



Grieving Alone

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Grieving the loss of my two babies is clearly the most painful heartache I have ever experienced. Although men and women certainly grieve differently, I will forever be grateful that my husband and I mourned our losses together. How tragic for couples to not share their sadness with one another! I've said many times that parents made the baby together, they lost the baby together so they need to grieve the baby together. However, unfortunately many times this is not the case and moms find themselves grieving alone.

Circumstances vary as to why women feel isolated in their sorrow. The mom may have been single at the time of her loss, has subsequently divorced, or may still be married to the father but he does not show his grief or support his wife in hers. In addition to non-spousal support, oftentimes extended family grows weary with the mom's bereavement, and the nurturing is short-lived, if it ever existed at all. Therefore, the hurting mom tends to close herself up in a shell of reclusive loneliness, suffering deep mental anguish.

Over the years of directing M.E.N.D., numerous ladies have contacted me, desperate for help because they feel as if they have no one with whom to share their grief. Not only do women call or e-mail me shortly after their loss, they reach out for comfort years following their baby's death as well. Holidays, birthdays, and anniversaries are extremely difficult days to get through even with a large support system, but going through them alone is unbearable. Not long ago a lady called me explaining that she was recently divorced and had just memorialized her baby's anniversary in Heaven – by herself. She said at least when they were married, despite their marital trouble, they still recognized the day together. But now she does it alone.

Situations such as these are what inspired me to start M.E.N.D. Despite the support I had from my

family and close friends following the loss of Jonathan, I still felt alone in my grief, simply because no one I knew had suffered a similar loss and therefore could not truly relate to my feelings and emotions. I realized there had to be women who were dying in their grief. Not only did they not have anyone to talk to who had lost a baby, but no one around them would talk to them about it at all. I wanted to provide a venue in which we could pour out our hearts and find others who had suffered a loss so we could grieve and heal together. Never did I dream I would start a support group some day that would become a lifesaver not only for me, but also for countless women around the world. The support groups we host in the Dallas/Fort Worth metroplex, this newsletter, and especially our Web site (which has a guestbook that allows people to communicate with one another) are invaluable.

Regardless of the lack of support you may receive from home, I urge you to find someone with whom you can share your feelings. Seek a support group in your area. Call every hospital near you and ask someone in labor and delivery (not the volunteer who answers the hospital's phone) if they either host a pregnancy and infant loss support group or if they know of one close by. If they do not know of one, ask them or your doctor if they could connect you with another patient who has experienced a loss. Who knows...you may be the charter group! The guestbook on our Web site is another wonderful tool that will enable you to correspond with fellow bereaved moms. Simply browse the posts of others then respond to the ones that are of interest to you. I also encourage you to post a message yourself, and I'm certain others will write you back. Professional counseling is another option. I recommend seeing someone only if they specialize in grief counseling and have personally experienced a loss so that they can relate to you more than just professionally.

I know that no group or person can replace the comfort of a spouse or family member, but please don't grieve alone. There are multitudes of people and organizations that exist and are waiting for your call. No group is perfect and no one person can take all your pain away, but we can be here for each other and listen with an empathetic ear. I pray that the Lord will send people your way who can be a friend to you during this lonely season of your life.

Rebekah Mitchell



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Coping As a Single Parent

by Mary Kate Gach

Mother of Stephanie, victim of a serial killer on October 9, 1992, when she was 21 years old
Birmingham, Alabama

I live in the same city as the Rev. John Claypool, who lost his daughter and wrote about it in a classic entitled *Tracks of a Fellow Struggler*. He told me once that I am the “most alone” person he has ever met. He was referring to the fact that I was divorced when Stephanie died, as I still am, and completely out of communication with her father, as I still am, plus the fact that I have no siblings or other children. Up until last year, when I lost both of them, I had my parents—my father in his nineties and my mother in her eighties—who were frail and not able to do much more than be there. Now that I have lost both of them, I realize that “being there,” along with prayer, is about all anyone, whether spouse, friend, stranger, or relative, can really do. It is a simple and basic thing, and yet having a loving person “be there” truly is the most, the best, and a very necessary lifeline for the bereaved one.

I am only now sitting back and looking at all my losses—with nothing left to lose but freedom—as the song goes. It’s not true, we know that—in the fact of unbelievable tragedies and losses, we still want to hear the bird’s song and to smell the fresh breeze. One of God’s gifts to us is our will to survive.

How have I survived alone? I am not able to answer with certainty, but I suspect that I have done it in the same ways that other bereaved parents have managed it. We do what we have to do, and we all know that is neither simple nor easy. As far as being single bereaved parents, the down side is obvious. There is no one in the middle of the night to offer soothing words or comforting touches, to silently hold me during those dreadful shuddering moments when I feel I will suffocate from hopelessness and pain of remembering. No one is around for joint decision-making. You don’t call friends for any of this. That would be pushing the boundaries of friendship and we, or I, need to hang onto the friends I have left. The upside—an odd phrase given what we all know about losing a child (that the worst imaginable event in life has occurred and that there is now inside of one a never-ending ache)—is that I grieve alone and with absolute abandon, without concern that my moaning, screaming, or withdrawal will upset my spouse. I do not have to force myself to be on guard with words or actions. I am not on a different grieving track from my spouse, therefore I am not dealing with resentment or misunderstanding from another or having to feel guilty for my own grieving state or for not comforting him. When decisions are necessary there are no differences or friction. The only tension, anger, or moodiness is with myself.

For four and a half years after Stephanie’s death I was in continuous grief counseling. I was tremendously lucky to be with Linda, whose work was concentrated in the area of homicide victim assistance. She went with me to every hearing, or else went in my place, and sat with my hand in hers throughout the trial. I needed one-on-one counseling on a twice-weekly basis for about a year, then weekly basis, and at the end of counseling I was seeing her once a month. I honestly believe I could not have made it without her help. The sense of knowing that I would only have to make it for a few days alone before I could once again talk it out and cry it out with this trained person spelled survival during those early days, weeks, months, and years. I can never give back what she gave, but I can try to pass on some of what I learned from her, at the same time remembering that what is necessary for survival is different for each one of us.

Following a session I would often stick on my refrigerator meaningful lines or phrases generated in the sessions. The longest-lasting piece, written in longhand by me on a yellow legal paper in 1993, is still there in the left-hand corner, magnetized to my new refrigerator as it was on the old one I owned when she was killed. “It happened. You cannot change it. It’s over.” It is vital that I be reminded of these thoughts each day because my mind goes back there to her last moments, her last thoughts, her last feelings and I cannot bear it until I remember that it is over and she is not still experiencing terror and torment. As Linda reminded me so often, we have to go back and do whatever has helped us in the past when we find ourselves slipping back into the darkness.

Recently I paid a visit to the same monastery where I spent the first two Christmases following my loss. I thought I had moved on to a different place in my grief journey, but I found myself in need of something this year. After searching within, I realized what I needed was a trip back there. It turned out to be the right thing. I might not go again or, on the other hand, I might find the need reappearing. This situation about the monastery ties in with another truth Linda stated a lot—that is, listen to yourself, pay attention to how something feels and trust yourself and your instincts. I have found that this works for me about all of the time. If it doesn’t feel right I avoid it, if possible.

A laundry list of what helps me looks something like this:

♥ *Music*—A soothing balm from God.

♥ *Exercise*—I was running when she died (she was very proud that I had taken it up in my fifties), and something inside me said that I must keep on, that I would not survive if I quit running. I found that when I ran I felt just a bit “lighter,” the only time I had any reprieve from the massive weight of grief I carried. Now I walk more than run and use weights for strengthening, but the psychology of it has not changed.

♥ *Friends*—Four or five have hung in with me, and we all know about the other who fell by the wayside because they could not handle our grief.

♥ *Helping Others*—I do this from the sidelines instead of one-to-one.

♥ *Taking Care of Myself Emotionally*—These kinds of strokes remind me that I care about me. It is essential, because my child, my parents and others wish that I have some surcease from sorrow—even, if possibly, some joy.

♥ *Gift to Myself*—I gave myself a sapphire ring, Stephanie’s birthstone, on Mother’s Day and Italian boots for Christmas.

♥ *Say No*—Whenever events and situations are not good for me or exactly what I want.

♥ *God*—He is last because He is above all and everything, even in those times when I have felt that I was hanging on by a fragile thread. He was there, is there, and will not leave. And He grieves with me. ☼

God, Thou Art Love

If I forget,

Yet God remembers! If these hands of mine
Cease from their clinging, yet the hands divine

Hold me so firmly that I cannot fall;
And if sometimes I am too tired to call

For Him to help me, then He reads the prayer
Unspoken in my heart, and lifts my care.

I dare not fear, since certainly I know

That I am in God's keeping, shielded so
From all that else would harm, and in the hour
Of stern temptation strengthened by His power;

I tread no path in life to Him unknown;

I lift no burden, bear no pain, alone.

My soul a calm, sure hiding place has found:

The everlasting arms my life surround.

God, Thou art love! I build my faith on that.

I know Thee who has kept my path, and made
Light for me in the darkness, tempering sorrow
So that it reached me like a solemn joy;

It were too strange that I should doubt Thy love.

~Robert Browning

November/December Topic

Getting Through the Holidays
Deadline—September 30, 2004

January/February Topic

Grief Can't Be Rushed
Deadline – November 31, 2004

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
is currently not meeting, though
another group will begin if there is
enough interest.

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



*Alexa Morgan White
Born Still on July 21, 2002*

Our beautiful daughter Alexa, this was to be your second birthday. How we wish you were here to blow out your candles and play with your birthday balloons with your cousins. Mommy and Daddy know that the angels in heaven are having quite a celebration for one of their most special angels.

Every day we long to hold you, to hear your baby laugh or even a cry, but we never heard your voice or saw the color of your eyes. I think that they were blue like your dad's. You are and always will be daddy's little girl. Mommy knows that you are around every time she sees or hears your name and smiles. How we miss you so.

Alexa, we will be together again. Until then you are our heart's missing link. Happy second birthday sweetheart.

With all our love,
Mommy and Daddy

*Alexa Morgan White, born asleep July 21, 2002, cause unknown.
Parents: Karen and Dan White*

Happy 1st Birthday to Our Precious Angel **JuanPablo Garza Jr.** (Baby J)

It has been one year since God made you one of his personal angels in heaven. We think about you every day and celebrate the memory we hold in our hearts. Today, on your birthday, we rejoice with all the angels in heaven and celebrate the day you became our angel.



Love,
Mommy, Daddy, and Sister

*JuanPablo Garza Jr., September 27, 2003, placental abruption
Parents: JP and Cindy Garza
Sibling: Sophia Raquel Garza*

Happy 3rd Birthday My Little Dove!

Maria,

Mother's day is bittersweet for us since this is your birthday. This year we had an addition to our family...making you a big sister too! Thank you for enriching our lives, feeling your constant presence and always being our guardian angel. Muchos besos mi niña...

We miss you!

SHMILY – See How Much I Love You!

Mommy, Daddy, Big Sister Dalila and little brother Aiden



*Maria Kettrey
May 10, 2001*

*Complications from Amniocentesis
Parents: Claudia and Billy Kettrey
Siblings: Dalila and Aiden*

Happy 5th B-day Garrett

To our son

I never thought the time would fly by as fast as it has. You would be starting pre-school this year with so many of your friends. Yet, many of the friends you now have up in heaven with you, we have met their moms and dads through M.E.N.D.



I think of the family stuff we do from day to day and how you would fit right in with what we are doing. I just wish I could see you grow up with your little sister, see you going on hunting and fishing trips with your dad.

Have a great birthday. We love you very much.

Mom, Dad, and Samantha

*Garrett Anthony Mayer, 10/12/99 - 12/18/99
Tetralogy of fallot
Parents: April and Tony Mayer
Little Sister: Samantha*



Happy First Birthday
Jordan Clairell



We love you and miss you every day. You touched so many hearts, you will never be forgotten.

Love, Mom, Dad and Bailie



*Jordan Claire James
September 29, 2003 - October 15, 2003
Complications from Hypoplastic
Left Heart Syndrome (HLHS)
Parents: John and Julie James
Big Sister: Bailie Rae James*

In loving memory of our 1st Angel

Lost due to miscarriage in September 1994...You are forever in my heart and mind. I know you are playing in Heaven with your other little angel siblings watching over us

Love,
Mommy, Daddy, and Hunter

*Baby Wynne I
Miscarried September 1994
Anticardiolipin Antibodies
Parents: Richard and Nikki Wynne
Brother: Hunter*



*Siblings in Heaven: Baby Wynne II (5/98), Baby
Wynne IV (7/02),
Anticardiolipin Antibodies Miscarriages
Baby Wynne III (1/99), Ectopic Pregnancy*

Precious David,

Your death – our deepest sorrow
Your life – our greatest joy;
Is it possible? You would be one
Today, my precious boy.



We'd probably be bringing out the cake;
It's after noon.
I'd bounce you on my lap.
We'd sing "Happy Birthday to you."

... 3:55 ... The time has come
When we saw you face to face.
But you did not look back, my son.
You had entered heaven's gates.

And now I ache to hold you
And whisper in your ear,
"I love you, David, my darling son.
Happy first birthday, my dear."

What fun we would be having!
You'd have us laughing with your charm.
And yet I cannot hold you,
For Jesus has you in His arms.

And though we mourn your death, my boy,
We celebrate your life,
While longing for that glorious day
When all shall be made right.

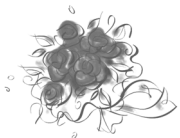
On that day, we'll meet again.
How happy we will be!
Though we'll have lost a lifetime,
We'll have gained eternity.

Love,
Mommy and Daddy

David Atkins Stephens
Stillborn October 23, 2003
Complications from omphalocele
Parents: Rob and Melissa Stephens

Happy 5th Birthday, Ashley!

~~Remembering Ashley today. Loving and Missing her forever.~~



Ashley Renee Dedear
October 29—November 11, 1999
Placental Abruption
Parents: Tim and Cindy Dedear
Twin sister: Laura Elizabeth

Remembering Grayson

Sorry I didn't get to stay.
To laugh and run and play.
To be there by your side.
I'm sorry that I had to die.

God sent me down to be with you,
To make your loving hearts anew.
To help you look up and see
Both God and little me.

Mommy and Daddy, I wish I could stay.
Just like I heard you pray.
But, all the angels did cry
When you told little me goodbye.

God didn't take me cause he's mad,
He didn't send me to make you sad.
But to give us both a chance to be
A love so precious ... don't you see?


Up here no trouble do I see
And the pretty angels sing to me.
The streets of gold are where I play
You'll come here too,

Mommy and Daddy, someday.

Until the day you join me here
I'll love you Mommy and Daddy, dear.
Each breeze you feel and see,
Brings love and a kiss from me.

written by Sandy Eakle
submitted by Grayson's mom,
Regina Sturgeon

Grayson Sturgeon, October 16, 2003, Auto Accident
Parents: Clint and Regina Sturgeon
Big Sister: Hannah Sturgeon

 Dear Baby Brother,
You are in Heaven
with Jesus. I miss
you very much. When I get
to heaven we can play to-
gether. I saw your picture
and think you are very
cute. I love you. I hope
you have a happy first
birthday!

Love ,
Your big sister
Hannah
age 4

We love you, Grayson.
Some people would say after
the auto accident, "At least it
was someone you didn't already
have."
Well we did have you! We
loved you for six and a half
months, and the one hour we
had to hold you changed our lives
forever.
Love,
Pa Pa and
Grandma Sturgeon

Happy 7th Birthday, Schuyler!

It doesn't seem like it has been that long. You are still a big part of our everyday lives. Your little sisters are always talking about you as if you were here with us. Your new little brother has been such a blessing. He has brought back so many wonderful memories of you.



We love you,
Daddy, Mommy,
Ashton, Alexa and Benjamin

Timothy "Schuyler" II
September 28—December 23, 1997
SIDS
Parents: Pam and Tim Morren
Siblings: Ashton, Alexa, and Benjamin



HAPPY BIRTHDAY, AUSTIN JEREMIAH

*Hello Baby Austin. It has been seven years since we saw your handsome little chubby face, your round head, your ten fingers and ten toes that were so perfectly formed in every way. Even on the top of your little hands, I even saw the dimples on your chubby knuckles. I still wonder how and why did such a tragic thing happen to my baby. Austin, I still think about that day I just casually walked into the doctor's office for my final appointment...telling everyone there that I would be induced for labor the next day. Little did I know that Dr. Carlos would tell me, "Dana, I hear **NO** heartbeat." I thought to myself, This can not be happening to me, I just was in the office a week ago and I heard your heartbeat. I thought again, crying madly, I'm supposed to have a live and healthy baby boy to bring home to my family this week. Austin, this was the saddest day of my life. As time goes by I now know that God thought differently about your life. He wanted you to be there with him in heaven. Austin, you know that Ashley, Arren, Daddy and I talk or speak your name daily. You are a big part of our family, our only son and brother. We will never tuck you away in a drawer or a closet to never have you mentioned again. We will see you again one day—this is my promise to you—and I will then hold you again as I held you that Tuesday morning, September 16th.*

With all our love, your family: Tracy, Dana, Ashley & Arren Davis

Austin Jeremiah Davis

September 16, 1997

Stillbirth @ 38 weeks – cause unknown

Parents: Tracy & Dana Davis

Siblings: Ashley & Arren



Dear Aiden,

I can't believe it has been two years since we held you. We miss you so very much. I hope you have a fun birthday- mommy and daddy wish we were there to see you blow out your candles. Know that we love you. Happy Birthday little one.

Love,
Mommy and Daddy



Aiden Xavier Sohn

Stillborn 10-13-02

HELLP Syndrome

Parents: Doug and Angelique Sohn

Big Brother: Joshua

And remembering our angels

Miscarried 5/03 & 10/03

Happy 2nd Birthday to Our Littlest Angel, Laiken Riley Madison Kale

In my mind I can see what you would now look like
At two years old

Blonde hair, big brown eyes, and long eyelashes
Like your brothers

Wearing pink with bare wiggly toes

Dancing and twirling in the cool grass

Smiling up at me and melting my heart all over again

I wish my heart could feel what my mind sees

Instead of the awful pain and emptiness of
Losing you.

We love you and miss you so very much, Princess.

Love, Mommy, Daddy, big sister Arianna, big brother
Jarod, and baby brother Gavin

Laiken Riley Madison Kale

September 15, 2002

10:17a.m.-11:47a.m.

Complications from HELLP Syndrome

Parents: Alysha and Rick Kale

Siblings: Arianna, Jaron, and Gavin



Honoring **Logan Wayne Fish**
on his second birthday in Heaven.



Happy Birthday sweet boy!!!! In some ways, it seems like it was just yesterday you were here with us, but in other ways, it seems like such a long time ago. We miss you so. You have a new little brother here on Earth and I know you chose him just for us; you would have been such a great big brother and a great little brother, too!!!! Both boys would have taken such good care of you, if you had only stayed, but Jesus had other plans for you. He needed you there. I don't know why, but I do know that I will see you again one day. Please wait patiently for the rest of us and I hope you have a glorious birthday on the streets of Heaven. We miss you each and every day and you will never be forgotten.

Mommy, Daddy, big brother Landry and little brother Hudson

Logan Wayne Fish

September 17, 2002—September 17, 2002.

Skeletal Dysplasia (Thanatophoric Dwarfism)

Parents: David and Brittney Fish

Siblings: Landry, 3 and Hudson, 1

Parents' Lament

Our dear and precious child, what words can we
Bestow that sum a lifetime ne'er to share?
Through hurt and loss which nothing can compare,
We mourn the memories that ne'er shall be.

For months we lived a love that swelled our hearts
Beyond their leveed banks. We dreamed, planned, hoped,
And prayed that your delivery would start
A union Christ, Himself, would envelop.

Now, lace-adorned clothes, silent cribs and toys,
And infant death's cold hand revoke our joy.
Cherished child, we are grateful God joined us
This fleeting moment; our love harboured will
Ne'er fade. Serve Christ with radiance 'til
We join you in God's heavenly chorus.

*Written by Angela's father, Corey A. Boltz
October 26, 2001*

*In memory of Angela Mercy Boltz,
Stillborn October 21, 2001,
Unknown cause*

*Parents: Corey and Dawn Boltz
Older siblings: Andrew and Abbie*

"At my first defense, no one came to my support, but everyone deserted me. May it not be held against them. But the Lord stood at my side and gave me strength..."

2 Timothy 4:16-17

"You don't live in a world all alone. Your brothers are here too."

Albert Schweitzer

Will there really be a "Morning"?

Is there such a thing as "Day"?

Could I see it from the mountains

If I were as tall as they?

Has it feet like Water lilies?

Has it feathers like a Bird?

Is it brought from famous countries

Of which I have never heard?

Oh some Scholar! Oh some Sailor!

Oh some Wise Men from the skies!

Please to tell a little Pilgrim

Where the place called "Morning" lies!

Emily Dickinson



M.E.N.D.'s

Walk to Remember

October 2, 2004, 2:00 p.m.

This year's Walk to Remember will be held at a new location:

Calvary Church (Formerly Calvary Temple)

4401 North Highway 161 Irving, TX 75038

(Hwy. 161 & Walnut Hill)

For more information or to RSVP, contact Rebekah Mitchell

(972) 459-2396 or Rebekah@mend.org

Tom Thumb Community Bucks

Help M.E.N.D. by collecting Tom Thumb Community Bucks this fall. For every \$50 you spend on groceries, Tom Thumb will give you a community buck that is printed at the time of check-out and handed to you with your receipt and in-store coupons. At the end of the program mail all your bucks to M.E.N.D. We will then turn them in to the corporate office and will receive a gift card that will help us purchase refreshments for our annual Christmas Ceremony. Thanks for your help!

ARIZONA **Support Groups**

♥ *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
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
(815)971-5186 Lori Forelich
(815) 971-3737 (press number 3 for general information)

INDIANA

♥ *Healing Hearts*
219 S. Logan St., South Bend, IN 46615
(574) 282-5276
www.healing-hearts-of-indiana.com

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, Woburn, MA, 781-273-2624
Contact Rindy Heubner, DHeub1028@aol.com

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) 601-0563
www.missfoundation.org
Kathy@missfoundation.org, Contact: Kathy Evans

♥ *MIDS (Miscarriage, Infant Death & Stillbirth Support Group, Inc.)* Contact: Janet Tischler
180 Jillian Blvd., Parsippany, NJ 07054-1605
(973) 884-0061, mids1982@yahoo.com
www.midsinc.org

NEW YORK

♥ *GAPS (Guardian Angel Perinatal Support Group) A SHARE 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.

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 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 1

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, Class C. Call 214-345-2613
Contact: Brooke Arnold, brookearnold@texashealth.org

♥ Bereavement Services/RTS

Methodist Charlton Medical Center
3500 W. Wheatland, Dallas, TX 75237
Meets the 3rd Wednesday of every month at 7:30 p.m.
For info on meeting place call (214) 947-7127

♥ 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 UMC, 201 S. Locust, Denton, TX
Cole Chapel Lounge

♥ TAPS (Tiny Angel Parents Share)

North Hills Hospital, Grapevine Hwy & Hwy 820
Meets 2nd Thursday, 7:00 p.m.
Contact: Lorin Koemel: (817) 595-0833
E-mail koemel@hotmail.com

♥ SHARE Of The Mid-Cities—Home of the original

© *Christmas Box Angel*
Harris Methodist HEB Hospital, Bedford, TX
Beverly A. Wallach, RN, CBE, Coordinator
1st Thursday of every month at 7:00 p.m.
phone: 972-601-1676, fax: 866-307-4163
share_rts@yahoo.com

♥ Angels Away

c/o CHRISTUS Santa Rosa Health Care
Chaplain/Facilitator Peggy Huber
333 N. Santa Rosa Street, San Antonio, TX 78207
Meetings are 3rd Thurs., 7 p.m.

♥ Alliance for Infant Survival, Inc.

4351 Booth Calloway, Ste. 310
North Richland Hills, Texas 76180
(817)589-2124, Fax (817) 590-0060
Toll Free 1 (800) 650-7437
www.infantsurvival.org
e-mail info@infantsurvival.org
Executive Director, Sandi Wiggins
Development/Public Affairs, Juliet Holden
Meet 1st Thursday of the month at 7:00 p.m.
♥ *The Pregnancy Loss Support Group of Austin*
South Austin Hospital, 901 Ben White Blvd.
Austin, TX 78704, (512) 282-4123
Meets 1st Sunday at 2:00 in hospital auditorium
Contact: Pat Ebilsizer

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,
ahprnmssed@yahoo.com
♥ *The Perinatal Loss Support Group at Harbourview*
(Located at Women's Imaging Ctr. Reception Area)
Harbour View Dr., Suffolk, VA 23435
(757) 673-5800, Contact: Terry Zawacki
(757) 398-4832 or Gayle Deas: (757) 398-4857
Held on the 3rd Thursday of every month

♥ MISS—Perinatal and Infant Loss

St. Matthew's Episcopal Church
Forest and Patterson Ave., Richmond, VA
3rd Monday, 7-8:30 p.m., parlor
Contact Twyla Powell, twyla@missfoundation.org

WISCONSIN*♥ Resolve Through Sharing*

St. Michael Hospital, 2400 W. Villard
Milwaukee, WI 53209—Meets 7p 1st Wednesday
www.coperesources.net/iri/fox0ilygq.htm
(414) 527-8164—Ask for Resolve Through Sharing
(414) 527-8350—Support group info

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 Ministry*

St. Mary Star of the Sea Church
11 Peter St. South
Mississauga, Ontario L5H-2G1
(416) 969-0545

morninglightministry@rogers.com

♥ Perinatal Bereavement Services Ontario

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

Subsequent Births

**Elizabeth and Victor Meza,
along with big sister Abigail**

of Dallas, Texas,
joyfully announce the arrival of
Victor Hugo Meza, Jr.,
May 11, 2004.

He weighed 8 lb., 10 oz.,
and was 20 ¼ inches long.

The Mezas lovingly remember
their two angels in heaven:

Angelica,
July 1, 2000,
cord accident,
and Andrea,
August 3, 2001,
premature at 20 weeks.

Nick and Marsha Matthews

of Elmhurst, Illinois,
joyfully announce the arrivals of
Katherine Elaine,
born July 20, 2004, at 8:51 a.m.,

6 lb., 1 oz., 20 inches long,
and Alexander John,

born July 20, 2004, at 8:52 a.m.,
6 lb., 11 oz., 19 ½ inches long.

The Matthews family lovingly remembers

Zachary Neal,
February 24, 2002,
Triplody,
Baby Matthews I,
April 2001,
and Baby Matthews,
January 2003.

Ludmilla and Saddi Edwards

of Dallas, Texas,
joyfully announce the arrival of
Mecca Kalif,

born July 6, 2004,
weighing 6 lb., 11 oz.,
and measuring 20 inches long.

The Edwards family lovingly remembers

Amir Selassie Zacchaeus,
May 25 - June 3, 2003,
Pulmonary Stenosis.

**Kena and Reggie Johnson,
along with big sisters Lauren and Lindsay**

of Benbrook, Texas,
joyfully announce the arrival of

Logan Trey,
May 25, 2004,

8 lb., 12 oz., and 20 ¾ inches long.

The Johnson family lovingly remembers

Jordan Leigh,

November 11 - 15, 1996

CHARGE Syndrome.

**Billy and Claudia Kettrey,
along with big sister Dalila**

of DeSoto, Texas,
joyfully announce the birth of
Aiden Alois Ibrahim
on April 23, 2004.

He weighed 8 lb., 10.3 oz.,
and was 20 1/4 inches long.

The Kettreys always remember
Maria,

stillborn May 10, 2001 (Mother's Day),
due to complications from amniocentesis.

Paul & Angela Rotello

of Frisco, Texas,
joyfully announce the arrival of

Jackson Lee,
born July 9, 2004,

weighing 7 lb., 5 oz.,
and measuring 20 inches long.

The Rotellos lovingly remember
their two angels in heaven:

Baby "Little Sumpin",
miscarried May 2002,
and Baby "Peanut",
miscarried May 2003.

Music Resources

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

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 book-
stores.

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 book-
stores.

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

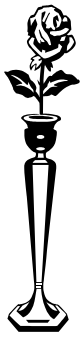


Better Hands

By Julie Ann Gvillo
From her CD *I Stand in Awe*
Available for purchase at
[http://www.julieanngvillo.com/
music.htm](http://www.julieanngvillo.com/music.htm)



In Loving Memory



Garret Anthony Mayer
October 12 - December 18, 1999
Tetralogy of fallot
Parents, Tony and April Mayer
Little sister, Samantha
Given by the Bristol Family

Garret Anthony Mayer
October 12 - December 18, 1999
Tetralogy of fallot
Parents, Tony and April Mayer
Little sister, Samantha
Given by Wells Fargo
Community Support Campaign

Jordan Claire James
September 29 - October 15, 2003
HLHS
Parents, Julie and John James
Given by Verizon Foundation

Savannah Kate Stanley
January 3, 2004
Premature due to Incompetent Cervix
Parents, Joel and Calli Stanley
Given by L J Stanley & Assoc.
d.b.a. IB Roof Systems

JuanPablo Garza Jr.
September 27, 2003
Placental Abruption
Given by parents, JP and Cindy Garza
and sister Sophia Raquel

Timoteo Garza Jr.
Liana Belicia Garza
Miscarried May 23, 2004
Parents, Timoteo and Maria Elena Garza
Sibling, Ari
Given by JP and Cindy Garza

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
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
Big brother, Byron, Jr.
Given by grandparents,
Lyle and Marnie Mitchell

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 Aunt and Uncle Brad and Janice Mitchell and cousins Christina, Amanda, and Matt

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

Catherine Mary Martin
Stillborn December 15, 2001
Baby Martin I
Miscarried June 14, 2002
Baby Martin II
Miscarried September, 2002
Given by parents, Glenn and Nancy Martin and little brother Alexander Lee

Alexis Leigh Rudeen
Nicole Leigh Rudeen
Stillborn March 11, 2002
Unknown Cause
Given by parents, Randy and Sherri Rudeen and big sisters Julie and Sara

Michael Garabedian, Jr.
Stillborn February 2, 1998
Cord Accident/Villamentous Cord Insertion
Adam Michael Garabedian
Stillborn July 25, 2001
Cord Accident
Parents, Michael and Cindy Garabedian
Siblings: Victoria, Elizabeth, and Catherine
Given by Garabedian Properties

Gift of Love (Charity of the Month)
Given by Curves for Women
of Rolling Hills Estates, California

Cole Matthew Didier
Stillborn August 25, 1998
Renal Agenesis
Given by parents, Matt and Nicole Didier and little sisters Madison and Lily

John William "Jack" Sharpe
Stillborn July 25, 2004
Cord Accident
Parents, Bill and Betsy Sharpe
Big sisters, Maddie and Campbell
Given by Wim and Sharlene Libby

Mindy and Maggie Smith
Stillborn November 4, 1997
Twin Transfusion Syndrome and Polyhydramnios
Parents, Scott and Karla Smith
Little siblings, Travis and Julia
Given by SBC Employee Giving/
United Way Campaign

Timothy "Schuyler" Morren II
September 28 - December 23, 1997
SIDS
Given by parents, Tim and Pam Morren and little siblings Ashton, Alexa, and Benjamin

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

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

Krystopher Jazze Tipps - Twin "A"
Stillborn August 21, 2000
Unknown Cause
Given by parents, Myron and Tonya Tipps, big brother Tyler, and twin sister Kyla

Logan Wayne Fish
September 17, 2002
Skeletal Dysplasia
Parents, Brittney and David Fish
Brothers, Landry and Hudson
Given by Curves for Women, Fort Worth

Mercedes Ruth Spigener
Stillborn September 21, 1995
Intramembranous Insertion of Umbilical Cord
Parents, Jana and Grant Spigener
Little brothers: Wyatt, Ford, and Porter
Given by grandparents,
Barry and SherylN Spigener
and Aunt and Uncle Jamie Lyn
and David Woodward

Gift of Love
Given by Thomas and Helena Reidt

Keepsake Resources

Memory Baby Book

850 Marion Rd.
Chambersburg, PA 17201
(717) 375-2426
Contact: Barb Eby

Makes sixty-page baby books available for parents who have suffered early infant loss.

For Brittany

www.forbrittany.com

Offers 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.

A Loss Remembered

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

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

Haley's Creations

P.O. Box 13242, La Jolla, CA 92039
Toll Free Phone:
877-538-6446
www.haleyscreations.com

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

My Heart's Missing Link

P.O. Box 0992, Allen Park, MI 48101
www.myheartsmissinglink.com

Offers 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

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

Angels in Heaven Ministries

www.angelsinheaven.org

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

Once Upon a Family™

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 Lady

www.angelady.net

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

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.

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.

Elena's Inspiration—The Shining Light Fund

www.elenasinspiration.com/
shining_light_fund.htm

Offers Mother's Bracelets free of charge to women who have lost a child through miscarriage, stillbirth, or infant death.

For You Lauren, Certificates

Pamela Palmer
For You Lauren, certificates
P.O. Box 1534
Inglewood, CA 90308
pypalmer1@yahoo.com

Creates certificates to recognize, acknowledge, and celebrate the births of stillborn and miscarried babies.

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 Randal's and Simon David stores.

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.

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.

Glenn Martin is looking for M.E.N.D. families willing to grant space for small gumball machines in order to raise funds for M.E.N.D. If you have a retail business or connections to a high traffic location, like a restaurant, and are willing to place a gumball machine in your location, Glenn will place, stock, and service the equipment and give M.E.N.D. 35 percent of the proceeds. His business has most of its route in the Grapevine and Southlake areas and could travel further into the Dallas/Fort Worth metroplex for a high traffic location. Glenn can be contacted at (817) 874-5366 or glmartin@attg.net.

M.E.N.D. can now earn funds through **i.think inc.**, an online marketing research firm. You can help by signing up as a survey panel member and designating us as the recipient of your fee. Every time you complete a survey M.E.N.D. will be automatically credited. Go to the website at <http://www.ithinkinc.com> and choose "Sign up to become an i.think inc. panel member" Fill out the sign-up survey. Under the "Funds for Charity" section, select M.E.N.D. from the list of names. Once you have completed the sign-up survey, including a valid email address, you'll be contacted with an Internet address and password for specific surveys for you to take part in. At the end of the survey, press the "Submit" button, and M.E.N.D. will be automatically credited as the recipient of all money you have earned.

<p>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.</p>	<p>Donations make the printing and distribution of this newsletter possible.</p> <p>Your tax-deductible contributions are greatly appreciated and should be sent to:</p> <p>M.E.N.D. P.O. Box 1007 Coppell, TX 75019.</p>	<p>Visit our web site at: http://www.mend.org</p> <p><u>Board of Directors</u></p> <p><i>Founder/President</i> Rebekah Mitchell</p> <p><i>Vice President</i> Lori King</p> <p><i>Secretary</i> Byron Mitchell, D.D.S.</p> <p><i>Medical Advisor</i> Gonzalo Venegas, M.D.</p> <p><i>Directors</i> Jana Spigener DaLana Barsanti Lisa Durham Christine Oxendine</p> <p><i>Officers</i> Denise (Gradel) Wazniak Rae Scrivner Pam Morren</p> <p><i>Editor</i> Sharlene Libby</p> <p><i>Co-Editors</i> Rebekah Mitchell Byron Mitchell, D.D.S.</p>
<p>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</p>	<p>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).</p>	

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

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