

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 - 9/1/2022

Next Meeting - 10/6/2022

Butterfly Release is September 17, 2022 at the Lower Merion Township Bldg. Sat 3 P.M. See page 7 for Details.

Reminder — The Candle Lighting Service be December 11, 2022. This is a remembrance service for our children, grand-children, and siblings.



September 2022

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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.

Nancy Dalton - son, Jay Dalton, 19

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.

Melissa Toland

LOVE GIFTS

No love gifts this month !!

NEWSLETTER BY EMAIL

We are asking if possible, would you please receive your newsletter by email.

We do not want to remove anyone from our newsletter mailing list who is benefiting from receiving it. We hope it is a help to you while going through your grief, giving you better understanding of your feelings, and letting you know **"We need not walk alone"**.

A newsletter helps to keep our TCF family informed of local and national events. We consider this an important function of our program.

We are asking if you have email, would you consider receiving your newsletter in email format. You will receive your copy earlier if you opt to receive it by email. If you chose to use the email method of receiving your newsletter, you will have the option to switch back to the old method. If you wish to receive the newsletter by email please contact: **Frank Gomez (frank@tcfvalleyforge.org)**

I was down, -- all the way below the bottom of the bottom.

I don't know how I got up.

I remember weeping a long time -- until someone wept with me.

Then -- my weeping stopped.

Marilyn Pheminster TCF Rockford, IL

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

Courtney Aaron - Justin - brother - 9/17
 Jeff & Donna Brown - Kenneth Bernstiel - son - 9/12
 Suzanne Carcarey - Eddie - son - 9/21
 Phyllis & James Casey - Jim "Jimmer" Casey - son - 9/17
 Theresa L Cole - Christopher Michel - son - 9/10
 Lauren Cole - Chris - brother - 9/10
 Catherine Dardozzi - James Dardozzi - son - 9/7
 Michelle G Doll - Justin - son - 9/4
 Sarah Fishel - Allyson - daughter - 9/15
 Diana & Andrew Galliano - Andrew - son - 9/10
 Suze Goldberg - Neal - Uncle - 9/3
 Frank & Rhonda Gomez - Donnie - brother - 9/9
 Brittany Hackman - Brian - brother - 9/1
 B Brooke Hackman - Brian - son - 9/1
 Virginia Hagen - Matthew D. Hagen - son - 9/28
 Jeanne R Helmers - Betsy Helmers - daughter - 9/7
 Nancy Lee & Jerry Hess - Jerry R.L. Hess - son - 9/28
 Rick & Susan Hilsberg - Amy - daughter - 9/16
 Monica Horulko - Daniel - son - 9/30
 John Horulko - Daniel - son - 9/30
 Gwen Kearns - Dennis J. Kearns, Jr. - son - 9/28
 Deborah Keevill - Brandon - son - 9/1
 Donna Kendall - Jennifer - daughter - 9/24
 Shirley Kennedy - Philip V. Kennedy - son - 9/23
 Gloria and Jerry Koval - Steven - son - 9/3
 Joanne & Thomas Lennen - Scott C. Lennen - son - 9/2
 Mary Leshem - Michael - son - 9/16
 Maureen Lok - Jessica - daughter - 9/25
 Eileen McCormick - Lauren - 9/18
 Eileen & Chris McKeown - Eric - son - 9/18
 Alfred J. & Joan Michini - Adam Jonah Michini - son - 9/7
 Marie O'Connon - Curran J - son - 9/8
 Elsie Oreski - Gregory T. Oreski - son - 9/3
 Teresa and Ron Perkins - Allison - daughter - 9/22
 Kathy & Jim Petrokubi - Andrew - son - 9/26
 Mary Jane Pollart - Mark Andrew Steffler - son - 9/7
 Steve & Joann Reynolds - Chris - son - 9/15
 Donald & Freda Rhinier - Glenn D. Rhinier - son - 9/16
 Bonnie Rosen - Troy - son - 9/29, Eugene - Husband - 9/3

Anniversaries - Cont'd

Lynn Saxon - Michael - son - 9/17
 Marie Schmeltzer - Sam "Sonny" Schmeltzer - son - 9/11
 Charles & Tish Shaw - Charles "Corky" Shaw - son - 9/29
 Fietta Sherlock - Jeremy - son - 9/17
 Helen (Barb, daughter) Smith - Patrick Kenneth "Kenny" Smith - son - 9/17
 Jean Sykora - Mark - son - 9/27
 Renee Teufel - Gregory - son - 9/24
 Barbara Tuller - Charles - son - 9/24
 Weldon & Marie Tyson - Ronald C. Stewart - son - 9/21
 Nancy Venafrá - Justin Aaron - son - 9/9
 Sharon Venezia - Justin Negron - son - 9/17
 Kelly & Gary Walens - Kevin McGinley - son - 9/28
 Diana Warner - Will - son - 9/18
 Lucia Watters - Luanne Zambino - daughter - 9/15
 Gisela Witte - Bruce G. Edlund - son - 9/22

A Thought for The Day

It is not easy returning to the world of normalcy when your world is upside down. It is not easy to stop being a mother or father to your child that has died. The thought for the day is a word – patience – patience with yourself who suddenly and powerlessly has been thrown into this horrid nightmare; patience with your spouse who always seems to be having an up day when you are having a down day; patience with relative and friends who wish to help but seem to hurt, with hollow advice and logical words; and patience with time, for it takes time to adjust, and time can move so slowly. PATIENCE!

Rose Moen TCF/Carmel – Indianapolis, IN

FORGIVE UNTIL FOREVER

Grieving is a fierce and over-whelming expression of love thrust upon us by a deep and hurtful loss. Yet, grieving is frequently such an entanglement of feelings that we often fail to recognize that ultimately forgiveness must be an integral part of our grief and healing. For what is love if forgiveness is silent within us?

We learn to forgive our children for dying and ourselves for not preventing it. We begin to forgive our God or the fate we see ruling our universe. We start to forgive relatives and friends for abandoning us in their own bewilderment over the onslaught of emotions they sense in our words and behavior. I believe we must be open to the balm of forgiveness. Through its expression in our lives, be it through thought, word or deed, we find small ways to seek life once more. Deep within us, forgiveness is capable of treading the wasteland of our souls to help us feel again that which has not died.

It is the beginning of release from the dominance of pain, not from the continual hurt of missing those that we have lost, but from lacking the fullness of the love we shared with our child. That love lives with strength inside ourselves and yet our beings are so entrapped in a whirling vortex of anger, despair, frustration, abandonment and depression that we often feel it only lightly. Let us heed the quiet message heard so softly in the maelstrom of the spirit. Forgive, forgive, and forgive until forever. Let love enfold our anguish, helping us to grow and strive beyond this hour to a rich tomorrow.

Don Hackett, TCF, Hingham MA

BIRTHDAYS

Robyn Buseman - daughter - Maya Buseman-Williams - 9/30
 Scott & Gail Campbell - daughter - Chelsea - 9/1
 Chris Carlton - brother - Eric - 9/5
 Judy & William Cosgrove - son - Michael Cosgrove - 9/4
 Reno & Bonnie Crescimone - son - Jonathan - 9/5
 Alex Crisanti, Jr. - son - John Crisanti - 9/6
 Dorothy & G. Robert Daily, Sr. - son - G. Robert Daily, Jr. - 9/19
 Catherine Dardozzi - grandson - Evan Schmidt - 9/29
 Michelle G Doll - son - Justin - 9/1
 Bob & Connie Ercole - son - David - 9/26
 Sharon & Francis Gailey - son - Francis E. Gailey, III - 9/28
 Molly Gehring - son - Daniel - 9/12
 Frank & Rhonda Gomez - son - Frank Jr. - 9/30
 Paul Hagerty III - son - Paul - 9/2
 Jeanne R Helmers - sister - Mary Ann Helmers Kemme - 9/16
 Mike & Dorie Henry - Granddaughter - Blair - 9/29
 Gail & Calvert G. Hess, Jr. - son - Calvert G. Hess, III - 9/4
 Walt & Adele Higgins - son/stepson - Brian - 9/22
 Michelle Hillstrom - daughter - Jen - 9/26
 Jacob & Rachel Himmelstein - son - Benjamin Himmelstein - 9/25
 Lesley Jones - son - Christopher - 9/14
 Gwen Kearns - son - Dennis J. Kearns, Jr. - 9/18
 Jacquie Kilroy - son - Shilen Kenneth - 9/4
 Suellen & Stephen King - daughter - Danelle Rossi - 9/18
 Sara & Carl Kresge - great grandson - Grant Kenneth Puskas - 9/6
 Frank & Bernadette McAllister - son - Christopher J. McAllister - 9/4
 Linda & Jim McGrath - son - Paul Drew McGrath - 9/26
 Alfred J. & Joan Michini - son - Adam Jonah Michini * - 9/28
 Betty (Elizabeth) Miller - son - Raymond Jim - 9/1
 Jeffrey & Christine Miller - daughter - Teresa Leanne Miller - 9/12
 Barbara & Jeff Norris - son - Greg - 9/21
 Winnie & James O'Halloran - son - Thomas M. O'Halloran - 9/1
 Mary O'Halloran - brother - Thomas M. O'Halloran - 9/1
 Elizabeth Orbann - daughter - Linda Elizabeth Johnson - 9/15
 Linda & Andrew Peoples, Jr. - son - Brian A. Peoples - 9/7
 Matthew and Erica Puskas - son - Grant Kenneth - 9/6
 Robert & Nancy Ricciardi - daughter - Jessica Lee Ricciardi - 9/23
 Gina & Brian Richardson - son - Nicholas Richardson - 9/1
 Ruth Richardson - grandson - Nicholas Richardson - 9/1
 Mary Rose - daughter - Marjorie Rose-Cotteta - 9/30
 Cathy Seehuetter - daughter - Nina Seehuetter - 9/24
 Cathy Siciliano - son - Anthony - 9/15
 Helen (Barb, daughter) Smith - son - Patrick Kenneth "Kenny" Smith - 9/5
 Anna Maria Tamaro-Bintliff - son - John - 9/27
 Sharon Venezia - son - Justin Negron - 9/9
 Shelly Wagner - son - Andrew Wagner - 9/29



Birthdays — continued

Kelly & Gary Walens - son - Kevin McGinley - 9/22

Terry & Susan Weikel - daughter - Jennifer - 9/26

Kathryn & Pat White - son - Steven White - 9/16

SHARED THOUGHTS ON ANGER

Anger is probably one of the worst stages of grief. It is a raw emotion, we do not choose to be angry. It won't go away by denying it. It can be very mild, or a rage that will almost destroy us. Our anger intensifies when we feel something, or someone, should have prevented the death, or done more for our loved one. We almost feel it is our duty to lash out at what, or who, let us down. Many times our anger isn't about how they died, it's just the fact they died.

Because the situation we are in seems so senseless, and we feel so helpless, we search for a reason for our tragedy. We want to understand why it happened, but seldom are there answers.

We often feel anger when those around us won't allow us to be human, and expect us to bottle up our feelings, and pretend they don't exist, so they don't have to deal with our pain. They justify being angry at a broken appliance, or disabled car, but can't allow us to be angry when such a large part of our future has been taken from our lives. We can't verbally express it, because it is not sociably acceptable, and it sometimes results in an explosion toward those around us. This causes anger to be misdirected. This is when it becomes very destructive. It is most important to seek the right place and people to vent our feelings. We need to seek someone who is concerned, sympathetic, and will not pass judgment, but will gently make suggestions, and direct our anger into a positive direction. (this sounds as though we need a Compassionate Friend).

It is very healthy to be angry if we express it, and don't get stuck there. Many question their supreme being, and the role they played. I feel this is a form of communicating, which can be necessary for some to obtain peace. We all take different roads to reach healing.

We have to face the pain in all areas of grief that we deal with. I needed to spend time with me. After much healing I asked myself what new traits or knowledge have I acquired that could possibly help me, and make a better world for other bereaved parents. The one thing that I needed most was to "stay around" to say, "Grieve in your own way, because how you grieve is probably best for you". The pain did soften, and eventually I was glad there was a tomorrow. I did not believe this was possible in my early stages of grief, you probably won't believe it either, but I have to tell you anyway.

God Bless, **Marie Hofmockel** , TCF Valley Forge

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

BUTTERFLY RELEASE AND PROGRAM
Saturday, September 17, 2012 at 3 PM
Upper Merion Township Park
175 West Valley Forge Road, King of Prussia, PA 19406

Diagonally across from our monthly meeting place at Good Shepherd Church.
This event will be held in back of the township building, at the gazebo.

Cost \$6 per butterfly — August 20th Last day to place order.
There is no admission or parking fee.

Water will be provided by the chapter. Please bring folding chairs or a blanket to sit on.

A family may order one butterfly to share, or order one butterfly for each family member. You may order as many butterflies as you wish. All butterflies must be preordered. If you are unable to attend on this date, we can release the butterfly that you have purchased in your loved one's name. The names of all loved ones will be read during the program.

For questions, please call TCF Valley Forge 484-919-0820
Any further details will be posted at the VF website. www.tcfvalleyforge.org

Cut on the line

REGISTRATION FORM

Name: _____ Phone Number: _____

Address: _____

_____	_____
Name of loved one	Your Relationship to them
_____	_____
Name of loved one	Your Relationship to them
_____	_____
Name of loved one	Your Relationship to them

Total number of butterflies ordered: _____ \$6.00 each

Total money (no credit cards) enclosed: _____

Please forward registration and check to: Rhonda Gomez,
12 Brook Circle, Glenmoore, PA 1934

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
Rhonda Gomez
Chapter Leader
12 Brook Circle
Glenmoore PA 19343



**The
Compassionate
Friends Inc.**

September 2022

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