



The Compassionate Friends, Lehigh Valley

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

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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

Aug 8	Monthly Meeting - General Sharing
Aug 20	8th Annual Remembrance Walk & Butterfly Release
Sept 12	Monthly Meeting - General Sharing

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)

Counselor, Jeanette Laube, MA is available to facilitate a children's bereavement group, as needed. Meeting day, time & place coincide with TCF, Lehigh Valley monthly meetings, allowing TCF members to attend the adult meeting while their children (ages 5-13) attend the children's bereavement group. The group is run as needed, to register for the group or get further information contact Jeanette @ 484-515-4077 You may call up until the morning of the day of the meeting

TCF Online Support Community www.compassionatefriends.org

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

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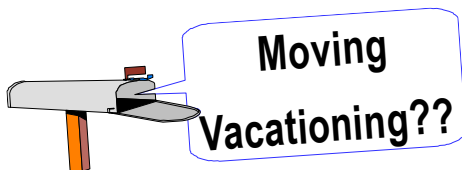


Keywords: The Compassionate Friends, Lehigh Valley

Newsletter Submissions, Errors, Etc...

Submit articles and poetry to the editor by the first of the proceeding month. Include the author's name & your contact information.

In the case of any errors or omissions, please notify me and I will try to make corrections in the following edition.



The Post Office does not forward or hold bulk mail, it is returned to us at our expense. So, please inform us before moving or having your mail held.

Events & Announcements



September 17, 2011

**American Foundation for Suicide Prevention
Out of the Darkness Community Walk**

Hometown Farmers Market
Registration 1 pm, Walk Starts at 2 pm

Help raise awareness and funds for research, education and survivor support.

For more information, contact Ann Marie Calabrese @ 570-668-6450 or email: guru@stuckradio.com

Information also available @ www.outofthedarkness.org



October 12, 2011

TCF Basket Bingo

Northampton Community Center

Doors open at 5pm, Games start at 7 pm

Turn out to support the Lehigh valley chapter and try your luck at winning some great filled baskets, specials, Chinese auction and 50/50 drawing. Food and beverages available for purchase

Proceeds benefit The Compassionate Friends, LV

For information or tickets contact Dawn DeLong @ 610-838-7924

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 Randy & Karen Flexer - **Son** - Brett Michael Flexer
- Carbon County Toni Allesch - **Son** - Nicholas Alexander Allesch
- Carbon County Brian & Amy Erbe - **Son** - Russell "Rusty" William Terry
- Lehigh Valley Donald Forman - **Son** - Wayne Casey Forman



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
Addiction	Nancy Howe	484-863-4324
Addiction / Sibling Grief	Melanie Howe	484-863-4324
Carbon County	Doris Rothermel	610 767-4877

8th Annual “We Remember Them” Butterfly Release & Remembrance Walk

August 20th (raindate: August 21st)
Bob Rodale Cycling & Fitness Park, Trexlertown

We thank everyone that registered to walk and purchased butterflies for this years event!
We are still in dire need of Volunteers. Please consider lending a helping hand and call Brenda
@ 610-837-7375 to volunteer

- 🦋 **Remembrance Walk: Walk Registration/ T- Shirt** pick up begins at 11am - *same day registrations are welcome, but as previously noted we can only guarantee T-Shirts to those that pre- registered*
- 🦋 **Remembrance Walk** will begin at 11:30 am
- 🦋 **Live Butterfly pick up** begins at 1pm
- 🦋 **The Memorial Program** will commence immediately after all butterflies are distributed, followed by Butterfly release
- 🦋 If you plan to take live butterflies with you remember to bring a small cooler, some newspaper or small towels and ice (sealed in a plastic zipper bag) or an ice pack. *Instructions for transporting will be given at the event.*
- 🦋 **In case of rain** please call the office phone 610 820-4004, or facebook page for postponement info.
- 🦋 **The “Messages To Heaven” boards** will be set up near the pavilion for you to write messages to your loved ones
- 🦋 **TCF “ FOREVER IN MY HEART” Wristbands** will be on sale by the Easton Chapter
- 🦋 **A variety of delicious food** , baked goods and refreshing beverages will be available for purchase
- 🦋 **The DJ** will be a music specially selected for the event throughout the day
- 🦋 **Tents** will be set up for shade, Please bring your lawn chairs or blankets
- 🦋 **To Donate Homemade baked goods:** Please bring individually wrapped items to the food area (before 11 am).
- 🦋 **Any remaining T-Shirts, Programs** and Name lists we have after the event will be available at the September meeting
- 🦋 **For Additional information call: Kathy** 610-837-6393 *or* **Brenda** 610-837-7375

Like the Butterfly

It fluttered there above my head,
Weightless in the soft breeze.
I reached up my hand,
It lit upon my finger.
Waving glistening wings together,
It looked at me for timeless moments.
I smiled, and reached deep
Finding all those cherished memories.
As it flitted off through the sunlit morning,
I knew we had said hello
Once more.

Leslie Langford, TCF, North Platte NE



Guilty as Sin

A father's supposed to shield and protect
his children from harm.

Because of this I've tortured myself
facing up to the fact

that my child is dead and I'm still alive.

Was it punishment for some long past sin?

Why didn't I warn him? I should have known.

I might have prevented it if I had been there.

At least he wouldn't have died alone.

At rare times when I laugh,

I'm full of shame for having fun.

I can easily see that logically I am not to blame,

but I can't convince my psyche and me.

In times of reflection I wonder why,

if God can forgive me, then why can't I?

*Dr. Richard A. Drew,
in "Rachel's Cry—A Journey Through Grief"*



Memories

When a child dies our memories are held tightly
with lots of pain, just like the tightly folded petals of
the rose bud with the many thorns to stick and prick
causing pain.

As we talk about our child and share memories with
others, we begin to open ourselves to healing as the
rose petals start to open ever so gradually.

Just as a rose becomes more beautiful as it blos-
soms, so do the memories of our child!

Yes, the thorns are still there and will hurt when
touched, but oh how beautiful the rose and oh, how
beautiful the memory of our children!

Share the memory of your child so that memory can
start to bloom to become as beautiful as a rose.

Julie Timmerman, TCF, Tulsa, OK



I Would if I Could

I would if I could, sing my song of love for you with
the voice of a golden-throated song bird, each per-
fect note made soulful by haunting harmony.

I would if I could, build a monument of love so
magnificent that it would dwarf the Grand Canyon
and outlive the tombs of Tut and Cheops. It would
glisten white in a midday's sun and shimmer in the
pale light of a May full moon.

I would if I could, paint a picture of love with bold
strokes...with paints that hint of pride and happi-
ness and admiration. The hues would stain the can-
vas as the brush adds the texture... guided by my
love for you ...a masterpiece.

I would if I could.. .but I can't. But what I can and
will do, is live my life in such a way as to reflect the
love I have for you. I appreciate life and love so
much more because of you, and I will be tender
and attentive, supportive and loving, grateful and
joyous... all because you have touched my life in
just this way, my son.

And I hope that people will be able to see you
through me, and that I may touch them as you
have touched me. I love you, my son. I miss you,
my son, and you will live forever... in me.

--*Quinino J. Galvez, TCF Central Coast, CA*

*When a parent dies, you
lose your past;*

*When a child dies, you
lose your future*

Author Unknown

How many children do you have?

By Mary Cleckley, TCF Lawrenceville, GA

Shortly after my son died, I realized that this question was going to be bothersome. Each time someone asked me about the number of children, I struggled with the answer. I soon decided I was not going to let this become a problem. I thought about how I felt about my choices of answers and chose the one that met my needs in the beginning. I had a surviving daughter, but I knew for me to say "one" would seem denial on my part that my son had lived, and that wasn't right for me.

In the beginning, when I still needed to tell people that my son had died, I would tell in detail about his accident when the question about how many children came my way. As the months passed and I had told the story enough times, I found that it wasn't necessary to go into detail anymore.

My needs had changed, and I rethought my answer.

Now, when I am asked how many children I have, I answer, "I had two children." The criteria I use in determining if I go any further is whether the person asking is going to be a continuing part of my life. If so, they need to know about my son, and I tell them. Otherwise, we will be constantly dancing around that fact. Better, I think, to have it out in the open. It then loses its ability to interfere with the relationship.

If, on the other hand, the person asking is simply passing through my life, then I feel no need to go any further than, "I had two children." Seldom does anyone catch the had, instead of have, and pursue it. If they do, or if they ask follow-up questions about ages and professions, I tell them first that my 26-year old son was killed in an accident. Then I tell them about my daughter. I am comfortable either way. If they are embarrassed, I see that as their problem. Just to show you how different we all are, however, my husband feels comfortable answering, "We have one child." That is what is right for him, and that is what he should say.

You decide what is right for you – then say it. That way you defuse that powerful question and it loses its ability to traumatize. Don't let it be a problem.

If Only They Knew

By: Jan McNess, TCF Victoria, Australia

If only they knew that when I speak of him, I am not being morbid. I am not denying his death, I am proclaiming his life. I am learning to live with his absence. For 26 years he was a part of my life, born, nurtured, molded and loved; this cannot be put aside to please those who are uncomfortable with my grief. If only they knew that when I sit quietly, apparently content with my own company, I am not self-indulgently unhappy, dwelling on things which cannot be changed; I am with him, I am seeing his face, hearing his voice, remembering laughter, recalling his excitement and joy in life. Please allow me this time with him as I do not begrudge you your time with your children.

If only they knew that when I sometimes weep quietly, it's not in self pity for what I have lost; I weep for what he has lost, for the life he loved, for the music which filled his very being, ... for the poetry which moved him to tears, for the beauty about him that daily fed his soul, for the exhilaration and excitement of flying the skies, of searching for his God in the vast space of the universe. For all that he loved and lost, I cry.

If only they knew the feeling of deep grief, the emptiness, the dull pain, the endlessness of death, if only they understood the insanity of the platitudes so freely spoken: "time heals.. you'll get over it," "it was for the best... God takes only the best," and realized that these are more an insult than a comfort, that the warm and compassionate touch of another means so much more. If only they knew that we will not find true peace and tranquility until we try to stand in the shoes of others. If only they knew that we will not be understood until we learn to understand compassionately, and we will not be heard until we learn to listen with hearts as well as minds.

A Treasure by Paul Irion Savannah, GA

If life went on the same without the one who died, we could only conclude that the life we here remember made no contribution, filled no space, meant nothing. The fact that this person left behind a place that cannot be filled is a high tribute to this individual. Life can be the same after a trinket has been lost, but never after the loss of a treasure.

Grief

by Sheila E Lipsay

Grief envelops me, holding me ever so tight
I don't know how I'll make it through this night.

Grief follows me each and everyday
No matter how I duck and dodge,
I can't seem to get out of its way.

Grief calls on me, knows me by name,
Never letting me forget that
Things will never be the same.
Grief speaks to me at unexpected times
It doesn't give me a forewarning, hint or sign.

It sends its friend called, Loneliness
To rob me of my sleep,
And gives me tears
That cause me to weep, and weep, and weep.
It sends along Hurt and Pain
As constant reminders that
Life without you will never be the same.

Grief robs, cheats and destroys
I don't think I can stand this Grief much more.
Grief leaves me with emptiness
Where love used to be
Reminding me that never again
Will I see you smiling at me.

Grief says to me
That you'll never again come home
I'm so unhappy and all alone.

Lord, help me,
For I'm going down fast
Show me that one day this too shall pass.

Show me once more, Lord
That love does transcend,
That even Grief
Can't bring love to an end.
Show me, Show me right away!
Because Grief is waiting to attack me
As I start a brand new day.

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Summer Time, Vacation Time, Family Time

I'll bet you never dreamed that there would ever be a time in your life when you would not welcome vacation from work.., and the day-to-day hassles of routine living. It's probably a shocker to you that the slow pace of summer, cookouts, softball games, etc., are now a nightmare. Everywhere we go, there are kids out of school enjoying their leisure time, and our bodies jolt as we search for our own absent child who enjoyed this time of the year with a passion!

Surrounded by summer fun, a bereaved parent needs only look around and there are painful memories at every corner. When we are faced with all the living, loving, happy families with their children, the anger boils within and we feel very cheated. And this year we are afraid to go back to the beach cottage we've visited every year, or to the favorite mountain retreat where we laid around for a week and relaxed, or the amusement park where the kids had to ride every ride and see every attraction, no matter what the temperature was. Yes, fear of our memories, fear of too much time to think, fear of too many kids, fear of bursting inside from our pain.. all of these feelings are part of the first few years of summer vacations for bereaved parents.

It's been nine years now for me, and I need to tell you that it will get easier, but I found that for the first few years I need-ed to consciously change some of my routines in order to deal with my fears. I could not visit the same places we had visited when Todd was with us. We tried new experiences in new places with new people. That isn't to say there weren't somedown-times; however, the faster paced vacations worked better for us. I could not allow myself too much time to think. I enjoy those weekends away now, but for the first few summers I had to dig in the yard, repaint lawn furniture, rearrange the garage, and the multitude of busy projects we'd been putting off for the lack of time. That was a better vacation for me than forcing myself to go somewhere and feel miserable.

You've read it a hundred different times, you have to find your own way and your own peace—leave yourself room to escape if it becomes necessary. If you can find any enjoyment and relaxation, relish it.. you deserve it, and it does not mean you don't care. It simply means you are healing. Now I walk down the beach and enjoy the solitude, or laugh when I see a toddler, or listen to the joy of kids laughing, and it warms my heart. Yes I miss him, but I know he enjoyed every minute of this season, and I know that's what he'd want for me... And thank God, I can do it once more!

Brenda Holland, TCF, Concord NC

Sibling Page

Questions/Answers from Bereaved Siblings

Why am I so mad at my sister for dying? She left me alone. I know it wasn't her fault, but I feel so guilty for being angry.

At some time everyone is angry at the person who dies. Anger does not mean you loved them less, it means the loss is so great that you want the terrible pain to end.

I have terrible nightmares. Sometimes I dream I am dying. I can't tell anyone because they will think I am crazy. Am I?

Some grieving people experience intense dreams. Dreams serve as a healthy outlet for the intense feelings during the day. As time goes on and you deal with your feelings, your dreams will become less frightening.

Suddenly my parents expect me to parent them. I just can't handle it.

This is truly one of the most unfair positions your grief puts you in. Try to share these feelings with your parents. Hopefully you will be better able to understand one another.

From "This Healing Journey An Anthology for Bereaved Siblings"

Never Alone

I feel you in the morning when at first I awake

Your thought is with me with each decision I make

You've been around forever since before the first breath you took

Now I have to go on alone But for love, I need not look

Cause by what you bestowed In our short time together

Will last in my heart forever and ever

Although you've left and now walk above I'm never alone

I'm wrapped in your love, enjoy now your reward feel peace that your love continues on

What was taught to me, will be taught to mine

Cause you live on in me even after you've gone.

Originally written by Rodney Belcher Edited by Lauren Welsch at age 14

In memory of her brother, Clayton James Welsch, born still March 24, 2003

I Feel the Joy

*Never let there be a time when I cannot feel the pain
When hurt and sadness are blocked out and only numbness reigns.
At least with pain I am alive but numbness will destroy
For if I cannot feel the pain, then I cannot feel the joy.*

Joanetta Hendel, TCF, Indianapolis



Our Children Remembered Birthdays



Michael Angelo	Son of Marjorie & the late Frank Angelo	Aug. 03
Kimberly Caton	Daughter of Thomas & Sydney Caton	Aug. 30
Carol Chanitz	Daughter of John & Ruth Chanitz	Aug. 25
Jessica Coe	Daughter of Randy and Diane Coe; Sister of Allison Coe	Aug 13
Kenneth Consentino	Son of Judy Consentino; Sister of Noreen Consentino	Aug 11
Hope Davidson	Daughter of Dean & Donna Davidson	Aug. 08
Kimberly Dickinson	Daughter of Debbi A Dickinson, CPBC	Aug. 25
Brenda Fehr Hatrak	Daughter of David & Eileen Fehr, Sr.; Sister of Barbara Burgin & David A. Fehr, Jr.; Wife of Matthew Hatrak; Granddaughter of Elwood & Mary Mann; Granddaughter of Warren & Rose Fehr	Aug. 31
Kevin Fetherman	Son of Jean & the Late John J. Fetherman	Aug. 26
Edwin Frantz	Son of Pamela Green; Brother of Amy & Troy	Aug. 11
Jason Frey	Son of Lee Frey; Son of Susan Center; Brother of Jared & Janel Frey	Aug. 11
Dean George, Sr	Son of Delphin & Sylvia George; Father of Dean A. George, Jr & Lisa George	Aug. 28
Eric Graver	Son of Mary L Graver	Aug. 17
Mary Greaser	Daughter of Lucian & Brenda Strybuc	Aug. 09
Bob Grossman	Son of Margaret & The late John Grossman; Brother of Randy, Beverly & Mike	Aug. 13
Clifford Grunwald	Son of Henry & Patricia Grunwald; Brother of Marie Muschlitz, Patricia Baranowski & Christine Moyer	Aug. 05
Allan Itterly	Son of Richard & Jeanette Itterly; Brother of Albert & James	Aug. 14
Frank Kerr	Son of Catherine Milano	Aug. 27
Kristin Kuser	Daughter of Tim & Elizabeth Kuser	Aug. 09
Matt Kush	Son of Rick & Ann Kush; Brother of Mike & Jenn	Aug. 24
Sarah Kuti-Franenfield	Daughter of William and Michele Kuti; Sister of Jillian Kuti - William	Aug. 09
Nicholas Law	Son of Richard & Eleanore Smith	Aug. 21
Joseph Lestishock	Son of Marjorie Lestishock	Aug. 30
Joseph Matalone	Son of Michael & Margaret Matalone; Brother of Michele	Aug. 13
Katherine McGraw	Daughter of Sue McGraw; Sister of Maggy & Sean McGraw	Aug. 15
Jim Minter	Son of Jim & Barbara Minter; Brother of Jeanine Minter	Aug. 15
Michael Morgan	Son of Raymond & Deborah Vrtis	Aug. 17
Matthew Peczenij	Son of Peter and Judy Peczenij	Aug 23
Wayne Petzold	Son of David & Margaret Petzold, Sr.; Brother of Amy, Dave & Father of Katie Petzold; Husband of Joan Kay	Aug. 20
PJ Pfenning	Son of Maureen Pfenning; Brother of Mandy & Lauren	Aug. 30
Brian Rotkowski	Son of Tom and Judy Rotkowski; Brother of Tommy Rotkowski & Rebecca Rotkowski	Aug 17
Jason Rute	Son of Bill & Linda Cavanaugh	Aug. 25
Thomas Schmidt	Son of Sally Schmidt	Aug. 22
Lauren Schneck	Daughter of James & Lisa Schneck	Aug. 10
Tara Stauffer	Daughter of Kermit T. & Faye Nester	Aug. 21
Michael Szabo	Son of John & Maria Szabo, Jr	Aug. 02
Benjamin Thomas	Son of Kathy Thomas; Brother of James Thomas	Aug. 26
Alexandra Tjalma	Daughter of John & Rachelle Tjalma	Aug. 15
Kevin Trice, Jr.	Son of Kevin & Nancy Trice, Sr.; Brother of Amanda Trice	Aug. 13

Continued on Page 10

FYI - If your child or siblings birth or anniversary date does not appear in this section or there is an error, fill out the update form on the last page



Our Children Remembered Anniversaries



Joshua Bartosic	Son of Traci Jennings; Brother of Aaron Bartosic & the late Natasha Marie Bartosic	Aug. 13
Sylvia Betz	Daughter of Frank & Helen J. Toth, Jr.	Aug. 3
Aaron Bissell	Son of Bob & Patti Bissell; Brother of Danielle Bissell; Nephew of Orval & Lorraine Parkhurst	Aug. 19
Zarife Boussaid	Son of Shari Benson	Aug. 3
Carol Chanitz	Daughter of John & Ruth Chanitz	Aug. 25
Joseph Chanitz	Son of John & Ruth Chanitz	Aug. 28
Miguel Colon	Brother of Michael and Nelda Quinn	Aug 25
Felicia Cook	Daughter of Herbert & Helen Cook	Aug. 2
Nathaniel Davis	Son of Ronald & Elizabeth Davis	Aug. 21
Kimberly Dickinson	Daughter of Debbi A Dickinson, CPBC	Aug. 25
Daniel Dunstan	Brother of Harold and Joan Dunstan	Aug 19
Donald Freudenberger	Son of Nola Freudenberger	Aug. 29
Doug Gable	Son of Ronald & Shirley Gable; Brother of Sharon Hornyak	Aug. 1
Kelly Gallagher	Daughter of Tom & Sherry Gallagher	Aug. 22
Mark Gery	Son of William & Catherine Gery	Aug. 3
Scott Giroux	Son of Paul and Jean Giroux	Aug 26
Jeanne Hurley	Daughter of Stephen & Jeannette Viglione; Sister of Michele Yankowy & Robert Wambold, Jr. ; Mother of Cole J. Hurley	Aug. 13
Dale Judd	Son of Esther Judd	Aug. 28
Sarah Kuti-Franenfield	Daughter of William and Michele Kuti; Sister of Jillian Kuti - William	Aug 18
Eric Lair	Son of Edward and Sandra Lair; Brother of Jessica, Jason & Kellie Lair	Aug 17
Mitchell Lloyd	Son of Sandra Lloyd; Brother of Douglas, Randy & Fran Lloyd	Aug. 15
Michael Mann	Son of Lee & Shirley Lutz	Aug. 12
Deborah Nagy Martin	Daughter of Louise M. Nagy	Aug 27
Sheri Meckes	Daughter of Glenn and Betty L Theodore, Sister of John & Scott Keet	Aug 20
Glenn Miller, Jr.	Son of Lin Miller; Brother of Lorrie Woolever	Aug. 4
Kloudine Mousa	Granddaughter of Daniel and Nouhad Younes	Aug 3
Jennifer Oliphant	Daughter of Murray Oliphant	Aug 14
Jeffrey Pettis	Son of John and Gloria Zucal; Brother of Sherry White	Aug 24
Michael Potkovic, III	Son of Michael & Annette Potkovic, Jr; Brother of Matthew, Mark, John, Denise, Michele Cuvo & the late Donna Marie Potkovic-Roth	Aug. 29
Brian Rodgers	Son of Janice Wright	Aug. 11
Darryl Shurow	Son of Lew & Sharon Richards	Aug. 18
Jonelle Sisonick	Daughter of Rella Sisonick Daniels; Sister of Anthony & Nicholas Sisonick	Aug. 3
Angie Snyder	Daughter of Robert and Sharon Schoenberger	Aug 20
Kyle Strohl	Son of Ron & Gail Strohl; Brother of Jennifer Grimes	Aug. 27
Michael Szabo	Son of John & Maria Szabo, Jr	Aug. 17
Alexandra Tjalma	Daughter of John & Rachelle Tjalma	Aug. 15
David Weaver	Son of Daniel R. and Betty Jane Weaver	Aug 1
Jeremy Whetstone	Son of the late Joanne Whetstone; Brother of Jon Whetstone	Aug. 4
Ronald Willever	Son of William and Marie Willever	Aug 1
Christina Williamson	Daughter of Chris & Kim Williamson; Sister of the late Christopher Jayden Williamson	Aug. 6
Anthony Wilson	Son of Randall White	Aug 28



Our Children Remembered Birthdays



David Uecker	Son of Susan Uecker-Bittner; Brother of Amanda Uecker-Miernicki	Aug. 02
Cody Wentz	Son of William and Lisa Shiffert; Brother of Shelby & Gerald Wentz	Aug 16
Jeremy Whetstone	Son of The late Joanne Whetstone; Brother of Jon Whetstone	Aug. 16
Adam Wolk	Son of Michael & Sheila Wolk	Aug. 01
Craig Yurick	Son of Robert & Sharon Yurick; Brother of Todd Yurick	Aug. 05



Love Gifts



Elizabeth Snyder	Matthew Snyder <i>In Loving Memory</i>
Craig & Cookie Harron	Travis Szerencitis <i>In Loving Memory</i>
Richard J. & Marilyn Brown	Elizabeth Gibson, MD <i>In Loving Memory</i>
Nancy Mihalko	Timothy Mihalko <i>In Loving Memory</i>
Mary Widmer	Michael John Widmer <i>In Loving Memory</i>
David & Eileen Fehr	Brenda Marie Fehr Hatrak <i>Happy 37th B'day Brenda. Love Mom, Dad & Family XOXOXO</i>
Robert & Sharon Yurick	Craig Michael Yurick <i>Happy 42nd Birthday, Craig. Love you forever. Mom, Dad & Todd</i>
Ron & Shirley Gable	Doug Gable <i>Much missed Son & Brother of Ron & Shirley Gable and Sharon Hornyak</i>
Mark & Kathleen Kilker	Colleen Kilker <i>We love and miss you, honey! Life is Sweet!</i>
Thomas & Sydney Caton	Kimberly Jo Caton <i>Thinking of you on this day with love forever</i>
Stephen & Jeannette Viglione	Jeanne Catherine Hurley <i>Daughter of Stephen & Jeanette Viglione, Sister of Michele Yankow & Robert Wambold, Jr, Mother of Cole J Hurley</i>
Ann Sensinger	Thomas Sensinger <i>In loving memory of our son</i>
Anonymous	<i>In Loving Remembrance</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* 🦋

🦋 *Aetna Payroll Donation Contributors* 🦋

🦋 *United Way Payroll Donation Contributors* 🦋

Love Gift Form

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

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

Contributor Name _____

Mail to:

Address _____

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

Phone _____

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

Name of person gift given for _____

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

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

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

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

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

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

Mailing Addresses for Carbon County and Easton Chapters

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

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

Our Children Remembered Permission/Update Form

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

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

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

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

Required Authorization Signature _____

Phone Number _____

Date _____

Child's Name _____

Date of Birth _____

Date of Death _____

Parent's Names _____

Sibling's Names _____

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

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

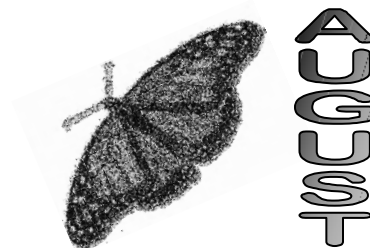
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We're on the web
www.lehighvalleytcf.org



We Need Not Walk Alone



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

T.C.F. CREDO

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races and creeds and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that we feel helpless and see no hope.

Some of us have found our faith to be a source for strength; while some of us are struggling to find answers. Some of us are angry, filled with guilt or in a deep depression; while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts and help each other grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends