



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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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

- May 14** Monthly Meeting: Topic - Mothers Day & General Sharing
- June 10** TCF Joint Picnic and Memorial Balloon Launch See pages 2 & 3 for RSVP & Directions
- June 11** Monthly Meeting: Topic - Fathers Day & General Sharing
- July 9** Monthly Meeting: Topic - Music with Special Meaning

Other Local TCF Chapters Meetings

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

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

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

Local Children's Support Groups

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

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

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

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

TCF Telephone Friends

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

The Compassionate Friends, Children's Memorial Garden at the Charles Chrin Community Center, Palmer PA

After many years of planning the Children's Memorial Garden we are poised to enter the building phase. The garden will include a memorial walkway with engraved bricks. An informational letter and order form will be mailed to all members during the month of May.



**Find us
on
Facebook**

Keywords: The Compassionate Friends, Lehigh Valley

To add your child's picture to the "Our Children" gallery on our Facebook Page send Jpeg photo to: TCFNewsEditor@gmail.com

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
Thank you, Your Editor

TCF Annual Family Picnic and Balloon Launch

When: Sun. June 10, 2012 @ 12 pm (Rain or Shine)

Where: Moore Township Recreation Center

635 English Rd. Bath, PA

All Compassionate Friends members and their families are invited to join us for our annual Covered Dish Picnic and Balloon Launch. Hot dogs, drinks & balloons are provided by the chapter. Please bring your favorite covered dish, lawn chairs & sports equipment

Use the form below or call 610-837-6393 to RSVP by June 1st

_____ Yes, I will attend _____ Total _____ Adults _____ Children

Covered dish I will bring: _____

Name _____ Phone _____

Address: _____

Chapter(s) You Attend: _____

___ Yes, I will volunteer to help with the picnic ___ Set Up ___ Clean Up ___ Other

Mail to: TCF, Lehigh Valley, C/O Kathy Collins, 2971 Pheasant Dr, Northampton, PA 18067

Anticipating Mother's Day

By Annette Mennen Baldwin, TCF Katy TX
In memory of my son, Todd Mennen

Before we lost our children to death, Mother's Day was a happy time. We each reflect back on Mother's Days past...gifts, cards, special memories and one day set aside to acknowledge the best in our relationship with our treasured children.

With the death of our child, this dynamic was forever transfigured. Now, instead of looking forward to this day, we grasp at anything that will keep our minds away from it. Yet the anxiety still creeps into our minds and hearts; our stomachs churn and tears fill our eyes at the most inopportune moments. The dreadful countdown begins in late April and lasts for nearly three weeks.

This is the fifth Mother's Day I have endured since the death of my son. Each year I have the same, desperate anxiety, yet each year the day is a bit easier to handle. Each year the anticipation is far worse than the day itself.... "borrowing trouble" as my dad would say. Since my son is my only child, I do not have the comfort of other children nor do I have the need to put on a happy face. Instead, I am able to choose what I will do without feeling the burden of guilt. While my first Mother's Day was filled with tears, subsequent Mother's Days have been more subdued.

The choice to embrace or ignore Mother's Day is

yours alone. Many bereaved mothers adopt a new perspective which honors their child and still gives normalcy to their family. Mother's Day is bitter-sweet for us. The pain is part of the love that we will feel for our children for eternity.

We wouldn't trade one treasured moment for a cosmic reduction of our pain.

Some of us plan the day carefully. Some of us just "go with the flow." Some of us weep; some of us work. Some of us read, some of us revel in this special moment set aside just for mothers. Each of us makes a choice that is based on our own truth.

The day itself is not nearly as overwhelming as the buildup of anxiety and sadness which precedes it. I have found this to be true of all holidays, birthdays, death anniversaries and special occasions. I am trying to live in the moment. When the moment of Mother's Day happens, I will decide what I should do. I refuse to let others pressure me. I refuse to become maudlin over greeting card commercials and heart-grabbing point-of-purchase marketing efforts.

I will not be manipulated by the agenda of others. But on Mother's Day, as on each day of the year, I will think of my son, remembering the child he was and the man he became. I will honor his life by doing the best I can with what is left of my life. I will remain in the moment and treasure my memories. And for this mother, that is enough.

Directions to the Picnic:

From Bethlehem Area - Take Center St./ PA-512 north, to PA-946 (Community Dr) Turn left proceed 2.4 miles to English Rd turn left, continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Carbon County Area -Take PA-248 east to PA-512 (Walnut St.) turn left proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left, continue .04 miles. to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Easton Area - Take PA-248 west to PA-512 (Walnut St.) turn right, proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Wind Gap Area -Take PA-512 South to PA-946 (Community Dr) Turn right proceed 2.4 miles to English Rd and turn left, continue .04 to park entrance on right. Turn right into the park and follow the park road to the first stop sign Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion

I Haven't Gone Away

By Vicki Tushingham ~ TCF Los Angeles, CA

Last night I had a dream so dear
about a long lost day.
We were back together,
I begged of you to stay.

You slowly turned and took my hand
your smile was mine alone.
Then you said you had to go,
you had another home.

The pain rolled in, the tears began.
I longed for yesterday.
You held me close and whispered soft,
"There's more I need to say."

*Mom, you know I love you -
I haven't gone away.*

*What we share together will
forever stay.*

*You'll always be my mother
and I will be your son.*

*We'll be back together
when your time on earth is done.*

*But for right now, we must live
separate and apart.*

*Though I will never leave you
deep inside my heart.*

*Look for me in the morning and in
the noonday sun.*

*You'll find me in the starry night
when your day is done.*

*I'll always be beside you
each and every day.*

*For all of your tomorrows,
this is where I'll stay.*

*When you wake from this dream,
do not feel alone.*

*for we are still together,
though we now have separate homes."*

Suddenly, the dream was over,
my child had gone away.

Though my heart was broken
I knew he could not stay.

But I'll look for him in the morning
and throughout every day,
And when the evening comes to call
I'll listen for him to say...

*"Mom, you know I love you,
I haven't gone away.*

*What we share together will
forever stay."*



My Brave Young Men

There are names upon names written on this plaque
of brave young men who never came back.
Take a good look as they go marching by.
I want you to hear their widows and mothers cry.

I want you to touch each lonely tear
and feel each heartache that will never disappear.
Look into the eyes of each wife, mother and dad,
and touch the small hand of each fatherless child
that war has left so sad.

Oh my friend, never forget as you walk by these
brave young men who died.

Let it be known and ever so plain,
that my brave young men did not die in vain.

America will always be the home of the brave;
America will always be the land of the free
because of the life of each young man whose name
is written in blood upon me.

Rest in peace, my brave young men.

Glen Genseat, Korean War veteran,
on the Memorial to Korean Veterans,

***"A mother holds
her children's hands
for just a little while.
But she holds
their hearts forever"***

Betty Stenlake

Love Never Goes Away

By Darcie Sims

"Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren't so crushing." Sounds familiar? All of us have known hurts before, but none of our previous "ouchies" can compare with the hurt we feel. Nothing can touch the pain of burying a child.

Yet most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have, so we are stuck with this pain, this grief, and what do we do with it? Surely we can't live like THIS forever!

There are no magic formulas for surviving grief. There are a few recognized patterns for grief, but even those are only guidelines. What we do know is that the emptiness will never go away. It will become tolerable and livable some day. TIME the longest word in our grief. We used to measure TIME by the steps of our child: the first word, first tooth, first date, first car...now we don't have that measure any more. All we have is TIME, and it only seems to make the hurt worse. So what do we do? Give ourselves TIME to hurt, to grieve, to cry. TIME to choke, to scream. TIME to be "crazy" and TIME to remember. Be nice to yourself! Don't measure your progress through grief against anyone else's. Be your own timekeeper.

Don't push. Eventually you will find the hours and days of grief have turned to minutes and then moments but don't expect them to go away. We will always hurt. You don't get over grief, it only becomes tolerable and livable. Change your focus a bit. Instead of dwelling on how much you lost, try thinking of how much you had. Try letting good memories come over you as easily as the awful ones do. We didn't lose our child...HE (SHE) DIED. We don't lose the love that flowed between it still flows, but differently now.

Does it help to know that if we didn't love so very much, it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I'm very glad I loved. Don't let death cast ugly shadows, but rather warm memories of the loving times you shared. Even though death comes, LOVE NEVER GOES AWAY!

Mom, Please Listen

Author Unknown, Submitted by Brenda Solderitch
in loving memory of her Son Matthew

Mom, Please Listen
as I take the time to write.
I see parents struggling daily,
Their pain is such a fight...

All of us who've gone
And left the rest of you behind...
We're okay, Mom, I promise
Heaven is beautiful and God is kind.

You used to tell me that one day
God would call and take you home.
You told me you'd make me strong
So I would stand tall when alone.

But things happen. Mom
That does not go in our plans.
I wasn't scared, Mom,
When God held out his hand.

I didn't want to leave you.
I didn't have time to say good-bye
When The angels said, "Come with 'us"
There wasn't time to question why.

I've watched you daily, Mom.
It hurts to see you cry.
I don't want you to be unhappy,
Just because we didn't get to say goodbye

Tell others what I'm telling you,
So many parents need to know
That Earth was just a layover
We had another place to go.

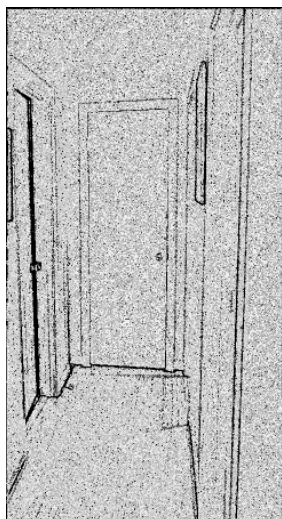
I know you miss me, Mom
I know your heart was broken in two.
But God really needed me
Because my earthly life was *through*.

I'm always alongside you.
I smile and touch your hair.
I whisper "Mom, I love you"
You just can't see me there.

I'm the one that gently touches you
On your shoulder when you're sad.
I'm happy now that you finally found
God again, and are no longer mad.

Tell the parents, Mom, for me
That all of us kids are okay.
God had plans for our lives
When he called us home that day.

The Room Just Down The Hall



By Jeremiah
Sundown
TCF, Nashville TN

There's a room just down the hall,
Where there's never a sound at all,
But once these walls knew laughter,
And music from the radio.
There's posters on the wall,
In the room just down the hall,
And love is all that lives here,
In the place that you called home.

On the bed where you dreamed your dreams,
You were what you wanted to be -
A fireman and a cowboy,
Shootin' straight and riding tall.
And I remember what you wanted to be,
When you grew up -just like me!
And the world was just like heaven
In the room just down the hall.

Now sometimes late at night,
By the flickering candlelight,
I find simple comfort,
Just lying on your bed.
I finally fall to sleep,
With your picture next to me,
And again my tears find freedom,
On the pillow where you laid your head.

Lying there in the night,
I know it'll be all right;
I always feel you close,
I often hear you call,
From the place you now call "home,"
In the room you call your own.
Heaven again lies waiting,
In the room just down the hall.

The Normal Family

by Edith Frazer
TCF Delaware Country

If you think you are going insane,
THAT'S NORMAL

If all you can do is cry,
THAT'S NORMAL

If you have trouble with the most minor decisions,
THAT'S NORMAL

If you can't taste your food or have any semblance of
an appetite,
THAT'S NORMAL

If you have feelings of rage, denial, and depression,
THAT'S NORMAL

If you find yourself enjoying a funny moment and im-
mediately feel guilty,
THAT'S NORMAL

If your friends dwindle away and you feel like you
have the plague,
THAT'S NORMAL

If your blood boils and hair in your nose curls when
someone tells you, "It was God's will,"
THAT'S NORMAL

If you can share your story, and your feelings with an
understanding listener-another bereaved parent
THAT'S A BEGINNING

If you can get a glimmer of your child's life rather than
his/her death,
THAT'S WONDERFUL

If you can remember your child with a smile,
THAT'S HEALING

If you find your mirrors have become windows and
you are able to reach out to other bereaved parents,
THAT'S GROWING

Sibling Page

Taking Care of Parents

By Allison Harris, TCF Manhattan

When asked to edit the sibling page, I was told that each newsletter has unifying themes and this issue would focus on spring and Mother's Day. Mother's Day? I am a bereaved sibling! I thought about siblings being the forgotten grievers. After further thought, however, I realized that Mother's Day creates anxiety for bereaved siblings just as it does for bereaved parents.

Some surviving siblings resent that only their parent's loss is recognized. This sense of being forgotten can be heightened on Mother's or Father's Day when parents expect enhanced sympathy and attention to their grief. Other surviving siblings are consumed with taking care of their devastated parents, perhaps to the extent of neglecting their own grief process. These siblings may experience greater worries about their parents on the impending Mother's Day. Holidays always highlight a family's loss.

For me, I worry about showering my mother with enough love to ease her pain. But, I feel ultimately incapable of being as enthusiastic as I was when Andrea was here to help me cook or decorate the apartment, or to brainstorm, weeks in advance, on whether we should chip in for jewelry or kitchen utensils. I feel strange and empty gift shopping alone. I hate the cards that say "To Mom, from Both of Us". So please parents, remember that all holidays, even Mother's Day is hard for surviving children too.

I'm Sorry for the Things I Didn't Do

For you're gone now, forever.
Oh, if you only knew kid brother,
just how much I miss you.

It's too late to say
I'm sorry for the things I didn't do.
It's too late to say forgive me
and I'll make it up to you.

No more teasing, no more pleasing,
no more borrowing the car,
No more promising to be careful,
no more sneaking in the pickle jar.

God in Heaven, please take care
of that brother of mine.
He was so sweet, so tender, and kind.

O Dear God, when You see him,
please tell him for me
That I miss him something awful,
though I have my memories...

And, Dear God, there is something
that I'm asking of You
Ask Jimmie to please forgive me
for the things I didn't do.

Laura Mae Martin
TCF Grand Junction, CO

Grief Is Not...

Grief is not a mountain to be climbed, with the strong reaching the summit long before the weak. Grief is not an athletic event, with stop watches timing our progress.

Grief is a walk through loss and pain with no competition and no time trials.

Author Unknown



Our Children Remembered Birthdays



David Heard	Son of Susan Heard; Brother of Daisy Heard	May 20
Evan Albertini	Son of Louis AlBertini; Brother of Christopher AlBertini	May 28
Penny Azar	Son of Michelle M. Azar & the late Diab Azar; Brother of Michelle Weidman & Jean-Pierre Azar	May 28
Christopher Barnard	Son of John & Patti Barnard; Brother of Sabrina Zaminsky; Uncle of Aiden Zaminsky	May 23
William Bender	Son of Dean and Sheri Tretter	May 14
Matthew Breiner	Son of Jim & Lynne Breiner; Brother of Monica Breiner	May 05
Felicia Cook	Daughter of Herbert & Helen Cook	May 28
Kathleen Deutsch	Sister of Jane Fritchman	May 05
Heather Duh	Daughter of Ernest & Laurie Duh; Sister of Laurestine Hollie Duh	May 15
Matthew Fahey	Son of Michael & Nancy Fahey; Brother of Michael & Rob	May 30
Doug Gable	Son of Ronald & Shirley Gable; Brother of Sharon Hornyak	May 26
Mark Gery	Son of William & Catherine Gery	May 22
Jennifer Grider	Daughter of Carl & Joan Grider	May 18
Raymond Haas, Jr.	Son of Bernice Haas & the late Raymond H Haas, Sr.; Brother of Charles Haas & Linda Wronowski	May 27
Loren Holl	Son of Fern Gerth	May 31
Danielle Jones	Niece of Terry & Sherry Mertz	May 16
Colleen Kilker	Daughter of Mark & Kathleen Kilker; Sister of Meghan, Bridget & Mark Kilker	May 06
Ryan Koder	Son of Debbie Neff; Stepson of Mike Neff; Brother of Alysha Neff	May 16
Tara Koshinski	Daughter of Daniel & Mary Koshinski Sr; Granddaughter of Joanne Gordon	May 26
Edward Lehrman, Jr.	Son of Jean Lehrman & the late Edward Lehrman, Sr.; Brother of Leanne, Robyn, Michele & Debra Krauss & the late Thomas Lehrman	May 04
Sheri Meckes	Daughter of Glenn and Betty L Theodore; Sister of John & Scott Keet	May 11
Jason Melendez	Son of Pat & Lori Healy	May 17
Christa Moran	Daughter of Carl & Sandy Moran; Sister of Melissa Moran & the late Jessica Moran	May 26
Jessica Moran	Daughter of Carl & Sandy Moran; Sister of Melissa Moran & the late Christa Moran	May 26
Floyd Oswald	Son of Goldie Oswald; Brother of Gertrude Knipe, Joyce Lawrence; Darlene Marsteller & Elaine Reichenbach	May 06
Michael Potkovac, III	Son of Michael & Annette Potkovac, Jr.; Brother of Matthew, Mark, John, Denise Potkovac, Michele Cuvo & the late Donna Marie Potkovac-Roth	May 26
Christian Procopio	Son of John & Deborah Procopio; Brother of Lauren Procopio, Sheri Wilson & Dawn Weiss	May 26
Stephen Rendish	Brother of Dawn Weiss & Sheri Wilson	May 6
Michael Schondorfer, Sr	Son of Alma Schondorfer	May 10
Dean Schuler	Son of Betty Schuler & the late Lester Schuler	May 22
Jonelle Sisonick	Daughter of Rella Sisonick Daniels; Sister of Anthony & Nicholas Sisonick	May 22
Eric Sisson	Son of Daniel Sisson & Crystal Crout; Stepson of David Crout; Brother of Courtney & Logan Crout	May 09
Keith Storat	Son of Richard and Susan Storat;	May 18
Russell Terry	Son of Brian and Amy Erbe; Brother of Shannon	May 8
Meredith Unger	Daughter of Kathleen Paone	May 23
Joseph Vinosky, Jr.	Brother of Grace L Ashner	May 27
Anthony Wilson	Son of Randall White	May 13

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



Nicholas Allesch	Son of Toni Allesch	
Patricia Arey	Daughter of William and Elizabeth Arey; Sister of Elizabeth Ann, Barbara, Rose Marie & Elaine	May 8
Dakota Arndt	Son of Steve and Mary Arndt; Brother of Ann Marie & Dylan	
Matthew Aungst	Son of Christopher and Mary Kelly Aungst; Brother of Alecia & David Aungst Aungst	May 30
Neal Balmer, II	Son of Lisa Feist ; Step Son of Charles Feist; Brother of Laura Balmer	May 9
Donna Lee Benninger	Daughter of Betty Thompson	May 9
Matthew Breiner	Son of Jim & Lynne Breiner; Brother of Monica Breiner	May 17
Michael Buss	Son of Bea Bryfogle	May 15
Kimberly Caton	Daughter of Thomas & Sydney Caton	May 2
Kenneth Consentino	Son of Judy Consentino; Sister of Noreen Consentino	May 6
Heather Duh	Daughter of Ernest & Laurie Duh; Sister of Laurestine Hollie Duh	May 24
Edwin Frantz	Son of Pamela Green; Brother of Amy & Troy	May 24
Peter Gross, Jr.	Son of Peter & Fay Gross, Sr.	May 5
James "Jim" Gum	Son of Sherwood & June Gum; Brother of Deborah Martini	May 1
Lisette Hahn	Daughter of Louis & Joyce Szoke	May 3
Mark Hebdon	Son of Lawrence & Ruth Hebdon; Brother of Laura Long & Michael Hebdon	May 15
Justin Hilbert	Son of Robert & Joan Hilbert; Brother of Ashley & Kyle Hilbert	May 26
Loren Holl	Son of Fern Gerth	May 30
Marjorie Hutton	Sister of Donald L. & Virginia Steele, Jr.	May 3
Jordon Hyndman	Son of Robin Hyndman; Brother of Shawna & Briana Hyndman	May 23
Thomas Lehrman	Son of Jean Lehrman & the late Edward Lehrman, Sr; Brother of Leanne, Robin, Michele, Debra Krauss & the late Edward S.	May 20
Wayne Marks	Son of Barbara Carter; Brother of Marie Greenwood, Steven Marks, & Carol Lihle	May 13
Frank Mirabile	Son of Joseph & Laura DeVito; Brother of Michael & Joseph	May 18
Christa Moran	Daughter of Carl & Sandy Moran; Sister of Melissa Moran & the late Jessica Moran	May 2
Jessica Moran	Daughter of Carl & Sandy Moran; Sister of Melissa Moran & the late Christa Moran	May 2
Teresa Mullin	Daughter of Edward & Patricia Mullin; Sister of Elizabeth, Tim, Ted Mullin & the late Susan Mullin Boyle;	May 9
Cody Myers	Son of David & Denise Myers; Brother of Travis, Crystal & Benjamin Myers	May 15
Kelly Owens	Son of Judy Dorward & Douglas D. Owens	May 20
Harry Rawdon	Son of Margaret Rawdon; Brother of JettaAnn Rawdon	May 13
Allison Reboratti	Daughter of Eduardo & Barbara Reboratti	May 9
Eric Reitz	Son of Manuela Reitz; Brother of Sean Reitz	May 20
Ronald Sherbaum, Jr.	Son of Ronald & Donna Sherbaum, Sr.; Brother of Daniel & Joseph Sherbaum; Father of Alexander Sherbaum	May 17
Heather Smith	Daughter of Lee and Denett Smith; Sister of Ashley Leimbach & Andrew Smith	May 14
Casey Stengel	Son of Casey & Jane Stengel; Brother of Chrissy, Sarah, Lisa & Mike Stengel	May 4
Kevin Stenlake	Son of Elizabeth Leada Stenlake; Brother of Dawn Frey	May 26
Anthony Stranzl	Son of Frank & Michele Godiska	May 20
Reeder Thatcher, Jr.	Son of Jane Thatcher & the Late Reeder Thatcher Sr. ; Brother of Timothy, Michael & Lynne	May 22
Joseph Visnosky, Jr.	Brother of Grace L Ashner	May 4
Joshua Wersinger	Son of David & Joanne Wersinger	May 17
Michael Widmer	Son of Mary Widmer & Steve Widmer; Brother of Suzanne Widmer	May 25



Love Gifts



William & Elizabeth Arey	Patricia Arey <i>Remembering the day you left us five years ago</i>
Dr. Mark J. & Kathleen M. Kilker	Colleen Kilker <i>Happy Birthday, Honey ! We love and miss you ! Mom, Dad, Meghan Bridget and Mark</i>
Sydney & Thomas Caton	Kimberly Jo Caton <i>The saddest day of our lives. Miss you and love you forever</i>
Ron & Shirley Gable	Doug Gable <i>Much missed Son & Brother. Ron & Shirley Gable and Sharon Hornyak</i>
Betty Schuler	Dean Lynn Schuler <i>In Loving Memory</i>
Carol Faber	Maggie Jo Faber <i>In Loving Memory</i>
Udo & Janet Virmalo	Sean Mikhail Virmalo <i>Always with us. Udo, Janet, Eric, Brett & Katelyn Virmalo</i>
Larry & Ruth Hebdon	Mark Andrew Hebdon <i>Mark, you are gone nineteen years (5/93) but you are still in our hearts as our gift from God. We love you !</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* 🦋

Second Sunday of May

by Annette Mennen Baldwin, TCF, Katy, TX

Many happy memories
Linger in our hearts this day
As we each remember our child
Who has left this earthly plane.

The day is bittersweet for us,
The mothers who have lost so much,
For to remove all pain could well
Erase the precious life we touched.

Tears will trace the memories of
Other, happier Mother's Days,
As we dwell in a quiet reverie
This Second Sunday of May

Love Gift Form

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

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

Contributor Name _____

Mail to:

Address _____

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

Phone _____

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

Name of person gift given for _____

Edition Month _____ desired publication month . Deadline by the 1st of the prior month

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

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

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

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

Newsletter 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