rosemarie Gatti; Brother of Chris Gatti; Grandson of Irene Valentine	Mar 21
Jeffrey Griffith	Son of Cindy Griffith	Mar 30
Aaron Groff	Son of Leon & Debra Manuel; Brother of Melissa LaBar	Mar 5
Clifford Grunwald	Son of Henry & Patricia Grunwald; Brother of Marie Muschlitz; Patricia Baranowski, & Christine Moyer	Mar 9
Rita Guerrieri	Daughter of Art & Mary Guerrieri	Mar 11
David Hertzog	Son of Connie Hertzog; Brother of Billy Hertzog	Mar 19
Ryan Jones	Son of David & Elaine Jones	Mar 7
Jonathan Keller	Son of Dennis & Lori Keller; Brother of Amy Keller	Mar 23
Bonnie Krause	Daughter of Josephine Leiby - Mather	Mar 24
John Kushnerick, Jr.	Son of Bernice Kushnerick; Brother of Pat & Jan Kushnerick; Husband of Deborah A Kushnerick; Father of Tyler J.	Mar 16
Brian Lentz	Son of Gary & Judy Lentz	Mar 10
Jeffrey Loquasto	Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle, & Michael Loquasto, II	Mar 30
Keri Ann Magoon	Daughter of Stan & Victoria Saiauskie; Sister of Gene, Jason & Sandy	Mar 21
Kevin Martin	Son of J. Ronald & Linda Martin	Mar 17
Jim Minter	Son of Jim & Barbara Minter; Brother of Jeanine Minter	Mar 14
Robert Mitchell	Son of Patrick & Amy Sigafoos; Brother of Bryanna & Nathan & Amy Mitchel	Mar 17
Susan Mullin Boyle	Daughter of Edward & Patricia Mullin; Sister of Elizabeth, Tim & Ted Mullin; Granddaughter of Mary Terese Dugan &	Mar 16
Andrew Okeson	Son of David & Sue Okeson; Brother of Katie	Mar 1
Floyd Oswald	Son of Goldie Oswald; Brother of Darlene Marsteller, Elaine Reichenbach, Gertrude Knipe, Joyce Lawrence	Mar 29
Buddy Pearson	Son of Bob & Shelly Garst; Grandson of Loretta Ross	Mar 24
Amanda Roth	Daughter of Bruce & Chris Roth	Mar 15
Brian Rotkowski	Son of Tom & Judy Rotkowski; Brother of Tommy & Rebecca Rotkowski	Mar 14
Quinna Schleicher	Daughter of Lin & Judy Schleicher; Sister of Aaron Schleicher; Granddaughter of Marie Moyer	Mar 10
Amanda Schultz	Daughter of Mark & Patty Schultz; Sister of Ryan & Eric Schultz	Mar 5
Brett Schwartz	Son of Ron & Carol Hemphill	Mar 25
Ryan Sporka	Son of Ron & Pat Sporka; Brother of Keri Markle	Mar 22
Lisa Staub	Daughter of Mark & Louise Stahley; Granddaughter of William & Patricia Johnson	Mar 2
Jason Steigerwalt	Son of Sandra Steigerwalt	Mar 20
Sheena Villa	Daughter of Bill & Angie Villa; Sister of Patricia & Gianni Villa	Mar 24
Seth Warhurst	Son of Debra Warhurst; Brother of Michele Warhurst	Mar 6
Jeffrey Willhoit	Son of Nancy Willhoit	Mar 5
Christopher Yetter	Son of Nicholas Yetter; Stepson of Robin Yetter; Brother of Jessica Yetter	Mar 5



Love Gifts



Louis & Joyce Szoke	Susette (Szoke) Olewine <i>In Loving Memory, From your loving parents Louis and Joyce Szoke</i>
Pete & Rob Mather	Ens. Bethanne Mather <i>In Loving Memory</i>
Glenn & Ann Sensinger	Tom Sensinger <i>In Loving Memory</i>
Anonymous	<i>In Loving Memory</i>
Lori Keller	John Leonard <i>In Loving Memory</i>
Anonymous	<i>In Loving Memory</i>
Rick and Kathleen Fenstermacher	Eric Fenstermacher <i>Eric, Forever in our hearts and minds, Til we meet again ! Love You Mom, Dad, Sis Heather & Roxy (his Dog)</i>
Beverly Mohr	Amanda Marion Mohr <i>Happy Birthday, I feel your loving spirit around me! Love Mom</i>
Mark & Patricia Schultz	Amanda Leigh Schultz <i>In Loving Memory</i>
David & Elaine Jones	Ryan David Jones <i>Always in our hearts</i>
Gene & Dawn DeLong	Rose Davis <i>Mother of Rose Ann, who runs the Basket Bingo</i>
Jane Fritchman	Kathleen Deutsch <i>To my dear sister, Kathy - It's been 10 years, but we'll miss you always. You'll live in our hearts forever.</i>



Donations & Contributions



🦋 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 when just one person is missing,
the whole world seems so empty*

Author Unknown

Love Gift Form

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

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

Contributor Name _____

Mail to:

Address _____

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

Phone _____

I would like to make a donation In Memory of In Honor of A Chapter Gift (*without memorial or honorarium*)

Name of person gift given for _____

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

Special Text - *Brief Messages Please. Poems & story submissions are always welcome and should be sent directly to the Newsletter Editor for inclusion in the newsletter.*

Enclosed is my donation of \$ _____ Lehigh Valley Carbon County Easton

Note: Please mail gifts for Carbon County & Easton to the addresses listed below

If your gift is for Lehigh Valley please designate which of the following your gift is for (you may circle more than one)

Newsletter Mailing Office Expenses Outreach Program Special Events (ie Picnic, Candle Lighting Etc...)

Mailing Addresses for Carbon County and Easton Chapters

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

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

Our Children Remembered Permission/Update Form

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

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

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

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

Required Authorization Signature _____

Phone Number _____

Date _____

Child's Name _____

Date of Birth _____

Date of Death _____

Parent's Names _____

Sibling's Names _____

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

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

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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)

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