



# The Compassionate Friends, Lehigh Valley

Office Phone/Fax: 610 820-4004

[www.lehighvalleytcf.org](http://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

April 11	Monthly Meeting - Sharing - Separate Sharing for Men and Women
May 9	Monthly Meeting - Sharing - Topic: Mothers Day
June 12	Annual TCF Covered Dish Picnic and Memorial Balloon Launch; Moore Township Recreation Center, Bath PA
June 13	Monthly Meeting - Sharing - Topic: Fathers Day

## 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](mailto:bjmsasylum@yahoo.com)

**Easton**  
**2nd Thursday 7 - 9 pm**  
 Good Shepherd Lutheran Church,  
 2115 Washington Blvd., Easton  
 610-866-5468  
 Email: [szabojanos1@verizon.net](mailto: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](mailto: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.slh.n.org/ryanstree](http://www.slh.n.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 @ 484-515-4077

## TCF Online Support Community [www.compassionatefriends.org](http://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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# Events & Announcements

**Sunday June 12, 2011 1pm - ?**  
**TCF Picnic and Balloon Launch**  
**Moore Township Recreation Center, Bath, PA,**  
**All TCF members and families welcome**  
**Please see the Information/RSVP sheet in this issue for more information or call Kathy Collins**

**Saturday August 20th, 2011 11am - ?**  
**TCF 8th Annual "We Remember Them"**  
**Remembrance Walk & Butterfly Release**  
**Rodale Cycling and Fitness Park in Trexlertown, PA**

**T-Shirts will be available for purchase at this months meeting. Please have exact change or check**  
**See page 3 for further information**




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



**Facebook Page Update**

Page Name - *The Compassionate Friends, Lehigh Valley*

Our Facebook page now has a "Our Children" Album

To have your child's picture added please email a Jpeg to [TCFNewsEditor@gmail.com](mailto:TCFNewsEditor@gmail.com)

## New Members

**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.

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.

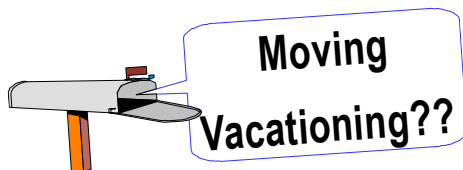
- Lehigh Valley Patricia & Alex Polohovich - Son - Brock Andrew Depew
- Lehigh Valley Nina & Adam Patel

## 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 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.

Our 8th Annual **"We Remember Them" Butterfly Release & Remembrance Walk** will be held on Saturday, August 20th, (rain date Sun) at the Bob Rodale Cycling & Fitness Park, 1148 Mosser Road, Trexlertown. In the event of poor weather postponement information will be posted on the office voice mail 610 820-4004, the website [www.lehighvalleytcf.org](http://www.lehighvalleytcf.org) and our FaceBook page (The Compassionate Friends, Lehigh Valley)

**Previous event participants** should note the following 2 important changes to this years event

- Event times - Walk registration - 11am; Walk start 11:30; Butterfly Pickup - 1pm followed by the program & release
- We have a limit of 500 butterflies to sell, (due to government regulations) please order early

**Walk Registration - \$15.00 per person**, each \$15.00 walk registration includes an event t-shirt. Registration/T-Shirt pickup begins at 11 am, walk starts at 11:30 am. A Bagpiper plays as we begin our walk over a paved, partially shaded path. Walk only as much as you are able. Pre-registration is highly recommended. T-shirts are only guaranteed to those that pre-register. If unable to attend you may purchase t-shirts & we will ship them to you (shipping fee applies).

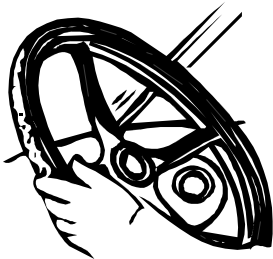
**Memorial Butterflies - \$10.00 each**. We have a total of 500 butterflies available for purchase. Butterfly Pickup begins at 1 pm, immediately followed by the Memorial Program. During the program, the names of all loved ones for whom a butterfly was purchased are read. Upon conclusion of the program, we will gather in a circle to release our butterflies in unison. Note: If you plan to transport butterflies for release elsewhere, please remember to bring a small cooler. **Butterflies must be preordered**. If you are not able to attend you may purchase butterflies and they will be released for you. Butterflies cannot be shipped

**Additional event features:** DJ will be playing memorial music; "Messages To Heaven" boards to write messages to your loved ones; TCF wristbands sold by The Easton chapter; Food and refreshments for purchase, and tents will be set up for shade, please bring your own lawn chairs or blankets for seating.

**Volunteers workers** are needed to help the day of the event, we are also still in need of a sibling speaker. If you would like to volunteer to help or as the sibling speaker please call Brenda Solderitch at 610-837-7375

For further information call Brenda Solderitch 610-837-7375 or Kathy Collins 610-837-6393

**T-shirts will be available for purchase at This months meeting  
Order Forms will be in May & June's Newsletters & on the website when available**



## Grieving And Driving

By Peggy Miller, TCF, Seattle-King Co.

We hear a great deal these days about "DRINKING AND DRIVING". My lovely daughter Jane was killed by a drunk three years and four months ago, so that makes it much, much too late for my family and I, but the big push to keep drunks off the streets and highways will perhaps prevent others from having to go through this awful pain and agony that we are suffering through.

"Grieving and Driving" is, however another problem which most people are totally unfamiliar with. At times I feel as though my head is detached from my body; that my mind has taken a leave of absence and I do not think straight at all. Very often I get into my car under these conditions. There I am alone; I can leave all other matters behind and the tears I have fought back all day start to flow.

In my conversations with other bereaved parents, I have found that this is a common problem. Many times other family members have been involved in accidents. Within six months of Jane's death, my niece, two of my sisters and my son were involved in accidents. One of these was very tragic wherein another person died.

There is a great need to be aware of what can happen and what we can do about it. After having had a number of very shaky things happen to me while "Grieving and Driving", I decided to tell you about them in hopes that we can all become more aware of our situation.

Dear Friends;

In previous years, as a single adult, I didn't care much for Easter or give it great attention. I regarded it as an overly solemn occasion, and one with less than ample compensation for the lengthy gloom (LENT) that preceded it.

When I became a parent, Easter took on a new meaning. Perhaps through the eyes of children I began to glimpse the human side of this tradition, which now seems to me as much a celebration of Spring, as a Resurrection of the Spirit. Easter now means new clothes for the children, Easter eggs, spring flowers, family dinners, and an Affirmation of Life renewed, with whatever religious and/or secular traditions you observe. It calls for us to step forward from the dark and gloom of winter, into the warm and sun filled Spring. It calls for us to reflect on the beginning of life, to take renewed pride in our families, to join and to be surrounded by our friends and loved ones.

This, of course, is the idealized version of life. It is often not that simple for families who have illness, poverty, separation, or the death of a loved one to deal with.

This was the first year I visited the cemetery on Easter Sunday. I felt the need. As on previous occasions, I crouched and moved among the little grave stones, reading names in silence, feeling saddened by the tender years inscribed. I felt sorry for the little children buried there. I felt my tears mingle with those of the parents who had stood here before me, earlier in the day. My sympathy turned to those parents (and grandparents, to be sure).

Moments later, as I looked around this cemetery, in a larger view, a different view emerged. Amidst the bounty of flowers and palm, amidst the crosses and wreaths, amidst even little Easter baskets, I saw only tender love, dedication, and commitment to the memory of loved ones buried there. Such commitments can only be carried out by parents who know it is important to survive.

These other parents, too, have lost children. Young children, teenage children, and adult children. That does not stop them from coming. That does not stop them from loving. That does not stop them from living. May the Hope of Spring, and the warmth of its sun, brighten your days.

Bob McCullough  
TCF Burlington County, NJ



## My Spring Bouquet

The rain poured so often,  
the bulbs I planted bloomed  
in profusion. I cut them all  
to take to your grave,  
leaving my yard as empty  
of blooms as your death  
left our life and hearts

It was a grand bouquet  
of flowers, like our lives  
when you were here, son.  
From the bulbs new flowers  
will soon bloom again.  
I am sad, but also hopeful...  
I know the harsh lessons  
of nature are true.

Like the flower,  
I will again bloom, too.

Marilyn Arvizo, TCF South Bay LA, CA

# MYTHS ABOUT THE IMPACT OF GRIEF ON THE MARRIAGE

By Therese Rando, Ph.D. TCF, National Newsletter

## **The same child died, so each parent experiences the same loss.**

Each individual mourns the relationship and person that has been lost. As parents, each of us has experienced our child differently and has had a unique relationship with the child. Therefore both parents are mourning different losses, and these will be what will influence what one misses. (For example, one parent may miss the opportunity to talk with the child after school, while the other especially may miss watching football games on Sunday.)

## **Spouses will tend to be more similar than dissimilar in their grief.**

At the latest count, people grieve according to 21 different factors, each of which influences any one grief response. Grief is highly idiosyncratic, as individualistic as a fingerprint. Spouses are no more alike necessarily in their mourning than are strangers. Loving one another, or living in the same house, does not make an individual respond to a loss similarly. Some major factors contributing to differences between parents include type and quality of the relationship with the child, sexual conditioning, social, cultural, and religious backgrounds, social support received, reliance on drugs and alcohol, and physical health. Spouses will have to give each other wide latitude for their differing experiences of grief.

## **Once a couple can learn to manage their grief, they will be back to themselves again.**

A major loss always changes the bereaved somewhat. Part of us dies when someone we love very much dies. Most of us continue on, but we are altered by the impact of the loss and the adaptations to it that will be required of us. We not only have to learn to relate in a new way with our deceased child, we must also learn how to relate in a new way to the rest of the world, including our spouse, in new ways to accommodate the changes in us occasioned by the loss. Especially during the long period of acute grief, in which the absence of our child painfully teaches us repeatedly that he or

she is gone.

It may be very difficult to relate to our spouse because of our pain and distress. Couples who are successful in managing to weather this crisis together (1) keep communication open as much as possible, (2) recognize their distress and the changes in themselves, and work to express both in the healthiest possible fashion, (3) insure their expectations of one another are appropriate and give permission to grieve individually as necessary, and (4) find ways to slowly integrate all of the changes into the marriage. The duration of mourning varies according to the particular loss, its circumstances, the mourner, and the conditions surrounding the mourner. Nevertheless, it is now known that mourning a beloved person may take years of acute grief and the long term mourning process takes much longer with some aspects of grief never being finished. It constitutes neither pathological nor resolving grieving, nor does it mean that acute grieving still persists. Bereaved parents must recognize that mourning the loss of a child will mean continuing throughout the rest of life to encounter times when the pain of loss is brought back, and the absence made more acute at the moment, which causes a temporary upsurge in grief. As long as this does not interfere too long with your continuing to move adaptively into the new life without the loved one, such reactions need not be incompatible with healthy adaptation for the rest of your life.

## **Loss only brings pain and devastation.**

Despite the agony of losing a child and the long-term effect of such a loss, many bereaved parents have worked enormously hard to develop some positive gains out of their losses (IE, beginning support groups, reordering their priorities, developing better family communications, establishing closer relationships, etc). While they never would have chosen to lose their child to achieve these gains, they are determined to choose healthy responses to it. You can do this as well.

## WAITING FOR ANSWERS

By Mary Clark, TCF, Sugarland/SW Houston Chapter, TX

Years ago I left my first meeting of The Compassionate Friends and drove home in tears. My son, Max, had died a few short weeks before and I had been anxiously awaiting this evening. These people must have some answers, I thought. With paper and pen in purse, I was ready to take notes and do as they prescribed. I would do anything to ease the ache in my soul. But when I walked out into the spring air later that night, I felt betrayed. I hadn't heard any answers. Instead of learning how to leave my grief behind, it had been confirmed, made more real with expression. I know I would miss Max forever. Now I wondered if I would grieve forever. Would it always be this way, a flash of pain aligned with every memory?

During the next months and years, I attended TCF meetings and conferences, read books, raged, kept busy, sometimes spent the day in bed. I wrote, cried and talked about Max. Slowly, I discovered the answers I had feared were true: yes, I will grieve forever, and yes, my memories will often provoke tears. But something had changed. My grief was now more forgiving, my tears almost sweet with memory. Max's life took shape again as the anguish of his death began to recede. If I would always miss him, I would also always have him with me in so many ways. I wanted to carry his memory into the future: the joy, the lessons, and the inevitable pain. How could I do otherwise?

As I walked to my car after that first meeting, the TCF chapter leader caught up with me. "How can I stop this pain?" I asked. She put her arm on my shoulder. "Just do what feels right to you," she said. "Listen to your heart. And we'll be here to listen, too." Sometimes the best advice is none at all.

## Strength

By Terry Jago TCF Camden County, N.J.

In the early days of my grief,  
a tear would well up in my eyes,  
a lump would form in my throat,  
but you would not know – I would hide it,  
for the strong do not cry –  
*And I am strong.*

In the middle days of my grief,  
I would look ahead and see that wall  
that I had attempted to go around,  
as an ever-present reminder  
of a wall yet unscaled.  
Yet I did not attempt to scale it  
for the strong will survive –  
*And I am strong.*

In the later days of my grief,  
I learned to climb over that wall –  
step by step –  
remembering, crying, grieving.  
And the tears flowed steadily  
as I painstakingly went over.  
The way was long, but I did make it,  
*For I am strong.*

Near the resolution of my grief,  
a tear will well up in my eyes,  
a lump will form in my throat,  
but I will let that tear fall –  
and you will see it.

**"My life was suddenly divided into BEFORE and AFTER and there was no going back to BEFORE. But then I realized I had a choice to live the AFTER. I had to decide."**

*by Brenda Neal from "A Time to Mourn, A Time to Dance"*

# Sibling Page

## Sibs...

Don't be surprised at extremely strong feelings of rage and anger, guilt and regret. Also, there will be times of longing for that brother or sister which are so intense you think you can't stand it – but somehow you will stand it. You may have a profound sense of being alone because no one understands what you're going through. If you can, try to find someone outside of your family to talk to, someone who will listen. If you think it's necessary, don't be embarrassed about seeking professional counseling.

Acceptance takes time, but finding it is a big part of grief work. Your life will not return to the way it once was – there will be a "new normal." Don't expect others to understand what you're going through because they can't. They're in an awkward position of unintentional ignorance about death and grief. What you can expect is that people will either say "dumb things" that will hurt you or make you mad, or they will say absolutely nothing.

That's why ... it's important for you to know that you're not alone. There are others like you who do understand your pain, your anger, your sense of helplessness. REACH OUT.  
TCF, Verdugo Hills, CA

**Grief is normal, grief is O.K.  
Grief is the way your body  
has to say  
That you love the son  
daughter, brother, sister  
even a friend that died  
But sometimes  
it makes you cry**

Steve Horn, Age 10, TCF Hinesdale

## Random Reflections

By Tammy Walmann, Miami Co., KS

It's been a year now  
And the books say I should be  
Getting back to "normal"  
But I still can't pass your picture  
On the bookcase without  
Touching your face.  
I still wake up in the night  
Sometimes and can almost  
Hear your voice in the quiet.  
I still run to the window when the  
Dogs bark at night with the hope  
In the back of my mind that somehow  
You've wandered into the yard.  
I still whisper your name into the wind  
When I walk down our lane in the still  
Of evening and strain to hear an answer.  
When I'm troubled and upset  
I still talk to you like  
I always did and  
Imagine the advice you'd give me.  
I still stop on our dark country road  
Sometime and turn off the car engine  
And lights and wait and hope that  
I can see or hear you.  
It's been a year now and the  
Memories are still so vivid  
That I can almost touch them.  
It's been a year now and I know  
With all my heart that your  
Presence will never fade in my mind.

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**ISO** a sibling to volunteer to speak at this year's Butterfly Releases on Aug 20th ( rain date Aug21st) .  
Interested siblings please call Brenda Solderitch at 610 837-7375 or email: [bjmsasylum@yahoo.com](mailto:bjmsasylum@yahoo.com)



## Our Children Remembered Birthdays



Patricia Arey	Daughter of William & Elizabeth Arey; Sister of Elizabeth Ann, Barbara, Rose Marie & Elaine	Apr 18
Graham Beckhorn	Son of Alice Keyes; Brother of Patrick Buckhorn	Apr 20
Jason Berger	Son of Dennis & Shirley Berger; Brother of Jennifer & Amanda Berger	Apr 25
Nicholas "Nick" Caldarelli	Son of George & Cheryl Caldarelli	Apr 29
Holly Cavanaugh	Daughter of Bill Cavanaugh & Beverly Ann Cavanaugh; Sister of Bo Cavanaugh	Apr 27
Thomas Eichlin	Son of Nancy Eichlin; Brother of Nancy Mason;	Apr 23
Olivia Jo Grazer	Daughter of Scott & Melissa Grazer; Granddaughter of Louis & Margie McCullen; Granddaughter of Stan & Diane Grazer	Apr 7
Jeffrey Griffith	Son of Cindy Griffith	Apr 21
James "Jimmy" Hotz	Son of James & Elizabeth Hotz	Apr 24
Trever Landis	Son of Robin Landis	Apr 16
Chad Magyar	Son of Louis & Dorothy Magyar; Brother of Jason & Christopher Magyar	Apr 26
Timothy Mihalko	Son of Nancy Mihalko; Nephew of David & Joan Miles; Cousin of Denise Schaffer	Apr 12
Frank Mirabile	Son of Joseph & Laura DeVito; Brother of Michael & Joseph	Apr 19
Frank Modrick, IV	Son of Frank & Aileen Modrick, III; Brother of Sarah	Apr 26
Jamal Pongracz Jr	Son of Jamal & Jennifer Pongracz; Brother of Mark, Giovanni, Angel & Alexis	Apr 15
Donna Potkovic-Roth	Daughter of Michael & Annette Potkovic, II ; Sister of Matthew, Mark, John, Denise Reichard & Michele Cuvo Potkovic & the late Michael N. Potkovic, III	Apr 21
Brian Rodgers	Son of Janice Wright	Apr 22
David Stish	Son of Margaret Laubner Stish	Apr 23
Amanda Thierer	Daughter of Dale & Sally Thierer; Sister of Cathi, Adam & Laura; Mother of Alana Thierer	Apr 28
James Waitkus, Jr.	Son of Elizabeth Waitkus ; Brother of Alice Walbert & the late Dale A. Waitkus	Apr 5
Jonathan Young	Nephew of Katherine Young	Apr 17

*"A knowledge that another has felt as we have felt,  
and seen things not much otherwise than we have seen them,  
will continue to the end to be one of life's choicest blessings"*

*Robert Louis Stevenson*





## Our Children Remembered Anniversaries



Marie Albert	Daughter of Kim & Barbara Hunsicker	Apr 6
Brian August	Son of Edward and Debbie August ; Brother of Lisa & Eric August	Apr 22
Mark Bailey	Son of Thomas & Karen Bailey	Apr 8
Elizabeth Brown-Gibson,	Daughter of Richard J. & Marilyn Brown; Sister of Margaret Nahrganl & Eric Brown	Apr 2
Nasir Cook	son of Annie Davis	Apr 10
Brian Davis	Son of Stewart & Nancy Davis; Brother of Kristin Hoffman & Sandy Davis	Apr 25
Gregory Davis, Jr	Son of Gregory Davis; Brother of Nikitas & Helen Davis	Apr 25
Angela Dion	Daughter of Edmond & Robin Johnson	Apr 23
Ky DiVittorio	Son of Jan DiVittorio; Brother of Ian DiVittorio	Apr 3
Olivia Jo Grazer	Daughter of Scott & Melissa Grazer; Granddaughter of Louis & Margie McCullen; Granddaughter of Stan & Diane Grazer	Apr 7
Zachary Heck	Brother of Cyera Heck	Apr 25
David Hoagland, Jr	Son of Gypsy Garrett	Apr 26
Richard Hollabaugh	Son of Wayne & Linda Hollabaugh	Apr 10
Lori Hudasky	Daughter of Irene Hudasky	Apr 22
Bryan Kiefer	Son of Albert & Connie Kiefer; Brother of Brad & Brittany Kiefer	Apr 29
Jamie Laudenslager	Daughter of Jane Laudenslager; Brother of Jon & Shelly	Apr 14
Ted Lutz	Son of Joseph & Emilie Lutz; Brother of the late Tim Lutz	Apr 22
Rey Nino	Son of Reynaldo and Janet Nino	Apr 11
Michael "Mike" Morgan	Son of Raymond & Deborah Vrtis	Apr 19
Scott Newell	Son of Carol Newell; Brother of Thomas & Teresa Newell	Apr 28
Daniel Ostertag	Son of George Ostertag; Son of Rosemary Ostertag; Brother of Noel & Patrick Ostertag	Apr 10
Angelo Providakis	Son of Michael & Joanne Providakis	Apr 9
Stacey Schmidt	Daughter of Rick & Beverly Schmidt	Apr 20
Julie Searfoss	Daughter of Gregory & Sharon Searfoss; Sister of David Searfoss; Granddaughter of Hilda Smoyer	Apr 25
Linda Streletzky Kaintz	Daughter of Eleanor Streletzky; Wife of Kevin Kaintz	Apr 2
James Thompson	Son of Richard & Mary Thompson; Brother of Marie, Mark, Patrick & Kathy Thompson; Uncle of Josh & Drew	Apr 6
Sean Virmalo	Son of Udo & Janet L. Virmalo; Brother of Eric, Brett & Katelyn Virmalo	Apr 28
Bryan Weiand	Son of Raymond & Anita Weiand	Apr 1
Richard Wetherhold	Son of Franklin & Eleanor Wetherhold; Brother of Michael Wetherhold	Apr 16
Nathan Vanderpool	Son of Jo Evans; Brother of Chester	Apr 24

**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**



## Love Gifts



Rocky & Sadie Fraccica	<b>Rocky Fraccica</b> <i>In loving memory of our son, Rocky</i>
John & Sue McGraw	<b>Kate McGraw</b> <i>In Loving Memory</i>
Salvatore & Mary Bartolotta	<b>Salvatore Carai Bartolotta</b> <i>In Loving Memory</i>
David & Margie Beidleman	<b>Robert E. Beidleman</b> <i>Son of David &amp; Margie Beidleman, brother of David J. Beidleman &amp; Jill Metzgar</i>
William and Elizabeth Arey	<b>Patricia Arey</b> <i>Remembering you on your Birthday. We miss you</i>
Glenn & Ann Sensinger	<b>Thomas Sensinger</b> <i>In loving memory of our son, Tom 1967 - 2001</i>
Shorty Frenchko	<b>John "Chuck" Frenchko</b> <i>In memory of my son, John "Chuck" Frenchko</i>
Udo & Janet Virmalo	<b>Sean Virmalo</b> <i>Always with us. Dad, Mom, Eric, Brett &amp; Katelyn</i>



## Donations & Contributions



We thank the following for their thoughtfulness and generosity

- 🦋 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 🦋

## A Couples Grief

He told me that he had called because he was concerned about his wife. It had been five months since their child had died and she wasn't doing well. I asked him what she was doing that bothered him and he told me that she was crying a great deal, wanted to talk about their child much of the time, wasn't sleeping well, was up a good part of the night wandering around as a matter of fact, wanted to go to the cemetery almost every day, spent a lot of time looking at the child's pictures, and didn't want to change anything in "the room".

And when I asked how he was doing, he told me that he was doing fine. Been working 13 or 14 hours a day. Hadn't always worked that much, but had been for the past two or three months. Said he didn't need to talk about their child, or look at the pictures because he had put it all behind him; he had accepted it and he thought she would be better if she would do the same. Sleep? Well, he sleeps fine. He'd found a few drinks before he went to bed, plus a tranquilizer when he awakened in the middle of the night and more of each on the weekend helped him quite a bit. Now, if she's doing "poorly" and he's doing so "fine", why is it, do you suppose, that I keep worrying about him?

Mary Cleckley, TCF, Atlanta, GA

### 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 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](http://www.lehighvalleytcf.org)



*We Need Not Walk Alone*



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

# 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**