



The Compassionate Friends, Lehigh Valley Chapter

Supporting Family After A Child Dies

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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.

TCF Lehigh Valley Calendar

July 9 Monthly Meeting: Topic - Music with Special Meaning (See Page 2)

Aug. 13 Monthly Meeting: General Sharing

TCF Childrens Memorial Garden - at the Chrin Community Center, Palmer Twp, PA

Please Note: The deadline for purchasing an engraved brick to be placed with the initial installation is July 31, 2012. If you wish to order a brick in memory of your child, grandchild or sibling please do so as soon as possible. For order forms and further information about the garden please call the Easton Chapter leader, John Szabo, at the number listed below.

Other Local TCF Chapters Meetings

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

Easton
2nd Thursday 7 - 9 pm
Good Shepherd Lutheran Church,
2115 Washington Blvd., Easton
610-866-5468
Email: szabojanos1@verizon.net

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

Local Children's Support Groups

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

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

Inside this issue:

Chapter News	2-3
Poem - <i>An Autobiography in Five Chapters</i>	3
Poem - <i>The Grand Finale</i>	3
Article - <i>Daisies In Huge Handfuls</i>	4
Article - <i>The 12 Freedoms of Grief</i>	5
Article - <i>Summer of Grief</i>	6
Poem - <i>Just Another Day</i>	6
Sibling Page - Article - <i>A Sibling Speaks Out</i> ; Poem - <i>To My Brother</i>	7
<i>Our Children Remembered Birthdays</i>	8
<i>Our Children Remembered Anniversaries</i>	9
Love Gifts	10
Love Gift Donation Form	11

Events and Announcements

June Picnic

On June 10th, TCF members, family and friends gathered to share good food and enjoy the fellowship at our annual balloon release and picnic. We were blessed with beautiful blue skies to release our message laden balloons. A special thank you to all that attended and volunteered to help with this event.

July Meeting

This month's meeting topic is "Music with a Special Meaning". We ask that you please bring a cd with a musical selection that holds special meaning. This can be a song that speaks to your heart and gives you comfort in your grief journey or a song that you reminds you of your child or a favorite song of theirs. We only ask that you exercise good judgment in making a selection and are prepared by making note of the track number. After each selection is played members will have the opportunity to share how this music is related to your child, family and or grief process. And as with our regular sharing sessions you are not obligated to participate, you are welcome to just come and listen and take part in sharing if you desire.



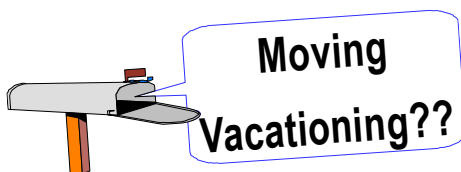
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Keywords: The Compassionate Friends, Lehigh Valley

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.

How TCF Survives

Each Compassionate Friends Chapter exists completely on the donations (Love Gifts) of bereaved parents, families, close friends and fund raising efforts of our volunteers.

As a new member I never really gave to much thought to how the chapter was able to host monthly support group meetings, special events and publish the newsletter...I was just deeply grateful that it did !

I know now that without the generous donations of our members and our dedicated staff of volunteers this chapter would not exist and I am now deeply grateful for everyone who through donations of money or time helps our chapter survive.

Times are tough and sadly chapters all around the country are closing. I hope this is never the fate of our chapter. Personally, I am not sure if I'd be here today if not for this organization welcoming me into its ranks. And although my greatest wish is that there would be no further need for this organization, I know that just won't be. So instead I wish for the continued support of our members to ensure this chapter survives for future ranks of bereaved parents.

Thank you all for keeping our chapter alive. Your donations of time and money honor the memory of our children and keep our doors open for the next parent, who arrives seeking comfort and understanding.

Your Editor

An Autobiography in Five Chapters

Chapter 1

I walk down the street.
There is a deep hole in the sidewalk.
I fall in. I am lost...I am helpless,
It isn't my fault.
It takes forever to find a way out.

Chapter 2

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in, again.
believe I am in this same place.
But it isn't my fault.
It still takes a long time to get out.

Chapter 3

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I fall in...it's a habit ..
But my eyes are open.
I know where I am. It is my fault
I get out immediately.

Chapter 4

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter 5

I walk down a different street

--Anonymous

***Little by little, step by step
I learned that I didn't need
To hang on to the death
To remember the life.
What a joyous discovery!***

Kittie Brown McGowin TCF Montgomery, AL

The Grand Finale

It's getting late...
And dusk is setting in...
The 4th of July fireworks...
Are about to begin.

I wonder how far is Heaven...
As I look up to the night sky...
And wonder if my child is watching...
Just from the other side?

The Fireworks have begun...
As they fly into the sky...
Just like my child, my angel...
Who is forever soaring high.

The colorful bursts explode...
Into a spectacular show of lights....
And fill the heavens above...
Its so beautiful and bright.

And as the fireworks fall...
From the Heavens way up high...
They burn out and it's dark again...
And the crowd lets out a sigh.

But then another is lit...sparking brilliantly...
As the light trails through the night's sky...
I think I am beginning to understand...
For it's the same when our loved one dies.

For a life that has burned brightly...
Can never fade away...
For it's rekindled through our memories...
Each and every day.

So even though my child is gone...
To the Heavens up above...
Their light will always remain...
and shine down on me with love.

And our Grand Finale will come...
When we are reunited in Heaven again...
But their life will always remain lit...
...Until then.

Laura/Heavenly Lights Children Memorial
TCF/South Shore Chapter Hingham, MA



Daisies in Huge Handfuls

By Rich Edler,
TCF South Bay, CA

"Pick more daisies" was the most popular expression in our family. I picked it up from a magazine article about a 94 year old lady in Kentucky who, when asked what she would do differently if she had her life to live over, responded:

*"I would take more chances;
I would eat more ice-cream and less beans;
I would have more real troubles
but fewer imaginary ones;
I would climb more mountains;
I would swim more rivers,
and I would pick more daisies."*

Our son, Mark, seized the daisy expression as the theme both for his life and his entrance exam essay at UCLA. It helped him live his brief 18 years; his essay helped him get an academic scholarship. Daisies became our family flower. They marked our attitude about living. And they marked our son's memorial service. After it was over, his friends and fraternity brothers each threw a daisy into the ocean. Daisies still mark his grave every week.

It has taken me almost two years to return to really

thinking about daisies and what that quote by a 94-year-old lady really means. During that time I made a pretty big mess of things. I did the best I could, but I was often going through the motions outside, but empty inside.

To me, what this quote means is we really do have to pull ourselves together again and go on. Dr. Charles Heuser, a former pastor at our church, notes, "Going through the steps of grief is like walking through the valley and shadow of death. Keep walking, but don't camp there."

Our children would not want us to "camp there," but to go pick more daisies—to somehow live an even more meaningful life in their name.

As I go on, I am truly a different person. I don't suffer fools or superficiality very well any more. As one of my best friends said..."I get tired of beige people." Yet, I will drop everything to help another bereaved parent.

I certainly have more "real troubles and fewer imaginary ones." But it's OK—I like myself better that way.

And I am returning to embrace life each day again. But this time I am following my heart instead of my expected career.

I am taking more chances, climbing more unfamiliar mountains, and picking daisies in huge handfuls. Mark would want it so.



Remember, spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak.! And give time to share the precious thoughts in your mind.

Author Unknown, Submitted by Don Forman, TCF, Lehigh Valley



As Citizens of the United States, we celebrate the freedom of our country on July 4th. Acknowledging the freedom within our country, may we also allow ourselves to acknowledge our freedom to grieve and cope with our loss at our own individual pace.

THE TWELVE FREEDOMS OF GRIEF

Freedom #1 You have the freedom to realize your grief is unique.

Others may grieve in different ways than you because your experience will be influenced by a variety of factors, including: the relationship you had with the person who died; the circumstances of the death; your support system; and your cultural and religious background. It is important not to compare yourself to others. Consider the 'one-day-at-a-time' and allow yourself to proceed at your own pace.

Freedom #2 You have the Freedom to talk about your grief.

By expressing grief openly, healing occurs and you are likely to feel better. Ignoring it will not make your grief go away. It is important to seek out those who will listen without judging.

Freedom #3 You have the freedom to expect to feel a multitude of emotions.

Your head, heart and spirit will be affected when you are experiencing grief. As a result, you may experience feelings of confusion, disorganization, fear, guilt, relief, overwhelmed and various other emotions. Sometimes they may come simultaneously or follow each other within a short period of time. It is important to know that these emotions are normal responses to the death of a loved one.

Freedom #4 You have the freedom to allow for numbness.

Part of the grief process includes feeling numb and disoriented. This allows your emotions to 'catch up' with what you know intellectually and allows you to be insulated from the reality of the death until you can tolerate what you don't want to believe.

Freedom #5 You have the freedom to be tolerant of your physical and emotional limits.

You may feel very tired as a result of your feelings of loss and sadness. Your low energy level may impair your ability to think clearly and make decisions. It is important to nurture your self by getting daily rest, eating balanced meals and lowering expectations of yourself.

Freedom #6 You have the freedom to experience grief attacks or memory embraces

You may experience surges of grief or flashbacks (memory embraces) which can be frightening and leave you

overwhelmed. These exhausted feelings are normal. Try to find someone who understands how you are feeling and is willing to listen. (this does not refer to serious PTSD)

Freedom #7 You have the freedom to develop a support system.

Although reaching out to others and accepting their help may be difficult, finding people who will provide the understanding you need and who will let you be yourself may be the best action you can take on your own behalf.

Freedom #8 You have the freedom to make use of ritual.

The funeral ritual serves the dual purpose of acknowledging the death of your loved one and allows you to express your grief.

Freedom #9 You have the freedom to embrace your spirituality.

Express your faith in whatever ways that seem appropriate to you. Try to have people around you who support your religious beliefs. You may feel hurt and abandoned; even angry at God because of the death. It is important to realize this also is normal. Try to find someone who won't be judgmental about your feelings and will allow you to express both positive and negative thoughts and feelings.

Freedom #10 You have the freedom to allow a search for meaning.

You may find yourself asking, "Why did he or she die? Why now? How?" This search for meaning is often another normal part of the healing process. Some questions have answers. Some do not. Actually, healing occurs in the opportunity to pose the questions, not necessarily in answering them. Find supportive friends who will listen responsively as you search for meaning.

Freedom #11 You have the freedom to cherish memories.

Treasure your memories. Share them with your family and friends. Recognize that your memories may make you laugh or cry. In either case, they are a lasting part of the relationship you had.

Freedom #12 You have the freedom to move through your grief and heal.

The capacity to love requires the necessity to grieve. You cannot heal unless you openly express your grief. Denying your grief will only make it become more confusing and overwhelming. Embrace your grief and open yourself to healing. Reconciling grief will not happen quickly. Remember grief is a process, not an event. Be patient and tolerant with yourself. Never forget that death has changed your life forever. It's not that you cannot be happy again. It's simply that you will never be exactly the same as you were before.

Alan D. Woldelt, Ph.D.



Summer of Grief

By Joanne Rademacher, TCF Minot, ND

Summer is here and along with a new season comes a new batch of things we will no longer be able to do with a child who has died.

Vacations, picnics, bike riding, even mowing the yard can become filled with painful reminders of what was or should have been. There are no road maps for this journey, no easy steps to follow but here are a few things I've learned to help me cope.

I keep pictures of Missi in my car, wallet, and suitcase... these remind me of the memories I carry in my heart. I retrieve them often.

When I go to a special event, such as a wedding, visualize Missi in a conspicuous spot like perched on a beam or anyplace a mischievous angel might alight. In my mind, she is always smiling, enjoying the event and adding her own twist of humor to the proceedings.

I always find at least a few minutes to be alone with my sadness and regrets. I shed a tear if I feel the need. I need this time to pull myself together and find enough inner peace to be a part of the living world. I remind myself that many of the people around me grieve for Missi, too. As central as my grief is to my world, though, they have a right to enjoy the celebrations of life without my grief at the forefront. My love for them shares their joys, just as their love for me shares my grief.

I will often bring a flower or some little souvenir from an event to her grave. One summer, after a trip, I left a map we had used there, marked with our route. Sometimes I'll just stop and buy a rose on my way home to leave like a "wish you were here" postcard.

I dry and save the petals from roses I bring home or receive as gifts in her memory. In the summer, sprinkle them on her grave. I hope that these grief strategies of mine might help you this summer. These strategies have developed over a period of nearly 6 years now. It never gets easy, but as time passes, I do get more creative.

Don't pressure yourself to do things or go places you are not ready for. Don't be bullied by the expectations of others. A quiet, "I'm just not ready for that," will usually spark their compassion for your heart's journey.

Just Another Day

Today is not your birthday
Or an anniversary date either.
But today you are part of my day:
Just like everyday before...every day after
Only another bereaved mom or dad
Can know that these words are true.
You were my yesterday...
our touching, hugging, laughing or talking.
You are my today...
Only my one-sided outreach can be observed
Yet my heart knows you hear and see.
It's the only way I can still be.
You were my yesterday...
Easy for everyone to see
You are my today...
As only you and I know.
You are my tomorrow ...
As long as must continue to grow.
What I say, What I do
Always measured by my love
And pride of you !
Because forever I will live reflected by my hope
In your love and pride in me.

Your broken Mom
Pam Cousins
TCF Greater Ozarks Chapter
Springfield, MO

Sibling Page

A SIBLING SPEAKS OUT

By Julie Peterson TCF, Pawtucket, RI

What happens to the children when a Brother or sister dies? In some ways it is a very different experience from that which parents go through, while in others it is very much the same. Part of the reason for the difference is that the child who has died has a unique relationship with each family member. Part of the reason for the similarity is that all have suffered a loss.

One of the strongest desires expressed by siblings is that they are much more likely to want to return to a normal routine. They want to return to school fairly quickly and to go out with their friends. They want their parents to stop crying, not because they don't care but because they do care and want to see the hurt stop. Just because a child wants to go to a movie doesn't mean he isn't grieving. I think that children are much less exposed to socially "appropriate" behavior after someone has died and may do things that do not fit into an "appropriate" role.

Another strong feeling I see is that of guilt. As much as parents know about their children, there are some things they will never know. A child's private thoughts, or an exchange between children, may never come to the parents attention. The source of child's guilt is frequently the result of an argument, a hastily shouted "drop dead," or a similar fleeting thought. These incidents come back to haunt children, as though one such incident had something to do with the death.

There are a few more concerns that may develop. One is how to take over for the dead child--for example, the household chores that were always done by him or her, but that now have to be done by someone else. Related to this concern is a situation in which a child always shared a particular activity simply because the sibling did it too. After the death, the surviving sibling may feel compelled to continue the activity, because to give it up would be to take away a reminder of the dead sibling. Another concern is

that whatever happened to the brother or sister may happen to the survivor. This is particularly acute if the sibling who died was older. As the child approaches the age of the sibling when he or she died, a feeling of anxiety may develop. Many children realize this fear to be groundless but find themselves wondering if they will survive. Consequently, birthdays are often occasions with unexpressed conflicts.

Children also share some of their parents' feelings: the loneliness, the looking for comfort, the feeling that no one else really knows what they're going through. They also share unanswerable questions: "If I could have...?" and "What if..."

A child's life is changed forever when a brother or sister dies. If I could advise parents, it would be to say, "Children do not grieve the same way as parents do because of different relationships. Keeping these differences in perspective will help you understand why children sometimes do the things they do. It helps to consider a child's point of view when you are hurting so much. During such an emotionally draining time as grieving, don't leave anything to chance, don't assume anything. Making sure you and your children are aware of each other's feelings will mean less confusion, less tension, more sharing, and more growing together as a family."

To My Brother

To my brother, my best friend
 You said that we'd be together `till the end.
 Who knew the end would come so soon?
 No time for dreams, to shoot for the moon.
 All the things we were supposed to have done;
 .. But in an instant, you were gone.
 I only have memories, gifts of the past...
 Why did God take you from me so fast"
 Perhaps, He has another purpose for you.:
 But doesn't He know I needed you, too?

Brooke, Heart & Soul Inc., San Mateo, CA



Our Children Remembered Birthdays



Megan Benninger	Granddaughter of Betty Thompson	July 21
Joseph Chanitz	Son of John & Ruth Chanitz	July 16
Sarah Davidson	Daughter of Dean & Donna Davidson, Sister of Nicholas Davidson	July 10
Denise Deiter	Daughter of Franklin & Lucille Reinhard, Sister of Cheryl Ann McCue, Mother of Danny Deiter	July 03
Darlene Fitch	Daughter of Gloria & the late Harold Fitch, Sister of Diane Lehr & Gary Fitch	July 20
Robert Freudenberger	Son of Nola Freudenberger	July 17
Kelly Gallagher	Daughter of Tom & Sherry Gallagher	July 14
Katrina Gunkel	Daughter of Mark and Dana Gunkel	Jul 4
Dean Hess	Son of Dale & Joanne Hess, Brother of Lisa Hess	July 31
William Kerr	Son of Catherine Milano	July 02
Michele Koch	Daughter of Frank & Mary Ann Koch, Sister of Bridget & Rachel Koch, Aunt of Frankie & Devin Koch	July 19
John Leonard, Jr	Son of John and Jule Leonard; Brother of Karen	Jul 27
Mitchell Lloyd	Son of Sandra Lloyd, Brother of Randy, Douglas & Fran Lloyd	July 27
Michael Longyore	Son of Charlotte Longyore	July 06
Joseph McGouldrick	Son of Pat McGouldrick, Brother of Jennifer McGouldrick	July 24
Ed McNally	Son of Don & Connie McNally, brother of Sean McNally	July 29
Rey Nino	Son of Reynaldo and Janet Nino	Jul 20
Buddy Pearson	Son of Bob & Shelly Garst, Grandson of Loretta Ross	July 12
Bradley Peters	Son of Robert & Anne Peters, Jr. , Brother of Jessica Mohn & Morgan Peters	July 22
Michael Powers	Son of Margaret Powers; Brother of Billy, Richie, Tara & Ryan Powers	Jul 9
Eric Reitz	Son of Manuela Reitz, Brother of Sean Reitz	July 11
Cory Ross	Son of Kathy Ross, Brother of Michael Ross	July 24
Marvin Schmoyer, Jr.	Son of Marvin & Fay Schmoyer	July 1
Ronald Sherbaum, Jr.	Son of Ronald & Donna Sherbaum, Sr., Brother of Daniel & Joseph Sherbaum, Father of Alexander Sherbaum	July 17
Jeanmarie Siedlecki-Moyer	Daughter of Monica Siedlecki, Sister of MaryAnn, Michele & Joey Siedlecki	July 30
Christopher Stasurak	Son of Paul & Adrienne Stasurak	July 10
Casey Stengel	Son of Casey & Jane Stengel, Brother of Chrissy, Sarah, Lisa & Mike Stengel	July 22
Kyle Strohl	Son of Ron & Gail Strohl, Brother of Jennifer Grimes	July 10
James Thompson	Son of the late C. Douglas "Doug" Thompson	July 31
Hunter Wolfe	Son of Tony Wolfe & Kimberly B Sargeant; Brother of Carter & Olivia	Jul 23
Richard Zellner	Son of Lester & Judith Zellner, Jr., Brother of Vicki Stelzer, Jacqueline Scheetz & Lindsey Teman	July 22

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



William Bender	Son of Dean and Sheri Tretter	Jul 8
Megan Benninger	Granddaughter of Betty Thompson	Jul 21
Timothy Bogart	Son of Nancy and Bill Bogart; Brother of Ryan Bogart & Katelyn Bogart	Jul 4
Thomas M. Booth	Son of Tom & Ginny Booth	Jul 8
David Brister	Son of Earl and Nesta M Brister	Jul 11
Sarah Davidson	Daughter of Dean & Donna Davidson; Sister of Nicholas Davidson	Jul 10
Sheila DeBoer	Daughter of Barbara DeBoer & The late Henry DeBoer; Sister of Leslie & Cory DeBoer	Jul 27
Brian DeLong	Son of Lenny & Linda Fritzingler	Jul 4
Mark Dilts, Jr	Son of Mark & Joy Dilts; Brother of Beth Dilts	Jul 8
Alexandria Dixon	Daughter of Albert & Joan Dixon; Sister of Zack Dixon	Jul 31
Eric Fenstermacher	Son of Rick & Kathleen Fenstermacher; Brother of Heather Fenstermacher	Jul 31
Aline Filippone	Daughter of Aline Filippone	Jul 29
Sgt. Christopher Geiger	Son of George & Patricia Geiger; Brother of Michael, Terrance, David & Timothy Geiger & Roseanne Reenock	Jul 9
Eric Graver	Son of Mary L Graver	Jul 9
Katrina Gunlkel	Daughter of Mark and Dana Gunkel	Jul 18
Dean Hess	Son of Dale & Joanne Hess; Brother of Lisa Hess	Jul 22
James Hotz	Son of James & Elizabeth Hotz	Jul 4
Allan Itterly	Son of Richard & Jeanette Itterly; Brother of Albert & James	Jul 8
Gayle Kerchner	Daughter of Theresa Kerchner	Jul 9
Colleen Kilker	Daughter of Mark & Kathleen Kilker; Sister of Meghan, Bridget & Mark Kilker	Jul 23
Dylan Krum	Son of David & Lora Krum; Brother of Gavin Krum; Grandson of Henry and Shirley Long; Grandson of Nevin Long	Jul 15
David Kunsman	Son of Charles and Joan Kunsman; Brother of Walter Alfonso, Sherry Flanagan & Sandra Kunsman	Jul 15
Kristin Kuser	Daughter of Tim and Elizabeth Kuser	Jul 31
Michael Longyore	Son of Charlotte Longyore	Jul 30
Chad Magyar	Son of Louis & Dorothy Magyar; Brother of Jason & Christopher Magyar	Jul 29
Tiffany Mellor	Daughter of Josephine Coco, Sister of Crystal Dearing, Amanda Rosado & Kimberly Kirkland	Jul 5
Doreen Meyers Ortiz	Daughter of Terry & Angeline Meyers; Sister of Dwayne T. Meyers	Jul 13
Amanda Mohr	Daughter of Beverly Mohr & Rodney Mohr	Jul 22
Jamal Pongracz Jr	Son of Jamal & Jennifer Pongracz; Brother of Mark, Giovanni, Angel & Alexis	Jul 26
Valeri Powers	Daughter of Barbara Taranto; Sister of Stephen, Raymond & Gerald Taranto	Jul 31
Peter Radocha	Son of Frank & Lucille Radocha; Brother of Frank Radocha, Jr & Gina Sacco; Uncle of Mary, Peter, Paul & Anthony	Jul 1
Marvin Schmoyer, Jr.	Son of Marvin & Fay Schmoyer	Jul 12
Debbie Secero	Daughter of Donna Stienen; Sister of Louis Secero & Michelle Petrillo	Jul 7
Marty Secero	Son of Donna Stienen; Bother of Louis Secero & Michelle Petrillo	Jul 9
Larry Shunk	Son of Betty Thompson	Jul 21
Matthew Snyder	Son of Robert & Elizabeth Snyder; Brother of Megan & Jesse Snyder	Jul 10
Christopher Stasurak	Son of Paul & Adriane Stasurak	Jul 10
Keith Storat	Son of Richard and Susan Storat	Jul 22
Benjamin Thomas	Son of Kathy Thomas; Brother of James Thomas	Jul 13
Travis "Bo" Tkach	Son of Jim & Sandi Tkach; Brother of Tristin & Tyler Tkach	Jul 20
Eric VanArman	Son of John & Kathy VanArman; Grandson of Bertha Eyer	Jul 14
Robert Walker	Son of Bernice Walker	Jul 21
Hunter Wolfe	Son of Tony Wolfe & ` Kimberly B Sargeant; Brother of Carter & Olivia	Jul 7



Love Gifts



Love Gifts are monetary donations that are most often given in memory of a child who has died, but are also given in memory of a friend or relative or to honor a special person. Your tax deductible donations enable the chapter to continue publishing monthly newsletters, hold monthly meetings and special events and reach out to the newly bereaved.

No Love Gift Donations Received This Month



Donations & Contributions

We thank the following for their thoughtfulness and generosity



🦋 Michele M. Azar 🦋

🦋 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 🦋

Love Gift Form

*Please consider making a Love Gift to support the Compassionate Friends today.
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 _____

Email Address _____

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 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

Member Update Form

Please use this form to change or update information or permit publication of child's Birth and Anniversary dates in "Our Children Remembered" (OCR) newsletter section.

Mail this update form to: Kathleen Collins, 2971 Pheasant Dr., Northampton, PA 18067 **or email updates to:** TCFNewsEditor@gmail.com

The following is Change or Update of information Change of Address or Phone Number Permission (check this box to grant OCR publication permission)

Your Name _____

Phone Number _____

Email Address _____

Mailing Address (where your newsletter is to be sent to) _____

Child's Name _____

Date of Birth _____

Date of Death _____

Parent's Names _____

Child's Sibling's Names _____

If this is a information change ... please indicate what changes need to be made (i.e. name change, correction, sibling name addition etc...)

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

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Non-Profit Org.
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We're on the web
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)

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.

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