

# 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

As you know, no meetings are allowed, due to the Coronavirus, so we have cancelled our meetings for the time being, hoping conditions will change in the near future. If we can, the newsletter will continue to be published on schedule.



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.

If you donate to the United Way at your place of work, and wish your contribution to go to the Valley Forge Chapter of the Compassionate Friends, you may do so by entering the Compassionate Friends—Valley Forge Chapter United Way ID # 04-104.

Please make all checks Payable to:  
**TCF VALLEY FORGE CHAPTER**  
Send to Rhonda Gomez

## April 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](mailto:Frank@tcfvalleyforge.org)

### Love Gift acknowledgements:

Connie Nolan

**Treasurer:** Emil Nunez

**Librarian** Carole Bailey.

### National Headquarters

PO Box 3696  
Oak Brook, IL 60522-3696  
[Compassionatefriends.org](http://Compassionatefriends.org)

### 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.

## **NEW FRIENDS**

**Dawn Dellabarba** her son **Brett (23)**

**Rocco & Frank Rinaldi** Their son **Stephen (32)**

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**

**Marco & Patricia Giubilato** In memory of their daughter **Robin 6/9**

**Fred & Irene Sutton** In memory of their son **Jim Sutton**

**Michael Gormish** In memory of his brother **Douglas Moyer 10/19**

## **SIBLINGS**

You have passed, but the pain still lives on inside of me.  
 A young man, a tragic end, you were only 19.  
 Waking every morning imagining that I was still 10.  
 Wishing you were never gone, wishing your death was just pretend.  
 They said it would get easier and the hurt would go away.  
 Your pictures hang above the mantel.  
 I look and smile with a tear, each and every day.  
 I remember how hard it was, and how I always cried.  
 Mom and Dad were so sad, I was so angry.  
 I couldn't understand why you had died.  
 Now I am 18, trying to stand my ground.  
 Wondering how I got through 8 years without you around.  
 Times are hard, growing up is so scary.  
 Knowing you can't be there through college,  
 boyfriends and parties, not even when I'm married.  
 It's weird to be your age,  
 and it hurts to do all the things you missed.  
 Wanting to ask, if I became all that you had wished.  
 I was 10, but you were only 19.  
 Years have passed and it still hurts,  
 but your life lives on forever, in my memory.

*Dedicated to my brother Stephen Andrew Scharck, Jr. 6/11/80 - 12/10/99*    *Written by: Alexis Noel*

## SHARED THOUGHTS ON A PAIN THAT SPRING CAN'T FIX

Sometimes spring can make us feel even more depressed, we often begin with our shoulds, oughts, and time frames. In past winters, when we were suffering from cabin fever we looked to spring to motivate us. Many non-bereaved will even tell us, we should feel better for spring is here. Or, we ought to get out more, now that the weather is nice. We sometimes put more guilt on ourselves, when we are depressed on a glorious day. A gloomy day can be more comfortable, for we feel our spirits don't have to rise to meet our surroundings. The grief we are enduring is probably the greatest pain we will ever know.

Seasonal changes frequently have an opposite effect than they used to have on us, the changes can close a time frame that we had set to reach a certain goal in our grief. When our expectations have not been met it lowers our self-esteem. We are frequently our own worst enemy, when it comes to putting impossible expectations on ourselves. I believe our creator put earth's beauty here for us. But when our pain is so great, it is difficult to enjoy its beauty, we should not feel guilt for lack of appreciation. When in the depth of despair, it is hard to feel good about anything. Grief is not curable, but the pain will soften, and we will one day feel better (I could not believe this in my early grief). The road to healing is very long, but it is not endless, as it may now seem.

The evolution of progress will have many setbacks, even though we are having a long-term positive trend of healing, it is often hard to see progress. We never understand why our child died, and it is never over, but we can become functional human beings again. We must first do our grieving, for that is when the healing takes place. Our grief causes us to face reality and imagine our future without our loved one. As painful as this is, we must go through it, we can not go around it. We need to let go of our shoulds, oughts, and time frames, and take one step at a time. But we need to get a good foothold, before moving on. Putting something behind us too early can cause us to deny, and not acknowledge the loss. Grief can't be rushed. Most of all, we must have hope, that is the light at the end of the tunnel.

My pain has healed so I can work, play, and enjoy family and friends again. When I think of Douglas, my pain is no longer intense and gut wrenching. It most often is fond memories that I love to share with others. I do have a need to speak of my child, but not so extensively. We at the Compassionate Friends, have come to know each other's child through our sharing. As I look forward to spring, with great anticipation, it makes me realize how much we can overcome, and that grief doesn't have to dominate the rest of our life. We can lead productive and wholesome lives again. It takes a lot of patience, hard work, and prayers to find happiness again. I hope you will not try this hard road alone. The Compassionate Friends can lighten your path.

God Bless, *Marie Hofmockel* , TCF Valley Forge

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By my helping I will be helped

If I accept your anger then my anger is accepted.

By my caring I am cared for.

When I listen I will be listened to.

And all these things mean

On the lonely road of grief I will not be alone.

My recovery will be a little gentler,

And my child will not be forgotten

Because the memory of him can be shared

With you who understand how I feel --

My special Compassionate Friends

*Shirley Egan*

TCF, New South Wales, Australia

## PLEASE ASK

Someone asked me about you today,  
 It's been so long since anyone has done that.  
 It felt so good to talk about you  
 to share my memories of you  
 to simply say your name out loud.  
 She asked me if I minded talking about what happened to you  
 or would it be too painful to speak of it.  
 I told her I think of it everyday and speaking about it helps me  
 to release the tormented thoughts whirling around in my head.  
 She said she never realized the pain would last this long  
 She apologized for not asking sooner.  
 I told her, "Thanks for asking."  
 I don't know if it was curiosity or concern that made her ask,  
 but I told her,  
 Please do it again sometime soon."

*Barbara Taylor Hudson* POMC, Cincinnati, OH

## SO YOU WANT TO UNDERSTAND

You say to me, "It's been a year, when will your grieving end?"  
 Why can't you be like you once were my smiling happy friend?  
 If you really want an answer, though I wonder if you do,  
 I'll take you deep inside me, where sadness dims the view.  
 First, my "friend", for your sake, come close and take my hand.  
 And we will pray that what I share, you won't have to understand.  
 The me you once knew is no more, it died with my child.  
 A voice was stilled forever, yet, the echo drives me wild.  
 You say you lost Aunt Bertha, so you have known death too,  
 Aunt Bertha, however, was not your child, and she was eighty, not  
 twenty-two.  
 I barely survived those first months, coping was a dreadful task, I'd tell  
 you I was fine, while sobbing behind my mask.  
 If I talked about my precious child, you turned away in fear,  
 You couldn't stand to see me cry, nor would you share my tears.  
 I wanted to speak of him, please, won't you say his name?  
 But, you pretend he never was, so he died over and over again.  
 Oh, I see that you're uncomfortable, you no longer want my hand  
 So as it was before we talked, my "friend," you don't want to  
 understand!

*Jay Brady*

## SILENT GRIEF

Grief is sometimes silent – like snowflakes  
 falling on a dark winter's night – but never  
 peaceful or serene or pretty like the pure  
 white snow. When grief is silent, the tears  
 seem to turn to ice, like the snowflakes,  
 before they reach our eyes.

Grief is sometimes raging – like a mon-  
 strous thunderstorm – with all its fury and  
 bolts of lightning striking our hearts at eve-  
 ry angle.

When grief is raging, the tears come in tor-  
 rents, like the rain, and flood our soul.

Grief, whether it be silent or raging - hurts.

*Verna Smith* TCF, Ft. Worth, TX

Flowing more gently  
 My "River of Tears"  
 It's banks holding grief  
 of nine long years  
 Ripples of memories  
 so many kind  
 In my heart they are  
 always - "I Find".  
 Memories of kissing away  
 childhood hurt  
 Praying life's pitfalls  
 you would avert.  
 You chose to leave your  
 sadness on earth  
 For Heaven's peace and  
 Eternal Rebirth.

In memory of my son, *Mark J. Cote*  
 Mother, *Rose M. Cote*

## **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**

- Bill Padove & Jen Scaless - - Zachary - 4/26**
- Denis Nicholson Asselin & Judy - son - Nathaniel - 4/15**
- George & Anne Beerley - daughter - Jennifer Beerley - 4/19**
- Leslie Brown - son - Scott - 4/4**
- Terry & Sam Capizzi - son - sammy - 4/6**
- Diana Clark - grandson - Alexander - 4/5**
- Judy & William Cosgrove - son - Michael Cosgrove - 4/17**
- Anton & Maureen DeMaioribus - daughter - Ann DeMaioribus - 4/23**
- Ed & Sue Duffy - son - Peter - 4/11**
- Nancy & David Dykty - brother - Jim Sutton - 4/16**
- Diane Goldberg - nephew - Sammy - 4/6**
- Frank & Rhonda Gomez - brother - Paul - 4/26**
- Joanne Haley - son - Douglas Haley - 4/3**
- Nancy Hartzell - son - Adam - 4/8**
- Walt & Adele Higgins - son/stepson - Brian - 4/17**
- Sigrid Hirschhorn - daughter - Samantha - 4/6**
- Sharon Hirst - son - Tom - 4/16**
- Janet & Dave Keller - granddaughter - Elily Lou Miller - 4/4**
- Joan Kellett - son - Daniel Thomas Kellett - 4/29**
- Lynn Kivlen - son - Brien Kivlen - 4/26**
- Terry Kozlewski - son - Frankie - 4/1**
- Elaine Marino - son - Mark Joseph Marino - 4/21**
- Jennifer McGowan Clark - brother - Joseph McGowan - 4/15**
- Susan McKelvey - son - John - 4/23**
- Sharmell & Chris McMurray - son - Ryan - 4/26**
- Fred & Marilyn Mountjoy - daughter - Marian - 4/16**

**John Mscisz** - grandson - **Liam John Williamson** - 4/6

**Mary Mulholland** - son - **Joseph McGowan** - 4/15

**Marian Mullahy** - brother - **Matt** - 4/2

**Sheila & Mike Mullin** - son - **Matthew** - 4/25

**Barbara & Jeff Norris** - son - **Greg** - 4/1

**Dale Pearlstein** - son - **Jeffrey** - 4/17

**Terri Pfeiffer** - son - **Matthew** - 4/20

**Maureen & David Rich** - daughter - **Mallory Kirby Rich** - 4/26

**Harry & Carol Schultz** - son - **Brian Andrew Schultz** - 4/18

**Joy Conard Settles** - son - **R. Gary Korn** - 4/30

**Jeffrey Smith** - son - **Jacob Smith** - 4/5

**Robert & Sigrid Snow** - son - **Barry Snow** - 4/28

**Edward & Mary Stimson** - son - **Keith Stimson** - 4/7

**Dave & Lynn Strange** - Son - **Bradley** - 4/21

**Fred & Irene Sutton** - son - **Jim Sutton** - 4/16

**Tracey Sutton-Vitabile** - brother - **Jim Sutton** - 4/16

**Allan Thomas** - wife - **Zinta Thomas** - 4/23

**Harry & Lynne Urian** - son - **Mike** - 4/22

**Joan & Ed Young** - son - **Jed Young** - 4/2



## BIRTHDAYS

Blake Barbie - son - Chad Blake - 4/15

Leslie Brown - son - Scott - 4/3

Ellen & James Burbano - son - Eric - 4/19

Gina Cappelli - Son - Dan Foley - 4/20

Phyllis & James Casey - son - Jim Jimmer Casey - 4/18

David Castle - best friend Eric - 4/19

Linda DiPasquale - son - Thomas - 4/26

Janie Ebersole - daughter - Ashley Sankus - 4/19

Ginny Ebert - son - Jason - 4/17

Scott & Charlene Fazekas - Son - Eric Scott Fazekas - 4/25

Maureen & Jim Fleagle - son - Brian - 4/20

Carol Fritz - daughter— Kate Pawlowski - 4/3

Joe & Katie Glinski - son - Joey - 4/10  
 Stephanie Grier - son - John JD Grier - 4/15  
 Nancy & Gerald Hall - son - Douglas Byron Hall - 4/15  
 Kristen Hallman - brother - Joey - 4/10  
 Othell & William Heaney - son - Roger Heaney - 4/17  
 Jeanne R Helmers - daughter - Betsy Helmers - 4/7  
 Cynthia Hornyak - daughter - Meredith - 4/1  
 Monica Horulko - son - Daniel - 4/6  
 John Horulko - son - Daniel - 4/6  
 Robert Huss - son - Daniel - 4/18  
 Dennis & Lois Ianovalle - son - Dennis - 4/18  
 Carl and Dorothy Johnson-Speight - daughter - Carlana Speight - 4/6  
 Millie Jones - grandson - Shawn Dian - 4/18  
 Roxanne Kamilatos - daughter - Dina - 4/29  
 Janet & Dave Keller - son - Joseph E. Keller - 6/1  
 Karen Lapera - son - Michael - 4/3  
 Bob & Laura Iatshaw - son - Scott - 4/22  
 Susan & Richard Leoni/Cutler - son - Kevin - 4/3  
 Betty Manzi - grandson - Ronnie T. Seal Jr. - 4/17  
 Elaine Marino - son - Mark Joseph Marino - 4/20  
 Michelle Mazzio - son - Brendan Mazzio - 4/18  
 Marjorie Meckley - son - Douglas Meckley - 4/25  
 Fran Miller - son - Christian - 4/7  
 Bob & Janet Milnazik - daughter - Kim - 4/24  
 Sheila & Mike Mullin - son - Matthew - 4/10  
 Ashlie Nawrocki - sister - Chereen - 4/3  
 Rosemary Peterson - son - Donald R. Peterson - 4/18  
 Thomas & Mary Jane Poore - son - Bradley Poore - 4/25  
 Joe & Kim Pratt - son - Paul - 4/7  
 Art & Carol Silverman - daughter - Cheryl Beth Silverman - 4/23  
 Robert & Sigrid Snow - son - Kevin - 4/19  
 Robert & Sigrid Snow - son - Barry Snow - 4/28  
 Marissa Wadsworth - son - TJ Wadsworth - 4/8  
 Deb Walter - son - Evan - 4/18  
 Ellen & Dale Weaver - son - Jeffrey M. Weaver - 4/12  
 Terry & Bob Wolfe - son - and stepson Steven Moyer - 4/22



## COMPASSIONATE SIBLINGS

had a prayer answered today, one I'd  
like to share.  
I found I'm not alone in my grief, I found  
someone to care!  
I've been in pain for quite awhile, but  
kept it deep inside.  
But now I know there are people in  
whom I can confide!  
They'll let me cry or scream or yell,  
and they know just how I feel;  
You see they also know that pain, and  
know it's very real.  
Each one has suffered a loss, one like I  
have known;  
Yet now we stand together.  
This unique group of siblings is bonded,  
you might say,  
And strength to carry on is for what each  
one must pray.  
One by one we keep going, although

painful it might be,  
And the emptiness we feel, many will never see;  
Because we choose what face to show the  
world and courage keeps us going.  
We have a constant ache inside,  
No matter what the outside is showing.  
And whether it takes me a year or two,  
Time is all that can heal;  
So I've been sent some "Compassionate Siblings"  
Who know just how I feel.  
Bless those who need to be understood  
When tears come and go without warning.  
May we help heal the wounds so deep  
that are hurting all the hearts left empty  
by the death of a sibling.

*Stacie Gilliam*

**TCF/N. Oklahoma City, OK**

### **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 reinvestment of our emotional energy.

**Irma Escue - Hospice Bereavement Team / Boulder , CO**

## THE COMPASSIONATE FRIENDS "CHILD"

Who Is the child"  
of Compassionate Friends?  
Who knows that secret being of many  
beings, that life of many lives?  
Entity of love,  
united hearts in pain,  
Bringing hope to the hopeless,  
relief to the morning-weary.  
Your passing, unwanted transition,  
from here to untouchable eternity,  
Plunging lives into despair -  
the irony -  
you, child of love,  
Whose death heaped dark agonies  
upon those who carried you  
In wombs of brilliant expectation,  
preparing for birth, for life.  
Came death.  
So, yet unfulfilled,  
our minds seek respite.  
Who are you,  
child of Compassionate Friends?  
The voice is your child's,  
my child's.  
It falls recognized on the ears of  
its mothers, its fathers  
And softly, lovingly,  
knowing our pain and doubt  
As once it knew our touch, or joy,  
our tears, it now knows  
Our need for meaning in the  
meaningless,  
joy in the pain  
And it replies, reassuring,  
"I am your child . . .  
and your child."  
I was but weeks from conception,  
but days from birth.  
My birthdays were few.  
My birthdays were many.  
I am your baby. Your child.  
Your son, Your daughter;  
child, adult.  
But no age of fruition;  
each age not enough.  
All ages with hopes unrealized,  
goals unachieved, love unexpressed,  
Potential unreached,  
paths undetermined.

I died too soon.  
My death: accident . . . illness . . .  
sudden . . . predicted . . .  
at home . . . nearby . . . distant.  
You were with me . . . I was alone  
but knew your loving presence.  
I have watched you live it,  
relive it,  
again . . . again.  
I have seen the fear, the guilt,  
the longing, the depression,  
The anger, the hope, the valleys,  
and later, the hilltops.  
No mountains here,  
And question, always unanswered,  
always repeated.  
Could I have removed the anguish,  
the unrelenting ache  
That bespoke my loss,  
I would, and more:  
I would restore . . . oh, I would  
drench you in my love again,  
Surround you with my laughter,  
enrich you with the fulfillment's  
and pleasures  
My long life would have brought you -  
You whose own lives would have  
been freely given to spare mine.  
Yet, given no choice there,  
you found another . . .  
You committed your lives  
to others like you:  
Those mothers and fathers with  
whose offspring I dwell  
Whose children are my family  
as their parents are now yours.  
United, we wait for you . . .  
not anxious, but joyful,  
for we live in beauty  
Feeling, here, the warmth of your  
love shared, your hope shared.  
We are "the child,"  
the unification of your loss:  
A child of love  
manifested in your compassion,  
a child alive in your choice  
to go on . . . together.

*Joe Rousseau*

**TCF, Saginaw, Michigan**

## ON DEALING WITH A VIOLENT DEATH

1. Generally it takes 18-24 months to stabilize after the death of a family member. It can take much longer when the death was a violent one. Recognize the length of the mourning process. Beware of developing unrealistic expectations of yourself.
2. Your worst times are usually not at the moment a tragic event takes place. Then you're in a state of shock or numbness. Often you slide "into the pits" 4-7 months after the event. Strangely, when you're in the pits and tempted to despair, this may be the time when most people expect you to be over your loss.
3. When people ask how you're doing, don't always say, "Fine." Let some people know how terrible you feel.
4. Talking with a true friend or with others who've been there and survived can be very helpful. Those who've been there speak your language. Only they can really say, "I know, I understand." You are not alone.
5. Often depression is a cover for anger. Learn to uncork your bottle and find appropriate ways to release your bottled-up anger. What you're going through seems so unfair and unjust.
6. Take time to lament, to experience being a victim. It may be necessary to spend some time feeling sorry for yourself. "Pity Parties" sometimes are necessary and can be therapeutic.
7. It's all right to cry, to question, to be weak. Beware of allowing yourself to be "out on a pedestal" by others who tell you what an inspiration you are because of your strength and your ability to cope so well. IF THEY ONLY KNEW.
8. Remember you may be a rookie at the experience you're going through. This is probably the first violent death you've coped with. You don't know what to do or how to act. You need help.
9. Reach out and try to help others in some ways, at least. This little step forward may help prevent you from dwelling on yourself.
10. Many times of crisis ultimately can become times of opportunity. Mysteriously your faith in yourself, in others, in God can be deepened through crisis. Seek out persons who can serve as symbols of hope to you.

The above thoughts are offered by Father Kenneth Czillinger of Cincinnati, Ohio who, for many years has been involved in working with the dying and grieving. He also participated in forming support groups for parents who have lost children through death.

## SUGGESTIONS FOR HELPING YOURSELF THROUGH GRIEF

This title is not meant to indicate that others in our lives do not help us through grief. We do need the help of relatives and friends, and may need the help of Professional Counseling. At the same time, it is important for us to make the effort to help ourselves. Remember, that a lot of energy will be used for healing. Treat yourself with the same care and affection that you would offer to a good friend in the same situation. Most of us are aware of "LOVE THY NEIGHBOR" - we forget the part - "AS YOU LOVE YOURSELF". Not all suggestions will be helpful to everyone. Grief has its unique side. Choose the ideas that appeal to you.

1. Go Gently. Don't rush too much. Your body needs energy for repair.
2. Don't take on new responsibilities right away. Don't over-extend yourself. Keep decision making to a minimum.
3. Accept help and support when offered.
4. Ask for help. Our family and friends can't read our minds. It is very important to find someone who cares, understands, and with whom you may talk freely. It's okay to need comforting.
5. Seek the support of others...Invite a relative/friend for dinner or overnight. Also, consider meeting new people.
6. Be patient with yourself. Healing takes time.
7. Lean into the pain. It cannot be outrun. Let the grief/healing process run its full course.
8. Through this emotional period, it is okay to feel depressed. Crying does make you feel better.
9. If Sundays, Holidays, etc., are especially difficult times, schedule activities that you find particularly comforting into these time periods.
10. Seek the help of a qualified Counselor or Clergy if grief is unresolved.
11. Try to get adequate rest. Go to bed earlier. Avoid caffeine in coffee, tea and colas.
12. Good nutrition is important to help the healing process. (Decrease junk food and try to eat a balanced meal)
13. Keep a journal. It is a good way to understand what you are feeling/thinking. Hopefully, when you re-read it later, you will see that you are getting better.
14. Read -- there are many helpful books on grief. If grief is understood, it is a little easier to handle. A little less frightening.
15. Moderate exercise helps (walking, tennis, swimming, etc.) It offers an opportunity to work off frustration and may aid sleep.
16. Begin towards building a pleasant time with family and friends. Don't feel guilty if you have a good time. Your loved one would want you to be happy.

*Author Unknown*



## 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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Valley Forge Chapter  
of the Compassionate Friends  
Frank & Rhonda Gomez  
Chapter Leaders  
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.***

