

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

Sorry, September meeting has been cancelled, it is too dangerous right now to have 10 people in a room for 90 minutes no matter the spacing if there is no air circulation. Another choice would be to have it outside on a Saturday afternoon. Please send your feedback. I need to hear from you. frank@tcfvalleyforge.org



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

SEPTEMBER 2020

Chapter Leaders:

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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 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.

LOVE GIFTS

Frances M Poulsen in memory of her grandson **Jerry August Warfel** 7/3

Our Dear one, Jerry, is if that's even possible even more precious today in memory and in our hearts and souls. I had the pleasure and distinct honor of caring for our little Prince while his parents worked. I treasure each and every memory knowing that truly memories are the only immortality. Jerry still lives in our flame, hearts and spirit. We often feel Jer-Bear's Kind presence. With love and Thanks, Marie, Kit & Chris.

Mary Lou Harrison in memory of her son **Scott Harrison** 6/12

Charlotte & Michael Gormish in memory of his brother **Douglas Moyer**

Jerome & Gloria Koval in memory of their son **Steven Koval** 9/3

Fred & Irene Sutton in memory of their son **Jim** 4/16

*I am writing this from heaven,
Where I dwell with God Above.
I am resting here with the angels
Who surround me now with love.*



*But though I may seem far away,
we will never truly part,
For part of me lives on with you,
Forever in your heart*

*Those we love
don't go away
they walk beside us
every day.*

*Unseen, unheard,
but always near,
so loved, so missed,
so very dear.*

Authors unknown

In memory of my son Scott Harrison.

Mother Mary Lou Harrison

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 adversary for the families.

Anniversaries

Courtney Aaron - brother - **Justin** - 9/17

Jeff & Donna Brown - son - **Kenneth Bernstiel** - 9/12

Suzanne Carcarey - son - **Eddie** - 9/21

Phyllis & James Casey - son - **Jim "Jimmer" Casey** - 9/17

Theresa L Cole - son - **Christopher Michel** - 9/10

Laureen cole - brother - **Chris** - 9/10

Catherine Dardozzi - son - **James Dardozzi** - 9/7

Michelle G Doll - son - **Justin** - 9/4

Sarah Fishel - daughter - **Allyson** - 9/15

Suze Goldberg - Uncle - **Neal** - 9/3

B Brooke Hackman - son - **Brian** - 9/1

Brittany Hackman - brother - **Brian** - 9/1

Virginia Hagen - son - **Matthew D. Hagen** - 9/28

Jeanne R Helmers - daughter - **Betsy Helmers** - 9/7

Nancy Lee & Jerry Hess - son - **Jerry R.L. Hess** - 9/28

Rick & Susan Hilseberg - daughter - **Amy** - 9/16

John Horulko - son - **Daniel** - 9/30

Monica Horulko - son - **Daniel** - 9/30

Gwen Kearns - son - **Dennis J. Kearns, Jr.** - 9/28

Deborah Keevill - son - **Brandon** - 9/1

Donna Kendall - daughter - **Jennifer** - 9/24

Shirley Kennedy - son - **Philip V. Kennedy** - 9/23

Gloria and Jerry Koval - son - **Steven** - 9/3

Joanne & Thomas Lennen - son - **Scott C. Lennen** - 9/2

Mary Leshem - son - **Michael** - 9/16

Maureen Lok - daughter - **Jessica** - 9/25

Eileen & Chris McKeown - son - **Eric** - 9/18

Alfred J. & Joan Michini - son - **Adam John** - 9/7

Anniversaries

Betsy Oakes - son - Bruce Schaeffer - 9/2
Marie O'Connon - son - Curran J - 9/8
Elsie Oreski - son - Gregory T. Oreski - 9/3
Teresa and Ron Perkins - daughter - Allison - 9/22
Kathy & Jim Petrokubi - son - Andrew - 9/26
Mary Jane Pollart - son - Mark Andrew Steffler - 9/7
Rusty & Anthony Puglisi - son - Michael Puglisi - 9/10
Steve & Joann Reynolds - son - Chris - 9/15
Donald & Freda Rhinier - son - Glenn D. Rhinier - 9/16
Bonnie Rosen - son - Troy - 9/29
Lynn Saxon - son - Michael - 9/17
Marie Schmeltzer - son - Sam "Sonny" Schmeltzer - 9/11
Charles & Tish Shaw - son - Charles "Corky" Shaw - 9/29
Fietta Sherlock - son - Jeremy - 9/17
Helen Smith - son - Patrick Kenneth - 9/17
Jean Sykora - son - Mark - 9/27
Renee Teufel - son - Gregory - 9/24
Barbara Tuller - son - Charles - 9/24
Weldon & Marie Tyson - son - Ronald C. Stewart - 9/21
Nancy Venafra - son - Justin Aaron - 9/9
Sharon Venezia - son - Justin Negron - 9/17
Kelly & Gary Walens - son - Kevin McGinley - 9/28
Lucia Watters - daughter - Luanne Zambino - 9/15
Gisela Witte - son - Bruce G. Edlund - 9/22

Birthdays

Robyn Buseman - daughter - **Maya Buseman Williams** - 9/30

Scott & Gail Campbell - daughter - **Chelsea** - 9/1

Chris Carlton - brother - **Eric** - 9/5

Judy & William Cosgrove - son - **Michael Cosgrove** - 9/4

Reno & Bonnie Crescimone - son - **Jonathan** - 9/5

Alex Crisanti Jr. - son - **John Crisanti** - 9/6

Dorothy & G. Robert Daily Sr - son - **G. Robert Daily, - Jr.** - 9/19

Catherine Dardozzi - grandson - **Evan Schmidt** - 9/29

Michelle G Doll - son - **Justin** - 9/1

Bob & Connie Ercole - son - **David** - 9/26

Sharon & Francis Gailey - son - **Francis E. Gailey, III** - 9/28

Molly Gehring - son - **Daniel** - 9/12

Frank & Rhonda Gomez - son - **Frank Jr.** - 9/30

Jeanne R Helmers - sister - **Mary Ann Helmers Kemme** - 9/16

Gail & Calvert G. Hess, Jr. - son - **Calvert G. Hess, III** - 9/4

Walt & Adele Higgins - son/stepson - **Brian** - 9/22

Michelle Hillstrom -daughter - **Jen** - 9/26

Jacob & Rachel Himmelstein - son - **Benjamin Himmelstein** - 9/25

Lesley Jones - son - **Christopher** - 9/14

Gwen Kearns son **Dennis J. Kearns, Jr.** 9/18

Jacquie Kilroy - son - **Shilen Kenneth** - 9/4

Suellen & Stephen King - daughter - **Danelle Rossi** - 9/18

Frank & Bernadette McAllister - son - **Christopher J. McAllister** - 9/4

Linda & Jim McGrath - son - **Paul Drew McGrath** - 9/26

Alfred J. & Joan Michini - son - **Adam Jonah Michini** - 9/28

Jeffrey & Christine Miller - daughter - **Teresa Leanne Miller** - 9/12

Betty (Elizabeth) Miller - son **Raymond "Jim"** 9/1

Barbara & Jeff Norris son - **Greg** - 9/21

Mary O'Halloran - brother - **Thomas M. O'Halloran** - 9/1

Winnie & James O'Halloran - son - **Thomas M. O'Halloran** 9/1

Elizabeth Orbann - daughter - **Linda Elizabeth Johnson** - 9/15

Linda & Andrew Peoples, Jr. - son - **Brian A. Peoples** - 9/7



BIRTHDAYS

Rusty & Anthony Puglisi - son - **Michael** - 9/10
Robert & Nancy Ricciardi - daughter - **Jessica Lee Riciardi** 9/23
Gina & Brian Richardson son **Nicholas Richardson** - 9/1
Ruth Richardson - grandson - **Nicholas Richardson** - 9/1
Donald & Mary Rose - daughter - **Marjorie Rose Cotteta** - 9/30
Cathy Seehuetter - daughter - **Nina Seehuetter** - 9/24
Cathy Siciliano - son - **Anthony** - 9/15
Helen Smith - son - **Patrick Kenneth "Kenny"** - 9/5
Walter & Irene Stolarczyk - daughter - **Barbara Stolarczyk** - 9/11
Sharon Venezia - son - **Justin Negron** - 9/9
Shelly Wagner - son - **Andrew Wagner** - 9/29
Kelly & Gary Walens - son - **Kevin McGinley** - 9/22
Terry & Susan Weikel - daughter - **Jennifer** -9/26
Kathryn & Pat White - son - **Steven White** - 9/16

"In this contemporary culture, what could be an effective means by which we might be able to cue one another to say, Take it easy on me, I'm grieving? Maybe if we reinvented, or re-established the practice of wearing black and created our own symbol of grieving - to wear our version of black, or maybe to color with black crayons for a while - the world around us would appropriately respond to our grief cues."

- *Sandy Oshiro Rosen, Bare: The Misplaced Art of Grieving and Dancing*

It would definitely be easier if you could wear an external symbol to show that you're still grieving. Because you can't, you have to be ready to deal with unwanted questions. It is fine to say, "Even though some time has passed, the loss still seems new. I don't even feel ready to talk about it yet." People will appreciate a sincere response that states briefly how you are doing without having to go into depth.

There's a fine edge to new grief, it severs nerves, disconnects reality--there's mercy in a sharp blade. Only with time, as the edge wears, does the real ache begin."

- *Christopher Moore*

You probably need to hear it again today. You are feeling sad, and you think that feeling is never going to end. The grief becomes almost frustrating with its endless presence. It is still a new loss, even if the calendar tells you otherwise. Know that the grief will be there, and know that it will be a painfully slow in easing its grasp on your heart.

Butterfly Release 2020

Saturday September 12th 2020 at 3 PM

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 Shephard Church.

This event will be held in back of the township building at the gazebo rain or shine.

Cost \$5.00 per butterfly - Registration now being accepted.

There is no admission or parking fee.

Water will be supplied 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. Every one welcome (even if you did not order a butterfly). Bring a friend. Checks must be in by August 31, 2020. Please come, this will be probably the last time we will get to see many of you in person. Face masks (no neck masks) are required. So is 6 ft. spacing.



Registration

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 ____ \$5.00 each = Sorry we accept no credit cards

Total money enclosed \$_____

Please make checks out to Compassionate Friends.

Please forward registration and check to Rhonda Gomez 12 Brook Circle, Glenmoore PA 19343

Before you can live a part of you has to die. You have to let go of what could have been, how you should have acted and what you wish you would have said differently. You have to accept that you can't change the past experiences, opinions of others at that moment in time or outcomes from their choices or yours. When you finally recognize that truth then you will understand the true meaning of forgiveness of yourself and others. From this point you will finally be free."

- Shannon L. Alder

You have to forgive yourself for all of the things you wish you'd done differently in your relationship with your loved one. If you had died first, he/she would have been facing this struggle instead. Would you want that? Forgive yourself so you can heal. Living your life is a gift to be treasured. Don't allow yourself to wallow in regret. Be the best person you can today to show you have learned from your past mistakes.

"Monday, June 9: People think they know you. They think they know how you're handling a situation. But the truth is no one knows. No one knows what happens after you leave them, when you're lying in bed or sitting over your breakfast alone and all you want to do is cry or scream. They don't know what's going on inside your head--the mind-numbing cocktail of anger and sadness and guilt. This isn't their fault. They just don't know. And so they pretend and they say you're doing great when you're really not. And this makes everyone feel better. Everybody but you."

- William H. Woodwell Jr.

You may not be an athlete, but you have a game face. When you go out into the world, you hide that piece of you that is broken...that piece that is grieving. It is good to have a life outside of the grief. It helps to have parts of your day that distract you from how you are feeling inside. In time, those parts will grow and grow until they begin to crowd out the sadness in your heart.

You cannot die of grief, though it feels as if you can. A heart does not actually break, though sometimes your chest aches as if it is breaking. Grief dims with time. It is the way of things. There comes a day when you smile again, and you feel like a traitor. How dare I feel happy. How dare I be glad in a world where my father is no more. And then you cry fresh tears, because you do not miss him as much as you once did, and giving up your grief is another kind of death."

- Laurell K. Hamilton

Guilt is grief's unfortunate partner. We feel guilty because our grief is keeping us from connecting to the living. We feel guilty because we are not grieving as much as we once did. Let go of the guilt. The grief process is a natural part of losing someone we care about. As you come out of the grieving period, be happy, not guilty, that you can return to being the person your loved one knew.

"Youth offers the promise of happiness, but life offers the realities of grief."

- Nicholas Sparks, *The Rescue*

No matter your age or your background, the process of grief is the last step in truly growing up. Your life before loss was one of a kind of childlike innocence compared to the life you have now.

However, it is not without hope or value. The love and understanding you can bring to others has a depth and intensity unlike any other. Your appreciation for life and its joys makes you a richer, stronger person.

This does not happen overnight. This depth of character builds in conjunction with your grief process. It is the phoenix rising from the pain of loss. Use this gift to enhance the lives of those around you..

So it's true, when all is said and done, grief is the price we pay for love."

- E.A. Bucchianeri, *Brushstrokes of a Griefly*

Take a minute today to remember three times when your loved one made you laugh and smile. Relive those beautiful memories in your head. Those sweet moments are why you feel such sadness. Know that they were worth it.

"There should be a statute of limitation on grief. A rulebook that says it is all right to wake up crying, but only for a month. That after 42 days you will no longer turn with your heart racing, certain you have heard her call out your name. That there will be no fine imposed if you feel the need to clean out her desk; take down her artwork from the refrigerator; turn over a school portrait as you pass - if only because it cuts you fresh again to see it. That it's okay to measure the time she has been gone, the way we once measured her birthdays."

- Jodi Picoult, *My Sister's Keeper*

Your process of grief is not following anyone else's timetable. It may take you two years to feel like someone else does in two months. Think of when you learned to walk or learned to read or learned to drive. Everyone's timetable is different for every part of life. Grieving is no different. Be patient with your heart. You will grieve as you need to for as long as you need to do so..

He always used to suspect that the price for happiness, the price for enjoying the company of a person you loved, was the steadily increasing risk of losing them, and at times, when she considered the possibility that she might lose Isabel or Clancy or, in the early days, Todd, Bernice didn't think she could stand it, didn't think she could go on living in a universe whose laws forced her to submit to such a terrible fear. Now she sees what a small price it is to pay, what staggering joy she received in return. You should be willing to pay that price for as little as a few days or hours with a person you love, she thinks, rubbing her fingers across a patch of linoleum the years have worn down to a cloudy smear."

- Stephen Lovely, *Irreplaceable*

Is it worth all of the grief and sadness you are feeling now to have had the relationship you lost? Look deep into your heart. The answer will always be an emphatic 'YES!'

I will not say, do not weep, for not all tears are an evil."

- J.R.R. Tolkien

You may be trying to hide your tears. It might feel like you are being strong by not crying. To cry is not to be weak, but rather to release your sorrow so that you can let go of it and move forward. You may need to cry every day. Cry...but then dry your eyes and live your life with joy until the next time you need to shed the inevitable tears that come with the grieving process. Crying is a natural part of healing. Cry, but then laugh and smile as you live a full and meaningful life.

The pleasure of remembering had been taken from me, because there was no longer anyone to remember with. It felt like losing your co-rememberer meant losing the memory itself, as if the things we'd done were less real and important than they had been hours before."

- John Green, *The Fault in Our Stars*

An integral part of sharing a relationship with someone is building memories together. The loss of a friend or loved one means the loss of reliving those joint experiences. It is the everyday parts of life, be it running into someone at the market or seeing a favorite movie, that can be hardest to bear.

Keep a memories journal as a place to write down these stories as they trigger in your memory. This book can be a place to write how you are feeling or even just how much you miss that special person. Journaling brings healing and gives you a positive outlet for these strong emotions.

Anne Lamott

Living with loss changes you. You see both joys and sorrows with a new perspective, and a greater appreciation of their importance. The loss of someone heightens your feelings towards those who are still a part of your life. To love and care with an open heart is one of the gifts afforded you by suffering through the pain of grieving.

"I know now what was happening to me, what was overwhelming me, what was about to consume and almost destroy me. Didier had even given me a name for it - assassin grief, he'd once called it: the kind of grief that lies in wait and attacks you from ambush, with no warning and no mercy. I know now that assassin grief can hide for years and then strike suddenly on the happiest day, without discernible reason or exegesis. But on that day, ... almost a year after Khader's death, I couldn't understand the dark and trembling mood that was moving in me, swelling to the sorrow I'd too long denied. I couldn't understand it, so I tried to fight it as a man fights pain or despair. But you can't bite down on assassin grief and will it away. The enemy stalks you, step for step, and knows your every move before you make it. The enemy is your own grieving heart and, when it strikes, it can't miss."

- Gregory David Roberts, Shantaram

Out of the blue, you will feel sadness that you did not expect. Don't let that blast of emotion make you feel discouraged. It will happen even years after your loss when some trigger reminds you of your loved one. What you can do is to try to build the best life for yourself that you can, knowing that at times your sadness will appear

Just when normal life felt almost possible - when the world held some kind of order, meaning, even loveliness (the prismatic spray of light through an icicle; the stillness of a sunrise), some small thing would go awry and the veil of optimism was torn away, the barren world revealed. They learned, somehow, to wait those times out. There was no cure, no answer, no reparation."

- David Wroblewski,

The Story of Edgar Sawtelle

Know that when the bad moments come - and they will invariably come - they will not last forever. You will

start to have more good times than tough times. The balance will eventually shift such that you begin to feel like yourself again. It may not happen this year, but it will eventually happen. without warning.

"No one ever told me that grief felt so like fear."

- C.S. Lewis, *A Grief Observed*

You may be asking yourself how you can possibly move on with your life. Your world has changed, and this new reality is unbearable. Try to recognize that a big part of how you are feeling is fear. You may be afraid that you will never experience joy again, that you will never want to participate in activities that used to bring you pleasure, or that you will never connect to others as you once did. Be patient with yourself. The early days can feel unbearable...with each one as overwhelming as the one before. The process of grief takes time, perhaps longer than you might expect.

You do not need to feel afraid, because you are not alone. Others feel as you do. You may want to reach out to a support group in your area to talk with people who are also experiencing loss. You do not need to be frightened, because there are many people who feel as you do right now.

Happy Birthday

*Today is your birthday
in heaven above*

Always loved forever missed

Toni Cane

Luanne Zambino

On the wings of this dove

Happy 50th Heavenly
Birthday to My special
Angel

Not just for today

I love you and miss you
very much I will keep you
tucked away in my heart
always and forever

But every day hereof

Mommy

*I think of you always
with all of my love*

ANNA MARIA. The pain you are feeling now is not new, all of us have had it for a long time. Mine started in 2003 when my son died. You may think that it will go away, it will not. It may diminish with time but expect to have it for a long time. It is called grief. And you will have it until you die. You may learn how to live with it but just remember, it will not go away. Nobody dies from grief. Again, sorry for your loss.

September Newsletter

Another month has gone by and nobody has come forward to take those empty places. We still need a lot of help. Remember I will be printing this publication until December.

Librarian: Carol our librarian has been faithfully doing the job of librarian for many years and it is time we give her a break. Work is not hard, the main thing is that you have to be there to help anybody find an appropriate book.

Greeter: We have not had one for a long time, a greeter will make new friends feel more comfortable when they come for the first time to our meetings, help them fill out the forms and understand how we try to help them survive thru their tragic loss.

Database Keeper. This job includes entering new names into the database and delete the ones who ask to be removed. This person makes the Name Tags for all new friends and the forms we need at the chapter meetings.

Newsletter Editor. Probably the most demanding job, this person is in charge of putting together our 12 page newsletter every month, sending it to the printers and uploading it to the server (as a PDF file) so everyone can read it in our web site tcfvalleyforge.org

Leader: This is the person or persons who have the key to get into the Founders Hall, where we hold our meetings. The leader makes sure there are refreshments and prepares the room for the meeting. He also prepares the Founders Hall with chairs gets tables out and all the forms needed to sign up new friends and information pamphlets. At the end puts everything back the way it was.

Steering Committee. This is a group of **YOUNG** people, not old bats like us. They help the leader(s) make decisions on new projects such as butterfly releases or any other projects as contents of the packet sent to new friends. Steering committee meets whenever the leader(s) think it is necessary.

Webmaster This is someone with computer/internet/email skills. The newsletter should be added to the web site every month and we have a list with 350

email addresses of members who would like to have the newsletter mailed via email every month. The web site will give every one a quick up to date information on what is going on, any cancelations, etc. Sending the newsletter via email would save us about \$150 every month.

Attendance: We have HAD very poor attendance. During the last months we had 2 to 6 people joining us at the meeting. Maybe those who don't come already graduated...? and don't need any help, or Just maybe their loved one does not need you to grieve any more, or maybe you just don't care.

It is clear to me that if you don't want to come to the meetings, we really do not need to have a Valley Forge Chapter and you can grieve by yourself with no need for meetings or publishing a newsletter. The problem is not financial support, we could survive without it for about 10 years, The problem is **PEOPLE.** You have to be part of it.

The Web site hosting has been paid until January 2021.

We need not walk alone. We are the Compassionate Friends as well as we share the peace, share the faith as well as the doubts and help each other to grieve as well as to future together. We reach out to each other in love to share the pain as well as the joy, share the anger We are all seeking and struggling to build a future for ourselves, but we are committed to building a share, just as we share with each other our love for the children who have died.

peace. But whatever pain we bring to this gathering of the Compassionate Friends, it is pain we will share. Some of us are angry, filled with guilt or in deep depression; while others radiate an inner peace. Some of us have found our faith to be a source of strength. While some of us are struggling to find an- swers. Some of us are angry, filled with guilt or in deep depression; while others radiate an inner peace. Some of us have found our faith to be a source of strength. While some of us are struggling to find an-

less and see no hope.

are far along in our grief but others still feel a grief so fresh and so intensely painful that they feel helpless because we represent many races, creeds and relationships. We are young and we are old, some of us are alone 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 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.

The Compassionate Friends Credo



We talk, we listen, we share, we care.

We offer friendship, love and understanding

For parents, siblings and families

A bereavement organization

Glenmoore PA 19343

12 Brook Circle

Chapter Leaders

Frank & Rhonda Gomez

of the Compassionate Friends

Valley Forge Chapter

The
COMPASSIONATE
FRIENDS INC.



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