



The Compassionate Friends, Lehigh Valley Chapter

Supporting Family After A Child Dies

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

January 2012

Email: tcflehighvalley@gmail.com

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TCF Online Support Community

www.compassionatefriends.org
To participate, click on "Online Support" under the resource tab

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

- Jan 9** General Sharing
- Feb 13** Memories from the Heart. Please bring a memento and photo of your child
- March 12** To Be Announced

Other Local TCF Chapters Meetings

Carbon County
1st Wednesday 6:30 - 8:30 pm
Palmerston Community Ambulance Assn.
501 Delaware Ave. Palmerston
610-826-2938
pannbiss@aol.com

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

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

Local Children's Support Groups

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

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

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

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 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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Events & Announcements

2012 Special Events

The steering committee is pleased to announce that they have chosen dates for this years special events and they are as follows:

- **TCF Family Picnic & Balloon Launch - June 24, 2012**
- **TCF Butterfly Release & Remembrance Walk - Aug. 18, 2012**
- **Basket Bingo - Oct. 17, 2012**

Please mark your calendars with these dates.

Volunteers are crucial to make these events possible. We need volunteers for all the events. Most in need at this time are volunteers to organize the Butterfly Release. The planning stages for the release begin in February, without volunteers we will be unable to move forward. Please contact Kathy Collins @ 610-837-6393 to volunteer



Keywords: The Compassionate Friends, Lehigh Valley

Thank You



Visit our Page & add your child's picture to our album

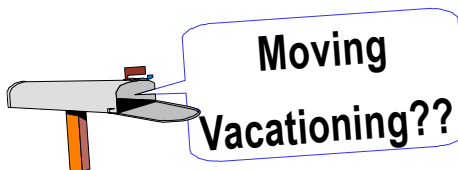
Keywords: The Compassionate Friends, Lehigh Valley

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 contact the newsletter editor

Keep current with the chapter events and meetings by checking out our facebook page. Our page also includes a photo gallery of "Our Children" 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



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.

New Members

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

Lehigh Valley Mark & Dana Gunkel - Daughter - Katrina Marie Gunkel
Lehigh Valley Mary Sedler - Son - Dakota Rayne Arndt

TAKE YOUR TIME

By Therese Goodrich, TCF National

The one phrase we hear more than any other is "It'll take time for you to get over your child's death." We know that this is spoken with care and love. But little do we know at the beginning of our grief just what time means: The first time, the day time, the night time, the last time, all of these times. The one thing we can say is "take it." Take all the time you need. Grief is hard work and we need to take the time for all of the aspects we talk so much about and really work through it.

Take the time to feel, it's hard but worth it. We can't just push those feelings aside because they are part of who we are, how we've managed, and the life we've had. All of our life experiences combine to affect our feelings.

Take the time to talk. Talk to anyone who seems to care about you. Ask your friends and family if they will take the time to listen. If you need a telephone listener call the National Office or one of the local chapter listeners. We have time to listen.

Take the time to read. When you read the experience of others, you will realize that you're not alone. Maybe a special book will help you understand what is happening to you during this time we call bereavement, take the time to

read and re-read the paragraphs or chapters that help.

Take the time to physically take care of yourself. If you like to walk, jog, or run, go out and use that time to help you feel better. Get enough rest, take the time to sleep late some days, or go to bed earlier if you need to. Sleeping may be an escape but if it helps you, take the time for an extra few hours. Take care of yourself by eating better. Try to understand that food gives you some energy and that food helps to satisfy unmet needs. Food is always better for you rather than drugs or alcohol and a small weight gain or loss is not unusual. Take the time to understand what is happening to your body.

Take the time to be angry or guilty without letting these feelings ruin your life. You may think that your life is ruined anyhow and who cares, but anger and guilt turned inward can destroy your self-esteem faster than anything. Take time to sort through these feelings and acknowledge them, then let them go.

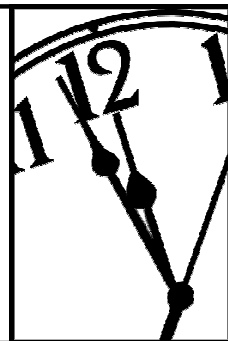
Know that when someone says "It'll take time" we can nod and try to accept that as part of our getting through these days, months and years.

Remember that someday you will take the time to help someone else and that time will be the most satisfying time of all.

“ Grief is hard work and we need to take the time for all of the aspects and really work through it”

“Time itself does not heal, it is what we make of that time that heals... We cannot sit back and say "time will heal me." Time is simply the movement of the clock. Our successful return to comfortable living is what we do while that clock is moving.”

Margaret Gerner, TCF, St. Louis, MO



Help Pour out The Rain

By: Buddy Jewell

Submitted by TCF ~ Lehigh Valley member, Donald Forman. This song is very special to the entire family and has aided the healing process after the loss of their beloved son, brother and father, Wayne Casey Forman

The moment was custom-made to order:
I was ridin' with my daughter on our way back from Monroe.
An' like children do, she started playin' twenty questions,
But I never would've guessed one would touch me to my soul.

She said: "Daddy, when we get to Heaven, can I taste the Milky Way?
"Are we goin' there to visit, or are we goin' there to stay?
"Am I gonna see my Grandpa? Can I have a pair of wings?
"An' do you think that God could use another Angel,
"To help pour out the rain?"

Well, I won't lie: I pulled that car right over,
An' I sat there on the shoulder tryin' to dry my misty eyes.
An' I whispered: "Lord, I wanna thank you for my children.
"Cause your innocence that fills them often takes me by surprise."

Like: "Daddy, when we get to Heaven, can I taste the Milky Way?
"Are we goin' there to visit, or are we goin' there to stay?
"Am I gonna see my Grandpa? Can I have a pair of wings?
"An' do you think that God could use another Angel,
"To help pour out the rain?"

Well, I thought about it later on,
An' a smile came to my face.
An' when I tucked her in to bed,
I got down on my knees an' prayed.

Lord, when I get to Heaven, can I taste the Milky Way?
"I don't wanna come to visit 'cause I'm comin' home to stay.
"An' I can't wait to see my family and meet Jesus face to face.
"An' do you think, Lord, you could use another Angel,
"To help pour out the rain?"

Mmmm, can I help pour out the rain?

" Mourning, properly understood, is not a process of severing ties with those we love. Rather it is centrally a transition from loving in presence to loving in absence" *Author Unknown*

This Can Be A Constructive, If Not A Happy New Year

By Margaret H. Gerner, TCF, St. Louis, MO
From "We Need Not Walk Alone" TCF National's magazine

HAPPY NEW YEAR??? "How can it ever be again?"
"How will I ever make it through another year of
this torment?"

When we are hurting and so terribly depressed, it is hard to see any good in our new year, but we must try. First, we must hold on tightly to the idea that we will not always be this miserable, that we will some day feel good again. This is almost impossible to believe, but even if we don't believe it, we must tell ourselves over and over again that IT IS TRUE - BECAUSE IT IS! Many parents whose children have died in the past will attest to this. Remember also, no one can suffer indefinitely as you are suffering now.

Second, we must face the new year with the knowledge that this year offers us a CHOICE - whether we will be on our way to healing this time next year or still be in the pit of intense grief. We must remind ourselves that if we choose to be on our way to healing by the following year, we must work to get there and that work entails allowing ourselves to go through our grief, to cry, to be angry, to talk about our guilts, to do whatever is necessary to move toward healing.

Third, we must look for good in our lives and find reasons to go on and accept the fact that our continued suffering will not bring our child back. Many of us have other children and a spouse for whom we must go on. More important, we have our own lives that must be lived. Most of us know that our dead children would want us to go on!

No, this coming year may not be a happy, one, but it can be a constructive one. Through our grief we can grow and become more understanding, loving, compassionate, and aware of the real values in life.

LET US NOT WASTE THIS NEW YEAR.

A New Year

By Nan Gurski, TCF Houston TX

The year is coming to an end
Please lend an ear to my thoughts, my friend
May I really tell you how I feel
About another year with which I'll deal

I won't always ask that you understand
And when you don't, just hold my hand
If I look ahead with a sense of dread,
Help me look again with hope instead.

If on New Year's I shed a tear
For that precious child no longer near,
Just know I need a little time
To blink back the tears, then I'll be fine.

This hurt will last my whole life through
But I can manage with God and you.
And know again my child will shine
Because he's in your heart and he's in mine



*“Death is not
extinguishing the light;
it is only putting out the
lamp because the dawn
has come”*

Rabindranath Tagore

A New Year

By Cara Hinton from SilentGrief.com

A new year holds personal meaning for everyone. Usually, a lot of time is taken for some inner reflection. As the old year ends and a new year begins, most people set new goals with lots of enthusiasm and a true spirit of wanting to do better. There is an honest attempt to forget past failures and focus on the future with feelings of bright hope.

When grief has been part of your daily life, it is a real challenge to be hopeful for a brighter year. How do you heal broken relationships? How do you make a more secure financial future when beginning a new year without a job? How do you set lofty goals when you are sinking in a sea of depression? How do you begin to fill the hole in your heart that has been left when your child died?

A new year does not end all past pain.

A new year does not make every wrong thing right. A new year will not restore broken dreams.

But a new year is just that...new. It is the making of an opportunity to begin again. It takes great courage to look for a miracle when your dreams have been shattered. Every person alive has a seed of hope planted within the heart that is ready to come alive if given a chance. Look at the new year, taking it one day at a time. With the breaking of each new dawn, claim one new promise of hope. When you do, your miracle will begin to happen!

Every new day has the potential to give you a miracle!



The Broken Chain

Author Unknown

Submitted by Don Forman in memory of Wayne Casey Forman

We little knew that morning that God was going to call your name,
in life we loved you dearly; in death we do the same.

It broke our hearts to lose you, you did not go alone.
For part of us went with you, the day God called you home.

You left us peaceful memories, your love is still our guide,
and though we cannot see you, you are always at our side.

Our family chain is broken, and nothing seems the same,
But as God calls us one by one, the chain will link again.

Sibling Page

First Step

By Scott Mastley - TCF, Atlanta GA

When my brother died in a car accident seven years ago, I was reminded of a 17 year-old boy I knew in high school who had lost his father suddenly. I hadn't known anyone who'd lost a parent before then, and I was curious about how he had acted at the funeral. It made quite an impression on me when I heard that he was calmly speaking with his friends and thanking them for their support. I told myself then, that if I were ever in that situation, I would also be strong.

As I stood in the kitchen seven years ago with "He didn't make it" echoing in my head, I remembered the boy whose father had died, I wanted to be brave like him, to be strong for those around me. I wanted to show everyone that I was resilient, and I wanted to deliver what everyone was telling me to deliver. All the calls and visits began or ended with someone saying, "Be strong for your parents. They need you to be strong for them now." There was also a popular song playing on every station with the lyrics "You got to be cool. You got to be calm. You go to stay together ...You got to be strong. You got to be wiser." I made it my mantra. I couldn't sleep, so I'd silently chant to myself, You've got to be strong. You've got to be strong.

At first my parents thanked me for showing strength. They were amazed that I was able to walk around and shake hands and thank people for coming to the wake. I tried to reassure everyone while my parents struggled to respond to the sympathy of friends and family members. They didn't feel capable of much conversation. I spoke at the funeral while they listened, teary-eyed, in the pew. I thought I was reaching deep, pulling out powers of resilience that had been dormant in me. I was proud of myself for putting others at ease.

At the same time, there were questions slowly rising to the surface of my consciousness.

What about you, Scott? When do you take care of yourself? What do you need? I felt guilty worrying about myself when, according to everyone around me, my parents were depending on me. Not that I ever took the time to actually discuss it with them - I just assumed I was supposed to be the unbending oak. I cried every day, but I made sure I didn't cry in front of them. I left the room if I felt tears building. I tried to push the questions into a dark, distant corner of my mind. I'd answer the phone and hear, "It must be hard for them. Please tell; your parents that our prayers are with them." When I hung up, I couldn't help wondering why the callers didn't say, "It must be hard on the three of you. Our prayers are with you."

Then my parents began expressing their concern for me. Sensing my isolation, they began to realize that my grief was being overlooked. They realized that they were getting all the support while I was being told to support them. They said they worried about me. They asked who was supporting me. Their empathy helped me accept and admit to my private concerns. I could only be strong for so long. I didn't want to be selfish, but I knew that my brother's death was an extraordinary circumstance. I missed him terribly, and each day I felt more exhausted. Nature was telling me something. I had to stop moving, stop reassuring, and stop acting for the sake of others. I had to admit that I didn't know how to handle grief. I had to stop being the steady, reassuring voice in our family and let the sadness come over me. I had to cry and find some time to be alone. I didn't have to learn to live with the full reality of my loss overnight, but I had to let the grief take me and begin to learn. That's when my journey, as a surviving sibling, began.

"Not every wound the wounded carry leaves a visible scar"



Our Children Remembered Birthdays



Raymond Albert	Brother of Barbara Hunsicker	Jan 24
Kevin Blosky	Son of Jack & Janet Blosky; Grandson of Jack & Nancy Blosky	Jan 28
Thomas M. "Tommy" Booth	Son of Tom & Ginny Booth	Jan 22
Debra Brown	Daughter of Doris Clauser	Jan 6
Holly Brown	Daughter of Janice A. Picard; Mother of the late Cheyenne Makenzie Brown	Jan 3
Brain Burke	Son of Mary Burke; Brother of Melissa Burke	Jan 3
Rachel Dallas	Daughter of Robert & Linda Dallas; Sister of Sadie Dallas	Jan 21
Sheila DeBoer	Daughter of Barbara DeBoer & the late Henry DeBoer; Sister of Leslie & Cory DeBoer	Jan 29
Mark Dilts, Jr	Son of Mark & Joy Dilts; Brother of Beth Dilts	Jan 6
Angela Dion	Daughter of Edmond & Robin Johnson	Jan 12
Wayne Ernst	Son of Julius & Doris Ernst; Brother of David Ernst	Jan 6
Maggie Faber	Daughter of Harry & Carol Faber; Sister of Heidi & Harry Faber & Randi & Eric Gerencser	Jan 17
David "Dave" Fegley	Son of Dick & Peg Fegley	Jan 23
Araya Francisquini	Daughter of Jamie Francisquini	Jan 11
Jesse Gentile	Grandson of Gerry & Doris Rothermel; Nephew of Mark Rothermel	Jan 28
Anne Marie Mabus Heater	Daughter of Wayne & Frances Mabus; Sister of Steven Mabus	Jan 7
Jamie Laudenslager	Son of Jane Laudenslager; Brother of Jon & Shelly	Jan 23
Andrea Luecke	Daughter of Louise Luecke; Sister of Jennae Luecke	Jan 30
Ryan Miller	Son of Patti Miller & the late Richard Miller, Jr ; Brother of Ricard Miller, III	Jan 4
Gretchen Newton-Krieg	Daughter of Gloria Perlis	Jan 18
Kelly Owens	Son of Douglas D. Owens & Judy Dorward	Jan 24
Allison Reboratti	Daughter of Eduardo & Barbara Reboratti	Jan 25
Joey Russo	Son of Susan Russo; Brother of Jena & Jevin Russo	Jan 1
James "Jimmy" Thompson	Son of Richard & Mary Thompson; Brother of Marie, Mark, Patrick & Kathy Thompson; Uncle of Josh & Drew Thompson	Jan 23
Victoria Volkert	Daughter of Joanne Fimiano	Jan 14
Justin Wenner	Son of Jack and Susan Wenner; Brother of Tara & Jonathan Wenner	Jan 10
Joshua Wersinger	Son of David & Joanne Wersinger	Jan 19

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



Raymond Albert	Brother of Barbara Hunsicker	Jan 11
Sean Apgar	Son of Randy Apgar	Jan 22
Christopher Cook	Son of Jennifer Pongracz; Brother of Mark, Giovanni, Angel & Alexis	Jan 8
Kathleen Deutsch	Sister of Jane Fritchman	Jan 19
Barry Donchez	Son of Edward & Olga Donchez; Brother of Linda Shive & Mike Donchez	Jan 10
Andrew Engborg	Son of Rick & Becky Engborg; Brother of Amanda Engborg	Jan 11
Maggie Faber	Daughter of Harry & Carol Faber; Sister of Heidi, Harry, Randi & Eric	Jan 17
Brenda Fehr Hatrak	Daughter of David & Eileen Fehr, Sr.; Sister of Barbara R. Burgin & David Fehr, Jr.; Granddaughter of Warren & Rose	Jan 8
Araya Francisquini	Daughter of Jamie Francisquini	Jan 2
Steven Fussner	Son of George & Linda Fussner; Brother of Kathleen Kowker & Jeffrey Fussner ; Father of Alyssa & Kaitlyn Fussner	Jan 14
Kevin Garrison	Son of Kathleen Garrison; Brother of Anthony Garrison; Uncle of Logan Garrison	Jan 16
Jesse Gentile	Grandson of Gerry & Doris Rothermel; Nephew of Mark Rothermel	Jan 29
Brett Harris	Son of Chester & Carol Kinsey, Jr.; Brother of Terry & Lisa ; Father of Shaun, Shannon, Nicole & Brett Lee;	Jan 14
Jason Hittner	Son of Joseph & Susan Hittner; Brother of Alexis Marie Bartholomew	Jan 2
Jessica Irizarry	Daughter of Marisa Irizarry; Sister of Jacqueline & Rafael	Jan 20
William Kehley	Son of Charlotte Kehley	Jan 11
Michele Koch	Daughter of Frank & Mary Ann Koch; Sister of Bridget & Rachel Koch; Aunt of Frankie & Devin Koch	Jan 30
Steven Koch, Sr.	Son of Audrey J. Koch	Jan 20
John Leonard, Jr	Son of John and Jule Leonard; Brother of Karen	Jan 6
Thomas S. Loquasto	Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle , Michael Loquasto, II & the late Jeffrey	Jan 8
Joy Loube	Daughter of Barry and Jeanette Loube	Jan 15
Beth Anne Mather	Daughter of Peter Mather	Jan 17
David McHale	Son of Joseph & Mary Jane McHale	Jan 12
James Mullen, II	Son of Jeanie Mullen; Brother of Rose, Chris & Dawn	Jan 1
Gretchen Newton-Krieg	Daughter of Gloria Perlis	Jan 1
Randy Peischl	Son of Betty Peischl	Jan 29
Shea Picht	Daughter of Kevin Picht	Jan 21
Anthony Romig	Son of Edward C. Romig, Sr. & Lois Pearsall; Brother of Edward C. Romig, Jr.	Jan 20
Daniel Rostkowski	Son of Shirley May Rostkowski; Brother of Janet Wise & Andrew Rostkowski	Jan 30
Sharon Schreiter	Daughter of Jerry & Janice Walker; Sister of Scott Walker & Diane Kichline	Jan 15
Geoffrey Steckel	Son of Dean & Patricia Steckel; Brother of Jennifer & Mark Steckel; Father of Benjamin & Emma Steckel	Jan 20
Michael Stocker	Son of Calvin & Kay Stocker; Brother of Megan Fibrick	Jan 26
Debra Sweeney	Daughter of Richard & Doris Hosler; Sister of Donna Mallard	Jan 5
Russell Terry	Son of Brian and Amy Erbe; Brother of Shannon	Jan 9



Love Gifts



Sue & Joe Hittner	Jason Robert Hittner <i>In Loving memory of our Son, Brother & Uncle. Joe and Sue Hittner, Alexis Bartholomew, Dylan & Matthew</i>
Salvatore & Mary Bartolotta	Salvatore Carai Bartolotta <i>In loving memory of our son</i>
Kathleen & James Thomas	Benjamin Thomas <i>You remain in our hearts forever</i>
Mary Burke	Brian Burke <i>So full of love and life</i>
Richard & Suzanne Hoffstetter	Jonathan Paul Hoffstetter <i>Dear Jon, our 21st Christmas season without you. We all love and miss you. Mom, Dad, Diane & Ken</i>
Tom and Eva Seibert	Steven Thomas Seibert <i>Steven, you are forever in our hearts. Love Dad, Mom, Nick Krista & Mama</i>
Aline Shipreck	Manya Victoria Shipreck <i>All of our love. Mommy & Carolina</i>
David and Denise Myers	Cody David Myers <i>In Loving Memory</i>
Lin Miller	Glenn Miller, Jr. <i>Love is forever</i>
Nancy Quinton	Justin Scott Bramich <i>Love and miss you. Mom, Family & Friends</i>
Edward and Olga Donchez	Barry E. Donchez <i>For your birthday, holidays and your passing - we miss you!</i>
Richard and Doris Hosler	Debra L. Sweeney <i>You are always in our hearts</i>
Julius and Doris Ernst	Wayne Stephen Ernst <i>Love & miss you every day - Happy Birthday</i>
Jean Fetherman	Kevin Scott Fetherman <i>In Loving Memory</i>
Douglas Owens	Kelly Shawn Owens <i>Gone but not forgotten. Love, Dad</i>
Kathleen Garrison	Kevin Lee Garrison <i>You're always in our thoughts and prayers. We love you</i>
Gene, Dawn & Jamie DeLong	John Katsaras <i>In Memory</i>
Gene, Dawn & Jamie DeLong	Tracy Donovan <i>In Memory</i>
Robert and Anne Peters, Jr.	Bradley Wade Peters <i>In Loving Memory</i>
David and Eileen Fehr, Sr.	Brenda Marie (Fehr) Hatrak <i>It has been 10 long years & we miss you so very much! Love you always! Love, Mom, Dad & Family</i>
Chet & Carol Kinsey	Brett Harris <i>Miss you more every year. Love you forever, Mom & Dad</i>
Chet & Carol Kinsey	Joseph Westerman <i>2 years without you. Miss you Bro. Chet & Carol</i>



Donations & Contributions



We thank the following for their thoughtfulness and generosity

🦋 Sacred Heart Hospital for TCF, Lehigh Valley's meeting room & beverages 🦋

🦋 Mary Ann Donuts 🦋 United Way Contributors 🦋 Employees of Giant at Village West, Allentown 🦋

🦋 Palmerton Community Ambulance Assn. for TCF Carbon County's meeting room 🦋

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 YOR 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
LEHIGH VALLEY CHAPTER**
P.O. Box 145
Emmaus, PA 18049

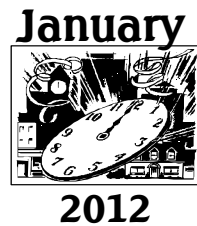
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We Need Not Walk Alone



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 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.

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