



THE COMPASSIONATE FRIENDS

LEHIGH VALLEY CHAPTER

Supporting Family After a Child Dies

610 462-1892

www.lehighvalleytcf.org

May 2013

Email: tcflehighvalley@gmail.com

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TCF Online Support Community

www.compassionatefriends.org
To participate, click on "Online Support" under the resource tab

Who We Are

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

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

About Our Meetings...

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

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

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

TCF Lehigh Valley Calendar

May 13 Monthly Meeting: Topic Mothers Day & General Sharing

June 10 Monthly Meeting: Topic Fathers Day & General Sharing

June 23 Annual TCF Family Picnic and Memorial Balloon Launch - See page 2 for details and pg 12 for RSVP & directions

Other Local TCF Chapters Meetings

Carbon County
1st Wednesday 6:30 - 8:30 pm
Palmerton Community Ambulance Assn.
501 Delaware Ave. Palmerton
610-826-2938
Email: pannbiss@aol.com

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

Quakertown
2nd Tuesday 7:30 - 9 pm
St. Lukes Quakertown Hospital
1021 Park Ave, Quakertown
215-536-0173
Email: tcfquakertownchapter@verizon.net

Local Children's Support Groups

Ryan's Tree for Grieving Children (ages 5-18)

Six week sessions are offered throughout the year for children ages 5 through 18
For more information or to register contact Erin McLean @ 484-241-8043 or visit www.slnh.org/ryanstree

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

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

TCF Telephone Friends

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

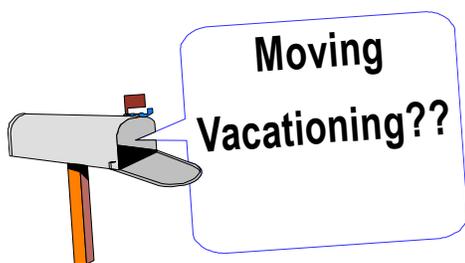
Infant	Cathy McDonald	610 391-1474 Suicide	John & Maria Szabo	610 866-5468
Multiple Loss/General	Betty Thompson	610 868-0303 Addiction	Nancy Howe	484-863-4324
Only Child	Shelly Garst	484 851-3450 Addiction/Sibling	Melanie Howe	484-863-4324
Homicide	Ginger Renner	610-967-5113		

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Keywords: The Compassionate Friends, Lehigh Valley



The Post Office does not forward or hold bulk mail, it is returned to us at our expense and we will remove you from the mailing list. If you are moving or having your mail held please remember to inform the Newsletter Editor

Thank You

Events and Announcements

TCF Annual Family Picnic and Balloon Launch

June 23, 2013

12:00 Noon

Moore Township Recreation Center,
635 English Rd. 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 asked to bring a side dish or dessert to share.

Also provided are helium balloons and markers, with which to write a message to your loved ones.

RSVP form & directions are on the last page of this newsletter. To RSVP by phone call Kathy Collins (484)891-0823

Note: we also need volunteers to help with the picnic, if you are able please fill out the volunteer area on the RSVP form.

Newsletter Submissions Etc

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

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

Thank you, Your Editor

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 Daniel & Jaclyn Natale - Daughter - Gianna Renee Natale

Gone Too Soon

By Paula Funk - TCF, Safe Harbor, Petoskey, MI

As I think about Mother's Day this year I become very nostalgic. Every spring during my elementary school days, I looked forward to the day the order form for our plants for Mother's Day came from our local florist. I always ordered pansies for my mom, the ones with purple and yellow or yellow and brown. I could hardly wait for the delivery day to come, so that I could present them to my mother. She always received them with much surprise and appreciation, as if it were a gift she had never received before or even expected.

As a child, Mother's Day was an important occasion to my family. My dad always insisted we wear the traditional carnations: white if one's mother was deceased, red if still living. He would make a special trip to the florist to purchase them. We would attend church, and then drive to a nearby city for lunch.

I remember clearly my first Mother's Day being "the mom." Our Anna was only about three weeks old, so I had a very limited idea of what it really meant to be "the mom." But I do remember being treated like a queen and enjoying every minute of it.

Over the next several years as we raised our two daughters, my husband continued to affirm the women of our family. On Mother's Day he always bought roses for each of his girls. Anna would get a yellow one. Debbie would get a peach-colored one. The red roses were for me. When the girls were young I would receive and treasure their hand-made cards. As they grew into young adults, their choices in purchased cards were just as significant. Every year as Mother's Day approached, we looked forward again to spending the day together as a family. We would attend church, go out for my favorite brunch, have lots of conversation, fill our bellies to the max, laugh until we cried, be silly, make memories. That was before...

Then the unthinkable happened. Our daughter, Anna, died. How could those special days of love and togetherness, laughter and fun become among the most dreaded days a mother must face? How could those days that we had once anticipated with

joy and excitement bring such unbelievable heartache and confusion, loneliness and tears?

During those first few years we were simply lost. This was new, undesired, and certainly not requested, territory that we had been forced to enter. What were we supposed to do? How were we supposed to act? I just wanted to run away or stay in bed with the sheets over my head. The traditions we had come to love and enjoy became intensely painful. It became an impossible task to attend church services or go out for brunch. Seeing families enjoying their togetherness pierced my heart with an endless ache. My tear-filled eyes burned at the thought of being surrounded by "intact" families. Feelings of anger and resentment overwhelmed my heart. On the inside I wanted to lash out at all those mothers and fathers who were surrounded by all of their children and those sisters and brothers who had no clue what it would be like to lose a sibling. As the day drew to a close I felt tremendous relief that it was over. Exhausted, I would lay silently with my head on my pillow as quiet tears lulled me to sleep.

The feelings that I have shared are not uncommon in the early years of grief with those who have experienced the death of a child, grandchild or sibling. If you or someone you care about has experienced the death of a child, I offer some suggestions from those who have been there to help you do to make it through this time.

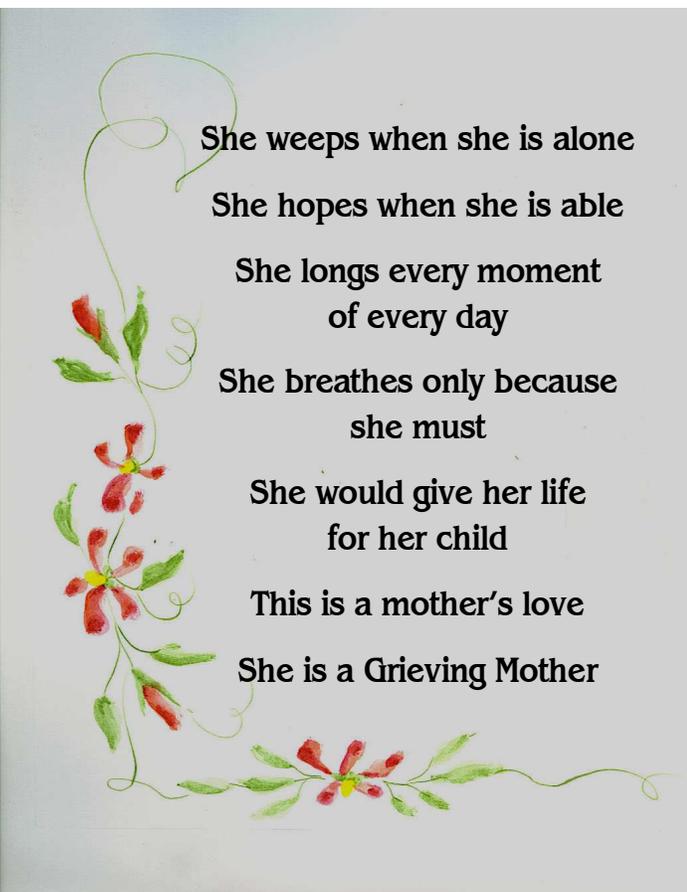
- Realize this day is full of potential for a multitude of feelings to sneak up on you and catch you by surprise.
- Especially during those early years, do whatever works for you. This may be a time of being in "survival mode." Trying to please everyone else can cause undo stress.
- If you have surviving children who want to honor you, communicate your feelings to them. Let them know that while you are grieving the death of their brother or sister, you still love them.
- Try to keep things simple and uncomplicated.
- Visit the cemetery.

(Continued on page 4)

(Continued from page 3)

- You may choose to pretend the day just does not exist and do something completely unrelated to Mother's Day. Clean the house, take a nap, get out of town. One of my Compassionate Friends spends Mother's Day at Home Depot. No one bothers her there or mentions Mother's Day.
- Have a good cry. If you have trouble crying, just stop by a card shop and read a card or two. Maybe even buy the card that you believe your child would give you.
- Know that the days before the holiday may be worse than the actual day.

As with all holidays, be reassured that what you do this year does not have to be what you do next year. As my Compassionate Friends and I have found, with proper grief work over time, the intensity of our feelings has softened. This will happen for you, as well. In the meantime, be gentle with yourself. And remember, "you need not walk alone."



A Mothers Day Wish From Heaven

By Jody Seiheimer, TCF South Shore, Hingham, MA

Dear Mr. Hallmark,

I am writing to you from heaven, and though it must appear a rather strange idea, I see everything from here. I just popped in to visit your stores to find a card. A card of love for my mother, as this day for her is hard.

There must be some mistake I thought... every card you could imagine, EXCEPT, I could not find a card; from a child who lives in heaven. Still she is a mother too, no matter where I reside. I had to leave, she understands, but oh, the tears she's cried.

I thought that if I wrote to you, that you would come to know. That though I live in heaven now; I still love my mother so. She talks with me, and dreams with me; we still share laughter too. Memories are our way of speaking now, would you see what you could do?

My mother carries me in her heart, her tears she hides from sight. She writes poems to honor me, sometimes far into the night. She plants flowers in my garden, there my living memory dwells. She writes to other grieving parents, trying to ease their pain as well.

So you see Mr. Hallmark, though I no longer live on earth. I must find a way, to remind her of her wondrous worth. She needs to be honored, and remembered too, just as the children of earth will do.

Thank you Mr. Hallmark, I know you'll do your best. I have done all I can do; to you I'll leave the rest. Find a way to tell her, how much she means to me. Until I can do it for myself - when she joins me in eternity.



“Mother’s Day is a day of appreciation and respect. I can think of no mothers who deserve it more than those who had to give their child back.”

Erma Bomback

Memorial Day

By Judy Foster TCF/Omaha, NE

My first Memorial Day after Shannon died in December was one I look back on with deep sadness but also with hope. Anticipating the arrival of Memorial Day nearly put me over the edge. The thought of decorating my son's grave was incomprehensible. For days I couldn't sleep...

I woke up very early on Memorial Day and decided I wanted some time alone at the cemetery before other family members arrived. As I pulled up beside Shannon's grave, I felt so empty and alone, I managed to get out of the car and walk over to his grave. I had not gotten a headstone yet; I couldn't bear the thought. It seemed too final, something I was unable to deal with at that time. Seeing the marker from the funeral home staring back at me brought the tears flowing. Reading those words, "Shannon Foster, 1972-1990," forced me to accept the reality - Shannon was gone. Never again would I hold him or see him.

My heart ached for all I would never know. I closed my eyes as I tried to find strength from within. Suddenly I felt a presence, someone's arms around me. A warmth came over me as I realized somehow Shannon was there. I kept my eyes closed as I talked aloud to the son I so desperately needed to see. I know Shannon could hear me and was helping me through this unbearable day. As I opened my eyes I felt his presence still beside me. As the sun came up that day, I remained sitting by his grave, feeling once again close to my son.

*Seeing death as the
end of existence is like seeing the
horizon as the end of the ocean*

~ David Searls



I watched the flag pass by one day.
It fluttered in the breeze.
A young Marine saluted it,
and then he stood at ease.

I looked at him in uniform; so young,
so tall, so proud
With hair cut square and eyes alert
He'd stand out in any crowd.

I thought, how many men like him
Had fallen through the years?
How many died on foreign soil?
How many mothers' tears?

How many pilots' planes shot down?
How many foxholes
were soldier's graves?
No, Freedom is not free.

I heard the sound of taps one night
When everything was still.
I listened to the bugler play
and felt a sudden chill.

I wondered just how many times that
taps had meant "Amen"
When a flag draped a coffin of a
brother or a friend.

I thought of all the children,
Of all the mothers and the wives,
Of fathers, sons and husbands with
interrupted lives.

I thought about a graveyard at the
bottom of the sea,
Of unmarked graves in Arlington.
NO, Freedom isn't Free!

Sibling Page

An Essay on Love

By Karl Brown, TCF Bucksmont Chapter, Warrington, PA

Many things have affected my life during my short seventeen years. I have seen myself undergo several changes, and pass through different stages. However, the event that, without a doubt, has had the most profound effect on my life, was the death of my brother Doug on July 23, 1994. Because of this, I find myself to be a completely different person than I ever imagined I would be, and my entire outlook on life has changed.

At the time of Doug's death, he was only at the young age of 19. I was only five years younger at 14. Because I was at the age when I began to share many of the same interests as him, we had become closer than we had ever been. The memories of our playful wrestling matches, and frequent games of softball are forever implanted in my mind. He was more than just my brother; he was truly my best friend. There were so many things that I wanted to do with him, or... anticipated to see him accomplish, and it all seems so unfair that he had to slip away just when we realized our special relationship.

Since Doug's death, I have come to realizations that some people take years to come to, and those that some people never will. The most important of these, is that we must cherish every moment we have with those we love, because nobody is promised to be alive when they wake up. This may seem drastic, however, when I woke up at 1:00 in the morning and found out my brother was gone, it seemed anything but drastic. Looking back, I wish I could change words I spoke to him, and actions, which at the time seemed harmless. The only thing in life that I feel is necessary for everyone to learn is how to love without limits, and to appreciate what we have.

It has taken me much time, and many tears to accept this tragedy which has been placed so suddenly in my life. I fear, however, that I would

never have been who I am now if the one I so dearly cherished had not fallen into God's grace. It is sad to realize that sometimes only a tragedy can change a person's heart forever.

Brothers

By Ken TCF Salem, OR

Brothers grow together with wind in their hair, wild schemes in their heads, and with mud in their raggedy pants.

They look back into one another's eyes, with spirits burning from a common flame. They wrestle life with such similar hands. No tree is too tall or hill too high to climb, for those whose bonds are flesh are set together through time.

Yet the song told us that dragons live forever, but not the little boys.

Suddenly, one of us is all alone, clinging to the memories of wind and mud and hills of stone. We're still together in our own way, if not but in a burning little flame.

A Tribute

By Marta King, TCF Concorde NH

I think of you in silence,
But my feelings seldom show
But how it hurts to lose you
Know one will ever know

I hope there is eternal life,
So we can meet again.
I not only lost my brother,
I lost my best friend.

The reason you left so early
I'll never understand why.
I just wish I'd known you were never coming back,
Cause I would have said good-bye



Our Children Remembered Birthdays



Evan Albertini	Son of Louis AlBertini; Brother of Christopher AlBertini	May 28
Penny Azar	Son of Michelle M. Azar & the late Diab Azar; Brother of Michelle Weidman and Jean-Pierre Azar	May 28
William Bender	Son of Dean and Sheri Tretter	May 14
Matthew Breiner	Son of Jim and Lynne Breiner; Brother of Monica Breiner	May 5
Felicia Cook	Daughter of Herbert and Helen Cook	May 28
Heather Duh	Daughter of Ernest and Laurie Duh; Sister of Laurestine "Laurie" Hollie Duh	May 15
Doug Gable	Son of Ronald and Shirley Gable; Brother of Sharon Hornyak	May 26
Mark Gery	Son of William and Catherine Gery	May 22
Jennifer Grider	Daughter of Carl and Joan Grider	May 18
Raymond Haas, Jr.	Son of Bernice Haas & the late Raymond H Haas, Sr.; Brother of Charles Haas & Linda Wronowski	May 27
David Heard	Son of Susan Heard; Brother of Daisy Heard	May 20
Loren Holl	Son of Fern Gerth	May 31
Danielle Jones	Niece of Terry and Sherry Mertz	May 16
Colleen Kilker	Daughter of Mark and Kathleen Kilker; Sister of Meghan, Bridget and Mark Kilker	May 6
David Kunsman	Son of Charles & Joan Kunsman; Brother of Walter Alfonso, Sherry Flanagan, Sandra Kunsman & the late Charles Kunsman	May 2
Adria Parker	Daughter of Adele Parker; Sister of Briana Parker & Nathan Parker; Mother of the late Eliza Parker	May 23
Michael Potkovic, III	Son of Michael & Annette Potkovic, Jr.; Brother of Michele Cuvo, Matthew, Mark, John & Denise Potkovic & the late Donna Marie Potkovic-Roth	May 26
Michael Schondorfer, Sr	Son of Alma Schondorfer	May 10
Dean Schuler	Son of Betty Schuler & the late Lester Schuler	May 22
Jonelle Sisonick	Daughter of Rella Sisonick Daniels; Sister of Anthony and Nicholas Sisonick	May 22
Eric Sisson	Son of Daniel Sisson & Crystal Crout; Stepson of David Crout; Brother of Courtney & Logan Crout	May 9
Keith Storat	Son of Richard and Susan Storat	May 18
Russell Terry	Son of Brian and Amy Erbe; Brother of Shannon	May 8
Meredith Unger	Daughter of Kathleen Paone	May 23

**I wish you were here today
Even for a little while
So I could say Happy Birthday
And see your beautiful smile**

**The only gifts today will be
The ones you left behind
The laughter, joy and happiness
Precious memories...the best kind**

**Today I'll do my very best
To try to find a happy place
Struggling to hide my heavy heart
and the tears on my face**

**I'll sit quietly and look at you picture
Thinking of you with love
Hoping you're doing okay
In Heaven up Above**



Our Children Remembered Anniversaries



Nicholas Allesch	Son of Toni Allesch	May 2
Patricia Arey	Daughter of William and Elizabeth Arey; Sister of Elizabeth Ann, Barbara, Rose Marie & Elaine	May 8
Dakota Arndt	Son of Steve and Mary Arndt; Brother of Ann Marie & Dylan	May 19
Matthew Aungst	Son of Christopher and Mary Kelly Aungst; Brother of Alecia & David Aungst Aungst	May 30
Neal Balmer, II	Son of Lisa Feist ; Step Son of Charles Feist; Brother of Laura Balmer & Kaitlyn Balmer	May 9
Donna Lee Benninger	Daughter of Betty Thompson	May 9
Matthew Breiner	Son of Jim and Lynne Breiner; Brother of Monica Breiner	May 17
Michael Buss	Son of Bea Bryfogle; Brother of Lindsay & Katelyn Buss	May 15
Kimberly Caton	Daughter of Thomas and Sydney Caton	May 2
Kenneth Cosentino	Son of Judy Cosentino; Sister of Noreen Cosentino	May 6
Heather Duh	Daughter of Ernest and Laurie Duh; Sister of Laurestine "Laurie" Hollie Duh	May 24
Edwin Frantz	Son of Pamela Green; Brother of Amy & Troy	May 24
James "Jim" Gum	Son of Sherwood and June Gum; Brother of Deborah Martini	May 1
Lisette Hahn	Daughter of Louis and Joyce Szoke	May 3
Mark Hebdon	Son of Lawrence and Ruth Hebdon; Brother of Laura Long & Michael Hebdon	May 15
Justin Hilbert	Son of Robert and Joan Hilbert; Brother of Ashley & Kyle Hilbert	May 26
Loren Holl	Son of Fern Gerth	May 30
Jordon Hyndman	Son of Robin Hyndman; Brother of Shawna & Briana Hyndman	May 23
Peter Knitter	Son of Brian and Donna Knitter	May 27
Wayne Marks	Son of Barbara Carter; Brother of Marie Greenwood	May 13
Frank Mirabile	Son of Joseph and Laura DeVito; Brother of Michael, Joseph & Nicholas	May 18
Cody Myers	Son of David and Denise Myers; Brother of Travis, Crystal and Benjamin Myers	May 15
Kelly Owens	Son of Judy Dorward & Douglas D. Owens	May 20
Harry Rawdon	Son of Margaret Rawdon; Brother of JettaAnn Rawdon	May 13
Allison Reboratti	Daughter of Eduardo and Barbara Reboratti	May 9
Casey Stengel	Son of Casey and Jane Stengel; Brother of Chrissy, Sarah, Lisa & Mike Stengel	May 4
Kevin Stenlake	Son of Elizabeth Leada Stenlake ; Brother of Dawn Frey	May 26
Reeder Thatcher, Jr.	Son of Jane Thatcher & the Late Reeder Thatcher Sr.; Brother of Timothy, Michael & Lynne	May 22
Matthew Tobias	Son of Allen and Roseann Tobias	May 31
Joseph Visnosky, Jr.	Brother of Grace L Ashner	May 4
Joshua Wersinger	Son of David and Joanne Wersinger	May 17
Michael Widmer	Son of Mary Widmer & Steve Widmer; Brother of Suzanne Widmer	May 25

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



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

Margaret Frey	Dolly Anter <i>In Loving Memory</i>
Betty Schuler	Dean Lynn Schuler <i>Happy Birthday. Love and Miss You</i>
William and Elizabeth Arey	Patricia Arey <i>Patti, six years have passed and we miss you more than ever.</i>
Sherwood and June Gum	James "Jim" Gum <i>In Loving Memory</i>
Udo and Janet L. Virmalo	Sean Mikhail Virmalo <i>Always with us. Udo, Janet, Eric, Brett & Katelyn</i>
Amy Erbe & Family	Russell "Rusty" William Terry <i>Happy Birthday in Heaven. We Love and Miss You xoxox</i>
Beverly Ann Cavanaugh	Holly Lynn Cavanaugh <i>Happy Birthday! Lovewyou more and more, Mom & Bo xoxo</i>
Ronald and Shirley Gable	Doug Gable <i>Much missed Son & Brother. Ron & Shirley Gable & Sharon Hornyak</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 YOUR GIFT PUBLISHED

Contributor Name _____

Mail to:

Address _____

**THE COMPASSIONATE FRIENDS
LEHIGH VALLEY CHAPTER
P.O. BOX 149
BATH, PA 18014**

Phone _____

Email Address _____

I would like to make a donation In Memory of In Honor of A Chapter Gift (without memorial or honorarium)

Name of person gift given for _____

Edition Month _____ desired publication month . Deadline by the 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 _____

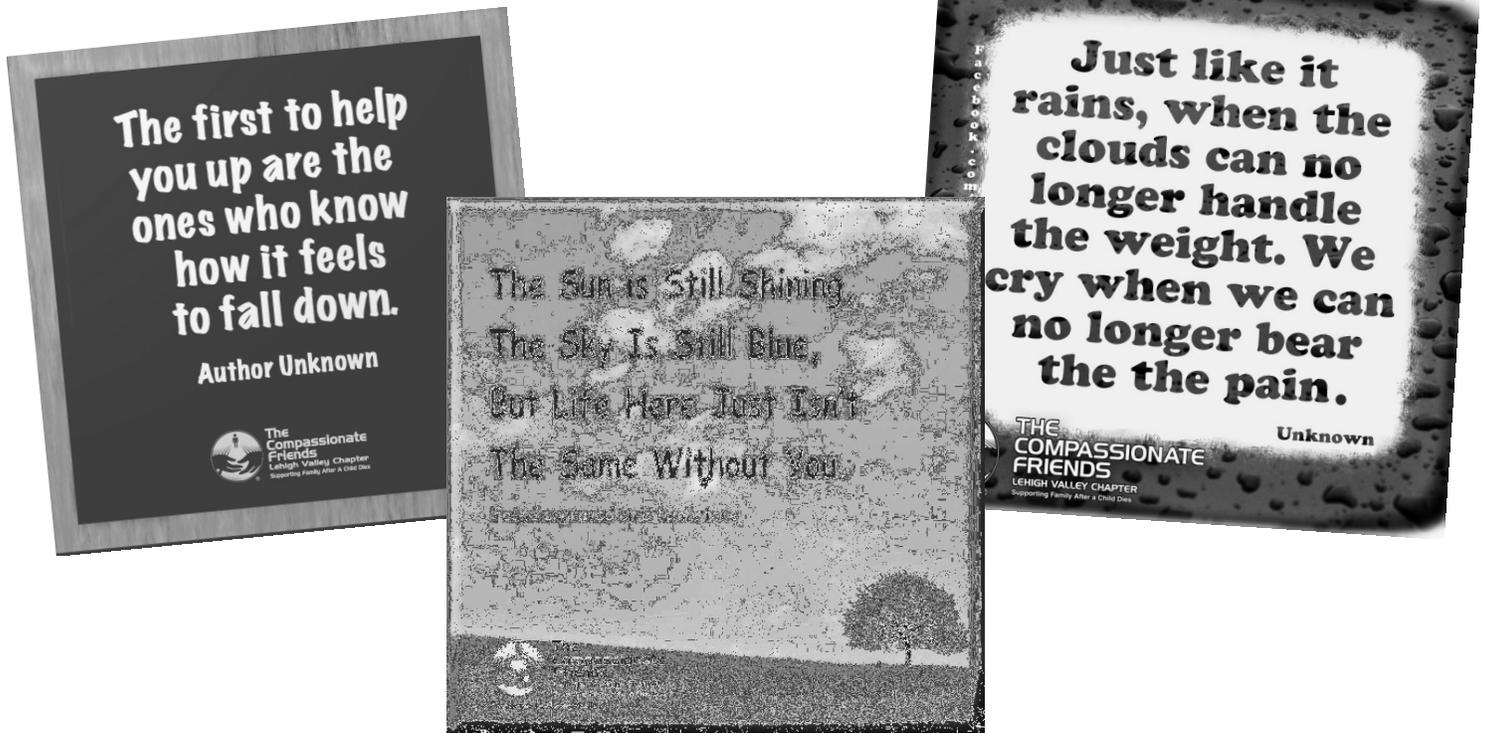
Parent's Names _____

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...)

Please join with our 100 + fans by visiting and helping to promote The Compassionate Friends Lehigh Valley's Facebook page by liking our page. You can find our page at www.facebook.com/TCFLehighValley. Current postings on the page include daily quotes, poems and conversation starters. Everyone is welcome to post questions or comments on the page. We also have a set up a photo album so that you can share a picture of your precious child. To have your child's picture included on our page please email a jpeg to the newsletter editor. We hope that the page will be an asset (as this newsletter is) to you on your grief journey.

Below is a sampling of our daily quotes



TCF CREDO

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races and creeds and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that we feel helpless and see no hope.

Some of us have found our faith to be a source for strength; while some of us are struggling to find answers. Some of us are angry, filled with guilt or in a deep depression; while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts and help each other grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends

TCF Annual Family Picnic & Balloon Launch

Sun. June 23 @ 12 pm (Rain or Shine)
Moore Township Recreation Center
635 English Rd. Bath, PA

You are invited to join us for our annual Covered Dish Picnic and Memorial Balloon Launch.
Hot dogs, drinks & balloons are provided by the chapter.
Please bring your favorite covered dish, lawn chairs & sports equipment
For questions or further information contact Kathy Collins at 610 837-6393

Directions to the park:

From Bethlehem Area - Take Center St./ PA-512 north, to PA-946 (Community Dr) Turn left proceed 2.4 miles to English Rd turn left, continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Carbon County Area -Take PA-248 east to PA-512 (Walnut St.) turn left proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left, continue .04 miles. to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Easton Area - Take PA-248 west to PA-512 (Walnut St.) turn right, proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

From Wind Gap Area -Take PA-512 South to PA-946 (Community Dr) Turn right proceed 2.4 miles to English Rd and turn left, continue .04 to park entrance on right. Turn right into the park and follow the park road to the first stop sign Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion

Suggestion: Keep this top portion as a reminder

RSVP by June 1

PLEASE PRINT

Yes, I will attend the picnic Total Attending Adults Children

_____ Covered Dish I will bring

Name _____ Phone _____

Address _____

Chapter(s) you attend _____

Yes, I will volunteer to help with the picnic Set Up Clean Up Other _____

Mail to: The Compassionate Friends, Lehigh Valley
C/O Kathy Collins
2971 Pheasant Dr.
Northampton, PA 18067

