



THE COMPASSIONATE FRIENDS

A self-help organization offering friendship and understanding to bereaved families

DECEMBER 2015

Inside Valley Forge

Meetings are on the first Thursday of every month at 7:45PM (ending at 9:30PM). We meet at Good Shepherd Lutheran Church Founders Hall, Valley Forge and Henderson RDs, King of Prussia, PA. Phone on meeting evenings only is 610-265-0733. All other times please call Rhonda at 484-919-0820.

Meeting Schedule and other TCF Events of interest

- Dec 3 General Sharing
Collection of gifts for First Step (see page 3)
- Dec 13 World Wide Candle Lighting (see page 4)
Collection of gifts for First Step (see page 3)
- Jan 7, 2016 General Sharing

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 EDITORS.

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 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 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.** on your pledge form.

**PLEASE MAKE ALL CHECKS PAYABLE TO:
TCF VALLEY FORGE CHAPTER
SEND TO: CHAPTER LEADER
RHONDA GOMEZ**

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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.

INSIDE VALLEY FORGE CHAPTER

NEW PEOPLE

Frank & Becky Clark, daughter, *Lisa* (25) and son, *Pat* (23)

Jean Nobles, daughter, *Ava* (3)

Tom & Kathy Bigger, granddaughter *Ava* (3)

We welcome our newly bereaved friends, sorry for the cause that brings you. We have all 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.

REFRESHMENTS

Marilyn Toole, in loving memory of my son, *Ted* for his November 3rd birthday.

Refreshments may be donated in memory of loved ones. Beverages provided by the Chapter Please call **Rhonda (484)919-0820**, or you may sign the refreshment chart located on the refreshment table.

LOVE GIFTS

Rose Marie Cote, in loving memory of my son, *Mark J. Cote*

Marie & Samuel Schmeltzer, in loving memory of our son, *Sam "Sonny" Schmeltzer*

Carolyn Yuhas, donated the following list of books, in loving loving memory of her son, *Eric Whitelock*. Eric passed away while serving on active duty in the US Army in August 2013:

A Long Shadowed Grief - Suicide and its Aftermath - author **Harold Ivan Smith**

After Suicide Loss: Coping with Grief - authors **Bob Baugher, PHD** and **Jack Jordan, PHD**

Finding Peace Without All The Pieces, After a Loved One's Suicide - author **LaRita Archibald**

Lament for a Son - author, **Nicholas Wolterstorff**

Life after the death of my son - author **Dennis L. Apple**

MY SON...MY SON...A Guide to Healing After Death, Loss, or Suicide -

by **Iris Bolton** with **Curtis Mitchell**

Take the Dimness of my Soul Away, Healing After a Loved One's Suicide -

author **William A. Ritter** and forward by **John R. Claypool**

The Courage to Grieve, Creative Living, Recovery, & Growth Through Grief -

author **Judy Tatelbaum**

NEW CHAPTER has been chartered

#2473 TCF of Erie, PA

3411 Saltsman Road

Erie, PA 16510-3256

Meetings: second Tuesdays of each month 6:00 - 8:00PM

Wheezie's Kove

4887 Buffalo Road, Erie PA 16510-2301

Meeting information

Chapter Leaders: Laura Maas / Darlene Moore

email: compassionatefriendseriecounty@gmail.com

Phone contact: (814) - 504-1559

FREE PHOTO BUTTONS

Frank Gomez has volunteered to make picture buttons for members of The Compassionate Friends. You may mail your photos directly to Frank, or bring them to our monthly meetings at the Valley Forge Chapter. We meet at Good Shepherd Lutheran Church Founders Hall, Valley Forge & Henderson Roads, King of Prussia, PA.

The buttons are 2 1/4 inches in diameter with a pin back. Face of loved ones should be a maximum of 1 1/2 inches, from the top of the head to the chin. You may request as many buttons as you like. Please send one photo for each button, the photo will be used to make the button, therefore your photos will not be returned.

Mail photographs, mailing address, and email address to:
Frank Gomez, 12 Brook Circle, Glenmoore, PA 19343
Frank@tcfvalleyforge.org



GIFTS FOR UNDER PRIVILEGED CHILDREN

FIRST STEP is a program of Chester County for under privileged/handicapped children. For many years our Chapter has collected gifts for them. We will do so again this year, at our Dec. 3rd meeting and Dec. 13th World Wide Candle Lighting Service (Children's Memorial Day) Program. The children are between the ages of 2 and 6. Both clothing and toys are welcome gifts. It is very rewarding to remember your child, by showing love to these children. Please add a tag that states suggested age and sex. You may sign it, "from your friend", or your child or sibling's name. This may be the only gift the child will receive. We appreciate your participation in this worthy cause.

Flowing so gently
My river of tears.
The banks holding grief
16 years.

Ripples of memories
So many kind.
In my heart I
Always find.

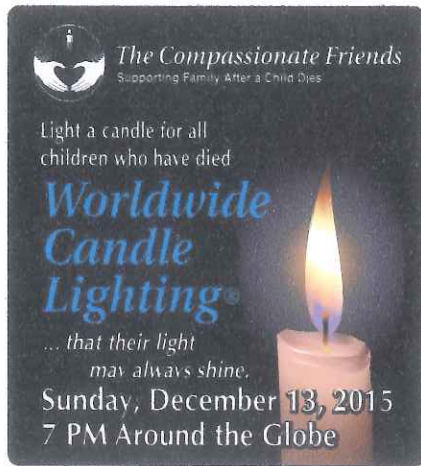
Kissing away childhood hurts
Praying life's pit falls
You would avert.

You chose to leave your
Sadness on earth
For Heavens peace -
Eternal Rebirth.

*In loving memory of my son,
Mark J. Cote.*

Rose Cote

COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING



The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the 18th annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance.

The Valley Forge Chapter of The Compassionate Friends will hold a candle lighting remembrance service on December 13th at 2 PM at Good Shepherd Lutheran Church in the Founders Hall. (same place as our monthly sharing secessions are held).

We chose 2 PM for our local service so that it would be available to everyone, including those who do not drive at night. We also urge you to light a candle in your home at 7PM.

We hope you will take this opportunity to join us in remembering our children & siblings who have died, but will never be forgotten. Let us ensure that their light may always shine.

GUEST SPEAKER - JOE PURIFICO

Joe Purifico became a member of The Compassionate Friends upon the passing of his only child 13 years ago. It was his attendance at TCF meetings that incredibly began to start the journey to the healing process that all of us need as members of the club that no one wanted to join.

Since we have all experienced our losses in different ways, Joe has been a friend to and a mentor for many families that have lost their precious children, as a way to help him deal with his own loss. He has also lectured at many area high schools on a substance abuse program entitled "Never To Late".

His message of how to accept the reality of our tragedies, begin the healing process and move forward, creating positive endeavors from the most devastating emotional crises that we as parents can experience, will be the topic of his discussion.

Joe is a local business attorney helping entrepreneurs to start , buy, sell , finance and grow their companies.

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.

DECEMBER BIRTHDAYS

Chris Aiello, brother *Louis (lou)* 12/24
Lori Bartholomew, brother *Matthew* 12/17
Tom / Kathy Biggar, granddaughter *Ava Nobles* 12/13
Eleanor Brennan, grandson *Jonathan Masiak* 12/20
Ben & Cathy Breskman, son *Brian* 12/11
Libby Cavallaro, sister *Theresa* 12/29
Becky & Frank Clark, son *Pat* 12/16
Benjamin E. Cohen, daughter *Donna Lynne Cohen* 12/9
Anita Conway, son *Daniel* 12/9
Jean & Bill Cotter, son *Patrick Cotter* 12/20
Bobbie Coyle, son *Whitney Coyle* 12/23
Janet Cozzone, daughter *Jesika* 12/5
Adriene & Peter De Moerloose, daughter *Olivia* 12/30
Tom & Marge Del Rosario, son *Dominic* 12/14
Antoinette & John DiDonato, son *Kenneth (Kenny)* 12/15
Joseph & Patsy Dooley, son *Peter J. Dooley* 12/22
Justine Ellinger, daughter *Keira Ellinger* 12/11
Bob & Dena Filipone, daughter *Denise* 12/13
Bonnie Gardner, daughter *Michelle* 12/16
Suze Goldberg, uncle *Neal* 12/14
Jack & Freda Gross, daughter *Linda Joy Gross* 12/28
Judy Kahl, son *Mark* 12/11
Joan Kellett, son *Daniel Thomas Kellett* 12/7
Wendy Kuhn, brother *David* 12/19
Teresa & Bill Lattanze, daughter *Jodi Noell Lattanze* 12/19
Kevin & Nancy McKelvey, son *Michael* 12/4
Pat Miller, son *Nathan* 12/2
Fran & Kathy Moran, daughter *Denise Nicole Moran* 12/31
Ann Murray, son *Brian Rapoport* 12/2
Bonnie Nimerfroh, son *David* 12/19
Maurice & Ruth Onraet, son *Thomas* 12/19
Betty Jane Peters - Neilson, son *Martin A. Peters* 12/8
Maureen & David Rich, daughter *Mallory Kirby Rich* 12/4
Thelma Rosen, brother *David Beeler* 12/24
Patti & Glen Smith, son *Chris* 12/30
E. Pearl & Ernest Smith, son *Tony* 12/23
Eileen Smith, son *Craig* 12/17
John & Rose Stanley, daughter *Susan Stanley* 12/4
Ronda Stansbery, daughter *Susan Anne Stansbery Stamman* 12/22

DECEMBER BIRTHDAYS CONTINUED

Edward & Mary Stimson, son *Keith Stimson* 12/29
Priscilla Thoroughgood, daughter *Kendra Enochs* 12/5
Judy Tomarelli, son *Daniel Robert Tomarelli* 12/19
Jackie Ward, grandson *Anthony* 12/1

DECEMBER ANNIVERSARIES

Nina Ansel, daughter *Jenny* - 12/21
Carole Bailey, son *Matthew J. Bailey* - 12/2
Richard & Jo Bewley, son *Kevin Bewley* - 12/29
Lisa Bledy, sister *Danielle Bledy* - 12/4
David Bonga, daughter *Amanda* - 12/31
Catherine Chan, son *Chanlan Lee* - 12/19
Becky & Frank Clark, son *Pat* - 12/4
Tracy & Mike Collins, daughter *Krystal Chuck* - 12/5
Martin & Mary Conway, son *Neal* - 12/10
Carole and Kevin Creighton, son *Ryan Kent Creighton* - 12/6
Reno & Bonnie Crescimone, son *Jonathan* - 12/21
Bill & Donna Deasey, daughter *Michelle Deasey* - 12/19
Helen Deery, son *Ronald J. Deery, Jr.* - 12/20
Susan Dehlinger, daughter *Amy M. Dehlinger* - 12/7
Antoinette & John DiDonato, son *Kenneth (Kenny)* - 12/5
Maureen & Jim Fleagle, son *Brian* - 12/11
Lee & Patricia Grossman, daughter *Rachel* - 12/5
Giuliana Hilend, son *Patrick Andrew Hilend* - 12/10
Michelle Hillstrom, daughter *Jen* - 12/20
Anthony & Carol Iacobucci, son *Anthony Iacobucci* - 12/13
Enid M. Irizarry, daughter *Lisette M. Molina* - 12/25
Carl and Dorothy Johnson-Speight, daughter *Carlena Speight* - 12/13
son *Khaaliq Jabbar Johnson* - 12/6
Millie Jones, grandson *Shawn Dian* - 12/23
Joan Kingslake, daughter *Ann Kingslake Woods* - 12/31
Al & Sue Koenig, daughter *Emily Grace Koenig* - 12/11
Howard & Stacy Koller, daughter *Kaitlin* - 12/18
Teresa & Bill Lattanze, son *William Noel Lattanze* - 12/25
Barbara McClenahan, son *David McClenahan* - 12/12
Norine & William McDevitt, Jr., son *Sean Francis McDevitt* - 12/6
Alfred J. & Joan Michini, son *Alfred J. Michini, II* - 12/14
Alexandra Milas, brother *Nicholas Stathes* - 12/19
Gerald & Margaret Milice, son *Gerald Milice* - 12/11
Greg and Mary Miller, son *David* - 12/3

DECEMBER Anniversaries Continued

- Audrey Morasco, son *Christopher Morasco* - 12/27**
Emil Nunez, son *Oliver Nunez* - 12/24
Carol & Dennis O'Connor, brother *Jack Coladonato* - 12/3
Roy Redman, daughter *Linda Inez Redman* - 12/16
Elise Rice, son *Raymond Anthony Rice* - 12/9
Daune Ring, daughter *Chloe* - 12/29
Margaret & Robert Rooney, daughter *Sharon Rooney* - 12/8
Beth Schad, son *Gage* - 12/27
Abigail Schwartz, mother *Barbra* - 12/26
Art & Carol Silverman, daughter *Cheryl Beth Silverman* - 12/16
Mike & Beverly Smith, son *Ryan* - 12/11
Lisa M Spinks, brother *Robert* - 12/9
Catherine & Gerry St. John, son *Greg* - 5/12
son *Gerry* - 12/23
Ronda Stansbery, daughter *Susan Anne Stansbery Stamman* - 12/22
Fred & Irene Sutton, mother(Fred) *Pearl Collins* - 12/19

HANUKKAH

At this season of lights,
 We remember the light you brought
 into our lives:
 The light of your laughter
 The light of your wit and intelligence
 The light of your love
 May the time not be distant when the
 memory of these lights
 Will illumine our hearts and minds
 And eradicate the darkness therein.

Stephanie Hesse TCF Rockland Co. NY

Those we hold dear never truly leave us. They live on in the kindness they showed, and the love they brought into our lives.

Isabel Norton, Central Iowa Newsletter

Time does not really heal a broken heart; it only teaches a person how to live with it.

A. L. Sheppard, Jr., Fort Worth

**Sometimes when just one person is missing-
 The whole world seems so empty**

author unknown

**We wish all of you a very meaningful Holiday,
 May love be what you remember the most.**

SHARED THOUGHTS ON LOOKING FOR YOUR GIFT

Newly bereaved families often face the holidays with fear and trepidation. Just the fact, holidays continue to go on, can cause outrage. Our sadness is monumental, and causes our bodies to resist moving on. We need to be gentle with ourselves; we are going through an emotional rehabilitation. Holidays often renew our grief, even if we are a distance from fresh grief.

We need to selectively choose what traditions are important to our family. If we over commit, we set our selves up for a let down when we cannot meet our goals. If you have some traditions that are very important and you are not physically up to doing them, you will find friends and extended family will feel honored if you ask for their help. Most people want to help you get through the holidays, but don't know what to do. Give them the opportunity to feel they are helpful in your healing.

Grieving cannot be put on the shelf until the holidays are over. We need to take time to feel our grief, and express our sadness. We also need to take time to try and put a bit of normality in our lives. We must remember it is not disrespectful to laugh. I'm sure our loved one would want us to surround ourselves with caring people who can help us through the holidays. A caring supportive person is one who encourages us to be the best we can be, not one who expects us to be as we used to be.

Our healing will eventually cause our pain to move out and make room for our loved ones memories. We learn to make a new life for ourselves. Holidays get better and we learn how to live again.

We tend to think of life's richest moments as being the joyous, fun filled, carefree days prior to losing our children and siblings. But, as I search for the most meaningful things that have given me strength and a real appreciation for life, they certainly do include the pain, overcoming my despair, losing my son, grandson, and 6 siblings. We cherish the friendships that doesn't always demand a smiling face, and those with the warm touch that says, "share your pain, let me be a part of your grief, don't worry about making us uneasy with tears, we have all been there". Much healing can take place through sharing as we learn to be very honest and courageous with our feelings, which helps us to find hope. Hope helps to restore our love for life, and gives us the strength to survive.

This holiday we will all miss our loved ones, who are no longer with us. Though it has been through much pain, you probably have never been so close to your child or sibling, or shared such a large part of your life with them. We hope the memories that ache with pain, can also bring you thoughts of love. For those of us who are further removed from our early grief, who can look back and appreciate the strength for our struggle, the compassion from seeing other's pain, wanting to become functional human beings again so we can contribute to making a better world, are gifts our children and siblings have given to us for our survival. These gifts are greater than any fancy bow tied box can contain. Look for your gifts and cherish them.

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

THE EMPTINESS

The emptiness is what fills up inside of you when you give up hope.
The emptiness means different things to different people.
It is understood inside that person and that person only.
It is the cold sadness lurking inside.
Always there but seems to hide.
Covered up by happiness, but surely finds its way back inside.
The emptiness is not evil, it is only sadness.
The emptiness is the feeling you get when you have lost someone close to you.
The emptiness is when your heart aches,
The emptiness is when you feel you can't face another day.
The feeling you get when you are all alone.
When no one understands.
When your fate is in your hands.
You take a deep breath and face another day.
For that is what everyone expects.
That is the emptiness.

Christine Santoleri, Valley Forge, PA
for her sister, *Katie Santoleri* 6/5/81 - 8/14/92

A YEAR OF GRIEF

It has been a year,
Since you went away.
Time goes by so slowly.
I never knew so much pain,
Along with fear and emptiness,
Could be felt by anyone.
Your death has sent me into
A darkness and void,
Words can't describe.
I never knew I could cry
"Til there were no more tears.
But these came unannounced.
The price of loving a brother,
As special as you,
Will take me a lifetime to pay.
My pain hasn't been for me only,
For friends don't want to see
The cost of loving and losing.

They say get on with your life --
But they don't understand,
How big a part of my life you were.
So I will take my pain,
Along with my special memories,
And live day by day.
These memories from happier days,
Are all I have of you now.
So I will place them first in my heart.
If I was given a choice,
Knowing the pain and devastation
That I feel today,
I would still want you
To be my big brother to love.
For memories can't be taken away.

Greta Sharpe (Sibling)
Andalusia, AL -- TCF

HERE COMES THE HOLIDAY

Here they come closer everyday. No magic wand to keep them away. As much as we'd like to go to sleep and hope when we awaken, they'd be over, nothing will stop them. The Holidays, they are inevitable.

For many, this will be a first. For others, two, maybe three years and for some of us "veterans," five, ten or more years. There are some things that may help you cope in the days ahead.

Many bereaved parents feel pressured to adhere to the traditions of years past. If you choose not to send cards, shop, bake, entertain or whatever, do not feel guilty. Take care of yourself, do only what you feel you can handle no matter how much or how little. Shop through the catalogs. Buy goodies instead of baking if you want, make calls to the people important in your life. Some people have found getting away temporarily helps. Maybe only immediate family will make you more comfortable. Light a candle for your child, fill their stocking with letters, love notes, poems, etc. Most of all, do not use the little energy you have trying to make things as they were when your child was with you. Talk about your child to your family and friends who really care.

For those of us who walked through the lonely tunnel of grief and are able to experience joy and happiness once more, reach out to those who need us so desperately. Take the hand of the newly bereaved, let them know you care. Attend a meeting and seek out that person that needs your hug. Tell them "you've got a friend." By helping others, offering that spark of hope for the future will certainly aid our own healing powers.

Our lives are changed forever, a part of us never to be completely whole again. Yet, with the passage of time, friendship and love, we find ourselves actually looking forward to tomorrow and feel the peace and hope for the future.

Lois TenEyck TCF, Minneapolis

please don't tell me
it's time to let go
this grief is a friend
a palpable presence
a feeling so real
I can almost touch it
and almost see it
it comes without warning
from somewhere or nowhere
for any odd reason
or no reason at all
I have learned to accept
this unthinkable friend
no longer my enemy
no longer hell
neither raging nor crushing
no longer a vicious malevolent beast
with vacuous eyes
threatening my very existence
this grief is a vague
gentle ache always there
a longing that gnaws
at the edge of my soul
it haunts me in stillness
of dark endless nights
and long summer days
in winters harsh cold
and in soft autumn haze
in echoes of laughter
and fragments of song
in a voice now stilled
that I hear in a dream
in a young man ambling
alone in my mind
in some other place
and some other time
this grief is a part of
my journey through life
a bewildering journey
I can't understand
and I cannot let go
this grief is my friend

Tommy's mom

Submitted by Mike's Mom

THE HOLIDAY SEASON:

Getting through the holidays can be a difficult task for bereaved parents. We as bereaved parents need to handle the holidays in a way that we feel is best for ourselves and our families. There are many things that bereaved parents can do to help ease the pain of the holiday season. Below are some suggestions that we thought may be helpful for you:

1. **PLAN** to be with people you enjoy.
2. **VISIT** the cemetery and take a Christmas tree to the grave. Decorate it with popcorn or food for the birds.
3. **DO SOMETHING** for someone else. Give a gift or make a donation in memory of your child. This can help to keep their memory alive.
4. **INCLUDE YOUR CHILD IN CONVERSATIONS** -- once others realize that you are comfortable talking about your child,

they can relate stories that will add to your memories of him or her.

5. **DON'T BE AFRAID TO MAKE CHANGES** It really can make things less painful. Change the time you open packages, or when the holiday meal is served.
6. **KEEP IN MIND THE FEELINGS** of our other children and family members. Let your needs be known to others and try to understand their needs as well.
7. **MOST IMPORTANT**, it is pointless to pretend that everything is the same as it was. As you accept your loss, give yourself the necessary time for grieving during the holidays.
8. **TAKE ONE DAY AT A TIME**. Be realistic, and realize that we all need to set limits to do those things which are meaningful to ourselves and our families.

Author Unknown

A LETTER TO MY FAMILY AND FRIENDS

Thank you for not expecting too much from me this holiday season. It will be our first Christmas without our child and I have all I can do coping with the "spirit" of the holiday on the radio, TV, in the newspapers and stores. We do not feel joyous and trying to pretend this Christmas is going to be like the last will be impossible because we are missing one.

Our family traditions will be too painful for us to continue this year. Please understand this and maybe some Christmas in the future we will have these traditions again.

Please allow me to talk about my child, if I feel a need. Don't be uncomfortable with my tears. My heart is breaking and the tears are a way of letting out my sadness.

I plan to do something special in memory of my child. Please recognize my need to do this in order to keep our memories alive. My fear is not that I'll forget, but that you will.

Please don't criticize me if I do something that you don't think is normal. I'm a different person now and it may take a long time before this different person reaches an acceptance of my child's death.

As I survive the stages of grief, I will need your patience and support, especially during these holiday times and the "special" days throughout the year.

Thank you for not expecting too much from me this holiday season.

Love, A bereaved parent, Madison, WI



**THE
COMPASSIONATE
FRIENDS, INC.**

Valley Forge, PA Chapter
Rhonda & Frank Gomez
Chapter Leaders
12 Brook Circle
Glenmoore, PA 19343

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**...A bereavement organization
For parents, siblings & 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. ©2007