

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. There will be an in person meeting on July 1, 2021. Our Zoom meeting will continue for those cannot come at the church. This zoom meeting will start at 8:15 PM. My TCF email has changed, it is rhonda@tcfvalleyforge.org



July 2021

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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.

Please make all checks Payable to:

TCF VALLEY FORGE CHAPTER

Send to Rhonda Gomez

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.

Lorie and Mike Henry

The Path

My world lay shattered around me. Gone were the flowers and the sun. The path ahead looked dark and threatening. I heard a voice saying, "You have to travel this path alone."

"I don't want to go down that path. I can't." I protested. "I liked the old path."

"The choice is yours," said the voice, "but you may never go back to the old path. You may stay here at the crossroads where anger and pain will keep you company and wither your spirit. Or, you may runoff into the surrounding woods and pretend you are going somewhere, but you will become disoriented and lost. The only peace is to be found at the end of the path ahead."

"If you have the courage to set forth upon the new path and keep struggling through the storms, you will discover depths in yourself that you never knew existed. If you reach out you will find those who have already traveled this difficult way and are there to support and guide you. Though it seems impossible now, your path will become beautiful again, as will your spirit. You will emerge from the desolation a stronger, wiser, and more compassionate person. Then you too can turn and extend your hand to those who are still on the way."

I made a choice. I picked up the remains of my life -- my aching heart and wounded spirit, my broken dreams and disbelief -- and wrapped them carefully in my blanket of grief. Holding them closely to me, I walked steadfastly ahead into the storm with faith in the promise of peace on the other side.

Sharron Cordaro, Riverside, CA

A boy was flying his kite. He kept adding more spools of string to make it go higher. A woman walked by and said, "you have that kite flying high." And the boy agreed. The woman left and went about her business. On her way back, she looked up toward the kite and said, "I do not see your kite." The boy agreed. She asked, "Then why don't you let go of it?" The boy answered, "I can't. I can still feel it tugging."

This is the plight of bereaved parents.

TCF of Tilton, GA

"He held me in his arms and made me share it and accept that his sorrow was as great as my own. He simply wouldn't allow my grief to divide us...push us apart, which is what happens so often where there is a loss like that.

And for as long as I live, I will respect and appreciate my husband for the strength of his understanding.

Barbara Bush, Bereaved Parent
1988 Republican National Convention

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

- Lori Bartholomew - Matthew - brother - 7/14**
- Eleanor Brennan - Jonathan Masiak - grandson - 7/9**
- Jackie & Steve Brown - Doug Brown - son - 7/23**
- Ellen & James Burbano - Eric - son - 7/14**
- Joanne & Tom Christman - Kyle R. O'Neill - son - 7/20**
- Catherine Dardozzi - Evan Schmidt - grandson - 7/15**
- Vanessa Diaz - Samir - friends child - 7/12**
- Herman & Lily Eason - Peter Montijo - son/stepson - 7/27**
- Bob & Connie Ercole - David - son - 7/2**
- Sharon & Francis Gailey - Danielle Marie Gailey - daughter - 7/14**
- Ron & Sue Gamza - Rachel & Troy - daughter & grandson - 7/24**
- Gwen & Walt Gearhart - Jamie Rogers - grandson - 7/12**
- Carolyn & Allen Gephart - Joseph Malec - son - 7/14**
- Craig & Kathleen Gerland - Alexis - daughter - 7/18**
- Frank & Rhonda Gomez - Frank Jr. - son - 7/17**
- Danielle & Joshua Graham - Jake - brother - 7/29**
- Tracey Hawley - Sean - son - 7/20**
- Jean & James Hayden - LCDR. Timothy M. Hayden - son - 7/26**
- Mark & Vicki Hoffman - Eric Daniel Hoffman - son - 7/21**
- Dennis & Lois Ianovalle - Dennis - son - 7/6**
- Mary Pat King - Griffin Scott Gearhart - son - 7/25**
- Barbara Kirk - Eric - son - 7/2**
- Sara & Carl Kresge - unknown - 7/6**
- Bob & Laura Iatshaw - Scott - son - 7/12**
- Maryann Lockyer - Keith - son - 7/15**
- Maryellen & James Madden - Anne Marie Madden - daughter - 7/28**
- Linda Massey - Gene - son - 7/16**

Lee & Laurie Maxwell - Dan - son - 7/21
Frank & Bernadette McAllister - Christopher J. McAllister - son - 7/11
Sue, Dave, Dan, and Lauren McCarthy - Brian McCarthy - son & brother - 7/7
Cheryl Mezzaroba - Lon Mezzaroba - son - 7/24
Betty (Elizabeth) Miller - Raymond "Jim" - son - 7/26
Christy O'Brian - Evie - daughter - 7/19
Janet Patrizio - Stephen - son - 7/5
Betty Jane Peters - Neilson - Walter C. Peters - son - 7/21
Chris Poulsen - Jerry - nephew - 7/3
Marie Poulsen - Jerry August Warfel - grandson - 7/3
Debbie Repas - Stacy Lynn - daughter - 7/18
Christine Rizol - Tyler - son - 7/10
Donna Rogers - Jamie Rogers - son - 7/12 - Jonathan Rogers - husband - 7/13
Linda Sandlin - LCDR. Timothy M. Hayden - brother - 7/26
Jackie Savage - Gwen - granddaughter - 7/25
Mildred Sayles - Fredrick Chavis - son - 7/6
Donna & Eric Schaertl - Jared M. Schaertl - son - 7/13
Suzanne Schoenhut - Joe - son - 7/5
Matthew Silverman - Avery Silverman - sister - 7/14
Howard & Margorie Silverman - Avery Silverman - daughter - 7/14
Janis Siravo - Christian - son - 7/22
Eileen Smith - Craig - son - 7/31
Philip & Ilene Spector - Avery Silverman - neice - 7/14
Margaret & Wade - Stallard Wade Hampton Stallard, III - son - 7/27
Margaret & Matthew Strickler - Timothy Strickler - son - 7/23
Suzanne Teleha - Peter Teleha - son - 7/29
Hellmut Theil - Hellmut Theil, Jr. - son - 7/14
Gerard & Jane Thimm - Gary Thimm - son - 7/12
Nancy Thompson - Andrew Thompson - son - 7/28
Brenda Timbers - Niya Raquel Timbers - daughter - 7/2
Betsy Townsend - Wendy Townsend Besche - daughter - 7/29
Roseanne Vigliotti - Adriana - granddaughter - 7/4
Shelly Wagner - Andrew Wagner - son - 7/26
Irene & Bob Weaver - Monica - daughter - 7/17
Ellen & Dale Weaver - Jeffrey M. Weaver - son - 7/29

Anniversaries – Cont'd

Peggy West - Kelly Ann West - daughter - 7/28

Donna White - Diane White - sister - 7/4

Nancy Willis - Alex - son - 7/9

When love is strong and runs deep it pulsates with an energy that cannot be stopped, not even in death's grip.

When two souls are connected and one departs from this world, the separation may seem final, but in truth the relationship transcends time.

Love, like a river, flows eternal, and it embraces all those who swim in its streams.

Author Unknown

REFLECTIONS

With the death of my sister come some painful realizations; that life isn't always fair or predictable; that sometimes even my best still isn't good enough; and that from the day of her death, the happy events in my life would always be tinged with sadness.

Despite the pain and loss, death has also left me with some valuable lessons and precious gifts. As a result of my sister's death, I have a greater appreciation of life and a greater compassion for those who hurt. I have learned to be a survivor and to have a successful career and productive life in the face of tremendous grief and loss. I have been gifted with good friends and special people to help me through the rough times. But most of all, I have been given the gift of time – time to heal and time to replace those painful memories of death with priceless memories of my sister's life.

Cathy Schanberger

I wish I could tell everyone who has lost a loved one how important it is to let themselves, and their family, remember. Forget, if you can, the sickness or tragedy that took them, but give them a place in your life. My family speaks very naturally of their father and their sister. We remember the fun, the love, and the closeness... We have memories to cherish, and we shouldn't cheat ourselves by not doing that. I don't mean that we should constantly talk about them, but when something we're doing reminds us of something good that happened when we were still a whole family, we don't hesitate to say so.

Lettie Petrie

BIRTHDAYS

Nina Ansel - daughter - Jenny - 7/27
Loretta Bovell - daughter - JoAnna - 7/12
Carol & Ira Caplan - son - Julian - 7/7
Gary Chavez - son - Christopher Dale Chavez - 7/19
Tracy & Mike Collins - daughter - Krystal Chuck - 7/19
Hazel Corbin - daughter - Dayle C Rutledge - 7/7
Jennifer Dixon - son - Graham - 7/22
Nancy Hartzell - son - Adam - 7/29
Giuliana Hilend - son - Patrick Andrew Hilend - 7/9
Nancy Jones - grandson - Jeff - 7/2
Janet & Dave Keller - brother - Thomas A. Keller - 7/3
Stacy Ludy - daughter - Alyssa Kenny - 7/27
Maureen and Pat McCormick - son - John McCormick - 7/20
Robert McCullough - daughter - Caroline Patricia McCullough - 7/19
Cameron and Sandra Meikle - daughter - Laura - 7/4
Pete Mihalek - son - Andy - 7/15
Alexandra Milas - mom's brother - Nicholas Stathes - 7/1
John & Mary Ann Murphy - son - Brian Michael Murphy - 7/20
Carol & Dennis O'Connor - brother - Jack Coladonato - 7/14
Gary & Patricia Otto - son - Benjamin Otto - 7/26
Betty Jane Peters - Neilson - son - Walter C. Peters - 7/4, son - Russell F. Peters, Jr. - 7/25
Karen Pilcicki - son - Jeff - 7/2
Vernice Quattlebaum - daughter - Gwendolyn Y. Ashe - 7/11
Jill & Richard Reich - son - Patrick - 7/20
Donald & Freda Rhinier - son - Glenn D. Rhinier - 7/18
Rocco & Fran Rinaldi - son - Stephen - 7/30
Tracey Robinson - son - Connor - 7/6
Kelly Rossi - brother - Kevin - 7/24
Helen (Barb, daughter) Smith - son - Bob Smith - 7/2
Mike & Beverly Smith - son - Ryan - 7/18
Patricia & Bertram Snead - son - James Christopher Snead - 7/15



Birthdays — continued

Jen & Alex Soutos - daughter - Alexi - 7/27
Harry & Merrily Spiess - son - F. Ryan Spiess - 7/16
Lisa M Spinks - brother - Robert - 7/9
Linda Sposato - daughter - Bernadette Funaro - 7/23
Dave & Lynn Strange - son - Bradley - 7/9
Ellen & Frank Svitek - daughter - Kate Elizabeth Svitek - 7/1
Jean Sykora - son - Mark - 7/14
Chris & Larry Teal - son - Wade Teal - 7/30
Renee Teufel - son - Gregory - 7/28
Nancy Thompson - son - Andrew Thompson - 7/21
Brenda Timbers - daughter - Niya Raquel Timbers - 7/3
Melissa Toland - son - Connor Shepherd - 7/10
Steven Tucker - son - Patrick Ryan - 7/12
Barbara Tuller - son - Charles - 7/3
Pat Villante - daughter - Laura - 7/28
Bill & Patti Whitehead - daughter - Maria - 7/4

Love Lives On

Those we love are never really lost to us -- we feel them in so many special ways -- through friends they always cared about and dreams they left behind, in beauty that they added to our days ... in words of wisdom we still carry with us and memories that never will be gone ... Those we love are never really lost to us -- For everywhere their special love lives on.

by Amanda Bradley

The breath of winter painted fragile stars on all the windows of my quiet house.

And there I found your face, more fragile even than the season's art, a wonder to my eyes.

How can it be that winter paints such secret things in white-and-silver sheen for those who cry alone at frosted windows?

Sascha Wagner



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
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**The
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Friends Inc.**

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