

# 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

## June 2023

### Chapter Leader:

Rhonda Gomez  
12 Brook Circle  
Glenmoore PA 19343  
(484) 919-0820 Chapter cell phone

Email: [rhonda@tcfvalleyforge.org](mailto: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](http://www.compassionatefriends.org)

email: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

## Mission Statement

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild and helps others better assist the grieving family.

### Meeting Schedule and other TCF Events of Interest.

Meeting - 7/6/2023

Next Meeting - 8/3/2023

The 46th Annual Conference will be July 7-9 2023 at Denver, Colorado.

We need to cancel next month's meeting on 6/1 due a death in family.



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

## 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

There are no love gifts this month

---

## STRENGTH

In the early of my grief  
A tear would well up in my eyes  
A lump would form in my throat,  
But you would not know - I would hide it.  
For the strong do not cry ...  
And I am strong.

In the middle days of my grief,  
I would look ahead and see that wall  
That I had attempted to go around,  
As an ever-present reminder of a wall yet  
not scaled.  
Yet I did not attempt to scale it,  
for the strong will survive ...  
And I am strong.

In the later days of my grief,  
I learned to climb over that wall  
step by step,  
Remembering, crying, grieving,  
And the tears flowed steadily as I  
painstakingly went  
For the way was long, but I did make it ...  
For I am strong.

Near the resolution of my grief,  
A tear will well up in my eyes,  
A lump will form in my throat  
But I will let that tear fall  
And you will see it.  
Through it you will see that I still hurt  
And I care ..  
For I am strong.

**Terry Jaga,**

TCF, Regina, Canada

-----  
In your gathering of memories, invite  
your courage to remember everything.

**Sasha Wagner**

## 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

Rita Adi - Shai Adi - son - 6/4  
 Shirley & Lex Bono - Greg - son - 6/13  
 Robyn Buseman - Maya Buseman-Williams - daughter - 6/28  
 Chris Carlton - Eric - brother - 6/17  
 Hazel Corbin - Dayle C Rutledge - daughter - 6/18  
 Alex Crisanti - Jr. - John Crisanti - son - 6/3  
 Joanne De Felice - Joseph - son - 6/27  
 Jim & Ruth Fairley - David Fairley - son - 6/27  
 Bill & Karen Flavin - Chad Flavin - son - 6/18  
 Sandra Greenly - Michael Greenly - son - 6/28  
 Kristen Hallman - Joey - brother - 6/21  
 Mary Lou Harrison - Lance 'Scott' Harrison - son - 6/12  
 Robin Hayman - Bradley Hayman - son - 6/21  
 Jack & Dee Heil - Susan Lynn Dina - daughter - 6/8  
 Debbie Helman - Adam - son - 6/28  
 Gail & Calvert G. Hess - Jr. - Calvert G. Hess - III - son - 6/18  
 Craig Horwitz - Kimberly - daughter - 6/11  
 Jan & Dan Jackson - John Jackson - son - 6/27  
 Lesley Jones - Christopher - son - 6/10  
 Roxanne Kamilatos - Dina - daughter - 6/30  
 Joan Kelly - Joan Barbara - daughter - 6/8  
 Shirley Kennedy - Philip C. Kennedy - Philip C. Kennedy - husband - 6/6  
 Wendy Kuhn - David - brother - 6/6  
 Teresa & Bill Lattanze - Jodi Noell Lattanze - daughter - 6/14  
 Susan Leonard - Nathan - grandson - 6/3  
 Andie Lunkenheimer - Brennan - brother - 6/15  
 Sharon Mallozzi - Anthony - son - 6/5  
 Betty Manzi - Ronnie T. Seal - Jr. - grandson - 6/2  
 Elaine Marino - Kaitlyn Rose Boyer - granddaughter - 6/22  
 Sue McMaster - Patty - cousin - 6/16  
 Cameron and Sandra Meikle - Laura - daughter - 6/13  
 David & Donna Morrell - Matthew Morrell - son - 6/27  
 Kathleen Murphy - Steven - son - 6/29  
 John & Mary Ann Murphy - Maureen - daughter - 6/11 - Brian Michael - son - 6/23  
 Ann Murray - Jonathan Rapoport - son - 6/15  
 Bonnie Nimerfroh - David - son - 6/6  
 Maurice & Ruth Onraet - Thomas - son - 6/29  
 Deborah Osting - Christopher Daniel Osting - son - 6/10  
 Sharon Ott - Amber - daughter - 6/8  
 Palma Panichello - Joseph Panichello - son - 6/7

# Anniversaries - Cont'd

Hema & Nita Patel - Neil - son - 6/1  
 Linda & Andrew Peoples Jr. - Brian A. Peoples - son - 6/27  
 Diane Reger - Jeff Morris - son - 6/8  
 Marcella Rice - James W. Rice, Sr. - father - 6/27  
 Carl Rudegear - Adam - son - 6/28  
 Lisa and John Russo - Casey - son - 6/23  
 Frank and Kay Shinnors - Erik Shinnors - son - 6/24  
 Barbara Smisko - Linda - daughter - 6/30  
 Janemarie Smith - Beth Jovanovic - daughter - 6/13  
 Karen & Alan Stoner - Holly Patricia Stoner - daughter - 6/13  
 Chris & Larry Teal - Wade Teal - son - 6/16  
 Allan Thomas - Tommy Odins - son - 6/22  
 Pat Villante - Laura - daughter - 6/16  
 Sandra & Harry Wolfheimer - Ann Marie - daughter - 6/19

---

## SHARED THOUGHTS ON SHOCK & DENIAL

Shock is often our survival after the loss of a child or sibling. Our minds go into a state of numbness that insulates us from the pain of fully facing the death all at once. We have discussed anticipatory grief with long term illness, and most will say even though the physician predicts the loved one to be terminal, the mind will still hold back in accepting the fact that death is inevitable.

It is natural to deny anything that will bring such unbearable pain. We use this cushion to get us through that very early stage of our grief, whether it be sudden or long-term. Our brain tries to take one step at a time.

In retrospect, the numbness that shock brought, insulated and cushioned me enough to survive. The time we stay in shock varies greatly. It can be an aide in our grief, but we can not stay there forever.

We usually move into denial. I found myself stuck here for a while; I just didn't want to face the fact that future plans did not include Doug. I wasn't finished mothering him, and having many other children did not help in the beginning. I had a lot of unfinished love that belonged to Doug alone, and it could not be directed toward another child. I felt very guilty for being so all consumed with grief, and not being able to function for my surviving children.

We aren't ready to move on, so we frequently tell ourselves it is all a bad dream that will go away. We don't want to be a part of anything that says our child is dead. The pain is too great to admit our loss is permanent. We can never approve of the happening, but we eventually have to acknowledge the fact that it did happen, so that we can establish where we are. Once we totally acknowledge the death, we move on to other stages of grief.

No matter how well we have learned the grief stages, we can not rush through them to reach the other side. It is called grief work because of the effort and time it takes. We must lean into the pain. It is so gut-wrenching, and we have all had feelings that we just can't survive it. But it softens, we learn to live and love ourselves again. We regain our ability to feel, look for a tomorrow, and all those good memories that we worried about forgetting are still there. When the healing takes away the gut-wrenching pain, the memories can be pleasant. I wish you could be where I am, without going through where I have been. Peace is there for us, but never comes as soon as we would like it to. Be patient with yourself

**Marie Hofmockel** , TCF Valley Forge

# BIRTHDAYS

Gary & Phyllis Adler - Matthew - son - 6/15  
 Emily L. Alm - Bryan W. Alm - son - 6/3  
 Julie Beasley - Aaron - son - 6/4  
 Lisa Bellopede - Johnny - son - 6/24  
 Bob & Marge Blasucci - Danny - son - 6/8  
 Lisa Bledy - Danielle Bledy - sister - 6/2  
 Walt and Geogianna Bolger - Paul Vangrossi - son - 6/8  
 Jeff & Donna Brown - Kenneth Bernstiel - son - 6/2  
 Suzanne Carcarey - Eddie - son - 6/22  
 Becky & Frank Clark - Lisa - daughter - 6/22  
 Rose Marie Cote - Mark J. Cote - son - 6/3  
 Barbara Cotteta - Denise - granddaughter - 6/11  
 Tina & Mike Cusamano - Amanda Angelucci - daughter - 6/15  
 Carol Dawidziuk - Rachel - daughter - 6/2  
 Helen Deery - Ronald J. Deery, Jr. - son - 6/2  
 Susan Dehlinger - Amy M Dehlinger - daughter - 6/21  
 Shirley & Herb Druker - Heidi - daughter - 6/11  
 Lily Eason - Peter Montijo - son/stepson - 6/1  
 Bridget & David Ellison - Caroline - daughter - 6/2  
 Colleen and Dan Fledderman - Amy - daughter - 6/2  
 Denise & Edward Frazier - Akhir - son - 6/3  
 Diana & Andrew Galliano - Andrew - son - 6/24  
 Carolyn & Allen Gephart - Joseph Malec - son - 6/11  
 Craig & Kathleen Gerland - Alexis - daughter - 6/20  
 Linda & Steven Gilbert - Pamela Gilbert - daughter - 6/28  
 Thomas & Anne Glenn - Lauren Glenn - daughter - 6/10  
 Herb & Karen Grant - Shaun - son - 6/13  
 Robert & Kathleen Grossi - James Michael Grossi - son - 6/30  
 Brittany Hackman - Brian - brother - 6/3  
 B Brooke Hackman - Brian - son - 6/3  
 Ronald J. & Margaret Halas - Desiree A. Halas - daughter - 6/2  
 Jack & Dee Heil - Susan Lynn Dina - daughter - 6/4  
 Nancy Lee & Jerry Hess - Jerry R.L. Hess - son - 6/30  
 Rick & Susan Hilsberg - Amy - daughter - 6/11  
 Mark & Vicki Hoffman - Eric Daniel Hoffman - son - 6/4  
 Tammy & Allen Howard - Brianna Nicole Howard - daughter - 6/9  
 Carl and Dorothy Johnson-Speight - Khaaliq Jabbar Johnson - son - 6/26  
 Janet & Dave Keller - Joseph E. Keller - son - 6/1  
 Mary Pat King - Griffin Scott Gearhart - son - 6/26  
 Teresa & Bill Lattanze - William Noel Lattanze - son - 6/10  
 Susan Leonard - Nathan - grandson - 6/3  
 Greg & Anita Lewicki - Eric Stephen Lewicki - son - 6/1  
 Stacy Ludy - Anastasia - granddaughter - 6/6  
 Florence and Martin Mack - Martin III - son - 6/6  
 Carl & Josie Malitsky - Cynthia Malitsky - daughter - 6/27  
 Elaine Marino - Lisa Marino - 'daughter in law' - 6/1  
 Carol Meehan - William - husband - 6/26



## BIRTHDAYS (con'd)

Barbara Meisenhelder - Renee Meisenhelder - daughter - 6/20  
 Kathleen Murphy - Steven - son - 6/25  
 John & Mary Ann Murphy - Thomas Patrick Murphy - son - 6/16  
 George & Estelle Null - Kathleen Kathy Null - daughter - 6/18  
 Thomas & Demetra Patukas - George Thomas Patukas - son - 6/12  
 Kathy & Jim Petrokubi - Andrew - son - 6/20  
 Tony & Laurene Quercetti - Christine L. Quercetti - daughter - 6/5  
 Marge Randolph - Doug Fixter - son - 6/19  
 Ron & Sandy Ruth - Brian David Ruth - son - 6/15  
 Jackie Savage - Gwen - Granddaughter - 6/25  
 Beth Schad - Gage - son - 6/5  
 Donna & Eric Schaertl - Jared M. Schaertl - son - 6/14  
 Suzanne Schoenhut - Joe - son - 6/29  
 Fietta Sherlock - Jeremy - son - 6/11  
 Paul Shoenberger - Paul John - son - 6/2  
 Howard & Margorie Silverman - Avery Silverman - daughter - 6/23  
 Matthew Silverman - Avery Silverman - sister - 6/23  
 Sheila & Jim Smith - Seth Richter - son - 6/10  
 Philip & Ilene Spector - Avery Silverman - neice - 6/23  
 Gerard & Jane Thimm - Gary Thimm - son - 6/18  
 Allan Thomas - Tommy Odins - son - 6/22  
 Lynn & Tim Tumminello - Natalie - daughter - 6/29  
 Mary Walker - Susan - daughter - 6/28  
 Diana Warner - Will - son - 6/27  
 Alice Weaver - Kristen - daughter - 6/7  
 Jamie (Germaine) Cote Weaver - Mark Cote - brother - 6/3  
 Kevin Welde - John Welde - brother - 6/6  
 Laurie Wyche - Jameson Wyche - son - 6/27

---

### I'M MISSING YOU

I'm missing you -  
 All day, ever day.  
 On a bright summer morning, or  
 When the moon is full.  
 In the golden days of fall,  
 As the storm clouds build and it's snowing  
 When the willows begin to turn green -  
 You are always with me,  
 In my mind and in my heart.  
 My brother, My Good Friend.  
 I'm missing you.

Kris Cunningham , TCF Moro, IL

### AFTER THE STORM COMES THE RAINBOW

Happiness does not depend on what happens  
 outside of you, but rather on what happens  
 inside of you. It is measured by the spirit in  
 which you meet the problems of life.  
 The master secret of happiness is to meet the  
 challenge of each new day in remembering to  
 look for the rainbows as assurance God is  
 with us through the storms of life.

Author Unknown - TCF, Holmdel, NJ

## 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.**

June 2023

NON-PROFIT ORG  
US POSTAGE  
PAID  
SOUTHEASTERN PA  
PERMIT # 635