



The Compassionate Friends, Lehigh Valley Chapter

Supporting Family After A Child Dies

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

June 2012

Email: tcflehighvalley@gmail.com

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TCF Online Support Community

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

Who We Are

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

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

About Our Meetings...

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

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

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

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

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

Childrens Memorial Garden

Please Note: Last month a letter and order form was sent to all our members. The order form is for the purchase an engraved brick (for your child, grandchild or sibling) to be placed in the TCF Children's Memorial Garden in Palmer Township. If you did not receive a form or need further information about the garden please call the Easton Chapter leader, John Szabo at the number listed below. *There is a strict order deadline, so please complete the form and return as soon as possible*

Other Local TCF Chapters Meetings

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

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

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

Local Children's Support Groups

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

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

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

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

TCF Telephone Friends

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

Help Needed

We are currently in need of persons for the following positions:

Chapter Webmaster - Maintain and update current website. Duties include: monthly upload of newsletter, occasional upload of special event notices, updates etc. Requires 1-2 hrs per month

Librarian - Maintain and oversee the chapter library. Duties include oversee library functions at monthly meetings, and library routine maintenance. Requires 2 - 3 hrs per month.

Hospitality Greeter - Greet members at monthly meetings, assist with new members, hand out parking passes etc...

Meeting Set Up and Clean Up - Assist with setting up or cleaning up the meeting room. Set up requires arriving earlier to monthly meeting.

If you can spare a few hours of time each month to help with any of the above positions please call Kathy Collins at 610-837-6393

Reminder

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

BUT LOVE.... LOVE IS IMMORTAL

.....As bereaved parents it can be happy for us or not, depending upon our state of mind and our particular juncture on the road of healing.

Many of us will resent the lengthening of time between our child's life and our own present. Others may welcome the increasing distance in the hope that time itself will be a balm to pain.

Yet all of us perceive, beyond all the hype and expectations, that new years and seasons are merely calendar events. Whatever problems we have had in the past will follow us into the present. There is no inner demarcation with hurting behind and joy ahead.

Each of us had the same opportunities now as we had before. We can permit time to simply pass, or we can work to mold its passage into constructive growth.

In the deaths of our children, we have discovered with certainty that we lack the means to control the most cherished elements of our lives. But we also know that within each of us is the potential to rise above the debilitating anguish we have experienced.

Time continues to move forward and most of us have been too damaged to even play the games of resolutions or dance the rites of spring. We are beyond the futility of such exercises. But let us each confront this moment in time with an inward commitment to recovery, to living the hours, which comprise our existence with all the fullness and love of which we are capable.

Hurting will ultimately lessen. Pain will slowly become more bearable. Fears and guilt will gradually pass away. But love, that inner dance of the heart which leaps to our child's name or the memory of an especially close experience that bears only the mantle of endless joy, will not pass away. All else, fame and fortune, distress and dismay, wealth and power, even ourselves, will at the last be done.

But love....love is immortal.

.....May the immortality of love grow secure and healthy again within each of us.

Don Hackett TCF Tauton, MA

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

GRATITUDE...

The Key to Happiness

by Richard Edler ~TCF, South Bay/LA, CA

I am convinced that the real key to happiness is gratitude. I did not come upon this insight, I learned it from Dennis Prager, a wonderful and gifted man who is both author and talk show host for KABC radio in Los Angeles. I give him all the credit. But I have thought a lot about this idea after my son, Mark, died five years ago tomorrow.

At first, I was offended by people who smiled or even laughed during a Compassionate Friends meeting. These were people who seemed to have somehow re-entered the land of the living. How dare they greet each other with hugs. How dare they laugh. How dare they appear normal when their children have died.

But over the last five years I have learned three valuable lessons:

- *Life goes on and we must too.* Gradually the pain eases and the warm memories replace the sadness. Gradually we return to life. One day we find that it is 11:00 in the morning and we have not thought about our child yet. At first we feel guilt. But then we also realize we are going forward. We will never forget. But we decide that the loss of our child will not be the all-consuming factor in our life. We choose to enjoy friends again. We choose to go out to dinner again. We choose to laugh again. I am convinced that this is what our children would want for us. It does not bring our child back. It only makes us miserable without end.
- *We become grateful for what we have not focused on what we have lost.* I see people in our chapter meetings every month who have gone through "every parent's nightmare" and want no part of life again. But I ask that these compassionate friends also think about the ways they have been blessed, as well as hurt. In my experience, most people have more to be thankful for than they realize: Health, other children, a loving family, a career they enjoy, financial security, life in a free country, a faith that works for them, a true best friend, a spouse who they love. Nobody has it all. But compared to most of the world, we have alot..
- *The life we now lead will be better than it would have been.* That does not make our child's death a

good thing. It just means that our child's life mattered, and it has changed us forever. It means that in some small way the world will be better because our child lived, and we are the ones who can make it so. We have a new sense of priorities. We don't "sweat the small stuff." We know what matters because we know what is irreplaceable. And we know how deeply other people hurt, because we, too, have been there. We "know how they feel.

And when our life is different and better because our child lived, then that child is never forgotten. Each of us would do anything in the world to go back in time, but we can't. It is up to us now to go forward, and we can.

Feel Me Near

Hi Dad! I wish I could be there,
for your special day,
I'd give you a big hug,
so much that I'd like to say!

You've been so sad since I left,
yet you try to be so strong,
but if you cry when you miss me,
it truly won't be wrong.

Your voice is music to my ears,
so smile as you speak,
and remember I am listening,
all seven days a week.

Don't worry about how I am,
I have no need or fright
One day we will join again,
when the time is right.

So look for some little signs,
like a butterfly, flower or bird.
This is how I'll contact you,
and hope that I'll be heard!

I love you more than ever,
I hope you feel me near.
For I am with you each day,
all throughout the year.

Dan Bryl - Unknown Chapter

BALLOON LAUNCH

I took some words
 from my heart today
 I let the ink fill out
 the letters on my card
 I love you it read
 and simply added
 I miss you.

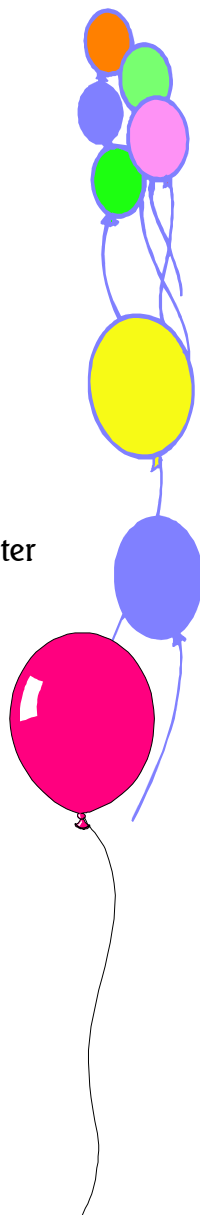
I had pondered how to
 fill that blank space with
 words of you.
 I wondered whether to speak of laughter
 or of tears
 to speak of hopes or of dreams
 and came to this...
 I love you
 I miss you

Through all the emotional gamut
 that death can bring...
 these two thoughts remain
 most constant

Through anger, pain, guilt,
 and that questioning ache...
 they will remain
 Etched forever on my heart
 a human memorial.
 I love you
 I miss you.

And now I send them skyward
 attached to my balloon,
 That seems to effortlessly lift
 to meet the clouds
 and I think of you.
 I love you
 I miss you.

Karen Nelson
 Box Elder County Chapter, UT



MEN DO CRY

I heard quite often "men don't cry"
 Though no one ever told me why.
 So when I fell and skinned a knee
 No one came by to comfort me.

And when some bully boy at school
 Would pull a prank so mean and cruel
 I'd quickly learn to turn and quip
 "It doesn't hurt" and bite my lip.

So as I grew to reasoned years
 I learned to stifle any tears.
 Though `Be a big boy" it began
 Quite soon I learned to `Be a man."

And I could play that stoic role
 While storm and tempest wracked my soul.
 No pain nor setback could there be
 Could wrest one single tear from me.

Then one long night I stood nearby
 and helplessly watched my son die.
 And quickly found to my surprise
 That all that tearless talk was lies.

And still I cry and have no shame
 I cannot play that "big boy" game.
 And openly without remorse
 I let my sorrow take it's course.

So those of you who can't abide
 A man you've seen who's often cried
 Reach out to him with all your heart
 As one whose life's been torn apart.

For men do cry when they can see
 Their loss of immortality.
 And tears will come in endless streams
 When mindless fate destroys their dreams.

Ken Falk TCF,
 Northwest CT Chapter

Graduation

For many of us June signifies "graduating," whether it is from preschool, high school, or college. Some of us may have surviving children who have reached this bench mark, yet deceased children who never had the opportunity to participate in these events; therefore, a bittersweetness dwell in our hearts.

I am one of those persons to whom I refer. This month my oldest son is scheduled to graduate high school, since he has outlived his older sister by ten Long /short years. My anticipation of the event scares me, to say the least ! How will I be able to keep my composure; will I be able to see him smile through my flow of tears; will my youngest children understand ?

Most of all, I want to make this a day for him. Not a day of living in the past. It won't really matter how many tears fall, I know they are from my heart. And



best of all, I know my son will understand without even mentioning Janna's name, because he has grieved with me, I have not forgotten that, and he knows his sister will be proud of him. My youngest children will know too why I cry; they have grown to understand that their mother yearns for what has been taken away. It's on days like this graduation that I realize my children will always be an integrated part of my mourning and for that I am truly grateful. (Perhaps we have all "graduated" into a level of understanding and compassion for each other.)

I know I will survive this important day, and I know there will be many more like it. There were many times I thought I would never survive, I remember thinking that surely my heart would break into tiny pieces. Those times have passed. (Perhaps I have "graduated" also, for now the "sweetness" finally lasts longer than the "bitterness.")

Andrea Simoni, ~ TCF Cumberland Co., NJ

A Name for My Pain

By June Williams-Muecke
TCF Houston West, TX

I have given a name to my pain—
it's called "Longing."

I long for what was,
and what might have been

I long for his touch and smell of sweat;
I long to hold him one more time.

I long to look on his beautiful face
and impress it upon my memories and heart.

I long to return to the day before
and protect him from his death.

I long to take his place,
so he may live and have sons too.

I long for time to pass much faster,
so my longing and pain will lessen.
Will they?

Sibling Page

A Question of Heart

As I sit here on your graduation eve,
I look up to heaven so that I may believe.

I question myself about your fate,
But to find answers I must patiently wait.

What would you have grown up to be?
Would you have reached your destiny?
Would your life be full of content?
Or would it be doubtful and full of resent?

I wonder what you would look like today,
Would you be taller or remain the same way?
Would your hair be darker and so fine?
And your face gleam and your smiles shine?

Your voice that sounded so carefree,
And your laugh I can still hear inside of me.
You left your imprint of love behind.
Your memories I will cherish and forever bind.

Your stay on earth was much too brief,
I was left with sorrow and such grief.
But now your life is made complete
And some day we will again both meet.

You obtained your goal
and your reward is great.
Guide us all as we each wait,
To follow the road to that Promised Gate.

Miss you and love you, Lori.

Lori Phillips, TCF, Scranton, PA (age 16),

Unanswered Questions

By Scott Anderson, TCF Omaha NE

You left us so suddenly that I think most of us just felt shock. Did you know of everyone's love for you? We used to have lots of fun playing basketball, talking about diesel trucks and dragsters, and playing videos. You lived for scouting, you lived for animals and nature...you lived for us all. I got to know your corny jokes, your adolescent fears (although for you they were understandably real) the simplest way with which you saw life, the joy you placed in other's hearts.

How could it be that you're gone now, while others seemingly less deserving live on? I'm not sure. Life isn't fair - everyone has said it - but why? Why does the sun rise? Why are we here? What is the purpose of life? I haven't been alive very long, but the only response I can come up with is love. Love has to be the answer to this question.

I love you. We all love you. We shall meet again someday, and that day will be a day of joy for me... a day what we shall again be companions. By the time, well have a lot to share. It already seems a lifetime since you've gone. So it goes.

We live, we love, we learn. Our biggest task to learn is to let you go and never forget.

Sibling's Point of View

There are times when I see a fiery sunset of the silver glow of the moon, and I see my brother, and feel the peace as if he still exists. But these times are few, and most of what I see is - what he is missing.

Cry now, my silent tears, quietly so no one hears. They don't know the pain I go through, day after day and through the years.

Alissa Roeder, TCF, Pikes Peak, CO



Our Children Remembered Birthdays



Marie Albert	Daughter of Kim & Barbara Hunsicker	Jun 14
Patricia Alliston	Daughter of Glen & Peggy Wessner; Sister of Michelle, Kristy & Kyle	Jun 22
Sean Apgar	Son of Randy Apgar	Jun 18
John Ashner, Jr.	Son of John & Grace Ashner	Jun 22
Mark Bailey	Son of Thomas & Karen Bailey	Jun 19
Sylvia Betz	Daughter of Frank & Helen J. Toth, Jr.;	Jun 10
Aaron Bissell	Son of Bob & Patti Bissell; Brother of Danielle Bissell; Nephew of Orval & Lorraine Parkhurst	Jun 17
Rachael Brosky	Daughter of Jeanette Beifuss & Karl Brosky; Sister of Rebekah Brosky-Dorsey & William Brosky	Jun 9
Elizabeth Brown-Gibson, MD	Daughter of Richard J. & Marilyn Brown; Sister of Margaret Nahrganl & Eric Brown	Jun 15
Anthony Coccia	Nephew of Jane Coggins	Jun 30
Jon Conrad	Son of Erma Conrad ; Brother of Jeffrey & James Conrad	Jun 25
Brock Depew	Son of Alex and Patricia Polohovich; Brother of Troy Austin Depew	Jun 11
Nathan Deutsch	Son of Ronald & Karen Deutsch; Brother of Stephen & Derek Deutsch; Nephew of Roseann Mikalik	Jun 4
Andrew Engborg	Son of Rick & Becky Engborg; Brother of Amanda Engborg	Jun 12
Ilyana Figueroa	Daughter of Jennifer Santos & Michael Figueroa; Sister of Jayden Figueroa	Jun 21
Andrew Fiedler	Son of Kathy Fiedler ; Brother of Greg Fiedler	Jun 21
Dionne Francois	Daughter of James & Denise Francois	Jun 15
Matthew Fronheiser	Son of Donna Neetz; Brother of Michael Fronheiser & Michelle Neetz	Jun 17
Peter & Paul Fry	Sons of John & Cynthia Chryst; Brothers of Jeff Fry & the late Benjamin Fry	Jun 1
Rachael Hadinger	Daughter of Gary & Colette Hadinger; Sister of Allison Anthony	Jun 15
Jeffrey Halvorsen	Son of Deborah Halvorsen; Brother of Michael Halvorsen	Jun 20
Christopher Harrison	Son of Jerry & Elizabeth Harrison; Brother of Andrea	Jun 7
Jack Julo, Jr	Son of Jack and Margaret Julo	Jun 14
Bonnie Krause	Daughter of Josephine Leiby - Mather	Jun 22
Dylan Krum	Son of David and Lora Krum ; Brother of Gavin Krum; Grandson of Henry and Shirley Long; Grandson of Nevin Long	Jun 22
Wayne Marks	Son of Barbara Carter; Brother of Steven Marks, Carol Lihle & Marie Greenwood	Jun 19
Michael McDonald	Son of Fran McDonald	Jun 26
David McHale	Son of Joseph & Mary Jane McHale	Jun 2
Michael Milot	Son of John & Patti Milot; Brother of Jill; Father of Michael Jr	Jun 30
Shea Picht	Daughter of Kevin Picht;	Jun 12
Amanda Quinones	Daughter of Nancy Williams; Sister of Jorge & Anthony Quinones	Jun 6
Peter Radocha	Son of Frank T. Radocha & Lucille Radocha ; Brother of Gina Sacco & Frank Radocha, Jr.; Uncle of Mary, Peter, Paul, & Anthony	Jun 13
Nicole Reinhart	Daughter of Michael & Pamela Reinhart; Sister of Mikey & Timmy Reinhart	Jun 3
Amanda Schultz	Daughter of Mark & Patty Schultz; Sister of Ryan & Eric Schultz	Jun 18
Steven Seibert	Son of Thomas & Eva Seibert; Brother of Nick & Krista Seibert; Grandson of Eva Juhasz	Jun 27
Thomas Sensinger	Son of Glenn & Ann Sensinger; Brother of Susan Brown	Jun 14
Manya Shipreck	Daughter of Aline Shipreck; Sister of Carolina Shipreck	Jun 27
Drew Sporka	Son of Ron and Pat Sporka; Brother of Keri Markle	Jun 8
David Stewart	Son of Wilma Stewart; Brother of Tammy Scanga	Jun 30
Anthony Stranzl	Son of Frank & Michele Godiska	Jun 9
Nathan Vanderpool	Son of Jo Evans; Brother of Chester	Jun 30
Brian Virga	Son of Carol Carman; Brother of Fran Catino, Bruce Virga & The Late Christopher Carman	Jun 23
Christopher Yetter	Son of Richard Yetter ; Stepson of Robyn Yetter; Brother of Nicholas & Jessica Yetter	Jun 9



Our Children Remembered Anniversaries



Christopher Carman	Son of Carol Carman; Brother of Fran Catino; Bruce Virga & The Late Brian Virga	Jun 8
Rachel Dallas	Daughter of Robert and Linda Dallas; Sister of Sadie Dallas	Jun 14
Louis Dax	Son of Louis & Karen Dax, Jr.	Jun 26
Denise Deiter	Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue; Mother of Danny Deiter	Jun 11
Corey Deprill	Son of Chuck and Sue Deprill; Brother of Michael Deprill	Jun 25
Ilyana Figueroa	Daughter of Jennifer Santos & Michael Figueroa; Sister of Jayden Figueroa	Jun 21
Wayne Forman	Son of Donald Forman; Brother of Jeffrey Carol & Gene; Father of Kayla Skye Forman Roberts	Jun 11
Joel Frisby	Son of Caroline Frisby; Brother of Richard, Gregory, Michael & Timothy Frisby	Jun 4
John Fry	Son of Cathy McDonald; Brother of Joey & Allison McDonald	Jun 14
Peter & Paul Fry	Sons of John & Cynthia Chryst; Brothers of Jeff Fry & late Benjamin Fry	Jun 1
Angelica Gonzaga	Daughter of Evelyn Gonzaga	Jun 20
Mary Greaser	Daughter of Lucian & Brenda Strybuc	Jun 14
Jennifer Grider	Daughter of Carl & Joan Grider; Niece of Pat MacDougall	Jun 29
Rachael Hadinger	Daughter of Gary & Colette Hadinger; Sister of Allison Anthony	Jun 8
Jeffrey Halvorsen	Son of Deborah Halvorsen; Brother of Michael Halvorsen	Jun 4
Jill Harris	Daughter of Frederick & Patricia Andrew; Sister of Jeff; Mother of Sam & Alex Andrew	Jun 28
Lisa Hawk	Daughter of Bruce and Mary Hawk; Sister of Bruce Hawk; Aunt of Shaine, Sloan and Madisynn Hawk	Jun 1
Jack Julo, Jr	Son of Jack and Margaret Julo	Jun 18
Frank Kerr	Son of Catherine Milano	Jun 23
Ryan Koder	Son of Debbie Neff; Stepson of Mike Neff; Brother of Alysha Neff	Jun 29
James Mante	Grandson of William and Judith Mawhinney	Jun 24
James McConnell	Son of Daniel & Wilma McConnell	Jun 12
Joseph McGouldrick	Son of Pat McGouldrick; Brother of Jennifer McGouldrick	Jun 5
Timothy Mihalko	Son of Nancy Mihalko; Nephew of David & Joan Miles; Cousin of Denise Schaffer	Jun 4
Ryan Miller	Son of Patti Miller & The late Richard Miller, Jr ; Brother of Richard Miller, III	Jun 12
Matthew Mitek	Son of Cynthia Mitek	Jun 15
Lisa Munjone	Daughter of Lorraine Parkhurst	Jun 11
Rosemary Olesh	Daughter of Rose Moxidowski; Sister of Jean Redding; Mother of George Olesh, IV	Jun 21
Stephen Rendish	Brother of Dawn Weiss & Sheri Wilson	Jun 21
Cory Ross	Son of Kathy Ross; Brother of Michael Ross	Jun 12
Demetrius Scebes	Son of Jessica Scebes	Jun 7
Kevin Simons	Son of Doris Simons	Jun 3
Eric Sisson	Son of David & Crystal Crout ; Son of Daniel Sisson; Brother of Courtney & Logan Crout	Jun 29
Brian Virga	Son of Carol Carman; Brother of Fran Catino, Bruce Virga & the late Christopher Carman	Jun 9
Craig Yurick	Son of Robert & Sharon Yurick; Brother of Todd Yurick	Jun 21
Richard Zellner	Son of Lester & Judith Zellner, Jr.; Brother of Vicki Stelzer; Jacqueline George & Lindsey Teman	Jun 8

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



Love Gifts



Kim and Barbara Hunsicker	Marie Lynn Albert <i>We love and miss you</i>
John and Grace Ashner	John Ashner, Jr <i>We love you and miss you more each day. Parents John & Grace Ashner</i>
Keith Lyden	Erica Lynn Homan <i>In Loving Memory</i>
Tom and Karen Bailey	Mark Adam Bailey <i>In Loving Memory</i>
Fern Gerth	Loren Holl <i>Son of Fern Gerth. In Loving Memory</i>
Lucille Radocha	Peter A. Radocha <i>Peter , We miss you and speak of you often, twenty years later.</i>
Fred and Pat Andrew	Jill Patricia Harris <i>Love and miss you. Love, Mom, Dad, Jeff, Sam & Alex</i>
Aline Shipreck	Manya Victoria Shipreck <i>Love Mommy & Carolina</i>
Coventry Transportation	Erica Homan <i>In Loving Memory</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 🦋

🦋 The Country Harvest for TCF Carbon County's meeting refreshments 🦋

Death can never be the end.

Death is the road

Life is the traveler

The Soul is the guide

Our mind thinks of death

Our heart thinks of life

Our Soul of immortality

Author Unknown

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 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
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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)

TCF CREDO

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