



Moving to a New Home After a Loss

© Copyright 2002 M.E.N.D.

Within moments of discovering our baby Jonathan no longer had a heartbeat, I realized Byron and I were going to have to make some major decisions regarding a funeral and what to do with Jonathan's lifeless little body once he was delivered. We chose to have a graveside service and bury him next to my grandparents at a cemetery where my mother's family had one small plot available. Even though I realize he is not really *there*, just knowing he is next to my grandmother for some reason has always been very comforting to me.

It wasn't until I started M.E.N.D. that I discovered the anguish some parents go through when given their options of what to do with their little one's body. Each state has its own law regarding when parents who have a fetal demise are given a death certificate and are ordered to make arrangements for their baby. In Texas the law sets this standard at 20 weeks gestation or a baby weighing more than 500 grams. It seems overwhelming to not only be given the news that your child has died, but then be forced to make decisions that no parent ought to have to make. Parents are first given the option of cremation or burial. Then if the parents prefer to cremate, they must choose to either bury the cremation remains, scatter the ashes at some meaningful location, or keep them in a special place in their home.

A major factor in finalizing the plans is considering the possibility of not always living in the same city, state, or country where the baby died. Deciding what to do with Jonathan was hard emotionally, but really the decision was not all that difficult for us to make.

With my family's roots in the Dallas/Fort Worth metroplex, no matter where Byron and I may live someday there will always be family around to care for my son's grave. Thankfully we have no intention of ever leaving the area and Byron's occupation will never force us to move. But I have several friends from M.E.N.D. who have had to painfully move away from where they buried their baby. Again, although we are confident that our babies are in Heaven and only their "shells" are in the ground, it is still very difficult to leave the places where we laid their bodies to rest.

We live in the same house we lived in when Jonathan was stillborn nearly seven years ago, and not long after his death some friends of ours thoughtfully planted a miniature magnolia tree in our front yard in his memory. I told Byron at the time to be prepared, for when we move someday the tree will be going with us – no matter how much it may cost. I cannot imagine moving to a different home and leaving the tree behind and depending on another family to take care of it, not to mention the fact that they would not have the sentimental ties to it that we do. For now Byron appears to agree with me, but only time will tell if he'll stick to his opinion if the idea of transferring the tree to a different yard becomes a reality.

There are a few other families I know from M.E.N.D. whose babies died at a few weeks or months old. Unlike those of us who never took our babies home, these families experienced their children sleeping in the nursery, eating in the kitchen, bathing in the bathtub and perhaps crawling and exploring every square inch of the house. The homes hold many memories of the baby for these families. While some parents find that returning and continuing to live in the same place is entirely too painful and move away very quickly, others feel as though their homes are a monument of sorts to their baby and think they can never leave.

Making decisions about what to do with our babies after death, then later relocating to different areas are choices each of us must make on our own. There is no right and there is no wrong – everyone must decide to do what works best for them. No matter what we choose regarding these issues, the apostle Paul comforts us in 2 Corinthians 5:1 by reminding us that "...if the earthly tent we live in is destroyed, we have a building from God, an eternal house in Heaven, not built by human hands." It is nice to know that no matter where Jonathan's little earthly body is (and our baby we miscarried this past December) or where Byron and I ever live, they are in Heaven dwelling in a home that was built for them by our Heavenly Father.

Table of Contents

<i>Moving After Loss</i> , Story Request	Page 2
Upcoming Newsletter Topics, Meeting Schedule, <i>Taking Traditions With You</i>	Page 3
Birthday Tributes to Our Special Babies	Pages 4-5
Birthday Tributes, Fundraisers	Page 6
Legislative Update, Music Resources, Keepsake Resources, List Removal Info	Page 7
Support Groups	Page 8
Subsequent Births, Environmental Study Report, Bible Study Info	Page 9
In Loving Memory	Page 10
Editor's Corner, Super Sunday Info, Grief Materials	Page 11
Newsletter Subscription Information	Page 12

Rebekah Mitchell

Moving After Loss

By Carol Ruth Blackman

Many bereaved parents find that moving is quite a challenge after the loss of their child. Most counselors advise one to not make any major changes such as career changes or move to a new residence during the first year after a loss, but sometimes that is unavoidable. Others make major changes to hopefully rid themselves of pain, only to discover that usually the loss of the home where the baby was with them adds another loss to their healing process.

When one moves to another home or to a new job after losing a child, the new people don't know about the child who died, so bereaved parents often feel overwhelmed trying to explain to people who probably don't want to really know, yet in your heart you feel the *need* to share about the missing child. New people may shy away from you at a time when you need support, simply because grief isn't something they feel comfortable with. Those who may have cherished memories of your baby tend to lose them more quickly once you are not in as frequent contact with them, too.

Many have moved soon after loss only to discover the move complicates the healing process as one can't return to her old home again. Things will never be the same, so the move adds another loss on top of your major loss.

Another complication of moving after losing a baby is finding a new doctor. If you move before enough healing has occurred, it may seem too overwhelming to tell a new doctor or midwife *all* your history, but it is very important they know it during any subsequent pregnancy. When you have not yet healed very much, just trying to locate a doctor or midwife may seem overwhelming. It also is important to return, if possible, to the place where your baby died before you enter a subsequent pregnancy so all these memories don't come rushing in on you when you are in labor. If you cannot return to the place you delivered your baby or where he or she died, try to visit the maternity ward or ER of the local hospital before you conceive again or at least before delivery. This will help prevent all these emotions of your loss from crashing down on you during the birth of a new child.

The following are the replies from a few bereaved moms who I asked to share briefly about their moves:

"We have all of Gabby's things stored away in the new garage, up above all the tools and sawdust. Seems so wrong to not have her here with us. She would've loved this big house and having the field next door to run around in." *Gabby's mom*

"I think I remember reading in one of the infant loss books that a great percentage of bereaved parents [of infant loss] move soon after their loss. I don't know the percentage. I also wonder if people move to 'start over' because the pain of their loss is too great where all the memories are.

"It was sad to leave behind the nursery that was supposed to be Mary Beth's. I have a tradition as I move, that I always say good-bye to each room in the house. 'Good-bye, kitchen.' 'Good-bye, living room.' 'Good-bye bedroom.' I remember lingering in Mary Beth's nursery. I swallowed hard, and said, 'Good-bye, Mary Beth.'

"I think it is AWESOME that our Lord is omniscient and omnipresent. He goes before us, He goes with us. EVEN WHEN WE MOVE. 'You both precede and follow me, and place Your hand of blessing on my head. This is too glorious, too wonderful to believe! I can never be lost to your Spirit! I can never get away from my God! If I go up to heaven, You are there; if I go down to the place of the dead, You are there. If I ride the morning winds to the farthest oceans, even there Your hand will guide me, Your strength will support me' (Psalm 139:5-10, *The Living Bible*).

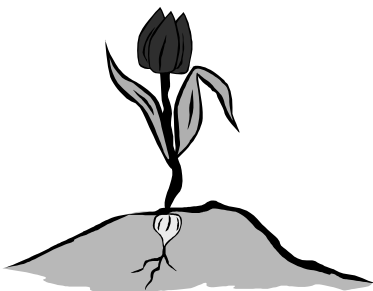
"I think that Psalm is too wonderful and powerful to comprehend. How God can both precede and follow me!!! What a wonderful, wonderful God!!!" *Mary Beth's mom*

"I'm not sure if it is the moving as much as it is 'first time' things for me. Just seeing my husband walking in our new yard near the creek all by himself, I could just 'see' a little boy walking with his daddy. I was sad to think about how much fun a little boy and a creek could have together! But my girls enjoy it too. I think all the major things that happen to our family make me think about how Joseph isn't here to partake." *Joseph's mom*

"We enjoyed our trip back to Illinois very much and also to Ohio where my family is from. We stayed the first five days at my sister's house. I liked being that close to the cemetery where Esther 'sleeps.' We walked down and lit a candle a couple of times. I noticed that I thought of her even *more* than usual and with *more* emotion while in Illinois. I think it's because since we've moved to Oregon, there aren't as many associations connected with her as in Illinois. Once again the emotions hit unexpectedly!" *Esther's mom*

I especially like what Mary Beth's mom shared, that God goes before and behind us. He cares about our pain and loss and our moves.

From *Bereaved Parents Share ... II*, Volume VIII, Number 4, February—April 1999
Reprinted with permission



Erin Preiser, a mom who lost her daughter, Alexandra Paige, to a stillbirth on September 28, 2001, is collecting stories of infant loss from other parents in hopes of possibly compiling a book and one day getting it published. If you are interested in contributing your own story, you can contact Erin at Erin.L.Preiser@mail.sprint.com or at (913) 794-4234.

An excerpt of Erin's own story will be featured in a future issue of this newsletter.

Taking Traditions With You

Since we lost Chrissie so early in the pregnancy, we have few mementoes and were unable to bury our child. The feeling we were left with was like having a big Christmas present, opening it, and finding out there was nothing left inside. Just like that, she was here and then she was gone.

Chrissie's name was chosen for the meaning of the flower Chrysanthemum – light of HOPE in dark times. Lynn and I had struggled for over three years to have a baby and she brought so much hope to us that our dream of starting a family was about to come true.

At the time Chrissie left us, we lived in an apartment with a small pond just outside our door. On special occasions or when we needed to feel close to our child, we would release chrysanthemums into the pond and watch them float away just as she had floated in and out of our arms. We have moved once since our loss but have been able to release chrysanthemums into new ponds, and we have created precious little tokens of remembrance to remind us daily of what Chrissie means to us. God gives us peace with this tradition and tells us that Chrissie will always live on in our hearts no matter where we live.



By Mary and Lynn Steen
Parents of Chrissie,
miscarried May 3, 2000

May/June Topic

Mother's Day and Father's Day
Deadline – March 31, 2002

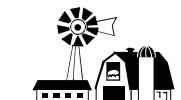
July/August Topic

Adopting After a Loss
Deadline – May 31, 2002

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.

Reprint Policy:

Articles printed in the M.E.N.D. newsletter are copyrighted by M.E.N.D. and/or by the individual authors of certain articles. Articles may not be reprinted without permission from the editor, Sharlene Libby, or president, Rebekah Mitchell. The newsletter may be reproduced for the purpose of providing it to pregnancy loss support group members or other bereaved families so that they may also have access to the information. The material may not be reproduced in any way, shape or form for profit. Some authors of articles included in the newsletter may carry their own copyright and their articles may only be reprinted with permission from the author.



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.**

Matters of Faith Bible Study

Meets every 3rd Thursday.
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 to-
gether and discuss concerns unique to them
as fathers. Our moms and dads meet to-
gether 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 Boule-
vard, 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 preg-
nant 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 con-
ducted by one of our M.E.N.D. moms,
Allyson Smith, R.N. The group requires
a minimum of three participants to meet.
For more information contact Allyson at
ssmith@dallas.net or (972) 899-0405.

*(Playgroups meet at various locations around the
Dallas/Fort Worth Metroplex.)*

Birthday Tributes to Our Special Babies

To our precious Troy Carlin Smith,

Happy 3rd birthday in heaven! We can't believe it has been 3 years already. You remain such a special part of our family. Your sister Hannah talks about you daily. I wish you were here to play with Hannah and Mia. Your short life has been a blessing to our family and many others. We thank God for sharing you with us, even if just for a while.



All our love,
Mommy and Daddy,
along with sisters Hannah and Mia

*Remembering Troy Carlin Smith
Stillborn 2/19/99 due to a bladder obstruction
Parents: Shane and Allyson Smith
Sisters: Hannah and Mia*

Happy 1st Birthday Mommy's Sweet Pea and Daddy's Peanut

*On this day one year ago today
we were finally able to gaze lovingly at you, our beautiful daughter Lauren Elle.
You were such a gentle and precious baby while inside mommy's tummy.
You had already changed our lives immensely for the better.
That one and only day that we were able to hold you in our arms
forever remains deep in our hearts and in our memories.
We had never known of such a love as we felt toward you that day,
and feel today and always for our first child.
We feel your presence with us each and every day and we only hope
that you know of our deep love for you, our precious daughter.
You are in our thoughts every day and will forever remain in our hearts.
We love you always and miss you so very much,
Mommy, Daddy,
and your baby brother on the way*

*We remember with much love our Lauren Elle Williams
Stillborn March 15, 2001,
due to true knots in the cord
Parents: Todd and Jennifer Williams
Little brother "Bud"*



We would like to wish you

a Very Happy 3rd Birthday in Heaven, Lauren!!

There's not a day that goes by that we don't think of you.

We love and miss you so very much!!!

*In loving memory of Lauren Paige Grimes
Stillborn on March 6, 1999,
due to unknown causes*

*Parents: John and Paula Grimes
Sister: Raleigh*

and Baby Grimes - January 25, 2001 (Raleigh's twin)



**In Loving Memory of
Jacob Theodore Oxendine
Our little "Peanut"
Happy Birthday
April 29**

**We love you,
Mommy & Daddy**



*Remembering
Jacob Theodore Oxendine
April 29, 2001
Premature rupture of membranes
Parents: Chip & Christine Oxendine*



Chandler,

We can't believe it has been three years since we held you in our arms. You would be so big now! We always wonder what you would be doing and what kinds of things you would be playing with. We miss you dearly and wish you were here with us to celebrate your birthday. We know you are having a wonderful celebration in Heaven, though! Until we meet again, catch our kisses to Heaven,
Little Love Bug!
Love,
Mommy, Daddy, and Christopher

Happy 3rd Birthday, sweet Chandler!

We love and miss you!

Love, Nana & Papaw

*In loving memory of Chandler Allred
Stillborn 3-4-99 due to neural tube defects
Parents: Mark and Amy Allred
Little Brother: Christopher*

Grandpar-



**In loving memory of
Dalton Michael Lout
On his 1st birthday in Heaven!**

My precious Dalton,

I know that you can never read these words, but you can hear them through my heart! You would have been one year old today! This has been the hardest year of my life. The very best and the very worst thing happened. The best was your being born, and the worst was your being taken away. There are so many questions I have that no one can answer. The most fulfilling time was when I held you in my arms. I will never forget the sweet way you smelled or how soft your skin was. For those few minutes, it was as if it were only you and me in the world! Always know that whatever I'm doing or wherever I am—you are with me! I love you, baby, and even though you were taken from my arms, you will never be taken from my heart!

Until we meet again, we love you,
Mommy and Daddy

*In memory of Dalton Michael Lout
Stillborn February 23, 2001
Due to Uterine Rupture
Parents: Darrin and Candace Lout
Big brothers: Scott and Coleman Dickerson*



To Jacob, From Mommy

It is my hope that another child will sleep in your room, it is my hope that another child will wear your clothes, and although I will not say your name, I will always think of you.

I will watch your cousins grow and wonder if you would look like them, would you be interested in what they like, and although I may not say your name, I will think of you.

I want you to know that I will never forget you, as busy as we get with our future children, when I call them in for dinner, I will not call your name, but I will always think of you.

When you left me, you took a piece of me with you, and I want you to know that I will never be complete until I see you and hold you again, and although I may not say your name, I will always think of you.

All of those pauses in life, when I drive alone in my car, cook dinner or get ready for work, I will not say your name, but I will always think of you!

Remembering Jacob Charles Jensen
March 8, 2001
Trisomy 13
Parents: Melanie and Eric Jensen
Little sister: Maegan



Happy 1st Birthday our Dearest Jacob!

March 8, 2001

We love you with all of our hearts and miss you every single day!

Love,

Mommy, Daddy, and little sister Maegan

Happy 3rd birthday Blake!

We love you with all our hearts and it grows with each passing year. My heart still aches for your sweet touch. My firstborn.

Love, Mommy & Daddy and little brother Zachary

In loving memory of Blake Leland Allen

4/21/99



Happy 2nd Birthday Lauren



We sure miss our little girl in heaven. I know our love reaches you there and I pray you know how special you are to us. Your twin brother Zachary will always feel your bond as we do.

Love, Mommy Daddy & brother Zachary

In loving memory of Lauren Grace

2/13/00

Remembering...

Blake Leland Allen
4/21/99, due to incompetent cervix
and

Lauren Grace Allen
2/13/00, due to a cord accident

Parents: Jan and Sean Allen
Brother: Zachary



To my little grandchildren Blake & Lauren



Happy Birthday to both of you and you shall fill our thoughts all day on your special days.

I miss you, our little angels.

Love, Mimi

In loving memory of Blake Leland 4/21/99
and Lauren Grace 2/13/00

Happy 6th Birthday Kali!

It's hard to believe it's been six years
 And even though we've dried the tears
 We always wish that you were near
 We love and miss you, Kali
 dear

Love,
 Mommy, Daddy, Cody,
 Tyler and Alana

In loving memory of Kali Alyssa
Brown
born still April 12, 1996
cause unknown



LONDON GREGORY KANCEL

APRIL 11, 2001

**FOREVER LOVED,
 FOREVER MISSED,
 NEVER FORGOTTEN.**

Parents: Dawn & Andy Kancel
Siblings: Angela, Colton, Chase, and Paige

Happy 3rd Birthday, Carson

You have a special place in each
 of our hearts.

We miss you and love you
 dearly!

Love, Daddy, Mommy, Blake &
 Brooke

Carson Mitchell Shaw
Stillborn April, 1, 1999
Unknown Cause

Parents: Randy and Aimee Shaw
Siblings: Blake and Brooke



Happy 5th Birthday, our precious Rianne Ellisa!

It's hard to believe that it has been five years since you were born. Those three days will always be special to us! Still, not a day goes by that I am not somehow reminded of you and the wonderful "gifts" we receive because of your short life on earth! One sweet, sweet day we will meet again!

We will always love you!

Daddy, Mommy, Chanie and Cassie

Parents: Bill and Rae Scrivner
Siblings: Chanie Nicole and Casidy Rae
Remembering:
Rianne Ellisa Scrivner
March 4-7, 1997
Severe Hydrocephaly



Our Dearest Baby Boy:

You were our first son and we miss you terribly.
I cannot believe that it has been two years since you left us.
You are gone but definitely not forgotten,
And with us you will always be.
So much has changed since you came and went from our lives.
You were a blessing in disguise.
We think about you all the time
And accidentally call your baby brother by your name.
We look at him and wish we could do the same things with you
that we do with him.
We miss your not being here and we love you.

Happy 2nd Birthday Richard James!

Love,
Mommy, Daddy, Big Sister Ashley and Baby Brother Matthew

Richard James Smith
Stillborn March 1, 2000
Death caused by spiral umbilical cord
that collapsed
Parents: Daryl and Diane Smith
Siblings: Ashley and Matthew



M.E.N.D. Fundraisers

As a non-profit organization M.E.N.D. 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) 272-7249, 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 Randall's 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 by 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 Angeliqe 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 to 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.

Nikki Wynne, a M.E.N.D. member and an **AVON** Independent Sales Rep, is donating 15% of all AVON Orders made by M.E.N.D. members to M.E.N.D. Please contact Nikki whichever way is best for you, by phone 817-419-7508, by email at nikkitheavonlady@aol.com, or shop on-line at her website (use passcode: nikki) at <http://www.youravon.com/nwynne/>.

Kim Jines, Independent **Southern Living at HOME** Consultant, is a M.E.N.D. member who is donating 20 percent of all sales made by M.E.N.D. members. For a catalog, call: (972) 222-7474 or e-mail: atHOMEkjines@aol.com. You can visit the website at www.southernlivingathome.com.

April Mayer, a M.E.N.D. member, is an independent **Tupperware** consultant who is donating ten percent of all sales made by M.E.N.D. members back to our organization. You can browse products at www.tupperware.com. If you would like to place an order, her phone number is (940) 365-9695, and her e-mail address aubrey-tupperware@att.net

A Legislative Update for Those Interested in the Status of Term Stillbirth Research and Law

Arizona, the first state to issue the "Certificate of Birth Resulting in Stillbirth" for infants who die during or prior to birth, has been issuing hundreds of certificates since the law became effective in August of 2001. Hospitals are mandated to offer the certificates to families.

For an update on events in other states since the Arizona law passed, visit <http://www.misschildren.org/legislation/index.html>.

From Joanne Cacciatore
<http://www.misschildren.org>

Keepsake Resources

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 percentage of the sale will be donated to M.E.N.D.

Angels in Heaven Ministries

www.angelsinheaven.org

Offers framed poems, cards, and audio tapes relating to infant loss. Website also lists resources and scripture to comfort bereaved parents.

Angel Babies in Heaven

<http://www.galaxymall.com/children/angelbabies/>

Offers hand-painted memorial stepping stones to honor babies gone too soon.

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.

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 bookstores.

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

Are you receiving coupons and offers for baby supplies? To remove your name from promotional lists and stop these painful reminders from entering your home, contact the following:

Mailing Lists:

Direct Marketing Assoc.
Mail Reference Service
PO Box 9008
Farmingdale, NY 11735



Phone Lists:

Direct Marketing Assoc.
Phone Reference Service
PO Box 9014
Farmingdale, NY 11735



Support Groups

If you would like your support group added to our directory, please send the pertinent information to Rebekah at either the M.E.N.D. postal address or our e-mail address.

UNITED STATES

ARIZONA

Arizona SIDS Alliance
PO Box 85001-1111
Phoenix, AZ 85001
1-800-597-7437

Mothers in Sympathy Support (M.I.S.S.)
P.O. Box 5333
Peoria, AZ 85385
(623) 979-1000

CALIFORNIA

Helping After Neonatal Death
PO Box 341
Los Gatos, CA 95031
www.h-a-n-d.org
info@h-a-n-d.org
Alameda/Contra Costa: 1-800-963-7070
Central Valley: (209) 823-5503
Santa Clara: (408) 732-3228

Good Mourning Pregnancy and Infant Loss Support
3389 Via Dona
Lompoc, CA 93436
(805) 733-5225
ctmontel@best1.net
Meet the 1st and 3rd Monday 7-9:00 p.m.
Pregnancy Support Center
601 East Ocean Ave Suite 6
Lompoc, CA 93436

HAND of Peninsula
Sequoia Health and Wellness Services
702 Marshall St.
Redwood City, CA
(650) 367-6993
Contact Celia Hartnett

Mothers in Sympathy Support (M.I.S.S.)
Riverside Chapter
Attn: Mia-Riverside Facilitator
P.O. Box 7403
Riverside, Ca 92513-7403
Phone: (909) 686-2686
Meet 2nd Monday of each month, 6:30-8:30 p.m.
Hunt Park Community Center
4015 Jackson St.
(Located next to ParkView Hospital --Major cross street:
Magnolia Ave.)

ILLINOIS

Healing Hearts of Rockford
c/o Rockford Memorial Hospital
Dept. of Maternal - Fetal Medicine
2400 N. Rockton Ave.
Rockford, IL 61103
Or call Ask-A-Nurse (815) 971-3737

INDIANA

Resolve Through Sharing
Community Hospital
901 MacArthur Blvd.
Munster, Indiana 46321
(219) 836-4571
Contact: Sue Armstrong
Group meets at 7:30 p.m. on the second Wednesday
of each month.

Healing Hearts
Saint Joseph Regional Medical Center
801 East LaSalle Ave.
South Bend, IN 46617
Contact: Melissa Barrett
(219) 282-2147
noahsmom@mville.com

KANSAS

F.I.S.H. (Friends In Sharing Hope)
Contact Mary Hertach (620) 662-0355 or
Ginger Muller (620) 669-0185
or gingersmuller@earthlink.net

MASSACHUSETTES

P.A.R.E.N.T. (Parents & Relatives
Enduring NeoNatal Tragedy)
Contact: Trish McClean: (508) 427-3028
Meetings are the first Tuesday of the month at 7:00PM at
Good Samaritan Hospital
235 N. Pearl St Brockton, MA,
in the Community Conference Room, 1st floor

NEW JERSEY

MISS
502 Montgomery Ave.
Somers Point, NJ 08244
(609) 653-3046
www.geocities.com/Heartland/valley/1800/miss.html
4ourkids@msn.com
Contact: Kathy Evans

MIDS (Miscarriage, Infant Death & Stillbirth Support
Group, Inc.)
16 Crescent Dr.
Parsippany, NJ 07054-1605
(973) 263-6730
mids1982@yahoo.com
Contact: Janet Tischler

TENNESSEE

Friends Helping One Another Through Loss
Child Loss Support
Teenagers Coping With Child Loss
(Three different groups)
42 Kilday Lane
Greenville, TN 37445
Angel_Mommy_1999@yahoo.com
or
Chrissypooh_99@yahoo.com
http://www.angelfire.com/tx2/angelbecca/
Contact Person: Jean Stewart

TEXAS

M.E.N.D.
PO Box 1007
Coppell, TX 75019
(972) 459-2396
(888) 695-MEND (toll free)
http://www.mend.org
Rebekah@mend.org
Contact: Rebekah Mitchell
Meetings are held at 1159 Cottonwood Ln.
Irving, TX 75038
2nd Thursday of every month
at 7:30 p.m.

Mikela's Miracles SIDS Connection
Mike & Chrissy Lipscomb
www.mikelasmiracles.org
2601 Thistle Ln
Rowlett TX 75089
1-866-286-SIDS toll free
972-463-9243 local
Meets 1st Tuesday of every month, 7 p.m.
at Reinhardt Bible Church
2302 Northeast Pkwy, Garland, TX
Dinner is provided.



Share of Fort Worth
North Hills Hospital
Grapevine Hwy & Hwy 820
Meets 2nd Thursday
7:00 p.m.
Contact: Lorin Koemel
9077 Elbe Trail
Fort Worth, TX 76118
(817) 595-0833
E-mail koemel@hotmail.com

South Austin Medical Center
Austin, TX
(No other information given)

Resolve Through Sharing
Charlton Hospital
3500 W. Wheatland
Dallas, TX 75237
Meets the 3rd Wednesday of every month at
7:30 p.m.

Angels Away
c/o CHRISTUS Santa Rosa
Health Care
Spiritual Care Department
333 N. Santa Rosa Street
San Antonio TX 78207
(210) 704-2181
Meetings are held 3rd Thursday of every
month at 7 p.m. in the Spiritual Care Dept.

North Texas SIDS Alliance
1401 Airport Freeway, Suite 118
Bedford, Texas 76021
metro (817)267-7955
toll free in Texas (800)650-SIDS
fax (817)283-1526
http://www.northtexasids.org
e-mail: info@northtexasids.org
Contact: Sandi Wiggins, Exec. Director
Meetings are held at the SIDS office in Bed-
ford the 3rd Thursday of every month at 7:00
p.m.

COPES Angels
Contact: Amanda Little, (361) 857-6533
Meetings are held on the third Monday of
each month at 7:00 p.m. Meeting place is
Driscoll Children's Hospital, 3533 S. Ala-
meda, in Corpus Christi, on the basement
floor in the private dining room of the cafete-
ria.

AUSTRALIA

Murraylands Lutheran Stillborn Infant Sup-
port Service
11 Ida St.
Murray Bridge, South Australia 5253
(08) 85324627
(08) 85324897
Contact: Lynne Schulz

CANADA

Morning Light Ministries
St. Mary Star of the Sea Church
11 Peter St. South
Mississauga, Ontario L5H-2G1
(905) 278-2058
morninglightministry@home.com

Perinatal Bereavement Services Ontario
205 - 6060 Hwy. 7 E.
Markham, Ontario L3P 3A9
Tel: (905) 472-1807 or 1-888-301-PBSO
www.pbso.ca

Subsequent Births

Chris and Shundria Riddick,
along with big brother Joshua
of Grand Prairie, Texas,
proudly announce the arrival of
Alyana Anise,
born November 27, 2001, at 10:55 a.m.
Alyana weighed 6 lbs., 15 oz.,
and was 19 1/4 inches long.
The Riddick family lovingly remembers
Grace,
May 22, 1998,
due to incompetent cervix
and Caleb,
December 22, 1998,
due to incompetent cervix.

Allen and Leona Miller
of LaRussell, Missouri,
are rejoicing in the birth of
Melanie Sue,
born December 2, 2001,
6 lbs., 6 oz.
The LaRussells fondly remember their daughter
Grace,
stillborn December 30, 2000,
due to Fifth's Disease.



Amanda and Kevin Hampton
of Aubrey, Texas,
welcome
Cameron Riley,
born December 28, 2001, at 8:02 a.m.,
6.3 lbs., 17 3/4 inches long .
The Hamptons remember
Cheyenne Renee,
October 6, 1999 - September 19, 2000
due to Turner Syndrome / heart defect /
medical malpractice.

Shannon and Bill Willhite
along with their children
Jacob and Samantha
of Chesterfield, Missouri,
announce the arrival of
Kennedy Ann,
born September 4, 2001, at 9:51 p.m.,
6 lbs., 7 oz., 19 inches long.
The Willhite family lovingly remembers
Jordan Ann,
stillborn May 27, 1997,
due to incompetent cervix.

Melanie and Eric Jensen
of Richmond, California,
Joyfully announce the birth of
Maegan Isabella,
born January 26, 2002.
She weighed 5 lbs., 13 oz.
The Jensen family lovingly remember
Jacob Charles,
March 8, 2001,
due to Trisomy 13.

Anna and Steve Erickson,
along with big brother Kelby
of Flower Mound, Texas,
proudly announce the arrival of
Zoe Christa,
born November 25, 2001, at 4:14 a.m.
Zoe weighed 5 lbs., 1 oz.,
and was 18 1/2 inches long.
The Erickson family lovingly remembers
Dana Angelyn,
stillborn December 9, 1999.

Tony and April Mayer
of Krugerville, Texas,
announce the arrival of their baby girl
Samantha Kay,
born February 8, 2002, at 1:26 p.m.
She weighed 7 lbs., 5 oz.,
and was 19 inches long.
Tony and April lovingly remember
Garrett Anthony,
October 12 - December 18, 1999,
due to Tetralogy of Fallot.

Nick and Brandi Busbee,
along with siblings Griffin and Kayleana
of Gaston, South Carolina,
joyfully announce the birth of
Gabriel James,
born January 10, 2002,
8 lbs., 4 oz., 20 inches long.
The Busbees remember Kayleana's twin,
Katlynn,
lost to stillbirth.

Environmental Study Suggests Water Puts Pregnancies at Risk

According to a study released by two environmental groups in January, Texas' tap water could put pregnancies at risk for miscarriage, neural tube defects, and reduced fetal growth.

The Environmental Working Group and the Public Interest Research Group identified several Texas cities that may have increased health risks to unborn babies. The culprits of this health hazard are runoff from urban sprawl and agricultural sites, combined with chlorine. When these get together, illness-causing compounds such as chloroform can result.

The report states that 26,525 Texas pregnancies are at increased risk each year for miscarriage and birth defects. The cities with the highest tested contamination include Garland, Mesquite, Plano, Richardson, Laredo, Amarillo, and Texarkana. According to Jane Houlihan, EWG's research director, small towns have twice the risk of having byproducts in their drinking water.

Houlihan advises that simple steps such as using a water filter or drinking bottled water can reduce exposure to potential risks.

One environmental health expert cautioned that the link between byproducts and risk of miscarriage and birth defects was suggestive, but not conclusive. He stated that people should be aware of the high levels of contamination, nonetheless.

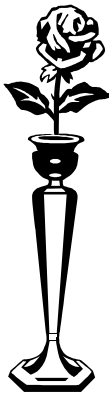
For an associated press report of the study, visit the following webpage:
<http://www.txcn.com/texasnews/STORY.eb4801f74e.b0.af.0.a4.54f51.html>

For those of you who have been interested but unable to attend the in-depth pregnancy loss Bible studies we've offered, we would like to invite you to participate in our once-a-month discussion and support group (we're calling it MATTERS OF FAITH), which will meet on the third Thursday of every month at our regular M.E.N.D. meeting location. We'll be discussing different topics each month that relate to pregnancy and infant loss, but we'll examine the Bible to find out what God says to some of the questions that arise after a loss. Some topics discussed will include:

What does the Bible say about grief, anger and depression?
Why does it feel like God has abandoned me?
How does God view my baby's short life?
Will I see my baby again?
How can I experience joy after a loss?
Can I experience peace during a subsequent pregnancy?
And much more...

For more information, see page three of this newsletter, under "M.E.N.D. Support Group Meetings."

In Loving Memory



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

Joseph Charles Libby
Stillborn May 26, 1999
Cord Accident
Given by parents,
Wim and Sharlene Libby
and siblings Will, John,
and Mary Grace

Jacob Dominic Stuckey
Stillborn August 19, 2000

Christopher Thomas Stuckey
Stillborn September 19, 2001
Cord Accident
Given by parents,
Brandon and Michelle Stuckey

Maria Kettrey
Stillborn May 10, 2001
Complications of Amniocentesis
Given by parents,
Claudia and Billy Kettrey
and big sister Dalila

Rianne Ellisa Scrivner
March 4 - 7, 1997
Hydrocephaly
Given by parents,
Bill and Rae Scrivner
and little sisters Chanie
and Casidy

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!

Jameson Cole Ripple
December 14-21, 2001
Campomelic Dysplasia
Parents, Kevin and Dawn Ripple
Big sister, Julianna
Given by Wim and Sharlene Libby

Jonathan Daniel Mitchell
Stillborn June 24, 1995

Cord Accident
Baby Mitchell
Miscarried/ Unknown Cause
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
Baby Mitchell
December 2001
Miscarried/ Unknown Cause
Parents, Rebekah and Byron Mitchell
Big brother, Byron, Jr.
Given by grandparents, Lyle and Marnie Mitchell

Lauren Paige Grimes
Stillborn March 6, 1999

Unknown Cause
Baby Grimes
Miscarried January 25, 2001
Parents, John and Paula Grimes
Little sister, Rileigh
Given by grandparents, Joseph and Lanell Grimes

Cailey Elizabeth Ottinger
Stillborn June 7, 1996

Cord Accident
Baby Ottinger
Miscarried July 24, 2001
Blighted Ovum
Parents, George and Laurie Ottinger
Little sisters, Hannah and Emily
Given by Rick and Trisha Williams

Chandler Allred
Stillborn March 4, 1999

Fetal Acrania
Given by parents, Mark and Amy Allred
and little brother Christopher

Chandler Allred
Stillborn March 4, 1999

Fetal Acrania
Parents, Mark and Amy Allred
Little brother, Christopher
Given by grandparents, Billie and Doris Yancey

Gift of Love
Given by Kay and Stanley Myers

Samuel Codreanu
Stillborn February 21, 2001

Placenta Abruptio
Given by parents Ioan and Lia Mariana Codreanu

Bay William Miltenberger, Jr.
Stillborn December 9, 1998
Preterm Labor
Parents, Bay and Paula Miltenberger
Little brother, Bryce
Given by grandparents,
Dianne and James Bosler

Bay William Miltenberger, Jr.
Stillborn December 9, 1998
Preterm Labor
Parents, Bay and Paula Miltenberger
Little brother, Bryce
Given by aunts Heather and Holly Bosler

Baby May Yma
Miscarried May 2000

Baby November Yma
Miscarried November, 2001
Given by parents Roger and Tanja Yma
and brothers Alex and Zander

Katherine Glynn
Stillborn October 15, 1997
Unknown Cause
Parents, David and Robin Glynn
Siblings, Billy and Casey
Given by Roger and Tanja Yma

Blake Leland Allen
April 21, 1999
Premature Labor/Incompetent Cervix
Lauren Grace Allen
Stillborn February 13, 2000
Cord Accident
Given by parents, Jan and Sean Allen
and brother Zachary (Lauren's twin)

Blake Leland Allen
April 21, 1999
Premature Labor/Incompetent Cervix
Lauren Grace Allen
Stillborn February 13, 2000
Cord Accident
Parents, Jan and Sean Allen
Brother, Zachary (Lauren's twin)
Given by Melba Smith (Mimi)

Carson Mitchell Shaw
Stillborn April, 1, 1999
Unknown Cause
Given by parents, Randy and Aimee Shaw
and siblings Blake and Brooke

Olivia Grace Wayne
Stillborn May 11, 1995
Jesse Wayne
Miscarried April 20, 1996

Angel Wayne
Miscarried July 22, 1998
Given by parents,
Richard and Jeanette Wayne
and sisters Emmaline and Chloe

"Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us." Romans 5:3-5



Shortly after moving from Texas to California, I found myself in a slump. I left choir practice one night, and though the people there were nice, I still hadn't really connected with anyone in particular since moving to that church. As I drove back home across the lonely desert, I felt isolated. I missed music practice at my old church, when I would prepare to leave but would hang around the parking lot and talk to good friends for a while. I missed having people ask how I was doing, telling me they still hurt for me, offering shoulders and ears when I needed them. I missed being around people who "knew" Joseph and had been through the experience of losing him with me. There was no one yet at my new church who felt comfortable talking about him with me. I was hopeful about a couple of ladies, but we still hadn't developed the kind of friendships I longed for.

Editor's Corner

I cried on that drive across the dark night as I fought the loneliness, and I cried the next day when I found out a college friend had lost her baby. I cried again when I found out that a M.E.N.D. member had to let her baby go at 24 weeks gestation - exactly one year since her first daughter was stillborn. I felt myself getting more and more on edge as Joseph's second birthday approached that weekend. It all seemed so wrong, so unfair. It made me want to say, "God, what are you thinking?"

You know, I'm sure the disciples asked that question, too, as they watched Jesus hang on the cross. It was a horrible thing, a terrible event, and there seemed to be no sense in it at all. Yet, the most awful moment in history also turned out to be the most wonderful. Jesus' brutal, cruel death was the event that saved the world. However, the people standing in the shadow of the cross that day couldn't see that. They could only see an innocent man enduring excruciating pain.

That's the problem with suffering. We can't see it from God's point of view. God knows there's a plan in the pain. Down here in the middle of it, we miss His perspective, the one that sees past the suffering to the benefits. Perseverance, character, and hope just don't seem to be worth it when your arms are aching from emptiness. You'd rather be holding your baby, not struggling to build character. However, we're down here in the shadows. We can't see what's ahead. God can. He's decided it's worth it for us to endure this now, because it means better things down the road. We're talking about someone who loves us enough to let His Son die for us. He isn't just seeing how much we can handle. He loves us too much to toy with us. No, the One who loves us more than any other is looking ahead and sees something worth the pain. He's allowing us to endure this so that one day we can see the prize, too.

It seems awful now, and I'll admit that "why" is a pretty frequent question I ask God, but He sees the good stuff ahead. He has the vision, so He's the one to follow. Hang on through the trials. Go where He's going. He knows the path to where it's worth it all.

There, you won't be disappointed.

May God bless you today.

Sharlene Libby

M.E.N.D. has received information about an upcoming Super Sunday event in Georgia. People from all over the Southeast are invited to praise, worship, sing, dance, and pray for those experiencing infertility, pregnancy loss, and neonatal death. The following details are provided in case any of our Southern readers are interested in attending.

Where: **Mt. Sinai Baptist Church**
 Address: **6865 Factory Shoals Rd., Austell, GA**
 Interstate 20 & Six Flags Drive
 When: **April 28, 2002—12 Noon** (promptly)
 More Info: **(770) 739-4738**
 Email **tyeworthy@aol.com**

Please email the following information to confirm your attendance:

Name, address, telephone, email and number attending
 or Fax **770-739-1819** - Attn: **Super Sunday**
Space is Limited!

Grief Materials

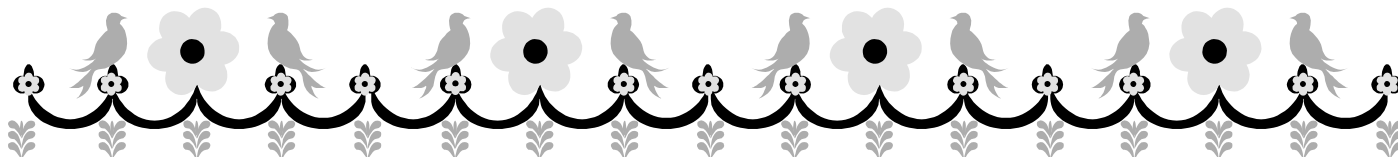
Birth and Life
 141 Commercial St. NE
 Salem, OR 97301
 (503) 371-4445

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



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>

Board of Directors

Founder/President

Rebekah Mitchell

Vice President

Lori King

Secretary

Byron Mitchell, D.D.S.

Medical Advisor

Gonzalo Venegas, M.D.

Directors

Jana Spigener

Pam Morren

Rae Scrivner

Officers

Denise Gradel

DaLana Barsanti

Nicole Didier

Editor

Sharlene Libby

Co-Editors

Rebekah Mitchell

Byron Mitchell, D.D.S.

M.E.N.D. Mommies Enduring Neonatal Death
P.O. Box 1007, Coppell, TX 75019
USA
(972) 459-2396 or Toll Free 1-888-695-M.E.N.D. (1-888-695-6363)
Return Service Requested

Nonprofit Organization
U.S. Postage Paid
Coppell, TX 75019
Permit No. 139