



THE COMPASSIONATE FRIENDS

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

NOVEMBER 2017

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. For information please call Rhonda at 484-919-0820.

Meeting Schedule and other TCF Events of interest

- Nov 2 General Sharing
- Dec 7 General Sharing
- Dec 10 World Wide Candle Lighting
(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**

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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.

NEW PEOPLE

Susan & Rick Hilseberg - daughter *Amy Hilseberg Clark* 37 years old.

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

Rhonda & Frank Gomez in memory of our son, *Frankie*, on his birthday, Sept 30

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.

LOVE GIFTS

Joyce & Vern Kaiser in loving memory of our son, *Brian Kaiser*, on his 44th birthday.

Always in our prayers, forever in our hearts. Miss and love you always, **Mom & Dad**.

Patricia Patterson, in memory of *Laura Means*, who succumbed to breast cancer one year ago.

Marie Schmeltzer, in memory of my son, *Samuel Schmeltzer* on his anniversary 9/11.

NEWSLETTER BY EMAIL

We are asking if possible , would you please receive your newsletter by email.

We do not want to remove anyone from our newsletter mailing list who is benefiting from receiving it. We hope it is a help to you while going through your grief, giving you better understanding of your feelings, and letting you know **"We need not walk alone"**.

A newsletter helps to keep our TCF family informed of local and national events. We consider this an important function of our program.

We are asking if you have email, would you consider receiving your newsletter in email format. You will receive your copy earlier if you opt to receive it by email. If you chose to use the email method of receiving your newsletter, you will have the option to switch back to the old method. If you wish to receive the newsletter by email please contact: **Frank Gomez fgomez@hybridpoplars.com**

Compassionate Friends 21st World Wide 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 21st 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. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

The Valley Forge Chapter of The Compassionate Friends will hold a candle lighting remembrance service on December 10th at 2 PM at Good Shepherd Lutheran Church in Founders Hall. (same place as our monthly sharing sessions 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.

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 December 7th meeting & December 10th World Wide Candle Lighting Service 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.

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:

NOVEMBER BIRTHDAYS

Gloria Bello, son *Joseph* 11/24
Cindy Brikley, son *Timothy* 11/14
Jackie & Steve Brown, son *Doug Brown* 11/28
Sally Cahill, grandson *Tim* 11/14
Catherine Chan, son *Chanlan Lee* 11/27
Lisa Connolly, daughter *Elyce Pindjak* 11/14
Liliana Couchara, friend *Christian* 11/22
Franklin & Patricia Cox, daughter *Christen Fox*, 11/2
Antoinette & John DiDonato, son *John Jr.* 11/24
JoAnne Forman, son *H. Scott Hartman, Jr.* 11/21
Sharon & Francis Gailey, daughter *Danielle Marie Gailey* 11/7
Angela Giannantonio, son *Anthony* 11/11
Melissa Greco, daughter *Gabrielle* 11/11
Anthony & Carol Iacobucci, son *Anthony Iacobucci* 11/28
Enid M. Irizarry, daughter *Lisette M. Molina* 11/16
Vern & Joyce Kaiser, son *Brian* 11/9
Luann Kalamon, son *Adam Michael* 11/12
Sandi Kensicki, sister *Rose* 11/7
Barbara Kirk, son *Eric* 11/29
John & Eileen Kostic, son *John E.* 11/29
Rhoda & Melvin Kreiner, daughter *Anna Kreiner* 11/19
Joanne & Thomas Lennen, son *Scott C. Lennen* 11/14
Dan Logan, daughter *Joanie* 11/15
Mary & Bob Matcovich, son *Christian* 11/22
Eileen & Chris McKeown, son *Eric* 11/16
Thelma Miller, sister *Geraldine Weiner* 11/4
Joanne Morasco, son *Robert* 11/4
Joan Morefield, son *Robert* 11/25
Anthony & Mary Morrell, son *Andrew Michael Morrell* 11/28
David & Donna Morrell, son *Matthew Morrell* 11/9
Fred & Marilyn Mountjoy, daughter *Marian Mountjoy* 11/11
Betsy Oakes, son *Bruce Schaeffer* 11/19
Carol & Dennis O'Connor, son *Michael O'Connor* 11/21
Patricia Peraino, brother *Anthony* 11/11
Susan Pollock, son *Brendan Rosko* 11/14
daughter *Carol* 11/20
Daune Ring, daughter *Chloe* 11/14
Barbara & Robert Pontician, son *Rob Pontician* 11/28
Roy Redman, daughter *Carol* 11/20

NOVEMBER BIRTHDAYS continued

Lois Robinson, son *Randy* 11/5
 Ilene & Sy Rockower, daughter *Amy Rockower* 11/22
 Andrea Rohloff, son *Jim* 11/14
 Priscilla Shober, son *Gregory Shober* 11/7
 Edie Smith, son *John Seddon "Sed" Wilson* 11/15
 Elaine & Tim Thomas, son *Seth Peterson* 11/21
 Judy Tomarelli, husband *Bert* 11/2
 Marilyn Toole, son *Ted Toole* 11/3
 Jack, Bobbie and Ross Trotter, daughter/sister *Megan* 11/25
 Weldon & Marie Tyson, son *Ronald C. Stewart* 11/12
 Harry & Lynne Urian, son *Mike* 11/14
 Linda Weaver, son *Damon Weaver* 11/21
 Paul & Marcia Woodruff, son *Danny Woodruff* 11/23

NOVEMBER ANNIVERSARIES

Nancy Althouse, daughter *Donna Lee Althouse*—11/4
 Victoria Bayle, husband *Robert D. Bayle II* - 11/9
 Julie Beasley, son *Aaron* - 11/5
 Stephen & Barbara Billings, daughter *Laura Elizabeth Billings* - 11/26
 Jacqueline Bonney, daughter *Genevieve* - 11/5
 Scott & Gail Campbell, daughter *Chelsea* - 11/4/
 Joyce Caperilla, daughter *Jennifer* - 11/22
 Libby Cavallaro, sister *Theresa* -11/19
 Loreta & Ken Cericola, son *Anthony Cericola* - 11/10
 Becky & Frank Clark, daughter *Lisa* - 11/25
 Thomas & Janet Cleary, son *Ryan* - 11/14
 Kathy Concannon, daughter *Tracey* - 11/9
 Anita Conway, son *Daniel* - 11/29
 Lisa & David Dibello, son *Joey* - 11/13
 Julie & Joe Fabrizio, brother *John Russel Bryant* - 11/9
 Rochena & Pat Fatale, son *Mark Longan* - 11/15
 Abigail Figueroa, son *Jose C. Figueroa* - 11/11
 JoAnne Forman, son *H. Scott Hartman, Jr.* - 11/12
 Sharon & Francis Gailey, son *Francis E. Gailey*, - 11/24
 Linda & Steven Gilbert, daughter *Pamela Gilbert* - 11/6
 Laura Giordano, son *Peter* - 11/7
 Elizabeth Haney, son *Christian* - 11/28
 Othell & William Heaney, son *Roger Heaney* - 11/22
 Carl & Catherine Helwig, son *Michael Helwig* - 11/24
 Jacob & Rachel Himmelstein, son *Benjamin Himmelstein* - 11/19

NOVEMBER ANNIVERSARIES CONTINUED

Cynthia Hornyak, daughter *Meredith* - 11/27
Vern & Joyce Kaiser, son *Brian* - 11/2
John & Eileen Kostic, son *John E.* - 11/18
Karen Lapera, son *Michael* - 11/26
Julie Lauderback, son *Donovan Lauderback* - 11/20
Susan & Richard Leoni Cutler, son *Kevin* - 11/6
Ed & Linda Lincul, son *Matthew* - 11/27
Bonnie MacDonald, son *R. Scott Geddes* - 11/28
Jennifer & Michael Magee, sister *Jacqueline Ann Rogers* - 11/7
Pete Mihalek, son *Andy* - 11/21
Alexandra Milas, daughter *Nicole Penelope Wiseley* - 11/5
Thelma Miller, sister *Geraldine Weiner* - 11/13
Pat Miller, son *Nathan* - 11/8
Audrey Morasco, husband *John J. Morasco* - 11/19
Kelly & Hank Murray, son *John Murray* - 11/22
Rose & Mike Orlando, son *Michael* - 11/21
Sheldon & Joan Plam, son *Michael Tobiah Plam* - 11/7
Tony & Laurene Quercetti, daughter *Christine L. Quercetti* - 11/7
Ruth Richardson, grandson *Nicholas Richardson* - 11/14
Gina & Brian Richardson, son *Nicholas Richardson* - 11/14
Skipp & Kathy Robinson, daughter *Carrie Robinson* - 11/16
Mike & Diane Rogers, daughter *Jacqueline Ann Rogers* - 11/7
Donald & Mary Rose, daughter *Marjorie Rose-Cotteta* - 11/24
Priscilla Shober, son *Gregory Shober* - 11/3
Cathy Siciliano, son *Anthony* - 11/24
Barry & Sigrid Snow, son *Kevin Snow* - 11/26
Jen & Alex Soutos, daughter *Alexi* - 11/22
Harry & Merrily Spiess, son *F. Ryan Spiess* - 11/29
Judy Tomarelli, husband *Bert* - 11/18
Esperanza & Libardo Toro, daughter *Maria Eugenia Toro* - 11/3
Steven Tucker, son *Steven II* - 11/1
Lynn & Tim Tumminello, daughter *Natalie* - 11/12
Mary Walker, daughter *Susan* - 11/19
Linda Weaver, daughter *Krista "Binky" Weaver* - 11/4
Bill & Patti Whitehead, daughter *Maria* - 11/1
John & Linda Wilson, son *Sean* - 11/3
Pat Zimmerman, son *Bernard* 11/13

SHARED THOUGHTS ON CELEBRATING THANKSGIVING WHILE GRIEVING

For many of us, fall means the time of year to be in awe of all the beautiful colors of nature, and to give thanks for our many blessings. When our child or sibling dies, our eyes still see nature's beauty, but our hearts are in too much pain to feel, appreciate, or enjoy anything. The Thanksgiving holiday seems almost unacceptable to many newly bereaved. It is very difficult to give thanks, when one of our greatest blessings has been taken from us, and the gut-wrenching pain permeates our very being.

We now know how precious the gift of life is. We are more appreciative of our surviving family, and find the dreaded anticipation of not having our **whole** family together for our traditional Thanksgiving adds to our grief. This is not a time to shelter others from our pain. Being hypocritical gives false messages, and confuses others who want to help us. Friends and extended family members sometimes think they always know what is best for us. Their advice may only be best for them, by easing their pain and pretending you are capable of handling more than you can.

It is important to include immediate family members in your holiday planning. Don't try to read their minds. You are showing respect and acknowledging their pain by getting their input. They, too, have apprehensions of upcoming holidays, and need to have open verbal communication.

If you plan to be with friends or extended family, it may be wise to give advance notice that you may not be able to "keep it together". Ask friends to accept your decision. If you plan to have people in, try to let others help you prepare the dinner. You may want to deviate from traditions. Only you can decide what is best for you. We kept all our traditions, but that may not be best for you. We still had our surviving children at home, and it seemed important to hold to seasonal memories.

Even though it is difficult to count blessings, we need to communicate with our feelings. Family, friends, and relationships are always at the top of our list of things to be thankful for. Next came material things, which now seem so trivial, and not even worth enumerating. "Things" don't belong on the same page anymore. Most of us have learned a new meaning about life. What a waste it would be if we endured all this pain and agony, and did not become a more caring person. We also have a new understanding of the word "Compassion", and have learned to reach out to those who need us.

We should not minimize our pain. It often prevents us from counting our blessings, and that is very normal during our early grief. The intense pain blocks out everything. We should feel no guilt for having normal human reactions. Allow yourself to grieve and cry, it is very healing.

There are no shortcuts to get past our pain. But, it will get softer, and tolerable, and we learn how to handle the holidays. I could not believe this in my fresh grief. I have healed more than I ever thought possible. All memories were so painful. One of the things I am most thankful for, is that I can now remember beautiful times with Doug, without having intense pain. I feel you will also have this blessing one day.

God Bless, *Marie Hofmockel*, TCF Valley Forge

THANKSGIVING

I give thanks, Lord, for Time --

The time I had with Tim, time to grow and learn even when I'm no longer young, and time which will one day reunite me with my child.

Friends --

Those that I've known that time had taken from me, those I cherish now, and those I've yet to meet.

Answered Prayers --

I asked for comfort and strength to face what I must face and you answered me -- maybe not the way I wanted, but you always answered me.

For Family --

And I find my family expanding with each day. I find relatives need not always be family and family need not always be relatives. Love makes families -- not bloodlines.

For the Children --

Those remaining -- mine and everyone else's. And for the ones that remain only in memory.

For Love --

Love that's been given me so freely from hearts that were broken like mine but still could offer me strength and hope.

**For all of you,
I thank God.**

Judy Dickey
TCF, Greenwood, IN

SOMEDAY

To say I understand you,
To even say I know
Of the many aches you carry
And all the tears that flow.

Is to say I, too, have spent awhile
In the land that's known as grief,
And I can still remember
Suffering beyond belief.

It was a strange and foreign place,
That desperate land of pain,
Where no man-made compass
Could lead me out again.

I seemed to ever roam around
Those valleys all alone,
My days became all midnight's
Where the sunshine never shone.

All joy ran together
And hid in some dark hole,
My life's landscape was barren,
Empty, dead and cold.

My future? It was somber.
My past? A dismal shroud.
My present? Sorrow's cottage,
No happiness allowed.

That ever frightening wasteland
Destroyed hope within.
I lost the will to live
Or even to begin.

And then a voice I barely knew
Said, "Child, come take my hand.
Stay close and I will guide you
Thru this quagmire hellish land."

"To a land that sings of color,
More than midnight blue and black,
To a people who need help
In walking the long way back

"Because your heart's been broken,
Compassion floods within,
So you can be my agent
To balm and love and mend."

So to say I understand,
Have even felt and touched such pain,
Doesn't lessen heartache
Or make it right again.

But someday, and I'll bet my life,
You'll see that girl or boy
In wholeness and completion,
God's promised gift of joy.

Carolyn Huffman

MY FIRST FIVE YEARS AS AN ONLY CHILD

I've been without my brother for five years. I guess the hard part is over now. Sometimes I think I've aged thirty years in the past five. In a strange way, these past five years have been the best and worst years of my life. I've accomplished the many things of a typical young adult – learning to drive, graduating from high school, going to college, and starting a career. Every one of my accomplishments have been clouded by the fact that my brother George is not here to share each milestone and is not achieving any more milestones for himself. He was cheated of so many things. He will never graduate, get married, have children, or travel. He will never grow old, and I will never have a brother to grow old with. I'll never have nieces and nephews. The sibling relationship, usually the longest relationship of one's life, has been cut short for us. In these five years, although I've learned to accept that he's not coming back, the difficult part is dealing with it day by day.

My relationship with George ended just when we started to become friends. The childish fights and other annoyances of having a big brother were changed to real conversations and to having an occasional ally. I'm angry about all of the things that we've missed and all of the things that will never be, and I guess I always will be. Five years heals a lot of wounds, but the hurt will always be there, no matter how many years pass. In these past five years, I've been forced to grow up too fast. I've been forced into a new outlook on life. I've felt lonely and alone. I now realize that I will never be the same person as before. That person is locked away and is gone forever. Maybe I'm a better person now because of what I've been through. Five years ago I never thought I'd survive, but I'm still here dealing with it every day. I don't know what the next five years will bring, but at least I've made it this far.

Kristina Steiner
TCF – Staten Island, NY

**Questions/Answers from
Bereaved Siblings**

Why am I so mad at my sister for dying? She left me alone. I know it wasn't her fault, but I feel so guilty for being angry.

At some time everyone is angry at the person who dies. Anger does not mean you loved them less, it means the loss is so great that you want the terrible pain to end.

I have terrible nightmares. Sometimes I dream I am dying. I can't tell anyone because they will think I am crazy. Am I?

Some grieving people experience intense dreams. Dreams serve as a healthy outlet for the intense feelings during the day. As time goes on and you deal with your feelings, your dreams will become less frightening.

Suddenly my parents expect me to parent them. I just can't handle it.

This is truly one of the most unfair positions your grief puts you in. Try to share these feelings with your parents. Hopefully you will be better able to understand one another.

*This Healing Journey
An Anthology for
Bereaved Siblings*

**Cry when you want to:
Laugh when you can.**

HELP FOR THE HOLIDAYS

YOU ARE NOT ALONE

Holidays are often difficult for anyone who has experienced the death of someone loved. Rather than times of family togetherness, sharing and thanksgiving, holidays can bring feelings of sadness, loss and emptiness.

LOVE DOES NOT END WITH DEATH

Since love does not end with death, holidays may result in a renewed sense of personal grief – a feeling of loss unlike that experienced in the routine of daily living. Society encourages you to join in the holiday spirit, but all around you the sounds, sights and smells trigger memories of the one you love who has died.

No simple guidelines exist that will take away the hurt you are feeling. We hope, however, the following suggestions will help you better cope with your grief during this joyful, yet painful, time of the year. As you read through this, remember that by being tolerant and compassionate with yourself, you will continue to heal in your personal grief experience.

TALK ABOUT YOUR GRIEF

During the holiday season, don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away and talking about it openly often makes you feel better. Find caring friends and relatives who will listen – without judging you. They will help make you feel understood.

ELIMINATE UNNECESSARY STRESS

You may already feel stressed so don't over-extend yourself. Avoid isolating yourself, but be sure to recognize the need to have special time for yourself. Realize also that merely "keeping busy" won't distract you from your grief. Experience suggests that it only increases stress and postpones the need to talk out thoughts and feelings related to your grief.

BE WITH SUPPORTIVE, COMFORTING PEOPLE

Identify those friends and relatives who understand that the holiday season can increase your sense of loss and who will allow you to talk openly about your feelings. Find those persons who encourage you to be yourself and accept your feelings both happy and sad.

MENTION THE NAME OF THE PERSON WHO HAD DIED

Include the person's name in your holiday conversation. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part of your life.

DO WHAT IS RIGHT FOR YOU DURING THE HOLIDAYS

Well-meaning friends and family often try to prescribe what is good for you during the holidays. Instead of going along with their plans, focus on what you personally want to do. Discuss your wishes with a caring, trusted friend. Talking about these wishes will help you to clarify what it is you want to do during the holidays. As you become aware of your needs, share them with your friends and family.

(continued on page 11)

BE TOLERANT OF YOUR PHYSICAL OR PSYCHOLOGICAL LIMITS

Feelings of loss will probably leave you fatigued. Your low energy level may naturally slow you down. Respect what your body and mind are telling you and lower your own expectations about being at your peak during the holiday season.

EXPRESS YOUR FAITH

During the holidays, you may find a renewed sense of faith or discover a new set of beliefs. Associate with people who understand and respect your need to talk about these beliefs. If your faith is important, you may want to attend a holiday service or special religious ceremony.

EMBRACE YOUR TREASURE OF MEMORIES

Memories are one of the legacies that exit after the death of someone loved. And holidays always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories are tinged with both happiness and sadness. If your memories bring laughter, smile. If your memories bring sadness, then it's all right to cry. Memories that were made in love – no one can ever take them away from you.

RENEW YOUR RESOURCES FOR LIVING

Spend time thinking about the meaning and purpose of your life. The death of one loved creates opportunities for taking inventory of your life – past, present and future. The combination of a holiday and a loss naturally results in looking inward and assessing your individual situation. Make the best use of this time to define the positive things in life that surround you.

PLAN AHEAD FOR FAMILY GATHERINGS

Decide the family traditions you want to continue and the new ones you would like to begin following the death of someone loved. Structure your holiday time. This will help you anticipate activities, rather than just reacting to whatever happens. Getting caught off guard can create feelings of panic, fear and anxiety during a time of the year when your feelings of grief are already heightened. As you make your plans, however, leave room to change them if you feel it is appropriate.

AS YOU APPROACH THE HOLIDAYS, REMEMBER: GRIEF IS BOTH A NECESSITY AND A PRIVILEGE

It comes as a result of giving and receiving love. Don't let anyone take your grief away. Love yourself. Be patient with yourself. And allow yourself to be surrounded by loving and caring people

Dr. Alan Wolfelt



THE COMPASSIONATE FRIENDS, INC.

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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