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 the meeting. 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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 12</td>
<td>Monthly Meeting - Speaker - Rev Anne Huey, MDiv, MSHS, BCC</td>
</tr>
<tr>
<td>April 9</td>
<td>Monthly Meeting - Sharing - Separate Sharing for Men and Women</td>
</tr>
<tr>
<td>May 14</td>
<td>Monthly Meeting - Sharing - Topics Mother’s Day &amp; General Sharing</td>
</tr>
</tbody>
</table>

Other Local TCF Chapters Meetings

<table>
<thead>
<tr>
<th>Carbon County</th>
<th>Easton</th>
<th>Quakertown</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Wednesday 6:30 - 8:30 pm</td>
<td>2nd Thursday 7 - 9 pm</td>
<td>2nd Tuesday 7:30 - 9 pm</td>
</tr>
<tr>
<td>Palmetron Community Ambulance Assn., 501 Delaware Ave., Palmetron</td>
<td>Good Shepherd Lutheran Church, 2115 Washington Blvd., Easton</td>
<td>St. Lukes Quakertown Hospital, 1021 Park Ave, Quakertown</td>
</tr>
<tr>
<td>610-826-2938</td>
<td>610-866-5468</td>
<td>215-536-0173</td>
</tr>
<tr>
<td>Email: <a href="mailto:pannbiss@bol.com">pannbiss@bol.com</a></td>
<td>Email: <a href="mailto:szabojanice@verizon.net">szabojanice@verizon.net</a></td>
<td>Email: <a href="mailto:tcfquakertownchap-ter@verizon.net">tcfquakertownchap-ter@verizon.net</a></td>
</tr>
</tbody>
</table>

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.slhn.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 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
Multiple Loss/General - Betty Thompson 610 868-0303
Only Child - Shelly Garst 484 851-3450
Suicide - John & Maria Szabo 610 866-5468
Addiction - Nancy Howe 484-863-4324
Addiction/Sibling - Melanie Howe 484-863-4324
**Events & Announcements**

**Upcoming Events**

**March Guest Speaker** - We are very pleased to announce that our guest speaker this month is the Rev. Anne Huey. Rev. Huey is currently the Spiritual and Bereavement Care Manager for St. Luke’s hospice. She has spoken with our group several times over the years and is always well received.

**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
Out Of The Winter, Into Spring  
By Connie Andrews, TCF Harvey County, KS

In the dark of winter the skies are gray, the trees are bare, the grass is brown and all the world appears to be dead. Yet inside the branches of the barren trees and underneath the dormant grass, a silent happening is taking place. The seeds and juices of new life are moving within and underneath. It is a silent, slow process not seen with the eye until the day a tiny green leaf bud appears on a tree branch and another and another. Little grass blades begin to emerge out of the brown and seemingly lifeless ground. Again and again the leaves appear and the grass grows and thickens and a new world has emerged. We see patches of beautiful flowers in variations of bright colors, the birds come and nest in the trees, butterflies flutter about and we realize the miracle of a new season...Springtime. Out of the long, cold, barren winter, a transformation has occurred. A new world has happened. One that is fresh and full of promise of new life, a miracle.

The grief process is much like this. We feel barren and alone. Our world is cold and gray and we do not feel alive inside. Yet all the while, the grief work taking place in each of us is a transforming process; new life is silently at work within our inner being bringing forth a new life until we emerge as a new person in a new world. It is a world quite different than our old world, for we have survived through our suffering to our rebirth. No one ever said it would be easy. We cried. We hurt. We stumbled. We sometimes doubted and some of us cursed the darkness. Our grief season was long and hard but we told ourselves "this too shall pass." And so it did.

And finally the springtime of our soul was created. Darkness gave way to sunshine, the bitter cold gave way to warmth. Desolation gave way to hope and we let go and embraced the new season of our soul. A miracle has happened.

Like Springtime, let me unfold and grow fresh and anew, from this cocoon of grief that has been spun around me.

Help me face the harsh reality of sunshine and renewed life, as my bones still creak from the winter of my grief. Life has dared to go on around me. And as I recover from the insult of life's continuance, I re-adjust my focus to include recovery and growth as a possibility in my future.

Give me strength to break out of the cocoon of my grief. But may I never forget it as the place where I grew my wings, becoming a new person because of my loss.

“A Prayer For Spring”  
By Janis Heil, TCF Albany, NY

Like Springtime, let me unfold and grow fresh and anew, from this cocoon of grief that has been spun around me.

“In every winter’s heart,  
There is a quivering spring,  
And behind the veil of each night  
Their is a smiling dawn”  

Kahlil Gibran
**For All Our Lost Children**

By Betty Kenna, TCF U.K.

I will see you again, in the fullness of time,
You will reach out your hand, I will take it in mine.
As together we walk, all the sorrow-filled years
Will dissolve as a cloud, in the midst of our tears.

I will see you again, we will laugh as before,
I will kiss your dear face as I pass through the door
To a place where you are, and a bright shining sun
Will assure my glad heart that my life has begun.

I will see you again. Though the journey be long,
I will try, for your sake, to sing some kind of song.
And for you, I'll endeavor to live through my pain,
Til the moment, dear child, when I see you again.

---

**Where Is My Child Now ?**

By Claudia Waller, TCF Alexandria, PA

So many times after my son died, I found myself asking questions. Where has he gone? Is there a life after? Is there really a heaven? Was his life with us worth anything?

I read. I talked to people. I prayed. I cried. I became depressed and yelled at God. Then I found Elisabeth Kubler-Ross's book Children and Death. She responded to a mother's letter and shared her wisdom and experience. She told that grieving mother (and through her, me) that out of her pain - if she chooses - comes a great amount of compassion, increased understanding and wisdom, and love for others who are in pain. It is her choice whether out of her tragedy comes a blessing or a curse, compassion or bitterness.

She concluded her letter with these words. "I want you to know that our research in death and life after death has revealed beyond a shadow of a doubt that those who make the transition are more alive, more surrounded with unconditional love and beauty than you can ever conceive. They are not really dead. They have just preceded us in the journey all of us are going to take. They are with their former playmates (their guardian angels.) They are with family members who preceded them in death and are unable to miss you as you miss them since they are unable to feel any negative feelings. The only thing that stays with them is the knowledge of love and care that they have received and of the lessons they have learned in their physical life."

Believing that my son is happy and at peace, that he feels no pain, and knowing that he is aware of the love and care we have for him, has diminished the need for all those questions and the anger. I still feel the emptiness, and I miss him. But I am consoled. I loved him. My love mattered. He is fine.

---

**A Parable of Immortality**

By Henry Van Dyke

I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze and starts for the blue ocean. She is an object of beauty and strength, and I stand and watch until at last she hangs like a speck of white cloud just where the sea and sky come down to mingle with each other. Then someone at my side says, "There she goes."

Gone where? Gone from my sight—that is all. She is just as large in mast and hull and spar as she was when she left my side and just as able to bear her load of living weight to the place of destination. Her diminished size is in me, not in her. And just at the moment when someone at my side says, "There she goes," there are other eyes watching her coming and other voices ready to take up the glad shout, "Here she comes!"
The Power of Talking

One of the most valuable things you can do is talk through your grief with a good listener. We now know that the stress level of grieving people can be cut in half when they talk about their loss to someone who does not judge or advise them.

Having someone as a sounding board to hear your thoughts and feelings bounced off is the greatest gift you can receive. Too often, everyone wants to make you feel better; so they try to give you advice rather than just listen.

Repeating your story is healthy. Talking about your loss works like a sponge. Each time you talk, a little more of the emotion is squeezed out and the need to talk about the incident becomes less after awhile. It's as if your story is being framed in your mind. Soon you can hang it on the wall. You'll always have it there to look at whenever you want, but you no longer have to carry the whole thing around with you and be emotionally burdened and controlled by the past.

There will be times when no one is around to listen. Keep a journal to write down your thoughts and feelings. Buy a journal just for this purpose. Write when there's no one around and you need to talk. Talk out loud as you write, if it makes you feel better. Research shows journaling decreases stress by up to 35%.

Write a letter to your loved one who left you or died. This can be a very powerful process. Share your thoughts and feelings. Pour them out on paper. You may feel emotionally drained afterwards. You may even find it helpful to write a letter back to yourself from the person who died or left.

Others have found that talking aloud or into a tape recorder is helpful... Playing the tape back and listening to yourself... decreases the stress even further. Some stand in front of their mirror to talk. As a friend once said to me, “Don't worry about talking out loud to yourself. It's good to have a conversation with an intelligent person.

However you do it, remember - Talking is one of the best medicines of all. While some people won't want to listen to you, you will also find they can say some naive, hurtful things...It helps to know they do not understand the impact of their words. Some really want to help but do not know how.

...Know that you honor the person every time you mention their name. People will know they made a difference in their time on earth and in others' lives.

A feeling shared is a feeling diminished!

Excerpts from "More Than Surviving, Caring for Yourself While You Grieve" Kelly Osmont, MS, LCSW

Dove With a Broken Wing

By Larry Wood, TCF Edmond, OK

While walking down a usual path, to welcome in the spring
I chanced upon a graceful dove, who had a broken wing.
She looked so out of place to me, helpless on the ground;
And as I moved to where she lay, I heard her mournful sound.
My heart was burdened by the thought, that I could do no good;
She seemed to sense that I would help, if I only could.
I gently held her to my breast, as minutes turned to hours;
And knew her life was slipping past, as we sat among the flowers.
I begged her to forgive me, for the things I could not do;
And promised her that "If I could, I'd give my wings to you."
I glanced above and found her friends, that circled in the skies;
Then noticed that my wounded dove, had closed her gentle eyes.
One cannot change the way of things, I thought as I made her grave;
Nor is a single moment yours, to stop the clock and save.
Then as I walked away from her, I heard an angel sing;
And knew someday I'd meet again, My dove with the broken wing.
Days Like This...
By: Lora Krum, TCF Carbon County

Moving on, getting through days just going through the motions;
Keeping my head above water, but still getting pulled out into the ocean.
Feels like weeks on end of treading water, feeling tired beyond belief;
Just when I feel some strength, along comes a huge wave of grief.

Doing all of those everyday things, you would not think you’d need to be so brave;
and then the minute you get more involved, lurking behind you is that wave.
You cannot see it coming, and you can't realize just how strong;
It pulls you right back under, and can hold you there pretty long.

A day like this, the sun shines bright, people are cheerful and weather is mild;
In the middle of it you all of a sudden are remembering your child.
You find yourself again asking, "how did it happen, is this all real?"
He’s really gone, I miss him so much, and intense sadness is what I still feel.

To remember the gifts his life brought to us are so many and we know we were blessed;
But to see his life end, and experience the horror has left our life in a mess.
His spirit and presence always fill up our lives, we constantly hope that his memory will live on;
Although when all is said and done, it still really hurts to know that he's forever gone.

As you continue to float right underneath the surface, you capture that glimmer of light;
Although it may seem easier to sink all the way down, something tells you to keep up the fight.
Days keep you busy, but sleepless nights make you remember that the hole in your heart still remains;
No matter what the day brings or how sweet memories can be, the loss brings on a lifetime of pain.

“We have suffered, but we have survived;
We are hurting, but we are enduring”

Ben Van Vechten
"Could I Die Just Enough"
By Kara Myers, TCF Rockland County, NY

Could I die just enough,  
To know you are okay,  
To know where you are,  
What you do night and day

Could I die just enough  
To calm all our fears,  
About life without you,  
How we'll manage all those years

Could I die just enough,  
Just put a toe over the line,  
To peek into the world beyond,  
And know that you're fine

Could I die just enough,  
That I could quickly give you a hug,  
And see you flash your smile,  
While passing brief messages of love

Could I die just enough,  
To hear one final story of yours,  
About what it's been like, this journey  
What happens after passing through life's door

Could I die just enough,  
Not so much as to stay forever,  
Just a tiny bit to give me a glimpse,  
Of my missing link, my constant, my brother

Could I die just enough,  
To tell you it's harder than I'd ever imagine,  
And maybe you'd give me a reassuring word,  
Or a one-liner that'd leave me laughing

Could I die just enough,  
To let you know there's such a huge void,  
Or can you see it all, and know it'll be fine,  
And tell you all "worry no more"

Could I die just enough,  
To let you know you're that important to me, I'd dance  
around death, look it right in the eye,  
If for one moment, you happy, I'd see...

A Letter to My Brother

Suddenly you're gone. I'm still here. Why? How can this be?  
Someone tell me the reason, the answer. How can I fill the void, the space once so full of life? What will I do? How will I be strong for others when the sting of pain is so real, so near?

Though everyone sees calm, my soul screams at the injustice, the unfairness of losing you. I miss you, I think of you everyday and feel you in my heart always. Whatever the reason for your leaving, I know your living had a reason.

Despite the brevity of your life, you lived a lifetime's worth. You blessed us with your presence, your specialness. I have only to think of you to feel the joy you've left as a legacy. You shaped the purpose of my life. I can see the world through your eyes.

Robin Holeman  
TCF Tuscaloosa, AL
Joshua Bartosic  
Son of Traci Jennings; Brother of Aaron Bartosic & the late Natasha Marie Bartosic  
Mar 2

Timothy Bogart  
Son of Nancy & Bill Bogart; Brother of Ryan Bogart & Katelyn Bogart  
Mar 12

Joshua Booth  
Son of Les & Bonnie Booth  
Mar 12

Gregory Davis, Jr  
Son of Gregory Davis; Brother of Nikitas & Helen Davis  
Mar 5

John "Chuck" Frenchko  
Son of John & Myrtle Frenchko; Father of Jason Frenchko; Grandfather of Lindsay & Miranda Frenchko  
Mar 2

Joel Frisby  
Son of Caroline Frisby; Brother of Richard, Gregory, Michael & Timothy Frisby  
Mar 26

John Fry  
Son of Cathy McDonald; Brother of Joey & Allison McDonald  
Mar 19

Eileen Collins Gant  
Daughter of Dorothy Collins; Sister of John, Steven & Brian Collins, Kathleen Morrison & MaryAnn Watkins  
Mar 25

Sgt. Christopher Geiger  
Son of George & Patricia Geiger  
Mar 30

LiSette Hahn  
Daughter of Louis & Joyce Szoke  
Mar 4

David Hertzog  
Son of Connie Hertzog; Brother of Billy Hertzog  
Mar 10

Lori Hudasky  
Daughter of Irene Hudasky  
Mar 18

Marjorie Hutton  
Sister of Donald L. & Virginia Steele, Jr.  
Mar 12

Ryan Jones  
Son of David & Elaine Jones  
Mar 7

Schyler Kemps  
Son of John & Jenny Kemps; Brother of Courtney & Alex Kemps  
Mar 8

Thomas S. Loquasto  
Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle, Michael Loquasto, II & the late Jeffrey Loquasto  
Mar 11

Beth Anne Mather  
Daughter of Peter Mather  
Mar 12

Michael McLaughlin  
Son of James & Julia McLaughlin; Brother of Matthew & Patrick McLaughlin  
Mar 16

Randi Peischl  
Son of Betty Peischl  
Mar 1

Valeri Powers  
Daughter of Barbara Taranto; Sister of Stephen, Raymond & Gerald Taranto  
Mar 31

Maria Rothermel  
Daughter of Gerald & Doris Rothermel; Sister of Mark Rothermel  
Mar 25

Andrew Siegfried  
Son of Rich and Ruthann Siegfried; Brother of Ben Siegfried  
Mar 27

Geoffrey Steckel  
Son of Dean & Patricia Steckel; Brother of Jennifer & Mark Steckel; Father of Benjamin & Emma Steckel  
Mar 1

Linda Streletzky Kaintz  
Daughter of Eleanor Streletzky; Wife of Kevin Kaintz  
Mar 16

Travis Szerencits  
Son of Craig & Cookie Harron  
Mar 11

Tracy Szoke  
Daughter of Randall & Kim Szoke; Sister of Trisha Remaley; Aunt of Nikita Remaley  
Mar 9

Christopher Taylor  
Brother of Tim & Cynthia Taylor  
Mar 26

Reeder Thatcher, Jr.  
Son of Jane Thatcher & the late Reeder Thatcher Sr.; Brother of Timothy, Michael & Lynne  
Mar 12

Sheena Villa  
Daughter of Bill & Angie Villa; Sister of Patricia & Gianni Villa  
Mar 23

Chad Wagner  
Son of Pamela Fehnel & Bruce A. Wagner; Brother of Cori; Husband of Kelli Wagner; Father of Morgan & Hannah Wagner  
Mar 13

Seth Warhurst  
Son of Debra Warhurst; Brother of Michele Warhurst  
Mar 4

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

Penny Azar  Son of Michelle M. Azar & the late Diab Azar; Brother of Michelle Weidman & Jean-Pierre Azar  Mar 11
Cheyenne Brown  Daughter of the late Holly Ada Brown; Granddaughter of Janice A. Picard  Mar 25
Debra Brown  Daughter of Doris Clauer  Mar 27
Holly Brown  Daughter of Janice A. Picard; Mother of the late Cheyenne Makenzie Brown  Mar 11
Frederick Burkart  Brother of Jane Frichman  Mar 4
Emil Check, Jr.  Son of Mary Check; Brother of the late Joseph Michael Check  Mar 4
Dennis DeLong  Son of David & Jane DeLong; Brother of David, Carol & Nancy  Mar 22
Nathan Deutsch  Son of Ronald & Karen Deutsch; Brother of Stephen & Derek Deutsch; Nephew of Roseann Mikalik  Mar 14
Jesse Dorward  Son of Donald & Susan Dorward; Brother of Jenelle Dorward  Mar 3
Darlene Fitch  Daughter of Gloria Fitch & the late Harold Fitch; Sister of Diane Lehr & Gary Fitch  Mar 10
Timothy Fitch  Son of Gloria A. Fitch; Brother of Thomas & Kirk Fitch  Mar 4
John "Chuck" Frenchko  Son of John & Myrtle Frenchko; Father of Jason Frenchco ; Grandfather of Lindsay & Miranda Frenchko  Mar 11
Benjamin Fry  Son of John & Cynthia Chrsyt; Twin Brother of Jeff Fry; Brother of the late Peter & Paul Fry  Mar 14
Michael Gatti  Son of Rosemarie Gatti; Brother of Chris Gatti; Grandson of Irene Valentine  Mar 21
Jeffrey Griffith  Son of Cindy Griffith  Mar 30
Aaron Groff  Son of Leon & Debra Manuel; Brother of Melissa LaBar  Mar 5
Clifford Grunwald  Son of Henry & Patricia Grunwald; Brother of Marie Muschitz; Patricia Baranowski, & Christine Moyer  Mar 9
Rita Guerrieri  Daughter of Art & Mary Guerrieri  Mar 11
Jonathan Hawk  Son of Bruce & Mary Hawk; Brother of Bruce Hawk; Husband of Ashley Hawk; Father of Madisynn; Uncle of Shaine & Sloan Hawk  Mar 30
David Hertzog  Son of Connie Hertzog; Brother of Billy Hertzog  Mar 19
Ryan Jones  Son of David & Elaine Jones  Mar 7
Jonathan Keller  Son of Dennis & Lori Keller; Brother of Amy Keller  Mar 23
Bonnie Krause  Daughter of Josephine Leiby - Mather  Mar 24
John Kushnerick, Jr.  Son of Bernice Kushnerick; Brother of Pat & Jan; Husband of Deborah Kushnerick; Father of Tyler, Joe & Justin  Mar 16
Brian Lentz  Son of Gary & Judy Lentz  Mar 10
Jeffrey Loquasto  Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle, & Michael Loquasto, II  Mar 30
Keri Ann Magone  Daughter of Stan & Victoria Saiauskie; Sister of Gene, Jason & Sandy  Mar 21
Kevin Martin  Son of J. Ronald & Linda Martin  Mar 17
Jim Minter  Son of Jim & Barbara Minter; Brother of Jeanine Minter  Mar 14
Robert Mitchell  Son of Patrick & Amy Sigafous; Brother of Bryanna & Nathan & Amy Mitchell  Mar 17
Buddy Pearson  Son of Bob & Shelly Garst; Grandson of Loretta Ross  Mar 24
Amanda Roth  Daughter of Bruce & Chris Roth  Mar 15
Brian Rotkowski  Son of Tom & Judy Rotkowski; Brother of Tommy & Rebecca Rotkowski  Mar 14
Quinna Schleicher  Daughter of Lin & Judy Schleicher; Sister of Aaron Schleicher; Granddaughter of Marie Moyer  Mar 10
Amanda Schultz  Daughter of Mark & Patty Schultz; Sister of Ryan & Eric Schultz  Mar 5
Brett Schwartz  Son of Ron & Carol Hemphill  Mar 25
Ryan Sporka  Son of Ron & Pat Sporka; Brother of Keri Markle  Mar 22
Lisa Staub  Daughter of Mark & Louise Stahley; Granddaughter of William & Patricia Johnson  Mar 2
Jason Steigerwalt  Son of Sandra Steigerwalt  Mar 20
Sheena Villa  Daughter of Bill & Angie Villa; Sister of Patricia & Gianni Villa  Mar 24
Seth Warhurst  Son of Debra Warhurst; Brother of Michele Warhurst  Mar 6
Christopher Yetter  Son of Nicholas Yetter; Stepson of Robin Yetter ; Brother of Jessica Yetter  Mar 5
### Love Gifts

<table>
<thead>
<tr>
<th>Name</th>
<th>Acknowledgment</th>
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<tbody>
<tr>
<td>Jane DeLong</td>
<td>Dennis DeLong In Loving Memory</td>
</tr>
<tr>
<td>Sue &amp; Don Southgate</td>
<td>Troy Southgate We miss &amp; love you very much. All our love, Mom, Dad &amp; Marty</td>
</tr>
<tr>
<td>Jack and Nancy Blosky</td>
<td>Kevin Blosky Happy 16th Birthday Kevin, Jan 28th. Forever in our hearts</td>
</tr>
<tr>
<td>Maynard and Barbara Dreas</td>
<td>Todd Michael Dreas In Loving Memory</td>
</tr>
<tr>
<td>David and Margie Beidleman</td>
<td>Robert E. Beidleman In loving memory of son, Robert</td>
</tr>
<tr>
<td>Kath, Rick &amp; Heather Fenstermacher</td>
<td>The pain never stops! Til we meet again. All our love, Mom, Dad, Heather &amp; Roxy</td>
</tr>
<tr>
<td>Stephen and Jeannette Viglione</td>
<td>Jeanne Catherine Hurley Love and miss you always</td>
</tr>
<tr>
<td>Gloria M Perlis</td>
<td>Randy C. Kreig In Loving Memory</td>
</tr>
<tr>
<td>Mr Mrs Lawrence Melencheck</td>
<td>Nathaniel Davis In loving memory of our nephew. Aunt Linda &amp; Uncle Larry</td>
</tr>
<tr>
<td>Cindy &amp; John Chryst</td>
<td>Benjamin Fry Always on our minds - Forever in our hearts. Love, Mom &amp; John</td>
</tr>
<tr>
<td>Sharon Richards</td>
<td>Darryl Shurow In loving memory, Mom &amp; Lew</td>
</tr>
<tr>
<td>Rella Daniels</td>
<td>Jonelle L. Sisonick In memory of my daughter, Jonelle at the holidays</td>
</tr>
<tr>
<td>John &amp; Susan McGraw</td>
<td>Katie McGraw In memory of our daughter</td>
</tr>
<tr>
<td>Joan Dixon</td>
<td>Alexandra Dixon Love survives death</td>
</tr>
<tr>
<td>Josephine Leiby</td>
<td>Bonnie L. Krause In Loving Memory</td>
</tr>
<tr>
<td>Sharon Richards</td>
<td>Darryl Shurow In loving memory, Mom &amp; Lew</td>
</tr>
</tbody>
</table>

### 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.

MUST BE RECEIVED BY 1ST OF THE MONTH PRIOR TO THE MONTH YOU WISH YOR GIFT PUBLISHED

Contributor Name

Address

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 desired publication month. Deadline by the 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 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 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

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)
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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