



# THE COMPASSIONATE FRIENDS

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

## JUNE 2016

### 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 Fellowship 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

**June 2 General Sharing**

**July 7 General Sharing**

**July 10-12 TCF National Conference Scottsdale, AZ**  
See page 3

**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**

#### Chapter Leaders

Rhonda & Frank Gomez  
12 Brook Circle  
Glenmoore, PA 19343  
(484) 919-0820 Chapter cell phone  
email: [sugar@tcfvalleyforge.org](mailto:sugar@tcfvalleyforge.org)

#### Database Record Keeper

Frank Gomez

#### Webmaster

Frank Gomez  
Email: [frank@tcfvalleyforge.org](mailto:frank@tcfvalleyforge.org)

#### Newsletter Editors

Marie & Ken Hofmockel  
340 Allendale Road  
King of Prussia, PA 19406  
(610)337-1907  
email: [kendall.hofmockel@gmail.com](mailto:kendall.hofmockel@gmail.com)

#### Love Gift Acknowledgements

Connie Nolan

#### Treasurer

Emil Nunez

#### Librarian

Carole Bailey

#### Chapter Advisors

Marie & Ken Hofmockel

#### Regional Coordinators

Ann Walsh 717-515-3000  
Bobbi Milne 215-801-2840

#### National Headquarters

P.O. Box 3696  
Oak Brook, IL 60522-3696  
Toll Free: (877)969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
email: [national\\_office@compassionatefriends.org](mailto:national_office@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.

**INSIDE VALLEY FORGE CHAPTER**

**NEW PEOPLE**

**Jennifer Dixon** son, *Graham* (14)  
**Kate Gara Godchild** & nephew, *Colin* (24)  
**Beverly & Joe Rush** daughter, *Kelsey* (20)

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.

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**REFRESHMENTS**

**Marie & Ken Hofmockel** in loving memory of our grandson,  
*Steven Schneibolk* birthday 5/7

**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.

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**LOVE GIFTS**

**Patricia & Marco Giubilato**, in loving memory of our daughter *Robin Giubilato* on her anniversary June 9th.

**Mary Lou Harrison**, How I love you and miss you my son,  
♥*Scott*♥ on his anniversary June 12th.

**Barbara Purtell-Frank**, in loving memory of my son,  
*Michael John Keller-Purtell* on his birthday May 28th.  
Always on my mind, forever in my heart.

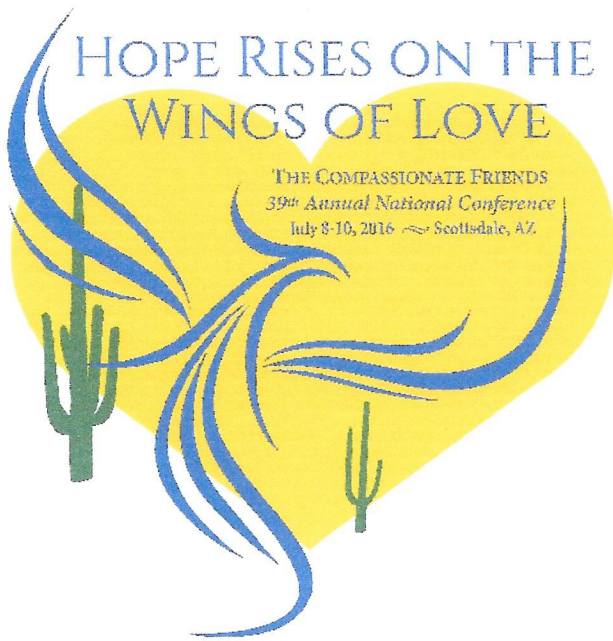
**TO THOSE WHO MOURN**

"Look on each day that comes as a challenge, as a test of courage. The pain will come in waves, some days worse than others, for no apparent reason. Accept the pain. Little by little you will find new strength, new vision, born of the very pain and loneliness which seem, at first, impossible to master."

*Daphne du Maurier*



# The Compassionate Friends National Conference 2016



The Compassionate Friends National Conferences offer much healing to bereaved parents.

Many well known speakers will be addressing the opening and closing sessions., luncheons, banquets, and many workshops on different aspects of grief.

National Conferences offer a Hospitality Room, Reflection Room, Butterfly Boutique, Book Store, and Memory Boards to place a picture of your loved ones, and a candle lighting service.

There will be time for one-on-one sharing with our TCF families.

## **TCF Facebook**

Join 22,000 people who are sharing their grief journey at The Compassionate Friends Facebook page. The page is designed to be informative and supportive. Check out the question or quote of the day. You can find the page by going to TCF's website home page at [www.compassionatefriends.org](http://www.compassionatefriends.org) and clicking on the Facebook icon. Or you can go to Facebook and do a search for "The Compassionate Friends/USA." Join us and contribute to the conversation.

## **RESPONSE FEATURE ON VALLEY FORGE WEBSITE**

The Valley Forge website ([www.tcfvalleyforge.org](http://www.tcfvalleyforge.org)) has a feature for you to leave comments and suggestions that you would like to see in the Chapter Program. Please voice your opinions on how the Chapter is being conducted, and ways we might improve the program. The chapter belongs to all of us, please support it.

**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.**

**JUNE BIRTHDAYS**

**Gary & Phyllis Adler, son *Matthew* 6/15**  
**Emily L. Alm, son *Bryan W. Alm* 6/3**  
**Julie Beasley, son *Aaron* 6/4**  
**Lisa Bellopede, son *Johnny* 6/24**  
**Adam Blasucci, brother *Danny***  
**Lisa Bledy, sister *Danielle Bledy* 6/2**  
**Jeff & Donna Brown, son *Kenneth Bernstiel* 6/2**  
**Maureen Butler, son *Terence* 6/7**  
**Suzanne Carcarey, son *Eddie* 6/22**  
**Becky & Frank Clark, daughter *Lisa* 6/22**  
**Tom & Irene Cornely son *Tom* 6/29**  
**Rose Marie Cote, son *Mark J. Cote* 6/3**  
**Jamie (Germaine) Cote Weaver, brother *Mark Cote* 6/3**  
**Barbara Cotteta, granddaughter *Denise* 6/11**  
**Tina & Mike Cusamano, daughter *Amanda Angelucci* 6/15**  
**Helen Deery, son *Ronald J. Deery, Jr.* 6/2**  
**Susan Dehlinger, daughter *Amy M. Dehlinger* 6/21**  
**Susan Dillman, daughter *Heather Lynne Dillman* 6/4**  
**Shirley & Herb Druker, daughter *Heidi* 6/11**  
**Colleen and Dan Fledderman, daughter *Amy* 6/2**  
**Denise & Edward Frazier, son *Akhir* 6/3**  
**Carolyn & Allen Gephart, son *Joseph Malec* 6/11**  
**Craig & Kathleen Gerland, daughter *Alexis* 6/20**  
**Linda & Steven Gilbert, daughter *Pamela Gilbert* 6/28**  
**Thomas & Anne Glenn, daughter *Lauren Glenn* 6/10**  
**Herb & Karen Grant, son *Shaun* 6/13**  
**Robert & Kathleen Grossi, son *James Michael Grossi* 6/30**  
**Brittany Hackman, brother *Brian* 6/3**  
**Brooke Hackman, son *Brian* 6/3**  
**Ronald J. & Margaret Halas, daughter *Desiree A. Halas* 6/2**  
**Jack & Dee Heil, daughter *Susan Lynn Dina* 6/4**  
**Nancy Lee & Jerry Hess, son *Jerry R.L. Hess* 6/30**  
**Mark & Vicki Hoffman, son *Eric Daniel Hoffman* 6/4**  
**Tammy & Allen Howard, daughter *Brianna Nicole Howard* 6/9**  
**Carl and Dorothy Johnson-Speight, son *Khaaliq Jabbar Johnson* 6/26**  
**Janet & Dave Keller, son *Joseph E. Keller* 6/1**



**JUNE BIRTHDAYS continued**

**Teresa & Bill Lattanze**, son *William Noel Lattanze* 6/10  
**Susan Leonard**, grandson *Nathan* 6/3  
**Greg & Anita Lewicki**, son *Eric Stephen Lewicki* 6/1  
**Stacy Ludy**, granddaughter *Anastasia* 6/14  
**Carl & Josie Malitsky**, daughter *Cynthia Malitsky* 6/27  
**Elaine Marino**, 'daughter in law' *Lisa Marino* 6/1  
**Norine & William McDevitt, Jr.**, son *Sean Francis McDevitt* 6/29  
**Barbara Meisenhelder**, daughter *Renee Meisenhelder* 6/20  
**Kathleen Mitchel**, son *Steven* 6/25  
**John & Mary Ann Murphy**, son *Thomas Patrick Murphy* 6/16  
**George & Estelle Null**, daughter *Kathleen "Kathy" Null* 6/18  
**Thomas & Demetra Patukas**, son *George Thomas Patukas* 6/12  
**Michele Paul**, sister *Desiree Halas* 6/2  
**Kathy & Jim Petrokubi**, son *Andrew* 6/20  
**Tony & Laurene Quercetti**, daughter *Christine L. Quercetti* 6/5  
**Marge Randolph**, son *Doug Fixter* 6/19  
**Ron & Sandy Ruth**, son *Brian David Ruth* 6/15  
**Beth Schad**, son *Gage* 6/5  
**Donna & Eric Schaertl**, son *Jared M. Schaertl* 6/14  
**Suzanne Schoenhut**, son *Joe* 6/29  
**Anna Schwarz**, son *Jerrold Schwarz* 6/11  
**Ann Sherwood**, daughter *Martha Sherwood Fransway* 6/8  
**Matthew Silverman**, sister *Avery Silverman* 6/23  
**Howard & Margorie Silverman**, daughter *Avery Silverman* 6/23  
**Sheila & Jim Smith**, son *Seth Richter* 6/10  
**Karl & Sue Snepp**, son *Dave Snepp* 6/28  
**Carole Solomon**, niece *Avery Silverman* 6/23  
**Philip & Ilene Spector**, neice *Avery Silverman* 6/23  
**Gerard & Jane Thimm**, son *Gary Thimm* 6/18  
**Allan Thomas**, son *Tommy Odins* 6/22  
**Mary Walker**, daughter *Susan* 6/28  
**Alice Weaver**, daughter *Kristen* 6/7  
**Kevin Welde**, brother *John Welde* 6/6  
**Laurie Wyche**, son *Jameson Wyche* 6/27

**JUNE ANNIVERSARIES**

**Chris Aiello**, brother *Louis (Lou)* - 6/16  
**Jim & Michelle Angelini**, son *Danny* - 6/25  
**Shirley & Lex Bono**, son *Greg* - 6/13  
**Robyn Buseman**, daughter *Maya Buseman-Williams* - 6/28  
**Chris Carlton**, brother *Eric* - 6/17

**JUNE ANNIVERSARIES CONTINUED**

Hazel Corbin, daughter *Dayle C Rutledge* - 6/18  
Tom & Irene Cornely, son *Daniel J. Cornely* - 6/24  
Evelyn M. Corrado, son *John A. Corrado* - 6/9  
Alex Crisanti, Jr., son *John Crisanti* - 6/3  
Joanne De Felice, son *Joseph* - 6/27  
Jim & Ruth Fairley, son *David Fairley* - 6/27  
Bill & Karen Flavin, son *Chad Flavin* - 6/18  
Carol Fritz, daughter *Kate Pawlowski* - 6/6  
Marco & Patricia Giubilato, daughter *Robin Giubilato Zarelli* - 6/9  
Joe & Katie Glinski, son *Joey* - 6/21  
Sandra Greenly, son *Michael Greenly* - 6/28  
Kristen Hallman, brother *Joey* - 6/21  
Samuel & Mary Lou Hardman, son *Samuel J.* - 6/28  
Mary Lou Harrison, son *Lance ♥ Scott ♥ Harrison* - 6/12  
Robin Hayman, son *Bradley Hayman* - 6/21  
Jack & Dee Heil, daughter *Susan Lynn Dina* - 6/8  
Gail & Calvert G. Hess, Jr., son *Calvert G. Hess, III* - 6/18  
Jan & Dan Jackson, son *John Jackson* - 6/27  
Lesley Jones, son *Christopher* - 6/10  
Luann Kalamon, son *Adam Michael* - 6/23  
Roxanne Kamilatos, daughter *Dina* - 6/30  
Wendy Kuhn, brother *David* - 6/6  
Teresa & Bill Lattanze, daughter *Jodi Noell Lattanze* - 6/14  
Susan Leonard, grandson *Nathan* - 6/3  
Sharon Mallozzi, son *Anthony* - 6/5  
Betty Manzi, grandson *Ronnie T. Seal, Jr.* - 6/2  
Elaine Marino, granddaughter *Kaitlyn Rose Boyer* - 6/22  
Sue McMaster, cousin *Patty* - 6/16  
Cameron and Sandra Meikle, daughter *Laura* - 6/13  
Kathleen Mitchel, son *Steven* - 6/29  
David & Donna Morrell, son *Matthew Morrell* - 6/27  
John & Mary Ann Murphy, daughter *Maureen Murphy* - 6/11  
son *Brian Michael Murphy* - 6/23  
Ann Murray, son *Jonathan Rapoport* - 6/15  
Bonnie Nimerfroh, son *David* - 6/6  
Maurice & Ruth Onraet, son *Thomas* - 6/29  
Deborah Osting, son *Christopher Daniel Osting* - 6/10  
Sharon Ott, daughter *Amber* - 6/8  
Sam & Palma Panichello, son *Joseph Panichello* - 6/7  
Linda & Andrew Peoples, Jr., son *Brian A. Peoples* - 6/27  
Raymond & Marguerite Posluszny, son *Alex Posluszny* - 6/16



**JUNE ANNIVERSARIES CONTINUED**

- Elise Rice**, husband *James W. Rice, Sr.* 6/27
- Margaret Rodalewicz**, son *Shane Wooley* - 6/12
- Carl Rudegeair**, son *Adam* 6/28
- Lisa and John Russo**, son *Casey* - 6/23
- Barbara Smisko**, daughter *Linda* - 6/30
- Janemarie Smith**, daughter *Beth Jovanovic* - 6/13
- Karen & Alan Stoner**, daughter *Holly Patricia Stoner* - 6/13
- Chris & Larry Teal**, son *Wade Teal* - 6/16
- Allan Frank and Kay Shinnners** , son *Erik Shinnners* - 6/24
- Thomas**, son *Tommy Odins* - 6/22
- Priscilla Thoroughgood**, daughter *Kendra Enochs* - 6/17
- Ann VanLandingham**, son *Eric VanLandingham* - 6/19
- Pat Villante**, daughter *Laura* - 6/16
- Jackie Ward**, grandson *Anthony* - 6/16
- Sandra & Harry Wolfheimer**, daughter *Ann Marie Wolfheimer* - 6/19

**TO MY SON**

A growling Harley in the night  
 Jolts me from my sleep  
 Racing down the blacktop  
 The sound cuts through me like a knife  
 As I am once again reminded  
 You are gone

**Marilyn Toole**, mother of *Ted Toole* (36)  
 TCF Valley Forge Chapter

**YOU ARE ALWAYS WITH ME**

You're here with me inside my heart,  
 You're here inside my mind.  
 You're here with me throughout each day,  
 Forever you'll be mine.  
 Although we aren't together, I close my eyes,  
 And always & forever, feel you in my heart.

Author Unknown

Submitted by **Mary Lou Harrison**  
 mother of *L. Scott Harrison*

**VALLEY OF THE BUTERFLIES**

There is a green, sun-drenched valley -  
 Light with the scent of clover & lilacs -  
 Where the butterflies dance.  
 Leaping and swooping, they reflect colors  
 Of every hue and dimension.  
 There are monarchs and skippers  
 Swallow tails and delicate spring azures.  
 Each dances its unique pattern  
 Of flits, circles and dives.  
 Stretching its fragile wings toward the clouds  
 Or brushing its feet on the succulent grass.

There are no roads, paths or gates  
 To broach the valley's entrance.  
 Yet it is visited often in thoughts and dreams.  
 Every parent who has sent forth a child  
 And vainly waited for their return  
 Comes seeking in the valley of the butterflies  
 And there finds a beautiful spirit,  
 Stretching its wings to the clouds  
 And brushing its feet on the grass,  
 Dancing in Swoops, flits and dives,  
 Drying its dewy wings  
 In the warm sunshine of forever.

Marcia F. Alig - Highstown, NJ, TCF

## SHARED THOUGHTS ON FATHER'S GRIEF

So many men have been brought up with a social conditioning that "Big boys don't cry". Which makes it very difficult for some men to express their emotions of grief.

When our children or siblings die, fathers and brothers feel the same depth of despair and pain as mothers and sisters, but frequently, due to our social conditioning, men can not release their emotions or verbalize their feelings. Often this causes a misunderstanding that men's grief is not as intense.

The lack of openness is often interpreted as having emotions under control. The fact that some men don't discuss their grief on an intimate basis, adds to the image that he is "doing well", therefore, most of the concern for those grieving is focused on the women. How painful this must be when friends and family ask "How is your wife?", rather than, "How are you?", and then add to the insult by saying, "how well you are doing", as if the gut-wrenching pain is any less for them.

The men are often the major provider for the family and are expected to return to work sooner than they are capable of handling it. It is very difficult to concentrate and fulfill the responsibilities of his work position while in the early stages of grief. Grieving is acceptable at the death, but once the funeral is over, many employers and co-workers feel it is time "to get it together". We know the way to get it together is to have a healthy grieving process, and society doesn't permit enough time for healing to take place. We don't expect those who have not experienced the loss to fully understand, therefore, it is our responsibility to help educate those around us as to what our needs are. Men usually discuss sports, hobbies, politics, and work, and find it difficult to express their feelings. Frequently bottling up emotions, can lead to physical complications, working overtime, alcoholism, and marital problems.

Men usually assume the role of the protector. The death of the child can create a sense of failure. Not only did he not prevent the death, but can not prevent the pain the whole family is experiencing. I was one of those women who expected my husband, Ken, to lessen my pain. He had always minimized all my other problems, and it was a blow when he couldn't relieve my anguish, when I needed help so badly. I consider one of my biggest turning points in my grief, was when I realized he had all he could possibly bear with his own burden of grief, and I could not lean on a bent twig, for his wound was as deep as mine.

I have seen some change in men in our TCF sharing meetings in the past 28 years. Men are more open with their grief, they know The Compassionate Friends is a safe haven for expressing true feelings **but most of all they know their feelings are very normal and are allowing themselves to grieve.**

God Bless,

*Marie Hofmockel*, TCF Valley Forge

### LOST GRADUATION

Pomp and Circumstance,  
Speeches,  
Happy faces,  
Proud parents,  
It's just not fair  
Because you're not there.

School song playing,  
Gifts,  
Celebrations,  
Laughing friends,  
We cannot share  
Because you're not there

Mortar boards flying,  
Diplomas,  
Tassels tossed,  
Teachers smiling,  
It's too much to bear  
Because you're not there.

*Sue Snepp*, TCF

Dedicated to the children who graduated only in our hearts



## What Siblings Think About

At a local chapter meeting, the brothers and sisters explored their feeling about a number of issues. Those siblings were kind enough to record their feelings on paper with others

### **I would like my parents to know....**

That I am OK and would like to talk to them about  
my brother or sister whenever they feel like it  
That I hurt too and loved my brother/sister.  
That my love for my sibling will never go away.  
How special my parents are and how proud I am of  
their love.  
It's all right if they want to talk to me. I will listen  
and be sad with them  
That they are not at fault.  
That it's OK to cry together and that I'm there  
for them.  
That I'll never forget my sibling, the good times  
and the hard ones.

### **I would like my father to know....**

It helps to talk.  
That if anything happened to him, I would feel the  
same way.  
He is not alone and I want to laugh and cry with  
him again.  
That his child knew that he loved him/her.  
That it's OK to talk about my brother/sister when  
I am around.  
I do cry, not a lot, but I do cry.

### **I would like my mother to know....**

I love her.  
It's OK to cry and I am there for her to talk to  
That I will always love her.  
She has been my example of giving love.  
That my sibling is at peace with God  
It's OK to talk about the past.  
I cry. I knew my sibling in a different way. I think  
about those times and smile through the tears.

### **I would like my dead brother/sister to know....**

We miss you.  
That I love you and miss you and need you in my life.  
That we are well, sharing all we have, and waiting to  
be with you again.  
It's sad around here, but we remember you.  
That we all love and miss you very, very much

That your life won't be forgotten.

That I try to be like you. I am in many ways.

One thing I'd like to say is that I go into your room  
for the memories.

### **The hardest part of losing my brother/sister is....**

Having such a hole in our family.  
Believing it actually happened and that I'll never see  
or talk to him/her again.  
I will never have a sibling to talk to.  
Not being able to look into your eyes, hug you and  
laugh with you  
That I never told you personally that I loved you - it  
was always assumed.  
Losing my best friend.  
Not having you there to complain at me for the things  
I do.

### **I like to remember my sister/brother by....**

Looking at pictures.  
Thinking of you when you would goof off with  
my children.  
Going to the grave.  
Playing my music loud, singing like you and laughing  
I listen to your favorite albums.  
Talking about him and looking at his truck in the  
driveway.

### **I regret.....**

Nothing  
All the arguments we had and not having the chance  
to say good-bye.  
Fighting with my brother/sister.  
Not hearing your music play and the telephone busy.  
Not sharing enough time with you.  
Not telling you how much I loved you.  
Not yelling at or hugging you one more time.  
Not knowing when you were going to die.  
Hugging you because you were the "big brother/  
sister."  
Not spending time with you.  
Being a massive pest.

**The Sibling Group TCF, Lehigh Valley, PA**

**GOD'S GARDEN**

God looked around his garden  
 And found an empty place.  
 He then looked down upon the earth,  
 And saw your tired face.

He put His arms around you  
 And lifted you to rest.  
 God's garden must be beautiful,  
 He always takes the best.

He knew that you were suffering,  
 He knew that you were in pain.  
 He knew that you would never  
 Get well on earth again.

He saw the road was getting rough  
 And the hills were hard to climb.  
 So He closed your weary eyelids  
 And whispered "Peace be thine."

It broke our hearts to lose you  
 But you did not go alone...  
 For part of us went with you  
 The day God called you home

Author Unknown

Submitted by *Mary Lou Harrison*

**GRADUATION TIME**

It's June and graduation time again. Your child would have been among those wearing the cap and gown, walking down the aisle to the ever stirring "Pomp and Circumstance." Now there will be a vacant spot in the line. Should you attend? Can you stand the pain? Will people think you're strange?

As always, you must follow your heart. So, go if you'd like to; and don't hide your tears. It's quite all right to miss your own child while celebrating the achievements of others.

Just remember that your own instincts are the most important ones - that no one else can make this decision for you and that it doesn't really matter what other people think of you.

It was your child who died. This is your pain, and you have the right to feel it and deal with it in your own way...and may a bit more healing take place in the doing.

*Peggy Gibson*

My child died.  
 I felt my life died, too.  
 I went to a support group  
 And there I met you.

You said my life would  
 Have meaning again.  
 Your words didn't mean much to me.  
 But I watched as you helped others  
 As you listened and gave so tenderly.

You were my symbol of hope  
 That someday life would be worth living.  
 You showed me how to start.  
 That living again begins with giving.

*Marilyn Willett Heavilin*  
 TCF, Redlands, CA



**THE PATHWAY OF TEARS ... TO THE HAPPINESS OF MY MEMORIES**

I walk in turmoil, I walk in peace.  
I walk in loneliness, I walk with love.  
I walk in sadness, I walk in happiness.  
I dwell in the depths of despair, yet soar to the ecstasy of beyond.  
I dwell in the shadows of darkness, yet strive for the light afar.  
I feel the emptiness, the pain, the grief, the heavy grief  
Yet search for the splendor of butterflies and the glory of rainbows.  
I feel trampled and wasted and without cause.  
I feel nothing.  
I feel the love of memories overflowing within me.  
I feel the warmth of his smile, his touch, his kiss, his arms around me, his innocence.  
I remember the hurt, the misunderstanding, the alienation, the darkness, the  
bleakness, the hopelessness, the devastation.  
I remember his love, his caring, the scent of his hair, the touch of his hand, the little  
boy playing in the sun.

And I remember the family I found who understood when no other wanted to understand.  
I remember the guilt, the tears, the anger and hostility, the inability to carry on, to forgive,  
to laugh again.

And I remember the family of Compassionate Friends who allowed that multitude of  
feelings to flow, to surface and to happen, thus finally allowing me to forgive, to live again,  
to smile again, to let happiness override unhappiness.

I thank my Nathan for his lessons of love, for his ability to see the beauty and life, in all  
creatures, great and small.  
I thank that little boy for his warmth, his sunshine, his gentleness, his wisdom, his innocence.  
And I thank The Compassionate Friends for their patience, their understanding, and love,  
their acceptance.

I know that as long as I live I will remember, sometimes I will hurt, I will ache and I  
will weep in remembering.  
Do we ever really let go? I doubt that it is possible to ever let go of that precious part of  
ourselves that has ceased to be. That is how it is - in spite of ourselves, and despite  
anyone else's beliefs.

Remember, remember the happiness of memories.  
Remember the sadness, the tears of memories.  
Remember always our children of the past; they dwell in the present of our hearts forever.  
**AND TRUE LOVE NEVER REALLY ENDS...**

*Karen Hoyland* TCF, Newcastle



**THE  
COMPASSIONATE  
FRIENDS, INC.**

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

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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.

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