

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.

It was our intention to have a Zoom meeting in February 2021. Please send an email to Frank if you plan on attending. We received a call from the Good Shepherd Lutheran Church indicating that there will be no meetings at least until sometime in 2021.

Sorry.



February 2021

Chapter Leader:

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

Newsletter Publisher:

Rhonda Gomez

Love Gift acknowledgements:

Connie Nolan

Treasurer: Joe Purifico

Librarian Carole Bailey.

National Headquarters

48660 Pontiac Trail

3930808

Wixom, MI 48393

Compassionatefriends.org

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..

Please make all checks Payable to:

TCF VALLEY FORGE CHAPTER

Send to Rhonda Gomez

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

Carol Sannella in memory of my son, David and my husband, Bob

AN ANGEL'S KISS

I I believe felt an angel gently kiss my cheek today
While lost in daydreams once again I saw us both at play.

Breathe as warm as a summer breeze, moist as morning dew
Was it just a wishful thought, or a gift from God and you?

Was that hushed sound falling leaves or a thousand other things
Perhaps it was just the sweet sound of fluttering Angel's wings.

I felt a fire rekindle, deep within my heart
A feeling I had not known since we've been apart.

I felt my pain and sorrow begin to ease away
As a little sun light broke through the sky of gray.

I may always wonder, but I am always grateful too
Because these are the things that help to get us through.

I may never know what happened, or just what words to say
Except that in my heart, I believe, my angel, I felt your kiss today.

Ed Young - Delaware County, TCF

IN MY HEART FOREVER

I thought of you with love today
But that is nothing new.
I thought about you yesterday,
And days before that too.
I think of you in silence.
I often speak your name.

Now all I have is memories.
And your picture in a frame.
Your memory is my keepsake.
With which I'll never part.
God has you in his keeping.
I have you in my heart...forever.
Author Unknown

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.

Anniversaries

- Gary & Phyllis Adler - son - Matthew - 2/18**
- Marilynn Anton - cousin/godmother - Douglas Hofmockel - 2/7**
- Nina Bernstein - son - Andrew Voluck - 2/9**
- Donna & Gregory Class - daughter - Megan Maria Class - 2/9**
- Allison Crowder - daughter - Amber - 2/21**
- Linda Cymbala - son - Nicholas Cymbala - 2/5**
- Carol Dawidziuk - daughter - Rachel - 2/27**
- Emilie Degville - daughter - Madeline - 2/8**
- Jennifer Dixon - son - Graham - 2/14**
- Harold & Marcia Epstein - grandson - Andrew Voluck - 2/9**
- Danielle Evelyn - son - Samir - 2/12**
- Rita Gibbons - daughter - Patrica Gibbons - 2/1**
- Jack & Freda Gross - daughter - Linda Joy Gross - 2/25**
- Frank Harms - son - Tyler - 2/16**
- Kimberlee Hills - brother - Chuck Hills - 2/24**
- Marie & Ken Hofmockel - son - Douglas Hofmockel - 2/7**
- Margaret Huss - son - Daniel - 2/27**
- Tash Jackson - cousin - Peter Simmons Jr - 2/14**
- Ginger Jarrett - daughter - Adrienne - 2/4**
- Jack & Stacy Kabic - daughter - Brithy - 2/3**
- Vern & Joyce Kaiser - son - Michael - 2/2**
- Barbara & Michael Kaner - son - Max Steven Kaner - 2/7**
- Sandi Kensicki - sister - Rose - 2/5/2008**
- Rhoda & Melvin Kreiner - daughter - Anna Kreiner - 2/10**
- Lynette Lampmann - son - Shawn - 2/13**
- Sue Lawlor - son - Jim Sinha - 2/17**
- Janet Leflar - son - Scott - 2/22**
- Mary Mac Farland - son - Marc - 2/12**

Carl & Josie Malitsky - daughter - Cynthia Malitsky - 2/8
James & Mary Beth Mattiford - son - Scott Mattiford - 2/26
Pat & Harry McCullough - son - Brian - 2/10
Debra McKinley - Hastings - brother - Ken - 2/17
William & Carol Meehan - son - Patrick W. Meehan - 2/11
Alexandra Milas - aunt - Demitra Vallianos - 2/17
Betty (Elizabeth) Miller - husband - Dick - 2/8
Andrew Miller - daughter - Perri - 2/5
Jeffrey & Christine Miller - daughter - Teresa Leanne Miller - 2/20
Kathleen Mitchel - brother - Jeffrey Hathaway - 2/27
Fran & Kathy Moran - daughter - Denise Nicole Moran - 2/3
Aminah Na'im - son - Dawann - 2/14
Dale & Helen Ninneman - son - Dale Ninneman II - 2/29
Carol Phipps - daughter - Casey - 2/16
Thomas & Jeri "Bubbles" Reinert - son - Thomas Reinert, Jr. - 2/19
Susan Reynolds - son - Craig Anderson - 2/3
Pamela Schneibolk - brother - Douglas Hofmockel - 2/7
Felicia Skalecki - - Zuko Iroh McNulty - 2/4
Penny & Steve Stanaitis - daughter - Mikayla Faith - 2/20
Luanne Stetler - grandson - Jordyn - 2/25
Ellen & Frank Svitek - daughter - Kate Elizabeth Svitek - 2/9
Mary Ellen Swider - daughter - Kelly Swider - 2/8
Marilyn Toole - son - Ted Toole - 2/26
Laura & Leo Weishew - brother - Steven McGowan - 2/2
Kathryn & Pat White - son - Steven White - 2/9
Terry & Bob Wolfe - son and stepson - Steven Moyer - 2/15
Frank Yanni - son - David Yanni - 2/10
Rose Yanni - nephew - David Yanni - 2/10
Anthony & Cindy Zalesky - grandson - Max Zalesky - 2/12

BIRTHDAYS

Madeleine Adler - son - J. Peter Adler 2/5
Donna & Gregory Class - daughter - Megan Maria Class 2/7
Wendy Coleman - daughter - Gabrielle 2/19
Liz & Scott Conaghan - brother - Jan 2/6
Jane Cox - son - Bill 2/21
Bud Cunnane - son - Patrick 2/14
Jim & Ruth Fairley - son - David Fairley 2/5
Rochena & Pat Fatale - son - Mark Longan 2/21
Charlie & Jill Fick - son - Michael Sternberg 2/10
Frank & Rhonda Gomez - brother - Paul - 2/7
Sandra Greenly - son - Michael Greenly 2/18
Tim & Rosemarie Griffiths - son - Timothy Griffiths 2/18
Cathy Grosshanten - son - Gary 2/16
Lee & Patricia Grossman - daughter - Rachel Leah 2/2
Jean & James Hayden - son - LCDR. Timothy M. Hayden 2/17
Othell & William Heaney - son - Kevin - 2/14
Kimberlee Hills - brother - Chuck Hills 2/10
Sigrid Hirschhorn - daughter - Samantha 2/20
Thomas & Virginia Hoesch - son - William E. Buddy Hoesch 2/16
Joan Jaggars - son - John Costello 2/17
Deborah Keevill - son - Brandon 2/23
Shirley Kennedy - son - Philip V. Kennedy 2/22
Margaret & Edward Kiefski Sr. - son - Edward Kiefski Jr. 2/11
Lynette Lampmann - son - Shawn 2/10
Marlene & Jerry Lener Daniel 2/11
Liz & Joe Loeper - son - Jamey 2/27
Andie Lunkenheimer - brother - Brennan 2/26
Julie & Richard May - son - William L. May 2/25
Jennifer McGowan Clark - brother - Joseph McGowan 2/25
Sue McMaster - cousin - Laura 2/28
Sharmell & Chris McMurray - son - Ryan 2/17
Kathleen Mitchel - brother - Jeffrey Hathaway - 2/19
Audrey Morasco - son - Christopher Morasco 2/22



Mary Mulholland - son - Joseph McGowan 2/25
Marian Mullahy - brother - Matt 2/28
John & Mary Ann Murphy - daughter - Maureen Murphy 2/13
Dale & Helen Ninneman - son - Dale Ninneman II 2/24
Connie & Richard Nolan - son - Christopher Nolan 2/9
Robert & Jean Phillips - son - Robert Phillips 2/23
Carol Phipps - daughter - Casey 2/18
Joan & Earl Reigel - daughter - Melissa Reigel 2/19
Thomas & Jeri Bubbles Reinert - mother (Bubbles) - Theresa Volpe - 2/27
Tony & Toni Riccardi - son - David Riccardi 2/17
Barbara Rossman - daughter - Kickole Lyn 2/13
Linda Sandlin - brother - LCDR. Timothy M. Hayden 2/17
Rosemarie Scott-Griffiths - stepson - Timothy F. Griffiths 2/18
Frank and Kay Shinnars - son - Erik Shinnars 2/22
Felicia Skalecki Zuko Iroh McNulty 2/4
Janemarie Smith - daughter - Beth Jovanovic 2/6
Margaret & Wade Stallard - son - Wade Hampton Stallard III 2/21
Elaine & Joe Stillwell - son - Denis E. O'Connor III - 2/4
Nancy Thompson - friend - J. Peter Adler - 2/5
Esperanza & Libardo Toro - daughter - Maria Eugenia Toro 2/9
Barbara Torrens - brother - Robert Birmele 2/18
Steven Tucker - son - Steven II - 2/27
Mek Wagner - daughter - Paige 2/1
Weaver - grandson - Donald Smith Jr. 2/24
Linda Wilson - son 2/18
Gisela Witte - son - Bruce G. Edlund 2/24

Attributed to The Pope (Frances) or □Palco de vida□ (Stages of life),
Fernando Pessoa (1888-1935)

You can have flaws, be anxious, and even be angry, but do not forget that your life is the greatest enterprise in the world. Only you can stop it from going bust. Many appreciate you, admire you and love you. Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments. To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord. It is not only to enjoy the smile, but also to reflect on the sadness. It is not only to celebrate the successes, but to learn lessons from the failures. It is not only to feel happy with the applause, but to be happy in anonymity.

Being happy is not a fatality of destiny, but an achievement for those who can travel within themselves. To be happy is to stop feeling like a victim and become your destiny's author. It is to cross deserts, yet to be able to find an oasis in the depths of our soul. It is to thank God for every morning, for the miracle of life. Being happy is not being afraid of your own feelings. It's to be able to talk about you. It is having the courage to hear a "no". It is confidence in the face of criticism, even when unjustified. It is to kiss your children, pamper your parents, to live poetic moments with friends, even when they hurt us. To be happy is to let live the creature that lives in each of us, free, joyful and simple. It is to have maturity to be able to say: "I made mistakes". It is to have the courage to say "I am sorry". It is to have the sensitivity to say, "I need you". It is to have the ability to say "I love you". May your life become a garden of opportunities for happiness ...

That in spring may it be a lover of joy. In winter a lover of wisdom. And when you make a mistake, start all over again. For only then will you be in love with life. You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculptor serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence. Never give up Never give up on people who love you. Never give up on happiness, for life is an incredible show.*

Submitted by Patricia Grossman, TCF Valley Forge

My child died.
I felt my life died, too.
I went to a support group
And there I met you.

You said my life would
Have meaning again.
Your words didn't mean much to me.
But I watched as you helped others
As you listened and gave so tenderly.

You were my symbol of hope
That someday life would be worth living.
You showed me how to start.
That living again begins with giving.

Marilyn Willett Heavilin TCF, Redlands, CA



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
Rhonda Gomez
Chapter Leader
12 Brook Circle
Glenmoore PA 19343



**The
Compassionate
Friends Inc.**

NON-PROFIT ORG
US POSTAGE
PAID
SOUTHEASTERN PA
PERMIT # 635