



THE COMPASSIONATE FRIENDS

LEHIGH VALLEY CHAPTER

Supporting Family After a Child Dies

610 462-1892

www.lehighvalleytcf.org

July 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

- July 8 **Monthly Meeting: Music with Special Meaning**
- Aug. 12 **Monthly Meeting: General Sharing**
- Sept. 9 **Monthly Meeting: Guest Speaker - Rev. Anne Huey**

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		

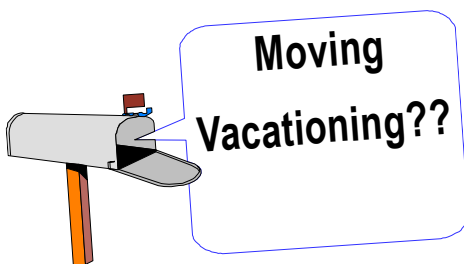
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Keyword: TCFLhighValley



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

July Meeting

"Music with a Special Meaning"

We added this meeting to our schedule for the first time last year and we had a such positive response that we are offering it again.

For the meeting we ask that you bring a cd with one musical selection that holds special meaning. This can be a song that speaks to your heart and gives you comfort in your grief journey or a song that you reminds you of your child or a favorite song of theirs. If you participated last year you may wish to bring a different selection this year. We ask that you exercise good judgment in making a selection and are prepared by making note of the track number.

During the meeting we will play a musical selection, after which members will have the opportunity to share how this music is related to your child, family and or grief process. We will then move on to the next selection and so on. Time permitting we will have a open sharing session afterwards. As with our all regular sharing sessions you are not obligated to participate, you are welcome to just come and listen.

September Meeting

Guest Speaker - Rev. Anne Huey, MDiv, MSHS, BCC

Rev. Huey will be addressing the group at our September Meeting. Rev. Huey is currently supervises the Spiritual and Bereavement Care Programs at St. Lukes hospice. She has over 20 years experience working with hospice care and over 30 years in the ministry. She has spoken with our group several times over the years and her intelligent and insightful visits are always well received.

Even if you are unable to attend any other meetings this year we encourage you to take advantage of this opportunity to hear Rev. Huey speak.

Mark your calendar for September 9th

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.

Mail to: The Compassionate Friends
Attn: Newsletter Editor
PO Box 149
Bath, PA 18014

Email to:
TCFNewsEditor@gmail.com

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

Thank you, Your Editor



The butterfly lays a tiny dewdrop of an egg on a juicy milkweed leaf. Inside the egg is her baby. When the baby hatches, however, she is not a beautiful butterfly like her mother. She is a caterpillar, who eats and chews on the milkweed leaf for two weeks.

The caterpillar's skin doesn't grow with her, so she has to take it off. She spins a little thread, clings to it, puffs air under her skin until it splits. She stretches and twists until she emerges, dressed in a new and larger skin. She eats, grows and changes her skin three times.

We might be tempted to help release the butterfly from her cocoon. It is human nature to want to assist, but if we do, she will fall to the ground and die; the struggle to free herself strengthens her wings enough to survive and fly.

Grief is certainly like this process. We feel ugly, we change, we hide, we sometimes spin a cocoon around ourselves and we struggle. Like the butterfly, we need to free ourselves. It takes a long time.

There is a difference, however; others may help us as we struggle. We need not do it all alone as the butterfly does, but the ultimate responsibility is ours. We have to grieve, hurt, cry, be angry and struggle to free ourselves from the cocoon of grief. And one day, we do emerge — a beautiful butterfly, a stronger person, a more compassionate person, a more understanding person.

One More Day

By Steven Dale Jones & Bobby Tomberlin
Recorded by the country group Diamond Rio

Last night I had a crazy dream.
A wish was granted just for me
It could be for anything.
I didn't ask for money
Or a mansion in Malibu
I simply wished, for one more day with you

One more day
One more time
One more sunset, maybe I'd be satisfied
But then again
I know what it would do
Leave me wishing still,
for one more day with you

First thing I'd do, is pray for time to crawl
Then I'd unplug the telephone
And keep the tv off
I'd hold you every second
Say a million I love you's
That's what I'd do,
with one more day with you

One more day
One more time
One more sunset, maybe I'd be satisfied
But then again
I know what it would do
Leave me wishing still,
for one more day with you

*I wish dreams were like
wishes and wishes came
true, because in my dreams
I'm always with you*

Author Unknown



Vacations

By Elizabeth Estes - TCF, Augusta, GA

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the "take it easy" kind-at a hideaway, tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobbled streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after Tricia's death, we found fast-paced vacations at places we had never been before, to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn't mention her. We did, but it seemed less painful than at home.

One caution: Do allow enough time for sleep; otherwise, an exhausted body can depress you.

We've said it many times: **YOU HAVE TO FIND YOUR OWN WAY, YOUR OWN PEACE.** Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don't be afraid of change, it can help with your re-evaluation of life.

The Rights of the Bereaved - Independence Day

By Nancy Cassell, TCF Monrmoth Co. Chapter

Independence Day is our country's anniversary as a free and independent nation. As Americans, we have learned to exercise our rights that were so sorely earned. But what are the "rights" of the bereaved parent? Our freedom can sometimes be stifled by well-meaning people.

As a bereaved parent, you have a right to:

- * Miss your child, even after many years.
- * Talk about your child who died as you would your living children.
- * Cry when some small remembrance hits you like a brick.
- * Tell people how you "really" feel when they ask.
- * Grieve in your own way, and in your own time.
- * To be happy again!

Bereaved parents have a right to express their feelings of grief, to exercise their expressions of loss, to remember their loved one lived!

So, dear parents... Claim the rights that are yours. Claim your freedom to be **YOU** and one day you will claim your independence from grief.

Extra Space on the 4th of July

By Kelly Maxwell, Pikes Peak, CO TCF

When we sit at a picnic table,
There is an empty space.
When we sit on a car to watch the fireworks,
There is extra space.
When we use our sparklers,
One box is more than enough.
We have lots of extra space
On the Fourth of July

To Every Parent Who's Lost a Child

By Dianne Hahn
Unknown Chapter

To every parent who's lost a child,
I know your tortured pain.
I hear your voice as you cry out
your son or daughter's name.

To every parent who's lost a child,
I understand your rage.
To lose your child is life's cruelest blow,
regardless of their age.

To every parent who's lost a child,
I know your loss of hope.
The future seems dim and uncertain,
as you stumble and you grope.

To every parent who's lost a child,
I know your bittersweet joy.
As you travel through you memories
of your precious girl or boy.

To every parent who's lost a child,
I understand your regret,
Over words that were not spoken
or promises unkept.

To every parent who's lost a child,
I pray for peace of mind,
Understanding seems to elude us
and the answers are hard to find.

Our pain is so great, our sorrow so deep,
it seem we won't survive
Only together can we find the courage
and hope to face the rest of our lives.

But You're Absolutely Normal

Joanne Bone
TCF, Greater Boise Area, ID

Grief is a normal reaction to loss, and it shows up
in many ways you might not expect.

If you've:

- ☞ been angry with doctors or nurses for not doing enough,
- ☞ been sleeping too much or not enough, noticed a change in appetite
- ☞ felt no one understands what you're going through, felt friends should call more or call less or leave you alone or invite you along more often,
- ☞ bought things you didn't need, or considered selling everything and moving,
- ☞ had headaches, upset stomachs, weakness, lethargy, more aches and pains,
- ☞ been unbearable, lonely, and depressed, crabby, cried for no apparent reason, found yourself obsessed with thoughts of the deceased,
- ☞ been forgetful, confused, uncharacteristically absentminded,
- ☞ panicked over little things
- ☞ felt guilty about things you have or haven't done
- ☞ forgotten why you went somewhere,
- ☞ called friends and talked for a long time, or called friends and wanted to hang up after only a brief conversation,
- ☞ not wanted to attend social functions you usually enjoyed,
- ☞ found yourself unable to concentrate on written material, and unable to remember what you just read,

You're normal. These are all common reactions to grief. They take up to two years (or more) to pass completely, but they will pass. You'll never forget the person who has died, but your life will again become normal, even if it is never exactly the same. Take care of yourself. You will heal in time.

To Know Me

By Judi Barkman Redlands, CA

To know me, is to know I worry. I worry even though I know I shouldn't. I worry though I know it is completely unproductive. I worry, as I breathe.

I was faced with raising four sons as a single mom. Sons that seemed to get into every kind of scrape imaginable, and I found myself facing emergency room visits for stitches and a broken arm or two. I began to restrict their activity, fearful that when they rode their bikes something "bad" could happen, or when they roller skated, or when they just played rough as boys often do. I became the over-protective mom I didn't want to be. I saw other mom's letting their kids build skate board ramps, and taking them dirt bike riding.. but I was too fearful. Sports? Oh heavens, you know they could get hurt don't you? So, to a degree I sheltered them from the experiences that they should have enjoyed. Fear robbed them of some of their childhood experiences.

The thing I worried about more than any other was that one day, I would have to bury one of my children. I was so fearful that when they went out, I would literally make myself sick with the "what ifs". Go to sleep before they got home? Never happen. Fear would paralyze me at times.

"You'll break the worry habit the day you decide you can meet and master the worst that can happen to you." ~*Arnold Glasgow*. God knows, I DID NOT want to have to meet and master this fear... but it happened and I had no choice but to deal with it.

Shane was a safe, cautious driver who took it so very seriously. He would readily volunteer to be the designated driver so that everyone would safely return from a night out. Shane's life ended on a stretch of road that is flat and clear for miles and miles. Flat everywhere except for the tiny spot that took his life...an overpass. Shane's life ended when at the top of this tiny hill, he was met head-on with a drunk driver who got on the freeway going the wrong direction. A minute or two later, or a minute or two earlier, and he would had the

opportunity to see it and react. BUT, he was killed instantly and I was faced with my worst fear.

In the six years since Shane's death, I have learned that what everyone said about worry was true. WORRY is such a waste of time. I spent hours, hours and hours fretting about something that happened anyway. Did any of that worry make it not so? Absolutely not. Did any of that worry make it easier to bear when it did happen? Absolutely not. Did any of my protective measures stop it from happening? Absolutely not.

I coped. I believe it was God and a band of angels that saw me through, but I coped better than all those worries I had conjured up in my brain. It was then I realized I would not live the rest of my life worrying about every little thing. A worrier will never stop worrying completely, let's be realistic. BUT, I don't restrict myself, or my boys, from enjoying life out of fear. If it's going to happen, it will happen whether I worry about it or not. The only thing that worry does is rob us of today's joy, while it instills a fear of something that may or may not happen tomorrow. I wish I never had to face this fear. I wish more than anything Shane was still here, however, from this day forward, instead of living by fear and worry, I remind myself of a better motto... *Carpe Diem* (Seize the day).

Worry is like sitting in a rocking chair...



It gives you something to do but it doesn't get you anywhere.

English Proverb



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LEHIGH VALLEY CHAPTER
Supporting Family After a Child Dies
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Sibling Page

The Difference Between 'Letting Go' and Forgetting

By Judy Goer, TCF, Tampa, FL

When my brother passed away, I had a difficult time distinguishing between 'letting go' and 'forgetting.' I felt that to let go of TC would mean to start forgetting him. Needless to say, I was unwilling to, do this. Eventually I learned I could let go without forgetting my brother. Learning to 'let go' was and is a day-to-day process. The memory of my brother is stronger and dearer today because it is not as clouded by pain. With each day there is more acceptance.

The reason I'm sharing this with you is because I used to be very concerned that TC's friends would forget him. It hurt to think of all of them going on with their lives without TC. My family received visits, cards and letters when TC passed away. Slowly, however, the contact became less and less.

I met a woman the other day who recognized my name. We talked for awhile and I learned that her daughter was very close to my brother. I also learned that her daughter continues to visit the accident site and remembers TC and their friendship.

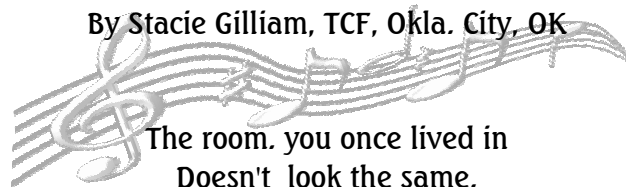
That made me understand that the power of love is stronger than I ever imagined. Not only have my memories of my brother remained dear, but he is remembered by his friends. I'm sure some of you can understand these feelings and I wanted to share this with you. Maybe it will help you to understand that you can 'let go' without forgetting. Maybe it will remind you that a person lives on in the hearts of many.

“ Sometimes you'll find that it's the saddest songs that bring you comfort and the memories that make you cry are the happiest ones you'll ever have”

Author Unknown

It's the Music That Bonds the Soul

By Stacie Gilliam, TCF, Okla. City, OK



The room. you once lived in
Doesn't look the same.
The people who used to call you
Never mention your name

The car you used to drive,
They may not make anymore
ALL the things you once treasured
Are boxed behind closet doors.

The clothes you. set the trends by
Are surly out of date.
The people you owed money to
Have wiped away the slate.

Things have changed and changed
Again since you went away
But some things have remained the
Same each and every day

Like this aching in my heart...
A scar that just won't heal
Or the way a special song
can change the way you feel

Brother, you must know that music bonds us
And will always keep us close
Because secretly, I know in my heart
It's the music you miss the most

So let the world keep on turning
And time can take it's toll
For as long as the music keeps playing
You'll. be alive and dancing in my soul.



Our Children Remembered Birthdays



Megan Benninger	Granddaughter of Betty Thompson	Jul 21
Joseph Chanitz	Son of John & Ruth Chanitz	Jul 16
Lorraine Corbo	Daughter of Debbie Goodman; Sister of Lisa Corbo	Jul 13
Sarah Davidson	Daughter of Dean & Donna Davidson; Sister of Nicholas Davidson	Jul 10
Denise Deiter	Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue; Mother of Danny Deiter	Jul 3
Robert Freudenberger	Son of Nola Freudenberger	Jul 17
Kelly Gallagher	Daughter of Tom & Sherry Gallagher	Jul 14
Katrina Gunkel	Daughter of Dana Frisk & Mark Gunkel	Jul 4
Luke Hahn	Son of Dana Hahn	Jul 7
Dean Hess	Son of Dale & Joanne Hess; Brother of Lisa Hess	Jul 31
John Leonard, Jr	Son of John & Jule Leonard; Brother of Karen	Jul 27
Mitchell Lloyd	Son of Sandra Lloyd ; Brother of Douglas, Randy & Fran Lloyd	Jul 27
Michael Longyore	Son of Charlotte Longyore	Jul 6
Joseph McGouldrick	Son of Pat McGouldrick; Brother of Jennifer McGouldrick	Jul 24
Ed McNally	Son of Don & Connie McNally; Brother of Sean McNally	Jul 29
Buddy Pearson	Son of Bob & Shelly Garst	Jul 12
Bradley Peters	Son of Robert & Anne Peters, Jr.; Brother of Jessica Mohn & Morgan Peters	Jul 22
Michael Powers	Son of Richard & Margaret Powers; Brother of Billy, Richie, Tara & Ryan Powers	Jul 9
Cory Ross	Son of Kathy Ross; Brother of Michael Ross	Jul 24
Aaron Schaible	Son of Linda Stewart; Brother of The late Jennifer Schaible	Jul 30
Ronald "Ronnie" Sherbaum, Jr.	Son of Ronald & Donna Sherbaum, Sr.; Brother of Daniel & Joseph Sherbaum; Father of Alexander Sherbaum	Jul 17
Jeanmarie Siedlecki-Moyer	Daughter of Joe & Monica Siedlecki; Sister of MaryAnn & Michele Siedlecki & the late Joey Siedlecki	Jul 30
Christopher Stasurak	Son of Paul & Adriane Stasurak	Jul 10
Casey Stengel	Son of Casey & Jane Stengel; Brother of Chrissy, Sarah, Lisa & Mike Stengel	Jul 22
Kyle Strohl	Son of Ron & Gail Strohl; Brother of Jennifer Grimes	Jul 10
James "Jimmy" Thompson	Son of the late C. Douglas "Doug" Thompson	Jul 31
Hunter Wolfe	Son of Tony Wolfe & Kimberly B Sargeant ; Brother of Carter & Olivia	Jul 23
Richard "Rick" Zellner	Son of Lester & Judith Zellner, Jr., Brother of Vicki Stelzer, Jacqueline Scheetz; & Lindsey Teman	Jul 22

*Happy Birthday up in Heaven
 That's were all the Angels go
 And down here in our hearts
 Your candle will always glow*



Our Children Remembered Anniversaries



William Bender	Son of Dean and Sheri Tretter	Jul 8
Megan Benninger	Granddaughter of Betty Thompson	Jul 21
Timothy Bogart	Son of Nancy and Bill Bogart; Brother of Katelyn Bogart & Ryan Bogart	Jul 4
Hunter Bremmer	Son of Dave Bremmer; Brother of Heather Bremmar; Grandson of John Bremmar, Jr	Jul 12
Sarah Davidson	Daughter of Dean and Donna Davidson; Sister of Nicholas Davidson	Jul 10
Sheila DeBoer	Daughter of Hendrick and Barbara DeBoer & the late Henry DeBoer	Jul 27
Brian DeLong	Son of Lenny and Linda Fritzing	Jul 4
Mark Dilts, Jr	Son of Mark and Joy Dilts; Brother of Beth Dilts	Jul 8
Alexandra Dixon	Daughter of Albert and Joan Dixon; Sister of Zack Dixon	Jul 31
Eric Fenstermacher	Son of Rick and Kathleen Fenstermacher; Brother of Heather Fenstermacher	Jul 31
Sgt. Christopher Geiger	Son of George and Patricia Geiger; Brother of Michael, Terrance, David & Timothy Geiger & Roseanne Reenock	Jul 9
Eric Graver	Son of Mary L Graver	Jul 9
Katrina Gunkel	Daughter of Mark Gunkel & Dana Frisk	Jul 18
Luke Hahn	Son of Dana Hahn	Jul 5
Dean Hess	Son of Dale and Joanne Hess; Brother of Lisa Hess	Jul 22
James "Jimmy" Hotz	Son of James and Elizabeth Hotz	Jul 4
Allan Itterly	Son of Richard and Jeanette Itterly; Brother of Albert and James	Jul 8
Colleen Kilker	Daughter of Mark and Kathleen Kilker; Sister of Meghan, Bridget and Mark Kilker	Jul 23
Dylan Krum	Son of David and Lora Krum; Brother of The Late Gavin Krum; Grandson of Henry and Shirley Long & Nevin	Jul 15
David Kunsman	Son of Charles and Joan Kunsman; Brother of Walter Alfonso, Sherry Flanagan, Sandra Kunsman & the late	Jul 15
Kristin Kuser	Daughter of Tim and Elizabeth Kuser	Jul 31
Michael Longyore	Son of Charlotte Longyore	Jul 31
Doreen Meyers Ortiz	Daughter of Terry and Angeline Meyers; Sister of Dwayne T. Meyers	Jul 13
Amanda Mohr	Daughter of Rodney Mohr & Beverly Mohr	Jul 22
Valeri Powers	Sister of Stephen, Raymond & Gerald Taranto	Jul 31
Peter Radocha	Son of Frank T. Radocha & Lucille Radocha; Brother of Frank Radocha, Jr; Gina Sacco, Uncle of	Jul 1
Larry Shunk	Son of Betty Thompson	Jul 21
Joseph Siedlecki, Jr	Son of Joe and Monica Siedlecki; Brother of MaryAnn & Michele Siedlecki and the late Jeanmarie Siedlecki Moyer	Jul 9
Matthew Snyder	Son of Robert and Elizabeth Snyder; Brother of Megan and Jesse Snyder	Jul 10
Christopher Stasurak	Son of Paul and Adriane Stasurak	Jul 10
Keith Storat	Son of Richard and Susan Storat	Jul 22
Benjamin Thomas	Son of Kathy Thomas; Brother of James Thomas	Jul 13
Travis "Bo" Tkach	Son of Jim and Sandi Tkach; Brother of Tristin & Tyler Tkach	Jul 20
Hunter Wolfe	Son of Tony Wolfe & Kimberly B Sargeant; Brother of Carter & Olivia	Jul 7

FYI - If this is your child or siblings birth month and their name does not appear in this section or there is an error,



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

David Bremmer

Hunter Bremmer
In Loving Memory

Aline Shipreck

Manya Victoria Shipreck
Our love, Mommy & Carolina

Wayne K. & Linda J. Hollabaugh

Robert "Bob" & Verna Koehler
Gift of yourselves mentoring parents & sibling in memory of your only child Robert "Bobby" Koehler

Wayne K. & Linda J. Hollabaugh

Richard "Rich" Lee Hollabaugh
Precious Son - Our Hearts Forever



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* ✈

They whom we love and lose are no longer where they were before. They are now ...wherever we are.

St John Chrysostom

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 _____

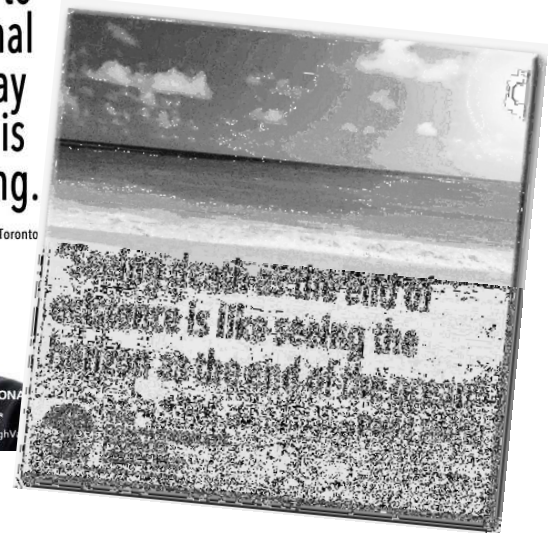
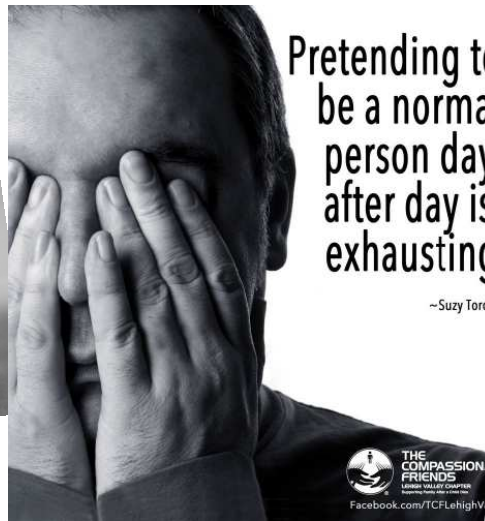
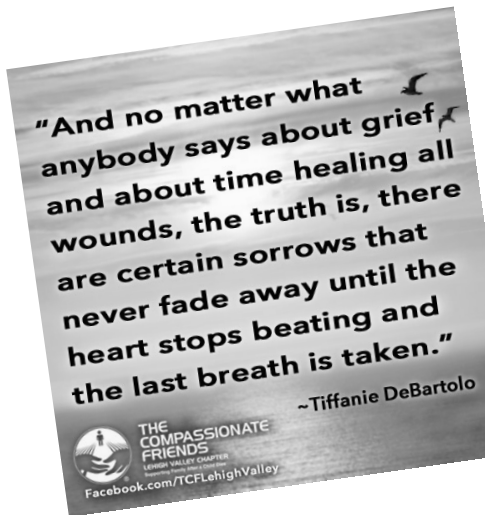
If this is a information change ... please indicate what changes need to be made (i.e. name change, correction, sibling name addition etc...)

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

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)