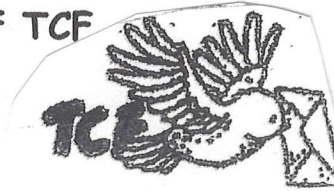


The TCF October Newsletter is sponsored by:
Kathy Kilker - In Loving Memory of daughter, Colleen Kilker
Jane & Ron Davis - In Loving Memory of daughter, Sarah on her 51st Birthday



October 2025
Pocono Chapter of TCF



Your
friendship
is a
blessing.

Dear Compassionate Friends,

October is here... And that means the start of "that time of year"...days get shorter...more darkness, the decorations go up. Yes even Christmas decorations are out already.... the reminders of facing the holidays are everywhere... and soon that cold winter season will start! For now, enjoy the warm sunshine!

Please let October with all its beauty bring you some comfort and peace. I know it is hard to enjoy the beauty of anything when you are grieving but... Please do try to observe the beauty of nature... it can be a comfort to you! Take a walk and let some of the colors of the Earth color your day brighter. The colors are so beautiful this year! Look for beautiful fall sunsets too.

In October... when those decorations start to appear...remember - We at Compassionate Friends have many ways to honor and remember our children as we face the holidays together!

Mark your calendar for December 14 - World Wide Children's Remembrance Day.... More info to follow.

The weather has been so beautiful but soon there will be a tiny chill in the air and soon that cold weather will remind us that there will be the long cold winter season to face. The winter sometimes feels so long, but Spring will come! It is like that with our grief too. Our grief and sadness seem so long, but love and joy will come again ... *it is important that you let your heart be open to feeling that Love and Joy again even in glimpses!*

With this newsletter, we reach out to you! 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. ~  Debbie

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!"



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The Pocono TCF Meeting- October 20

Please Come if you can!

We will have General Sharing and

Our Topic is: LOVE never LEAVES!

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

* November 17 – Facing the holidays

We will talk about both Thanksgiving and the December holidays.

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!



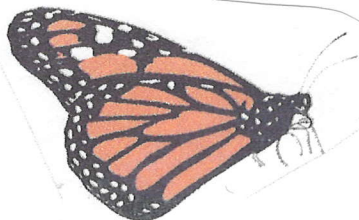
Welcome to our The Compassionate Friends (TCF)

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





Our Children Remembered
Always Loved - Never Forgotten - Sadly Missed

October Birthdays

Austin Scarpone	10/02
Sarah Autumn Davis	10/03
TJ Janotti	10/03
Nicolas Correa	10/05
Tracy Coogan	10/05
Barry Fillans Jr.	10/10
Vanessa Lynn Windle	10/10
Matthew Aungst	10/15
Adam Vanderlyke	10/16
Zach Englehardt	10/18
Gabby Jasmin	10/21
Antoni Alvarado	10/21
Sean Dolan	10/24
Nicole Minton	10/27
Anthony Jason	10/27
Galen Happaney	10/29
Cody Bensel	10/29

October Angel Days

Ryan Bates	10/02
Aaron Peechatka	10/06
David John Suppan	10/08
Andrew Carson	10/08
Michael Monaco	10/15
John Okula	10/16
Jimmy Wieder	10/19
Michael Brady	10/19
Linley Buatti	10/21
Miada Elsayed	10/21
Jax Kuzmak	10/22
Kaitlyn Habel	10/23
Athena Ford	10/23
Tyler McHugh	10/24
Joseph Ruggiero	10/29
Michael Maiorana	10/29
Chris Beardsley	10/30

Even though you are gone,
You are still a part of me
and I think of you
a zillion times a day.

Cindy Adkins 2015

**Sending
a million
hugs
your way**



"Don't let death cast ugly shadows, but
rather warm memories of the loving
times you shared. Even though death
comes, **LOVE NEVER GOES AWAY.**"



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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".

Love Gift - Newsletter Donation

Kathy Kilker - In Loving Memory of daughter, Colleen
Jane & Ron Davis - In Loving Memory of daughter, Sarah on her 51st Birthday

Our Sincere Thanks for all your Love Gifts!
We sincerely appreciate the generosity and kindness
for sponsoring this newsletter.

.....
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.

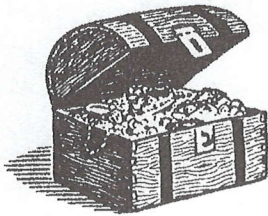
It is a way for your child to be remembered and help others. ☺

*Be gentle with one who
Walks with grief. If it is you
Be gentle with yourself.
Swiftly forgive, walk slowly,
Pausing often.
Take time,
Be gentle as you walk
With grief. ♡*

Grief only becomes tolerable
And a creative experience
When love enables it
To be shared with
Someone
Who really understands.
Founder of The Compassionate Friends
Rev. Simon Stephens

When your mind
cannot find
an answer,
open your heart
and ask
for peace.

— Sascha Wagner



MEMORIES



When you need to ...

Reach deep inside and take one of your precious memories.

Wipe away the cobwebs, lay it out in front of you

And let the sunshine and the sounds engulf you.

Revel in the experience of it

Re-live each precious moment, be overwhelmed by them

And taste the wonderful sweet tears that are their gift.

When your needs have been almost satisfied

Pause for one more second

Then gently fold it back up, give it a big hug and a tender kiss

And return the treasure to where you found it.

Then to make the experience complete,

Find someone special and share the feelings with them ...

For surely something as wonderful as this is meant to be shared.

Don't be afraid of using them — that's what memories are for

You will never lose them ...

For as certain as the sun will rise tomorrow,

Love once attained is never lost.

- By Steve Channing, TCF Manhasset New York

Trick or Treat

The night is dim

And the pumpkins grin

At children on the porch.

The doorbell rings

"Trick or Treat" they sing

My heart burns like a torch.

The Dracula's face

And a princess in lace

Are peering in at me.

How I'd love to ask

"May I lift your mask?"

And hiding, there you'd be!

You'd get such a kick

From that silly trick,

But disguised, you must stay.

In the wind that blows

My heart still knows,

You're playing October charades.

-Kathie Slier

TCF, Tulsa OK



AUTUMN

In the fall

When amber leaves are shed,

Softly-silently

Like tears that wait to flow,

I watch and grieve.

My heart beats sadly in the fall;

'Tis then I miss you most of all.

Lily de Lauder

TCF Van Nuys, CA



Don't ask the sun to always shine.

It can't, the clouds exist.

Don't ask the leaves not to fall.

They can't, the wind exists.

Don't ask me to forget my child ...

I can't, because she did exist

and she will always be a part of me.

- From TCF Winnipeg 2003



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Here is poem for Tyler Keith McHugh from his Mom, Carole.

My dear son Tyler Keith:



I can no longer hug you
I can no longer kiss you
I can no longer touch you but baby I miss you.
My sweet Tyler your age will never change
Your looks will always stay the same
My love will grow stronger
everytime I hear your name.
the joy you brought me is beyond compare,
the way you died is so unfair
But I know that God had a reason why
the love of my life had to die
It is not for me to understand, why God reached down and took your
hand.
But in my faith, I'll hold you tight and dream of you throughout the
night
until a time when we can be together again for all eternity.
I send all my love to you until we meet again.

Forever in my heart
Mom



***Please send me any poem or note you write to your child that you would like to share with others. I will always include it in the newsletter. Your poems and expressions of Love help others very much.

Life goes on, as the seasons do,
But there's one thing that stays the same,
And that is our LOVE for you!

Jean Stajcar -Central Iowa TCF

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THE MAGIC WE FIND IN FALL

By Jack Frost - Jason's Dad
South Central, KY TCF

How often do we marvel at nature's beautiful hand as she plays her creative masterpiece across each of earth's precious regions? The wonder of such hue intensity as we watch each leaf turn from one glorious color to another? I think that autumn has us all so speechless due to the similarities we find between nature and ourselves as bereaved parents. It was just months before that Spring saw the buds and blossoms which nature had produced at the start of life's season - as we did with each of our children. The intensity of summer brought not only growth but maturity as well: infant to toddler to school to graduation. Does our child's life not seem to have been so equally short? Then it is as if a silent alarm went off signaling the need to end one life so that preparations may begin for the whole process to repeat itself once again. Unfortunately, life goes on whether we want it or not. It goes on just as unfairly as it did when our child was alive.

But it is Fall when the vibrant leaves fall to the ground that we see the mirrored symbolism in our lives. Our children were a central part of our family tree and they too have slipped from our grasp. Even though more leaves will appear again and again, NONE ARE THE SAME, as the one which has died before it. Only our Compassionate Friends seem willing to hold the course that our children may not be forgotten. It is Fall when I seem to need my Friends the very most.



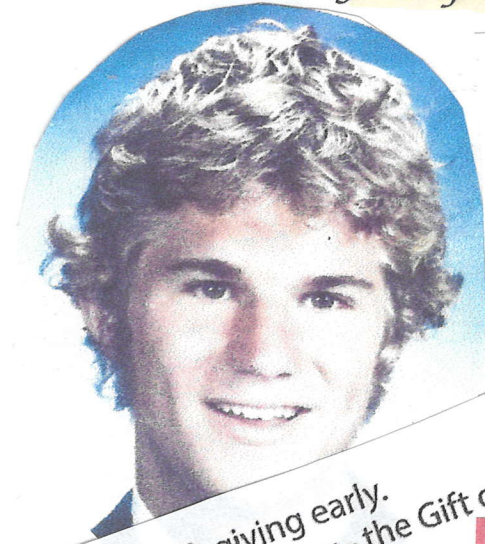
"So long as we live,
They too shall live and
love...
For they are a part of us,
As we remember them.

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

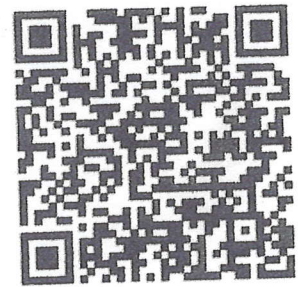
Sunday, November 30, 2025
8:30am - 2:30pm

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 _____

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Jane & Ron Davis - In Loving Memory of daughter, Sarah on her 51st Birthday



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 TCF 2334 Rimrock Dr. 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:

_____ Dedicate / Sponsor the Newsletter in the month of _____

In Loving Memory of _____

(donation- \$25.00)

_____ A Love Gift of _____

In loving Memory of _____

Thank you for your Love Gifts.



THE COMPASSIONATE FRIENDS



Next meetings:
October 20
November 17

Grief support after the death of a child

The mission of The Compassionate Friends 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.

The Compassionate Friends is a national nonprofit, self-help support organization that offers friendship and understanding to bereaved parents, grandparents and siblings. There is no religious affiliation and there are no membership dues or fees.

The secret of TCF's success is simple: As seasoned griever reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal.



The Pocono TCF Meeting- October 20

Please Come if you can!

We will have General Sharing and

Our Topic is: LOVE never LEAVES!

Our Lady of Victory Church 327 Cherry Lane Tannersville Pa

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

* November 17 – Facing the holidays

We will talk about both Thanksgiving and the December holidays.



A child's light will
Never go out As long
as it shines in someone's heart.



TCF

Mrs Deborah Kolb
1287 Mutton Hollow Rd
Stroudsburg, PA 18360-7009