



# THE COMPASSIONATE FRIENDS

## LEHIGH VALLEY CHAPTER

### Supporting Family After a Child Dies

Phone: 610 462-1892

Web: [www.lehighvalleytcf.org](http://www.lehighvalleytcf.org)

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Mailing Address: PO Box 149, Bath, PA 18014

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#### TCF Online Support Community

[www.compassionatefriends.org](http://www.compassionatefriends.org)  
 To participate, click on "Online Support" under the resource tab

#### Who We Are

The Compassionate Friends (TCF) is a national nonprofit self-help organization that offers friendship, understanding and hope to bereaved parents, grandparents and siblings. There are no religious affiliations and no dues.

The mission of TCF is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

#### About Our Meetings...

The Lehigh Valley Chapter meets monthly on the 2nd Monday from 7 to 9 pm at Sacred Heart Hospital (2nd Flr. Conference Center), 4th & Chew Sts, Allentown. Free parking deck passes are available at the meeting.

Meetings are open to all bereaved parents, grandparents and mature siblings. Younger siblings may benefit from one of the children's bereavement groups listed below. Meetings vary, from sharing, to guest speakers, to special presentations. Separate sharing sessions are offered to new members. Participation in group sharing is confidential and voluntary. Our hope is that being among other bereaved parents you may feel free to talk, cry and share, but it is okay to just come and listen too.

We maintain an extensive free library of grief-related materials that is set up at meetings. Donations are always welcome.

#### TCF Lehigh Valley Calendar

Jan 14 Monthly meeting - General Sharing

Feb 11 Monthly meeting - Memories from the Heart. Please bring a memento and photo of your child



#### Inclement Weather

Cancelations due to inclement weather will be posted on the chapter facebook page ([facebook.com/TCFLehighValley](http://facebook.com/TCFLehighValley)) and on voicemail message at 484-891-0823

#### 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: [pannibiss@aol.com](mailto:pannibiss@aol.com)

##### Easton

2nd Thursday 7 - 9 pm  
 Good Shepherd Lutheran Church,  
 2115 Washington Blvd., Easton  
 610-866-5468  
 Email: [szabojanosl@verizon.net](mailto:szabojanosl@verizon.net)

##### Quakertown

2nd Tuesday 7:30 - 9 pm  
 St. Lukes Quakertown Hospital  
 1021 Park Ave, Quakertown  
 215-536-0173  
 Email: [tcfquakertownchapter@verizon.net](mailto: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.slhn.org/ryanstree](http://www.slhn.org/ryanstree)

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

Counselor, Jeanette Laube, MA is available to facilitate a children's bereavement group, as needed. Meeting day, time & place coincide with TCF, Lehigh Valley monthly meetings, allowing TCF members to attend the adult meeting while their children (ages 5-13) attend the children's bereavement group. The group is run as needed, to register for the group or get further information contact Jeanette @ 484-515-4077 You may call up until the morning of the day of the meeting

#### TCF Telephone Friends

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

Infant	Cathy McDonald	610 391-1474 Suicide	John & Maria Szabo	610 866-5468
Multiple Loss/General	Betty Thompson	610 868-0303 Addiction	Nancy Howe	484-863-4324
Only Child	Shelly Garst	484 851-3450 Addiction/Sibling	Melanie Howe	484-863-4324
Homicide	Ginger Renner	610-967-5113		

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[Facebook.com/TCFLehighValley](https://www.facebook.com/TCFLehighValley)

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

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

Thank you, Your Editor

**Events and Announcements****Recent Events**

On Dec 9th members and families gathered together in fellowship at Tom and Eva Seibert's home and the Zion UCC church, Lehighton in observance of the Worldwide Candle Lighting.

On December 10th, 55 members and families braved the foggy conditions to attend the Joint Chapter Candle Lighting service at Sacred Heart Hospital, Allentown

The Lehigh Valley chapter would like to thank the Seiberts for graciously opening their home again to us this year. We also thank the following for their contribution to the Joint Chapter Candle Lighting Service: Sacred Heart Hospital for the auditorium and beverages; Mary Ann Donuts for the donuts; Kim Szep for the slideshow of our children; the Easton Area chapter leaders, John & Maria Szabo for the candles; John Szabo for his presentation on the Memorial Garden and closing remarks; Dawn & Gene Delong for supporting the chapter through the sale of their personalized angels, all our readers and helpers, the event committee who organized and orchestrated the event and everyone who brought the delicious refreshments to share.

**Butterfly Release**

Many of our members have voiced their sadness that we were unable to hold the Butterfly Release last year and have inquired if we are planning on holding the event this year.

The committee has a desire to hold the event and has been discussing options that will allow us to do so. Critical planning for this event must begin this month with securing a location, pricing from suppliers and vendors, etc.. As you probably know the reason we were unable to hold the event last year was we were severely lacking in volunteers. We simply cannot hold this event without you. So at this time we say to you: this is your event, if you have a desire to see it continue, please volunteer your time to make it happen.

To volunteer please contact Brenda Solderitch at 610-837- 7375

**Important Note**

The Post Office does not forward or hold bulk mail, it is returned to us at our expense. If your newsletter is returned to us because you have moved or are having your mail held we will remove you from the mailing list until we are contacted with your new address. When moving or having your mail held, please remember to notify the newsletter editor.

Notify by Postal Mail to TCF, Lehigh Valley, Attn: Newsletter Editor, PO Box 149, Bath, PA 18014 or by Email to [TCFNewsEditor@gmail.com](mailto:TCFNewsEditor@gmail.com) or call 484-891-0823

Thank You

# January

By Darcie Sims Former VP TCF National Board of Directors

January is depressing. Its a month of bitter cold, gloomy days and leftovers. It's a month of used Christmas bows (surely we should save them for next year...) and things that don't fit (either they didn't fit before the holidays, or they don't fit now). January is also a month of too many days.

January is a let down from the hustle and bustle of the holidays. It is a month to "get through." January is a month to SURVIVE.

I've decided to spend January in my basement. After all, basements are often dark and gloomy (suits my mood), in need of organization (describes my life perfectly) and could use a good clearing (similar to shaking the cobwebs our of my brain).

Therefore, I would like to have Hallmark declare January as BASEMENT month and come out with a suitable card to help me celebrate my hibernation. That's where I am going to spend the icy, snowy Missouri month of January. I have all sorts of plans. I can tackle the still-packed boxes from our move last summer. I can arrange and rearrange to my heart's content without annoying the family who dwells upstairs, and who thinks that "everything looks fine, Mom." (They, however, would think that K-Mart on Exchange Day looks fine, too.)

I can sift through boxes of unknown treasures, sorting and tossing. I can count my blessings in the soft, dim darkness of a basement lit with a single light bulb and no one will see the tears I hid so well during the holidays. I can come up one blessing short and gasp in the pain (always there, but not often brought out to light any more), and then let it dissipate in the far reaches of the basement.

I think I will organize the basement according to the seasons: Spring, with the flower pots, fertilizer, garden seeds, and bicycles; Summer, with the lawn mower, garden hoses and rubber rafts; Fall, will have the rakes and the Halloween decorations. And

Winter... Winter will have the snow shovels, snow boots, sleds, ice skates, skis (and crutches)---all stored neatly, side by side. The holiday decorations will be stored halfway between Fall and Winter because of the GREAT DEBATE in our house about WHEN is the proper time to put up the decorations. This debate is topped only by the one about WHEN to take them down. So far, earliest we have discarded the holidays is Christmas afternoon, and Easter wins as the latest!

I will have to have another category in my basement, however. It will be the Fifth Season... the season of Miscellaneous. That's where I stash everything that doesn't fit anyplace else--- somewhat like my grief, which seems to pop up at the most inconvenient times. I wish I could compartmentalize it, organize it, so I wouldn't be caught off guard. I wish I could put it away for a time---storing it in the recesses of my basement--- knowing where it is when I need it. But grief doesn't work that way (my basement probably won't work that way either!) Grief is there, always. You don't "get over it." you can't hide from it. You can't put it aside until it is convenient. In fact, the more you try to avoid it, the more it catches you. It's a bit like that mysterious gift you once got from some distant relative. The more you try to forget it, the more it stays. Grief is in all the seasons of your life.

*“Part of grief  
is learning to live  
without the person who  
made your life so incredibly  
wonderful. But the other side  
of grief is remembering  
how wonderful life  
can be “*

But grief doesn't have to be a burden all the time. Like the things you have stored in the basement, it can be dealt with. It doesn't have to be just stashed in the darkest comer of your heart. Part of grief is learning to live without the person who made your life so incredibly wonderful. But the other side of grief is remembering how wonderful life can be and getting busy with not just surviving, but LIVING!

The snowflakes are still just as lovely and mysterious. The spring flowers will bloom again, with their sweet message of life. Summer will bring more warm evenings and fireflies to chase, and Fall will turn its leaves one more time. Winter will come

*(Continued on page 4)*

*(Continued from page 3)*

and another January will be celebrated in the basement. not because it is the only place we can find solace and comfort, but because the sifting and sorting and reorganizing are an important part of our process. Your life with your loved one was filled with moments of laughter. Remember those moments, enjoy them again and again. Don't store them in the basement of your heart.

So won't you join me this month as I make good my New Year's resolution? I resolve to keep my basement clean, organized and usable. It will NOT become a repository for cast offs and the no-longer useful in my life. It will be what it really is: a part of my house, my home, my life.

I will be in the basement this month, not escaping the snow (I LOVE that!), but getting ready to heal.

LET THE JOY YOUR LOVED ONE'S LIFE BROUGHT TO YOU BEGIN TO TAKE THE PLACE OF THE HURT AND PAIN OF DEATH. The memories will always hurt, but there also will always be LOVE, and you cannot discard, bury or lose the love you shared. January is BASEMENT MONTH. Hugs and Hope.

## New Year, Old, Memories

By Sheila Simmons, TCF Atlanta  
In Memory of my son Steven

Sun going down in the western sky  
A lonely feeling of dread inside.  
On this eve of the old year, the new waiting to be  
I reflect on days past,  
and ponder new ones I wait to see.

What will they bring, will they be like the old?  
I wait and wonder for them to unfold.  
Another year gone, one more mark on time  
Yes another year gone, but you remain on my mind

I gather the memories of all the days past  
For I know in this new year they will still last.  
Into this new year I timidly step  
Along with the love so precious kept.

New Days will come, old ones will pass.  
But my love for you will forever last.  
A New Year is rung in with glad shouts of cheer  
Parades and parties welcome the new year.

Another holiday season behind us, a new year to face  
New days for the memories time can't erase.  
Gone are the pressures of holiday cheer  
As we march on in this journey of this upcoming year.

The mark of the calendar separates us in time  
But the love still flows in heartstrings of yours and mine.  
May your memories be gentle, and a comfort to you  
May the love you feel carry you through.

Time is an essence, a mark to make  
Taking us closer to the ones for whom our hearts ache



### FOR THE NEW YEAR

WHERE THERE IS PAIN,  
LET THERE BE SOFTENING  
WHERE THERE IS BITTERNESS,  
LET THERE BE ACCEPTANCE  
WHERE THERE IS SILENCE,  
LET THERE BE COMMUNICATION  
WHERE THERE IS LONELINESS,  
LET THERE BE FRIENDSHIPS  
WHERE THERE IS DESPAIR,  
LET THERE BE HOPE.

RUTH EISEMAN  
TCF LOUISVILLE, KY



## Are You Stuck in Your Grief?

By Angela Purpura, TCF, Long Island, NY

Is it a few years down the road and life still has no meaning? You're still severely depressed. You heard "it" gets better with time, but you keep asking when. Meetings are supposed to help so you've been going, only to find they, too, have not provided the answer. Could it be you are stuck in your grief and don't want to feel any differently than you do? Bereaved parents have a choice of making the best of a terrible situation or the worst of a terrible situation.

A bereaved mother called just recently and said what surprised her since their teenage daughter was killed in a car accident was how relatives clearly had not learned anything from her daughter's death. It didn't help them appreciate what they have, their own families, their health, having food on the tables. They had not learned. Have we? We, parents of children whose death brought us to TCF? Have we learned that it's what we have left that counts?

In my role as a co-leader of TCF, I have talked to many bereaved parents over the last 4 1/2 years since my eight year-old daughter, Cassandra, died of a brain stem tumor. Some bereaved parents refuse to accept a helping hand. They are negative, and any attempt to gently help them along is rebuffed. They wear their bereaved parenthood as a rationale to express their rage toward everyone around them, their spouse, their surviving families, their co-workers, restaurant personnel, even shop keepers. We each bring into our grief our own strengths and weaknesses, but these do not excuse our being "stuck." Grief is hard work; however, we can choose not to work at it. We can choose to be alive and yet not live. We have a choice. We can spend our remaining years complaining to the world around us and seeking out others who do likewise, or choose to use our loss as a tool by which to grow.

If you think you felt "better" last year or the year

before, perhaps you have stopped working at your grief. To feel life is less painful you need to realize that grief is an ongoing job. If your phone rings less often, could it be that even your friends at TCF are finding that you never have anything positive to say, so to protect themselves, they too stay away?

Is it that meetings are not helpful to you, or that you won't let them be a source of help? Is it that time doesn't heal or that you refuse to use the time constructively? Consider accepting a helping hand. You might be surprised. Or better yet, offer to help someone else. It could help you to focus your energy away from yourself, and you might find you, too, can be a source of strength to others. It could give you the incentive to no longer be "stuck."

Does being less unhappy really mean a betrayal of our children? Surely we know we will never be the same. However, being unstuck does not mean we have forgotten our children. Our love lives on. What can each of us do in memory of our children?

## VICTORIES

York, PA TCF

How many small victories have you won lately in the work of combating your grief? Have you been able to: Cook any of your child's favorite foods, do something without crying about it for the first time since your child died; enjoy yourself a little and laugh, hear some music or watch a TV show your child liked, go back to a favorite place, or remember with a little less pain?

These victories are small, but as we keep adding to the list of things we can bear to do again, we build an impressive list of victories to be proud of.

These things are beautiful beyond belief:

The pleasant weakness that comes after pain,

The radiant greenness that comes after rain,

The deepened faith that follows after grief,

## DON'T SCRAPE THE ICE

The season for ice and snow is upon us (again)! Although we want to make sure the grave site markers are visible, it causes permanent damage to some markers if snow and ice are scraped off. Even plastic scrapers will mar bronze. Before using salt, snow removal chemicals, etc, it is suggested that you check with the groundskeeper at your cemetery.

## JUST AN IDEA

TCF - Anniston, AL

As you sit and ponder about what the New Year will bring for you and your family, try this:

~Take a note pad and pen and at the top of the page, write "This year I hope I can..." or, "This year I hope to do..." or another hope you wish to concentrate on.

~Then make a list of what you hope will take place during the year.

~ Later, go a step further and number each "hope" in order of preference or importance.

~Then work on it - one thing at a time. And mark it off your list as it's accomplished or a goal is reached.

~Then you can look at your progress.

Please remember, each and every time you accomplish something you set out to do, no matter how small or trivial it may seem at the time, that it IS PROGRESS.

## Little Baby

By Joan D. Schmidt TCF/Spotswood, NJ

Little baby who was not to be,

You were a person...at least to me.

Would your eyes be blue?

Or hazel and dark?

Would you caw like the crow?

Or sing like a lark?

Would you have ten little fingers and ten tiny toes?

A rosebud mouth, a turned up nose?

Would you be laughing and happy,

Or somber and quiet?

Would you run and jump or rather be still?

Would you like to read, or prefer to play?

None of my questions will have an answer.

Your chance to live will never be.

The only thing I truly know...

Little baby,

We would have loved you so!



## The Grief of A Parent Who Has Lost an Infant

By Claire McGaughey & Sue Shelley -TCF St Louis, MO

To experience the loss of an infant is to grieve for what never was. After all the months of anticipation and preparation, the actual birth of a child brings the feeling of hope and fulfillment. Should the child be stillborn, or die hours, days or even months later, the unrealized dreams become a source of pain for parents. No parent ever expects to outlive his child; the death of an infant is often the loss of a child unknown even to his parents. The expected stages of grief (guilt, disbelief, anger, etc) can have new directions for the parents who have lost an infant.

**Shame and Guilt** - especially if the infant was stillborn or had a birth defect, the mother may feel she has failed as a woman. "Other women have live, normal babies, why can't I?" Should an infant die months after birth, parents find it hard to resolve feelings that it was their fault.

**No Memories** - Parents may only have "souvenirs of the occasion" (birth certificate, I.D. bracelet) by which to remember their child. If the infant is older, they may have pictures and a few belongings, but they may still feel they hadn't really gotten to know their child.

**Loneliness in Grief** - It is hard for friends and relatives to share your grief for a child they never knew. If the child is newborn, they may give the impression you are grieving unnecessarily, they hope you can "forget this baby" and "have another one".

**Neglected Fathers** - Too often the sympathies of professionals and friends are directed mainly to the mother. It is important to remember that the father had made plans for this baby, too.

**Mothers vs. Fathers** - Since the mother has bonded with her child during the pregnancy, her grief may be much deeper than the father's, who only came to know this child after birth. It may be difficult for a father to understand why his wife's grief is so profound and so prolonged.

# Sibling Page

## Questions & Answers from Bereaved Siblings

Why am I so mad at my sister for dying? She left me alone. I know it wasn't her fault, but I feel so guilty for being angry.

At some time everyone is angry at the person who dies. Anger does not mean you loved them less, it means the loss is so great that you want the terrible pain to end.

I have terrible nightmares. Sometimes I dream I am dying. I can't tell anyone because they will think I am crazy. Am I?

Some grieving people experience intense dreams. Dreams serve as a healthy outlet for the intense feelings during the day. As time goes on and you deal with your feelings, your dreams will become less frightening.

Suddenly my parents expect me to parent them. I just can't handle it.

This is truly one of the most unfair positions your grief puts you in. Try to share these feelings with your parents. Hopefully you will be better able to understand one another.

From: This Healing Journey An Anthology for Bereaved Siblings

## Dying Young

As the seasons change,  
Times fades away,  
The trees to brown,  
The sky to grey.

Our feelings change  
As life goes on.  
Only memories remain  
All else is gone.

Now we stare  
Pray to the moonlit sky,  
Dream and wish  
For one final goodbye.

The whispering wind  
And each shooting star  
call your name,  
So near, so far.

The songbird dies  
Its last song not sung.  
These sweet refrains:  
ode to dying young.

Megan Gentry, 1991 Age 15 in  
"Stars in the Deepest Night, After the Death of a

---

### ***I'm Learning:***

*That our experiences and circumstances have influenced who we are, but we are responsible for who we become.*

### ***I've Learned:***

*That no matter how badly your heart is broken the world doesn't stop for your grief*



## Our Children Remembered Birthdays



<b>Raymond Albert</b>	Brother of Barbara Hunsicker	Jan 24
<b>Kevin Blosky</b>	Son of Jack & Janet Blosky; Grandson of Jack & Nancy Blosky	Jan 28
<b>Thomas M. "Tommy" Booth</b>	Son of Tom & Ginny Booth	Jan 22
<b>Debra Brown</b>	Daughter of Doris Clauser	Jan 6
<b>Brain Burke</b>	Son of Mary Burke; Brother of Melissa Burke	Jan 3
<b>Rachel Dallas</b>	Daughter of Robert & Linda Dallas; Sister of Sadie Dallas	Jan 21
<b>Sheila DeBoer</b>	Daughter of Barbara DeBoer & the late Henry DeBoer; Sister of Leslie & Cory DeBoer	Jan 29
<b>Mark Dilts, Jr</b>	Son of Mark & Joy Dilts; Brother of Beth Dilts	Jan 6
<b>Angela Dion</b>	Daughter of Edmond & Robin Johnson	Jan 12
<b>Wayne Ernst</b>	Son of Julius & Doris Ernst; Brother of David Ernst	Jan 6
<b>Maggie Faber</b>	Daughter of Harry & Carol Faber; Sister of Heidi & Harry Faber & Randi & Eric Gerencser	Jan 17
<b>David "Dave" Fegley</b>	Son of Dick & Peg Fegley	Jan 23
<b>Araya Francisquini</b>	Daughter of Jamie Francisquini	Jan 11
<b>Jesse Gentile</b>	Grandson of Gerry & Doris Rothermel; Nephew of Mark Rothermel	Jan 28
<b>Anne Marie Mabus Heater</b>	Daughter of Wayne & Frances Mabus; Sister of Steven Mabus	Jan 7
<b>Peter Knitter</b>	Son of Brian & Donna Knitter	Jan 7
<b>Jamie Laudenslager</b>	Son of Jane Laudenslager; Brother of Jon & Shelly	Jan 23
<b>Andrea Luecke</b>	Daughter of Louise Luecke; Sister of Jennae Luecke	Jan 30
<b>Ryan Miller</b>	Son of Patti Miller & the late Richard Miller, Jr ; Brother of Ricard Miller, III	Jan 4
<b>Gretchen Newton-Krieg</b>	Daughter of Gloria Perlis	Jan 18
<b>Kelly Owens</b>	Son of Douglas D. Owens & Judy Dorward	Jan 24
<b>Lauren Pignoli</b>	Daughter of Cheryl Donovan, Mother of David	Jan 11
<b>Allison Reboratti</b>	Daughter of Eduardo & Barbara Reboratti	Jan 25
<b>Joey Russo</b>	Son of Susan Russo; Brother of Jena & Jevin Russo	Jan 1
<b>James "Jimmy" Thompson</b>	Son of Richard & Mary Thompson; Brother of Marie, Mark, Patrick & Kathy Thompson; Uncle of Josh & Drew Thompson	Jan 23
<b>Victoria Volkert</b>	Daughter of Joanne Fimiano	Jan 14
<b>Justin Wenner</b>	Son of Jack and Susan Wenner; Brother of Tara & Jonathan Wenner	Jan 10
<b>Joshua Wersinger</b>	Son of David & Joanne Wersinger	Jan 19

**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**



## Our Children Remembered Anniversaries



<b>Raymond Albert</b>	Brother of Barbara Hunsicker	Jan 11
<b>Sean Apgar</b>	Son of Randy Apgar	Jan 22
<b>Ryan Cole</b>	Son of Terry & Michele Cole	Jan 22
<b>Barry Donchez</b>	Son of Edward & Olga Donchez; Brother of Linda Shive & Mike Donchez	Jan 10
<b>Andrew Engborg</b>	Son of Rick & Becky Engborg; Brother of Amanda Engborg	Jan 11
<b>Maggie Faber</b>	Daughter of Harry & Carol Faber; Sister of Heidi, Harry, Randi & Eric	Jan 17
<b>Brenda Fehr Hatrak</b>	Daughter of David & Eileen Fehr, Sr.; Sister of Barbara R. Burgin & David Fehr, Jr.; Granddaughter of Warren & Rose Fehr & Elwood & Mary Mann; Wife of Matthew Hatrak	Jan 8
<b>Araya Francisquini</b>	Daughter of Jamie Francisquini	Jan 2
<b>Steven Fussner</b>	Son of George & Linda Fussner; Brother of Kathleen Kowker & Jeffrey Fussner ; Father of Alyssa & Kaitlyn Fussner	Jan 14
<b>Kevin Garrison</b>	Son of Kathleen Garrison; Brother of Anthony Garrison; Uncle of Logan Garrison	Jan 16
<b>Jesse Gentile</b>	Grandson of Gerry & Doris Rothermel; Nephew of Mark Rothermel	Jan 29
<b>Brett Harris</b>	Son of Chester & Carol Kinsey, Jr.; Brother of Terry & Lisa; Father of Shaun, Shannon, Nicole & Brett Lee; Grandfather of Chasity, Shaun Jr. & Justin	Jan 14
<b>Jason Hittner</b>	Son of Joseph & Susan Hittner; Brother of Alexis Marie Bartholomew	Jan 2
<b>Michele Koch</b>	Daughter of Frank & Mary Ann Koch; Sister of Bridget & Rachel Koch; Aunt of Frankie & Devin Koch	Jan 30
<b>Steven Koch, Sr.</b>	Son of Audrey J. Koch	Jan 20
<b>John Leonard, Jr</b>	Son of John and Jule Leonard; Brother of Karen	Jan 6
<b>Thomas S. Loquasto</b>	Son of Beverly Ann Loquasto; Brother of Beth Ann Stewart, Michelle , Michael Loquasto, II & the late Jeffrey Loquasto	Jan 8
<b>Joy Loube</b>	Daughter of Barry and Jeanette Loube	Jan 15
<b>Beth Anne Mather</b>	Daughter of Peter Mather	Jan 17
<b>Ken McMahon</b>	Son of Cheryl McMahon, Brother of Lori McMahon	Jan 6
<b>James Mullen, II</b>	Son of Jeanie Mullen; Brother of Rose, Chris & Dawn	Jan 1
<b>Chereen Nawrecki</b>	Sister of Erin Schoenberger & Ashlie Nawrecki	Jan 9
<b>Gretchen Newton-</b>	Daughter of Gloria Perlis	Jan 1
<b>Randy Peischl</b>	Son of Betty Peischl	Jan 29
<b>Anthony Romig</b>	Son of Edward C. Romig, Sr. & Lois Pearsall; Brother of Edward C. Romig, Jr.	Jan 20
<b>Daniel Rostkowski</b>	Son of Shirley May Rostkowski; Brother of Janet Wise & Andrew Rostkowski	Jan 30
<b>Sharon Schreiter</b>	Daughter of Jerry & Janice Walker; Sister of Scott Walker & Diane Kichline	Jan 15
<b>Geoffrey Steckel</b>	Son of Dean & Patricia Steckel; Brother of Jennifer & Mark Steckel; Father of Benjamin & Emma Steckel	Jan 20
<b>Michael Stocker</b>	Son of Calvin & Kay Stocker; Brother of Megan Fibrick	Jan 26
<b>Debra Sweeney</b>	Daughter of Richard & Doris Hosler; Sister of Donna Mallard	Jan 5
<b>Russell Terry</b>	Son of Brian and Amy Erbe; Brother of Shannon	Jan 9



## Love Gifts



Love Gifts are donations that are most often given in memory of a child who has died, but are also given in memory of a friend or relative or to honor a special person. Your tax deductible donations enable the chapter to continue publishing monthly newsletters, hold monthly meetings, host special events and reach out to the newly bereaved.

**We thank the following for their generous donations this month**

<b>Charles and Dena Baver</b>	<b>James F . Hotz, Jr</b> <i>In Loving Memory</i>
<b>Dick &amp; Doris Hosler</b>	<b>Debbie Sweeney</b> <i>You are always in our hearts. Love, Mom and Dad</i>
<b>Barbara Carter</b>	<b>Wayne Marks</b> <i>In Loving Memory</i>
<b>Richard and Suzanne Hoffstetter</b>	<b>Jonathan Paul Hoffstetter</b> <i>Dear Jon, Our 22nd Holiday Season without you. We all love and miss you.</i>
<b>Michael and Joanne Providakis</b>	<b>Angelo John Providakis</b> <i>In Loving Memory</i>
<b>Judy Dorward</b>	<b>Kelly Shawn Owens</b> <i>So Intelligent, So Witty, So Caring, So Missed !</i>
<b>Douglas D. Owens</b>	<b>Kelly Shawn Owens</b> <i>Gone but not forgotten</i>
<b>Carl and Pamela Fehnel</b>	<b>Chad Wagner</b> <i>Love and Miss You. Mom, Carl &amp; Family</i>
<b>Julius and Doris Ernst</b>	<b>Wayne Stephen Ernst</b> <i>In Loving Memory - We Miss You</i>
<b>Aline Shipreck</b>	<b>Manya Victoria Shipreck</b> <i>All our love, Mommy &amp; Carolina</i>
<b>Carl and Joan Grider</b>	<b>Jennifer Grider</b> <i>In Loving Memory</i>
<b>Richard J. and Marilyn Brown</b>	<b>Elizabeth Brown-Gibson, MD</b> <i>In Loving Memory</i>
<b>Betty Peischl</b>	<b>Randy Lee Peischl</b> <i>In Loving Memory</i>
<b>Jeanette Beilfuss</b>	<b>Rachael Brosky</b> <i>In Loving Memory</i>
<b>Mary A. Thompson</b>	<b>James "Jimmy" Thompson</b> <i>Many tears have been shed since the years you are gone. In our hearts forever. Mom, Sisters, Brothers &amp; Nephews</i>
<b>Julia M McLaughlin</b>	<b>Michael Patrick McLaughlin</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* 🦋

🦋 *The Country Harvest for TCF Carbon County's meeting refreshments* 🦋

### Love Gift Form

Please consider making a Love Gift to support the Compassionate Friends today. Your gift will help defray the cost of chapter expenses such as the newsletter mailings, meetings and our outreach to the newly bereaved. The Compassionate Friends is a 501c(3) non-profit organization and your donations are fully tax deductible.

**MUST BE RECEIVED BY THE 1ST OF THE MONTH PRIOR TO THE MONTH YOU WISH YOR 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 the 1st of the prior month

**Special Text - Brief Messages Please. Poems & story submissions are always welcome and should be sent directly to the Newsletter Editor for inclusion in the newsletter.**

Enclosed is my donation of \$ \_\_\_\_\_  Lehigh Valley  Carbon County  Easton

*Note: Please mail Carbon County & Easton gifts to the addresses below*

**If your gift is for Lehigh Valley** please designate which of the following your gift is for ( you may circle more than one )

Newsletter Expenses      Postage      Office Expenses      Outreach Program      Special Events

#### Mailing Addresses for Carbon County and Easton Chapters

The Compassionate Friends, Carbon County  
C/O Patti Bissell  
365 Drift Rd  
Palmerton, Pa 18071

The Compassionate Friends, Easton  
C/O John Szabo  
1514 Sculac Dr  
Bethlehem, Pa 18020

### Member Update Form

Please use this form to change or update information or permit publication of child's Birth and Anniversary dates in "Our Children Remembered" (OCR) newsletter section.

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

The following is  Change or Update of information  Change of Address or Phone Number  Permission (check this box to grant OCR publication permission)

Your Name

Phone Number

Email Address

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

Child's Name

Date of Birth

Date of Death

Parent's Names

Child's Sibling's Names

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

**THE COMPASSIONATE FRIENDS  
LEHIGH VALLEY CHAPTER**  
P.O. Box 149  
Bath, PA 18014

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[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)*

**T C F C R E D O**

**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**