



The Compassionate Friends, Lehigh Valley Chapter

Supporting Family After A Child Dies

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

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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.

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

- March 12** Monthly Meeting - Speaker - Rev Anne Huey, MDiv, MSHS, BCC
- April 9** Monthly Meeting - Sharing - Separate Sharing for Men and Women
- May 14** Monthly Meeting - Sharing - Topics Mother's Day & General Sharing

Other Local TCF Chapters Meetings

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

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



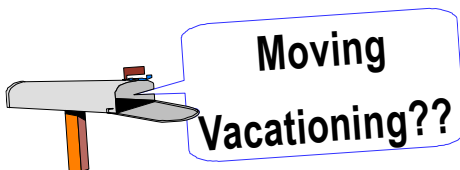
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Keywords: The Compassionate Friends, Lehigh Valley

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.

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.

*"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

Sibling Page

"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



Our Children Remembered Birthdays



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
Schylar 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
Randy 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 Randal & 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 Clauser	Mar 27
Holly Brown	Daughter of Janice A. Picard; Mother of the late Cheyenne Makenzie Brown	Mar 11
Frederick Burkhart	Brother of Jane Fritchman	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 Frenchko ; Grandfather of Lindsay & Miranda Frenchko	Mar 11
Benjamin Fry	Son of John & Cynthia Chryst; 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 Muschlitz; 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 Magoon	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 Sigafos; Brother of Bryanna & Nathan & Amy Mitchel	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



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



Donations & Contributions

We thank the following for their thoughtfulness and generosity



🦋 Sacred Heart Hospital for TCF, Lehigh Valley's meeting room & beverages 🦋

🦋 Mary Ann Donuts for our meetings treats 🦋

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

🦋 United Way Payroll Donation Contributors 🦋

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

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 _____

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 _____ 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)

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

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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.

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