

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

Sorry, October meeting has been cancelled, it is too dangerous right now to have 10 people in a room for 90 minutes no matter the spacing if there is no air circulation. Another choice would be to have it outside on a Saturday afternoon. Please send your feedback. I need to hear from you. frank@tcfvalleyforge.org



OCTOBER 2020

Chapter Leaders:

Rhonda & Frank Gomez
12 Brook Circle
Glenmoore PA 19343
(484) 919-0820 Chapter cell phone

Webmaster, Database Record Keeper and Newsletter editor, Frank Gomez

Frank@tcfvalleyforge.org

Love Gift acknowledgements:

Connie Nolan

Treasurer: Joe Purifico

Librarian Carole Bailey.

National Headquarters

PO Box 700
Jensen Beach FL 34957
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.

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.

LOVE GIFTS

Deborah Helman in memory of her son **Adam** 6/28

Vern and Joyce Kaiser in memory of their sons, **Brian** 11/2 and **Michael** 2/2

"Every morning, I wake up and forget just for a second that it happened. But once my eyes open, it buries me like a landslide of sharp, sad rocks. Once my eyes open, I'm heavy, like there's too much gravity on my heart."

- *Sarah Ockler, Twenty Boy Summer*

For longer than you expect, your loss will be your first conscious thought when you wake up each morning. It may be weeks, or months, or years. Then one day, out of nowhere, you will have another thought first. Do not feel badly. That is a milestone in your healing.

When someone you love dies, and you're not expecting it, you don't lose her all at once; you lose her in pieces over a long time - the way the mail stops coming, and her scent fades from the pillows and even from the clothes in her closet and drawers. Gradually, you accumulate the parts of her that are gone. Just when the day comes - when there's a particular missing part that overwhelms you with the feeling that she's gone, forever - there comes another day, and another specifically missing part."

- *John Irving, A Prayer for Owen Meany*

To see the clothes in the closet, the handwriting that is so familiar on scraps of paper around the house, and the small unfinished tasks left behind can be so bittersweet. You want to see the familiar, the mundane, to feel like life has not changed. The sadness comes from knowing that there are no new stories or everyday items to keep your connection alive.

As time passes, you will find strength in these items. Treasure the sights, the smells, the small pieces of your loved ones. Make a memory box to keep them for the times you need to feel your connection in a tangible way. As time passes, you won't need to look as often, but there is comfort in knowing they are there if you do.

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

- Marilynn Anton** - nephew - **Steven Schneibolk** - 10/2
- Victoria Bayle** - son - **Bobby D Bayle III** - 10/2
- Cindy Brickley** - mother - **Timothy** - 10/20
- Sally Cahill** - grandson - **Tim** - 10/20
- Gina Cappelli** - Son - **Dan Foley** - 10/9
- Tina & Mike Cusamano** - daughter - **Amanda Angelucci** - 10/1
- Tom & Marge Del Rosario** - son - **Dominic** - 10/17
- Virginia Di Fronzo** - daughter - **Sis** - 10/4
- Joseph & Patsy Dooley** - son - **Peter J. Dooley** - 10/1
- Shirley & Herb Druker** - daughter - **Heidi** - 10/25
- Jim and Patty Duffy** - son - **Michael Duffy** - 10/28
- Peggy Furey** - son - **Kevin Furey** - 10/8
- Bonnie Gardner** - daughter - **Michelle** - 10/19
- Thomas & Anne Glenn** - daughter - **Lauren Glenn** - 10/15
- Charlotte and Michael Gormish** - brother - **Douglas Moyer** - 10/19
- Carol Graber** - son - **Bobby** - 10/28
- Herb & Karen Grant** - son - **Shaun** - 10/21
- Cathy Grosshanten** - son - **Gary** - 10/18
- Thomas & Virginia Hoesch** - son - **William E. "Buddy" Hoesch** - 10/7
- Marie & Ken Hofmockel** - grandson - **Steven Schnneibolk** - 10/2
- Joan Hornsby** - daughter - **Jackie** - 10/5
- Jean Jones** - grandson - **Bobby** - 10/28
- Margaret & Edward Kiefski, Sr.** - son - **Edward Kiefski, Jr.** - 10/25
- Maureen and Pat McCormick** - son - **John McCormick** - 10/4
- Fred & Marilyn Mountjoy** - daughter - **Barilyn Mountjoy** - 10/3
- John B. & Lillian Neff** - son - **Patrick Neff** - 10/17
- Gary & Patricia Otto** - son - **Benjamin Otto** - 10/17
- Joan Palumbo** - son - **Michael** - 10/13

Anniversaries

Betty Jane Peters - Neilson - son - **Martin Peters** 10/22
Ruth Pluck - niece - **Jackie** - 10/5
Robert Pontician - son - **Rob Pontician** - 10/28
Barbara Purtell-Frank - son - **Michael John Keller Purtell** - 10/29
Marge Randolph - son - **Doug Fixter** - 10/12
Robert & Nancy Ricciardi - daughter - **Jessica Lee Ricciardi** - 10/7
Ilene & Sy Rockower - daughter - **Amy Rockower** - 10/17
Mary Rose - husband - **Donald** 10/7
Barbara Rossman - daughter - **Kickole Lyn** - 10/12
Ron & Sandy Ruth - son - **Brian David Ruth** - 10/21
Jo Anne Sands - son - **Tyler** - 10/16
Carol Sannella - husband - **Robert** - 10/21
Pamela Schneibolk - son - **Steven** - 10/2
Susan Snyder - son - **Brian** - 10/22
Ruth Thomas - son - **David George Thomas** - 10/28
Kimberlee Tonetti - son - **Jack** - 10/30
Barbara Torrens - brother - **Robert Birmele** - 10/21
Weldon & Marie Tyson - daughter - **Lisa Tyson** - 10/26
Tina Ulshafer - son - **Jimmy** - 10/30
Susan Utain - son - **Alex** - 10/29
Weaver - grandson - **Donald Smith, Jr.** - 10/16
Beth Williams - son - **Joey Burke** - 10/4
Paul & Marcia Woodruff - son - **Danny Woodruff** - 10/29

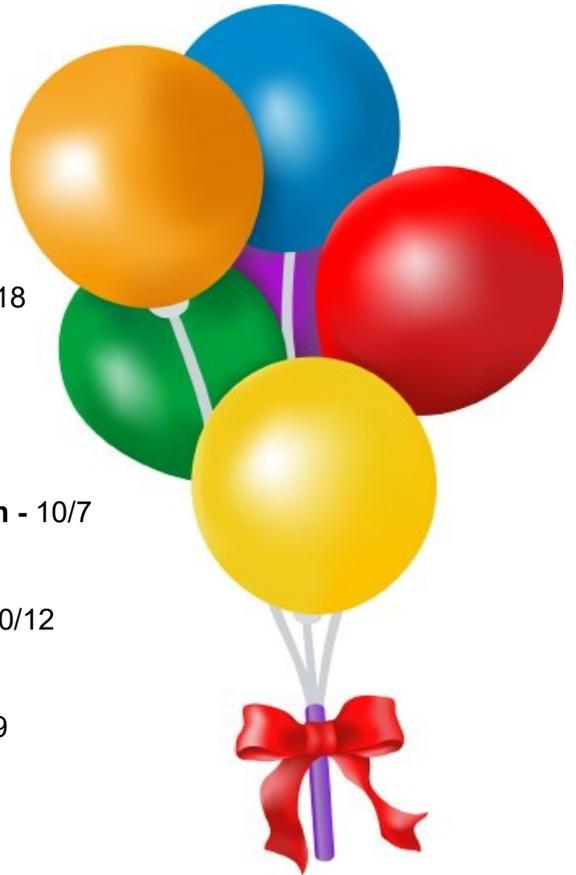
You think you've accepted that someone is out of your life, that you've grieved and it's over, and then bam. One little thing, and you feel like you've lost that person all over again."

- *Rachel Hawkins, Demonglass*

It's going to happen. You don't know where or when, but it is a certainty that it will transpire. You will run into someone who hasn't heard about your loss, or you'll find an unexpected memento, or hear a quote that is just like something your loved one used to say. Feel the mixed emotions that flood into your head at that moment. You will want to laugh and cry and scream at once. It is part of grieving, and it is a moment in time that will join the hundreds of other such moments you are coping with now. It is overwhelming, but fleeting. Know that it will come, and then let it float over you. You will move forward, stronger for having survived it.

BIRTHDAYS

Bill Padove & Jen Scaless - son - **Zachary** - 10/22
Maryellen & Dick Abell - son - **Brian Abell** - 10/14
Carole Bailey - son - **Matthew J. Bailey** - 10/6
Victoria Bayle - son - **Bobby D Bayle III** - 10/5
Nina Bernstein - son - **Andrew Voluck** - 10/2
Marbeth Blocklinger - grandson - **Parker** - 10/14
Jacqueline Bonney - daughter - **Genevieve** - 10/28
Joe & Maryann Bucci - son - **Dante** - 10/7
Martha & Albert Caesar - son - **Daniel Mark Caesar** - 10/18
Diana Clark - grandson - **Alexander** - 10/16
Lauren Cole - brother - **Chris** - 10/10
Theresa L Cole - son - **Christopher Michel** - 10/10
Carole and Kevin Creighton - son - **Ryan Kent Creighton** - 10/7
Virginia Di Fronzo - daughter - **Sis** - 10/7
Harold & Marcia Epstein - grandson - **Andrew Voluck** - 10/12
Peggy Furey - son - **Kevin Furey** - 10/9
Gwen & Walt Gearhart - grandson - **Jamie Rogers** - 10/29
Daniel Gentry - daughter - **Emily** - 10/9
Rita Gibbons - daughter - **Patricia Gibbons** - 10/26
Virginia Hagen - son - **Matthew D. Hagen** - 10/20
Joanne Haley - son - **Douglas Haley** - 10/4
Carl & Catherine Helwig - son - **Michael Helwig** - 10/9
Janet Higgins - son - **Nicholas** - 10/10
Lynn Kivlen - son - **Brien Kivlen** - 10/12
Barb & Larry Lauchle - son - **Gray** - 10/23
Maryann Lockyer - son - **Keith** - 10/23
Maureen Lok - daughter - **Jessica** - 10/24
Tracy Lukens - son **Parker** - 10/14
Jennifer & Michael Magee - sister - **Jacqueline Ann Rogers** - 10/3
Dan Markle - brother - **Matt Markle** - 10/30
Fred & Marilyn Mountjoy - daughter - **Barilyn Mountjoy** - 10/3
Fred & Marilyn Mmountjoy - daughter - **Maralin Mountjoy** - 10/3
Kelly & Hank Murray - son - **John Murray** - 10/30
Peggy O'Brien - son - **Rick O'Brien** - 10/4



BIRTHDAYS

Deborah Osting - son - **Christopher Daniel Osting** - 10/24
Dale Pearlstein - son - **Jeffrey** - 10/18
Roy Redman - daughter - **Linda Inez Redman** - 10/22
Thomas & Jeri ""Bubbles"" Reinert - son—**Thomas Reinert, Jr.** - 10/21
Mike & Diane Rogers - daughter - **Jacqueline Ann Rogers** - 10/3
Donna Rogers - son - **Jamie Rogers** - 10/29
Jo Anne Sands - son - **Tyler** - 10/16
Joy Conard Settles - son - **R. Gary Korn** - 10/5
Robert & Nell Shoemaker - daughter - **Brynn Shoemaker** - 10/5
Janis Siravo - son - **Christian** - 10/7
Kimberlee Tonett - son - **Jack** - 10/26
Betsy Townsend - daughter - **Wendy Townsend Besche** - 10/25
Susan Utain - son - **Alex** - 10/9
Janice Vanderslice - son - **Gregory Vanderslice** - 10/4
Lucia Watters - daughter - **Luanne Zambino** - 10/14
Mimi & Tom Weber - son - **Michael** - 10/8
Beth Williams - son - **Joey Burke** - 10/28
Sandra & Harry Wolfheimer - daughter - **Ann Marie Wolfheimer** - 10/10
Frank Yanni - son - **David Yanni** - 10/26
Rose Yanni - nephew - **David Yanni** - 10/26

Do not judge the bereaved mother,

she comes in many forms.

she is breathing but she is dying

She may look young, but inside she has

become ancient

She smiles, but her heart sobs.

She walks, she talks, she cooks, she cleans,

She works, she IS.

But she IS NOT, all at once.

She is here, but part of her is elsewhere for eternity.

Tears of grief are unique. They contain chemicals that aren't found in the more mundane droplets of moisture that bathe the eyes, as if our tears wash us free of some noxious cause of sorrow. And tonight, after crying until I am empty, I have a rare glimpse of my own interior landscape - wounds piled like tiny skeletons into the reef of conscious adult life. I am aground amid my conquered traumas, stranded as a consequence of my achievements."

- Carol Cassella

If you need to cry, then cry. However, you must also make time to feel joy as well. Look at photos or videos that make you laugh - be it a familiar sitcom or snapshots of baby animals. Making time to cry should be Tears lanced with making time to feel genuine happiness.

"No one ever told me that grief felt so like fear."

- *C.S. Lewis, A Grief Observed*

You may be asking yourself how you can possibly move on with your life. Your world has changed, and this new reality is unbearable. Try to recognize that a big part of how you are feeling is fear. You may be afraid that you will never experience joy again, that you will never want to participate in activities that used to bring you pleasure, or that you will never connect to others as you once did. Be patient with yourself. The early days can feel unbearable...with each one as overwhelming as the one before. The process of grief takes time, perhaps longer than you might expect.

You do not need to feel afraid, because you are not alone. Others feel as you do. You may want to reach out to a support group in your area to talk with people who are also experiencing loss. You do not need to be frightened, because there are many people who feel as you do right now.

Grief is not as heavy as guilt, but it takes more away from you."

- *Veronica Roth, Insurgent*

When you experience such a profound loss, you have a kind of heaviness in your heart that feels permanent. It seems as if it will smother you with its intensity at times, and makes you question if it will ever lighten.

The light will return. It may not be today, and it may not be tomorrow. The key is to keep moving forward, trying to really live in each moment. Grief is a heavy burden, but it will morph into one that you can carry given time

But when I do feel all the strength go out of me, and I fall to my knees beside the table and I think I cry, then, or at least I want to, and everything inside me screams for just one more kiss, one more word, one more glance, one more."

- *Veronica Roth, Allegiant*

Do you play that game in your head? If you only had one wish, you would go back and do things differently...treasure that person more and forget the small things. When you think you can't bear it anymore, write a letter. Tell your loved one how much you care and wish that you had one more moment together. Describe what you would do given the chance. Putting your thoughts on paper will free your mind from holding them.

Everyone has regrets about how much better things could have been. This is a common human experience, one that we all share. Bring any regrets to your current relationships. Tell the people around you that you love them, that you value time with them, that they are important. Take any regrets and use them as tools to make your life today richer for you and those you love. Make the way you live now a living tribute to the person you lost.

Everything is interconnected. Gratitude improves sleep. Sleep reduces pain. Reduced pain improves your mood. Improved mood reduces anxiety, which improves focus and planning. Focus and planning help with decision making. Decision making further reduces anxiety and improves enjoyment.

Unknown

spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness.

---*Erich Fromm*

You may be avoiding your friends and family. Seeing them brings up all the sadness that you are trying to hide away from as you grieve.

Do not shut out those who care about you because you are afraid of feeling vulnerable and overwhelmed. Let them share their strength with you, and be shoulders upon which to cry.

Love,

Pat and Lee Grossman

She heard him mutter, 'Can you take away this grief?'

'I'm sorry,' she replied. 'Everyone asks me. And I would not do so even if I knew how. It belongs to you. Only time and tears take away grief; that is what they are for.'

- *Terry Pratchett, I Shall Wear Midnight (Discworld, #38)*
-

It would be amazing if there was a magic wand to make you feel better. Someone could wave it, and you would no longer have that pain in your gut. Unfortunately, grief is not solved by magic. Rather, it is eased by the passage of time.

"Accomplishment. Remember that they don't have to be big things. They simply need to be tasks you can finish and, subsequently, cross off your list. It will make you feel much better to look at that paper at the end of the day and know you met these small goals.

Each of us has his own rhythm of suffering."

- *Roland Barthes*

It may be frustrating that others close to your loved one do not feel the same way that you do about your loss. Everyone's grief, like everyone's love, is different. Accepting that will help you find peace.

"It's odd, isn't it? People die every day and the world goes on like nothing happened. But when it's a person you love, you think everyone should stop and take notice. That they ought to cry and light candles and tell you that you're not alone."

- **Kristina McMorris, *Letters From Home***

Being busy and distracted can provide you the rest you need from grieving. Make a "to do" list today with at least three things on it that you can do. Cross off each one as it's completed to give you a real sense of accomplishment. Remember that they don't have to be big things. They simply need to be tasks you can finish and, subsequently, cross off your list. It will make you feel much better to look at that paper at the end of the day and know you met these small goals.

"Grief can destroy you --or focus you. You can decide a relationship was all for nothing if it had to end in death, and you alone. OR you can realize that every moment of it had more meaning than you dared to recognize at the time, so much meaning it scared you, so you just lived, just took for granted the love and laughter of each day, and didn't allow yourself to consider the sacredness of it. But when it's over and you're alone, you begin to see that it wasn't just a movie and a dinner together, not just watching sunsets together, not just scrubbing a floor or washing dishes together or worrying over a high electric bill. It was everything, it was the why of life, every event and precious moment of it. The answer to the mystery of existence is the love you shared sometimes so imperfectly, and when the loss wakes you to the deeper beauty of it, to the sanctity of it, you can't get off your knees for a long time, you're driven to your knees not by the weight of the loss but by gratitude for what preceded the loss. And the ache is always there, but one day not the emptiness, because to nurture the emptiness, to take solace in it, is to disrespect the gift of life."

- **Dean Koontz, *Odd Hours***

Look back at your friendship, your love, and your caring for the one who has passed on. Celebrate what made it great. Share your stories with those who knew that person and are feeling the loss as well. Look for online forums as places to commiserate with others who are grieving. Taking active steps to cope with your sense of sadness will help you to heal and help others to feel less alone.

"To weep is to make less the depth of grief."

-**William Shakespeare**

There is no shame in crying to cope with grief. Cry a little, and then move on. You may have two weeks without tears and then cry every day for a month. Do not worry that you will never recover from your loss. You will make it a part of you, and it will open your heart to commiserate with others. Cry when you need to so that you can live and love with an open heart.

Ten years, she's dead, and I still find myself some mornings reaching for the phone to call her. She could no more be gone than gravity or the moon."

- **Mary Karr, *Lit***

Getting used to the change in your everyday routine may still be a challenge. It is hard to realize how vital someone is to your everyday life until he or she is gone

You think you've accepted that someone is out of your life, that you've grieved and it's over, and then bam. One little thing, and you feel like you've lost that person all over again."

- Rachel Hawkins, *Demonglass*

It's going to happen. You don't know where or when, but it is a certainty that it will transpire. You will run into someone who hasn't heard about your loss, or you'll find an unexpected memento, or hear a quote that is just like something your loved one used to say. Feel the mixed emotions that flood into your head at that moment. You will want to laugh and cry and scream at once. It is part of grieving, and it is a moment in time that will join the hundreds of other such moments you are coping with now. It is overwhelming, but fleeting. Know that it will come, and then let it float over you. You will move forward, stronger for having survived it.

THE 10 COMMANDMENTS OF LOVING PARENTS WHO LOST A CHILD

Fasten your seatbelts, it is going to be a bumpy ride! Expect the unexpected. Don't be shocked or offended by what they say or do or take things personal. Just be yourself.

Don't expect the person they were before the death of their child to come back. They changed the minute their child died. What used to matter before doesn't as much. Superficial relationships are meaningless. Elvis has left the building . . .

Don't expect sympathy for trivial stuff . . . and to them, it is all trivial stuff!

Don't feel bad if they don't call you or hang out like they used to. They already lost the relationship that meant the most to them so, not seeing or talking to you doesn't bother them as much.

Expect the truth out of their mouths even if it appears cold and callous - there are zero effs given and no sugar coating! There is no filter! That is all Gone with the Wind.

Don't be afraid to mention their kids to them. Do you think you are going to make them sad because you brought up their name as if they weren't on their minds 24/7? You can never make them feel worse than they already feel. They like when people talk about their children.

Don't judge! We cannot compare any of our losses to their loss (please don't say you understand if you have not lost a child). We have thankfully not walked in their shoes - so let's not pretend to. If they don't show up to parties or get together on holidays, that is their decision. Allow them space and the ability to choose how they want to spend their time.

Let them be where they are in their grief process and not where we think they should be at a given time. You don't get over this, you don't move on, there is never any closure. It is just day by day, sometimes minute by minute - year to year.

Don't be deceived by appearances. They may look good on the outside, but have their mask on when they walk out of their house. Underneath the surface is a person who, for the most part, would rather be dead.

Be loyal and you will get loyal back. Their circle of family and friends gets smaller from day one and if you are lucky to remain in it, you will then learn the meaning of true love at any cost. These parents still have the capacity and the desire to receive and to give love, but because they have been broken and abandoned, they only share it judiciously with those who show them they ain't going anywhere other than at their side!

From John Stebeno posted at Haverford Twp Haverford Alliance for Drug Awareness and in the Hav Twp newsletter

OCTOBER NEWSLETTER

Another month has gone by and nobody has come forward to take those empty places. We still need a lot of help. I will be printing this publication until December.

Librarian: Carol our librarian has been faithfully doing the job of librarian for many years and it is time we give her a break. Work is not hard, the main thing is that you have to be there to help anybody find an appropriate book.

Greeter: We have not had one for a long time, a greeter will make new friends feel more comfortable when they come for the first time to our meetings, help them fill out the forms and understand how we try to help them survive thru their tragic loss.

Database Keeper. This job includes entering new names into the database and delete the ones who ask to be removed. This person makes the Name Tags for all new friends and the forms we need at the chapter meetings.

Newsletter Editor. Probably the most demanding job, this person is in charge of putting together our 12 page newsletter every month, sending it to the printers and uploading it to the server (as a PDF file) so everyone can read it in our web site tcfvalleyforge.org

Leader: This is the person or persons who have the key to get into the Founders Hall, where we hold our meetings. The leader makes sure there are refreshments and prepares the room for the meeting. He also prepares the Founders Hall with chairs gets tables out and all the forms needed to sign up new friends and information pamphlets, At the end puts everything back the way it was.

Steering Committee. This is a group of **YOUNG** people, not old bats like us. They help the leader(s) make decisions on new projects such as butterfly releases or any other projects as contents of the packet sent to new friends. Steering committee meets whenever the leader(s) think it is necessary.

Webmaster This is someone with computer/internet/email skills. The newsletter should be added to the web site every month and we have a list with 350

email addresses of members who would like to have the newsletter mailed via email every month. The web site will give every one a quick up to date information on what is going on, any cancelations, etc. Sending the newsletter via email would save us about \$150 every month.

Attendance: We have HAD very poor attendance. During the last months we had 2 to 6 people joining us at the meeting. Maybe those who don't come already graduated...? and don't need any help, or Just maybe their loved one does not need you to grieve any more, or maybe you just don't care.

It is clear to me that if you don't want to come to the meetings, we really do not need to have a Valley Forge Chapter and you can grieve by yourself with no need for meetings or publishing a newsletter. The problem is not financial support, we could survive without it for about 10 years, The problem is **PEOPLE**. You have to be part of it.

Since there will be no way to communicate with you in the future due to the fact the chapter will not have a newsletter after December 2020, I have added a new page, Special Announcements to the web site.

Please visit the website often, any news or changes in the chapter will be shown in that page. **Brown link** on the front page.

If you want to get a hold of the chapter please call Rhonda at the Chapter cell phone, (484) 919-0820 or send her email at Rhondagomez3@gmail.com

The Website hosting and the ownership of the domain has been paid for the next 5 years



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
Frank & Rhonda Gomez
Chapter Leaders
12 Brook Circle
Glenmoore PA 19343



**The
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