

# Healing Hearts News

November 2008

(253) 639-0373 [newsletter@healingheart.net](mailto: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)

- Vincent & Angela Brown  
parents of Andre C Peeples  
(10/28/2004 - 11/5/2004)
- George & Jeannette Kehoe  
parents of Ryan G Kehoe  
(8/9/1982 - 5/12/2007)
- Barbara Wagstaff  
mother of Rita Mae Wagstaff  
(9/24/1981 - 7/18/2006)
- Donna Williams  
mother of James R Williams  
(5/2/1980 - 6/18/2004)
- Elizabeth Boenig  
mother of Miles Wilson  
(9/8/1982 - 7/18/2004)
- Michael & Debbie Campbell  
parents of Rachel Campbell  
(2/13/1986 - 11/14/2005)
- Vonda Knell  
mother of David W McQuinley  
(11/1/1982 - 11/10/2000)
- Gail Mahar  
mother of Lisa M Duran  
(11/26/1971 - 8/19/2007)

Their generous donations make it possible to continue reaching out to hurting families through this newsletter, the group sessions and the web site.  
.....**Thank-you!!**

## Low Fat, Lite Holidays

by Darcie D Sims

I'm tired of low fat; I'm tired of fat free. I'm tired of thinking rice cakes are good; they're not the same as Oreos! I'm tired of trying to be creative in my thinking, my eating, my living, and I'm tired of dreading the holiday season. In fact, I'm just plain tired!

The holidays will be here soon enough. I think they actually start right after the 4th of July because that's when the clothing ads feature sweaters and winter coats. WHO can think of wearing wool when it's 103! Am I crazy or is the rest of the world nuts? I'm tired of dreading almost half of each year because some marketing expert thinks it would be "cute" to have *Jingle Bells* echoing through the frozen food section in the middle of August.

If I have to start thinking holiday in July, and it takes more than a few weeks to "recover" from The Holiday Season after it's over, then I really am spending almost half of each year coping with the holiday blues. And I'm tired of that!

Most people think the holidays start sometime in November, but for me, they never really stop. I can get depressed any time of year and blame it on the holidays (except for the month of August). There are no holidays in that poor month, but just being August is reason enough to be depressed.

My reds and greens can turn to blue at any moment. It only takes a few notes of a song, a whiff of real food (low fat does not smell heavenly) or a trace of a memory to send me into the dumps. We can recycle pain anytime, but somehow, once the displays are up in the stores and the weather turns cooler than before, the downhill slide towards The Holidays intensifies.

By Halloween, I'm bracing for those days and by Thanksgiving, the thought of being cheery is often simply too much to bear. Gifts? Right! What could I possibly find, wrap, give or get that would lighten this load? Icicles form around my heart and The Holidays are only colored with despair. I've forgotten where I stashed the gifts I did manage to buy during the

sidewalk sales last summer, and that recipe for low-fat fruitcake was copied down and promptly misplaced (for which my family and friends should be eternally grateful!)



By November, I've run out of options, however, and no matter how creative I am, there is no denying the approach of those days when the rest of the world looks far happier than I have been or will ever be. Even their voices are cheery as we slip past each other on the icy sidewalks! It grows dark at 4:30 in the afternoon and there is little comfort in a carrot on a wintry day. I'm tired of low-fat substitutes for happiness. I'm tired of bracing for the memories that flood back to better times and for fearing the sights and sounds that only serve to remind me of what isn't anymore.

Can anyone stop the holidays please? Can anyone find a fat substitute that really tastes like mom's pumpkin pie? Can anyone figure out a cure for the pain of these memories? Probably not. So, as long as we are stuck with the approaching holidays and as long as we remain determined to be healthy and keep up the good low-fat fight, what can we do to turn this season of despair into a season of hope? where are the beacons of light (recipes?) that make low fat anything acceptable?

Handling the holidays is not deciding how to eliminate the fat, the pain, the memories from our lives but rather learning how to live with the hurt instead of being consumed by it.

**Be Patient With Yourself.** Know that hardly anyone is as happy as you think they might be. We all have our hurts to hide. We are always in a hurry. We want things to be better now. Do what you can this season and let it be enough.

## Low Fat, Lite Holidays ---cont.

**Be Realistic.** It will hurt, especially if there is an empty chair at the table. Don't try to block the bad moments. Be ready for them. Lay in a supply of tissues (a roll of toilet paper is more efficient.) Anticipation is often far worse than reality. Let those hurting moments come, deal with them and let them go. Leave the word "ought" out of the holiday.

**Plan Ahead.** Grieving people often experience a lack of concentration. Make lists. Prioritize everything. Decide what is really important. (Breathing and potty time rank right up there!)

**Redefine Expectations.** Be honest in what you expect to be able to do. We live in a world of oughts and shoulds and suffer from guilt because we cannot meet our own expectations.

**Be Kind and Gentle to Self.** Figure out what you should do, balance it against what you are capable of doing and then compromise. Forgive yourself for living when your loved one has died.

**Listen to Yourself.** Find the quiet space within where all of the answers live. As you become aware of your needs, tell family members and friends. Keep some traditions; choose which ones. Don't toss out everything this year. You can always try changing a routine. Try whatever pops into your head. You can always scrap it if it doesn't work.

**Take Care of Self Physically.** Eat right (toss some chocolate chips into the oat bran; gift wrap some broccoli; ban low fat for on glorious meal!) Exercise (or at least watch someone else). Jog your memory!

**Hold on to Your Pocket Book & Charge Cards.** You can't buy away grief, but you might be tempted to try.

**Screen All Holiday Activities.** Ask yourself the following questions.

- 1) Will it be the holidays without it?
- 2) Why do you do this activity? Tradition, habit, obligation?

- 3) Do you have to do this, or can others do it for you?
- 4) Do you like doing it?
- 5) How could this activity be done differently?

**Give yourself the Gift of Emotions.** Put the motion back into emotions. Toss a Nerf brick when you're angry, or pound a pillow. Go outside and yell while you shovel snow. Find a way to express the intensity of your feelings in a personally, non-destructive way.

**Buy a Gift For Your Loved One.** Give it away to someone who would otherwise not have a gift. It is the giving, the exchanging of love that we miss the most. When you share love, it grows.

**Hang the Stockings;** Place a Wreath on the Grave. Do whatever feels right for you and your family.

**Share Your Holidays.** ride the ferry, visit a soup kitchen or nursing home, spend an evening at the bus station. There are lots of lonely people who could use your love and caring.

**Work at Lifting Depression.** Take responsibility for self. We cannot wait for someone else to wrap up some joy and give it to us. We have to do that for ourselves. Think of things that you enjoy and give yourself a treat. (One cookie will not cause mounds of fat to be deposited on your hips--a dozen, however, might!)

**Understand that Heartaches will be Unpacked.** As you sift through the decorations, appreciate the warm, loving memories of each piece. Don't deny yourself the gift of healing tears.

**Ask For Help.** Make a help-on-a-stick sign and stand on the porch, waving it. Someone will notice (but may not stop). Just because you ask for help does not guarantee you will get some, but if you never ask, no one will ever know how much you might need a hug.

**Learn to Look for Joy in the Moment.** Learn to celebrate what you do have instead of making mental lists

of what you're missing. Change the way you look at things.

**Light a Special Candle.** Not in memory of a death, but in celebration of a life and a love shared! Never forget that once someone loved us and we loved back. No one can deny that gift exchange!

**Live Through the Hurt.** Joy can return to warm your heart. I'm tired of low-fat life, and I'm tired of dreading the approaching holiday season. I can't live with my entire being focused on fat grams and painful memories. So, since I can't eliminate fat completely and if I get rid of the memories, I must also get rid of the remembered joy, I'll just have to do what I can and forgive the rest. The holidays are survivable just as fat is manageable. I'll have to run a few more miles and shed a few more tears, but I'm not going to let yesterday use up today, and if I do find something wonderful to eat or a terrific memory to cherish, I'll enjoy them all.

I will not allow fat or pain or fear or sadness to ruin the entire season. It may not be the same as before we became health-conscious or bereaved, but whatever it is can be something and that just may be the beacon of hope in this season of despair.

Grab the fruitcake and the low-fat turkey and get moving to the rhythms of this holiday season--the season where love and memory lighten the heart and chase the gloom. Skip the fat, shed the tears, light the candle and find the light. Make this holiday season full of lite and light and love: the best seasoning of all!



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## Dragonfly Memorial Poem

*A thousand tears or more  
our eyes have cried  
And a thousand more lay in wait--  
We are bathed in them  
and yet our hearts are still broken,  
and all that is within us aches  
with the loss of you, the wanting of you.*

*There is never a time  
for this that is right--  
Never a way that can prepare the heart  
for this reft--you have passed through  
Our arms too soon,  
like the sand flowing through our fingers  
We could not hold you here,  
though we would try.*

*We know that your spirit flies free  
and in the quiet depths of our hearts  
we can see you still  
in the rhythm of the waves upon the shore  
in the crisp fall air that fill our chests,  
in the iridescent gleam of each dragonfly  
skimming the surface between heaven and  
earth.*

---Author Unknown

Shared by  
Melanie, Vince & Jacob Wicinski  
In Loving Memory of  
James P Wicinski  
9/23/2008 - 9/24/2008

& Grace J Wicinski  
9/23/2008 - 9/26/2008



## Second Christmas in Heaven

by Thelma Stone

*How can grass still grow  
and birds still sing  
and music play and telephones ring?  
And you not here to see the rain;  
or share the joy or either pain.  
It's all to real yet also true,  
We'll never get over losing you.  
Days turn into weeks  
and weeks to years;  
we're wrapped up  
in the same old fears.*

*But glimpsing Christmas  
months away,  
our Savior born on Christmas Day!  
Shall we let the  
grinch steal Christmas?  
My dear what shall we do,  
we had no control over what  
happened to you.*

*But we can celebrate  
and have a special joy,  
that nineteen years ago  
we borne a special little boy,  
so though we love and miss you,  
Christmas is not about you.  
It's about the Savior Christ  
and what He came to do.*

*He suffered on a cross  
both for you and for me.  
His pain and crucifixion  
meant for all men to be free.  
So I know the doors of Heaven will  
always be opened wide,  
As we brave the storm before us  
with the Lord right by our side.*

*So as we plan for Christmas  
there will be a candle lit for you,  
and a heart that's full of Jesus' love,  
and a place there for you, too.  
this Christmas I will celebrate  
knowing you one day I'll see.  
Thanking Jesus for the hope  
He gave, to Him the glory be.*

In Loving Memory of  
Rahshann D Stone  
7/18/1978 - 2/7/1998

## Prayer on Thanksgiving

---by Janet Merchant

For those, O God,  
who in the hour of sorrow  
find little cause for thankfulness,  
I pray; for those bereaved,  
whose bright hopes for tomorrow  
Are changed to sudden agony today;  
for those beset by illness,  
need and trouble; for those whose lives  
are spent in loneliness--

On this Thanksgiving Day I ask a  
double bounty, O God,  
for them in their distress.  
Grant of Thy mercy,  
such a sense of nearness  
to Thee in their affliction, such a sure  
Awareness of Thy saving love  
that dreariness may be illumined for  
them by the pure Assurance  
of Thy care in darkest days,  
Stirring their heavy hearts  
to fervent praise

\*\*\*\*\*

*I walked a mile with Pleasure  
She chatted all the way.  
And left me none the wiser  
For all she had to say.*

*I walked a mile with Sorrow,  
and not a word said she.  
But, oh, the wisdom I obtained  
When Sorrow walked with me.*



## My Story *by Stephenie Klosowski*

It has been seven years since my angel took flight.....

On June 3rd 2001, I got the most terrifying phone call while I was at work. It was about 4:30am as my graveyard shift was drawing to an end. There was this frantic page saying, "Stephenie, you have an emergency phone call on line one!" I ran to the phone and answered. My husband was screaming on the other end to come home now, something was wrong with the baby! Through my fears, I still remembered to grab my breast pump and the milk I had for him. As my manager drove me home, we turned into the apartment complex and my fears grew. Glowing lights of blue and red bounced off of the buildings. My heart about blew out of my chest when we pulled up to an ambulance leaving. We stopped as the ambulance turned but they kept going. I was terrified!

We parked outside of my apartment with four police cars and a fire truck, I saw my husband standing in the doorway holding our two-year-old son. I got out and ran to him and he was crying, telling me to go to the hospital and that he would catch up.

I jumped into the car and we took off. We sped through stop signs and lights. When we arrived at the hospital, we pulled up right behind the ambulance. I saw them open the door and my heart fell. An EMT was straddling my son pumping his fingers into my son's chest and squeezing air into his mouth. the other EMT grabbed me and told

me to let them take care of him. I was screaming, "Let me see my son!"

We entered the E.R. and the nurses surrounded me pulling me aside. They put me and my manager friend into a tiny room. I couldn't breathe. I knew it was bad when they wouldn't let me go to him. I was his mother for crying out loud! The doctor came in with a nurse and sat down. No, no what was this? She grabbed my hand and said, "I am sorry..." NO! NO! I don't believe you. This is not happening. Let me see him!

My husband came and all I could say was that they were telling me that he is gone. I didn't believe them and I screamed for them to let me see my son. I don't remember who called my parents, but they came in to the hospital and could hear me screaming.

They brought our son to us...he was so beautiful but he wasn't breathing. He had a tube up his nose. I asked them to take it out but they wouldn't. I kept touching him and smelling him and telling him that I love him. I kept thinking that this isn't real. I was dreaming.

At this point, my entire family had shown up. I am not even sure how long we had been there. I just remember that my mother told me it was time to let him go. NO!

My life changed that day when my beautiful angel took flight. My gorgeous son, Kole Austin Klosowski, born 2/25/2001 was born a healthy baby boy. He was just 3 1/2 months old when he died.

After grieving and the breakup of my marriage, I realized what life meant to me. Kole had given me a gift that, unless you have lost someone you love, you don't see. I value life, love and the children more than I ever could explain. It's not a feeling that I can put into words but it is a blessing that changed me forever. I feel that my son gave his life to save mine. That may seem odd, but I have another child now--a little girl and though they have different fathers, I see Kole's smile behind her eyes. I know that he is watching over her and his brother. There is not a single day that I don't think of him and I think of the "what ifs".

It does get better. The pain seems to ease and I know some day I will hold Kole in my arms again. He is my angel and the short time I had with him was a lifetime. He is forever in my heart and dreams. I hoped that telling my story in detail my help someone realize that there is hope after the loss of a child. I want people to know that the pain they feel is real and that they are not alone. I feel I have been through the worst tragedy of my life and I can handle life's little bumps. My children are my life and Kole opened my eyes to how precious they are!

With outstretched arms to those who have lost--you are not alone. Remember your angel is watching over you.

With Love,  
Stephenie

- ◆ **Marita Myles**  
1823 E Joseph Ave, Spokane WA 99208  
e-mail: [maritamyles@comcast.net](mailto: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.
- ◆ **Judy Britt**  
485 Reynolds Ln, Vidor TX 77662  
e-mail: [jlb3249@sbcglobal.net](mailto:jlb3249@sbcglobal.net)  
Her 18yr old daughter, Jamie-Leigh, died on 5/22/2006 as the result of viral meningitis.
- ◆ **Emma Compton**  
303 O'Neal Dr, Anderson SC 29625  
e-mail: [bowdoin514@aol.com](mailto:bowdoin514@aol.com)  
Her 18yr old daughter, Erica, died on 6/4/2005 as the result of an auto accident.
- ◆ **Carol Friedman**  
PO Box 1506, Thompson Falls MT 59873  
E-mail: [carolelynn8386@blackfoot.net](mailto:carolelynn8386@blackfoot.net)  
Her 3yr old son, Dustin, died on 6/20/1986 & her 17yr old son, Matthew died on 6/16/2003 both as the result of drowning.
- ◆ **Jamie Hallam**  
4 Scheri Ln, Eatontown NJ 07724  
E-mail: [jamecca22@aol.com](mailto:jamecca22@aol.com)  
Her son, Tyler and her daughter, Ariana each died as the result of murder by child abuse while living with their father. Tyler's body has still not been found.
- ◆ **Ron & Diana Holz**  
1510 J St SE, Auburn WA 98002  
E-mail: [inf4thdivision@aol.com](mailto:inf4thdivision@aol.com)  
Their daughter, Cheri, died on 12/15/1996 as the result of a rare condition known as melas.
- ◆ **Priscilla & Raymond Ujenski**  
34824 Swan Creek Blvd, Richmond MI 48062  
e-mail: [pujenski@comcast.net](mailto:pujenski@comcast.net)  
Their 31yr old son, David, died on 3/18/2003 as the result of colon cancer that had spread to his liver.
- ◆ **Terri Rogers**  
5790 Malone Rd, Olive Branch MS 38654  
e-mail: [olemissmom42@centurytel.net](mailto:olemissmom42@centurytel.net)  
Her 24yr old daughter, Ashley, died on 12/30/2006 as the result of an overdose.
- ◆ **Dawn Durick**  
62 Elm St, Tonawanda NY 14150  
e-mail: [dawnadur@mac.com](mailto:dawnadur@mac.com)  
Her 14yr old son, Daniel, died on 5/31/2005 as the result of cardiac arrest (Evan's syndrome).
- ◆ **Maria Faller**  
204 Houston Rd, Pittsburgh PA 15237  
e-mail: [legobeaver@comcast.net](mailto:legobeaver@comcast.net)  
Her 7yr old son, Christopher, died on 3/24/1998 as the result of viral tumors following a heart transplant.
- ◆ **Collette Breeze**  
1702 Sequoia Dr, Elko NV 89801  
e-mail: [cbreeze3@hotmail.com](mailto:cbreeze3@hotmail.com)  
Her 15yr old son, Austin, died on 7/21/2008 as the result of suicide.
- ◆ **Cheryl Ginder**  
1430 N Silver St, Olney IL 62450  
e-mail: [lovey68@verizon.net](mailto:lovey68@verizon.net)  
Her 18yr old son, Brett, died on 7/9/2005 as the result of a motor vehicle accident.
- ◆ **James Long Jr**  
420 McAllister Cir, Hopkinsville KY 42240  
His son, Maurice, died on 10/19/2005 as the result of an accident with a truck.
- ◆ **Amy Lowry**  
PO Box 924, Cuba IL 61427  
e-mail: [SMII.4603@yahoo.com](mailto:SMII.4603@yahoo.com)  
Her daughter, Sophie, died just 2 days before her 1st birthday as the result of complications of trisomy 18.
- ◆ **Sira Perez**  
2 Indian Run Rd, Princeton Junction NJ 08550  
e-mail: [sirap98@comcast.net](mailto:sirap98@comcast.net)  
Her 22yr old daughter, Roxanna, died on 10/31/1998 as the result of an accident.
- ◆ **Debra Reagan**  
120 Huskey Valley Rd, Seymour TN 37865  
e-mail: [dreagan856@yahoo.com](mailto:dreagan856@yahoo.com)  
Her 20yr old son, Clint, died on 8/6/2005 as the result of an accidental drug overdose.
- ◆ **Allie Sawyer**  
68 Greely St Asheville NC 28806  
e-mail: [alliefairs@bellsouth.net](mailto:alliefairs@bellsouth.net)  
Her 36yr old son, Charles, died on 7/23/2004 as the result of a massive heart attack.
- ◆ **Linda Herndon**  
200 Faith Dr, Mohrsville PA 19541  
Her 17yr old son, Josh, died on 8/29/2007 as the result of cancer.
- ◆ **Charlene Reeves**  
2525 Tara Ln Apt 143, Brunswick GA 31520  
e-mail: [charlenereeves@comcast.net](mailto:charlenereeves@comcast.net)  
Her infant son, Jonathan, died on 12/26/1986.
- ◆ **Jenne Lehnerd**  
PO Box 708, Hvre De Grace MD 21078  
e-mail: [pjlehnerd@comcast.net](mailto:pjlehnerd@comcast.net)  
Her 1 month old daughter, Arwen, died on 1/12/2004 as the result of complications from birth.
- ◆ **Cheri Bieniek**  
826 Mindy Ln, Wooster OH 44691  
e-mail: [cheri1016@aol.com](mailto:cheri1016@aol.com)  
Her 7yr old daughter, Stephanie, died on 5/2/2004 as the result of SUDEP.
- ◆ **Teresa Voight**  
604 Camille Dr, Longview TX 75604  
e-mail: [fifilarue30@hotmail.com](mailto:fifilarue30@hotmail.com)  
Her infant son, Zachary, died on 2/15/2008 as the result of SIDS.
- ◆ **George Kehoe**  
20338 S Riverside Dr  
e-mail: [kehoe@lighthouse.net](mailto:kehoe@lighthouse.net)  
His 25yr old son, Ryan, died on 5/12/2007 as the result of a motorcycle accident.
- ◆ **Joceill McFarland**  
3777 Willow Pass Rd #34, Bay Point CA 94565  
e-mail: [joceill@sbcglobal.net](mailto:joceill@sbcglobal.net)  
Her two children died at different times from either cancer or heart-related problems.
- ◆ **Barbara Wagstaff**  
1601 E 2475 N, Layton OH 84040  
e-mail: [barbiewag@msn.com](mailto:barbiewag@msn.com)  
Her 24yr old daughter, Rita Mae died on 7/18/2006 as the result of a drug overdose.
- ◆ **Iris Wilson**  
8100 E Camelback Rd #111, Scottsdale AZ 85251  
E-mail: [lightershadeofblue@yahoo.com](mailto:lightershadeofblue@yahoo.com)  
Her 18yr old son, Joel, died on 1/26/2004 as the result of an accidental drug overdose.
- ◆ **Pete & Veronica Caravella**  
306 Nutt St, New Castle PA 16101  
e-mail: [peteysmom8404@yahoo.com](mailto:peteysmom8404@yahoo.com)  
Their 19yr old son, Petey, died on 2/8/2004 as the result of an auto accident.
- ◆ **Tom & Pat Ellis**  
1781 Naylor Sideroad RR#3, Essex ON  
Canada N8M 2X7  
e-mail: [tellis@mnsi.net](mailto:tellis@mnsi.net)  
Their 24yr old daughter, Marla, died on 5/10/2000 as the result of a car/truck accident.
- ◆ **Cecilia Brantley**  
75 McCown Rd, Rockmart GA 30153  
e-mail: [cjbrantley@charter.net](mailto:cjbrantley@charter.net)  
Her 20yr old son, Ricky, died on 11/30/1996 as the result of an auto accident.
- ◆ **Danielle Cole**  
116 E Gambier St Apt 5, Mount Vernon OH 43050  
e-mail: [sweet\\_onelam4u@yahoo.com](mailto:sweet_onelam4u@yahoo.com)  
Her infant daughter, Audra, died on 4/25/2007 as the result of Anoxia.
- ◆ **Patti Kukoleck**  
PO Box 46137, Bedford OH 44146  
e-mail: [pattikukoleck@juno.com](mailto:pattikukoleck@juno.com)  
Her 19yr old son, Sean, died on 12/19/2001 as the result of a heroin overdose.
- ◆ **Betty Normore**  
Box 27 Lanse Au Loop, Labrador NL,  
Canada A0K 3L0  
e-mail: [bjnormore@yahoo.ca](mailto:bjnormore@yahoo.ca)  
Her 14yr old daughter, Paula, died on 1/19/2001 as the result of a ski-doo accident.
- ◆ **Jill Nadle-Giard**  
16 Lawnwood St Agawam MA 01001  
Her 23 month old son, Christopher, died on 6/12/2004 as the result of drowning.
- ◆ **Toni & Vance Schauer**  
1064 Ziebach St, Rapid City SD 57703  
e-mail: [toni7599@hotmail.com](mailto:toni7599@hotmail.com)  
Their 19yr old son, Derek, died on 4/22/2000 as the result of an auto accident.

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## from the EDITOR

The Holiday season is upon us and so we have included a super article written by Darcie Sims. As I've mentioned before, she is one of my favorite authors and this most recent article is one of her very best.

We will continue to keep our eyes peeled for other holiday-related articles to publish in our December issue.

## Request for Holiday Stories

We have always felt the best issues of Healing Hearts News are the ones that are made up of poems, stories and articles submitted by our readers. Even though this is a very difficult time of year, we would like to invite everyone to submit a story or poem about your favorite holiday memory of your loved one. In order to make sure we have enough room to include as many as possible, try to keep the length of the stories to about a half of a page.

If you would like to contribute, you can send your writing by email to [newsletter@healingheart.net](mailto:newsletter@healingheart.net). If you prefer to send it using snail-mail, you can mail your writings to: Healing Hearts, PO Box 56, Black Diamond WA 98010

## Burden Bears

We plan to give away Burden Bears again this year. Look for your coupon in the December 2008 issue of Healing Hearts News! If you would like additional bears or if you would like to help us raise the funds necessary, you can purchase a Burden Bear by sending us a note along with a payment of \$23.00 (15.00 plus 8.00 for shipping) to:

Healing Hearts  
PO Box 56  
Black Diamond WA 98010

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

[www.healingheart.net](http://www.healingheart.net)

## Online Advertising

Google continues to donate the cost of online advertising in their Adwords program. We are very excited about the results that this has given us and are very thankful to Google for allowing us to participate in this program.

## Subscription Renewals

If you have misplaced your subscription renewal form—or maybe you prefer to make your payment online, there is a link to the renewal form on the home page. It can be found near the bottom of the page on the right side. There is also a link to an Acrobat PDF version of the form for those who would prefer to print a copy and mail their payment.

## Newsletter Sponsorship

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## New Mailing Address

If you have received any mailings from us recently, you might have noticed that we have started using a different mailing address. We didn't move. We, at Healing Hearts, decided that it would be best to use a Post Office box in order to keep things like correspondence and renewal and love gift payments secure rather than having them delivered to regular mailbox. We have submitted a "change of address" to the Postal Service to make sure anything that is already in the mail would be forwarded to this new address. If you have anything that you would like to send to us, please use this new address, thanks.

## 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*

## New Subscribers...

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

Jeanette Ragland, Pittsboro NC  
Sandra Chavez, New York NY  
Esperanza Meza, Laveen AZ  
Brienne Mascher, Cedar Rapids IA  
Marlene Roldan, Chicago IL  
Paula Martin, Mineral VA  
Denise Miller, Carmichael CA  
Heather Stubblefield, Morristown TN  
Marcy Fritz, Aberdeen SD  
Harjit Kandola, Toronto ON Canada  
Calvin & Ginger Hays, Conroe TX  
Melanie Wicinski, Land O Lakes FL  
Linda Murillo, Bradenton FL  
Tracy Phillips, Oklahoma City OK  
John Quam, Solon WI  
Janette Brown, Rohnert Park CA  
Cynthia Boyd, Petaluma CA  
Nancy Boyd, Petaluma CA  
Lois Parr, Knoxville TN  
Barbara Stevens, Henderson NV  
Nanette Bernardo, Marikina City  
Philippines  
Rebecca, Alexandria VA  
Marna Tippin, Antioch CA  
Lynn Bennett, Cumming GA  
Annette Nesbit, Round Rock TX  
Tammy Hix, Batesville AR  
Terry Mazdra, Saint Louis MO  
Sarah Williams, Canterbury New Zealand  
Tess Kunkle, Plainfield IN  
Teresa Smith, Sanderson TX  
Michaela Hagenow, Mayville WI  
Mary Jane Baker, Bettendorf IA  
Beverly Sims, Osceola IA  
Kamlender Kumar, Shimla H.P. India  
Normita Tan-Guerrero, Bulacan  
Philippines  
Tracey Erwin, Woodbridge VA  
Duane & Alphy Christen, Fort Collins CO  
S Combs, Simpsonville SC  
Belinda Bothma  
Vanessa Williams, Randolph NJ  
Simmi Chibber, New Delhi India  
Michelle Basso, Niles IL  
Becky Walls, Paxton IN  
Katie Moore, W Yorkshire England  
Kathryn & Leland Bonnett, Spokane WA  
Kelly Modzelewski, Kingsport TN  
Toni Conrad, Indiana PA  
Misty Rose Velasco, Long Beach CA  
Dionne Davis, Grand Coteau LA

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

The family of **Andrew Lauts** (Hit by train) 11/15/1981—5/25/2000

His parents Norma & Bill Lauts \* His sister Laura Lauts

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

Her parents Beth & Brent Scott \* Her brother Bryce Scott

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

His mother Jennifer Collins \* His brothers Brian & Justin Collins

The family of **Janet Berggren** (Auto accident) 2/11/1978—11/16/1999

Her parents Robert & Donna Berggren \* Her brothers Jason, Brent, Joel, Zachary & Seth Berggren

The family of **Naja Dewdney** (Massive blood clot between heart & lung) 2/3/1979—11/12/2000

Her parents Norma Jean & Jerald Dewdney \* Her sisters Lisa, Melissa, Adrian & Carissa

Her brother Jerald

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

His mother Vonda Knell \* His sisters Chrystak & Kristen

His brothers Johnny & Michael Wireman, Chris Knell & Michael McQuinley

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

His mom & stepdad Blanca & Scott Varga \* His sisters Arantxa & Amaya

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

His parents Charlene & Steve Revard

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

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

The family of **Andre Peeples** (Trisomy 13) 10/28/2004—11/5/2004

His parents Vincent & Angela Brown \* His brother Vincent

The family of **Bonnie Moore** (Drugs & weak heart) 11/27/1967—11/4/2004

Her mother Barbara Cebert

The family of **Dakoda Weese** (ATV accident) 9/11/2000—11/6/2004

His mother Michelle Weese-Falk \* His brothers Kaleb Weese-Falk & Rylee Falk

The family of **Emily Mewes** (Car/bike accident) 4/20/1994—11/8/2004

Her mother René Mewes \* Her brothers Trey & Clay Mewes

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

His mother Pat Moser \* His sisters Kelly & Stacy

The family of **Kenneth Freibott** (Heart stopped) 12/31/1982—11/1/2003

His mother Kathleen Freibott \* His sister Lisa \* His brothers Lenny & Kevin

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

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

His nieces Alyssa & Alayna

The family of **Rachel Campbell** (Auto accident) 2/13/1986—11/14/2004

Her parents Michael & Debbie Campbell \* Her sister Elizabeth

The family of **Rachel Thompson** (Auto accident) 12/20/1990—11/11/2001

Her parents Kent & Brenda Thompson \* Her brother Kevin Thompson

The family of **Berkeley Garrison** (Struck by car while in crosswalk) 4/22/2002—11/18/2005

His mother Koby Reeder \* His sister Gwynedd Connors \* His brother Cianan Conway

The family of **Cameron Echols** (Sudden collapse) 11/11/1992—7/31/2006

Her parent Britten Echols \* Her sister Ashlen Echols

The family of **Charles McKinney** (Homicide) 11/16/1985—5/9/2004

His mother Azarine Crisp \* His sisters Denisha, Paris & Trina \* His brothers Jason, Joseph & Jeremiah

The family of **Joshua Schenck** (Auto accident) 11/5/1985—1/5/2006

His parents Garry Sr & Leslie Schenck \* His brother Garry Schenck Jr

His grandmother Rebecca Waterman

The family of **Tim Sielck** (Suicide) 2/4/1967—11/7/2005

His mother Gryta Coates \* His brother Peter Sielck

The family of **Amber Diziki** (ARDS/Sepsis post-transplant) 11/12/1992—10/30/2006

Her mother Amy Diziki \* her sisters Hannah & Raina \* Her brother Ian

The family of **Andrew Perry** (Auto accident) 1/19/1980—11/6/2005

His mother Michele McDonald \* His sister Kristen \* His brother Ryan

The family of **Brett** (Auto accident) 11/15/1986—7/9/2005

His mother Cheryl Ginder \* His sister Kelsey \* His brothers Shawn, James & Kyle

The family of **Camelia Ferguson** (Heart attack) 12/27/1950—11/19/1999

Her daughter Margaret Ferguson

The family of **Danielle Wyckoff** (Complications of spina bifida) 11/21/1986—3/12/1999

Her mother Tina Eller



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- The family of **David Dill** (Suicide) 11/2/1965—1/3/2000  
His sister Tina Tappy
- The family of **David Ford** (Brain cancer) 11/7/1942—5/2/2007  
His sister Gayle Ford
- The family of **Edward Gennett** (Lung cancer) 11/1/1928—5/26/2005  
His daughter Patricia Jost
- The family of **Jason Arnette** (Killed in action-Iraq) 11/7/1982—4/1/2007  
His mother Michelle Arnette \* His sisters Tonya & Shelby-Grace
- The family of **Joshua Goddard** (Suicide) 5/25/1978—11/25/2005  
His mother Lynn Zarda \* His sister Jacque Zarda \* His brothers Jake & Justin Goddard
- The family of **Kevin Kapp** (Heart condition) 6/25/1979—11/5/2006  
His parents Dana & Beth Kapp \* His brother Jeffrey
- The family of **Lisa Duran** (Brain aneurysm) 11/26/1971—8/19/2007  
Her mother Gail Mahar
- The family of **Mary Farmer** (Heart failure) 4/1923—11/2006  
Her niece Joceill McFarland
- The family of **Michael Bernhardt** (Motorcycle accident) 11/22/1978—7/31/2006  
His mother Diana Bernhardt \* His sisters Jacquelynn & Antoinette
- The family of **Michael Zudonyi** (Auto accident) 8/7/1973—11/27/1993  
His mother Shelby Marsh \* His brothers Ryan Zudonyi & Christopher Carlton
- The family of **Michael Peterson Jr** (Heart problems due to Downs syndrome) 7/18/2006—11/26/2006  
His father Michael Peterson \* His sister Najah Peterson \* His grandmother Sharon Peterson
- The family of **Natasha** (Unknown) 11/15/1962—10/7/2007  
Her mother Katrina Turner \* Her brothers Dwane & Brendan
- The family of **Patrick Fleury** (Suicide) 11/30/1977—7/26/2006  
His mother Cummings \* His sister Peggy
- The family of **Patrick Long** (Acute pancreatitis) 1/26/1977—11/17/2006  
His mother Gail Long
- The family of **Ricardo Martinez** (Accident at work) 11/6/1988—?  
His mother Rosemary Guzman \* His sister Yasmine
- The family of **Ricky Brantley** (Auto accident) 12/9/1975—11/360/1996  
His mother Cecilia Brantley \* His sister Pam \* His brother Doug
- The family of **Ryan Nichols** (Liver toxicity) 11/27/1980—4/28/2007  
His mother Sonja Nichols \* His sister Natasha \* His brother Chris
- The family of **Tamera Antoine** (Murder) 11/14/1979—7/17/2007  
Her mother Lenorah Antoine \* Her sister Veronica Jones
- The family of **Tara Stokes** (Multiple organ failure) 8/9/1982—11/1/2006  
Her mother Patricia Andersen \* Her brothers Kevin, Conner & Brandon Andersen
- The family of **Todd Zelinger** (Accidental heroin overdose) 11/16/1963—5/25/2007  
His mother Bobbi Zelinger \* His sister Julie \* His brother Rick
- The family of **Tyler Payne** (Homicide) 11/15/2001—?  
His mother Jamie Hallam \* His sister Autumn \* His brother Raymone
- The family of **Vincent Winkler** (Suicide) 11/20/1980—2/13/2007  
His mother Theresa Sailor \* His sisters Christine & Diana
- The family of **Weyman English** (Renal failure/pulmonary arrest) 4/27/1922—11/23/2006  
His daughter Virginia Chappell
- The family of **Adrienne** (Cancer) 7/24/1939 - 11/7/2003  
Her sister Marlene Sklar
- The family of **Albert Einstein** (Lack of oxygen) 11/23/2007 - 11/27/2007  
His mother Immerquilate Ayodo \* His brother Isaac Newton
- The family of **Alex** (Unknown) 3/30/2007 - 11/6/2007  
His mother Paige Masterson \* His sister Cristina
- The family of **Alexis Torres** (Seizures) 11/25/2002 - 6/14/2008  
Her mother Joseline Torres \* Her sisters Destinie, Katie & Lyamarie  
Her brothers Jose & Doel
- The family of **Amarjit Dhaliwal** (Stillbirth) 11/22/2007 - 11/19/2007  
His mother Harjit Kandola
- The family of **Analisa DelSonno** (Passenger in ATV wreck) 9/28/1991 - 11/29/2006  
Her parents Lawrence & Lisa DelSonno \* Her sister Laura Bea
- The family of **Annie White** (Unknown) 11/23/1989 - 7/19/2005  
Her mother Dorothy Ann White \* Her sisters Elizabeth & Rachel



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The family of **Anthony Marie** (?) 11/27/1991 - 11/21/2007

His mother Linda Marie \* His sister Christine \* His brothers Nicholas & Steven

The family of **Baby Bottorff** (Miscarriage) 11/14/2007 - 11/14/2007

His parents Clifford III & Barbara Bottorff

The family of **Benjamin Baxter-Colling** (Extremely premature/tetraplegia) 11/18/2007 - 1/17/2008

His mother Lisa Colling

The family of **Bethany** (Motorcycle accident) 11/14/1985 - 9/20/2007

Her mother Laura Berends \* Her sister Maggie

The family of **Blake Ingles** (Auto accident) 12/27/1990 - 11/28/2007

His mother Rachel Ingles \* His sister Elaina Ingles

The family of **Brad** (Chronic kidney disease/heart failure) 11/14/1983 - 2/28/2007

His mother Mary Ann Petersen \* His brother Matt

The family of **Bradley Warren** (Seizure disorder) 11/2/1991 - 4/22/2006

His mother Jodi Love \* His sister Aleesha \* His brother Scott

The family of **Brian Brumbaugh** (Motorcycle accident) 11/9/1983 - 5/2/2007

His parents Wilfried & Marlene Brumbaugh \* His sister Janet \* His brothers William & Donald

The family of **Calan Decker-McKeethan** (?) 8/10/2000 - 11/10/2001

His mother Mary Decker \* His brothers David & Austin McKeethan

His grandmother Dell McKeethan

The family of **Caleb Ivie** (Auto accident) 11/14/1994 - 12/10/2002

His mother Marie Garner

The family of **Candice Beam** (Struck by vehicle) 8/15/1981 - 11/22/2007

Her parents Michael & Debbie Beam \* Her brother James Beam

The family of **Carston** (Drowning) 11/17/2003 - 8/1/2008

His mother Amy Kownack \* His brothers Cameron & Conner

The family of **Cayden Huels** (Atrial fibrillation) 9/2/2003 - 11/1/2007

His mother Sheri Hamilton \* His brothers Joshua, Jordan & Janeson

His grandmother Phyllis Hamilton

The family of **Chad Crenshaw** (Suicide) 11/12/1980 - 1/7/2001

His mother Beverly Sims \* His brothers Ryan & Nick

The family of **Chance Pritchard** (Unknown) 11/13/1974 - 1/18/2008

His sister Laurinda Thrasher

The family of **Christina** (Drowned in flooded river) 4/14/1986 - 11/13/2006

Her mother Patricia Fry \* Her sisters Amber & Brandi \* Her brothers Andy & Ryan

The family of **Christopher** (Auto accident) 5/16/1980 - 11/2/2007

His mother Mary Hocker \* His brother Jeffrey

The family of **Christopher Jordan** (Alcohol/drug related) 11/29/1979 - 6/1/2008

His mother Carol Oliver \* His sisters Brianna, Danica & Courtney \* His brother Taylor

The family of **David** (Motorcycle accident) 11/6/1961 - 4/16/2008

His sister-in-law Lisa Johnson

The family of **David Peppard** (Leukemia) 7/7/1991 - 11/28/2007

His mother Peg Peppard \* His brothers Gregory, Robert & Eric

The family of **Davin Brown** (Auto accident) 11/4/1988 - 3/28/2008

His mother Tracy Brown \* His sister Jaessa Brown

The family of **Delani** (Cord accident) 11/25/2007 - 11/25/2007

Her mother Jackie Vaughn

The family of **Derek Parker** (?) 11/11/1988 - 3/6/2008

His mother Cyndi Parker \* His sister Brandi \* His brother Aaron

The family of **Devin Rodriguez** (Homicide) 8/4/1987 - 11/27/2007

His aunt Jimara Mendoza

The family of **Edward Berryhill** (Pedestrian/hit by car) 11/19/1982 - 8/14/2003

His mother Kim Miller \* His sisters Christy & Kerry

The family of **Elijah Manzur** (SIDS) 9/16/2002 - 11/3/2002

His mother Grace Garcia \* His sisters Destiny & Serenity \* His brother Justice

The family of **Faith** (SIDS) 11/29/2006 - 12/8/2006

Her mother Rebecca \* Her sister Haley \* Her brother Luke

The family of **Hailey Molloy** (Hydrops fetalis) 11/24/2007 - 11/24/2007

Her mother Cara Molloy \* Her sister Cailyn

The family of **James** (Auto accident) 1/28/1986 - 11/3/2007

His mother Vickie Vandewater



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- The family of **Jason** (Auto accident) 9/12/1981 - 11/10/2000  
His mother Heidi Rapp \* His brothers Joshua & Cody
- The family of **Jason Runyon** (SIDS) 11/21/2000 - 6/12/2001  
His mother Amy Billiot \* His sister Terra Runyon
- The family of **Jayne Andreesen** (Cancer) 4/27/1992 - 11/12/2005  
Her mother Nancy Andreesen
- The family of **Jeffrey Shetler** (Fire) 3/17/1986 - 11/11/2004  
His mother Laura Shetler
- The family of **Jim** (Cancer) 5/31/1955 - 11/1/2007  
His sister Mary Campbell
- The family of **Jonathan** (Suicide) 11/9/1990 - 5/27/2008  
His parents Thomas & Laura Rivard \* His sister Lydia  
His brother Daniel \* His aunt Linda Lefebvre
- The family of **Jordan** (Homicide) 6/11/1986 - 11/29/2007  
His mother Vanessa Webb \* His sisters Jillian & Jonica
- The family of **Joseph Wilson** (Long term illness) 11/9/1982 - 7/25/1988  
His father Raymond Wilson \* His sister Susanna \* His brother Nathaniel
- The family of **Joshua** (SIDS) 11/20 - 4/3  
His mother Mandy
- The family of **Joshua Stockert** (Aortic aneurysm) 11/9/1989 - 1/21/2008  
His parents Kenneth & Yvonne Stockert \* His sister Haley \* His brother Nathan
- The family of **Kali Calden** (Drowning) 11/24/1987 - 6/25/2004  
Her parents Dennis & Colleen Calden \* Her sister Rachel \* Her brothers Zachary & Chad
- The family of **Katelyn** (Killed by car) 11/13/2001 - 6/15/2008  
Her mother Shirley Liston
- The family of **Kaylee Maze** (Rejection of double lung/cystic fibrosis) 10/24/1996 - 11/5/2007  
Her mother Sandra Maze \* Her sisters Kelly & Kenedy
- The family of **Keith** (Drug overdose) 2/4/1985 - 11/13/2004  
His mother Pam Montambo \* His sister Jennifer
- The family of **Kevin** 12/7/1958 - 11/2/2007  
His mother Cathy Coburn \* His sisters Cathy & Mary Ellen \* His brother Brian
- The family of **Liesel** (Auto accident) 11/24/1993 - 12/1/2006  
Her aunt Rentia Thompson \* Her sister Elaine
- The family of **Margaret Hermance** (Breast cancer) 11/25 - 3/16/2007  
Her daughter Bridget Szuman
- The family of **Mark Nogowski** (Pneumonia) 3/22/2003 - 11/30/2007  
His parents John & Amy Nogowski \* His sister Megan \* His brother Jason
- The family of **Maxine** (Lung cancer) 11/3/1927 - 2/7/2008  
Her daughter Sue Guess
- The family of **Michael Ludwig** (Congenital heart defect) 5/20/1998 - 11/24/2007  
His mother Lisa Nelson \* His brother Josh
- The family of **Mya Perez-Crespo** (Natural causes) 11/5/2007 - 1/28/2008  
Her mother Miranda Perez \* Her sister Alyse \* Her brother Savian
- The family of **Olivia Bradley** (Congenital heart disease) 11/23/2007 - 8/19/2008  
Her parents Chris & Crystal Bradley \* Her sister Hannah Jo Bradley
- The family of **Rosemary Boyer-Gruber** (Stillbirth) 11/1/2003 - 11/1/2003  
Her aunt Wanda Mehdi
- The family of **Scott** (Seizure) 6/27/1972 - 11/26/2007  
His mother Mary Campbell \* His brother Mike
- The family of **Spencer Brooks** (Drowning) 4/21/1969 - 11/1/2007  
His mother Gayle Sodano \* His brother Steve Brooks
- The family of **Stacy Redl** (Suicide) 11/23/1978 - 11/23/2007  
Her mother Robin Sanders \* Her sister Jessica \* Her brothers Jimmy, Don & Steve
- The family of **Stephen Puckett** (Suicide) 11/19/1981 - 10/28/2004  
His parents Ron & Pam Puckett \* His sisters April, Amy & Stephanie  
His brothers Andrew, Ronnie & Chris
- The family of **Tyler Brengman** (Accidental overdose) 3/13/1984 - 11/13/2007  
His parents Steve & Colleen Brengman \* His sister Courtney \* His brother Troy
- The family of **Tyler Isenhour** (Auto accident) 2/16/1990 - 11/20/2006  
His mother Linda Murillo \* His sister Libby



- ♦ **Vonda Knell**  
28 Taro Leaf Way, Fort Stewart GA 31315  
e-mail: [vjknell2000@yahoo.com](mailto:vjknell2000@yahoo.com)  
Her 18yr old son, David, died on 11/10/2000 as the result of a gunshot to the heart.
- ♦ **Beverly Brooks**  
320 S Bouldin St, Baltimore MD 21224  
e-mail: [brooksb253@aol.com](mailto:brooksb253@aol.com)  
Her 15yr old daughter, Lauren, died on 8/18/2004 as the result of murder by gun-shot.
- ♦ **Sherry Outinen**  
PO Box 356, Ahmeek MI 49901  
e-mail: [ssoutin@yahoo.com](mailto:ssoutin@yahoo.com)  
Her 14yr old daughter, Jill, died on 12/30/1993 as the result of a car/pedestrian accident.
- ♦ **Elizabeth Fischer**  
2023 Barnsboro Rd, Blackwood NJ 08012  
e-mail: [njcook61@aol.com](mailto:njcook61@aol.com)  
Her 29yr old son, Micheal, died on 10/5/2003 as the result of cardiac arrest caused by a drug overdose.
- ♦ **Elizabeth Levey-Shelton**  
259 Deer Dr, Saint Joe AR 72675  
e-mail: [thesheltons@ritternet.com](mailto:thesheltons@ritternet.com)  
Her 20yr old son, Jesse, died on 4/12/2002 as the result of an auto accident.
- ♦ **Jackie Ryan**  
4062 Mount Abraham Ave, San Diego CA 92111  
e-mail: [myangeldamo@gmail.com](mailto:myangeldamo@gmail.com)  
Her 19yr old son, Damian, died on 2/12/2006 as the result of aspirating while he was asleep after drinking alcohol.
- ♦ **Mary Harding**  
PO Box 504, Hawesville KY 42348  
e-mail: [angelnurse47577@yahoo.com](mailto:angelnurse47577@yahoo.com)  
Her 26yr old son, Jeremy, died on 8/27/2005 as the result of a wreck.
- ♦ **Mary Burke**  
187 Oakmont Ct, Easton PA 18042  
e-mail: [maryburke55@yahoo.com](mailto:maryburke55@yahoo.com)  
Her 23yr old son, Brian, died on 10/9/2005 as the result of a drug overdose.
- ♦ **Diane Petro**  
158 Brittany Ln, Senoia GA 30276  
e-mail: [diane412@comcast.net](mailto:diane412@comcast.net)  
Her 17yr old daughter, Lisa, died on 5/18/2004 as the result of suicide.
- ♦ **Phyllis Gordon**  
2326 Theodore Ave, Dayton OH 45405  
e-mail: [cheybaby2000@att.net](mailto:cheybaby2000@att.net)  
Her 27yr old son, Tony, died on 8/6/2003 as the result of murder.
- ♦ **Tina & Marty Decker**  
2175 Wagner Dr, Caro MI 48723  
e-mail: [deckertina@hotmail.com](mailto:deckertina@hotmail.com)  
Their 16yr old son, Justin, died on 9/23/2004 as the result of an auto accident.
- ♦ **Holly Morse**  
90 Thomaston St, Thomaston ME 04861  
e-mail: [morsefamily72@aol.com](mailto:morsefamily72@aol.com)  
Their 17yr old son, Timmy, died on 12/28/2004 as the result of an auto accident.
- ♦ **Gloria Norwood**  
711 Walnut St Omaha TX 75571  
e-mail: [gnorwood@sydcom.net](mailto:gnorwood@sydcom.net)  
Her 27yr old son, Syd, died on 6/8/1993 as the result of murder.
- ♦ **Susan Lowe Austin**  
320 Lee Ave Ste 212, Bullhead City AZ 86429  
e-mail: [sueaustin1205@yahoo.com](mailto:sueaustin1205@yahoo.com)  
Her infant son, Micheal, died on 9/16/1998 as the result of a stillbirth.
- ♦ **Mary & Morris Upton**  
1423 W Adams St, Taylorville IL 62568  
Their daughter, Heather, died on 9/24/2000 as the result of a stillbirth.
- ♦ **Sandy LaPera**  
35 S Richfield St, Mohawk NY 13407  
Her 17yr old son, Joshua, died on 3/5/2006 as the result of suicide.
- ♦ **Azarine Crisp**  
25313 Shiawassee Cir Apt 105, Southfield MI 48033  
Her 18yr old son, Charles, on 5/9/2004 as the result of homicide.
- ♦ **Karen Hall**  
PO Box 225, Liberty ME 04949  
e-mail: [mitzi@fairpoint.net](mailto:mitzi@fairpoint.net)  
Her 15yr old daughter died on 7/4/2006 after being removed from life support.
- ♦ **John Jr & Catherine Spaugh**  
PO Box 193, Hillsboro TN 37342  
e-mail: [cspaugh@gmail.com](mailto:cspaugh@gmail.com)  
Their 11yr old son, David, died on 8/21/1996 as the result of a gunshot wound.
- ♦ **Karen Jones**  
16223 Beck Ridge Dr, Houston TX 77053  
e-mail: [karen\\_jones50@yahoo.com](mailto:karen_jones50@yahoo.com)  
Her 10yr old daughter, Aaliyah, died on 3/25/2005 as the result of heart problems.
- ♦ **Diane Martin**  
1 Stonegate Place, Fonthill ON Canada L0S 1E3  
e-mail: [ladydi10@cogeco.ca](mailto:ladydi10@cogeco.ca)  
Her 18yr old son, John, died on 7/23/2006 as the result of an accidental drowning.
- ♦ **Diane & Howard Johnson**  
PO Box 1077, Lakebay WA 98349  
e-mail: [hojodi@centurytal.net](mailto:hojodi@centurytal.net)  
lost their 26yr old son, Tom, on 2/19/2005 as the result of an accidental drowning.
- ♦ **Dave & Connie Adams**  
PO Box 323, Millington IL 60537  
e-mail: [peppercraft1121@aol.com](mailto:peppercraft1121@aol.com)  
Their 30yr old son, Daniel, died on 1/17/200 as the result of a head injury.
- ♦ **Sonja van der Schyff**  
PO Box 566, Umtentweni 4235 South Africa  
e-mail: [sonja.vanderschyff@gmail.com](mailto:sonja.vanderschyff@gmail.com)  
Her 26yr old brother, André, died on 10/13/2005 as the result of an auto accident.
- ♦ **Norma & Bill Lauts**  
25765 Indian Ridge Rd, Sterling IL 61081  
e-mail: [nlauts@stanleyworks.com](mailto:nlauts@stanleyworks.com)  
Their 18yr old son, Andrew, died on 5/25/2000 as the result of being struck by a train.
- ♦ **James & Verbie Miller**  
688 Gotts Cove Rd, Iota LA 70543  
e-mail: [verbiemiller@yahoo.com](mailto:verbiemiller@yahoo.com)  
Their 28yr old son, Jared, died on 10/26/0003 as the result of a single car accident.
- ♦ **Anne Mitchell**  
PO Box 412, Big Lake TX 76932  
e-mail: [annemitchell3@hotmail.com](mailto:annemitchell3@hotmail.com)  
Her 33yr old son, Buc, died on 2/12/2005 as the result of a tractor accident.
- ♦ **Jan Nethery**  
24468 Creamery Ln, Weed CA 96094  
e-mail: [jisplayground@yahoo.com](mailto:jisplayground@yahoo.com)  
Her 14yr old son, Tee, died on 7/29/1994 as the result of pneumonia and complications from quadriplegia.
- ♦ **Harold & Sheila Reece**  
12939 Raintree Cir, Duncanville AL 35456  
e-mail: [sheilareece@charter.net](mailto:sheilareece@charter.net)  
Their 24yr old son, Kerry, died on 9/16/2003 as the result of an auto accident.
- ♦ **Sandra Kay Foster**  
10057 E Short St, Rockville IN 47872  
e-mail: [mommafoster@dishmail.net](mailto:mommafoster@dishmail.net)  
Her 23 month old great-grandson, Jayden, died on 9/14/2005 as the result of a CM virus caused by leukemia.
- ♦ **Garry Sr & Leslie Schenck**  
6220 5700 Rd, Olathe CO 81425  
e-mail: [leslies814@aol.com](mailto:leslies814@aol.com)  
Their 20yr old son, Joshua, died on 1/5/2006 as the result of an auto accident.
- ♦ **Mandy West**  
1716 Edgar Ave, Mattoon IL 61938  
e-mail: [celiemom1@yahoo.com](mailto:celiemom1@yahoo.com)  
Her 2 month old daughter, Celie, died on 7/6/2005 as the result of SIDS.



for Bereaved Parents

PO Box 56  
Black Diamond WA 98010

**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 56, Black Diamond WA 98010. ...or e-mail it to: [newsletter@healingheart.net](mailto: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 56, Black Diamond WA 98010. ...Or you can use the form on our web site by going to: [www.healingheart.net](http://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.

CHANGE OF ADDRESS...Have you moved? If you have moved & would like to continue receiving Healing Hearts News, please fill out this form and send it to:

HEALING HEARTS; PO Box 56, Black Diamond WA 98010.

...Or send it by fax to: 253-270-7906 ...Or you can use the form located on our web site at: [www.healingheart.net](http://www.healingheart.net)

NAME: \_\_\_\_\_

Address: \_\_\_\_\_

City, State Zip: \_\_\_\_\_

Phone (optional): \_\_\_\_\_ E-mail: \_\_\_\_\_

Child's Name: \_\_\_\_\_

(In case of name similarities)