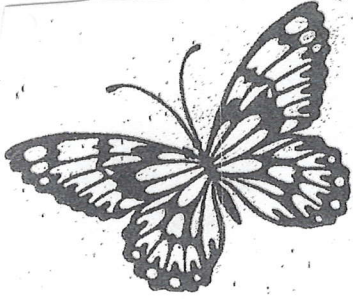
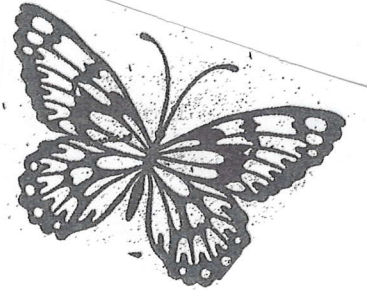


Our TCF November Newsletter is sponsored by:

Robert & Karen Hirsch - In Loving Memory of son, Matthew
Debbie, Sarah, & Andrew Kolb - In Loving Memory of son & brother, Matthew
The Tuliszewski Family - In Loving Memory of son & grandson, Brady
Lora & Dave Krum - In Loving Memory of son, Gavin



November 2025 Pocono Chapter of TCF



Dear Compassionate Friends,

The holiday season is upon us ...and days seems more difficult. Of course, every month is difficult to face without our children and the holidays in November and December are extremely difficult.

In November, it is so hard to find strength to face Thanksgiving when grieving parents may feel there is nothing to be thankful for. TCF is here to remind you that **WE CAN** Feel Thankful... *November is a time to be **THANKFUL** for the LOVE THAT ALWAYS REMAINS and LOVE that surrounds us - from our family and friends... Especially our Compassionate Friends.*

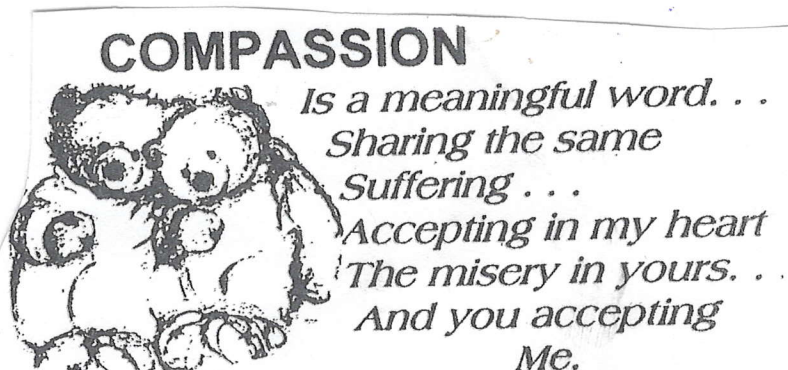
At TCF, we **HELP** each other face the holidays and you will find a safe place to share your grief, your pain, your sadness, your tears, and you will find someone to listen and understand.

We hope as you read this you will know that someone does understand how you feel. We hope you will read a poem that may express just how you are feeling and help you feel better. Most of all, we hope that you will feel our hugs reach across these pages to you as we remember our children.

Sincerely,  Debbie Kolb

Those who pass and touch us with their Love, give us reason to live.

P.S. It is also our hope that the words in this newsletter, our TCF Chapter, and our upcoming events will bring you comfort in knowing "You need not walk alone!"



In Memory
Never a day goes by
We don't think of you,
Never a night goes by
We don't hold you
Never a season changes
We don't love you
As long as we live
We will remember you
You will never be forgotten
For though we are apart
You are always and forever
Alive within my heart

Nancy Steigman,
Northeast Ohio Chapter

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Please visit our Chapter's Website. www.tcfpoconochapter.org

Our chapter's email address is: tcfpoconochapter@gmail.com

Thanks to Ernie and Barb Camlet for this website!



Welcome to our The Compassionate Friends (TCF)

The Compassionate Friends is a mutual-assistance, self-help organization offering friendship and understanding to bereaved parents, grandparents, and siblings. We are a small group and we welcome you...it is in helping others that we help ourselves.

We are so sorry for the circumstances that bring you to us, but we hope that we can be of some assistance to you as you work through your grief. You are cordially invited to attend our meetings each month. Nothing is required of you! There are no dues, or fees and you do not need to speak a word. Attending your first meeting does take some courage, but most parents and others find a comforting network of support, friendship, and understanding that only those who "have been there" can give. Please come! And please COME BACK!!!

"Those of us who have worked through our grief and found there is a future - are the ones who must meet others in the valley of darkness and bring them to the light."

Rev. Simon Stephens, Founder of The Compassionate Friends

LOVE GIFTS- A thoughtful way to remember

The love and generosity which prompted these gifts are greatly appreciated.

There are no dues or fees to belong to The Compassionate Friends. As parents find hope and healing within the group and through the newsletter, they often make a "Love Gift". We sincerely appreciate the generosity and kindness for sponsoring this newsletter and postage.

Love Gift - Postage and Newsletter Donation

Robert & Karen Hirsch - In Loving Memory of son, Matthew
Debbie, Sarah, & Andrew Kolb - In Loving Memory of son & brother, Matthew
The Tuliszewski Family -In Loving Memory of son & grandson, Brady
Lora & Dave Krum - In Loving Memory of son, Gavin

Our Sincere Thanks for all your Love Gifts!

Love Gifts help our Chapter of the Compassionate Friends help bereaved parents. Love gifts help us fill Gift of Hope boxes with helpful books and messages of hope and understanding for the newly bereaved. Love gifts help us purchase books for our Library that bring understanding to many parents. Love Gifts help us purchase candles for our December Candle Lighting to honor and remember our children. Please remember to fill out the form on the last page of this newsletter and make a Love gift in Loving Memory of your child.

It is a way for your child to be remembered and help others. ☺

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The Pocono TCF Meeting- November 17th at 7:00

Please Come!

We will have General Sharing and

Our Topic is: Facing the Holidays

We will talk about both Thanksgiving and the December holiday.

Our Lady of Victory Church 327 Cherry Lane Tannersville Pa 18372

See you at the meeting!!!



We hope to see you ! If it is your FIRST MEETING ... WE WILL HELP YOU...
Please know, we are all here for each other
with Love and Hope and Understanding!

Upcoming meeting dates: Mark your calendar

***Sunday, December 14 – World Wide Children's Remembrance Day**
6:30 pm AT Our Lady of Victory Church

That their LIGHT may
always shine!

Light a candle for all children who have died.

Sunday, December 14

7PM around the globe

This is a night to honor and remember our children in December .

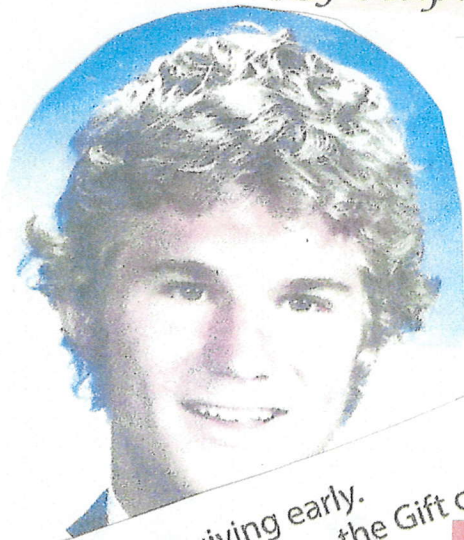
***PLEASE NOTE - There will be NO TCF Meeting on Monday**
December15

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TCF Helping Others...that YOU can help with!!!

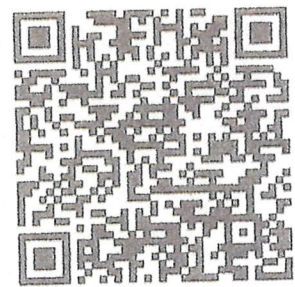
Sunday, November 30, 2025
8:30am - 2:30pm

Christ Hamilton United Lutheran Church
419 Bossardsville Rd
Stroudsburg, PA 18360
Located in the Gymnasium



Start your gift giving early.
Give the Best Gift Ever - the Gift of Life.
Donate at Matt's Blood Drive.

Schedule your
appointment by giving
us a call at
800-B-A-DONOR
(800-223-6667) ext. 2, or
by scanning the QR code.



Dylan and Gavin's Rainbow ministry (501c3) reaches out and supports families of seriously ill children, or those who have experienced the death of a child..

Log In



Dylan and Gavin's Rainbow





Dylan & Gavin's Rainbow Ministry

Snowflake 5K & 1M Run/Walk

Saturday-December 13, 2025-Borough of Lehigh

Friday Night- December 12, 2025-Registration & Packet Pickup 3:00 pm-8:00 pm
Saturday Morning Registration from 8:00 am-8:45 am Race begins promptly at 9:00 am
Where: Race begins on 243 South 8th Street & continues through beautiful Lehigh.

Registration for 5K, 1M & Virtual:

Early Registrants (by November 18th)-\$30.00-Includes Guaranteed Shirt

November 19th thru December 11th-\$33.00-Shirt available while supplies last

Friday, December 12th & Day of Race Registration-\$35.00-Shirt available while supplies last

Pre and Post-Race activities held inside, including restrooms, race awards, lots of good food FREE to race registrants (available for sale to spectators and others.) Nice Basket Raffle!

Awards: Top male and female overall. Top 3 males and females in each category...14 and under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

You are invited to Dress in Winter Holiday Attire

Prizes awarded for: 1-Funniest 2-Prettiest 3-Brightest 4-Team Spirit 5-Other

Registration should be mailed to **Dylan & Gavin's Rainbow Ministry, PO Box 511, Lehigh, Pa. 18235**

Please make checks payable to Dylan & Gavin's Rainbow Ministry.

On-line registration for a nominal fee-www.pretzelcitysports.com

Please contact dylanandgavinsrainbow@gmail.com or 610-377-1191 with questions or for additional information.

Last Name _____ First Name _____

Street or Mailing Address _____

Town/City/State/Zip _____

Date of Birth _____ Age (on day of race) _____ Gender _____

Phone _____ Race (Circle 1) 5K 1M Optional Virtual T Shirt Size S M L XL XXL

E-Mail Address _____

Waiver/Release: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors, including, but not limited to Dylan Gavin's Rainbow Ministry, the Borough of Lehigh and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running/walking in this event, including, but not limited to falls, contact with other participants, weather conditions and road conditions; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions for the event.

Signature _____

Date _____

Parent/Guardian signature if under 18 _____

Date _____



Our Children Remembered Always Loved - Never Forgotten - Sadly Missed

November Birthdays

Adam Repella	11/03
Bob Fish	11/03
Brady Tuliszewski	11/04
Ryan Duroskey	11/07
James Ferrette	11/09
Ryan McCarron	11/10
Damian Mele	11/10
Kevin Smith	11/10
William Kurkowski	11/11
Kelly Brown	11/11
Conor Doyle	11/13
Jason Lloyd Simpson	11/14
Jeremy LeDuc	11/14
Teddy Menegatos	11/20
Daniel Golden	11/21
Ray Hartley	11/22
Kayla Crawford	11/24
Linley Buatti	11/25
Sydney Adams	11/25
Justin Rubinstein	11/25
Matthew Kolb	11/26
Trevor Roberts	11/26
Elizabeth Eng	11/30

November Angel Days

Christine Ward	11/02
Dytique Fisher	11/08
Steven Dienno	11/08
Daniel Golden	11/09
Yvonne McCormick	11/09
Ashley Smith	11/12
Conor Doyle	11/13
Alisa Snow Kellett	11/17
Justin Rubinstein	11/18
Stephen Bates	11/19
Shaina Brennan	11/24
Skyler Miller	11/25
Cody Bensel	11/26
Gavin Krum	11/27
Jacqueline Izso	11/27
Emma Parkes	11/30

Never Good-bye

By Gwen Brown, TCF, Winnipeg, MB

They tell me I must say Good-bye,
That life goes on,
That death comes to all,
That you're in a better place,
But they haven't lost a child.
I tell them I must keep you with me.
Remember your faults
Remember the joy you brought.
Because I was, and I am, your Mother.
I tell them I will give you life,
I'll keep your memory fresh,
My life is more full because
You live on in me.
I am a better person because of you.
I shall never say Good-bye
until I can Say **Hello**.

From 2006

Matt,

*To my curly hair boy with the brown hazel eyes
And a smile and dimples that touched my heart
We love you and miss you more each day
and that Love never ever goes away.
Happy Birthday to you in Heaven
Love, Mom, Dad, Andy,
Sarah, Shawn, and soon-to-be new baby*

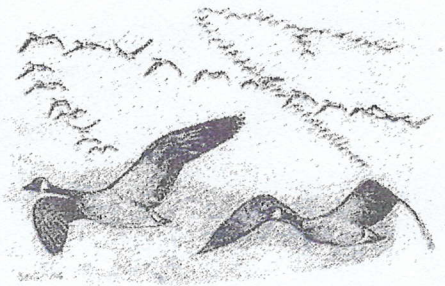
*Matt will be 27 on his birthday. He died when he was 19.
His sister Sarah is due with her first baby near his birthday.
Please watch over this new baby from Heaven, "Uncle Matt."
This was 19 years ago!*

Geese and Grieving...Lessons we Can Learn

By: Jan Borgman Cincinnati, OH

I recently observed a formation of geese flying overhead, and as I watched them fly in their formation, I came to realize that they have lessons to teach us about grief.

The first lesson is related to the V formation in which geese fly. By flying in a V formation an uplift is created for the bird immediately following, and enables the whole flock to have at least 71 percent greater flying range than if each bird flew alone. When we are grieving, we don't have to handle our grief alone. By allowing others to help us we can handle our grief experience a little easier, knowing that others understand the pain or our loss. It helps "normalize" the experience.



The second lesson geese teach us about grief is that when a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation. Knowing that we are not the only ones dealing with grief can help us find a sense of understanding and support. The burden of trying to "go it alone" can be overwhelming. In addition to allowing family and friends to help us along our grief journey, there are support groups that can help us find strength for the "journey" of grief.

The third lesson the geese teach us relates to sharing responsibilities. When the head goose gets tired, it rotates back in the wing and another goose flies point. Geese honk from behind to encourage those up front to keep up their speed. Sometimes we need to step back and allow others to help us with our responsibilities. Grief work is hard work, and sometimes we have to let go of things in order to deal with our grief. Sometimes we may feel like we are alone in our grief, but when we listen closely, we may be able to hear the support of others who want to help - if we allow them.

And the last lesson we can learn is that when a goose gets sick or is wounded and falls out of formation, two other geese will fall out with that goose and follow it down and lend help and protection. We need to offer that type of support to those who are grieving the death of a loved one. Be concrete with offers of help rather than "Call me if I can do anything." Offer assistance with yard work, banking, cleaning, meals, etc. Don't be afraid to be with those who are grieving; they need our support. It is during this time that we need to stand by each other.

Season of Many Feelings

By: Cinda Schake, TCF, Butler, PA

Fall is a season of many feelings
Autumn is here once again,
as it comes every year
And with the leaves my falling tears.

This time of year is hardest of all
My heart is still breaking, Once again it is fall.
Memories once so vivid, are seeming to fade,
My time spent with you, seems some other age.

This season reminds me of grief and of pain,
But yet teaches of hope and of joy again
For the trees are still living beneath their gray bark,
and you my sweet Child, are alive within my heart!

For Siblings

6.

When a Sibling Dies...

Reflections On How My Parents Helped or Didn't Help Me

Thanks for immediately telling me about what happened and the details of how, as soon as you knew.

I needed to cry with you, and to cry alone. We all need to cry together, especially in the beginning of our grief.

I needed your hugs to help me.

When you see people who resemble him, tell me so I don't think I'm a little crazy. The first year this happened often.

Let me share my nightmares with you until they go away.

You helped me by asking me to help me.

You helped me when you told me you having trouble with realization of his death.

Talking about memories and what it was like when ... is OK, but I'm here and I'm now and I need you to think about me. It's selfish, but necessary for me to feel needed, wanted, loved and near you.

Understand that when I turn to my friends it's because I need to identify with them. I do talk to them about his death, more times than I talk to you. They're closer to my age and they help me to go on with my life.

When we talk, remember that he was my brother and we had our sibling rivalries and fights. He wasn't perfect, but neither am I. You helped me not to feel guilty about the fights we did have and told me he'd forgive me and I should forgive him, especially if I get mad because he died and left us.

Compiled by 22 yr old Leslie Malone TCF, Atlanta, TX

A Special Thanksgiving to Me

This Thanksgiving is different but special

And I want to make it clear

That we still must be very thankful

Because of the presence that is here

On the table there is food to eat

At our sides, are people we love

A warm house is under our feet

And our dear Bryan is right above

Although he's only here in spirit

At this special Thanksgiving meal

He should not be put out of our minds

For our memories are very real

Think of one wonderful moment

When Bryan made you smile

And be thankful for that memory

For that makes this time worthwhile

As I feel a tear form in my eye

I smile instead of cry

Because I know that is a tear

That will not be shed by Bry

For he now is in a place

Where he will be happy forever more

And we will all see him again

That is what I'm thankful for

Bon-

nie.



A Sibling's Point of View

by Alissa Roeder, TCF, Pikes Peak, CO

There are times when I see a fiery sunset or the silver glow of the moon, and I see my brother, and feel the peace as if he still exists. But these times are few, and most of what I see is - what he is missing.

Cry now, my silent tears, quietly so no one hears. They don't know the pain I go through, day after day and through the years.

ALL THE DREAD AND FEAR WAS FOR NOTHING

We begin dreading "the holidays" shortly after our child dies. A birthday or anniversary coming up soon scares us, but not like the anticipation of Thanksgiving, Christmas or Chanukah does.

We expend mountains of energy dreading and fearing these special times. We either "awfulize" about how we're going to feel—painting dreadful mental pictures of searing, unbearable pain, hysterical reactions or just plain fainting away.

Or, we absolutely refuse to allow our minds to even touch on thoughts of the day. Either way, the dread and fear can overwhelm us. Let us make some suggestions.

First, know that it is perfectly normal to be afraid of what we THINK might happen. Our reaction to the death of our child is so unlike anything we ever expected that we are sure that the holidays are going to be even worse. Let me assure you. Just as your grief reactions are normal, so is your fear.

Secondly, remember that by the time "the day" arrives, you have completed most of the hard work of the holidays. It's in the DOING of holiday tasks that the pain lies, so, by the time the day arrives, the real work is over.

Thirdly, know that the day is only twenty-four hours long. You'll get through it like you get through any other day - some harder, some easier.

Lastly, take charge of your fear. Tell yourself that it's okay to have any emotion you want about the holidays. Make concrete plans for your behavior. Give yourself permission to cry or scream or, yes even faint if you feel like it. Make contingent plans that you can put into practice if you actually become distraught.

But I just bet you won't. I'll never forget the first Christmas after my granddaughter, Emily, died. I expected the worst and prepared for it. I was going to lean into the pain. I set out a new box of Kleenex for the crying. I told my son and his

family that I didn't know what time I'd be at their house to open presents, or if I would even show up. I arranged with a bereaved friend that we would call the other if the pain got too great. You know what happened? Nothing.

I didn't feel the need to cry. I went to my son's house in the early afternoon, and I didn't call my bereaved friend. All the dread and fear was for nothing. The work of preparing for the day was already over. "The day" was simply a day like any other in my grief.

And I had taken control of the day by preparing for whatever my behavior turned out to be.

Many holidays have passed since my son and my granddaughter died. Some have been easy to go through and some haven't. But I've found that I got through them a lot easier than I expected.

So will you.

Margaret Gerner
BP/USA St. Louis Chapter

FIRST THANKSGIVING

The thought of being thankful
Fills my heart with dread.
They'll all be feigning gladness,
Not a word about her said.
These heavy shrouds of blackness
Enveloping my soul,
Pervasive, throat-catching,
Writhe in me, and coil.
I must, I must acknowledge,
Just express her name,
So all sitting at the table,
Know I'm thankful that she came.
Though she's gone from us forever
And we mourn to see her face,
Not one minute of her living,
Would her death ever replace.
So I stop the cheerful gathering,
Though my voice quivers, quakes,
Make a toast to all her living.
That small tribute's all it takes

—Genesee Gentry, Marin County Chapter, CA

EMPTY CHAIRS

It's the usual holiday table
Heaped with the blessings
Of labor and harvest
But there are chairs -
Empty chairs.
Some of our number
Have moved away
The distance is too great
And they could not return today.
There are other chairs
That remain unfilled
A mother, a father, or a son
Once vital to the family
Now transcending spatial partying
And feasting in glory.
Vacant chairs
Hearts that remember
Thank you, Lord, for bountiful table
Thank you for the occupied chairs
And thank you for the memories
That surround the empty chairs.

—Rotha J. Essenburg



JUST AN INFANT

We had a fine discussion, you and I, talking about those who don't understand our loss and how we feel, peers in grief.

And then you asked my son's age at death, and I could see your change of attitude as I replied, "Three Months." Our talk was over.

Having lost an older child, you decided that what we both felt couldn't be the same, for your child was with you longer, and my child was "just" an infant.

But our loss and our pain are not that different, for through the death of our children, we have lost the same thing, dreams of the future.

Yes, you have more memories than I, but we have both lost the tomorrows of our children, and that pain knows no minimum age. God, it hurts.

All of the things we've wished for our children, with no regard to age, now will come to pass. That future is gone.

Yes, my son was an infant, but that does not lessen the love that I have, as the age of your child does not affect your love. Love is an ageless emotion.

And when my young son died, he carried away in his little hands as many dreams, hopes, and loves as your child did when he left. I miss you Alex.

Doug Hughes, TCF, Cincinnati, OH

Evening song

*Softly falls the day, As shadows beckon
The coming dark. Softly and gently,
I rock your memory in the cradle
Of my heart.*

Sandra S. VanOrman, TCF, WA



From an Ann Landers column...

"Go ahead and mention my child,
the one that died, you know.
Don't worry about hurting me further.
The depth of my pain doesn't show.
Don't worry about making me cry.
I'm already crying inside.
Help me to heal by releasing
the tears that I try to hide.
I'm hurt when you just keep silent,
Pretending, he didn't exist.
I'd rather you mention my child,
knowing that he has been missed.
You ask me how am I doing.
I say "pretty good" or "fine."
But healing is something ongoing.
I feel it will take a lifetime.



The Other Side Of Grief



How can we lose love?



Our children died, but the love we shared with them can never be destroyed! It's secure, peaceful, and there to sustain us when needed. We simply have to call it up and it fills us with enough light to take us high above the Valley in graceful and blessed flight. I fear nothing now, and the space that fear used to occupy in my life is filled with joy and love.

Darcie Sims, TCF, New Mexico



Helping Yourself Heal During the Holiday Season

You are not alone

Holidays are often difficult for anyone who has experienced the death of someone loved. Rather than being times of family togetherness, sharing and thanksgiving, holidays can bring feelings of sadness, loss and emptiness.

Love Does Not End With Death

Since love does not end with death, holidays may result in a renewed sense of personal grief - a feeling of loss unlike that experienced in the routine of daily living. Society encourages you to join in the holiday spirit, but all around you the sounds, sights and smells trigger memories of the one you love who has died.

No simple guidelines exist that will take away the hurt you are feeling. We hope, however, the following suggestions will help you better cope with your grief during this joyful, yet painful, time of the year. As you read through this brochure, remember that by being tolerant and compassionate with yourself, you will continue to heal in your personal grief experience.

Talk About Your Grief

During the holiday season, don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away and talking about it openly often makes you feel better. Find caring friends and relatives who will listen - without judging you. They will help make you feel understood.

Be Tolerant of Your Physical or Psychological Limits

Feelings of loss will probably leave you fatigued. Your low energy level may naturally slow you down. Respect what your body and mind are telling you. And lower your own expectations about being at your peak during the holiday season.

Eliminate Unnecessary Stress

You may already feel stressed so don't overextend yourself. Avoid isolating yourself, but be sure to recognize the need to have special time for yourself. Realize also that merely "keeping busy" won't distract you from your grief, but may actually increase stress and postpone the need to talk out thoughts and feelings related to your grief.

Be With Supportive, Comforting People

Identify those friends and relatives who understand that the holiday season can increase your sense of loss and who will allow you to talk openly about your feelings. Find those persons who encourage you to be yourself and accept your feelings - both happy and sad.

Mention the Name of the Person Who Has Died

Include the person's name in your holiday conversation. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part of your life.

Do What Is Right for You During the Holidays

(continued on next page)

Well-meaning friends and family often try to prescribe what is good for you during the holidays. Instead of going along with their plans, focus on what you want to do. Discuss your wishes with a caring, trusted friend. Talking about these wishes will help you clarify what it is you want to do during the holidays. As you become aware of your needs, share them with your friends and family.

Plan Ahead for Family Gatherings

Decide which family traditions you want to continue and which new ones you would like to begin, following the death of someone loved. Structure your holiday time. This will help you anticipate activities, rather than just reacting to whatever happens. Getting caught off guard can create feelings of panic, fear and anxiety during a time of the year when your feelings of grief are already heightened. As you make your plans, however, leave room to change them if you feel it is appropriate.

Embrace Your Treasure of Memories

Memories are one of the best legacies that exist after the death of someone loved. And holidays always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories are tinged with both happiness and sadness. If your memories bring laughter, smile. If your memories bring sadness, then it's alright to cry. Memories that were made in love - no one can ever take them away from you.

Renew Your Resources for Living

Spend time thinking about the meaning and purpose of your life. The death of someone loved creates opportunities for taking inventory of your life - past, present, and future. The combination of a holiday and a loss naturally results in looking inward and assessing your individual situation. Make the best use of this time to define the positive things in life that surround you.

Express Your Faith

During the holidays, you may find a renewed sense of faith or discover a new set of beliefs. Associate with people who understand and respect your need to talk about these beliefs. If your faith is important, you may want to attend a holiday service or special religious ceremony.

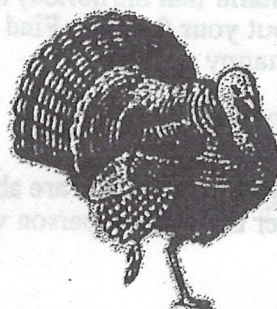
As You Approach the Holidays, Remember: Grief is Both a Necessity and a Privilege

It comes as a result of giving and receiving love. Don't let anyone take your grief away. Love yourself. Be patient with yourself. And allow yourself to be surrounded by loving, caring people.

Best wishes to you during this holiday season. Keep each holiday as a reminder of all the things you shared with the person you loved who has died. The remembering is part of the healing.

Alan D. Wolfelt

©Dr. Alan Wolfelt, Ph.D.



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Debbie, Sarah, & Andrew Kolb - In Loving Memory of son & brother, Matthew
The Tuliszewski Family -In Loving Memory of son & grandson, Brady
Lora & Dave Krum - In Loving Memory of son, Gavin

****Love Gifts are helpful to our TCF and a thoughtful way to HONOR your loved one.**

If you would like to make a Love Gift donation to our TCF,
Please send a check made out to TCF and mail check and this form to:

Lori Gibson 2334 Rimrock Drive Stroudsburg, PA. 18360.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ e-mail _____

Child's name _____ Relationship to child _____

Birth date _____ Angel Date _____

Love Gifts

Please check one or more that applies:

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Thank you for your Love Gifts.