

THE COMPASSIONATE FRIENDS

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

Inside Valley Forge

Meetings are on the **First Saturday** of every month, at 1:45 PM (ending at 3:30 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

Meetings -

June— 6/01/2024 @ 1:45

July— 7/06/2024 @ 1:45

August— 8/3/2024 @ 1:45

September— No Meeting

October - 10/5/2024 @ 1:45

November — 11/2/2024 @ 1:45

December— 12/8/2024

Remembrance service, 2 pm

The reason there is no meeting, the church has time reserved for other activities.



June 2024

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There are no dues or fees to belong to Compassionate Friends or to receive our newsletter. Your tax deductible donations (which we call love gifts) given in memory of your love ones enables us to defray the cost of the chapter expenses, particularly the newsletter, meeting and our outreach to 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.

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

No love gift this month.

Time is too slow for those who wait, Too swift for those who fear,
 Too long for those who grieve, Too short for those who rejoice,
 But, for those who Love..... Time is Eternal
 HENRY VANDYKE

A death by suicide triggers great amounts of anger and guilt. However, some of those feelings can be balanced by struggling to see that the suicide was not so much a deliberate, hostile act, but a gesture of utter hopelessness and despair. Reminders that the person was so driven by emotional whirlwinds that it was impossible to sense any ray of hope can temper, considerably, the emotional impact of a death by suicide. One of the best responses to a suicide that I have ever heard came through a sermon delivered by the pastor of a young man who shot himself. With great eloquence, his pastor was able to convey tremendous hope through these words: "Our friend died on his own battlefield. He was killed in action fighting a civil war. He fought against adversaries that were as real to him as his casket is real to us. They were powerful adversaries. They took toll of his energies and endurance. They exhausted the last vestiges of his courage, and only God knows how this child of His suffered in the silent skirmishes that took place in his soul.

Victor M. Parachin

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

Rita Adi - Shai Adi - son - 6/4
 Shirley & Lex Bono - Greg - son - 6/13
 Robyn Buseman - Maya Buseman-Williams - daughter - 6/28/2003
 Chris Carlton - Eric - brother - 6/17
 Hazel Corbin - Dayle C Rutledge - daughter - 6/18
 Alex Crisanti, Jr. - John Crisanti - son - 6/3
 Joanne De Felice - Joseph - son - 6/27
 Jim & Ruth Fairley - David Fairley - son - 6/27
 Bill & Karen Flavin - Chad Flavin - son - 6/18
 Sandra Greenly - Michael Greenly - son - 6/28
 Kristen Hallman - Joey - brother - 6/21
 Mary Lou Harrison - Lance 'Scott' Harrison - son - 6/12
 Robin Hayman - Bradley Hayman - son - 6/21
 Jack & Dee Heil - Susan Lynn Dina - daughter - 6/8
 Debbie Helman - Adam - son - 6/28
 Gail & Calvert G. Hess, Jr. - Calvert G. Hess, III - son - 6/18
 Craig Horwitz - Kimberly - daughter - 6/11
 Jan & Dan Jackson - John Jackson - son - 6/27
 Lesley Jones - Christopher - son - 6/10
 Roxanne Kamilatos - Dina - daughter - 6/30
 Joan Kelly - Joan Barbara - daughter - 6/8
 Shirley Kennedy - Philip C. Kennedy - husband - 6/6
 Wendy Kuhn - David - brother - 6/6
 Teresa & Bill Lattanze - Jodi Noell Lattanze - daughter - 6/14
 Susan Leonard - Nathan - grandson - 6/3
 Andie Lunkenheimer - Brennan - brother - 6/15
 Sharon Mallozzi - Anthony - son - 6/5
 Betty Manzi - Ronnie T. Seal, Jr. - grandson - 6/2
 Elaine Marino - Kaitlyn Rose Boyer - granddaughter - 6/22
 Sue McMaster - Patty - cousin - 6/16
 Cameron and Sandra Meikle - Laura - daughter - 6/13
 Kathleen Mitchel - Steven - son - 6/29
 David & Donna Morrell - Matthew Morrell - son - 6/27
 John & Mary Ann Murphy - Maureen Murphy - daughter - 6/11, Brian Michael Murphy - son - 6/23
 Ann Murray - Jonathan Rapoport - son - 6/15

Anniversaries - Cont'd

Bonnie Nimerfroh - David - son - 6/6
 Maurice & Ruth Onraet - Thomas - son - 6/29
 Deborah Osting - Christopher Daniel Osting - son - 6/10
 Sharon Ott - Amber - daughter - 6/8
 Palma Panichello - Joseph Panichello - son - 6/7
 Hema & Nita Patel - Neil - son - 6/1
 Linda & Andrew Peoples, Jr. - Brian A. Peoples - son - 6/27
 Diane Reger - Jeff Morris - son - 6/8
 Marcella Rice - James W. Rice, Sr. - father - 6/27
 Carl Rudegeair - Adam - son - 6/28
 Lisa and John Russo - Casey - son - 6/23
 Frank and Kay Shinnors - Erik Shinnors - son - 6/24
 Barbara Smisko - Linda - daughter - 6/30
 Janemarie Smith - Beth Jovanovic - daughter - 6/13
 Karen & Alan Stoner - Holly Patricia Stoner - daughter - 6/13
 Chris & Larry Teal - Wade Teal - son - 6/16
 Allan Thomas - Tommy Odins - son - 6/22
 Pat Villante - Laura - daughter - 6/16
 Sandra & Harry Wolfheimer - Ann Marie Wolfheimer - daughter - 6/19

Healing is the one gift all bereaved parents & siblings are searching for. Because our pain is so all consuming and overwhelming, it makes us feel that it would be impossible to laugh or be happy again. We and all those around us want the impossible, which is to return to the way we were before the death of our child or sibling. The shock of our loss usually insulates us, which helps us to get through those first few weeks of grief, but unfortunately that is about as long as some of our friends and family will hang in there with us. We are grieving for our child or sibling, but most friend's primary grief is for us and the pain we are going through, their tolerance for our extended grief wears thin. They want us to hurry and feel better so that their pain will go away.

About this time even we ask ourselves, "when will I feel better?" I can remember, after Doug's death, of wondering if the pain would ever ease. Life seemed so pointless and without hope. Just to survive a day seemed so difficult and demanded every ounce of strength I had. Gradually, (and never as soon as we would like it to come), we do feel a glimmer of hope for some small interest in life again. No matter how small our accomplishment, we need to recognize this as healing. Little by little our empty feelings diminish, even though they are not gone. Since our healing time is proportionate to our loss, the road is very long and hard. We at Compassionate Friends, have traveled the road. We never want to forget our loved ones. Our child or sibling died, but the love lives on, and what ever we were to one another, we still are. Healing is not forgetting, it's remembering without pain. Our deep pain blocks our objectivity, but someday this agony (and the love for our child or sibling) will bring us new meanings about life. We have to choose our own path for peace and healing. During your grief, if you feel more compassionate toward another's loss, refine your priorities, are less judgmental, want to ease someone's pain, or can remember your loved one without intense pain. You are healing!

Come share, we need one another to get to the other side of grief.

Marie Hofmockel, TCF Valley Forge
PA

BIRTHDAYS

Gary & Phyllis Adler - son - Matthew - 6/15
 Emily L. Alm - son - Bryan W. Alm - 6/3
 Julie Beasley - son - Aaron - 6/4
 Lisa Bellopede - son - Johnny - 6/24
 Bob & Marge Blasucci - son - Danny - 6/8
 Lisa Bledy - sister - Danielle Bledy - 6/2
 Walt and Geogianna Bolger - son - Paul Vangrossi - 6/8
 Jeff & Donna Brown - son - Kenneth Bernstiel - 6/2
 Suzanne Carcarey - son - Eddie - 6/22
 Becky & Frank Clark - daughter - Lisa - 6/22
 Rose Marie Cote - son - Mark J. Cote - 6/3
 Barbara Cotteta - granddaughter - Denise - 6/11
 Tina & Mike Cusamano - daughter - Amanda Angelucci - 6/15
 Carol Dawidziuk - daughter - Rachel - 6/2
 Helen Deery - son - Ronald J. Deery, Jr. - 6/20
 Susan Dehlinger - daughter - Amy M Dehlinger - 6/21
 Shirley & Herb Druker - daughter - Heidi - 6/11
 Lily Eason - son/stepson - Peter Montijo - 6/1
 Bridget & David Ellison - daughter - Caroline - 6/2
 Colleen and Dan Fledderman - daughter - Amy - 6/2
 Denise & Edward Frazier - son - Akhir - 6/3
 Diana & Andrew Galliano - son - Andrew - 6/24
 Carolyn & Allen Gephart - son - Joseph Malec - 6/11
 Craig & Kathleen Gerland - daughter - Alexis - 6/20
 Linda & Steven Gilbert - daughter - Pamela Gilbert - 6/28
 Thomas & Anne Glenn - daughter - Lauren Glenn - 6/10
 Herb & Karen Grant - son - Shaun - 6/13
 Robert & Kathleen Grossi - son - James Michael Grossi - 6/30
 Brittany Hackman - brother - Brian - 6/3
 B Brooke Hackman - son - Brian - 6/3
 Ronald J. & Margaret Halas - daughter - Desiree A. Halas - 6/2
 Jack & Dee Heil - daughter - Susan Lynn Dina - 6/4
 Nancy Lee & Jerry Hess - son - Jerry R.L. Hess - 6/30
 Rick & Susan Hilsberg - daughter - Amy - 6/11
 Mark & Vicki Hoffman - son - Eric Daniel Hoffman - 6/4
 Tammy & Allen Howard - daughter - Brianna Nicole Howard - 6/9
 Carl and Dorothy Johnson-Speight - son - Khaaliq Jabbar Johnson - 6/26
 Janet & Dave Keller - son - Joseph E. Keller - 6/1
 Mary Pat King - son - Griffin Scott Gearhart - 6/26
 Teresa & Bill Lattanze - son - William Noel Lattanze - 6/10
 Susan Leonard - grandson - Nathan - 6/3
 Greg & Anita Lewicki - son - Eric Stephen Lewicki - 6/1
 Stacy Ludy - granddaughter - Anastasia - 6/6
 Florence and Martin Mack - son - Martin III - 6/6
 Carl & Josie Malitsky - daughter - Cynthia Malitsky - 6/27
 Elaine Marino - daughter in law - Lisa Marino - 6/1
 Carol Meehan - husband - William - 6/26
 Barbara Meisenhelder - daughter - Renee Meisenhelder - 6/20



BIRTHDAYS (continued)

Kathleen Mitchel - son - Steven - 6/25
 John & Mary Ann Murphy - son - Thomas Patrick Murphy - 6/16
 George & Estelle Null - daughter - Kathleen Kathy Null - 6/18
 Thomas & Demetra Patukas - son - George Thomas Patukas - 6/12
 Kathy & Jim Petrokubi - son - Andrew - 6/20
 Tony & Laurene Quercetti - daughter - Christine L. Quercetti - 6/5
 Marge Randolph - son - Doug Fixter - 6/19
 Ron & Sandy Ruth - son - Brian David Ruth - 6/15
 Jackie Savage - Granddaughter - Gwen - 6/25
 Beth Schad - son - Gage - 6/5
 Donna & Eric Schaertl - son - Jared M. Schaertl - 6/14
 Suzanne Schoenhut - son - Joe - 6/29
 Fietta Sherlock - son - Jeremy - 6/11
 Paul Shoenberger - son - Paul John - 6/2
 Howard & Margorie Silverman - daughter - Avery Silverman - 6/23
 Matthew Silverman - sister - Avery Silverman - 6/23
 Sheila & Jim Smith - son - Seth Richter - 6/10
 Philip & Ilene Spector - neice - Avery Silverman - 6/23
 Gerard & Jane Thimm - son - Gary Thimm - 6/18
 Allan Thomas - son - Tommy Odins - 6/22
 Lynn & Tim Tumminello - daughter - Natalie - 6/29
 Mary Walker - daughter - Susan - 6/28
 Diana Warner - son - Will - 6/27
 Alice Weaver - daughter - Kristen - 6/7
 Jamie (Germaine) Cote Weaver - brother - Mark Cote - 6/3
 Kevin Welde - brother - John Welde - 6/6
 Laurie Wyche - son - Jameson Wyche - 6/27

WOULD THEY COME BACK ?

We miss them so, but would they come back? When I see the beauty of the birds soaring ecstatically in the sky, somehow claiming the beauty as their own; I watch them carefully, sometimes they are playfully cutting into the wind to forge in their direction of choice. I think of our loved ones up in heaven, and I feel they are as happy as the birds soaring and dipping and floating with wings spread wide. There too, however, they have important work to do: Greeting the new loved ones into the kingdom of heaven and acting as God's angels to watch. I sense that they wouldn't come back if given a choice. It would be like a caged bird who had had his wings lipped to protect him from flying outside into an uncaring world: Walking on the floor in stoic resignation.

Bea Kroon — TCF, Bradenton, FL

Vacation time is upon us again. You may be having trouble with that very thought. My only advice is to go where it is the most comfortable for you. Large places with many people may not be the answer this year. The family oriented spots may make it more obvious that one of your blessings is missing. It may be that you are locked into plans that were made before the tragedy of your child's death. You may hesitate to change these plans if they involve other people. In the beginning, I, personally, could only be with people who understood my feelings. If the other people involved are not sensitive and understanding, you may want to reconsider your plans. Good, warm, caring friends - who will allow you to be wherever it is that you are - can be a great comfort. Keeping it simple, with a back door through which you can escape, if necessary, can be the best answer. Going away and coming home can be a problem in the beginning. Know that it is normal. Whatever it is that you do and wherever it is that you go, I hope you will keep in good that it won't always be this painful. IT WILL BE BETTER. Be patient. If you can find peace and enjoyment, do it! You deserve it, and it doesn't mean you don't care. Mary Vacation time is upon us again. You may be having trouble with that very thought. My only advice is to go where it is the most comfortable for you. Large places with many people may not be the answer this year. The family-oriented spots may make it more obvious that one of your blessings is missing. It may be that you are locked into plans that were made before the tragedy of your child's death. You may hesitate to change these plans if they involve other people. In the beginning, I, personally, could only be with people who understood my feelings. If the other people involved are not sensitive and understanding, you may want to reconsider your plans. Good, warm, caring friends - who will allow you to be wherever it is that you are - can be a great comfort. Keeping it simple, with a back door through which you can escape, if necessary, can be the best answer. Going away and coming home can be a problem in the beginning. Know that it is normal. Whatever it is that you do and wherever it is that you go, I hope you will keep in mind that it won't always be this painful. IT WILL BE BETTER. Be patient. If you can find peace and enjoyment, do it! You deserve it, and it doesn't mean you don't care.

Mary Cleckley, TCF - Atlanta, GA

It often hurt to come upon reminders of my son.
 Tho' often since I lost him, I would search around for one.
 Which always brought on sadness,
 And the tears that I would shed.
 Were caused by names or faces,
 All things that I would dread.
 But then one day I came upon a man
 Who'd lost his son.
 I found that things I ran from,
 He wouldn't even shun.
 But rather he would treasure,
 And I said I wondered why.
 He told me that he called them
 "Catching Butterflies."

To see my son awakened In these new, fresh memories
 This view of his intrigued me; I wanted to hear more,
 And learned that he took all of them
 And carefully would store.
 All of the reminders that I chose to push away.
 He would tuck them deep down inside his heart each
 and every day.
 Now a name or likeness,
 When catching me off guard.
 Does not upset me as it did,
 and I don't find it hard.
 For now, instead, I see these times as opportunities .

Dottie Williams, TCF Pittsburgh, PA

"CATCHING BUTTERFLIES"



The
Compassionate
Friends Inc.

June 2024

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Valley Forge Chapter
of the Compassionate Friends
Rhonda Gomez
Chapter Leader
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Glenmoore PA 19343

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



The Compassionate Friends Credo

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. 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.