

Receiving Comfort by Comforting Others

By Tricia Oliver

It's been five years now that M.E.N.D. has been giving comfort to all of us who are hurting and struggling to make sense of our losses. I have been struggling with infertility and losses, and along the way I've learned something about myself, my God, and others. While trying not to repeat too much of last month's "infertility/loss" theme, I'd like to share my story.

My husband and I started trying to have a family in April 1995. Finally after three years, I became pregnant. At 10 weeks we went in to hear the heartbeat, and none could be found. An ultrasound showed our baby had died two weeks prior. I was devastated! How in the world could God allow me to get pregnant after all this time and then just take this precious life away!? I remember going to church that first Sunday after the D&C. I cried through just about the whole mass. I was so angry!

Surprisingly, within two months we were pregnant again. My doctor took appropriate precautions with me, and I began to breathe a bit after the first trimester. Once again, my pregnancy turned for the worst. I went into labor at 17 weeks because of an incompetent cervix, and I delivered a son on Thanksgiving Day, 1998. Once again, I sat there mass staring angrily at the cross above the altar, wondering what kind of God would allow this to happen twice in six months.

I was angry because I thought I was a servant of God—going to church every week, working with the youth of my church, serving on our church council, among other things. I thought God would reward me for my good deeds, not punish me for my past. I had been assured by my priest that God was a loving and forgiving God. It had taken me a long time to forgive myself and believe in God's love. But what in these past years had been proof that God was there for me? I continued to go to church and work with the children. In time I saw where God had been; I learned what God's plan was for me. He did not show himself through some vision or speak to me in prayer. I saw Him in the people who cried with me, who spoke kind words to me, who said "I'm sorry" and didn't pretend to understand.

The infertility returned and I continued to grieve for my losses. A woman at my church gave birth in July 1999 to a daughter with Trisomy 18. The baby lived one month. I didn't really know the mother that well but attended the funeral anyway. I had my opportunity to speak to her before the funeral in the church hallway. I said I was sorry and told her I couldn't completely say I knew how she felt but that my prayers were with her. She shared with me that she felt that her daughter's short life here on earth had great purpose. She knew that the birth of our son had happened so quickly and so early that we didn't have time to think about a funeral. She said "Use my daughter's funeral to have that closure you weren't given the chance to find." I had tried to comfort this woman and she ended up comforting me! Even the priest came up to me after the burial, hugged me and said "May God bless you." Again God showed Himself to me!

In November 1999, I was offered the job of campus minister, working with the college students of our parish. I immediately knew God's plan for me with this job. I was to share my story with as many young people as I could. I guess because I knew the odds were that some of those young women and men would struggle with infertility, and I wanted to give them comfort with the knowledge that God would be with them. I stressed to them not to take their fertility for granted and that my children's short lives—that every life—has purpose. I spoke of my children as if I knew them well. At least, I knew them as being so loved and so wonderful, God wanted them with Him. The poem "Wait" that has been published through this newsletter before became my anthem. And the exclamation point to the story is that on September 3, 2000, almost one year after accepting the job, I gave birth to a healthy, beautiful daughter. The students came to see the miracle that we had been blessed with, to see what faith and prayer can bring. At "Praise and Worship" every week they sang a short and simple song that would always bring tears to my eyes...

"Each morning at dawn, a reason to be, each gift of God's love, a reason to see, the softness of night, a child's first cry, I've been blessed I'm alive."

I am blessed with the heavenly angels Madison Taylor and Jonah Michael, 1998; and Baby Oliver, 2001 and my angel on Earth, Ashleigh Elizabeth.

M.E.N.D.—Our Story of Yesterday, Our Hope for Tomorrow

by Rebekah Mitchell

In honor of M.E.N.D.'s five-year anniversary, I have been asked to write how I founded M.E.N.D. and explain its conception. As most of you can relate, the first year following my baby's stillbirth was without a doubt the worst year of my life. Despite the support and compassion I received from my family and friends, the loneliness and isolation I felt were at times overwhelming. Over the months I developed a heart-felt burden for other bereaved moms who had also lost a baby. I decided there must be hundreds if not thousands of women who were literally dying in their grief due to their lack of support from others. I knew that someday I had to somehow, someway, reach out to them.

One day while cleaning house just before the one year anniversary of Jonathan's stillbirth, I was about to put the Sunday edition of the *Dallas Morning News* in the trash when I felt compelled to browse the obituary section. I had never done this before, but I was sure I would find a notice of a baby's death. True to my inclination, I read of a baby named Cailey Elizabeth Ottinger who was stillborn a few days earlier as a result of a cord accident, which was the same way I lost Jonathan. I had a huge sense of urgency to contact this baby's mom to let her know I knew what she was going through and that I would be happy to talk with her if she was interested. We had just subscribed to the Internet, so I decided to put my e-mail address in a postscript in my letter. Within three days, Cailey's mother, Laurie, e-mailed me to express her gratitude for my note and to give me her phone number. Laurie and I spoke to each other a few days later and made a lunch date so we could meet each other face-to-face. We spent nearly four hours at an Italian restaurant sharing our experiences and exchanging pictures of our babies. She mentioned to me that as a result of my contact with her from reading the obituaries, she too had read that part of the paper recently and saw that another baby in a nearby town had also

been stillborn. Laurie planned to contact his mother, Lynne Boer. During Laurie's call to Lynne, Lynne got my phone number, which eventually led to Lynne calling me. Not long after, Laurie met another grieving mom on the Internet named Stacey Lange, who had just moved to the Dallas area from Seattle. Within one month of my first contact with Laurie, four of us women who had recently buried our babies developed a friendship that was knitted together by a very unique bond.

During this time I was a member of an Internet support group called *Infanlos*, which allowed me to pour out my heart to people from all over the world who had also lost a baby. This avenue of help benefited me immensely, but after meeting with these three women who lived near me I realized how much better it was to share with each other without the limitations of cyberspace. After a few weeks of regularly congregating with these ladies, we began discussing ways our hospitals were helpful and not so helpful when our babies died. The conversation then advanced to the idea of us offering suggestions to area hospitals from a parent's perspective. After entertaining that thought we resolved that it would be more easily accomplished if we could find other families to join us. I was a year ahead of my three friends in the grieving process, which gave me much more energy to devote to this venture. With the assistance of my dad, who is an attorney, and a friend, who is a CPA and specializes in non-profit entities, I began the process of establishing my organization. I knew I needed a name, but after hours of brainstorming could not come up with one. I thought I wanted an acronym for *JONATHAN*, but I could not figure one out. One afternoon as I was driving down the highway it just came to me: M.E.N.D. – *Mommies Enduring Neonatal Death*. I can only attribute this idea to the Holy Spirit, as I could have never made it up on my own.

Continued on Page 7

I have not had the opportunity to comfort others who are grieving, but I wanted to share how a close friend helped me.

My friend Michelle had a stillborn baby girl in January 2000. It shocked and saddened me. I didn't know how to respond to her, except to let her know I was so sorry. I was in my first trimester at the time, and I secretly thought it would be hard on her to even be with me.

When my child was born in September 2000, I found out he wouldn't live long. It seemed impossible! Michelle was by my side, comforting me, still in the midst of her own grief. God had orchestrated a close friend to walk that path before me and help me through it.

I have learned so much through this! When it comes to giving comfort to someone dealing with the loss of a child, the most important lesson I learned from self experience is not to run away from that person, as I had done. Call them, talk with them about their baby. It is SO IMPORTANT to do this. They want to talk about their children.

Michelle was there for me, even though I was not for her. God gave me a wonderful friend!



*Submitted by: Kitty Golding
Ann Arbor, MI
Mother of William Edward Golding,
September 23-24, 2000
Anencephaly*

November/December Topic

Remembering Your Baby During the Holidays
Deadline – September 30, 2001

January/February Topic

Moving to a New Home After a Loss
Deadline – December 31, 2001

Stories, poems, thoughts, and/or feelings regarding these topics are welcomed. Submissions must be received by the deadline to be considered for publication in the newsletter. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please see the back page of the newsletter for the appropriate address to send your submissions. Any submission printed in our newsletter will also be posted to our website indefinitely unless we receive notice in writing that you are only granting permission for your submission to appear in the printed version of the newsletter.

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M.E.N.D. Support Group Meetings

Join us in a time of sharing experiences.

Regular M.E.N.D. meetings

are held the
2nd Thursday of every month from
7:30 – 9:00 p.m.

**Mommies AND Daddies are both
welcome at all of our meetings.**

Threads of Hope, Pieces of Joy Bible Study

Please contact Jana Spigener
at (817) 468-9963 or
gaspigener@aol.com if interested.

Playgroup

*For families with children born prior
to or subsequent to a loss.*

Contact Pam Morren
at (972) 335-8202
ashtonsmom98@hotmail.com

Our Daddies Group

meets the 2nd Thursday of
March, June, September, and December
from 7:30 – 9:00 p.m.

This is a special time for Daddies to get together and discuss concerns unique to them as fathers. Our moms and dads meet together for introductions before dividing into two groups for discussion.

All support group meetings are held at:

**1159 Cottonwood Lane, Suite 150
Irving, Texas (Las Colinas) 75038**

(This is on the west side of MacArthur Boulevard, across the street from the Four Seasons Resort. There is a Holiday Inn Express at the entrance of Cottonwood Lane.)

For more information or directions,
Call (972) 459-2396.

Subsequent Pregnancy Group

meets the 4th Tuesday
of each month from
7:30 - 9:00 p.m.

For families who are considering becoming pregnant or are currently pregnant after a loss.

Subsequent Pregnancy Birth Class

For families who are near their due date with their subsequent pregnancy.

This one-night childbirth refresher meets once every three months and is conducted by one of our M.E.N.D. moms, Allyson Smith, R.N. For more information contact Allyson at ssmith@dallas.net or (972) 899-0405.

(Bible studies and playgroups meet at various locations around the Dallas/Fort Worth Metroplex.)

Birthday Tributes to Our Special Babies

Dear Hallie Bop,

We so miss watching you grow up and knowing the special little girl you would now be. Our hearts still long for what should have been...precious angel.

Happy 4th birthday.



With Love,
Mommy, Daddy
& your sweet little brother Alex

*In loving memory of
Hallie Anne Fantine
Stillborn 9/22/97
Cord accident*

*Parents: Richard and Laurie
Little brother: Alex*



We wish a happy 2nd birthday to our perfect little princess, Faith.

*We are missing you deeply,
and loving you even more.*

Daddy, Mommy, and Little Leighton

For Faith:

*We are all God's perfect creation
All with value and good reason
All art in His formation
All here for just a season.*



Written in the inspiring memory of our daughter

*Faith Elizabeth Durham
September 25, 1999*

Triploidy

*Parents: Leighton and Lisa Durham
Little brother: Leighton M*

In loving memory of
Ashley Renee Dedear
on her second birthday

10/29/99-11/1/99

*Placenta Abruption/Extreme Prematurity
Parents: Tim and Cindy Dedear
Twin sister: Laura Elizabeth*

"We love her very much and miss her every day"



I can't but I can....

I can't tell you how it feels
To hear him cry,
But I can tell you how it feels
To watch him die.

I can't tell you how it feels
To see him walk,
But I can tell you how it feels
To be in shock.

I can't tell you how it feels
To see him smile,
But I can tell you how it feels
To be in denial.

I can't tell you how it feels
To see him graduate,
But I can tell you how it feels
To grieve in private.

I can't tell you how it feels
To hear him laugh,
But I can tell you how it feels
To give him his only bath.

I can't tell you how it feels
To see him marry,
But I can tell you how it feels
To be angry.

I can't tell you how it feels
To see him crawl,
But I can tell you how it feels
To lose something so small.

I can't tell you how it feels
To see him with children,
But I can tell you how it feels
To have no answer to your question.

I can't tell you how it feels
To hear him speak,
But I can tell you how it feels
To hold him, oh so weak.

I can't tell you how it feels
To have him in my life,
But can tell you how it feels,
To have him in my heart.

*I love you Hunter Dean!
Happy 1st Birthday!
Your Earthly Mommy*

*In loving memory of Hunter Dean Castro
10/24/00-10/27/00
Arterial-Venous Malformation of the Brain
Parents: Michael and Charla Castro
Big sister: Tatum Reyna Castro*



HAPPY 4TH BIRTHDAY TO OUR ONLY SON
AUSTIN JEREMIAH

WE MISS & LOVE YOU DEARLY
FROM YOUR FAMILY,
MOMMY, DADDY, ASHLEY & BABY ARREN DAVIS

*In loving memory of Austin Jeremiah Davis
Stillborn September 16, 1997
Cause Unknown at 38 wks
Parents: Tracy & Dana Davis
Sisters: Ashley & Arren*

"If you were two..."

Would I wake to your grin
That goes from ear to ear
Would I kiss all the boo-boos
And wipe away tears
Would you run into my arms
When I come through the door
If we were sharing ice cream
Would you say, "Mommy, more"
Would you crawl into my lap
At the end of the day
Would we kneel by your bed
As I listen to you pray
Would we finger paint, and color,
And play silly games
Would you flash me that smile
When I call out your name
Would you wrap your little arms
Around my neck so tight
When I carry you to bed, tuck you in,
And say, "Goodnight"

Would you cuddle your dolls
And teddy bears too
Would you run and go hide
And play peek-a-boo
Oh my precious little girl
My heart it still aches
But still I go on
And do what it takes
For there are so many things
We won't get to do
My angel, today,
You would've been two.



*In Memory of
Kaitlyn Marie May
October 29, 1999
Cord accident
Written By Mommy
July 30, 2001*

*Parents: Michele
and John David May
Little sister: Alyssa*



HAPPY 2nd BIRTHDAY KATIE!
WE LOVE AND MISS YOU SO MUCH!
ALL OUR LOVE FOREVER



It has been one year since your birth, William, and today we would have been celebrating with a big party for your 1st birthday. However, we know that we can rejoice, for you are celebrating with your Heavenly family. We love you and cannot wait to be reunited with you someday soon in Heaven!

Love,
Daddy & Mommy, Tommy and Samuel



*William Edward Golding
born: September 23, 2000 8:00 a.m.
died: September 24, 2000 12:10 a.m.*

Anencephaly

Parents: Tom and Kitty Golding

Brothers: Tommy and Samuel Golding (who miss you dearly too!)

Cheyenne Renee Hampton

October 6, 1999 - September 19, 2000
Turner Syndrome/heart defect/medical malpractice

Happy 2nd Birthday, Chey-Chey

Love Mom & Dad
Amanda & Kevin Hampton



Garrett Anthony Mayer

October 12, 1999 - December 18, 1999

*Tetralogy of Fallot—
a congenital heart defect*

We love you and miss you.

Happy 2nd Birthday....



*Love Mom & Dad
April & Tony Mayer*

My sweet Mercedes,

Once again it's hard to imagine that you would be turning six years old on September 21. I've thought about it much recently since this would have been the year I would have been making preparations for you to begin kindergarten. I am grateful that the pain is so far away from me now, but I do miss your presence in my life every single day. Your life continues to impact my life in so many ways! Your Daddy and I have taught the Sunday School class at our church this past year that you would have been in. What an amazing age! And I often wondered what you would be like today each time I've spent teaching these children who would likely have been some of your friends.

God has given me so many opportunities to share your precious life with others, many of whom have experienced a loss as well. This compels me to continue on. And it makes the journey of my life without you bearable. I have seen so much purpose in your life during these last six years. I especially work harder to show love to your little brothers a bit more because of you. Because of you I am a better mother to them, whom I love so much. Life is precious! And you will always remain a special gift to me!

I know you can't read this, but God who lives with you and me knows your Mommy's heart! And somehow I know that He's shared a glimpse of it with you!

Happy 6th Birthday, Mercedes!!

Love,
Mommy (and Daddy, Wyatt, Ford
and baby brother on the way)

*Jana Spigener
Mommy to Mercedes Ruth
stillborn September 21, 1995
Intramembranous insertion of umbilical cord*



More Birthday Tributes to Our Special Babies

HAPPY 4th BIRTHDAY SCHUYLER!

We love you and miss you.

Daddy, Mommy, and little sisters Ashton & Alexa



*In memory of Timothy "Schuyler" Morren, II
September 28—December 23, 1999
Sudden Infant Death Syndrome
Parents: Pam and Tim Morren
Little Sisters: Ashton & Alexa*



*Happy First Birthday to our triplets,
Claire, Isabelle, and Colette.*

You are in our thoughts every day, but especially at this time of year. Your loss has left an enormous hole in our lives. And yet we are so happy to have had you for even a brief time.

*In memory of Claire 10/2/00
Isabelle and Colette 10/12/00
Prematurity
Parents Allen and Sharon Martin*



*In loving memory of
Michaela Leona Isaacs*

*July 17, 1997—August 25, 1997
Pulmonary hypertension crisis
following open heart surgery
Parents: Christel and Todd Isaacs*

Happy Birthday, Precious One

Happy First Birthday to our First Grandson
JACOB DOMINIC STUCKEY

Stillborn August 19, 2000

Parents: Brandon and Michelle Stuckey

May Jesus hold you tightly, just as we long to do.

May Jesus continue to heal your
Mommy and Daddy's hearts.

We love you, Jacob
Gami & Pop



Looking for ways to help?

If you need ideas for helping others through their grief, here are some places to start.

- ♥ **Find someone to support.** Take note of new families at support group meetings and offer a listening ear. Check the newspaper obituaries section for parents who have lost a baby and send them a sympathy card.
- ♥ **Give a keepsake to a bereaved family.** Remembrance cards, birthstone pins, and ceramic angels are just a few items that will give parents a symbol of their baby to cherish.
- ♥ **Give them something to nurture.** Plant a tree in their child's memory, or help them start a memorial flower garden. Visit www.timelessroses.com to see if you can find a rose with their baby's name.
- ♥ **Donate resources.** Check with your local hospital to see if you can donate handprint kits, bereavement books, or other items. Care Wear's Afghans for Angels and Premies (www.angelfire.com/ia2/AforApage2/) always needs volunteers to make tiny blankets for premature babies who pass away.
- ♥ **Donate your time.** Find a support group and offer to help prepare mailings, work on projects or committees, or run errands. If you aren't sure where you could best serve, ask.

Keepsake Resources

A Loss Remembered
2908 South Clemont Dr.
Denver, CO 80222
(303) 692-9668
lossremembered@cs.com

*Provides beautiful remembrance cards
on the anniversary of a child's death.*

Haley's Creations
P.O. Box 13242, La Jolla, CA 92039
Toll Free Phone:
877-538-6446
www.haleyscreations.com
*Offers remembrance cards, journals,
and keepsakes relating to infant loss.*

For Brittany
www.forbrittany.com
*Offers beautiful mommy bracelets that
come in a variety of styles, or design
your own. Mention that you were
referred by M.E.N.D. and a percent-
age of the sale will be donated to
M.E.N.D.*

I decided M.E.N.D. also needed a logo to go along with our name. A few weeks prior to the founding of M.E.N.D., some friends asked to take me to lunch so they could give me a gift in memory of Jonathan. They handed me a large box that contained a beautiful angel wearing a purple shroud. She was standing on a cloud, looking toward heaven with a baby in her arms. The figurine is perfectly named *Ascension of the Soul* and was manufactured by a company in California. I thought it was a long shot, but I called the company to ask their permission to use her. To my surprise and excitement, they very willingly allowed M.E.N.D. to use the angel and subsequently helped us obtain the ones they had left in their warehouse so they could be sold to M.E.N.D. families.

I invited Laurie, Lynne and Stacey to serve on the board of directors, but Lynne was the only one who was interested in devoting and committing her time to the inception of this young ministry. We decided we needed some literature to distribute to our support group attendees. Since Lynne had experience in creating newsletters for a private school, she was confident she could create a publication for this small organization. When planning and laying out our first issue, we thought it would be fitting to simply tell the stories of our loss in order to attract other grieving families and let them know this group consisted of families who knew their pain and heartache. Lynne and I met at the print shop to submit our job when the clerk asked if we wanted a slogan. We hadn't even considered a slogan! We looked at each other, shrugged our shoulders and told her we guessed she could go ahead and put the scripture found in II Corinthians 1:4 on the front page.

I look back on those formative days and smile at how quickly and innocently M.E.N.D. began, never believing it would develop into what it has become. People continually ask me, "How is M.E.N.D.?" or "Is M.E.N.D. continuing to grow?" I'm never quite sure how to answer these questions, because I'm excited our ministry is thriving, yet there is sorrow for the reason we exist. These past five years have held some of the most rewarding and memorable times of my life. Several perinatal loss groups across the country have been forced to become inactive due to insufficient funds and lack of interest from members. Meanwhile, we have been blessed with consistent financial support and an abundance of volunteers. I want to express my deepest appreciation to every person who has played a vital role in making M.E.N.D. what it is today. You have spent many hours volunteering your time by talking with other grieving families, responding to guest book entries on our web site, sending cards, flowers and gifts to hurting families, mailing M.E.N.D. information to bereaved families who are listed in the obituaries, organizing events, and much, much more. I further thank all of you who have financially given to our organization and to those of you who have diligently prayed for us. Without you, the survival of M.E.N.D. would not be possible.

I would like to share with you what we have accomplished since M.E.N.D. was birthed in September 1996, along with a few of our future goals.

ACCOMPLISHMENTS

SUPPORT GROUPS:

Over 200 families have come to one or more of our support groups. (See Support Group information on page 3).

NEWSLETTERS:

The bi-monthly newsletters are distributed to more than 1,700 subscribers representing 48 states, the U.S. Virgin Islands and 10 other countries.

WEBSITE:

Thanks to our friends, Max and Jody Friz, we have a very informative, resourceful and inspirational website that has been visited by more than 58,000 guests.

EVENTS:

Each year our Walk To Remember has been a memorable day for all who have attended. We were honored with 120 people at our first Walk in 1997 and had almost 300 in 2000. We expect nearly 400 to attend this year, which will be on October 27.

Every December we host a beautiful candlelight Christmas ceremony that gives families an opportunity to begin the holidays by remembering their babies. We have more than doubled our attendance of 60 in 1997 at our past two years' ceremonies.

MEDIA:

We have had quite a bit of "advertisement" via media exposure. In addition to four radio interviews, we have been guests on television shows such as *Good Morning Texas* and *Praise the Lord* (Dallas/Ft. Worth broadcast) which airs on the Trinity Broadcasting Network. We have also filmed two infant loss documentaries that have been viewed in hospitals and homes all across the United States.

Many journalists have included M.E.N.D. in their articles written in publications such as *The Dallas Morning News*, *The Fort Worth Star Telegram*, *The Pentecostal Evangel*, *Around our Town*, *Dallas Family*, *Fort Worth Family*, and *Dallas Child*.

SPEAKING ENGAGEMENTS:

Not only do we strive to reach out to bereaved families, we want to assist their healthcare providers, their churches, families and friends reach out to them as well. On a number of occasions we have been honored to speak in Sunday school classes, hospital conferences, to nursing students and to several MOPS (Mothers of Preschoolers) groups.

MISCELLANEOUS:

On a daily basis several M.E.N.D. members volunteer from their homes doing important tasks such as browsing the obituary sections of several newspapers in the Dallas/Fort Worth metroplex and sending M.E.N.D. sympathy cards to parents whose baby's death is announced; ordering flowers for M.E.N.D. members who have attended one or more of our support groups in the past 12 months on the anniversary of their baby's death; and regularly reading the guest book on our website and responding to new posts.

GOALS

We pray the Lord will continue to bless M.E.N.D. with everything we have achieved so far. We hope to one day have our own building that will enable us to have adequate space for our support groups, an extensive library full of infant loss resources and a place where hurting families can come to talk to someone without having to wait for our next share session.

We further dream of having support groups in different parts of the United States and the world as we have discovered many families do not have any sort of infant loss support in their area.

Since M.E.N.D. has now reached five years of existence and has proven to be a strong and growing organization, we hope to qualify for grants from foundations that would relieve us of financial burdens as well as help us achieve many of our goals. ♦

Don't miss the
Walk to Remember
 October 27, 2001
 3:00 p.m.
 Andy Brown Park East
 in Coppell, TX

Reverend James O. Davis will be the Walk to Remember guest speaker. Rev. Davis is the national evangelists' representative for the Assemblies of God world headquarters in Springfield, Missouri. He is also the founder of Cutting Edge International, Inc, an evangelistic ministry. He and his wife Sheri have two children in heaven.

R.S.V.P.: Rebekah@mend.org
 Or (972) 459-2396



Raising Awareness About VBAC Risks: My Tribute to Erika

By Yvette Grau

I cannot say that this so much is a comfort to others but rather information that hopefully will give a “sense of comfort” to others when making a decision about the method of delivery of a precious gift from God, a baby.

In 1997 I was informed that I could possibly deliver Erika, my second child, naturally even though my first delivery was a cesarean. This process, Vaginal Birth After previous Cesarean (VBAC) is required to be mentioned to patients who previously delivered a baby by cesarean and meet certain medical criteria. The information provided includes an overview of the VBAC procedure and the statistical data of the less than one percent risk of a uterine rupture. With high regard and respect to obstetricians, especially my own who delivered Erika and subsequently Nataly, I acknowledge that these physicians are providing all the information that is required of them regarding this procedure. However, and with good reason, doctors concentrate more on the success rate than the tragedies that can occur with VBAC. It is left to the doctor’s discretion to determine the extent of information provided regarding the details of the risks and, more importantly, the consequences. Therefore, and through no fault of the delivering physician unless he has had the misfortune to experience a uterine rupture in his practice, obstetricians are less likely to discuss at great length the details of the consequences. This is because statistically speaking, one percent is a minimal risk. These minimal risks, however, do include life-long, damaging results or possibly death of the infant and/or mother, any of which affects the family one hundred percent.

We all know that doctors are only one factor to the entire process of a successful delivery, no matter the method of delivery chosen. Hospitals and nurses, too, contribute immensely to the successful delivery of a baby, especially a VBAC delivery, because it is NOT a normal delivery and has severe potential associated risks. During a VBAC, a cesarean isn’t considered until trial of labor is terminated or an emergency cesarean becomes necessary. However, when a laboring mother is attempting a VBAC, her care should differ from other patients not in the attention she receives but rather in the extreme importance of immediate and appropriate action to even the slightest sign of complications. Her healthcare providers should be keenly aware of the known risks of uterine rupture and, more importantly, the consequences. Sadly and surprisingly, I have learned that nurses are not mandated to take specific courses regarding the handling of patients attempting a VBAC. Instead, specific VBAC courses are available only as electives. Although hospitals may have a VBAC protocol in place, it is my factual knowledge and belief that because of the minimal risk of uterine rupture, VBAC patients in hospitals are more commonly handled as normal deliveries. Unfortunately, this risk is sometimes taken until a hospital has a VBAC patient who experiences a ruptured uterus. As in our case, the risk is often understood when it’s too late.

As I started researching and learning more about the risks and consequences of VBAC after Erika’s death, I found a consent form that specifically details the risks and consequences. As a result of Erika’s death, the hospital where she was born is now providing a copy of this same consent form to all their practicing ob/gyns and urging them to use the form or use the form as a guideline when discussing the risks and consequences with their patients who are candidates for a VBAC procedure.

Since Erika’s death there have been many reconsiderations and studies with new statistics regarding VBAC procedures. Although all still support VBAC, it is obvious that there is an increased concern for the realities of the consequences of uterine rupture mentioned earlier. Even so, and because it is not legally required, the American College of Gynecology (ACOG) still only “strongly” recommends that doctors have “detailed” conversations not only about the success rates but about the risks and consequences as well. More recently ACOG has also “strongly” suggested that all doctors use some version of a VBAC consent form that clearly details the risks and consequences in writing for the patients’ full understanding.

Whenever I hear that a mom-to-be is excited to learn about the option of a VBAC, I feel a painful sense of obligation to share my experience. My most difficult task is finding an approach which does not offend or discourage any mom-to-be considering a VBAC. Rather, my intent is to ensure that she is well aware of all risks and consequences and contributing factors to a successful VBAC delivery if her doctor has not already brought them to her attention. Because I cannot do this alone, I ask God to provide me courage and appropriate words to say. If I didn’t speak up and something did happen to another baby, it would be as if I allowed Erika to die twice. He has always provided me the courage, strength and words needed, and I am so grateful to Him. I feel He has helped me encourage each mom considering VBAC to go back to her doctor and ask detailed questions regarding the VBAC risks and consequences. I also encourage future moms to ask about the existing and practicing VBAC protocol at their hospital. Ironically, most confided that they had been told of the less than one percent risk of uterine rupture but had not been told of all the specific consequences. They also mentioned that they had reservations about the procedure, but their doctors seemed so confident that they were too embarrassed and/or intimidated to ask about further specifics regarding the consequences.

Although I am not aware of many of their final decisions for method of delivery, I have peace of mind. I know that after our conversations or after they learn about my situation through other means, they will soon be asking their doctors to reveal the full facts and the reality of the potential consequences of a VBAC. Knowing that our situation is helping make others more aware about VBAC risks and consequences further confirms that **Erika’s death was not in vain but rather her message delivered.** In her own way, and in most cases anonymously, I know she will help avoid repeat situations and ultimately contribute to the delivery of more living and healthier babies, regardless of the choice of delivery.

Much like I know I am not the only one who has had this ‘rare’ devastating experience, I also know that there are few of us who make up this less than one percent risk, and even fewer of us make up the statistical risk of infant or mother fatality as a result of uterine rupture. Unfortunately, we are sometimes seen as part of a small statistic, and I can only hope that my story and those of others who have had this experience be shared with as many moms-to-be as possible in order to further decrease the risk percentages in either case.

In closing, I pray that our situation continues to give courage to those who might not be absolutely comfortable with what they know about VBACs to seek answers to their questions, concerns and uncertainties from doctors and hospital nurses alike.

“May God always bless and guide the hands of our doctors and nurses to safely deliver one of His most precious gifts to us.” I pray for this in Jesus name...

For a copy of the consent form Yvette writes about, visit
<http://www.obgmanagement.com/vbacform.html>.

For information on a support group for those who have experienced uterine rupture, visit
<http://groups.yahoo.com/group/Uterinerupture>.

To contact Yvette Grau personally for more information, e-mail her at
yv.grau3@verizon.net.

*Written in Memory of
Erika Brienne Grau
July 9 – August 3, 1997
Anoxic Brain Injury due to
Uterine Rupture*

Subsequent Births**Diane and Daryl Smith
and big sister Ashley**

of Lewisville, Texas,
proudly announce the birth of
Matthew Ryan,
born August 1, 2001, at 7:27 a.m.,
5 lbs., 8 oz., 17 1/2 inches long.
The Smiths lovingly remember
Richard James,
stillborn March 1, 2000,
due to a twisted cord
and
Baby Smith,
miscarried October, 2000.

Samantha and Joe Iliff

of McKinney, Texas,
welcome
Blake Donovan,
born August 1, 2001, at 6:45 a.m.,
6 lbs., 11 oz., 20 inches long.
The Iliff's lovingly remember
Logan David,
stillborn May 5, 2000,
due to placental abruption.

**Timothy and Lorin Koemel,
along with their children Ridge and Trinity**

of Fort Worth, Texas,
joyfully announce the birth of
Crest Matheaus,
June 13, 2001, at 8:05 a.m.
He weighed 8 lbs., 6 oz.,
and was 19 inches long.
The Koemels lovingly remember
Canyon,
Died January 10, 1997,
Due to cord separation.

**Chris and Tracy Morris,
along with big brothers Sam and Jake**

of Denton, Texas,
proudly announce the arrival of their twins
Elia Nathanael,
6lbs., 3 oz., and
Zane Jonah,
7 lbs., 5 oz.,
born June 27, 2001.
The Morrises lovingly remember
Lael,
miscarried September 1994,
and Rose Adriel,
stillborn January 13, 2000,
due to unknown causes.

**DaLana and Randy Barsanti
along with big brothers
Taylor and Collin**

of Hurst, Texas,
joyfully announce the birth of
Harrison Lee,
July 12, 2001, 3:23 p.m.,
8 lbs., 7 oz., 20 1/2 inches long.
The Barsantis lovingly remember
their identical twins
Joshua and Jeromy,
stillborn November 21, 1996
due to anencephaly.

Michele & Sabry Samuel

of Mississauga, Ontario Canada,
joyfully announce the birth of
Daniela Faith,
May 25, 2001, 3:17a.m.
She weighed 7lbs., 11oz.,
and was 20 inches long.
The Samuels lovingly remember
Gabriela Lael,
died October 8, 1999,
shortly after birth
due to Potter's Syndrome
(Renal Agenesis),
and two other miscarriages
at six weeks.
"God keeps His promises"

Ernie and Mandy Tschoepe,

of Plano, Texas,
announce the birth
of their beautiful daughter
Clara Frances,
Monday, June 25, 2001, at 1:31 p.m.
She weighed 6 lbs., 14 oz.,
and was 18 inches long.
The Tschoepe's lovingly remember
Spencer Charles,
stillborn July 24, 2000,
due to unknown causes.

John and Paula Grimes

of Eules, Texas,
excitedly announce the arrival of
Raleigh Renee,
born Wednesday, August 8, 2001,
at 5:30 p.m.,
5 lbs., 9 oz, 18 inches.
The Grimes lovingly remember
Lauren Paige,
stillborn March 6, 1999,
due to unknown causes,
and Baby Grimes (Raleigh's twin),
miscarried February 2001.

Music Resources

The following music has been helpful to
others during their time of grief.

Angel Unaware

Words and music by
Shari Buie and Tamara Miller
HeartSong 96
826 Royal Birkdale Dr.
Garland, TX 75044

**Home Free**

Words and music by Wayne Watson
Watson's *Home Free* CD can be found at
most Christian bookstores.

Together We Can Heal

A beautiful collection of music for bereaved
families. Call or write:
Source Music
P.O. Box 1543
Colorado Springs, CO 80901
719-442-0152/ 800-338-4312 (orders)
<http://www.sourcemusic.com>
<http://www.sourcemusic.com/heal>
(This URL takes you directly to the recording.)

Thought You'd Be Here

Words and music by Wes King
From his CD *A Room Full of Stories*,
available for purchase at most Christian book-
stores.

I'll Meet You in the Morning

By Karen Ritchey
<http://www.members.cnx.net/kritchey/>
e-mail: kritchey@cnx.net

With Hope

By Steven Curtis Chapman
From his CD *Diving In*, available for purchase
at most Christian bookstores.

Goodbye for Now

Words by Kathy Troccoli, music by Scott
Brasher and Kathy Troccoli
From Troccoli's CD *Corner of Eden*, available
for purchase at most Christian bookstores.

Glory Baby

Written by Nathan and Christy Nockels
Found on Watermark's *All Things New* CD,
can be purchased at Christian bookstores.

Empty Arms

Words and music by Teri Curp
From her CD *Look Ahead*
Teri Curp Ministries
1413 NE Grand Avenue
Lee's Summit, MO 64086
816-246-8374
tcsings@swbell.net
www.tericurp.com

"Help Me to Remember"

*Songs from the Father to Help You Find
Comfort in Sorrow*
Dennis Jernigan
Shepherd's Heart Music
www.dennisjernigan.com

M.E.N.D. Fundraisers

As a non-profit organization MEND is funded solely by private donations and fundraisers. Any assistance you can give us by participating in any or all of these fundraisers is greatly appreciated.

M.E.N.D. member Amy Allred is a **Creative Memories** consultant. Amy donates to M.E.N.D. 20 percent of all sales made by M.E.N.D. members. If you would like to place an order, her phone number is (972) 390-0012, and her e-mail address is theallreds@juno.com.

Kroger grocery stores donate a percentage of all purchases of those shoppers who have and use a Kroger Share Card. To obtain your Share Card, contact Rebekah via one of the ways listed on the last page of this newsletter, and let her know how many you need. This program is valid in Texas, but residents of other states may need to check with store managers to see if they participate.

Tom Thumb also has a program in Texas that can benefit M.E.N.D. If you have a Tom Thumb Reward Card, please ask your Tom Thumb cashier to link your card with M.E.N.D. Our number is **6265**. If you are already linked to another organization, they will split a donation of one percent of your purchases between the organizations. It only takes about five minutes to get a Reward Card, and it can also be used at Rاندalls and Simon David stores.

Kathryn Padilla, a M.E.N.D. member, is an independent **Mary Kay** consultant who is donating ten percent of all sales to M.E.N.D. if they are made by M.E.N.D. members. Members also get ten percent off their first online order. You can shop online at www.mymk.com/kpadilla1.

Kim Robinson, a **Pampered Chef** kitchen consultant and M.E.N.D. family member, is donating 10-15 percent of sales to M.E.N.D. members back to our organization. You can browse products at www.pamperedchef.com, then e-mail Kim at kimr@cheerful.com to place an order.

Stamps.com offers a \$10-\$20 referral program. If you would like to purchase stamps from home and receive a free postage scale, visit www.stamps.com, and use referral code C-4FTJ-TWR. Stamps.com will give the incentive money to M.E.N.D. in the form of free postage.

The Weaver's Thread is a book of poetry by Angelique Cooper-McGlotten honoring the five babies she lost. A percentage of the sale of this book will go to M.E.N.D. For more information, visit <http://www.eofl.net>.

Carol Martin of Flower Mound, Texas, is the owner of a business called **For Brittany**. She makes beautiful mommy bracelets that come in a variety of styles and/or you can design your own. You can see all of her bracelets on her web site at www.forbrittany.com. For every sale from M.E.N.D. families, she will donate 10% back to us, but you must remember to tell her you are from M.E.N.D.

Matthew Paul

If only I could love you,
To hold you in my arms,
And rock you gently back and forth,
To you could come no harm.
If only I could see you,
Each and every day,
The smile which would light up your
face,
And chase my cares away.
If only I could touch you,
Your cheek so soft and smooth,
To caress your face and dimpled hand,
To feel your skin, so new.
If only I could hear you,
Soft breathing in the night,
And whimpers in the early dawn,
Till Mama made it right.
If only you could look at me,
Just once, with eyes so bright,
You'd see how much I love you,
Everything would be all right.

You came into our lives, and went,
A fleeting brush of angel's wings,
Our gift of only little time,
The joy your little heart could bring.
If only I could know you,
Our boy who was yet to be,
An angel on the cloud of life,
Whose spirit now is free.
If only I could love you,
But that I already do.
A special place my heart will hold,
Forever. Just for you.

*Written by Kirsche Romo
in memory of her grandson,
Matthew Paul Murillo,
stillborn April 14, 2000.
Parents: Amy Romo and Pable Murillo*

**Grief Materials****Birth and Life**

141 Commercial St. NE
Salem, OR 97301
(503) 371-4445

Centering Corporation

PO Box 4600
Omaha, NE 68104
(402) 553-1200

Wintergreen Press

3630 Eileen St.
Maple Plain, MN 55359
(612) 476-1303
www.Wintergreenpress.com

Perinatal Loss

2116 N.E. 18th Ave.
Portland, OR 97212
(503) 284-7426

ICEA Bookmarks

P.O. Box 20048
Minneapolis, MN 55420
800-624-4934

A Letter to Benjamin

June 1, 2001

Our dear precious Benjamin,
So tiny and so sweet,
Surely an angel brushed with his wings, your feet.

We held you and loved you,
My, such a presence of God we felt,
To know in our heart He chose us
For this moment in time, our hearts to melt.

He bound us together with His love, you see,
Knowing that when we are in our permanent
dwelling place,
It's for all eternity.

So, our precious baby boy,
Into the hands of the heavenly Father
We release you now,
Please help us, oh Lord, to know how.

But always know that you will be with us
As for a season we part,
We shall be praising our Creator
With a void in our heart.

We know that our loss is heaven's gain,
And because of the love of Jesus,
You see, we will meet again.

Just rejoice with the angels in heaven
As the instruction from Father above,
And know that you were chosen
Because of His great love.

We love you precious one,
As into the hands of our Master be received,
We'll see you again
Because we choose to believe.

Love,
Mom, Dad, and Tyler too

© Charlene Adams, 2001

*In memory of Benjamin Earl Mobley
May 30, 2001
Premature labor/incompetent cervix
Parents: Grant and Angela Mobley
Big sister: Tyler*



Pregnancy and Infant Loss Remembrance Day

Tammy Novak (founder of Angel Babies Forever Loved.), Robyn Bear (of Pain, Heartache and Hope), and Lisa Brown (of We Help Other Parents Endure) began the "Light a Candle for Our Angel Babies" campaign last year. As a result, a few states issued proclamations naming October 15th as Pregnancy and Infant Loss Remembrance Day. This year they are working toward having all 50 states issue that proclamation and have Pregnancy and Infant Loss Remembrance Day as an annual event.

M.E.N.D. has joined the list of organizations supporting this goal.

To see if your state is involved or to see how you can participate, visit

www.pregnancyandinfantloss.com.

Or

<http://www.pain-heartache-hope.com/plan.htm>

If Only You Could See

By Lisa Robertson

I know you're feeling sad today
because I had to go.

I know you have so many things
that remind you of me so.

And though you cry as you recall
the times you spent with me,

I know your pain would turn to joy
if only you could see

I'm in Heaven with Jesus now.

We laugh, we sing, we play.

He holds me gently in His arms.

I know no pain today.

And though we're apart a little while,

Jesus has promised me,

He'll someday bring you here

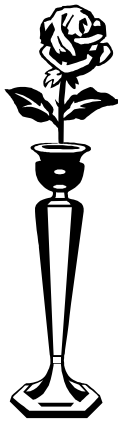
where we'll live for eternity.

Lisa Robertson

*In loving memory of my big brother, "Little Bill,"
who went to be with Jesus at the age of 6 months*

Special thanks to Amy Allred and Leighton and Lisa Durham for leading our *Threads of Hope, Pieces of Joy* Bible study in their areas of the metroplex. Thanks also to those of you who committed to participate! We would like to start others as interest arises. Please contact Jana Spigener if you would like to participate.
gaspigener@aol.com
817-468-9963

In Loving Memory



Michael Joseph Böer
Stillborn July 17, 1996
Trisomy 18
Given by parents,
Paul and Lynne Böer
and siblings Paul, Jr. and Maggie

James Jackson Henvey
Stillborn July 4, 2001
Parents, Chris and Renee Henvey
Given by grandparents,
Glenda and Larry McLeskey

William Edward Golding
September 23 - 24, 2000
Anencephaly
Given by parents,
Tom and Kitty Golding

M.E.N.D.

gratefully acknowledges these gifts of love given in memory of a baby, relative, friend or given by someone just wanting to help. These donations help us to continue M.E.N.D.'s mission by providing this newsletter and other services to bereaved parents free of charge. Please refer to the back page of this newsletter for more information regarding where to send your donations and what information to include.

Thank you so much!

Jonathan Daniel Mitchell
Stillborn June 24, 1995
Cord accident
Parents, Rebekah and Byron Mitchell
Big brother, Byron, Jr.
Given by grandparents, Dennis and Sue Brewer

Jonathan Daniel Mitchell
Stillborn June 24, 1995
Cord accident
Given by parents, Byron and Rebekah Mitchell
and big brother Byron, Jr.

Jonathan Daniel Mitchell
Stillborn June 24, 1995
Cord accident
Parents, Byron and Rebekah Mitchell
Big brother Byron, Jr.
Given by grandparents, Lyle and Marnie Mitchell

Ethan Lloyd Gereke
Stillborn October 23, 2000
Group B Strep
Parents, John and Wendy Gereke
Big brother, Matthew
Given by grandparents, Lloyd and Sandy Hoffman

Faith Elizabeth Durham
Stillborn September 25, 1999
Triploidy
Given by parents, Leighton and Lisa Durham
and little brother Leighton IV

Krystopher Jazze Tipps
Stillborn August 21, 2000
Unknown cause
Given by parents, Myron and Tonya Tipps
and big brother Tyler
and Krystopher's twin sister Kyla

Katelyn Frances Hayes
Stillborn May 25, 2001
Endocardial Cushion Defect & Down Syndrome
Baby Hayes (Katelyn's twin)
Miscarried
Disappearing Twin Syndrome
Given by parents, Kelly and Bob Hayes

Claire Elizabeth Martin
October 2, 2000
Isabelle Ruth Martin
October 12, 2000
Colette Marion Martin
October 12, 2000
Prematurity
Given by parents, Allen and Sharon Martin

Benjamin Earl Mobley
May 30, 2001
Preterm labor/incompetent cervix
Given by parents, Grant and Angela Mobley
and big sister Tyler

Olivia Grace Wayne
Stillborn May 11, 1995
Cord accident
Jesse Wayne
Miscarried April 20, 1996
Angel Wayne
Miscarried July 23, 1998
Given by parents,
Richard and Jeanette Wayne
and sisters Emmaline and Chloe

Kaitlyn Marie May
October 29, 1999
Cord accident
Given by parents,
Michele and John David May
and little sister Alyssa

Kaitlyn Marie May
October 29, 1999
Cord accident
Parents, Michele and John David May
Little sister, Alyssa
Given by grandparents,
Russell and Linda Heath

Bay William Miltenberger, Jr.
Stillborn December 9, 1998
Preterm labor
Given by parents,
Paula and Bay Miltenberger
and little brother Bryce

Jacob Dominic Stuckey
Stillborn August 19, 2000
Unknown cause
Given by grandparents,
Schuyler and Phyllis Stuckey
Parents, Brandon and Michelle Stuckey

Hallie Anne Fantine
Stillborn September 22, 1997
Cord accident
Given by parents,
Richard and Laurie Fantine
and little brother Alex



“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.” 2 Corinthians 1:3-5



Editor’s Corner

I grew up in rural Mississippi, a place where you didn’t have to lock your doors or water your lawns. The watering part was completely unnecessary, because there was always enough humidity in the air to keep everything, including the hot August air, quenched. It wasn’t until I moved away from the humidity that I realized what a blessing it had been. Sure, my grandmother’s front porch sometimes felt like a sauna when the summer sun met the moist air, but in the evenings it was cool, and the grass was always green.

Some people marvel that I miss my old Southern climate. I’ll admit, not all my humidity memories are fond. Mosquitoes love Mississippi as much as I do, and a broken air conditioner near the Louisiana state line can make for some uncomfortable car trips. The sweet summer showers sometimes became torrential floods which knocked out power lines for days at a time. However, in my opinion, it was worth it all for the green grass.

The thing is, you have to take the mosquitoes if you want the summer rain. “For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.” If we want the comfort of Christ, we must be willing to share in His sufferings. In fact, it is only through experiencing the pain with which Christ so readily identifies that we can appreciate the beauty of “the Father of compassion and the God of all comfort.” It is only when the grass is withered that we know how wonderful it is to see a field of green.

I’d like to point out that I don’t believe God sends suffering our way just so we can take advantage of His comfort. I don’t believe He works that way. However, He does look lovingly at His creation, flawed because of the sin that we allowed to saturate His perfect plan, and He holds us close as we encounter difficult situations. He uses bad to show us good. He uses grief to show us joy. He uses pain to show us comfort.

And He expects us to do the same.

We who have traveled far enough down the path of grief know the sweet taste of His refreshing solace. We know He heals broken hearts and puts shattered lives back together. We can testify that God is indeed good, even when everything around us seems bad. We received His comfort when we needed it most, and it is our job to pass that on.

Did someone loan you their shoulder when you needed to shed tears? Did someone listen when you wanted to talk about your baby? Think of that as God using His creation to reveal the Creator. He shows Himself so beautifully to us through each other. The comfort you felt when you collapsed into a caring friend’s embrace was God’s way of wrapping His own arms around you. He works in plenty of other ways, but He’s great at using His people to bring His light into dark situations.

If you have received comfort from Him, it’s time for you to “comfort those in any trouble with the comfort we ourselves have received from God.” It’s one way to make your baby’s short life seem more meaningful. When you can share your pain and your experience with someone else who is hurting, eventually they will see that there is hope. They will see that it is possible to survive the death of a child and even be happy again one day. They will see that God truly does heal and comfort.

They will see that, even though the rains sometimes turn into storms, the grass is green.

And, as a result, you will be seeing green grass, too.

May God bless you.

Sharlene Libby

Walk to Remember T-shirt Order Form

Send your order to the address on the back of this page. Deadline is October 1.

Name: _____

Address: _____

City : _____ State: _____ Zip: _____

Phone: _____ E-mail address: _____

Monogram: (ex. Celia Jones Remembering Jason Alexander)

Please Circle Size: Adult L XL XXL

Price per T-shirt: \$25.00 with monogram \$15.00 without monogram

Sales Tax: \$ 2.06 per monogrammed shirt, \$ 1.24 per shirt without monogram

Check here if you will be picking up your t-shirt: _____

Check here if you would like your t-shirt shipped to you: _____

(Remember to include the \$3.00 charge for shipping and handling.)

Make checks payable to M.E.N.D.

of shirts _____ x \$25.00 = _____

of shirts _____ x \$15.00 = _____

Sales Tax (7.25%) = _____

Postage and Handling = _____

Total \$ _____

M.E.N.D. is a Christian nonprofit corporation whose purpose is to reach out to those who have lost a child to miscarriage, stillbirth or infant death and offer a way to share experiences and information through monthly meetings, this newsletter, and our web site.

For inquiries, subscription requests, deletions, and submissions to the newsletter, contact us at
M.E.N.D.
P.O. Box 1007
Coppell, TX 75019
(972) 459-2396
1-888-695-M.E.N.D.
Fax (972) 459-2396
E-Mail: Rebekah@mend.org,
Sharlene@mend.org

Donations make the printing and distribution of this newsletter possible.

Your tax-deductible contributions are greatly appreciated and should be sent to:

M.E.N.D.
P.O. Box 1007
Coppell, TX 75019.

If your gift is made in memory of a baby, please include that baby's name (if named), date of birth and/or date of death, the parents' names, and the name of the benefactor. You may also include the cause of death (if known).

Visit our web site at:
<http://www.mend.org>

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