



THE COMPASSIONATE FRIENDS

LEHIGH VALLEY CHAPTER

Supporting Family After a Child Dies

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

November 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 pro-

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

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

Dec 9 **TCF Worldwide Candle Lighting** - More information on page 2

Dec 10 **Joint Candle Lighting Remembrance Program** - More information on page 2

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
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		

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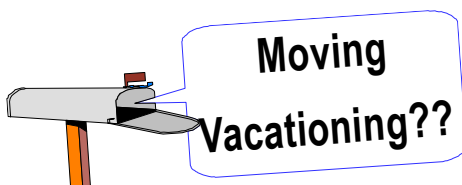


Keywords: The Compassionate Friends, Lehigh Valley

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 contact the newsletter editor



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 and Announcements

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.

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

Sacred Heart Hospital Auditorium 6:45 - 9pm



We invite you to join us as we celebrate the lives of our children, grandchildren and siblings in this very special service of remembrance. The program includes remembrance music, poetry, a slideshow of our children, a sibling candle wreath lighting, memorial scroll and more. The program starts promptly at 7 p.m., so please try to arrive 15-20 minutes prior. The Memorial Scroll, inscribed with the names of our children and siblings who have died, will be on display. If your child's or sibling's name has yet to be inscribed, you will have an opportunity to add it. A memory table will be set up to display your photos. Following the program a reception will be held in the meeting room across the hall from the Auditorium. Please bring one a favorite treat or finger food to share.

Note: Volunteers are needed to help with the program. We also need sibling volunteers to light the sibling wreath. To volunteer with the program or as a sibling candle lighter please contact Kathy Collins at 610 837-6393



Facebook members please visit our facebook page and Like Us. You can find us by searching for The Compassionate Friends, Lehigh Valley.

Our page features quotes, meeting and event reminders, photo albums of events and Our Children.

To have your child's picture added to the Our Children Album email a photo to TCFNewsEditor@gmail.com or mail a photocopied picture (please do not send original photos) to TCF, Lehigh Valley, PO Box 149, Bath, PA 18014

ONE NOVEMBER DAY

*Author Unknown, Submitted by Brenda Solderitch
In Loving Memory of her Son Matthew*

Everything we do; Changes
Our life in some way,
This happened to me
One November day

That's when I had
My son; You see,
It was a joyful
Time for me

As time went on
And years went by,
He became his own person
A wonderful guy.

Those who knew Him
Loved Him so much,
It amazes me;
All the lives He touched,

For those of you; That
He never met,
He is one person; You'd
Never Forget,

He's in God's Hands
For He passed away,
But I'll always remember
That one November Day.



My Child Has Died... *Don't expect me to be Thankful*

By Linda Moore, Orange Cooly BP/USA

Friends...if this is your first Thanksgiving since the death of your child, I am very sorry. There is nothing I can say here to make it any better; wish I could. Everyone has to do the holiday thing in their own way...whatever might make you the most comfortable. I will share with you part of my Thanksgiving traditions.

For years our family had gone away for Thanksgiv-

ing. We were joined by extended family and it was always a good time. When our kids were little, we went camping and cooked the turkey outside in a smoker. Some great memories were created.

The kids got older and I figured out that fixing a big meal outdoors was only for everyone else, not the ones bringing everything for it and fixing it! Our plan then changed and we began going to a hotel on the beach. Now that was the way to go! We had a big suite, nice heated pool at ocean's edge and maid service!

Then one year, Brad died two months before Thanksgiving. I could not fathom being thankful. My child had died! All the hotel arrangements had been made the year before. We were on automatic pilot and just went with the flow. We did insist on everyone sharing a memory with Brad and lighting a candle in his memory. When I made this request there were probably some anxious moments. I don't remember nor did I care. In some ways, I think it was good for us, sticking with some of the traditions that Brad loved and adding new ones to honor him. Was it hard? No doubt. Should we have stayed home...gone somewhere else? No matter where we would have gone, he still would not have been there...there is no getting around that.

The pain would have been with us no matter where we were.

We told Brad we loved him, writing it in huge letters in the sand. I spent quiet moments by myself, walking on the beach. I cried by myself and with others. I even laughed a couple of times as we shared silly moments of other Thanksgiving days with Brad. Most of the day, I felt I was in the "twilight zone"...participating but removed.

That night, when I was by myself, I sat and wrote a letter to Brad...a letter telling him how thankful I was that he was my son, that I had him for those 17 years, 364 days. That I was thankful for every moment, great, good and not so good. I was thankful for the love we still had. Have I ever had a "normal" Thanksgiving again? NO...no. I have rearranged things in my mind...some things I keep to myself so others can fully enjoy the day. But I always include Brad in some way. I cannot change that he is no longer physically here...so I have to change my world to make way for this new life of mine and make the best of it.

Suggested holiday letter to family and friends

By Marge Henning, TCF West Orange NJ and Madison WI

Thank you for not expecting too much from us this holiday season.

The absence of our child when the "whole family" gathers seems to accentuate our incomplete family. It is difficult to cope with the "spirit" of the holidays on the radio, TV, in the newspapers and stores. We will need the patience and understanding of our family and friends to help us through the holidays as best we can.

Our family traditions may be too painful for us to continue this year. We may want to change the way we spend Thanksgiving, Christmas, or Hanukkah. Please understand this and maybe some time in the future we will have these traditions again. Whatever our thoughts are for coping with the day, please take our feelings into consideration when you make your plans.

Please allow us to talk about our child, if we feel a need. Perhaps the single most helpful thing you can do for us is to include our child in the holidays. We want to hear his/her name, to have your recall fond memories of their lives, to know that you, too, are feeling their absence and remembering them with love.

As we work through our grief, we will need your patience and support, especially during these holiday times and the "special" days throughout the year.

Thank you for not expecting too much from us this holiday season.

Love, a bereaved parent/family.



A Thought as we Near Thanksgiving

By Claire Sanford, TCF Loganport, IN

I'm thankful, Lord, for loving care
I'm thankful, too, for something more.
I'm thankful, Lord, that I can bear,
The things that I'm not thankful for.



Some people love to see the changes
in the colors of the leaves,
When the sky is clear and dark blue
as the sea.

They love to smell the oak leaves burning
But it is then my heart is yearning
To be with ones I know
I cannot see.

There's something in the autumn
That makes my heart so heavy,
I miss them all but know they're where
they should all be.

If I can make it through the winter,
And see-the spring unfold before me,
Then I'll know once more they're
there, and wait for me.

When the morning sun comes later,
and the afternoons die early,
And my spirits drop like leaves
around my feet.

I'm so aware that I am mortal
and I can almost see the portal
that I will pass through and be
evermore complete.

Jim O'Neil TCF, Montgomery, AL

Ten Tips to Surviving the Difficult Holidays after your Child Dies

1. Plan ahead. Realize you will not be able to do everything with everyone. Decide what is truly important to you and your family.
2. Don't be afraid to ask friends for help. Tasks which may normally take little effort can feel overwhelming, whether it's fixing a meal, cleaning the house, or putting up decorations.
3. No one expects you to string rows and rows of lights just to prove you have the holiday spirit. If you don't feel up to past efforts, you may simply want to place an electric powered candle in your window in memory of your child.
4. Just because you've hosted holiday gatherings in the past doesn't mean you're obligated to this year. Others will understand.
5. After a child dies, old traditions are often left behind and new ones that incorporate the child who died can take their place. Honor the memory of your child in unique ways that have meaning to you.
6. Surviving children should be included in your plans. They, too, mourn their sibling, but need a normalcy the holidays can provide.
7. If you don't get everything done you plan, be easy on yourself. Grief is tough work and you should never feel guilty for not getting everything done.
8. If you must shop for others, find a time when the stores are not extremely busy like early morning, order through the Internet, or ask others to shop for you.
9. Participating in a memorial service, such as The Compassionate Friends Worldwide Candle Lighting the second Sunday in December, can be very meaningful. This can be done in a formal service with others or through a short private candle lighting in the privacy of your home.
10. Remember that the fearful anticipation of an approaching holiday is usually worse than the day



Reading is a Haven... Not a Place to Hide

By Annette Mennen Baldwin, TCF/ Katy, TX

In memory of Todd Mennen

Some people like to read. Some people live to read. Since I was a child I have read about four books a week. So it was only natural that I develop a new reading style when my son died in December of 2002. For a week I read Todd's obituary over and over again. I had written it. Was it suitable? I second guessed myself about that for some time.

The week after Todd's death I began reading short poems, articles and short stories. I would find myself stopping and starting, re-reading a line over and over again until it finally penetrated my brain.

After a month I began reading books again. It was difficult, but I found books which were suitable to my current state of mind. Books about peace, serenity, self-help, death, the afterlife. Soon I found a web site devoted to grief resources. I ordered several books and devoured them.

Reading helped to fill the giant hole in my spirit; it helped me to realize that others had walked this road and had actually survived. I was certain for the first three months after Todd's death that I wouldn't survive; in fact, I didn't want to survive.

Finally I decided to read the types of books I had always read.... history, biography,

mysteries, current events analysis, funny books, sad books, books with a message. I lived in my books; for a brief period I didn't exist.. ..the only reality was the book I was reading.

Not everyone reads. Some parents spend great amounts of time in thoughtful reflection, in prayer, in meditation. Others watch television and movies. Many retreat within themselves, too emotionally

pummeled to talk. Others lose themselves in their work. All balance is removed from each life, no matter what we choose.

And that's what had happened to me. I had removed the balance from my life by escaping into books. After almost three months of reading, withdrawing into other worlds and living in books, I went to a meeting of the Compassionate Friends. I realized I was not balanced, grounded or centered. I realized, too, that escaping into alternative realities was not the answer.

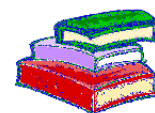
That first meeting was frightful. My life consisted of work and home and nothing else. I imagined all kinds of terrible scenarios. But yet, I went. I met caring parents who seemed to have their lives in order. The second meeting was better; by the third meeting I was talking... .in short sentences.

Gradually over more than two years, I became a participant in the meeting and in the

process. I volunteered to help.....just a little at first, then more as time went on. I went to seminars. I sorted through the pain, the agony, the horror I was feeling. I began to achieve a balance.

My husband and I began spending weekends in the country with my family. This was a positive change for me. A friend would stop at my office and bring lunch every week. I invited a few people to our home. I couldn't see it then, but I was on the road to becoming "rebalanced". My reality is different now: my only child is dead. Much of who I am is wrapped in being Todd's mom. But my "rebalanced self" has a changing perspective. I have become more grounded through the Compassionate Friends. Sharing my feelings and listening to others has helped me to become centered and balanced. Reading is still my passion, but it is not my life.

Each of us finds an escape from the world after the death of our child..... something to revise our history and help us survive. But eventually we must seek balance, find ways of coping with our soul-shattering loss and ground ourselves in our new reality. The Compassionate Friends has done all of that for me. But I had to take the first step.



Sibling Page

A Sibling's Feelings

The pain of a sibling is so real we sometimes hide it deep inside of ourselves. As we watch our parents hurting we see the pain in their eyes. We are also hurting not only for the loss of our brother or sister but also for our own parents. We need to reach out to each other to let each other know we are hurting inside.

Our lives have all changed forever. I know they lost a son but I lost my younger brother I loved, and as siblings we share a special bond that will never have anymore for he no longer lives...my brother, my friend.

I will always miss you and I will never forget you for you will always live in my heart, and I have wonderful memories no one can ever take away from me. In my heart you will stay, love your forever.

Your sister, Marie Porreca
TCF Rockland County, NY

The Better Tears of Lost Love

Because of my status in society I can look below to poverty and realize no matter how frustrated I get, I will always be very lucky to have a family who loves and cares for me.

But still the tears roll down my face, and my cheeks are forever stained because I know as long as I live my heart will always be pained.

I was left in shock, pain, and fear, left with your unspoken words which I will never hear. But in my days of sorrow when I feel that I will fall I can only repeat the phrase to myself, "It is better to have loved and lost than to never have loved at all"
Peter Smith, age 15

Sibling to Gregory Smith
TCF Livonia, Michigan

This Thanksgiving

This Thanksgiving and always,

Through the grief,

Through the tears,

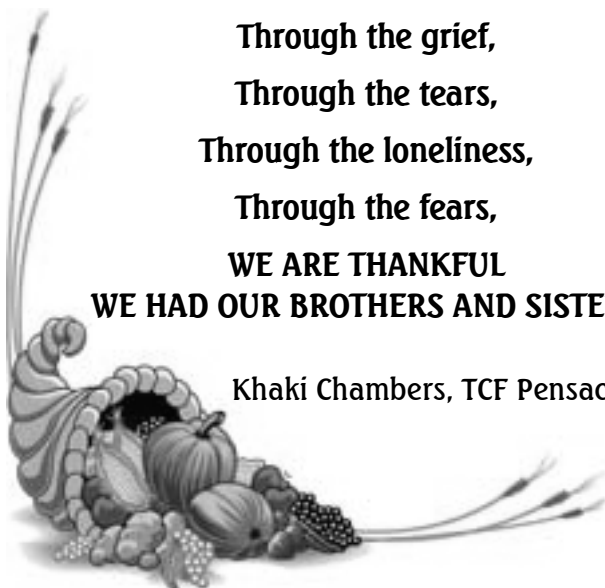
Through the loneliness,

Through the fears,

WE ARE THANKFUL

WE HAD OUR BROTHERS AND SISTERS

Khaki Chambers, TCF Pensacola, FL



○ *Note:*
Sibling volunteers are needed to light the sibling wreath and to read the sibling credo at the Dec 12th Candle Light

○ *Remembrance Service.*
To Volunteer please call:
Kathy Collins @ 610 837-6393 or

○ *Email:*
TCFNewsEditor@gmail.com



Our Children Remembered Birthdays



Aaron Abud	Son of Jose and Susan Abud; Brother of Ariana & Sophia and Susan Abud	Nov 14
Brian August	Son of Edward & Debbie August; Brother of Lisa & Eric August	Nov 17
Salvatore Bartolotta	Son of Salvatore & Mary Bartolotta	Nov 26
Natasha Bartosic	Daughter of Traci Jennings ; Sister of Aaron Bartosic & the late Joshua Michael Bartosic	Nov 21
Carlos Berra	Son of Jose & Rita Familia Brother of David Familia;	Nov 2
Cheyenne Brown	Daughter of the late Holly Ada Brown; Granddaughter of Janice A. Picard	Nov 25
Gregory Burns	Son of Pam Sutliff	Nov 9
Christopher Carman	Son of Carol Carman; Brother of Fran Catino; Bruce Virga & The Late Brian Virga	Nov 22
Barry Donchez	Son of Edward & Olga Donchez; Brother of Linda Shive & Mike Donchez	Nov 28
Donald Freudenberger	Son of Nola Freudenberger	Nov 8
Steven Fussner	Son of George & Linda Fussner; Brother of Kathleen Kowker & Jeffrey Fussner; Father of Alyssa & Kaitlyn	Nov 5
Scott Gollatz	Son of James & Vivien Gollatz; Brother of Stephen Gollatz	Nov 3
James "Jim" Gum	Son of Sherwood & June Gum; Brother of Deborah Martini	Nov 21
Timothy Hamm	Son of Shirley Hamm	Nov 1
Robert Handwerk	Son of Martha Handwerk	Nov 22
Jill Harris	Daughter of Fred & Patricia Andrew; Sister of Jeff; Mother of Sam & Alex Harris	Nov 5
Jordon Hyndman	Son of Robin Hyndman; Brother of Shawna & Briana Hyndman	Nov 14
Jessica Irizarry	Daughter of Marisa Irizarry; Sister of Jacqueline & Rafael	Nov 20
William "Bill" Kehley	Son of Charlotte Kehley	Nov 17
Kimberly Kohl	Daughter of Lyndon and Linda Kohl	Nov 17
Matthew Kolb	Son of Robert & Debbie Kolb; Brother of Sarah & Andrew Kolb	Nov 26
Todd Kuhns	Son of Leonard & Shannon Kuhns; Brother of Leonard & Londa Kuhns	Nov 9
Nathan Loiacano	Son of Andrew & Brenda Loiacano; Brother of Andrea Loiacano	Nov 17
Joy Loube	Daughter of Barry and Jeanette Laube	Nov 3
Kevin Martin	Son of J. Ronald & Linda Martin	Nov 7
Jacob Miller	Son of William R & Caroline P Miller	Nov 15
Thomas Miller	Grandson of Emma Butz	Nov 21
Glenn Miller, Jr.	Son of Lin Miller ; Brother of Lorrie Woolever	Nov 20
Daniel Ostertag	Son of Rosemary Ostertag & George Ostertag; Brother of Noel & Patrick Ostertag	Nov 2
Daniel Rostkowski	Son of Shirley May Rostkowski; Brother of Janet Wise & Andrew Rostkowski	Nov 28
Matthew Solderitch	Son of Brenda Solderitch & the Late Stephen Solderitch Sr. ; Brother of Tina Lieberman	Nov 24
Jason Steigerwalt	Son of Sandra Steigerwalt	Nov 8
Debra Sweeney	Daughter of Richard & Doris Hosler; Sister of Donna Mallard	Nov 16
Eric VanArman	Son of John & Kathy VanArman; Grandson of Bertha Eyer	Nov 30
Richard "Rick" Wetherhold	Son of Franklin & Eleanor Wetherhold; Brother of Michael Wetherhold	Nov 20
Christopher Williamson	Son of Chris & Kim Williamson; Brother of Christina Joy Williamson	Nov 12



Our Children Remembered Anniversaries



Natasha Bartosic	Daughter of Traci Jennings; Sister of Aaron Bartosic & the late Joshua Michael Bartosic	Nov 22
Carlos Berra	Son of Jose & Rita Familia; Brother of David Familia	Nov 12
Michael Cassidy	Son of Patrick & Randi Cassidy; Brother of Joey, Rich & Brian	Nov 24
John Counterman, III	Son of Mary Jo Ackerly; Brother of Theresa Legarski	Nov 2
Nicholas Fetchko	Son of George and Fran Fetchko; Brother of Andrew Fetchko & Rebecca Fetchko	Nov 20
Kelly Gallagher	Daughter of Marigrace Gallagher	Nov 15
Scott Gollatz	Son of James & Vivien Gollatz; Brother of Stephen Gollatz	Nov 21
Timothy Hamm	Son of Shirley Hamm	Nov 20
Anne Marie Mabus Heater	Daughter of Wayne & Frances Mabus; Sister of Steven Mabus	Nov 25
Tara Koshinski	Daughter of Daniel & Mary Koshinski Sr; Granddaughter of Joanne Gordon	Nov 18
Charles Kunsman, Jr	Son of Charles and Joan Kunsman; Brother of Sherry Flanagan & Sandra Kunsman	Nov 19
Joseph Lestishock	Son of Marjorie Lestishock	Nov 2
Nathan Loiacano	Son of Andrew & Brenda Loiacano; Brother of Andrea Loiacano	Nov 18
Jason Melendez	Son of Pat & Lori Healy	Nov 8
Jacob Miller	Son of William R & Caroline P Miller	Nov 16
Jason Miller	Son of Phil & Pam Miller	Nov 28
PJ Pfenning	Son of Maureen Pfenning; Brother of Mandy & Lauren	Nov 5
Jason Rute	Son of Bill & Linda Cavanaugh	Nov 13
Benjamin Saraceno	Son of Julius & Carol Molnar	Nov 24
Michael Schondorfer, Sr	Son of Alma Schondorfer	Nov 26
Dean Schuler	Son of Betty Schuler & the late Lester Schuler	Nov 19
Anthony Severo	Son of Harry & Jean Severo	Nov 23
Matthew Solderitch	Son of Brenda Solderitch & the Late Stephen Solderitch Sr. ; Brother of Tina Lieberman	Nov 3
Tracy Szoke	Daughter of Randal & Kim Szoke; Sister of Trisha Remaley; Aunt of Nikita Remaley	Nov 24
James Waitkus, Jr.	Son of Elizabeth Waitkus; Brother of Alice Walbert & the late Dale A. Waitkus	Nov 26
Cody Wentz	Son of William and Lisa Shiffert; Brother of Shelby & Gerald Wentz	Nov 29
Darren Whipple	Son of Sandy Whipple; Brother of Jean Marie Yurkovitch	Nov 2
Christopher Williamson	Son of Chris & Kim Williamson; Brother of Christina Joy Williamson	Nov 12
Kenneth Zellner	Son of Kenneth & Barbara Zellner	Nov 15

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

Liz Snyder	Matt Snyder <i>In Loving Memory</i>
Brenda Solderitch	Matthew Solderitch <i>Happy 34th Birthday! Love and Miss You, Mom</i>
George & Linda Fussner	Steven Fussner <i>We still miss you. Love Mom, Dad, Sister, Brother & Daughters</i>
Cheryl & George Caldarelli	Nicholas George Caldarelli <i>In Loving Memory</i>
John & Grace Ashner	John Ashner, Jr <i>You're in our hearts every day. Love, Mom & Dad</i>
Shirley Rostkowski	Daniel Rostkowski <i>In Loving Memory</i>
Randy & Diane Coe	Jessica E Coe <i>In Loving Memory</i>
Fred & Pat Andrew	Jill Patricia Harris <i>Happy Birthday Jill. We love and miss you. Mom, Dad, Jeff, Sam & Alex</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 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* 🦋

“Don't be ashamed to weep: tis right to grieve. Tears are only water, and flowers, trees and fruit cannot grow without water. But there must be sunlight also. A wounded heart will heal in time, a when it does, the memory and love of our lost ones is sealed inside to comfort us.”

Brian Jacques

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



November

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.

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