



# The Compassionate Friends, Lehigh Valley

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www.lehighvalleytcf.org

November 2011

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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.

We invite you to bring a picture of your child to display at the meeting for their birth or anniversary month or at any time. We also welcome refreshments brought in honor of your child.

## TCF Lehigh Valley Calendar

- Nov. 14 Support Group Meeting - Grave Blanket Making Demonstration Gene & Dawn DeLong / Sharing / Button Machine 6:30 - 7:00
- Dec 11 Worldwide Candle Lighting - Light a candle from 7 - 8 pm in memory of a child who has died at home or participate in a local group candle lighting - see page 2 for locations
- Dec 12 Candle Light Remembrance Service- See Pg 2

## ★ Button Machine ★

The button machine will be at this month's meeting from 6:30 - 7 pm. To have a button made: Arrive early with a color or black & white COPY of a picture on Plain Paper (NOT photo paper) of your child. Buttons are 2 1/4 in diameter. There is no charge for the buttons but donations are gratefully accepted.

## Other Local TCF Chapters Meetings

**Carbon County**  
1st Wednesday 6:30 - 8:30 pm  
Palmerston Community Ambulance Assn.  
501 Delaware Ave. Palmerston  
610-837-7375 or 610-826-2938  
Email: tcfcarboncounty@yahoo.com

**Easton**  
2nd Thursday 7 - 9 pm  
Good Shepherd Lutheran Church,  
2115 Washington Blvd., Easton  
610-866-5468  
Email: szabojanos1@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

Fellow bereaved parents that 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

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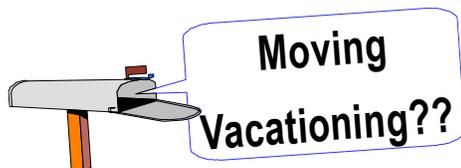


**Keywords:** The Compassionate Friends, Lehigh Valley

**Newsletter Submissions, Errors, Etc...**

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

In the case of any errors or omissions, please notify me and I will try to make corrections in the following edition.

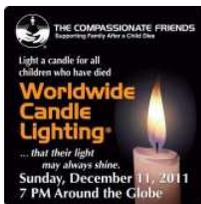


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# Events & Announcements

## TCF Carbon County New Meeting Location

Palmerton Community Ambulance Assn, 501 Delaware Ave., Palmerton. Street parking only



### December 11, 2011

## TCF Worldwide Candle Lighting

*We do this . . . that their light may always shine!*

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles to honor and remember children who have died. Candles are lit at 7 p.m. local time, creating a virtual 24-hour wave of light as it moves from time zone to time zone. We encourage you to participate by joining us at one of the local observances or in your own home.

### Local Observances

**Lehigh Valley** - hosted by Tom & Eva Siebert. The social begins at 5:30pm with a covered dish meal followed by the candle lighting at 7:00pm. All TCF members welcome! Covered dishes are appreciated but not necessary, candles provided. *For Directions & to RSVP call Tom and Eva at 610 967-5886*

**Carbon County** - hosted by TCF Carbon County at The Zion UCC Church, 2nd & Iron Sts, Lehighton. The program begins at 6:30 and includes readings, music & candle lighting, followed by refreshments and fellowship. Participants are encouraged to create a photo ornament for the Remembrance Tree. *For More Information email: davelora@ptd.net*

### December 12, 2011

## TCF Joint Chapter Candle Light Remembrance Service

Sacred Heart Hospital Auditorium 6:45 - 9pm



We invite you to join us as we celebrate the lives of our children, grandchildren and siblings in this very special service of remembrance. The program includes remembrance music, poetry readings by parents and siblings, a slideshow of our children, a sibling candle wreath lighting, memorial scroll and much more. The program starts promptly at 7 p.m., so please try to arrive 15-20 minutes prior.

The Memorial Scroll, inscribed with the names of our children and siblings who have died, will be on display. If your child's or sibling's name has yet to be inscribed, you will have an opportunity to add it. A memory table will be set up to display your photos. Following the program a reception will be held in the meeting room across the hall from the Auditorium. Please bring one of your child's favorite treats or finger foods to share.

*Note: Volunteers are needed to help with the program. We also need sibling volunteers to light the sibling wreath. To volunteer with the program or as a sibling candle lighter please contact Kathy Collins at 610 837-6393*

## 2012 Butterfly Release

Volunteers are needed to begin planning the coming years butterfly release. Volunteers positions available are event coordinator, order tracker, t-shirt sales coordinator, business sponsor liaison; and day of the event personnel .



To Volunteer Call: Kathy Collins at 610 837-6393

# Thanksgiving

By Priscilla J. Norton,  
TCF, Pawtucket, RI



I remember –

the inability to chew or swallow that first Thanksgiving after Linda died; the choke-backed tears, the sick heart, the hollowness, the painful memories of Thanksgivings past and the blessed relief sleep brought to my pain.

I remember –

the busyness of working as a volunteer that second and third Thanksgiving after Linda died; the good feeling it gave me of “running away” from it all, and the blessed relief sleep brought to my pain.

I remember –

the inability to prepare any of her favorite foods that fourth Thanksgiving after Linda died; the tears that fell at the smell of turkey cooking, the parade, football games, the emptiness, the incomplete family, and the blessed relief sleep brought to my pain.

I remember –

awakening with a lightness and joy in my heart that fifth Thanksgiving after Linda died; the thankfulness for having my remaining family together, the beautiful memories of past Thanksgivings, the “wholeness” of me and the blessed relief peace brought to my pain.

# Some Suggestions for Thanksgiving

By Diane Zarnkoff, TCF, Simi Valley, CA

Throughout our lives, expectations of things to come are based upon past experiences. If, in the past, you had set a glorious table and were the perfect host or hostess, it is very possible that friends and family will expect more of the same this year. They may not be aware that you are not looking toward the holidays with a fun and games attitude. They probably do not know that in anticipation of Thanksgiving, Christmas and Hanukkah, you may feel anxiety and fear. They are probably thinking this year will be different and some sadness will accompany it, but I don't think they are aware of your anguish, especially if it's been “awhile.”

I would like to suggest to you that in fairness to yourself you need to be honest about your feelings and, just as important, you need to communicate these feelings to those around you. I really don't think it is necessary for you to believe that because you set a tradition and always made the turkey, fried the latkes, and always had the family over, you need to feel obligated to do it again this year. Perhaps you would like to tell everyone:

- Someone else will have to do dinner this year.
- You want to make dinner in your home, but you need lots of help because you don't have the energy to do it.
- You want to go to the parties, but you are afraid you may break down and cry and you want them to know in advance this is really okay.
- You want to tell them it's okay to talk about your child. Not to, makes it very uncomfortable.

The list goes on, but the point is that to pretend everything is “just fine” is a lie, and that's not fair to you or to the people who you love.



## New Members

Welcome new friends. We regret the cause that has brought you to our group. As fellow bereaved we offer care, compassion, comfort and a deep understanding of the pain you are experiencing. Please give us the opportunity to reach out to you by attending at least a few meetings.

Lehigh Valley	Jane & Dan Venkauskas	Son	Johnathan Venkauskas
Lehigh Valley	Michael Vester	Brother	Robert Kish
Lehigh Valley	Michael Figueroa & Jennifer Santos	Daughter	Illyana Figueroa
Lehigh Valley	Kathleen Garrison	Son	Kevin Garrison

## Hope

By Sally Migliaccio "We Need Not Walk Alone" Copyright 1998

Last month the first holiday catalog was deposited in my mailbox, "So early," I thought, with tired resignation and more than a little resentment. The catalog unmistakably heralded the approach of the season of good cheer, and somehow I would have to get through it. It meant weeks of feeling like a despondent bystander as the world cloaked itself with bright trappings of love, joy and goodwill toward men.

I was a bereaved parent, and I would spend yet another holiday caught up in the anguish of remembering. With the catalog indifferently grasped in my hand, I sat down in the kitchen, my heart heavy. My thoughts drifted back to last year's holiday, and I again saw my husband's melancholy face as he plaintively asked if we could put up just a small tree. I agreed only because it seemed important to him. It would be the first time since the death of our daughter that holiday decorations would grace our home. I had felt no joy, no solace when I looked at that tiny, glowing tree, but it was a huge relief not to feel the overwhelming pain I expected.

I sat in the kitchen, slowly turning the catalog's pages. I was so lost in thought I scarcely saw what was in front of me. Last year the mailman had delivered greeting cards and best-wishes-for-the-season cards, as always. I had opened some with appreciation; others, the ones I knew would ignore our heartache, I tore open almost savagely. I had mailed my own greeting cards to many of these same people, and as had become my custom, each card was sent in memory of our daughter. It was the only way to manage the pain of a task I once loved.

It had been the fourth holiday season without Tracey. I found myself absently leafing through the last of the pages. Though absorbed in my reminisces, I had carefully avoided looking at the many pages of toy offerings I knew I would pay a painful emotional price if I lingered there. Children's clothing had to be

desperately rushed by as well (though my well-trained eye caught the words "girl's size fourteen" and stopped, despite all I could do...oh, Tracey). Housewares were fairly safe, though uninteresting, and these last pages depicted a wide variety of novelty items. A pair of butterfly earrings captured my attention, turning my thoughts immediately to one of my Compassionate Friends ...a truly loving friend who adored butterflies.

"I could order these as a gift for her," I thought, and the idea startled me. With the notable exception of the painful purchase of a toy last year for my beloved daughter, I had not sought out a gift for anyone since her death. As the thought took root and began to flourish, I felt my heart, so long frozen with grief, begin to warm.

Cautiously I pondered these emerging feelings. Was I ready for this? I was astonished to feel the ice encasing my heart begin to melt; emboldened by the warm feelings of caring spreading through me, I looked more closely at the remaining pages of the catalog. There! Another small item I was sure a second dear TCF friend would like. I found myself actually enjoying filling out the order form for both items. Enjoying???? Did I really use that word?

Had the pain and uncompromising grief, always intensified at holiday time, abated somewhat? Was I truly feelings lighter, more able to cope? Did this mean, could it mean, that

I might one day step back into the world when it donned its festive mantle? I knew as I sat there I would always deeply love and ferociously miss my child...and I knew that grief would forever be a part of my life. Understanding that, might it still be possible to allow a small amount of holiday spirit to trickle into my life this year?

I think just for today I'll hold onto that possibility, because today it seems I can imagine a less painful tomorrow. Today my heart contains a bit of warmth.

It feels good!

*Time lets you heal.  
Love lets you remember.  
Give thanks for Love and Time*

*Sasha Wagner*

# Yellow Butterflies



A message for Veteran's Day

At the turn of the century, in a small town in Virginia not far from Arlington, there lived a dear little flax-haired boy named Jimmy. He had beautiful curly hair and when he played in the sunlight, it made his hair look like gold. His mother noticed yellow butterflies hovering over him as he played and remarked that they were the color of his hair. The child grew older and was now ready to go to school for the first time. His mother walked down the garden path to the gate to see him off. She loved this little boy very dearly and was quite sad, for she knew she would miss him very much. As he went through the gate and was turning to wave to his mother, the yellow butterflies flew all around him; and one came to rest on his head. He liked to see them near, and never tried to catch them or harm them.

As he grew to be an older boy, for some reason the yellow butterflies flew around him many times. The years passed very quickly. Now the young man was graduated. About this time there was dread and fear of war. His mother's heart was heavy, for her son, Jimmy was already talking about enlisting if the United States declared war. War was declared in April, 1917. He enlisted. The day he left for training camp, his mother and childhood sweetheart went to the train to see him off. He tried to be cheerful, and make them feel the same, but his mother's heart was nearly broken and his sweetheart was very sad. They heard the train whistle and knew in a moment he would be gone. But just before the train arrived, again the yellow butterflies were there. ..flying all around him. He said, "The butterflies are still with me, and they will be here to welcome me back."

He went to war, and as soon as he could he wrote letters home, telling his mother and sweetheart to cheer up. The war would not last long, and he would soon be back. They received many letters, but suddenly they stopped coming. His mother thought he may be in action and couldn't write, and hoped to hear from him later. But there were no letters for mother or sweetheart. They scanned the casualty list. He was never reported wounded or killed in action, nor did they hear anything from the government concerning him. The war ended, and there was no news of any kind. Time passed on. The broken-hearted mother read in

the newspapers of the dedication to take place in Arlington. She went. There she saw the tomb and wondered who's son was lying there. In her heart she felt it might be her Jimmy. She tried to listen to the speaker, but heard little of what was said. Her anguish and pain was almost unbearable. At last she heard something like this: "We have come to honor this soldier. He was selected from a number of unknown soldiers. No one knows whose son is lying here."

Just then, Jimmy's mother gasped. It was all she could do to keep from crying out. Hovering all about the tomb were swarms of beautiful, yellow butterflies. She knew whose son was lying there. She thought, these people have gathered here to honor my son. It is his tomb they dedicate. And then she breathed a silent prayer, "Oh God, I thank Thee for those beautiful butterflies. They have come to welcome Jimmy back home

Anonymous, TCF, Providence, RI



## NOVEMBER AGAIN

Leaves are turning the shades of Autumn.  
Then falling, one by one,  
to the misted ground below.  
Summer flowers have faded and died.  
The sun hides behind dark and dreary clouds.

It is November again.  
Was it so long ago  
that this month brought warm  
Thoughts of Thanksgiving together?  
The smell of wood burning,  
walks in the nippy air?

This is the month you left us.  
And all the warm glow of November  
went with you.  
All that remains are the chrysanthemums  
Planted in a special memorial  
garden for you.

Ready to burst into beautiful shades  
of yellow and orange.  
They symbolize one more year without you.  
But our love has not diminished.

Pat Dodge, TCF, Sacramento. CA

## A Thousand Ways to Grieve

By Margaret Brownley, TCF, Simi Valley, CA

I'm an active griever. By active, I mean that during those first few months following my loss, I devoured every book on grief I could get my hands on. I poured out my agony in my writing, attended grief seminars, went through photo albums and searched the Internet for helpful sites. I cried and fumed and spent long hours talking to anyone who would listen.

My husband simply withdrew and grieved in silence. Though we lived in the same house, grieved the same loss, and shared a life together, we were apart in our grief.

We all have our own ideas on how to grieve and we're quick to judge those who don't conform to our way of thinking. When Prince Charles wore a blue suit to Princess Diana's funeral, he was condemned by the press until it was learned it was his former wife's favorite.

A friend of mine was criticized for wearing a pair of red strap, high-heel shoes to her husband's funeral, the same shoes she wore on the day they met.

If we are to grieve in harmony with those around us, we must give up the notion that grief can be expressed in limited ways. I once thought that grief manifested itself only in tears and depression. But I've since seen what others whose vision is greater than mine have accomplished in the name of grief. Candy Lightner, the founder of Mothers Against Drunk Drivers, is a good example.

Resolve to make peace with someone who grieves in ways that seem odd to you. Try expressing your grief in a new way: write a poem or song, start a journal, buy your loved one a gift and send it to someone you know who would love and appreciate the gesture. Wear something outlandish. Buy a bouquet of balloons in your loved one's favorite color. Laugh at something that would make your loved one laugh.

Tears, depression and sadness are all acceptable ways to show grief. So are blue suits and red shoes.

## How Long Will it Take to Get Over It?



How long will it take to get over the feeling of sorrow?

***A lifetime.***

How long will I continue to feel guilty?

***As long as it takes you to realize you did nothing wrong.***

How long will it take to get over my anger?

***As long as it will take you to stop blaming yourself and others, and realize it was the combination of unpredictable happenings that occur in one's lifetime.***

Why do friends give such horrid advice?

***To cover up their own inability to handle the situation.***

Will I ever be happy again, and able to laugh?

***An emphatic YES.***

How long is long?

***As long as it takes for you to go through the process. Each individual has his or her timetable.***

From TCF Fort. Lauderdale, FL

**The heart of grief,  
Its most difficult challenge,  
Is not "letting go" of those who have died  
But instead making the transition  
From loving in presence  
To loving in separation**

*Thomas Attig, "The Heart of Grief"*

# Sibling Page

## WHY CAN'T I LET GO

By Stephen Welch TCF ,St Louis, MO

You were always my hero.  
I always wanted to be like you.  
Your were my younger brother,  
Still, I always looked up to you.

You were always there for me,  
Even when things were at their worst.  
You helped me through my hardest trials,  
And we always made it through.

Now as I set here, writing these words,  
Remembering you and times gone by, I  
'm trying to find a way to tell you,  
I'm trying to say good-bye.

Nineteen years are just too many,  
To just let you go,  
I can't believe you're gone, you died,  
And left me here alone.

Some days I'm fine, some days I'm low,  
But most days, I just miss you so.  
It was you and me,  
But now, what do I do?

Each night I ask why?  
Why I'm so angry?  
Why I can't cry?  
Why I can't let you go?

I know we'll see each other again,  
But the years seems so long.  
I long for the day I'll see you again,  
Waiting for me with open arms.  
Brother, I love you and miss you so.  
But now I need you most.  
This time in my life is oh so hard,  
I just can't let you go.

## A Special Thanksgiving for Me

By Bonnie, TCF, Burlington County, NJ

This Thanksgiving is different but special  
And I want to make it clear  
That we still must be very thankful  
Because of the presence that is here

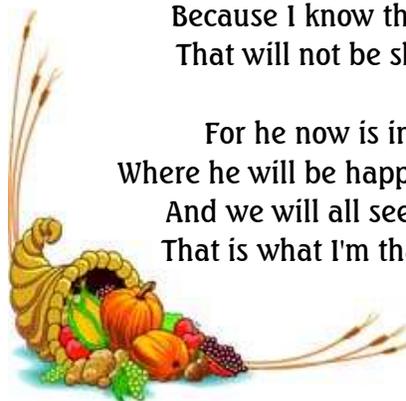
On the table there is food to eat  
At our sides, are people we love  
A warm house is under our feet  
And our dear Bryan is right above

Although he's only here in spirit  
At this special Thanksgiving meal  
He should not be put out of our minds  
For our memories are very real

Think of one wonderful moment  
When Bryan made you smile  
And be thankful for that memory  
For that makes this time worthwhile

As I feel a tear form in my eye  
I smile instead of cry  
Because I know that is a tear  
That will not be shed by Bry

For he now is in a place  
Where he will be happy forever more  
And we will all see him again  
That is what I'm thankful for...



“The best and most beautiful things  
in the world cannot be seen, nor  
touched, but are felt in the heart“



## Our Children Remembered Birthdays



<b>Aaron Abud</b>	Son of Jose and Susan Abud; Brother of Ariana & Sophia and Susan Abud	Nov 14
<b>Brian August</b>	Son of Edward & Debbie August; Brother of Lisa & Eric August	Nov 17
<b>Salvatore Bartolotta</b>	Son of Salvatore & Mary Bartolotta	Nov 26
<b>Natasha Bartosic</b>	Daughter of Traci Jennings ; Sister of Aaron Bartosic & the late Joshua Michael Bartosic	Nov 21
<b>Carlos Berra</b>	Son of Jose & Rita Familia Brother of David Familia;	Nov 2
<b>Cheyenne Brown</b>	Daughter of the late Holly Ada Brown; Granddaughter of Janice A. Picard	Nov 25
<b>Gregory Burns</b>	Son of Pam Sutliff	Nov 9
<b>Christopher Carman</b>	Son of Carol Carman; Brother of Fran Catino; Bruce Virga & The Late Brian Virga	Nov 22
<b>Barry Donchez</b>	Son of Edward & Olga Donchez; Brother of Linda Shive & Mike Donchez	Nov 28
<b>Donald Freudenberger</b>	Son of Nola Freudenberger	Nov 8
<b>Steven Fussner</b>	Son of George & Linda Fussner; Brother of Kathleen Kowker & Jeffrey Fussner; Father of Alyssa & Kaitlyn	Nov 5
<b>Scott Gollatz</b>	Son of James & Vivien Gollatz; Brother of Stephen Gollatz	Nov 3
<b>James "Jim" Gum</b>	Son of Sherwood & June Gum; Brother of Deborah Martini	Nov 21
<b>Timothy Hamm</b>	Son of Shirley Hamm	Nov 1
<b>Robert Handwerk</b>	Son of Martha Handwerk	Nov 22
<b>Jill Harris</b>	Daughter of Fred & Patricia Andrew; Sister of Jeff; Mother of Sam & Alex Harris	Nov 5
<b>Jordon Hyndman</b>	Son of Robin Hyndman; Brother of Shawna & Briana Hyndman	Nov 14
<b>Jessica Irizarry</b>	Daughter of Marisa Irizarry; Sister of Jacqueline & Rafael	Nov 20
<b>William "Bill" Kehley</b>	Son of Charlotte Kehley	Nov 17
<b>Matthew Kolb</b>	Son of Robert & Debbie Kolb; Brother of Sarah & Andrew Kolb	Nov 26
<b>Todd Kuhns</b>	Son of Leonard & Shannon Kuhns; Brother of Leonard & Londa Kuhns	Nov 9
<b>Nathan Loiacano</b>	Son of Andrew & Brenda Loiacano; Brother of Andrea Loiacano	Nov 17
<b>Joy Loube</b>	Daughter of Barry and Jeanette Laube	Nov 3
<b>Kevin Martin</b>	Son of J. Ronald & Linda Martin	Nov 7
<b>Teddy Menegatos</b>	Son of Nick & Mary Ann Menegatos	Nov 20
<b>Jacob Miller</b>	Son of William R & Caroline P Miller	Nov 15
<b>Thomas Miller</b>	Grandson of Emma Butz	Nov 21
<b>Glenn Miller, Jr.</b>	Son of Lin Miller ; Brother of Lorrie Woolever	Nov 20
<b>Daniel Ostertag</b>	Son of Rosemary Ostertag & George Ostertag; Brother of Noel & Patrick Ostertag	Nov 2
<b>Daniel Rostkowski</b>	Son of Shirley May Rostkowski; Brother of Janet Wise & Andrew Rostkowski	Nov 28
<b>Kevin Snyder</b>	Son of Jim & Sandi Eckhart; Brother of Brian, Scott & Kerri	Nov 6
<b>Matthew Solderitch</b>	Son of Brenda Solderitch & the Late Stephen Solderitch Sr. ; Brother of Tina Lieberman	Nov 24
<b>Jason Steigerwalt</b>	Son of Sandra Steigerwalt	Nov 8
<b>Debra Sweeney</b>	Daughter of Richard & Doris Hosler; Sister of Donna Mallard	Nov 16
<b>Eric VanArman</b>	Son of John & Kathy VanArman; Grandson of Bertha Eyerl	Nov 30
<b>Richard "Rick" Wetherhold</b>	Son of Franklin & Eleanor Wetherhold; Brother of Michael Wetherhold	Nov 20
<b>Christopher Williamson</b>	Son of Chris & Kim Williamson; Brother of Christina Joy Williamson	Nov 12



## Our Children Remembered Anniversaries



<b>John Ashner, Jr.</b>	Son of John & Grace Ashner	Nov 8
<b>Christopher Barnard</b>	Son of John & Patti Barnard; Brother of Sabrina Zaminsky; Uncle of Aiden Zaminsky	Nov 8
<b>Natasha Bartosic</b>	Daughter of Traci Jennings; Sister of Aaron Bartosic & the late Joshua Michael Bartosic	Nov 22
<b>Carlos Berra</b>	Son of Jose & Rita Familia; Brother of David Familia	Nov 12
<b>Julia Bradt Hallingse</b>	Daughter of L Jack & Patricia Bradt; Sister of Jim & George Bradt ; Wife of Donald Hallingse; Mother of Brian & Tara	Nov 9
<b>Michael Cassidy</b>	Son of Patrick & Randi Cassidy; Brother of Joey, Rich & Brian	Nov 24
<b>John Counterman, III</b>	Son of Mary Jo Ackerly; Brother of Theresa Legarski	Nov 2
<b>Nicholas Fetchko</b>	Son of George and Fran Fetchko; Brother of Andrew Fetchko & Rebecca Fetchko	Nov 20
<b>Kelly Gallagher</b>	Daughter of Marigrace Gallagher	Nov 15
<b>Scott Gollatz</b>	Son of James & Vivien Gollatz; Brother of Stephen Gollatz	Nov 21
<b>Timothy Hamm</b>	Son of Shirley Hamm	Nov 20
<b>Anne Marie Mabus Heater</b>	Daughter of Wayne & Frances Mabus; Sister of Steven Mabus	Nov 25
<b>Tara Koshinski</b>	Daughter of Daniel & Mary Koshinski Sr; Granddaughter of Joanne Gordon	Nov 18
<b>Charles Kunsman, Jr</b>	Son of Charles and Joan Kunsman; Brother of Sherry Flanagan & Sandra Kunsman	Nov 19
<b>Joseph Lestishock</b>	Son of Marjorie Lestishock	Nov 2
<b>Nathan Loiacano</b>	Son of Andrew & Brenda Loiacano; Brother of Andrea Loiacano	Nov 18
<b>Jason Melendez</b>	Son of Pat & Lori Healy	Nov 8
<b>Jacob Miller</b>	Son of William R & Caroline P Miller	Nov 16
<b>Jason Miller</b>	Son of Phil & Pam Miller	Nov 28
<b>PJ Pfenning</b>	Son of Maureen Pfenning; Brother of Mandy & Lauren	Nov 5
<b>Jason Rute</b>	Son of Bill & Linda Cavanaugh	Nov 13
<b>Benjamin Saraceno</b>	Son of Julius & Carol Molnar	Nov 24
<b>Michael Schondorfer, Sr</b>	Son of Alma Schondorfer	Nov 26
<b>Dean Schuler</b>	Son of Betty Schuler & the late Lester Schuler	Nov 19
<b>Anthony Severo</b>	Son of Harry & Jean Severo	Nov 23
<b>Matthew Solderitch</b>	Son of Brenda Solderitch & the Late Stephen Solderitch Sr. ; Brother of Tina Lieberman	Nov 3
<b>Tracy Szoke</b>	Daughter of Randal & Kim Szoke; Sister of Trisha Remaley; Aunt of Nikita Remaley	Nov 24
<b>James Waitkus, Jr.</b>	Son of Elizabeth Waitkus; Brother of Alice Walbert & the late Dale A. Waitkus	Nov 26
<b>Cody Wentz</b>	Son of William and Lisa Shiffert; Brother of Shelby & Gerald Wentz	Nov 29
<b>Darren Whipple</b>	Son of Sandy Whipple; Brother of Jean Marie Yurkovitch	Nov 2
<b>Christopher Williamson</b>	Son of Chris & Kim Williamson; Brother of Christina Joy Williamson	Nov 12
<b>Kenneth Zellner</b>	Son of Kenneth & Barbara Zellner	Nov 15

**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



<b>Donald and Susann Southgate</b>	<b>Troy G. Southgate</b> <i>We love and miss you very much. Always in our hearts. Love Mom, Dad &amp; Marty</i>
<b>Ann Sensinger</b>	<b>Thomas Sensinger</b> <i>In loving memory of our son</i>
<b>Lauretta Coyne</b>	<b>Carol Ann Johnson</b> <i>In Loving Memory</i>
<b>Bernice Kushnerick</b>	<b>John "Jack" Kushnerick, Jr.</b> <i>In memory of our beloved son, Jack, Jr.</i>
<b>Elwood and Shirley Rush</b>	<b>Elwood James Rush</b> <i>In Loving Memory</i>
<b>John and Nancy Blosky</b>	<b>Kevin Thomas Blosky</b> <i>In memory of our grandson, Kevin. Never forgotten</i>
<b>John and Grace Ashner</b>	<b>John Ashner, Jr.</b> <i>We love and miss you more each day. Mom &amp; Dad</i>
<b>Ken &amp; Barbara Zellner</b>	<b>Kenneth Samuel Zellner</b> <i>In Loving Memory</i>
<b>Brenda Solderitch</b>	<b>Matthew Solderitch</b> <i>Happy 33rd Birthday. Love and miss you more every day. Love Mom, Sister Tina and Family</i>
<b>Gene &amp; Dawn DeLong</b>	<b>Tracy Donovan</b> <i>In Loving Memory</i>
<b>Gene &amp; Dawn DeLong</b>	<b>John Katsaros</b> <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* 🦋

*I do not ask that you forget your dear departed.  
I want you to remember. I only ask that you remember more than  
The moment of death, more than the funeral,  
More than the house of mourning. Remember Life!  
Remember the whole life, not just the final page of it*

*Rabbi Maurice Davis*

### 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.

PLEASE PRINT, SEND FORM & CHECK BY THE 1ST OF THE MONTH PRIOR TO THE MONTH YOU WISH YOR GIFT PUBLISHED

Contributor Name

Mail to:

Address

THE COMPASSIONATE FRIENDS  
LEHIGH VALLEY CHAPTER  
P.O. BOX 145  
EMMAUS, PA 18049

Phone

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 Submit by the 1st of the month prior to be published

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 gifts for Carbon County & Easton to the addresses listed 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 Mailing      Office Expenses      Outreach Program      Special Events (ie Picnic, Candle Lighting Etc...)

#### 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

### Our Children Remembered Permission/Update Form

The purpose of this form is to change, update or grant permission for your child's Birth and Anniversary dates to be printed in the newsletter. If you have given permission it is Not necessary to do so again. Contact the Newsletter Editor if you have questions.

Mail this update form to: Kathleen Collins, 2971 Pheasant Dr., Northampton, PA 18067

The following is a  Change or Update (ie name change, sibling name addition etc)  New Permission

I give my permission to publish my child's birth and anniversary dates in the Our Children Remembered section of the newsletter

Required Authorization Signature

Phone Number

Date

Child's Name

Date of Birth

Date of Death

Parent's Names

Sibling's Names

If this is a change ... please explain briefly what the change is ( ie sibling surname changes from smith to jones)

**THE COMPASSIONATE FRIENDS  
LEHIGH VALLEY CHAPTER**  
P.O. Box 145  
Emmaus, PA 18049

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**We're on the web**  
[www.lehighvalleytcf.org](http://www.lehighvalleytcf.org)

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*We Need Not Walk Alone*



*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)*

# 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**