

Healing Hearts News



September / October 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).

- **Nancy Smith**
mother of Michaela Smith
(7/2/1995 - 4/7/2012)
- **Kelly Corning**
mother of Wyatt M Corning
(2/2/2014 - 9/26/2015)
- **Jennifer Collins**
mother of David C Collins
(6/11/1977 - 11/19/1997)
- **Al & Connie Taylor**
parents of David C Taylor
(1/15/1958 - 10/10/2006)
- **Sira, Fred & Fernando Perez**
family of Roxanna Perez
(10/14/1976 - 10/31/1998)
- **Ron Croker**
father of Timothy Croker
(12/7/1979 - 10/3/2000)
& husband of Sheila Croker
(10/19/1958 - 8/9/2007)

Their generous donations make it possible to continue reaching out to hurting families through this newsletter and the web site.

...Thank You!!



Reach Out for Help

by Dr Alan Wolfelt

"Action is the antidote to despair."

--Joan Baez

When someone you love dies, you must mourn if you are to renew your capacity for love. In other words, mourning brings healing. But healing also requires the support and understanding of those around you as you embrace the pain of your loss.

I've said that the wilderness of your grief is your wilderness and that it's up to you to find your way through it. That's true. But paradoxically, you also need companionship from time to time as you journey. You need people who will walk beside you and provide you with "divine momentum" -- affirmations that what you are doing is right and necessary for you and will lead to your eventual healing. You do not need people who walk in front of you and lead you down the path they think is right, nor do you need people who want to walk behind and not be present to your pain.

You've heard me urge you over and over again to seek out the support of the people in your life who are naturally good helpers. A few solid shoulders to cry on and a handful of pairs of listening ears can make all the difference in the world. For something so difficult, it's fundamentally simple, this journey to healing.

Sharing your pain with others won't make it disappear. But it will, over time, make it more bearable. Reaching out for help also connects you to other people and strengthens the bonds of love that make life seem worth living again.

Where to Turn for Help. "There is strength in numbers," one saying goes. Another echoes, "United we stand, divided we fall." If you are grieving, you may indeed find strength and a sense of stability if you draw on an entire support system for help. Friends and

family members can often form the core of your support system. Seek out people who encourage you to be yourself and who acknowledge your many thoughts and feelings about the death. What you need most now are caring, nonjudgmental listeners.

You may also find comfort in talking to a minister or other church leader. When someone loved dies, it is natural for you to feel ambivalent about your faith and question the very meaning of life. A clergy member who responds not with criticism but with empathy to all your feelings can be a valuable resource.

A professional counselor may also be a very helpful addition to your support system. In fact, a good counselor can be something friends and family can't: an objective listener. A counselor's office can be that safe

haven where you can "let go" of those feelings you're afraid to express elsewhere. What's more, a good counselor will then help you constructively channel those emotions.

For many grieving people, support groups are one of the best helping resources. In a group, you can connect with others who have experienced similar thoughts and feelings. You will be allowed and gently encouraged to talk about the person who died as much and as often as you like.

Remember, help comes in different forms for different people. The trick is to find the combination that works best for you and then make use of it.

The Rule of Thirds. In my own grief journey and in the lives of the mourners I have been privileged to counsel, I have discovered that, in general, you can take all the people in your life and divide them into thirds when it comes to grief support.

One third of the people in your life will turn out to be truly empathetic helpers. They will have a desire to understand you and your unique thoughts and feelings about the death.



Reach Out for Help ... cont.

They will demonstrate a willingness to be taught by you and a recognition that you, not them, are the expert of your experience. They will be willing to be involved in your pain and suffering without feeling the need to take it away from you. They will believe in your capacity to heal.

Another third of the people in your life will turn out to be neutral in their response to your grief. They will neither help nor hinder you in your journey.

The final third of people in your life will turn out to be harmful to you in your efforts to mourn and heal. While they are usually not setting out to intentionally harm you, they will judge you, they will try to take your grief away from you, and they will pull you off the path to healing.

Seek out your friends and family members who fall into the first group. They will be your confidants and momentum-givers on your journey. When you are actively mourning, try to avoid the last group, for they will trip you up and cause you to fall.

How Others Can Help You.

While there are a multitude of ways that people who care about you might reach out to help you, here are three important and fundamental helping goals. Effective helpers will help you:

- ♦ **Embrace Hope.** These are the people around you who help you sustain the presence of hope as you feel separated from those things that make your life worth living. They can be present to you in your loss, yet bring you a sense of trust in yourself that you can and will heal
- ♦ **Encounter the Presence of Your Loss.** These are the people who understand the need for you to revisit and recount the pain of your loss. They help you "tell your story" and provide a safe place for you to openly mourn. Essentially, they give you an invitation to take the grief that is inside you and share it outside yourself.

♦ **Have "Companions" in Your Journey.** These people serve as companions through whom your suffering can be affirmed. They are able to break through their separation from you and truly companion you where you are at this moment in time. They know that real compassion comes out of "walking with" you, not ahead of you or behind you. The word 'grieve' means to "bear a heavy burden." Those who companion you in your grief realize that as they help bear your burden of sorrow, they give you hope that something good will be born of it.

Get Help Right Away When in Crisis. If your feelings of grief are so overwhelming that you're afraid your life or the life of someone in your care is in danger, you are in crisis and should seek help immediately.

Signs of crisis include:

- Thinking about, planning or attempting suicide.
- Failing to care for yourself (eating, bathing, dressing)
- Abusing alcohol or drugs

If any of these warning signs apply to you, call one of the helping resources listed below without delay.

- 911
- Your local Crisis Hotline. Call Information or look them up in a phone directory.
- Your family physician
- Your local hospital
- Your community mental health center. (County government directories will usually have this information.)

Regardless of where you are on the path to healing, don't be afraid to reach out for the help you need.

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Grief Digest - Centering Corp.
Omaha NE 402-553-1200

Waiting For Daddy

Daddy can you feel me
Do you know I'm near
I wished that I could be with you
To wipe away your tears
I know you're hurting daddy
I see it everyday
If only I could help you see
I really am ok
Heaven is so pretty daddy
Me and mommy's there
We're spending time with Jesus
We'll be waiting for you here
But you have things to do down there
Until your time is done
Oh but when that day comes daddy
Into your arms I'll run...

--by Barbara Bailey



Handprint

You were lying in my arms,
As I tried to say goodbye,
"It might be for the best,"
they said,
But I knew that was a lie.

I gazed at your little handprint,
Given to us that day,
You wouldn't feel pain again,
But I wanted you to stay.

You fought for every
breath you took,
Never letting go,
Until one day God made you His,
Leaving all of us below.

Although you couldn't walk or talk,
Or even count to ten,
Your short life had more impact,
Than a hundred million men.

-Daddy

--by Tony Doiron

◆ **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.

◆ **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.

◆ **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.

◆ **Rosemary Callahan**

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

◆ **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.

◆ **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.

◆ **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.

◆ **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.

◆ **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.

◆ **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.

◆ **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.

◆ **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.

◆ **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.

◆ **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.

◆ **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

Anyone who has subscribed to this newsletter for any length of time knows that Darcie Sims is one of my favorite authors and I will usually share her articles whenever I have the chance. Because Darcie died years ago, there are no recent writings but the ones that have been published during her life and career still touch my heart whenever I read them. It is my hope that the one shared in this issue of Healing Hearts News will be just as meaningful for our readers.

With this issue, the holiday season is looming large on the horizon. It's been 23 years since my son died after being struck by a train & just a little over 2 years since my dad's death from heart failure and I can easily say that this time of year continues to be a difficult time for me.

So, as I look for ways to cope and to find moments of peace throughout the holidays season, I will be praying for God's loving presence in the midst of the chaos during the coming weeks -- not only for myself but for everyone who has a loved one who is no longer with them.

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 in the November/December issue but, like last year, it was decided that we would go ahead and add it early. 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...

Deborah O'Connor, Clarksburg MD
Daniel Silva, Portland OR
Mari Sampson, Huntsville AL
Johanna Leighty, Eugene OR
Jami Detjens, Kenosha WI
Aimee Rivenbark, Columbia AL
Julie Gagner, Lynwood WA
Nancy DeRego, Mountain View HI
Cynthia Pettit, Lexington KY
Milanie Malahay, Sydney NSW Australia
Matthew Miller, Charlotte NC
Kristin Guite, Rockland MA
Ashleigh Gravitt, Pittsfield IL
Molly McCaffrey, Henrico VA
Alexis Soulas, Corpus Christi TX
Lisa Kutzler, Wind Gap PA
Charlotte Gilpin-Shockley, Eaton OH
April Barbeau, Star City SK Canada
DeMaris Berger, Union MO
Naomi Davis, Apple Valley CA
Donna Faircloth, Columbus GA
Barbara Marsh, Northampton MA
Jane Cartmill, Encinitas CA
Melyssa Robertson, Blackfalds AB Canada

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 **September**. Please remember in Prayer.....

The family of **Benjamin Mullin** (Auto accident) 9/1/1985—5/23/1995

His parents Kevin & Donna Mullin * His sister Diane Mullin * His brother Pete Mullin

The family of **Danny Myles** (Murder) 9/30/1962—6/1/1978

His sister Marita Myles * His brother Earl Myles

The family of **Matthew McClelland** (ATV accident) 9/19/1981—8/18/2000

His parents David & Joyce McClelland * His sister & brother-in-law Marcia & Joe Landry

The family of **Joseph Siemons** (Car crash caused by drunk driver) 9/25/1981—4/25/2003

His parents Carol & Glenn Siemons * His sisters Karen & Amanda * His brother Michael

The family of **Veronica Hagman** (Unknown) 9/5/1982—2/21/2005

Her parents Erland & Ann Hagman * Her sister Melissa

The family of **Miles Wilson** (Accidental drug overdose) 9/8/1982—7/18/2004

His mother Elizabeth Boenig

The family of **Thomas** (Pneumonia while in jail) 10/18/1983 - 9/17/2008

His mother Mary Moylan * His sister Lauren * His brother Julian

The family of **Debrent Jarrett** (Auto accident) 9/9/1976 - 6/23/2012

His mother Deborah Jarrett * His sister Roxanna * His brothers Kenneth, Timothy, Nicholas & Michael

The family of **Anthony Reynolds** (Heroin overdose) 9/22/1981 - 1/16/2014

His mother Rene Hillman

The family of **Byron Bradshaw Jr** (Sudden death while sleeping) 9/30/2013 - 9/20/2015

His grandmother Karen Drake

The family of **Carl Berg** (Motor vehicle accident) 9/6/1991 - 8/27/2015

His father Glenn Berg * His brother Nye

The family of **Christopher** (Auto accident) 4/14/2000 - 9/15/2015

His mother Angelina Taylor * His brothers Issac & Gunner

The family of **Clifton** (Cancer) 9/7/1931 - ??/2009

His granddaughter Heidi Rapp

The family of **Derrick Drescher** (?) 6/12/1987 - 9/23/1998

His grandmother GlennaRae Angus

The family of **Dustin** (Accidental overdose) 6/25/1973 - 9/9/2013

His mother Marlene Beauvais

The family of **Eric Santiago** (Accidental drug overdose) 9/14/1971 - 12/23/2013

His aunt Kathie Pitman * His brothers Nelson, Joe & Carlos

The family of **Freddie** (Unknown) 9/7/2012 - 3/7/2015

His grandmother Diana Brown * His brothers Alfie & Charlie

The family of **Holden** (Stillbirth-Unknown cause) 9/10/2014 - 9/10/2014

His mother Katie Davis-Gassner * His sister Kylee

The family of **Jack Harwick** (Ruptured placenta) 10/17/2015 - 9/12/2015

His grandmother Sunny Harwick * His brothers Conor & Grayson

The family of **Jazzie Jenkins** (Drowning) 9/11/2012 - 7/31/2014

Her mother Erica

The family of **Jean Snyder** (Suicide) 5/27/1977 - 9/14/2014

Her mother Lynda Hillstrom

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



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

The family of **Marques Stewart** (Homicide) 9/16/1988 - 4/8/2015

His mother Stefani Stewart * His sister Shakiyla

The family of **Mitchell Gran** (Cardiac arrest while in hospital) 9/8/1992 / 9/20/2012

His parents Greg & Lisa Gran * His sister Ami

The family of **Scott Hanlin** (Heart attack) 9/16/1971 - 2/18/2013

His mother Sandra Hanlin * His brother Brian

The family of **Ty** (Accidental overdose) 9/17/1996 - 2/1/2015

His mother Olga * His sisters Amber & Kristen

His girlfriend Lauren * His daughter Charlotte

The family of **Wyatt Corning** (Accident) 2/2/2014 - 9/26/2015

His mother Kelly Corning * His brother Ryder

The family of **Aaron Marshall** (Accidental overdose) 9/21/1990 - 1/16/2016

His mother Tina Marshall

The family of **Alexis Sampson** (Auto accident) 8/27/1996 - 9/7/2016

Her grandmother Mari Sampson

The family of **Angel Stringfellow** (Auto accident) 9/11/1995 - 10/9/2014

Her mother Angela Child * Her sisters Ashley, Megan & Brianne

Her brothers JT, Travis & Matt

The family of **Austin** (Auto accident) 9/10/1996 - 11/14/2015

His mother Marsha Forrer * His brother Alex

The family of **Callie** (Bilateral renal agenesis) 9/21/2016 - 9/21/2016

Her mother Aimee Rivenbark * Her sister Brianna

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

His daughter Melissa Pence

The family of **Earl Malahay** (Stillbirth) 9/16/1991 - 9/16/1991

His mother Milanie Malahay

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

Her mother Ify Ukachukwu

The family of **Joseph Luzzo** (Substance abuse) 6/18/1994 - 9/23/2011

His mother Marie Luzzo

The family of **Kaivyn** (SIDS) 4/24/2015 - 9/1/2015

His mother Shea Jakeway * His sister Makenna * His brothers Braylan & Maysen

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

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

The family of **Lisa Cortese** (Cancer) 11/2/19? - 9/1/2012

Her sister Chris de Francesco

The family of **Lorenzo Garcia** (Auto accident) 9/7/1984 - 8/14/2016

His mother Alexis Soulas * His sister Alexis Benavides

The family of **Lyon Gagner** (Incompetent cervix) 9/1/2016 - 8/1/2016

His mother Julie Gagner

The family of **Mark** (Gunshot) 4/24/1982 - 9/26/2014

His aunt Nancy Burns

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

His mother Donna Rothstein

The family of **Peter** (Suicide) 8/27/1972 - 9/10/2015

His mother Debra Buccieri * His sisters Amber & Jennifer

The family of **Rebecca** (Heart attack) 6/24/1989 - 9/14/2015

Her mother Lisa Rosenblatt * Her sisters Batya, Navah & Tova * Her brother Shlomo



I Sent You a Kiss Today by Darcie D. Sims, PH.D.

I sent you a kiss today. Did you get it? I sent it by air mail. I kissed my fingers and then opened them to the breeze and watched it go. I tucked in some hugs and well wishes, too. Did you get them?

I thought of you today. Did you know that? Could you feel my arms around you? My thoughts caressing your shoulders, my mind trying to reach yours.

I spoke to you today. did you hear me? I spoke to you of everyday things. I talked about how the clouds moved across the sky, sending shadows whisking over the lawn that I had just raked. I told you how pretty it looked as the leaves swirled gently in the breeze. Do you remember the times we lay together in the grass and just watched the clouds make shapes in the sky? I told you about my remembering that day, too.

I talked to you about how the sun sparkles on the water in the pond and how the wind chime has the loveliest tones. I wonder if you can hear them? I told you about my day, the mundane little things that kept me busy. I ironed and dusted and vacuumed and moved some things around...mostly just re-arranging things. I cleaned the blinds and polished the silver -- just regular things, nothing special -- except I thought of you as I did them.

I told you about my Big Project and how far it seems to the end. I keep thinking of new ways to get it finished and that just makes the whole thing take longer, but of course you know that about me, don't you?

I watched you today. Did you see me, too? I watched a puppy scamper across the yard, tugging its young owner. I watched a brand-new driver trying to fit the car into

a parallel parking space and I laughed, remembering. Do you remember things?

I saw an old lady and an even older man holding hands as they crossed the street and the look they shared reminded me of us. That secret sharing of something just between them. I missed you today. Do you miss me?

I planned the menu for the family dinner today and I asked you what you wanted. Do you still like mashed potatoes and butter, green bean casserole and cranberry relish? I baked two pies and saved some dough for you so you could pat it out and fill it with strawberry jam and then bake it, making a little "patty pan pie" just for you. Do you still do that sometimes?

I counted the chairs and called a neighbor because I have to borrow two more. Or I guess two people could stand or maybe they won't

come. I washed three loads of laundry and ironed the tablecloth and put napkin rings out. I wished you were here

to help like you used to. You always put the napkin in the rings just so and made them look so special.

I wore your sweater today. I hope you don't mind. It turned cool and the breeze turned into a wind and I had to take the wind chime in. The last bits of summer are gone now, packed away until the next time around.

I found your blanket today, tucked way down in the cedar chest. I was looking for the afghan to put over the back of the rocking chair and there it was... waiting for me. So I hugged it and wrapped myself in it like you used to do. It was only for a moment, but I thought I heard you in the next room so I went to look. It was only the timer on the

dryer downstairs. But, for a moment, I thought it was you.

I saw you today... in a hundred places - in the house, the yard, across the street, waiting in line at the bank and walking just ahead of me at the grocery store. Why didn't you turn around? Didn't you know I was there?

I sang to you today. I'm still not very good but the choir master say I am "enthusiastic." Maybe it will be my ticket of admission; enthusiasm should be worth something, somewhere.

I dreamed of you today and for just a little while, we were one again. Hand in hand, arm in arm, head to head, heart to heart, lives wrapped around and through each other, like two peas in a pod, two puppies in a basket, two people in love. I haven't stopped loving you... have you stopped loving me? I hope not.

I'll be okay. I am okay. It's just that sometimes, I want you here, right here with me, not just in my thoughts, my dreams, my prayers, my me. I want you here...

And then, you are. I only have to touch my heart to feel yours beating. I only have to whisper your name to hear mine spoken. I only have to count my blessings, count the moments we had, to know I am rich beyond any man's measure. We were and still are, and that's all I need. It wasn't enough and it will never be enough, but it was something, and for that I am forever thankful... today, tomorrow and always.

I sent you a kiss today .. and you sent one back

Thanks...for the little while.

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

- The family of **Timothy Croker** (Auto accident) 12/7/1979—10/3/2000
His father Ron Croker * His sister Melissa
- The family of **Sheila Croker** (Cancer) 10/19/1958 - 8/9/2007
Her husband Ron Croker * Her daughter Melissa * Her granddaughters Samantha & Kayla
Her son-in-law Ryan
- The family of **Branden Hancock** (Motorcycle accident) 4/4/1977—10/26/2003
His father Bob Hancock * His sisters Bronwyn, Autumn & Elisabeth * His brother Bobby
- The family of **Micheal Bumbaugh** (Cardiac arrest/drug overdose) 5/23/1974—10/5/2003
His mother Elizabeth Fischer * His sisters Kim, Dawn, Cindy & Kristine
- The family of **Roxanna Perez** (Accident) 10/14/1976—10/31/1998
Her parents Fred & Sira Perez * Her brother Fernando
- The family of **David Taylor** (Suicide) 1/15/1958—10/12/2006
His parents Al & Connie Taylor * His brothers Bill & Mark
- The family of **Mickey Hale** (Colon cancer) 6/27/1974 - 10/10/2006
His mother Jacque Lynn Glaeser
- The family of **Thomas** (Pneumonia) 10/18/1983 - 9/17/2008
His mother Mary Moylan * His sister Lauren * His brother Julian
- The family of **Amanda Love** (Unknown) 10/26/1988 - 4/12/2015
Her mother Kimberly Love * Her daughter Anna * Her son Abel
- The family of **Deborah Drespel** (Ovarian cancer) 11/20/1964 - 10/8/2014
Her daughter Maria Castro * Her sisters Deanna & Donna * Her brother Alfred
- The family of **Jack Harwick** (Ruptured placenta) 10/17/2015 - 9/12/2015
His grandmother Sunny Harwick * His brothers Conor & Grayson
- The family of **Joshua Schwartz** (Massive brain hemorrhage) 11/23/1989 - 10/25/2009
His father Dave Schwartz * His brother David
- The family of **Madison Switzer** (Unknown) 10/8/2013 - 1/19/2015
Her grandmother Cindy Wright * Her brother Cole
- The family of **Richard Liptrap III** (Cord accident) 10/27/1993 - 10/27/1993
His mother Dorothy Liptrap * His sisters Lindsay, Lexie & Kaulie * His brother Kodi
- The family of **Shane Arey** (Heroin overdose) 10/28/1996 - 1/22/2015
His mother Ann Arey * His brother Ryan
- The family of **Shawn Leins** (Methadone toxicity) 8/23/1994 - 10/12/2012
His mother Lisa Riddle * His sister Kirsten * His brother Deegan
- The family of **Timothy Norris** (Suicide) 2/18/1986 - 10/29/2014
His sisters Mia Woodson, Misty, Melody & Rachel * His brother William
- The family of **Aaron Browning** (4-wheeler accident) 1/14/1988 - 10/3/2008
His mother Jenny Browning * His brother Brian
- The family of **Amy** (?) 10/8/1983 - 1/18/2016
Her father Richard Olivastro * Her brothers Richard Jr & Andrew
- The family of **Andy Usakowski** (Accidental overdose) 7/28/1989 - 10/24/2015
His mother Beth Lemersal * His brother Joe
- The family of **Angel Stringfellow** (Auto accident) 9/11/1995 - 10/9/2014
Her mother Angela Child * Her sisters Ashley, Megan & Brianne
Her brothers JT, Travis & Matt
- The family of **Cole** (Unknown) 8/24/2015 - 10/25/2015
His mother Mary-Jane * His brother Caleb



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

The family of **Eric** (Accidental Overdose) 10/22/1990 - 6/14/2016

His mother Jami Detjens * His sister Heather * His brothers James & Jordan

The family of **Jacob** (Auto accident) 10/10/1991 - 5/12/2011

His mother Suzanne Ryan * His sister Nikki * His brother Luke

The family of **Joel Spencer** (Suicide) 10/16/1986 - 8/17/2016

His mother Donna Faircloth * His brothers Lee & Shea

The family of **Karissa Dixon** (SIDS) 10/18/2006 - 1/30/2007

Her mother Sandra Ann Plonowski * Her sister Brianna

The family of **Silvio de Jesus Ortiz III** (SIDS) 5/19/2011 - 10/3/2011

His mother Tabitha Ortiz * His sisters Jasmine & Nataliee * His brothers Angel & Alexander

The family of **William Smith** (Heart attack during surgery) 10/4/1948 - 10/21/2015

His sisters Phyllis, Donna, Debbie & Patty * His niece Tracy Gordon Shilt



Rocking Chair by Jacque Amweg

We have a new rocking chair. Really, it is an old rocking chair but it is new to us. It is beautiful, worn wood. The seat is wide. The arms of the chair are a solid piece of wood on each side that go from the top of the chair back, curving into the wide arms.

When we sit on the padded seat, it is lumpy. The fabric on the seat needs to be replaced. There is a place on one side where the wood has been repaired. Even so, it is beautiful, heavy and solid; and there is something so soothing about the rhythm of rocking in it.

Right now, the chair sits in the middle of the room because we haven't figured out how to make room for it yet. We know it belongs there, but what will we move out to make room, and do we need to add something different in the room to go with it?

Christmas seems kind of like that chair this year. It sits in the middle of the room. We know it belongs but we are not sure how it will fit and what changes we will need to make to bring it together since the death of our loved ones. We

are just working around it until we figure it out. Meanwhile, it is still there.

We will have uncomfortable "lumpy" attempts at maintaining traditions and beginning new ones. We may have such a huge empty space that Christmas seems small. We may feel so full of pain and loss that Christmas seems too big and overwhelming. Meanwhile, it is still there.

Christmas is still there. Even if we don't find just the right arrangement or accessories this year or next year -- Christmas is still here. Even if we are just working around it until we figure it out -- Christmas is still here. We can sit down, be surrounded and comforted by the beautiful, ancient, solid promise of Christmas.



**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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NAME: _____

Address: _____

City, State Zip: _____

Phone (optional): _____ E-mail: _____

Child's Name: _____

(In case of name similarities)