

THE COMPASSIONATE FRIENDS, INC.

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

October 2009

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 at Valley Forge and Henderson RDs, King of Prussia, PA. Phone on meeting evenings only is 610-265-0733. All other times please call Ann or Rhonda at 484-919-0820.

Meeting Schedule

Please Mark Your Calendar

- Oct 1** **General Sharing**
- Oct 10** **Saturday, 12:30PM Fall Luncheon**
 With guest speaker Alan Pederson
 (see page 3)
- Nov 5** **General Sharing & Death by Suicide**

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 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.**

**PLEASE MAKE ALL CHECKS PAYABLE TO:
TCF VALLEY FORGE CHAPTER
SEND TO: RECORD KEEPER, FRANK GOMEZ
PLEASE SEND ALL OTHER CHAPTER MAIL
TO CHAPTER CO-LEADERS
ANN MURRAY or RHONDA GOMEZ**



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NEW FRIENDS

Janine Johnston, daughter *Ashley Sankus* (23)

Hazel Corbin, daughter *Dayle C. Rutledge* (46)

Mary MacFarland, son *Marc* (29)

Leslie Brown, son *Scott* (36)

We welcome our newly bereaved friends. We are sorry for the cause that brings you. We offer confidentiality, unconditional love, compassion and understanding to all of you.

SEPTEMBER REFRESHMENTS

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

Anyone wishing to donate refreshments (cheese & crackers, fruit, cakes, cookies, etc.) in memory of loved ones, please call **Ann Rapoport or Rhonda Gomez (484)919-0820**, or you may sign the refreshment chart located on the refreshment table. Beverages are provided by the chapter.

LOVE GIFTS

Marie & Ken Hofmockel, in loving memory of our grandson, *Steven Schneibolk*. Thanks for sharing all those fun vacations with us.

Brad Ingerman, in loving memory of my son *Justin Ingerman* (24)

Elise Rice, in memory of my husband *James Rice* on the anniversary of his death and for Father's day.

Joy Conard Settles, in loving memory of my son *R. Gary Korn* on his birthday Oct 5.

Karl & Sue Snepp, in loving memory of *Sue McClenachan* who died on July 27.

Marie & Ken Hofmockel, in loving memory of *Sue McClenachan*, and in honor of her many years of devotion to the Valley Forge Chapter of The Compassionate Friends.

Rose Yanni, in memory of my wonderful nephew, *David Yanni* on the anniversary of his 46th birthday. He is always loved and remembered for the joy he brought to us.

Acme Rebate Program

Thanks to all those who have been supporting this program.

Please forward register receipts to Marie & Ken Hofmockel (see address on page 1).

NEWSLETTER BY EMAIL

The newsletter is available by email to those who wish to receive it in this form. You will receive the newsletter earlier if you opt to receive the newsletter by email. If you chose to use the email method of receiving your newsletter, and later decide you want to receive it by postal service, 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

THE COMPASSIONATE FRIENDS VALLEY FORGE CHAPTER

FALL LUNCHEON (\$10.00 per person)

OCTOBER 10TH (SATURDAY) 12:30PM

Good Shepherd Lutheran Church, Valley Forge & Henderson Roads, King of Prussia, PA

GUEST SPEAKER - ALAN PEDERSEN

Alan Pedersen has been performing for more than 25 years. An accomplished singer and award winning songwriter, he spent several years writing and recording music in Nashville, Tennessee. Alan has had several songs recorded by other artists.

His writing has not been limited to music, he has written commercials, radio news copy, and collaborations for television shows and other comedy projects. His performing credits are numerous as well. Alan has worked as an actor, stand-up comedian, keynote speaker/emcee, and in radio as a network news and sports reporter for Westwood One Communications.

Currently living in Englewood, Colorado, Alan is the father of four boys and an angel. In August of 2001 Alan's life took a tragic turn, his 18-year-old and only daughter Ashley was killed in an automobile accident. This tragedy would take his life in a direction he never imagined. Struggling for months to find answers and trying to cope with tremendous pain and anger, he entered a grief program in Denver, Colorado and began attending monthly meetings of a support organization (The Compassionate Friends.)

Alan credits these organizations with saving his life and inspiring him to honor his daughter's life by helping others. In July of 2003, Alan released a CD of songs he had written about his walk through the valley of grief, titled Ashley's Songbook. In 2006, he released a follow up CD titled "A Little Farther Down The Road." Alan now helps others by sharing his story of faith and hope. His message is simple; grief and loss offer the opportunity for ordinary people to accomplish extraordinary things. He believes that healing begins when we once again give of ourselves by helping others.

Alan speaks and plays his music for churches and grief organizations around the country. In 2008 Alan released his third CD of original music about the journey bereaved families must walk.

Alan has performed at National Conferences for The Compassionate Friends, Bereaved Parents of the USA, and the World Gathering on Bereavement. Alan will travel and speak to chapters of TCF, BP-USA, and other grief organizations dedicated to helping families grieving the loss of a child.. See his website: www.everashleymusic.com

You do not need to be a member of the TCF Valley Forge Chapter to attend. For further information contact: Ann Murray email: ann@tcfvalleyforge.org or (484) 919-0820 cell phone or Rhonda Gomez email: sugar@tcfvalleyforge.org or (484) 919-0820 cell phone

Please return the lower part of this page to Rhonda Gomez, 12 Brook Circle, Glenmoore, PA 19343. The cost of the luncheon is \$10.00 per person. Sorry we cannot accept credit cards.

Name: _____ Number of persons attending: _____

Phone # _____

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: **Additions or corrections to this list should be given to the editors, Marie & Ken Hofmockel.**

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.

OCTOBER ANNIVERSERIES

Mr. & Mrs. Blosky, son *Kevin* - 10/4
William & Charlotte Bodulich, son *William W. Bodulich* - 10/15
Stacey & Robert Carter, daughter *Brianne Carter* - 10/18
Pattie Cook, sister *Jacqueline Raimondi* - 10/27
Ron & Laia Dans, son *Peter Cannon* - 10/22
Virginia Di Fronzo, daughter *Sis* - 10/4
Joseph & Patsy Dooley, son *Peter J. Dooley* - 10/1
Marie D'Orazio-D'Pietro, daughter *Carla D'Orazio* - 10/23
Shirley & Herb Druker, daughter *Heidi* - 10/25
Jim and Patty Duffy, son *Michael Duffy* - 10/28
Thomas & Anne Glenn, daughter *Lauren Glenn* - 10/15
Charlotte and Michael Gormish, brother *Douglas Moyer* - 10/19
Carol Graber, son *Bobby* - 10/28
Cathy Grosshanten, son *Gary* - 10/18
Thomas & Virginia Hoesch, son *William E. "Buddy" Hoesch* - 10/7
Marie & Ken Hofmockel, grandson *Steven Schneibolk* - 10/2
Jean Jones, grandson *Bobby* - 10/28
Margaret & Edward Kiefski, Sr., son *Edward Kiefski, Jr.* - 10/25
Jo Makowski, sister *Pamela Makowski Goresh* - 10/14
Jacqueline McDonald, daughter *Jacqueline Raimondi* - 10/27
Christine Miraglia, son *Ralph Miraglia* - 10/3
Fred & Marilyn Mountjoy, daughter *Barilyn Mountjoy* - 10/3
John B. & Lillian Neff, son *Patrick Neff* - 10/17
Betty Jane Peters- Neilson, son *Glenn R. Peters* - 10/4
son *Martin A Peters* - 10/22
Gary & Patricia Otto, son *Benjamin Otto* - 10/17
Joan Palumbo, son *Michael* - 10/13
Barbara Pearl, son *Jason Seth Pearl* - 10/16
Robert Pickle, daughter *Cynthia Pickle* - 10/12
Robert & Barbara Pontician, son *Rob Pontician* - 10/28
Ann Gill Price, son *Douglas Gill* - 10/5
Barbara Purtell-Frank, son *Michael John Keller Purtell* - 10/29
Marge Randolph, son *Doug Fixter* - 10/12
Ginger & Merle Renner, daughter *Deanna Dawn Renner* - 10/22
Robert & Nancy Ricciardi, daughter *Jessica Lee Ricciardi* - 10/7
Ilene & Sy Rockower, daughter *Amy Rockower* - 10/17

OCTOBER ANNIVERSARIES continued

Thelma Rosen, brother *David Beeler* - 10/31
Barbara Rossman, daughter *Kickole Lyn* - 10/12
Ron & Sandy Ruth, son *Brian David Ruth* - 10/21
Shirley Sabantini, daughter *Phyllis Ledden* - 10/7
Carol Sannella, husband *Robert J. Sannella* - 10/21
Joan Santillo, daughter *Cathy Gambone* - 10/8
Pamela Schneibolk, son *Steven* - 10/2
Phyllis Sisenwine, daughter *Jill* - 10/9
Ruth Thomas, son *David George Thomas* - 10/28
Barbara Torrens, brother *Robert Birmele* - 10/21
Weldon & Marie Tyson, daughter *Lisa M. Tyson* - 10/26
Henry & Elizabeth Weaver, grandson *Donald Smith, Jr.* - 10/16
Jackie Wesley, daughter *Teresa Ellen Wesley Hough* - 10/2
Theresa Wigand, daughter *Dawn* - 10/18
Paul & Marcia Woodruff, son *Danny Woodruff* - 10/29

OCTOBER BIRTHDAYS

Maryellen & Dick Abell, son *Brian Abell* 10/14
Lillian Aquilante, son *Nicholas* 10/30
Carole & Henry Bailey, son *Matthew J. Bailey* 10/6
Victoria Bayle, son *Bobby D Bayle III* 10/5
Nina Bernstein, son *Andrew Voluck* 10/12
Barbara Brooks, son *Jeb* 10/2
Martha & Albert Caesar, son *Daniel Mark Caesar* 10/18
Diana Clark, grandson *Alexander* 10/16
Irene Collins, son *Artie Zeigler* 10/27
Carole and Kevin Creighton, son *Ryan Kent Creighton* 10/7
Virginia Di Fronzo, daughter *Sis* 10/7
Harold & Marcia Epstein, grandson *Andrew Voluck* 10/12
John Every, sister *Catherine* 10/4
Barbara Frederick, son *Michael J. Frederick* 10/26
Gwen & Walt Gearhart, grandson *Jamie Rogers* 10/29
Laura Gentry, daughter *Emily* 10/9
Rita & Thomas Gibbons, daughter *Patricia Gibbons* 10/26
Virginia Hagen, son *Matthew D. Hagen* 10/20
Joanne Haley, son/brother *Douglas Haley* 10/4
Yvonne Heatley, brother *Brian J. O'Rourke* 10/27
Carl & Catherine Helwig, son *Michael Helwig* 10/9
Lynn Kivlen, son *Brien Kivlen* 10/12
Barb & Larry Lauchle, son *Gray* 10/23
Maryann Lockyer, son *Keith* 10/23

OCTOBER BIRTHDAYS — continued

Maureen Lok, daughter *Jessica* 10/24
Jennifer & Michael Magee, sister *Jacqueline Ann Rogers* 10/3
James & Mary Beth Mattiford, son *Scott Mattiford* 10/15
Mark & Kathryn McNally, daughter *Beth Ann McNally* 10/1
Alexandra Milas, sister *Demitra Vallianos* 10/16
Fred & Marilyn Mountjoy, daughter *Barilyn Mountjoy* 10/3
daughter *Maralin Mountjoy* 10/3
Peggy O'Brien, son *Rick O'Brien* 10/4
Kevin O'Rourke, brother *Brian J. O'Rourke* 10/27
Melanie O'Rourke, brother *Brian J. O'Rourke* 10/27
John & Therese O'Rourke, son *Brian J. O'Rourke* 10/27
Deborah Osting, son *Christopher Osting* 10/24
Stephanie Phelan, brother *Brian J. O'Rourke* 10/27
Roy Redman, daughter *Linda Inez Redman* 10/22
Thomas & Jeri Reinert, son *Thomas Reinert, Jr.* 10/21
Ginger & Merle Renner, daughter *Deanna Dawn Renner* 10/11
Carol Robinson, son *Jim Kearney* 10/4
Skipp & Kathy Robinson, daughter *Carrie Robinson* 10/28
Mike & Diane Rogers, daughter *Jacqueline Ann Rogers* 10/3
Donna Rogers, son *Jamie Rogers* 10/29
Sandra & John Salemmo, son *John C. Salemmo, Jr.* 10/21
Susan Schofield, daughter *Kim* 10/14
Joy Conard Settles, son *R. Gary Korn* 10/5
Dorothy Shepherd, son *Keith* 10/5
Robert & Nell Shoemaker, daughter *Brynn Shoemaker* 10/5
Aileen Snader, son *Scott R Snader* 10/2
Betsy Townsend, daughter *Wendy Townsend Besche* 10/25
Cara Tripodi, brother *Christopher Tripodi* 10/7
Janice Vanderslice, son *Gregory Vanderslice* 10/4
Sandra & Harry Wolfheimer, daughter *Ann Marie Wolfheimer* 10/10
Rose Yanni, nephew *David Yanni* 10/26
Frank & Dolores Yanni, son *David Yanni* 10/26
Florence & Dick Yeager, son *Jason Allen Yeager* 10/4
Dave Ziv, son *Kenneth Ziv* 10/10

PAIN

Never let there be a time when I cannot feel the pain,
When hurt and sadness are blocked out and only numbness reigns.
At least with pain I am alive, but numbness will destroy,
For if I cannot feel the pain, then I cannot feel the joy.

Joanetta Hendel, TCF Greater Indianapolis, IN

SHARED THOUGHTS ON SETTING YOUR OWN PACE FOR GRIEVING

When we are in our early stages of grief, it can be a relief to see the summer's flurry of activities end. Picnics, family vacations, gatherings with happy children that once were such special times, can bring additional agony after the loss of a child or sibling. Watching other families, who have not lost one of its members, can cause us to fantasize, what could have been for us.

When we feel so all encompassed with grief, it is hard to imagine that we can one day enjoy life again. Our life seems so irrevocably changed. When we first begin our journey of grief, and pain permeates every part of our being, the road appears so dark and endless. We so desperately need someone to appreciate what we are experiencing and to understand we have been immobilized by our loss. It is normal for those around us, who have not experienced such a loss to want us to "snap back" to our old self. What they cannot appreciate is that all of our reactions are normal. Our fast paced society does not allow us proper time for grieving. It is healthy to cry, and talk about the deceased. It isn't time alone that heals; it is primarily the grief work. And we can only have a healthy, healing grief process when we move at our own pace. Some need to spend more time than others on particular aspects of grief. The age of the deceased, the relationship you had with them, the cause of death and a long list of circumstances can create varying intensity of pain in different areas of grief. Each person in grief has to make their own path. We all hurt to the depth of our capacity, but each path to recovery is unique. It is very helpful to have someone who is non-judgmental with whom we can express our concerns. Putting our thoughts into words can bring healing.

It takes all the strength we can muster up to get our lives back together again. In our early stages of grief we cannot fathom ever leading a full life, laughing, being productive, or being a functional human being again. It is normal to feel our life is over. As we progress in our grief, and much healing has taken place, it is also normal for the intensity of our emotions to lessen, even though our grief may be a lifelong process. We learn to live without our loved one being physically among us. That does not mean our loved one is not with us in our memory. The memories will always be a part of our being. We will always be the same to each other. Our love does not diminish as our grieving progresses, we remember the good times and put away the thoughts of "I wish I had", or "I should have". The pain softens and our memories are our most prized possession.

It takes a lot of mountain climbing to reach the valley in grief. It cannot be rushed; no one can do it for us.

I hope all the brilliant colors of fall can form a rainbow for you, and give you hope.

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

DOUG

This was my brother, taken from me
 His body now dead, his spirit set free
 His friends all mourn, life that's past
 And learn so young that life won't last
 When life must end with so few years
 It fills the heart with sorrow's tears
 He lived his life, as all men should
 He lived his life as few boys could

He took life's best, and worst the same
 And fought so hard to win the game
 But in the end, it's not the score
 Or length of play that matters more
 But love he shared before the end
 And joy he gave to each his friend.

Kevin Hofmockel, TCF Valley Forge, PA
 (One month after his brother's death)

Count on grief to increase vulnerability.

Human beings are most comfortable when they are in control of their lives and circumstances. Death, even when it's expected, represents the ultimate "change in plans." When a loved one dies, our former safety and security no longer seem to exist. Instead, we may experience feelings of helplessness and vulnerability that are frightening, as well as disarming. Yet it is precisely this vulnerability that can break down walls of resistance to new thought processes and open the way for new perspectives.

Count on grief to create change.

Grieving is a walk through unknown territory. Familiar internal and external stabilities disappear in a whirlwind of changing thoughts, feeling and emotional flux. We are reminded of our pain at odd times and in unexpected ways. Emotions hover near the surface and tears are hard to control. The stress of daily living taxes our protective defenses to the limit. Depression seems to slip in from nowhere, and anger erupts without warning. Because grief requires so much emotional energy, our finesse for social game-playing is greatly diminished. The bereaved meet the world at a disadvantage, continually surprising themselves and others with unpredictable responses to familiar situations.

Count on grief to change social structure.

The bereaved find their social networks changing and transforming around them. Disappointment with family and friends is a common theme. Those we expected to "be there for us" may not be able to meet our needs, and friends we didn't know we had appear "out of nowhere" to fill the void. As we come to terms with whatever limitations and expectations we have for ourselves, we also become aware of the limitations of others. Not everyone we care about will receive what they need from us while we're grieving. Not everyone who cares about us will be able to fully share our pain.

Count on grief to stress marital bonds.

Grief, like any other stress, complicates relationships. One grieving partner taxes a relationship – two grieving partners find their pain doubled. Because grieving is an unpredictable, moment-to-moment process, couples must be prepared to build flexibility into their union. Marriages are challenged when each expects too much from the other, and neither receives adequate support from social or extended family networks. Marriages are strengthened when each partner feels supported and is allowed individuality and freedom from expectations.

Count on grief to define priorities.

The bereaved often find themselves realigning their goals and objectives. For most of us, nothing is easily taken for granted after the death of a loved one. We understand that "now" is the only time there is, and that tomorrow may never come. Relationships are more precious than ever, and we are less comfortable with "unfinished business" relating to those we care about. Because the cares and concerns built into our busy lives pale in comparison to our loss, the emphasis on people versus things takes on far greater meaning.

Count on grief to increase spiritual awareness.

The pain of grief prompts spiritual investigation into both the known and the unknown. Answers we were sure of before are not always satisfying in the context of our present reality. God is questioned and religion is held up for examination. Typically, there are many stages of distancing, moving toward, and moving within old and new spiritual concepts and beliefs. Our struggle for inner peace and unity seizes many priorities. In the majority of cases, our connection to ourselves and the universe becomes far more defined.

Count on grief to strengthen compassion.

Grief tears down the boundaries between ourselves and others. Bereavement enhances our humanness and strengthens our ties to the world around us. Our loss is a life-changing event; we will never again be the people we were before. Pain somehow opens us to greater levels of awareness and a greater capacity for compassion and understanding. Bereavement provides the catalyst to become more giving, more loving, and more fully aware.

Count on grief to define the past and open doors to the future.

For the bereaved, the world is completely new. The death of a loved one becomes a reference point around which we define where we've been and how we structure a path for tomorrow. Grief provides a "crash course" in some of the most profound lessons life has to offer. As bereaved individuals, we find ourselves with fewer answers but far more insights. In time, we learn there is no loss without gain and no sorrow without joy. As death closes doors behind us, new doors open before us.

Ioanetta Hendel

CONCERNING SIBLINGS

It's been said that when a child's brother or sister dies, actually three people are lost: the sibling and both parents. The sibling also loses a friend, playmate, confidant, role model, and lifelong companion. For the parents, the loss of a child is often so traumatic that they have little left to give to the surviving children. Yet the surviving sibling has fears, needs, and anxieties that must be explored and addressed if the child is to avoid negative long term consequences. Listed here are normal feelings siblings might have concerning the loss along with some suggestions on what to do to encourage their expression.

Normal Thoughts

- * "Did I cause the death?"
- * "Will the rest of my family die?"
- * "Who will take care of me now?"
- * "I'm all alone now."
- * "Half of me died."
- * "I'm different from all the other kids."
- * "I'm not a child anymore."
- * "I feel left out."
- * "Things will never be the same again."
- * "No one cares about my grief, only about my parents grief."
- * "I can't cry because it will make my parents more upset."
- * "I feel guilty to be happy or to laugh."
- * "Why wasn't it me?"
- * "Will I die young too?"
- * "I made it happen by wishing him dead!"
- * "If I act like my sibling, maybe my parents will feel better."
- * "Maybe my parents would love me more if I died!"

Normal Feelings

- * Impatient and angry at the world.
- * Resentful over the attention the parents are getting.
- * Resentful over the attention they are not getting.
- * Fearful of having to replace the sibling.
- * Guilt for feeling relieved over the death after a long illness.
- * Guilt over all the "bad" thoughts, words, and fights with the deceased.

How To Help

- * The bereaved parents should constantly remind themselves to be sensitive to the feelings of the surviving children.
- * The parents should strive to maintain as much of a normal routine as possible for the survivors.
- * The parents should encourage grieving, openness and the expression of feelings in the children by grieving openly and expressively in front of them.
- * Reassure them that they are not going to die, too.
- * Reassure them that they are loved, wanted and okay.
- * Reassure them that they did not cause the death in any way.
- * Give lots of physical reassurance in the way of touching and hugs.
- * Contact the teacher/teachers or school counselors.
- * Ask them what and how they would like the school to be told.
- * Prepare them for questions and remarks they can expect at school.
- * Encourage them to resume their normal activities at their own pace.
- * Remember the sibling's birthday and anniversary of the death.
- * Remember the sibling at special family gatherings and functions.
- * Don't be afraid to talk about the child that died.
- * Talk about all the qualities of the child that died - positive and negative.
- * Talk about the differences between the siblings – good and bad.
- * Don't promise them a replacement sibling with talks of having another child.
- * Remember surviving siblings cannot become, or replace, the deceased – brother or sister.

TLC Group grants anyone the right to use this information without compensation so long as the copy is not used for profit or as training materials in a profit making activity such as workshops, lectures, and seminars, and so long as this paragraph is retained in its entirety.

Adapted From: *Helping Children Cope With Loss*
Buz Overbeck – Joanie Overbeck
 TLC Group, TX 1995

WHEN SOMEONE TAKES HIS OWN LIFE

In many ways, this seems the most tragic form of death. Certainly it can entail more shock and grief for those who are left behind than any other. And often the stigma of suicide is what rests most heavily on those left behind...And my heart goes out to those who are left behind, because I know that they suffer terribly. Children in particular are left under a cloud of differentness all the more terrifying because it can never be fully explained or lifted. The immediate family of the victim is left wide open to tidal waves of guilt. "What did I fail to do that I should have done? What did I do that was wrong?" To such grieving persons I can only say, "Lift up your heads and your hearts. Surely you did your best. And surely the loved one who is gone did his best, for as long as he could. Remember, now, that his battles and torments are over. Do not judge him, and do not presume to fathom the mind of God where this one of His children is concerned."

A few years ago, when a young man died by his own hand, a service for him was conducted by his pastor, the Rev. Weston Stevens. What he said that day expresses for more eloquently than I can, the message that I'm trying to convey. Here are some of his words. "Our friend died on his own battlefield. He was killed in action fighting a civil war. He fought against adversaries that were as real to him as his casket is real to us. They were powerful adversaries. They took toll of his energies and endurance. They exhausted the last vestiges of his courage and his strength. At last these adversaries overwhelmed him. And it appeared that he had lost the war. But did he? I see a host of victories that he has won!

"For one thing, he has won our admiration, because even if he lost the war, we give him credit for his bravery on the battlefield. And we give him credit for the courage and pride and hope that he used as his weapons as long as he could. We shall remember not his death, but his daily victories gained through his kindnesses and thoughtfulness, through his love for family and friends, for animals and books and music, for all things beautiful, and honorable. We shall remember not his last day of defeat, but we shall remember the many days that he was victorious over overwhelming odds. We shall remember not the years we thought he had left, but the intensity with which he lived the years that he had. Only God knows what this child of His suffered in the silent skirmishes that took place in his soul. But our consolation is that God does know, and understands."

Norman Vincent Peale

WHO WILL LOVE YOU?

Who will love you when I'm gone,
Whisper your name when twilight comes,
Long to touch your hand, then shed a tear,
Or write a poem to you
As I have often done?

Who will love you when I'm gone
And keep you in his breast
And feel the gaping pain
That makes me weep
As I have often done?

Who will love you when I'm gone,
Sit in silence in your lonely room
And dream of times when I could
Watch you in your sleep as I have often done?

Who will love you when I'm gone
And stir up childhood mem'ries
Of sandboxes, swings and trains?
I will, my son, for we will be
Together in eternity.

David Ziv, TCF

GRIEF SHARED IS GRIEF DIMINISHED

There is no detour around bereavement.
There is no short cut in the mourning process. It must be worked through.
As you are empty, so is the world around you; you are living a nightmare.
You think,

“I have touched the bottom of despair.
I can’t go any farther”.

You do go farther...

You may cry hysterically,
or you may remain outwardly controlled, showing little emotion.
Reactions are varied and contradictory. Not all questions have answers.

Unanswered whys are a part of life.

You reject the overtures of your friends.
How dare they talk of your future when you know life holds nothing for you.
Your heart is breaking - and they offer you clichés.
Accept their companionship, but you need not take their advice;

do what is best for you.

Grief is universal.
At the same time it is extremely personal. Heal in your own way.
Of course, your weeping will not bring back your loved one,

but that’s why you cry

because you cannot bring your beloved one back to life.

Mental health is the recognition of pain and the attempt to live with it.
This depression is not weakness;
it is part of the mournful work of saying “Goodbye” to your beloved.

**You are more aware than before
of what is significant and what is trivial.**

from LIVING WHEN A LOVED ONE HAS DIED by *Rabbi Earl Grollman*

SOMEWHERE THERE IS NO PARTING

SOMEWHERE.....there is no parting
SOMEWHERE.....it’s always dawn
SOMEWHERE.....no clouds obscure the blue.
SOMEWHERE.....each shadow is gone!
SOMEWHERE.....there is no parting,
Or sorrow, tears or pain.
And there your loved one waits the day
When you will meet again.

Author Unknown.

Have you come to the
Red Sea place in your life,
where, in spite of all you can do,
there is no way out,
there is no way back,
there is no other way but through?

Anne Johnson Flint