

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.

Meeting - 1/6/2022

Next Meeting - 02/3/2022

SAVE THE DATE— 45th National Convention, August 5 - 7, 2022 in Houston, TX



January 2022

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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

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.

Diana and Andrew Galliano — last month
Laurie Downing
Julie, Katie, and Kiley Keenan

REFRESHMENTS

Refreshments may be donated in memory of loved ones. Please call Rhonda (484) 919-0820 or you may sign the refreshment chart located on the refreshment table.

The Chapter

LOVE GIFTS

Marcella Rice — In memory of those she lost over the years and the newsletter

NEWSLETTER BY EMAIL

We are asking if possible, would you please receive your newsletter by email.

We do not want to remove anyone from our newsletter mailing list who is benefiting from receiving it. We hope it is a help to you while going through your grief, giving you better understanding of your feelings, and letting you know **“We need not walk alone”**.

A newsletter helps to keep our TCF family informed of local and national events. We consider this an important function of our program.

We are asking if you have email, would you consider receiving your newsletter in email format. You will receive your copy earlier if you opt to receive it by email. If you chose to use the email method of receiving your newsletter, you will have the option to switch back to the old method. If you wish to receive the newsletter by email please contact: **Frank Gomez (frank@tcfvalleyforge.org)**

“WHY”

I still cry and wonder, Why,
 “Why” my son had to die?
 He wasn’t the only one, I know,
 But, he was mine and I love him so.
 So, until the day we meet in heaven,
 He’ll be in my heart and mind forever.

Understand and accept that for you there is still a future, one that can be as bright and good as you make it. You have before you the rest of your life. What you do with it is entirely a matter of choice. There are no rules or laws that require you to mourn forever.

Harriet Sarnoff Shiff

Gwen Kearns – TCF, Valley Forge, PA

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

Walt and Geogianna Bolger - Paul Vangrossi - son - 1/4

Liliana Couchara - Christian - friend - 1/2

Bobbie Coyle - Whitney Coyle - son - 1/4

Dorothy & G. Robert Daily, Sr. - David - son - 1/11

Peter DeMoerloose - 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

Jackie Givnish - Megan - aunt - 1/25

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

Julie, Kiley, Katie Keenan - Jordan - daughter/sister - 1/13

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

Anniversaries - Cont'd

Linda & Jim McGrath - Paul Drew McGrath - son - 1/22
Nancy Mclaughlin - Megan - daughter - 1/25
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 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
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
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

SHARED THOUGHTS RESOLVING TO CARE FOR OURSELVES

We all approach the New Year very differently. Many cannot wait for the year our child or sibling died to pass, while others feel it separates them further from that person. But, the one thing most newly bereaved agree on, is that they are glad the holidays are over. For some the anticipation was far greater than the holiday itself. When pain and stress controls our lives it is very difficult to be optimistic.

We must try to face the New Year with the thought that we will not always be in this much pain. As difficult as it is for us to believe, the pain does soften. One day you will find a tolerable life again. It will not be the same as it was, but in many ways our lives can be richer, for we don't fret over the trivial things we used to. We have learned the real values in life. January is the time of year we struggle to put all our trying events behind us, and begin the year with new expectations. Unfortunately, that does not apply to our grief. We cannot "get on with our life" until we have spent sufficient time resolving our grief. All too often, we choose to repress the most painful emotions. They are too difficult to share with others, and we feel too fragile to deal with them. Once unresolved issues become delayed grief, it can be very damaging, and much harder to resolve.

Perhaps, one of our New Year resolutions should be allowing ourselves freedom to grieve. We need to take time to read, attend meetings, phone a friend, cry, walk, eat healthier, and in general remove our name from the bottom of the list of people to care for, we need to place ourselves at the top of the list, making ourselves number one. We cannot always be a reservoir of strength, this may be the time to let others care for us.

We can't expect this to be a good year if our grief is fresh. But, we should expect good things as well as bad. We have survived the impossible ordeal of the death and funeral. We have learned to take one day at a time, and not to set our expectations too high. If a good day comes, cherish it. Many times we have problems with the most important ingredient of recovery, and that is to learn to laugh and be happy again. We feel guilty for that moment of pleasure, and sometimes even feel it disrespectful. This is not a sign of forgetting, or a lack of love, it is a very healthy sign of hope.

I would like to share the last stanza of one of Sascha Wagner's poems, "The New Year", with you.

<p>But let us not forget that this may be the year when love and hope and courage find each other somewhere</p>	<p>in the darkness to lift their voice and speak Let there be light.</p>
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God Bless, **Marie Hofmockel** , TCF Valley Forge

I'M TIRED OF BEING STRONG

"Forgive me Lord, but I'm tired of being some of the things I've tried so hard to be ... I'm tired of being so capable, so efficient. I'm tired of the compliment, 'You are such a strong person, I admire your strength'. I'm tired of being considered so patient and understanding that people dump their troubles on me. I'm tired of being so cheerful. I want to be free to be cross and complain and not get a 'buck up, old chap' routine. I'm tired of being considered so independent, so strong. Sometimes, at least sometimes, Lord, I want to be weak and helpless, able to lean on somebody, able to cry and be comforted. Lord, I guess there are just times when I want to be a child again, running to climb on my mother's lap."

Marjorie Holmes "Hold Me Up a Little"

BITTERSWEET

Is good in chocolate...looks nice as a growing plant...but is hard to take when it's a family day with one child missing.

Joan D. Schmidt — TCF, Central Jersey

BIRTHDAYS

Gail Alyanakian - brother - Glenn Alyanakian - 1/27
 George & Anne Beerley - daughter - 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
 Jackie Givnish - aunt - Megan - 1/11
 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
 Nancy Mclaughlin - daughter - Megan - 1/11
 Marian Melchiorre - grandson - John Anthony Peticca, Jr - 1/6
 Gerald & Margaret Miliceson - Gerald Milice - 1/28
 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



Birthdays — continued

Steve & Joann Reynolds - son - Chris - 1/10
Marcella Rice - father - 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
Harry & Merrily Spiess - grandson - Charles Smith - 1/27
Penny & Steve Stanaitis - daughter - Mikayla Faith - 1/24
Ruth Thomas - 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

ONE MORE DAY

If I were granted one more day
 To spend alone with you,
 I'd say the things I should have said
 And do all I wanted to do.

I'd tell you that I love you.
 Did I tell you that before?
 Or did I just take it for granted
 That you'd always walk through the door?

I'd play all the games you asked me to play
 But I was too busy, you see.
 I'm sorry for the times I wasn't there,
 Now, I wish you were here for me.

I'd tell you I miss you so very much.
 You've been gone forever, it seems,
 And I still hope that one of these days
 I'll wake from this terrible dream.

If one more day were given to me
 To tell you the things I'd say,
 The only thing I'd want after that,
 Would be just one more day.

Crystal Gibb
 Bereavement Magazine
 January 1991

MEMORIES

Within each tear that falls is a mirror
 That reflects a special moment in our lives.
 They trickle warmly down
 And land in a puddle in my heart.

Tammy Tobac
 TCF, Pittsburgh, PA

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.

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 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 helpless and see no hope.

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
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