



Making Marriage Survive After a Loss

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"...in sickness and in health, for richer for poorer, for better for worse, and forsaking all others, for as long as we both shall live."

These words are not merely lines from a wedding script. They are vows we made to our spouses on our special day in front of family, friends, and most importantly, God. My wedding was truly a fairytale-come-true ceremony with over twenty-eight family members and friends making up the wedding party. We had big plans for our future that surely nothing could thwart! I had it all planned out: Byron had three years of dental school to complete while I worked at my dad's law firm. Hopefully in the spring of his senior year he would have a job lined up in a dental practice, and I would be pregnant at his graduation. Our first baby would be a boy that we would name Byron, Jr., then over the next few years we would give Byron two little brothers and we would all live happily ever after. However, it didn't take long to figure out I was not in charge of our lives, and although some of our dreams came true as planned, never in a million years did we think our lives together would unfold as they have.

As a young nineteen-year-old bride I was secretly proud of myself for sincerely and boldly repeating the "in sickness and in health" part of our vows. Six months prior to our big day, Byron was diagnosed with stage II melanoma skin cancer. His dermatologist shockingly informed him that if it had not been diagnosed when it was, very possibly he would not have been alive for our wedding! Little did I know that seven months after returning from our Hawaiian honeymoon the table would turn and Byron's vows would be put to the test when I was diagnosed with a

very serious kidney disease and told I would some day need a kidney transplant. Certainly we never expected to each encounter a major health issue so young and soon into our relationship, but it made our marriage stronger. By the age of 20 I thought I had overcome all the hardships this life would dole out to us.

The next two years my original plans for our family did come to pass. I was pregnant at Byron's graduation from dental school, and I gave birth to a son that we named, Byron, Jr. Three years later my ideas continued to become a reality when I conceived our second son, Jonathan. However, my dream became the worst nightmare that I could have imagined when Jonathan was stillborn in 1995. Not only did I lose the dream of having a second son, I potentially lost the dream of ever having any more children because of my ailing kidneys.

Within hours of losing Jonathan, someone told me the statistics of failed marriages following the death of a child. Utterly offended by the warning, I was convinced that those things happened to other couples, not to Byron and Rebekah. As men and women naturally do, Byron and I grieved separately and differently, but we thankfully also learned to grieve together and communicated our feelings to each other. Yes, there were hard times with each other, and arguments most definitely resulted from our grief, stress and fatigue. I had a rule that he was never to ask me what was wrong when I was in a bad mood; he was to automatically assume it was because of the baby's death. Yet I tried very hard to be "okay" when he came home from work every day. I did not want him to dread walking through our front door each evening after a long day at the office. I remembered something I learned at a marriage class before we were married. The teacher wisely pointed out to us women that we set the mood for our home. When our husbands come home, if we're happy, typically they will be too. But if they come home and find us in a foul mood, nagging and griping, the whole scene changes. So in the midst of grief, I struggled to keep the atmosphere as happy as possible, despite the turmoil I was feeling inside. I made sure though that we never shut the door to communicating our feelings to one another regarding our sorrow and heartache. Admittedly there were some emotions I preferred to keep private, but for the most part we knew how each other felt. I am deeply grateful Byron never tried to hide his feelings from me. He has never been inhibited to cry or share his emotions with me, and because of that our relationship has become rock solid.

I am saddened when women tell me their husbands will not talk to them about their loss and apparently are not hurting. Usually it only appears that the men are unaffected simply because they never learned as little boys that "big boys DO cry." I routinely remind couples that

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*"Making Marriage Survive After a Loss," continued from page one*

they made the baby together, they lost the baby together, so now they need to grieve the baby together. Unfortunately, men tend to think it's more important to fix the situation instead of acknowledging their own hurt and grieving with their wives. This way of thinking can be very detrimental and damaging to a marriage. There is nothing to fix and no human can make it better. The only thing that would repair the hurt is to bring the baby back, and that's an impossibility.

In my opinion, grief will make or break a marriage, and we have to do whatever it takes to ensure it solidifies the union instead of destroying it. I've read a variety of divorce percentages following the loss of a child, ranging from 50% – 80%. Those are frighteningly high numbers! But you can overcome the odds and not fall into that horrifying statistic. While filming an infant loss documentary a few years ago, one of our M.E.N.D. support group members made a very profound statement. She said, "We have to leave a heritage for our child who has died – something that people will always remember about our baby. What kind of legacy would we leave if divorce is what resulted from the loss?"

I read a book several months ago written by the mother of a beautiful little girl named Hannah who died of cancer when she was five years old. She came from a loving home, was very close to her mommy and absolutely adored her daddy and two big brothers. During the final stages of her illness and especially after her death, her parents grew further apart and eventually divorced. I was extremely disturbed for weeks after I read the book because I thought, "How could they have done that? What would Hannah think if she knew she was essentially the cause of her family breaking up? Couldn't they have tried harder? Did they go to counseling long enough? Why didn't they put away their pride, meet each other's needs better, and refuse to give up?" Now when I think of that little girl who suffered so horrifically, I don't think of a strong heritage of strength and survival from her family. Instead, I think of how tragically grief, hurt and selfishness destroyed the happy home she knew when she was alive.

No matter how far apart we seem to drift as couples, we must find a way to come together again. From my estimation, with over 250 families who have attended our M.E.N.D. support groups, thankfully the divorce rate is less than 5%. But that's 5% too many. The "D word" should never be threatened during arguments and should never be an option for your marriage. Get out of the habit of entertaining the idea and replace it with creative ways you can keep your marriage together. The purpose of your baby's life and death was not to cause the break-up of his or her parents. Hopefully the opposite will occur and you will become stronger and feel as though you can overcome anything as a couple. Only the strength of the Lord will help you achieve this, but most assuredly there is nothing to be ashamed of if you need to seek professional counseling and guidance. Remind yourself of the oaths you made to your spouse before God, "...for better, for worse..." That means in the good times and the bad—not just the good. I know it may be more difficult than I'm making it sound, but it is possible. You may argue that you've tried everything and you're at your wit's end. Then I urge you to try again, and again, then again until you've worked it out. Is any marriage perfect? Of course not, and obstacles will continue to come our way, but according to Romans 5:3, out of these sufferings we will gain perseverance, character and hope. Allow your marriage to obtain these traits, don't give up, and leave your baby a heritage of survival, strength and success.

*Rebekah Mitchell*

### Keepsake Resources

#### **For Brittany**

[www.forbrittany.com](http://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](http://www.angelsinheaven.org)

*Offers framed poems, cards, and audio tapes relating to infant loss.*

#### **A Loss Remembered**

2908 South Clemont Dr.

Denver, CO 80222

(303) 692-9668

[lossremembered@cs.com](mailto: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](http://www.haleyscreations.com)

*Offers remembrance cards, journals, and keepsakes relating to infant loss.*

#### **Angel Lady**

[www.angelady.net](http://www.angelady.net)

*Artist Ethel Pontsler offers custom artwork of deceased loved ones based on photographs.*

#### **Keri's Kreations**

221 W. Hillview St.

Winslow, AZ 86047

(928) 289-0715

*A book of remembrance for parents who have lost children through miscarriage, stillbirth, or infant death.*

#### **My Heart's Missing Link**

P.O. Box 0992, Allen Park, MI 48101

[www.myheartsmisssinglink.com](http://www.myheartsmisssinglink.com)

*Offers beautifully designed heart-shaped pendants with a birthstone and a "missing link" to help remember loved ones who now live in heaven and your heart.*

#### **Perinatal Loss Certificate of Life**

<http://www.tearsoup.com/pl/certificate%20of%20life.htm>

[certificate%20of%20life.htm](http://www.tearsoup.com/pl/certificate%20of%20life.htm)

*Makes hand-calligraphied certificates acknowledging your baby's life.*

#### **Once Upon a Family™**

[www.onceuponafamily.net](http://www.onceuponafamily.net)

Contact: Amy Gill

(214) 725-6116

*Offers special pieces to keep memorabilia safe.*

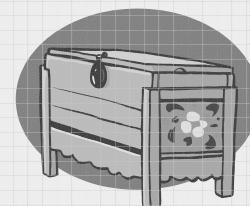
*Donates a percentage of sales of the Baby Keepsake Box, Tiny Treasures Box, and Memory Trunk made to M.E.N.D. members back to M.E.N.D.*

#### **Angel Babies in Heaven**

(843) 871-3071

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

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



## Against the Odds

by Dawn Siegrist Waltman

*He restores my soul. - Psalm 23:3*

Each year over 800,000 women lose babies to miscarriage, stillbirth, and early infant death. When people find out I have experienced both miscarriage and stillbirth, they often tell me about their own loss of a child. It weighs heavy on my heart to hear so many women share how their marriages were either destroyed or deeply wounded as a result. Communication breaks down and walls go up in so many relationships.

I did some research and found that the second leading cause of marriage breakup is a tragic event in the lives of the husband and wife. The loss of a child to miscarriage, stillbirth, or early infant death is listed as one of those tragedies. I am sure there are many factors that determine if the marriage is going to fail or not. One of those factors, I believe, is deciding how hard we are willing to fight for our marriage. The tragedy of losing a child can indeed destroy a marriage, but God promises that it doesn't have to. Death steals so much from people, but our Almighty God has the power to restore all that has been lost—and more!

Dear friend,

*The word restore means “to bring back to original condition that which has been damaged.” What an awesome promise from the Word of God. And who will restore your soul where it has been damaged? The Lord and only the Lord. My prayer is that you would surrender your heart, your dreams, and your marriage to God so He can begin the delicate but powerful process of restoration.*

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### September/October Topic

Holding On to Faith During Loss

Deadline—July 31, 2003

### November/December Topic

Getting Through the Holidays

Deadline – September 30, 2003

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

### Regular M.E.N.D. meetings

are held the  
2<sup>nd</sup> 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, 7-9 p.m.  
Will not meet in July.

Please contact Jana Spigener  
at (817) 468-9963 or

heartblossoms@msn.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

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

Join us in a time of sharing experiences.

### Our daddies group

meets the 2<sup>nd</sup> 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 4<sup>th</sup> 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. The group requires a minimum of three

participants to meet. For more information contact Allyson at ssmith@dallas.net or (972)

899-0405.



# Birthday Tributes to Our Special Babies

## Happy 1st Birthday Rebekah Lee

We love you and miss you so much. One year ago we were so blessed to hold your tiny body in our arms and see you alive for three precious hours. You were so beautiful and perfect and we were so thankful to have some time with you. We think of you every day and will always remember how precious and beautiful you were. This has been a hard year for us without you, but we know you are a tiny angel in heaven and are always watching over us. We will look forward to seeing you again someday. As hard as it is to be without you, we wanted you to know that you have a precious little brother named Alexander Lee, born March 6, 2003. He is so sweet and precious and looks a lot like you. We all love you so very much.

Love always,  
Mommy, Daddy, Big Sister Heather, Baby Brother Alex,  
and Grandma Helen



*In loving memory of Rebekah Lee Sudeath  
March 5, 2002  
Trisomy 18  
Parents: Rick and Michelle Sudeath*

## Happy 4<sup>th</sup> Birthday Andrew

We all miss you very much. You would have finished your 1<sup>st</sup> year of preschool this year along with your sister Abigail. We lovingly remembered you on that day. Abigail talks about you often and is hoping that Zoey our chocolate lab is up in heaven with you now too. We think about you every day and miss you very much.

Love,  
Mommy, Daddy, and Abby

*In memory of Andrew Bailey Carpenter  
Stillborn July 14, 1999, Cause unknown  
Parents: Todd and Melissa Carpenter  
Twin sister: Abigail*



## On the third birthday of Sergio Anthony Rodriguez

Hi my little angel. I can't believe you are three years old! There isn't a day that doesn't go by that I don't think of you. I love you so much. I miss you. Happy third birthday little one.

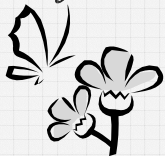
Love, Mommy and Daddy



*Sergio Anthony Rodriguez  
June 23, 2000  
Unknown cause  
Parents: Alfredo and Leonora Rodriguez*



## Remembering Alexa Morgan on her first birthday



*Alexa Morgan White  
Stillborn July 21, 2002  
Unknown cause  
Parents: Daniel and Karen White*

## Happy 6th Birthday William Joseph Kowalski



*Stillborn August 12, 1997,  
due to premature labor  
Parents: Robert and Sheri Kowalski  
Little siblings: Robert and Ashley*

## Happy 3rd Birthday Helen!

We love and miss you!!

Love,  
Mommy & Daddy

*Helen Sayako Kaneshiro  
8/15/00 to 10/29/00  
Congenital Pulmonary Lymphangiectasia  
and late onset beta strep  
Parents: Ernie & Patti Kaneshiro  
Siblings: Stuart, Adam  
& little sister Claire*

## Happy Birthday Angelica Meza 7-01-00

## and Andrea Meza 8/03/01

We love you and we miss you so much and both of you will always be in our hearts.  
Love, Daddy, Mommy, and Abigail

*In loving memory of  
Angelica Meza, stillborn July 1, 2000  
due to cord accident  
and Andrea Meza, August 3, 2001, premature birth  
Parents: Victor and Elizabeth Meza  
Little sister: Abigail*

## In memory of our sweet prince, James "Jack" Henvey

We love you, Grandma and Grandpa

*James "Jack" Henvey  
Stillborn July 4, 2001  
Tetralogy of fallot  
Parents: Renee and Chris Henvey  
Grandparents: Glenda and Larry McLeskey*



## In remembrance of our little angel, Baby Rodriguez

Mommy & Daddy love you very much. Your little brother Jacob sends his love.

*Baby Rodriguez, miscarried on 8-15-01  
Parents: Claudia & Ariel Rodriguez  
Little brother: Jacob*




**Dear Spencer-**

We can hardly believe it has been three years since we held you in our arms. What a big boy you would be! You would have so much fun with your little sisters. We think of you every day and we look forward to the day we'll hold you again.

**Dear Jordan-**

It's been four years since we lost you, sweet baby of our dreams. We will know you one day in Heaven.

Love,  
Mommy and Daddy  
and little sisters Clara and Kathleen

 *Spencer Charles Tschoepe*  
7/24/00, unknown cause  
*Baby Jordan Tschoepe*  
8/1/99, cause unknown  
Parents: *Ernie and Mandy Tschoepe*

**Michael's Goodbye**

I'll never forget that sad summer day,  
The day my brother, Michael would be taken away!  
Goodbye forever, at least until I die.  
I felt it in my heart, but I couldn't cry.  
Goodbye, goodbye little brother of mine.  
I know it's what God wanted, but it'll never be fine.  
I'll never forget that sad summer day,  
The day my brother, Michael was taken away!

*Poem written by Maggie Böer*



**Happy 7th Birthday, Michael! We think of you often and miss you! May God continue to bless you and keep you in his care!**

**Love, Mom, Dad, Paul & Maggie**

*In loving memory of Michael Joseph Böer*  
Stillborn July 17, 1996, due to Trisomy 18  
Parents: *Paul and Lynne Böer*  
Big brother and sister: *Paul, Jr., and Maggie*

**Happy 2nd Birthday Victor Leland Waiters**

*Forever we'll blow you kisses on the wind... until we see you again.*  
*We love and miss you always..*

Love,  
Mommy, Grandma Barbara J. Waiters;  
Great-Grandma Cora M. Waiters  
and your #1 Uncle Victor L. Waiters

*Victor Leland Waiters*  
July 30, 2001  
Mother: *Landa M. Waiters*

**Happy 4th Birthday  
Logan James Schneider**

Always on our mind	Your family on earth
And deep in our heart	Will join you again
Searching for reasons	And that's when the playtime
Why we had to part	For us will begin

From hunting and fishing	You waved to us
And things that I do	From the womb so deep
Regrets for the fun things	Now wave from heaven
I could have shown you	With God you will sleep

God's ways are kind	Love always,
God's ways are just	Grandpa
Hold on to Jesus	
For us, it's a must	



*Stillborn June 15, 1999, cause unknown*  
Parents: *Mindy & Scott Schneider*  
Little brothers: *Tyler and Alex*

**Happy 5th Birthday, Jackson!**

We can't believe it has been five years since we fell in love with you. You will always have a very special place in our hearts and we will never, ever forget you. You were a special boy and we know we will all be together some day. Keep watching over your big sister and little brother. Mommy and Daddy think of you every day.

We love you so much,  
Mommy, Daddy,  
Big Sister Hannah and Little Brother Andrew



*In memory of Jackson David Crowe*  
8/22/98 - 9/9/98, Congenital Heart Defect  
Parents: *David and Marie Crowe*  
Siblings: *Hannah and Andrew*

**Happy 6th Birthday to our precious baby boy Jonathan**

Hi Brother,

I hope some day I'll see you, though I've never ever seen you before. I feel so sad when people talk about how many brothers I have. Most people think two but I know the difference. It has been five years and still I have not seen my other brothers. To tell the truth I have 4 brothers. Hardly anyone knows but I know and it hurts to talk about and to write especially with everyone asking who they are. I know they are in a better place as I join them someday.

Love,  
Your loving sister

Written by Kaitlyn Moehlman (10 yrs. old) in January of 2003

*In loving memory of*  
*Jonathan Moehlman (July 16, 1997)*  
*Christian Moehlman (December 5, 1996)*  
*From your family Mike & Tammy Moehlman*  
*Siblings: Joshua, Andrew, Kaitlyn, and Madison*

## Marriage Survival After Losing a Baby

By Carol Ruth Blackman

Losing a child affects parents in many ways. Survival skills are needed to keep your marriage strong after losing your baby. We'll look first at the differences between husbands and wives, then discuss some of the dangers to be aware of and include suggestions for successfully surviving the natural differences between a husband's and wife's grief and the dangers which arise after loss.

In marriage, two become one by turning to each other. In grief, two often turn away from each other, becoming isolated and lonely. The deep pain of grief seems to wrap its victim in a cocoon as you focus on your agony. Bereavement makes us very self-centered at the exact time our spouse needs us for support. Pregnancy loss and infant loss sadly are not often recognized as major losses to those who were not intimately associated with the child or pregnancy, so you'll find yourself looking to each other for help in coping more than if it were a loss more readily recognized by society.

Your loss may represent a different meaning for each of you. Men and women both may be plagued with feelings of failure—men especially, because they're protectors, women because they're nurturers.

Marriage can be strengthened deeply by shared sorrow, but it requires **work** to bring about the strengthening.

First, we need to recognize some differences between men and women.

Men and women tend to often fall into general differences simply due to our hormonal makeup. Of course, there are always exceptions to every rule, and you may find in your marriage the roles seemed reversed on some of these, but since we generally marry someone with a personality quite different from our own, we find during grief the differences often make it hard for us to understand why our spouse grieves so differently than we do.

Men usually talk for practical reasons, whereas women tend to talk for recreation. Men talk about something, come to a solution, then go on. Women just want to talk about what has happened. Finding a solution is not always as important as just knowing someone is listening (preferably our husbands).

Men tend to approach situations with their heads—thinking on facts and taking responsibility—and may feel a need to **do** something after a loss, whereas women approach situations with their hearts. Women are more concerned with relationships, feelings, other people, and rather than feel a need to be doing something, women like to ponder a situation.

Men often think more about the overall picture while women are concerned about the event's details.

Men usually are more caught up in work outside the home, but women are intricately intertwined with their homes and families to the extent that they perceive them as part of their personalities or worth. This is probably one reason grief generally lasts longer for women.

Men need to know they've succeeded, which is vital for their self-esteem. Women also have a real need for success, but their need for security, especially after loss, often outweighs other needs. A bereaved mom needs to be reminded she was a good mother and did all she could have done for the child's sake. To satisfy her deep need for security she looks to her husband and family. She measures her security by her perception of her value to others.

Men tend to be more reserved in expressing emotions, whereas women are more encapsulated by their emotions, feeling a real need to express what they're feeling by talking. Friction arises when a wife feels her husband is insensitive or uncaring about their loss because he doesn't cry, talk about the child or seems to re-adjust to work soon after loss. Husbands are often frustrated by their wives' emotional outpouring, inability to handle social situations, depression, and lack of desire to resume normalcy of life. Remember, too, that some people are unable to cry in front of others, even their own spouses.

To survive requires that you become as a third person to each other. Listen to your spouse. Accept his or her form of grief as you accept that his or her normal personality differs from yours. When you interject your grief timetable on your partner, you are creating a prisoner, which will hinder you from sharing your grief with each other.

Survival of your marriage requires a calculated strategy to fight the dangers.

### **Danger #1: My way is the only way to grieve**

Because one parent finds something very comforting and healing, it's tempting to think the other one needs this too. What is comforting to one may be sheer torment to the other. *Recognize that everyone grieves differently.* It's often difficult for bereaved parents not to express verbally how they wish their spouses would change. Acceptance of your spouse's different mode of grief can be a tough assignment.

### **Danger #2: Change**

Death always brings change, even when a child dies early in life. Priorities and commitments involved with the child come to a screeching halt. Suddenly your stability is gone. Even the most simple of life's daily chores become memory-filled challenges.

Change pulls our life-preserver from our grasp in the turbulent waters of grief. When a spouse criticizes a partner's grief or lack of grief, the ability to stay afloat is lost. Your home needs to be a safe harbor in the turbulent waters of grief. There's a real need to plan ways to support each other during this time.

### **Danger #3: Placing blame**

Feuding begins with placing blame, resentment or venting hostility on your spouse. Seek to be a support and harbor for your spouse rather than becoming a storm they need to seek shelter from.

Never use silence as a tool for communication with your spouse after a loss—your partner can only interpret it as a negative response.

Express your feelings, for your spouse has no extra energy to guess at what you might be feeling. Seek to phrase your statements to your spouse so they reflect what you feel rather than placing blame. Learn to say, "I'm having trouble keeping from being upset when you ..." instead of blurting, "You make me angry when you ..."

... continued on next page

**Danger #4: Not meeting your spouse's need for love**

Everyone needs love, but men and women interpret love differently. Generally speaking, men feel loved when they know they are respected and their sexual needs are met. Women feel loved through tenderness and understanding.

Tragedy causes a woman to need extra outward expressions of understanding and tenderness from her husband, along with feeling his protective care. Touching, holding, cuddling are important even though she may have little desire for sex. Fear of repeating the same excruciating pain of loss often makes a woman want to refrain from sex while in grief. Many women feel sex is wrong when their precious children have just died, whereas sex reassures men that they are loved, needed, and that their wives really care about them. Men usually relate first sexually, then verbally. Sexual intimacy nurtures the husband's emotional needs.

Both parents are very insecure, fragile, and vulnerable after loss. Meeting your partner's need for love will bind you more closely together. Knowing someone loves you is a needed security blanket at such a time.

It is a **must** that you reach out to each other to keep your marriage from falling shipwreck in the turbulence of loss. What needless added tragedy occurs when a marriage is shattered by loss!

**Danger #5: Surviving alone**

Beware you don't use isolation from your spouse as a tool of survival. Caution needs to be exerted when work, hobbies, social circles or other commitments keep you from spending very much time with your spouse.

Be aware, too, that spending binges may occur as a sort of diversion from the pain. Excess spending only adds to your pain, for it usually creates friction with your spouse and puts a squeeze on your finances, thus creating further stress.

Marriages which survive the death of a child take **work**. Your marriage has to be your number one priority.

**Suggestions for helping your marriage survive:**

♥ Determine your marriage will come out stronger.

♥ Accept the fact that you and your spouse will sorrow differently.

♥ Don't place bigger-than-life-sized expectations on your spouse.

♥ Seek to rebuild your relationship with God's help. Remember: forgiveness is the key to healing.

Some general guidelines include:

*Pray.* God will give you guidance how best to proceed.

*Seek to identify the most painful problems to work on first.* What is the most difficult part of the grief experience for yourself? For your spouse? What part of grief is hard for your partner to endure? What does your spouse do that you find painful?

*Think of all the possible responses to these problems.* Seek to rob the problems of their crippling power over you. Write down solutions. Ask God to give you understanding and insight. He will.

*Re-evaluate.* After implementing your plan to deal with the most crucial differences, occasionally re-evaluate things. Are we helping the situation or making it worse? Should we do it differently?

No matter how estranged you and your spouse may be feeling, try to think of something your spouse especially enjoys and do it. Maybe it's a special food or form of recreation. Maybe it's something as greatly appreciated as simply giving your partner a few minutes to unwind upon arriving home before your spouse starts chores or you begin talking about the day.

Recording efforts made daily may help you remember to put forth effort for helping your spouse and enable you to see that progress is being made, but **never** use the record as evidence for planning battle if progress is slower at restoring your relationship than you'd hoped.

Above all, pray for your spouse daily. Pray he or she will have a good day, safe travel, that something encouraging will help that day, and so forth.

Don't forget to think about the high points in your marriage before loss.

Marriage requires commitment. Relationships based on feeling don't have stability. Commitment is the glue that cements your marriage.

If you need outside help with your marriage and your pastor doesn't seem to understand how loss affects your marriage, seek help from a support group for bereaved parents or Christian family counselors who are acquainted with the effects of child loss on a marriage. Try another source if you're not getting the help you need. Your marriage is worth it.

My prayer is that your marriage will emerge strengthened by shared sorrow.

*Revised June 2003 from November 1991 Bereaved Parents Share ... II. Reprinted with author's permission.*

*Mrs. Blackman found several of these marriage survival tips in Through Heartbreak to Healing: Hope for Parents After the Loss of a Child, by Linda Jones, RN, and Carol Parrott, RN.*

**M.E.N.D.'s Walk to Remember**

Saturday, October 11, 2003

2:00 p.m.

Andrew Brown Park EAST

Coppell, TX 75019

For more information or to RSVP, contact Rebekah Mitchell

(972) 459-2396 or [Rebekah@mend.org](mailto:Rebekah@mend.org)

*If you'd like to let M.E.N.D. members know about a memorial walk in your area during Pregnancy and Infant Loss Awareness Month (October), contact M.E.N.D.*

First Baptist Church South  
in Tyler, Texas, will be the site of the  
**2<sup>nd</sup> Annual Remembrance Walk**  
October 11<sup>th</sup>, 2003, 2:00 p.m.

*To celebrate the lives of children  
lost through death at any age*

[contactus@childrenareagift.com](mailto:contactus@childrenareagift.com)  
or 903-939-1597

*A Ministry of the  
Children Are A Gift Foundation  
Tyler, TX*

[www.ChildrenAreAGift.com](http://www.ChildrenAreAGift.com)

In Loving Memory

**Jared Mathew Slough**

February 14 - March 20, 1998  
Heart Defect & Failure  
Parents, Scott and Jo Ellen Slough  
Twin brother, Hunter,  
and little sister Lauren  
Given by cousins,  
Kyle and Kimberly Nielsen

**Caroline Grace Nielsen**

Stillborn April 15, 1999  
Given by parents,  
Kyle and Kimberly Nielsen

**Luke Clayton Langley**

Stillborn May 4, 2002  
Unknown Cause  
Given by parents,  
David and Jennifer Langley  
and siblings Alyssa and William

**Griffin Caleb McIntosh**

Stillborn June 6, 2001  
Given by parents,  
Naomi and Matthew McIntosh  
and little sister Mya

**Gabriela Faith Gregory**

Stillborn January 24, 2003  
Anomaly of Umbilical Cord  
Given by parents,  
Chris and Monica Gregory

**Gift of Love**

Given by James and Pamela Urbanowicz

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  
**Baby Mitchell**  
Miscarried December, 2001  
Given by parents, Byron and Rebekah Mitchell  
and big brother, Byron, Jr.

**Jonathan Daniel Mitchell**

Stillborn June 24, 1995  
Cord Accident  
**Baby Mitchell**  
Miscarried December, 2001  
Parents, Byron and Rebekah Mitchell  
Big brother, Byron, Jr.  
Given by grandparents,  
Dennis and Sue Brewer

**Jonathan Daniel Mitchell**

Stillborn June 24, 1995  
Cord Accident  
**Baby Mitchell**  
Miscarried December, 2001  
Parents, Byron and Rebekah Mitchell  
and big brother, Byron, Jr.  
Given by Lynette Nally

**Jonathan Daniel Mitchell**

Stillborn June 24, 1995  
Cord Accident  
**Baby Mitchell**  
Miscarried December, 2001  
Parents, Byron and Rebekah Mitchell  
and big brother, Byron, Jr.  
Given by Shirley Strickland

**Sarah Ann King**

Stillborn June 22, 1995  
Unknown Cause  
Parents, David and Lori King  
Siblings, Brooks, Kaylee, and Brady  
Given by great-grandmother, Vonnie Smith  
and grandparents Bonita and Pete Jackson

**Patrick Lanham**

May 15, 1994  
Velamentous Insertion of Umbilical Cord  
Given by parents, Carol and Sean Lanham  
and brothers Andrew and Michael

**Logan Wayne Fish**

September 17, 2002  
Skeletal Dysplasia  
Given by parents, Brittany and David Fish  
and big brother Landry

**Nathan Lamon Griffin**

June 13, 2002  
Given by parents,  
Linda Griffin & Sammy Sampson

**Andrew Bailey Carpenter**

Stillborn July 14, 1999  
Parents, Melissa and Todd Carpenter  
Twin sister, Abigail  
Given by Bay Village Junior Women's Club

**Joshua and Jeromy Barsanti**

Stillborn November 21, 1996  
Anencephaly  
Parents, Randy and DaLana Barsanti  
Little brothers, Taylor, Collin, and Harrison  
Given by Gary and Sabrina Meek

**James "Jack" Henvey**

Stillborn July 4, 2001  
Tetralogy of Fallot  
Parents, Renee and Chris Henvey  
Given by grandparents,  
Glenda and Larry McLeskey

**Joseph Charles Libby**

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

**Lauren Paige Grimes**

Stillborn March 6, 1999  
Unknown Cause  
**Baby Angel Grimes (Raleigh's twin)**  
January 25, 2001  
Miscarriage  
Given by parents John and Paula Grimes  
and sister Raleigh

Photo Grafix is offering free "Angel Pics" to M.E.N.D. members. Using either the negative or your own print, this photo restoration will remove any tubes or wires in photos of our babies. The only cost is delivery and extra reprints and enlargements. The first print-- limited to a 5x7-- is free.

Contact Photo Grafix at  
847-673-7043 or toll-free at 888-446-2799  
or [info@abetterreality.net](mailto:info@abetterreality.net)  
for details.

Ask for Eric. He will donate 5 percent of any additional prints ordered to M.E.N.D. for any orders received through this newsletter. Be sure to mention M.E.N.D. when you contact Photo Grafix.





Subsequent Births

**Mary Beth and Gary Duke**  
of North Richland Hills, Texas,  
joyfully announce the arrival of  
Erin Marie,  
born April 4, 2003,  
5 lb., 14.5 oz., 18 inches long.  
The Dukes lovingly remember  
John,  
stillborn December 22, 2001.

**Rick and Michelle Suddeath,**  
**along with big sister Heather**  
of Waynesboro, Virginia,  
are proud to announce the arrival of  
Alexander Lee,  
born March 6, 2003,  
9 lb., 1 oz., and 22 inches long.  
The Suddeath family  
lovingly remembers  
Rebekah Lee,  
born March 5, 2002,  
died 3 hours later due to Trisomy 18.

**Melanie and Craig Boyd,**  
**along with big brother Samuel**  
of Irving, Texas,  
joyfully announce the arrival of  
Emma Grace,  
April 22, 2003,  
6 lb., 12 oz., 20 1/4 inches.  
The Boyds lovingly remember  
Abigail Joy,  
miscarried June 22, 1999,  
Hannah Elisabeth,  
miscarried October 21, 1999,  
Michael Aaron  
stillborn April 23, 2000,  
and Baby Christian,  
miscarried December 17, 2000.

**David and Paula Kenney**  
of Franklin, Massachusetts,  
joyfully announce the arrival of twins  
Abigail Elyse  
and  
Megan Maureen  
on December 23, 2002.  
Abigail weighed 6 lb., 3 oz.,  
and Megan weighed 5 lb., 15 oz.  
The Kenneys lovingly remember  
Kylie Nicole,  
June 26, 2000,  
Transposition of the Great Vessels  
(TGV)

**Scott and Karla Smith,**  
**along with big brother Travis**  
of San Antonio, Texas,  
proudly announce the birth of  
Julia,  
June 14, 2002,  
8 lb., 10 oz., 21 1/4 inches.  
The Smith family lovingly remembers  
Mindy and Maggie,  
stillborn November 4, 1997,  
Twin to Twin Transfusion Syndrome  
and Polyhydramnios.

**Todd and Sherri Huff,**  
**along with big sister Berklee**  
of Dallas, Texas,  
proudly announce the joyful birth  
of their son  
Braxton Slade,  
May 2, 2003,  
8 lb., 5 oz., 20 inches long.  
The Huffs lovingly remember  
Jackson Levi,  
stillborn July 19, 1999,  
and Baby Huff,  
miscarried January 2000.

**Ernie and Mandy Tschoepe,**  
**along with big sister Clara**  
of Plano, Texas,  
joyfully announce the arrival of  
Kathleen Ada,  
May 7, 2003,  
8 lb., 3 oz., 19 3/4 inches.  
The Tschoepe family lovingly remembers  
Baby Jordan,  
miscarried August 11, 1999,  
and Spencer Charles,  
stillborn July 24, 2000,  
unknown cause.

**Michelle and Jacob Davis,**  
**along with big brother Connor**  
of Euless, Texas,  
announce the arrival of  
Colton Elijah,  
born February 18, 2003,  
8 lb., 9 oz., 20 inches long.  
The Davis family lovingly remembers  
Christopher Gabriel,  
May 19, 2000,  
Anencephaly, CED.

**Calvin and Karen Smith**  
of Grand Prairie, Texas,  
joyfully announce the arrival of  
Justin Nathaniel,  
May 5, 2003,  
7 lb., 7 oz., 21 inches long.  
The Smiths remember with love  
Sydney,  
April 18, 2001,  
premature rupture of membranes.

**Marilyn and Brian Brown**  
of Fort Worth, Texas,  
joyfully announce the arrival of  
Samuel Cole,  
born May 27, 2003,  
5 lb., 11 oz., 19 inches long.  
The Brown family lovingly remembers  
their two daughters in heaven:  
Sydney Lynne,  
May 18, 2000,  
cord problem and other  
unknown conditions,  
and Ashley MacKenzie,  
May 18, 2001,  
Antiphospholipid Antibodies.  
The Browns will forever be grateful  
for their dear friend, Donna,  
who was their surrogate mother  
and brought Samuel into this world.

**Andy and Kristin Jared**  
of Glendora, California,  
announce with joy the arrival of  
Sarah Elizabeth,  
born May 27, 2003,  
9 lb., 19 1/2 inches long.  
The Jareds lovingly remember  
Emily Caitlyn,  
September 20—October 4, 2001,  
cardiac arrest during labor.

**Raymond and Melissa Rosario,**  
**along with Nino,**  
of Jersey City, New Jersey,  
joyfully announce the arrival of  
Isaiah John,  
June 6, 2003,  
6 lb., 4 oz., 19 1/4 inches long.  
The Rosarios lovingly remember  
Rebekah Hope,  
stillborn March 3, 2002,  
Antiphospholipid Antibody Syndrome.



**Support Groups****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 95031-0341

www.handonline.org, e-mail info@handonline.org

(408) 995-6102, toll free (888) 908-HAND

Support meetings in the California counties of Alameda, Contra Costa, Santa Clara, and parts of the Central Valley - call for info

♥ *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

Celia Hartnett: (650) 367-6993

♥ *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.)

\**Merced Chapter (Central California)*

Kim Lotz: kim.lotz@missfoundation.org

\**Arcadia Chapter*

Meets 3rd Thursday at 7:00, Church of the Good

Shepherd, 400 W. Duarte Rd., Arcadia, CA 91007

Kristin Jared: (626) 963-9120, kristin@missfoundation.org

**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

Sue Armstrong: (219) 836-4571

Meets at 7:30 p.m. on the second Wednesday monthly.

♥ *Healing Hearts*

Saint Joseph Regional Medical Center

801 East LaSalle Ave., South Bend, IN 46617

Melissa Barrett: (219) 282-2147, noahsmom@mivillage.com

**KANSAS**♥ *F.I.S.H. (Friends In Sharing Hope)*

Contact Mary Hertach (620) 662-0355 or

Ginger Muller (620) 669-0185, gingermuller@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 7:00 p.m.

at Good Samaritan Hospital, 235 N. Pearl St

Brockton, MA, Community Conference Room, 1st floor

♥ *A Ripple in Time*

Meets 1st Monday at 7:00 p.m. at St. Theresa of Lisieux

Parish Hall, Room 6, Boston Rd., Billerica, MA

Contact Donna McDonnell, 978-663-5477

♥ *HOPE*

2nd Thursday, 7:30 p.m. at Baldwin Park I, Keating

Conference Room, 1st floor, Woburn, MA

Contact Rindy Heubner, 781-273-2624

**NEW JERSEY**♥ *UNITE, Inc.*

Has groups in Turnersville, Trenton, and at Princeton.

Call (215) 728-3777 for more information.

♥ *MISS*

502 Montgomery Ave., Somers Point, NJ 08244

(609) 653-3046

www.geocities.com/Heartland/valley/1800/miss.html

MISSofNJ@comcast.net, Contact: Kathy Evans

♥ *MIDS (Miscarriage, Infant Death & Stillbirth Support Group, Inc.)*

180 Jillian Blvd., Parsippany, NJ 07054

(973) 884-0061, mids1982@yahoo.com

Contact: Janet Tischler

**NEW YORK**♥ *GAPS (Guardian Angel Perinatal Support Group)*

Molloy College, Wm J. Casey Center, Room #107,

1000 Hempstead Ave, Rockville Centre, NY 11570

Meets 1st Friday of each month, 7:30—9:30 p.m.

Martha Weiss (516) 249-8589, martyk9@optonline.net

**PENNSYLVANIA**♥ *UNITE, Inc.*

Has various groups across the state.

Call (215) 728-3777 for more information.

**TENNESSEE**♥ *Friends Helping One Another Through Loss*♥ *Child Loss Support*♥ *Teenagers Coping With Child Loss*

(Three different groups)

42 Kilday Lane, Greeneville, TN 37445

Angel\_Mommy\_1999@yahoo.com

or Chrissy\_poooh\_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. Dinner is provided.

2302 Northeast Pkwy, Garland, TX

♥ *Healing Matters I*

*Miscarriage, Stillbirth, and Early Infant Death*

*Through the First Year of Life*

4th Monday of every month, 7:30pm

Plano Medical Center, Classrooms I & II

3901 W. 15th Street, Plano TX

Contact: Ginny Robinson: (972) 519-1588

♥ *Caring Hearts*

1st and 3rd Tuesdays of every month 7:00pm

Presbyterian Hospital of Dallas, Fogelson Forum, ground

floor, call 214-345-2613

Contact: Brooke Arnold, brookearnold@texashealth.org

♥ *Resolve Through Sharing*

Charlton Hospital

3500 W. Wheatland, Dallas, TX 75237

Meets the 3rd Wednesday of every month at 7:30 p.m.

in Main Conference Room A

♥ *Resolve Through Sharing Denton*

119 N Elm St., Denton, TX

2nd Monday of every month at 7:00p.m.

Contact: Tracy Morris: 940-566-5666

♥ *Journey of Hope Support Center*

(children ages 3-18 and their caregivers)

2nd and 4th Tuesday of every month 6:30 p.m.

(972) 578-6634

♥ *Bereaved Parents of North Texas, Inc.*

3rd Monday of every month 7:15p.m.

First United Methodist Church,

201 S. Locust, Denton, TX

Cole Chapel Lounge

♥ *HAND (Houston's Aid in Neonatal Death)*

Meets 1st Sunday, St. Paul's United Methodist

Church, 20775 Kingsland Blvd.,

Katy, TX 77450.

2nd meeting is 2nd Sunday each month,

7800 building of Women's Hospital of Texas, Room

11. Both meetings held 6:30-8:30 standing time,

regardless of holidays.

Subsequent pregnancy group meets at Katy location

every 1st Sunday. (713) 529-4661

♥ *Share of Fort Worth*

North Hills Hospital, Grapevine Hwy & Hwy 820

Meets 2nd Thursday, 7:00 p.m.

Contact: Lorin Koemel: (817) 595-0833

9077 Elbe Trail, Fort Worth, TX 76118

E-mail koemel@hotmail.com

♥ *SHARE Of The Mid-Cities*

HEB Harris Methodist, Hurst, TX

1st Thursday of every month at 7:00 p.m.

phone: 972-601-1676, fax: 419-735-2368

share\_rts@yahoo.com

♥ *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.northtexassids.org

e-mail: info@northtexassids.org

Contact: Sandi Wiggins, Exec. Director

Meetings are held at the SIDS office in Bedford 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 Chil-

dren's Hospital, 3533 S. Alameda, in Corpus Christi,

on the basement floor in the private dining room of

the cafeteria.

**VIRGINIA**♥ *Empty Arms Support Group*

Sentara Women's Health Source

801 Volvo Pkwy, Ste. 120,

Chesapeake, VA 23320

2nd & 4th Monday, 7-8:30

Ann Prescott: 757-545-2667,

ahprnmsed@yahoo.com

**AUSTRALIA**♥ *Murraylands Lutheran Stillborn*

*Infant Support Service*

11 Ida St., Murray Bridge, South Australia 5253

Lynne Schulz: (08) 85324627 or (08) 85324897

**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

**Walk to Remember T-shirt Order Form**

Send your order to the address on the back of this page. Deadline is September 1 (no exceptions).

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: \_\_\_\_\_ (\$3 per order for S&H)

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

# of shirts \_\_\_\_\_ x \$25.00 = \_\_\_\_\_

Sales Tax (7.25 %) = \_\_\_\_\_

# of shirts \_\_\_\_\_ x \$15.00 = \_\_\_\_\_

Postage & Handling = \_\_\_\_\_

Total \$ \_\_\_\_\_

**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.*

**Kroger grocery stores** donate a percentage of all purchases of those shoppers who have and use a Kroger Share Card back to M.E.N.D. 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 40 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](http://www.mymk.com/kpadilla1).

Kim Robinson, a **Pampered Chef** kitchen consultant and M.E.N.D. family member, is donating 40 percent of sales to M.E.N.D. members back to our organization. You can browse products at [www.pamperedchef.com](http://www.pamperedchef.com), then e-mail Kim at [kimr@cheerful.com](mailto: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](http://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.

Cheryl Kilburg designs beautiful memorial heart pendants. To see her work, visit **My Heart's Missing Link** at [www.myheartsmissinglink.com](http://www.myheartsmissinglink.com). Cheryl will donate \$10 for each gold item sold and \$5 for each sterling silver item sold to M.E.N.D. members back to M.E.N.D.

Dana and Tracy Davis are independent representatives for **VarTec Telecom/Excel Communications**, a company that offers telephone service at competitive rates. Dana is donating 5 percent of her profits from sales to M.E.N.D. members back to M.E.N.D. You can call her at 214-360-1531, or call 1-877-EXCEL-4U and give global identification #9265706111.

Sandy Burnham, a **Princess House Lifestyle** consultant and M.E.N.D. member, will donate 10 percent of profit earned on your order back to M.E.N.D. Call (313) 792-9699 or email her at [bburnham@metroshores.net](mailto:bburnham@metroshores.net) to request a catalog or place an order.

Heather Sanfacon is an educational consultant with **Discovery Toys** and will donate 15 percent of profits from sales to M.E.N.D. friends back to M.E.N.D. Contact Heather at [sanfacon75@netzero.com](mailto:sanfacon75@netzero.com) or 603-742-8123. Must mention M.E.N.D. for donations to be made.

**Kevah Kreations** has developed a special Infant Memory Scrapbook Kit to help families develop their babies' memory scrapbooks. This is a very delicate and sensitive 20-piece kit. Cost is \$5 plus \$2 for shipping and handling. Info may be requested at [Kevah955@cs.com](mailto:Kevah955@cs.com) or by calling 843-871-3071. All checks may be made payable to Kevah Kreations. Mention M.E.N.D. while ordering and a small percentage of the sale will be donated back to M.E.N.D.

Diana McInelly is a consultant for **Usborne Books at Home**, a children's book company. Diana is donating 10 percent of purchases made off her Web site by M.E.N.D. members back to M.E.N.D. You must e-mail Diana if you purchase from the Web site so that she'll know you are a M.E.N.D. member. The Web address is [www.luvusbome.com](http://www.luvusbome.com), and you can e-mail Diana at [rmcinely@hotmail.com](mailto:rmcinely@hotmail.com).

**Once Upon a Family** offers beautiful keepsakes to keep memorabilia safe and sound. Consultant Amy Gill is offering M.E.N.D. 20 percent of sales of the Baby Keepsake Box, Tiny Treasure Box, and Memory Trunk made to M.E.N.D. members back to M.E.N.D. The items can be viewed at [www.ouonafamily.net](http://www.ouonafamily.net), and Amy can be reached at 214-725-6116 or [texasgills@hotmail.com](mailto:texasgills@hotmail.com)

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  
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Donations make the printing and distribution of this newsletter possible.

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

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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).

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