

# 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 - 8/3/2023

Future Meeting - 9/7/2023

The next event scheduled Sept .  
23, 2023 which is our Butterfly  
Release.



## August 2023

### 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

email: nationaloffice@

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.

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.

No new people

## 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

### **BUTTERFLY RELEASE AND PROGRAM**

**Saturday, September 23, 2023 at 3 PM**

**Upper Merion Township Park**

**175 West Valley Forge Road, King of Prussia, PA 19406**

**the cost of each butterfly is \$6.50**

**Everyone Welcome - Bring a Friend**

**Please see the July Newsletter for registration form!!**

**For any questions, please call TCF Valley Forge — 484-919-0820**

### **I'M FREE**

Don't grieve for me, for now I'm free,  
I'm following the path God laid for me.  
I took God's hand when I heard the call;  
I turned my back and left it all.

I could not stay another day,  
to laugh, to love, to work or play.  
Tasks left undone must stay that way.  
I found that place at the close of day.

If my parting has left a void,  
Then fill it with remembered joy.  
A friendship shared, a laugh, a kiss,  
Ah yes, these things too I will miss.

Be not burdened with times of sorrow;  
I wish you the sunshine of tomorrow.  
My life's been full, I've savored much,  
good friends, good times a loved one's touch.

Perhaps my time seemed all too brief,  
don't lengthen it now with undue grief.  
Lift up your heart an share with me -  
God wanted me now, God set me free.

Author Unknown  
Submitted by **Gwen Kearns**

## 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

Maryellen & Dick Abell - Brian Abell - son - 8/19  
 Emily L. Alm - Bryan W. Alm - son - 8/23  
 Lisa Bellopede - Johnny - son - 8/12  
 Dorothy & Jack Bert - Matthias - son - 8/29  
 Tom & Kathy Biggar - Ava Nobles - granddaughter - 8/28  
 Bob & Marge Blasucci - Danny - son - 8/1  
 Joe & Maryann Bucci - Dante - son - 8/13  
 Carol & Ira Caplan - Julian - son - 8/6  
 Gary Chavez - Christopher Dale Chavez - son - 8/4  
 Mary Chelius - John J. Chelius, Jr. - son - 8/24  
 Wendy Coleman - Gabrielle - daughter - 8/18  
 Liz & Scott Conaghan - Jan - brother - 8/27  
 Joane Cooper - Ben - son - 8/2  
 Jean & Bill Cotter - Patrick Cotter - son - 8/11  
 Carol Curtiss - Kurt - grandson - 8/20  
 Dorothy & G. Robert Daily, Sr. - G. Robert Daily, Jr. - son - 8/10  
 Carol Dawidziuk - Michel - son - 8/21  
 Kimberly De Simone - Lacey - daughter - 8/13  
 Antoinette & John DiDonato - John Jr - son - 8/17  
 Scott & Charlene Fazekas - Eric Scott Fazekas - son - 8/13  
 Richard & Martha Fenoglio - Judith Fenoglio Daw - daughter - 8/6  
 Lisa Foos - Curtis - son - 8/12  
 Denise & Edward Frazier - Akhir - son - 8/25  
 Molly Gehring - Daniel - son - 8/26  
 Angela Giannantonio - Anthony - son - 8/2  
 Stephanie Grier - John "JD" Grier - son - 8/17  
 Tim & Rosemarie Griffiths - Timothy Griffiths - son - 8/17  
 Tracey Hawley - Christopher - son - 8/10  
 Janet Higgins - Nicholas - son - 8/1  
 Margaret Huss - Robert - husband - 8/9  
 Joan Jagers - John Costello - son - 8/18  
 Janet & Dave Keller - Joseph E. Keller - son - 8/21 - Thomas A. Keller - brother - 8/10  
 Greg & Anita Lewicki - Eric Stephen Lewicki - son - 8/20  
 Frank & Laura Lincicome - Daniel - son - 8/29  
 John & Nancy Logue - Heather Logue - daughter - 8/23  
 Kathleen & Hugh Martin - Jr. - Colin John "C.J." Martin - son - 8/16  
 Jeff and Kathy McCarron - Sarah - daughter - 8/14  
 Marjorie Meckley - Douglas Meckley - son - 8/16  
 Joanne Morasco - Robert - son - 8/6  
 Kathleen Murphy - Danielle - daughter - 8/21

# Anniversaries - Cont'd

Jenn Nobles - Ava Ruth Marie - daughter - 8/28  
 Carol & Dennis O'Connor - Michael O'Connor - son - 8/23  
 Chet - Hema and Nita Patel - Neil - son - 8/1  
 Patricia Peraino - Anthony - brother - 8/2  
 Marge Randolph - Bob Fixter - husband - 8/18  
 Thomas & Jeri "Bubbles" Reinert - Theresa Volpe - mother (Bubbles) - 8/23  
 Tracey Robinson - Connor - son - 8/29  
 Susan & John Rutland - Justin Rutland - son - 8/30  
 Carol Sannella - David Sannella - son - 8/31  
 Sheila Scanlon - Andrew McGuire - grandson - 8/29  
 Rosemarie Scott- Griffiths - Timothy F. Griffiths - stepson - 8/17  
 Enjoli Segneri - Shane - boyfriend - 8/8  
 Robert & Nell Shoemaker - Brynn Shoemaker - daughter - 8/9  
 Edie Smith - John Seddon "Sed" Wilson - son - 8/20  
 Linda Sposato - Bernadette Funaro - daughter - 8/24  
 Elaine & Joe Stillwell - Margaret Mary O'Connor - daughter - 8/2 - Denis E. O'Connor - III - son - 8/6  
 Judy Tomarelli - Daniel Robert Tomarelli - son - 8/10  
 Jack, Bobbie and Ross Trotter - Megan - daughter/sister - 8/26  
 Steven Tucker - Patrick Ryan - son - 8/18  
 Tim and Mary Tuinstra - Sophia Tuinstra - granddaughter - 8/31  
 Kevin Welde - John Welde - brother - 8/14  
 Carolyn & Tom Yuhás - Eric Whitelock - son - 8/17

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## LuLu

God saw you getting tired and a cure was not to be  
 So he put his arms around you and whispered come to me  
 With tearful eyes we watched you and saw you pass away  
 Although we loved you dearly, we could not make you stay  
 A golden heart stopped beating - Hard working hands at rest  
 God broke our hearts to prove to us he only takes the best!  
 LuLu... Thinking of you is easy, I do it every day  
 Missing you is the Hardest - That Never goes away  
 I miss you dearly, All my love, always & forever, Mommy

## Lucia Watters (Mother of Luanne)

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### LUANNE

My Beloved Angel In Heaven  
 On the 4th Anniversary of her passing  
 It Seems like only yesterday I heard the news  
 I remember so clearly my family in the pews  
 The tears streaming down our face  
 and her little dress made of lace

The face of an Angel I so meek mild  
 So beautiful she was just like a child  
 In memory of her I will sit in silence today;  
 Four years ago, it seems like only yesterday.

# BIRTHDAYS

Marilyn Anton - Douglas Hofmockel - cousin/godmother - 8/27  
 Denis Nicholson - Asselin & Judy - Nathaniel - son - 8/21  
 Dorothy & Jack Bert - Matthias - son - 8/16  
 Jovanna & Joseph Bevilacqua - Donato Danny Bevilacqua - son - 8/20  
 Richard & Jo Bewley - Kevin Bewley - son - 8/24  
 Joane Cooper - Ben - son - 8/2 & Katy - daughter - 8/2  
 Allison Crowder - Amber - daughter - 8/8  
 Dorothy & G. Robert Daily, Sr. - David - son - 8/26  
 Lisa & David Dibello - Joey - son - 8/14/  
 Karen Donaldson - Willow Ann - daughter - 8/5  
 Laurie Downing - Trevor - son - 8/3  
 Jim and Patty Duffy - Michael Duffy - son - 8/8  
 Nancy & David Dykty - Jim Sutton - brother - 8/7  
 Tom & Irene Edmunds - Kyle Derek Edmunds - son - 8/1  
 Ron & Sue Gamza - Rachel & Troy - daughter & Grandson - 8/22  
 Frank & Rhonda Gomez - Donnie - brother - 8/7  
 Mary Lou Harrison - Lance 'Scott' Harrison - son - 8/4  
 Jan & Dan Jackson - John Jackson - son - 8/18  
 Michael & Betsy Jarrett - Michael Jarrett - son - 8/13  
 Vern & Joyce Kaiser - Michael - son - 8/4  
 Joan Kingslake - Ann Kingslake Woods - daughter - 8/3  
 Sue Lawlor - Jim Sinha - son - 8/24  
 Kathleen & John Leeper - Shaun Michael Leeper - son - 8/17  
 Janet Leflar - Scott - son - 8/11  
 John & Nancy Logue - Heather Logue - daughter - 8/16  
 Timothy & Maxine Lurowist - Kristine - daughter - 8/24  
 Mary Mac Farland - Marc - son - 8/4  
 Bonnie MacDonald - R, Scott Geddes - son - 8/30  
 Anna E Marchese - Matthew Paul Marchese - son - 8/28  
 Diane Mazzagatti - John Pirocchi, Jr. - son - 8/3  
 Sue McMaster - Patty - cousin - 8/30  
 Alfred J. & Joan Michini - Alfred J. Michini, II - son - 8/20  
 Alexandra Milas - Nicole Penelope Wiseley - daughter - 8/23  
 Andrew Miller - Perri - daughter - 8/21  
 Kathleen Murphy - Danielle - daughter - 8/21  
 John B. & Lillian Neff - Patrick Neff - son - 8/30  
 Sharon Ott - Amber - daughter - 8/12  
 Joan Palumbo - Michael - son - 8/4  
 Marie Poulsen - Jerry August Warfel - grandson - 8/12  
 Chris Poulsen - Jerry - nephew - 8/12  
 Sharyn & Joe Pozzuolo - Joey Brad Pozzuolo - son - 8/26  
 Joe & Marti Purifico - Jeffrey - son - 8/3  
 Marcella Rice - Raymond Anthony Rice - brother - 8/29  
 Christine Rizol - Tyler - son - 8/24  
 Bonnie Rosen - Troy - son - 8/30  
 Becky Rotkowski - Brian - brother - 8/17  
 Beverly & Joe Rush - Kelsey - daughter - 8/27



## BIRTHDAYS - Continued

Marie Schmeltzer - Sam "Sonny" Schmeltzer - son - 8/22  
 Pamela Schneibolk - Douglas Hofmockel - brother - 8/27  
 Harry & Carol Schultz - Brian Andrew Schultz - son - 8/23  
 Susan Snyder - Brian David - son - 8/24  
 Lorraine Spear - Kimberly Jean Spear - daughter - 8/15  
 Susan & Ron Spencer - Rob - son - 8/21  
 Elaine & Joe Stillwell - Margaret Mary O'Connor - daughter - 8/23  
 Karen & Alan Stoner - Holly Patricia Stoner - daughter - 8/11  
 Fred & Irene Sutton - Jim Sutton - son - 8/7  
 Tracey Sutton-Vitabile - Jim Sutton - brother - 8/7  
 Pety Suy & Matthew Kuchler - Ethan - son - 8/22  
 Hellmut Theil - Hellmut Theil, Jr. - son - 8/2  
 Akhil & Judy Tripathi - Sunil - son - 8/29  
 Tina Ulshafer - Jimmy - son - 8/22  
 Pat Villante - Patty - daughter - 8/30

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### SHARED THOUGHTS ON FEAR

After losing a child or sibling, we quickly realize that we are very vulnerable to death. Those terrible tragedies that normally happened to other people have now come into our own home. Before we even get through the stages of shock or denial, we fear losing another family member. Our interest in daily living and ourselves is at a very low ebb. Often the concern for surviving children or family members increases to the point of smothering them. If there are no other children, the concern frequently is transferred to the mate.

As my youngest surviving son once said, "Can I not live because my brother died?" (He was then 16, the age our Doug died in an auto accident.) This helped me realize that robbing him of the carefree feeling that belongs to teenagers was wrong. I certainly did not want him to worry to the extent I did. As frightened as we are, we have to accept the fact we can not control or protect our children against all dangers. I chose to back off, and just prayed a lot. The fear of "going crazy" is very common. I had this fear because I was not healing at the same rate as when my siblings and parents died. It would have been helpful had I been going to The Compassionate Friends, and known a bereaved parent's grief is different, and for me much longer and more intense. Even though the fear of suicide and going crazy is very common, I have never known a bereaved par-

ent who attended The Compassionate Friends to do either. If we share our grief and pain with someone who has been in the same depth of despair, they can sometimes help us to sort out our feelings. The long time bereaved parents and siblings can help us through our bad times, just by letting us know they "were there" and survived. They too had intense exaggerated fears, which eventually left. A certain residue of fear remains with us, but this degree of fear we can live with.

Sharing is probably the one thing that helps us most. It helps us to look at ourselves more objectively, and sometimes realize when we are unduly alarmed. We fear forgetting our child, how they looked, laughed, their voice, and the things they did, we can't bear losing anything pertaining to our child, but these things we never forget. Our children are no longer with us to touch and hold, but our love and memories are very much alive. It bothers me terribly when others say, "but you have six other children left". Our love for our child that died can not be transferred to another. Our relationship was between the two of us. Some people say a part of them died with their child. I like to say a part of me is reserved for the memories of Doug. This is its only function. So I need to keep the memories alive to use this part of me.

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



**BUTTERFLY RELEASE PROGRAM**  
 Saturday, September 23, 2023 at 3PM

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 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](http://www.tcfvalleyforge.org)

**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: \_\_\_\_\_ \$6.50 each

Total money (no credit cards) enclosed: \_\_\_\_\_

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

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.**

August 2023

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