



THE COMPASSIONATE FRIENDS

LEHIGH VALLEY CHAPTER

Supporting Family After a Child Dies

610 462-1892

www.lehighvalleytcf.org

February 2013

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 pro-

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

Feb 11 **Monthly meeting** - Memories from the Heart. Please bring a memento and photo of your child

March 11 **Monthly Meeting:** To be Announced

April 8 **Monthly Meeting:** Separate Sharing for men and women



Inclement Weather

Cancelations due to inclement weather will be posted on the chapter facebook page (facebook.com/TCFLehighValley) and on voicemail message at 484-891-0823

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

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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Events and Announcements**Butterfly Release**

In the last newsletter we implored all members who have expressed an interest in seeing the Butterfly Release continue this year to call and volunteer. With all the inquirers we have gotten of late as to the status of the event, we had hoped to get a positive response which would enable us to hold the event. Sadly only two members replied to our request. Therefore there will be no Butterfly Release in 2013.

We wish to express our sincerest thanks to Sandy and Tina for volunteering.

Important Note

If you move or put your mail on hold and forget to notify us, your newsletter will be returned to us at full first class rate. The Post Office does not forward or hold bulk mail. If this happens your name will be removed from our mailing list. Please remember to notify us before moving or having your mail held.

Also, our hope is that the newsletter will be a helpful resource for you on your grief journey, but if at any time you no longer wish to receive the newsletter please contact us.

Thank You

Notify by Postal Mail:

TCF, Lehigh Valley, Attn: Newsletter Editor

PO Box 149

Bath, PA 18014

or by Email: TCFNewsEditor@gmail.com

or Phone: 484-891-0823



[Facebook.com/TCFLehighValley](https://www.facebook.com/TCFLehighValley)

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 James & Annette Lisicky - Daughter - Kristen Lyn Lisicky-Tyber

Lehigh Valley Pete Swartwood - Son - Pete Swartwood, III

Lehigh Valley Anita Belles - Son - Todd Belles

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. Submit by Postal Mail to TCF, Lehigh Valley, Attn: Newsletter Editor, PO Box 149, Bath, PA 18014 or by email to TCFNewsEditor@gmail.com

In the case of any errors or omissions, please contact the newsletter editor

Thank you, Your Editor

Valentine's Day

By Gloria Gersten, TCF Miami, FL

It's that time again; February 14 approaches. If your sad heart has been in mothballs it's time to air it out and use it. Sure we'll all miss the darling little valentines from our child and the buying of the heart candies and the various ways we showed our love for each other. But we still have all those precious memories.

You say you've lost the feeling, you feel nothing inside, "Valentine's Day" has lost its meaning for you. I know how you feel. I've been there. I

remember the love I felt for my son; I still have the capacity to give the love to someone else. Love is still there waiting inside us ready to give whenever the occasion demands it. It's selfish and being self-centered not to use it.

In fact, love has to be given from the heart to be replenished, just like blood; it comes right back! So if we don't continue to give it, we're filled with empty thoughts, lonely feelings and NO valentines. Love begets love; it is that simple. Someone you care for would be delighted to receive your valentine. You know, and I know this to be true; go make your valentine list and send those love missiles flying in all directions!

A VALENTINE TO ALL MY COMPASSIONATE FRIENDS

We who have had our hearts so badly broken know each other.
We have lost a child, grandchild, a sister, or a brother.



It matters not if we've seen each other's faces
We share mending hearts full of achy places.

At first our hearts feel shredded and torn.
We might even wish that we'd never been born,

We don't understand how our lives went so wrong.
Everyone tells us they're glad that we're strong.

All we know is that we hurt to the core
Because a child dearly loved is with us no more.

With time, patience and understanding we begin to heal.
We begin to accept what is, and life starts to seem real.

Each time we tell our tale, each hug we receive,
Puts a band-aid on the hurting spots and gives us reason to believe.

That we will feel joy again, that life does go on.
Tho' we're never quite the same, since our child is gone.

Compassionate Friends teach us ways we can cope,
Until we can live again and face life with hope.

So to TCF members, whether we've met or not,
Thank you for the band-aids on that bruised, healing spot.

I Love You ALL



Kathy Hahn TCF, Lower Bucks, PA

From Death To Hope

By Lynn Vines, TCF South Bay/ LA, CA

Although we would rather have our children here instead of missing them, so terribly, we need to recognize that we do grow from our loss. I refuse to believe all this pain was for nothing.

Something positive has to come out of something so overwhelmingly negative. Most of us seem to evolve from this horrendous pain a better person. Living through this tragedy makes many of us more patient, understanding, loving and compassionate.

Time goes on. We have no control over that. We would like time to stop so things can remain the same as when our children were here, but it won't. Life moves ahead without them here.

Life eventually catches us in the everyday things we do. It moves ahead and drags us along and we learn how to hope again.

In the beginning of grief, we couldn't care less about what is happening around us. Making simple every day decisions leaves us exhausted. Planning anything seems useless. We can't control anything. So why make plans that can be ripped from us. Why let glimmers of hope lead us down into another pit of pain? If we don't want, we won't be disappointed. Slowly, we begin to heal from the onslaught of pain that grief causes. Every so slowly, we begin to realize deadlines can be met, events can be planned, the future might even hold some happiness.

We also realize we must take chances again. Nothing is foolproof, but everything is not a disaster waiting to happen. There are no guarantees in life, but we owe it to ourselves and to our child's memory to make something out of the life we've been given. With time, the depression lifts and life awaits us. Life is still scary, but its worth living again, instead of just existing. The realization that can do some things my child would have done, gives me the courage to try. I can do things in his memory. I can do things we can both be proud of.

Grief work is the hardest work you may ever have to do. You can't hide from grief or just wait for time to

heal you, with hopes the pain will go away. You must deal with it. First wallow in your grief, accept it, work through it, and give yourself time. It will get better as you find ways to deal with it.

Each year got easier. It's taken four years but I realize I've grown from this experience. All this pain has taught me something. I'm a survivor, and I can take chances in life again. It still seems scary, but I deserve some happiness. I've paid my dues.

Remember, when you are in grief, it takes time and hard work. I hope you will also reach a point where you can be happy again. Your child would want no less.

The Promise Of Hope

By Ellie Barnes Missoula Chapter TCF
In memory of Craig — January 1960—May 1990

It's been five years, Son, since your death,
And you've been near me with each breath
I mourned you then, I mourn you yet.
Your thirty years I'll ne'er forget.
You came to me in dreams at night,
Saying, "Don't cry, Mom, I'm all right."

I walked through darkness, lost all hope.
Then gradually found new ways to cope.
Through God and friends I learned to smile,
And life again became worthwhile.
I'm different now, as you can see,
Guess I've become a whole new me.

In helping others deal with pain, I
'm finding I have much to gain.
Your life had something to give -
Through losing you, I learned to live.
Good-bye for now, dear Son, I'll say,
I'll be with you again some day.

A Dream Can Be God's Special Touch!

As I talk with grieving parents around the country, they often ask me how I feel about dreams that many parents have about their dead children. Do I think they are real? Can we attribute any special meaning to them? And the proverbial question: "When we tell you some of our dreams, do you think we are going crazy?"

Most experts would: agree that dreams are, at the very least, thoughts that are roaming around in our subconscious mind. Because we are not awake and are not-exercising our ability to sort out & organize our thoughts, often our dreams can appear very jumbled and make no sense at all. However, once in a while, we are able to remember a dream, and especially if it involves our deceased children, we determine- to glean every ounce of meaning from it. As a parent who has buried three children, it makes sense to me that our deceased children may appear in our dreams often because our thoughts about them are so intense. I also believe our dreams about our children can bring a certain degree of comfort.

I am no dream expert, but I do feel our dreams can have very specific meanings. A danger come with dreams as with anything else regarding our children when we become so preoccupied or obsessed with dreams or dreaming that the rest of our life becomes unbalanced. When that happens, we need to be concerned. But in general, I have found that dreams often answer questions for a parent or settle an issue that has been concerning them.

After my son Nathan's death, one of the stumbling blocks to my healing process was that I didn't have an opportunity for a final good-bye. The last time I saw Nate alive, he was bouncing a basketball. The next time I saw him, he was in a casket. I remember saying to God, "I'm not going to argue with you about you allowing Nathan to die. He belonged to You before he belonged to me, and I respect your sovereignty.

However, couldn't You have at least caused the hospital to allow me to see him before he died or even in the first moments after his death? Surely a sovereign God could have arranged that."

Within a few weeks of Nate's death I had a dream - a very, very real dream. Nate was standing at the foot of my bed. He was wearing the clothes he had on the night he died. As I reached for him, he stepped back out of reach, but he smiled and waved good-bye. Then

he was gone. Our meeting was short, but it was enough for me. God gave me my own special touches. His response to a grieving mother's need.

When dreams come, I record what I remember; I take them at face value; I savor them; and I say "Thank You!"

Marilyn Heavilin, Bereave parent & author



The following poem was written by TCF, Lehigh Valley member, Rheta Sellitti. She wrote it about a dream she had about her daughter Jenny who died in 1993 and her sister, Oily, who died 1 year later.

THE LIGHT

By Rheta Sellitti, TCF Lehigh Valley, PA

I heard the crowd in whispered awe
In the darkness of the night
Their heads raised high - with groping arms
As they hugged one another in fright!

I, too, raised my head towards the Heavens
And gazed, with eyes opened wide
A warm, beautiful embracing light
With people walking down both sides.

In the center a familiar figure
Looking into a little one's smile
My heart pounding - I realized
It was Olly and my daughter - my child.

They were happy - for that I am grateful
They looked so peaceful. And now
They were coming to try to tell me
To move on with my life somehow.

I'll never forget this dream
My life has changed a great deal
I now can smile. I understand too
God needed my daughter - I feel.

So I place them in your arms, dear God
Jenny, and Oily, too
I guess while they were here on earth
You missed them a whole lot too.

Keep them in your garden
Filled with flowers and heavenly love
Where one day we'll all be together
And worship together - above.

It's all right to...

- Scream in the shower.
- Yell in the car.
- Cry anywhere you like.
- Misplace your glasses, the car keys and the car.
- Put milk in the cupboard, toilet paper in the refrigerator, and ice cream in the oven.
- Beat up on the pillow, stomp on the ground, throw stones in the lake.
- Change grocery stores if it hurts.
- Wear one black shoe and one navy, have tear stains on your ties.
- Eat french fries for breakfast, toast for lunch, and peanut butter for dinner (as long as you eat).
- Write him a letter. Bake him a cake. Smell his clothes.
- Celebrate his life on his birthday.
- Talk to your pets, they understand.
- Leave his room the way it is, for as long as you like.
- Say his name just to hear the sound.
- Talk about him to others.
- Tell loved ones what you need.
- Say no when you feel like it.
- Cancel plans if you want.
- Have a bad day.
- It's all right to hurt.

And one day when you're ready: It's all right to...

- Laugh again.
- Dance and feel pretty. Have a good time.
- Look forward to tomorrow. Sing in the shower.
- Smile at a friend's new baby.
- Wear make up once more.
- Go for a day, a week and even a month without crying.
- Celebrate the holidays.
- Forgive those who failed you.
- Learn something new.
- Look at his picture and remember with happiness, not pain.
- Go on with your life. Cherish the memories.

And one day when it's time - It's all right to...

- Love again.

~Vicki Tushingam, TCF Bergen/Passaic, NJ

Do It Your Way


By Mary Cleckley, TCF Atlanta, GA


I think it's only fair to tell you, there is no bereaved parent of the month award, nor an award for the one with the stiffest upper lip! In fact, what you will find: if you try to be the most stoic, brave and strong, the one doing too well...is instead of a reward, you suffer the consequences.

It is not possible to lose someone as vital as one's child and not have the pain of deep grief. You will find a great many non-bereaved people will encourage you to play the old game of "If you pretend you're okay and it's not so bad, we'll let you come and play with us. But if you're going to cry and talk about your dead child, then you can't play."

This is one time in your life you don't have to meet anybody else's standards. There is nothing more unique about you than the way you express your grief--and you have that right, however it is manifested. A great deal of how you go about it is determined by how you have handled previous losses.

So, if someone tries to influence you to play the old game by rewarding you with attention because "You're doing so well," tell them you're not doing well. Tell them your child has died and you're hurting. Let them know it doesn't help you for them to pretend everything is okay. Do whatever it is you need to do to survive this trauma, and don't worry about whether it pleases or displeases other people ...DO IT YOUR WAY!





*“ They that love
beyond the world
cannot be
separated by it”*

William Penn



Sibling Page

To a Stillborn Sister

By Andrea Gabrielli.

Loving lifted from the TCF Livonia MI Newsletter

How do you love a person
Who never got to be,
Or try again to see a face
You never got to see?

How do you mourn the death of one
Who never got to live,
When there's nothing to feel good about
And nothing to forgive?

I love you, little sister.
You're a person of the wind,
Free to be the memory
Of all that might have been.

I love you, little sister,
My companion of the night,
Wandering through my lonely hours,
Beautiful and bright.

What does it mean to die before
You ever can be born,
To live the lovely night of life
And never see the dawn?

Ah! My little sister,
You lived like anyone!
Life's a burst of joy and pain,
And then, like yours, it's done.

I love you, little sister,
Just as if you'd lived for years.
No more, no less, I think of you,
The angel of my tears.

Sibling's Point of View

By Alissa Roeder, TCF, Pikes Peak, CO

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.

People Think We're Fine

By Mary Matthews, TCF Ft Lauderdale, FL

People think we're fine, you know
They say, "oh, siblings heal so fast."
But they don't know the empty feelings
Or longing for the past

People think we're fine, you know,
"Look how they've resumed their lives", they say
But they don't know of our troubled hearts
Or the loneliness from day to day

People think we're fine, you know
"See how they're getting over it?" they surmise
But they don't know that we've learned to
laugh and smile,
Only to complete our broken heart's disguise.





Our Children Remembered Birthdays



Susan Antler	Daughter of Charles and Charlotte Antler	Feb 21
Dakota Arndt	Son of Steve and Mary Arndt; Brother of Ann Marie & Dylan	Feb 6
James Balloch	Son of Cindy Scornavacchi; Brother of Caitlyn Balloch & Ashley Jaroweki ;Grandson of Fern Gerth & Bill Gerth	Feb 22
Justin Bramich	Son of Nancy Quinton; Brother of Ryan & Ian Bramich	Feb 2
Emil Check, Jr.	Son of Mary Check; Brother of the late Joseph Michael Check	Feb 21
Ky DiVittorio	Son of Jan DiVittorio; Brother of Ian DiVittorio;	Feb 13
Eric Fenstermacher	Son of Rick and Kathleen Fenstermacher; Brother of Heather Fenstermacher	Feb 14
Wayne Forman	Son of Donald and Theresa Forman; Brother of Jeffrey, Carol & Gene; Father of Kayla Skye Forman Roberts	Feb 20
Aaron Groff	Son of Leon and Debra Manuel; Brother of Melissa LaBar	Feb 11
Mark Hebdon	Son of Lawrence and Ruth Hebdon; Brother of Laura Long & Michael Hebdon	Feb 24
Kimberly Kissel	Daughter of Michael and Gloria Kissel, Jr.; Sister of Colleen & Micheal Kissel & Lisa Zelko	Feb 6
Jeffrey Loquasto	Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle, and Michael Loquasto, II	Feb 10
Janet Mitchell	Daughter of Inez Housel; Sister of Tammy Housel, Brian Housel, Lisa Housel & Jay Housel	Feb 24
Amanda Mohr	Daughter of Rodney Mohr & Beverly Mohr	Feb 25
James "Jimmy" Mullen, II	Son of Jeanie Mullen	Feb 26
Rosemary Olesh	Daughter of Rose Mocidlowski; Sister of Jean Redding; Mother of George Olesh, IV	Feb 2
Susette Olewine	Daughter of Louis and Joyce Szoke	Feb 17
Angelo Providakis	Son of Michael and Joanne Providakis	Feb 7
Jennifer Schaible	Daughter of Linda Stewart; Sister of Andy Schaible & The late Aaron Schaible	Feb 18
Quinna Schleicher	Daughter of Lin and Judy Schleicher; Granddaughter of Marie Moyer	Feb 2
Joseph Siedlecki, Jr	Son of Joe and Monica Siedlecki; Brother of MaryAnn & Michele Siedlecki and the late Jeanmarie Siedlecki Moyer	Feb 26
David Todd Smith	Son of David and Kathleen Smith	Feb 25
Troy Southgate	Son of Donald and Susann Southgate ; Brother of Martin Southgate	Feb 25
Kevin Stenlake	Son of Elizabeth Leada Stenlake; Brother of Dawn Frey	Feb 22
Jon Sulick	Son of John Sulick; Brother of Aymae Sulick	Feb 9
Kassidy Sullivan	Daughter of Jessica Potteiger	Feb 20
Jonathan Venkauskas	Son of Dan and Jane Venkauskas; Brother of Becky Venkauskas; Grandson of Daniel and Betty Venkauskas;	Feb 17

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



Mark Abdallah	Son of Judy Kahl	Feb 16
Evan Albertini	Son of Louis AlBertini; Brother of Christopher AlBertini	Feb 13
Susan Antler	Daughter of Charles and Charlotte Antler	Feb 21
Graham Beckhorn	Son of Alice Keyes; Brother of Patrick Beckhorn & Christopher Beckhorn	Feb 14
Hope Davidson	Daughter of Dean and Donna Davidson	Feb 8
Brock Depew	Son of Alex and Patricia Polohovich; Brother of Troy Austin Depew	Feb 12
David "Dave" Fegley	Son of Dick and Peg Fegley	Feb 18
Robert Fritzinger, III	Son of Robert and Grace Fritzinger, Jr.	Feb 22
Eileen Collins Gant	Daughter of Dorothy Collins; Sister of John, Steven & Brian Collins, Kathleen Morrison & MaryAnn Watkins	Feb 14
Kelly Grossbauer	Daughter of John and Kathleen Grossbauer	Feb 14
Raymond Haas, Jr.	Son of Bernice Haas & the late Raymond H Haas, Sr. Brother of Charles Haas & Linda Wronowski	Feb 29
Robert Handwerk	Son of Martha Handwerk	Feb 9
Christopher Harrison	Son of Jerry and Elizabeth Harrison; Brother of Andrea	Feb 10
David Heard	Son of Susan Heard	Feb 10
Schyler Kemps	Son of John and Jenny Kemps; Brother of Courtney & Alex Kemps	Feb 10
Matt Kush	Son of Rick and Ann Kush; Brother of Mike and Jenn	Feb 10
Adam LaRizzio	Son of Teddy and Lori LaRizzio; Brother of Jordan LaRizzio	Feb 20
Aidan Maher	Son of Raymond Maher	Feb 2
Katherine McGraw	Daughter of John and Sue McGraw; Sister of Maggy and Sean McGraw	Feb 28
Ed McNally	Son of Don and Connie McNally; Brother of Sean McNally	Feb 11
Carrie Meuret	Daughter of Jennifer Zayas; Sister of Dakota Zayas	Feb 13
Thomas Miller	Grandson of Emma Butz	Feb 18
Michael Milot	Son of John and Patti Milot; Brother of Jill; Father of Michael Jr	Feb 2
Russell "Russ"	Son of Jim and Lyn Nicholson; Brother of Rachel Nicholson	Feb 24
Donna Potkovac-Roth	Daughter of Michael and Annette Potkovac, II; Sister of Michele Cuvo, Matthew, Mark, John, Denise Potkovac & The late Michael N. Potkovac, III	Feb 26
Michael Powers	Son of Margaret Powers; Brother of Billy, Richie, Tara & Ryan Powers	Feb 10
Maria Rothermel	Daughter of Gerald and Doris Rothermel; Sister of Mark Rothermel	Feb 3
Joey Russo	Son of Susan Russo; Brother of Jena & Jevin Russo	Feb 23
Jennifer Schaible	Daughter of Linda Stewart; Sister of Andy Schaible & The late Aaron Schaible	Feb 26
Tara Stauffer	Daughter of Kermit T. and Faye Nester	Feb 19
Constance Stewart	Daughter of Joanne Stewart; Sister of Keith and Kevin Stewart	Feb 1
Kassidy Sullivan	Daughter of Jessica Potteiger	Feb 20
Frank Thiel	Son of Gregg and Debi Thiel; Brother of Ryan, Greg & Adam Thiel; Nephew of Don and Kathy Clarke & Barbara Brennan	Feb 11
Kevin Trice, Jr.	Son of Kevin and Nancy Trice, Sr.; Brother of Amanda Trice	Feb 1
Meredith Unger	Daughter of Kathleen Paone	Feb 17
Stephanie Volkert	Daughter of Joanne Fimiano; Sister of Zachary Volkert	Feb 12
Victoria Volkert	Daughter of Joanne Fimiano	Feb 16



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

Art and Mary Guerrieri	Rita Guerrieri <i>In Loving Memory</i>
Lawrence and Ruth Hebdon	Mark Andrew Hebdon <i>A gift from God, always in our hearts !</i>
Rick & Kathleen Fenstermacher	Eric A. Fenstermacher <i>Happy 22nd Birthday in Heaven. Missing you more as each year passes. Till we met again. Love Mom, Dad, Heather, Sean & Roxy too!</i>
Rocky and Sadie Fraccica	Rocky J. Fraccica <i>In memory of our Son</i>
Richard & Marguerite Fegley	David Fegley <i>In Loving Memory</i>
Linda & Lawrence Melenchek	Nathaniel Davis <i>In loving memory of nephew Nathaniel. Son of Ronald and Elizabeth Davis</i>
Barbara Carter	Wayne Kevin Marks <i>In Loving Memory</i>
David and Denise Myers	Cody Alex Myers <i>We love and miss your funny ways</i>
Peter & Robert Mather	Ens. Beth Anne Mather, USN <i>Loving Sister and Daughter</i>
Lew and Sharon Richards	Darryl Shurow <i>In Loving Memory</i>
Donald and Sue Southgate	Troy G Southgate <i>We love and miss you so very much. Mom, Dad & Marty</i>



Donations & Contributions

We thank the following for their thoughtfulness and generosity



- 🦋 SHH 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 🦋
 🦋 PCAA for TCF Carbon County's meeting room 🦋 Country Harvest for TCF Carbon County's refreshments 🦋
 🦋 Susan & John McGraw for Children's Memorial Garden Donation 🦋
 🦋 The Matt Kush Foundation 🦋
 🦋 Geoffrey & Tiffany Worthington - Be An Angel Contributor 🦋
 🦋 Sue & Bob Vitale- Be An Angel Contributor 🦋
 🦋 Jonathan & Lacey Cummings - Be An Angel Contributor 🦋
 🦋 Allyn Benech - Be An Angel Contributor 🦋

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

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

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

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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...)

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We Need Not Walk Alone

This newsletter comes to you courtesy of The Compassionate Friends, Lehigh Valley Chapter with the hope that it will be a helpful resource for you on your grief journey. If you no longer wish to receive the newsletter please contact the newsletter editor (contact information is on page one)

T C F C R E D O

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races and creeds and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that we feel helpless and see no hope.

Some of us have found our faith to be a source for strength; while some of us are struggling to find answers. Some of us are angry, filled with guilt or in a deep depression; while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts and help each other grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends