

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 - 5/5/2022

Next Meeting - 6/2/2022

SAVE THE DATE— 45th National Convention, August 5 - 7, 2022 in Houston, TX . Make your reservation now with Marriott Marquis Houston. The phone number is 877-688-4323 and mention TCF National Conference. The price of the room is \$149.00.



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

May 2022

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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.

Mary Walsh

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

**Ed and Sue Duffy— “Love Gift” in memory of Pete
Ed & Linda Lincul — In memory of their son, Matthew
Robert Pontican— In honor of his wife, Barbara and his son, Rob**

HELP !!!!

My name is Frank Gomez and I have been working with this newsletter for a number of years. I am the one who puts the newsletter in the website, and also the one who makes sure it is emailed to you. I do have a problem. Last month I tried to add the newsletter to the website as I have done many times before. The website is in simple **HTML**, After I was done, I opened the website on the Internet (tcfvalleyforge.org/newsletters) but the file was not where it was supposed to be, April was on top, under Newsletter Archives. (see JPG)

The **newsletters.htm** file in my computer showed the April where it belonged, so, I figured I had a problem with the HTML file **newsletters.htm** then I uploaded it several times. No change. Then I decided I had a cache problem and I used about 5 different methods to empty the cache in my computer completely. No change. I know I will need someone who knows a lot about computers to help me work this out.

Now I am out of ideas. Help!



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

- Madeleine Adler - J. Peter Adler - son - 5/30**
- Don & Monica Barber - Steven W. Barber - son - 5/30**
- Gloria Bello - Joseph - son - 5/21**
- Ben & Cathy Breskman - Brian - son - 5/26**
- Krishna Byrd - William - son - 5/29**
- Andrea Caesar - Daniel Mark Caesar - son - 5/13**
- Joane Cooper - Katy - daughter - 5/21**
- Rose Marie Cote - Paul Cote - husband - 5/27**
- Franklin & Patricia Cox - Christen Fox, - daughter - 5/26**
- Jane Cox - Bill - son - 5/24**
- Bud Cunnane - Patrick - son - 5/2**
- Dawn Dellabarba - Brett - son - 5/5**
- Janie Ebersole - Ashley Sankus - daughter - 5/16**
- Renee & Walter Eells - Patrick - son - 5/31**
- Justine Ellinger - Keira Ellinger - daughter - 5/7**
- Bridget & David Ellison - Caroline - daughter - 5/7**
- Charlie & Jill Fick - Michael Sternberg - son - 5/14**
- Colleen and Dan Fledderan - Amy - daughter - 5/25**
- Mary Ann Flocco - Barbara - sister - 5/17**
- Daniel Gentry - Emily - daughter - 5/4**
- William & Marilyn Hudson - Robert Hudson - son - 5/11**
- Joan Kelly - William - son - 5/2**
- Joan Kingslake - Guy Thornton Woods - son-in-law - 5/6**
- Pat Kuchler - Michael - son - 5/3**
- Dan Logan - Joanie - daughter - 5/28**
- John & Nancy Logue - Kaitlyn Logue - daughter - 5/3**
- Tom & Charmaine Malik - Danny Malik - son - 5/12**
- Andrew Mautz - Jaxon - son - 5/6**

Anniversaries - Cont'd

Michelle Mazzio - Brendan Mazzio - son - 5/20
Marian Melchiorre - John Anthony Peticca, Jr - grandson - 5/11
Mike & Jen Meluskey - Carolyn Meluskey - daughter - 5/22
Winnie & James O'Halloran - Thomas M. O'Halloran - son - 5/28
Mary O'Halloran - Thomas M. O'Halloran - brother - 5/28
Anna Packer - Anna M Packer - daughter - 5/22
Holly Kuiatkouski and Paul Falkestein - Anna - daughter - 5/26
Sharyn & Joe Pozzuolo - Joey Brad Pozzuolo - son - 5/19
Joe & Kim Pratt - Paul - son - 5/16
Christine and Richard Purkiss - Adam Clark - son - 5/7
Joan & Earl Reigel - Melissa Reigel - daughter - 5/4
Kathleen Schmitt - Ken Schmitt - son - 5/21
Anthony & Marsha Schrader - Krista - daughter - 5/11
Linda Sciarra - John Anthony Peticca Jr - son - 5/11
Cathy Seehuetter - Nina Seehuetter - daughter - 5/11
E. Pearl & Ernest Smith - Tony - son - 5/5
Helen (Barb, daughter) Smith - Bob Smith - son - 5/15
Harry & Merrily Spiess - Charles Smith - grandson - 5/29
John & Rose Stanley - Susan Stanley - daughter - 5/29
Pety - Suy & Matthew Kuchler - Ethan - son - 5/3
Anna Maria Tamaro-Bintliff - John - son - 5/3
Morgan E Taylor - Devan - sister - 5/30
Brooke Test - Devan - sister - 5/30
Nancy Thompson - J. Peter Adler - friend - 5/30
Sherron Trio - Tom - son - 5/21
Marissa Wadsworth - TJ Wadsworth - son - 5/28
Mek Wagner - Paige - daughter - 5/13
Deb Walter - Evan - son - 5/10
Jamie (Germaine) Cote Weaver - Paul - Father - 5/27
Terry & Susan Weikel - Jennifer - daughter - 5/11
John & Cecilia Zisk - Jacob - son - 5/20

SHARED THOUGHTS ON THE LOVE THAT MAKES US PARENTS

For many, the month of May can be a very traumatic time. The warm days and the beauty of spring is expected to renew us, but often our depression lingers or deepens, for we are not ready to move on with the season. Many of us feel we are not finished mothering our child when they die. Mother's Day magnifies the fact that we can never complete that unfinished privilege, and can not find a place for our unfinished love.

On the sad days when there is not enough energy to help ourselves, it is normal to want to stay where we are in our grief. It takes more strength than we have to move on. Our grief can become so overwhelming that we have to fight to get through the day. Sometimes no progress is felt in our grief, but it can be a tremendous accomplishment just to survive. Each day of survival helps us to recovery. Often we expect too much of ourselves. Grieving parents are very fragile, confused, and vulnerable to slipping while climbing out of the pit of grief. Even reversals show progress when we can get back to where we were before the slip.

It takes a lot of grief before our days can have more good hours than bad. But it does come. Most of us cannot even imagine that progress in our early grief. Eventually, we can make peace with our loss and our painful memories become warm treasures. Even though we always think of our child daily, it is with thankfulness that they were a part of our lives.

The only real joy comes from having known our child. Our grief becomes so overwhelming, it crowds out the joy, and deteriorates us to the level of feeling we can never enjoy life again. It is necessary for all of us to go through stages of grief. Once we have finished our grief work (which is much more than a few months), the memories of those we love become superior to the death, or cause of death. And, we except that the real joy was having them in our lives, knowing them, and the mark they left on us.

When our child was born or adopted, we became a parent, that relationship cannot be revoked. We are still their mother and father. Often those who lose only, or all children, struggle with their parental title. We are their parents, and they will always be our children. Love is what makes this bond, and that did not diminish because they died. We still have the pride and joy of being their parent, as long as the love remains, and we know that is forever.

Marie Hofmockel, TCF Valley Forge, PA

A LETTER TO HEAVEN

A letter to heaven for my dear sweet precious grandson, John. I never knew anything could hurt so much. Losing you just put a hole in my heart. Nothing could have prepared me for the guilt, feeling like I failed you. Like you John, I too am suffering the way you did for years. No one will ever take your place in my heart. If only we had a second chance to do things right. Someday we will be together again. That's my only consolation. Until we meet again, always on my mind and always in my heart.

Love you forever and ever. **Granny Dukes (Mom Mom)**

Marian Melchiorre, TCF-Valley Forge Chapter

BIRTHDAYS

Courtney Aaron - brother - Justin - 5/18
 Marilyn Anton - Steven Schneibolk - 5/7
 Don & Monica Barber - son - Steven W. Barber - 5/19
 Stephen & Barbara Billings - daughter - Laura Elizabeth Billings - 5/22
 Shirley & Lex Bono - son - Greg - 5/19
 Krisha Byrd - son - William - 5/29
 Loreta & Ken Cericola - son - Anthony Cericola - 5/3
 Mary Chelius - son - John J. Chelius, Jr. - 5/2
 Joanne & Tom Christman - son - Kyle R. O'Neill - 5/23
 Kathy Concannon - daughter - Tracey - 5/31
 Joanne De Felice - son - Joseph - 5/27
 Vanessa Diaz - friends child - Samir - 5/16
 Michelle Dozier - son - Eric McCoy - 5/24
 Danielle Evelyn - son - Samir - 5/16
 Carol Graber - son - Bobby - 5/17
 Frank Harms - son - Tyler - 5/20
 Tracey Hawley - son - Christopher - 5/7
 Robin Hayman - son - Bradley Hayman - 5/11
 Debbie Helman - son - Adam - 5/7
 Marie Hofmockel - grandson - Steven Schneibolk - 5/7
 William & Marilyn Hudson - son - Robert Hudson - 5/11
 Hazel Hurley - son - Michael - 5/3
 Jean Jones - grandson - Bobby - 5/7
 Joan Kelly - daughter - Joan Barbara - 5/6, son - William - 5/2
 Donna Kendall - daughter - Jennifer - 5/7
 Mary Leshem - son - Michael - 5/18
 Susan Lipson - nephew - Justin Ingerman - 5/18
 Ella Mack - sister - Elizabeth - 5/31
 Maryellen & James Madden - daughter - Anne Marie Madden - 5/18
 Anne McClenachan - brother - Andy McClenachan - 5/30
 Michael & Maria McFadden - daughter - Rachel McFadden - 5/14
 Susan McKelvey - son - John - 5/20
 Mike & Jen Meluskey - daughter - Carolyn Meluskey - 5/13



Birthdays — continued

Cheryl Mezzaroba - son - Lon Mezzaroba - 5/18/19
Ann Murray - son - Jonathan Rapoport - 5/17
Christy O'Brian - daughter - Evie - 5/2
Elsie Oreski - son - Gregory T. Oreski - 5/22
Dianne Owen - Granddaughter - Skylar - 5/4
Betty & Richard Owens, Sr. - son - Richard H. Owens, Jr. - 5/12
Sam & Palma Panichello - son - Joseph Panichello - 5/21
Holly Kuiatkouski and Paul Falkestein - daughter - Anna - 5/21
Barbara Purtell-Frank - son - Michael John Keller Purtell - 5/28
Andrew Randolph - brother - James - 5/26
Thomas & Jeri "Bubbles" Reinert - father (Bubbles) - Albert Volpe - 5/4
Carl Rudegear - son - Adam - 5/7
Lynn Saxon - son - Michael - 5/30
Sheila Scanlon - grandson - Andrew McGuire - 5/12
Kathleen Schmitt - son - Ken Schmitt - 5/31
Pamela Schneibolk - son - Steven - 5/7
Enjoli Segneri - boyfriend - Shane - 5/16
Margaret & Matthew Strickler - son - Timothy Strickler - 5/4
Suzanne Teleha - son - Peter Teleha - 5/20
Nancy Venafra - son - Justin Aaron - 5/18
Roseanne Vigliotti - granddaughter - Adriana - 5/9
Donna White - sister - Diane White - 5/1
Joan & Ed Young - son - Jed Young - 5/18

Look at yourself in the mirror.
Say to yourself "It is hard to lose a child."
Say to yourself "It is reasonable to hurt."
Say to yourself "Healing takes time "
BE GOOD TO YOURSELF

Sascha Wagner

Grief cannot be conquered
Like an enemy
Grief can only be changed
From pain
To hope
From hope
To deeper life

Sascha Wagner

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.

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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**The
Compassionate
Friends Inc.**

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