



THE COMPASSIONATE FRIENDS

LEHIGH VALLEY CHAPTER

Supporting Family After a Child Dies

610 462-1892

www.lehighvalleytcf.org

March 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 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

- March 11 Monthly Meeting: General Sharing
- April 8 Monthly Meeting: Separate Sharing for Men and Women
- May 13 Monthly Meeting: Sharing - Topic Mothers Day Difficult Holidays

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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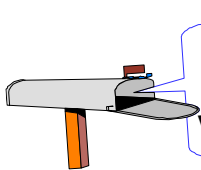
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Keywords: The Compassionate Friends, Lehigh Valley

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



**Moving
Vacationing??**

The Post Office does not forward or hold bulk mail, it is returned to us at our expense. So, please inform us before

Events and Announcements**Wanted - Office Space for TCF, LV (501c3 Organization)**

We are currently in need of donated or low cost office space. We are a 501c3 Organization, so any reduction in rent can be used as a tax deduction.

The space we require is approximately 300 Sq Ft. (+ or -) and prefer it to be in the Bath, Northampton, Bethlehem or surrounding areas.

If you or anyone you know has space available and would like a tax write off please contact us at:

**484-891-0823 or
TCFLehighValley@gmail.com**

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 prior to 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

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 Sue a& David Pultro - Son- Caleb Pultro

Carbon County Mike & Tamara Kulp - Son - Michael Kulp

Spring Cleaning

By Evelyn Billings, TCF Springfield, MA

I am a "spring cleaner." As one who works full time, my usual house cleaning is what is often called a "lick and a promise." But once a year I really enjoy taking everything out of a closet, bureau, cabinet or cupboard - examining it - remembering (if I can) where it came from - thinking about its potential uses - and often wondering why I am keeping it!

Recently, as I was rummaging around on a shelf, finding a few things I'd forgotten about, I thought about how much of what I was doing could apply to my "personal closet", as well as to our living room closet. My "personal closet" is that part of me where I store all sorts of things - anger, guilt, hope, joy, love, caring. If I could dig way down into that closet and find something I'd forgotten I had, and could put to good use, I'd like to find a big box labeled "FORGIVENESS."

One of the things we may need to do before we can move ahead in any situation is to forgive whatever wrongs, real and imagined, (and we do have both) have been done to us. This isn't easy.

I had to forgive the doctors and nurses, whose training had not prepared them to deal with a child whose illness they couldn't understand - or how to be supportive of her grieving parents and sister.

I have to forgive the people who stayed away from us because they had never been taught about the needs of bereaved parents.

I had to forgive the people who tried to "cheer us up" or "take our minds off it." They, too, were baffled by the horror of it all, and

were in their own way, trying to be helpful.

I have to forgive the people who told us that Linda's death was God's will. They were trying to comfort us.

I have to forgive myself - for so many things. This is a really tough one - the times I was cross or demanding - the situations I handled badly as Linda was growing up - the times I screamed or spanked out of my own frustration. I think she has forgiven me, yet the guilt remains, and I must forgive myself.

Then there is the question that so many of us ask, "Why didn't I realize sooner how sick she was?" "Why didn't we transfer her to Children's Hospital sooner?" There are no answers to these questions. If I made mistakes, then I must accept them and forgive myself for them. I know that carrying

a burden of blaming myself, and passing judgment on myself will only weigh me down and hold back whatever potential I have for future growth. But still, it's difficult.

I have to forgive people who don't understand where I'm coming from now, and make derogatory remarks about their children. I do wish I could

help them to appreciate how very valuable and precious those little ones are.

And finally, I have to forgive Linda. Her dying really messed up my life, by creating a situation I didn't know how to deal with. It took a relatively normal, uncomplicated life, smashed it to smithereens, and forced me to attempt to reconstruct it - to put it back together - a hard job when some of the pieces don't quite fit anymore!

Yes, I'd like to find deep down inside me a great big box labeled "FORGIVENESS."

My "personal closet" is that part of me where I store all sorts of things - anger, guilt, hope, joy, love, caring. If I could dig way down into that closet and find something I'd forgotten I had, and could put to good use, I'd like to find a big box labeled "FORGIVENESS."

March Winds

By Betty Davis, TCF Marion, Ohio

As the winds blow, often violently, it is as if there is an attempt to wake us from our winter lethargy. The birds begin to sing, calling to us. The dormant trees begin to move in the breeze. We see the first buds. Witness a crocus peeping through the encrusted ground. Regardless of our griefs and regrets, life goes on, whether we participate or not

This can be a season of renewal. We can symbolically plant a flower, a tree, or a bush, and nurture it as we loved our child. As the plant flourishes and adds beauty to our lives, we can experience a sense of creation just as our child added meaning to our lives. It's time to sort out the good memories when we do our spring cleaning. Discard the anger, regret, disappointment and sorrow. Shake it out and throw it away. Hold on to all that is good. Cherish it forever. It's time to make a constructive effort to restore ourselves.

We hope the gales of the March winds will awaken you to a new beginning. May the "winter of our discontent" disappear. We wish for you to live in the future with your happy memories.



My Spring Bouquet

By Marilyn Arvizo South Bay LA, CA

The rain poured so often,
The bulbs I planted bloomed in profusion.
I cut them all to take to your grave,
leaving my yard as empty of blooms
as your death left our life and hearts.

It was a grand bouquet of flowers
Like our lives when you were here, son
From the bulbs new flowers will soon bloom again.
I am sad, but also hopeful...
I know the harsh lessons of nature are true.
Cut like the flower,
I will again bloom too.

Dear Mister Easter Bunny,

I just had to write today...
To see if you stop in Heaven...
As you hop along your way?
You see...a part of me is up there...
That I miss with all my heart...
You see...my sister lost her battle...
With a disease that tore our lives apart.
So, I wanted to know if you go there???
And if I could ask a favor of you?
Can you take her a basket to heaven?
Filled with colored eggs and bunnies too?
And could you please add a green egg for me?
Mom says green means new life and rest,
For my sister is now resting in heaven...
No more pain and no more tests.
And could you also add an orange egg for me?
Orange for the color of a candle's flame,
For my sister's little light will always shine...
Although our lives will never be the same.
And could you add an egg so blue?
For blue is the color of a cloudless sky,
And when I see the geese flying over me... I
know its a sign...from her way up high.
And we can't forget a yellow egg too.
For yellow is the color of the rising sun,
And my sister's love will shine down on me...
For all my days and nights to come.
And we also need a rainbow colored egg...
For the rainbow way up high in the sky,
For Mom says she will always live within me...
And her spirit will never die.
And last, but not least, a red egg if you could?
For we all know red means the color of love.
And I love my sister oh so much...
Please send my love to her above.
Thank you, Mr. Easter Bunny...
I really appreciate your time today...
And I will say a prayer for you too...
As you hop to Heaven for me on Easter Day.
When you take her basket up to the Heavens...
Can you please whisper in her ear?
And wish her the happiest Easter from me...
For I miss her more with each passing year.

April 01- by Laura Heavenly Lights Children's Memorial

THE SIGN

By Susan White-Bowden, from "A Healing Heart"

As a lithe boy Jody loved to pick Black-Eyed Susans. He'd pick those wild flowers and bring them to me with such love and pride in presentation. The last bunch he picked for me was on my birthday before his death. August 4, 1976.

The Black-Eyed Susan is an independent wild flower that cannot be forced to grow out of season. The growing period for these wild flowers is the middle of June to the middle of August. But there, the first of September in the year of my son's death, in the center of Jody's grave, was a single perfectly formed Black-Eyed Susan. It stood with strength and reassurance. It was all alone in the still, unsettled dirt covering the grave. There was not even a blade of grass or a single weed around.

I wept with mixed emotions of intense loss and love, feeling both distance and closeness, sadness and sudden relief. I saw it as a sign from my darting Jody. It spoke to me words from my dead child. "Do not cry. Do not despair. I love you and never intended for you to suffer so much. Please forgive me, and please be happy with the rest of your life. Please believe that I'm okay and at peace."

Whether it was a sign from Jody or from God, or perhaps a bird dropped a Black-Eyed Susan seed on the fresh grave, it brought me relief. I felt that my son wasn't so far away, and that his spirit would always be with me.

If nothing more, it helped me to begin to think of Jody there at the grave site. He was dead, and I began to accept that, I started to realize that I would never again see his form as I had known it. But his spirit would be close and would guide me. I would not forget him and what we shared. He would always be special. What we gave to one

another, what we had meant to each other, would not die or diminish with the passage of years, and it has not.

Each year since Jody's death, a single Black-Eyed Susan has grown on his grave. It is a comfort and a joy. It is a remarkable phenomenon that now makes me smile rather than cry. Jody was a kid who never forgot my birthday, and never outgrew giving his mom flowers. I choose to believe he still hasn't. There are many mysteries in life and death that can't be explained, and I think shouldn't be, but just accepted.

I Love . . .

By Joanie Yeager, TCF, Bryan, OH

I love it when:

- *the floor creaks and no one is there...*
- *a shadow flits across the window...*
- *I hear "Mom" in my head...*
- *a friend of yours gives me a hug...*
- *someone tells me a story about you...*
- *your cat suddenly jumps up for no reason...*
- *there isn't # 44 on any member of the basketball team you played on...*
- *I see a butterfly...*
- *I find a penny...*
- *the wild geese fly over your grave when we are there...*
- *I sense your presence behind me...*
- *someone has left something at your grave...*
- *a friend understands why I am grieving so, even after six years...*

...I Love You

The Masquerade

By Phyllis Haley, TCF San Antonio TX
whose 12 year old son was fatally shot by another boy with a pellet gun

In the daytime I walk, I speak, I work and all,
going through the motions and trying not to fall.
The office tells me "Function, Smile and get Control!"
But at home in private my grief takes its toll.

Home in the evening when all is so still
the heartache, the grief, move in for their kill
How can I survive? Why must I go on, what have I won?
My life is never happy since the loss of my son.

A smile and fake laughter hide my pain deep inside.
My companions are now hurt and torment since the day that he died!
It's morning again, time to put on the mask.
I've become good at deception, looking for strength is my task.
Yes, strength to get me through another rough day
of hiding my feelings and acting okay.

Society tells me "Oh I'm so sorry, how tragic and sad!"
"But he is with God now and you should be glad!"
People..., they have good intentions but I want them to know
that the loss of my son, it eats at my SOUL!
My life henceforth will never be bright.
The boy with the gun, it just wasn't right!
He took my Nick's life with his careless act,
it was stupid and foolish and those are the facts!

His freckled nose and smooth face never again will I see,
nor can I touch him or hold him, God, how can this be?
Lord I wait for your answers to come to my mind.
My faith has been tested and sometimes I feel blind.
For I cannot see your reason for this...
You let my son DIE, somethings amiss!

I don't understand why you took him from me.
Why I'm being tortured, why Nick, why, why, PLEASE!
Please give me some answers for the pain in my heart...
I'm sad and confused and I'm falling apart!

There are others still with me for whom I must live.
They hurt and they need me, so my love I must give.
It's my husband and daughter. They love me, I know.
So for them I'll keep smiling and putting on my show.
A part of me is now dead, it's gone forever,
Yet not forgotten, no, not EVER!

Sibling Page

He is Gone

By Selma LepinskiTCF Winnipeg CA

He is gone
 And he's never coming back
 I hope he knows
 How much he's missed
 He touched so many people
 They loved him too
 But they have no idea
 What I'm going through.
 I cover up my feelings
 As much as I can
 Nobody has to know
 The pain I have inside
 Sometimes I just can't hold back
 My feelings of loneliness and despair
 I love him so much
 This world is not fair.
 Why him?
 He was such a good brother
 I still don't understand
 Why it happened to him
 I can't handle these feelings
 They have become too much
 I just want to be with him
 Am I asking too much?
 I love him I always will
 But one day we'll be together -
 forever.

Ask Dr. Paulson

Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question and answer column, aimed at bereaved siblings and the family that loves them, appears in the quarterly TCF national magazine, We Need Not Walk Alone.

Question:

My 8 year-old sister died almost 8 years ago. I think that I have worked through my grief quite well, but I still can't stop thinking about her. Her birthday is coming up shortly and I feel the need to celebrate it just as if she were with us. I'd like to have a party, cake and candles. My parents have never suggested anything like this before, so I don't know what their feelings would be. It's just that I want to do something to show that she has not been forgotten. Should I suggest this to my parents or forget the whole thing?

Answer:

Celebrating your sister, her life, your relationship, the terrific person she was sounds like a great idea. It's difficult to let her birthday go unnoticed. It might be a good idea to talk to the rest of your family and ask them how (and when) they might want to celebrate. We celebrate my brother's birthday every year by having R.T.T.F.G. Day (Refuse to Take For Granted Day) on that day. This is a day we not only celebrate him, but also each other. We take this day to remind each other how special we think they are and how much we love each other. We give each other gifts that are especially meaningful - favorite books, favorite activities, wishes, etc.

I wholeheartedly recommend choosing a special day to remember her and celebrate her!



Our Children Remembered Birthdays



Joshua Bartosic	Son of Traci Jennings; Brother of Aaron Bartosic & the late Natasha Marie Bartosic	Mar 2
Timothy Bogart	Son of Nancy and Bill Bogart; Brother of Ryan Bogart & Katelyn Bogart	Mar 12
Joshua Booth	Son of Les and Bonnie Booth	Mar 12
John Evans	Son of Ann Evans; Brother of Tom Sampson & Patti Stout	Mar 12
John "Chuck" Frenchko	Son of John and Myrtle Frenchko; Father of Jason Frenchko; Grandfather of Lindsay & Miranda Frenchko	Mar 2
Joel Frisby	Son of Caroline Frisby; Brother of Richard, Gregory, Michael & Timothy Frisby	Mar 26
John Fry	Son of Cathy McDonald; Brother of Joey & Allison McDonald	Mar 19
Eileen Collins Gant	Daughter of Dorothy Collins; Sister of John, Steven & Brian Collins, Kathleen Morrison & MaryAnn Watkins	Mar 25
Sgt. Christopher Geiger	Son of George and Patricia Geiger	Mar 30
Lisette Hahn	Daughter of Louis and Joyce Szoke	Mar 4
David Hertzog	Son of Connie Hertzog; Brother of Billy Hertzog	Mar 10
Lori Hudasky	Daughter of Irene Hudasky	Mar 18
Ryan Jones	Son of David and Elaine Jones	Mar 7
Schylar Kempes	Son of John and Jenny Kempes; Brother of Courtney & Alex Kempes	Mar 8
Thomas S. Loquasto	Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle, Michael Loquasto, II & the late Jeffrey Loquasto	Mar 11
Beth Anne Mather	Daughter of Peter Mather	Mar 12
Michael McLaughlin	Son of James and Julia McLaughlin; Brother of Matthew and Patrick McLaughlin	Mar 16
Randy Peischl	Son of Betty Peischl	Mar 1
Valeri Powers	Sister of Stephen, Raymond & Gerald Taranto	Mar 31
Nolan Ritchie	Son of Robert and Tiffany Ritchie; Brother of Triston & Cora Ritchie	Mar 29
Maria Rothermel	Daughter of Gerald and Doris Rothermel; Sister of Mark Rothermel	Mar 25
Andrew Siegfried	Son of Rich and Ruthann Siegfried; Brother of Ben Siegfried	Mar 27
Geoffrey Steckel	Son of Dean and Patricia Steckel; Brother of Jennifer and Mark Steckel; Father of Benjamin and Emma Steckel	Mar 1
Linda Streletzky Kaintz	Daughter of Eleanor Streletzky; Wife of Kevin Kaintz	Mar 16
Travis Szerencits	Son of Craig and Cookie Harron	Mar 11
Tracy Szoke	Daughter of Randal and Kim Szoke; Sister of Trisha Remaley; Aunt of Nikita Remaley	Mar 9
Reeder Thatcher, Jr.	Son of Jane Thatcher & the Late Reeder Thatcher Sr.; Brother of Timothy, Michael & Lynne	Mar 12
Matthew Tobias	Son of Allen and Roseann Tobias	Mar 15
Sheena Villa	Daughter of Bill Villa & Maquera; Step Daughter of Angie Villa; Sister of Patrick Villa, Cruz Maquera & Gianni Villa	Mar 23
Chad Wagner	Son of Carl and Pamela Fehnel; Brother of Cori; Father of Morgan & Hannah Wagner; Husband of Kelli Wagner	Mar 13
Seth Warhurst	Son of Debra Warhurst; Brother of Michele Warhurst	Mar 4



Our Children Remembered Anniversaries



Penny Azar	Son of Michelle M. Azar & the late Diab Azar; Brother of Michelle Weidman and Jean-Pierre Azar	Mar 11
Cheyenne Brown	Granddaughter of Janice A. Picard	Mar 25
Debra Brown	Daughter of Doris Clauser	Mar 27
Emil Check, Jr.	Son of Mary Check; Brother of the late Joseph Michael Check	Mar 4
Nathan Deutsch	Son of Ronald and Karen Deutsch; Brother of Stephen & Derek Deutsch; Nephew of Roseann Mikalik	Mar 14
Darlene Fitch	Daughter of Gloria Fitch & the late Harold Fitch; Sister of Diane Lehr and Gary Fitch	Mar 10
John "Chuck" Frenchko	Son of John and Myrtle Frenchko; Father of Jason Frenchko; Grandfather of Lindsay & Miranda Frenchko	Mar 11
Benjamin Fry	Son of John and Cynthia Chryst; Twin Brother of Jeff Fry; Brother of the late Peter and Paul Fry	Mar 14
Aaron Groff	Son of Leon and Debra Manuel; Brother of Melissa LaBar	Mar 5
Clifford "Cliff" Grunwald	Son of Henry and Patricia Grunwald; Brother of Patricia Baranowski, Christine Moyer, & Marie Muschlitz	Mar 9
Rita Guerrieri	Daughter of Art and Mary Guerrieri	Mar 11
Jonathan Hawk	Son of Bruce and Mary Hawk; Brother of Bruce Hawk & the late Lisa Hawk; Uncle of Shaine & Sloan Hawk; Husband of Ashley Hawk; Father of Madisynn Hawk; Uncle of Shaine, Sloan and Madisynn Hawk	Mar 30
David Hertzog	Son of Connie Hertzog; Brother of Billy Hertzog	Mar 19
Ryan Jones	Son of David and Elaine Jones	Mar 7
Jonathan Keller	Son of Dennis and Lori Keller; Brother of Amy Keller	Mar 23
Bonnie Krause	Daughter of Josephine Leiby - Mather	Mar 24
John "Jack" Kushnerick, Jr.	Son of Bernice Kushnerick; Brother of Pat & Jan Kushnerick; Husband of Deborah A Kushnerick; Father of Tyler, Joe	Mar 16
Brian Lentz	Son of Gary and Judy Lentz	Mar 10
Jeffrey Loquasto	Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle, and Michael Loquasto, II	Mar 30
Kevin Martin	Son of J. Ronald and Linda Martin	Mar 17
Jim Minter	Son of Jim and Barbara Minter; Brother of Jeanine Minter	Mar 14
Robert Mitchell	Son of Patrick and Amy Sigafoos; Brother of Bryanna & Nathan and Amy Mitchel	Mar 17
Adria Parker	Daughter of Adele Parker; Sister of Nathan & Briana; Mother of the late Eliza Parker	Mar 22
Eliza Parker	Daughter of the late Adria Parker; Granddaughter of Adele Parker; Niece of Briana Parker & Nathan Parker	Mar 22
Buddy Pearson	Son of Bob and Shelly Garst	Mar 24
Brian Rotkowski	Son of Tom and Judy Rotkowski; Brother of Rebecca Rotkowski & Tommy Rotkowski	Mar 14
Quinna Schleicher	Daughter of Lin and Judy Schleicher; Sister of Aaron Schleicher; Granddaughter of Marie Moyer	Mar 10
Amanda Schultz	Daughter of Mark and Patty Schultz; Sister of Ryan & Eric Schultz	Mar 5
Lisa Staub	Daughter of Mark and Louise Stahley; Granddaughter of William and Patricia Johnson	Mar 2
Jason Steigerwalt	Son of Sandra Steigerwalt	Mar 20
Pete Swartwood, III	Son of Pete Swartwood	Mar 22
Sheena Villa	Daughter of Bill Villa & Maquera; Step Daughter of Angie Villa; Sister of Patrick Villa, Cruz Maquera & Gianni Villa	Mar 24
Seth Warhurst	Son of Debra Warhurst; Brother of Michele Warhurst	Mar 6
Christopher Yetter	Son of Richard Yetter, Stepson of Robyn Yetter, Brother of Nicholas Yetter & Jessica Yetter	Mar 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

John & Cindy Chryst

Benjamin Fry

You are our "Shooting Star !" Miss You! Love Mom and John

Kim & Randy Szoke

Michael E. Kulp (Pickle)

We miss you and love you Pickle. Love Aunt Kim & Unk Hank

David & Eileen Fehr

Brenda Marie (Fehr) Hatrak

Brenda, its been a long 11 years & we miss you so much every day! Love Mom, Dad & Family XOXO

Ann Evans

John "Jack" Evans, III

In loving memory - Missed so much!

Caroline Frisby

Joel L. Frisby

In Loving Memory



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 🦋

🦋 Aetna Payroll Donation Contributors 🦋

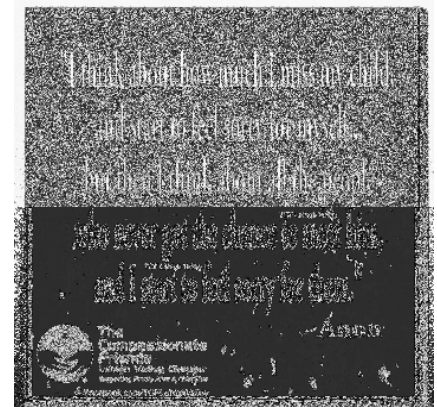
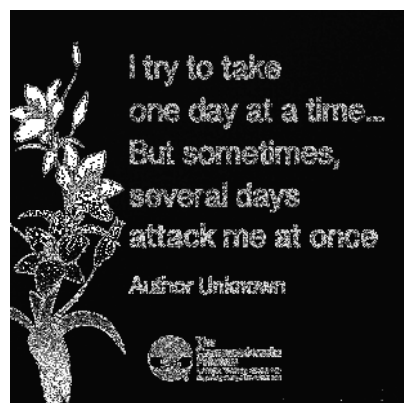
🦋 United Way Payroll Donation Contributors 🦋

🦋 Palmerton Community Ambulance Assn. for TCF Carbon County's meeting room 🦋

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

Please join with our 100 + fans by visiting and helping to promote The Compassionate Friends Lehigh Valley's Facebook page by liking our page. You can find our page at www.facebook.com/TCFLehighValley. Current postings on the page include daily quotes, poems and conversation starters. Everyone is welcome to post questions or comments on the page. We also have a set up a photo album so that you can share a picture of your precious child. To have your child's picture included on our page please email a jpeg to the newsletter editor We hope that the page will be an asset (as this newsletter is) to you on your grief journey.

Below is a sampling of our daily quotes



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...)



TCF NATIONAL CONFERENCE

Boston, MA
July 5 - 7, 2013

TCF National Conferences: Find Friendship, Understanding, and

A national conference of The Compassionate Friends is unlike any other conference you may ever attend. It is a place where you can go and know that you truly are not alone as you travel your grief journey. Every person comes for the same reason a child has died. It is a place where "friendship, understanding, and hope" are more than just words.

For almost three and a half decades, The Compassionate Friends has held national conferences in different locations, from the east coast to the west coast, from north to south. Today it's normal to have 1100-1400 bereaved parents, siblings, and grandparents attend. Of that number, it usually is the first TCF National Conference for over a quarter of those attending. Those new to TCF conferences are given a special butterfly sticker to wear on their nametag so that others may notice and give them special hugs. Everyone feels they are in a place where they belong. We often say that those at the conference are friends you simply have not yet met.

At each conference, there are many activities, but you decide what is right for you. There are more than 100 workshops (but don't think these are work—they're really a time for learning and sharing). Many areas of grief are covered by the workshops. There are workshops for bereaved parents, siblings, and grandparents. And there will be many workshops for those who have no surviving children. You'll find a hospitality room, a reflection room, the Butterfly Boutique, and a completely stocked bookstore. There are very interesting and well-known speakers who address the Opening Session, the Friday afternoon banquet, the Saturday evening banquet, and the Sunday closing. You'll also marvel at the quality of entertainment geared for those attending. There's also a special candle lighting ceremony to conclude the Saturday evening banquet. If you like a more intimate time with others, join in the evening sharing sessions of your choice.

For more information and reservations for this year's conference visit www.CompassionateFriends.org

TCF CREDO

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

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

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

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

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

We need not walk alone. We are The Compassionate Friends

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)