



Holding On to Faith During Loss

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M o n i t o r i n g y o u r g r a n d m o t h e r s a t t a c h m e n t

"It's going to be okay. God, I know you have a plan." Those were some of my first thoughts after knowing Jonathan had died in my womb. I tried to stay spiritually strong and keep my faith, but after a couple of weeks when the shock of my baby's stillbirth wore off, I hit rock bottom. Well-meaning people quoted scripture after scripture assuring me that I was in the hands of the Lord and everything would work together for good. Deep down I knew they were right, but I didn't want to accept it or allow the One who could have saved my baby to help. If He wanted to help, He should have untangled my baby from the umbilical cord and let Jonathan live! As the weeks turned into months and everyone around me seemed to have gone on with their lives, I was stuck – especially spiritually. I did some deep soul-searching and began to question everything I had been taught, knew and believed about Christianity. I tried to convince myself that it was all made up and that people long ago had invented this Supreme Being just to satisfy their hunger for peace, grace and hope. But as quickly as I entertained that thought, I fearfully asked for forgiveness and assured God that I truly did believe in Him; I was just so confused.

I never told anyone about my doubts and questions and all the while continued attending church and opened my home each month for our church-sponsored care group. I searched for answers by reading every Christian book on infant loss I could get my hands on. They were all extremely beneficial, but the one that helped the most was Dr. James Dobson's *When God Doesn't Make Sense*. Although the book does not specifically pertain to pregnancy and infant loss, it centers on how to keep your faith when, just as the title implies, God doesn't seem to make sense. Dr. Dobson tells several accounts of people's losses and heartaches, including his own pain when three members of his board of directors were tragically killed in a plane crash.

One page of his book was very instrumental in my renewal of faith in the Lord. Basically Dr. Dobson feels we are permitted to hash it out with God when we are angry with Him. Dobson recommends that we pour our hearts out to God and let Him know how we feel, no matter how irreverent it may seem. His opinion is that until we reconcile our relationship with the Lord, we will never fully heal from a loss. I practiced Dr. Dobson's theory and found him to be exactly right! I began telling, sometimes yelling, at God that

I didn't understand and asked how good could possibly come from my dead baby. I pleaded with Him to show me His way and to help me understand. I further asked Him to forgive me for doubting and for strength and endurance to fulfill the plan that He had to use Jonathan's stillbirth for His glory.

Eight years later, I see what God had planned for me out of my suffering. I have witnessed Him glorified many times as families have rededicated their lives to the Lord or have come to Him for the first time after their baby's death. They believe their baby is in Heaven, and in order to see their child again they know they must make their hearts right with Jesus and proclaim Him as Savior and Lord.

My maternal grandmother experienced the same type of conversion. Her fourth child, Ruby Joyce, died of pneumonia when she was just two months old. Friends told her the baby was safe in Heaven, but my grandmother was not too familiar with this celestial place. She got a Bible to research what others were telling her and in the process gave her life to the Lord. My grandfather did the same and before long they were both ordained Pentecostal preachers. My great-grandfather built my grandmother a pulpit from which she preached every Sunday and led others to salvation. Today my dad teaches Sunday school from that very pulpit and I speak from it every Christmas at the M.E.N.D. candlelight ceremony. My sweet Jonathan's little body is nestled between my grandfather and my great-grandfather and two graves down from my aunt, Ruby Joyce. It's amazing to me to think how the Lord has used the death of two infants in my family to lead countless others to Him.

How do I keep the faith despite the loss of my little Jonathan and the tiny baby I miscarried several months ago? I remind myself daily of His supreme authority. Like the Biblical Job who suffered horrifically, I still question even after testifying that His ways are higher than mine. In Job 2:10, Job reprimands his wife's doubts by saying, "shall we accept good from God and not trouble?" Then he seems to waver in chapter 3 when he cursed the day he was born and actually told God he wished he had been stillborn. Let me point out that Job never turned his back on God, but questioned many times. The Lord listened and allowed Job and his friends to gripe, complain and mourn, then in chapter 38 He finally answered, but not before first telling Job to brace himself like a man. He began by asking him in verse 4, "Where were you when I laid the earth's foundation?" He goes on for two full chapters stating His credentials and power. Yet in the end He rewarded Job for his faithfulness and "made him prosperous again and gave him twice as much as he had before" (Job 42:10).

Waiting on the Lord can seem long, never-ending, torturous and a true test of patience. I encourage you to hang in there and trust that He will bring you comfort, peace and joy. I leave you with a wonderful passage of scripture to cling to during grief that is found in Lamentations 3:22-26. The prophet Jeremiah wrote it as he lamented the intense suffering of God's people.

"Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness. I say to myself, 'The Lord is my portion; therefore I will wait for Him.' The Lord is good to those whose hope is in Him, to the one who seeks Him; it is good to wait quietly for salvation of the Lord."

Rebekah Mitchell

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Faith in the Midst of Loss

by Lisa Meeks

My faith in God has helped me endure the loss of two babies. It all started when I was 25. I had been a widow for six months, and then I met a wonderful man who became my husband. When I met my future husband, I was a young Christian ... still new in my walk with Him.

My husband and I were married in March and discovered in late May that we were going to have a baby. We were so happy and felt doubly blessed, for not only had God given us each other, but He was blessing us with a baby, too! We prayed together and committed ourselves to being good parents.

Then June 1 came, and I had a miscarriage. As a young Christian trying to grow in faith, I was hurt. I stopped praying every night, but deep inside I knew that the Lord was still there. He had helped me get through my first husband's cancer. I knew He would not abandon me now. I never stopped going to church, but I kept asking, "Why me, Lord?"

One year passed and we did not become pregnant again, so we started fertility treatments that were unsuccessful. Finally, I had surgery to open my left tube. Still nothing. For my twenty-seventh birthday, I asked my husband to try artificial insemination, which was also unsuccessful. We were told that I was not ovulating and that only my left ovary was capable of producing normal-sized eggs. In vitro fertilization was the only option we had not tried, but we decided that we were not ready for that procedure yet.

My husband lost his job, so we just took a break from pursuing parenthood. People all around me were getting pregnant, even the ones who had fertility problems like us. I was happy for them and acted excited, but my heart was breaking. Many nights I would cry and ask the Lord, "Is it my turn now?"

Then, after about six months, I was pregnant again. We asked everyone to pray that everything would be okay and that we would be blessed with our first baby. A few weeks later, I passed a clot and experienced pain down my left side. After being checked at the emergency room, I was informed that we had miscarried again. I was devastated. The doctor admitted me to the hospital for further testing.

The next morning the doctor told me that I had not miscarried the baby, but he was afraid that I had an ectopic (tubal) pregnancy. Before the final diagnosis, the doctor wanted to check my blood count. He knew how much we had wanted this baby and that we had been waiting for our turn for a long time. Every two days I would get my HCG levels checked, and they would go up 800 to 1000 each time. We called everybody we knew and asked them to pray. Our emotions went up and down like a yo-yo, but I knew God would help us through this storm.

We prayed that God would let this be a healthy baby we could carry to term. I underwent blood work every other day for two full weeks, and at the end of that regimen, the doctor was not pleased with the way things were looking. He ordered an ultrasound. The ultrasound was not promising, but he said, "Don't give up hope yet; let's get two more HCG levels done." So we did.

The next morning I had a call at work to come in immediately for another ultrasound. My levels weren't rising enough. The doctor's suspicions were confirmed. It was an ectopic pregnancy.

With shattered dreams and broken spirits, my husband brought me back to the hospital that night to receive an injection to dissolve the baby. Our hope was gone. To add insult to injury, the injection did not work, and I lost my left tube.

Every day since then has been emotionally painful, but I have not shut out the Lord. I never would have made it without Him. In this uncertain world where we cannot control what happens, good or bad, I know that I need Him in my life. The pain of losing another baby will always be there, but God will always be there as well. God walked with me through this journey and He protected me from death. I know that He will be with me to the end of time.

Reprinted with permission from Stepping Stones, a Christian newsletter for couples facing infertility. For information email step@bethany.org or call 616-224-7488.



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

My Heart Forgets

by Monica Gregory

My heart forgets sometimes
What my mind already knows
That you will never be allowed
To share our lives here in this world.

My heart forgets and asks my arms
Why are we so empty?
Is there any way to fill this gaping hole?

My heart forgets and longs for you
With desperation it has never known.
My mind reminds me of that beautiful face
Whose soul I never knew.

My heart forgets that only God knows
The reasons why
It had to break into a million pieces.
My heart cries out in the black of night
When the world is still and sleep takes flight.

I have tried and tried to explain to my heart
That you and I will share eternity.
These words make much sense to my mind
But, my heart refuses to accept
The simple fact that you belong to the Lord
And He chose for you to pass
from my womb into His arms.

The tears continue to cascade
And I cry out for you again
Because my heart forgets.

*In memory of Gabriella Faith Gregory
Stillborn January 24, 2002
Anomaly of the umbilical cord
Parents: Chris and Monica Gregory*

November/December Topic

Getting Through the Holidays
Deadline—September 30, 2003

January/February Topic

The Church's Role
in Supporting Bereaved Parents
Deadline – November 31, 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
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, 7-9 p.m.
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 DaLana Barsanti
at (817) 589-0588
fivekids@ev1.net

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

Join us in a time of sharing experiences.

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. Led by
Christine Oxendine (bearpals@charter.net).*

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 Baby Michael

We have missed you so much during what should have been your first year with us. We hope you see us wave to you through the clouds and hear Nathan sometimes yelling, "Hi Baby Michael!" This would have been the time for your first piece of cake, but don't worry, Nathan had a piece for you at his party! As hard as it is without you, we are glad you can watch over us with Jesus and play with Grandpa who recently joined you in Heaven.

Love Mommy, Daddy, and Nathan

Michael Christopher Walton
Stillborn September 1, 2002
Placental Abruption
Parents: Brian and Michele Walton
Brother: Nathan



Happy 2nd Birthday to our darling boy Ziggy.

Our lives are fuller for having had you in them, and more tragic for having lost you after being with us on earth for a mere 26 hours. We remember and honor you each and every day!



Love, your mom and dad.



Ziggy Michie
October 10-12, 2001
Vasa Previa
Parents: Christie and Iain Michie

My dear first-born Brian Jr.,

I wish I could know what your terrible twos would've been like. You'll be two years old and I won't see you. I know you'll have a better birthday in Heaven, though, than you'd have here. I'm glad you get to be with Him. I know I'll see you again, but right now it just hurts not being with you.

Happy second birthday Brian Jr.



Love, Daddy, Momma, Ryan and baby
Brian Keith Ford, Jr.
August 22, 2001
Trisomy 18
Parents: Angela and Brian Ford
Brother: Ryan

Dear Samantha,

It has been three long years since you came and left. Your big sister talks about you, and you two would have had so much fun together. This year your Daddy is going to direct the choir you would have been in at church. Your Mommy talks about you, and you are always in our hearts.

We Love You!!
Mommy, Daddy and Big Sister Lauren

Samantha Hampton,
May 22, 2000, cord accident
Parents: Brenda and Steve Hampton
Big sister: Lauren



Happy 1st Birthday to our precious baby boy, Logan Wayne Fish

It's hard to believe that it's been a full year since I felt you tumbling in my belly and we held you in our arms for that precious hour you were here with us. Even though you were here for such a short time, you had such an impact on us, and you changed our lives forever. Not a day goes by that we do not think of you, miss you, and wonder how it would be if you were still here. I believe with all my heart that you are in Heaven and that one day we will see you and we will hold you again. Our arms, hearts and home ache for you, our precious son.

Your big brother, Landry, misses playing with you and teaching you new things, and your little brother, Hudson will miss following in the footsteps of his two big brothers.

We love you and miss you so desperately.

Mommy, Daddy,
Big Brother Landry and Little Brother Hudson

Logan Wayne Fish
9/17/02—9/17/02, Skeletal Dysplasia
Parents: David and Brittney Fish
Big Brother: Landry
Little Brother: Hudson



Happy 1st Birthday Aiden

In my heart I can see your little face
lit up by one candle.

In my mind I can hear your giggles
as you reach for your balloons.

In my soul I can feel your wonder.

In my dreams I am there with you.

Happy birthday little one. We miss you.

Our little Tiger
Aiden Xavier Sohn
Love Mommy and Daddy
And big brother Josh

Aiden Xavier Sohn
Stillborn 10-13-02
HELLP Syndrome
Parents: Doug and Angelique Sohn
Big Brother: Joshua
Remembering baby Hope Sohn
Miscarried 5/03



Happy 6th Birthday Schuyler!

We miss you! We love you!
Daddy, Mommy,
little sisters Ashton & Alexa
and little brother on the way!

Timothy Schuyler Morren, II
September 28—December 23, 1997
SIDS
Parents: Pam and Tim Morren
Little sisters: Ashton and Alexa



Happy 4th Birthday Ashley Renee Dedear

Momma, Daddy and Laura

Love you and miss you every day.



Ashley Renee Dedear
October 29—November 1, 1999
premature due to placenta abruption
Parents: Tim and Cindy Dedear
Twin sister: Laura



Remembering Lyle



on his 1st Birthday

Lyle Donald Daggett
Stillborn September 18, 2002
Unknown cause
Parents: Brad and Lisa Daggett

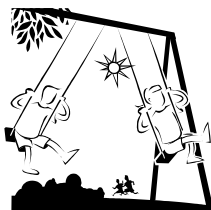


Happy Birthday, Garrett.

It is so hard to believe you would be four years old now. We miss you so very much. I know from up above you watch your little sister as she hits her milestones in life if you could only be here with us.

Have a great birthday. We all love and miss you very much.

Love,
Mom, Dad and Samantha



Garrett Anthony Mayer
October 12—December 18, 1999
Tetralogy of fallot
(congenital heart defect)
Parents: April and Anthony Mayer
Little sister: Samantha

For Cheyenne

Happy Birthday, Little Girl. You are a little cowgirl from Heaven. We wish you could be here to play with your little brothers. You are still a very special part of our life.

Love,
Mom, Dad,
Cameron and Baby Hampton soon

Cheyenne Renee Hampton
October 6, 1999 - September 19, 2000
Cause: Turner Syndrome, heart defect,
medical malpractice
Parents: Amanda and Kevin Hampton
Little brother: Cameron



For Sterling

It was supposed to be a glorious day
A baby boy my husband and I made.
But life had decided a different plan
The heart had done all that it can.
After five weeks we took you home
Wow, the next four months how much you've grown!
The glare of intense in your eyes
A smile you gave us was my surprise.
I don't know why things happen the way they do;
All I know is I still LOVE YOU!

I must move on, even though my boy is gone
He gave up such a fight; Oh, he had so much might
I must go on, Your spirit is not gone
Memories of you will never fade,
My precious boy Phil and I made
I think of you day by day, every hour, minute it's not the same
Funny how life treats us this way, I must move on.

I had so many dreams for you in store; I can't fulfill them anymore
I cried when I had to take you back to that place
Visions of the last week I just can't erase
When they rolled you back to the cold dark room, little did I know
The angels were waiting for you
Yes, I know you're better off now, how far we've come
I don't know how
We will never forget your smiling face; it left this earth
So fast without a trace
It's hard to wake up every morning cause it's you I miss
Oh, my little Sterling; life goes on but I will never forget.
Love, Mommy

Sterling Pierce Herndon
October 3, 2002—March 7, 2003
Complications from open heart surgery
Parents: Phil and Patricia Herndon



For Bryce

Happy first birthday, Son.
Counting the years until we can be together again.
Take Good Care,
Luv,
Mom & Dad



For Bryce Ross
Stillborn 10/29/2002
Unknown cause
Parents: Michael & Tammy Ross

Due to computer problems, some birthday tributes sent in by M.E.N.D. readers may not have been received. If you submitted a tribute in memory of your baby for this issue and it did not get printed, please e-mail Sharlene at sharlene@mend.org. We'll print your tribute in the November/December M.E.N.D. newsletter.

Happy 3rd Birthday Helen!!

We love and miss you!!
Love, Mommy & Daddy

Helen Sayako Kaneshiro
August 15—October 29, 2000

Congenital Pulmonary
Lymphangiectasia
and late onset of Beta Strep
Parents: Ernie & Patti Kaneshiro
Siblings: Stuart, Adam
and little sister Claire

**Precious Riley,**

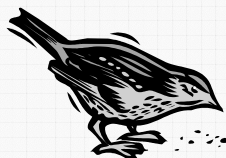
It has been two years since we've seen you and held you, yet you are such a part of our family today. your brothers talk about you often, and your mommy and daddy think of you daily. We are longing for the day when we can meet you again face to face, and then there will be no more sadness or tears...only great joy. Until then, Lord Jesus, hold our sweet boy closely and whisper to him that his family misses and loves him very much.

He will wipe every tear from their eyes.

There will be no more death or mourning or crying or pain." Rev.21:4

We love you,

Daddy, Mommy, and big brothers Reid, Tyler, and Cameron



Riley Marshall Sharpless
Stillborn September 3, 2001, placental abruption
Parents: Lisa and Ken Sharpless
Brothers: Reid, Tyler, and Cameron

Use Your Own Faith

by Sharlene Libby

“Then he said to Thomas, ‘Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.’” (John 20:27)

Many of us grew up hearing the story of “Doubting Thomas.” I remember feeling a little sorry for Thomas as I listened to his story in Sunday School class. The other disciples were known for such great things. Peter became the rock. John was “the disciple whom Jesus loved.” Thomas, on the other hand, was the doubter. In my mind, he was just one notch above Judas on the disciple totem pole.

Not too long after my son Joseph was stillborn, I learned to view Thomas through more admiring eyes. Yes, he doubted. He opened up his mouth and let everyone know that he didn’t believe what everyone wanted so desperately to believe—that Jesus was alive. The more I learned about Thomas, the more I realized that he is one of our true Bible heroes.

Doubt like Thomas experienced is a common reaction to grief or trial, and it is the result of a healthy mind at work. When Joseph died, both those factors resulted in some serious misgivings I found myself facing. I was involved in a Bible study on the book of Romans at the time, and a few theological issues touched upon by the apostle Paul in his letter really threw me. There were some questions I just couldn’t figure out. If I couldn’t understand it, maybe it wasn’t true after all. I suddenly found myself in a very scary situation. Was the Bible true? Was God even real? It seemed that everything I had believed my whole life was dissolving around me, like a scene in *The Matrix*. How could I know what was real anymore?

I had done well, or so I thought, in the eight months since Joseph had gone to heaven. Everyone said, “I wish I had your faith,” or “Your faith is a blessing to me.” I didn’t feel like a blessing. I felt like I was just keeping my head above water, going through the motions of worshipping and keeping faith alive so that nobody else around me would know the truth. It was a charade that eventually had to end. I began to realize that there were a lot of things I had never dealt with. There was still a lot of anger in me. All these doubts made me realize that I needed to change if things were going to get better. I had to approach God, whether I believed He was there or not, and admit to Him that I doubted. He was all I had left. If He was real, He could help me. If He wasn’t real, I still had nothing to lose.

I followed Thomas’ lead. Everyone around him was hoping against hope that Jesus was really alive, as the witnesses said. Thomas, however, spoke up and said what very well may have been on some of the other disciples’ minds. He admitted he didn’t believe the apostles who claimed that Jesus had risen. He could have kept his mouth shut and let everyone believe that he went along with them, but he chose instead to be honest about his doubts. He voiced those doubts, and I’m sure he struggled along with them during the next week, until he came into the presence of the living Christ. Then, his doubting turned to belief.

Like Thomas, we must be honest about our doubts. Please realize that I don’t mean you have to get into a debate with someone every time you disagree about what different scriptures mean. However, you do have to be honest with yourself, and honest with God, if doubts about Him are gnawing at you. It’s tempting to try to convince yourself that you believe all those words of comfort people try to give you when your heart is breaking inside. It’s easy to nod your head at comments like, “God has a plan” and “We just live in an imperfect world.” Even if you don’t believe them, pretending you do makes you seem stronger, puts other people at ease, and seems to be the way that you’re supposed to think when bad things happen to you.

But no one ever came to Christ on borrowed faith. Did you realize that we are never referred to as the grandchildren of God? We’re all His sons and daughters! God wants us each for His own, for our own faith in Him, not for simply pretending to agree with something we think we’re supposed to believe. We can’t ride on the coattails of someone we think has all his beliefs sorted out. We have to face our own doubts, with God’s help, and ask Him to use them to strengthen our faith, to draw us closer to Him.

Jude 22 says, “Be merciful to those who doubt.” Doubting is not a sin. It’s not something to be ashamed of. God sees His doubters through eyes of mercy, and He knows it’s a struggle. He won’t strike you down for asking Him about the things you can’t seem to believe. He wants to hear what’s on your heart.

God will answer your questions. His answer may be, “You’ll understand that when you’re here with me. For now, I’ll give you peace.” Or, He really may give you a new way of thinking about the issues that trouble you. But those answers only come when we ask Him the questions.

Thomas was honest about his doubts. When He saw Christ, his doubts melted away, and he believed. My own doubts stopped haunting me after I finally had a good heart-to-heart with God on the way to a M.E.N.D. meeting one night. I had to approach God and admit to Him that I had anger and doubts, then He began to work in me and heal my wounded heart.

If you are doubting God’s love for you today, tell Him about it. Ask God to take you into His presence and help you see how He’s working in your life. Ask Him to turn your doubts into a greater faith. He did it for me. He did it for Doubting Thomas. He can do it for you, too.

Special thanks to Dr. David Ray of Abilene, Texas, whose sermon inspired this article.

Helpful Reading ...

A Deeper Shade of Grace
by Bernadette Keaggy.
Sparrow Press, Nashville, TN, 1993.

Empty Arms: Emotional Support for Those Who Have Suffered a Miscarriage Stillbirth, or Tubal Pregnancy
by Pam Vredevelt.
Multnomah Press, Sisters, OR, 1984

Empty Cradle, Broken Heart – Surviving the Death of Your Baby
by Deborah L. David, PhD.
Fulcrum Publishing, 350 Indiana St., Golden, CO 80401, 1991

Free to Grieve
by Maureen Rank.
Bethany House Publishers
6820 Auto Club Rd.
Minneapolis, MN 55438

Grieving the Child I Never Knew: A devotional companion for comfort in the loss of your unborn or newly born child
By Kathe Winnenberg
Zondervan Publishing House

Heaven's Not a Crying Place
by Joey O'Connor.
To order, visit his website at
<http://www.joeyo.com/>
or e-mail joey@joeyo.com

I Can't Find A Heartbeat: Hope and Help for Those Who Have Lost an Unborn Child
By Melissa Sexson Hanson
Review and Herald
Publishing Association

I'll Hold You in Heaven
by Jack Haford.
Regal Books
Ventura, CA

In Search of Hope
by Susan R. Lowe
AmErica House
www.publishamerica.com

Letters to Gabriel
by Karen Garver Santorum,
wife of Senator Rick Santorum
To order, call 800-935-2222.

Loss and Grief Recovery Help Caring for Children with Disabilities, Chronic or Terminal Illness
by Joyce Ashton with Dennis Ashton.
Baywood Publishing

Morning Light – Miscarriage, Stillbirth and Early Infant Death from a Catholic Perspective
by Bernadette Zambri.
To order, call 905-278-2058 (in Canada).

The Rocking Horse Is Lonely – and Other Stories of Fathers' Grief
by James D. Nelson, Editor.
Pregnancy and Infant Loss Center,
1421 E. Wayzata Blvd., Suite 30,
Wayzata, MN 55391, 1994

Silent Grief
by Clara Hinton.
Published by New Leaf Press

A Silent Sorrow
by Ingrid Kohn.
Bantam Doubleday Dell Publishing Group, Inc.,
666 Fifth Ave., New York, NY 10103, 1992

36 Hours with an Angel
by Lindsay Roberts.
Richard and Lindsay Roberts Ministries,
P.O. Box 2187, Tulsa, OK 74171

Time Piece
by Richard Paul Evans.
Simon and Schuster, Rockefeller Center, 1230
Avenue of the Americas, New York, NY 10020,
1995-1996

When God Doesn't Make Sense
by Dr. James Dobson.
Published by Tyndale House Publishers,
Wheaton, IL, 1993

When Hello Means Goodbye
By Paul Schweibert, M.D., P., and Kirb.
Perinatal Loss, 2116 NE 18th Ave.,
Portland, OR 97212, 1986

When Pregnancy Fails: Families Coping with Miscarriage, Stillbirth and Infant Death
By Susan Borg and Judith Lasker.
Bantam Press, 1989

SIDS ...
The SIDS Survival Guide
by Joani Nelson Horchler and
Robin Rice Morris.
To order, call 301-773-9691.

Subsequent Pregnancy ...
Another Baby? Maybe ...
Thirty Questions on Pregnancy After Loss
by Sherokee Ilse and Maribeth Wildre Doerr.
Contact Centering Corporation
www.centering.org
402-553-1200

Pregnancy After a Loss – A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death
by Carol Cirulli Lanham.
Berkley Books, a Division of Penguin
Putnam, Inc., 375 Hudson St., New York,
NY. To order directly, call toll-free 1-877-
853-3595.

Still to Be Born
by Paul Schweibert, M.D.
Perinatal Loss, 2116 NE 18th Ave.,
Portland, OR 97212, 1986

Trying Again--A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss
by Ann Douglas and John R. Sussman,
M.D.
Taylor Publishing, 2000.
<http://www.having-a-baby.com/tryingagain.htm>

For Children ...
The Cherry Blossom Tree – A Grandfather Talks About Life & Death
by Jan Godfrey.
Augsburg Fortress, 426 S. Fifth St., Box
1209, Minneapolis, MN 55440, 1996

Let's Talk About Heaven
by Debby Anderson.
Chariot Books, David C. Cook
Publishing Co., Elgin, IL, 1991

Molly's Rosebush
by Janice Cohn, D.S.W.
Albert Whitman & Company, Morton
Grove, IL 1994

Mommy, Please Don't Cry – Tender Words for Broken Hearts
by Linda DeYmaz.
Multnomah Publisher, Bend, OR
Contact www.multnomahbooks.com

Someone I Love Died
by Christine Harder Tangvald.
Chariot Books, David C. Cook Publishing
Co., Elgin, IL, 1988

Holiday Grieving ...
The Christmas Box
by Richard Paul Evans.
Simon and Schuster, Rockefeller Center,
1230 Avenue of the Americas, New York,
NY 10020, 1995-1996

A December Grief
by Harold Ivan Smith
Beacon Hill Press of Kansas City
Kansas City, MO

In Loving Memory

**Katherine Elizabeth Kjolhede**

Stillborn May 10, 1999
Unknown Cause
Parents, Jim and Kristine Kjolhede
Siblings, Jared and Savannah
Given by North Richland Hills, Texas,
Police Department

Aiden Xavier Sohn

October 13, 2002
HELLP Syndrome

Baby Sohn

Miscarried May, 2003
Parents, Angelique and Doug Sohn
Big brother, Josh
Given by Tazmanian Freight Systems

Ethan Lloyd Gereke

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

Aaron Rashid Hamid

July 13 - 14, 1992
E-Coli Bacterial Infection
Given by parents, Jill and Karim Hamid
and siblings, Alan and Jasmine

Keller Jones

November 22, 1996
Given by parents,
Steve and Nellen Jones
and big brother, Sam

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!

Eliza Milagros Clegg

August 2 - August 14, 2002
Hydrops
Baby Clegg
Miscarried June 21, 2003
Given by parents, Carl and DeLite Clegg

Michael Christopher Walton

Stillborn September 1, 2002
Placental Abruption
Given by parents, Brian and Michele Walton
and brother Nathan

Michael Garabedian, Jr.

Stillborn February 2, 1998
Cord Accident/Villamentous Cord Insertion

Adam Michael Garabedian

Stillborn July 25, 2001
Parents, Mike and Cindy Garabedian
Sisters, Victoria and Elizabeth
Given by Garabedian Homes

Mercedes Ruth Spigener

Stillborn September 21, 1995
Intramembranous Insertion of Umbilical Cord
Parents, Grant and Jana Spigener
Little brothers, Wyatt, Ford, and Porter
Given by grandparents,
Barry and Sheryln Spigener
and aunt Jamie Lyn

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 grandparents,
Lyle and Marnie Mitchell

Colten Benjamin Ballmer

Stillborn May 28, 2000
Umbilical Cord Stenosis - Congenital
Parents, Jamieson & Regan Ballmer
Little brother, Logan
Given by "Nana" Kathie Menough

Alexa Morgan White

Given by Karen White

Mindy and Maggie Smith

Stillborn November 4, 1997
Twin to Twin Transfusion Syndrome
and Polyhydramnios
Given by parents, Scott and Karla Smith
and little brother, Travis

Helen Sayako Kaneshiro

August 15 - October 29, 2000
Congenital Pulmonary Lymphangiectasia
and late onset of Beta Strep
Given by parents, Ernie and Patti Kaneshiro
and siblings, Stuart, Adam and Claire

Gift of Love

Kathlyn Bell

Joseph Charles Libby

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

First Baptist Church South
in Tyler, Texas, will be the site of the
2nd Annual Remembrance Walk

October 11th, 2003, 2:00 p.m.

*To celebrate the lives of children
lost through death at any age*
contactus@childrenareagift.com
or 903-939-1597

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

www.ChildrenAreAGift.com



You are cordially invited to
Banner Desert Medical Center's
**Eleventh Annual
Walk to Remember**

*Come join us for a short walk and memorial
service to remember precious babies lost due
to miscarriage, stillbirth and/or neonatal death.*

October 18, 2003

9 AM

Mesa Community College
1833 W. Southern Avenue
Mesa, AZ 85202

*For additional information, contact Jen Burke,
480-218-0056 or burke0521@msn.com.*

Subsequent Births

**Eric and Cheryl Fritsch,
along with big brother Jerod**

of Denton, Texas,
joyfully announce the arrival of
Joley Marie,
May 19, 2003.
She weighed 6 lb., 12 oz.,
and was 18 1/2 inches long.
The Fritsch family lovingly remembers
Jacob Andrew,
stillborn March 21, 2002,
due to a knot in his umbilical cord.

**Leighton and Lisa Durham,
along with big brother Leighton, IV,**

of Dallas, Texas,
proudly announce the arrival of
Olivia Carolyn,
born June 18, 2003.
She weighed 6 lb., 15 oz.,
and was 20 inches long.
The Durham's lovingly remember
Faith Elizabeth,
stillborn September 25, 1999,
Triploidy.

**Bryan and Lynn Poston,
along with big sister Megan**

of Hurst, Texas,
announce the birth of
Lauren Michelle,
May 19, 2003.
The Postons remember with love
Baby Poston,
miscarried on July 11, 2002.



**Chuck and Katie Connolly,
along with big brother Trenton**

of Frisco, Texas,
joyfully announce the arrival of their triplets
August 7, 2003:
Brooke Katherine
weighed 5 lb., 7 oz.;
Sarah Anne
weighed 4 lb., 7 oz.;
and Paige Lauren
weighed 5 lb., 3 oz.
The Connollys lovingly remember
Angel,
stillborn November 11, 1999,
due to complications of Downs Syndrome.

Jamieson & Regan Ballmer

of Dallas, Texas,
joyfully announce the birth of
Logan Tanner,
July 21, 2003,
8 lb., 20 oz., 20 3/4 inches long.
The Ballmer family lovingly remembers
Colten Benjamin,
stillborn May 28, 2000,
Umbilical Cord Stenosis – Congenital.

**Richard and Jeanette Wayne,
along with big sisters
Emmaline and Chloe**

of Cashiers, North Carolina,
proudly announce the arrival of
Benjamin Richard,
June 25, 2003.
He weighed 8 pounds.
The Wayne family lovingly remembers
their three babies in Heaven:
Olivia Grace,
stillborn June 25, 2003;
Jesse,
miscarried April 20, 1996;
and Angel
miscarried July 22, 1998.

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.

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.

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*,
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

M.E.N.D. Playgroup Schedule

DaLana Barsanti is the new coordinator for our playgroup
for families with children born before or after a loss.

For more information, contact DaLana at (817) 589-0588 or fivekids@mail.ev1.net.

October 1, 11:30 a.m.—The Pumpkin Patch in Flower Mound

Bring sack lunch for a picnic.

For more info visit www.flowermoundpumpkinpatch.com.

November 5, 9:30 a.m.—Krispy Kreme Doughnuts in Grapevine

Watch doughnuts being made and then eat some!

December 3, 11:30 a.m.—Christmas Luncheon at the King home

Bring covered dish and something for your child.

Please RSVP 817-589-0588.

"I had been warned—I had warned myself—not to reckon on worldly happiness. We were even promised sufferings. They were part of the programme. We were even told 'Blessed are they that mourn,' and I accepted it. I've got nothing that I hadn't bargained for. Of course it is different when the thing happens to oneself, not to others, and in reality, not in imagination ..."

C.S. Lewis
A Grief Observed

Organizations and Internet Support

Pregnancy Loss & Grief Support

Angel Babies – Forever Loved

<http://www.welcome.to/Angels4ever.com>

Antiphospholipid Syndrome

<http://hometown.aol.com/AmAmail/Anti.html>

Bereaved Families of Ontario

<http://www.inforamp.net/~bfo/>

CHERUBS-The Association of

Congenital Diaphragmatic Hernia

Research, Advocacy, and Support

e-mail: cherubs@gloryroad.net

www.cherubs-cdh.org

P.O. Box 1150

Creedmoor, NC 27522

919-693-8158

Children and Grief

<http://www.bcm.tmc.edu/civitas/>

Footprints Ministry

13611 Merton Woods Ln.,

Charlotte, NC 28273-9008

GriefNet

<http://rivendell.org/index.html>

H.A.N.D.

(Houston's Aid in Neonatal Death)

<http://www.hern.org/~hand/>

Helping After Neonatal Death

Post Office Box 341

Los Gatos, California 95031-0341

www.handonline.org

info@handonline.org

(408) 995-6102

(888) 908-HAND

Support meetings in the California counties of

Alameda, Contra Costa, Santa Clara,

and parts of the Central Valley - call for info.

Hygeia

<http://www.hygeia.org>

Infanlos

e-mail: majordomo@taex001.tamu.edu

Type "Subscribe Infanlos"

Visit the Infanlos Family Website and

www.geocities.com/infanloss

M.E.N.D.

(Mommies Enduring Neonatal Death)

P.O. Box 1007

Coppell, TX 75019

972-459-2396/ 1-888-M.E.N.D.

<http://www.mend.org>

Mending Broken Hearts

www.libbys.org/mbh/mbh.htm

MIDS

Miscarriage, Infant Death & Stillbirth

16 Crescent Dr.

Parsippany, NJ 07054

e-mail: MIDS@nac.net

M.I.S.S.

Mothers in Sympathy and Support

Joanne Cacciatore (voice) 602-979-1000

(fax) 602-979-1001

Julie White (voice) 602-584-0805

<http://www.misschildren.org>

Morning Light Ministries

c/o St. Mary Star of the Sea Church

11 Peter Street South

Mississauga, Ont. L5H 2G1

905-278-2058

<http://members.rogers.com/morninglightministry>

morninglightministry@rogers.com

24 hour voice mailbox telephone: 416-969-0545

For bereaved Catholic parents who have experienced the death of their baby through ectopic pregnancy, miscarriage, stillbirth or early infant death, including up to one year old.

Nathaniel's Friends

P.O. Box 2372

Frazier Park, CA 93225

<http://NathanielsFriends.com>

bayonne@bigvalley.net

National Stillbirth Society

www.stillnomore.org

stillnomore@cox.net

To access chat room forum, visit

www.missingangel.org and click on

"Stillbirth Chat Room" in the left frame.

Precious Children Remembered

P.O.Box 534

Huron, OH 44839

<http://www.accnorwalk.com/~mom2nich/>

PCR – Chat Room

Monday 10 p.m. Eastern

Contact Shanna at Ladyinno@aol.com or

HostiVHShanna@aol.com for info.

Pregnancy Loss Newsgroup

<http://web.co.nz/~katef/sspl/>

S.A.N.D.S.

<http://www.sandswa.org.au>

<http://www.sandsvic.org/au/>

SHARE

St. Joseph Health Center

300 First Capitol Dr.

St. Charles, MO 63301-2893

314-947-6164

S.O.F.T. (Support Organization for

Trisomy 18, 13 & Related Disorders)

c/o Barb Van Herreweghe

2982 S. Union St.

Rochester, NY 14624

716-594-4621

800-716-SOFT (7638)

e-mail: barbsoft@aol.com

<http://www.trisomy.org/>

SPALS (Subsequent Pregnancy Afer Loss)

<http://www.inforamp.net/bfo/spals/>

Tom Golden's Crisis, Grief & Healing

<http://www.webhealing.com/>

Trauma and Birth Stress

www.tabs.org.nz

UNITE, Inc. (Perinatal grief support)

7600 Central Avenue

Philadelphia, PA 19111-2499

215-728-3777

Zoom

<http://www.premier.net/~zoom/>

Multiple Loss

CLIMB (Center for Loss in Multiple Birth)

e-mail: climb@pobox.alaska.net

www.climb-support.org

Limbo-L List,

Loss in Multiple Birth Outreach

For parents who have lost one or more children in a multiple birth situation.

Contact Terry Callaghan at

Terry45@hotmail.com

<http://www.geocities.com/Heartland/Lake/5142>

The Twin to Twin Transfusion Syndrome

Foundation

411 Longbeach Parkway

Bay Village, OH 44140 440-899-8887

<http://www.tttfoundation.org>

Twinless Twins

11220 St. Joe Rd.

Ft. Wayne, IN 46835-9737

219-627-5414

Infertility

Hannah's Prayer

Providing Christian Support for Fertility

Challenges. Online newsletter available.

P.O. Box 168, Hanford, CA 93232-0168

775-852-9202, <http://www.hannah.org/>

INCIID

<http://www.inciid.org/>

Infertility

<http://www.fertilethoughts.net>

Journey to Jordan

A ministry for families dealing with infertility and adoption. Publishes a newsletter for a small fee.

4511 E. Gatewood Rd.

Phoenix, AZ 85024-6938

Reproductive Medicine Program

<http://repro-med.net>

Resolve

<http://www.resolve.org/>

Stepping Stones

Offers Christian hope, encouragement, and support to infertile couples. Publishes a bi-monthly newsletter.

c/o Bethany Christian Services

901 Eastern Avenue NE

P.O. Box 294

Grand Rapids, MI 49501-0294

<http://www.bethany.org/step/>

SIDS

SIDS Network

P.O. Box 270, Ledyard, CT 06339

800-560-1454

<http://sids-network.org>

e-mail: sidsnet@sids-network.org

Cot Life Society

<http://www.geocities.com/Heartland/Trail/5955>

North Texas SIDS Alliance

1401 Airport Freeway, Suite 118

Bedford, Texas 76021

metro (817)267-7955

toll free in Texas only (800)650-SIDS

<http://www.northtexasids.org>

e-mail: info@northtexasids.org

First Candle/SIDS Alliance

1314 Bedford Ave Suite 210

Baltimore, MD 21208

(800) 221-7437

www.firstcandle.org

Continuing a Pregnancy

Afer Adverse Prenatal Diagnosis

Abiding Hearts

P.O. Box 5245

Bozeman, MT 59717

e-mail: hearts@imt.net

Anencephaly Support Foundation

<http://www.asfhelp.com/>

Abundance of the Heart

c/o Mark & Tonya Bayonne

P.O. Box 2372

Frazier Park, CA 93225

<http://www.abundanceoftheheart.org/>

Spanish

Fundacion Esperanza

www.geocities.com/Heartland/Bluffs/7102/

e-mail: carlarh@ivillage.com



Precious Premies-Tiny Toes presents its 1st Annual Chinese Auction



Saturday, September 20, 2003, South Fork Ranch
7:00 p.m. Dinner & Auction
\$40 per person, \$300 Table Sponsors of 8

*Auction benefits both the March of Dimes and Precious Premies-Tiny Toes
Bidding ranges from \$.25 to \$1.00, but the prizes will exceed that value over 100 times.*

Auction Items and Sponsors Needed!
Contact Melissa Brock @ 972-683-8864

*Precious Premies-Tiny Toes is a nonprofit group based in Texas which provides clothing and other essential items to premature and sick infants in four Metroplex hospitals as well as assisting numerous individuals and donating items to one funeral home.
For more information visit <http://pages.ivillage.com/ivmissyd/index.html>.*

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.

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, 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.

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 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 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.luvusborne.com, and you can e-mail Diana at rmcinelly@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.onceuponafamily.net, and Amy can be reached at 214-725-6116 or texasgills@hotmail.com

Shannon Outen, a M.E.N.D. member and co-owner of **Paper Patch**, represents several lines of business stationary, specializing in customized holiday/Christmas cards at a discounted price. Shannon will donate 10 percent of her profits to M.E.N.D. from each Christmas card order. Contact Shannon at (817) 557-4733 or email outencs@aol.com to receive a current catalogue.

Christine Oxendine is now a representative of **Avon**. She has offered to give to M.E.N.D. 10 percent of any orders placed by M.E.N.D. members. To receive a catalogue, contact Christine at 940-381-6617 home or 682-365-7448 cell or e-mail bearpals@charter.net.

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

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

Donations make the printing and distribution of this newsletter possible.

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

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

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

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

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