

THE COMPASSIONATE FRIENDS

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

Inside Valley Forge

Meetings are on the first Thursday of every month, at 7:45 PM (ending at 9:30 PM). We meet at Good Shepherd Lutheran Church, Founders Hall, Valley Forge Road and Henderson Rds., King of Prussia, PA.

For info call Rhonda (484) 919-0820

Meeting Schedule and other TCF Events of Interest.

Meeting - 11/3/2022

Next Meeting - 12/1/2022

Reminder — The Candle Lighting Service will be December 11, 2022 at 2 PM. This is a remembrance service for our children, grandchildren, and siblings.



November 2022

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We encourage newsletter writings from our members. You may also submit articles written by others. Please include the author of all articles submitted. The cut off date for newsletter entries is the 15th of the preceding month. Articles should be sent to the newsletter editor.

There are no dues or fees to belong to the Compassionate Friends, or to receive our newsletter. Your tax deductible donations (which we call love gifts) given in memory of your loved one enables us to defray the cost of the chapter expenses, particularly the newsletter, meetings and our outreach to the newly bereaved. Please include any special tribute you wish printed in the newsletter along with your gift.

Please make all checks Payable to:
TCF VALLEY FORGE CHAPTER
Send to Rhonda Gomez

Mission Statement

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

NEW FRIENDS

We welcome our newly bereaved friends, sorry for the cause that brings you. We all have been in the depths of despair, and offer unconditional love and understanding to all of you, it sometimes takes several meetings to feel the full benefit of group sharing. We offer confidentiality, unconditional love and understanding to all of you.

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.

Frank & Rhonda Gomez in memory of their son, Frankie's birthday

LOVE GIFTS

Thomas and Joanne Lennen, Happy Birthday for Scott Lennen, always in our thoughts, forever in our hearts. We love you! Mom & Dad

Susan Utain - In Memory to J.Alex Szweda

The Compassionate Friends N E Philadelphia Chapter in honor of Ken and Marie Hofmockel. They were chapter leaders an regional coordinators.

Grief never ends... but it changes. It's a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith... It is the price of LOVE!

Author Unknown

Sent in by Mary Lou Harrison, TCF Valley Forge

We wish all of you a very meaningful Thanksgiving. May the love and fond memories of your loved ones help you on your journey of grief.

The Valley Forge Chapter of The Compassionate Friends will hold a candle lighting remembrance service on December 11th at 2 PM at Good Shepherd Lutheran Church in the Fellowship 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 every one, including those who do not drive at night. We also urge you to light a candle in your home at 7 PM. 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.

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

Victoria Bayle - Robert D Bayle II - husband - 11/9
 Julie Beasley - Aaron - son - 11/5
 Stephen & Barbara Billings - Laura Elizabeth Billings - daughter - 11/26
 Barbie Blake - Chad Blake - son - 11/19
 Jacqueline Bonney - Genevieve - daughter - 11/5
 Scott & Gail Campbell - Chelsea - daughter - 11/4
 Joyce Caperilla - Jennifer - daughter - 11/22
 Libby Cavallaro - Theresa - sister - 11/19
 Loreta & Ken Cericola - Anthony Cericola - son - 11/10
 Becky & Frank Clark - Lisa - daughter - 11/25
 Kathy Concannon - Tracey - daughter - 11/9
 Joe & Germaine DePiano - Luke - son - 11/10
 Lisa & David Dibello - Joey - son - 11/13
 Rochena & Pat Fatale - Mark Longan - son - 11/15
 Abigail Figueroa - Jose C Figueroa - son - 11/11
 JoAnne Forman - H. Scott Hartman - Jr. - son - 11/12
 Sharon & Francis Gailey - Francis E. Gailey III - son - 11/24
 Linda & Steven Gilbert - Pamela Gilbert - daughter - 11/6
 Paul Hagerty III - Paul - son - 11/11
 Elizabeth Haney - Christian - son - 11/28
 Othell & William Heaney - Roger Heaney - son - 11/22
 Carl & Catherine Helwig - Michael Helwig - son - 11/24
 Jacob & Rachel Himmelstein - Benjamin Himmelstein - son - 11/19
 Cynthia Hornyak - Meredith - daughter - 11/27
 Hazel Hurley - Michael - son - 11/10
 Vern & Joyce Kaiser - Brian - son - 11/2
 Elida Kauffman - Daniel - son - 11/26
 Joan Kelly - Bruce T. - grandson - 11/28
 John & Eileen Kostic - John E - son - 11/18
 Karen Lopera - Michael - son - 11/26
 Julie Lauderback - Donovan Lauderback - son - 11/20
 Marlene & Jerry Lener - Daniel - - 11/16
 Susan & Richard - Leoni/Cutler - Kevin - son - 11/6
 Ed & Linda Lincul - Matthew - son - 11/27
 Bonnie MacDonald - Scott Geddes - son - 11/28
 Jennifer & Michael Magee - Jacqueline Ann Rogers - sister - 11/7
 Pete Mihalek - Andy - son - 11/21
 Alexandra Milas - Nicole Penelope Wiseley - daughter - 11/5
 Audrey Morasco - John J. Morasco - husband - 11/19
 Kelly & Hank Murray - John Murray - son - 11/22

Anniversaries - Cont'd

Sheldon & Joan Plam - Michael Tobiah Plam - son - 11/7
 Robert Pontician - Barbara - wife - 11/28
 Tony & Laurene Quercetti - Christine L. Quercetti - daughter - 11/7
 Marcella Rice - E'loise - sister - 11/28
 Gina & Brian Richardson - Nicholas Richardson - son - 11/14
 Ruth Richardson - Nicholas Richardson - grandson - 11/14
 Mike & Diane Rogers - Jacqueline Ann Rogers - daughter - 11/7
 Mary Rose - Marjorie Rose-Cotteta - daughter - 11/24
 Cathy Siciliano - Anthony - son - 11/24
 Robert & Sigrid Snow - Kevin Snow - son - 11/26
 Jen & Alex Soutos - Alexi - daughter - 11/22
 Harry & Merrily Spiess - F. Ryan Spiess - son - 11/29
 Lynn & Tim Tumminello - Natalie - daughter - 11/1
 Judy omarelli - Bert - Husband - 11/18
 Esperanza & Libardo Toro - Maria Eugenia Toro - daughter - 11/3
 Steven Tucker - Steven II - son - 11/1
 Mary Walker - Susan - daughter - 11/19
 Bill & Patti Whitehead - Maria - daughter - 11/1

Tears don't erase all the hurt,
 Tears don't bring the dead to life,
 But tears do help to ease the pain.

Phillip W. Williams

WHERE DOES THE SISTER COME IN?

My brother was killed.
 He was murdered for no reason at all.
 My pain is so sharp, so close.
 But THEY think I shouldn't
 be suffering as much...
 As much as his wife,
 who grieves for her love and her future.
 As much as his son,
 who will never know his daddy.
 As much as his parents,
 who have lost their only son,
 their first born, their child.
 I have lost -- my closest friend; the man I
 admired most in my world; the person I spent most of
 my free time with -- only for the company; the person
 I played Yahtzee with until 2:00 a.m., knowing I'd
 beat him soon; the boy I grew up with and followed
 around constantly; the love that only a brother and
 sister can know; the respect he had for me; the talks
 and the personal jokes.
 I have lost my brother.
 It hurts just as much. **Bridgette Huard**

TO MY BROTHER

Wherever we look,
 You are there.
 You are the light
 On the water.
 You are the blossom
 On the tree.
 You are a thought,
 And you are a feeling.
 Wherever we are,
 You are.
Martha Dubinsky,
 Chappaqua, NY

You are the music in my soul and
 You are with me any time, all the
 time, no matter what the season.

Late Darcie Sims,

From the Autumn 2022

WE NEED NOT WALK ALONE MAGAZINE

BIRTHDAYS

Gloria Bello - son - Joseph - 11/24
 Marbeth Blocklinger - grandson - Bryan Jr - 11/4
 Cindy Brickley—son - Timothy - 11/14
 Jackie & Steve Brown - son - Doug Brown - 11/28
 Sally Cahill - grandson -Tim - 11/14
 Terry & Sam Capizzi - son - Sammy - 11/21
 Liliana Couchara - friend - Christian - 11/22
 Franklin & Patricia Cox - daughter - Christen Fox - 11/2
 Dawn Dellabarba - son - Brett - 11/9
 Antoinette & John DiDonato - son - John Jr - 11/24
 Renee & Walter Eells - son - Patrick - 11/22
 JoAnne Forman - son - H. Scott Hartman, Jr. - 11/21
 Sharon & Francis Gailey - daughter - Danielle Marie Gailey - 11/7
 Angela Giannantonio - son - Anthony - 11/11
 Diane Goldberg - nephew - Sammy - 11/21
 Charlotte and Michael Gormish - brother - Douglas Moyer - 11/9
 Tracey Hawley - son - Sean—11/2
 Enid M. Irizarry - daughter - Lisette M. Molina - 11/16
 Tash Jackson - brother - Peter Simmons Jr - 11/20
 Vern & Joyce Kaiser - son - Brian - 11/9
 Joan Kelly - grandson - Bruce T.—11/14
 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
 Tracy Lukens - son - Bryan Jr -11/4
 Mary & Bob Matcovich - son - Christian - 11/22
 Eileen & Chris McKeown - son - Eric - 11/16
 Joanne Morasco - son - Robert - 11/4
 David & Donna Morrell - son - Matthew Morrell - 11/9
 Fred & Marilyn Mountjoy - daughter - Marian Mountjoy - 11/11
 Carol & Dennis O'Connor - son - Michael O'Connor - 11/21
 Hema & Nita Patel - son - Neil - 11/12
 Chet, Hema and Nita Patel - son - Neil - 11/12
 Patricia Peraino - brother - Anthony - 11/11
 Robert Pontician - son - Rob Pontician - 11/28
 Roy Redman - daughter - Carol - 11/20
 Debbie Repas - daughter - Stacy Lynn - 11/26
 Daune Ring - daughter - Chloe - 11/14
 Ilene & Sy Rockower - daughter - Amy Rockower - 11/22
 Edie Smith - son - John Seddon "Sed" Wilson - 11/15
 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



Birthday's — continued

Harry & Lynne Urian - son - Mike - 11/14

Paul & Marcia Woodruff - son - Danny Woodruff - 11/23

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 advise 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 up coming 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.

Marie Hofmockel , TCF Valley Forge

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

THANKSGIVING

I give thanks, Lord, for Time --

The time I had with Tim, time to grow and I
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

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
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Glenmoore PA 19343



**The
Compassionate
Friends Inc.**

November 2022

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