



THE COMPASSIONATE FRIENDS

LEHIGH VALLEY CHAPTER

Supporting Family After a Child Dies

610 462-1892

www.lehighvalleytcf.org

June 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

June 10 Monthly Meeting: Topic Fathers Day & General Sharing

June 23 Annual TCF Family Picnic and Memorial Balloon Launch - See page 2 for details and pg 12 for RSVP & directions

July 8 Music with a special meaning

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/General Loss	Betty Thompson	610 868-0303	Addiction - - - -	Nancy Howe	484-863-4324
Only Child - - - - -	Shelly Garst	484 851-3450	Addiction/Sibling-	Melanie Howe	484-863-4324
Homicide - - - - -	Ginger Renner	610-967-5113			

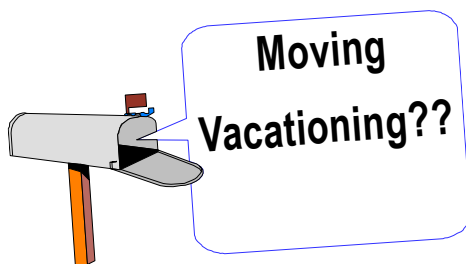
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Keywords: The Compassionate Friends, Lehigh Valley



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 form & directions are on the last page of this newsletter. To RSVP by phone 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 form.

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
Thank you, Your 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.

Carbon County Thomas & Christina Bankos - Daughter - Hannah Rose Bankos

Carbon County Debbie Goodman - Daughter - Lorraine Corbo

Carbon County Lisa Corbo - Sister - Lorraine Corbo



Father's Day

By Jim Brown, TCF
Cape May County, NJ

Just as Mother's Day was difficult and sad for bereaved mothers - Father's Day will be very difficult for bereaved fathers. Many articles in this newsletter have been written by bereaved fathers.

I hunt, fish, camp, drive a fast car, play football, basketball and baseball, I am tough! I went to war. I am the toughest two-legged mammal alive. I am a MAN.

While our son was still in the hospital, I cried alone so my wife wouldn't see me. At home I cried alone, in the shower, in the back yard, anywhere but in front of my wife. I had to be a rock. After our son died, I helped support my wife in the best way I knew how. I was a rock for her to lean on. I was invincible. The rock caused more trouble than good. Soon, we were not talking or getting along with each other and I didn't understand why. My wife became angry. She told me, "You act like you don't love J.J." (because I didn't appear to be grieving).

The rock became mush. I then realized what I had done. I had played MAN instead of just being a father and a husband. You see, a mother does not need a rock with no emotions. She needed me to show her that I did indeed love our son and that I was hurting after his death, and that I did cry. My wife comforted me later that night, after we had talked. I cried, she cried. We both needed it. I found out that it was good for me to cry and let my wife help me. I am MAN. I am a grieving man, who now, does not mind crying in front of anyone. I cry for myself and for our son, J.J.

Dear Mr. Hallmark (A Father's Day Message)

*It's me again from Heaven
where clearly everything is seen,
And so it just occurred to me,
it's nearly June sixteen.*

*I know we just discussed a card
for Mom this year,
And how no cards there were
for a child like me to share.*

*And now I found no card again
for me to reach down from above
To thank my Dad who gave me life
and really needs my love.*

*He's still the father I call Dad,
no matter where my soul resides;
He tries so hard to comfort Mom
and so his tears he hides.*

*I need some way to tell him
he can be sad and cry with Mother
It's good for him to cry at times
we all cry for each other.*

*Yes, I see Dad as he talks to me
to my picture in his wallet
You see I really need a way
to let him know I got it!*

*Some say that Mom and Dad
they grieve in different ways,
And so it looks from the outside,
but I see through that worldly haze.*

*My Dad he cries while in the car,
the shower washes all those tears;
He thinks, "A better Dad I could've been
than I was throughout those years."*

*And so you see, Dear Hallmark man,
I need your help to let him know
Just what a wonderful Dad he's been -
He's given all he can bestow.*

*My dad, my friend, the one
with whom I could walk and talk and play
He needs to be remembered, too
like other fathers on Father's Day.*

*Please help me find that special way to
tell him all to me he's been. That by his
side each day I'll stay until, one day, we
meet again.*

Anonymous

To Bury A Child

By Ron Tramer
RonTramer.com

I always took for granted,
as a parent, I'd go first,
but somehow in our family
life's order got reversed.

I believed the day would come
that you would bury me,
but in my sorrow, I now know
that isn't meant to be.

The wisdom of our Father,
who dwells in heaven's sky,
is well beyond that of my own.
I shall not question why.

I pray that He will comfort me,
and help my heart to heal.
Only those who've lost a child
can know the pain I feel.

In God's time I know you'll be
back in my arms again.
Don't forget how much you're loved
and missed, dear child, 'til then.

***Friends are those rare
people who as how you
are doing and then wait
to hear the answer.***

*Ed Cunningham
TCF Savannah, GA*



Goodnight, My Child

Doug Swisshem, Cincinnati, Ohio

My eyes are tired and weary now, I think I'll go to bed,
I doubt if I will rest at all, your memories fill my head.
I wish that I would go to sleep and my dreams would be of you, You'd
wipe away my tears and all my grieving would be through

I know it's not that easy, but the pain won't go away.
I only know that here and now you're in my thoughts each day. You're in
a far, far better place, this much I know is true.
I'm sure that you are happy there, but I'm still missing you.

I'm not sure if I hugged you tight the last time we said goodbye,
I can't remember the last words we said & it sometimes makes me cry,
I sometimes hear you laughing even though you're not around,
And I know that you're still with me now whenever I hear that sound.

But as time goes by, the sound of your voice slowly fades away,
And one day I know I'll no longer hear the things you used to say.
So do not wander far from me, for I need you more than ever,
The love that bound us here on earth will still keep us together.

I wish that I could see you if for only one more day,
I wish I could tuck you in tonight and this is what I'd say,
"Although it seems we have a lifetime left to share our hopes & dreams,
A lifetime isn't long enough for some of us, it seems,

So here's a hug and kiss goodnight; I'll stay right here by your bed.
Now go to sleep little angel and may sweet dreams fill your head,
Goodnight, my child, good night, I can't bear to let you go. I love you
more than words can say, more than you'll ever know."

A butterfly landed on my shoulder today and I know that it was you,
I could swear I heard it whisper to me just like you used to do.
It's times like this when all I can do is sit and quietly weep,
My eyes are tired and weary now, and I only hope that I can sleep.

A Gentle Reminder to Go on Living

By Andrew Padden from "Colorado Voices" in the Denver Post.

Finally, I have a platform to complain, vent, accuse, and generally make my thoughts known on how wrong everything is. The only problem with that is that I find myself with little to complain about. I have a wonderful wife and two great kids. I get along with my parents and in-laws. I'm good at my job and like my neighbors....

Don't get me wrong. I could search for things to complain about. My dog won't obey me and has since trained my kids not to obey me. There is a petition circulating my neighborhood requesting that my truck be banned from the streets during daylight hours. Then, of course, there are the real things I could complain about the war with Iraq, drought, forest fires, the economy, the presidential election campaign, and so on. And last, but certainly not least, my infant son dying three months ago.

To be honest, not much else has mattered since my son died. I miss him terribly, but I don't feel right complaining. I've always been told that life wasn't fair. Until my son's death, I hadn't experienced how unfair. it could be. I have always been the happy-go-lucky, loud-talking, fun-loving, self-deprecating sharp wit (or is that halfwit?). I'm the jolly fat man who is quick with a joke and quicker with a beer. The happy Daddy, ready to wrestle, play trucks or Barbie. I'm a lot like Santa—only not as organized or as generous.

Or I should say, I was. What surprised me and helped my shattered heart was the generosity and compassion shown by almost everyone I knew. The support my wife and I received enabled us to hold our lives together for each other and for our other children. The kind word or open ear goes a long way when recovering from something like this. It's a long process, recovering from the death of anyone you love, but it is longer when it is a child. It's a journey that we are just beginning, and one that will never end. I know that it will get easier because it can't get any harder.

I often go to my son's grave during my lunch hour from work. I read him the sports page, stressing the

current plight of the Avalanche, hoping for some divine intervention. During one of these sessions, I was sitting under the tree that shades his grave, complaining how unfair it was for a father and son to be separated by six feet of earth. I was most of the way through my diatribe when a bird pooped on my shoulder. I didn't look up because I wasn't sure if he was done yet, but I did scramble to my feet, cursing & threatening: As I stood there griping and wiping, I thought to myself that this was a sign. Not immediately, mind you. I mean, lightning bolts and thunderclaps are traditional signs from the afterlife. Bird poop generally doesn't have any existential significance.

However, the bird bombing was a message from my son. I can see you, rolling your eyes, but I believe. It was my son's way of telling me to get back to being myself. It's all right to mourn and grieve; in fact, it is a must. There is no timetable for grieving, but I need to wipe it off and get back to work.

I'm not so quick to complain about it anymore. Nothing can change the fact that he is gone. If I'm not going to complain about my son dying, I shouldn't be complaining about anything else. Because of my Irish blood and poet's heart, it won't surprise anyone when I raise a glass to toast my angel on occasion. But no longer will I complain about my loss —because I carry him in my heart and in my head. Besides, there are many large geese in the cemetery, and I don't need my son to send me a bigger message.

Father's Day

One of the many mixed feelings a father will have on Father's Day will be one of failure... failure as a protector of his child who has died. The roles of protector and father are synonymous. The father's duty is both to love and to protect his child from harm. A man may intellectually know he did his best; but the child, his care, is still painfully absent on this Father's Day.

Dick Moen, TCF Indianapolis

Sibling Page

Excerpts from

"Adult Siblings Grief"

Most people misunderstand how deeply adult siblings grieve. If your sibling was older than you, you have shared life with him or her as long as you have had your parents. Even if your sibling was younger, you may not remember life without him or her.

When your sibling died, you not only lost a unique loved one, but you lost that person's role within the family. It is normal that you and other siblings will try to 'fill in' some of these roles. Some changes may take place quite naturally and easily while others may feel awkward and cause a great deal of conflict with the family.

For some bereaved siblings, the fact that their sibling's death has altered their relationship with their parents is deeply painful. Under the stress of coping with the death of their child, your parents may react to you as though you were still a small child. They may try to comfort you at their own expense, or try to protect you from the reality of death. If this happens, you may need to talk to your parents and offer them some concrete ways they can be supportive of you.

You may find yourself trying to protect your parents from the grief you feel. You may go to great lengths to hide your pain from them. You may take on parental responsibilities in an effort to care for them ending up 'parenting your parents'. And if your parents feel you are overprotecting or smothering them, respect their response.

Ultimately, you will forage a new relationship with your parents. Talk with them about what you observe and ask them to share with you how they see you differently. Tell them you want to use these new understandings to build a new, more mature relationship with them.

Lifted from "Broken Hearts, Living Hope"

I'M SORRY FOR THE THINGS I DIDN'T DO

It's too late to say "I'm sorry"
 For the things I didn't do.
 It's too late to say, "Forgive me,
 And I'll make it up to you."
 For you're gone now, forever.
 Oh, if you only knew,
 "Kid Brother," just how much I miss you.

No more teasing, no more pleasing,
 No more borrowing the car.
 No more promising to be careful,
 No more sneaking in the pickle jar.
 God in Heaven, please take care
 Of that brother of mine.
 He was so sweet, so tender and kind.

Oh, Dear God, when you see him,
 Please tell him for me
 That I miss him something awful,
 Though I have my memories.
 And, Dear God, there is something
 That I'm asking of You-
 Ask Jimmie to please forgive me
 For the things I didn't do.

Laura Mae Martin, Sibling,
 TCF, Grand Junction, CO



Our Children Remembered Birthdays



Marie Albert	Daughter of Kim and Barbara Hunsicker	Jun 14
Patricia Alliston	Daughter of Glen and Peggy Wessner	Jun 22
Sean Apgar	Son of Randy Apgar	Jun 18
John Ashner, Jr.	Son of John and Grace Ashner	Jun 22
Mark Bailey	Son of Thomas and Karen Bailey	Jun 19
Aaron Bissell	Son of Bob and Patti Bissell; Brother of Danielle Bissell; Nephew of Orval and Lorraine Parkhurst	Jun 17
Rachael Brosky	Daughter of Karl Brosky; Daughter of Jeanette Beilfuss; Sister of Rebekah Brosky-Dorsey & William Brosky	Jun 9
Elizabeth Brown-Gibson, MD	Daughter of Richard J. and Marilyn Brown; Sister of Margaret Nahrganl & Eric Brown	Jun 15
Anthony Coccia	Nephew of Jane Coggins;	Jun 30
Brock Depew	Son of Alex and Patricia Polohovich; Brother of Troy Austin Depew	Jun 11
Nathan Deutsch	Son of Ronald and Karen Deutsch; Brother of Stephen & Derek Deutsch; Nephew of Roseann Mikalik	Jun 4
Ilyana Figueroa	Daughter of Jennifer Santos & Michael Figueroa; Sister of Jayden Figueroa	Jun 21
Peter & Paul Fry	Sons of John and Cynthia Chryst; Brothers of Jeff Fry & the late Benjamin Fry	Jun 1
Jeffrey Halvorsen	Son of Deborah Halvorsen; Brother of Michael Halvorsen	Jun 20
Christopher Harrison	Son of Jerry and Elizabeth Harrison; Brother of Andrea	Jun 7
Jack Julo, Jr	Son of Jack and Margaret Julo	Jun 14
Bonnie Krause	Daughter of Josephine Leiby - Mather	Jun 22
Dylan Krum	Son of David and Lora Krum; Brother of The Late Gavin Krum; Grandson of Henry and Shirley Long; Grandson of Nevin Krum	Jun 22
Wayne Marks	Son of Barbara Carter; Brother of Marie Greenwood	Jun 19
Michael McDonald	Son of Fran McDonald	Jun 26
Michael Milot	Son of John and Patti Milot; Brother of Jill; Father of Michael Jr	Jun 30
Peter Radocha	Son of Lucille Radocha & Frank T. Radocha; Brother of Gina Sacco & Frank Radocha, Jr; Uncle of Mary, Peter, Paul, & Anthony	Jun 13
Nicole Reinhart	Daughter of Michael and Pamela Reinhart; Sister of Mikey & Timmy Reinhart	Jun 3
Justin Schmidt	Son of Kim Boyer & Chris Schmidt; Brother of Amber Schmidt	Jun 13
Amanda Schultz	Daughter of Mark and Patty Schultz; Sister of Ryan & Eric Schultz	Jun 18
Steven Seibert	Son of Thomas and Eva Seibert; Brother of Nick & Krista Seibert; Grandson of Eva Juhasz	Jun 27
Thomas Sensinger	Son of Ann Sensinger; Brother of Susan Brown	Jun 14
Manya Shipreck	Daughter of Aline Shipreck; Sister of Carolina Shipreck	Jun 27
Philip Smith	Son of Morgan Smith	Jun 22
Brian Virga	Son of Carol Carman; Brother of Fran Catino; Bruce Virga & The Late Christopher Carman	Jun 23
Christopher Yetter	Son of Richard Yetter & Stepson of Robyn Yetter; Brother of Nicholas Yetter & Jessica Yetter	Jun 9



Our Children Remembered Anniversaries



Christopher Carman	Son of Carol Carman; Brother of Fran Catino, Bruce Virga & The Late Brian Virga	Jun 8
Rachel Dallas	Daughter of Robert and Linda Dallas; Sister of Sadie Dallas	Jun 14
Denise Deiter	Daughter of Franklin and Lucille Reinhard; Sister of Cheryl Ann McCue; Mother of Danny Deiter	Jun 11
Corey Deprill	Son of Chuck and Sue Deprill; Brother of Michael Deprill	Jun 25
Illyana Figueroa	Daughter of Jennifer Santos & Michael Figueroa; Sister of Jayden Figueroa	Jun 21
Wayne Forman	Son of Donald and Theresa Forman; Brother of Jeffrey, Carol, Ken & Gene; Father of Kayla Skye Forman Roberts	Jun 11
Joel Frisby	Son of Caroline Frisby; Brother of Richard, Gregory, Michael & Timothy Frisby	Jun 4
John Fry	Son of Cathy McDonald; Brother of Joey & Allison McDonald	Jun 14
Peter & Paul Fry	Sons of John and Cynthia Chryst; Brothers of Jeff Fry , the late Benjamin Fry	Jun 1
Mary Greaser	Daughter of Lucian and Brenda Strybuc	Jun 14
Jennifer Grider	Daughter of Carl and Joan Grider	Jun 29
Jeffrey Halvorsen	Son of Deborah Halvorsen; Brother of Michael Halvorsen	Jun 4
Jill Harris	Daughter of Fred and Pat Andrew; Sister of Jeff; Mother of Sam & Alex Harris	Jun 28
Lisa Hawk	Daughter of Bruce and Mary Hawk; Sister of Bruce Hawk & the late Jonathan Hawk ; Aunt of Shaine, Sloan & Madisynn Hawk	Jun 1
Jack Julo, Jr	Son of Jack and Margaret Julo	Jun 18
Joseph McGouldrick	Son of Pat McGouldrick; Brother of Jennifer McGouldrick	Jun 5
Timothy Mihalko	Son of Nancy Mihalko; Nephew of David & Joan Miles; Cousin of Denise Schaffer	Jun 4
Ryan Miller	Son of Patti Miller; Son of The late Richard Miller, Jr; Brother of Richard Miller, III	Jun 12
Lisa Munjone	Daughter of Lorraine Parkhurst	Jun 11
Rosemary Olesh	Daughter of Rose Mociadowski; Sister of Jean Redding; Mother of George Olesh, IV	Jun 21
Allison Perno	Daughter of Cathy Perno; Sister of Joseph & Anthony Perno	Jun 10
Nolan Ritchie	Son of Robert and Tiffany Ritchie; Brother of Triston & Cora Ritchie	Jun 23
Cory Ross	Son of Kathy Ross; Brother of Michael Ross	Jun 12
Eric Sisson	Son of Daniel Sisson and Crystal Crout; Brother of Courtney & Logan Crout	Jun 29
Jared Thomas	Son of Sandra B. Schueck	Jun 22
Brian Virga	Son of Carol Carman; Brother of Bruce Virga; Fran Catino & The Late Christopher Carman	Jun 9
Craig Yurick	Son of Robert and Sharon Yurick; Brother of Todd Yurick	Jun 21
Richard "Rick" Zellner	Son of Lester and Judith Zellner, Jr.; Brother of Jacqueline Scheetz, Vicki Stelzer & Lindsey Teman	Jun 8

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

Mark & Patty Schultz	Amanda L. Schultz <i>In Loving Memory</i>
Lawrence & Ruth Hebdon	Mark Andrew Hebdon <i>Mark, You are gone nineteen years, but you are still in our hearts as our gift from God. We Love You!</i>
Kim & Barb Hunsicker	Marie Lynn Albert <i>Forever Loved, Never Forgotten</i>
Fred & Pat Andrew	Jill Patricia Harris <i>You're in our hearts every day - Love Mom, Dad, Jeff, Sam & Alex</i>
John & Grace Ashner	John Ashner, Jr. <i>We love and miss you, Mom & Dad</i>
David Bremmer	Hunter Bremmer <i>In Loving Memory</i>
Lucille Radocha	Peter Radocha <i>Happy Birthday Pete. Love from all your family</i>
Dave & Lora Krum	Dylan Krum <i>Happy 18th Birthday, Dyl - your 3rd one in heaven, first one with Gavin with you.</i>
Ronald & Donna Sherbaum, Sr.	Ronald "Ronnie" Sherbaum, Jr. <i>Always loving you, 11 years missing you Ronnie</i>
Tomand Karen Bailey	Mark Adam Bailey <i>In Loving Memory</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 🦋

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 _____

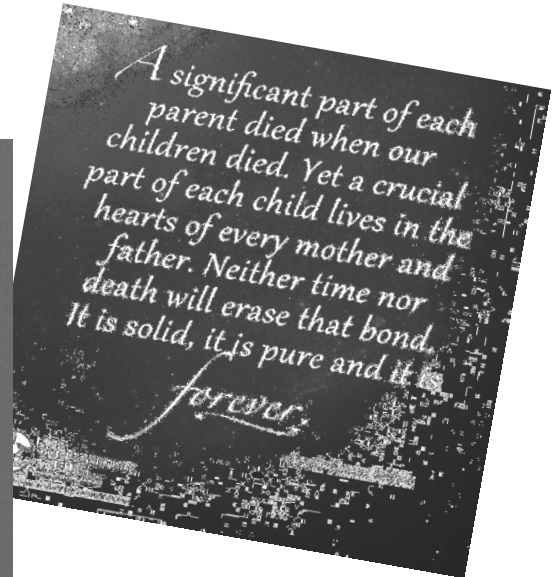
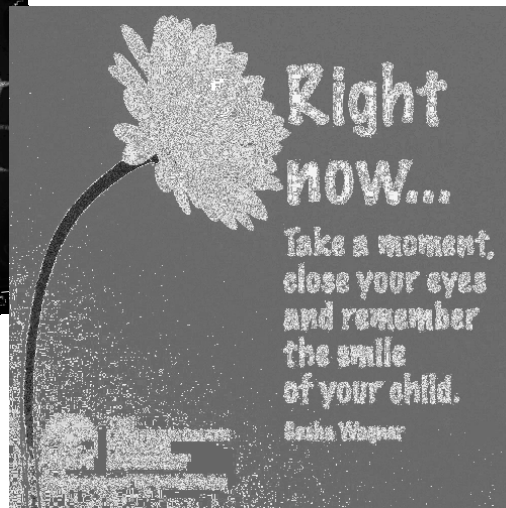
If this is a information change ... please indicate what changes need to be made (i.e. name change, correction, sibling name addition etc...)

Did you know...TCF Lehigh Valley has a Facebook Page?

We utilize the page to keep our members informed of support group meetings (and cancelations if the need arises), special events and chapter news. 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 to you on your grief journey as well as keep you informed of chapter happenings. Please take a few moments to visit our page today and stay informed of chapters news and receive daily quotes by liking our page. You can find our page at www.facebook.com/TCFLehighValley.

Below is a sampling of recent daily quotes



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.

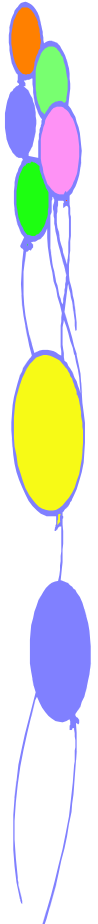
Some of us have found our faith to be a source for strength; while some of us are struggling to find answers. Some of us are angry, filled with guilt or in a deep depression; while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we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

TCF Annual Family Picnic & Balloon Launch

Sun. June 23 @ 12 pm (Rain or Shine)
Moore Township Recreation Center
635 English Rd. Bath, PA



You are invited to join us for our annual Covered Dish Picnic and Memorial Balloon Launch.
Hot dogs, drinks & balloons are provided by the chapter.
Please bring your favorite covered dish, lawn chairs & sports equipment
For questions or further information contact Kathy Collins at 610 837-6393

Directions to the park:

From Bethlehem Area - Take Center St./ PA-512 north, to PA-946 (Community Dr) Turn left proceed 2.4 miles to English Rd turn left, continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Carbon County Area -Take PA-248 east to PA-512 (Walnut St.) turn left proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left, continue .04 miles. to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Easton Area - Take PA-248 west to PA-512 (Walnut St.) turn right, proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Wind Gap Area -Take PA-512 South to PA-946 (Community Dr) Turn right proceed 2.4 miles to English Rd and turn left, continue .04 to park entrance on right. Turn right into the park and follow the park road to the first stop sign Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion

Suggestion: Keep this top portion as a reminder

RSVP Form

PLEASE PRINT

Yes, I will attend the picnic Total Attending 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: The Compassionate Friends, Lehigh Valley
C/O Kathy Collins
2971 Pheasant Dr.
Northampton, PA 18067