



THE COMPASSIONATE FRIENDS

LEHIGH VALLEY CHAPTER

Supporting Family After a Child Dies

Chapter Phone: 610 462-1892

www.lehighvalleytcf.org

December 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

- Dec 9 TCF Worldwide Candle Lighting - More information on page 2
- Dec 10 Joint Candle Lighting Remembrance Program - More information on page 2
- Jan 14 Monthly Meeting - General Sharing



Inclement Weather

Cancelations due to inclement weather will be posted on the chapter facebook page (facebook.com/TCFLehighValley) and on voicemail message at 484-891-0823

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			

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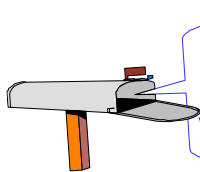
**Find us
on
Facebook**

[Facebook.com/TCFLehigh Valley](https://www.facebook.com/TCFLehighValley)

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 moving or having your mail held.

Events and Announcements

December 9, 2012

TCF Worldwide Candle Lighting



The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles to honor and remember children who have died. Candles are lit at 7 p.m. local time, creating a virtual 24-hour wave of light as it moves from time zone to time zone. We encourage you to participate by joining us at one of the local observances or in your own home.

Local Observances

Lehigh Valley - hosted by Tom & Eva Siebert. The social begins at 5:30pm with a covered dish meal followed by the candle lighting at 7:00pm. All TCF members welcome! Covered dishes are appreciated but not necessary, candles provided. For Directions & to RSVP call Tom and Eva at 610 967-5886

Carbon County - hosted by TCF Carbon County at The Zion UCC Church, 2nd & Iron Sts, Leighton. The program begins at 6:30 and includes readings, music & candle lighting, followed by refreshments. For more information email: pannbiss@aol.com

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. For refreshments we ask, if you are able, that you bring one of your child's favorite treats or finger foods to share. Soft drinks and coffee will be supplied by the hospital.

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 484-891-0823

The following article sums up the feelings we as bereaved parents, siblings and grandparents experience and our struggle to cope, while keeping the memory of our child burning bright . The Holiday season adds an extra burden to our already over weighted souls . This is why, at this time of year, we choose to gather together with our fellow travelers on this grief journey and Honor our children by lighting a candle and speaking their name. We offer two opportunities to attend a candle lighting the first is on Dec 9th at the home of Tom and Eva Seibert and coincides with the Worldwide Candle Lighting; the second is on Dec. 10th in the Auditorium at Sacred Heart Hospital. Further information about the candle lightings can be found on page 2 or by calling 610-837-6393

Candles in the Night

By Jim Lowery~ TCF, Sugar Land/SW Houston Chapter

A heart broken by the death of a child can never be healed. As parents we try every way that can be thought of to cope with the loss, but the void will always be there. At first that emptiness seems to take your breath away and most times we wish it would..

This becomes different with the passage of time. It never goes away, but at some point we learn to live with it, and in fact this horrible feeling becomes a lifeline of sorts. One of our biggest fears is to forget our children. Forget how they looked or how their voices sounded. The smiles and tears that blur together to make a child. This emptiness in effect becomes a constant yearning to remember our children.

Our hearts force us to find ways to fill that void to maintain our role as parents. Some are as simple as visiting the cemetery and some are as complex as changing our entire lives, dedicated to the memory of our child. In between are the many rituals we create or borrow from others to honor the memories and to keep our child's name alive.

Lighting a candle and saying a child's name keeps their memory burning bright. It means we are struggling to cope with this unwanted role of bereaved parent in the only positive manner we can. We will most certainly shed tears every time and we will still miss our allows the world to hear our child's name and for that one moment the candle means so much more than anyone else could ever understand.

For a fleeting second that is our universe and every memory we have comes flooding back to us as we see the flame through tears, distorting it into something magical. It's the only gift we can give our children. This is as close as we can get to our child now. A tiny, flickering flame that can warm the heart and it's nice to think that perhaps they can see it also. It's a beacon, our light in the window, our shining star in the darkness. It's an opening of our hearts and a way to share our grief.

We gather to honor the memories of our children and to share this bond of lighting a candle for the children all over the world. We miss them so much.

ONE LITTLE CANDLE

I lit a candle tonight, in honor of you.

Remembering your life, and all the times we'd been through.

Such a small little light the candle made until

I realized how much in darkness it lit the way.

All of the tears I've cried in all my grief and pain.

What a garden they grew, watered with human rain.

I sometimes can't see beyond the moment, in hopeless despair.

But then your memory sustains me, in heartaches repair.

I can wait for the tomorrow, when my sorrows ease.

Until then, I'll light this candle and let my memories run free.

Sheila Simmons, TCF Atlanta, GA



Looking For Your Gift

By Marie Hofmockel , TCF Valley Forge, PA

Bereaved families often face the holidays with fear and trepidation. Just the fact, holidays continue to go on, can cause outrage. Our sadness is monumental, and causes our bodies to resist moving on. We need to be gentle with ourselves; we are going through an emotional rehabilitation. Holidays often renew our grief, even if we are a distance from fresh grief.

We need to selectively choose what traditions are important to our family. If we over commit, we set our selves up for a let down when we cannot meet our goals. If you have some traditions that are very important and you are not physically up to doing them, you will find friends and extended family will feel honored if you ask for their help. Most people want to help you get through the holidays, but don't know what to do. Give them the opportunity to feel they are helpful in your healing.

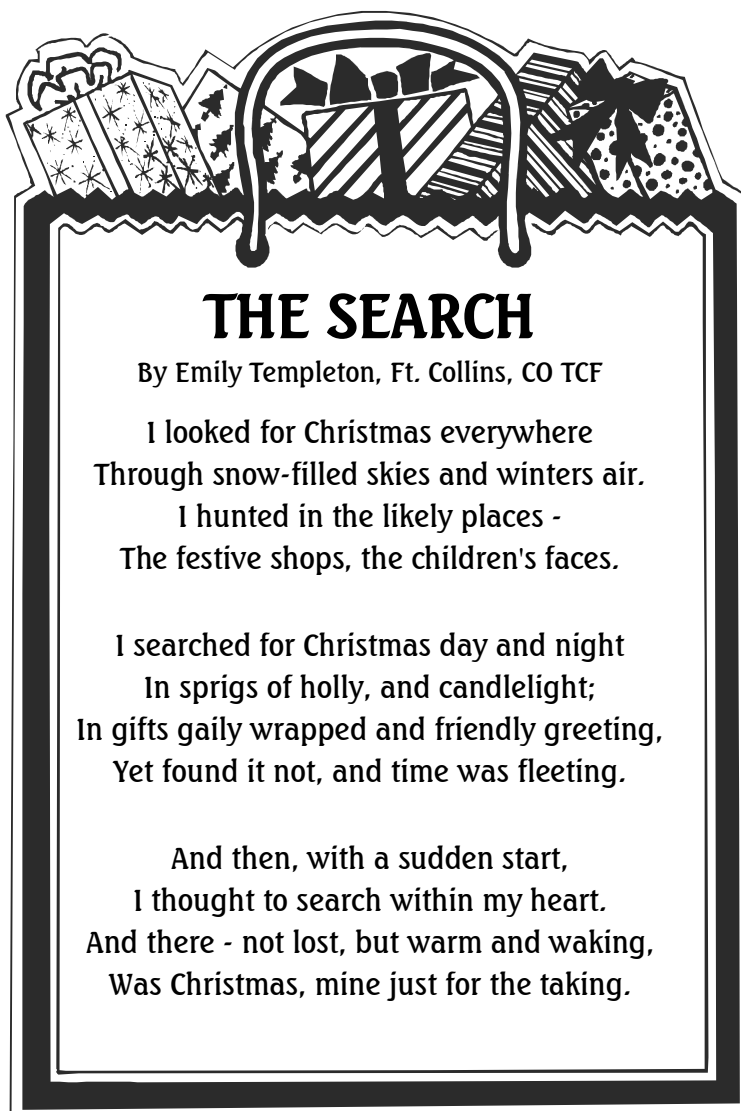
Grieving cannot be put on the shelf until the holidays are over. We need to take time to feel our grief, and express our sadness. We also need to take time to try and put a bit of normality in our lives. We must remember it is not disrespectful to laugh. I'm sure our loved one would want us to surround ourselves with caring people who can help us through the holidays. A caring supportive person is one who encourages us to be the best we can be, not one who expects us to be as we used to be.

Our healing will eventually cause our pain to move out and make room for our loved ones memories. We learn to make a new life for ourselves. Holidays get better and we learn how to live again.

We tend to think of life's richest moments as being the joyous, fun filled, carefree days prior to losing our children and siblings. But, as I search for the most meaningful things that have given me strength and a real appreciation for life, they certainly do include the pain, overcoming my despair, losing my son, grandson, and 6 siblings. We cherish the friendships that doesn't always demand a smiling face, and those with the warm touch that says, "share your pain, let me be a part of your grief, don't worry about making us uneasy with tears, we have all been there". Much healing can take place through sharing as we learn to be very honest and

courageous with our feelings, which helps us to find hope. Hope helps to restore our love for life, and gives us the strength to survive.

This holiday we will all miss our loved ones, who are no longer with us. Though it has been through much pain, you probably have never been so close to your child or sibling, or shared such a large part of your life with them. We hope the memories that ache with pain, can also bring you thoughts of love. For those of us who are further removed from our early grief, who can look back and appreciate the strength for our struggle, the compassion from seeing other's pain, wanting to become functional human beings again so we can contribute to making a better world, are gifts our children and siblings have given to us for our survival. These gifts are greater than any fancy bow tied box can contain. Look for your gifts and cherish them.



THE SEARCH

By Emily Templeton, Ft. Collins, CO TCF

I looked for Christmas everywhere
Through snow-filled skies and winters air.
I hunted in the likely places -
The festive shops, the children's faces.

I searched for Christmas day and night
In sprigs of holly, and candlelight;
In gifts gaily wrapped and friendly greeting,
Yet found it not, and time was fleeting.

And then, with a sudden start,
I thought to search within my heart.
And there - not lost, but warm and waking,
Was Christmas, mine just for the taking.

Chanukah Then & Now

By Stephanie Hesse TCF, Rockland NY

Chanukah Then

Chanukah was always a special and joyous holiday in our home. Peter, Carol, Linda, and I gathered around the dining room table, lit three menorahs and sang the blessings. We had a repertoire of songs and we took turns choosing the song we would sing next. We especially enjoyed teasing Peter with one song that added a verse each night. At least once during the holidays, we had potato latkes (pancakes) which Linda, loved.

Sometimes when the girls were at college, they would call and we would sing the blessings long distance.

We usually had at least one party with ex-tended family and friends celebrating our heritage and our connectedness.

Chanukah Now

I light one menorah in the kitchen. If Carol is home she joins me, but Peter finds it too difficult to participate. The tears no longer stream down my face as they did the first year but my voice quavers as I sing the familiar words.

There are no latkes just as there aren't some of her other favorites on other days.

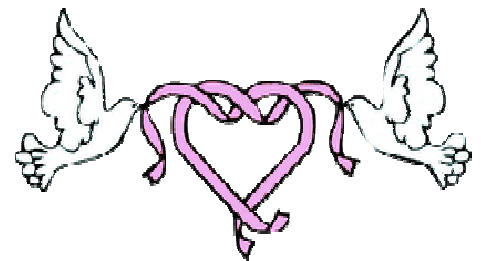
I have guests on other occasions, but there are no Chanukah parties. Although Chanukah brings little happiness at this time. perhaps there will be joy and laughter in the future. But for now, I'm doing what is right for me and coping as well as I can.

*When the time comes
for lighting festive candles,
let them remind you
not only of what you lost
. . . but also of what you had.*

Bereaved Grandparents and the Holidays

By Margaret Gerner, TCF, St. Louis Bereaved grandparent and parent

1. Know that your grief over the loss of your grandchild is legitimate. You have the need and the right to grieve.
2. Learn about the grief process, not only so you will know that what you are experiencing is normal, but it will help you know that your grieving child is not "going crazy."
3. Find someone with whom you can share your thoughts and feeling about your grandchild's death.
4. Know that the holiday will be difficult for you as well as your grieving child. Don't expect too much of yourself this year.
5. Your grieving child will be especially needing of you this year. Find ways to include memories and/ or memorabilia of the dead child in your family holiday ritual. You may even want to change some of your traditional holiday plans this year.
6. Know that your children who have not lost a child may be uncomfortable with whatever you do, but explain to them how necessary it is for your grieving child.
7. Take this opportunity to cement a very special relationship with your grieving child by being sensitive to their needs during this holiday season.



~Sascha

Surviving the Holidays

Tips From The Compassionate Friends

The holidays are among the most difficult times for bereaved families grieving the death of a child. Below are some helpful suggestions that may aid you in surviving the holidays.

- 1) Call a family meeting and discuss your plans for the holiday season, understanding that it would be unusual for you not to feel emotionally, physically, and psychologically drained. Don't set your expectations too high or you may find yourself disappointed.
- 2) Well intending friends and family may want to include you in their plans, believing it best for you to "get away" from grieving your loss. They do not understand that you cannot escape the grief that you feel. There is no obligation to say "yes." Only participate if you truly want to.
- 3) Try to take care of your health. It's important to eat & drink properly, exercise, and get plenty of rest.
- 4) Take time to do the things you as a person want to do. You may want time alone to reflect or to write .
- 5) Consider eliminating such things as the festive decorations, cooking, and baking that you may normally enjoy. People will understand if you're not in a merry or joyous mood or simply don't have the energy. You may try placing an electric candle in your window in memory of your child. Don't feel obligated to send out holiday cards.
- 6) If it is necessary for you to buy gifts, consider ordering them over the Internet or by phone. Most who are bereaved find it draining to go out and fight through crowded stores bustling with holiday cheer.
- 7) Many families that are in mourning may use the money they would have spent on gifts for their child to buy gifts for a child who would not be able to celebrate the holidays otherwise.
- 8) It is not unusual for you to want to include your child during the season. You may want to do something like: Ask friends and relatives who knew your child to send you a story about your child that you may not have known; Ask friends and relatives to create an ornament or remembrance of some type that reminds them of your child so that you can place it around the house or on a holiday tree. If it was your tradition, include placing a stocking with those of other children in your house, even if you do not fill it like the others this is a symbolic gesture in memory of your child;
- 9) If you have other children who normally celebrate the holidays, you may consider continuing to do so to create some sense of normalcy in the house and so they will not feel forgotten..
- 10) Consider attending a TCF meeting or a memorial event such as The Compassionate Friends Worldwide Candle Lighting. Most families find comfort by being with others who have experienced a similar loss.
- 11) Remember that the anticipation of a holiday is often worse than the holiday itself.
- 12) Be kind to yourself.
- 13) It is okay to cry.

Remember: Anticipation of a holiday is often worse than the holiday itself.

Sibling Page

Surviving the Holidays... Without My Brother

By Heidi Horsley, PsyD, LMSW, MS

I was shocked and stunned when I received the news that my brother Scott had died in a car accident. I thought my brother was going to be in my life forever. We grew up together, experienced a shared history, and knew things about each other that no one else will ever know. I always assumed we'd raise kids together, grow old together, and share many more holidays together.

So how did I not only survive the holidays but eventually learn how to enjoy them again without my brother? It was a rocky, painful journey, with pain that hit like waves, sometimes when I least expected it. The holidays brought back so many memories; every song, smell, and tradition was bittersweet.

Initially, joy made me feel guilty. I worried that if I let go of the pain, I would be letting go of my brother's memory. It felt disloyal to experience positive feelings when I missed my brother so much. Well-meaning friends told me that my brother would want me to have a happy holiday, and while I knew this on an intellectual level, my heart wasn't ready to accept it yet.

There were some relatives who tried to recreate a typical Christmas, with family traditions, as if my brother had never died. Not acknowledging my brother was the worst thing anyone could do. The pretense was that everything needed to return back to normal. However, things in my life were forever changed and I needed to figure out how to create a new holiday "normal." For me, this meant finding a way to honor the memory of my brother while at the same time investing in my new life.

Here are some of the things that have helped me during the holidays. I hope they will help you as well. However, everybody who is grieving must decide what works best.

Holiday Survival Tips

- Plan in advance how you are going to spend the holidays and be able to say no if you need to. Take a break from holiday traditions that are too painful - create new traditions.
- Connect with others.
- Share stories of past holidays and spend time reflecting back. Keep your loved one's memory alive for those who were too young to remember the person.
- Include memories of your loved one in your celebration (e.g., light a candle, display pictures, make a toast in honor of the person).
- My brother played many roles during the holidays. I can fill some of these roles but there are many more that will never be filled, and I fill those with all the memories that he left behind. Although we are poorer for having lost our loved ones, we are richer for having known them. I hope you will be able to celebrate the happiness, laughter, and memories that your sibling brought into your life by enjoying this holiday in a new and different way!

Note:

Sibling volunteers are needed to light the sibling wreath and to read the sibling credo at the Candle Light Remembrance Service.

*To Volunteer please call
Kathy Collins @
610 837-6393 or*

Email:

TCFNewsEditor@gmail.com



Our Children Remembered Birthdays



Mark Abdallah	<i>Son of Judy Kahl</i>	Dec 11
Ryan Balliet	<i>Son of Bruce & Pat Balliet</i>	Dec. 22
Robert Beidleman	<i>Son of David & Margie Beidleman; Brother of Jill Metzger & David J. Beidleman</i>	Dec. 06
Ryan Cole	<i>Son of Terry and Michele Cole</i>	Dec 4
Christine Conner	<i>Daughter of Elaine Conner; Sister of Stephen Conner</i>	Dec 15
Christopher Cook	<i>Son of Jennifer Pongracz; Brother of Mark, Giovanni ,Angel & Alexis</i>	Dec. 12
Todd Croslis	<i>Son of Jane Croslis</i>	Dec. 10
Nathaniel Davis	<i>Son of Ronald & Elizabeth Davis;</i>	Dec. 09
Kelly Gallagher	<i>Daughter of Marigrace Gallagher</i>	Dec. 31
Kevin Garrison	<i>Son of Kathleen Garrison; Brother of Anthony Garrison; Uncle of Logan Garrison</i>	Dec 2
Angelica Gonzaga	<i>Daughter of Evelyn Gonzaga</i>	Dec. 21
Kelly Grossbauer	<i>Daughter of John & Kathleen Grossbauer</i>	Dec. 17
Brett Harris	<i>Son of Chester & Carol Kinsey, Jr.; Brother of Terry & Lisa; Father of Shaun, Shannon, Nicole & Brett Lee; Grandfather of Chasity, Shaun Jr. & Justin</i>	Dec. 10
Justin Hilbert	<i>Son of Robert & Joan Hilbert; Brother of Ashley & Kyle Hilbert</i>	Dec. 22
Jason Hittner	<i>Son of Joseph & Susan Hittner; Brother of Alexis Marie Bartholomew</i>	Dec. 28
Richard Hollabaugh	<i>Son of Wayne & Linda Hollabaugh</i>	Dec. 20
Eric Lair	<i>Son of Edward & Sandra Lair; Brother of Jessica, Jason & Kellie Lair</i>	Dec. 11
Adam LaRizzio	<i>Son of Teddy and Lori LaRizzio; Brother of Jordan LaRizzio</i>	Dec. 17
Brian Lentz	<i>Son of Gary & Judy Lentz</i>	Dec. 09
Tiffany Mellor	<i>Daughter of Josephine Coco; Sister of Crystal; Kimberly & Amanda</i>	Dec. 25
Doreen Meyers Ortiz	<i>Daughter of Terry & Angeline Meyers; Sister of Dwayne T. Meyers</i>	Dec. 18
Jason Miller	<i>Son of Phil and Pam Miller</i>	Dec. 10
Robert Mitchell	<i>Son of Patrick and Amy Sigafos; Brother of Bryanna & Nathan and Amy Mitchel</i>	Dec 19
Lisa Munjone	<i>Daughter of Lorraine Parkhurst</i>	Dec. 05
Cody Myers	<i>Son of David & Denise Myers; Brother of Travis, Crystal & Benjamin Myers</i>	Dec. 12
Amanda Rehrig	<i>Daughter of Gary and Roseanne Rehrig, Sister of Ernie Rehrig</i>	Dec 7
Stacey Schmidt	<i>Daughter of Rick & Beverly Schmidt</i>	Dec. 24
Matthew Snyder	<i>Son of Robert & Elizabeth Snyder; Brother of Megan & Jesse Snyder</i>	Dec. 22
Travis "Bo" Tkach	<i>Son of Jim & Sandi Tkach; Brother of Tristin & Tyler Tkach</i>	Dec. 25

**IN OUR HEARTS YOUR BIRTHDAY IS KEPT,
TO LOVE, TO CHERISH, TO NEVER FORGET**

Author Unknown



Our Children Remembered Anniversaries



Patricia Alliston	<i>Daughter of Glen & Peggy Wessner; Sister of Michelle, Kristy & Kyle</i>	Dec 3
Salvatore Bartolotta	<i>Son of Salvatore & Mary Bartolotta</i>	Dec 27
Robert Beidleman	<i>Son of David & Margie Beidleman; Brother of Jill Metzger & David J. Beidleman</i>	Dec 26
Danielle "Danie" Bogert	<i>Daughter of James & Donna Bogert</i>	Dec 31
Joshua Booth	<i>Son of Les & Bonnie Booth</i>	Dec 27
Justin Bramich	<i>Son of Nancy Quinton; Brother of Ryan & Ian Bramich</i>	Dec 31
Daniel Catino	<i>Son of Stacie Catino; Brother of Hunter, Tanner & Joshua Catino</i>	Dec 5
Christine Conner	<i>Daughter of Elaine Conner; Sister of Stephen Conner</i>	Dec 15
Donald Cooper, Sr.	<i>Son of Madeline Cooper</i>	Dec 29
David DeLong	<i>Son of Gene & Dawn DeLong; Brother of Jamie DeLong; Grandson of David Kaufman; Nephew of Jill Lichty</i>	Dec 7
Wayne Ernst	<i>Son of Julius & Doris Ernst; Brother of David Ernst</i>	Dec 24
Rocky Fraccica	<i>Son of Rocky & Sadie Fraccica</i>	Dec 9
Jason Frey	<i>Son of Susan Center & Lee Frey; Brother of Jared & Janel Frey</i>	Dec 26
William "Bill" Kerr	<i>Son of Catherine Milano</i>	Dec 15
Kimberly Kissel	<i>Daughter of Michael & Gloria Kissel, Jr.; Sister of Colleen & Micheal</i>	Dec 22
Randy Krieg	<i>Grandson of Gloria Perlis; Brother of Ryan, Aaron, & Alicia Kreig</i>	Dec 1
Todd Kuhns	<i>Son of Leonard & Shannon Kuhns; Brother of Leonard & Londa Kuhns</i>	Dec 15
Trever Landis	<i>Son of Robin Landis</i>	Dec 9
Joseph Matalone	<i>Son of Michael & Margaret Matalone; Brother of Michele</i>	Dec 13
Michael McLaughlin	<i>Son of James & Julia McLaughlin; Brother of Matthew & Patrick McLaughlin</i>	Dec 24
Cathy Mertz	<i>Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue; Mother of Melissa Ann Gurdineer</i>	Dec 17
Susette Olewine	<i>Daughter of Louis and Joyce Szoke</i>	Dec 2
Bradley Peters	<i>Son of Robert & Anne Peters, Jr.; Brother of Jessica Mohn & Morgan Peters</i>	Dec 11
Thomas Schmidt	<i>Son of Sally Schmidt</i>	Dec 28
Lauren Schneck	<i>Daughter of James & Lisa Schneck</i>	Dec 2
Steven Seibert	<i>Son of Thomas & Eva Seibert; Brother of Nick & Krista Seibert; Grandson of Eva Juhasz</i>	Dec 22
Manya Shipreck	<i>Daughter of Aline Shipreck; Sister of Carolina Shipreck</i>	Dec 13
Marlene Silva	<i>Daughter of Juan & Miriam Rodas</i>	Dec 8
Travis Szerencits	<i>Son of Craig & Cookie Harron</i>	Dec 1
Christopher Taylor	<i>Brother of Tim & Cynthia Taylor</i>	Dec 18
Chad Wagner	<i>Son of Bruce A. Wagner & Pamela Fehnel; Brother of Cori; Husband of Kelli Wagner; Father of Morgan & Hannah</i>	Dec 2
Gregory Weiland, Jr	<i>Son of Robin Weiland; Brother of Rozalyn</i>	Dec 12

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 given in memory of a child, in memory of a friend or relative or to honor a special person. 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

Kenneth & Barbara Zellner	Kenneth S. Zellner <i>Its been 13 years since you're gone. Miss You & Love You. Mom & Dad</i>
Maurice & Margaret McLaughlin	James F. Hotz, Jr <i>In Loving Memory</i>
Joanne L. Hersh	James F. Hotz, Jr <i>In Loving Memory</i>
Upper Perkiomen Business & Professional Women	James F. Hotz, Jr <i>In Loving Memory</i>
Barbara Ann Galbrith	James F. "Jim" Hotz, Jr <i>In Loving Memory</i>
Greg & Sharon Searfoss	Julie Renee Searfoss <i>Merry Christmas, we miss you so much. Mom, Dad & David</i>
Eleanor Wetherhold	Rick Wetherhold <i>I miss you so much. Love Mom</i>
William & Elizabeth Arey	Patricia Arey <i>Remembering your last Christmas with us. We miss you.</i>
Linda Stewart	Jennifer Schaible <i>In Loving Memory</i>
Linda Stewart	Aaron Schaible <i>In Loving Memory</i>
Shirley Rostkowski	Daniel Rostkowski <i>In Loving Memory - Mom, Jan & Andy</i>
Bill & Vicki Clugston	James F. Hotz, Jr <i>In Loving Memory</i>
Solar Atmospheres, Inc	James F. Hotz, Jr <i>In Loving Memory</i>
Jean Fetherman	Kevin Scott Fetherman <i>In Loving Memory</i>
Barbara Silverberg	James F. Hotz, Jr <i>In Loving Memory</i>
John & Kathleen Johnson	James F. Hotz, Jr <i>In Loving Memory</i>
Gene & Dawn DeLong	David G DeLong <i>We love and miss you every day. Love Mom, Dad & Jamie</i>
Bob & Sharon Yurick	Craig M. Yurick <i>Happy Holidays in your heavenly home with Gram and Pop. Love forever, Mom, Dad and Todd</i>
The Road Angels of Doylestown	James F. Hotz, Jr <i>In Loving Memory</i>
Tom & Eva Seibert	Steven Thomas Seibert <i>20 years gone; we miss you more than ever. Mom, Dad, Nick, Krista & Mama</i>
Salvatore and Mary Bartolotta	Salvatore Carai Bartolotta <i>For our Son's Birthday - November 26th and his Anniversary - December 27th</i>



Donations & Contributions



We thank the following for their thoughtfulness and generosity

🦋 Sacred Heart Hospital for TCF, LV's the meeting room & beverages & Mary Ann Donuts for our meetings treats 🦋

🦋 Employees of Giant Food Store at Village West Shopping Center, Allentown 🦋 United Way Payroll Donation Contributors 🦋

🦋 Palmerton Ambulance Assn. for TCF, CC meeting room & The Country Harvest for meeting refreshments 🦋

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

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LEHIGH VALLEY CHAPTER
P.O. BOX 149
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Enclosed is my donation of \$ _____ Lehigh Valley Carbon County Easton

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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 _____

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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
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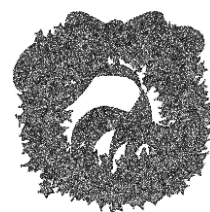


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We Need Not Walk Alone

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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)

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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