



The Compassionate Friends, Lehigh Valley

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

JULY 2011

Email: TCFLehighValley@gmail.com

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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

July 8th	ORDER DEADLINE FOR BUTTERFLY RELEASE & REMEMBRANCE WALK
July 11	Monthly Meeting - General Sharing
Aug 8	Monthly Meeting - General Sharing
Aug 20	8th Annual Remembrance Walk & Butterfly Release

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.slhn.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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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.

Thank you, Your Editor



Visit our Facebook Page

Keywords: The Compassionate Friends, Lehigh Valley

Keep current with the chapter events and meetings by checking out our facebook page. Our page also includes a photo gallery of "Our Childre" To add your child's picture send a Jpeg photo to: TCFNewsEditor@gmail.com. In the future we hope to add discussion boards and daily quotes to the page

Chapter News

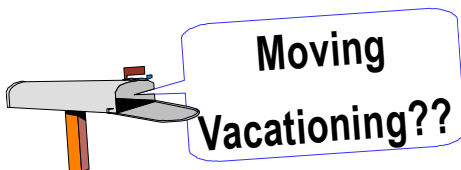
TCF Picnic and Balloon Launch: 35 members of the Lehigh Valley, Carbon County And Easton chapters turned out on Sunday June 12th for our annual covered dish picnic and remembrance balloon release. We enjoyed a variety of delicious homemade food and no one went home hungry. After everyone had a chance to write a personal note to their loved ones on their balloons and a poetry reading we released our balloons in unison and watched as they floated gently up to heaven.

8th Annual Butterfly Release & Remembrance Walk: The July 8th deadline to order is fast approaching. Our supply is limited and no butterflies will be sold at the event. If you wish to participate and not returned your order form yet, please do so as soon as possible. Additional order forms can be downloaded from our website: www.lehighvalleytcf.org. Please see page 3 for further information about the event.

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.

8th Annual "We Remember Them" Butterfly Release & Remembrance Walk

Saturday, August 20th (Raindate Sunday Aug. 21st) 11 am - ?

Bob Rodale Cycling & Fitness Park, Trexlertown

Walk registration - 11am; Walk start 11:30; Butterfly Pickup - 1pm immediately followed by the program & release

Order Deadline - JULY 8 Or While Supplies Last

We cannot process butterfly orders postmarked after July 8th.

Walk Registration - \$15.00 per person, PREREGISTRATION SUGGESTED. Each \$15.00 walk registration includes an event t-shirt (T-shirts are only guaranteed to those that pre-register). Registration/T-Shirt pickup begins at 11 am, the walk starts at 11:30 am. A Bagpiper plays as we begin our walk. If you're unable to attend you may purchase t-shirts & we will ship (fro a fee) them to you

Memorial Butterflies - \$10.00 each. PREORDER ONLY 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 release our butterflies in unison. Note: If you plan to transport butterflies for release elsewhere, please remember to bring a small cooler. If you are not able to attend we can release your butterfly for you.

Additional event features: DJ will be playing memorial music; "Messages To Heaven" boards for you 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 own your lawn chairs or blankets for seating.

Needed for the Event... Volunteers & Homemade Baked Goods (Please bring to the food area by 11:00 am)

For more information or to volunteer call:

Kathy Collins 610 837-6393 or Brenda Solderitch 610 837-7375



BUTTERFLIES AND RAINBOWS

You came to me on a butterfly's wing so very long ago.
What God had in His plan for us how could we possibly know.
I watched you laugh and play and dream as you grew into a man.
How beautiful you were to me as you chased rainbows in the sand.

It's incomprehensible to think that you have gone away.
And you won't be coming back again not even for a day.
Two years have come and gone since then and the sun still rises in the sky.
Butterflies and rainbows still exist and I have stopped asking why.

Your light shines brightly in my heart and always will my dear.
You are with the rainbows there and I'm with the butterflies here.



Robyn Bell, TCF Valley Forge, PA

Summer Thoughts

By Libby Gonzalez, TCF Huntsville, AL

Summer is a time when things naturally slow down, a time when many are waiting for the orderly routine of their lives to begin again. For those of us in grief whose lives are already in limbo, it can seem endless if we let it. Seeing children, babies, and teenagers is not easy for us, and we see them everywhere from shopping centers to beaches. Everyone is out living, loving, enjoying carefree activities with their children, and we want to scream, "It's not fair!" I was sitting on my patio one evening at dusk recently listening to the shouts of children playing, and I was crying as I remembered the sounds that my child used to make. I became very depressed as I thought what a long summer this was going to be.

In my reverie, I was reminded of a recent comment that I had heard at a TCF meeting: "My child was such a loving, giving person. He would not want me to waste my life being bitter." I also remembered a good friend telling me to "count my blessings" and naming all the things I had to be grateful for. I was furious at that time. Nothing I had to be grateful for could compensate for the fact that my child was dead.

Now, sitting in the twilight of this early summer evening, I began to see things differently. I determined that this summer would not be an eternity: I would not let it be. I decided first of all to stay busy. I know I can find plenty to do if I only take the time to look. I am also going to try to enjoy the simple things that used to give me so much pleasure, like flowers, and working in my garden. I then decided to try to be truly grateful for the blessing that I have, like my husband, my surviving children, my job, friends, etc.

It has been almost five years for me, and I know that last year this would not have worked. Of course I still have times of sadness; I know I always will. But I have decided that in the process of grieving we close so many doors, the only way to recovery is to reopen them gradually at our own pace.

I know I will never be the same person I was before the death of my child, but I hope eventually in some ways I will be a better person because suffering can be beneficial if we learn and grow through it. A year ago I didn't feel that way, and I know I still have a long way to go, but in the meantime, I know the greatest tribute to my child will be to enjoy this summer as he would have done.

4TH OF JULY

As our country celebrates Independence Day we are reminded of a nation which stood strong through many a crisis; which refused to give up or in; and today stands tall and strong because of her convictions.

As Americans we know the truth in the motto-- "No gain without pain." Those of us who are not newly bereaved know that this motto also applies to our suffering for many of us have found a deeper appreciation of life through our tragic experience. Priorities have also been rearranged for we have learned what things are most important.

It did not come easy, my friend, but with the courage and determination that being an American has taught us. So, my newly bereaved friends, stand tall and do not give up.

You can claim YOUR "Independence" from grief, too.

TCF Camden County Chapter Audubon, NJ newsletter

THE BUTTERFLY



The pain lessens and we begin to heal as we work through the grief process, we begin to see a ray of light -a little color. Some of the weight is removed. We break open our cocoon and begin to reach out ever so slightly and touch life again, just to see if it will hurt too much. As we discover the brighter days and brilliant colors of life we become more like a butterfly. We are free to once again be a part of life, and we can move about more easily and begin to take some nectar from life.

Source: www.groww.org

BIRTHDAYS....

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

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

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

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

*I can complain because rose bushes have thorns
or rejoice because thorn bushes have roses.*

Author Unknown



HEALING VERSUS RECOVERY

By: Birdie Tracy, TCF Shoreline Chapter, CT

I have heard the term "recovery" and "healing" used interchangeably to refer to the goal of processing grief. I would like to propose the idea that recovery carries with it the assumption of an injury or illness and that when the necessary repair has taken place, the person will return basically to the same person he was previous to the injury or illness.

When a child dies, there is, indeed, an injury of massive proportions. All systems - physical, mental, and spiritual - are affected. There is physical pain, emotional retching, spiritual upheaval, and struggling. All this may be occurring simultaneously. Though there may not be bleeding in the physical sense, there is emotional hemorrhaging. The body and psyche are in crisis. Bereaved parents are often unable to eat; they may experience sleep disturbances and disorientation. Believe it or not, all these reactions are normal. Grief is a normal part of life. This is not a mental illness or some chemical imbalance of the brain. What is not normal is to experience the death of a child. The major difference

between recovery and healing is that the goal is not to return to who we were before our child died. That goal is impossible to achieve. To continue to try to achieve a goal of recovery is to assume that life will be basically the same with a few minor adjustments. We'll set one less place at the table, buy less food, feel sad on holidays, cry a bit more. Our lives have been permanently and irrevocably changed, but that we are, in fact, becoming different people. The becoming is the healing.

During this process, we examine every facet of our lives and our belief systems. This is a journey, not a "repair". By living through this journey, we become different people. True, we may basically look the same, but we are not the same as before our child died. We look at life in a new way. Our interests change and our priorities change. We will never look at a child the same way again. We will have a new and deeper level of understanding and compassion for those experiencing pain -- all kinds of pain. We have a different understanding of spirituality. We ourselves feel new and different. We carry some of the old person with us through the healing process, but we emerge different. We are healed, not recovered.



Hope for the moment

There are times when it is hard to believe in the future, when we are temporarily just not brave enough. When this happens, concentrate on the present.

Cultivate le petit bonheur (the little happiness) until courage returns. Look forward to the beauty of the next moment, the next hour, the promise of a good meal, sleep, a book, a movie, the likelihood that tonight the stars will shine and tomorrow the sun will shine. Sink roots into the present until the strength grows to think about tomorrow.

Ardis Whitman, Reader's Digest

Sibling Page

The following is a response sent to Ann Landers by Dawn Morville Johnson, sibling representative on the TCF National Board of Directors.

Dear Ann Landers:

As a bereaved sibling, I was disappointed in your response to "Anonymous in Raleigh, N.C.," who asked whether it would be appropriate to send her parents a card on the anniversary of her brother's death. You advised her not to send a card, but to take her parents to dinner "with no mention of the sad anniversary."

Bereaved parents will tell you that the one thing they want to do is talk about their child. Ignoring the anniversary of a child's death is the same as ignoring the child's birthday: it makes bereaved parents feel as though their child did not exist. Many bereaved parents have told me that their surviving children will not talk about their brother or sister who has died. Often this is because they are afraid of upsetting their parents. However, bereaved parents yearn to hear their children mention the dead child's name. "Anonymous" should be encouraged in her efforts to remember the anniversary of her brother's death by sending a card to her parents.

On the anniversary of my brother's death, I send a special card to my parents to tell them that I am thinking about them and remembering my brother. We open our hearts to each other and share our memories of him and how much we miss him. We also put flowers on his grave that day and have flowers on the church altar in his memory on the Sunday closest to the anniversary of his death. In other words, the day is not like any other day, so I don't treat it as such. My life and my parents' lives changed forever the day he died. Making no mention of it would only be another tragedy.

from TCF Southern OR Online Newsletter

Did you know: You need to rip up sheets to make a kite that flies?
 That you cannot build a fort without a tree with Y's?
 That matchbox cars run better when they are full of paint?
 Or if you hold your breath too long, you probably will faint?

Did you know: A baseball bat makes a terrific gun?
 And yes, an egg can really fry when left out in the sun?
 And cardboard boxes seem to make the most terrific trains?
 And you can swim in puddles after gentle summer rains?

Did you know: That baseball cards clipped upon your bike
 will make the clicking noise that parents never like?
 A crab trap can be used to catch most exquisite birds?
 And Pig Latin serves to provide a private world of words?

Did you know my brothers?
 They died a few years back.
 They taught me all these marvelous things
 that sometimes sisters lack.

Kathi Guthrie, TCF Cape May County, NJ



Our Children Remembered Birthdays



Megan Benninger	Granddaughter of Betty Thompson	July 21
Joseph Chanitz	Son of John & Ruth Chanitz	July 16
Sarah Davidson	Daughter of Dean & Donna Davidson, Sister of Nicholas Davidson	July 10
Louis Dax	Son of Louis & Karen Dax, Jr.	July 14
Denise Deiter	Daughter of Franklin & Lucille Reinhard, Sister of Cheryl Ann McCue, Mother of Danny Deiter	July 03
Darlene Fitch	Daughter of Gloria & the late Harold Fitch, Sister of Diane Lehr & Gary Fitch	July 20
Robert Freudenberger	Son of Nola Freudenberger	July 17
Kelly Gallagher	Daughter of Tom & Sherry Gallagher	July 14
Diane Gross	Daughter of Peter & Fay Gross, Sr.;	July 27
Tammy Hayes	Daughter of Steve & Cindy Robertson	July 29
Shawne Haymaker	Son of Cynthia Shimko, Brother of Megan Haymaker	July 03
Sabrina Hebert	Daughter of Anna Brignoni	July 30
Dean Hess	Son of Dale & Joanne Hess, Brother of Lisa Hess	July 31
William Kerr	Son of Catherine Milano	July 02
Michele Koch	Daughter of Frank & Mary Ann Koch, Sister of Bridget & Rachel Koch, Aunt of Frankie & Devin Koch	July 19
Mitchell Lloyd	Son of Sandra Lloyd, Brother of Randy, Douglas & Fran Lloyd	July 27
Michael Longyore	Son of Charlotte Longyore	July 06
Joseph McGouldrick	Son of Pat McGouldrick, Brother of Jennifer McGouldrick	July 24
Ed McNally	Son of Don & Connie McNally, brother of Sean McNally	July 29
Rey Nino	Son of Reynaldo and Janet Nino	Jul 20
Buddy Pearson	Son of Bob & Shelly Garst, Grandson of Loretta Ross	July 12
Bradley Peters	Son of Robert & Anne Peters, Jr. , Brother of Jessica Mohn & Morgan Peters	July 22
Eric Reitz	Son of Manuela Reitz, Brother of Sean Reitz	July 11
Cory Ross	Son of Kathy Ross, Brother of Michael Ross	July 24
Nancy Salezze	Daughter of Yolanda & the late Dino Salezze, Sister of Patrice & Richard Salezze	July 19
Marvin Schmoyer, Jr.	Son of Marvin & Fay Schmoyer	July 1
Ronald Sherbaum, Jr.	Son of Ronald & Donna Sherbaum, Sr., Brother of Daniel & Joseph Sherbaum, Father of Alexander Sherbaum	July 17
Jeanmarie Siedlecki-Moyer	Daughter of Monica Siedlecki, Sister of MaryAnn, Michele & Joey Siedlecki	July 30
Christopher Stasurak	Son of Paul & Adrienne Stasurak	July 10
Casey Stengel	Son of Casey & Jane Stengel, Brother of Chrissy, Sarah, Lisa & Mike Stengel	July 22
Kyle Strohl	Son of Ron & Gail Strohl, Brother of Jennifer Grimes	July 10
James Thompson	Son of the late C. Douglas "Doug" Thompson	July 31
Richard Zellner	Son of Lester & Judith Zellner, Jr., Brother of Vicki Stelzer, Jacqueline Scheetz & Lindsey Teman	July 22

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



Megan Benninger	Granddaughter of Betty Thompson	Jul 21
Timothy Bogart	Son of Nancy and Bill Bogart; Brother of Ryan Bogart & Katelyn Bogart	Jul 4
Thomas M. Booth	Son of Tom & Ginny Booth	Jul 8
David Brister	Son of Earl and Nesta M Brister	Jul 11
Sarah Davidson	Daughter of Dean & Donna Davidson; Sister of Nicholas Davidson	Jul 10
Sheila DeBoer	Daughter of Barbara DeBoer & The late Henry DeBoer; Sister of Leslie & Cory DeBoer	Jul 27
Brian DeLong	Son of Lenny & Linda Fritzingler	Jul 4
Mark Dilts, Jr	Son of Mark & Joy Dilts; Brother of Beth Dilts	Jul 8
Alexandria Dixon	Daughter of Albert & Joan Dixon	Jul 31
Eric Fenstermacher	Son of Rick & Kathleen Fenstermacher; Brother of Heather Fenstermacher	Jul 31
Aline Filippone	Daughter of Aline Filippone	Jul 29
Sgt. Christopher Geiger	Son of George & Patricia Geiger; Brother of Michael, Terrance, David & Timothy Geiger & Roseanne Reenock	Jul 9
Eric Graver	Son of Mary L Graver	Jul 9
Tammy Hayes	Daughter of Steve & Cindy Robertson	Jul 2
Dean Hess	Son of Dale & Joanne Hess; Brother of Lisa Hess	Jul 22
James Hotz	Son of James & Elizabeth Hotz	Jul 4
Allan Itterly	Son of Richard & Jeanette Itterly; Brother of Albert & James	Jul 8
Gayle Kerchner	Daughter of Theresa Kerchner	Jul 9
Colleen Kilker	Daughter of Mark & Kathleen Kilker; Sister of Meghan, Bridget & Mark Kilker	Jul 23
Dylan Krum	Son of David and Lora Krum; Brother of Gavin Krum; Grandson of Henry and Shirley Long; Grandson of Nevin Long	Jul 15
Michael Longyore	Son of Charlotte Longyore	Jul 30
Chad Magyar	Son of Louis & Dorothy Magyar; Brother of Jason & Christopher Magyar	Jul 29
Tiffany Mellor	Daughter of Josephine Coco, Sister of Crystal Dearing, Amanda Rosado & Kimberly Kirkland	Jul 5
Doreen Meyers Ortiz	Daughter of Terry & Angeline Meyers; Sister of Dwayne T. Meyers	Jul 13
Amanda Mohr	Daughter of Beverly Mohr & Rodney Mohr	Jul 22
Jamal Pongracz Jr	Son of Jamal & Jennifer Pongracz; Brother of Mark, Giovanni, Angel & Alexis	Jul 26
Valeri Powers	Daughter of Barbara Taranto; Sister of Stephen, Raymond & Gerald Taranto	Jul 31
Peter Radocha	Son of Frank Radocha & Lucille Radocha; Brother of Frank Radocha, Jr & Gina Sacco; Uncle of Mary, Peter, Paul & Anthony	Jul 1
Evan Schmidt	Son of Michelle Schmidt	Jul 15
Marvin Schmoyer, Jr.	Son of Marvin & Fay Schmoyer	Jul 12
Debbie Secero	Daughter of Donna Stiener; Sister of Louis Secero & Michelle Petrillo	Jul 7
Marty Secero	Son of Donna Stiener; Brother of Louis Secero & Michelle Petrillo	Jul 9
Larry Shunk	Son of Betty Thompson	Jul 21
Zachary Smith	Son of Steven and Tammy Wessner	Jul 9
Matthew Snyder	Son of Robert & Elizabeth Snyder; Brother of Megan & Jesse Snyder	Jul 10
Christopher Stasurak	Son of Paul & Adriane Stasurak	Jul 10
Deborah Steele	Daughter of Donald L. & Virginia Steele, Jr.	Jul 2
Benjamin Thomas	Son of Kathy Thomas; Brother of James Thomas	Jul 13
Travis "Bo" Tkach	Son of Jim & Sandi Tkach; Brother of Tristin & Tyler Tkach	Jul 20
Eric VanArman	Son of John & Kathy VanArman; Grandson of Bertha Eyler	Jul 14
Robert Walker	Son of Bernice Walker	Jul 21
John Weber	Son of Oliver J and Marilyn L Weber	Jul 22



Love Gifts



Jim & Lisz Hotz	Jimmy Hotz <i>Jimmy, we miss you more every day. Love Mom & Dad</i>
Jim and Lynne Breiner	Matthew J Breiner <i>In Loving Memory</i>
Pamela Green	Edwin David Frantz <i>In Loving Memory</i>
Richard and Susan Storat	Keith D. Storat <i>In Loving Memory</i>
Elwood and Shirley Rush	Elwood James Rush <i>In Loving Memory</i>
Dolores Kulik	Richard J. Kulik <i>In Loving Memory</i>
Kermit & Faye Nester	Tara Marie Stauffer <i>In Loving Memory</i>
Pamela Fehnel	Chad Bruce Wagner <i>In Loving Memory</i>
Charles and Charlotte Antler	Susan Antler & Christopher Antler <i>In Loving Memory</i>
Jane & Terry Croslis	Todd Croslis <i>In Loving Memory</i>
Loretta Ross	Buddy Pearson <i>In Loving Memory</i>
Charlotte Longyore	Michael D. Longyore <i>In Loving Memory</i>
Delphin and Sylvia George	Dean Allen George, Sr <i>In Loving Memory</i>
Dick and Peg Fegley	David Fegley <i>In Loving Memory</i>
Bruce & Patricia Balliet	Ryan Balliet <i>In loving memory of our son, Ryan Balliet. Love Mom & Dad</i>
Kim & Barb Hunsicker	Marie Lynn Albert <i>In Loving Memory</i>
Robert and Anne Peters	Bradley Peters <i>Remembered with Love</i>
Lucille Radocha	Peter A. Radocha <i>19 years. So much has happened, but missing you remains the same</i>
Beverly Mohr	Amanda Mohr <i>You are never not on my mind, I miss you so much. Love Mom</i>
Josephine Leiby	Bonnie Krause <i>In Loving Memory</i>
Ann Sensinger	Thomas Sensinger <i>In loving memory</i>
Frank & Lucille Reinhard	Catherine Ann Mertz & Denise Lynn Deiter <i>In Loving Memory</i>
Joanne Hess	Dean Hess <i>Love you Dean, Mom & Lisa</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
 Barbara Whelan

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



**Butterfly Release &
Remembrance Walk**
August 20th
Order Deadline
July 8th



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