



The Compassionate Friends, Lehigh Valley Chapter

Supporting Family After A Child Dies

Office Phone/Fax: 610 820-4004

www.lehighvalleytcf.org

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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.

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

- April 9 Monthly Meeting: Separate Sharing for Men and Women
- May 14 Monthly Meeting: Topic - Mothers Day & General Sharing
- June 10 TCF Joint Picnic and Memorial Balloon Launch Information on page 2 and on insert
- June 11 Monthly Meeting: Topic - Fathers Day & General Sharing

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: 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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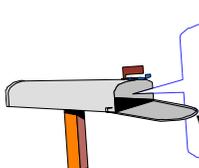
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Facebook**

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 contact the newsletter editor



**Moving
Vacationing??**

The Post Office does not forward or hold bulk mail, it is returned to us at our expense. So, please inform us before moving or having your mail held.

Chapter News, Events & Announcements

March Meeting - 30 members attended last month's meeting. Our guest speaker was the Rev. Anne Huey who spoke to the group on grief and bereavement, then held an open forum for discussion.

TCF Annual Family Picnic and Balloon Launch

June 10, 2012

12:00 Noon

Moore Township Recreation Center, Bath, PA

Families and friends who have experienced the death of a child, grandchild or sibling are invited to join as we celebrate and remember the lives of our children. Lunch will begin at 12:00 followed by the memorial Balloon release. Grilled hot dogs, drinks, paper products will be provided. Attendees are invited 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.

Please see the Information/RSVP sheet in this issue for more information or call Kathy Collins (610)837-6393

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

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 | Amanda Cruz - Son - Jacob Manuel Cruz |
| Lehigh Valley | Fran McDonald - Son - Michael McDonald |
| Easton | Cheryl McMahon - Son - Ken McMahon |

JUST WONDERING

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

How do the tulips know which way is up.. especially when I couldn't remember last fall when I just tossed them in the holes? Are some of them now poking through the other side of the world?

I've always wondered how the geese know when it's time to come home, and how can they remember exactly where home is? I'm still having a hard time figuring out the freeway system in Kansas City, and they're winging their way home across thousands of miles of unmarked air! Does that mean geese are smarter than I am?

And why does the groundhog control the arrival of spring? For anything THAT IMPORTANT it should at least be reported by something more elegant than a rodent with a fur coat, maybe a gazelle or a unicorn.

And why did it snow more in Alabama this year than it did in Iowa? Who is in charge of THAT?

Why is a baker's dozen, 13? When it comes to chocolate doughnuts, even 13 isn't enough.

Why does the sun still get me up every morning... especially when I have been quite specific about not leaving a wake-up call?

Why is mud brown? If we are going to have a lot of it around, then why isn't it clear? I probably should give up and just install mud-colored carpets and kitchen tile. Some things are not worth fighting...

Why are income taxes due during the gentle month of April...just when everything in the world is waking up and growing brand new? They might as well be due in January along with colds, post-party depression and the blahs. Why waste such a lovely month on taxes?

Why do we whisper at funerals? Is it out of respect for the dead, or because we are afraid of waking someone up? My son lived his life at the top of his lungs. ..why shouldn't we say good-bye so at least he could hear us?

Why are some people thoughtful and why are some like those tulips I planted upside down? Some speak with their hearts and some without benefit of a brain. WHY?

Why are there clouds to entertain little kids on warm May days when they still have to be inside at a school desk? Why does it rain only on weekends?

Why are sales at the grocery store on Wednesday when my family is hungry for THAT on Tuesday?

Why does winter come before spring? Is it so we will fully comprehend the blessedness of rebirth after the quietness of the earth's deep sleep?

Why do we clear the land before we do the spring planting? Can't the roots go around the rocks... like I have to? No one seems to be clearing my path.. yet the roots hold fast. Why am I still growing when I once thought (and maybe wished) that I had died? Why does the day keep turning into night, and then into day again, and again, and again?

Why is spring the time for things to go and things to stay. ..for the snow to melt and the earth to stretch? WHY do weeds grow faster and stronger than the tender vegetables in my garden? Why do the squirrels beat me to the best apples, and why do bees buzz the most fragrant blooms - just as I bend to sniff?

Why does the ice cream melt from the bottom up and drip through the cone? Why do they put the cherry on the top? I want another one at the bottom!

Why do people die, and where do they really go? Why do children ask WHY all the time, and why do grownups grow impatient with them? Why do red M & M's taste better than the other colors, and why do people fiddle with the Oreo middle?

Why do we have to know WHY all the time? Why can't we live with uncertainty, with not knowing, with the unexpected? Why do we have to always have labels and little signs that tell us what's in the cans on the shelf and what's planted in what row in the garden? Why can't we live with a little more sense of adventure and a little less need to always know. Why can't we let up a little on the "Wonder Whys" and gamble just a bit?

Why do I have to turn the page or answer the phone or open the door? WHY can't I live with the mystery of not knowing for a little while?

Why do I continue to search for new beginnings when I liked the way it was, and why do I still hurt

(Continued on page 4)

(Continued from page 3)

when it's been so long....?

Why do I think these whys, especially in the Spring?
The rest of the world seems to be celebrating a re-
prieve from winter. WHY are parts of my heart still
frozen? WHY?



By Peggy Kociscin Albuquerque, NM

Rainbows appear only on dreary, rainy days.
They beautify the world for a few brief moments.
These moments, however, can be spectacular.
YOU were my brief rainbow.
You entered my life
And stayed for but a short while.

Nonetheless, the memories of those moments
When you blessed us with laughter and delight,
Joy and smiles, charm and beauty,
Gayety and happiness,
Mischievous and silliness, sunlight and moonbeams,
Giggles and love (ad infinitum) ...
Made the deluge, the tears of pain and anger,
Helpless and fear, insanity and agony,
Sadness and heartbreak,
emptiness and loneliness
Bearable.

Rainbows, however brief,
Makes the world a bright, lovelier place,
How grateful I am that I had you,
My brief rainbow.

A Different Easter

By Chris Gilbert, TCF Tampa FL

Easter bunnies, brand new clothes, egg hunts, candy and baskets, the start of spring. How exciting is this time of the year? A new beginning, everything so fresh, so invigorating! But, unfortunately only painful and sorrowful memories are here for those of us who are bereaved parents, grandparents, and siblings.

Gone is the laughter, the excitement in a special child's eyes, the feeling of a whole new aspect in life. Spring is here and the world appears ready to bloom again with new life, new hope, and new wonders.

How can we view life in this way when part of ourselves is now gone, forever lost to us? How can our lives continue to go when one of us is missing, no longer able to share this "newness" of life? It seems so unfair! And yet, out of our "darkness" comes the first signs of hope - a "bud" of survival, a moment of laughter, a memory of a happier time.

The Easter season usually represents rebirth; let this season be the "birth" of your finding your way back to life again, of finding the ability to heal, and of being able to resolve your grief so that hope and comfort are once again in your life. Let this time of the year show you that you CAN make it through this deepest, most difficult, and sorrowful time of your lives.

HAPPY PASSOVER

By Rabbi Dr. Earl Grollman

Jews throughout the world will celebrate the holiday of Passover. Passover has been called our favorite holiday because it operates on so many levels. It is a time of triumph, but it is also a time of tears...

Perhaps at no other time do we feel the absence of our loved one more than at the time of Passover. As we gather around the Passover table, we cannot help but recall those who were so dear to us in life and who are with us here no more. We recall them in friendship and in love, for Passover is the time of family service. But even as we mourn their loss, we understand that the life of the dead is now placed in the memory of the living. Spring and Passover are a time of new hope and new life.

Top 10 Things I have Learned about Grieving as a Couple:

Adapted from an article by Caroline, Mom to Jack Robinson ~Sharing, Volume 15/ Mar-Apr 2006

1. Go to grief counseling as a couple if you can, it will help you understand and accept differences in grieving at a time when you both need each other so much.
2. Know that you each have strengths, weaknesses & limitations. Chances are these are different for each of you. It sounds obvious, but can be very hard to accept that both of you have suffered a great loss and one of you may not be able to give the other what you need in such a desperate time. Grief takes a lot of energy and you may not always have much to give during this time. Also, you each have different ways of coping and dealing with your grief, neither of you is wrong...allow the other space to do what they need to do.
3. It is normal to have disagreements over nothing that turn into big blow-out fights.
4. It is normal to get frustrated. Grief requires tremendous patience. Be as patient as you can with yourself and your partner.
5. It is normal to take things out on each other. Be aware of this and stop yourself as much as you can.
6. Know that no matter how good your relationship is, or how supportive your partner is, grief can make you miserable, cloud your judgment, and make you feel like you need a divorce.
7. It is not a good idea to make any big changes when you are grieving...this includes leaving your relationship.
8. No matter how alike you are, each of you will have different things that upset and bother you more than other things, and different stages and time frames for your grief. Do your best to understand that you do not have to agree or be feeling the same things at the same time to accept and support each other.
9. No matter how much you love each other, there will be times when you will feel completely alone while grieving the loss of your child. Grief is lonely.
10. Do your best to have a united front to family, friends and the rest of the world no matter if you agree or not. Other's judgments have a great potential during this time to pull you apart. You are much stronger as a pair than as separate individuals. There will be times when it feels like you have no one in the world to support, listen and stand up for you. Be there for each other as much as you can. NO-ONE else in the world loved your child more than each of you. Therefore, no-one else in the world shares this world of grief the same as the two of you.

I Wonder (To My Spouse)

By Stacie Gilliam TCF, Oklahoma, OK

I wonder if you know...
Some mornings I still wake up and wonder if it was all a bad dream... and I know you must do the same.

I wonder if you know...
Each night before I go to sleep, I quietly whisper "I missed you again today" and say a prayer that he will hear it.

I wonder if you know...
That even though I stand strong and look okay on the outside, inside my pain is still very deep & very real! I know yours is too.

I wonder if you know...

That I heard "that song" again today, and in the privacy of my car, I cried for him! I know you still cry for him too.

I wonder if you know...
Sometimes I feel like I'm going crazy and spend hours wishing I could change things. We aren't crazy, are we?

I wonder if you know...
That I have tried so hard to be strong for you, and yet a part of me is also very weak and needs your strength.

But above all else, I wonder if you know...
You are my hero and I love you very much.

Guidelines for Grieving Couples

Adapted from "The Couple's Healing Process" By Gilbert & Smart

Realize the death of your child will hurt more than you imagined. It will re-arrange 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 time and is not 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 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 your child 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.



A Message To My Wife

The years of our marriage are few
when measured against a lifetime.

We have encountered joy
and shared confidence in our future.

We have known hope's ending
and have borne the death of dreams.

We have together been diminished.

Even minor aspirations have eluded our grasp
in the cruel shadow of the loss of our child.

Yet, we still share our lives, and though
the brightness we once knew has fled.

We have grown enough to sense
a return of laughter —
an uplifting to shutter the dimness, to re-
mind us that tomorrow will come and
dreams may again be born.

Don Hackett
TCF, South Shore Boston

Grief never ends, but it changes

It is a passage, not a place to stay.

The sense of loss must give way

If we are to value the life that was lived

Author Unknown

Sibling Page

NOTES TO SIBLINGS

By Claire Tully TCF, New Orleans, LA

- Does this sound familiar?
- "I never feel like doing anything." - "I'm so tired."
- "Boy, am I getting fat!"
- "Gosh, Mom, I'm really not hungry."
- "It's not my fault my grades are falling. It's that lousy instructor I have."
- "Everything seems to be going wrong. Life is the pits!!!"

And on, and on, and on ..

But never is it that lousy "grief" that is affecting me. It couldn't possibly be causing any of my problems or feelings. No, not me. I'm doing just fine. Losing my brother or sister wouldn't do this to me.

Well, guess what? You're wrong

"Know thy enemy. . . Educate yourself about your enemy, grief, and you will conquer." Go for the gusto, get out there and attack this monster in a positive manner before it leaves scars. You certainly read and discuss everything else you're interested in, or that is affecting your life: school, sports, sex, boys or girls, cars, etc. Who do you discuss all these subjects with? Why, of course, any friend that is interested in the same subject. We learn from each other and we help each other when we share our ideas, thoughts, and feelings. It works the same way with grief.

SHE'S HERE, BUT NOT

She's here - but she's there
 She's with us - but she's not
 She's right around the bend
 But then she's gone again
 She's far away - but so near,
 It's like she's gone - but here again.

Stacy Sharp, age 11 TCF, Defiance, OH

An Unbreakable Bond

From the same roots
 Nourished by the same soil
 We grew, side by side.
 One a little older, the older a little taller,
 Such different blossoms,
 Different, yet strangely the same.

We grew, our lives entwined,
 Held together by shared experiences,
 Common joys and sorrows,
 Whispered secrets known to us alone.
 Through that bond of love,

We shared strength.
 We grew, our different paths parting us,
 An ocean between.
 Yet slender tendrils of love still reached out one to another
 They touched and they formed a bond once more,
 An unbreakable bond like steel,
 Through which strength and love flowed once more.

Then, too soon, the bond tightened,
 As I was drawn to her side.
 Entwined once more, I held her
 And watched helplessly,
 As she withered and died.

I am alone.

Yet that bond of love,
 That bond between sisters
 Is eternal.
 Even death cannot sever it,
 Because my sister still lives
 In heaven and in my heart.

Sharon Gray
 Written for her sister, Jenny
 We Need Not Walk Alone, Summer 2007



Our Children Remembered Birthdays



| | | |
|----------------------------|---|--------|
| Patricia Arey | Daughter of William & Elizabeth Arey; Sister of Elizabeth Ann, Barbara, Rose Marie & Elaine | Apr 18 |
| Graham Beckhorn | Son of Alice Keyes; Brother of Patrick & Christopher Buckhorn | Apr 20 |
| Nicholas "Nick" Caldarelli | Son of George & Cheryl Caldarelli | Apr 29 |
| Holly Cavanaugh | Daughter of Bill Cavanaugh & Beverly Ann Cavanaugh; Sister of Bo Cavanaugh | Apr 27 |
| Peter Cheng | Son of Li-Ly Cheng; Brother of Jennifer Cheng | Apr 13 |
| Corey Deprill | Son of Chuck and Sue Deprill; Brother of Michael Deprill | Apr 20 |
| Thomas Eichlin | Son of Nancy Eichlin; Brother of Nancy Mason; | Apr 23 |
| Brett Flexer | Son of Randy and Karen Flexer; Brother of Derrick Karen & Dylan Flexer | Apr 9 |
| Olivia Jo Grazer | Daughter of Scott & Melissa Grazer; Granddaughter of Louis & Margie McCullen & Stan & Diane Grazer | Apr 7 |
| James "Jimmy" Hotz | Son of James & Elizabeth Hotz | Apr 24 |
| Trever Landis | Son of Robin Landis; Brother of Marlea, Dana & Kelsey Landis | Apr 16 |
| Chad Magyar | Son of Louis & Dorothy Magyar; Brother of Jason & Christopher Magyar | Apr 26 |
| Timothy Mihalko | Son of Nancy Mihalko; Nephew of David & Joan Miles; Cousin of Denise Schaffer | Apr 12 |
| Frank Mirabile | Son of Joseph & Laura DeVito; Brother of Michael, Nicholas & Joseph | Apr 19 |
| Jamal Pongracz Jr | Son of Jamal & Jennifer Pongracz; Brother of Mark, Giovanni, Angel & Alexis | Apr 15 |
| Donna Potkovic-Roth | Daughter of Michael & Annette Potkovic, II ; Sister of Matthew, Mark, John, Denise Reichard & Michele Cuvo Potkovic & the late Michael N. Potkovic, III | Apr 21 |
| James Waitkus, Jr. | Son of Elizabeth Waitkus ; Brother of Alice Walbert & the late Dale A. Waitkus | Apr 5 |



Our Children Remembered Anniversaries



| | | |
|----------------------------|--|--------|
| Marie Albert | Daughter of Kim & Barbara Hunsicker | Apr 6 |
| Brian August | Son of Edward and Debbie August ; Brother of Lisa & Eric August | Apr 22 |
| 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 |
| Gregory Burns | Son of Pam Sutliff | Apr 19 |
| Peter Cheng | Son of Li-Ly Cheng; Brother of Jennifer Cheng | Apr 13 |
| Brian Davis | Son of Stewart & Nancy Davis; Brother of Kristin Hoffman & Sandy Davis | Apr 25 |
| Gregory Davis, Jr | Son of Gregory Davis; Brother of Nikitas & Helen Davis | Apr 25 |
| Ky DiVittorio | Son of Jan DiVittorio; Brother of Ian DiVittorio | Apr 3 |
| Brett Flexer | Son of Randy and Karen Flexer; Brother of Derrick Karen & Dylan Flexer | Apr 23 |
| Olivia Jo Grazer | Daughter of Scott & Melissa Grazer; Granddaughter of Louis & Margie McCullen & Stan & Diane Grazer | Apr 7 |
| Zachary Heck | Brother of Cyera Heck | Apr 25 |
| David Hoagland, Jr | Son of Gypsy Garrett | Apr 26 |
| Richard Hollabaugh | Son of Wayne & Linda Hollabaugh | Apr 10 |



Our Children Remembered Anniversaries



Continued

| | | |
|-------------------------|--|--------|
| Michael "Mike" Morgan | Son of Raymond & Deborah Vrtis | Apr 19 |
| Rey Nino | Son of Reynaldo and Janet Nino | Apr 11 |
| Daniel Ostertag | Son of George Ostertag; Son of Rosemary Ostertag; Brother of Noel & Patrick Ostertag | Apr 10 |
| Angelo Providakis | Son of Michael & Joanne Providakis | Apr 9 |
| Stacey Schmidt | Daughter of Rick & Beverly Schmidt | Apr 20 |
| Julie Searfoss | Daughter of Gregory & Sharon Searfoss; Sister of David Searfoss; Granddaughter of Hilda Smoyer | Apr 25 |
| Andrew Siegfried | Son of Rich and Ruthann Siegfried; Brother of Ben Siegfried | Apr 18 |
| Linda Strelitzky Kaintz | Daughter of Eleanor Strelitzky; Wife of Kevin Kaintz | Apr 2 |
| James "Jimmy" Thompson | Son of Richard & Mary Thompson; Brother of Marie, Mark, Patrick & Kathy Thompson; Uncle of Josh & Drew | Apr 6 |
| Nathan Vanderpool | Son of Jo Evans; Brother of Chester | Apr 24 |
| Sean Virmalo | Son of Udo & Janet L. Virmalo; Brother of Eric, Brett & Katelyn Virmalo | Apr 28 |
| Lori Hudasky | Daughter of Irene Hudasky | Apr 22 |
| Jamie Laudenslager | Daughter of Jane Laudenslager; Brother of Jon & Shelly | Apr 14 |

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

WHY?

By Thomas Sensinger
TCF Lehigh Valley, PA

In memory of our son Thomas by Glen and Ann Sensinger

SOMEWHERE THERE'S GOT TO BE LIGHT.

SOMEPLACE THE TRUTH IS SPOKEN.

SOMEWHERE THINGS ARE RIGHT.

SOMEPLACE WILLS ARE NOT BROKEN.

IF IT CAN BE THERE,

WHY NOT HERE?



Love Gifts



| | |
|-------------------------------------|--|
| Mary Thompson & Family | James "Jimmy" Thompson <i>Nineteen years since you were taken from us - Only yesterday. Love you forever. Mom , Sisters & Brothers</i> |
| Li-Ly Cheng | Peter Cheng <i>Forever in our hearts, Mom!</i> |
| Irene M Hudasky | Lori L. Hudasky <i>Love you and miss you more each day</i> |
| William & Elizabeth Arey | Patricia Arey <i>Forever Loved - Never Forgotten. Mother & Dad</i> |



Donations & Contributions

We thank the following for their thoughtfulness and generosity



🦋 *Julia & Jim McLaughlin* 🦋

🦋 *Bud & Linda Martin* 🦋

🦋 *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* 🦋

You're Still Here

At the finest level of my being, you're still with me.

We still look at each other, at that level beyond sight.

We talk and laugh with each other, in a place beyond words.

We still touch each other, on a level beyond touch.

We share time together in a place, where time stands still.

We are still together, on a level called Love.

But I cry alone for you, in a place called reality.

*by Richard Lepinsky, from
Chicken Soup For The Grieving Soul*

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

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 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 149
Bath, PA 18014

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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