

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 — September — No Meeting

Butterfly Release — September 28 at 3 PM

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.



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

September 2024

Chapter Leader:

Rhonda Gomez
12 Brook Circle
Glenmoore PA 19343
(484) 919-0820 Chapter cell phone
Email: rhonda@tcfvalleyforge.org

Newsletter Publisher:

Rhonda Gomez

Love Gift Acknowledgements:

Connie Nolan

Treasurer: Joe Purifico

Librarian: Carole Bailey

National Headquarters

48660 Pontiac Trail

#930808

Wixom, MI 48393

Toll Free: (877)969-0010

www.compassionatefriends.org

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.

Anita Brill
Debra Brittt
Marina Bertin

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

Carol Meehan - William (husband) died 4/21 and Patrick (son) died 2/11

There's a fine edge to new grief, it severs nerves, disconnects reality--there's mercy in a sharp blade. Only with time, as the edge wears, does the real ache begin."

- Christopher Moore

You probably need to hear it again today. You are feeling sad, and you think that feeling is never going to end. The grief becomes almost frustrating with its endless presence. It is still a new loss, even if the calendar tells you otherwise. Know that the grief will be there, and know that it will be a painfully slow in easing its grasp on your heart.

Guilt is grief's unfortunate partner. We feel guilty because our grief is keeping us from connecting to the living. We feel guilty because we are not grieving as much as we once did. Let go of the guilt. The grief process is a natural part of losing someone we care about. As you come out of the grieving period, be happy, not guilty, that you can return to being the person your loved one knew.

Laurell K. Hamilton

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
 Lauren Cole - Chris - brother - 9/10
 Theresa L. Cole - Christopher Michel - son - 9/10
 Nancy Dalton - Jay - son - 9/28
 Catherine Dardozi - James Dardozi - 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
 B Brooke Hackman - Brian - son - 9/1
 Brittany Hackman - Brian - brother - 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
 John Horulko - Daniel - son - 9/30
 Monica 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 - daughter - 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

Anniversaries - Cont'd

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 Rice - Troy - son - 9/29, Eugene - Husband - 9/3
 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 Venafra - 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

He always used to suspect that the price for happiness, the price for enjoying the company of a person you loved, was the steadily increasing risk of losing them, and at times, when she considered the possibility that she might lose Isabel or Clancy or, in the early days, Todd, Bernice didn't think she could stand it, didn't think she could go on living in a universe whose laws forced her to submit to such a terrible fear. Now she sees what a small price it is to pay, what staggering joy she received in return. You should be willing to pay that price for as little as a few days or hours with a person you love, she thinks, rubbing her fingers across a patch of linoleum the years have worn down to a cloudy smear."

Stephen Lovely, Irreplaceable

An integral part of sharing a relationship with someone is building memories together. The loss of a friend or loved one means the loss of reliving those joint experiences. It is the everyday parts of life, be it running into someone at the market or seeing a favorite movie, that can be hardest to bear. Keep a memories journal as a place to write down these stories as they trigger in your memory. This book can be a place to write how you are feeling or even just how much you miss that special person. Journaling brings healing and gives you a positive outlet for these strong emotions.

John Green, The Fault in Our Stars

Butterfly Release Program
Saturday, September 28, 2024 at 3 PM

Upper Merion Township Park (back of Police Station)
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, left of the gazebo.

Cost \$6.50 per butterfly — August 19th last day to place order.

There is no admission or parking fee.

Water will be provided by chapter. Please bring folding chair 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 at 484-919-0820.

Any further details will be posted at VF website. www.tcfvalleyforge.org

REGISTRATION FORM

NAME: _____

PHONE: _____

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: _____ \$6.50 each

Total money (no credit cards) enclosed: _____

Please forward registration and check to: Rhonda Gomez, 12 Brook Circle, Glenmoore, PA 19343

Make out check payable TO; Compassionate Friends

BIRTHDAYS

Rita Adi - son - Shai Adi - 9/4
 Robyn Buseman - daughter - Maya Buseman-Williams - 9/30
 Scott & Gail Campbell - daughter - Chelsea - 9/1
 Chris Carlton - brother - Eric - 9/50
 Judy & William Cosgrove - son - Michael Cosgrove - 9/4
 Reno & Bonnie Crescimone - son - Jonathan - 9/5
 Alex Crisanti, Jr. - son - John Crisanti - 9/6
 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
 Colleen & Shawn Dwyer Beatty - son - Matthew - 9/11
 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 & Lorie 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
 Jeffrey & Christine Miller - daughter - Teresa Leanne Miller - 9/12
 Betty (Elizabeth) Miller - son - Raymond Jim - 9/1
 Barbara & Jeff Norris - son - Greg - 9/21
 Winnie & James O'Halloran - son - Thomas M. O'Halloran - 9/1



BIRTHDAY - CONTINUED

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
 Joanne Quirion - daughter - Marissa - 9/26
 Robert & Nancy Ricciadi - daughter - Jessica Lee Ricciardi - 9/23
 Marcella Rice - sister - Eloise - 9/19
 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
 Kelly & Gary Walens - son - Kevin McGinley - 9/22
 Terry & Susan Weikel - daughter - Jennifer - 9/26
 Kathryn & Pat White - son - Steven White - 9/16

Living with loss changes you. You see both joys and sorrows with a new perspective, and a greater appreciation of their importance. The loss of someone heightens your feelings towards those who are still a part of your life. To love and care with an open heart is one of the gifts afforded you by suffering through the pain of grieving. "I know now what was happening to me, what was overwhelming me, what was about to consume and almost destroy me. Didier had even given me a name for it - assassin grief, he'd once called it: the kind of grief that lies in wait and attacks you from ambush, with no warning and no mercy. I know now that assassin grief can hide for years and then strike suddenly on the happiest day, without discernible reason or exegesis. But on that day, ... almost a year after Khader's death, I couldn't understand the dark and trembling mood that was moving in me, swelling to the sorrow I'd too long denied. I couldn't understand it, so I tried to fight it as a man fights pain or despair. But you can't bite down on assassin grief and will it away.

The enemy stalks you, step for step, and knows your every move before you make it. The enemy is your own grieving heart and, when it strikes, it can't miss."

Anne Lamont



The
Compassionate
Friends Inc.

September 2024

Valley Forge Chapter
of the Compassionate Friends
Rhonda Gomez
Chapter Leader
12 Brook Circle
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.

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