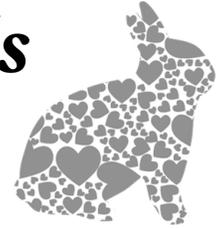




The Compassionate Friends

Lehigh Valley Chapter

Supporting Family After a Child Dies



484-597-0240

www.lehighvalleytcf.org

facebook.com/TCFlehighvalley

April 2014

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.

About Our Meetings...

Meetings are held 2nd Monday each month 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.

Meeting and Events Calendar

- April 14 Monthly Meeting - Separate Sharing for Men & Women
May 12 Monthly Meeting - Topic: Mothers Day & General Sharing

Meeting Cancellations

All cancellations will be posted on our [facebook page - facebook.com/TCFLehighValley](https://facebook.com/TCFLehighValley), on our [website homepage & calendar - www.lehighvalleytcf.org](http://www.lehighvalleytcf.org) and on [voicemail 484-891-0823](mailto:484-891-0823). Please refer to these sources for updates on the meetings

Other Local TCF Chapters Meetings

Carbon County	Easton	Quakertown
1st Wednesday 6:30 - 8:30 pm Palmerton Community Ambulance Assn. 501 Delaware Ave. Palmerton 610-826-2938 Email: pannbiss@aol.com	2nd Thursday 7 - 9 pm Good Shepherd Lutheran Church, 2115 Washington Blvd., Easton 610-866-5468 Email: szabojanos1@verizon.net	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) - www.slhn.org/ryanstree

Sessions are offered at various times throughout the year. Call Krista Malone @ 610-997-7120 for information or register

Children's General Bereavement Group (ages 5 - 13)

Jeanette Laube, MA facilitates a children's bereavement group on a as needed basis. Preregistration required. Meeting day, time & place coincide with TCF, LV meetings. Call 610-762-5783 to register or for more information

TCF Telephone Friends

For those times that you need to connect with someone between meetings, the following bereaved parents are available to listen and share

Infant Loss Kim Szep..... 610-730-3111	Suicide..... John & Maria Szabo..... 610 866-5468
Infant Loss Cathy McDonald... 610 391-1474	Addiction..... Nancy Howe..... 484-863-4324
Multiple Children/ General Loss..... Betty Thompson... 610 868-0303	Homicide..... Ginger Renner..... 610-967-5113
Only Child..... Shelly Garst..... 484 241-5396	

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News, Events & Announcements

April Meeting

We will be offering separate sharing sessions for men and women this month

June 14 - TCF Picnic and Memorial Balloon Launch

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.



TCF will be providing hot dogs, drinks, paper products. 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

Volunteers needed, to lend a hand complete the volunteer area on the RSVP form.

Note: We use environmentally friendly biodegradable materials for our balloon release

In Memoriam

Darcie D. SIMS, PhD., CHT, CT, GMS

Died at home on 2/27/14. She is preceded in death by her parents, and her infant son, Austin "Big A". Darcie wore many hats in her short time on this earth. She was a mother, wife, grandmother, educator, leader, rose colored glasses wearer, smile on a stick carrier and friend. She was an internationally recognized public speaker on the topic of Grief and Bereavement. Darcie taught thousands of people all over the world how to cope with their grief. She was awarded a lifetime achievement award, The Voice of The Compassionate Friends for her tireless efforts supporting families who cope with the death of a child.

To Our New Members

Making the decision to come to your first meeting can be difficult. It can also be difficult to return for a second or third meeting, but we ask that you attend three meetings before deciding whether or not TCF will work for you. We cannot walk your grief journey for you, but we can take your hand and walk beside you if you allow us to. We have no easy answers or quick fixes, but we care, share and understand. Although our members circumstances may be different, we have all "been there"...we are all grieving the loss of a child and therefore we can truly say we understand. You are not alone.

To Our Seasoned Members

Think back to your first meeting, You were hurt, confused and felt alone in your grief. Remember the comfort you felt when you found you weren't alone and that others that had been where you were and survived. Remember the love and support you felt as fellow members offered on your grief journey. Now you are stronger and may not feel the need to attend meetings for aid and comfort. We need you though. New members need you. They need your encouragement, support and wisdom. If you haven't attended a meeting in awhile please consider coming back to offer hope to those who now feel lost and see no hope.

"It is one of the most beautiful compensations of life that no man can sincerely help another without helping himself"
~Ralph Waldo Emerson

New Members

We regret the cause that has brought you here. As fellow bereaved we offer care, compassion, comfort and a deep understanding of the pain you are experiencing.

Lehigh Valley	Jolanta & Krzysztof Zalewska	-	Son	-	Michael Zalewski
Lehigh Valley	Penny Jacobs	-	Son	-	Austin Robert Jacobs
Lehigh Valley	Patty Gustafson	-	Son	-	Nicholas Alan Gustafson

Our Children Loved and Remembered Always

Birthdays and Anniversary dates can be especially difficult.

Please keep the parents, grandparents and siblings of the following children in your heart this month

April Birthdays

Patricia Arey	Daughter of William & Elizabeth Arey; Sister of Elizabeth Ann, Barbara, Rose Marie & Elaine	Apr 18
Hannah Rose Bankos	Daughter of Thomas & Christina Bankos; Sister of Matthew Bankos	Apr 8
Graham Beckhorn	Son of Alice Keyes; Brother of Christopher Beckhorn & Patrick Beckhorn	Apr 20
Nicholas "Nick" Caldarelli	Son of George & Cheryl Caldarelli	Apr 29
Holly Cavanaugh	Daughter of Beverly Ann Cavanaugh & Bill Cavanaugh; Sister of Bo Cavanaugh	Apr 27
Corey Deprill	Son of Chuck & Sue Deprill; Brother of Michael Deprill	Apr 20
Thom Eichlin	Son of Nancy Eichlin	Apr 23
Brett Flexer	Son of Randy & Karen Flexer; Brother of Derrick, Dylan & Karen Flexer	Apr 9
Olivia Jo Grazer	Daughter of Scott & Melissa Grazer; Granddaughter of Stan & Diane; Granddaughter of Louis & Margie McCullen	Apr 7
James "Jimmy" Hotz	Son of James & Elizabeth Hotz	Apr 24
Gavin Krum	Son of David & Lora Krum; Brother of the late Dylan Krum; Grandson of Henry & Shirley Long and Nevin Krum	Apr 9
Noah Krynock	Son of Heidi Hricisin, Brother of Seth & Sierra Hricisin	Apr 6
Michael Kulp	Son of Mike & 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	Apr 12
Frank Mirabile	Son of Joseph & Laura DeVito, Brother of Michael, Joseph & Nicholas	Apr 19
Eliza Parker	Granddaughter of Adele Parker; Daughter of The late Adria Parker	Apr 3
Donna Potkovic-Roth	Daughter of Michael & Annette Potkovic, II; Sister of Michele, Matthew, Mark, John, Denise & the late Michael Potkovic, III	Apr 21
Scott Sargeant	Son of Gary & Phyllis Sargeant; Brother of Gary & Paul	Apr 14
James Waitkus, Jr.	Son of Elizabeth Waitkus; Brother of Alice Walbert & the late Dale A. Waitkus	Apr 5

Please Note: Due to privacy concerns Birthday and Anniversary listings are only published with permission for parents /guardians, siblings and grandparents. If your child, grandchild or siblings name does not above or a correction is needed please fill out and sign the Update Form on page 11

April Anniversaries

Marie Albert	Daughter of Kim & Barbara Hunsicker	Apr 6
Mark Bailey	Son of Thomas & Karen Bailey	Apr 8
Elizabeth Brown-Gibson, MD	Daughter of Richard J. & Marilyn Brown; Sister of Margaret Nahrganl & Eric Brown	Apr 2
Brian Davis	Son of Stewart & 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 & Karen Flexer; Brother of Derrick, Dylan & Karen Flexer;	Apr 23
Olivia Jo Grazer	Daughter of Scott & Melissa Grazer; Granddaughter of Louis & Margie McCullen; Granddaughter of Stan & Diane	Apr 7
David Hoagland, Jr	Son of Gypsy Garrett	Apr 26
Richard "Rich" Hollabaugh	Son of Wayne & 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 & Deborah Vrtis	Apr 19
Daniel Ostertag	Son of George Ostertag; Brother of Noel & Patrick Ostertag	Apr 10
Angelo Providakis	Son of Michael & Joanne Providakis	Apr 9
Caden Rabenold	Son of Catherine Rabenold; Grandson of Bill & Vicki Rabenold	Apr 27
Julie Searfoss	Daughter of Gregory & Sharon Searfoss; Sister of David Searfoss; Granddaughter of Hilda Smoyer	Apr 25
Andrew Siegfried	Son of Rich & Ruthann Siegfried; Brother of Ben Siegfried	Apr 18
James "Jimmy" Thompson	Son of Mary A. Thompson & The late Richard Thompson; Brother of Marie, Mark, Patrick & Kathy Thompson	Apr 6
Sean Virmalo	Son of Udo & Janet L. Virmalo; Brother of Eric, Brett & Katelyn Virmalo	Apr 28
Richard "Rick" Wetherhold	Son of Franklin & Eleanor Wetherhold; Brother of Michael Wetherhold	Apr 16

Please Note: Due to privacy concerns Birthday and Anniversary listings are only published with permission for parents /guardians, siblings and grandparents. If your child, grandchild or siblings name does not above or a correction is needed please fill out and sign the Update Form on page 11

About This Newsletter



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
by phone at 484-891-0823; by email: TCFNewsEditor@gmail.com
or by mail sent to TCF Lehigh Valley, ATTN: Newsletter Editor, PO Box 149, Bath, PA 18014

Please Note: Our newsletters are mailed through Bulk Mail and the Post Office does not forward or hold bulk mail. It is returned to us at our expense.

If you are moving or having your mail held please remember to inform the Newsletter Editor (see information above). If your newsletter is returned to us and we are not notified your name will be removed from the mailing list.

Newsletter Submissions

Submit articles and poetry to the editor by the first of the proceeding month. Include the author's name & your contact information.

Mail to: TCF Lehigh Valley, ATTN: Newsletter Editor, PO Box 149, Bath, PA 18014 or email to: [email: TCFNewsEditor@gmail.com](mailto:TCFNewsEditor@gmail.com)

Love Gifts

There are no dues or fees to belong to The Compassionate Friends. Our largest monthly expense is the printing and mailing of newsletters to our 400 readers. Your tax deductible Love Gift donations enables the chapter to continue our mission of reaching out to the newly bereaved and providing ongoing support to all our members. Love Gifts are most often given in memory of a child who has died. They may also be given in memory of or in honor of a friend, relative or special person. To make a love gift donation please use form on page 11

Contributor	In Memory of
♥ Joe & Laura DeVito	Frank Nicholas Mirabile <i>Happy Birthday in Heaven Frank. We all love you always and forever, Love Mommy, Joe, Michael, Joey & Nicky</i>
♥ William & Elizabeth Arey	Patricia Arey <i>Forever Loved - Forever Missed</i>
♥ James & Julia McLaughlin	Michael Patrick McLaughlin <i>In Loving Memory</i>
♥ Ron & Gail Strohl	Kyle J Strohl <i>In Loving Memory</i>
♥ Irene Hudasky	Lori L. Hudasky <i>Miss you so mush, Love you forever</i>
♥ Lora & Dave Krum	Gaviyou Krum <i>Happy 16th Birthday in Heaven, Gavin Miss you and love you always</i>

Donations and Contributions

TCF Lehigh Valley Contributors

- ★ *Sacred Heart Hospital, Allentown for meeting room and drinks*
- ★ *Mary Ann Donuts, Allentown for meeting snacks*
- ★ *Giant Food Store Employees, Village West, Allentown for United Way Contributions In Memory of David Todd Smith*

★ *Aetna Payroll Contributors*

★ *United Way Payroll Contributors*

TCF Carbon County Contributors

- ★ *Palmerton Community Ambulance Assn. for meeting room*
- ★ *The Country Harvest, Palmerton for meeting snacks*

To contribute through the United Way to The Compassionate Friends, Lehigh Valley, ask your employer for the appropriate form and use the number **12116** in the write-in area.



We are on the Web



Visit www.lehighvalleytcf.org for information about the group, meetings, upcoming events and helpful links.

Like our facebook page www.facebook.com/TCFLehighValley for daily quotes, meeting and event reminders, updates and member forum.

Family Ties

Neenah, WI TCF '89 Newsletter

Every time a new person is added to the family by birth, marriage, adoption, etc., everyone begins to readjust and reorganize to new roles they must assume. Husband and wife work out the give and take necessary to establish a family system. Mothers and fathers find new roles when children enter the picture, and adjust their sleeping, eating, loving, working, and being. Brothers and sisters truly learn what sharing and change are all about when a new member is added.

Everyone, in fact, becomes a changed individual in this new system. New patterns of trusting and communicating are established. Like the mobile we hang above the crib, the family works toward establishing stability; each part balances the whole.

This family mobile is susceptible to many forces of change; winds from outside and within. But blown and disturbed, each piece moves and sways until eventually the mobile becomes stabilized once again.

When one of the parts is suddenly removed, as in the death of a child, the very core is threatened. Cut off one of the parts of the mobile and it becomes frenzied, looking for stability and lost balance. It sways to and fro, bobbing and weaving, tilting up and down.

When our child dies, we are inevitably faced with this chaos in the system. How can we seek to balance our ship of life when we, as a part of that system, feel pain, confusion, and imbalance? If we were the anchor before, we find ourselves adrift, unable to hold in the current. If we were the steering wheel, we begin to spin uncontrollably. The propeller shaft is bent the spare oar is missing; there aren't enough life preservers to go around. How do you save the ship - the mobile - the family?

1. Recognize the part you, as an individual, play in the family and work at resolving your own losses.
2. Encourage the expressing of feelings in yourself and others. Know that each person grieves in his own way and at his own pace and give them permission to do so.
3. Understand that sometimes a system cannot rebalance without professional help and seek this help if needed.

4. Watch for obsessive behaviors in your family, i.e. over protectiveness, overeating, under eating, alcohol and or drug abuse, rage and violence, etc., and offer support, sharing, and help for the pain- not the behaviors.

How tragic it is when the ultimate loss, the death of a child, leads to an ever greater loss: the breakdown of the family, the marriage, the individual. You, as part of the family, can work to make sure this doesn't happen.



It's A Family Affair

By Jackie Rosen, TCF South Braward/North Dade Chapter

When a child dies, grief is a family affair.
 It hits Mom and Dad and siblings with equal despair.
 Mom cries and cannot get out of bed.
 Dad holds in emotions and leaves much unsaid.
 Sisters and brothers simply cannot understand.
 Why death came and dealt this kind of hand

No one acts as they should and nothing is the same.
 The family wants to draw together but seems to share only pain.
 Someone must be responsible when a child dies.
 Each family member thinks in some way it's them, and cries.
 But no one is responsible for things we cannot control.
 So reach out to each other and keep the family whole.

Don't let the difference in how you each grieve.
 Change the love in your family or its belief.
 Be strong when you can and weak when you must.
 And love each other with kindness and trust.
 To keep the family with love and you will all survive.
 For we who have been there and made it through together



Guidelines for Grieving Couples

By Gilbert and Smart ~ From "Coping with Infant or Fetal Loss: The Couple's Healing Process"

Realize the death of your child will hurt more than you imagined. It will rearrange your life and world view. Your relationship with your partner will be stretched.

There are some things you can do to reduce strain on your relationship. You and your partner will grieve differently. Let go of the assumption that you "ought" to do it alike. Respectfully make room for each other's style. Increase the amount of time you spend in each other's company. Listen to each other as much as you can. Do special little things for each other. Realize you cannot meet all your partner's needs. You have limits. You are both overextended. Do seek appropriate outside support when you need it. Focus on what you need. Let go of trying to get your partner to do something different about his or her own grief.

Grief takes its time and is not very predictable. Let go of trying to conform to anybody else's idea of how you ought to be doing.

Women, if you don't see "Dad" grieving in ways you recognize, stay clear of the trap of deciding this means he doesn't care about the baby (or you) very much. Ask him what he does with his sadness and sense of helplessness. Remember you both hurt. You will both feel it and show it in different ways.

Men, if your partner needs to talk about the baby and her grief more than you can absorb, encourage her to find additional places to talk. Show her you care in other ways. Keep clear of the trap of thinking you aren't doing it "right". Let go of trying to get her "through it" easier or faster. Remember other parents have survived this much pain.

Life will be meaningful again. Keep remembering life will become meaningful again.

Normal

By Edith Fraser, Unknown Chapter

If you think you are going insane,
THAT'S NORMAL.

If all you can do is cry,
THAT'S NORMAL.

If you have trouble with the most minor decisions,
THAT'S NORMAL.

If you can't taste your food or
have any semblance of an appetite,
THAT'S NORMAL.

If you have feelings of rage, denial and depression,
THAT'S NORMAL.

If you find yourself enjoying a funny moment and
immediately feeling guilty,
THAT'S NORMAL.

If your friends dwindle away and you feel like you
have the plague,
THAT'S NORMAL.

If your blood boils and hair in your nose curls when
someone tells you, "It was God's Will,"
THAT'S NORMAL.

If you can share your story, your feelings with an
understanding listener - another bereaved parent,
THAT'S A BEGINNING.

If you can get a glimmer of your child's life
rather than his/her death,
THAT'S WONDERFUL.

If you can remember your child with a smile,
THAT'S HEALING.

If you find your mirrors have become windows
and you are able to reach out to other bereaved parents,
THAT'S GROWING.



First Spring

By Elizabeth B. Estes, TCF Augusta, GA

In the first years of our bereavement, spring is often a painful time of year. Nature reminds us of rebirth when we are not yet ready for it. Easter arrives with its religious significance for those of us who are religious. Despite the fact that nature is giving out signals of renewed life, we don't feel renewed and are uncertain that we ever shall again. The flowers, the dogwoods, the blooming shrubs remind us of the fact that our child cannot experience the beauty, and we are sad.

However, believe me, a time will come when we again feel the stirring of happiness at warm days and green grass and the bursting forth of buds. Then spring will seem a promise that love, experienced as we have known it with our child, never goes away, is always there, even when the child is not. The cycles of nature will be a reassurance that as the earth experiences its ups and downs, so will we - that is natural. Laughter will come, and lethargy, and joy, and tears, but changes will take place, just as the earth experiences them, and we will move forward or backward as we can, carrying the love for our child with us. Love does not die, cannot be buried, and continues, just as the changing seasons do.

Some Useful Ideas for Holidays and Special Days:

1. Surround yourself with those who will let you talk about your child, grandchild or sibling.
2. Plan ahead. Discuss with your family how they feel and what they'd like to do but don't take on any more than you can handle. Also remember, you and your family come first, do what is most comfortable for all of you.
3. Use any support resources you have, such as your spouse, friends, children, relatives and The Compassionate Friends.
4. Take time during the day to ask for a moment of silence so everyone can think about your child.
5. Visit the cemetery and decorate the gravesite.
6. Remember that the anticipation of an approaching holiday or special day is usually worse than the day itself.

Renewal

By Priscilla Kenney, TCF, North Shore/Boston, MA

In the first warm days of springtime
When the winter chill is through,
Each waking thought & closing prayer
Begins and ends with you.

Like the daffodil and crocus
That survive the bitter snow,
My soul is gently lifted up
And is warmed by sunlight's glow.

It's a time of fresh renewal,
A beginning, not an end.
And oh how much I miss you,
My daughter and my friend.

So I'll take the warmth of springtime
And hold it close to me,
To help me through the winter storms
Till your face once more I'll see

Good memories
Are the perennials
That bloom again
After the hard
Winter of grief
Begins to yield
To hope

Sascha Wagner

Love Never Goes Away

By Darcie D. Sims PhD., CHT, CT, GMS

“Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren’t so crushing.” Sounds familiar? All of us have known hurts before, but none of our previous “ouchies” can compare with the hurt we feel. Nothing can touch the pain of burying a child.

Yet most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have, so...we are stuck with this pain, this grief and what do we do with it? Surely we can’t live like THIS forever!

There are no magic formulas for surviving grief. There are a few recognized patterns for grief, but even those are only guidelines. What we do know is that the emptiness will never go away. It will become tolerable and livable...some day.

TIME...the longest word in our grief. We used to measure TIME by the steps of our child...the first word, first tooth, first date, first car...now we don’t have that measure any more. All we have is TIME, and it only seems to make the hurt worse.

So what do we do? Give ourselves TIME...to hurt, to grieve, to cry. TIME to choke, to scream. TIME to be “crazy” and TIME to remember. Be nice to yourself! Don’t measure your progress through grief against anyone else’s. Be your own timekeeper.

Don’t push. Eventually you will find the hours and days of grief have turned to minutes and then moments...but don’t expect them to go away. We will always hurt. You don’t get over grief...it only becomes tolerable and livable. Change your focus a bit. Instead of dwelling on how much you lost, try thinking of how much you had. Try letting good memories come over you as easily as the awful ones do. We didn’t lose our child...HE [SHE] DIED. We don’t lose the love that flowed between us...it still flows, but differently now.

Does it help to know that if we didn’t love so very much, it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I’m very glad I loved. Don’t let death cast ugly shadows, but rather warm memories of the loving times you shared. Even though death comes, LOVE NEVER GOES AWAY!



Forever In my Heart

Author Unknown

Right now I’m in a different place
And though we seem apart
I’m closer than I ever was
...I’m there inside your heart.

I’m with you when you greet each day
And while the sun shines bright
I’m there to share the sunsets, too
...I’m with your every night.

I’m with you when the times are good
To share a laugh or two,
And if a tear should start to fall
...I’ll be there for you.

And when that day arrives
That we are no longer apart,
I’ll smile and hold you close to me
...Forever in my heart.

Lost love is still love.
It just takes a different form.
You cannot hold their hand
You cannot tousle their hair
But when those senses weaken,
another one comes to life...Memory
Memory becomes your partner
You hold it...You dance with it,
Life has to end,
Love Doesn’t
Mitch Albom

Sibling Page

An Open Letter to Our Siblings

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 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 make 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.

Mary Lamourex
TCF Marin County, CA

Goal

Goal in my life?

Mine is to get through one day without crying because of thinking of you.

Hey, don't knock it. It's a good goal:

Manageable, attainable, measurable.

One Day.

Donna Dawkins, TCF Columbia, SC

For My Little Brother

Travis Lambdin, TCF Greater Cincinnati, OH ,

I miss my brother.
But I have to be there for my mother.
It's fun remembering how we used to play.
I regret the days we used to fight.
But we'd always make up that night.
I always wished his death was fake.
Because he died from someone else's mistake.
Troy, I'll always keep you in my heart
Even though death do us part.

Brother

Author Unknown

The fishing season's coming,
but no more fishing for me,
Because my best friend's not here,
to share his hooks with me.

We went fishing every day.
Never hooked a thing.
But oh, what fun we had,
Talking about the one that got away.

The garage holds all the fishing gear,
but I've no desire to fish.
It's not the same
without him here.

Oh! If I could have one wish
My wish would be
to bring my brother
back to me,

so we could fish
along the shore.
We'd have fun together,
And laugh once more.

All that's left are memories, for me to think about.
I won't say goodbye; I'll see you again.
But I will miss you forever,
MY BEST FRIEND

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) section.

Mail this update form to: Kathleen Collins, 2971 Pheasant Dr., Northampton, PA 18067 **or email updates to:** TCFNewsEditor@gmail.com

The following is Information change or update Address or Phone change Permission (check this box to grant OCR publication Newsletter/ Web permission)

Your Name _____

Signature (required) _____

Relationship to Child _____

Email Address _____

Mailing Address (where your newsletter is to be sent to) _____

Phone Number _____

Child's Name _____

Date of Birth _____

Date of Death _____

Parent / Guardian 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 & Balloon Launch

Sat. June 14 @ 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 484-891-0823

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 by June 1

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
Attn: Kathy Collins
PO Box 149
Bath, PA 18014

