



The Compassionate Friends, Lehigh Valley Chapter

Supporting Family After A Child Dies

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

February 2012

Email: tcflehighvalley@gmail.com

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Steering Committee

Brian & Kathleen Collins, Gene & Dawn DeLong, George & Pat Geiger, Chet & Carol Kinsey, John Sulick, Brenda Solderitch, Sharon Yurick;

Newsletter Editor

Kathleen Collins
TCFNewsEditor@gmail.com

Treasurer

Brenda Solderitch

Newsletter Mailing Coordinator

Brenda Solderitch

Publicity

George Geiger

Remembrance Secretary

Birthday Cards
Maria Szabo

Acknowledgement Secretaries

Pat Geiger & Sharon Yurick

Newly Bereaved Packet

George & Pat Geiger

Newly Bereaved Research

Gail Strohl, & Kathi Paone

Newly Bereaved Contact

Dawn DeLong
610 837-7924

TCF National Headquarters

PO Box 3696
Oak Brook, IL 60522
1(877) 969-0010 (toll-free)
www.compassionatefriends.org

TCF Online Support Community

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

Who We Are

The Compassionate Friends (TCF) is a national nonprofit self-help organization that offers friendship, understanding and hope to bereaved parents, grandparents and siblings. There are no religious affiliations and no dues.

The mission of TCF is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

About Our Meetings...

The Lehigh Valley Chapter meets monthly on the 2nd Monday from 7 to 9 pm at Sacred Heart Hospital (2nd Flr. Conference Center), 4th & Chew Sts, Allentown. Free parking deck passes are available at the meeting.

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

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

We invite you to bring a picture of your child to display at the meeting for their birth or anniversary month or at any time. We also welcome refreshments brought in honor of your child.

TCF Lehigh Valley Calendar

- Feb 13** Monthly Meeting - Sharing: Topic ~ Memories from the Heart *Please bring mementoes of your child*
- March 12** Monthly Meeting - Speaker - Rev Anne Huey, MDiv, MSHS, BCC
- April 9** Monthly Meeting - Sharing - Separate Sharing for Men and Women

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: szabojanos1@verizon.net

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

Local Children's Support Groups

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

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

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

Counselor, Jeanette Laube, MA is available to facilitate a children's bereavement group, as needed. Meeting day, time & place coincide with TCF, Lehigh Valley monthly meetings, allowing TCF members to attend the adult meeting while their children (ages 5-13) attend the children's bereavement group. The group is run as needed, to register for the group or get further information contact Jeanette @ 484-515-4077 You may call up until the morning of the day of the meeting

TCF Telephone Friends

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

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

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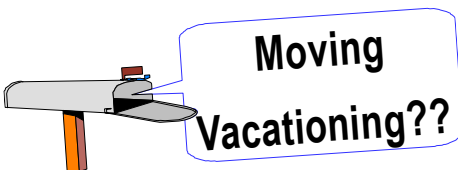
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Keywords: The Compassionate Friends, Lehigh Valley

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 & Announcements

Upcoming Events

March Guest Speaker - Rev. Anne Huey will be addressing the group at our March Meeting. Rev. Huey is currently the Spiritual and Bereavement Care Manager for St. Lukes hospice. She has spoken with our group several times over the years and is always well received.

Recent Events

On Dec 11th members and families gathered at Tom and Eva Seibert's home and the Zion UCC church, Leighton for the Worldwide Candle Lighting & on December 12th at Sacred Heart Hospital for the Joint Chapter Candle Lighting service. At a time of year that often leaves us feeling a bit separate from others these services offer much needed fellowship.

The Lehigh Valley chapter would like to thank the Seiberts for graciously opening their home again this year. We also thank the following for their contribution to the Joint Chapter Candle Lighting Service: Sacred Heart Hospital for the auditorium and beverages; Mary Ann Donuts for the donuts; Kim Szep for the slideshow of our children; the Easton Area chapter leaders, John & Maria Szabo for the candles; John Szabo for his closing remarks (reprinted on pg 5); the Carbon County chapter leader Brenda Solderitch for the angel ornaments given to each family; Dawn & Gene DeLong for supporting the chapter through the sale of their personalized angels, all our readers and helpers and everyone who brought refreshments to share.

Important Note

The new chapter mailing address is: P.O. Box 149, Bath, PA. 18014

Please address all correspondence to this new address. This is especially important when mailing love gifts so they reach us prior to printing. As a reminder, the cutoff for love gifts & newsletter submissions is by the first of the month prior to the desired month. Example: if month desired for inclusion is February, your submission must be received by Jan. 1st. This deadline is necessary as compiling, folding, labeling and delivering 500 plus newsletters each month to the bulk mail center by our volunteers is a time intensive process.

In regard to volunteers, most of you know and some may not, that the chapter's workforce is comprised solely of its volunteer members. If you wish contribute your time in any way, we warmly welcome new volunteers. Helping out with the behind the scenes efforts of the chapter, is a satisfying way to give back in memory of your child after you have found hope & encouragement from TCF. Volunteer opportunities range from meeting set up/ clean up, to sitting on the steering committee. While most of these duties only require a small bit of your time, they mean so much to ensure the continued success of the chapters efforts in reaching out to bereaved parents and families throughout the region.

Please call Kathy at 610-837-6393 or email TCFNewsEditor@gmail.com if you have any questions or would like to volunteer.

Am I Making Progress ?

By Darcie D. Sims

January and February are months for making promises, commitments and resolutions (which are fancy promises). We begin our new year with high hopes, strong wills and long lists of things that will be different this year.

As we spend time looking back over the road we've traveled, sometimes we wonder if we have made any progress at all. In the beginning, we misplaced car keys, checkbooks, toothbrushes, relatives and important stuff like the TV Guide.

We had to begin making lists of everything. We simply couldn't remember anything. I couldn't remember my address, Social Security number, zip code or my mother-in-law's birthday. (I never could remember that.) even started making lists of my lists! I knew I was going to be OK when I first discovered I could remember that I had made a list.

You know you're making progress when you can coordinate an entire outfit again. Shoes, belts, ties, purses--even sweaters and jackets--often got left, simply because when we were hurting so terribly we couldn't think about what to wear. Many of us didn't even know that the pantyhose were on backwards or that the tie was crooked. If you are wearing matched shoes right now, then you are making progress.

You're making progress if you no longer choke back tears when you say your loved one's name. When you can walk down the cereal aisle in the supermarket and not dissolve into tears, progress is being made; When you can enjoy baking his or her favorite cookies or pie or cake again, you are on your way. When you again can set the pictures out and wander through the scrapbooks - letting the smiles peek through the tears - hope is returning. When, for the most part, memories bring comfort and warmth instead of emptiness and pain, January grows softer. When you begin to understand that putting away your loved one's things does NOT mean putting him or her out of your life, your step becomes lighter.

Progress occurs when you completely understand that though your loved one died, the love you shared can never be destroyed. Hope begins to return when you can hear laughter again - and some of that laughter is your own. Making progress through grief doesn't mean that we no longer miss our loved ones. They will be part of our lives forever, but their roles in our lives have changed. Our lifestyles and habits now

reflect a different family landscape.

As we look back, it is amazing to see how the life fabric is no longer a gaping hole, torn apart. It's mended now with tiny stitches (perhaps a bit lumpy, like lots of us), patched with time, effort and love. Old threads and new threads have been reweaved and blended into a pattern not quite the same as we had originally planned. It is a tapestry of love given and received, love remembered and shared.

As the winter of our grief turns into spring, the renewed energy and love we feel becomes a memorial to our loved ones. Our tributes are not in the grave markers we decorate, not in the books we write, not in the speeches we give, they are in the love we share and pass on.

You know you are making progress when all of this begins to make some sense.



Love And Hope

By Kerry Marston, TCF, Grand Junction, CO

On a cold winter day the sun went out
Grief walked in to stay
I turned away from the unwanted guest
And bid him be on his way.

Grief was merciless, he brought his friends,
Loneliness, Fear and Despair.
They walk these rooms unceasingly
In the somber cloaks they wear.

Every so often now, Love pays a call
She always has Hope by her side
I welcome Love as well as Hope
For I thought surely they had died.

Love counsels Grief in a most gentle way
Bids him be still for a while
Then Love walks with me through memory's hall
And for a time...I can smile.

New Members

Welcome, we regret the cause that has brought you to our group. As fellow bereaved we offer care, compassion, comfort and a deep understanding of your pain. .

Carbon County Gary & Roseanne Rehrig - *Daughter* - Amanda Rehrig

My Child's Pictures

By Patty Fallen, TCF Central OR

I set them out. I put them away. I get them out and start to go through them. I am filled with bleak wonder that the daughter pictured there is no longer going to call, or walk in the door, or send a card filled with love and humor. Cards that brightened my day, made me laugh, and always prompted me to call her and give her a big hug when she walked in the door.

Pictures. I get them out. I run my hand over her face, lingering on her lips, remembering. And suddenly, overcome with grief, I pull that picture to me, and I kiss her and tell her how much I love her, and how very much I miss her. Then I look again and see her eyes that sparkled and twinkled with mischief.

Pictures. At times I hate them. They show me what I don't have. They bring back memories of a time when she was healthy and happy. A time when life with her was a joy. I am not yet at a place in my healing where I can remember those times very well. I am still filled with memories of her pain, illness and death. I'm still at the place that I want all of those horrible memories to be a bad dream, a dream from which I will awake and hear her voice calling me to come outside to take some pictures.

How Long Does It Take?

Joan D. Schmidt,-Central Jersey TCF

A question that first and second year bereaved parents would like answered. Make this condition finite, please!

As long as it takes; that's how long it takes. It's not about forgetting. It's about hurting. And I know that if I am alive 20 years from now and I happen to look at a blue sky with puffy clouds and think of my son, Fred, and figure how old he'd be, and what he'd be doing, and what his children would be doing - I'll hurt..

And I know if I can switch my train of thought from what is not, to what was, a happy memory, I'll be able to smile through the tears.

We don't stop hurting, ever. But so many things occur each day, so many events and thoughts and happenings intervene, that our focus is shifted. The death of our child changes from the main concern in our life to one of many.

A life may stop; but the love goes on. To love deeply is to be vulnerable. For all our days.

Some people think it's the holding on that makes you strong.

Sometimes it's the letting go.

Sylvia Robinson



What Grief Has Taught Me

©2008 Cheryl Hughes

Getting up everyday is no longer as easy as it used to be
 Regardless of what order, you go through every stage of it
 In reality the only ones who can understand your pain is those who have lost
 Even if you wish it would, time stops for no one
 Very often you will hear but "She wouldn't want you to be sad"
 I myself, can now understand loss and can help those who do not
 No matter how much time passes, maybe the tears don't flow as much but the void never leaves your heart
 Getting past each stage of grief takes a lot of time, emotions, energy and truly is hard work
 Memories are the most cherished and valuable gifts you will ever have
 Only you can feel your own pain and there is no right and wrong with grief
 Many people may feel the way you do this very minute but you just may not know it

2011 Candle Lighting Remembrance Service Closing Remarks

By John Szabo, Easton Area Chapter Leader

We've come together, once again, from across the Lehigh Valley to gather as this family that we call The Compassionate Friends. We've all traveled varying distances to get here tonight; but we also come from many different points along the journey we've come to know as grief. We've also come together with many different circumstances that have defined us as bereaved parents, siblings, grandparents, or other extended family members.

There are some of us who have been traveling along this grief highway for many years, now; and we wonder, how have we come this far? Sometimes it seems like it was only yesterday that we experienced the worst kind of loss imaginable. Yet, somehow we've survived. And there are others among us who are taking their first steps on the road to recovery; and they are wondering -how are we going to get through this? Listen to these next words, and believe them: somehow, you will survive.

I say this with certainty because, you see, we your Compassionate Friends family will be there to help you. You won't hear any special words that will promise you healing in so many days, or weeks, or even months. You won't hear any of us speak of special things that you can do to take away the pain, the heartache. You won't learn of a secret places where you can go to avoid the painful memories, or the well-meaning but still hurtful words of the outside world that wants to ease your pain, but really doesn't know how.

Those of us who've been here for a while now, know that the healing will happen as it's meant to happen; it will take as long as it needs to take. Sometimes, it may be in a one on one setting, perhaps on the telephone or maybe even face to face. Other times it may come through the mail, when you receive the remembrance card on your child's birthday. Some of you may even stumble upon healing things on your own, never having really planned on it. But many times, most of the time really, you will experience this healing gathered together at our meetings. We will share openly, without any reservation, the stories of our children. Initially, you'll only talk of their deaths; that's okay, for that's the reason you've found your way here. Slowly but surely, you will speak of their lives, hopes, dreams, accomplishments. And the day will most surely come when, totally unexpected, you'll find yourself reaching out in love to a newly bereaved family, or maybe even one of the veteran families who are having a bad time - for these bad times often do come.

But you'll find, as many of us already have, that here in this special family, no one is left unattended. No one is avoided, as if what we have is a contagious disease. No one is judged over anything, or criticized for the way they are doing things. Here you will be allowed to speak as much or as little as you like. Here you will be allowed, even encouraged to shed the tears that need to be shed. Here you will be allowed to vent the anger and frustration that builds up inside of you. Here you will find loving shoulders to learn on, open arms to embrace you. Here you will discover the truth that others of us have come to know as reality: at this gathering tonight, and at all of our gatherings throughout the year.

We need not...we will not walk alone. We are The Compassionate Friends!

Roses Are Red

Roses are red
Violets are blue
How can I possibly
Go on without you.

Roses are red
Violets are blue,
Precious memories
Will get me through.

Roses are red
Violets are blue
I know you'd be laughing
At this poem.

Roses are red
Violets are blue
Just Keep on Laughing
That's how I picture you.

Much love to Guy Nathan
from Mom
Pam Kinsey
TCF, Livonia, MI

Living One Day at a Time

Author Unknown

Did you know that there are at least two days in every week that we should never worry about, two days that should always be kept free from fear and apprehension.

One of these days is yesterday with its mistakes and cares, its faults and blunders, its aches and pains. Why worry about yesterday since it has already passed beyond our control? Only God could turn back the shadow on the sundial and reverse the process of time. There is no blessing or benefit to be obtained through needless worry over the mistakes of a day that has passed into eternity. All the money in the world cannot bring back yesterday. We cannot undo a single act once performed, we cannot erase a single word that was written or spoken yesterday is gone.

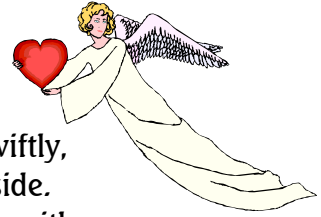
The other day that we should not worry about is tomorrow with its possible adversaries, its burdens, its greater problems and its increased dangers. It is a settled fact that most of these things pertaining to tomorrow are beyond our immediate control. Tomorrow's sun will rise, if God so wills, either in splendor or behind a mask of clouds. Therefore, until it does, we have no stake in tomorrow...for it is yet unborn.

That leaves only one day - today. And man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities...yesterday and tomorrow that we break down. It is not the experience of today that drives men mad. It is remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring.

"Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

A Valentine Sent To Heaven

Sheila Simmons, TCF Philippines



Angels come swiftly,
hurry to our side.
Carry our hearts back with you,
to our children who in heaven now reside.

Carry them gently,
handle them with care.
And take them to their sides,
and gently lay them there.

Whisper to them of our love,
and our longing hearts,
All our lonely aching
while we are apart.

Hold them gently to you,
and let them see our love.
Let them see this,
our Valentine to them above.

Reassure them of our love,
that it is still the same,
And gently hold us when we cry,
when we hear them whisper our names.

Let this exchange of love
be our Valentine,
And whisper to them that our love
will stand the test of time.

Show them the memories
are safely held inside,
And with us
they will always abide.

Let them see this day,
a day filled with our love
As we shed our tears, and whisper their names,
to our Valentines above.

Sibling Page

Grief is Not An Enemy

By Doug Manning, From: "The Gift Of Significance"

At my brother's funeral a Lady said "You seem to be doing so well." "No, I'm doing quite poorly thank you." I responded

She did not give up, and said, "Well you don't seem to be upset." I did not want to get into any discussion, but I had acted as if nothing had happened as long as I could and I reacted. "If I were doing so well with my grief I would be over in the corner curled up in a fetal position crying, not standing here acting as though no one had died."

We are doing well with our grief when we are grieving. Somehow we have it backwards. We think people are doing well when they aren't crying. Grief is a process of walking through some painful periods toward learning to cope again.

We do not walk this path without pain and tears. When we are in the most pain we are making the most progress. When the pain is less, we are coasting and resting for the next steps. People need to grieve. Grief is not an enemy to be avoided; it is a healing path to be walked.

People Think

By Mary Matthews
TCF Ft. Lauderdale, FL

People think we're fine, you know
They say, "Oh, siblings heal so fast"
But they don't know the empty feelings
Of our long for the past

People think we're fine, you know
"Look how they've resumed their lives", they say
But they don't know of our troubled hearts,
Or the loneliness from day to day

People think we're fine, you know
"See how they're getting over it?" they surmise
But they don't know that we've learned to
laugh and smile,
Only to complete our broken heart's disguise



It's Time To Say Goodbye

By Kevin Hofmockel, TCF Valley Forge, PA
For his brother Douglas Alan Hofmockel



It's half a year now
It's time to say goodbye.
His body's gone, it lives no more
It's time to let him die

I've held on tight, onto his soul
And kept him close to me.
The time has come to let him loose
And set his spirit free.



Our Children Remembered Birthdays



Susan Antler	Daughter of Charles & Charlotte Antler	Feb 21
Dakota Arndt	Son of Mary Sedler	Feb 6
James Balloch	Son of Cindy Scornavacchi; Brother of Ashley Jaroweki & Caitlyn Balloch; Grandson of Fern Gerth & Bill Gerth	Feb 22
Justin Bramich	Son of Nancy Quinton; Brother of Ryan & Ian Bramich	Feb 2
Emil Check, Jr.	Son of Mary Check & the late Joseph Michael Check	Feb 21
Dennis DeLong	Son of David & Jane DeLong; Brother of David, Carol & Nancy	Feb 12
Ky DiVittorio	Son of Jan DiVittorio; Brother of Ian DiVittorio;	Feb 13
Jill Erdman	Daughter of Charles Hanna; Sister of Rhonda Henry & Charles Hanna, III; Wife of Larry Erdman	Feb 10
Eric Fenstermacher	Son of Rick & Kathleen Fenstermacher; Brother of Heather Fenstermacher	Feb 14
Wayne Forman	Son of Donald Forman; Brother of Jeffrey Carol & Gene; Father of Kayla Skye Roberts	Feb 20
Michael Gatti	Son of Rosemarie Gatti; Brother of Chris Gatti; Grandson of Irene Valentine	Feb 1
Aaron Groff	Son of Leon & Debra Manuel; Brother of Melissa LaBar	Feb 11
Mark Hebdon	Son of Lawrence & Ruth Hebdon	Feb 24
Kimberly Kissel	Daughter of Michael & Gloria Kissel, Jr.; Sister of Colleen & Micheal	Feb 6
Jeffrey Loquasto	Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle, & Michael Loquasto, II	Feb 10
Keri Ann Magoon	Daughter of Stan & Victoria Saiauskie; Sister of Gene, Jason & Sandy	Feb 25
Janet Mitchell	Daughter of Inez Housel; Sister of Tammy Housel, Brian Housel; Lisa Housel & Jay Housel	Feb 24
Amanda Mohr	Daughter of Rodney Mohr & Beverly Mohr	Feb 25
James "Jimmy" Mullen, II	Son of Jeanie Mullen	Feb 26
Teresa Mullin	Daughter of Edward & Patricia Mullin; Sister of Elizabeth, Tim, & Ted Mullin & the late Susan Mullin Boyle; Granddaughter of Mary Terese Dugan	Feb 19
Susette Olewine	Daughter of Louis & Joyce Szoke	Feb 17
Angelo Providakis	Son of Michael & Joanne Providakis	Feb 7
Benjamin Saraceno	Son of Julius & Carol Molnar	Feb 24
Jennifer Schaible	Daughter of Linda Stewart; Sister of Andy & Aaron Schaible	Feb 18
Quinna Schleicher	Daughter of Lin & Judy Schleicher; Sister of Aaron Schleicher; Granddaughter of Marie Moyer	Feb 2
Anthony Severo	Son of Harry & Jean Severo	Feb 7
David Todd Smith	Son of David & Kathleen Smith; Brother of Stephanie Seifert	Feb 25
Troy Southgate	Son of Donald & Susann Southgate; Brother of Martin Southgate	Feb 25
Kevin Stenlake	Son of Elizabeth Leada Stenlake; Brother of Dawn Frey	Feb 22
Jon Sulick	Son of John Sulick; Brother of Aymae Sulick	Feb 9
Kassidy Sullivan	Daughter of Jessica Potteiger	Feb 20
Michael Wright	Son of Judy A. Hartzell; Stepson of Alan Hartzell Sr.; Son of Arlan Wright; Stepson of Kathy Wright; Brother of Kristy Cole & Diana Bower & Alan Hartzell, Jr.	Feb 16
Jonathan Venkauskas	Grandson of Daniel and Betty Venkauskas	Feb 17

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



Our Children Remembered Anniversaries



Mark Abdallah	Son of Judy Kahl	Feb 16
Evan Albertini	Son of Louis AlBertini; Brother of Christopher AlBertini	Feb 13
Susan Antler	Daughter of Charles & Charlotte Antler	Feb 21
Graham Beckhorn	Son of Alice Keyes; Brother of Patrick Beckhorn	Feb 14
Hope Davidson	Daughter of Dean & Donna Davidson	Feb 8
Brock Depew	Son of Alex and Patricia Polohovich; Brother of Troy Austin Depew	Feb 12
David "Dave" Fegley	Son of Dick & Peg Fegley	Feb 18
Robert Fritzingler, III	Son of Robert & Grace Fritzingler, Jr.	Feb 22
Eileen Collins Gant	Daughter of Dorothy Collins; Sister of John, Steven & Brian Collins, Kathleen Morrison & MaryAnn Watkins	Feb 14
Kelly Grossbauer	Daughter of John & Kathleen Grossbauer	Feb 14
Raymond Haas, Jr.	Son of Bernice Haas & the late Raymond H Haas, Sr.; Brother of Charles Haas & Linda Wronowski	Feb 29
Robert Handwerk	Son of Martha Handwerk	Feb 9
Christopher Harrison	Son of Jerry & Elizabeth Harrison; Brother of Andrea	Feb 10
Kyle Hoffman	Son of Joshua Hoffman; Brother of Austin Hoffman	Feb 23
Schylar Kempes	Son of John & Jenny Kempes; Brother of Courtney & Alex Kempes	Feb 10
Matt Kush	Son of Rick & Ann Kush; Brother of Mike & Jenn	Feb 10
Adam LaRizzio	Son of Teddy & Lori LaRizzio; Brother of Jordan LaRizzio	Feb 20
Aidan Maher	Son of Raymond Maher	Feb 2
Katherine McGraw	Daughter of John & Sue McGraw; Sister of Maggy & Sean McGraw	Feb 28
Ed McNally	Son of Don & Connie McNally; brother of Sean McNally	Feb 11
Thomas Miller	Grandson of Emma Butz	Feb 18
Michael Milot	Son of John & Patti Milot; Brother of Jill; Father of Michael Jr	Feb 2
Russell "Russ" Nicholson	Son of Jim & Lyn Nicholson; Brother of Rachel Nicholson	Feb 24
Donna Potkovic-Roth	Daughter of Michael & Annette Potkovic, II; Sister of Matthew, Mark, John, Denise Reichard & Michele Cuvo	Feb 26
Maria Rothermel	Daughter of Gerald & Doris Rothermel; Sister of Mark Rothermel	Feb 3
Joey Russo	Son of Susan Russo; Brother of Jena & Jevin Russo	Feb 23
Jennifer Schaible	Daughter of Linda Stewart; Sister of Andy & Aaron Schaible	Feb 26
Tara Stauffer	Daughter of Kermit T. & Faye Nester	Feb 19
Constance Stewart	Daughter of Joanne Stewart; Sister of Keith & Kevin Stewart	Feb 1
David Stewart	Son of Wilma Stewart; Brother of Tammy Scanga	Feb 9
Kassidy Sullivan	Daughter of Jessica Potteiger	Feb 20
Frank Thiel	Son of Gregg & Debi Thiel; Brother of Ryan, Greg & Adam Thiel; Nephew of Barbara Brennan & Don & Kathy Clarke	Feb 11
Kevin Trice, Jr.	Son of Kevin & Nancy Trice, Sr.; Brother of Amanda Trice	Feb 1
Meredith Unger	Daughter of Kathleen Paone	Feb 17
Stephanie Volkert	Daughter of Joanne Fimiano; Sister of Zachary Volkert	Feb 12
Victoria Volkert	Daughter of Joanne Fimiano; Sister of Zachary Volkert	Feb 16



Love Gifts



Dorothy Collins	Eileen Collins Gant <i>In Loving Memory</i>
Evelyn & Art Gonzaga	Angelica Gonzaga <i>Our Christmas joy, we miss you so much!</i>
Peter Mather	Ens. Beth Anne Mather, OSN <i>In Loving Memory</i>
Mr & Mrs Franklin Reinhard	Cathy Ann Mertz (10/57 -12/87) <i>In Loving Memory</i>
Mr & Mrs Franklin Reinhard	Denise Lynn Deiter (7/57 - 8/76) <i>In Loving Memory</i>
Judy Dorward	Kelly Shawn Owens <i>The void you left can never be filled. In my heart forever!</i>
Lucille Radocha	Peter Radocha <i>In Loving Memory</i>
Laura DeVito	Frank Nicholas Mirabile <i>We love and miss you so much, Love forever, Mom, Joe, Joey & Nickey</i>
Nancy A Thompson Family	James "Jimmy" Thompson <i>Happy Birthday Jimmy - 18 years soon, but only yesterday.</i>
Julia & James McLaughlin	Michael Patyrick McLaughlin <i>In Loving Memory</i>
Rick & Anne Kush	Matt Kush (8/85 - 2/01) <i>In Loving Memory</i>

As long as you mention my name,
I live !

African Proverb



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 🦋

Love Gift Form

*Please consider making a Love Gift to support the Compassionate Friends today.
Your gift will help defray the cost of chapter expenses such as the newsletter mailings, meetings and our outreach to the newly bereaved.
The Compassionate Friends is a 501c(3) non-profit organization and your donations are fully tax deductible.*

PLEASE PRINT, SEND FORM & CHECK BY THE 1ST OF THE MONTH PRIOR TO THE MONTH YOU WISH YOUR GIFT PUBLISHED

Contributor Name _____

Mail to:

Address _____

**THE COMPASSIONATE FRIENDS
LEHIGH VALLEY CHAPTER
P.O. BOX 149
BATH, PA 18014**

Phone _____

I would like to make a donation In Memory of In Honor of A Chapter Gift (*without memorial or honorarium*)

Name of person gift given for _____

Edition Month _____ *Submit by the 1st of the month prior to be published*

Special Text - *Brief Messages Please. Poems & story submissions are always welcome and should be sent directly to the Newsletter Editor for inclusion in the newsletter.*

Enclosed is my donation of \$ _____ Lehigh Valley Carbon County Easton

Note: Please mail gifts for Carbon County & Easton to the addresses listed below

If your gift is for Lehigh Valley please designate which of the following your gift is for (you may circle more than one)

Newsletter Mailing Office Expenses Outreach Program Special Events (ie Picnic, Candle Lighting Etc...)

Mailing Addresses for Carbon County and Easton Chapters

The Compassionate Friends, Carbon County
C/O Patti Bissell
365 Drift Rd
Palmerton, Pa 18071

The Compassionate Friends, Easton
C/O John Szabo
1514 Sculac Dr
Bethlehem, Pa 18020

Our Children Remembered Permission/Update Form

The purpose of this form is to change, update or grant permission for your child's Birth and Anniversary dates to be printed in the newsletter. If you have given permission it is Not necessary to do so again. Contact the Newsletter Editor if you have questions.

Mail this update form to: Kathleen Collins, 2971 Pheasant Dr., Northampton, PA 18067

The following is a Change or Update (*ie name change, sibling name addition etc*) New Permission

I give my permission to publish my child's birth and anniversary dates in the Our Children Remembered section of the newsletter

Required Authorization Signature _____

Phone Number _____

Date _____

Child's Name _____

Date of Birth _____

Date of Death _____

Parent's Names _____

Sibling's Names _____

If this is a change ... please explain briefly what the change is (ie sibling surname changes from smith to jones)

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

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www.lehighvalleytcf.org



We Need Not Walk Alone



This newsletter comes to you courtesy of The Compassionate Friends, Lehigh Valley Chapter with the hope that it will be a helpful resource for you on your grief journey. If you no longer wish to receive the newsletter please contact the newsletter editor (contact information is on page one)

T C F C R E D O

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

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

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

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

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

We need not walk alone. We are The Compassionate Friends