

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

Emails to Heaven Newsletter
 First Edition 2025
 January 10, 2025

ETH News

Online Donating

As of December 18, 2024 my online donating is no longer available. I am doing my best to help the homeless, the hungry, our veterans and many others but there are those out there who have to ruin it. The first week of December, those who love to steal your information, used my online Donate Buttons to test stolen credit card numbers. What a mess that was so I made the decision to remove this donation option from my website because I have no control over who uses those buttons & if they did it once, they will do it again. Visa and Mastercard still made me pay the transaction fees on the \$102.29 in donations that were approved even though I had paid that money back. They rather penalize you then go after the real thieves. On January 2nd my bank account was drained by \$529.65 in penalties. If you would like to make a donation it will have to be a check made payable to Emails to Heaven and mailed to the address above. Thank you!

Year 2024 In Review

For the year 2024, Emails to Heaven received a total of **\$2166.93** in donations. Thank you to those who donated. I also want to thank the following for allowing me to collect donations at their place of business. Agway in Imperial, Sil's Market in Oakdale, and Sincerely Yogurt in Bridgeville.

Buster, Connie, Lola, Clyde James, Oscar, and Bear all send you a big **Thank You!!** for helping them find their forever home!

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Your donations help support my Foster's Wish program that pays the adoption fees of homeless shelter animals in Allegheny, Washington, and surrounding counties. Your donations also support the Richard B. Berman Foundation Great Program and Jay Good Dwell and Veterinary Assistance Programs. Below is a list of those nonprofits the great programs made donations too: Buster, Connie, Lola, Clyde James, Oscar, and Bear **all** send you a big **Thank You!!**

Foster's Wish sponsored these animals, and they all found their forever homes.



Connie



Buster



Lola



Clyde James



Oscar



Bear Bear

- ◆ American Red Cross of Southwestern Pennsylvania
- ◆ Allegheny Ridge Animal Rescue/Veterinary Care Assistance
- ◆ City Mission (Pittsburgh PA)
- ◆ Fosters Friends of Animals Emergency Medical Fund
- ◆ Greater Pittsburgh Community Food Bank
- ◆ Life From Loss
- ◆ Light of Life Rescue Mission (Pittsburgh PA)
- ◆ Paws of Honor
- ◆ The Salvation Army
- ◆ Triangle Dog Rescue Veterinary Care Assistance







Inside this issue

- Online Donating
- Year 2024 in Review
- 2025 Pet Loss Support Group Meeting Dates
- Bartolotta and Ortitay
- Zeke and Alex
- Social Exclusion as a Widow
- Baby Animals
- The Beauty on Earth—Part 9
- Helpful Suggestions
- Letter to Uncle Jack
- I'm Invisible
- Message from Heaven
- Comical Animals



2025 Pet Loss Support Group Meeting Dates

Tuesday January 28, 2025 – 6pm
Tuesday February 25, 2025 – 6pm
Tuesday March 25, 2025 – 6pm
Tuesday April 29, 2025 – 6pm
Tuesday May 27, 2025 – 6pm
Tuesday June 24, 2025 – 6pm

Tuesday July 29, 2025 – 6pm
Tuesday August 26, 2025 – 6pm
Tuesday September 30, 2025 – 6pm
Tuesday October 28, 2025 – 6pm
Tuesday November 25, 2025 – 6pm
Tuesday December 30, 2025 – 6pm



"You are the most beautiful star in the sky... Always shing down on me... offering guidance and warmth even in the darkest nights... offering comfort and hope when I need it the most" ~Hello to Heaven

Bartolotta and Ortitay

In my last newsletter I talked about my letter to these two and after complete silence I decided to resend the letter to Senator Bartolotta on December 14th. I also informed her that the same letter was sent to Representative Ortitay with no response either. Rep. Brad Roae was mentioned in the article so I sent the letter to him as well as the Editor of the Observer Reporter which the Editor did publish it in their paper on November 12th. I never received a response from her on this second submission. I guess to her that either what I had to say is not important or responding to me is not important or both.

Zeke and Alex—Angel Ridge Animal Rescue

In 2024, my non-profits Veterinary Service Assistance Program helped a total of 8 animals who were in need of emergency medical care or surgery. My most recent donation was for Zeke and Alex at the Angel Ridge Animal Rescue located in Washington County.



Thanksgiving Plea for Zeke & Alex



Senior dog Zeke was rescued from a dark basement, covered in his own urine and excrement. He has been starved, has a pancreatic disease and is full of parasites and skin lesions. He has a growth in the corner of one eye that must be surgically removed. Zeke has a long road of healing ahead of him.

Young Alex was rescued from a crowded WV shelter. Alex has severe and painful eye issues. His left eye has been helped with meds, but the right has a perforated corneal ulcer and must be removed.

Zeke and Alex are suffering but are so grateful that they are getting the care that they need to be happy and healthy dogs. Please help us make this possible for them by donating for their care.

Happy Thanksgiving and God Bless!

Social Exclusion as a Widow ³

I found these Dear Annie letters interesting since it explains a lot why Widows are excluded from many social gatherings. Actually it is sad that Widows are treated this way and that their family and friends could even think that this would even happen.

Navigating social exclusion as a widow

Dear Reader: Many of you wrote in regarding the newly widowed woman who stopped receiving invitations to couples' gatherings. A great number of you shared similar experiences. Below are a few letters that reflect this.

Dear Widowing: The invisibility you feel often grows in proportion to how insecure other women are. If they perceive you as attractive or as a threat to their marriages, you'll quickly find yourself being treated as if you don't exist. This happens to newly divorced women as well.

After my husband left me for someone else, our mutual friends stopped inviting me to their gatherings — only inviting him. One woman, "Sophie," came to my dental practice with her boys for treatment. After I finished their procedures, she started showing me photos of a party she'd hosted the previous weekend.

I casually asked if my ex had been invited, and she replied, "yes." At that moment, I charged her the full price for the treatment and told her how cruel her actions were. I also informed her to find another practitioner.

It felt really good to stand up for myself! I never saw her again, but her boys were clearly shocked by her behavior. — Left Out

Dear Annie: I read the letter from the woman who was recently widowed and dinner invitations from friends suddenly stopped. One of the reasons that the invitations stopped is that she, whether or not she knows it, has become a threat to the other marriages. The women are concerned that she will "go after their husbands."

I have been a widow for over 30 years. A friend of mine, "Jane," was told by another friend, "Mary," that she was surprised that Jane was still being my friend. Wasn't she worried that I would go after her husband? It happened to me. I think you missed giving the writer a realistic reason for the drop in invitations. — Been There

Dear Annie: Unfortunately, single/widowed women are often excluded from most couple activities. In our society, women without a partner are seen as a threat. If the shoe were reversed, her husband would have all kinds of invitations, instructions, etc.

Life is not fair, but it is what it is.

I would encourage any widow to create a new life. — Been There, Too

Baby Animals



Be kind to all animals



4 Helpful Suggestions

Helpful Suggestions:

Take “breaks”. The weight of grief is so crushing, it is important for your mental and physical health to seek out moments of respite, however brief. If there is something that brings you the slightest bit of joy or lightness, gravitate toward it. It could be something as simple as watching a funny TV show or movie. The goal isn't to suppress your sadness; it is to give yourself a tiny bit of rest from the all-consuming work of grief.

Pay tribute to your spouse in ways he or she would appreciate. Look at old photos or videos. Reminisce about them with others. Participate in or support activities or causes that were dear to them in life. Talk to them aloud all you want.

Honor your grief. Don't let anyone tell you how or when to grieve. Wherever you are you are right on time.

Grief is an expression of love. The immense heartache you're feeling is an extension of your love. They are with you, even in this. That same love that hurts so badly right now will also give you strength to endure ultimately. Though you will never get over this, you will get through it.

Letter to Uncle Jack

I would like to share another letter with you that was written on December 17, 2024. It was written by a nephew to his Uncle Jack.

Uncle Jack

I miss you so much. I just want to hold your hand again. I hope you knew how important you were to me, and how much I loved you. I just want to go back and feel loved again. If I ever have a son, his name will be John, and he will know all about his amazing great-uncle.

I hope heaven has shamrocks. I hope it has music. I hope you have friends and a boyfriend.

I hope epilepsy and mitochondrial disease don't exist in heaven. I hope you can walk and run and hear again. I hope you teach Papa some showtunes on his banjo.

I miss you so much. I love you so much. I can only hope I am making you proud.

— your loving and heartbroken nephew

I'm Invisible

Why...?!

Is it when your Spouse
passes away
everyone disappears?

It's like you become...
invisible.

- We are Widow Warriors
By
Mimi Greene 10/11

Being a Widow/Widower
is hard.



Mary Stringer

I wonder if our loss reminds them of their own mortality.. it's surprising how some people we believe we could always count on disappear and often others step forward maybe because of their own grief experience.

1d Like Reply 87 🙌👍🥰

[View all 6 replies](#)



Marla Grubb-Martin
So very true!!

1d Like Reply 26 🙌👍🥰



Donna Bean Brown

I know how true, sad and disrespectful this is. It's like I've contracted some horrible catching, disfiguring, life ending disease...

1d Like Reply 13 🙌👍🥰



Lorna Eldridge-pike
So very true

1d Like Reply 14 🙌👍🥰



Starr Calloway Aldridge

Seems that in our society we don't handle the feelings associated with a loved one grieving too well...it's hard for people to know what to do or say that will be comforting to us. Plus, I suppose it could bring up the possibility that it could happen to them also, and that's a scary thing to think about. But you can't help but feel kind of like an outcast at times. Bless those who are there no matter what...it is such a sweet comfort 🙌

1d Like Reply 59 🙌👍🥰

[View all 3 replies](#)



Jacki Leal

Every thing about being widowed is so sad and so lonely. People who haven't been through it don't get the complete and devastating loss! It's been almost 27 years for me and I have a new love now, but whenever I read these posts it brings me right back. I will never fully get over it.

I wish I had social media groups like this. Love to all of you 🙌

1d Care Reply 23 🙌👍🥰

Message from Heaven

6



To the left is a message that I had received on my Facebook page back in September 2024. It said that everything can feel overwhelming, but change is happening in the most positive way for me. Deep healing is happening.

I wish this message was true but it has been over 4 months since I received this message and I still feel that a black cloud hovers over me everyday. I try to stay positive but it is very hard to think positive when all I feel and see is negativity. I tried contacting friends/ others that I know but never hear back. Not sure why they gave up on me, so I gave up trying to contact them. I have contacted my wonderful elected officials about topics that I feel are important and all I hear are crickets. Sometimes I wonder if I am really here or that I am now an invisible widow, or what I have to say doesn't matter or I am not important them. I have determined that in order to be successful you need to know the right people and I don't know the right people. I wish that I did so that the changes I feel are needed can become a reality. I will keep working on it!

“Not a day goes by that I don't think of you and smile, or cry, or both” ~Hello to Heaven

Comical Animals

Something to make you smile.



I didn't even know they could drive



Emails to Heaven