



THE COMPASSIONATE FRIENDS

LEHIGH VALLEY CHAPTER

Supporting Family After a Child Dies

610 462-1892

www.lehighvalleytcf.org

April 2013

Email: tcflehighvalley@gmail.com

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Volume 27, Issue 4

Steering Committee

Brian & Kathleen Collins, Gene & Dawn DeLong, George Geiger, Brenda Solderitch, Sharon Yurick;

Newsletter Editor

Kathleen Collins
TCFNewsEditor@gmail.com
 484-891-0823

Treasurer

Brenda Solderitch

Newsletter Mailing Coordinator

Brenda Solderitch

Remembrance Secretary

Birthdays Cards
 Maria Szabo

Acknowledgement Secretary

Sharon Yurick

Newly Bereaved Packet

George & Pat Geiger

Newly Bereaved Research

Gail Strohl

Newly Bereaved Contact

Dawn DeLong
 610 462-1892

TCF Regional Coordinators

Ann Walsh & Bobbi Milne

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

- April 8 Monthly Meeting: Separate Sharing for Men & Women
- May 13 Monthly Meeting - Topic: Mother's Day and General Sharing
- June 10 Monthly Meeting - Topic: Father's Day and General Sharing
- June 23 TCF Picnic & Memorial Balloon Launch

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

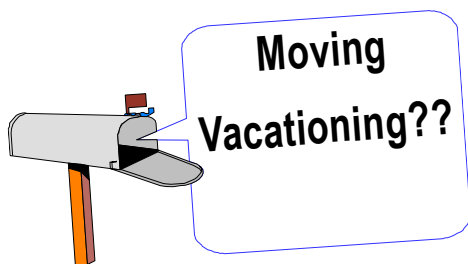
Infant	Cathy McDonald	610 391-1474 Suicide	John & Maria Szabo	610 866-5468
Multiple Loss/General	Betty Thompson	610 868-0303 Addiction	Nancy Howe	484-863-4324
Only Child	Shelly Garst	484 851-3450 Addiction/Sibling	Melanie Howe	484-863-4324
Homicide	Ginger Renner	610-967-5113		

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Find us on Facebook

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



The Post Office does not forward or hold bulk mail, it is returned to us at our expense and we will remove you from the mailing list. If you are moving or having your mail held please remember to inform the Newsletter Editor

Thank You

Events and Announcements

TCF Annual Family Picnic and Balloon Launch

June 23, 2013

12:00 Noon

Moore Township Recreation Center,
635 English Rd. Bath, PA

Families and friends who have experienced the death of a child, grandchild or sibling are invited to join as we celebrate and remember the lives of our children. Lunch will begin at 12:00 followed by the memorial Balloon release. Grilled hot dogs, drinks, paper products will be provided. Attendees are asked to bring a side dish or dessert to share. Also provided are helium balloons and markers, with which to write a message to your loved ones.

RSVP by using the form on the last page of this newsletter or call Kathy Collins (484)891-0823

Note: we also need volunteers to help with the picnic, If you are able please fill out the volunteer area on the RSVP and we will contact you.

Newsletter Submissions 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

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 Josh & Ashley Williams - Daughter - Avery Elisabeth Williams

A Marital Lesson in Grief

By Pat Retzloff TCF/Oshkosh, WI

When our son was killed, I remember thinking through the haze of pain that this most horrifying of life experiences would somehow bring us closer. Sharing the loss of a child created and loved by both of us for twenty years would surely deepen the bond between us. I was in for a surprise.

We clung almost blindly to each other until the shock began to give, way to ugly reality. As we each moved to our individual pattern of grieving, differences began to emerge. I felt like a time bomb about to explode, I needed desperately to talk about our son. My husband refused to verbalize his feelings and became angry at my overtures. I stopped trying to communicate.

This was beyond my comprehension. Where was my helpmate, my best friend? I felt rejected, unloved and terribly alone. Anger overwhelmed me as I bitterly realized that I wasn't going to be able to share my grieving with the person who meant the most to me in the world. I knew that many marriages fail after the death of a child. Dear God, how could we possibly survive an additional tragedy.

We attended a few Compassionate Friends meetings and then I continued alone. The gentle acceptance of others who had lost a child permitted me to talk or cry without guilt. Our problem was definitely not unique, many other parents expressed similar frustrations. So many couples experience marital difficulty after the death of a child that it is now considered the norm.

We weren't going crazy; just because our grieving styles were different didn't mean that our whole marriage would fall apart. My anger began to dissipate as I slowly faced the fact that, I had, been placing unrealistic expectations on my husband. Hurting at least as much as I, he simply could not meet my needs for support.

We began to have some honest discussions, agreeing that we needed each other's nurturing in order to survive and find meaning in life. We learned to respect each other's feelings. We tried to

please each other in little ways, a hug, a special meal, anything that expressed caring. Patience with each other soothed over many rough moments. Time spent alone together was very healing. It took a conscious decision from both of us to try harder. Some days we didn't have any energy left when grief was particularly painful. It wasn't always easy for we still couldn't talk about our son for along time.

Much later, the knowledge that support had been there all along from my friends, if I had only asked for it saddened me. I had to admit that I simply had been too proud to reveal myself as a suffering person in need of help. I will be forever grateful to The Compassionate Friends for being there... there with loving, open arms.

As I look back, ignorance of grief and the impact it can have on a marriage was the basis for our problems. But, in retrospect, how could we possibly have been prepared for the onslaught of paralyzing emotions that overwhelmed us.

Anguish of this intensity can reveal a spouse you've never seen before. Deeply wounded, you will both be inevitably changed from the experience of losing a child. Understanding these simple facts would have helped immeasurably.

No Macho Spoken Here

Cry on my shoulder and I'll cry on yours,
cry and cry,
let the hurt run out through your tears
scream out your pain
my tears run down your chest.

This child, our child
has died
a beautiful child, created by us,
a pair
neither play at being strongest
being weak together creates
the strongest link.

Toby Sue Shaw, TCF, Stamford, CT

Spring Bursts Forth with New Life and Beauty and So Will You

By Grace Remsberg, TCF, Sherman Valley PA.

Who could possibly disagree that we all look forward to Spring? Most of all, we welcome all the evidence of new life after the seemingly endless cold, sometimes bleak and dreary days of winter. What a difference the new growth of leaves on the trees makes in the -appearance of the landscape! There is the sudden burst of color in all the spring flowers and shrubs. From the crocus to the beautiful array of colorful azaleas to the very fragrant peonies that burst into bloom by the end of May.

Somehow, all of this gives us a new burst of energy as we throw off our heavy, warm, restrictive clothing and grab our gardening tools to plant the vegetable gardens and flower beds. However, we still keep a sweater or a jacket close by for those times now and then which are too cool for comfort just yet.

So it is with us, bereaved parents, for whom our whole world became a bleak, cold, and desolate winter when a much loved child was suddenly torn out of our lives. If you are at this point in your life now, then it is possible you may not be able even to be aware of all the beauty of the earth all around you now or in the summer or even in the gloriously colorful fall to come. If this is where you are now in your grief, be very patient with yourself. There are those of us who have gone through several Springs without being aware of them. It was not even possible for us to smile, let alone laugh--and we were positive that we never would be able to do so.

Does anyone else remember the time they first laughed as I do? It was at least six months after the death of my son and I was visiting with a very close friend who made some comment which must have struck just the right cord within me, and I laughed. It was such a shock to hear that sound come from ME that I actually reeled back in my chair and asked, unbelievably, "Did I do that?" For me, that was the first small burst of Spring coming back into my life! But, of course, I still had a long way to go.

Be assured...there can be a Spring in your life again! But you will have to work for it. It won't come if you just sit back and do nothing. Only you can be the judge of what it is you should do. Although you have

very special needs at this time and it is important not to push yourself beyond the point of your endurance, it may be necessary in the beginning to force yourself moderately to begin the work of building a new life for yourself.

You must do it for yourself. Eventually, you, too, will feel the first small burst of Spring coming back into your life. During this time, you will still need the protective covering of an understanding Compassionate Friend, as we sometimes need the protective covering of our jackets and sweaters on chilly nights in the Spring.

In time, you can be the Compassionate Friend helping other newly bereaved parents. Believe that you can and know that you will.

CROCUS

In the front garden
Close by the door,
Bloom golden crocuses.
They've been there before.

When you were quite little
So young and so small
We planted some dozens
One day in the fall.

They slept o'er the winter
There under the snow,
Then in the springtime
Bloomed with a glow.

You learned about flowers,
How they sleep and they grow.
You loved so to find them
Peeking out from the snow.

You had such a wonder!
You loved life so much!
Do these early blossoms
Remember your touch?

They'll bloom there again,
year after year.
A small drop of sunshine,
A small golden tear.

Joan Schmidt TCF Holmdel, NJ



Let's Talk About Anger

By Mary Cleckley, TCF Atlanta GA

Your child has died, and on top of all the other new and different feelings that are now a part of your being, you find that anger, too, has reared its head. It isn't hard to find targets at which to direct your anger. They're all around, conveniently waiting for you to single them out. There's nothing strange about this, for, you see, anger is a large part of the grief process for many.

Anger isn't considered a "good" emotion. Many have been programmed from early childhood not to show anger. "Don't you raise your voice to me, young lady (or stamp your foot, or slam that door)!" As a result, it is difficult for these people to even admit that they are angry, and that somebody must pay! Many will deny this emotion in the groups, but the seasoned sharing bereaved parent can often sense the rage within those parents and with gentle probing and reassurance, can help a parent to identify what they're really feeling and that it's really okay to feel that way.

Anger isn't an emotion that just goes away if not admitted. It simply buries itself in the sands of your being and there it festers and gnaws until you become an ugly and twisted person, who is no longer able to have satisfying relationships with yourself, much less with others.

The healthy way to deal with anger is to admit it, first off, and to know that you're not a bad

person because you are angry. The second thing is to identify why you are angry, and the truth of that is you're really angry because your child is dead (and that's more than a good enough reason). Thirdly, you need to recognize those who are the targets of your anger. You may find yourself angry with people who just happened to be convenient. For instance: the doctor or nurse who showed no obvious compassion at the time of the death; or the emergency medical people didn't get there fast enough, you think; or your spouse because he or she can't make it better, is grieving totally different from you and may want you to grieve his or her way, or because there was buried anger within your relationship with your spouse from things or situations that had nothing to do with your child's death, but is now surfacing.

If there was a suicide involved, it's easy to blame your child's spouse or girl or boyfriend. "If only they had treated them better," you think. The anger, no, rage, that comes from the fact that your child was murdered. The knowing that someone deliberately took your child's life, no accident there; it was intentional. That's an anger that is more easily understood and there's no problem identifying it. Besides the murderer, there are also convenient targets of law enforcement people who do their jobs poorly, or the unfairness of

the judicial system, or the opposing attorneys who try to make your dead child the culprit. If your child was killed by a drunk driver, you have many of the same targets as one whose child was murdered, plus anger at the drunk driver, who may have also died in the accident, denying you the satisfaction of seeing them punished.

Maybe you see your God at fault because your child is dead. Do you feel He failed you and are you angry about that? Have you admitted that to Him and felt free to wrestle with it?

The list could go on and on. I am sure you have several of your own to add to the list, for we find many outlets for our anger. Better, some say, than blaming yourself totally and living with the depression of that. The important thing is that we admit the anger that is inherent in the situation and get it out in the open. Bring it to the meetings and let's talk about it, or share it with a trusted friend who may not understand it, but who can hear it without making you feel guilty for being angry.

Sometimes there are things you can do to help you to express and then let go of this anger. Some people find it can be dispelled by telling the person, either face to face, or by letter, just why they are angry. Some letters need only be written and never mailed, for often it is the

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act of expressing your frustration that allows you to let go of it. If your child died a violent death and from your experiences you see the need for changes in our laws, it can be a tremendous help to work for these changes and have something meaningful occur because of your anger.

Nobody in the TCF says you shouldn't be angry. Instead, they encourage you to admit, identify, recognize, express, knowing that you may not be able to let go of it right now. You are encouraged, however, to have a goal of doing what is necessary to express and dispel it, and reaching out toward the time when you can let go of the anger. As long as you choose to be angry, know that you are denying yourself any pleasure that is left out there for you, for anger and happiness do not walk hand in hand. You have been hurt enough; you deserve whatever happiness you can find, and there is some. Make letting go of anger your goal and start today working toward it. It is a kind thing that you do for yourself -and you do deserve some kind things.

Some Things To Try When Anger Flares

TCF Lehigh Valley, PA

Anger and grief go hand in hand. It is a natural reaction to the loss we have suffered. As our minds struggle with the question "Why" we find some measure of comfort in blaming someone or something. Again, this is normal but we must take care not to let this anger define us. So what can we do to help dissipate anger. Below we have compiled a list of helpful suggestions for when you feel anger flaring again.

- **Writing** - Many members have found that writing to be a helpful way to express and vent their feelings of anger. After you have poured your heart out onto the paper you can either crumple it up and throw it away and it will take a portion of your anger with it.
- **Exercise** - This is a very good way to release

anger and you'll enjoy the added benefit of getting in shape too. Grief and anger often make us prisoners of our own homes. We have no desire to go out and be amongst the rest of the world. If you're not ready to face the world you can still get exercise by getting out and taking a brisk walk. Exercise releases endorphins and endorphins are responsible for feelings of happiness. It is impossible to feel happy and angry at the same time.

- **Talking** - Having someone who will actively listen in a non - judgmental manner is enormously helpful. Find someone to talk to a friend, relative priest or therapist. TCF is a great place to share. We have all been where you are and share the same pain, heartache and anger in a way that no one but another bereaved parent could.
- **Art** - Even if you're not artistic you can to buy some paints and cover a canvas with colors of you anger. Don't worry about creating a masterpiece the point is to express your feelings.
- **Do Something Constructive** - Channel your energy into helping others. Volunteer with an organization that stands for the things you believe in or start your own. In helping others we also help ourselves and if something good can out of our loss, it can add meaning to our child's death.
- **Do Something Destructive**- Not something truly destructive but something that feels good and releases the pent up anger inside. You could buy old dishes at a thrift store and smash them; punch a pillow; Scream at the top of your lungs in a closed car; Throw stones into a lake; etc...

*Holding on to anger is like grasping
a hot coal with the intent to throw it
at someone else...*

you are the one who gets burned

~ Buddha

Sibling Page

Dear Sibling,

How can I possibly tell you how much I miss you? But of course you probably know, since you knew me better than anyone. No matter how much time passes, I still wish you were here to share our lives. And the future I expected us to have together. Even though we fought and at times neglected each other, I just assumed that you would always be there. That we'd grow old together and remember stories of growing up and laugh at each other as we looked and acted more like our parents. That we'd share our joys and setbacks, and adore each other's children.

Your death has rocked me harder than I could have imagined I'd survive. Ultimately, there are no answers to my questions. There is no replacing you and there is no solace for my grief. There is only the simple choice I made every day to live on in the honor of your memory and the love we shared. To strive to carry on the best of who you were. To cherish the brief time we have with others. To celebrate the opportunity to be alive. To have compassion for the pain of others as well as my own. To have the courage to love fully as I have loved you and to remember that you would want me to go on and find joy again.

You gave me so many gifts while you were alive and I continue to discover the gifts in this loss. I am so thankful you were born my sibling. I would not have traded our time together for anything. You are always with me because you are a part of me.

Melanie Lanioureaux,

Random Reflections

By Tammy Walmann — Miami Co., KS

It's been a year now
And the books say I should be
Getting back to "normal."

But I still can't pass your picture
On the bookcase without
Touching your face.

I still wake up in the night
Sometimes and can almost
Hear your voice in the quiet.

I still run to the window when the
Dogs bark at night with the hope
In the back of my mind that somehow
You've wandered into the yard.

I still whisper your name into the wind
When I walk down our lane in the still
Of evening and strain to hear an answer.

When I'm troubled and upset
I still talk to you like
I always did and
Imagine the advice you'd give me.

I still stop on our dark country road
Sometime and turn off the car engine
And lights and wait and hope that
I can see or hear you.

It's been a year now and the
Memories are still so vivid
That I can almost touch them.

It's been a year now and
I know With all my heart that your
Presence will never fade in my mind.



Our Children Remembered Birthdays

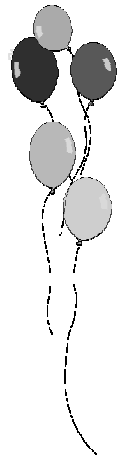


Patricia Arey	Daughter of William and Elizabeth Arey; Sister of Elizabeth Ann, Barbara, Rose Marie & Elaine	Apr 18
Graham Beckhorn	Son of Alice Keyes; Brother of Patrick Beckhorn & Christopher Beckhorn	Apr 20
Nicholas "Nick" Caldarelli	Son of George and Cheryl Caldarelli	Apr 29
Holly Cavanaugh	Daughter of Bill Cavanaugh & Beverly Ann Cavanaugh; Sister of Bo Cavanaugh	Apr 27
Corey Deprill	Son of Chuck and Sue Deprill; Brother of Michael Deprill	Apr 20
Thom Eichlin	Son of Nancy Eichlin	Apr 23
Brett Flexer	Son of Randy and Karen Flexer; Brother of Dylan, Derrick and Karen Flexer	Apr 9
Olivia Jo Grazer	Daughter of Scott & Melissa Grazer; Granddaughter of Louis and Margie McCullen; Granddaughter of Stan & Diane	Apr 7
James "Jimmy" Hotz	Son of James and Elizabeth Hotz	Apr 24
Gavin Krum	Son of David and Lora Krum; Brother of The Late Dylan Krum; Grandson of Henry and Shirley Long; Grandson of Nevin Krum	Apr 9
Michael Kulp	Son of Mike and Tamara Kulp; Brother of Mikell Kulp	Apr 21
Trever Landis	Son of Robin Landis; Brother of Marlea, Dana & Kelsey Landis	Apr 16
Timothy Mihalko	Son of Nancy Mihalko; Nephew of David & Joan Miles; Cousin of Denise Schaffer	Apr 12
Frank Mirabile	Son of Joseph and Laura DeVito; Brother of Michael, Joseph & Nicholas	Apr 19
Chereen Nawrecki	Sister of Ashlie Nawrecki	Apr 3
Eliza Parker	Daughter of The late Adria Parker ; Grand daughter of Adele Parker, Niece of Nathan Parker & Briana Parker	Apr 3
Donna Potkovic-Roth	Daughter of Michael and Annette Potkovic, II ; Sister of Michele Cuvo, Matthew, Mark, John & Denise Potkovic & the late Michael N. Potkovic, III	Apr 21
James Waitkus, Jr.	Son of Elizabeth Waitkus; Brother of Alice Walbert & the late Dale A. Waitkus	Apr 5

A Special Birthday

Please God, make them remember that today is a special, birthday.
 Make them understand that the memories don't go away.
 Bless them, with ears to hear and hearts that care.
 Enable them to listen while I share.
 Shelter them that they may never know my pain.
 Help them to help me know that my child's life was not in vain.

Help them to remember, Lord that I wish that
 my child was here so we could still celebrate.
 To understand that I still feel the nearness of my child.
 To see beyond my smile and the words. "I'm okay."
 Please God, just let one remember today
 Is a Special Birthday!





Our Children Remembered Anniversaries



Marie Albert	Daughter of Kim and Barbara Hunsicker	Apr 6
Brian August	Son of Edward and Debbie August; Brother of Lisa & Eric August	Apr 22
Mark Bailey	Son of Thomas and Karen Bailey	Apr 8
Elizabeth Brown-Gibson, MD	Daughter of Richard J. and Marilyn Brown; Sister of Margaret Nahrganl & Eric Brown	Apr 2
Brian Davis	Son of Stewart and Nancy Davis; Brother of Kristin Hoffman & Sandy Davis	Apr 25
Ky DiVittorio	Son of Jan DiVittorio; Brother of Ian DiVittorio	Apr 3
Brett Flexer	Son of Randy and Karen Flexer; Brother of Derrick, Dylan Flexer and Karen Flexer	Apr 23
Olivia Jo Grazer	Daughter of Scott & Melissa Grazer; Granddaughter of Louis and Margie McCullen; Granddaughter of Stan & Diane	Apr 7
Zachary Heck	Son of Lori Heck; Brother of Cyera Heck	Apr 25
David Hoagland, Jr	Son of Gypsy Garrett	Apr 26
Richard "Rich" Hollabaugh	Son of Wayne and Linda Hollabaugh	Apr 10
Lori Hudasky	Daughter of Irene Hudasky	Apr 22
Jamie Laudenslager	Daughter of Jane Laudenslager; Brother of Jon & Shelly	Apr 14
Michael "Mike" Morgan	Son of Raymond and Deborah Vrtis	Apr 19
Rey Nino	Son of Reynaldo and Janet Nino	Apr 11
Daniel Ostertag	Son of George Ostertag; Brother of Noel & Patrick Ostertag	Apr 10
Angelo Providakis	Son of Michael and Joanne Providakis	Apr 9
Caden Rabenold	Son of Catherine Rabenold; Grandson of Bill and Vicki Rabenold	Apr 27
Stacey Schmidt	Daughter of Rick and Beverly Schmidt	Apr 20
Julie Searfoss	Daughter of Gregory and Sharon Searfoss; Sister of David Searfoss; Granddaughter of Hilda Smoyer	Apr 25
Andrew Siegfried	Son of Rich and Ruthann Siegfried; Brother of Ben Siegfried	Apr 18
Linda Streletzky Kaintz	Daughter of Eleanor Streletzky; Wife of Kevin Kaintz	Apr 2
James "Jimmy" Thompson	Son of Mary A. Thompson & the late Richard Thompson; Brother of Marie, Mark, Patrick & Kathy Thompson; Uncle of Josh & Drew Thompson	Apr 6
Sean Virmalo	Son of Udo and Janet L. Virmalo; Brother of Eric, Brett & Katelyn Virmalo	Apr 28
Richard "Rick" Wetherhold	Son of Franklin and Eleanor Wetherhold; Brother of Michael Wetherhold	Apr 16

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

Dorothy Collins	Eileen Collins Gant <i>In Loving Memory</i>
Laura DeVito	Frank Nicholas Mirabile <i>Happy Birthday in Heaven Frank. We all miss you</i>
John & Aymae Sulick	Jon Michael Sulick <i>In loving memory of our Son & Brother who we have loved & missed for 21 years</i>
David Bremmer	Hunter Bremmer <i>In Loving Memory</i>
William and Elizabeth Arey	Patricia Arey <i>Forever Loved - Never Frogotten</i>
Jim & Lisa Schneck	Lauren Lynn Schneck <i>In Loving Memory</i>
Michael & Susan Center	Jason Lee Frey <i>In Loving Memory</i>
Lora & Dave Krum	Gavin Krum <i>Your first birthday in Heaven - Happy #15 - Celebrate with Dylan! Love you both !</i>
Josephine Leiby	Bonnie Krause <i>In Loving Memory</i>
Betty Peischl	Randy Lee Peischl <i>Love & Miss You</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* 🦋

🦋 *Mrs James Clifford* 🦋

🦋 *Julia McLaughlin* 🦋

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

<p>Contributor Name _____</p> <p>Address _____</p> <p>Phone _____</p>	<p>Mail to:</p> <p style="text-align: center;">THE COMPASSIONATE FRIENDS LEHIGH VALLEY CHAPTER P.O. BOX 149 BATH, PA 18014</p> <p>Email Address _____</p>
<p>I would like to make a donation <input type="checkbox"/> In Memory of <input type="checkbox"/> In Honor of <input type="checkbox"/> A Chapter Gift (without memorial or honorarium)</p>	
<p>Name of person gift given for _____</p>	
<p style="text-align: right;">Edition Month <small>desired publication month . Deadline by the the 1st of the prior month</small></p>	

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 Annual Family Picnic and Balloon Launch

When: Sun. June 23, 2013 @ 12 pm (Rain or Shine)

Where: Moore Township Recreation Center

635 English Rd. Bath, PA

All Compassionate Friends members and their families are invited to join us for our annual Covered Dish Picnic and Balloon Launch. Hot dogs, drinks & balloons are provided by the chapter. Please bring your favorite covered dish, lawn chairs & sports equipment

Use the form below or call 610-837-6393 to RSVP by June 1st

____ Yes, I will attend ____ Total ____ Adults ____ Children

Covered dish I will bring: _____

Name _____ Phone _____

Address: _____

Chapter(s) You Attend: _____

____ Yes, I will volunteer to help with the picnic ____ Set Up ____ Clean Up ____ Other

Mail to: TCF, Lehigh Valley, C/O Kathy Collins, 2971 Pheasant Dr, Northampton, PA 18067

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)