

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 meeting in December. We received a call from the Good Shepherd Lutheran Church indicating that there will be no meetings at least until sometime in 2021.

Sorry.



January 2021

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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

Edward and Linda Lincul in honor of **Matt Lincul**

James and Maryellen Madden in memory of their daughter, **Anna Marie (Annie)**

Joan and Sheldon Plam in honor their son **Michael's** anniversary and birthday—We love and miss you more than ever. Love, Mom and Dad

Joseph and Janie Dougherty in memory of their son, **Brendan's** anniversary

SLOW DANCE

(For all of the children loved and remembered By the
Valley Forge Chapter)

Love's Remembrance

Tonight, I light a candle
for you, my beloved child.

And as your name is spoken aloud,
a testament that you lived,

I will gratefully remember, the clearness of you eyes

Your sweet newborn smell

Your kindness as you grew.

Your measured steps toward adulthood, cut short
many hearts filled with memories, your legacy.

Tonight, I light a candle
for you , my beloved child.

And as the room is lighted

by many candles fired with love,

I will remember not your death, but your life.

And in your candle's warmth

I will pray that memories and love and eternity

will blend together,

bonding us forever, my beloved child.

By Elaine Madden

Have you ever watched kids
On a merry-go-round
Or listened to the rain
Slapping on the ground?
Ever followed a butterfly's erratic flight
Or gazed at the sun into the fading night?
You better slow down
Don't dance so fast
Time is short
The music won't last.
Ever told your child,
We'll do it tomorrow
And in your haste, not see his sorrow?
Ever lost touch,
Let a good friendship die
'Cause you never had time
To call and say "Hi"?
You better slow down
Don't dance so fast
Time is short
The music won't last.
When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift
Thrown away
Life is not a race.
Do take it slower
Hear the music
Before the song is over.

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

- Gail Alyanakian - Glenn Alyanakian - brother - 1/25**
- John Bilinski - Alayna - daughter - 1/22**
- Liliana Coucharan - Christian - friend - 1/2**
- Bobbie Coyle - Whitney Coyle - son - 1/4**
- Dorothy & G. Robert Daily, Sr. - David - son - 1/11**
- Adriene & Peter De Moerloose - Olivia - daughter - 1/26**
- Janie & Joseph Dougherty - Brendan K. Dougherty - son - 1/20**
- Robert & Lee Duffield - Michael Robin - son - 1/16**
- Laureen Feldman - Oliver - son - 1/17**
- Jo Ann Gatlin - Lisa Diane Gatlin - daughter - 1/31**
- Rita Gibbons - Thomas - husband - 1/3**
- Robert & Kathleen Grossi - James Michael Grossi - son - 1/28**
- Nancy & Gerald Hall - Douglas Byron Hall - son - 1/25**
- Jeanne R - Helmers - Mary Ann Helmers Kemme - sister - 1/9**
- Tammy & Allen Howard - Brianna Nicole Howard - daughter - 1/19**
- Karlin Hughes - Keegan Hughes - son - 1/19**
- Nancy Jones - Jeff - grandson - 1/20**
- Tracey-Anne Langley - Nataly - Sister - 1/23**
- Kathleen & John Leeper - Shaun Michael Leeper - son - 1/15**
- Liz & Joe Loeper - Jamey - son - 1/6**
- Vivian & Kenneth Maahs - Kirsten - daughter - 1/18**
- Anna E Marchese - Matthew Paul Marchese - son - 1/29**
- Mary & Bob Matcovich - Christian - son - 1/2**
- Julie & Richard May - William L. May - son - 1/4**
- Diane Mazzagatti - John Pirocchi, Jr. - son - 1/30**
- Michael & Maria McFadden - Rachel McFadden - daughter - 1/14**
- Linda & Jim McGrath - Paul Drew McGrath - son - 1/22**
- Sue McMaster - Laura - cousin - 1/31**

Mark & Kathryn McNally - Beth Ann McNally - daughter - 1/11
John & Mary Ann Murphy - Thomas Patrick Murphy - son - 1/11
Ashlie Nawrocki - Chereen - sister - 1/9
Connie & Richard Nolan - Christopher Nolan - son - 1/3
Jim & Bobbi O'Brien - Beth Hubbard - daughter - 1/26
Peggy O'Brien - Rick O'Brien - son - 1/9
Elizabeth Orbann - Linda Elizabeth Johnson - daughter - 1/1
Thomas & Demetra Patukas - George Thomas Patukas - son - 1/4
Betty Jane Peters - Neilson - ,Russell F. Peters, Jr. - son - 1/21
Rosemary Peterson - Donald R. Peterson - son - 1/25
Robert & Jean Phillips - Robert Phillips - son - 1/3
Karen Pilcicki - Jeff - son - 1/12
Joe & Marti Purifico - Jeffrey - son - 1/18
Vernice Quattlebaum - Gwendolyn Y. Ashe - daughter - 1/12
Andrew Randolph - James - brother - 1/14
Roy Redman - Carol - daughter - 1/9
Thomas & Jeri Bubbles Reinert - Albert Volpe - father (Bubbles) - 1/18
Rocco Fran Rinaldi - Stephen - son - 1/30
Carol Robinson - Jim Kearney - son - 1/17
Andrea Rohloff - Jim - Son - 1/23
Sandy Salveter - Greg - son - 1/28
Sheila & Jim Smith - Seth Richter - son - 1/13
Patricia & Bertram Snead - James Christopher Snead - son - 1/6
Lorraine Spear - Kimberly Jean Spear - daughter - 1/30
Susan & Ron Spencer - Rob - son - 1/18
Allan Thomas - Vernon Odins - son - 1/1
Joy Tower - Ken - son - 1/17
Janice Vanderslice - Gregory Vanderslice - son - 1/14
Pat Villante - Patty - daughter - 1/30
Alice Weaver - Kristen - daughter - 1/6
Mimi & Tom Weber - Michael - ,1/17
Dave White - Randy - son - 1/28
Susan Yarnall - Jesse - son - 1/22

BIRTHDAYS

Gail Alyanakian - brother - Glenn Alyanakian - 1/27
George & Anne Beerley - daughter - Jennifer Beerley - 1/21
John Bilinski - daughter - Alayna - 1/22
Joyce Caperilla - daughter - Jennifer - 1/14
Linda Cymbala - son - Nicholas Cymbala - 1/2
Carol Dawidziuk - son - Michel - 1/8
Kimberly De Simone - daughter - Lacey - 1/18
Bill & Donna Deasey - daughter - Michelle Deasey - 1/21
Emilie Degville - daughter - Madeline - 1/20
Abigail Figueroa - son - Jose C Figueroa - 1/2
Sharon Hirst - son - Tom - 1/19
Jim & Betty Hogan - daughter - 1/20
Joan Hornsby - daughter - Jackie - 1/30
Craig Horwitz - daughter - Kimberly - 1/3
Karlin Hughes - son - Keegan Hughes - 1/17
Barbara & Michael Kaner - son - Max Steven Kaner - 1/18
Pat Kuchler - son - Michael - 1/23
Ed & Linda Lincul - son - Matthew - 1/29
John & Nancy Logue - daughter - Kaitlyn Logue - 1/19
Sharon Mallozzi - son - Anthony - 1/28
Kathleen & Hugh Martin, Jr. - son - Colin John ""C.J."" Martin - 1/12
Linda Massey - son - Gene - 1/19
Pat & Harry McCullough - son - Brian - 1/14
Debra McKinley - Hastings - brother - Ken - 1/23
Marian Melchiorre - grandson - John Anthony Peticca, Jr - 1/6
Gerald & Margaret Milice - son - Gerald Milice - 1/28
Rose & Mike Orlando - son - Michael - 1/27
Teresa and Ron Perkins - daughter - Allison - 1/3
Sheldon & Joan Plam - son - Michael Tobiah Plam - 1/27
Ruth Pluck - niece - Jackie - 1/30
Mary Jane Pollart - son - Mark Andrew Steffler - 1/30
Christine and Richard Purkiss - son - Adam Clark - 1/15
Steve & Joann Reynolds - son - Chris - 1/10



Elise Rice - husband - James W. Rice, Sr. - 1/27
Margaret & Robert Rooney - daughter - Sharon Rooney - 1/30
Mildred Sayles - son - Fredrick Chavis - 1/31
Anthony & Marsha Schrader - daughter - Krista - 1/23
Linda Sciarra - son - John Anthony Peticca Jr - 1/6
Barbara Smisko - daughter - Linda - 1/19
Penny & Steve Stanaitis - daughter - Mikayla Faith - 1/24
RuthThomas - son - David George Thomas - 1/21
Sherron Trio - son - Tom - 1/5
Weldon & Marie Tyson - daughter - Lisa M. Tyson - 1/22
Nancy Willis - son - Alex - 1/3
Anthony & Cindy Zalesky - grandson - Max Zalesky - 1/13

Butterflies

Fuzzy caterpillar represents the life lived here on earth. The cocoon but the transition prior to promised rebirth. Now butterfly so beautiful flutters gently. Reassuring our sad aching hearts and easing bleak despair	For the butterfly reminds us in silent tranquility. To believe there's more than life on earth, there's all eternity. <p style="text-align: right;"> Karen Story TCF, Montgomery, AL </p>
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Random Reflections

Tammy Walmann — Miami Co., KS

It's been a year now
 And the books say I should be
 Getting back to "normal."

But I still can't pass your picture
 On the bookcase without
 Touching your face.

I still wake up in the night
 Sometimes and can almost
 Hear your voice in the quiet.

I still run to the window when the
 Dogs bark at night with the hope
 In the back of my mind that somehow

You've wandered into the yard.

I still whisper your name into the wind
 When I walk down our lane in the still
 Of evening and strain to hear an an-
 swer.

When I'm troubled and upset
 I still talk to you like
 I always did and
 Imagine the advice you'd give me.

I still stop on our dark country road
 Sometime and turn off the car engine
 And lights and wait and hope that

I can see or hear you.

It's been a year now and the
 Memories are still so vivid
 That I can almost touch them.

It's been a year now and I know
 With all my heart that your
 Presence will never fade in my mind.

The Maze of Grief

I've heard many bereaved parents say – and have said it myself – that when their child died their life turned upside down. Everything becomes mixed up; we are in unfamiliar territory. Vainly we seek for the familiar, for “normalcy”, for something to hold on to. Sometimes we even seem to lose our faith, as we may feel that God has let us down. We seek to reorient ourselves to our new surroundings.

This process of reorientation is called grieving. It may be like feeling our way through a dark labyrinth. Many times we come to dead ends and may have to feel our way back to a broader way. In this dark maze of grief we seek for someone to guide us. Those closest to us are no help. They too are lost in this labyrinth, searching for a way out, an escape from the pain. But all the avenues of escape – sleep, drugs, work, alcohol, avoidance – only leads us deeper into the maze where we feel even more disoriented and lost.

Conversely, the best way out of the labyrinth is through the pain. And the best guide is another bereaved parent, one who has walked the dark maze and knows all about the blind alleys, the dead ends and the false promises of escape. The best way out is through talking; telling your story again and again to a friend who will listen, not judge you, and understand. One who will not tell you to “forget about your child and get on with your life,” or “keep busy and don't think about it,” or that you “should be over it.” A friend who will let you say your child's name, cry an ocean of tears and say all those “crazy” things that you think about after your child dies. In this way you become reoriented to this new life without the physical presence of your child – although he/she is always with you in your heart and memory.

This is what Compassionate Friends is all about. Parents and siblings who are further along in their grief, reaching back and helping newly bereaved parent and sibling find their way through the maze of grief. Reach out and take a hand...you need not walk alone.

Peace,
Helen Bash

One Day At A Time

There are two days in every week about which we should not worry - two days which should be kept free from fear and apprehension.

One of these days is yesterday, with its mistakes and cares, its faults and blunders, and its aches and pains.

Yesterday has passed forever beyond our control. All the money in the world cannot bring back

yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is tomorrow.

Tomorrow is beyond our immediate control. Tomorrow's sun will rise, whether in splendor or behind a mask of clouds. But it will rise. Until it does, we have no stake in tomorrow.

This leaves only one day - today. Anyone can fight the battles of just one day. It is when you and I add the burdens of those two awful eternities - yesterday and tomorrow - that we break down. Let us therefore live one day at a time

Author Unknown



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
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