



THE COMPASSIONATE FRIENDS

LEHIGH VALLEY CHAPTER

Supporting Family After a Child Dies

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

September 2012

Email: tcflehighvalley@gmail.com

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Steering Committee

Brian & Kathleen Collins, Gene & Dawn DeLong, George & Pat Geiger, Chet & Carol Kinsey, John Sulick, Brenda Solderitch, Sharon Yurick;

Newsletter Editor

Kathleen Collins
TCFNewsEditor@gmail.com

Treasurer

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Newsletter Mailing Coordinator

Brenda Solderitch

Publicity

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Remembrance Secretary

Birthday Cards
Maria Szabo

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Sharon Yurick

Newly Bereaved Packet

George & Pat Geiger

Newly Bereaved Research

Gail Strohl

Newly Bereaved Contact

Dawn DeLong
610 837-7924

TCF National Headquarters

PO Box 3696
Oak Brook, IL 60522
1(877) 969-0010 (toll-free)
www.compassionatefriends.org

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

- Sept. 10 **Monthly Meeting:** General Sharing
- Oct 8 **Monthly Meeting:** General Sharing
- Oct 17 **TCF Basket Bingo - 50% off Tickets** Buy your tickets in advance and get them half off the door price ! See page 2 for details
- Nov 12 **Monthly Meeting:** Video - " Handling The Holidays" by Darcie Sims; Discussion and sharing afterward if time allows

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.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

There are times that you need to connect with someone between meetings ...for those times the following bereaved parents 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
Homicide	Ginger Renner	610-967-5113			

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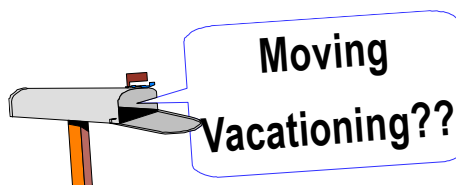


Keywords: The Compassionate Friends, Lehigh Valley

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.

Events and Announcements



October 17, 2012

TCF Basket Bingo

Northampton Community Center
Doors open at 5pm, Games start at 7 pm

**Tickets: \$10.00 In Advance,
20.00 @ the Door**

Turn out to support the Lehigh Valley chapter and try your luck at winning some great Filled Longaberger Baskets, Specials, Chinese Auction & 50/50 . Food, beverages & gourmet candy apples available for purchase.

Tickets available at meetings or contact Dawn DeLong @ 610-837-7924

December 9, 2012

TCF Worldwide Candle Lighting unites family & friends around the globe as candles are lit for children who have died.

In Our Area: Tom & Eva Siebert are hosting their annual Holiday Social at their home on Dec 9th at 5:30. Everyone welcome! Covered dishes welcome but not necessary, candles provided.

For Directions & to RSVP call Tom and Eva at 610 967-5886



December 10, 2012

TCF Joint Chapter Candle Light Remembrance Service

Sacred Heart Hospital Auditorium 6:45 - 9pm

Hosted by TCF, Carbon County, Easton & Lehigh Valley and open to members and families, as well as anyone who has lost a child, sibling or grandchild. The service features music, poetry readings, a slideshow and memorial candle lighting, followed by a social.

For slideshow, submit the following no later than **Oct. 31st**

- ♥ 1-2 individual (not group photo) close up photos (up to 8x10)
- ♥ Your contact information, child's name, birth & anniversary dates, family members names

Submit by:

- ♦ Email: send a photo quality jpeg & info to: kimpogo@msn.com
- ♦ Mail: Enclose in a stiff mailer and send to: Kim Szep, 5816 Snowy Orchid Lane, Allentown, PA 18104
- ♦ Make an appt by calling Kim @ 610-530-4244

New Members

Welcome new friends. We regret the cause that has brought you to our group. As fellow bereaved we offer care, compassion, comfort and a deep understanding of the pain you are experiencing. Please give us the opportunity to reach out to you by attending at least a few meetings.

Lehigh Valley Darlene Loncosky - *Daughter* - Tina Marie Marko
Carbon County Tiffany Ritchie - *Son* - Nolan Neville Garrett Ritchie



Shared Thoughts on the Return Of School Openings

By Marie Hofmockel, TCF Valley Forge, PA

Many times seasonal changes can create a mood swing that can bring a set-back in our grief progress. Mental health studies have shown depression to be greater, as we physically and mentally adjust to a new season. We often note a sagging morale that adds stress this time of the year.

September is particularly a hard month for families whose children would have been returning to school. The display of school clothes, books, bags, and busses can cause intense pain by reminding us that our future dreams of that child are gone forever. We long to bring back the happier days, when September brought excitement of shopping for that special back pack, or lunch box for our child entering a new grade. We remember the feeling of pride that our child was progressing and meeting the high aspiration we had for them.

It is very natural that we connect their growth and development with the school calendar. Many have warm feelings about the relationship their child had with the school system. Particularly if the child was an honor student, involved in sports and school activities, and received much recognition for their accomplishments. While others have had bad experiences, that create a rage at the thought of how their child was mistreated, misplaced, and misunderstood, or was denied participation in a particular program, or was just plain ignored, and received no recognition for their efforts. Regardless of what category our children fell into, the beginning of the school year can stir deep emotions. It is very normal for us to wish we could return to the days when our life was simple, and our biggest decisions were what to pack for their lunches, and which piece of new clothing should they wear on the first day of school, and to share in the excitement as they headed for the bus to meet their friends.

As we experience moments of nostalgia watching other people's children return to school, our fragmented lives may feel additional emptiness. It is very painful when life goes on without our child. This is a season that makes memories very vivid, and brings home the thought that our children did not get the opportunity to complete their life, as we had planned it for them.

Most often it is best to take time to remember, and allow ourselves to hurt. Suppressing emotions does not generate healing. We need a friend who will listen and try to understand (this can be very difficult for a non-bereaved person). Giving and receiving love is very essential to life, and particularly to our healing. Our showing expressions of love to others can help a heavy heart as much as receiving it. We all need one another.

Eventually our pain does soften, and the very memories that brought us pain, can bring smiles and meaning into our lives again. Unfortunately we have to go through the bitter to become better.

*If tears could build a stairway
And memories were a lane
We would walk right up to heaven
And bring you back again*

*No farewell words were spoken
No time to say goodbye
You were gone before we knew it
And only God knows why*

*Our hearts still ache in sadness
And secret tears still flow
What it meant to lose you
No one can ever know*

*But now we know you want us
To mourn for you no more
To remember all the happy times
Life still has much in store*

*Since you'll never be forgotten
We pledge to you today
A hallowed place within our hearts
is where you'll always stay*

Author Unknown

Grandparents Day September 9th

By Margaret Gerner,
bereaved parent & grandparent,
BP/USA, St. Louis MO

The impetus for a National Grandparents' Day originated with Marian McQuade, a housewife in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. President Jimmy Carter, in 1978, proclaimed that National Grandparents Day would be celebrated every year on the first Sunday after Labor Day. In 2012, Grandparents Day falls on September 9th

In our grief over the death of our child, we may fail to realize that grandparents also grieve, although not in the same way we do. Their grief is two-sided, one for the child who was dealt to them, and the other for their own child who is suffering.

Just as parent do, grandparents lose their future. One of their joys is the expectation that through grandchildren they achieve immortality; and their name will be carried on. At the death of their grandchild, that branch of their family tree is cut off. What should have been will not be. In cases of an only child, there will be no future generation. Just as for the parent, the family of the grandparent will never be complete again. They, too, feel the empty place at family gatherings.

We bereaved parents must consider the needs of our parents, and at the same time be open with them about our needs. We can let them know how they can help us, but at the same time, we must be aware that they, too, need help. Mutual sharing of feelings between bereaved parents and grandparents will be helpful to both in the recovery process. The sharing not only of painful feelings but also happy memories of the child can be helpful for both, and it can also create deeper relationships in the family.

Softly on my mind

From "We Need Not Walk Alone" Edie Kaplan
TCF West 'Broward/Ft Lauderdale, FL

Softly on my mind,
Ever caressing my memory,
A child that is still part of me,
the child of my heart.

You say he is dead.
I know he is very much alive.
Laughing brown eyes,
A sweet soft voice,
I still see his eyes light with mischief.
I still hear his voice.
Oh, don't tell me he is dead,
When in my heart he lives.

What I have is memory,
The mind's blurring pictures,
A mother's love beyond time,
An ache to hold my child again.
I remember now his smile.
Other times I hear his cry.
Sometimes it is just a flicker;
And now he is part of my heart,
Resting softly on my mind.

“Though time and space
Separate us
I have built a bridge
Of lovely memories
To span the difference”

TCF, *Huntington W.V.*

Sibling Page

To My Big Brother

You were the best big brother.
You were such a true true friend.
You were someone to whom I could always
talk and always could depend.

Its hard to believe that you are not here.
Smiling, laughing ... Oh, I feel a tear.

I think back on many times gone by
and I just keep asking myself, why?
But it makes me smile and it makes me laugh.
To think back on sweet memories of the past.

Moving up from Osborne Street
and joining a new school.
Greg and Grant were always there
even when we joined the pool.

Then we went off to Ocean City
to spend our summers at the shore.
The sand would drift the ocean roll
and the gulls would often soar.

I watched you go through LaSalle,
and then off to Penn State too.
I was your little sister
who was so very proud of you.

I think of you quite often.
For your thoughts I'd give a penny.
Did you know I had a son last year.
I know he'd love his uncle Denny.

You'll be with me forever.
And although we are apart.
You live forever in my memories
and always in my heart.

Kimberly Kearns Minetola, Phila., PA
for her brother, Dennis Kearns, Jr.

School

By Jordan Ely
TCF Albany/Delmar, NY

Going back to school after the death of your brother
or sister is a hard thing to go through.

At first there are three groups of people to deal
with: People who give you a lot of support, people
who don't know what to say, and those who give
you weird looks and stay away from you. This lasts
for a little while.

After a short time changes with each group occur.
Those who did not know what to say start to speak
or begin to talk. The group who kept away stop ig-
noring you. The people who gave you a lot of sup-
port slowly return to their own affairs. After a while
everything goes back to normal, and it is over to
everyone except you. This is very difficult to accept
and makes you feel all the more alone.

After a long while the shock for you goes away, and
it is then that you need the support from your
friends, peers, and teachers.

This month is the first anniversary of the death of
my brother. Most people will have forgotten, and
everything is right with the world. But it is not! Cer-
tainly not for my mother and me.

You left us so quickly
There were no goodbyes.
How long this forever,
Your death and our lives.

Genesse Gentry



Our Children Remembered Birthdays



Nicholas Allesch	Son of Toni Allesch	Sep 29
Neal Balmer, II	Son of Lisa Feist; Stepson of Charles Feist; Brother of Laura Balmer	Sep 5
Danielle "Danie" Bogert	Daughter of James & Donna Bogert	Sep 30
Gregory Brown	Son of Dale & Mary Brown	Sep 24
Michael Buss	Son of Bea Bryfogle; Brother of Lindsay & Katelyn	Sep 3
Daniel Catino	Son of Stacie Catino; Brother of Hunter, Tanner & Joshua Catino	Sep 26
John Counterman, III	Son of Mary Jo Ackerly; Brother of Theresa Legarski	Sep 30
Brian Davis	Son of Stewart & Nancy Davis; Brother of Kristin Hoffman & Sandy Davis;	Sep 15
Brian DeLong	Son of Lenny & Linda Fritzingler	Sep 15
Ashley Dickinson	Daughter of Debbi A Dickinson, CPBC; Sister of Zack Dixon	Sep 3
Alexandria Dixon	Daughter of Albert & Joan Dixon	Sep 22
Rocky Fraccica	Son of Rocky & Sadie Fraccica	Sep 13
Robert Fritzingler, III	Son of Robert & Grace Fritzingler, Jr.	Sep 23
Rita Guerrieri	Daughter of Art & Mary Guerrieri	Sep 29
Lisa Hawk	Daughter of Bruce and Mary Hawk; Sister of Bruce Hawk; Aunt of Shaine, Sloan & Madisynn Hawk	Sep 4
Zachary Heck	Son of Lori Heck; Brother of Cyera Heck	Sep 3
David Hoagland, Jr	Son of Gypsy Garrett	Sep 24
Jonathan Hoffstetter	Son of Richard & Suzanne Hoffstetter; Brother of Diane & Kenneth Hoffstetter	Sep 22
Julie Howe	Daughter of Timothy & Nancy Howe; Sister of Melanie Howe	Sep 3
Richard Kulik	Son of Dolores Kulik; Brother of Christina Schantzenbach & Michael Kulik	Sep 5
Charles Kunsman, Jr	Son of Charles and Joan Kunsman; Brother of Walter Alfonso, Sherry Flanagan & Sandra Kunsman	Sep 18
John "Jack" Kushnerick, Jr.	Son of Bernice Kushnerick; Brother of Pat & Jan Kushnerick; Husband of Deborah A Kushnerick; Father of Tyler J. Joseph E. & Justin Vallone Kushnerick	Sep 17
Paul Levine	Son of Louisa Levine; Brother of Gregory, Mary & Philip Levine	Sep 28
Alexander Madden	Son of Judith Madden; Brother of Jennifer Cenci	Sep 18
Michael Mann	Son of Lee & Shirley Lutz	Sep 26
Anthony "Tony" Mariani, II	Son of Kathleen Collins & the late Anthony E. Mariani; Stepson of Brian Collins; Brother of Matthew Mariani; Grandson of William & Janet Pickett; Uncle of Antonio Mariani	Sep 13
Carrie Meuret	Daughter of Jennifer Zayas ; Sister of Dakota Zayas	Sep 15
Caden Rabenold	Son of Catherine Rabenold; Grandson of Bill and Vicki Rabenold	Sep 16
Harry Rawdon	Son of Margaret Rawdon; Brother of JettaAnn Rawdon	Sep 23
Lydia Rice Cobb	Daughter of Virginia Rice	Sep 27
James Riddle	Son of Eleanor Riddle; Brother of Joan Cameron, Jeff & Jack Riddle	Sep 2
Anthony Romig	Son of Edward C. Romig, Sr. & Lois Pearsall; Brother of Edward C. Romig, Jr.	Sep 12
Kevin Simons	Son of Doris Simons	Sep 2
Peter Slifer	Son of Richard & Paulinda Slifer	Sep 21
Ryan Sporka	Brother of Keri Markle	Sep 11
Constance Stewart	Daughter of Joanne Stewart; Sister of Keith & Kevin Stewart	Sep 23
Sean Virmalo	Son of Udo & Janet L. Virmalo; Brother of Eric, Brett & Katelyn Virmalo	Sep 13
Stephanie Volkert	Daughter of Joanne Fimiano; Sister of Zachary Volkert	Sep 22
Dale Waitkus	Son of Elizabeth Waitkus; Brother of Alice Walbert & the late James Waitkus	Sep 18
Gregory Weiland, Jr	Son of Robin Weiland; Brother of Rozalyn	Sep 23
Michael Widmer	Son of Steve Widmer & Mary Widmer; Brother of Suzanne Widmer	Sep 1



Our Children Remembered Anniversaries



Aaron Abud	Son of Jose & Susan Abud; Brother of Ariana & Sophia & Susan Abud	Sep 4
Christopher Antler	Grandson of Charles & Charlotte Antler	Sep 14
James Balloch	Son of Cindy Scornavacchi; Brother of Ashley Jaroweki & Caitlyn Balloch; Grandson of Bill Gerth & Fern Gerth	Sep 4
Rachael Brosky	Daughter of Jeanette Beilfuss & Karl Brosky; Sister of Rebekah Brosky-Dorsey & William Brosky	Sep 8
Holly Cavanaugh	Daughter of Beverly Ann Cavanaugh & Bill Cavanaugh; Sister of Bo Cavanaugh	Sep 25
Christopher Cole	Son of Donald Cole & Theresa Cole; Brother of Lauren Cole	Sep 10
Ashley Dickinson	Daughter of Debbi A Dickinson, CPBC; Sister of Zack Dixon	Sep 3
Thomas Eichlin	Son of Nancy Eichlin; Brother of Nancy Mason	Sep 11
Kevin Fetherman	Son of Jean Fetherman & The Late John J. Fetherman	Sep 29
Robert Freudenberger	Son of Nola Freudenberger	Sep 10
Bob Grossman	Son of Margaret Grossman & The late John Grossman; Brother of Randy, Beverly & Mike	Sep 20
Carol Johnson	Daughter of Lauretta Coyne; Sister of Elaine Muretta, Bob, Jim & Dave Johnson	Sep 23
Danielle Jones	Niece of Terry & Sherry Mertz	Sep 2
Katie Kasinecz	Daughter of Robert Kasinecz & Susan Kasinecz	Sep 2
Kimberly Ann Kohl	Daughter of Lyndon and Linda Kohl	Sep 28
Matthew Kolb	Son of Robert & Debbie Kolb; Brother of Sarah & Andrew Kolb	Sep 6
Anthony "Tony" Mariani, II	Son of Kathleen Collins & the late Anthony E. Mariani; Stepson of Brian Collins; Brother of Matthew Mariani; Grandson of William & Janet Pickett; Uncle of Antonio Mariani	Sep 6
Janet Mitchell	Daughter of Inez Housel; Sister of Brian, Jay, Tammy & Lisa Housel	Sep 24
Amanda Quinones	Daughter of Nancy Williams; Sister of Jorge & Anthony Quinones	Sep 2
Nicole Reinhart	Daughter of Michael & Pamela Reinhart; Sister of Mikey & Timmy Reinhart	Sep 17
James Riddle	Son of Eleanor Riddle; Brother of Joan Cameron, Jeff & Jack Riddle	Sep 23
Scott Rothrock	Son of Larry & Linda Rothrock	Sep 18
Elwood Rush	Son of Elwood & Shirley Rush	Sep 27
Dolores Schnabel	Sister of William Schnabel	Sep 16
Jeanmarie Siedlecki-Moyer	Daughter of Joe Siedlecki & Monica Siedlecki; Sister of MaryAnn, Michele & Joey Siedlecki	Sep 25
David Todd Smith	Son of David & Kathleen Smith; Brother of Stephanie Seifert	Sep 17
Jon Sulick	Son of John Sulick; Brother of Aymae Sulick	Sep 15
James "Jimmy" Thompson	Son of the late C. Douglas "Doug" Thompson	Sep 13
Dale Waitkus	Son of Elizabeth Waitkus; Brother of Alice Walbert & the late James Waitkus;	Sep 5

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



Love Gifts are 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, host special events and reach out to the newly bereaved.

We thank the following for their generous donations this month

Tom & Sherry Gallagher	Kelly Gallagher <i>Happy 43rd Birthday, 7/14. We love and miss you.</i>
Larry & Linda Rothrock	Scott G. Rothrock <i>You are always with us!</i>
Richard and Suzanne Hoffstetter	Jonathan Paul Hoffstetter <i>Dear Jon, remembering and missing you on your 36th birthday. Love Mom & Dad</i>
Lee and Shirley Lutz	Michael Douglas Mann <i>Happy 43rd Birthday. Love you and miss you everyday. Love Mom & Dad</i>
Dolores Kulik	Richard J. Kulik <i>Always on our minds and forever in our hearts</i>
Margaret Rawdon	Harry Rawdon <i>We love you and miss you. Mom and Annie</i>
Barbara DeBoer	Sheila Renae DeBoer <i>In Loving Memory</i>
Kathleen Collins	Anthony "Tony" Mariani, II <i>Happy 32nd Birthday! You are forever loved and missed. All our love, Your Family</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* 🦋

A thousand words can't bring you back

I know because I tried

And neither can a million tears

I know because I cried

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 _____

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 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

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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We're on the web
www.lehighvalleytcf.org



We Need Not Walk Alone

September

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