

Emails to Heaven, Inc
PO Box 204
Cecil, PA 15321
<https://www.emailstoheaven.org>

Emails to Heaven Newsletter
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ETH News

Grief has no time limit

It takes as long as it takes. Grieving has no time limit so be kind to yourself.

My question to myself has been: Where do I go from here? It has been over 7 years now and I still don't have an answer for myself. Below are different stages of grief from others that I wanted to share.

"Grief comes in 3 stages: The beginning, the middle and the rest of your life"
"The hardest thing is not talking to someone you used to talk to everyday"
"Sometimes I have to stop, close my eyes and hug you even if it is only in my mind"
"I can't let go, so I remember. Memories are all I have left"
"I am here. You are there. And I still ask why"
"I will never get used to being without you"

Abandoned

It saddens me when I read comments from other Widows about how their family and friends abandoned them on the day of their husbands funeral or afterwards. I know how they feel because it happened to me. I want to share some of those comments with you. There are more comments on page 6.

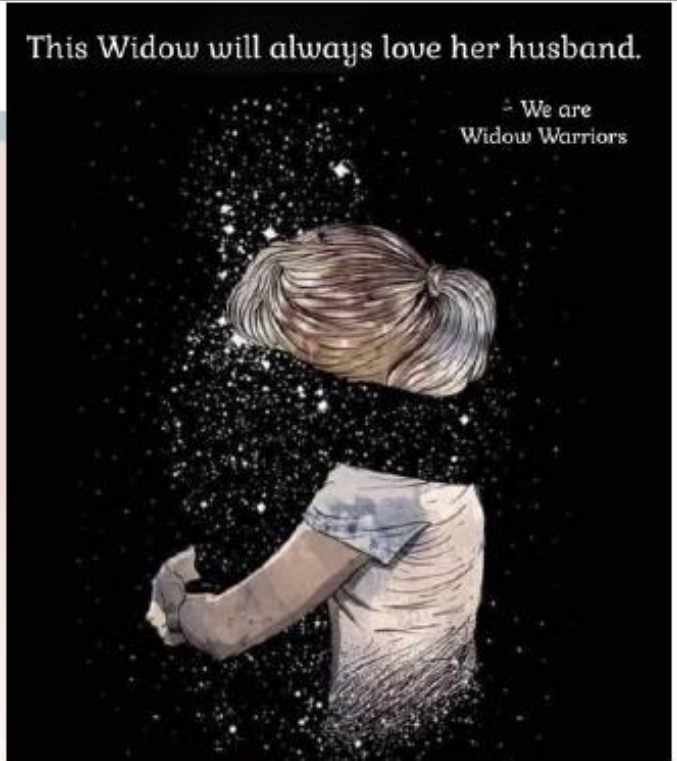
 **Susie Mills**
Even family forget about us!
2d Like Reply 66 🙏🏻🙏🏻🙏🏻
View all 15 replies

 **Tiffany Nichole**
This is such a true statement 🙏🏻. I always speak about my late husband. He shouldn't be forgotten. I was only 39 when I became a widow.
2d Like Reply 20 🙏🏻🙏🏻🙏🏻
View all 6 replies

 **Natalie Mesch Kozachenko**
For my husband's "viewing" it was just me and our 2 kids who are 18 and 21. I'm glad too it was just us 3. My son said they (family and friends near or far) didn't deserve to be there. They only called or visited him(us) at home when I called them. Then they came to visit same with him being in the hospital. They came because I called. And now 3 months and 18 days later, not a peep from any of his family or friends.

This Widow will always love her husband.

~ We are
Widow Warriors



Inside this issue

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Be helpful, supportive & caring to those who are now walking through life alone.





When We Became Me

When I started following Widow Warriors on Facebook, it really hits home reading what others are going through. Their struggles and loneliness. Just getting out of bed and facing another day was written by a lot of women. I know that is my biggest struggle. There also needs to be more resources and programs to help those who are struggling financially. I have several programs just sitting idle because I cannot get society to understand why these programs are needed. But I will keep working at it for as long as it takes to bring attention to that change that is needed.



"It is not the things that we get, but the hearts we touch that will measure our success in life" ~ unknown



Heard It Through the Grapevine

It's surprising what you hear from others but should be hearing from those companies who serve the public. I recently found out that County Hauling gives a senior citizen discount which I was eligible for last year. So I called and got the 10% discount applied to my account. I also wrote a letter to Senator Bartolotta telling her of my newly found discount. I told her that the public should not have to go on a scavenger hunt or hear it through the grapevine that a company, who serves the public, has discounts available but does not inform the public of those discounts. All discounts should be made known on each monthly, quarterly or yearly invoices that are billed to residents including the Department of Transportation which I talked about in a previous newsletter. The Department of Transportation also needs to add to their annual vehicle registration application that, if you are 65 or older and make less than \$19,200 a year, to complete the online application to reduce your registration fee to \$10.00. Not everyone knows to go on their website in search of a discount when this should be made known upfront. I never thought to check their website for a discount. Didn't even cross my mind that they would even offer one, but yet I heard about this through the grapevine as well. I don't qualify for this one, but others might. I will keep you updated if I find any more discounts to share. For those who are a senior especially a widowed senior, call County Hauling at 724-929-7694 to get your 10% discount. I never received a response from Senator Bartolotta. Guess she doesn't have an answer for me on this one.

Gold Star Spouses Day



I recently came across this day while searching online. Never heard of it before until now. Wanted to share since this day honors the surviving spouses of those who served in our military.

Gold Star Spouses Day

Friday, April 5, is Gold Star Spouses Day – a day when we pause to reflect on the incredible loss felt by men and women who have lost their partners in the line of duty.

It was first recognized in 2010 as Gold Star Wives Day. Later, it was updated to include any surviving spouse of any person of the United States military who died while a member of the armed forces of our country or who died after such service because of an injury or disability incurred during such service.

National Surviving Spouses Day

This Day will appear on the National Day Calendar in 2025 & will be celebrated on my husband's birthday, May 21st.



National Surviving Spouses Day: An Update and Insights

Dear Cheryl,

We hope this message finds you well. It has been approximately four weeks since you generously submitted your idea for a new National Day, Week, or Month to National Day Calendar. We're reaching out to provide an update and some important insights regarding our review process.

First and foremost, if you have already received communication from us regarding the approval of your submission, please kindly disregard this message. **Your celebration is on its way to becoming a cherished part of our vibrant calendar, and we couldn't be more excited to work with you!**

Baby Animals



Be kind to all animals



Finley's Wish Newest Sponsors

Finley's Wish



Newest Sponsors

Meet Clyde James. He is a 5+ year old Beagle. Clyde James is at the Greene County Animal Shelter in Ruckersville Virginia. He was found as a stray. His story was on Facebook and reading about him broke my heart. I have a huge place in my heart for Beagles. He had sores covering his coat and was starving. The only comfort he found at first was with a toy that was given to him. He was afraid of everything but now is making progress.



Meet Bear Bear and Oscar. Bear Bear is a 12-year-old Shih Tzu Mix and Oscar is a 14-year-old Dachshund Mix. They are a bonded pair and want to be adopted together. They are at the Beaver County Humane Society in Center Township. Their bio did not specify how they ended up at the shelter at such an old age and I didn't ask. I just wanted to make sure that they get adopted together.



Update on Buster and also Clyde James

I am pleased to announce that Buster and Clyde James have been adopted.



Property Tax/Rent Rebate Program continued

On April 27th I saw a commercial from Governor Shapiro where he talked about the Property Tax/Rent Rebate Program. He was taking credit for this program even though he doesn't know how this program works. He made it sound like every senior who qualifies for the rebate was getting \$1000 where in fact only a select few will get this amount. He didn't even mention that the program was for widows/widowers age 50 and older. His commercial was very misleading. My first inquiry with Senator Bartolotta was on another commercial where they failed to mention all who qualify for this program also. Her administrative assistant was the one who responded to me back then and told me if I had any further questions on this issue to email her. So that is what I did. I went right to my desk after seeing his commercial and sent Haley an email on what I saw and how misleading his commercial was. I never received a response back from Haley.



"Somewhere in the middle of our happy moments, we all sigh a little, in memory of someone we miss" ~ unknown

Puppy Food Bank.Org

Puppy Food Bank.org is a non-profit that I recently saw a commercial on TV about. I am hoping to add this nonprofit to list that I currently donate to through my Good Deed Program which donates to food banks. Too many homeless pets are euthanized every year due to over crowding and the lack of funding to feed the animals.



Mission Statement

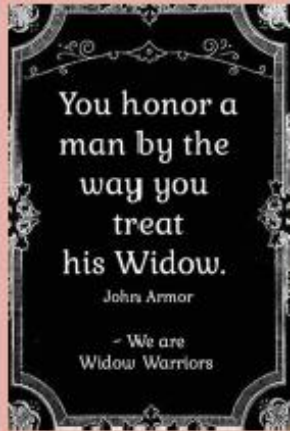
What We Do.

Our mission is simple: End pet hunger!

With online and mail in donations as well as event fundraising, we eliminate food scarcity as a barrier to caring for homeless pets in North America. Partnering with food distributors, together we can all save thousands of pet lives.



When We Became Me



Abandoned Comments—continued

Top fan
Patty L. Paul
After my husband passed away, NO ONE but my dance teacher accompanied me to the funeral home. Family and my husband's colleagues at the university ignored me. I became invisible in their minds.
17 🙏🏻🥺🥺

Rosemary Fields
I hope!

Lin Otterlyn
Unfortunately, someone very dear and close to him has dishonored my Beloved by letting both him (and me) down in not honoring his last wishes. It hurts, not only because of the shock of the betrayal, but because it would absolutely break his heart to know what was done. 🥺❤️

Tracy Bratcher
Thankful for the few that check in ❤️

Sonia Hank Wheat
Most people forget us, not that it's on purpose. They continue with their lives, leaving us behind to figure out how, grieve, sadness, loneliness, heartbroken, lost, afraid, and alone. It makes us actually become someone we didn't want to become at all, and start receiving help, kindness, support, understanding, and love from others.

“How does my life go on without you? It is a battle I fight every single day” ~Unknown

Comical Animals

Something to make you smile.

