

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 - 10/7/2021

Next Meeting - 11/4/2021

Coming up 12/12/2021 - Worldwide Candle Lighting Service at 2 PM in the Fellowship Hall.



October 2021

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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.

Mary Ann Flocco

Hema and Nita Patel

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

Catherine Dardozzi - In loving memory of her son, James and her grandson, Evan.

MOST PEOPLE WHO SUFFER A LOSS EXPERIENCE ONE OR MORE OF THE FOLLOWING:

- Feel tightness in the throat or heaviness in the chest.
- Have an empty feeling in their stomach and lose their appetite.
- Feel guilty at times and angry at other times.
- Feel restless and look for activity but find it difficult to concentrate.
- Sense the loved one's presence, as in finding themselves expecting the person to walk in the door at the usual time, hearing their voice, or seeing their face.
- Wander aimlessly, forget, and don't finish things they have started.
- Have difficulty sleeping; dream of their loved one.
- Experience an intense preoccupation with the life of the deceased.
- Assume mannerisms or traits of their loved one.
- Feel guilty or angry over things that happened or didn't happen in the relationship with the deceased.
- Feel their mood change over the slightest things.
- Cry at unexpected times.

All of these are natural and normal grief responses. It is important to cry and talk with people when you need to do so. By learning about the process of grief and learning also to express our feelings concerning our experience, we are helped to arrive at a healthy readjustment of our lives and a re-investment of our emotional energy.

Irma Escue - Hospice Bereavement Team / Boulder , CO

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 - Steven Schneibolk - nephew - 10/2**
- Victoria Bayle - Bobby D Bayle III - son - 10/2**
- Cindy Brickley - Timothy - son - 10/20**
- Sally Cahill - Tim - grandson - 10/20**
- Gina Cappelli - Dan Foley - son - 10/9**
- Tina & Mike Cusamano - Amanda Angelucci - daughter - 10/1**
- Tom & Marge Del Rosario - Dominic - son - 10/17**
- Virginia Di Fronzo - Sis - daughter - 10/4**
- Joseph & Patsy Dooley - Peter J. Dooley - son - 10/1**
- Shirley & Herb Druker - Heidi - daughter - 10/25**
- Jim and Patty Duffy - Michael Duffy - son - 10/28**
- Peggy Furey - Kevin Furey - son - 10/8**
- Bonnie Gardner - Michelle - daughter - 10/19**
- Thomas & Anne Glenn - Lauren Glenn - daughter - 10/15**
- Charlotte and Michael Gormish - Douglas Moyer - brother - 10/19**
- Carol Graber - Bobby - son - 10/28**
- Herb & Karen Grant - Shaun - son - 10/21**
- Mary Green - Paul Green - son - 10/12**
- Cathy Grosshanten - Gary - son - 10/18**
- Thomas & Virginia Hoesch - William E. Buddy Hoesch - son - 10/7**
- Marie Hofmockel - Steven Schneibolk - grandson - 10/2**
- Joan Hornsby - Jackie - daughter - 10/5**
- Jean Jones - Bobby - grandson - 10/28**
- Carol Jones - son - 10/21**
- Margaret & Edward Kiefski, Sr. - Edward Kiefski, Jr. - son - 10/25**
- Maureen and Pat McCormick - John McCormick - son - 10/4**
- Fred & Marilyn Mountjoy - Barilyn - daughter - 10/3, Maralin - daughter - 10/3**

Anniversaries - Cont'd

John B. & Lillian Neff - Patrick Neff - son - 10/17
Gary & Patricia Otto - Benjamin Otto - son - 10/17
Joan Palumbo - Michael - son - 10/13
Betty Jane Peters - Neilson - Martin A Peters - son - 10/22
Ruth Pluck - Jackie - niece - 10/5
Robert Pontician - Rob Pontician - son - 10/28
Barbara Purtell-Frank - Michael John Keller Purtell - son - 10/29
Marge Randolph - Doug Fixter - son - 10/12
Robert & Nancy Ricciardi - Jessica Lee Ricciardi - daughter - 10/7
Ilene & Sy Rockower - Amy Rockower - daughter - 10/17
Mary Rose - Donald - Husband - 10/7
Barbara Rossman - Kickole Lyn - daughter - 10/12
Ron & Sandy Ruth - Brian David Ruth - son - 10/21
Jo Anne Sands - Tyler - son - 10/16
Carol Sannella - Robert J. Sannella - husband - 10/21
Pamela Schneibolk - Steven - son - 10/2
Susan Snyder - Brian - son - 10/22
Ruth Thomas - David George Thomas - son - 10/28
Kimberlee Tonetti - Jack - son - 10/30
Barbara Torrens - Robert Birmele - brother - 10/21
Weldon & Marie Tyson - Lisa M. Tyson - daughter - 10/26
Tina Ulshafer - Jimmy - son - 10/30
Susan Utain - Alex - son - 10/29
X Weaver - Donald Smith, Jr. - grandson - 10/16
Beth Williams - Joey Burke - son - 10/4
Paul & Marcia Woodruff - Danny Woodruff - son - 10/29

SHARED THOUGHTS ON SETTING YOUR OWN PACE FOR GRIEVING

When we are in our early stages of grief, it can be a relief to see the summer's flurry of activities end. Picnics, family vacations, gatherings with happy children that once were such special times, can bring additional agony after the loss of a child or sibling. Watching other families, who have not lost one of its members, can cause us to fantasize, what could have been for us.

When we feel so all encompassed with grief, it is hard to imagine that we can one day enjoy life again. Our life seems so irrevocably changed. When we first begin our journey of grief, and pain permeates every part of our being, the road appears so dark and endless. We so desperately need someone to appreciate what we are experiencing and to understand we have been immobilized by our loss. It is normal for those around us, who have not experienced such a loss to want us to "snap back" to our old self. What they cannot appreciate is that all of our reactions are normal. Our fast paced society does not allow us proper time for grieving. It is healthy to cry, and talk about the deceased. It isn't time alone that heals; it is primarily the grief work. And we can only have a healthy, healing grief process when we move at our own pace. Some need to spend more time than others on particular aspects of grief. The age of the deceased, the relationship you had with them, the cause of death and a long list of circumstances can create varying intensity of pain in different areas of grief. Each person in grief has to make their own path. We all hurt to the depth of our capacity, but each path to recovery is unique. It is very helpful to have someone who is non-judgmental with whom we can express our concerns. Putting our thoughts into words can bring healing.

It takes all the strength we can muster up to get our lives back together again. In our early stages of grief we cannot fathom ever leading a full life, laughing, being productive, or being a functional human being again. It is normal to feel our life is over. As we progress in our grief, and much healing has taken place, it is also normal for the intensity of our emotions to lessen, even though our grief may be a lifelong process. We learn to live without our loved one being physically among us. That does not mean our loved one is not with us in our memory. The memories will always be a part of our being. We will always be the same to each other. Our love does not diminish as our grieving progresses, we remember the good times and put away the thoughts of "I wish I had", or "I should have". The pain softens and our memories are our most prized possession.

It takes a lot of mountain climbing to reach the valley in grief. It cannot be rushed; no one can do it for us.

I hope all the brilliant colors of fall can form a rainbow for you, and give you hope.

God Bless, Marie Hofmockel - TCF Valley Forge, PA

A SOLITARY JOURNEY

Grief is a solitary journey. No one but you knows how great the hurt is. No one but you can know the gaping hole left in your life when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song. It is the nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again.

Helen Steiner Rice

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 - 10/12
 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
 Theresa L Cole - son - Christopher Michel - 10/10
 Laureen Cole - brother - Chris - 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 - 10/9/1987
 Gwen & Walt Gearhart - grandson - Jamie Rogers - 10/29/1975
 Daniel Gentry - daughter - Emily - 10/9
 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
 Carol Jones - son - 10/21
 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
 James & Mary Beth Mattiford - son - Scott Mattiford - 10/15
 Mark & Kathryn McNally - daughter - Beth Ann McNally - 10/1



Birthdays — continued

Alexandra Milas - mom's sister - Demitra Vallianos - 10/16
 Fred & Marilyn Mountjoy - daughter - Barilyn - 10/3, daughter - Maralin - 10/3
 Kelly & Hank Murray - son - John Murray - 10/30
 Peggy O'Brien - son - Rick O'Brien - 10/4
 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
 Carol Robinson - son - Jim Kearney - 10/4
 Donna Rogers - son - Jamie Rogers - 10/29
 Mike & Diane Rogers - daughter - Jacqueline Ann Rogers - 10/3
 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 Tonetti - 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 - Michael - 10/8
 Beth Williams - son - Joey Burke - 10/28
 Sandra & Harry Wolfheimer - daughter - Ann Marie Wolfheimer - 10/10
 Rose Yanni - nephew - David Yanni - 10/26
 Frank Yanni - son - David Yanni - 10/26

DOUG

This was my, taken from me
 His body now dead, his spirit set free
 His friends all mourn, life that's past
 And learn so young that life won't last
 When life must end with so few years
 It fills the heart with sorrow's tears
 He lived his life, as all men should
 He lived his life as few boys could

He took life's best, and worst the same
 And he fought so hard to win the game
 But in the end, it's not the score
 Or Length of play that matters more
 But love he shared before the end
 And joy he gave to each his friend.

Kevin Hofmockel, TCF Valley Forge, PA
 (One month after his brother's death)

We need not walk alone, we are the Compassionate Friends, 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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