

Healing Hearts News



November / December 2016 (253) 239-4335 newsletter@healingheart.net fax: (253) 270-7906

Love Gifts

Thank-you to the following families for their gift given in memory of their precious loved one(s).

- **Bob Hancock**
father of Branden L Hancock
(4/4/1977 - 10/26/2003)
- **Toni & Vance Schauer**
> parents of Derek J Hauff
(8/15/1980 - 4/22/2000)
> sister & brother-in-law of
Wade A Snyder
(3/17/1961 - 12/5/1961)

In addition to acknowledging the gifts mentioned above, we would like to take a moment to express our most heartfelt thanks to everyone who supported Healing Hearts with gifts of poems and stories for this newsletter, volunteering time to send notecards and return phone calls plus financial contributions throughout 2016.

This newsletter and the other services we offer would not be possible without you.

...Thank You!!



Are We There Yet? ..3 Ways to Survive Grief During the Holidays

by Dr Alan Wolfelt

The days are dark now here in the northern hemisphere. For those of us grieving lost loved ones, the coming gray of winter is often a better match for our feelings than the gatherings and gifts that mark the holiday season. The experience of loss during the holidays can bring a new kind of lonely upon us.

However, in just a few weeks, this new pain will lighten. It is certain as the sunrise that there will be a day called "January 2nd" arriving in just weeks. But how do we get from today to that day? How do we endure and map a path of emotional survival?



1. Lower Expectations. This holiday season is a time of self-care. Healing from grief is like healing from a broken leg or a stomach flu. It is a process that you cannot control but must respect. Would you expect yourself to be dancing on a broken leg? Or think that you should be feasting if you had the stomach flu? Treat yourself like you are healing from something big and accept that you are not going to have your best holiday ever or even anything that you would consider normal. I decided the first holiday season after my sister died that if on any given day I was not hit by an anvil falling from the sky, then I could call that day a good enough day. By those standards, you can have a lot of good days.

2. Don't Suffer in Silence. Every year my aunt has an open house on New Year's Day. One year, a newly widowed friend of hers was going to be in attendance. She insisted before he arrived that no one mention his deceased wife in spite of the fact that his wife usually attended this event with him. When he entered the room, my aunt frantically waved at us behind his back, reminding us of her edict. A lot of us in the room knew it was wrong not to offer condolences or ask how he was doing in regards to his grief but were afraid of our hostess.

There are many people who think mentioning loss or acknowledging a person's grief is verboten.

They fear doing so is an invasion of privacy or will prompt an emotional meltdown. Yet most people in grief know that the opposite is true; sometimes just the littlest bit of basic human acknowledgement stops grief from melting down.

Fortunately for us, my aunt's friend gave himself and us a break. He took the initiative and mentioned his wife, how he was missing her and how he was doing. We were then able to express our affection, our support towards him in his loss, and how glad we were that he was there.

Similarly, Sam Feldman, founder of the National Widowers' Organization recounts in my film, *the Secret Map of Surviving Loss**, how he learned to navigate others'

Are We There Yet? ... cont.

silence and awkwardness with grief:

"I remember the first time I went to a dinner party after Gretchen died... I was the odd man out. I went in. I was astounded. No one said anything about Gretchen. I was so upset. I left. I realized subsequently that it was my responsibility to say 'Gretchen really would love to have been here tonight and she loved your food and she loved you guys and I really miss her tonight.'"

Sam concluded, "If I had been more open, it would have opened them up to being able to talk about it."

So if you are in reasonably trusting company, break the ice. Talk about your loved one. Consider sharing what he or she enjoyed about this time of year and the people with whom you are spending it if that is appropriate for you. Don't suffer in silence waiting for others to bring up your loved one. They may well be waiting on you.

3. Make Some Plans. Your strategy this holiday season is to achieve maximum emotional comfort with minimal injury and aggravation (a good strategy for every holiday season.) In order to achieve this, you have to attempt a few plans.

Plans of distraction. Plan to do some things that will be time-consuming. Maybe it's reading the last eight books that won the Nobel Prize in Literature or watching a three-day marathon of the Three Stooges. Maybe it's starting that home improvement project that is going to take forever or simply taking a day-trip to some place unfamiliar. Let an activity make a bid for your attention. There still will be plenty of time for grief and to be thinking of your loved one.

Plans of escape. Plan on escapes that limit your exposure to grief triggers and annoyance. I knew one widow who announced she had to "Get out of Dodge" for the holidays and headed to Europe. Not everyone has the option or desire to escape the country but just like getting on an airplane, familiarize yourself with the emergency exits at the events you have to attend. You may never have to use them but just make sure that your car doesn't get blocked in by five others if you have had enough of that young cutie in the family screeching, "The sun will come out tomorrow!" from the musical Annie. Your escape plan may be as simple as committing to attend an hour of an event that usually goes all afternoon or night.

Plans of comfort. Plan something to which you actually look forward. Try coffee with an acquaintance who listens or getting that massage. Eat that special mac and cheese or indulge in steak. Get back to the gym or just get outside. Identify a few places at which you can unload some of your stresses and sadness, even if just for a couple of hours here and there.

ABOUT THE AUTHOR

Maryann Manelski is a writer and producer/director of the Grief Monomyth and the Secret Map of Surviving Loss, documentaries to help grievers through their loss & available at movies.survivingloss.org For more information, visit survivingloss.org.

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Grief

God, it's so hard to trust
When I've been hurt so bad.
My wound is raw and deep
I feel crushed and sad.

I have a hollow in my chest
And nothing fits its shape,
Except my child -- but he's gone.
When I cry, they stand agape.

Those who haven't been there
Expect the impossible from me.
They don't know I'm still hurting
from wounds they cannot see.

They want to keep me busy
To occupy my mind.
Oh, how I want to hold him
But I've been left behind.

Grieving has no schedule,
No pattern or set pace.
Everyone's grief is different
But it's written on each face.

The smile covers the ache
That throbs within the chest.
We see through a veil of sadness
From grief there is no rest.

Tears on our pillow, crying in dreams,
Become our familiar friend.
We're on a journey of healing,
May we hear "well done" in the end.

--by Elizabeth Dent



◆ **Deborah Jarrett**

55 Hilliard St SE Unit 215, Atlanta GA 30312
e-mail: d.jiverson@yahoo.com
Her 35yr old son, Debrent, died on 6/23/2012 as the result of an auto accident.

◆ **Rosemary Callahan**

665 N Miami Ave, Ypsilanti MI 48198
e-mail: grrosie222@gmail.com
Her 25yr old daughter, Jessica, died on 12/31/2009.

◆ **Beth & Brent Scott**

9608 Mallard Dr, Mascoutah IL 62258
e-mail: kajun13@hotmail.com
Their 7yr old daughter, Bliss, died on 6/4/2000 as the result of a virus.

◆ **Cathi-Lou Wentworth**

121 Sunnyside Dr, Centralia WA 98531
e-mail: dwentworthc@yahoo.com
Her 23yr old son, Jason, died on 2/11/1999 as the result of a heart attack following a surgery.

◆ **Ann-Marie Choiniere**

4 Jana Ln, Stratham NH 03885
e-mail: annjava13@yahoo.com
Her 24yr old son, Justin, died on 12/31/2009 as the result of an enlarged heart.

◆ **Dawn Allen**

2370 Sans Souci Dr, Aurora IL 60506
e-mail: allendwn@aol.com
Her 24yr old daughter, Ashley, died on 6/9/2007 as the result of heart failure.

◆ **Karen Paluch**

14804 Sharrard Rd, Allenton MI 48002
e-mail: karenjpaluch@yahoo.com
Her 28yr old daughter, Bridget died on 3/30/2009 as the result of melanoma.

◆ **Jacque Lynn Glaeser**

517 Golfwood Dr, Ballwin MO 63021
e-mail: jlynn63021@yahoo.com
Her 32yr old son, Mickey, died on 10/10/2006 as the result of colon cancer.

◆ **Jan Nethery**

17510 Coyote Ct, Weed CA 96094
e-mail: jisplayground@yahoo.com
Her 14yr old son, Tee, died on 7/29/1994 as the result of pneumonia and complications from quadriplegia.

◆ **Lori & LeRon Ehrlich**

2457 Birdie Dr, Milliken CO 80543
e-mail: seniorslave@msn.com
Their 19yr old son, Waylon, died on 4/20/2012 as the result of an auto accident.

◆ **Maria Faller**

204 Houston Rd, Pittsburgh PA 15237
e-mail: legobeaver@comcast.net
Her 7yr old son, Christopher, died on 3/24/1998 as the result of viral tumors following a heart transplant.

◆ **Elizabeth Fischer**

569 Shiloh Church Rd, Wellford SC 29385
e-mail: njcooki61@aol.com
Her 29yr old son, Micheal, died on 10/5/2003 as the result of cardiac arrest caused by a drug overdose.

◆ **Marita Myles**

1823 E Joseph Ave, Spokane WA 99208
e-mail: maritamyles@comcast.net
Her 16yr old brother, Danny, died on 6/1/1978 as the result of being brutally murdered. The case is still unsolved.

◆ **Toni & Vance Schauer**

238 E Nebraska St, Rapid City SD 57703
e-mail: toni7599@hotmail.com
Their 19yr old son, Derek, died on 4/22/2000 as the result of an auto accident.

◆ **John Jr & Catherine Spaugh**

PO Box 193, Hillsboro TN 37342
e-mail: cspaugh@gmail.com
Their 11yr old son, David, died on 8/21/1996 as the result of a gunshot wound.



from the EDITOR

As I watch the news and see what has been reported and then think about the events that have been going on in my own life over the last year, the only word that comes to mind is "chaos." It just seems that common sense and decency have been abandoned & the entire world has gone entirely crazy. I understand that the media will focus on the worst of what's happening and there are people who are taking care of others on a regular basis, but it still makes me shake my head every time I learn that another disagreement has been "resolved" through some sort of violence. It's enough to make you think we are in the "end times" -- or that they are certainly imminent. More than once I have sent up a prayer asking for Jesus to return & end the madness for us. So far, that prayer hasn't been answered, so I can only guess God has chosen a different time for His Kingdom to be established here on earth.

So, in the meantime, I will continue to pray for peace for all who are suffering the loss of someone they love & for sanity & reason to prevail when there are disagreements in the world. At the same time, Healing Hearts will be here to provide comfort & support in any way we can.

Burden Bears

The board has decided, once again, that we will continue the tradition of publishing the coupon for a free Healing Hearts Burden Bear. We would normally publish the coupon only in the November/December issue but, like last year, it was decided that we would go ahead and publish it in the last two issues of the year. You can find your coupon below the list of new subscribers on this page.

In the meantime, if you would like to support Healing Hearts by purchasing a Burden Bear, just send us a note along with a payment of \$23.00 (15.00 plus 8.00 for shipping) for each bear to: Healing Hearts, PO Box 9162, Covington WA 98042.

You can also use the form on our web site to purchase a bear by clicking on the link on our home page at: www.healingheart.net

New Subscribers...

Below are a list of families who have joined the Healing Hearts family since our last issue. Please remember each in prayer...

H. Rapp, Lincoln NE
Stephanie Zarecky, Bethel Park PA
Katie Reggi, Lithia FL
Patty Edgeman, Dayton TN
Tracy Maurer, Sausalito CA
Brooke Ellis, Tulsa OK
Amber House, Panama City Beach FL
Judith Davidson Hawkins, Oxon Hill MD
Dana Melton, Kent WA
Kara Faas, Tacoma WA
Theresa Beam, Jeffersonville IN
Sandy Kay Neill, Blanco TX
Jess Husfelt, Seattle WA
John & Leslye Delehanty, Ruffin NC
Heidi Funk, Kitchener ON Canada
Helen Mielko, Grimsby ON Canada
Jessie Goodling, Millerstown PA
Bonnie Necessary, Key West FL
Loraina Lee, Goodview VA
Ryan Stickney, El Dorado KS

Welcome to each of you...

COUPON

This coupon entitles you to one free "Burden Bear" compliments of Healing Hearts.

To redeem, clip this coupon, write your name and mailing address on a 3x5" card and mail both of them to:

Healing Hearts
For Bereaved Parents
PO Box 9162
Covington WA 98042



Note: Please allow 2 weeks for delivery. Thanks.

Newsletter Sponsorship

If you would like to sponsor an issue of Healing Hearts News and to dedicate it to your loved one—donate \$250 or more, recognition of your gift and your dedication will be attached to the front of the newsletter. The funds do not have to come entirely from you. You can hold a fundraiser or ask your friends and family to help support Healing Hearts. Then the dedication will be included with the issue of Healing Hearts News for the month that you choose.

For more information or to request a form contact us by phone or email.

...Or visit

www.healingheart.net/forms/hhnews-sponsor_form.html

Our Online Store

Healing Hearts is being supported, in part, by the sale of items in an online store called: Collectibles-Dolls-Toys. If you know someone who is into model railroading, please feel free to refer them to our online store. It can be found at:

www.collectiblesdollstoy.com

Mailing Address

If you have anything that you would like to send to Healing Hearts by "snail-mail," you can send it to:

Healing Hearts
PO Box 9162,
Covington WA 98042.

In the meantime...

...may the Lord wrap you in His abundant love and peace and may He put caring and understanding people in your path as you continue this journey we call grief.

Love in Christ.....Pat Mankle

These families have special days in **November**. Please remember in Prayer.....

The family of **Bliss Scott** (Virus) 11/7/1992—6/4/2000

Her parents Beth & Brent Scott * Her brother Bryce Scott

The family of **Chad Revard** (Suicide) 11/10/1972 - 7/15/2001

His parents Steve & Charlene Revard * His aunt Diane Ritter

The family of **David Collins** (Suicide) 6/11/1977—11/19/1997

His mother Jennifer Collins * His brothers Brian & Justin Collins

The family of **Angel Jesus Ruiz** (Rare genetic disorder) 11/12/1990—12/31/1990

His mom & stepdad Blanca & Scot Varga * His sisters Arantxa & Amaya

The family of **Spencer Death** (Asthma) 11/2/1982—1/17/2004

His parents Wayne & Noreen Death * His sisters Shannen & Mikylah

The family of **David McQuinley** (Gunshot to heart) 11/1/1982 - 11/10/2000

His mother Vonda Knell * His sisters Cjhrystak & Kristen

His brothers Johnny, Michael W, Chris & Michael M

The family of **Joey Starling** (Aortic aneurysm) 12/22/1963—11/19/1983

His mother Pat Moser * His sisters Kelly & Stacy

The family of **Nathan Holden** (Auto accident) 7/16/1983—11/21/2001

His parents Paul & Nancy Holden * His sister Kaley * His brother Alex

The family of **Jeane Paluch** (Congenital defect/kidney failure) 11/6/1970 - 11/7/1971

Her mother Karen Paluch * Her sisters Denise & Alice

Her brothers Thomas, Jonathan, Jeremy & Christopher

The family of **Justin Choiniere** (Enlarged heart) 11/6/1985 - 12/31/2009

His mother Ann-Marie Choiniere * His sister Vanessa

The family of **Jason Rapp** (Auto accident) 9/12/1981 - 11/10/2000

His mother Heidi Rapp * His brothers Joshua & Cody

The family of **Laura Love** (Suicide) 11/14/1960 - 7/2/2012

Her sisters Donna Williams & Sharon Corter * Her brother Jimmy

The family of **Isioma Ukachukwu** (Electrocution) 9/9/2007 - 11/28/2015

Her mother Ify Ukachukwu

The family of **James** (Murder) 3/15/1995 - 11/5/2015

His mother Bunny Evans * His sisters Havin & Mishelle * His brother Cam'ron

The family of **Johan** (Sudden death) 4/1/1989 - 11/9/2014

His sister Leda

The family of **Joshua Schwartz** (Massive brain hemorrhage) 11/23/1989 - 10/25/2009

His father Dave Schwartz * His brother David

The family of **Lainey Liptrap** (Trisomy 18/cord accident) 11/14/2014 - 11/14/2014

Her mother Dorothy Liptrap * Her sisters Lindsay, Lexie & Kaulie

The family of **Luke** (Football accident) 12/2/1997 - 11/4/2015

His mother Lisa Schemm * His brother Clay

The family of **Marlowe** (Hit by car) 11/13/2000 - 9/13/2014

His mother Shawna Stewart * His sisters Naomi, Arwen & Mela

His brothers Silas, Blake, Elias & Caden

The family of **Matthew** (Suicide) 11/14/1993 - 9/20/2015

His mother Donna Rothstein

The family of **Noah** (?) 11/22/1981 - 11/23/?

His mother Barbara Bartley

The family of **Ryker Stephenson** (Unknown virus) 6/21/2010 - 11/9/2014

His father Tim Stephenson * His grandmother Cindy Nix



These families have special days in **November**. Please remember in Prayer.....

The family of **Warren Hobbs** (Overdose) 8/4/1983 - 11/8/2015
His mother Diana Hobbs

The family **Ajaia Ruffen** (Shooting) 11/17/1992 - 4/3/2009
Her mother Tamika Morman * Her sister Ashley * Her brother Corey

The family of **Alan Rudolph Jr** (Suicide/Depression) 11/13/1976 - 6/15/2015
His fiancé's mother Lydia Sabino ("Mom")

The family of **Alex Necessary** (Drug overdose) 5/9/1985 - 11/17/2016
His mother Bonnie Necessary

The family of **Allison Eastham** (Multiple organ failure-Flu A & Pneumonia) 6/16/1999 - 11/28/2014
Her mother Carisa Collins * Her sisters Cara & Johnnie * Her brother Bradley

The family of **Austin** (Auto accident) 9/10/1996 - 11/4/2015
His mother Marsha Forrer * His brother Alex

The family of **Austin Faulkner** (Killed by motorcycle) 7/2/1996 - 11/29/2014
His mother Alice * His sisters * His brothers Jessie & Ryan

The family of **Brett Cochran** (Mitochondrial disease) 11/17/1999 - 1/20/2016
His mother Lisa Cochran

The family of **Carter** (Leukemia) 8/9/2012 - 11/15/2014
His mother Miranda Sobus

The family of **Charles Creech** (Lung cancer) 11/16/1931 - 2/18/2001
His daughter Cynthia Pettit

The family of **Daniel O'Connor** (Drug overdose) 11/10/1995 - 2/16/2015
His mother Deborah O'Connor * His sister Kerry

The family of **David Mighty** (Asthma attack) 3/19/2004 - 11/29/2015
His grandmother Janett Mills * His sister Divine * His brother Davion

The family of **Dawn Byrnes** (?) 11/10/1971 - 6/26/1998
Her mother Carol Byrnes * Her sisters Keri & Laurie

The family of **Gloria Cortese** (Dementia/old age) 11/14/? - 3/5/2013
Her daughter Chris de Francesco

The family of **Lisa Cortese** (cancer) 11/2/1960 - 9/19/2012
Her sister Chris de Francesco

The family of **Hannah Foreman** (Auto accident) 1/23/1999 - 11/2/2014
Her mother Kim Bell * Her sister Hope

The family of **Jase Hoover** (Stillbirth) 11/17/2015 - 11/14/2015
His mother Corey Hoover * His brother Levi

The family of **John Forrester** (Auto accident) 12/11/1988 - 11/18/2015
His mother Roseanne Forrester * His sister Juleanne

The family of **Kathleen Johnson** (Murder) 7/23/1979 - 11/6/2013
Her mother Joann Dougherty * Her sister Healthier
Her (3) daughters

The family of **Luna** (Unknown) 11/3/2009 - 11/3/2009
Her mother Jess Husfelt * Her sister Lilyrose

The family of **Ryker Stephenson** (Unknown virus) 6/21/2010 - 11/9/2014
His grandmother Cindy Nix

The family of **Tyler** (Overdose of chemo) 11/21/1997 - 11/22/2016
His grandmother Loraina Lee * His brothers Thomas & Taylor



These Three Words by Donna Terrell

It's been one year, four months and thirteen days since cancer killed my daughter. There hasn't been a single day since that I haven't thought about her. I still hear her voice, imagine her smile and feel her touch. During her last two years of life, I cared for her the same way I did her first two years. As tough a job as it was, it was an honor to care for her. On that very last night, I lay next to her in bed and watched her struggle to take her last breath. I was helpless to do anything but try to talk her through it. Afterward, I watched the funeral home attendants respectfully wrap her body in a blue-velvet blanket and carry her out of our home for the last time.

At that point a new journey began -- dealing with grief. Several places offered different roadmaps to guide me in this journey. One roadmap led me to people who had been on a similar path; another had heard about the journey but had not personally traveled down that road. Most everyone seemed to have ideas and suggestions on what they thought I should do to get to my destination... wherever that was.

Then, just as I felt myself veering off the path and into depression, one of my roadmaps led me to a grief counselor. It was there that I learned skills I needed to manage my grief. As I

continued to follow the grief road, there was one map that focused simply on these three words, "It gets better." That was like a road sign telling me what was ahead, but I ignored it and stayed on my journey through pain, sorrow and disappointment.

One day, not so long ago, I met a neighbor in the elevator in my building. I knew her husband had been very sick, but I wasn't sure whether he had passed away. As she stepped onto the elevator, I reached out and touched her elbow, asking if she was okay. She turned to me, tears swelling in her eyes and said it had been exactly one month (which let me know her husband was gone). As she reached over and put her arms around me, she whispered, "Does--it--get--better?" Up until then, no one had ever asked me that question. So, I never imagined having to answer it.

When she posed that question, my response was immediate; I didn't have to even think about it. It came from a place deep down inside my soul and from many therapy sessions. My grief counselor had told me that I would need to cry "one hundred thousand tears." I haven't counted every single one, but my guess is I'm at about five or six thousand and that's nothing when you think about it!

I have lived through my own private hell. I have cried myself to sleep at night wondering why my child had to suffer.

I've called out to her so many times asking her if she's okay now, if she can help me with a problem I'm dealing with, if she could just... Well, you know. losing my only child is the toughest thing I've ever dealt with and it's only been a little over a year. I think you get the point. I'm not over this and I never will be. Honestly, I don't want to be. I'm a griever on my own personal journey. I've been told I'm part of a community of tortured souls, so don't block my road!

But the words I whispered back to the lady on the elevator caused me to think over and over again about this journey and the roadmaps I've been following. I whispered these three words to her: "It gets better."

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These families have special days in **December**. Please remember in Prayer.....

The family of **Angel Jesus Ruiz** (Genetic disorder) 11/12/1990—12/31/1990

His mom & stepdad Blanca & Scot Varga * His sisters Arantxa & Amaya

The family of **Timothy Croker** (Auto accident) 12/7/1979—10/3/2000

His father Ron Croker * His sister & brother-in-law Melissa & Ryan * His nieces Samantha & Kayla

The family of **Joey Starling** (Aortic aneurysm) 12/22/1963—11/19/1983

His mother Pat Moser * His sisters Kelly & Stacy

The family of **Jonathan Reeves** (?) 12/26/1986—12/26/1986

His mother Charlene Reeves

The family of **Wade Snyder** (Crib death) 3/17/1961 - 12/5/1961

His sister Toni Schauer

The family of **Jessica** (?) 8/10/1984 - 12/31/2009

Her mother Rosemary Callahan

The family of **Justin Choiniere** (Enlarged heart) 11/6/1985 - 12/31/2009

His mother Ann-Marie Choiniere * His sister Vanessa

The family of **Vincent Turano** (Substance abuse) 12/12/1988 - 8/27/013

His mother Mary Turano * His sisters Colette & Laurie

The family of **David Cygan** (Fire) 1/14/1995 - 12/10/2014

His mother Denise Ann Cygan * His sister Kimmy

His brothers Christopher, Jason & Scott

The family of **Dusty Willey** (Pneumonia/heart problems) 12/6/2005 - 3/31/2006

His mother Cathryn Klingsmith * His sister Deborah

His brothers Rusty, Westley & James

The family of **Genna Nickerson** (Rare illness) 12/16/1991 - 12/2/2014

Her mother Teresa Nickerson * Her sister Cynthia * Her brother Shane

The family of **JayLee** (Co-sleeping) 12/18/2014 - 3/11/2015

Her grandmother Alicia Kittle

The family of **John** (Accident) 12/20/1971 - 3/13/1976

His mother Molly Strickland

The family of **Luke** (Football accident) 12/2/1997 - 11/4/2015

His mother Lisa Schemm * His brother Clay

The family of **Phillip Liberto** (Murder) 12/24/1991 - 7/27/2015

His mother Gina Barnes

The family of **Clayton Edgeman** (Myocarditis) 12/1/1986 - 5/17/2016

His mother Patty Edgeman * His brother Clinton

The family of **David Gaw** (Alzheimers-related disease) 12/13/1936 - 9/30/2015

His daughter Melissa Pence

The family of **Jamie Goodwin** (Infant Tylenol overdose) 8/31/2011 - 12/1/2011

Her parents Jody & Rhi Goodwin * Her sisters Jade, Maddie & Cecilia * Her brother Gabe

The family of **John Forrester** (Auto accident) 12/11/1988 - 11/18/2015

His mother Roseanne Forrester * His sister Juleanne

The family of **Joseph de Francesco** (3/13/1972 - 12/2/2013) 11/10/1971 - 6/26/1998

Her mother Carol Byrnes * Her sisters Keri & Laurie

The family of **Kara Reger** (Intercranial hypertension) 9/22/1981 - 12/14/2015

Her mother Deb Wessel * Her sister Jennifer * Her brothers Cameron & Jason



These families have special days in **December**. Please remember in Prayer.....

The family of **Kathy** (Cancer) 3/27/1956 - 12/15/1993

Her sister Nancy Burns

The family of **Lucas** (Auto accident) 12/27/1997 - 8/27/2016

His mother Nancy DeRego * His sisters Maggie & Marybeth * His brother Teddy

The family of **Mark Trevino** (Drugs/beatings) 12/16/1974 - 6/3/2008

His mother Roxanne Whitehead

The family of **Mary Browning** (Heart failure) 8/9/1982 - 12/9/2014

Her mother Jenny Browning * Her brother Brian

The family of **Ivor Malahay** (Multiple injuries) 12/19/1993 - 7/8/2016

His mother Milanie Malahay * His brother Zeus

The family of **Nathasha Powell** (Drowning) 12/31/1996 - 6/3/2013

Her mother Heidi Funk * Her sister Jessica * Her brothers Geoff, Tyler & Devin

The family of Presley Tolman (Stillbirth) 12/14/2015 - 12/14/2015

Her mother **Rachel Tolman** * Her sister Azlyn

The family of **Ryan Stickney** (Drowning) 12/16/2003 - 9/4/2005

His father Ryan Stickney * His sister Trinity

The family of **Shari** (Breastfeeding cancer) 12/17/1969 - 5/1/2015

Her mother Josie Barrett * Her brothers Alex & Colin

The family of **Terry Client Jr** (Accident) 12/6/2005 - ?

His mother Veronica Bobo * His sister Victoria * His brothers Cameron & Russell



Seasons of Grief

by Belinda Stotler

Shall I wither and fall like an autumn leaf,
From this deep sorrow - from this painful grief?
How can I go on or find a way to be strong?
Will I ever again enjoy life's sweet song?

Sometimes a warm memory
sheds light in the dark

And eases the pain like the song
of a Meadow Lark.

Then it flits away on silent wings and I'm alone;
Hungering for more of the light it had shone.

Shall grief's bitter cold sadness consume me,
Like a winter storm on the vast angry sea?

How can I fill the void and deep desperate need
To replant my heart with hope's lovely seed?

Then I look at a photo
of your playful smiling face

And for a moment I escape
to a serene happy place;

Remembering the laughter & all you would do,
Cherishing the honest, caring,

loving spirit of you.

Shall spring's cheerful flowers bring life anew
And allow me to forget
the agony of missing you?

Will spring's burst of new life bring fresh hope
And teach my grieving soul how to cope?

Sometimes I'll read a treasured card
you had given me
& each word's special meaning makes me see,
The precious gift of love
I was fortunate to receive,
And I realize you'd never want to see me grieve.

Shall summer's warm brilliant
sun bring new light,
And free my anguished mind of its terrible plight?
Will its gentle breezes
chase grief's dark clouds away,
And show me a clear path towards a better day?

When I visit the grave

where you lie in eternal peace,
I know that death and heaven brought you release;
I try to envision your joy
on that shore across the sea,
And, until I join you,
that'll have to be enough for me.

For all the remaining seasons of my life on earth,
There'll be days I'll miss your merriment & mirth,
And sometimes I'll sadly long
for all the yesterdays;
Missing our chats
And your gentle understanding ways.

Yet, the lessons of kindness
and love you taught me,
And the good things in life
you've helped me to see;
Linger as lasting gifts
that comfort and will sustain,
Until I journey to that peaceful shore
and see you again.

**Healing Hearts
for Bereaved Parents**



**PO Box 9162
Covington WA 98042**

ADDRESS SERVICE REQUESTED

If you have received this newsletter but did not request the subscription, it means that someone you know thought that you might find this publication helpful. Please accept this gift in the spirit it was intended and we hope you will find a measure of peace and comfort among the pages of our newsletter.

We encourage and invite folks who have either written a poem or story or found one that was meaningful and would like to have it published to send us the writing and include your name and the name of the person you would like to dedicate it to and then mail to: Healing Hearts; Newsletter Submission; PO Box 9162, Covington WA 98042. ...or e-mail it to: newsletter@healingheart.net with 'Newsletter Submission' in the subject line ...or fax it to (253) 270-7906...by the 15th of the month. It will then appear in the following month's issue.

Healing Hearts News is sent free of charge for the first year to families who request it. After that, there is a small fee to renew. Donations in memory of your precious child are also welcome. Please make your check payable to Healing Hearts – then mail to: Healing Hearts; PO Box 9162, Covington WA 98042. ...Or you can use the form on our web site by going to: www.healingheart.net then clicking on the "Donation" button. Recognition for your love gift will then be made in a future issue of this newsletter unless instructed otherwise.

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Child's Name: _____

(In case of name similarities)