



The Compassionate Friends, Lehigh Valley

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

SEPTEMBER 2011

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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 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.

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.

Meetings are open to all bereaved parents, grandparents and mature siblings. Younger siblings may benefit from one of the children's bereavement groups listed below. Meetings vary, from sharing, to guest speakers, to special presentations. Separate sharing sessions are offered to new members. Participation in group sharing is confidential and voluntary. Our hope is that being among other bereaved parents you may feel free to talk, cry and share, but it is okay to just come and listen too.

We maintain an extensive free library of grief-related materials that is set up at meetings. Donations 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

Sept 12	Monthly Support Group Meeting - General Sharing
Oct 10	Monthly Support Group Meeting - Video/ Sharing
Oct 12	Basket Bingo - See information on Page 2
Nov 14	Monthly Meeting - Grave Blanket Making Demonstration by Gene & Dawn DeLong

Other Local TCF Chapters Meetings

Carbon County
1st Wednesday 6:30 - 8:30 pm
Simply Something, (Café)
312 Delaware Ave. Palmerton
610-837-7375 or 610-826-2938
Email: bjmsasylum@yahoo.com

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

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

Local Children's Support Groups

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

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

TCF Telephone Friends

Fellow bereaved parents that are available to listen, care and share

Infant	Cathy McDonald	610 391-1474	Suicide	John & Maria Szabo	610 866-5468
Multiple Loss/General	Betty Thompson	610 868-0303	Addiction	Nancy Howe	484-863-4324
Only Child	Shelly Garst	484 851-3450	Addiction/Sibling	Melanie Howe	484-863-4324

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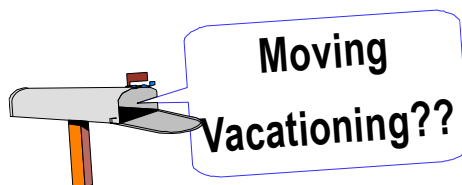


Keywords: The Compassionate Friends, Lehigh Valley

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 & Annoucements

September 17, 2011

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

Hometown Farmers Market, Registration 1 pm, Walk 2 pm
Help raise awareness & funds for research, education &

survivor support

For more information, contact Ann Marie Calabrese @ 570-668-6450 or

**October 12, 2011****TCF Basket Bingo**

Northampton Community Center

Doors open at 5pm, Games start at 7 pm

Tickets: \$10.00 In Advance, 20.00 @ the Door

Turn out to support the Lehigh Valley chapter and try your luck at winning some great Filled Longaberger Baskets, Specials, Chinese Auction & 50/50 . Food, beverages & gourmet candy apples available.

Tickets available at meetings or contact Dawn DeLong @ 610-837-7924

**December 11, 2011**

TCF Worldwide Candle Lighting unites family & friends around the globe as candles are lit for children who have died.

In Our Area: Tom & Eva Siebert are hosting their annual Holiday Social at their home on Dec 11th at 5:30. Everyone welcome! Covered dishes welcome but not necessary, candles provided.

For Directions & to RSVP call Tom and Eva at 610 967-5886

**December 12, 2011****TCF Joint Chapter Candle Light Remembrance Service**

Sacred Heart Hospital Auditorium 6:45 - 9pm

Hosted by TCF, Carbon County, Easton & Lehigh Valley and open to members and families, as well as anyone who has lost a child, sibling or grandchild. The service features music, poetry readings, a slideshow and memorial candle lighting, followed by a social.

For slideshow, submit the following no later than **Oct. 31st**

- ♥ 1 -2 individual (not group photo) close up photos (up to 8x10)
- ♥ Your contact information, child's name, birth & anniversary dates, family members names

Submit by:

- ♦ Email: send a photo quality jpeg & info to: kimpogo@msn.com
- ♦ Mail: Enclose in a stiff mailer and send to: Kim Szep, 5816 Snowy Orchid Lane, Allentown, PA 18104
- ♦ Make an appt by calling Kim @ 610-530-4244

NOTE: TCF LEHIGH VALLEY has a new mailing address

**The Compassionate Friends, Lehigh Valley
P.O. Box 145
Emmaus, PA 18049**

New Members

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 - Christopher & Mary Kelly Aungst - Son - Matthew Tyler Aungst
 Lehigh Valley - Caroline Frisby - Son - Joel E. Frisby
 Lehigh Valley - Sue & Chuck Deprill - Son - Corey A. Deprill
 Lehigh Valley - Tony Wolfe - Son - Hunter Kurak Wolfe
 Lehigh Valley - Barrett Frankel - Brother - Kurt Lang Frankel

FRENCH TOAST

By Fay Harden, From "Songs From The Edge"

I stand here before the stove
 All the ingredients are here
 the eggs, the milk, vanilla,
 cinnamon and sugar.

The frying pan is heating slowly
 melting the butter
 and still I stand
 in my robe and slippers.

I pick up an egg
 to break it in the bowl,
 but I just can't do it.
 I want so much to fix French toast
 because my husband loves it so...
 just like my son did
 all his life, right up until he died.
 I've lived this scene so many times
 since then, always with a tear and a sigh.

We'd had French toast at least once a week
 for more years than I can remember.
 How they ate! I'd laugh and complain
 because I had to cook so much.

Once in Florida when we had French toast
 for breakfast in a restaurant with friends,
 he said, "This is o.k.,
 but you ought to taste my Mom's!"
 I can still hear him saying it.
 Now I just can't do it
 I can not cook French toast!

My husband never asks
 and while I stand before the stove and weep
 he pretends not to notice.
 But I know he understands,
 I just can't cook French toast ...
 not yet....

Life Never the Same

dedicated in loving memory to my son,
 Nathan William Vanderpool, 6/30/77-4/30/10
 By Jo Evans, TCF Lehigh Valley

"Call me back, Mom, right away
 " Are you sitting down,
 You Must sit down"
 Screaming, pounding walls
 The news comes crushing
 Of a son's death
 When? Where? Are questions
Life never the same!

A roller coaster of a week
 Airline travel south
 Meeting son's family and undertaker
 Viewing body
 Meeting with minister
 Funeral with many friends and family
 Shock, disbelief, tears
Life never the same!

Sympathy cards daily
 Phone calls to doctors, police, lawyers
 Giving reason to a casualty
 Arranging an estate
 A long year
 Dread of death anniversary
 Prayers asked
Life never the same!

Probate complete
 Paying for funeral
 Tormenting grief
 Relying on God for healing
Life never the same!
 Never...
 ...the same!

For Grandparents Day

NORMAL

Bereaved grandparents frequently report frustration with the expectation that they should return to normal quickly after the death of a grandchild. What friends, co-workers, and even extended family don't seem to understand is that normal will never be the same. We are profoundly changed when a grandchild dies. We approach life differently than before. Many of us find our religious faith challenged, and comments regarding God's plan or our grandchild being in a better place anger rather than comfort us. Friendships dissolve when people can't accept that our grief is debilitating. The intensity of our grief, which is a reflection of the depth of our love, alarms people. Friends might avoid us because of their own discomfort with our grief. Family members may even make critical comments about getting over the loss. Our fast-paced society permits no time for mourning. Look at company policies on bereavement leave. Most companies offer one day for the death of a grandchild. One day off and then we are supposed to function as though nothing happened.

Unfortunately, we also start to doubt ourselves. We worry that we are doing something wrong when we can't bounce back and return to normal, to life as it was before our grandchild died. Burying a grand-child is not normal. Normal has to be redefined, and the process is gradual. A new normal will evolve, one that takes into account our changed family and our desire that our grandchildren not be forgotten.

So the next time someone questions when you are going to get back to normal, look them straight in the eye and tell them normal is a setting on a washing machine.

AGAST: Alliance of Grandparents, A Support in Tragedy

Grandparents Credo

We are the grieving grandparents, the shepherds of our children and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

Susan Mackey, TCF Rutland, VT



Double Grief

The death of my grandchild
And the grief of my son
Pull on my heart strings
And I am undone.

In secret I mourn beyond relief
For I have been given a double grief.
God, help me to deal with the pain and sorrow
Of living without the hope of tomorrow.

Andy Cipriano, TCF Tallahassee, FL

SEPTEMBER MUSINGS



You are going about your everyday tasks, thinking that just maybe this might turn out to be an “okay” day, one that you think you might actually get through. But then a certain song plays on the radio, or you see someone tilt his/her head and smile in that certain way your child did, or the smell of the air after a rainstorm brought you back to a poignant memory of your child. And without warning, you find yourself suddenly spiraling into despair, collapsing in a torrent of tears. Even something that may seem harmless can trigger a grief storm, sneaking up on you when you least expect it. I remember one of the parents in our group telling how the sight of a box of Kraft Macaroni & Cheese could make her leave her cart behind and flee the grocery store because it was one of her son’s favorites.

For example, the month of September may seem innocent enough. There aren’t any major holidays like Christmas to deal with. But this is a month that isn’t easy for me and I am sure that many bereaved parents would agree. Starting the school year is a momentous occasion for many children. Those whose child that died wasn’t old enough for school will never get to see the excitement on their child’s face as they go off to their first day of school with their new lunch boxes and backpacks, knowing that their child should be among them and is not.

Those whose children were older when they died have memories of the preparation of getting ready for the school year. For example, my daughter Nina LOVED to go shopping with me for school clothes. The first fall after she died I could barely endure walking into the department stores, seeing those mannequins dressed in all the latest back-to-school fashions. I could picture how she would scurry through the racks of clothing picking out her favorites. She would run into the fitting rooms where she would poke her head out to ask me what I thought about her choices. Seeing the moms and daughter shopping together was agonizing. Listening to those mothers with irritated, hassled voices, chiding their children to “Hurry up, I don’t have all day!” made my head

swim. If they only knew that there could come a day when they would be sorry they did not savor the time spent doing those kinds of mother/child things.

The dilemma for me was that Nina would be of college age and, knowing her love of school, I am quite sure she would be headed off to college. She would have been so excited! The September after she would have graduated, a parent whose child had left for a college out West called me and said, “Now that Kim is at college, I know exactly how you feel about losing Nina.” That was one of those moments that I was rendered speechless. I might now have the wherewithal to respond, but not at that particular juncture in my grief journey. I remember my mind racing and wanting to say, “You can hop on a plane whenever the urge strikes you to see her is overpowering; you can pick up the phone and hear her voice 24-hours a day; she will be coming home over the holidays and summer vacation when the school year has ended. But my daughter will NEVER come home again! How can you compare the two???” I guess we can only forgive them for their lack of empathy and comprehension, and be glad for them that they don’t really know how it feels.

We can’t block out what is happening around us or change the sometimes inappropriate things that come out of people’s mouths. But we can keep those close to us who understand – a spouse or significant other, our surviving children if there are any, close family and friends. And, of course, we know our Compassionate Friends will always be there: those TCF friends who appreciate the difficulty of the path we are walking; those who understand that we need others to be gentle with our fragile hearts, and accept that there are no timetables in grief and recognize our present frailties. Those same priceless fellow grievers who know the sun will shine again, but, for now, realize they may need to hold the umbrella for us.

Bless all of you who have been there, and who continue to be there, for other bereaved parents, siblings, and grandparents in need of understanding. May all of us be that fortunate to have people like that in our currently shattered lives, so that someday, when the cloud has lifted, we can be that “Compassionate Friend” for someone else.

With gentle thoughts,

Cathy Seehuetter, Nina’s mom - TCF, St. Paul, MN

THE STORM OF GRIEF

By: Gloria Gersten, Miami TCF

Believe it or not, you CAN learn to weather it.

Going through the various stages of grief is like being caught in a small boat at sea in a bad storm; if you are lucky, you will not be alone. After losing a loved one you are destined to ride through the most vicious, horrendous storm you will ever encounter. You cannot fly over it, duck around it, or go under it.

To retain your emotional balance, head directly into the storm. Unfortunately, one cannot even prepare for this disaster -- forget the drugs, booze, and tranquilizers. All these so-called "helpers" only quiet your pain and anesthetize you from feeling your loss; they prolong and delay the start of your grief therapy. One must go through the storm in order to live a normal, peaceful life again.

Lightning has struck you but you are still here. Inside, you are in a state of shock -- almost paralyzed by your loss and numb from your tragedy. Your heart is beating, you know you are breathing, you are coping like a robot, but you don't have any feeling inside or much awareness of what is happening around you.

Black clouds encircle you, the relentless waves pound the boat as you are pitched up and down. Heavy sheets of water pour their fury upon you. You are far off course. One learns quickly how to be a good sailor; there are no choices. To do otherwise means to capsize and drown.

Time seems to stand still. Helpless, you cower in the bowels of the boat, hanging on tightly. It would be so easy to give up and slip over the side, but faith, courage, and hope give you the tenacity to endure.

One day the sky is clear and sunny, the water is calm, and land is close by. Somehow, by some miracle, you have made it to a safe harbor -- you have weathered your storm of grief.

When deep in your sadness, you might find this impossible to believe, but time, keeping busy with everyday activities, and surrounding yourself with compassionate friends will get you through. Join a

grief-therapy support group; such groups are found in hospitals, churches and synagogues.

Justify within your soul the many reasons you have to be here, and count your blessings for what you do have left. If you cannot find any, search deeper. There is someone or some cause that needs you badly. We do not forget our losses, but we do learn to adjust to them as the years go by.

With Love Today

Author Unknown

We thought of you with love today,
But this is nothing new,
We thought of you yesterday
and the days before that too.

We think of you in silence and
often speak your name.
All we have now are our memories,
and your picture in a frame.

It broke our hearts to lose you,
But you didn't go alone.
A part of us went with you
The day God took you home.

Sibling Page

BACK TO SCHOOL

By Jorden Ely, TCF Albany/Delmar, NY

Going back to school after the death of your brother or sister is a hard thing to go through. At first there are three groups of people to deal with:

People who give you a lot of support, people who don't know what to say, and those who give you weird looks and stay away from you. This lasts for a little while.

After a short time changes with each group occur. Those who did not know what to say start to speak or begin to talk. The group who kept away stop ignoring you. The people who gave you a lot of support slowly return to their own affairs.

After a while everything goes back to normal, and it is over to everyone except you.

This is very difficult to accept and makes you feel all the more alone.

After a long while the shock for you goes away, and it is then that you need the support from your friends, peers, and teachers.

This month is the first anniversary of the death of my brother. Most people will have forgotten, and everything is right with the world. But it is not! Certainly not for my mother and me.

I Saw You

A Tribute to my Sister Lori Lee Smith

By Avery Smith, TCF Ada Area Chapter

I saw you today in the morning dew

As brilliant as a sea of shimmering diamonds

I shared the most amazing sunrise with you today

A million shades of red so random in their perfection

I heard you today in the laugh of my children

An enchanting melody a thousand angels strong

I walked with you today

and we talked about everything

. . . and nothing all at once

I saw you today in the changing of the leaves

The colors of your life, the close of one season

And the ushering in of another

I sat beside a stream with you today

The peaceful flow, steady and constant

I saw you today . . . and you were perfect

And rest assured . . . I shall see you again

*I sit alone in the shadows of the night
Looking up at the stars that shine so bright
I think of you somewhere far up above
I remember all the laughter, happiness and love*

*The full moon shines bright in the sky
Staring at the full moon, I start to cry
From the face of the moon above the tree
I see your face staring back at me*

*Then it starts to rain and the sky turns gray
I remember what happened two years ago in may
It continued to rain the whole night through
I think the rain meant you were crying too*

Lisa Johnson, TCF Baltimore, MD



Our Children Remembered Birthdays



Nicholas Allesch	Son of Toni Allesch	Sep 29
Christopher Antler	Grandson of Charles & Charlotte Antler	Sep 14
Neal Balmer, II	Son of Lisa Feist & Charles Feist; Brother of Laura Balmer	Sep 5
Danielle "Danie" Bogert	Daughter of James & Donna Bogert	Sep 30
Gregory Brown	Son of Dale & Mary Brown	Sep 24
Michael Buss	Son of Bea Bryfogle	Sep 3
Michael Cassidy	Son of Patrick & Randi Cassidy; Brother of Joey, Rich & Brian	Sep 27
Lisa Hawk	Daughter of Bruce and Mary Hawk	Sep 4
John Counterman, III	Son of Mary Jo Ackerly; Brother of Theresa Legarski	Sep 30
Brian Davis	Son of Stewart & Nancy Davis; Brother of Kristin Hoffman & Sandy Davis;	Sep 15
Brian DeLong	Son of Lenny & Linda Fritzinger	Sep 15
Ashley Dickinson	Daughter of Debbi A Dickinson, CPBC	Sep 3
Alexandria Dixon	Daughter of Albert & Joan Dixon	Sep 22
Rocky Fraccica	Son of Rocky & Sadie Fraccica	Sep 13
Robert Fritzinger, III	Son of Robert & Grace Fritzinger, Jr.	Sep 23
Christopher Gore	Son of Rodnie Gore; Brother of Mollie Gore	Sep 25
Peter Gross, Jr.	Son of Peter & Fay Gross, Sr.	Sep 17
Rita Guerrieri	Daughter of Art & Mary Guerrieri	Sep 29
Zachary Heck	Son of Lori Heck; Brother of Cyera Heck	Sep 3
David Hoagland, Jr	Son of Gypsy Garrett	Sep 24
Jonathan Hoffstetter	Son of Richard & Suzanne Hoffstetter; Brother of Diane & Kenneth Hoffstetter	Sep 22
Julie Howe	Daughter of Timothy & Nancy Howe; Sister of Melanie Howe	Sep 3
Richard Kulik	Son of Dolores Kulik; Brother of Christina Schantzenbach & Michael Kulik	Sep 5
John "Jack" Kushnerick, Jr.	Son of Bernice Kushnerick; Brother of Pat & Jan Kushnerick; Husband of Deborah A Kushnerick; Father of Tyler J. Joseph E. & Justin Vallone Kushnerick	Sep 17
Paul Levine	Son of Louisa Levine; Brother of Gregory, Mary & Philip Levine	Sep 28
Michael Mann	Son of Lee & Shirley Lutz	Sep 26
Anthony "Tony" Mariani, II	Son of Kathleen Collins & the late Anthony E. Mariani; Stepson of Brian Collins; Brother of Matthew Mariani; Grandson of William & Janet Pickett; Uncle of Antonio Mariani	Sep 13
Harry Rawdon	Son of Margaret Rawdon; Brother of JettaAnn Rawdon	Sep 23
Lydia Rice Cobb	Daughter of Virginia Rice	Sep 27
James Riddle	Son of Eleanor Riddle; Brother of Joan Cameron, Jeff & Jack Riddle	Sep 2
Anthony Romig	Son of Edward C. Romig, Sr. & Lois Pearsall; Brother of Edward C. Romig, Jr.	Sep 12
Kevin Simons	Son of Doris Simons	Sep 2
Peter Slifer	Son of Richard & Paulinda Slifer	Sep 21
Ryan Sporka	Brother of Keri Markle	Sep 11
Constance Stewart	Daughter of Joanne Stewart; Sister of Keith & Kevin Stewart	Sep 23
Sean Virmalo	Son of Udo & Janet L. Virmalo; Brother of Eric, Brett & Katelyn Virmalo	Sep 13
Stephanie Volkert	Daughter of Joanne Fimiano; Sister of Zachary Volkert	Sep 22
Dale Waitkus	Son of Elizabeth Waitkus; Brother of Alice Walbert & the late James Waitkus	Sep 18
Gregory Weiland, Jr	Son of Robin Weiland; Brother of Rozalyn	Sep 23
Michael Widmer	Son of Steve Widmer & Mary Widmer; Brother of Suzanne Widmer	Sep 1



Our Children Remembered Anniversaries



Aaron Abud	Son of Jose & Susan Abud; Brother of Ariana & Sophia & Susan Abud	Sep 4
Christopher Antler	Grandson of Charles & Charlotte Antler	Sep 14
James Balloch	Son of Cindy Scornavacchi; Brother of Ashley Jaroweki & Caitlyn Balloch; Grandson of Bill Gerth & Fern Gerth	Sep 4
Rachael Brosky	Daughter of Jeanette Beilfuss & Karl Brosky; Sister of Rebekah Brosky-Dorsey & William Brosky	Sep 8
Holly Cavanaugh	Daughter of Beverly Ann Cavanaugh & Bill Cavanaugh; Sister of Bo Cavanaugh	Sep 25
Christopher Cole	Son of Donald Cole & Theresa Cole; Brother of Lauren Cole	Sep 10
Ashley Dickinson	Daughter of Debbi A Dickinson, CPBC	Sep 3
Thomas Eichlin	Son of Nancy Eichlin; Brother of Nancy Mason	Sep 11
Kevin Fetherman	Son of Jean Fetherman & The Late John J. Fetherman	Sep 29
Robert Freudenberger	Son of Nola Freudenberger	Sep 10
Bob Grossman	Son of Margaret Grossman & The late John Grossman; Brother of Randy, Beverly & Mike	Sep 20
Carol Johnson	Daughter of Laretta Coyne; Sister of Elaine Muretta, Bob, Jim & Dave Johnson	Sep 23
Danielle Jones	Niece of Terry & Sherry Mertz	Sep 2
Katie Kasinecz	Daughter of Robert Kasinecz & Susan Kasinecz	Sep 2
Matthew Kolb	Son of Robert & Debbie Kolb; Brother of Sarah & Andrew Kolb	Sep 6
Anthony "Tony" Mariani, II	Son of Kathleen Collins & the late Anthony E. Mariani; Stepson of Brian Collins; Brother of Matthew Mariani; Grandson of William & Janet Pickett; Uncle of Antonio Mariani	Sep 6
Penny Mills Kile	Daughter of Arlene Mills & the late Emerson J. Mills	Sep 10
Amanda Quinones	Daughter of Nancy Williams; Sister of Jorge & Anthony Quinones	Sep 2
Nicole Reinhart	Daughter of Michael & Pamela Reinhart; Sister of Mikey & Timmy Reinhart	Sep 17
James Riddle	Son of Eleanor Riddle; Brother of Joan Cameron, Jeff & Jack Riddle	Sep 23
Scott Rothrock	Son of Larry & Linda Rothrock	Sep 18
Elwood Rush	Son of Elwood & Shirley Rush	Sep 27
Dolores Schnabel	Sister of William Schnabel	Sep 16
Jeanmarie Siedlecki-Moyer	Daughter of Joe Siedlecki & Monica Siedlecki; Sister of MaryAnn, Michele & Joey Siedlecki	Sep 25
David Todd Smith	Son of David & Kathleen Smith; Brother of Stephanie Seifert	Sep 17
Jon Sulick	Son of John Sulick; Brother of Aymae Sulick	Sep 15
James "Jimmy" Thompson	Son of the late C. Douglas "Doug" Thompson	Sep 13
Dale Waitkus	Son of Elizabeth Waitkus; Brother of Alice Walbert & the late James Waitkus;	Sep 5

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



Love Gifts



Michael Grogan	Earl W. Graver <i>In Loving Memory</i>
Patrick Yadush	Earl W. Graver <i>In Loving Memory</i>
Tonya Kleppinger	Earl W. Graver <i>In Loving Memory</i>
Rella Daniels	Jonelle L. Sisonick <i>In loving memory of my daughter Jonelle on the anniversary of her death</i>
James & Barbara Minter	Jim Minter <i>Happy Birthday-missing you more each day</i>
Larry & Linda Rothrock	Scott G. Rothrock <i>Our Love Forever</i>
David & Eileen Fehr	Brenda Marie (Fehr) Hatrak <i>Happy 37th B'day Brenda! Love, Mom, Dad & Family XOXOXO</i>
Tom & Sherry Gallagher	Kelly Gallagher <i>In Loving Memory</i>
Kathleen Collins	Anthony E. "Tony" Mariani <i>Happy Birthday! Its been so long since I've seen your smile and heard your voice. Miss you every day.</i>
Kathleen Collins	Anthony E. Mariani, II <i>Happy Birthday! Glad you're with Dad but I miss you so much it hurts! There is a giant hole in all our lives since you're gone. Watch over us until we meet again. Love Mom</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 🦋

🦋 Aetna Payroll Donation Contributors 🦋



SOMEWHERE...there is no parting
 SOMEWHERE...it's always dawn
 SOMEWHERE...no clouds obscure the blue
 SOMEWHERE...each shadow is gone!
 SOMEWHERE... there is no parting,
 Or sorrow, tears or pain.
 And there your loved one awaits the day
 When you will meet again

Author Unknown

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 145
EMMAUS, PA 18049**

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
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Emmaus, PA 18049

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We're on the web
www.lehighvalleytcf.org



We Need Not Walk Alone

Grandparents 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)

TCF CREDO

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

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

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

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

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

We need not walk alone. We are The Compassionate Friends