



The Compassionate Friends

March 2019

Serving Upper Bucks and Montgomery Counties

Another Year Without You: 10 ways to celebrate the birthday of someone who has died

I really love being the one that people come to for advice on how to honour someone they love, when they have died. While it can be difficult to relive our moments struggling with the same questions, it's comforting to know that I might be able to help another family think of a special way to honour the birthday of someone they miss.

This year, on September 21st, it will be our boys' 7th birthday. Four years since we all celebrated together. As I wrap my head around another year without Zack, I'm overwhelmed with memories of what it was like leading up to the arrival of our twins. The joy I felt being pregnant, the excitement as we were about to meet them and then the way the world changed just after Zack arrived. **This year, Jayden will be opening presents, sharing cake with his friends and enjoying family time but how do we mark the day for Zackie? How to we hide our sadness and grief from our happy birthday boy?** The question haunts me every September, as I find the perfectly appropriate way to acknowledge the day for Zack while not taking away from Jayden's celebration. Certainly a unique and almost impossible feat but we've managed to do it for 3 years.

Turning 3. Their last birthday together.

Just last week a new Twitter friend (connected through the loss of our children) was approaching the first time she would celebrate her daughter's birthday since her death. **What could she do? How could she acknowledge the day? What were some ideas to do something in her daughter's memory?** I shared some of the ways we have celebrated Zack's birthday over the 3 years since he's been gone.

Here are 10 ways to acknowledge, remember and celebrate the birthday (or death anniversary) of someone who has died:

1. Send Balloon Messages: Nothing says a birthday like balloons. Especially when there are kids involved, balloons are the symbol of a birthday. We love to take a Sharpie marker and write personal messages to Zack and then sing "Happy Birthday" as we send the messages (and balloons) to Heaven. We often leave an Elmo balloon at the grave on that day.

The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.



Next Meetings: March 12, April 9

We talk. We listen. We share. We care.

Our Support Group Meetings are the 2nd Tuesday of every month at St. Luke's Quakertown Hospital, 1021 Park Ave., Quakertown, in the Taylor Conference rooms A & B on the ground floor of the professional wing.
Meetings are 7:30 - 9 PM.

No need to register. No fees or dues. Just come as you are.

Quakertown Chapter

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website: www.tcfquakertownpa.org

"We should love people and use things, not love things and use people"

Katie Stauffer 2000



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

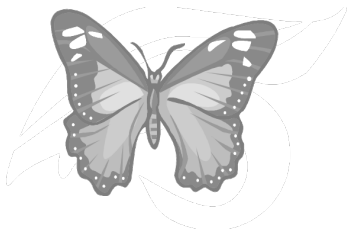
Ginny Leigh-Manuell, Chapter Leader
 Sherri Albro, Chapter Treasurer
 Gail Blase, Chapter Secretary
 Mary Anne Macko, Assistant Secretary
 Linda Stauffer, Chapter Newsletter & Website
 Theresa Sitko, Memorial Garden Director
 Theresa Sitko, Chapter Librarian
 Barbara Reboratti, Chapter Delegate
 Carol Graham, Hospitality
 Lynette Lampman, Remembrance Cards
 Mary Catherine Niderostek, R Cards
 Brittni Fonder, Remembrance Cards
 Celeste Nice, Outreach
 Crystal Hunter
 Bob Albro

TCF National Office:

877-969-0010

www.compassionatefriends.org

The Compassionate Friends is a nationally renowned 501 C (3) non-profit organization with 700 chapters in the US. All donations are tax deductible.



Self-help Program

The Compassionate Friends, Inc. is a mutual assistance, self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

To Our New Members

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work.

To our Members who are further down the "GRIEF ROAD"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK - what would it have been like for you at your first meeting if there had not been any TCF "veterans" to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

Information Regarding Our Meetings

PLEASE don't stay away from a meeting because the topic scheduled does not interest you. We are here to discuss whatever is on your mind, we don't stay on the topic only. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group but it is not a requirement. Coming to listen to the others is Okay too. Remember also that our meeting is open to adult siblings, grandparents, or adult family members such as aunts or uncles.

Support Group Meetings

We are so sorry for the cause that brings us together. It takes courage to attend a Compassionate Friends support group meeting. We understand how it feels to walk into a room of strangers and share personal feelings, especially when you are in so much pain. At your first meeting, we hope you find care, support, understanding and a group of friends to share with. Truly, there are no strangers among compassionate friends.

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4

meetings of attendance to determine if they are for you. It may take a few meetings before you are able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

Your Friends at TCF Quakertown Chapter

Library Books

We have a nice library of books for our members to check out and read and return them back to our library. A problem we currently have is that some books have not made their way back to our library and our library is shrinking. If you have checked out a book or magazine from our library and are done reading it won't you PLEASE return it to us at our monthly meetings. If you are not able to make the meeting you may mail it back to us or have someone else return it to us. Also, if you have any books that would help other grieving families through their journey and would like to donate them to our library please give them to our librarians.

Newsletter Errors and Omissions

For any errors or omissions please contact Linda via email at kt4ever@mac.com with the error and the correction for the next month newsletter. Please remember we are all volunteers and grieving

About This Newsletter

This newsletter comes to you courtesy of The Compassionate Friends, Quakertown Chapter with the hope that it will be a helpful resource for you on your grief journey.

If you no longer wish to receive the newsletter please contact the newsletter editor by email: newsletter@tcfquakertownpa.org

PLEASE NOTE: If you are moving or your email has changed please notify the newsletter editor so that we can update your information and you continue to receive the newsletter. If the newsletter is returned to us either via mail or your email bounces back and you have not notified us you will be removed from the mailing list.

Newsletter submissions:

Submit articles and poetry to the editor by the 15th of the preceding month. Include the author's name & your contact information. You may mail to our PO Box 1013, Quakertown PA 18951 or email as a pdf file or word document to: newsletter@tcfquakertownpa.org

OUR CHILDREN REMEMBERED

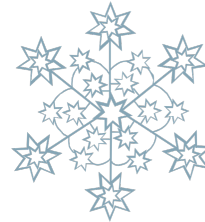
for March



Loved...Missed...Remembered on their
Birthdays and Always



- 3/3 - **Earl Colella III**, son of Jaynee & Earl Colella
- 3/5 - **Jacquelyn Dahms**, daughter of Don Croisette
- 3/5 - **Genine Leary**, daughter of Jon & Sylvia Holznagel
- 3/8 - **Liam Williamson**, son of Erin & Daniel Williamson
- 3/10 - **Rachel Behrig**, daughter of David & Kimberly Behrig
- 3/11 - **George Davish**, son of Sheryle & George Davish
- 3/13 - **Rodney Bossert**, son of Julia Bossert Roush
- 3/15 - **Kristy Bender**, daughter of Kathy & Frank Bender
- 3/15 - **Robert Dorman, Jr.**, brother of Donna & Greg Rowe
- 3/15 - **Donnie Daniels**, son of Don & Kelly Daniels
- 3/16 - **Olivia Fretz**, daughter of Andy & Jennifer Fretz
- 3/16 - **Brandon Leathers**, son of Jim Leathers
- 3/17 - **Julie Hartwich**, daughter of Donna & Dave Hartwich
- 3/18 - **Joseph Cooper**, son of Edith Cooper
- 3/18 - **Ryan Heimerdinger**, son of Robert & Barbara Heimerdinger
- 3/18 - **Brian Keim**, son of Ronald & Joan Keim
- 3/18 - **Paul Swope**, son of Marge Swope
- 3/19 - **Billy Klinedinst**, son of Michelle Klinedinst
- 3/20 - **Amber Eisenstein**, daughter of Ben Eisenstein
- 3/21 - **Chris Trauger**, son of Mary Anne Macko & Mike Hamilton; Jim Trauger; grandson of Dolly Bibic
- 3/21 - **Matthew DiNicola**, son of Ron & Myra DiNicola
- 3/21 - **Sara Parvin**, daughter of Sandy & Keith Parvin; niece of Kim Eubanks
- 3/22 - **Ryan McGuinness**, son of Tim McGuinness
- 3/23 - **Peter Hallinan**, son of Carol & Tom Hallinan
- 3/24 - **James Hector Lillo**, son of Liz & Bryon Lillo
- 3/26 - **Zachary Dawson**, son of Roger & Becky Dawson
- 3/26 - **Joshua Adair**, grandson of Lois Harner
- 3/26 - **Hunter Larrabee**, son of Michelle Larrabee & Steve Argue
- 3/28 - **Alexis Falcone**, daughter of Dominic & Carolyn Falcone
- 3/28 - **Jason Heuckeroth**, son of Debbie & Mark Heuckeroth
- 3/28 - **Eric Hill**, son of David & Susan Hill
- 3/29 - **Kathleen "Tia" Conn**, daughter of Kathy & Robert Smith
- 3/30 - **Donna Lee Stichter**, daughter of Don & Carol Collis
- 3/31 - **Justin Hunter**, brother of Crystal Hunter; son of Pat & Annette Hunter





Our Children Remembered for March

Loved...Missed...Remembered on the Anniversary of their death

March Anniversaries

3/2 - Philip Lecklikner, brother of Joseph & Karen Davis

3/2 - Jamie Frick Standish, daughter of Terry Frick

3/2 - Patrick Pettie, son of Doreene Pettie

3/4 - Ardyth Cope, daughter of Carol Cope

3/5 - Ryan Kintzly, son of Tammy Devine

3/5 - Genine Leary, daughter of Jon & Sylvia Holznagel

3/6 - Timothy Raymond, son of John & Tina Raymond

3/6 - Robert Reynolds, brother of Lisa Robey

3/6 - Tommy Synder, brother of Tara Snyder

3/7 - Wendy Croisette, daughter of Marvin & Ellen Croisette; sister of Todd, Terri-Lynn, & Jeffrey

3/7 - Jamie Stewart, son of Jim & Beverly Stewart, brother of Sherrie

3/8 - Marc Bannon, son of Jan & Kevin Bannon, brother of Aimee

3/8 - Jessica Gallagher, daughter of Robyn & Ron Gallagher; sister of Ronnie & Jaclyn

3/8 - Katie Stauffer, daughter of Carl & Linda; sister of Chrissy

3/11 - Shaun Barton, son of Catherine Barton

3/11 - Richard "Drew" Panettieri, son of Richard & Suzanne Panettieri

3/12 - Walter Pettie, Jr., son of Doreene Pettie

3/14 - Marc Falcone, son Dominic & Carolyn Falcone

3/16 - Adam Sautner, son of Bonnie & Alfred Sautner

3/17 - Demetries, "Jimmy" Asprakis, son of Joan Asprakis

3/18 - Christine McGhee, daughter of Dawn McGhee

3/21 - Captain Laura Eberts, daughter of Joseph & Karen Matejik

3/21 - Tammy Moore, daughter of Tom & Sandra Moore; sister of Tom, Tara & Thad

3/22 - Olivia Fretz, daughter of Andy & Jennifer Fretz

3/22 - Lisa Koletty, daughter of Barbara & Dietrich Koletty

3/22 - Justin Landis, son of Amy & David Landis

3/23 - Karen Graham, daughter of John & Barbara Graham

3/24 - Kenneth Kolb, brother of Kathy Holloway

3/24 - Jesse Swindell, son of Ronald & Tina Jackson

3/24 - Abigail Schumer, daughter of Mike & Meg Schumer

3/25 - Glen Scott, son of Doris & Fred Crouthamel

3/28 - Kristy McCoy, daughter of Arlin & Donna Moyer

3/29 - Matt Barber, son of Noel & Tim Barber

3/29 - Rennis Reitz II, son of Barbara Reitz

She Walks in Beauty

She walks in beauty, like the night
Of cloudless climes and starry skies;
And all that's best of dark and bright
Meet in her aspect and her eyes:
Thus mellow'd to that tender light
Which heaven to gaudy day denies.
One shade the more, one ray the less,
Had half impaired the nameless grace
Which waves in every raven tress,
Or softly lightens o'er her face;
Where thoughts serenely sweet express
How pure, how dear their dwelling-place.



And on that cheek, and o'er that brow,
So soft, so calm, yet eloquent,
The smiles that win, the tints that glow,
But tell of days in goodness spent,
A mind at peace with all below,
A heart whose love is innocent!



2. Do what they loved: Did your loved one have a favourite movie? Watch it. **My Twitter friend watched “Rio” for her sweet daughter.** Did they love to eat at a special family restaurant? Eat there. Did they love a particular game or activity? Do it. We love to blow bubbles for Zack, as it was one of his favourite things. It reminds us of the memories of family time spent blowing bubbles for him and watching his infectious smile and laugh as we tried to pop them.

3. Visit their grave: It seems obvious, but some people find the grave site a sad place to visit. In our family, we have cried and laughed there. We’ve had cake on the grass for our first birthday without him and we’ve let off balloons singing “Happy Birthday” beside his gravestone. Our sweet friend visited Zackie this week and made us realize that he is missed and remembered by so many others. If you have a friend or family member who is missing someone they love, you might want to make that same visit so they know that person has not been forgotten. **It will mean more than you could ever imagine.**

4. Be with Family: The most important thing after Zack died, was to just be with family on those tough days. Take the day off of work, plan a special day out of the house or just host a small and casual day together with family or friends (make it Pot Luck, as you don’t need the stress of hosting a dinner). Sometimes just being together is the best way to honour someone who is missed.

5. Make something special: Photobooks, artwork and even online videos are all amazing ways to share memories and celebrate the life of someone you lost. I love to make photobooks for the boys and even videos or slideshows about our memories with Zack. It gives our family a moment to reflect on those days, cry if we need to, laugh about silly times and even share stories together. Write a blog post if you are a blogger, write a letter and tuck it away somewhere special or write a poem about your thoughts. Sometimes we make treats, Elmo candy pops, the pudding he loved and I have even made Elmo cupcakes with the boys.

6. Buy Something Special: I love this new wall art that we bought at HomeSense. (It says: “Because someone we love is in heaven there’s a little bit of heaven in our home”) Could it be more perfect? There are really beautiful frames, artwork, printed pillows and even decorative pieces that might remind you of your loved one. Was it their favourite quote, colour or a photo from a place they always talked about? Buy yourself a birthday gift to celebrate a birthday of someone in heaven.

7. Go away: Our first birthday without Zack was painful and overwhelming. We talked it over as a family and decided that we just couldn’t throw a party that year. We decided to take a trip to Great Wolf Lodge with my parents, my sister and brother-in-laws families! It was just what we needed to be kind to ourselves, reflect on the day, have some fun and take our minds off of the immense sadness.

8. Donate to a Cause that Matters: Did your loved one die of cancer, MS, ALS, a Stroke or other disease? Even a small donation in the name of someone you lost is an amazing way to celebrate their life and honour their birthday. We are about to walk 20km for “Zack’s Dream Team in support of SickKids” and I love that it happens the week after Zack and Jayden’s birthday! Our donation and our commitment to walk together is just one simple way to teach our boys about giving back, but also spend time with families who have been in our shoes. We love the chance to donate money to SickKids on Jayden and Zack’s birthday, but most we love to make a difference in the lives of so many other kids.

9. Light a Candle or Leave a Chair at the Table: One small act of remembrance is perfect if the other ideas are just too painful. Leave an extra chair at the table for the day, keep a candle burning or leave out something special to them or move a treasured photo to the main area in the house. An unspoken gesture is often all that you have in you for the first year and that’s okay.

10. Do nothing: It’s okay to just do nothing. It’s okay to let the day slide by with no fanfare, special ceremony or acknowledgement. Give yourself permission to stay private and alone with your thoughts and not worry about making any extra effort if it’s just too hard.

Above all....be kind to yourself.

Do what your heart will allow and nothing more.

Don’t be concerned for what others may think, but what will help you mourn, remember and treasure the memories.

By Heather Hamilton, www.tjzmommy.com, February 1, 2016

April Meeting



Join us at our April meeting for a special rock painting event. Paint a river rock in memory of your child or sibling and place it in the memorial garden or in your garden.

ANGER AT GOD AFTER A CHILD DIES

Many people who suffer the death of a child find themselves feeling angry at God. This anger is sometimes expressed directly: "I'm angry at God for allowing my child to die."

Most often, however, the anger reveals itself in less direct phrases such as, "Why would a loving God allow my child to die?" "Doesn't God have any mercy?" "Where was God when my child experienced so much suffering?" "With all the horrible abuse being done to children by some adults, why did God take the child of loving parents?"

It is important to understand that anger is a normal, healthy part of grief. While not all parents who suffer the death of a child feel angry at God, most will feel this way at someone or something over the long process of grief. The best support we can provide to these individuals is to listen in silence. This will allow them to work through the anger in their own time frame.

Michelle remembers the intense anger she felt at God when her daughter, Robin, died a year after being diagnosed with leukemia. "The depth of my feelings surprised and concerned me," she recalls. "I thought I was losing my mind. Although God was the chief target of my anger, I was also angry at my family, friends and strangers I'd see at the mall with their children. Even the weather affected my mood. When it rained I was angry, and the same was true when the sun shone brightly. And most of my energy was directed at God."

Michelle's anger gradually subsided. She attributes this to the permission she received from her minister to express her feelings during their many pastoral counseling sessions. "Reverend Johnson told me that God could take my anger and still loves me as His child," she remembers. "This was very important for me to hear. Many other people tried to defend God, saying that He didn't cause Robin's death. I know they meant well, but I didn't find their efforts helpful at all."

Recently I spoke to a group of hospital chaplains at a medical center in the Los Angeles area. The subject addressed was death and dying. At the beginning of the workshop I showed a videotape of a woman grieving the death of a loved one. The woman said that she was angry at God for allowing her loved one to suffer with cancer for nearly two years before dying.

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At the conclusion of the video I asked the chaplains how they were going to care for the grief-stricken woman. Several of them replied that their first agenda was to get the woman's "anger off of God."

When I asked why they felt this was necessary one chaplain replied, "Because God didn't cause her loved one to suffer." I then asked the group if they thought that God could handle the anger of one hurting woman—whether or not God caused the suffering? They all agreed that God could.

Mona knows the pain of not only having a child die, but also being told that her anger at God was wrong. Her first child, Jason, died shortly after being born.

"When Jason died," she recalls, "I asked God where was His mercy? It had taken my husband, Tim, and me more than two years to conceive. It didn't make any sense that God would allow our child to die. I was definitely angry at Him." Mona says that many people tried to shift her anger away from God. This was especially the case with her and Tim's minister.

"The first thing my Pastor said," she remembers, "wasn't, 'I'm sorry for your loss,' or some other compassionate words. Instead, he said, 'Mona, God's not to blame. Remember He, too, suffered the death of a child. We simply live in a world where tragedies occur.'"

Mona did not find his words helpful. "I know Pastor was well-meaning," she said. "But he seemed to be more concerned with defending God than caring for Tim and me. Although I continued to be angry at God, I no longer expressed my feelings out loud. Pastor seemed to imply that my anger was misguided or wrong."

Grieving people don't need their feelings about God stifled or redirected. God can handle the anger of humans without our defense or justification. Anger is a normal, healthy part of the grief process. Given the permission to be expressed, it will eventually help bring about healing and a renewed sense of wholeness.

Benchmarks

Good bye would be too difficult,
Although I know you are gone.
Instead, I keep you in my heart
And your memory lives on.

I have redefined my purpose, son,
Since you are no longer here.
With your death I faced a choice
To die, exist or to live free.

My life has changed forever, child,
I'm redefined each week,
You would call these "benchmarks"
Of goals set and then achieved.

And so I set my benchmarks,
Achieving many, reshaping some...
But everything is different now
Except your mother's love.

Annette Mennen
Baldwin
TCF Katy, TX
In Memory of my son,

Grief is the last act
of love we have to give to
those we loved. Where
there is deep grief, there
was great love.



I Am Spring

I am the beginning.
I am budding promise.
I spill cleansing tears of life
from cloudy vessels
creating muddy puddles
where single cell creatures abide
and splashing children play.

I am new green growth.
I softly flow from winter's barren hand.
On gentle breeze I fly – embracing sorrow.
With compassion, we feather nests
where winged voices sing winter-spring duets.
As frozen ice transforms to playful stream
I whisper truth – life is change.

I am spring.
I bless long, dark wintry days.
I crown mankind's pain
with starry skies
in deepest night
lighting solitary paths from sorrow to joy
as the wheel of life turns 'round and 'round.

(written after attending a workshop presented by John Fox, author of 'Finding What You Didn't Lose' and 'Poetic Medicine'.)

I Heard Your Voice In The Wind Today

I Heard Your Voice In The Wind Today - Unknown

I heard your voice in the wind today
and I turned to see your face;
The warmth of the wind caressed me
as I stood silently in place.

I felt your touch in the sun today
as its warmth filled the sky;
I closed my eyes for your embrace
and my spirit soared high.

I saw your eyes in the window pane
as I watched the falling rain;
It seemed as each raindrop fell
it quietly said your name.

I held you close in my heart today
it made me feel complete;
You may have died...but you are not gone
you will always be a part of me.

As long as the sun shines...
the wind blows...
the rain falls...
You will live on inside of me forever
for that is all my heart knows.

Another Death Anniversary

It has been three years since my son died. On the anniversary of his death, I went through the morning saying very little. In the afternoon I left work and went for a drive. I drove past the park we used to love for those special talks and special events. I drove past the high school he attended. I drove around the neighborhood thinking of him peddling his heavy-duty bike as he delivered his papers seven days a week. I remembered the good times and some of the "teaching moments". I drove past the first house that he bought and remembered how proud he was of his purchase and all the work he did making that house a home for his child and wife.

As I drove, I felt the deep burning in my eyes of tears so long repressed. Has it really been three years since he left us? I remembered the day he died, the days that followed his death and months of withdrawal after his memorial service. I remembered all the firsts....the first Christmas, the first Easter, the first Mother's Day, the first birthday, the first Thanksgiving and the first anniversary of his death. I remembered the agony, the heartache, the gut churning shock of losing my child to death. How did I

survive this? I wondered why I am still here.


How can any mother whose only child has died begin to get a grip on sanity? Have I gotten a grip on sanity? How could I accept losing my son's daughters to the long-term, seething hatred of my husband and me by my former daughter-in-law? How did I endure the protracted pain of the wrongful death suit she filed against my husband and me in the accidental death of my child? What did I say in all those depositions? Who were those lawyers? Were they thinking of my child or just the money they would receive? How can I help my child's son as he moves forward into adulthood? How do I take the endless days of longing for my child's voice, his hug, his special "I love you, mom"? How can I stand hearing other parents talk about taking flowers to their children's grave or putting candles next to their child's urn, when I don't even know what my former daughter-in-law did with my son's cremated remains?

The answer is not simple, yet it is not complex, either. The answer is in honoring my child in a way that exemplifies his life – gently, persistently and without reservation. The twisting road to this discovery has been made much smoother with the help of my Compassionate Friends group. I listen. They talk. They listen. I talk. The dialogue has grown to be part of who I am now. The conversations help me to chart my way on this stormy sea that is now my life.

Without these gentle, understanding parents, I probably would have lost my mind. But they are there for me, month after month. They are there daily if I need them. They help me, and I help them. Each of us does our best in the hope of giving and gaining peace and solace.

I finished the anniversary day by purchasing a small wind chime. I took it to the little bench and marker that are surrounded by a small garden which our Compassionate Friends group maintains in memory of our beautiful children. When I hung it on the branch of a bush, I listened as the chimes sang their beautiful song.....a song for my child. Briefly I thought that someone might take it. But then I thought, I don't care. This is for today. This is my way of reaching out to my son today.....on the third anniversary of his death. If it's gone next week, I will be sorry, but it won't matter. I have honored my son on this sad day. The gentle song of these chimes will float upwards and reach him today. That is what matters. It is in this little garden that I visit my son today. This is where a little bit of peace touches my soul. Once again, I thank my Compassionate Friends for providing an answer.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX



If you get a chance
to look down on me,
I hope you know
that I'm missing you

forever missed

