

Healing Hearts News

(253) 639-0373 fax: (253) 270-7906 support@healingheart.net

Love Gifts

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

- **Raymond & Priscilla Ujenski**
parents of David Ujenski
(1/24/1972—3/18/2003)
- **Shelly McSweyn**
mother of Kenny Brisby
(3/11/1979—2/18/2005)
- **Kelley Collins**
mother of Kaylyn Miketa
(9/4/1998—4/18/2002)
- **Steve & Charlene Revard**
parents of Chad S Revard
(11/10/1972—7/15/2001)
- **Aida Vasquez**
mother of Daniel A Vasquez
(8/27/1986—7/4/2004)
- **Kim & Gloria Lockwood**
parents of Emma M Lockwood
(4/3/2003—2/7/2006)
- **Tom & Pat Ellis**
parents of Marla R Ellis
(4/9/1976—5/10/2000)
- **The Cichocki Family**
mom Lori, brother Tyler & grandma Maggie
family of Tanner Cichocki
(12/2/1986—8/10/2002)
- **Dennis & Wendy Graczyk**
parents of Paul K Graczyk
(12/2/1986—8/10/2002)

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!!**

My Tribute to Summer by Cindy Pitner

I sit here with a lighter heart than I have had since the day that you died. Not because I miss you less or that I feel the void of your leaving less. The sting of death is for the living as I have found so profoundly in your passing. I know that you had much disappointment in your young life. I know that you had many fears, one especially of anyone dying or you being left alone. It gives my heart great joy to know that you are no longer feeling those fears. They have been released now that you are in glory. I went to a service yesterday where the Lord healed my heart from all of the pain I have suffered in my life, but especially my pain that was paralyzing me regarding your death. Since your birthday last Sunday January 21, 2007 I found myself in a depth of depression that threatened to engulf me. I could not find a way out of the pain of your absence. That is YOUR day. There was nothing and no one else to focus on. I knew it would be hard and maybe in some way I made it even harder by expecting it to destroy me. Satan knew that it would be hard to say good-bye to you. He knew that taking you would make my life forever changed. The Lord also knew it would be hard to say good-bye to you and that taking you would make my life changed forever. The difference is that the Lord desires that I have healing and use your death to show others that we would be reunited again one day in glory. He wants me to understand that there is hope in the midst of my wounded life. He wants to bestow the grace only He can provide to help me survive and help others in their suffering. Satan wants to use it to destroy me. He wants me to have no joy in my life and experience no healing. He wants me to stay in the pit of depression and never regain my life. His lies have been that if I stop crying all the time then I must have stopped loving you. If I move on with my life and try to find a focus or happiness, then again, I must be forgetting who you are or were in my life. Those are lies of the deceiver. It is his way of keeping me under complete devastation rather than have the healing and restoration in Christ. I showed Pastor Dean your picture and he said oh my god, she is beautiful. Can you imagine if she was so beautiful on this earth how much more beautiful she must be in glory? That made me feel so warm inside. I love you Summer and I had to let you go that fateful day September 26, 2006. It will forever be ingrained into my mind that you were here one moment and gone the next. When my tears dry up and my life resumes and the Lord brings the joy and peace back into my life it will be to honor you and your memory not to forget your precious being. It will be to bring hope and healing to others who have lost loved ones. It will be so that I can be effective in the work of the Lord. I know you are smiling in heaven and that you are having a magnificent time there. I want to smile here on this earth and I know that the Lord does not wish for me to experience nothing but pain until I reach glory with you. He would want that I find happiness and fulfillment here on this earth. It is not His desire that I simply endure life. That is how it has felt for so long and when you died it seemed to fulfill my reality that I would never be happy here on earth. How could I ever smile again with you gone? How could I ever be a good person and do things for the Lord? What if I do and another one of my precious little ones would die? It is not for me to fret and worry about. It is not for me to remain paralyzed in fear so that I can accomplish nothing. I want to honor your memory Summer. I want to bring as many people with me to heaven so that the ones who never had a chance to meet you and know you will have the privilege to do so in glory. I desire more than anything else in my life that whomever




Tribute to Summer ..cont.

the Lord brings into my life in whatever way He would choose to do that, that they would see Jesus. I want my life to ooze Jesus. I am not perfect and I still have a lot of work to do, but with the grace of God and the prompting of the Holy Spirit I will be okay. I miss you and I always will. I can now put you to rest and not feel the pain that rips out my very soul. The tears that flow do not have to be a flood and I do not have to feel raw in order to honor you and all that you were in my life. I can remember and look at all of the wonderful memories and smile and feel a warmth in my heart about the footprints you left in my heart. My journey through grief is not over. There will be times a memory of you will be devastating, yet I will find the courage and strength to be able to cry and miss you and then move forward. Jesus is holding you every day and He is looking out for us every day and that is our common bond until we meet again. I will end this by saying

You are my sunshine
My only sunshine
You make me happy
When skies are gray
You'll never know dear
How much I love you
I will miss your sunshine everyday

I love you a bushel and a peck
A bushel and a peck
And a hug around the neck
A hug around the neck
and a barrel and a heap
A barrel and a heap
and I'm talking in my sleep about you
ABOUT WHO?
ABOUT YOOOU...

I'm never gonna let you go,
gonna hold you in my heart forever

....Nana 

*From Grandma, Cindy Pitner
In Loving Memory of Summer Pitner
1/21/1998—9/26/2006*

Used To

I used to wake up to your smiling face
now I wake up to a picture

I used to sing you
Twinkle, Twinkle
Little Star
now I sing you
Amazing Grace.



I used to read you
Five Little Monkeys
now I read grief books.

I used to watch you play and run
around the house
now it sits empty.

I used to shop for toys for you
now I shop for memorial items.

I used to take you bye-bye with me
now I am leaving alone.

I used to cry when you cried
now I cry alone.

I used to hold so..
now my arms are empty.

I used to be happy for you
now I am sad for you.

With all the 'Used To Be's'
Some things will never change...
My Unconditional Love for you.

I Love You With All My Heart And More
—Mommy

*In Memory Of My Loving Son
Tyler David Wilson
3/15/2005—9/12/2006*

—By Stephanie Shumaker

The Mists of Mind

You will live with me forever
Though we are
a world apart.
Thus, in final acceptance
Speaks a torn
and crippled heart.

All the love I invested in you
Made me, by far,
a better man.
And all the love you gave me
Crowned your short
And fleeting span.

Those moments
quiet and reflective
When the day's toil is done
The spiritual bonding
of two souls
When our worlds
become as one.

Echoes from yesteryears
Remembrances that I find.
You still live
with lasered brilliance
Through the aging
mists of mind.

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(888) 604-4673 www.livingwithloss.com*

Encouragement from the Word

by Carol Ruth Blackman

Jesus promised to comfort us. In the original Greek, the word for Comfort used in II Corinthians 1:3-7 talks of "one who comes along side, one who gives encouragement, solace" in our trials. As bereaved people we feel the need of The Comforter more than at any other time in our lives. Yet in our pain we may hinder the ability to feel or sense His presence in our lives. When we are hurting deeply, it's hard to focus on anything else. But life does go on and we need to take our eyes off of our own pain, even if only momentarily throughout the day in order to function, to provide meals, clean clothes, and transportation for the rest of the family. Just as we take our eyes off of our pain momentarily to provide for physical needs while grieving, we need to do the same for our spiritual needs.

The Lord is very keenly aware of our pain and heartache, yet it is good to tell Him we hurt deeply and are not finding the comfort we long for from reading the Scriptures or from the sources we have turned to for help. He truly does care about our pain, even when we feel abandoned and think that He's a million miles away.

We can hinder the Lord's ability to help us heal or remain open to Him to allow Him to pour His healing balm into every wound in our hearts. In our anger and pain there is a tendency to shut Him out, preventing Him from being able to ease the suffering we are enduring. It's not easy if you feel tortured to want to communicate with Him. We can choose to stay in our deep dark pit feeling sorry for ourselves, or we can tell the Lord of our anger, our heartache, our pain and our loneliness—keeping the channels for communication open and as time passes we will see light at the end of our long dark tunnel.

I have never known such darkness as I experienced several months after my son, Samuel's death. It seemed that one loss upon another was heaping itself upon me and no one seemed to notice or think I needed any encouragement. In

my pain, it *seemed* God was not aware or cared about the pain I was in. I could still be in that dark pit today and could have never had an encouraging word for anyone around me who was hurting. It wasn't easy to persevere. But I did a couple of things to help. Your pain is unique. You may find other avenues helpful but I'll share what I did that helped me.

The first thing I did when the darkness was all around me and I was unable to rise above it, was I told my husband, Ed, I needed his prayers. I knew he was not going to understand how thick the darkness was that I felt engulfed me. I honestly didn't feel I could tell anyone my deep need for several weeks. I felt so overwhelmed and fragile that if they didn't take my need seriously, I knew their misunderstanding was one additional pain I could not stand to bear. So I prefaced my confession with a little paragraph warning that I could not take a lecture at this point and that he needed to understand that what I was going to share was very real and I desperately needed help. The other thing I did was to persevere and read Scriptures daily, even though at that point in my darkness, no two words fit together to make any sense to me. Even after I told Ed my need, it was still a couple more weeks before a wee pinpoint of light began to break through the far end of my long dark tunnel. How encouraged I was at that first pinpoint of light in my darkness. I had known God to be faithful through many trials in my life previously, but this darkness was by far the worst I'd ever felt and I never thought someone who had walked with the Lord for years would ever feel such thick darkness.

Many of you have told me of your spiritual battles since your child or grandchild's death. It seems the pain added to everything else, can make us feel abandoned or even tortured by God—even though that is never the case. He is **always** beside us, under-girding us with His everlasting arms protecting us, undertaking for our needs, yet when our pain is intense, we may be unable to feel His presence or tender care.

My prayer for you who are going

through this darkness is to know that you are *not* the only one who has been through this. You are not the only one feeling this way right now — countless others are hurting just as deeply as you are at this moment. You have not been singled out by God to be tortured or forsaken. He is as close as He has ever been but for some reason we cannot feel His presence. I don't know exactly what it is that causes the dark veil to come between us and the Lord, but something prevents us from feeling His loving presence during the depths of our despair at times.

Don't give up because you don't feel the Lord near. We can't trust our feelings. The Scripture says: "Sing, O heavens; and be joyful, O earth; and break forth into singing, O mountains; for the Lord hath comforted His people, and will have mercy upon His afflicted." ("Sure, everyone but me," you're saying—but read on) "But Zion said, 'The Lord hath forsaken me, and my Lord hath forgotten me.' Can a woman forget her sucking child, that she should not have compassion on the son of her womb? Yes, they may forget, yet will I not forget thee. Behold I have graven thee upon the palms of My hands; thy walls are continually before me." —Isaiah 40:13-16

Obviously others have felt the same overwhelming abandonment you may have felt, "But Zion said, 'The Lord hath forsaken me, and my Lord hath forgotten me.'

The Lord's response is that *if* a nursing mother *could* forget her child—even if that were possible—He will not forget you. He has engraved us upon the palms of His hands. He is very aware of every wall that is before you, all those things that shut you in. He is aware of the one who caused your loved one's death seems to be going free; He is aware that there seems to be no justice. He is aware others don't understand what you're going through. He is aware of every pain that afflicts you. I do not know why He doesn't cause the pain to cease. I don't have answers for why we can't feel His presence. I do know in my own case that I appreciate Him bringing me through those dark depths because so many of you have confided your darkness to me and if I hadn't

Encouragement ...cont.

been through it, I'd not be able to comprehend what you are going through.

I wish others understood the depths of losing a child or other loved one so they'd be more understanding of what you are going through. But none of us would have realized how hard this journey through grief and healing is, until we are forced onto this road ourselves. Be careful who you share your pain with so that you don't experience further pain by their misunderstanding. Try to find someone who will understand what you are going through—someone who cares, someone who will pray for you. Even though the Scriptures may seem like they are written in a foreign language, read them and ask the Lord to speak comfort into your heart through them.

If your darkness has been lengthy, you may need medical help. Grief affects every aspect of our lives. We don't eat well when we are grieving; our metabolism or hormones can get out of balance when this continues for a period of time. You may need some medical intervention to help your body counteract the depression grief brings. I do not encourage drugs to counter depression during the first several months, as grief is a necessary cycle to work through after a loss. Many of those who have been medicated during the first several months feel further victimized by the medication they used as they can never retrieve what they missed during those important first weeks. But don't be afraid to seek medical help if your depression keeps you from functioning or if it has been lengthy. Jesus promised, "I will not leave you comfortless; I will come to you." John 14:18. He can be trusted to keep His promise.

(Editor's note: This article was originally written in 1998. Medications for depression have come a long way since then but there are still plenty of drugs and other substances like alcohol and such that can hinder the healing process.)

Out of the Darkness

Darkness is one part of life.
We feel it now and then.
It's quite another thing to think
That light won't shine again.

So what is it that makes one think
That the darkness will not pass?
To be so stuck within it
That the will to live can lapse?

A chemical imbalance
Within a person's brain
That takes away all reason
And puts focus on his pain.

Little does he know
The pain he'll spread around
By completing a suicide
With no answers to be found.

Remember—he was broken
And his brain just didn't work.
For surely he would want to live
If not for this chemical quirk.

Remember him,
In your fondest way,
And love him through the night.
Try to take comfort, if you can,
That his darkness
Has turned to light.

— © 2002 by Kathie Winkler,
Middleburg Hts. OH

I Sit and Listen

I sit and listen.
I think I hear you steps
Your sigh,
The feel of your touch.

I sit and listen..
And ache.

I sit and listen
To the overwhelming
Strength of reality.

I sit and listen...
Hoping,
And just wondering.

It could happen.
I hear your steps,
Hear you sigh,
And feel your touch.

I sit and listen...
And wait.

— © 2006 by Lee Ann Hutson
Crawfordsville IN

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Lessons Learned from a Boy, His Dogs and a Red Fern

by Deborah Schiff

Matthew, my fifth-grader, sat on the floor in the corner and read a book while he waited for his turn with Mr. Brown, his music teacher. Scott, my second-grader, sat upright at the piano; his little fingers rhythmically tapped out *Wigwam* and *Down in the Valley*. A few songs later, Matthew wiped away tears and closed the book.

"Did you finish?" I asked him.

"Yeah, but I didn't like Chapter 19 very much."

He had just finished *Where the Red Fern Grows* by Wilson Rawls. Written in 1961, the year I was born, the book is a classic coming-of-age tale that is an elementary school staple. I had read it for the first time the previous week at music lessons, when Matthew had informed me, "I didn't like Chapter 12 very much. Rubin gets cut in the stomach by Billy's ax and dies."

"Let me see," I had said as I grabbed the book from Matthew. I wanted to know what they were teaching in his school. I glanced at the cover. According to the summary on the back, Billy is the hero of the story. He raises two puppies, Old Dan and Little Ann, and trains them to hunt. The dogs' intelligence and bravery are matched by their loyalty to Billy and love of one another.

Together, the three become the best hunting team in the Oklahoma Ozarks. But sure enough in Chapter 12, Rubin, an oafish bully, takes it in the stomach with Billy's ax. In response to Rubin's pleas, Billy removes the ax that is deeply embedded in Rubin's gut. Blood gushes out and Rubin dies before Billy's eyes. So much for light fifth-grade reading....

That's why I expected the worst from Chapter 19. "Does the grandfather die?" I asked Matthew.

"No."

"Does one of the dogs die?"

"I'm not going to tell you. Read it yourself."

"Give me the book," I said with my hand outstretched. As Scott played *Joy to the World* (the Christmas version, not the bullfrog song), I read Chapter 19 where Billy, Old Dan and Little Ann encounter a treacherous mountain lion up in a tree. Courageous Old Dan takes on the great cat without hesitation. Little Ann, the

unflappable sidekick, fights by his side. And when Billy's life is in jeopardy, the two dogs throw themselves in harm's way to come between Billy and the mountain lion. Old Dan's jaw clamps down on the cat's jugular vein, while Little Ann scratches and bites the monster cat. Billy, unable to stand idly by, with tears in his eyes and that infamous ax in his hands, slays the mountain lion. After their fierce battle, the three hunters head home together. Unfortunately, Old Dan's "entrails" become tangled in the bushes along the way.

"Matthew, do you know what 'entrails' means?" I asked him.

"Insides?"

Close enough, I thought.

Inevitable, Old Dan dies. Without her fellow canine companion, Little Ann loses her will to live and eventually dies on top of Old Dan's gravesite. By the end of Chapter 19, poor Billy has literally buried his two dogs and my tear ducts are flowing. At this point I'm in complete agreement with Matthew that Chapter 19 stinks (as does his teacher's choice of books). Why did the dogs have to die? They had loved Billy so selflessly, had helped him mature into an upstanding, self-reliant young man and had brought respect to him and his family. It all seemed so senseless and unfair. Still, I was compelled to read on.

Much as she tried, Billy's mother was helpless to ease his pain. She had tended to the dogs' wounds, but it wasn't enough to keep them alive. She cooked Billy's favorite foods, but he didn't want to eat. "Billy, you haven't lost your dogs altogether," she told him. "You'll always have their memory." But that was a small consolation. Nothing she could do or say would bring back the dogs and fill that emptiness in his heart.

Billy's father told him, "The good Lord has a reason for everything He does." Papa rationalized that because of money earned by the hunting dogs, the family was able to raise enough funds to move to town where they would find a better life, albeit in a place quite inhospitable to dogs. According to Papa, the dogs died so that the family could stay together. It was all part of God's plan. (I noted that Billy's father was the only member of the family who did not cry

when the dogs died.) But Papa's explanation did little to assuage Billy's grief.

Finally, Billy does find some solace. As he goes to the dogs' burial site to say goodbye before moving into town, he discovers a red fern growing on top of the dogs' graves. He recalls an old Native American tale of a little Native American boy and girl who get lost in the woods and freeze to death. In the spring, a red fern grows above their grave. According to folklore, only an angel can plant the seeds of a red fern, and a red fern never dies.

My heart felt lighter. I am a pediatric oncologist and some of my patients die. Sweet, innocent babies die; funny, fun-loving children die; intelligent, gifted teenagers die. I recalled the stories of parents of deceased children who told me how they felt the presence of their loved one in a flower, a butterfly or a breeze. As I read this fifth-grade novel about a boy and his two dogs, I felt connected to my cancer patients and their families. I understood their anger, their feelings of helplessness, the comfort that a strong faith in God brings, and the healing power of nature and tradition. I was glad that my son had had an opportunity to read this book before he actually had to deal with the death of a family member or a close friend.

"Matthew, did you like this book?" I asked him.

"Yeah, it was good."

"What did you think about the part when the dogs died?" I asked.

"It's a dog story. What did you expect?"

My son was already wise enough to know that death is a part of dog stories and a part of life. And that's okay. I look forward to reading his next book assignment, *My Brother, Sam, is Dead*.



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from the EDITOR

We would like to thank everyone who responded with their opinion about publishing a list of families who would like to be pen pals in our monthly newsletter. It is with your suggestions and feedback that we can make sure that we offer services that are the most meaningful to everyone we serve. Because the list is very short right now, you will find this new pen pal page located at the bottom of the last page of the Prayer Page. When the list grows, as I'm sure it will, we will devote an entire page of the newsletter for this program. If you would like your family to appear in this section of the newsletter, please contact us and provide the contact information you would like us to share. You can send a message to us using email at: pmankle@healingheart.net or send a note to: *Healing Hearts*
19627 SE 284th St
Kent WA 98042

There will also be an opportunity to have your family added to the newsletter pen pal list when your family renews their subscription to *Healing Hearts News*. The renewal form will have a place to mark that you would like to be included as a pen pal on the web site, in the newsletter or in both places.

Shop for Charity Day Online Mall

We are still participating in the program that offers an online "shopping mall" designed to help charities raise money called 'Shop for Charity Day'. When you purchase from the participating merchants on the site, a percentage of your purchase is donated to Healing Hearts. The percentage donated is decided by the merchant so it will vary. If you would like to check out the site and support Healing Hearts in this way just go to:
www.shopforcharityday.com/155390

eBay Update!!

Our eBay store continues to do well. We would like to thank those who have donated to our effort—either by donating items for resale or by making a purchase. Each of you have contributed in your own way to the success of this venture. If you would like to check out our eBay store just visit us at:
www.collectiblesdollstoys.com.

BURDEN BEARS

Once again, we will work on raising enough funds to give free Healing Hearts Burden Bears to families during the Christmas holiday season. One of the ways we will do this is to sell the bears throughout the year. If you would like to help us in this effort by purchasing one, either for yourself or as a gift, just send us a note along with a payment of \$20.00 (15.00 plus 5.00 for shipping) to:
Healing Hearts
19627 SE 284th St
Kent WA 98042

You can also use the form on our web site to purchase a bear at:
www.healingheart.net/burden_bear_order.htm

*Walk on a rainbow trail;
walk on a trail of song,
and all about you will be
beauty. There is a way
out of every dark mist,
over a rainbow trail*

—A Navajo song

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...

- Rosa Bianco, Huntington NY
- Bonnie Ginn, Baltimore MD
- Ramona Brucs, Covington GA
- Catherine Jarkowski, El Mirage AZ
- Kim Allen, Ansted WV
- Rosalyn Aimer, Staffordshire UK
- Carol Warren, Glen Rose TX
- Sharry Bennington, Manchester OH
- Mary Jane McKinney, Foristell MO
- Kay Roberson, Vancouver WA
- Kristin Ries, Littleton CO
- Diana Bernhardt, Cottage Grove OR
- Karen Haines, Tacoma WA
- Jean Fletcher

...Welcome to each of you

Heart Thoughts

by Joyce McClelland

I loved my son so tenderly,
I loved him with my whole heart
If ever He seemed upset with me
My love for him I would not doubt.

He always had a hug for me.
Every day he showed me anew,
Such fond memories my heart does see
That is why sometimes I am so blue.

Time matters not for me anymore,
It could be any day month or hour,
If I could see beyond the door,
Would I feel blessed to have such power?

I just want to know how he fares,
If he remembers and feels my love.
Does he share my joy and tender tears?
Does he smile on me from above?

The answers to my questions
I may never know,
I have to hold onto something new.
Maybe if something falls on my head,
It will be him telling me he is still true.

*In Loving Memory of Matthew McClelland
9/19/1981—8/18/2000*

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

The family of **Christopher Faller** (Viral tumors after heart xplant) 5/7/1990—3/24/1998

His parents Ronald & Maria Faller * His sister Rachel Ann Faller

The family of **Brian Bondahl** (Motorcycle accident) 4/17/1960—3/13/2000

His parents Donna & Gary Bondahl * His sister Alys Rodal

The family of **Jill Outinen** (Car/pedestrian accident) 3/12/1979—12/30/1993

Her mother Sherry Outinen * Her brother Kevin Outinen

The family of **Shawn Walvoord** (Auto accident) 3/10/1979—1/19/2000

His parents Jeanne & Ken Walvoord * His sister Teresa Walvoord

His brother Ryan Walvoord

The family of **Aaron Dexter** (Suicide) 1/18/1972—3/27/2000

His mother Gale Dexter

The family of **Kaysy Price** (Undetermined-possible viral infection) 7/9/1970—3/30/2002

Her parents Jack & Sue Newsom * Her sisters Deana & Marci

The family of **Lauren Weiss** (Car accident) 6/18/1982—3/1/2002

Her father Jeffrey Weiss * Her brother Darren Weiss

The family of **Serenity Rudd** (Beaten by babysitter) 3/3/2000—5/22/2002

Her god mother Marita Myles

The family of **David Ujenski** (Colon cancer w/mets to liver) 1/24/1972—3/18/2003

His parents Raymond & Priscilla Ujenski * His sister Lisa

The family of **Devon Lewis** (Premature birth) 2/23/2003—3/8/2003

His parents Daniel Lewis & Sarah Skyles

The family of **Matthew Friedman** (Drowning) 3/11/1986—6/16/2003

His mother Carol Friedman * His father Curtis Friedman

His brother Christopher Friedman

The family of **Michelle DeMello** (Heart) 2/24/1969—3/25/2000

Her mother Patricia Santos * Her sister Nichole Watson * Her brother Chad DeMello

The family of **Samantha Otte** (Failed liver transplant-cystic fibrosis) 1/6/1990—3/5/2000

Her parents Chuck & June Otte * Her brother Christopher Otte

The family of **Amanda Finch** (Myocarditis) 3/11/1982—7/7/2003

Her parents David & Lynn Finch * Her sister Lisa

The family of **Baby Dostalek** (Miscarriage) 3/4/2004—3/4/2004

Parents Dennis & Cheryl Dostalek

The family of **David Cano** (Massive heart attack) 3/6/1976—6/21/2000

His mother Marilyn Thomen * His sister Kim Newhart

The family of **Gregory Chavis** (Murder) 3/4/1977—7/6/2002

His mother Dolores Chavis * His brothers Keith & Christopher Chavis

The family of **Joseph Clarkson** (Leukemia) 7/2/1980—3/11/2002

His parents William & Mary Lou Clarkson

The family of **Justin Decker** (Auto accident) 3/19/1988—9/23/2004

His parents Marty & Tina Decker * His brothers Jordan & Jeremy

The family of **Michelle Pourier** (Leukemia) 3/3/1978—6/13/1997

Her parents Mitch & Georgine Pourier * Her sister Trish

Her brother Ben * Her nephew King

The family of **Nick Bowen** (Cystic fibrosis/pulmonary failure) 3/23/1979—3/21/2004

His mother Sheri Bowen * His sister Juli

The family of **Stephanie Bieniek** (SUDEP) 3/16/1997—5/2/2004

Her parents Mitch & Cheri Bieniek * Her brothers Aaron & Tyler

The family of **Tiffany Wilcox** (Severe brain trauma) 12/24/1980—3/26/2003

Her mother Charlotte Payne * Her brother Chad



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

The family of **Wendi Wheelohon** (Auto accident) 3/21/1987—5/16/2004

Her mother Donna Wheelohon

The family of **Aaliyah Jones** (Heart problems) 6/28/1994—3/25/2005

Her parents Andrew & Karen Jones * Her sister Toni Jones & son Jai'vion Anthony Espree

Her brothers Andrew Jones Jr & Johnny Jones

The family of **Alberto Calero** (Leukemia) 6/21/1982—3/8/2005

His mother Linda Brown * His sister Janiece Brown * His brother James Brown

The family of **Brian Smith** (Natural causes) 3/1/1983—1/7/2005

His mother Rene Vavrek

The family of **Candace Parker** (Auto accident) 3/11/1977—4/5/2005

Her mother Louise Brown * Her brother Mack Parker

The family of **Carl Walz** (Auto accident) 3/25/1983—5/31/1999

His uncle Robert Walz

The family of **Charles Garrett** (Illness) 3/2/1959—12/26/1990

His sister Cathy Heidenreich

The family of **Dana Iglesias** (Sudden death) 3/18/1980—10/28/2003

Her mother Susan Iglesias * Her sister Michelle

The family of **Dennis Cabello Jr** (Accident) 3/6/1982—1/2/2004

His mother Angelina Trimble * His sister Elizabeth

His brothers Emanuel & Nicholas

The family of **Derek Murphy** (Suicide) 3/3/1986—6/8/2003

His mother Paulette Wilson * His sisters Jacqueline & Elaine

His brothers Steven & Joey

The family of **Gabi Mathis** (Drowning) 1/27/2002—3/25/2005

Her mother Kim Mathis * Her sister Gwen

The family of **James Dickerson** (Auto accident) 9/30/1986—3/6/2004

His mother Beth Dickerson * His sisters Erica & Janelle

The family of **James Ridley** (Murder) 3/16/1980—12/30/2004

His mother-in-law Michelle Rayner-Thompson

The family of **James Rivas** (Motorcycle accident) 6/19/1978—3/31/2001

His mom & stepdad Mary Ann & John Quinn * His sister Michelle Williams

The family of **Jessica McGlone** (Cancer) 11/30/1977—3/20/2005

Her mother Libbie Kline * Her sister Amy Kline

The family of **Jimmy Sayer** (Infection following tonsillectomy) 6/4/1999—3/26/2005

His parents Stephanie & Jim Sayer

The family of **Justin Davis** (Undetermined) 3/6/2005—8/29/2005

His parents Robert Davis & Kristrina Stevens

His brothers Christian & William Stevens

The family of **Kenny Brisby** (Drowning) 3/11/1979—2/18/2005

His mother Shelly McSweyn * His sisters Amy, Tandell, Briana & Noet

His brother Payton

The family of **Lori Funk** (Leukemia/melanoma) 7/11/1927—3/30/2001

Her daughter Judith Funk

The family of **Michelle Towne** (?) 3/24/1967—9/11/2005

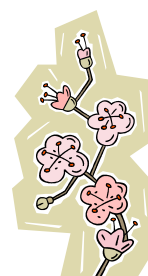
Her mother Sally Balderson * Her father Glenn Lay

Her sister Tiffany Chavez

The family of **Olivia Deluna** (Auto accident) 3/5/1991—9/6/2005

Her parents Francisco Sr & Maria Deluna * Her brother Michael

Her teacher and friend Angelina Smith



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

The family of **Patrick Orsino** (Streptococcal toxic shock) 6/15/1980—3/17/2005

His mother Sandra Orsino * His sister Andrea

The family of **Seth Roberts** (Osteosarcoma) 8/3/1988—3/25/2004

His mother Tam Miller * His sisters Nealy, Chasa, Claire & Hannah

His brother Josh

The family of **Shadrick Vickers** (Complications of pancreatitis) 4/13/1976—3/31/2005

His parents Garry & Helen Vickers * His sister Sarah

The family of **Adam Rocha** (Auto accident) 3/19/1994—6/20/2003

His parents Robert & Beth Rocha

The family of **Amanda Landry** (Methadone) 3/31/1982—9/17/2006

Her mother Vicky Passage * Her brother Tim Landry

The family of **Amanda Soper** (Heart/lung failure) 9/19/1980—3/3/2006

Her mother Linda Johnson * Her brother Tony Soper

The family of **Ashley Hull** (Vehicular homicide) 3/30/1984—?

Her mother Sandy Lavender * Her brother Christopher Hull

The family of **Blake Scymanski** (Cancer/brain tumor) 3/24/1988—8/16/2004

His parents Dean & Kathy Scymanski * His sister Chelsea Scymanski

His brother Kody Scymanski

The family of **Braxton Whisler** (Asphyxiation) 3/5/2005—6/10/2005

His grandmother & parent Brenda Whisler

The family of **Brian Isham** (Drowned) 7/25/1986—3/26/1997

His mother Rhonda Isham * His sister Rebecca * His brothers Robert & Matthew

The family of **Bryanna Taborn** (SIDS) 11/5/1997—3/19/1999

Her mother Patti Taborn * Her sister Taryn * Her brother Jayden

The family of **Bryce Bear** (Hit by car) 3/23/2001—7/6/2006

His mother Tina Bear * His sister Addyson Bear * His brother Quinnton Bear

The family of **Catherine FitzGerald** (Pneumonia) 4/4/1913—3/10/2006

Her daughter Lizzie Wolkoff

The family of **Chase DeLuca** (Stillbirth-unknown cause) 3/2/2006—3/2/2006

His mother Aly Nickling

The family of **Damian Carver** (Alcohol-fell asleep then aspirated) 3/11/1986—2/12/2006

His mother Jackie Ryan

The family of **Daniel Haugaard** (Brain tumor) 8/16/1991—3/3/2006

His mother Donna Haugaard * His sister Maria Haugaard

His brother Steven Haugaard

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

Her mother Tina Eller

The family of **Darryl Tucker** (Murdered) 7/31/1988—3/3/2005

His mother LaRonda LaMothe * His brother Daniel Stringfellow

The family of **Dorothy Barnes** (Alzheimer's & cancer) 3/17/1901—6/10/1986

Her granddaughter Hope Anderson

The family of **Emma Sherman** (Stillbirth-unknown cause) 3/9/2006—3/9/2006

Her grandmother Shawna Sherman

The family of **Erick Shonka** (Auto accident) 3/24/1975—11/17/1995

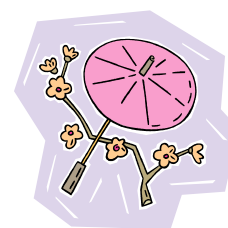
His mother Trish Mian * His brother Timothy Shonka

The family of **Gary Larson** (Improper medical care) 3/21/1954—4/1/2005

His parents John & Bernice Larson

The family of **George Warren Jr** (Hanging) 3/27/1970—12/22/2006

His mother Carol Warren * His sisters Lesley & Meagan



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

The family of **Gwendolyn Weingartner** (Auto accident) 3/30/2005—3/30/2005

Her parents Sean & Sarah Weingartner * Her sister Gabrielle

Her brother Sean Jr

The family of **Jakob Tease** (Pre-eclampsia) 3/3/2006—3/3/2006

His mother Shayna Tease

The family of **Jay Pressley** (Heart related) 8/29/1982—3/31/2006

His mother Janice Pressley * His sister Caty

The family of **Jeremy Briel** (Drug overdose) 3/21/1977—9/2/2005

His mother Terri Briel * His sister Jessie * His brother Derrick

The family of **John Bria III** (Drug overdose) 3/14/1984—1/16/2004

His mother Peg Bria * His brother Nick

The family of **John Wass** (Medical malpractice) 3/23/1988—8/18/2003

His mother Beth Wass * His brothers Daniel & Smokey

The family of **Joshua Ammermann** (Suicide) 1/31/1989—3/5/2006

His mother Sandy LaPera * His brother Tyler

The family of **Julian Tobin** (Methadone overdose) 3/1/1991—6/13/2006

His mother Melody Tobin * His sister Avay Tobin

The family of **Kevin McLane** (Heart & liver disease) 11/11/2003—3/9/2006

His mother Karen McLane * His sister Grace McLane

The family of **Kurt Laves** (Cancer) 3/10/1979—10/19/2006

His mother Luci Buchholz * His brothers Rob & Aaron Laves

The family of **Laurie Hines** (Natural causes) 3/3/1971—4/24/2006

Her mother Joyce Pineau * Her sisters Melissa & Lisa

Her brother Travis Hines

The family of **Logan Daves** (Congenital heart disease-HLHS) 1/22/2004—3/22/2004

His mother Lauren Daves * His brothers Conner & Nolan

The family of **Marc Oliver** (ALL leukemia) 10/20/1982—3/12/2004

His parents Virgil & Alyce Oliver * His sisters Cheryl & Loni

The family of **Maria Scinto** (Heroin overdose) 3/27/1982—1/1/2006

Her mother Pamela Mutino

The family of **Marla Rogers** (Auto accident) 4/27/1958—3/17/1987

Her mother Karen Haines * Her sister Leslie

Her brother Lester Jr

The family of **Nicholas Mongo** (Chorioamnionitis) 3/23/2006—3/23/2006

His mother Tameki Mongo * His sister Tytiana Mongo

The family of **Nicholas Sevigny** (Snowmobile accident) 10/21/1996—3/5/2006

His mother Vicky Sevigny * His aunt & uncle Susan & Harlan Nielsen

The family of **Perry Burnette** (Stomach rupture) 3/10/2006—3/17/2006

His mother Christina Burnette

The family of **Phillip Cunnagin Jr** (Auto accident) 3/11/1977—6/18/1998

His sisters Mary Cunnagin Maguire & Kat Cunnagin Albritton

The family of **Phunki** (Heart failure) 10/12/1968—3/16/2006

Her 1st cousin Koziba

The family of **Raul Perez** (Passenger in auto accident) 6/30/1983—3/26/2006

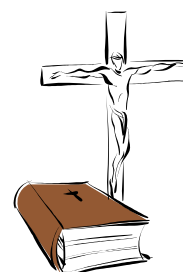
His parents Raul & Lisa Perez * His sister Kristell * His brother Alex

The family of **Robert Walker** (Reaction to chemical at job) 3/2/1982—4/1/2003

His mother Donna Helms * His sister Jennifer Walker

The family of **Ryan Lacey** (Accidental gun shot wound) 3/20/1984—11/15/2005

His parents Bob & Lisa Lacey * His brother Christopher Lacey



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

- The family of **Sean Loughery** (Suicide) 3/14/1978—8/28/2006
His mother Sallie Loughery * His brother Brian
- The family of **Sean Heartmam** (Sudden cardiac arrest) 5/1/1971—3/1/2006
His parents Mike & Carol Bannigan
- The family of **Takoda Spinnie** (Liver failure/Hirschsprungs) 3/6/2002—7/3/2003
His sisters Brittni, Sarah & Heather
- The family of **Tanner Cichocki** (Unknown) 1/23/2003—3/27/2006
His mother Lori Cichocki * His brother Tyler
- The family of **Terri Kelley** (Complications of elective surgery) 3/25/1970—8/10/2005
Her sister Christina Visconti * Her brothers Pete & Brian Franz
- The family of **Tyler Wilson** (TV tipped over onto him) 3/15/2005—9/12/2006
His mother Stephanie Shumaker
- The family of **William Altman** (Pneumonia/heart failure) 7/13/1927—3/22/2006
His daughter Vickie Altman Phillips



Pen Pal Corner...

The following families would love to reach out to others to share support. We thank you for respecting the privacy of these bereaved families by only using this information as intended. Please feel free to contact them to offer and receive encouragement.

Diane & Howard Johnson PO Box 1077, Lakebay WA 98349. e-mail: hojodi@centurytel.net
Their 26yr old son, Tom, died on 2/19/2005 as the result of drowning.

Dalene Johnson 15003 230th St E, Graham WA 98338. e-mail: kevindalene@hotmail.com
Her 26yr old brother, Tom, died on 2/19/2005 as the result of drowning.

Rhonda Luneack 282 Luneack Ln, Normandy TN 37360. e-mail: tnblueeyes249@hotmail.com
Her 20yr old son, Ryan, died on 7/31/2005 as the result of an aneurysm.

Vonda Knell CMR 414 Box 1639, Apo AE 09173. e-mail: vjknell2000@yahoo.com
Her 18yr old son, David, died on 11/10/2000 as the result of a gunshot to the heart.

Sonja van der Schyff PO Box 566, Umtentweni 4235 South Africa
Her 26yr old brother, André, died on 10/13/2005 as the result of an auto accident.

Annette & André van der Schyff PO Box 2738, Naboomspruit 0560 South Africa
Their 26yr old son, André, died on 10/13/2005 as the result of an auto accident.





for Bereaved Parents

19627 SE 284th St
Kent, 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; 19627 SE 284th St; Kent WA 98042. ...or e-mail it to: pmankle@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; 19627 SE 284th St; Kent WA 98042. ...Or you can use the form on our web site by going to: www.healingheart.net then clicking on the "Support Healing Hearts" link. Recognition for your love gift will then be made in a future issue of this newsletter unless instructed otherwise.

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HEALING HEARTS; 19627 SE 284th St; Kent WA 98042. ..Or send it by fax to: 253-270-7906
...Or use the form located on our web site at: www.healingheart.net

NAME: _____

Address: _____

City, State Zip: _____

Phone (optional): _____ E-mail: _____

Child's Name: _____
(In case of name similarities)