

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB Number:	3235-0104
Estimated average burden hours per response:	0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Jill L. Urey			2. Date of Event Requiring Statement (Month/Day/Year) 09/20/2019		3. Issuer Name and Ticker or Trading Symbol Glatfelter P H Co [GLT]		
(Last) 96 S. George St.	(First) Suite 520	(Middle)	4. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) _____ VP, Deputy GC & Corp Secretary			5. If Amendment, Date Original Filed (Month/Day/Year)	
(Street Address) York PA 17401			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person _____ Form filed by More than One Reporting Person				
(City)	(State)	(Zip)					

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock, Par Value \$.01	1,319	D	
Common Stock, Par Value \$.01	339	I	Held in 401(K) Plan

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr.4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Securities: Direct (D) or Indirect (I)(Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date				
Stock Only Stock Appreciation Rights	03/05/2016 (1)	03/05/2023	Common Stock, Par Value \$.01	2,879	\$18.36	D
Stock Only Stock Appreciation Rights	02/26/2017 (2)	02/26/2024	Common Stock, Par Value \$.01	1,999	\$29.89	D
Stock Only Stock Appreciation Rights	02/26/2018 (3)	02/26/2025	Common Stock, Par Value \$.01	2,661	\$24.94	D
Stock Only Stock Appreciation Rights	02/25/2019 (4)	02/25/2026	Common Stock, Par Value \$.01	5,272	\$17.27	D
Restricted Stock Units	02/23/2020	02/23/2020	Common Stock, Par Value \$.01	725	(5)	D
Restricted Stock Units	02/22/2021	02/22/2021	Common Stock, Par Value \$.01	805	(5)	D
Restricted Stock Units	02/21/2022	02/21/2022	Common Stock, Par Value \$.01	1,561	(5)	D

Explanation of Responses:

- These SOSARs vest in thirds on the anniversary dates of the grant in 2014, 2015 and 2016, respectively.
- These SOSARs vest in thirds on the anniversary dates of the grant in 2015, 2016 and 2017, respectively.
- These SOSARs vest in thirds on the anniversary dates of the grant in 2016, 2017 and 2018, respectively.
- These SOSARs vest in thirds on the anniversary dates of the grant in 2017, 2018 and 2019, respectively.
- Not applicable to this transaction. RSUs have no value until all restrictions lapse on the final vesting date.

Laura A. Jones by POA

** Signature of Reporting Person

09/30/2019

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 5(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.