



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

- 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 (see pg 2)
- June 13 **Monthly Meeting** - Sharing - Topic: Fathers Day
- May - Aug **Butterfly Release T-Shirt Sales** will be held from 6:30 to 7:00 on meeting nights.
T-Shirt Sales Coordinator - Brenda Solderitch - 610-837-7375

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: 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 Laube, MA Counseling.
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

Inside this issue:	
Chapter News	2
Article - Mothers Day - Before & After	3
Poem - Mom, Please Listen	4
Poem - Silent Angel	4
Poem - Memorial Day ~ A Day to Remember	5
Poem - Our Special Dance	6
Article - The Painful Grace of Flight	6
Sibling Page : Article -Courage; Poem - Beacause	7
Our Children Remembered Birthdays	8
Our Children Remembered Anniversaries	9
Love Gifts	10
Love Gift Donation Form	11

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 Jack & Margaret Julo - Sons - David & Jack Julo, Jr.
 Lehigh Valley Stacie Catino - Son - Daniel Catino



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



**Find us
on
Facebook**

Keywords: The Compassionate Friends, Lehigh Valley

To add your child's picture to the "Our Children" gallery on our Facebook Page send Jpeg photo to: TCFNewsEditor@gmail.com

TCF Annual Family Picnic and Balloon Launch

When: Sun. June 12, 2011 @ 1 pm (Rain or Shine)

Where: Moore Township Recreation Center

635 English Rd. Bath, PA

All Compassionate Friends members and their families are invited to join us for our annual Covered Dish Picnic and Balloon Launch. Hot dogs, drinks & balloons are provided by the chapter. Please bring your favorite covered dish, lawn chairs & sports equipment

Use the form below or call 610-837-6393 to RSVP by June 1st

.....
 ____ Yes, I will attend ____ Total ____ Adults ____ Children

Covered dish I will bring: _____

Name _____ Phone _____

Address: _____

Chapter(s) You Attend: _____

Fax to: 610-837-2195 or

Mail to: TCF, Lehigh Valley, C/O Kathy Collins, 2971 Pheasant Dr, Northampton, PA 18067

Mother's Day, Before and After

by Cathy L. Seehuetter, TCF/St. Paul, MN

While sorting through boxes and bags, it is not unusual for me to find something unexpected. It happened just the other day. Sifting through a box, I came across a wrinkled, somewhat yellowed piece of lined school paper. I carefully unfolded it only to find a drawing of a stick-Mom and stick-daughter standing alongside a mammoth daisy. The mom and little girl were holding hands with huge lop-sided grins on their faces. In her little girl just-learning-to-print handwriting were the words, "Happy Mother's Day, Mommy. I love you, Kristina."

Even six years later, little "gifts" such as these can bring fresh tears. It is times like these that I am glad that I was an incredible pack rat, especially when it came to saving things that my children have made. I can picture my then-blond, petite little Nina (her nickname), with the wispy hair, bent over the kitchen table, crayon in hand, creating that hand-made card filled with love. Memories of breakfasts in bed, only to return to the kitchen after finishing the "gourmet" meal served with tender care, to find it in such disarray that it took hours to clean up! Even through the tears, these are the sweetest memories.

As I type this, I look at another gift from a Mother's Day past; a little statue of a harried mom, surrounded by mop, broom and bucket, that says, "World's Greatest Mom", chosen for me at a neighborhood garage sale. I came across it accidentally shortly after Nina's death, unearthing it from its hiding place. I wondered to myself, why had I packed it away. Did Nina know that I did and did she think that, by doing so, I hadn't appreciated her gift? Did I ever thank her for it along with the other garage sale items that she proudly brought home to me, or did it show on my face that I really didn't need anymore "junk" around the house? Sometimes resurrecting these treasures can bring unpleasant feelings of guilt as we wonder if our children knew how much their little gestures of love meant to us. When our child dies, it becomes easy to second-guess ourselves, trapped in our fixations and exaggerations of the negative things that may have occurred during our child's life.

The first Mother's Days after Nina died was so grief-numbing I could not imagine ever celebrating

another Mother's Day again. I am sure the dads have these same feelings on Father's Day. My heart goes out to them, because I think we forget that they, just like us, grieve and hurt, too.

For those mothers and fathers who have lost their only child, I have been saddened by stories they told me about attending church on Mother's Day Sunday. When the pastor asked the mothers in the church to please stand, they were undecided on whether they should stand or not. I hope that they will always remember, and the fathers as well, "Once a mother, always a mother; once a father, always a father." We are forever their parents.

If we are fortunate to have surviving children, they are often forgotten as well. In the early days, we become obsessed with the one who is missing. My own children showed quiet patience with this. I often wonder if they thought "What about us? We're still here!" Now with almost seven Mother's Days behind me, I try to accentuate what I do have. This does not happen overnight. I found that in celebrating my surviving children, I could still honor Nina's memory and find ways to include her as well. I have developed a ritual where I get up early on that morning and bring flowers out to the cemetery. I bring a flower and a note to some of the mothers that I know who have buried children there to tell them I am thinking of them and their child. There is something very healing when reaching out to others. I then sit by my daughter's grave-site on the spring-green grass listening to the sweet call of a robin. I bring her a flower and write in her journal telling her how thankful I am to be her mother, how much I love and miss her. That is our private time together; the rest of the day is spent honoring my other children.

Mother's Day and Father's Day are holidays especially created for us. Try to get through them the best that you can, in whatever way feels right for you. Truly, only you know what that is. Whether it is alone those first few years or with people that you love and who understand, do something that you find comforting. It is your day, for you were the giver of a precious life - you held a miracle in your arms. Even as powerfully destructive as death is, even that cannot take those memories away from you - they are your child's gift to you.

With gentle thoughts and peace on your special day,

Mom, Please Listen

Author Unknown, Submitted by Brenda Solderitch
in loving memory of her Son Matthew

Mom, Please Listen
as I take the time to write.
I see parents struggling daily,
Their pain is such a fight...

All of us who've gone
And left the rest of you behind...
We're okay, Mom, I promise
Heaven is beautiful and God is kind.

You used to tell me that one day
God would call and take you home.
You told me you'd make me strong
So I would stand tall when alone.

But things happen. Mom
That does not go in our plans.
I wasn't scared, Mom,
When God held out his hand.

I didn't want to leave you.
I didn't have time to say good-bye
When The angels said, "Come with 'us"
There wasn't time to question why.

I've watched you daily, Mom.
It hurts to see you cry.
I don't want you to be unhappy,
Just because we didn't get to say goodbye

Tell others what I'm telling you,
So many parents need to know
That Earth was just a layover
We had another place to go.

I know you miss me, Mom
I know your heart was broken in two.
But God really needed me
Because my earthly life was *through*.

I 'm always alongside you.
I smile and touch your hair.
I whisper "Mom, I love you"
You just can't see me there.

I'm the one that gently touches you
On your shoulder when you're sad.
I'm happy now that you finally found
God again, and are no longer mad.

Tell the parents, Mom, for me
That all of us kids are okay.
God had plans for our lives
When he called us home that day.

I love you. Mom, I always will
And remember I'm not far away.
We're going to be together
When God calls out your name.



SILENT ANGEL

By Rita Sayegh, TCF, Lehigh Valley

As quickly as a shooting star goes by
That is how you came
in and out of my life.
I hadn't expected this.

Who could have thought
such a perfect little baby
would not cry,
Would not so much as make a sound.

As perfect as you were
this is how God wanted you.
A beautiful human being to
fill His heaven
With your beauty and your love.

My Silent Little Angel
You will always be with me
In my thoughts
and in my heart

And even though I can't hold you
And tell you how much I love and miss you
I know that in some miraculous way
you know how I feel.

You are my Silent Angel
watching over me.

"Dedicated to my sweet baby Angela Rose
Sayegh from your loving mother."

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.

Memorial Day - A Day to Remember

By Ruth Gregory, TCF Phoenix
In Loving Memory of my son, Tim Jone 6//76 - 1//93

A day to remember our brave soldiers
Who paid for our freedom the ultimate price
Bouquets of tiny red, white and blue
Flapping against hot, crystalline skies

AKA Decoration Day

A day we visit the final resting place
Which embrace the remains of those loved ones
Who will always fill our hearts' spaces.

When the grave of the one you visit
Holds the earthly body of one so dear,
Your son, again return the feelings
Of anguish, longing, frustration and fear.

Fear of death? No, long since gone.
Fear of life! Will this pain ever end?
Fear of forgetting? At first, overwhelming.
Fear of lost faith, with God must we contend?

Too young to be a soldier, sailor or marine
Though service was once a childhood dream
Of yours, though in my heart I couldn't bear
Ever seeing you go marching off to war.

But how could I know that before you'd reach
The age of such decisions, you'd be gone.
What have I learned, and now what must I teach
From you short life and the journey I'm now on?

The memorial to you must have a foundation
Of weeping, yearning, searching and sorrow,
Then must reflect the love and zest for life
Without bitterness, with hope for tomorrow.

On this Memorial Day, as I "decorate" your grave,
Washing the stone with my tears and love,
I "celebrate" you life and take comfort in knowing
That you're not there, but are watching from above.

Our Special Dance

In my dreams we dance,
In life denied the chance;
You in a tux, me in a gown,
A more handsome couple
Could never be found.

The music so divine,
The dance full of grace;
Like this you are mine,
Without tears on my face.

We must meet in dreams,
There is no other way;
For this is our chance,
To dance, laugh and play.

I treasure each moment
That I spend with you;
We only have this,
Cause who ever knew?

The end would come
Before I had the chance,
To be in your arms
For our own special dance.

So we'll just keep dancing
To our own magic tune;
'Til I'm with you again,
I pray it will be soon.

The music so sweet,
I hear in my ears:
Each special melody
Brings its own tears.

But when we dance
I can smile;
For we are together
For just awhile.

*by JoAnn Zimmaro, Abington, Pa, written in loving
memory of her son Chris for the Mother/Son Wedding
Dance that will never be....*

The Painful Grace Of Flight

By Mary Austin Wall, New Jersey

Now that it's spring, perhaps you've seen a butterfly or two and as summer comes, you'll surely see them alighting on flowers and dancing through the air.

Many cultures believe that butterflies travel between the spirit world and the earth, connecting people with the divine realm. A Native American legend says, "If you have a secret wish, whisper it to a butterfly. Since butterflies cannot speak, the wish is safe, and the butterfly will carry the wish to the Great Spirit."

The ancient Greeks believed that butterflies were souls, released from their bodies. In fact, ancient Greek uses the same word *psyche* for both soul and butterfly, so close is the connection between the two. Early Christians also used the butterfly as a symbol for the soul, and other cultures believed that the spirits of the dead took the form of butterflies. Some have said that the soul-butterfly's ability to leave the body while we sleep explains where our dreams come from.

It may be, as summer comes, that watching a butterfly in flight will remind you of your loved one - remembering their travel from this life to whatever comes next, when we're set free from illness and pain.

It seems that you as a caregiver are also like the butterfly. As a caregiver, you are transformed. You grow .. Change over the time of your child's illness learn to do things you never expected you could do. You grow from being a hesitant caregiver to someone able to journey with your child until they are set free from the struggles of this life.

When you grieve for a child, you are again like the butterfly. Grief can be like the dark of the chrysalis, or the cocoon. Some scientists call this phase of the butterfly's life the resting phase, and it may be that your grief is a time of resting from the demands of life. You're wrapped up in sorrow and pain until you begin to stretch, and move and then the cocoon expands. You emerge from sorrow into the light of day, and realize that you're not the person you used to be. For better or worse, you're someone new, changed by your love and loss. Grief has altered your perspective, changed your view of yourself and

the world. Like the butterfly, you've come out transformed or perhaps, for you, that transformation is still ahead. You may feel that you're still in the cocoon waiting, longing for the release into being a butterfly. Such struggles are not easy.

Perhaps you've heard the story of the man who found a butterfly chrysalis, and watched one day as a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its way out of the opening and into the world. Then it seemed to stop, exhausted, and he thought it had gotten as far as it could. He decided to help the butterfly by taking a pair of scissors, and snipping off the rest of the cocoon. The butterfly emerged easily, but it had a swollen body and small, shriveled wings. The man continued to watch, expecting that, any moment, the wings would expand and the butterfly would fly away. To fly, the wings needed to expand, and the heavy swollen body contract. But neither happened. The butterfly spent the rest of its life crawling around with a swollen body and shriveled wings, never able to fly.

In his kindness, or haste, the man didn't understand that the struggle was essential for the butterfly to fly. The tight cocoon was nature's way of forcing the fluid from the heavy body into the tissue paper wings, so the butterfly would be able to fly once it came out of the cocoon. Not to struggle crippled the butterfly as it often happens for us. In the struggle, often the very point when we think we can't do anymore, comes the gift that makes flight possible.

The struggle makes the wings for the butterfly, and for us. Your child has struggled with illness and sorrow, and you have faced all of the complicated emotions that come with that journey. You have struggled with grief and struggle with it still. We wish you the gift of flight, like the butterfly, whenever the time is right for you. We wish you the lifting of grief, with time, and the filling of your wings. We wish you the close connection between the butterfly and the souls close that when you see the butterflies this summer, and each year, your spirits may be lifted as you remember this time of transformation in your lives.

We wish you the grace of flight and transformation.

Sibling Page

Courage

By Patricia Kelley TCF, Richmond, VA

My brother died three years ago when he was seventeen years old. It was an accident when he fell while hiking in the mountains. I was fifteen and my brother was my hero. I would do anything to make him proud. When I lost him, I could have just given up. I have the courage to love people even though I know that I could lose them. I had many opportunities to just forget everyone else and lose myself. My brother was my best friend and when he died I could have, too.

I decided that he would not have wanted me to throw my life away. I try my hardest to work hard in school and live up to what his expectations would have been. I am not living just for him. I am living for myself.

A lot of people like to escape their problems by drinking or doing drugs. Alcohol and drugs only make problems worse because escaping a problem is not solving the problem. Self-respect means knowing who you are and treating yourself with dignity. I want people to look at me and to respect me. Staying in school and working to my potential is essential for respect. People cannot respect those who do not respect themselves.

As Shakespeare said, "This above all else, to thine own self be true" I do not make choices based on what the popular decision is. I base my thoughts and ideas on what I believe is right and important. I know that my brother would have been proud of me, because I made it through the most difficult time in my life, without him. I kept living when I lost the most important person in the world to me. Courage is to keep fighting even though it looks like you are going to lose. When he died, I felt the world crash down on me. Everything I ever hoped for just seemed empty. Even now sometimes it will just hit me that my

brother is gone. I have to keep on living and facing the world because that is what life is all about. Sometimes things happen that seem impossible to face.

If I do not face my problems, who will? Life is not supposed to be easy but it is not devastating either. There are so many wonderful things that happen and I have to have the courage to realize it. Life is not just a long line of problems. It is also a long line of answers. I need courage and self-respect to find these answers. I have to trust myself and my future that everything will work out. It always does. The answers to life's problems can only be found through hard work and belief in yourself. My belief in myself comes from a big brother who always had faith in me.

Because

*Because you can't feel me,
Doesn't mean I'm not there.*

*Because you can't see me,
Doesn't mean I'm not near.*

*Because you can't hear me,
Doesn't mean I don't speak.*

*Because you can't see me,
Doesn't mean I'm out of reach.*

*Because I am dead,
Doesn't mean I'm gone.*

Beth Oldani, bereaved sibling
TCF, Arlington Heights, IL



Our Children Remembered Birthdays



Evan Albertini	Son of Louis AlBertini; Brother of Christopher AlBertini	May 28
Penny Azar	Son of Michelle M. Azar & the late Diab Azar; Brother of Michelle Weidman & Jean-Pierre Azar	May 28
Christopher Barnard	Son of John & Patti Barnard; Brother of Sabrina Zaminsky; Uncle of Aiden Zaminsky	May 23
Matthew Breiner	Son of Jim & Lynne Breiner; Brother of Monica Breiner	May 05
Felicia Cook	Daughter of Herbert & Helen Cook	May 28
Kathleen Deutsch	Sister of Jane Fritchman	May 05
Heather Duh	Daughter of Ernest & Laurie Duh; Sister of Laurestine Hollie Duh	May 15
Matthew Fahey	Son of Michael & Nancy Fahey; Brother of Michael & Rob	May 30
Doug Gable	Son of Ronald & Shirley Gable; Brother of Sharon Hornyak	May 26
Mark Gery	Son of William & Catherine Gery	May 22
Jerry Green	Son of Gerald & Sandra Green; Brother of Tina & Jeremy Green; Father of Sierra Rayne Green; Fiance of AmyJo Pensyl	May 30
Jennifer Grider	Daughter of Carl & Joan Grider	May 18
Raymond Haas, Jr.	Son of Bernice Haas & the late Raymond H Haas, Sr.; Brother of Charles Haas & Linda Wronowski	May 27
Loren Holl	Son of Fern Gerth	May 31
Danielle Jones	Niece of Terry & Sherry Mertz	May 16
Colleen Kilker	Daughter of Mark & Kathleen Kilker; Sister of Meghan, Bridget & Mark Kilker	May 06
Ryan Koder	Son of Debbie Neff; Stepson of Mike Neff; Brother of Alysha Neff	May 16
Tara Koshinski	Daughter of Daniel & Mary Koshinski Sr; Granddaughter of Joanne Gordon	May 26
Edward Lehrman, Jr.	Son of Jean Lehrman & the late Edward Lehrman, Sr.; Brother of Leanne, Robyn, Michele & Debra Krauss & the late Thomas Lehrman	May 04
Sheri Meckes	Daughter of Glenn and Betty L Theodore; Sister of John & Scott Keet	May 11
Jason Melendez	Son of Pat & Lori Healy	May 17
Christa Moran	Daughter of Carl & Sandy Moran; Sister of Melissa Moran & the late Jessica Moran	May 26
Jessica Moran	Daughter of Carl & Sandy Moran; Sister of Melissa Moran & the late Christa Moran	May 26
Floyd Oswald	Son of Goldie Oswald; Brother of Gertrude Knipe, Joyce Lawrence; Darlene Marsteller & Elaine Reichenbach	May 06
Michael Potkovac, III	Son of Michael & Annette Potkovac, Jr.; Brother of Matthew, Mark, John, Denise Reichard, Michele Cuvo Potkovac & the late Donna Marie Potkovac-Roth	May 26
Christian Procopio	Son of John & Deborah Procopio; Brother of Lauren Procopio, Sheri Wilson & Dawn Weiss	May 26
Stephen Rendish	Brother of Dawn Weiss & Sheri Wilson	May 6
Michael Schondorfer, Sr	Son of Alma Schondorfer	May 10
Dean Schuler	Son of Betty Schuler & the late Lester Schuler	May 22
Jonelle Sisonick	Daughter of Rella Sisonick Daniels; Sister of Anthony & Nicholas Sisonick	May 22
Eric Sisson	Son of Daniel Sisson & Crystal Crout; Stepson of David Crout; Brother of Courtney & Logan Crout	May 09
Meredith Unger	Daughter of Kathleen Paone	May 23
Joseph Visnosky, Jr.	Brother of Grace L Ashner	May 27
Anthony Wilson	Son of Randall White	May 13

FYI - If this is your child or siblings birth month and their name does not appear in this section or there is an error, please fill out the update form on the last page (below the love gift form) and mail to the address listed



Our Children Remembered Anniversaries



Patricia Arey	Daughter of William and Elizabeth Arey; Sister of Elizabeth Ann, Barbara, Rose Marie & Elaine	May 8
Neal Balmer, II	Son of Lisa Feist ; Step Son of Charles Feist; Brother of Laura Balmer	May 9
Donna Lee	Daughter of Betty Thompson	May 9
Matthew Breiner	Son of Jim & Lynne Breiner; Brother of Monica Breiner	May 17
Michael Buss	Son of Bea Bryfogle	May 15
Kimberly Caton	Daughter of Thomas & Sydney Caton	May 2
Joseph Check	Son of Mary Check; the late Emil A. Check, Sr; Brother of the late Emil Check, Jr.	May 29
Kenneth	Son of Judy Consentino; Sister of Noreen Consentino	May 6
Heather Duh	Daughter of Ernest & Laurie Duh; Sister of Laurestine Hollie Duh	May 24
Edwin Frantz	Son of Pamela Green; Brother of Amy & Troy	May 24
Michael Fritzingler	Friend of Eunice Buskirk	May 17
Peter Gross, Jr.	Son of Peter & Fay Gross, Sr.	May 5
James "Jim" Gum	Son of Sherwood & June Gum; Brother of Deborah Martini	May 1
Lisette Hahn	Daughter of Louis & Joyce Szoke	May 3
Mark Hebdon	Son of Lawrence & Ruth Hebdon	May 15
Sabrina Hebert	Daughter of Anna Brignoni	May 26
Justin Hilbert	Son of Robert & Joan Hilbert; Brother of Ashley & Kyle Hilbert	May 26
Loren Holl	Son of Fern Gerth	May 30
Marjorie Hutton	Sister of Donald L. & Virginia Steele, Jr.	May 3
Jordon Hyndman	Son of Robin Hyndman; Brother of Shawna & Briana Hyndman	May 23
Thomas Lehrman	Son of Jean Lehrman & the late Edward Lehrman, Sr; Brother of Leanne, Robin, Michele, Debra Krauss & the late Edward S. Lehrman, Jr.	May 20
Wayne Marks	Son of Barbara Carter; Brother of Marie Greenwood, Steven Marks, & Carol Lihle	May 13
Frank Mirabile	Son of Joseph & Laura DeVito; Brother of Michael & Joseph	May 18
Christa Moran	Daughter of Carl & Sandy Moran; Sister of Melissa Moran & the late Jessica Moran	May 2
Jessica Moran	Daughter of Carl & Sandy Moran; Sister of Melissa Moran & the late Christa Moran	May 2
Teresa Mullin	Daughter of Edward & Patricia Mullin; Sister of Elizabeth, Tim, Ted Mullin & the late Susan Mullin Boyle; Granddaughter of	May 9
Cody Myers	Son of David & Denise Myers; Brother of Travis, Crystal & Benjamin Myers	May 15
Kelly Owens	Son of Judy Dorward & Douglas D. Owens	May 20
Harry Rawdon	Son of Margaret Rawdon; Brother of JettaAnn Rawdon	May 13
Allison Reboratti	Daughter of Eduardo & Barbara Reboratti	May 9
Eric Reitz	Son of Manuela Reitz; Brother of Sean Reitz	May 20
Lori Rudelitch	Daughter of Larry & Maureen Markley	May 19
Ronald Sherbaum, Jr.	Son of Ronald & Donna Sherbaum, Sr.; Brother of Daniel & Joseph Sherbaum; Father of Alexander Sherbaum	May 17
Heather Smith	Daughter of Lee and Denett Smith; Sister of Ashley Leimbach & Andrew Smith	May 14
Casey Stengel	Son of Casey & Jane Stengel; Brother of Chrissy, Sarah, Lisa & Mike Stengel	May 4
Kevin Stenlake	Son of Elizabeth Leada Stenlake; Brother of Dawn Frey	May 26
Anthony Stranzl	Son of Frank & Michele Godiska	May 20
Reeder Thatcher, Jr.	Son of Jane Thatcher & the Late Reeder Thatcher Sr. ; Brother of Timothy, Michael & Lynne	May 22
Dr. William Ueberroth	Son of Nancy Ueberroth	May 14
Joseph Visnosky, Jr.	Brother of Grace L Ashner	May 4
Joshua Wersinger	Son of David & Joanne Wersinger	May 17
Michael Widmer	Son of Mary Widmer & Steve Widmer; Brother of Suzanne Widmer	May 25



Love Gifts



There are no dues or fees to be a member of The Compassionate Friends. As members find hope and healing they often make a "love gift" to assist the chapter continue its work offering comfort to bereaved parents. The birth or death anniversary is often remembered this way. Community members also make contributions in support of the chapter. We are grateful for the following gifts:

William and Elizabeth Arey	Patricia Arey <i>Patti, you remain in our hearts forever</i>
Glenn & Ann Sensinger	Thomas Sensinger <i>In loving memory of our son, Tom</i>
Anonymous	<i>In Loving Memory</i>
Fern Gerth	Loren Holl <i>In loving memory of my son. Happy Birthday</i>
Gary and Judy Lentz	Brian A. Lentz <i>Missing you. Mom, Dad, Brother Erik & Sister Tia</i>
Bernice Haas	Raymond H Haas, Jr. <i>May 27th Birthday</i>
Anonymous	<i>In Loving Memory</i>
Thomas and Sydney Caton	Kimberly Jo Caton <i>Still the saddest day in our lives. Miss you and love you forever</i>
Ron and Shirley Gable	Doug Gable <i>Much missed son and brother of Ron & Shirley and Sharon Hornyak</i>
Albert and Joan Dixon	Alexandra Eva Dixon <i>Forever in our hearts</i>
Sherwood and June Gum	Jim Gum <i>In loving memory of our son, Jim</i>
Chet and Carol Kinsey	Joseph Westerman <i>In loving memory of my brother, Joe. We miss you "Sleepy"</i>
Margaret Rawdon	Harry Rawdon <i>I am always thinking of you and missing you. Love Mom</i>
Betty Schuler	Dean Lynn Schuler <i>Happy Birthday. Love, Mom</i>
Rabbi Yacob Levin	<i>In Loving Memory</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

The colors of life change as we go through grief. We begin black and white, then gray settles over us seeping into our pores, surrounding us, smothering us for a long period of time, then slowly the colors change, we may not even be aware of their changing 'til one day we see a rainbow and know it was meant for us.....

from "Songs From The Edge, Memoirs and Poetry" by Fay Harden

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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www.lehighvalleytcf.org



**The Compassionate
Friends, Lehigh Valley**



We Need Not Walk Alone

Mother's Day

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