

# MARCH



**THE COMPASSIONATE FRIENDS**  
Supporting Family After a Child Dies

## Local Chapter Notes

### ❖ MEMORIAL TREES AT VETERAN'S PARK

The park will plant trees in memory of your loved one. There is a grove of trees over by the playground that are dedicated to children from TCF. If you would like more information please contact Ed at the Parks and Recreation Dept 609-954-3407.

### ❖ TREASURER

We are extremely pleased to announce that Irene Anderson will be our new Treasurer effective immediately. We will be working with her over the new few weeks to get her up to speed. We thank her for taking on this critical endeavor.

### ❖ MEMORIAL QUILTS

If you are interested in having a quilt made from your loved one's clothing please contact Vicky Hobson 609-948-5860.

### ❖ SYMPATHY

We are saddened to announce the passing of Sally Minar on Jan. 28th. Sally and John lost their son Michael in 1981 and were one of the original members of TCF Mercer. Sally wrote an article that we use for New Member packets called Realistic Expectations. Send condolences to John Minar at 9 Yorkshire Road, Trenton NJ 08610.

### ❖ WELCOME NEW MEMBERS

**Ellen Blackwell & David Lewis**  
**Peter and Freda Lane**

We thank you for welcoming us into your lives during such a difficult time. We look forward to seeing you at the next meeting so we can get to know you and your

### ❖ NEWSLETTER COORDINATOR

Please note that this position is still open. There are detailed instructions for how to complete our monthly communication to members. Please contact us if you are interested at [info@tcfmercer.org](mailto:info@tcfmercer.org) or 609-516-8047.

## MEETING INFORMATION

### WHEN:

March 4, 2013  
The first Monday of each month at 7:00pm



### MEETING TOPIC:

Signs

### FACILITATOR:

Penny Parkin

### WHERE:

Capitol Health Systems in Hamilton



### Newsletter Mailings

Thanks to **Linda Whitehouse** for mailing out the **March** newsletters.

### Refreshments

Thanks to all of our members that bring refreshments to the meetings each month.

### Inclement Weather

In the event of bad weather – please call the hotline at 609-516-8047 or visit the website at [tcfmercer.org](http://tcfmercer.org) about the cancellation of upcoming meetings.

*With loving remembrance of our children not here but always in our hearts*

# March Birthdays

David Lewis	Son of Ellen and David
Ane Lisa Dillion	Daughter of Elizabeth Dillion-Stelling
Ian Valverde	Son of Carolina and Brian
Julie Greener	Daughter of Sandy and Howard
Ernest S. Leves, Jr.	Son of Barbara & Stepson of Merrill
Frank Jannotti	Son of Marcia and Jim
Frank Kopp	Son of Maryann & Frank
Charles William & Sadie Ann McGowan	Children of Faith & Charles
Bobby Mickschutz	Son of MaryLou & Robert
Chad Flavin	Son of Dee
Naren Raghuraman	Son of Usha and Krishnan
Jill Sisenwine-Berger	Daughter of Phyliss and Samuel
Anthony Michael Stathis	Son of Dawn and Michael; sister to Barbara
Jennifer Van Hise	Daughter of Joann and Carl
Megan Van Hise-Burgess	Daughter of Joann and Carl



Please let us know if you encounter an error in your child's listing and a correction will be made immediately.

## REMEMBRANCE TABLE

Be sure to bring in a photo or special memento each month so that we can celebrate the memory of your son or daughter together!



# March Anniversaries

Michael Archie	Son of Gracie
Theodore Ellerbe	Son of Debra
Frank Geraci, III	Son of Susie and Frank
Philip D. Haun	Son of Glenn and Darci
Christopher George Kimble	Son of Sharon and Christopher
Charles & Sadie Ann McGowan	Children of Faith & Charles
Michael Minar	Son of Sally & John
Qasim M. Muzaffar	Son of Abroo and Basit
Ahad M. Muzaffar	Son of Abroo and Basit
Amber Marian Gardener	Daughter of Marian
Dennis Reed	Son of Denise
Thomas Beckett Hensley III	Son of Rose and Matthew

*We want to thank and acknowledge the following  
for their generous support of our chapter and especially, our newsletter:*

Sharon & Christopher Kimble  
–Son Christopher George Kimble, 3/2 Anniversary  
  
We Love You, We Miss You. You will always live in our  
hearts until we meet again.  
Love Mom & Dad xoxo

Sally and John Minar  
In loving memory of our son Michael,  
3/21 Anniversary  
  
The years have gone by and life continues, but you live in  
our hearts and memories forever.

Doris and John Holcombe  
Birthday 10/1 Anniversary 5/31  
  
Scott, if tears could build a stairway and Memories  
Lane,  
I would walk right up to heaven and bring you  
home again!  
Love, Mom and Dad

**Thousand Tears**  
*by Marissa Elizabeth Martin*  
I've cried a thousand tears for you,  
Felt a thousand pains.  
Screamed a thousand words for you,  
Died a thousand days.  
Now I'm empty and black like a hole.  
Nothing's in use, I have nothing to  
control.  
Where my heart once was, is where  
the hole stays.  
With the pieces left in it,  
you dropped them in the maze.  
Except for a single piece,  
The only piece I ever knew.  
The piece I can't let go of,  
The small piece of you.  
I hold it tight but it's fading, and  
wearing away fast.  
I have to keep a tight hold of it, I need  
you to last.  
But I know eventually this piece of you,  
Will fall from me for days.  
Then the piece I held onto so tight,  
Will too be lost in the maze.

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# After-Death Communication

~ Joyous Reunions With Deceased Loved Ones ~

©1995; by **Bill Guggenheim & Judy Guggenheim**

co-authors of *Hello From Heaven!* published by **Bantam Books**

Have you been contacted by a loved one who has died? After-death communication (ADC) is probably as old as mankind, but ours is the first complete research study of this field. These spiritual experiences are extremely common, and in many other parts of the world they are discussed openly and freely.

Between 1988 & 1995, we interviewed 2,000 people who live in all fifty American states and the ten Canadian provinces. Ranging in age from children to the elderly, they represent diverse social, educational, economic, occupational, and religious backgrounds. We conservatively estimate that at least 50 million Americans, or 20% of the population, have had one or more ADC experiences – and the actual numbers may be closer to double these figures!

We collected more than 3,300 firsthand accounts of ADCs from people who have been contacted by a deceased family member or friend. These are *spontaneous* and *direct* communications that may occur anytime and anywhere, but no third parties such as psychics, mediums, hypnotists, or devices of any kind are involved. Based upon our research, the following are the twelve most frequent types of after-death communication people report having with their deceased loved ones:

- **Sensing A Presence:**
- **Hearing A Voice**
- **Feeling A Touch**
- **Smelling A Fragrance**
- **Visions:**
- **Twilight Experiences**
- **ADC Experiences While Asleep**
- when you are relaxed, open, and receptive, such as while you are in the alpha state or asleep.
- **Out-Of-Body ADCs.**
- **Telephone Calls:**
- **Physical Phenomena,**
- **Symbolic ADCs**

Nearly all ADCs are positive, joyful, and uplifting encounters that reduce grief, provide lasting comfort and hope, and accelerate emotional and spiritual healing. We encourage you to trust your own experiences and to accept them as being real for you. Unfortunately, some people react with fear when they have an ADC. This is usually because they are startled by the suddenness of the event, or they may have never heard of one happening to anybody else. Such people may assume they are "losing their mind and going crazy." And others find it difficult to reconcile after-death communications with their philosophical or religious beliefs.

Not all people are contacted by their deceased loved ones. We don't know for certain why some are and some aren't, but it seems that fear, anger, and prolonged heavy grief inhibit the possibility of having an ADC. Our research indicates that after-death communications are a natural and normal part of life. Therefore, we feel ADCs deserve the same public awareness and acceptance that near-death experiences (NDEs) have already received.

For most people, an after-death communication from a deceased family member or friend is valued as a sacred and profound experience that will be cherished for a lifetime. ADC experiences usually expand one's understanding of life and offer a deeper awareness of life after death. They consistently communicate an essential spiritual message: **"Life and love are eternal."**

To read the complete text please visit <http://www.after-death.com/Pages/About/ADC.aspx>

## LOVE GIFT DONATION FORM

A **LOVE GIFT** is a donation given in memory of a child who has died. It can also be in honor of a happy event that you would like to acknowledge. Your contributions can be in any amount, are tax deductible and are a source of income for our non-profit chapter. **Checks can be made out to TCF Mercer and sent to: The Compassionate Friends, PO Box 3203, Mercerville, NJ 08619.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Child's Name \_\_\_\_\_ Relationship to child \_\_\_\_\_

Birthdate \_\_\_\_\_ Anniversary Date \_\_\_\_\_

Amount \$ \_\_\_\_\_ Dedicate the newsletter in the month of \_\_\_\_\_

*If you would like a picture of your child in the newsletter please email it to [info@tcfmercer.org](mailto:info@tcfmercer.org)*

**Please fill out the following for a two-line message that will be printed in the newsletter:**

\_\_\_\_\_

\_\_\_\_\_

Every effort will be made to include your dedication in the month that you specify - please be sure to mail your information before the newsletter mailing. The newsletter is typically mailed one week prior to the monthly meeting.

STEERING COMMITTEE MEMBERS		
Chapter Leader:	OPEN	
Meeting Facilitators:	Various	
Remembrance CardCoordinator:	OPEN	
Correspondence Secretary	Toni Nowalinski	Since April 2012
Newsletter Editor:	OPEN	
Treasurer:	Irene Anderson	Since February 2013
Event Coordinator	Shannon Pope	Since February 2012
Librarian:	Michael Stathis	Since January 2013
New Member Coordinator	Linda Silverstein	Since October 2012
Chapter Delegate:	Toni Nowalinski	Since January 2013
SCM Minutes:	Rich Narcini	Since February 2008
Web Master/Editor	Wil Hitchman	Since March 2009
Media Coordinator	Toni Nowalinski	Since December 2012

TCF Mercer Chapter Address:  
 PO Box 3203, Mercerville, NJ 08619 [609-516-8047](tel:609-516-8047) [info@tcfmercer.org](mailto:info@tcfmercer.org) or visit us online at  
[www.tcfmercer.org](http://www.tcfmercer.org)

**Capital Health System of Hamilton, 1445 Whitehorse-Mercerville Road, Hamilton, NJ**

From the North (New Brunswick and Princeton):

Follow Route 1 South to Quakerbridge Rd. Take the Quakerbridge Rd. Exit East. Go through approximately seven lights before you come to Route 33. Go through the intersection of Route 33 (Applebee's Restaurant will be on left corner). Street name changes to Whitehorse-Mercerville Rd. Go through three lights. CHS in Hamilton is on the left, immediately following third light.

From South Jersey:

Take Route 295 North to Exit 61 (Arena Drive). At the third light, make a left onto Whitehorse Avenue. Whitehorse Avenue changes to Whitehorse-Mercerville Road. Proceed on road for three lights. CHS in Hamilton is located on the right after the fourth light (#1445).

From the East (Freehold/Jackson):

Take Route 195 West towards Trenton. Exit at Hamilton Square. At the traffic light, make a left onto Kuser Rd. Follow Kuser Rd. for approximately two miles. The K-Mart Shopping Center will be on your left. Make a right onto Whitehorse-Mercerville Road. Proceed on Whitehorse-Mercerville Rd. through one more traffic light. CHS in Hamilton is on the right.

From the West (Ewing/Trenton):

Follow Olden Ave. East to Whitehorse Ave. Make a left onto Whitehorse Ave. Proceed on Whitehorse Ave. to Kuser Rd. (K-Mart Shopping Center). Go through the intersection of Whitehorse Ave. and Kuser Rd. The name of the road will change to Whitehorse-Mercerville Rd. Proceed on Whitehorse-Mercerville Rd. through one more traffic light. CHS in Hamilton is on the right.

From Pennsylvania (Route 95):

Take Route 95 North to Route 295 South to Route 33 East (Mercerville Exit). Follow to traffic light. Make a left onto Nottingham Way. You will need to be in right lane on Nottingham Way Make a right onto Quakerbridge Rd. Go through traffic light at Route 33 (Applebee's Restaurant will be on left corner). Street name changes to Whitehorse-Mercerville Rd. Go through three lights. CHS in Hamilton is on the left, immediately following third light.

*The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.*



**THE  
COMPASSIONATE  
FRIENDS**  
Mercer Area Chapter

PO Box 3203 Mercerville, NJ 08619

**2013 Meeting Dates**

3/4 4/1 5/6 6/3

*Meetings start at 7pm!*