

# THE COMPASSIONATE FRIENDS

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

## Inside Valley Forge

Meetings are on the first Thursday of every month, at 7:45 PM (ending at 9:30 PM) We meet at Good Shepherd Lutheran Church, Founders Hall, Valley Forge Road and Henderson Rds., King of Prussia, PA

For info call Rhonda @ (484) 919-0820

### Meeting Schedule and other

#### TCF Events of Interest

The way I see it, it is too dangerous right now to have an indoor meeting, specially if we have members with half a mask (they have to pull it up every few minutes) Please call Rhonda to get the latest decision from her.



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 editor.

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 the 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 the 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.

Please make all checks Payable to:  
**TCF VALLEY FORGE CHAPTER**  
Send to Rhonda Gomez

## August 2020

### Chapter Leaders:

Rhonda & Frank Gomez  
12 Brook Circle  
Glenmoore PA 19343  
(484) 919-0820 Chapter cell phone

### Webmaster, Database Record Keeper and Newsletter editor, Frank Gomez

[Frank@tcfvalleyforge.org](mailto:Frank@tcfvalleyforge.org)

### Love Gift acknowledgements:

Connie Nolan

**Treasurer:** Joe Purifico

**Librarian** Carole Bailey.

### National Headquarters

PO Box 700  
Jensen Beach FL 34957  
[Compassionatefriends.org](http://Compassionatefriends.org)

### TCF Mission Statement

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild and helps others better assist the grieving family.

## **NEW FRIENDS**

We welcome our newly bereaved friends, sorry for the cause that brings you. We all have been in the depths of despair, and offer unconditional love and understanding to all of you, it sometimes takes several meetings to feel the full benefit of group sharing. We offer confidentiality, unconditional love and understanding to all of you.

## **LOVE GIFTS**

**Maryellen & James Madden** In memory of our daughter **Anne Marie Madden** 7/28

**Lee and Patricia Grossman** in memory of our daughter **Rachel Leah** 2/2

## **BUTTERFLY RELEASE**

**Yes, we will have a butterfly release and it will be held on September 12th at 3 PM. Everybody is invited... but be sure you have a mask with you. Not around your neck, over your nose. Nobody will be accepted without it. On that depends that we will be alive for the next butterfly release. Please see page 7 of this publication and the web site, [Tcfvalleyforge.org/release](http://Tcfvalleyforge.org/release)**

**More current information will be added to the web site. Please visit it.**

"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to."

- Elisabeth Kübler-Ross

Hope is the one constant. The hope that you will feel better, that you will "get over" such an enormous loss is as constant as the knowledge that the sun will rise at the beginning of each new day.

"And this evening when I close my eyes against the darkness and think about her, I'll imagine iridescent wings fluttering, if only for a moment, against cloudless blue skies."

- Nancy Stephan, *The Truth About Butterflies: A Memoir*

Don't be disappointed if your loved one has not appeared in your dreams. That will happen, and it is a moment to treasure.

# ANNIVERSARIES

## 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 children.

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.

**Maryellen & Dick Abell - Brian Abell - son - 8/19**

**Emily L. Alm - Bryan W. Alm - son - 8/23**

**Lisa Bellopede - Johnny - son - 8/12**

**Dorothy & Jack Bert - Matthias - son - 8/29 -**

**Tom & Kathy Biggar - Ava Nobles - granddaughter - 8/28**

**Adam Blasucci - Danny - brother - 8/1**

**Joe & Maryann Bucci - Dante - son - 8/13**

**Carol & Ira Caplan - Julian - son - 8/6**

**Joann (D) & Gary Chavez - Christopher Dale Chavez - son - 8/4**

**Mary & John Chelius - John J. Chelius, Jr. - son - 8/24**

**Wendy Coleman - Gabrielle - daughter - 8/18**

**Liz & Scott Conaghan - Jan - brother - 8/27**

**Joane Cooper - Ben - son - 8/2**

**Jean & Bill Cotter - Patrick Cotter - son - 8/11**

**Carol Curtiss - Kurt - grandson - 8/20**

**Dorothy & G. Robert Daily, Sr. - G. Robert Daily, Jr. - son - 8/10**

**Carol Dawidziuk - Michel - son - 8/21**

**Kimberl De Simone - Lacey - daughter - 8/13**

**Antoinette & John DiDonato - John Jr - son - 8/17**

**Scott & Charlene Fazekas - Eric Scott Fazekas - Son - 8/13**

**Richard & Martha Fenoglio - Judith Fenoglio Daw - daughter - 8/6**

**Lisa Foos - Curtis - son - 8/12**

**Denise & Edward Frazier - Akhir - son - 8/25**

**Molly Gehring - Daniel - son - 8/26**

**Angela Giannantonio - Anthony - son - 8/2**

**Stephanie Grier - John ""JD"" Grier - son - 8/17**

**Tim & Rosemarie Griffiths - Timothy Griffiths - stepson - 8/17**

# ANNIVERSARIES

**Tracey Hawley - Christopher - son - 8/10**

**Janet - Higgins Nicholas - son - 8/1**

**margaret Huss - Robert - husband - 8/9**

**Joan Jagers - John Costello - son - 8/18**

**Janet & Dave Keller - Joseph E. Keller - son - 8/21**

**- Thomas E Keller - Brother - 8/10**

**Greg & Anita Lewicki - Eric Stephen Lewicki - son - 8/20**

**Frank & Laura Lincicome - Daniel - son - 8/29**

**John & Nancy Logue - Heather Logue - daughter - 8/23**

**Kathleen & Hugh Martin, Jr. - Colin John "C.J."Martin - son - 8/16**

**Jeff and Kathy McCarron - Sarah - daughter - 8/14**

**Marjorie Meckley - Douglas Meckley - son - 8/16**

**Kathleen Mitchel -Danielle - daughter - 8/21**

**Joanne Morasco - Robert - son - 8/6**

**Jenn Nobles - Ava Ruth Marie - daughter - 8/28**

**Carol & Dennis O'Connor - Michael O'Connor - son - 8/23**

**Patricia Peraino - Anthony - brother - 8/2**

**Marge Randolph - , "Bob Fixter - husband - 8/18**

**Thomas & Jeri ""Bubbles"" Reinert - ., "Theresa Volpe - mother (Bubbles) - 8/23**

**Tracey Robinson - Connor - son - 8/29**

**Susan & John Rutland - Justin Rutland - son - 8/30**

**Carol Sannella - David Sannella - son - 8/31**

**Sheila Scanlon - Andrew McGuire - grandson - 8/29**

**Rosemarie Scott-Griffiths - Timothy F. Griffiths - stepson - 8/17**

**Enjoli Segneri - Shane - boyfriend - 8/8**

**Robert & Nell Shoemaker - Brynn Shoemaker - daughter - 8/9**

**Edie - Smith - John Seddon "Sed" Wilson - son - 8/20**

**Linda Sposato - Bernadette Funaro - daughter - 8/24**

**Elaine & Joe Stillwell - Margaret Mary O'Connor - daughter - 8/2**

**Denis E. O'Connor, III - son - 8/6**

**Walter & Irene Stolarczyk - Barbara Stolarczyk - daughter - 8/10**

**Judy - Tomarelli - Daniel Robert Tomarelli - son - 8/10**

**Jack, Bobbie and Ross Trotter - Megan - daughter/sister - 8/26**

**Steven Tucker - Patrick Ryan - son - 8/18**

**Kevin Welde - John Welde - Brother—8/14**

**Carolline & Tom Yuhas - Eric Whitelock—son—8/17**

# BIRTHDAYS

**Marilynn Anton** - cousin/godmother - **Douglas Hofmockel** 8/27

**Denis Nicholson Asselin & Judy** - son - **Nathaniel** - 8/21

**Dorothy & Jack Bert** - Son **Matthias**—8/16

**Joanna & Joseph Bevilacqua** - son - **Donato "Danny - Bevilacqua**—8/20

**Richard & Jo Bewley** - son - **Kevin Bewley** - 8/24

**Thomas & Janet Cleary** - son - **Ryan** - 8/21

**Joane Cooper** - son - **Ben**—8/2

- daughter - **Katy** - 8/2

**Allison Crowder** - daughter - **Amber**—8/8

**Dorothy & G. Robert Daily, Sr.** - son - **David** - 8/26

**Lisa & David Dibello** - son - **Joey**—8/14

**Karen Donaldson** - daughter - **Willow Ann** - 8/5

**Jim and Patty Duffy** - son - **Michael Duffy**—8/8

**Nancy & David Dykty** - brother - **Jim Sutton**—8/7

**Tom & Irene Edmunds** - son - **Kyle Derek Edmunds**—8/1

**Ron & Sue Gamza** - daughter & Grandson - **Rachel & Troy** - 8/22

**Rita Gibbons** - son - **Paul Gibbons** - 8/13

**Mary Lou Harrison** - son - **Lance 'Scott' Harrison"** - 8/4

**Marie & Ken Hofmockel** - son - **Douglas Hofmockel** - 8/27

**Jan & Dan Jackson** - son - **John Jackson** - 8/18

**Michael & Betsy Jarrett** - son - **Michael Jarrett**—8/13

**Vern & Joyce Kaiser** - son - **Michael** - 8/4

**Joan Kingslake** - daughter - **Ann Kingslake Woods** - 8/3

**Sue Lawlor** - son - **Jim Sinha** - 8/24

**Kathleen & John Leeper** - son - **Shaun Michael Leeper** - 8/17

**Janet Leflar** - son - **Scott**- 8/11

**John & Nancy Logue** - daughter - **Heather Logue** - 8/16

**Timothy & Maxine Lurowist** - daughter - **Kristine** - 8/24

**Mary Mac Farland** - son - **Marc** - 8/4

**Bonnie Macdonald** - son - **R, Scott Geddes** - 8/30



**Anna E Marchese** - son - **Matthew Paul Marchese** - 8/28

**Diane Mazzagatti** - son - **John Pirocchi, Jr.** - 8/3

**Sue McMaster** - cousin - **Patty** - 8/30

**Alfred J. & Joan Michini** - son - **Alfred J. Michini, II \*** - 8/2

**Alexandra Milas** - daughter - **Nicole Penelope Wiseley** - 8/23

**Andrew Miller** - daughter - **Perri** - 8/21

**Kathleen Mitchel** - daughter - **Danielle** - 8/21

**John B. & Lillian Neff** - son - **Patrick Neff** - 8/30

**Sharon Ott** - daughter - **Amber** - 8/12

**Joan Palumbo** - son - **Michael** - 8/4

**Marie Poulsen** - grandson - **Jerry August Warfel** - 8/12

**Chris Poulsen** - nephew - **Jerry** - 8/12

**Sharyn & Joe Pozzuolo** - son - **Joey Brad Pozzuolo** - 8/26

**Joe & Marti Purifico** - son - **Jeffrey** - 8/3

**Elise Rice** - son - **Raymond Anthony Rice** - 8/29

**Christine Rizol** - son - **Tyler** - 8/24

**Bonnie Rosen** - son - **Troy** - 8/30

**Becky Rotkowski** - brother - **Brian** - 8/17

**Beverly & Joe Rush** - daughter - **Kelsey** - 8/27

**Marie Schmeltzer** - son - **Sam "Sonny Schmeltzer** - 8/22

**Pamela Schneibolk** - brother - **Douglas Hofmockel** - 8/27

**Harry & Carol Schultz** - son - **Brian Andrew Schultz** - 8/23

**Susan Snyder** - son - **Brian** - 8/24

**Lorraine Spear** - daughter - **Kimberly Jean Spear** - 8/15

**Susan & Ron Spencer** - son - **Rob** - 8/21

**Elaine & Joe Stillwell** - daughter - **Margaret Mary O'Connor** - 8/23

**Karen & Alan Stoner** - daughter - **Holly Patricia Stoner** - 8/11

**Fred & Irene Sutton** - son - **Jim Sutton** - 8/7

**Tracey Sutton-Vitabile** - brother - **Jim Sutton** - 8/7

**Pety Suy** - **Matthew Kuchler** - son - **Ethan** - 8/22

**Hellmut -Theil** - son - **Hellmut Theil, Jr.** - 8/2

**Thomas & Sara Thiermann** - daughter - **Heather Bruce Thiermann** - 8/26

**Akhil & Judy Tripathi** - son - **Sunil** - 8/29

**Tina Ulshafer** - son - **Jimmy** - 8/22

**Pat Villante** - daughter - **Patty** - 8/30

# Butterfly Release 2020



Saturday September 12th 2020 at 3 PM

Upper Merion Township Park (Back of Police Station)

175 West Valley Forge Road, King of Prussia PA 19406

Diagonally across from our monthly meeting place at  
Good Shephard Church.

This event will be held in back of the township building  
at the gazebo rain or shine.

Cost \$5.00 per butterfly - Registration now being accepted

There is no admission or parking fee.

Water will be supplied by the chapter. Please bring folding chairs or a blanket to sit on

A family may order one butterfly to share or order one butterfly for each family member. You may order as many butterflies as you wish. All butterflies must be preordered. If you are unable to attend on this date, we can release the butterfly that you have purchased in your loved one's name. The names of all loved ones will be read during the program. Every one welcome (even if you did not order a butterfly). Bring a friend.

## REGISTRATION

Name \_\_\_\_\_ Phone number \_\_\_\_\_

Address \_\_\_\_\_

Name of loved one \_\_\_\_\_ Your Relationship to them \_\_\_\_\_

Name of loved one \_\_\_\_\_ Your Relationship to them \_\_\_\_\_

Name of loved one \_\_\_\_\_ Your Relationship to them \_\_\_\_\_

Total number of butterflies ordered \_\_\_\_ \$ 5.00 each - Sorry we accept no credit cards

Total money enclosed \$ \_\_\_\_\_

Please make checks out to Compassionate Friends.

Please forward registration and check to Rhonda Gomez, 12 Brook Circle, Glenmoore PA  
19343

## A Horrible Year of Firsts

Everything is new. My son died in toward the end of June. Fourth of July was the following week. We were numb, but fireworks still rang out. We have a swimming pool in which he loved to play and swim, so all summer long I was swimming without him and with him, thinking about him as I swam up and back over and over and over again. My husband, on the other hand, hardly ever has gotten in the pool since that day. He used to love to swim at night with the kids, and now, he couldn't bring himself to do get in anymore. Even 30 years later, it needs to be 95 degrees and roasting before he can get in the pool.

September came and he would have started kindergarten. He never got that chance. Then we came to the hard stuff. My oldest son's birthday is in October, his brother was gone. Four year olds and Halloween, well, that wasn't happening this year. Turned off all the lights so no one would come by and at lots of candy myself. My next son's birthday is in November, he was still a baby and didn't realize that his other brother was gone. However, it was now Thanksgiving, and should we have a Thanksgiving dinner, should we go to dinner with other family? That was brutal. My mother was a living mess. She would cry at the drop of a hat, I was having to be strong for her and it was driving me crazy. She would try to get me out of the house, and then she would start crying in public. Do we bring everyone down at Thanksgiving, do we stay home? Both choices were horrible because neither of them involved waking up and seeing my son again.

Next is Christmas and Hanukkah. We celebrate both, Christmas we ourselves, and Hanukkah with my parents and siblings. Another miserable choice, but we do have an older son who doesn't deserve to be deprived of the things he would normally enjoy in his life. So, we bought a tiny Christmas tree and decorated it with tiny ornaments and took it to the cemetery and put it at his grave. We even wrapped some presents for him. Then of course, we realized that someone would probably steal it all, and we took it all home. We planted slow growing Christmas trees on both sides of the pool and put lights on them for him to see, even though he wasn't there to see. The trees are still there today although we don't decorate them.

New Year's might have been the worst. Cousins invited us to a New Year's eve party at their home about 2 hours away in New York. We were going to sleep over, get drunk and forget about things. However, all I could think of is how in the heck could I say Happy New Year to anyone. It wasn't going to be happy and I didn't want anyone else to be happy. I hated that other people were happy. So we sat miserable for a while and drove back home. Easter, didn't want anything to do with that. Who needs to eat a bunch of candy and find eggs anyway. My oldest son was now twelve, so he was getting to the age where that wasn't the worst thing, and my youngest son was just a little over a year old.

We went on and on and then it came around to June again and that horrible day, with all the horrible memories that we didn't stop thinking about most of the time anyway. OMG, life stinks.

And then I began to realize something. I didn't think of my son every minute of every day anymore. There were moments I could smile and laugh and not feel guilty about it. Every year, that happened a bit more. Now today, many years later, something happens, or comes on tv and I have a nice memory. Sad, but more reflective is perhaps a good way to describe how I feel today. I go on about my life. I don't wonder what he would be like if he were alive today very much anymore, but it has been many many years and holidays and events in between

Be patient. This is not something you can get over in a week or month or year. Don't let anyone tell you that and don't let them tell you it's time to move on just because they wish you would shut up and move on. BUT, PLEASE try in little bits to move on just a little bit at a time.

But grief is a walk alone. Others can be there, and listen. But you will walk alone down your own path, at your own pace, with your sheared-off pain, your raw wounds, your denial, anger, and bitter loss. You'll come to your own peace, hopefully, but it will be on your own, in your own time."

- Cathy Lamb, *The First Day of the Rest of My Life*

Think of how you grew to care for or even love the person you lost. It was its own beautiful experience. Grieving is as unique as the love you shared with the special person you lost.

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Just when normal life felt almost possible - when the world held some kind of order, meaning, even loveliness (the prismatic spray of light through an icicle; the stillness of a sunrise), some small thing would go awry and the veil of optimism was torn away, the barren world revealed. They learned, somehow, to wait those times out. There was no cure, no answer, no reparation."

- David Wroblewski, *The Story of Edgar Sawtelle*

Know that when the bad moments come - and they will invariably come - they will not last forever. You will start to have more good times than tough times. The balance will eventually shift such that you begin to feel like yourself again. It may not happen this year, but it will eventually happen.

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Isn't it weird," I said, "the way you remember things, when someone's gone?"

What do you mean?"

I ate another piece of waffle. "When my dad first died, all I could think about was that day. It's taken me so long to be able to think back to before that, to everything else."

Wes was nodding before I even finished. "It's even worse when someone's sick for a long time," he said. "You forget they were ever healthy, ever okay. It's like there was never a time when you weren't waiting for something awful to happen."

But there was," I said. "I mean, it's only been in the last few months that I've started remembering all this good stuff, funny stuff about my dad. I can't believe I ever forgot it in the first place."

You didn't forget," Wes said, taking a sip of his water. "You just couldn't remember right then. But now you're ready to, so you can."

I thought about this as I finished off my waffle."

Sarah Dessen, *The Truth About Forever*

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Grieving doesn't make you imperfect. It makes you human."

- Sarah Dessen, *The Truth About Forever*

When you go out and see all the people busily leading their lives, it feels like you are the only one grieving. Everyone seems purposeful and fully occupied with the events of their day. At times like that you may feel truly alone in your grief. However, people from the outside looking at you might not realize your struggle. They don't ask you how you are because they assume you are healing, and that you are doing ok. Most people who are grieving are hiding their pain from the outside world. You are not alone...you are simply unaware of the millions of others who feel like you do.

## WHERE DID ALL THIS COME FROM?

As you can see, I have enough material to fill all 12 pages of this newsletter thanks to Patricia & Lee Grossman who fueled by their love for their daughter Rachel Leah who died 8 years ago, keep busy and have sent me the snippets you see all over this issue of the newsletter, and many more. This does not excuse anybody else from sending me their articles. It is that easy. Thank you Ruth, thank you Patricia. You are doing the right thing and keeping this newsletter alive. More from Patricia below.

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Take any emotion - love for a woman, or grief for a loved one, or what I'm going through, fear and pain from a deadly illness. If you hold back on the emotions - if you don't allow yourself to go all the way through them - you can never get to being detached, you're too busy being afraid. You're afraid of the pain, you're afraid of the grief. You're afraid of the vulnerability that loving entails. "But by throwing yourself into these emotions, by allowing yourself to dive in, all the way, over your head even, you experience them fully and completely. You know what pain is. You know what love is. You know what grief is. And only then can you say, 'All right. I have experienced that emotion. I recognize that emotion. Now I need to detach from that emotion for a moment'."

- *Mitch Albom, Tuesdays with Morrie*

As you experience the grief process, try to have an awareness of how you are feeling and how those who share your pain are feeling. It helps to have self awareness so that you can eventually use this time to grow and become a more thoughtful, empathetic person.

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Grieving doesn't make you imperfect. It makes you human."

- *Sarah Dessen, The Truth About Forever*

When you go out and see all the people busily leading their lives, it feels like you are the only one grieving. Everyone seems purposeful and fully occupied with the events of their day. At times like that you may feel truly alone in your grief. However, people from the outside looking at you might not realize your struggle. They don't ask you how you are because they assume you are healing, and that you are doing ok. Most people who are grieving are hiding their pain from the outside world. You are not alone...you are simply unaware of the millions of others who feel like you do.

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"In this contemporary culture, what could be an effective means by which we might be able to cue one another to say, Take it easy on me, I'm grieving? Maybe if we reinvented, or re-established the practice of wearing black and created our own symbol of grieving - to wear our version of black, or maybe to color with black crayons for a while - the world around us would appropriately respond to our grief cues."

*Sandy Oshiro Rosen, Bare: The Misplaced Art of Grieving and Dancing*

It would definitely be easier if you could wear an external symbol to show that you're still grieving. Because you can't, you have to be ready to deal with unwanted questions. It is fine to say, "Even though some time has passed, the loss still seems new. I don't even feel ready to talk about it yet." People will appreciate a sincere response that states briefly how you are doing without having to go into depth.

# ABOUT VALLEY FORGE CHAPTER

While nobody else has volunteered to do any of the jobs needed, I now have plenty of material to put in the newsletter. That does not mean I will continue printing this newsletter forever, you know after December there will be no contact between you and the Chapter. We will still need all the jobs listed below.

**There is a job which is more like an emergency to have it filled. Someone who is very familiar with the emailing procedures. If we can send half of the members the newsletter via email, then we can save about \$200 monthly.**

**Librarian:** Carol our librarian has been faithfully doing the job of librarian for many years and it is time we give her a break. Work is not hard, the main thing is that you have to be there to help anybody find an appropriate book.

**Greeter:** We have not had one for a long time, a greeter will make new friends feel more comfortable when they come for the first time to our meetings, help them fill out the forms and understand how we try to help them survive thru their tragic loss.

**Database Keeper.** This job includes entering new names into the database and delete the ones who ask to be removed. This person makes the ID tags for all new friends and the forms we need at the chapter.

**Newsletter Editor.** Probably the most demanding of jobs, this person is in charge of putting together our 12 page newsletter every month, sending it to the printers and uploading it to the server (as a PDF file) so everyone can read it in our web site [tcfvalleyforge.org](http://tcfvalleyforge.org)

**Leader:** This is the person or persons who have the key to get into the Founders Hall, where we have the meetings. The leader makes sure there are refreshments and prepares the room for the meeting. He also prepares the Founders Hall with chairs gets tables out and all the forms needed to sign up new friends and information pamphlets, At the end puts everything back the way it was.

**Steering Committee.** This is a group of **YOUNG** people, not old bats like us. They help the leader(s) make the decisions on new projects such as butterfly releases or any other projects such as contents of the packet sent to new friends. Steering committee meets

whenever the leader(s) think it is necessary.

As you can see, there are some new articles in this issue of the newsletter. I hope we get many more for the next issue.

**Webmaster** This will be someone with computer/ internet/email skills. The newsletter should be added to the web site every month and we have a list with 350 email addresses of members who would like to have the newsletter mailed via email every month. The web site will give every one a quick up to date information on what is going on, any cancelations, etc.

**Attendance** The Coronavirus has really created a hazard for every one of us and we have not been able to have any meetings since March. I do not see the day when we will have another meeting yet, but we can keep informed by the newsletter and the web site

You have seen how they opened many of the States and people walk around not keeping distances and not wearing masks. This lack of responsibility caused a high peak in the infections in at least 20 States. Now it is worse than it was in March when we started learning about covid 19.



We need not walk alone. We are the Compassionate Friends. We reach out to each other with love, just as your hope becomes my hope. 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, 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 they feel helplessness and see no hope. Some of us have found our faith to be a source of strength. While some of us are struggling to find answers. Some of us are angry, filled with guilt or in 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 a 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 to grieve as well as to grow. We need not walk alone, we are the Compassionate Friends.

### The Compassionate Friends Credo



*A bereavement organization  
For parents, siblings and families  
We offer friendship, love and understanding  
We talk, we listen, we share, we care.*

Valley Forge Chapter  
of the Compassionate Friends  
Frank & Rhonda Gomez  
Chapter Leaders  
12 Brook Circle  
Glenmoore PA 19343



**The  
Compassionate  
Friends Inc.**

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