



THE COMPASSIONATE FRIENDS

LEHIGH VALLEY CHAPTER

Supporting Family After a Child Dies

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

October 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.

TCF Lehigh Valley Calendar

- Oct 8 **Monthly Meeting:** General Sharing
- Oct 17 **TCF Basket Bingo - 50% off Tickets** Buy your tickets in advance and get them half off the door price ! See page 2 for details
- Nov 12 **Monthly Meeting:** Video - " Handling The Holidays" by Darcie Sims; Discussion and sharing afterward if time allows
- Nov 12 **Button Machine** - Prior to Monthly Meeting 6:30 - 7 pm - See page 2 for details

Other Local TCF Chapters Meetings

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

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

There are times that you need to connect with someone between meetings ...for those times the following bereaved parents 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
Homicide	Ginger Renner	610-967-5113			

Inside this issue:

Chapter News	2-3
Article - A Stiff Upper Lip Causes Wrinkles	3
Article - Can it be Fall Already	3
Poem - Halloween	3
Poem - Never Forgotten - Never Apart	4
Article - If you see Ghosts You're Crazy	4
Sibling Page - Article - Teenage Grief & Anger; Poem - My Brother Chris	7
Our Children Remembered Birthdays	8
Our Children Remembered Anniversaries	9
Love Gifts	10
Love Gift Donation Form	11

Events and Announcements

October 17, 2012

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

Benefits The Compassionate Friends, LV



November 12, 2012

Button Machine

The button machine will be at November's meeting from 6:30 - 7 pm. To have a button made: Arrive early with a color or black & white COPY of a picture on Plain Paper (**NOT** photo paper) of your child. Buttons are 2 1/4 in diameter. There is no charge but donations are gratefully accepted.



Find us on Facebook

Keywords: The Compassionate Friends, Lehigh Valley

December 9, 2012

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 9th 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 10, 2012

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 of your child(not group photo) close up photos (up to 8x10)
- ★ Your contact info, child's name, birth & death dates, family members names

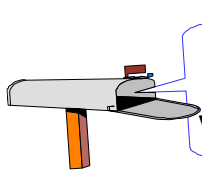
Submit by:

- ★ 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

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



**Moving
Vacationing??**

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

A Stiff Upper Lip Causes Wrinkles

By Linda Moffatt, TCF St Louis, MO

The next time someone tells you to... "keep a still upper lip", tell them I said it causes wrinkles.

Bereaved parents will generally say that losing their child has "aged" them. I used to have a baby face. Into my late twenties, I still couldn't buy alcohol without showing my driver's license. When I married, inherited two children from my husband's first marriage. I used to get a kick out of telling people I had teenage children, and wait for the flabbergasted protestations to follow.

I was 33 when Nicholas died; I'm 36 now. Lately, when I tell people I have a 20-year-old daughter, no one bats an eyelash! Certainly no protestations - not even a "My, you must have started young!" More like an "Oh, that's nice." How old do I look anyway? What happened to me in those three years? I have a theory; that we don't get lines in our faces and gray in our hair and stress-related illnesses from the time we spend thinking about our child, crying and freely expressing our hurt and anger and guilt. We get them from the time we spend trying NOT to. Because we feel we cannot or should not break down before co-workers, friends, acquaintances, and many times, even family, we keep that upper lip as stiff as possible, and all of our emotions reined in as tightly as possible. Kept up long enough, without any release, and our faces will take on that pinched look and the gut finally protests with a message of its own.

It's not that I seriously care about whether or not I have wrinkles or gray hair. I mean, comparatively speaking, it's a minor occurrence. The point is, that the outside tells the story of what's going on inside. I wish sometimes we could take "before & after" pictures at TCF meetings. Many times someone has walked into a meeting for the first time, and I've found out later that person is much younger than I thought. Several months down the road, after sharing their child and expressing their grief, I'll notice a change, the same person looks 10 years younger than his or her actual age. Grief is a very physical emotion. We should not keep it inside us, it shows.

Think of how you really feel when you finally let go - let the tears fall freely, or let the rage out by screaming or beating a pillow. The face softens and the body relaxes. It exhausts us. Cure for sleepless

nights? Don't wait until bedtime to do your grief-work. Grief needs to be expressed and released. There will always be situations where we feel it appropriate to keep our emotions in check. That's fine. But, also, remember to do your grief-work whenever you can. It's the most important thing you can do right now for your future.

So the next time someone tells you to keep a stiff upper lip, simply say, "Did you know that causes wrinkles?" and walk away. They'll be confused, but that's okay... you know what you're doing.



Can it be Fall Again Already?

Kathy McCormick
TCF, Lower Bucks County, PA

Here we go again, that downward spiral into Fall that every bereaved parent dreads. For as sure as we turn the calendar page to October, here comes Halloween, followed by Thanksgiving and then (Oh No!) Christmas/Hanukkah. As I contemplate my fourth fall without my child, I can tell that the pain will be less intense and come less often. This does not mean I love her less. It just means that no one can grieve as intensely as in the beginning for very long. Your body couldn't sustain it.

Take care of yourselves. Learn to be selfish if you need to be. Tell those closest to you what you need in order to get through this time. You will survive, whether you like it or not. We're here if you need us, your compassionate friends.

Halloween

By Kathy McCormick ~ TCF, Lower Bucks County, PA

The frost is on the pumpkins
There's a nip in the air
The costumed kids come knocking
But my little girl's not there
People wish me Happy Halloween
If I see one more grinning skull I'll scream
I pushed her in the stroller door to door
But she won't be saying sank you anymore
Instead of treat it seems we got the trick
The thought of Halloween just makes me sick.

NEVER FORGOTTEN - NEVER APART

by Carol Deemer, TCF Lehigh Valley Chapter

All our lives
We did things half wrong
Then God gave us you
And that made us strong.

Your eyes so deep
Your smile so bright
Piercing our hearts
Oh, what a sight.

We looked at the stars
Sharing our dreams
Together forever
Or so it seemed.

We gave you love
A love so deep
And you in return
Gave your love, so sweet.

With you by our side
We felt so secure
Daddy and me
we had love for sure.

We are a family
We are complete
Now your an angel
We can barely speak.

All the years
Our hearts were so full
Suddenly awaken
Our lives are so dull.

Just in a moment
You are gone
Again in our life
What has gone wrong?

With you on our mind
We live each day
Given no choice
We can only pray.

Pray for the day
And hope for the best
For the last time
We will all rest.

Never forgotten
Alive in our hearts
We carry you with us
Never apart.



IF YOU SEE GHOSTS YOU'RE CRAZY!

By Reverend Dr. Marge Swacker, Heartland Hospice Chaplain, St. Louis

Don't you believe it. A great many people who have lost loved ones see or hear them in the days and weeks after the death. I can't explain it, but I know very normal people who have seen a loved one, heard his or her voice. Some say it's the mind playing tricks on us. Others say it is a gift meant to comfort us. Still others say this experience surprised them but did not come as a total shock. Whatever the case. I have known too many sane, normal people who have had such experiences. Don't confuse the natural working of a normal mind with the foolish stories of Edgar Alen Poe.

Sibling Page

Teenage Grief and the Subject of Anger

By Linda Cunningham
TCF Western Australia Chapter

Expressing anger is not something that most of us are given permission to do while growing up. We are often told to go to our room or calm down. We buy the message that anger is inappropriate and are seldom given examples of how to vent anger in a way that does not hurt someone else or ourselves.

Anger is a very human response to grief. We may be angry at ourselves, the doctor, God, or friends who have family members that we no longer have. We can even be mad at our loved one for dying and leaving us alone to deal with life without them.

It has been said that depression is often a result of anger turned inward. If we intellectualize or minimize our anger, it will not go away by itself. Our suppressed anger may find an avenue in situations that appear to be unrelated to the death.

Some people have found that anger can be safely expressed in the following ways: writing an angry letter and tearing it up, screaming into a pillow, punching a pillow or mattress, scribbling with red crayon until you get tired, exercising -running, bicycling or boxing, etc. While doing the above, verbalize either out loud or silently, the anger you are feeling. Verbalizing is an effective way of focusing your anger where it belongs.

Journaling or drawing can also release anger. At the top of a sheet of paper, you might want to write, "I am angry because.. and respond to this question with short sentences or sketches. Writing brings responses from the intellect and drawing can bring deeper responses from the heart, so think about doing both.

If you have mastered the art of meditation and are accustomed to being still in the silence, this can be an opportunity to look deeply into the source of your anger. Often we are angry for reasons that are quite different from what we originally thought. Prayer is also a great healer. Prayer and meditation

are thought, by many, to be methods of avoiding angry thoughts and feelings. On the contrary, prayer and meditation provide an opportunity to look directly into the face of anger in an environment that produces clarity and direction. If you are not feeling anger at this time, respect that. There is not a magic formula that says you have to be angry while grieving. Anger is simply a common and frequent response to grief for many.

Follow your heart and allow yourself to grieve in your own way and on your time.

My Brother Chris

You saw the best in all of us
Your love had no condition
You cared for every life you touched
Without prejudice or suspicion

A man of little words my bro
With a heart so big and kind
A better friend to many
You will never find

Just watching you be young and free
Receiving the love you had for me
I will miss you so very much my brother
There is no replacement, there is no other

For now I have to suppress my pain
And live as you would for those who remain
I would give anything to see your laugh and smile
Or to talk for just a while

I must be patient and wait
For the day we meet at heaven's gate
I will never forget, I'll try to celebrate
My little bro Chris was my best mate

Janelle Sister to Chris
TCF Victoria AU Brothers & Sisters Sibling Newsletter



Our Children Remembered Birthdays



Matthew Aungst	Son of Christopher and Mary Kelly Aungst, Brother of Alecia & David Aungst Aungst	Oct 15
Donna Lee Benninger	Daughter of Betty Thompson	Oct 24
Michael Brown	Son of John & Cynthia Coyle ; Brother of Josey Brown	Oct 12
Christopher Cole	Son of Theresa Cole & Donald Cole ; Brother of Lauren Cole;	Oct 10
David DeLong	Son of Gene & Dawn DeLong; Brother of Jamie DeLong; Grandson of David & Gladys Kaufman; Nephew of Jill Lichty	Oct 23
Gregory Dooley	Son of Marc & Shirley Shubert	Oct 13
Bobby Egner	Brother of Melissa Nice	Oct 13
Nicholas Fetchko	Son of George and Fran Fetchko; Brother of Andrew Fetchko & Rebecca Fetchko	Oct 11
Benjamin Fry	Son of John & Cynthia Chryst; Brother of the late Peter & Paul Fry; Twin Brother of Jeff Fry	Oct 6
Kyle Hoffman	Son of Joshua Hoffman; Brother of Austin Hoffman	Oct 24
Jeanne Hurley	Daughter of Stephen & Jeannette Viglione; Sister of Michele Yankowy & Robert Wambold, Jr.; Mother of Cole J. Hurley	Oct 12
Carol Johnson	Daughter of Lauretta Coyne; Sister of Elaine Muretta, Bob, Jim & Dave Johnson	Oct 18
David Julo	Son of Jack and Margaret Julo	Oct 1
Katie Kasinecz	Daughter of Susan Kasinecz; Daughter of Robert Kasinecz	Oct 25
Jonathan Keller	Son of Dennis & Lori Keller; Brother of Amy Keller	Oct 25
Randy Krieg	Brother of Ryan, Aaron, & Alicia Kreig; Grandson of Gloria Perlis	Oct 15
Adam Labezius	Son of Larry & Kimberly Labezius; Brother of Zachary & Amber Labezius	Oct 12
Thomas Lehrman	Son of Jean Lehrman & the late Edward Lehrman, Sr.; Brother of the late Edward S. Lehrman, Jr.	Oct 26
John Luzenski	Son of John & Audrey Luzenski; Brother of Judy & Jeffrey Luzenski	Oct 6
James Mante	Grandson of William and Judith Mawhinney	Oct 3
Ken McMahon	Son of Cheryl McMahon ; Brother of Lori McMahon	Oct 4
Cathy Mertz	Daughter of Franklin & Lucille Reinhard; Mother of Melissa Ann Gurdineer; Sister of Cheryl Ann McCue	Oct 28
Matthew Mitek	Son of Cynthia Mitek	Oct 12
Russell Nicholson	Son of Jim & Lyn Nicholson; Brother of Rachel Nicholson	Oct 18
Haley Opperman	Daughter of Eddie & Michele Opperman	Oct 21
Jeffrey Pettis	Son of John and Gloria Zucal, Brother of Sherry White	Oct 16
Deanna Renner	Daughter of Ginger Renner & the late Merle Renner	Oct 11
Scott Rothrock	Son of Larry & Linda Rothrock	Oct 20
Elwood Rush	Son of Elwood & Shirley Rush	Oct 4
Demetrius Scebes	Son of Jessica Scebes	Oct 22
Julie Searfoss	Daughter of Gregory & Sharon Searfoss; Sister of David Searfoss; Granddaughter of Hilda Smoyer	Oct 7
Debbie Secero	Daughter of Donna Stiener; Sister of Louis Secero & Michelle Petrillo	Oct 10
Marty Secero	Son of Donna Stiener; Brother of Louis Secero & Michelle Petrillo	Oct 31
Larry Shunk	Son of Betty Thompson	Oct 12
Darryl Shurow	Son of Lew & Sharon Richards	Oct 12
Lisa Staub	Daughter of Mark & Louise Stahley; Granddaughter of William & Patricia Johnson	Oct 1
Michael Stocker	Son of Calvin & Kay Stocker; Brother of Megan Fibrick	Oct 14
Frank Thiel	Son of Gregg & Debi Thiel; Brother of Ryan, Greg & Adam Thiel; Nephew of Barbara Brennan & Don & Kathy Clarke	Oct 28
Kenneth Zellner	Son of Kenneth & Barbara Zellner	Oct 11



Our Children Remembered Anniversaries



Ryan Balliet	Son of Bruce and Pat Balliet	Oct 10
Kevin Blosky	Son of Jack and Janet Blosky; Grandson of Jack and Nancy Blosky	Oct 4
Michael Brown	Son of John and Cynthia Coyle; Brother of Josey Brown	Oct 15
Brain Burke	Son of Rich Burke; Brother of Melissa Burke	Oct 9
Nicholas Caldarelli	Son of George and Cheryl Caldarelli	Oct 11
Anthony Coccia	Nephew of Jane Coggins	Oct 3
Jessica Coe	Daughter of Randy and Diane Coe; Sister of Allison Coe	Oct 7
Jon Conrad	Son of Erma Conrad; Brother of Jeffrey & James Conrad	Oct 6
Gregory Dooley	Son of Marc and Shirley Shubert	Oct 31
Bobby Egner	Brother of Melissa Nice	Oct 29
Matthew Fahey	Son of Michael and Nancy Fahey; Brother of Michael & Rob	Oct 13
Dean George, Sr	Son of Delphin and Sylvia George; Father of Dean A. George, Jr & Lisa George	Oct 9
Jonathan Hoffstetter	Son of Richard and Suzanne Hoffstetter; Brother of Diane and Kenneth Hoffstetter	Oct 1
Julie Howe	Daughter of Timothy and Nancy Howe; Sister of Melanie Howe	Oct 19
David Julo	Son of Jack and Margaret Julo	Oct 16
Pamela Kisthart	Daughter of Dennis and Judy Kisthart	Oct 26
Richard Kulik	Son of Dolores Kulik; Brother of Christina Schantzenbach and Michael Kulik	Oct 27
Edward Lehrman, Jr.	Son of Jean Lehrman & the late Edward Lehrman, Sr.; Brother of Leanne, Robyn, Michele, Debra & the late Thomas	Oct 19
Paul Levine	Son of Louisa Levine; Brother of Gregory, Mary & Philip Levine	Oct 31
Andrea Luecke	Daughter of Louise Luecke; Sister of Jennae Luecke	Oct 23
John Luzenski	Son of John and Audrey Luzenski; Brother of Judy and Jeffrey Luzenski	Oct 28
Haley Opperman	Daughter of Eddie and Michele Opperman	Oct 21
Matthew Peczenij	Son of Peter and Judy Peczenij	Oct 20
Wayne Petzold	Son of David and Margaret Petzold, Sr.; Brother of Amy, Dave and Father of Katie Petzold; Husband of Joan Kay	Oct 8
Amanda Rehrig	Daughter of Gary and Roseanne Rehrig; Sister of Ernie Rehrig	Oct 17
Deanna Renner	Daughter of Merle and Ginger Renner	Oct 22
Lydia Rice Cobb	Daughter of Virginia Rice	Oct 10
Ryan Ritzer	Son of Sandy Sherrer; Brother of Richard Ritzer, Jr	Oct 22
Thomas Sensinger	Son of Glenn and Ann Sensinger; Brother of Susan Brown	Oct 9
Peter Slifer	Son of Richard and Paulinda Slifer	Oct 15
Troy Southgate	Son of Donald and Susann Southgate; Brother of Martin Southgate	Oct 30
Drew Sporka	Son of Ron and Pat Sporka; Brother of Keri Markle	Oct 21
David Uecker	Son of Susan Uecker-Bittner & The Late Phillip C. Uecker; Brother of Amanda Uecker-Miernicki	Oct 3
Justin Wenner	Son of Jack & Susan Wenner; Brother of Tara & Jonathan Wenner	Oct 24
Adam Wolk	Son of Michael and Sheila Wolk; Brother of Laura & Sarah Wolk	Oct 22

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



Love Gifts



Love Gifts are donations that are most often given in memory of a child who has died, but are also given in memory of a friend or relative or to honor a special person. Your tax deductible donations enable the chapter to continue publishing monthly newsletters, hold monthly meetings, host special events and reach out to the newly bereaved.

We thank the following for their generous donations this month

Nancy & Jack Bloskey

Kevin Bloskey

You are very missed and will always forever live in our hearts

Eleanor Streletzky

Linda Streletzky Kaintz

Love Never Dies

John and Audrey Luzenski

John J. Luzenski

You are always alive in our hearts! Love & miss you. Mom, Dad, Jeff & Judy

Don and Sue Southgate

Troy Southgate

We love and miss you so very much. Love Mom, Dad & Marty

Kenneth and Barbara Zellner

Kenneth S. Zellner

Happy 42nd Birthday, We love and miss you each and every day. Love Mom & Dad



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 for our meetings treats 🦋

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

🦋 United Way Payroll Donation Contributors 🦋

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

🦋 The Country Harvest for TCF Carbon County's meeting refreshments 🦋

*I do not ask that you forget your dear departed.
I want you to remember.
I only ask that you remember more than
The moment of death, more than the funeral,
More than the house of mourning.
Remember Life!
Remember the whole life, not just the final page of it*

Rabbi Maurice Davis

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.*

MUST BE RECEIVED 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 149
BATH, PA 18014**

Phone _____

Email Address _____

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 _____ desired publication month . Deadline by the 1st of the prior month

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 Carbon County & Easton gifts to the addresses 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 Expenses
 Postage
 Office Expenses
 Outreach Program
 Special Events

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

Member Update Form

Please use this form to change or update information or permit publication of child's Birth and Anniversary dates in "Our Children Remembered" (OCR) newsletter section.

Mail this update form to: Kathleen Collins, 2971 Pheasant Dr., Northampton, PA 18067 **or email updates to:** TCFNewsEditor@gmail.com

The following is Change or Update of information Change of Address or Phone Number Permission (check this box to grant OCR publication permission)

Your Name _____

Phone Number _____

Email Address _____

Mailing Address (where your newsletter is to be sent to) _____

Child's Name _____

Date of Birth _____

Date of Death _____

Parent's Names _____

Child's Sibling's Names _____

If this is a information change ... please indicate what changes need to be made (i.e. name change, correction, sibling name addition etc...)

THE COMPASSIONATE FRIENDS
LEHIGH VALLEY CHAPTER
P.O. Box 149
Bath, PA 18014

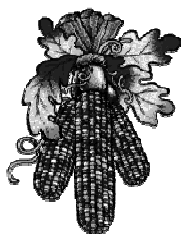
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*We Need Not
Walk Alone*

October



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)

TCE 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