

# THE COMPASSIONATE FRIENDS

A self-help organization offering friendship and understanding to bereaved families

## OCTOBER 2011

### Inside Valley Forge

**Meetings are on the first Thursday** of every month at 7:45PM (ending at 9:30PM). We meet at Good Shepherd Lutheran Church Fellowship Hall, Valley Forge and Henderson RDs, King of Prussia, PA. Phone on **meeting evenings only** is 610-265-0733. All other times please call Rhonda at 484-919-0820.

#### Meeting Schedule

#### and other TCF Events of interest

Please Mark Your Calendar

- Oct 6 General Sharing
- Nov 3 General Sharing & Death by Suicide
- Dec 11 Worldwide Candle Lighting
- July 20-22, 2012 34<sup>th</sup> TCF National Conference & 5<sup>th</sup> International Gathering, Cost Mesa, CA

**We encourage newsletter writings from our members.** You may also submit articles written by others, please include the author of all articles submitted. **The cut-off date for newsletter entries is the 15th of the preceding month.**

**ARTICLES SHOULD BE SENT TO THE NEWSLETTER EDITORS.**

There are no dues or fees to belong to The Compassionate Friends, or to receive our newsletter. Your tax deductible donations (which we call love gifts) given in memory of your loved one enables us to defray the cost of chapter expenses, particularly the newsletter, meetings, and our outreach to the newly bereaved.

**Please include any special tribute you wish printed in the newsletter along with your gift.**

If you donate to **United Way** at your place of work, and wish your contribution to go to the Valley Forge Chapter of The Compassionate Friends, you may do so by entering: **The Compassionate Friends - Valley Forge Chapter United Way ID# 04-104.** on your pledge form.



### Valley Forge Chapter

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**PLEASE MAKE ALL CHECKS PAYABLE TO:  
TCF VALLEY FORGE CHAPTER  
SEND TO: CHAPTER LEADER  
RHONDA GOMEZ**

**NEW FRIENDS**

**Bob & Connie Ercole** son, *David* (48)

**Chris Poulsen** nephew, *Jerry* (14)

**Ernest & Pearl Smith** son, *Tony* (51)

**We welcome our newly bereaved friends, and are sorry for the cause that brings you. Our meetings offer confidentiality, unconditional love, compassion and understanding to all of you.**

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**SEPTEMBER REFRESHMENTS**

**Nina Bernstein** for all the children.

**Catherine Dardozzi** ,son *James* for his anniversary 9/7

**Bob & Dena Filipone** for all the children.

**Ronda Gomez** ,son *Frankie* for his birthday 9/30

**Gwen Kearns**, son *Denny* for his birthday 9/18

Anyone wishing to donate refreshments, please call **Rhonda Gomez (484)919-0820**, or you may sign the refreshment chart located on the refreshment table.

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**LOVE GIFTS**

**Anne & George Beerley**, in loving memory of our dear friend, *PJ Doyle*, (40) who passed away 5/10, and our beloved daughter, *Jennifer*, (17). We send a THANK YOU to all of you who help us get through each day.

**Nina Bernstein**, in memory of my beloved son, *Andrew Voluck*, on his birthday 10/12.

**Meyer Bobrow Family Foundation, Inc.**, in loving memory of *Steven Schneibolk*, son of *Pamela Schneibolk*, and grandson of *Marie & Ken Hofmockel*.

**Marcia & Harold Epstein**, in memory of our beloved grandson, *Andrew Voluck*, on his birthday 10/12.

**Barbara Purtell - Frank**, in loving memory of my son, My Angel, *Michael John Keller Purtell*, who entered the gates of heaven 10/29.

**Bonnie & Eugene Rosen**, in loving memory of our son, *Troy* (30)

**Pamela Schneibolk, Marie & Ken Hofmockel**, in loving memory of our son/grandson, *Steven Schneibolk*, on the anniversary of his death (10/2)

**Marie & Samuel Schmeltzer**, in loving memory of our son, *Sam "Sonny" Schmeltzer*, on his birthday (9/11).

**Irene & Fred Sutton**, in loving memory of our son, *Jim* (21)

**Rose Yanni**, in loving memory of my wonderful nephew, *David Yanni*, on the anniversary of his birthday 10/26.  
He brought us so much joy and is forever in our hearts.

### TCF Valley Forge Chapter Co-leader

We are happy that Frank Gomez has joined Rhonda as Chapter Co-leader. They lost their son Frankie in 2003. Four months later they joined the Valley Forge Chapter.

Frank became the Record Keeper & Web Master in March 2005, his service has been very diligent & continuous (except from November 2009 thru April 2011—Diana Clark maintained the records).

### Suicide Facilitators Needed

In the early years of the TCF-Valley Forge Chapter, we recognized the need for dedicated sharing sessions for families whose children died by suicide. Because they deal with an additional aspect of grief, we offer this opportunity every other month.

We are in need of additional facilitators for these sharing sessions. Rhonda & Frank are very conscientious leaders. It is very helpful when the chapter leaders know well in advance that this position will be filled.

We hope you will give this beneficial need some consideration. If you have lost a loved one by suicide and have progressed in your grief enough to reach out to others, please contact Rhonda by phone or email. (contact information on page one)

### Volunteers Needed

There are many ongoing positions available for dedicated volunteers who are willing to devote monthly time to fulfilling the needs of our chapter. Members accepting these positions are urged to attend the quarterly Steering Committee Meetings.

Greeter - Welcome new friends and visitors monthly as they enter.

Librarian - Keep track of new books & books on loan.

Publicity - Send monthly notices of sharing meetings dates and special events information to local newspapers, radio, and web sites (Upper Merion Community Bulletin Board).

Recording Secretary - Record the minutes of the Steering Committee meetings, which meets quarterly.

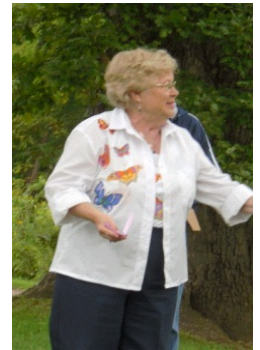
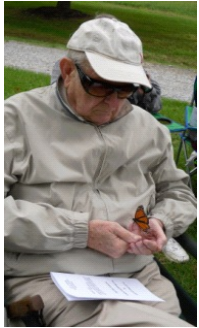
We send love, prayers and get well wishes to Kay Bevington, who recently underwent cancer surgery.

Many of us long time bereaved have known Kay for many years. Kay and her husband, Rodney, founded "Alive Alone" in 1988, eight years after the death of their only child, Rhonda.

Alive Alone is a non-profit support organization for bereaved parents who have no surviving children. It began under the "umbrella" of The Compassionate Friends. Because the organization grew so rapidly, it became a separate organization in 1990.

The Bevingtons and Don Hackett developed the TCF brochure "Parents Who Are Now Childless" and the book "Now Childless" which were both given to and sold by The Compassionate Friends.

Kay and Don Hackett have given several workshops together at TCF National Conferences.



Chapter Leaders



Butterfly Release  
Springton Manor Farm  
September 17, 2011



OUR CHILDREN & SIBLINGS LOVED, SADLY MISSED AND REMEMBERED

Each month some of us must face those special, but difficult days of birthdays and anniversaries.

This month we ask your thoughts and prayers for the parents/siblings/relatives of the following.

**We will no longer list the birth and death years of deceased persons in our newsletter. We have concerns this information could be misused, and result in an adversity for the families.**

### OCTOBER BIRTHDAYS

**Maryellen & Dick Abell**, son **Brian Abell** 10/14  
**Carole Bailey**, son **Matthew J. Bailey** 10/6  
**Victoria Bayle**, son **Bobby D Bayle III** 10/5  
**Nina Bernstein**, son **Andrew Voluck** 10/12  
**Martha & Albert Caesar**, son **Daniel Mark Caesar** 10/18  
**Diana Clark**, grandson **Alexander** 10/16  
**Amber-Todd Clark-Warrick**, son **Alexander** 10/16  
**Carole and Kevin Creighton**, son **Ryan Kent Creighton** 10/7  
**Virginia Di Fronzo**, daughter **Sis** 10/7  
**Harold & Marcia Epstein**, grandson **Andrew Voluck** 10/12  
**Gwen & Walt Gearhart**, grandson **Jamie Rogers** 10/29  
**Rita & Thomas Gibbons**, daughter **Patricia Gibbons** 10/26  
**Virginia Hagen**, son **Matthew D. Hagen** 10/20  
**Joanne Haley**, son **Douglas Haley** 10/4  
**Carl & Catherine Helwig**, son **Michael Helwig** 10/9  
**Lynn Kivlen**, son **Brien Kivlen** 10/12  
**Barb & Larry Lauchle**, son **Gray** 10/23  
**Maryann Lockyer**, son **Keith** 10/23  
**Maureen Lok**, daughter **Jessica** 10/24  
**Jennifer & Michael Magee**, sister **Jacqueline Ann Rogers** 10/3  
**Dan Markle**, brother **Matt Markle** 10/30  
**James & Mary Beth Mattiford**, son **Scott Mattiford** 10/15  
**Mark & Kathryn McNally**, daughter **Beth Ann McNally** 10/1  
**Alexandra Milas**, mom's sister **Demitra Vallianos** 10/16  
**Fred & Marilyn Mountjoy**, daughter **Barilyn Mountjoy** 10/3  
daughter **Maralin Mountjoy** 10/3  
**Kathy Nicholson**, son **Frank** 10/26  
**Peggy O'Brien**, son **Rick O'Brien** 10/4  
**John & Therese O'Rourke**, son **Brian J. O'Rourke** 10/27  
**Deborah Osting**, son **Christopher Daniel Osting** 10/24  
**Roy Redman**, daughter **Linda Inez Redman** 10/22  
**Thomas & Jeri "Bubbles" Reinert**, son **Thomas Reinert, Jr.** 10/21  
**Ginger & Merle Renner**, daughter **Deanna Dawn Renner** 10/11  
**Carol Robinson**, son **Jim Kearney** 10/4

OCTOBER BIRTHDAYS continued

Donna Rogers, son *Jamie Rogers* 10/29  
Sandra & John Salemmo, son *John C. Salemmo, Jr.* 10/21  
Joy Conard Settles, son *R. Gary Korn* 10/5  
Robert & Nell Shoemaker, daughter *Brynn Shoemaker* 10/5  
Betsy Townsend, daughter *Wendy Townsend Besche* 10/25  
Janice Vanderslice, son *Gregory Vanderslice* 10/4  
Lucia Watters, daughter *Luanne* 10/14  
Sandra & Harry Wolfheimer, daughter *Ann Marie Wolfheimer* 10/10  
Rose Yanni, nephew *David Yanni* 10/26

OCTOBER ANNIVERSARIES

Marilynn Anton, nephew *Steven Schneibolk* - 10/02  
Victoria Bayle, son *Bobby D. Bayle III* - 10/2  
William & Charlotte Bodulich, son *William W. Bodulich* - 10/15  
Gina Cappelli, son *Dan Foley* - 10/9  
Tom Del Rosario, son *Dominic* - 10/17  
Virginia Di Fronzo, daughter *Sis* - 10/4  
Joseph & Patsy Dooley, son *Peter J. Dooley* - 10/1  
Shirley & Herb Druker, daughter *Heidi* - 10/25  
Jim and Patty Duffy, son *Michael Duffy* - 10/28  
Bonnie Gardner, daughter *Michelle* - 10/19  
Thomas & Anne Glenn, daughter *Lauren Glenn* - 10/15  
Charlotte and Michael Gormish, brother *Douglas Moyer* - 10/19  
Carol Graber, son *Bobby* - 10/28  
Herb & Karen Grant, son *Shaun* - 10/21  
Cathy Grosshanten, son *Gary* - 10/18  
Thomas & Virginia Hoesch, son *William E. "Buddy" Hoesch* - 10/7  
Marie & Ken Hofmockel, grandson *Steven Schneibolk* - 10/2  
Jean Jones, grandson *Bobby* - 10/28  
Margaret & Edward Kiefski, Sr., son *Edward Kiefski, Jr.* - 10/25  
Jo Makowski, sister *Pamela Makowski Goresh* - 10/14  
Christine Miraglia, son *Ralph Miraglia* - 10/3  
Fred & Marilyn Mountjoy, daughter *Barilyn Mountjoy* - 10/3  
daughter *Maralin Mountjoy* - 10/3  
John B. & Lillian Neff, son *Patrick Neff* - 10/17  
Gary & Patricia Otto, son *Benjamin Otto* - 10/17  
Joan Palumbo, son *Michael* - 10/13  
Barbara Pearl, son *Jason Seth Pearl* - 10/16  
Betty Jane Peters - Neilson, son *Martin A. Peters* - 10/22  
Ann Gill Price, son *Douglas Gill* - 10/5

**OCTOBER ANNIVERSARIES continued**

**Barbara Purtell-Frank, son *Michael John Keller Purtell* - 10/29**  
**Robert & Barbara Pontician, son *Rob Pontician* - 10/28**  
**Marge Randolph, son *Doug Fixter* - 10/12**  
**Ginger & Merle Renner, daughter *Deanna Dawn Renner* - 10/22**  
**Robert & Nancy Ricciardi, daughter *Jessica Lee Ricciardi* - 10/7/**  
**Skip & Kathy Robinson, daughter *Carrie Robinson* - 10/28**  
**Ilene & Sy Rockower, daughter *Amy Rockower* - 10/17**  
**Mike & Diane Rogers, daughter *Jacqueline Ann Rogers* - 10/3**  
**Thelma Rosen, brother *David Beeler* - 10/31**  
**Barbara Rossman, daughter *Kickole Lyn* - 10/12**  
**Ron & Sandy Ruth, son *Brian David Ruth* - 10/21**  
**Carol Sannella, husband *Robert J. Sannella* - 10/21/97**  
**Joan Santillo, daughter *Cathy Gambone* - 10/8**  
**Pamela Schneibolk, son *Steven* - 10/2**  
**Phyllis Sisenwine, daughter *Jill* - 10/9**  
**Ruth Thomas, son *David George Thomas* - 10/28**  
**Barbara Torrens, brother *Robert Birmele* - 10/21**  
**Weldon & Marie Tyson, daughter *Lisa M. Tyson* - 10/26**  
**Henry & Elizabeth Weaver, grandson *Donald Smith, Jr.* - 10/16**  
**Jackie Wesley, daughter *Teresa Ellen Wesley Hough* - 10/2**  
**Theresa Wigand, daughter *Dawn* - 10/18**  
**Paul & Marcia Woodruff, son *Danny Woodruff* - 10/29**

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**MOST PEOPLE WHO SUFFER A LOSS EXPERIENCE ONE OR MORE OF THE FOLLOWING:**

- \* Feel tightness in the throat or heaviness in the chest.
- \* Have an empty feeling in their stomach and lose their appetite.
- \* Feel guilty at times and angry at other times.
- \* Feel restless and look for activity but find it difficult to concentrate.
- \* Sense the loved one's presence, as in finding themselves expecting the person to walk in the door at the usual time, hearing their voice, or seeing their face.
- \* Wander aimlessly, forget, and don't finish things they have started.
- \* Have difficulty sleeping; dream of their loved one.
- \* Experience an intense preoccupation with the life of the deceased.
- \* Assume mannerisms or traits of their loved one.
- \* Feel guilty or angry over things that happened or didn't happen in the relationship with the deceased.
- \* Feel their mood change over the slightest things.
- \* Cry at unexpected times.

All of these are natural and normal grief responses. It is important to cry and talk with people when you need to do so. By learning about the process of grief and learning also to express our feelings concerning our experience, we are helped to arrive at a healthy readjustment of our lives and a reinvestment of our emotional energy.

*Irma Escue* - Hospice Bereavement Team / Boulder, CO

**SHARED THOUGHTS ON SETTING YOUR OWN PACE FOR GRIEVING**

When we are in our early stages of grief, it can be a relief to see the summer's flurry of activities end. Picnics, family vacations, gatherings with happy children that once were such special times, can bring additional agony after the loss of a child or sibling. Watching other families, who have not lost one of its members, can cause us to fantasize, what could have been for us.

When we feel so all encompassed with grief, it is hard to imagine that we can one day enjoy life again. Our life seems so irrevocably changed. When we first begin our journey of grief, and pain permeates every part of our being, the road appears so dark and endless. We so desperately need someone to appreciate what we are experiencing and to understand we have been immobilized by our loss. It is normal for those around us, who have not experienced such a loss to want us to "snap back" to our old self. What they cannot appreciate is that all of our reactions are normal. Our fast paced society does not allow us proper time for grieving. It is healthy to cry, and talk about the deceased. It isn't time alone that heals; it is primarily the grief work. And we can only have a healthy, healing grief process when we move at our own pace. Some need to spend more time than others on particular aspects of grief. The age of the deceased, the relationship you had with them, the cause of death and a long list of circumstances can create varying intensity of pain in different areas of grief. Each person in grief has to make their own path. We all hurt to the depth of our capacity, but each path to recovery is unique. It is very helpful to have someone who is non-judgmental with whom we can express our concerns. Putting our thoughts into words can bring healing.

It takes all the strength we can muster up to get our lives back together again. In our early stages of grief we cannot fathom ever leading a full life, laughing, being productive, or being a functional human being again. It is normal to feel our life is over. As we progress in our grief, and much healing has taken place, it is also normal for the intensity of our emotions to lessen, even though our grief may be a lifelong process. We learn to live without our loved one being physically among us. That does not mean our loved one is not with us in our memory. The memories will always be a part of our being. We will always be the same to each other. Our love does not diminish as our grieving progresses, we remember the good times and put away the thoughts of "I wish I had", or " I should have". The pain softens and our memories are our most prized possession.

It takes a lot of mountain climbing to reach the valley in grief. It cannot be rushed; no one can do it for us.

I hope all the brilliant colors of fall can form a rainbow for you, and give you hope.

God Bless, *Marie Hofmockel* - TCF Valley Forge, PA

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**DOUG**

This was my brother, taken from me  
His body now dead, his spirit set free  
His friends all mourn, life that's past  
And learn so young that life won't last  
When life must end with so few years  
It fills the heart with sorrow's tears  
He lived his life, as all men should  
He lived his life as few boys could

He took life's best, and worst the same  
And fought so hard to win the game  
But in the end, it's not the score  
Or length of play that matters more  
But love he shared before the end  
And joy he gave to each his friend.

*Kevin Hofmockel, TCF Valley Forge, PA*  
(One month after his brother's death)

**CONCERNING SIBLINGS**

It's been said that when a child's brother or sister dies, actually three people are lost: the sibling and both parents. The sibling also loses a friend, playmate, confidant, role model, and lifelong companion. For the parents, the loss of a child is often so traumatic that they have little left to give to the surviving children. Yet the surviving sibling has fears, needs, and anxieties that must be explored and addressed if the child is to avoid negative long term consequences. Listed here are normal feelings siblings might have concerning the loss along with some suggestions on what to do to encourage their expression.

**Normal Thoughts**

- \* "Did I cause the death?"
- \* "Will the rest of my family die?"
- \* "Who will take care of me now?"
- \* "I'm all alone now."
- \* "Half of me died."
- \* "I'm different from all the other kids."
- \* "I'm not a child anymore."
- \* "I feel left out."
- \* "Things will never be the same again."
- \* "No one cares about my grief, only about my parents grief."
- \* "I can't cry because it will make my parents more upset."
- \* "I feel guilty to be happy or to laugh."
- \* "Why wasn't it me?"
- \* "Will I die young too?"
- \* "I made it happen by wishing him dead!"
- \* "If I act like my sibling, maybe my parents will feel better."
- \* "Maybe my parents would love me more if I died!"

**Normal Feelings**

- \* Impatient and angry at the world.
- \* Resentful over the attention the parents are getting.
- \* Resentful over the attention they are not getting.
- \* Fearful of having to replace the sibling.
- \* Guilt for feeling relieved over the death after a long illness.
- \* Guilt over all the "bad" thoughts, words, and fights with the deceased.

**How To Help**

- \* The bereaved parents should constantly remind themselves to be sensitive to the feelings of the surviving children.
- \* The parents should strive to maintain as much of a normal routine as possible for the survivors.
- \* The parents should encourage grieving, openness and the expression of feelings in the children by grieving openly and expressively in front of them.
- \* Reassure them that they are not going to die, too.
- \* Reassure them that they are loved, wanted and okay.
- \* Reassure them that they did not cause the death in any way.
- \* Give lots of physical reassurance in the way of touching and hugs.
- \* Contact the teacher/teachers or school counselors.
- \* Ask them what and how they would like the school to be told.
- \* Prepare them for questions and remarks they can expect at school.
- \* Encourage them to resume their normal activities at their own pace.
- \* Remember the sibling's birthday and anniversary of the death.
- \* Remember the sibling at special family gatherings and functions.
- \* Don't be afraid to talk about the child that died.
- \* Talk about all the qualities of the child that died - positive and negative.
- \* Talk about the differences between the siblings – good and bad.
- \* Don't promise them a replacement sibling with talks of having another child.
- \* Remember surviving siblings cannot become, or replace, the deceased – brother or sister.

TLC Group grants anyone the right to use this information without compensation so long as the copy is not used for profit or as training materials in a profit making activity such as workshops, lectures, and seminars, and so long as this paragraph is retained in its entirety.

Adapted From: *Helping Children Cope With Loss*  
**Buz Overbeck – Joanie Overbeck**

## **My pain helps me live with my loss**

The morning our 20-year old daughter Lee took sick with her last illness, I was trying to write a letter of sympathy to a friend, wondering if it would make any difference.

Five days later, I knew. It made a difference.

I discovered it was better to reach out than turn away, to say the wrong thing than say nothing.

But in living through losing Lee, I also discovered I had something to say to others who suffered the loss of someone they loved.

Pain is better than forgetting.

It has been almost 18 years since she died, but Lee is still with us. The pain has not so much lessened, as it has become familiar, like the pain that continues in the leg that has been amputated. Her death is part of us.

I steel myself pretty well for the expected moments of pain. Her birthday in March, her death day in August, Thanksgiving, Christmas, even, these days, listening to an Albinoni oboe concerto knowing it is not she practicing in the next room.

But there is no protection from the blindside hit. Lee waves from a passing car. She appears ahead of me on a street in Siena, wearing a backpack; I rush to catch up with her but she turns a corner and is gone.

She stands in the shadows, just outside the living room. I hear her counsel when I have a problem and pay attention. At the concert I sit beside her in the center of the orchestra.

It is not all tears. We laugh at the same old jokes - and some new ones. Every submarine sandwich, I eat, I share with Lee. It was her favorite.

When I thought I was dying of a heart attack, Lee stood - in the blue jumper she had made - waiting at the end of a brightly lit tunnel, smiling.

But, I often say in a letter of sympathy, people will want you to get over it, snap out of it, buck up, forget. Of course we have to get on with life, to find salvation in routine that suddenly seems trivial, to fulfill our responsibilities to the living. But not to forget.

It is far better to remember, to mourn! To weep, to rage, than to allow the one who is gone to disappear.

In a way, I welcome the pain. I hurt; I remember.

So, I say in my sympathy letter, they should learn to accept the pain, even in a way welcome it, by comparing it to the terror of forgetting.

And as an elder of the tribe who has experienced loss, I write for them to remember in their own way, to mourn in their own way, to do what would be appropriate for the person who has gone and, more important, to do what needs to be done for the living.

The night Lee died we went to a musical in which her sister was appearing in the chorus. Lee would have wanted that, no matter if others approved.

We chose cremation because it was what we thought she would have wanted and it was, we discovered, what each of us wanted for ourselves. We paid no attention to the relative who said, "I don't know how you could burn her up."

We did what we had to do.

We could not handle a formal funeral, bringing the family from afar, after her quick dying, so we had a private service at the graveside.

I wept - frequently - and Minnie Mae did not. No guilt, no public measuring of pain. I dream of Lee and Minnie Mae does not. That does not mean that one of us mourns more deeply than the other. No guilt. No keeping score.

We love in our own way; we grieve in our own way.

And in this terrible loss we have found strength. When we are tested by other events, we have a measure of our ability to survive.

And we are also reminded that life is fragile.

In my letters reaching out I tell others what Lee's passing taught us: to listen to each other and to ourselves, to live the gift of life with caring and celebration. Today. Right now.

*By Donald M. Murray*

THANK YOU REV. SIMON STEPHENS AND TCF FOR:

(Rev. Simon Stephens is the founder of The Compassionate Friends)

**TENDER**

- (1) HOPE - when I believed in none anywhere.
- (2) REASSURANCE - I'm not "crazy"! Confusion, displacement, preoccupation, forgetfulness, timelessness, panic, my journeys into **HELL** - all part of "normal" parental grieving. OK to feel and express feeling, or remain silent.
- (3) ENERGY - An infusion via newsletters, a note or phone call when I'm exhausted, depleted, flat, not able and not caring to function.
- (4) UNDERSTANDING - my bitterness and rage, there by miraculously reducing both.
- (5) CONTINUING GENTLE REMINDER - to accept that most despairing of facts - **MY CHILD DIED!**
- (6) WATCHFULNESS - Strive not to get stuck in denial, anger, etc. My child would not want this for me.
- (7) RESPIRE - a release of tension from desperately "holding myself together".
- (8) COMPASSION - " I know your pain". TCF members truly do.

**COMFORTING**

- (9) FORGIVENESS OF SELF - for real and imagined commissions and omissions as I'm forced to review my life, accept my humanity.
- (10) LOVE - doesn't die. My significant others do not replace my child but do expand my caring.
- (11) SELF ESTEEM - Slow rebuilding of a DESTROYED SELF. I will be worthwhile again and able to help others someday.
- (12) AWARENESS - I AM BLESSED - My child lived and we loved.
- (13) FAITH - My child, and your child, is in another dimension in **PEACE** and **LOVE**.

**FRIENDSHIP**

- (14) SHARING - I'm not alone. In my stark despair, others reach out or will reach out. Grief is very personal, but others are in a parallel lane.
- (15) ENCOURAGEMENT - I'll fall back but I'll move forward again.
- (16) PATIENCE - First with myself, then with others; only **TIME, TIME, TIME** can dull this agony.
- (17) REFUTES - my desire for and attempts at isolation.
- (18) ACCEPTANCE - I'm a **DIFFERENT SELF FOREVER** -the death of my child was the death of so much of me.
- (19) HUMOR - can again be part of me despite the underlying devastation, the never ending awareness of this most searing, irreplaceable loss. My child smiles with me.
- (20) THANK YOU - **TCF LEADERS** for giving so much of yourselves, for all your work behind the scenes.

written (1985) by *Ellen Bruno* / Valley Forge, PA TCF  
dedicated to her son **J.B.** who died at the age  
of 29 of a massive heart attack 9/15/84