



The Compassionate Friends, Lehigh Valley

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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

June 12	TCF Joint Chapter Potluck Picnic & Balloon Launch
June 13	Monthly Meeting - Sharing - Topic: Fathers Day
July 11	Monthly Meeting - Speaker - TBA
August 8	Monthly Meeting - General Sharing
August 20	Annual "We Remember Them" Butterfly Release & Remembrance Walk

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: tcfcarboncounty@yahoo.com

Easton
2nd Thursday 7 - 9 pm
Good Shepherd Lutheran Church,
2115 Washington Blvd., Easton
610-866-5468
Email: szabojanos1@verizon.net

Quakertown
2nd Tuesday 7:30 - 9 pm
St. Lukes Quakertown Hospital
1021 Park Ave, Quakertown
215-536-0173
Email: tcfquakertownchapter@verizon.net

Local Children's Support Groups

Ryan's Tree for Grieving Children (ages 5-18)

Six week sessions are offered throughout the year for children ages 5 through 18
For more information or to register contact Erin McLean @ 484-241-8043 or visit www.slnh.org/ryanstree

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

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

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New Members

Welcome new friends. We regret the cause that has brought you to our group. As fellow bereaved we offer care, compassion, comfort and a deep understanding of the pain you are experiencing. Please give us the opportunity to reach out to you by attending at least a few meetings.

Carbon County Mary Hawk - Son, Jonathan & Daughter, Lisa



Telephone Friends

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

Reminder

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 (see Page 3 for directions to the Picnic)**

All Compassionate Friends members and their families are invited to join us for our annual Covered Dish Picnic and Memorail 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

_____ 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

Chapter News

Leadership Change

TCF, Lehigh Valley is under new leadership. The steering committee which has been the governing body of the chapter will continue to guide the chapter and in addition the members of the committee will be sharing the duties of facilitating our monthly meetings. If you haven't been to a meeting in awhile we encourage you to attend.

Chapter Email Address Changes

TCF, Lehigh Valley and TCF Carbon County have new email addresses. Please note the following changes. :

Lehigh Valley's new email - TCFLehighValley@gmail.com

Carbon County's new email - TCFCarbonCounty@yahoo.com

Butterfly Release

As the weather warms and we draw closer to the day of our Butterfly Release and Remembrance walk, we'd like to remind you to get your butterfly orders in as our supply of butterflies is limited to 500 (due to federal regulations). We'd also like to note, the release committee have worked hard to reorganize the event to make it enjoyable and memorable for all our participants and volunteers while focusing on the reason we all attend - to honor the memory of our loved ones. The most notable changes to the event will be that we moved the times of the event up 1 hour, we have streamlined the event program; refreshment selections have been narrowed; no vendor sales (due to park regulations) and raffle has been replaced with door prizes. This years event will feature Refreshment sales; Door Prizes; Messages to Heaven Boards; A DJ; Guest & Sibling Speakers and of The Remembrance Walk and Live Butterfly release

We rely on our volunteers to make this event happen and are in serious need to volunteers for this years event. To volunteer please call Brenda Solderitch @ 610-837-7375

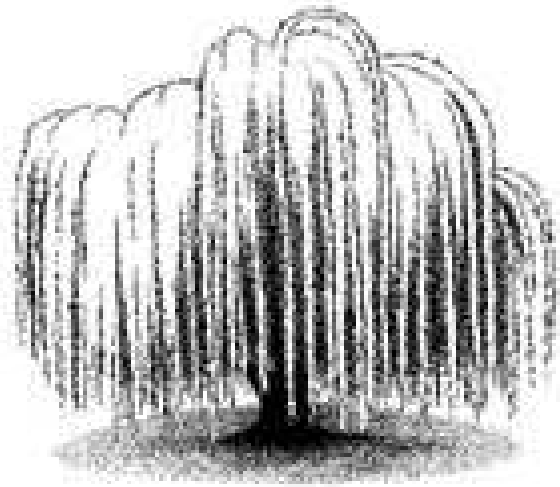
Directions to the Picnic:

From Bethlehem Area - Take Center St./ PA-512 north, to PA-946 (Community Dr) Turn left proceed 2.4 miles to English Rd turn left, continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Carbon County Area -Take PA-248 east to PA-512 (Walnut St.) turn left proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left, continue .04 miles. to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Easton Area - Take PA-248 west to PA-512 (Walnut St.) turn right, proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Wind Gap Area -Take PA-512 South to PA-946 (Community Dr) Turn right proceed 2.4 miles to English Rd and turn left, continue .04 to park entrance on right. Turn right into the park and follow the park road to the first stop sign Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion



In the Garden of Trees Stands a Willow

Author Unknown

A willow that weeps through the years,
Named aptly for heartache and sorrow
Each leaf represents one more tear.
With grace those leaves blow on soft. wind,
To remind us of our child gone away;

Yet reaches its branches toward Heaven,
With the promise we'll see them someday.
It stands in the midst of the storm tossed winds,
A tree with quiet beauty and grace,
Like our hearts, it survives
through (the worst) of it all,
And will til we see our Child's face.

In the garden of trees stands a willow tree,
A willow that weeps through the years
Just like our child, it's in God's hands,
And like us, sheds countless tears.

For Father's Day

TCF Louisville, Kan

**You have good memories...
Don't crowd them out
Think about them...treasure them
And let them bring you solace
and a measure of joy**

I'll Always Be Your Dad

By Alan Pedersen

Years have come and gone
and time has surely drifted by
I've searched for any answer
yet I'm left to wonder why
The only thing I know for sure
through the happy and the sad
No matter what the circumstance
I will always be your dad

Not a day goes by
that I don't hold you in my heart
My love reaches far beyond
this space we are apart
These empty arms remember
all the good times that we had
I may be standing here alone
but I will always be your dad

Some won't understand
so I don't bother to explain
They look into my eyes
but they can only see the pain
Afraid to look too deep
as they are blinded by the fear
If only they could know
a father's love won't disappear

So when this road gets lonely
and the journey seems too hard
And I get to feeling sorry
that I didn't get a card
If I close my eyes
I can almost hear you say
I love you and I miss you daddy
.....Happy Fathers Day
Blessings,
Alan Pedersen

The Father's Grief

By David Pellegrin, TCF Honolulu, HI

At my second meeting of The Compassionate Friends about three years ago, one of the mothers said how nice it was to see a man attending, since "men grieve differently from women."

Her remark was no doubt meant to help put me at ease. I hadn't said a thing so far, and might have been intimidating in my silence. But it caught me off guard. What I was feeling after George's death was so absolute, so awful, how could it possibly come with any "differences"? Would one grieve differently for an infant than for an adolescent? For a son than for a daughter? Surely, grief was absolute for both mothers and fathers.

Over time I came to acknowledge the differences the well-meaning mother had in mind:

- Neither I nor the other men who occasionally attended talked much; the women talked freely.
- I sensed I was better at compartmentalizing my grief than the mothers, better at keeping a lid on it socially and at work.
- My male friends seemed less comfortable talking about George, bringing up his name or even looking at his pictures than female friends.
- I came to see how intensely I felt I had let my son down as his protector, the father's primary role.

Shortly after becoming editor of my chapter newsletter, I sent a copy to my friend Jack Knebel in California. Jack and his wife, Linda, had been involved with a Compassionate Friends chapter after the death of their daughter, Hollis. He replied, "It's good to see that a man is taking an active role in the group." Then he went on to write movingly about those male-female grieving differences. The rest of his letter, which touched me deeply, follows:

. . . Several years after Hollis died, Linda and I were being trained by Compassionate Friends to be

„buddies“ for newly bereaved parents. One of the exercises was to list all the unhelpful things that others had said in trying to comfort us, so that we wouldn't make the same mistakes. The other trainees, all women, made long lists, and did it with enthusiasm. When the lists were read aloud, they nodded knowingly at every entry and eventually hooted and howled with derision at the worst (some of which were pretty bad). When it came my turn, I held up an empty page and said:

“People may have said such things to me. I just don't recall.

“What I do remember is that people tried to tell me how sad they were for us. I remember being told how much they loved Hollis and how much they cared about us. I remember one of my partners hugging me in the halls of my very stiff and proper law firm. I remember men who had never told me anything more personal than their reactions to a Giants' loss crying at our loss and their fears.

“You women are used to talking to each other about your emotions and about personal things. I wasn't and my friends weren't either. So the fact that we could do so was a great gift, and it wasn't marred in the slightest by someone's choice of words.”

Now, the shell has been broken and I find it easier to talk about my emotions, my hopes and fears, about those things that really are important. And that for me was one of Hollis' greatest gifts.

I know that even after George's death, he is a major part of your life. My guess is that you're becoming more open to the gifts that he and those who care about you are able to give.

*Yours, with compassion and friendship,
Jack*

(Winter 1996)

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**“A greater love comes from your deepest pain
And there's power in that love to help you rise again”**

From “A Little Farther Down the Road” by Alan Pedersen

Wish You Were Here

By Steve Tutt ~ TCF, Tyler, TX

You'd be nineteen if you were here
 But why you're gone still isn't clear.
 Your things are still all in your room
 As if you'd be returning soon.
 Spongebob waits there by the door.
 Your shoes are still there on the floor.

Your friends are all young women now.
 They're working jobs or college bound.
 Sometimes we see them and they say
 We miss her so, wish she had stayed.

Your boyfriend's in the Army too
 And by the way, he still loves you.
 You thought his love was not so true
 And that some other girl he'd choose.
 But near two years have passed on by
 Still to your grave he goes to cry.

Your niece and nephews miss you too,
 And talk of the things you used to do.
 Your Mother's going to be alright
 And doesn't cry so much at night.
 She puts the flowers on your grave,
 And scrapbook pictures tries to save.

And me, I'm still the same old Dad,
 The same old routine like I had.
 I work real hard to make a way
 To pay some bills and pass the day.

I'm not as funny as before
 My world's not happy anymore.
 I don't let on the pain I feel
 But deep inside the hurt is real.

Time passes by year after year,
 Life goes on with seldom a tear.
 One wish I have, a wish so clear
 My wish most of all, I wish you were here.

Dad



I sat & watched the waves come in & out.

I looked for you there, but you weren't about.

I saw a young child about your size,
 And I thought it was you, till I looked in his eyes.

I heard a strange voice call your name,
 And I thought for a second you were home again.

I went to the jetty where you used to fish;

I gazed at the stars and made a wish.

Then I closed my eyes and I heard you say,

I love you, Mommy,

but it can't be that way;

I can't come back to earth

as you know

But I will live within you

wherever you go;

For I am with God in a

place so divine

Where there is no pain,

no space and no time.

Then I opened my eyes and I walked away
 And I've known where you are since that day.

Penny Linehan ~ TCF, Morris Area, NJ

Sibling Page

GRADUATION - A TIME TO REMEMBER

I was driving down the road the other day, thinking of how the retail market makes any event an opportunity for revenue. Graduation seems to fall into that category, with cards and gifts for every Graduate. This time of year reminds me that my graduation from high school was a bittersweet time. Really, it was the first time I had "surpassed" my older brother, David, in anything significant. I turned the age that he was when he died, 18, in the beginning of my senior year of high school. That year was difficult for me, as I felt that I was getting to move past where he had been cut short. Graduation day was no exception. I was happy to be getting out of high school, and looking forward to that coming August when I would go to college. But why was I getting to do these things, and not David? What made me so special that I got to stay here and experience these things? I still am not quite sure of the answer to those questions.

Graduation from high school was really just the first of many events which I have gotten to experience that David never will. College graduation, my wedding, and the birth of my two children are examples. And for me, each event has been a bit bittersweet.

The good news is this: that while time does make it easier to bear day-to-day activities without your sibling, each major event in your life presents itself as a new opportunity to remember your brother or sister, as well. For me, figuring that out was a huge relief, as it meant that my fear of forgetting David was not something I needed to worry about any more. His memory is just as alive for me today, 15-1/2 years later, as it was when I took that walk across the stage to accept my high school diploma.

Amy Baker Ferry
Heart of Florida TCF, Longwood, FL
June 2004

REMINISCING

I thought about you today,
As I bade farewell for school.

I thought about you today,
When I heard a certain song.

I thought about you today,
As the teacher passed the test.

I thought about you today,
When the kids jumped in the leaves.

I thought about you today,
as a stranger passed my way.

I thought about you today,
When I got drenched in the rain.

I thought about you today,
As I sat in church and prayed.

I thought about you today,
When I embraced an old friend.

I thought about you today,
As the day turned into night.

I will think of you again,
When I close my eyes and dream.

Lori Phillip, TCF - Scranton, PA

*Cry when you want to
Laugh when you can*



Our Children Remembered Birthdays



Marie Albert	Daughter of Kim & Barbara Hunsicker	Jun 14
Patricia Alliston	Daughter of Glen & Peggy Wessner; Sister of Michelle, Kristy & Kyle	Jun 22
Vance Anglemyer	Son of Richard & Virginia Anglemyer ; Brother of Rick Anglemyer, Jean Smith & Rose Arace	Jun 6
Sean Apgar	Son of Randy Apgar	Jun 18
John Ashner, Jr.	Son of John & Grace Ashner	Jun 22
Sgt .Andrew Baddick	Son of Ann Adams; Brother of Elizabeth Hoherchak; Uncle of Andi Hoherchak	Jun 30
Mark Bailey	Son of Thomas & Karen Bailey	Jun 19
Sylvia Betz	Daughter of Frank & Helen J. Toth, Jr.;	Jun 10
Aaron Bissell	Son of Bob & Patti Bissell; Brother of Danielle Bissell; Nephew of Orval & Lorraine Parkhurst	Jun 17
Mathew Blickley	Son of Phillip & Susan Blickley	Jun 2
Rachael Brosky	Daughter of Jeanette Beifuss& Karl Brosky; Sister of Rebekah Brosky-Dorsey & William Brosky	Jun 9
Elizabeth Brown-Gibson, MD	Daughter of Richard J. & Marilyn Brown; Sister of Margaret Nahrganl & Eric Brown	Jun 15
Anthony Coccia	Nephew of Jane Coggins	Jun 30
Jon Conrad	Son of Erma Conrad ; Brother of Jeffrey & James Conrad	Jun 25
Brock Depew	Son of Alex and Patricia Polohovich; Brother of Troy Austin Depew	Jun 11
Nathan Deutsch	Son of Ronald & Karen Deutsch; Brother of Stephen & Derek Deutsch; Nephew of Roseann Mikalik	Jun 4
Jesse Dorward	Son of Donald & Susan Dorward; Brother of Jenelle Dorward	Jun 12
Michelle Dusza	Daughter of Steve & Darlene Dusza	Jun 7
Andrew Engborg	Son of Rick & Becky Engborg; Brother of Amanda Engborg	Jun 12
Andrew Fiedler	Son of Kathy Fiedler ; Brother of Greg Fiedler	Jun 21
Dionne Francois	Daughter of James & Denise Francois	Jun 15
Matthew Fronheiser	Son of Donna Neetz; Brother of Michael Fronheiser & Michelle Neetz	Jun 17
Peter & Paul Fry	Sons of John & Cynthia Chryst; Brothers of Jeff Fry & the late Benjamin Fry	Jun 1
Corbin Graver	Son of Keith & Audrey Graver; Brother of Karisa Graver	Jun 13
Rachael Hadinger	Daughter of Gary & Colette Hadinger; Sister of Allison Anthony	Jun 15
Christopher Harrison	Son of Jerry & Elizabeth Harrison; Brother of Andrea	Jun 7
Steven Koch, Sr.	Son of Audrey J. Koch	Jun 4
Bonnie Krause	Daughter of Josephine Leiby - Mather	Jun 22
Dylan Krum	Son of David and Lora Krum ; Brother of Gavin Krum; Grandson of Henry and Shirley Long; Grandson of Nevin Long	Jun 22
Wayne Marks	Son of Barbara Carter; Brother of Steven Marks, Carol Lihle & Marie Greenwood	Jun 19
David McHale	Son of Joseph & Mary Jane McHale	Jun 2
Michael Milot	Son of John & Patti Milot; Brother of Jill; Father of Michael Jr	Jun 30
Aaron Moon	Son of Wally & Becky Moon; Brother of Abby Moon	Jun 11
Andrew Okeson	Son of David & Sue Okeson; Brother of Katie	Jun 11
Shea Picht	Daughter of Kevin Picht;	Jun 12
Amanda Quinones	Daughter of Nancy Williams; Sister of Jorge & Anthony Quinones	Jun 6
Peter Radocha	Son of Frank T. Radocha & Lucille Radocha ; Brother of Gina Sacco & Frank Radocha, Jr.; Uncle of Mary, Peter, Paul, & Anthony	Jun 13
Nicole Reinhart	Daughter of Michael & Pamela Reinhart; Sister of Mikey & Timmy Reinhart	Jun 3
Amanda Schultz	Daughter of Mark & Patty Schultz; Sister of Ryan & Eric Schultz	Jun 18
Steven Seibert	Son of Thomas & Eva Seibert; Brother of Nick & Krista Seibert; Grandson of Eva Juhasz	Jun 27
Thomas Sensinger	Son of Glenn & Ann Sensinger; Brother of Susan Brown	Jun 14
Manya Shipreck	Daughter of Aline Shipreck; Sister of Carolina Shipreck	Jun 27
Drew Sporka	Son of Ron and Pat Sporka; Brother of Keri Markle	Jun 8
David Stewart	Son of Wilma Stewart; Brother of Tammy Scanga	Jun 30
Anthony Stranzl	Son of Frank & Michele Godiska	Jun 9
Nathan Vanderpool	Son of Jo Evans; Brother of Chester	Jun 30
Brian Virga	Son of Carol Carman; Brother of Fran Catino, Bruce Virga & The Late Christopher Carman	Jun 23



Our Children Remembered Anniversaries



Michael Angelo	Son of Marjorie Angelo & the late Frank Angelo	Jun 12
Christopher Carman	Son of Carol Carman; Brother of Fran Catino; Bruce Virga & The Late Brian Virga	Jun 8
Rachel Dallas	Daughter of Robert and Linda Dallas; Sister of Sadie Dallas	Jun 14
Louis Dax	Son of Louis & Karen Dax, Jr.	Jun 26
Denise Deiter	Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue; Mother of Danny Deiter	Jun 11
Nicole Foster	Daughter of Dirk & Christina Foster	Jun 25
Dionne Francois	Daughter of James & Denise Francois	Jun 17
Matthew Fronheiser	Son of Donna Neetz; Brother of Michael Fronheiser & Michelle Neetz	Jun 17
John Fry	Son of Cathy McDonald; Brother of Joey & Allison McDonald	Jun 14
Peter & Paul Fry	Sons of John & Cynthia Chryst; Brothers of Jeff Fry & late Benjamin Fry	Jun 1
Angelica Gonzaga	Daughter of Evelyn Gonzaga	Jun 20
Christopher Gore	Son of Rodnie Gore; Brother of Mollie Gore	Jun 8
Mary Greaser	Daughter of Lucian & Brenda Strybuc	Jun 14
Jennifer Grider	Daughter of Carl & Joan Grider; Niece of Pat MacDougall	Jun 29
Rachael Hadinger	Daughter of Gary & Colette Hadinger; Sister of Allison Anthony	Jun 8
Jill Harris	Daughter of Frederick & Patricia Andrew; Sister of Jeff; Mother of Sam & Alex Andrew	Jun 28
Troy Houck	Son of Joyce Houck	Jun 6
Frank Kerr	Son of Catherine Milano	Jun 23
Ryan Koder	Son of Debbie Neff; Stepson of Mike Neff; Brother of Alysha Neff	Jun 29
Tim Lutz	Son of Joseph & Emilie Lutz; Brother of Joseph, Jerome, Thomas Linda ,Ann & the late Ted Lutz	Jun 19
James Mante	Grandson of William and Judith Mawhinney	Jun 24
James McConnell	Son of Daniel & Wilma McConnell	Jun 12
Joseph McGouldrick	Son of Pat McGouldrick; Brother of Jennifer McGouldrick	Jun 5
Timothy Mihalko	Son of Nancy Mihalko; Nephew of David & Joan Miles; Cousin of Denise Schaffer	Jun 4
Ryan Miller	Son of Patti Miller	Jun 12
Matthew Mitek	Son of Cynthia Mitek	Jun 15
Zachery Mohney	Son of Chris Mohney; Brother of Emily Kate Mohney	Jun 14
Scott Mohr	Son of Joyce Mohr; Brother of Alane, Jeff, Sharon, Robin & Corey Mohr	Jun 2
Lisa Munjone	Daughter of Lorraine Parkhurst	Jun 11
Christine Ocelus	Daughter of Barbara Joyce Ocelus	Jun 7
Rosemary Olesh	Daughter of Rose Moxidlowski; Sister of Jean Redding; Mother of George Olesh, IV	Jun 21
Stephen Rendish	Brother of Dawn Weiss & Sheri Wilson	Jun 21
Christine Rodenberg	Daughter of Steward & Carolyn Hausman	Jun 8
Cory Ross	Son of Kathy Ross; Brother of Michael Ross	Jun 12
Demetrius Scebes	Son of Jessica Scebes	Jun 7
Justin Sheftel	Son of Elliott & Linda Sheftel	Jun 10
Kevin Simons	Son of Doris Simons	Jun 3
Eric Sisson	Son of David & Crystal Crout ; Son of Daniel Sisson; Brother of Courtney & Logan Crout	Jun 29
Amanda Thierer	Daughter of Dale & Sally Thierer; Sister of Cathi, Adam & Laura; Mother of Alana Thierer	Jun 5
Jared Thomas	Son of Sandra B. Schueck	Jun 22
Brian Virga	Son of Carol Carman; Brother of Fran Catino, Bruce Virga & the late Christopher Carman	Jun 9
Michael Yeakel	Son of Albert & Sandra Yeakel; Brother of Pam Heydt & Mark Yeakel	Jun 14
Craig Yurick	Son of Robert & Sharon Yurick; Brother of Todd Yurick	Jun 21
Richard Zellner	Son of Lester & Judith Zellner, Jr.; Brother of Vicki Stelzer; Jacqueline George & Lindsey Teman	Jun 8



Love Gifts



Harry and Janice Hess

Jessica & Amy Hess
In Memory

John and Grace Ashner

John Ashner, Jr.
We love you and miss you very much. Mom & Dad

Fred and Pat Andrew

Jill P. Harris
Our beloved Daughter, Sister and Mother. Love Mom, Dad, Jeff, Sam & Alex

Aline Shipreck

Manya Victoria Shipreck
Love, Mommy & Carolina

Ann Sensinger

Thomas Sensinger
In loving memory of our son

Anonymous

In Loving Memory



Donations & Contributions



We thank the following for their thoughtfulness and generosity

🦋 *Sacred Heart Hospital for our meeting room & beverages* 🦋

🦋 *Contributions from the Employees of Giant Food Store at Village West Shopping Center, Allentown* 🦋

🦋 *United Way Payroll Donation Contributors* 🦋

🦋 *Mary Ann Donuts for our meetings treats* 🦋

🦋 *Mr & Mrs David Petzold* 🦋

When Grief is New Reminders

by Mary E. TCF, Valley Forge, PA

Try not to imagine the future, take one day at a time. Allow time to cry, both with loved ones and alone. Don't shut others out from your thoughts and feelings. Share these difficult times. You may grow closer for it.

Be realistic with expectations for yourself, family, and friends., When a good day comes, relish it. Don't feel guilty and don't get discouraged because it doesn't last.

Take care of yourself, rest even if you don't sleep. Help your body to heal as well as your mind. Share your feelings with others at TCF meetings and let them share with you. You will find that as you begin caring about the pain of others, you will start to come out of your shell, a very healthy sign.

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)

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Trexlerstown, PA 18087-0184

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www.lehighvalleytcf.org



We Need Not Walk Alone

FATHER'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