



## Long-Term Grief *When Grief Revisits Years Later*

© Copyright 2006 M.E.N.D.

When we experience a loss, we grieve. Once the grieving process has completed, we move on with our lives. Even though we never forget our babies, we assume the immense sorrow is over. But sometimes, even years later, grief can sneak up on us and knock us down again. This very unwelcome invasion of our emotions is frightening, and oftentimes we are too embarrassed to tell anyone. Thus, we once again find ourselves in a state of silent grief.

Revisited grief can last a day or weeks; it may depend on what triggered it. Commonly, holidays, anniversaries, or other significant days are the culprit. I remember as my little Jonathan's second anniversary in Heaven approached, I was okay. The year before was not as bad as I had anticipated, so I thought the second year would be fine. I was wrong! Throughout the days leading up to Jonathan's second birthday, I was perfectly at peace. But on his actual birthday I was a wreck. I could not understand how I had endured all the "firsts" as expected, went through my second year finding my *new normal*, was about to enter into my third year, then fell apart. Thankfully, this surprise grief only lasted one day, but it took me completely by surprise. I have discovered in the eleven years since losing my stillborn baby

that these bouts of sadness will come and go, perhaps for the rest of my life.

When these blue moments occur, instead of feeling sorry for myself, I make an effort to remember my two babies in Heaven with tenderness and hope. I decide to focus on their legacy rather than my loss. Additionally, it makes thoughts of Heaven sweeter. I often wonder what my children are doing in their celestial home. Do they know me? Do they see me? Are they playing or going about their Heavenly duties? One day I'll know for sure.

Revelation 21:4 gives us all something to look forward to. It promises, "He [Jesus] will wipe every tear from their eyes. There will be no more death or mourning or crying or pain..." So take comfort in knowing that these unexpected episodes of sadness will not last forever. Some day we will be free from heartbreak and sorrow and will forever live in joy and freedom. I am anxiously looking forward to that day. Aren't you? ♥

*Rebekah Mitchell*

### Table of Contents

<i>When Grief Revisits Years Later</i>	Page 2
<i>God Still Cares</i>	Page 3
Birthday Tributes to Our Special Babies	Pages 4-6
<i>When I Think of Landon, Revisiting Grief, Ethan Merrick Beaty</i>	Page 7
<i>How Do I Get Over Long-Term Grief?</i>	Page 8
<i>Living with Loss</i>	Page 9
In Loving Memory	Page 10-12
Subsequent Births	Page 12
Organizations and Internet Support	Page 13
Chapter Corner, Meeting Information	Pages 14-15
Fundraisers	Page 16

In November M.E.N.D. will turn ten years old. To celebrate how God has used this organization and all the babies whose memories we honor, we are planning a special newsletter issue. We would love submissions from our readers about favorite M.E.N.D. memories or how M.E.N.D. helped you through the grief of losing your babies. Submissions can be made to the e-mail or mailing addresses listed on page 2 of this issue by September 30, 2006.



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

Phone and Fax: (972) 506-9000

(Please call before faxing)

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 the address listed above. 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).

#### M.E.N.D. Board of Directors

Rebekah Mitchell

Byron Mitchell, D.D.S.

DaLana Barsanti, Rae Scrivner,

Pam Morren, Lisa Durham,

Christine Oxendine

#### State Coordinators/Chapter Leaders

M.E.N.D.—NW Arkansas:

April Moreton, Ph.D.

M.E.N.D.—Kansas: Stephanie Metzger

M.E.N.D.—Georgia: Marie Stockdale

M.E.N.D.—Houston: Jaimie Crump

M.E.N.D.—Texarkana: Kari Westbrook

#### Advisory Board

Denise Wozniak

Sharlene Libby

Allyson Smith, R.N.

Brittney Fish

Lori DeLaTorre

Shannon Outen

#### Medical Advisor

Gonzalo Venegas, M.D.

#### General Counsel

Dennis G. Brewer, Sr.

Brewer Sr., Asiatico & Associates,

Attorneys at Law

#### Newsletter

*Editor:* Sharlene Libby

*Co-Editors:* Byron and Rebekah Mitchell

#### Newsletter Volunteers

Michelle McHone, Suzanne Schramm,

Beth Spencer, Melissa Stephens,

and Ronda Wintheiser

M.E.N.D. is a member of  
First Candle/SIDS Alliance



## *When Grief Revisited*

*Yvette Grau*

July 9 will be Erika's ninth birthday. Nine years have passed, and to some that may seem like a very long time. For me, nine years isn't that long ago at all. As a matter of fact, at times it seems just like yesterday. It never ceases to amaze me that sometimes it takes only a fraction of a second to take me back to the very moment when we were blessed with Erika's birth. Though there were complications and things didn't turn out the way I'd ever imagined, she is a part of our family for the rest of our lives, just the way God planned it to be.

Over the years I have learned and accepted that grief is not a destination, but rather more like a journey. After nine years, time has not healed; however, time has helped me to learn how to better manage my grief, for the most part. Still, this journey of grief is heavier on some days than at others for obvious reasons, like Erika's birthday or anniversary or maybe even an unachieved milestone. Sometimes grief revisits for no obvious or specific reason at all. At other times, it might be to remind me of my love for my little girl. What I have also learned through this journey is that though I might have been affected one year by a certain event, the same event may not affect me the same way the next time. This journey of grief is unpredictable, yet I wouldn't have it any other way.

Today, May 27, happens to be just one example of what I mean. Just before leaving our hotel room to go to my son's soccer tournament, I received a call informing me of the death of my friend and past co-worker Brenda. I was told that she drowned while playing with her two young children in the pool. I broke down and cried. As I cried I revisited memories of Brenda. The first one to come to mind was the exact moment, place and time where she told me that she would like very much to name her soon-to-be-born daughter Erika. She asked if I would be okay with that. It had been three years since Erika's death, and I remember I was honored with her request. My thoughts immediately raced back to trying to comprehend what I'd just been told about my friend Brenda. I did not understand.

For the rest of the day my state of mind jumped from surreal moments of watching my son's game, seemingly played in silence, to having instant memories about Brenda. I'd feel the sorrow of Brenda's news, then begin remembering the exact moment of my life-changing situation when Erika was born, then think of Brenda again. I felt compelled to leave the tournament, but in my heart I also felt I couldn't leave. At that exact moment, more than ever, I needed to watch my son play. I also knew that leaving the game would not accomplish much. The reality was that all I could do for the moment was to pray for Brenda's family.

As my thoughts continued to race, though I tried to watch the game, I also observed the parents and siblings. As I heard parents rooting for their kids, I thought to myself that Joseph and Erika will no longer hear Brenda rooting for them in the crowd at their games anymore, but always in their hearts. Simultaneously, I thought about the fact that I never had the opportunity to root for my Erika at her sports or activities. I could so relate to Rebekah's article from the last newsletter; this was a poignant moment that meant so much more than any other game. As much as my thoughts and heart raced, my mind and heart ached for this family and my friend.

So, at times there might be an obvious reason why you are feeling the grief all over again. Yet, it might come so unexpectedly. In the end, God always provides us the strength we need to manage feelings and emotions we have at any given time. I am nine years in my journey of grief. For today, I accepted my grief for Brenda and also accept that my own grief for my daughter visits me once again.

I will always have three angels; one in heaven and two here for me to hold... ♥

We love you sweet precious one,  
Mom, Dad, NikRyan and Nataly

*Written May 27, 2006, in memory of my daughter,*

*Erika Brianna Grau*

*July 9 – August 3, 1997*

*Ruptured uterus*

*Parents: Ray and Yvette Grau*

*Siblings Nikryan and Nataly*

## God Still Cares

Mary Steen

Six years. It has been six years; why was it so hard this year? May 3 hit me from left field, like a ton of bricks, out of nowhere. I now know why: I finally have living children, and I miss Chrissie even more. She wasn't there to help me wake the twins up, she wasn't there to share my morning pancakes, she wasn't there to help me feed the twins, she wasn't even there to be their big sister during playtime. Every time I turned around that day, I was reminded of more ways I was missing out on the joys of her life. What was even more unexpected were the ways that God continued throughout the day to make clear His love and concern for ME and that He would carry me through the dark times once again, even before I knew my need.

For the first few years, we would release chrysanthemums in the pond by our apartment on Chrissie's birthday, due date, holidays, or anytime I needed to connect with my baby. As the years passed, we needed this ceremony less and less as we settled into our "new normal." This year, though, I needed that ceremony.

It is so hard to find the pretty "homecoming" mums in the springtime, but on May 3, I prayed on the way to the store that they would have some pretty chrysanthemums for the twins' big sister Chrissie. God was watching out for me, because almost every bouquet of flowers had large, beautiful, pure white chrysanthemums. We had a private ceremony before church. On the way into the church building, I told my husband Lynn that I hoped we didn't see any of our friends, because I didn't want to have to talk to anyone. Once again, God knew what I needed and not what I thought I wanted. We were surrounded by three couples almost as soon as we walked in the door. Even though I tried to push them away, their love still shone through.

Years ago, I met a lady through serving on the Walk to Remember committee before either of us had subsequent children. I had lost contact with her until a couple of months prior to the anniversary of Chrissie's death, when we "happened" to run into each other at the movies. She was there for me and able to talk me through my grief and reassure me of God's provisions in my life. God's timing is always perfect.

"And if God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you?" Matthew 6:30, New Living Translation

*Remembering Chrissie Steen*

*Miscarried May 3, 2000*

*Ectopic Pregnancy*

*Parents: Lynn and Mary Steen*

*Siblings: John and William*

## Mark Your Calendars

M.E.N.D.'s 2006 Walk to Remember will be Saturday, October 7, at 2:00 p.m. in Irving, Texas. We are requesting sponsors to help make our Walk possible. If your family or business would like to donate to this 2006 event, please make contributions by September 1, 2006, in order to be acknowledged in the program. Remember to put "Walk Sponsorship" on the memo line of your check. For more information contact Rebekah Mitchell (Rebekah@mend.org).

M.E.N.D.—Houston will hold its Walk to Remember on Saturday, October 28, at Metropolitan Baptist Church from 2:00 p.m. until 4:00 p.m. For more information, contact Jaimie Crump (Jaimie@mend.org).

### September/October Topic

Miscarriage

Deadline: July 31, 2006

### November/December Topic

Tenth Anniversary/Holiday Issue

Deadline: September 30, 2006

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 page two of the newsletter for the appropriate address to send your submissions. Any submission printed in our newsletter will also be posted to our website indefinitely unless we receive notice in writing that you are only granting permission for your submission to appear in the printed version of the newsletter.

### Reprint Policy:

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



Visit our Web site at:  
[www.mend.org](http://www.mend.org)

## Tributes to Our Special Babies



### Happy 2<sup>nd</sup> Birthday Noah Adam Barron

Dearest Noah,

I cannot believe you are TWO! These past two years have gone by so fast. It seems like only yesterday we held you in our arms as we said goodbye to our precious baby boy. You will officially be a big brother in June to a new sister and brother. Mommy and Daddy will tell them all about you, and how you were a strong fighter and held on for a while, but that God needed you more than we did. We wish you a glorious birthday in Heaven, my sweet baby boy. Your brothers Anthony and Damien ask about you often. They miss you very much.

Love,  
Mommy and Daddy,  
Anthony and Damien,  
Grandparents Olivia and Luis,  
Joe and Hopie  
and all your family!

Noah Adam Barron  
July 5—19, 2004, Hypoplastic Lung Syndrome  
Parents: Lupe and Clem Barron  
Brothers: Anthony and Damien



### To Emma, on your first birthday

I'd like to ask God to give you a special hug and kiss from your mommy, daddy, and big sister today. I'd like to ask Him to tell you that we love you and miss you but that we still rejoice that you are healed and dancing in Heaven. Your big sister Elise wishes she could dance with you, as do Daddy and I. Sometimes my arms feel so empty without the feel of you in them. Sometimes my heart burns with memories of your smiling face. Sometimes I want to go back and relive each moment of those seven glorious months with you again, just to enjoy them to the fullest. But then I remember the pain you endured, and I am thankful that God took you home to Him. We look forward to the day when we shall see you again and dance with you at the feet of Jesus. Until that day, good-bye my sweet little girl.



In loving memory of Emma Anne Lein  
July 14, 2005-February 22, 2006,  
Respiratory distress and congenital heart defects  
Parents: John and Miriam Lein  
Sister: Elise



### Zachary Paul Higgs

It's been two years since we held you in our arms. We love and miss you everyday.

Love, Mommy and Daddy

Remembering Zachary Paul Higgs  
Stillborn August 7, 2004  
Unknown Cause  
Parents: Carrie and John Higgs



### Kane Christopher DeLaTorre

August 6, 2003

I can hardly believe that three years have come and gone so quickly. Every day I wonder what you would be doing or what you might look like. As I stare at your picture on my desk, I wonder what life would be like if you were here with us. So many positive things have occurred from your inspiration. I now know God has a plan for us. Take care of your cousins, Julia and Parker, and I will hold you close to my heart again.

With love always,  
Mom & Dad, Alex, Adyson, and Kolt



Kane Christopher DeLaTorre  
Stillborn August 6, 2003  
Cord Accident  
Parents: Lori and Aaron DeLaTorre  
Siblings: Alex, Adyson, and Kolt

### Happy 4th Birthday, Michelle!

We cannot believe it has been four years since your birth. I can still vividly remember your sweet smell, your cute little face, and how you felt in my arms the two times I was blessed to hold you. Our hearts still ache for you and wish you could be here to be a big sister to your brother and sister. Thank you for enriching our lives. What a blessing you were and continue to be to our family!

Love always,  
Mommy, Daddy, Caleb, and Audrey



Michelle Grace Stockdale  
August 22—September 16, 2002, Ebstein's Anomaly  
Also remembering Baby Stockdale, miscarried February 2003  
Parents: Joe and Marie Stockdale Little siblings: Caleb & Audrey



## Happy birthday Landon!

Landon, we miss you and love you very much.

Love,

Mom, Dad, Logan, Lance, and Lily

*Landon Jered Henry  
August 28—September 1, 2001  
Premature birth  
with a Chromosome 11 defect  
and multiple infections  
Parents: Jered and Christina Henry  
Siblings: Logan, Lance and Lily*



## Sweet Spencer

Six years it's been since I held you.  
Your little life in my arms.  
My dreams for you broken.

My world stopped that day.  
My life changed forever.  
Most people don't understand.

I love you.  
I miss you.  
You are in a better place, but  
I still wish you were here with me.



*In memory of Spencer Tschoepe  
Stillborn July 24, 2000  
Cause unknown  
and Baby Jordan  
Miscarried August 1, 1999  
Parents: Ernie and Mandy Tschoepe  
Little sisters: Clara and Katie*



## Happy 2<sup>nd</sup> Birthday AUSTIN!

*I love you and think about you every day.  
You would be so proud of Blake. He is such a  
loving child and is sweet and caring to-  
wards Emmy. I know that you two would  
have been the best of friends. I miss you.*

*All my love,  
Mommy*



*Austin Townes Swenson  
Stillborn July 8, 2004  
Cause Unknown  
Parents: Bryan and Corrie Swenson  
Twin Brother: Blake  
New Baby Sister: Emerson*

## Sean Alec Scotney

Happy 4th birthday!

We miss you and love you always!!!

Love,

Mommy, Daddy

and little sister Hailey



*Sean Alec Scotney  
July 9-11 2002  
Hydrocephaly and heart defect  
Parents: Sean and Victoria Scotney  
Little sister: Hailey*



Happy, Blessed 2<sup>nd</sup> Birthday,

## Precious Sara Anne!

These past two years since you've been in Heaven have gone by too fast! Since then, we just welcomed your baby brother, Caleb Joseph to our family! We miss you so much and can't wait to get to Heaven to see you and spend eternity with you, sweet angel! I know you are looking down upon us and praying for us which is so comforting knowing our baby girl is with Jesus and our Blessed Mother praying on our behalf. We've missed you so much and have so many reminders of your short time here with us so you are still with us in our hearts. We love you so much, sweet munchkin!

Big Hugs and Kisses!

Daddy, Mommy, Haley, Emma, Ian and Caleb



*Sara Anne Wingate  
July 2-9, 2004  
Pallister Killian's Syndrome  
(died of pulmonary hypertension)  
Parents: Spencer and Jennifer Wingate  
Siblings: Haley, Emma, Ian and Caleb*

## Happy birthday Erika!

We thank God for bringing you into our family nine years ago. You will always be a part of our lives, and we know that we will see you again. We think about you every day and love you always.

Love,

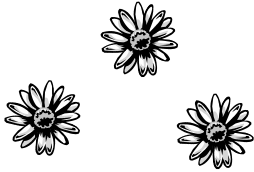
Mom, Dad, Nikryan, and Nataly

*Erika Brianne Grau  
July 9 - August 3, 1997  
Anoxic brain injury due to ruptured uterus  
Parents: Ray and Yvette Grau  
Siblings: Nikryan and Nataly*



## Happy 3<sup>rd</sup> Birthday Abby!

We love you and miss you every day.  
Mommy, Daddy, and little sister Cami.



*Remembering Abigail Grace Crump  
Stillborn July 1, 2003  
Trisomy 18*

*Parents: Gerald and Jaimie Crump  
Little sister: Cameron Grace*

Father, I am amazed at how much You love us. Psalm 139:14-17 tells us so.

It tells us that our frame was not hidden from You when you made us in the secret place. Addie was Yours long before she was ours. You loved her first, but You also love us. How Your heart must have broken for us the day she died, yet how sweet to have her with You! Thank you, Father, for our beautiful daughter and sister Addie Grace- and thank You for the journey we have had with You.

Happy fifth birthday, Addie. We love you and miss you. You were in our lives for a moment, but in our hearts forever!!!

Daddy, Mommy, big brother Colin and little sister Meg

*Remembering Addie Grace Metzger*

*August 1, 2001*

*Undiagnosed Vasa Previa*

*Parents: Philip and Stephanie Metzger*

*Siblings: Colin and Meg*



Happy Birthday to our little angels

## Angelica and Andrea Meza

We love you and we miss you so much.

Both of you will always be in our hearts

Love always,

Daddy, Mommy, Abby, and Victor Jr.



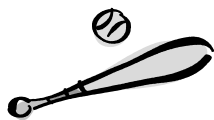
*Remembering Angelica Meza  
Stillborn July 1, 2000, cord accident  
and Andrea Meza*

*August 3, 2001, premature birth  
Parents: Victor and Elizabeth Meza  
Siblings: Abigail and Victor Hugo*

## Happy Birthday, Jackson!

I cannot believe that you would be eight years old this year!

We miss you and love you as much as ever. It may be many years until Daddy and I are reunited with you. But, I promise you - we will think of you every day until then.



Love,  
Mommy, Daddy,  
big sister Hannah and  
little brother Andy

*In memory of Jackson David Crowe*

*August 22 - September 9, 1998, congenital heart defect*

*Parents: David and Marie Crowe*

*Siblings: Hannah and Andy*

## We Remember You, Matthias!

We will never forget the day you were born; what a gift you were, how much you looked like Papa, how sweet it was to hold you in our arms. We still miss you so much, but we trust in the Lord's good will for you and for us.

Your little brother coming in July would never be here if God hadn't taken you to Himself. How mysterious are His ways. You will never be forgotten, our sweet boy. We love you so dearly.

Love,  
Papa, Mama,  
Grace, and Little Brother

*Matthias Paul Maily*

*August 9-10, 2005*

*Hypoxic ischemic encephalopathy*

*Parents: Richard and Melissa Maily*

*Siblings: Grace and Little Brother due 7/8/06*



## Taylor Ashton and Kaden Ryan Beard



*"You were so special God took you before  
you ever had to  
experience pain or evil."*

This was what Daddy and I were told as we were saying good bye to you. You were perfect in every way. Tiny, beautiful babies that fit in the palms of our hands...you only needed to grow. We miss you everyday, knowing what might have been. We were so excited when the doctor said "twins," and so overwhelmed at what that meant. Saying good bye was the most painful experience of our lives, but we wouldn't undo it if we could because we also got you...even if only for a brief moment. Until we see you again, our angels...

All our love,  
Mommy and Daddy

*Taylor Ashton and Kaden Ryan Beard*

*August 19, 2005, unknown cause*

*Also remembering babies miscarried*

*February 2004 and February 2005*

*Parents: Steve and Kristi Beard*

To our precious baby

## Jacob William Charney

on what would have been your third birthday.

We love and miss you.

Love,  
Mommy and Daddy

*Jacob William Charney*

*Stillborn July, 15 2003*

*Preterm labor*

*due to incompetent cervix*

*Parents: Ted and Irma Charney*





## Attention North Texas Federal Employees:

M.E.N.D. has recently been accepted into the Combined Federal Campaign of North Central Texas. This year M.E.N.D. will be among the options from which North Texas federal employees (military families, postal workers, government employees, etc.) can choose when they make charitable donations through payroll deduction. The 2006 Combined Federal Campaign (CFC) will run from September 1 until December 15. More information about M.E.N.D.'s participation in CFC will be printed in the September/October M.E.N.D. newsletter.

A special thanks goes out to Shannon Outen for her tireless efforts at getting all the correct forms and paperwork turned in to make M.E.N.D. a CFC participant.

### When I Think of Landon

*By Christina Henry*

This year I have already had thoughts of all the things we would have done to prepare Landon for his first day in kindergarten. How his older brother, Logan, would proudly walk Landon into school and show him around. Going shopping to get school clothes and new shoes and school supplies would be on our schedule. Sadness comes over me knowing that I will not get to do that for him, that there will be no birthday party for his fifth birthday with friends and family. There will just be a day of remembrance of him. But when I start to feel sad, God reminds me of the blessings that have come through Landon's passing. My true testimony begins with that week of his birth. Landon's life touched many people. He made my walk with God stronger. The day he died is the thing that comes into my mind and gives me hope when I start to feel sad. I got to see my son go into the arms of Jesus, got to view the peace that came over his body and the precious smile he gave us. You see, Landon never knew life outside the womb without pain. His skin was so thin; to touch him made him frown. We were by his side when he was dying. In the Bible it says we will not feel the sting of death. Landon didn't and he showed us all that. Once his heart stopped he smiled for the first time, and all around him felt a calming peace. He saw Jesus, he went into His loving arms, and we got to see that from the look on his face. So when I start to feel sad about not having Landon in my arms, I remember that he is safely in Jesus' arms and in no pain.

*Remembering Landon Jered Henry*

*September 1, 2001*

*Premature birth with a chromosone 11 defect and multiple infections*

*Parents: Jered and Christina Henry*

*Siblings: Logan, Lance and Lily*

### Revisiting Grief

*By Amy Donald*

There is one day every other month that I walk up to my mailbox and see the lavender newsletter poking out. Six times a year. Over the last four years I have come to look forward to this day. I gather my mail, put the M.E.N.D. newsletter aside and go about my regular activities. After everyone is fed and bathed, stories are read and last minute requests for water and kisses are complete, I revisit my grief. I get out "the box" and the newest newsletter fresh from that day's mail. I sit at my table and spread out all my photos, blankets, cards and memorabilia from that day that changed me forever: the day I lost my son. I have learned with time that this is a very healthy way for me to grieve, to continue my grieving process and to keep the memory of my beautiful baby alive within me. For the first couple of years I would be completely wiped out the next day—unable to focus, tired from all the crying—the same symptoms I experienced daily for months after he died. Time doesn't heal all wounds but time does help to ease the pain. Now on these days, I get a certain sense of wholeness from revisiting my grief, revisiting the memories... And that wholeness looks like acceptance of what is, pride in the strength I didn't know I had, and gratitude that I was introduced to M.E.N.D. in my hospital room. This organization has been instrumental in my healing, understanding and acceptance of my loss. In case you folks at M.E.N.D. don't hear it enough, thank you.

*In memory of Baby Charlie*

*Stillborn November 10, 2001*

*Unknown Cause*

*Parents: Amy and Mark Donald*

*Siblings: Jenny and Thomas*

### Ethan Merrick Beaty

Eyes glued shut  
I'll never know  
What color or  
How big they'll grow

Little hands  
I'll never hold  
Your angel wings  
Are made of gold

Your chubby cheeks  
Were soft to touch  
Your beautiful body  
I'll miss so much

Your long, dark hair  
And button nose  
A perfect boy  
From head to toes

Your tiny ears  
Oh, so small  
A lengthy body  
You'd be tall

No eyebrows  
A rounded chin  
A brilliant kid  
You would've been

Your long feet  
And bony knees  
Bring him back  
Please God, please

I love you Ethan  
With all my heart  
My memories of you  
Will never part

You will forever be  
My precious boy  
Blessed to know you  
You are my joy.

Love,  
Mommy

*Ethan Merrick Beaty*  
*January 31, 2006,*  
*Unknown Cause*

*and remembering Kayin Beaty*  
*miscarried January 15, 2005*

*Parents:*

*Melissa & Nate Beaty*  
*Siblings: Austin and Jordan*

## How Do I Get Over Long-Term Grief?

**Question:** I have suffered so many losses in my life. My husband and I were infertile for many years. Finally, we had a beautiful baby girl, but she died when she was six months old from a rare disorder. I can't tell you how devastating that was. Five years ago, my husband died after a long battle with cancer, and now I'm alone. Every day I think about how much I miss him. I keep all his things on the dresser just like he left them when he went to the hospital the last time. The drapes are closed in my life, and I don't think I'll ever see the sun again. How do I get over this terrible feeling?

**Answer:** You have endured so many tragic losses—the death of your husband, the loss of your baby, your infertility. We weep with you, and we pray that the Lord will console you in your grief according to the promise Jesus gave us in the Sermon on the Mount: “Blessed are those who mourn, for they shall be comforted.” (Matthew 5:4)

You have probably felt the Lord's comforting hand on your shoulder many times, but you still feel stuck in your grief. What can you do to break through this chronic mourning? We can't say that we have all the answers, but perhaps we can offer a couple of thoughts that might guide you.

First, take a close look at your unfulfilled wishes. Your desire for motherhood runs deep in your soul, perhaps even deeper than your wishes for marriage.

In her book, *Shattered Hopes, Renewed Hearts: What to Do with Wishes that Don't Come True*, Dr. Maribeth Ekey writes:

Once we accept that life is sad, once we stop fighting our sadness and simply let it be, we can channel our energies into facing sadness constructively. As we face it, we mourn. As we mourn, we let go of wishes and dreams that cannot be. In letting go, we free our passions for investment in wishes that can be. This is the road to joy.

Second, let go of the dreams that will never come true and embrace new dreams. God has given each of us a purpose to fulfill in life, and He won't take us home until that purpose is accomplished. I urge you to write down what you think God's purpose might be for you. What mission can you accomplish? You have lost many dreams, but many others are available to you that can give you a sense of purpose. Join with someone in this purpose, and you will receive a double benefit. Paul describes the value of unity of purpose in these words to the Philippian believers:

Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, make my joy complete by being of the same mind, maintaining the same love, *united in spirit, intent on one purpose*. (Philippians 2:1–2, emphasis added)

Try to find that oneness of purpose that Paul is talking about.

Another suggestion is to build life-enriching habits. Often we perpetuate our feelings of depression by doing depressing things. Most people can't change their circumstances, but they can change their behavior. Simple adjustments like getting plenty of sleep, eating healthier foods, and taking walks have helped many depressed people. You can also attend uplifting worship services, develop a hobby, meditate on a verse or brief passage of Scripture, face problems directly and with action, find something to laugh at every day, or cultivate a new friendship.

We don't mean to trivialize your pain. What you are feeling is very real, and you have done many things to “cheer yourself up”—all to no avail. Yet we encourage you to take a look at your daily routine. Have

you fallen into a rut that feeds your negative feelings? Try changing one habit, and see if that change brings a ray of sunshine back into your life.

In addition, stay connected to people, even though you may not feel like it. You need a person such as a pastor, Christian counselor, or friend whom you can call when depressing thoughts enter your head—someone with whom you can talk openly. God often uses other people as channels of mercy and help. When we're hurting, our tendency is to withdraw. I urge you to allow another person to help you grow through this distress so that this weight will not be with you the rest of your life.

You probably recall that your first response to the death of your baby and your husband was shock. You probably felt numb, as though what had happened might not be real. As this wore off, you may have felt intense sadness or even deep anger. You may have even felt angry at your husband for leaving you. You may have been angry at the actions of someone else who contributed to your loss. As you worked through this anger, the sadness set in and you may have felt very depressed. You probably missed your husband, and longed for him to be back in your life.

The final step of grief—the step that seems to be eluding you—is integrating the loss into your life. The relationship that you had has changed, and you must accept that the person or the dream is no longer in your life. You are not the same as you were; your loss has changed you. And you are able to go on with life.

While these stages are not predictable and may come in different orders (people working through grief have described the journey as a roller-coaster of up-and-down feelings), they are common to those who experience loss. You may find that you've worked through a certain feeling only to have to deal with it again later in a slightly different way. While no exact pattern exists, recognizing different stages is helpful in processing grief.

Because you feel stuck in one of these stages, you might consider talking to someone about these things. Getting “stuck” means that you are no longer able to work through issues on your own. At this point, seeing a counselor or joining a group to get help moving through the hurt is important. Many churches offer a program called GriefShare, designed for people who have lost a precious loved one and are working through their pain. This program offers the support of others who understand grief, along with guidance in understanding the process of grief and how to rely on God as you heal. If you would like to find a group near you, contact them at:

*GriefShare*  
P.O. Box 1739  
Wake Forest, NC 27588  
(800) 395-5755

We hope you found these ideas helpful. May the Lord give you His comfort and peace and restore the joy in your heart. ♥



## Living with Loss; A Story of Long-Term Grief

Michelle McHone

A long time ago, in a city far, far away I stepped out of a fairy tale and into a mother's worst nightmare. On November 11, 1992, I found out a few days before my due date that my daughter Cassandra's heartbeat could not be found. I can vividly remember when she stopped moving. I called the doctor's office and told them that my very active baby hadn't kicked since earlier in the morning and that I was lightheaded and was seeing white spots before my eyes. The nurse told me that I was nine months pregnant, that the baby had no room to move around, and that my symptoms were normal. The next morning I woke up after dreaming that my baby had died and told my husband about the dream. I drove myself to the doctor's office and demanded that he see me right then. The staff was not pleased that I was standing at their window and thought I was just another "worried first-time mother," but for some reason they took me back and sent the doctor in. If there is an eternity, it took place that morning while the Doppler heartbeat monitor was being dragged along my swollen belly. The doctor poked, prodded, and pushed my belly in hopes of feeling some movement or finding the heartbeat. He told me very calmly that I needed to go downstairs for a sonogram and walked out of the room. I walked myself down the long corridor, alone, knowing in my heart that my life had just changed forever. I remember being escorted back to the doctor's personal office where he told me my baby was gone and asked me who he should call. I remember hearing horrible screams in that office, and realized much later that I had been locked in his office, alone, and the screams were my own. Most everything after that is a blur.

I'm sad to say that I don't remember the name of my hospital, my doctor's name, or the funeral home that handled my child's arrangements. I was in denial and in such deep grief that I felt as if it was happening to someone else. I do remember bits and pieces... holding my baby, having pictures and a lock of her hair, my mother rocking her, begging her to "Wake up baby, please wake up!" My friends and family took over and handled the funeral arrangements, the flowers, the outfit, the cemetery, and my mom and I carefully packed up her things from my shower and donated them to a local women's shelter. I walked in the shadow of Cassandra's death for years, rarely grieving, rarely speaking about her, and not even grieving the failure of my first marriage or the loss of every worldly possession that I had at that time.

Over the years I met and married my husband, we went on to have children, and I grieved silently, alone, moved to tears sometimes by the strangest things. Watching the movie *Titanic* was one of my most vivid memories of uncontrollable grief. There was a scene at the end of the film of a mother and child in the water that sent me over the edge. I was pregnant with my oldest son at the time. My husband escorted me from the theater and had no idea how to comfort me. Strange things will bring tears to my eyes, be it a dark-haired girl in her early teens, or seeing hundreds more babies in my path to reach her gravesite once a year. I was always too embarrassed or self-conscious to share my grief with anyone. In 2001, a close friend lost her son on April 11 to stillbirth. She called me and asked me to come to a M.E.N.D. meeting with her that December, and I did. Little did I know that almost ten years after the death of my child I would finally learn to grieve, to let go, to live again, and that there were people out there just like me who were ready and willing to let me share my story and to talk about my loss.

It's now been almost fourteen years since I lost my daughter, and I still grieve daily. I do this earnestly, knowing now that there was a purpose for the loss of my child. Yesterday my closest friend gave birth to her first child. While walking down the corridor for a visit today, I saw a door secretly marked with a leaf and teardrop. I knew exactly what it meant. I was that mother on the other side of the door long ago. The Lord works in mysterious ways. As the PR Coordinator for M.E.N.D. in Dallas, I had just spoken with the nurse supervisor at this very same hospital about M.E.N.D. six weeks earlier. Two weeks after that discussion, my two-year-old daughter was hospitalized, and I met the nurse supervisor in person. We made the connection and talked about how uncanny it was that we had just recently spoken and our paths had crossed. I asked her if she would be including M.E.N.D.'s information in their bereavement packets, and she said, "Absolutely, if we ever have someone to share it with." The hospital is new, and there hadn't been an infant loss in labor and delivery since they'd opened. Today, however, there was a loss, and I just happened to be there. As I walked past that door, I felt God's presence so closely, and I know in my heart that he positioned me to contact that hospital, get through to the right person, and then through my daughter and her illness, I met the nurse in person. The nurse attached my face to that of a bereaved parent, fully functional, and eager to share my message of hope. Tonight I walked slowly by the room and heard silence. I said a little prayer and thought to myself that fourteen years later, in a place where celebrations of new life were all around, a new mother sat grieving the same loss that I experienced all those years ago.

It's as fresh today as it was during the dark weeks afterward, but not always at the right time. During the M.E.N.D. leadership conference I was able to speak about my daughter without shedding one tear. Today, I walked out of my friend's room and passed this sad little door with an inconspicuous leaf and cried on the way home. Long-term grief is not easier, nor is it better. That's something we say so often. It does become manageable, and it does become comfortable, like an old pair of shoes, but as my memory slowly returns over the years I realize that I will carry this burden with me forever. I am healing, but it's taken many years and I'm still not certain that I will ever be "normal." The years have given me time to remember, time to heal, time to learn where God needs me the most, and time to grow strong enough to offer support and encouragement to others who are grieving the loss of their child. In my *Upper Room* devotional there was a passage that touched me profoundly last month in the midst of working on ways to educate hospitals to support bereaved parents. There is truly a light at the end of the tunnel and time will help you heal, but always remember: **After you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you.**

-1 Peter 5:10 (NRSV) ♥

*Remembering Cassandra, November 11, 1992, due to a cord accident, and Baby McHone, miscarried September 19, 2002.  
Parents: Michelle and Gary McHone      Siblings: Ryan and Eryn*

In Loving Memory

**Alexis and Nicole Rudeen**

Stillborn March 11, 2002  
Unknown Cause  
Given by parents  
Sherri and Randy Rudeen  
and sisters Julie, Sara, Jordyn,  
and Sydney

**Zachary Paul Higgs**

Stillborn August 7, 2004  
Unknown Cause  
Given by parents  
Carrie and John Higgs

**Gift of Support**

First Baptist Church  
of Richardson, Texas

**Hannah Grace Sherman**

August 12, 2005  
Cystic Hygroma  
Parents: Randy and Toni Sherman  
Sister: Kaitlin  
Given by Jerry and Melanie Cross

**Dylan Glenn Ruge**

Stillborn October 3, 2005  
Given by parents  
Jason and Amy Ruge

**Timothy Donald Wiley**

Stillborn July 1, 1993  
Given by parents  
Dennis and Mary Wiley

**Zachary Nipper**

July 17, 2001  
PROM  
Given by parents  
Scott and Molly Nipper

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 page 2 of this newsletter for more information regarding where to send your donations and what information to include.

**Thank you so much!**

**Christian Allen Scott**

June 1, 2005  
Bilateral Renal Agenesis  
**Savanna Scott**  
Miscarried January 7, 2003  
Given by parents Scotty and Mary Scott  
and siblings Lenny, Will, and Ariel

**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 Dentistry of Las Colinas

**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

**Elaine Kelly Wilson**

Stillborn February 28, 2000  
Unknown Cause  
Given by parents Brandy and Brian Wilson  
and siblings Emma, Eve, and Eli

**Elaine Kelly Wilson**

Stillborn February 28, 2000  
Unknown Cause  
Parents: Brandy and Brian Wilson  
Siblings: Emma, Eve, and Eli  
Given by AMPCO Marketing /  
Grandparents Roger and Sharon Dickson

**Elaine Kelly Wilson**

Stillborn February 28, 2000  
Unknown Cause  
Parents: Brandy and Brian Wilson  
Siblings: Emma, Eve, and Eli  
Given by James and Rhonda Stracka

**Elaine Kelly Wilson**

Stillborn February 28, 2000  
Unknown Cause  
Parents: Brandy and Brian Wilson  
Siblings: Emma, Eve, and Eli  
Given by friends Josh and Jill Betz

**Timothy "Schuyler" Morren II**

Sept. 28, 1997 - Dec. 23, 1997  
SIDS  
Parents: Tim and Pam Morren  
Little Siblings: Ashton, Alexa and Benjamin  
Given by Jon and Leisa Lee

**Gift of Support**

IBM Charities

**Mark Charles Loeffler**

Stillborn 37 years ago  
In honor of his dad, James J. Loeffler  
Mother: Margo Loeffler  
Given by Russ and Rosemary Massey

**Mark Charles Loeffler**

Stillborn 37 years ago  
In honor of his dad, James J. Loeffler  
Mother: Margo Loeffler  
Given by Martha Chambers

**Mark Charles Loeffler**

Stillborn 37 years ago  
In honor of his dad, James J. Loeffler  
Mother: Margo Loeffler  
Given by David and Robin Smith

**Kyler Paul English**

Stillborn January 20, 2006  
Cord Accident  
Given by parents Bob and Laurie English  
and big brothers Justin, Kinser and Kelson

**Kyler Paul English**

Stillborn January 20, 2006  
Cord Accident  
Parents: Bob and Laurie English  
Big brothers: Justin, Kinser and Kelson  
Given by Melissa Higgins

**Kyler Paul English**

Stillborn January 20, 2006  
Cord Accident  
Parents: Bob and Laurie English  
Big brothers: Justin, Kinser and Kelson  
Given by Marc Gelinias

**Kyler Paul English**

Stillborn January 20, 2006  
Cord Accident  
Parents: Bob and Laurie English  
Big brothers: Justin, Kinser and Kelson  
Given by Barbara Mobley

**Kyler Paul English**

Stillborn January 20, 2006  
Cord Accident  
Parents: Bob and Laurie English  
Big brothers: Justin, Kinser and Kelson  
Given by Sharla Anderson

**Kyler Paul English**

Stillborn January 20, 2006  
Cord Accident  
Parents: Bob and Laurie English  
Big brothers: Justin, Kinser and Kelson  
Given by Denise Lynch

**Kyler Paul English**

Stillborn January 20, 2006  
Cord Accident  
Parents: Bob and Laurie English  
Big brothers: Justin, Kinser and Kelson  
Given by Michael Murray

**Kyler Paul English**

Stillborn January 20, 2006  
Cord Accident  
Parents: Bob and Laurie English  
Big brothers: Justin, Kinser and Kelson  
Given by Karalea Knox

**James Jackson Henvey**

Stillborn July 4, 2001  
Tetralogy of Fallot  
Parents: Renee and Chris Henvey  
Little brother: Evan Christopher  
Given by grandparents  
Glenda and Larry McLeskey

**Kassandra Voulais**

Stillborn November 11, 1992  
Cord Accident

**Baby McHone**

Miscarried September 19, 2002  
Parents: Michelle and Gary McHone  
Siblings: Ryan and Eryn  
Given by CIGNA  
Grants for Givers Program

**Shauna Elisabeth Winebrenner**

April 12, 2003  
Trisomy 18  
Given by parents  
Sarah and Tim Winebrenner  
and little brother Saul

**Shauna Elisabeth Winebrenner**

April 12, 2003  
Trisomy 18  
Parents: Sarah and Tim Winebrenner  
Little brother: Saul  
Given by great uncle and aunt  
Michael and Jo Ann Walden

**Mindy and Maggie Smith**

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

**Avery McKenzie Schambacher**

March 10 - April 4, 2002  
Possible Meningitis  
Given by parents  
Scott and Charlotte Schambacher  
and siblings Taylor, Ashley, and Hayden

**Jackson Lee Graves**

October 12, 2004 - February 19, 2005  
Abdominal Compartment Syndrome  
Given by parents James and Angie Graves

**Joseph Charles Libby**

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

**Olivia Grace Hunt**

Stillborn February 8, 2000  
Long QT Syndrome  
Given by parents Richard and Stacy Hunt  
and siblings Richard and Cameron

**Kyle Charles Walton**

November 19, 1998  
Group B Strep /  
Lack of proper nourishment from placenta  
Given by parents Kristen and Jason Walton  
and siblings Jessica, Laura and Joshua

**Andrew Luis Walton**

March 4 - April 24, 2005  
Complication from Heart Condition  
Parents: Sandra and Matthew Walton  
Big sister: Lea  
Given by aunt and uncle  
Kristen and Jason Walton  
and cousins Jessica, Laura, and Joshua

**Kyanna Dees**

November 27, 2000  
Velamentous Cord Insertion  
Given by parents Chris and Holly Dees  
and brother Lane

**Erika Brienne Grau**

July 9 - August 3, 1997  
Anoxic Brain Injury due to Ruptured Uterus  
Given by parents Ray and Yvette Grau  
and siblings Nikryan and Nataly

**Austin Townes Swenson**

Stillborn July 8, 2004  
Cause Unknown  
Given by parents Bryan and Corrie Swenson  
and siblings Blake and Emerson

**Kane Christopher DeLaTorre**

Stillborn August 6, 2003  
Cord Accident  
Parents: Lori and Aaron DeLaTorre  
Siblings: Alex, Adyson, and Kolt  
Given by AKA Expressions / Go Baby

**Faith Elizabeth Durham**

Stillborn September 28, 1999  
Triploidy  
Given by parents Leighton and Lisa Durham  
and little siblings Leighton IV, Olivia,  
and Suzanna

**Griffin Caleb McIntosh**

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

**John William "Jack" Sharpe**

July 25, 2004  
Cord Accident  
Parents: Bill and Betsy Sharpe  
Sisters: Maddie, Campbell, and Faith  
Given by Wim and Sharlene Libby

**Lyle Donald Daggett**

September 19, 2002  
Unknown Cause  
Given by parents Brad and Lisa Daggett  
and little brothers Alexander  
and Benjamin

**Abigail Grace Crump**

Stillborn July 1, 2003  
Trisomy 18  
Given by parents  
Gerald and Jaimie Crump  
and little sister Cami

**Abigail Grace Crump**

Stillborn July 1, 2003  
Trisomy 18  
Parents: Gerald and Jaimie Crump  
Little sister: Cami  
Given by Rocky and Stacey Butler

**Abigail Grace Crump**

Stillborn July 1, 2003  
Trisomy 18  
Parents: Gerald and Jaimie Crump  
Little sister: Cami  
Given by grandparents  
Russ and Rosemary Massey

**Abigail Grace Crump**

Stillborn July 1, 2003  
Trisomy 18  
Parents: Gerald and Jaimie Crump  
Little sister: Cami  
Given by Uncle Ryan Massey

**Abigail Grace Crump**

Stillborn July 1, 2003  
Trisomy 18  
Parents: Gerald and Jaimie Crump  
Little sister: Cami  
Given by Link Industries, Inc

**Mason Bausch**

April 25, 1998  
CHARGE Syndrome  
Given by Aunt Joy Crowl

**Katherine Elizabeth Kjolhede**

Stillborn May 9, 1999  
Unknown Cause  
Given by parents  
Jim and Kristine Kjolhede  
and siblings Jared and Savannah

***In Loving Memory ... continued******Lawson Thomas Dody***

Stillborn January 8, 2006

Cord Accident

Parents: Blythe and Aron Dody

Given by Myrna Cornett-Devito

Given by Laura Eddy

Given by Robert and Kenna Reeves

Given by Emporia State Bank

Given by Alpha Sigma Alpha /

Epsilon Epsilon Chapter

Given by The Exchange National Bank

Given by Connie and Robert Corcoran

Given by Ann North

Given by Terry Dody and Debra Scott

Given by Elizabeth Nelson

Given by Craig and Sandra Barnwell

Given by Aneta Bodkin

Given by Mary and Shane Shivley

Given by Witten Construction Co.

Given by Brian and Tiffany Chaput

Given by Joshua Stock and Jenica Dykmann

Given by Val and Cindy Vonderheide

Given by Beta Sigma Phi / Eta Zeta Chapter

Given by Steve Hammer

Given by Dr. Floyd and Crista Dorsey

Given by John and Linda Ulrey

Given by Nancy Soyez-Edwards

Given by Scott and Michelle Sheldon

***Abigail Joy Boyd***

Miscarried June 22, 1999

***Hannah Elisabeth Boyd***

Miscarried October 21, 1999

***Michael Aaron Boyd***

Stillborn April 23, 2000

***Baby Christian***

Miscarried December 17, 2000

***Baby Hope***

Miscarried February 26, 2004

Given by parents Craig and Melanie Boyd  
and siblings Samuel and Emma

A special thanks to the following sponsors who helped make the recent M.E.N.D.—Houston fundraiser a success:

Southwest Airlines • Denice Foose,  
Methodist Hospital • Mike Faherty, HP • Joel Vincent, HP • Tara Murray, Arbonne • Mike Thompson, Philips • Jamie Savona, CAbi • Roger & Sharon Dickson • Atlantic Methonol • Stibbs & Co., PC • The Billiard Factory • James and Rhonda Stracka

Special thanks also to Bryan and Brandy Wilson, Tim and Sarah Winebrenner, Christie Reiland, Gerald Crump and Sharon Dickson for their wholehearted effort. Above all, we give God the glory for blessing this ministry.

***Subsequent Births***

***Nancy and Glenn Martin,  
along with big brother Alex,***  
of Trophy Club, Texas,  
joyfully announce the arrival of  
Allison Lee,  
born April 28, 2006.

She weighed 7 lb., 7 oz.,  
and measured 20 inches long.  
The Martins lovingly remember  
Catherine Mary,  
stillborn December 15, 2001,  
due to Trisomy 18,  
Baby Martin I,  
miscarried June 14, 2002,  
and Baby Martin II,  
miscarried September, 2002,  
blighted ovum.

***Paula and Bay Miltenberger,  
along with big brothers Bryce and Bo,***  
of Dallas, Texas,  
proudly announce the arrival of  
Brady Alexander,  
born May 16, 2006,  
weighing 8 lb., 3 oz.  
The Miltenbergers lovingly remember  
Bay, Jr.,  
stillborn December 9, 1998,  
due to preterm labor.

***Jennifer and Spencer Wingate,  
along with big siblings Haley, Emma,  
and Ian,***  
of Spring, Texas,  
joyfully announce the arrival of  
Caleb,  
born May 1, 2006, weighing 9 lb., 3 oz.  
The Wingates lovingly remember  
Sara,  
July 2 – 9, 2004,  
Pallister Killian's Syndrome.

***Kaysa and Jeff Thompson,  
along with big sister Kourtney,***  
of Springdale, Arkansas,  
joyfully announce the arrival of  
Cooper James,  
born May 31, 2006.  
He weighed 7lb., 5oz.,  
and measured 19 1/4 inches long.  
The Thompsons lovingly remember  
Kyler James,  
stillborn August 7, 2004,  
due to infection,  
and Baby Thompson,  
miscarried June 2005.

***Dana and Jay Graves,  
along with big brother Alexander,***  
of Springdale, Arkansas,  
proudly welcome  
Elizabeth (Ellie) Caroline to their family.  
Ellie was born May 2, 2006,  
and weighed 8 lb., 4 oz.  
The Graves lovingly remember  
Isabella,  
February 6-9, 2003,  
due to coartation of the aorta.

Our thanks for the following donations, made in support of beginning the  
M.E.N.D.—Texarkana chapter:

***Tristan Lane Mills***

Stillborn November 22, 2005

Unknown Cause

Parents: Jennifer and Jacky Mills

Big brothers: Daniel and Zachary

Given by Jeanne Skippy

Given by Barbara Swopes

Given by Archie and Jiggs Collvins

Given by Cathy Johnmann

Given by Jerry and Melanie Cross

Given by Al and Vickie Landreth

Given by Blake and Lynn Hodges

Given by

Drs. Jennifer and Doug Thompson

***Baby Coleman***

March 20, 2006

Parents: Kelsey and Kelley Coleman

Given by Applebee's Neighborhood

Grill and Bar of Texarkana, Texas

***Nolan Raymond Westbrook***

Stillborn December 10, 2003

Cord Compression

Parents: Kari and Billy Westbrook

Siblings: Devin and Kali

Given by

Drs. Jennifer and Doug Thompson

***Hannah Grace Sherman***

August 12, 2005

Cystic Hygroma

Parents: Randy and Toni Sherman

Sister: Kaitlin

Given by Marshalle Helms

Given by Louise Tausch

Given by Patricia and Tommy Sherman

Given by Donald R. Ross

## ORGANIZATIONS AND INTERNET SUPPORT

### ♥ Pregnancy Loss & Grief Support

#### The Adam and Michael Angel Mission

P.O. Box 1031, Colleyville, TX 76034  
817-498-2669

mike@adamandmichaelangel.org  
www.adamandmichaelangel.org

#### Baby Grief

www.babygrief.com

#### Bereaved Families of Ontario

www.bereavedfamilies.net

#### 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

#### Cristin's Hope

<http://www.geocities.com/Heartland/Shores/1275/>

#### First Candle

www.firstcandle.org

#### Footprints Ministry

6605 Mallard Park Dr. Charlotte, NC. 28269

<http://www.angelfire.com/ny5/footprintsministry/>

#### Helping After Neonatal Death (HAND)

P.O. Box 341, Los Gatos, CA 95031-0341

888-908-HAND (4263)

www.handonline.org

e-mail: info@handonline.org

Support meetings in Alameda, Contra Costa, Santa Clara, and Central Valley counties—call for info.

#### Hygeia

<http://www.hygeia.org>

#### Kota Loss

www.kotapress.com

#### The Memorial

Biblical Prophecy Resource Center

www.bprc.org/memorial/memorial.html

#### M.E.N.D.

#### (Mommies Enduring Neonatal Death)

P.O. Box 1007

Coppell, TX 75019

972-506-9000

<http://www.mend.org>

#### Mending Broken Hearts

www.libbys.org/mendinghearts

#### MIDS—Miscarriage, Infant Death & Stillbirth

16 Crescent Dr.

Parsippany, NJ 07054

e-mail: MIDS@nac.net

#### The Missing GRACE Organization

P.O. Box 1625, Maple Grove, MN 55311

763-497-0709

Candy McVicar, Founder and Executive Dir.:

candy@missinggrace.org

Email organization for support:

support@missinggrace.org

#### 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.missfoundation.org>

#### Morning Light Ministry

c/o St. Mary Star of the Sea Church

11 Peter Street South, Mississauga, Ont. L5H 2G1

<http://ca.geocities.com/>

[morninglightministry@rogers.com](mailto:morninglightministry@rogers.com)

[morninglightministry@rogers.com](mailto:morninglightministry@rogers.com)

24 hour voice mailbox telephone: 416-765-2155

*For bereaved Catholic parents who have experienced the death of their baby, including up to one year old.*

#### Perinatal Bereavement Services Ontario

6060 Hwy. 7 E., Ste. 205, Markham, ON L3P 3A9

905-472-1807

www.pbso.ca

#### 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/~katetf/sspl/>

#### Remember the Roses

www.remember.theroses.com

#### SHARE

St. Joseph Health Center

300 First Capitol Dr.

St. Charles, MO 63301-2893

314-947-6164

#### Silent Grief

www.silentgrief.com

#### 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/>

#### Tom Golden's Crisis, Grief & Healing

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

#### UNITE, Inc. (Perinatal grief support)

7600 Central Avenue

Philadelphia, PA 19111-2499

215-728-3777, toll free 1-888-48UNITE

www.unitegriefsupport.org

### ♥ Continuing a Pregnancy After Adverse

#### Prenatal Diagnosis

#### Anencephaly Support Foundation

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

#### ♥ Infertility

#### Hannah's Prayer

*Providing Christian support for fertility challenges.*

*Online newsletter available.*

PO Box 5534, Maryville, TN 37802

(281) 485-8986

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

#### Fertility Challenges Support

Lorraine Thomas, Founder

Phone: 817-656-9566

Cell: 817-313-8029

lorraine@fcsupport.org

www.fcsupport.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/>

### ♥ Multiple Loss

#### CLIMB (Center for Loss in Multiple Birth)

e-mail: [climb@pobox.alaska.net](mailto:climb@pobox.alaska.net)

www.climb-support.org

#### Murraylands Twin Loss

11 Ida St., Murray Bridge,

South Australia, Australia 5253

e-mail: [schulz@lm.net.au](mailto:schulz@lm.net.au)

www.lm.net.au/~schulz/siss/

#### 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

### ♥ SIDS

#### SIDS Network

P.O. Box 270, Ledyard, CT 06339

800-560-1454

<http://sids-network.org>

e-mail: [sidsnet@sids-network.org](mailto:sidsnet@sids-network.org)

#### Cot Life Society

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

#### SIDS and Kids

www.sidsandkids.org

### ♥ For Clergy

#### National SIDS and Infant Death Program

#### Support Center—Bereavement Guidelines

www.sids-id-psc.org

### ♥ Spanish

#### Fundacion Esperanza

A Spanish-speaking, non-profit organization dedicated to support bereaved parents, based in Mexico City.

www.fundacion-esperanza.org

carlaroelh@yahoo.com



## M.E.N.D. Chapter Corner

### **Chapter Meeting Information**

#### **M.E.N.D. - NW Arkansas**

Meets the 1<sup>st</sup> Tuesday from 7:00—8:30 p.m.  
Jones Center for Families, Room 114,  
922 East Emma Avenue,  
Springdale, AR 72765.  
Director: April Moreton  
April@mend.org  
(479) 524-3500

**Subsequent pregnancy group** meets in the same place the 4th Tuesday, 7:00—8:30 p.m., led by Pam Morren (pam@mend.org).

#### **M.E.N.D. - Kansas**

Meets the 2nd Thursday, 7:00 p.m.  
at Cora Miller Hall/Newman  
Division of Nursing, Room 1007  
1127 Chestnut, Emporia, KS 66801  
Director: Stephanie Metzger  
Stephanie@mend.org  
(620) 343-6357

#### **M.E.N.D. - Houston**

Meets the 3rd Thursday, 7:30 p.m.  
HEALTHSOUTH Houston  
Rehabilitation Institute  
17506 Red Oak Drive, Houston, TX 77090  
Director: Jaimie Crump  
Jaimie@mend.org  
(281) 374-8528

#### **M.E.N.D. - Georgia**

Meets 2nd Monday at 7:00 p.m.  
McDonough Women's Club  
199 Turner St., McDonough, GA 30253  
Director: Marie Stockdale  
Marie@mend.org  
(770) 954-1115

#### **M.E.N.D. - Texarkana**

Meets 3<sup>rd</sup> Thursday 7:00 p.m.  
CHRISTUS St. Michael Rehab Hospital  
2400 St. Michael Drive  
Texarkana, TX 75503  
Director: Kari Westbrook  
Kari@mend.org  
(903) 490-1210

To find other organizations that offer support groups in your area, visit [www.mend.org](http://www.mend.org).



Aron and Blythe Doty, parents of Lawson Thomas, lead the Lawson Thomas Doty Memorial Walk in Emporia, Kansas.

## M.E.N.D. Chapter Updates

### **NW Arkansas**

M.E.N.D.—NW Arkansas has been blessed with two subsequent births recently. It is good to be able to share joys as well as sorrows with our M.E.N.D. family. As we continue to grow, so do plans for our group. We've scheduled our first Christmas candlelight ceremony for December 12 and look forward to sharing this special event with our Arkansas members.

*April Moreton*

### **Kansas**

We've continued to receive God's blessings in Kansas as we reach out to hurting families. As I mentioned in last issue, we participated in the Lawson Dody Walk recently. We were amazed at the generosity and participation of people in our area and were able to rejoice at the final total of donations through this event. We have met several newly grieving families in the last few months and thank the Lord for the blessing of ministering to them.

*Stephanie Metzger*

### **Houston**

We have had two meetings at our new location, HealthSouth Rehabilitation Center in Houston. We want to thank Laurie English of the Dallas chapter for letting us meet at this wonderful location! We really appreciate your generosity!

We are busy helping the five major hospitals in the Medical Center prepare for their first Houston-wide Walk to Remember. We are also in preparation of our own Walk to Remember, commencing October 29 at Metropolitan Baptist Church.

In the close of our first year as a chapter, we excited to announce the news of a subsequent baby and two adoptions. We are so very thankful for all God is doing.

*Jaimie Crump*

### **Georgia**

M.E.N.D.—Georgia was blessed to help sponsor a recent grief training conference for hospital workers in our area. Several contacts were made with local hospitals who are interested in using M.E.N.D. as a resource for parents who suffer the loss of children through miscarriage, stillbirth, or neonatal death. We continue to thank God for the opportunity to comfort others with the comfort we have received through Him.

*Marie Stockdale*

### **Texarkana**

M.E.N.D.—Texarkana had a great first meeting on June 15. There were nine families in attendance, including one who learned about M.E.N.D. through an article in our local magazine. God is definitely guiding our group. I am very excited to have M.E.N.D. in Texarkana and have a great group of people working with me to help make it a success.

*Kari Westbrook*

Did you know you can donate to M.E.N.D. online? This could be a convenient way for friends and family to donate in memory of your baby for special occasions, such as your baby's birthday, or even your own birthday. When you'd like friends and relatives to give something that would be meaningful to you, consider asking them to donate to M.E.N.D. in lieu of sending flowers or gifts. M.E.N.D. works with Network for Good to make online donations possible. Donations can be made by visiting [www.mend.org](http://www.mend.org) or [www.networkforgood.org](http://www.networkforgood.org). Be sure and have all donors e-mail us your baby's name after making a donation so that we can include the donation in our newsletter.

# Walk to Remember T-Shirt Order Form

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City : \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Monogram: (ex. Celia Jones Remembering Jason Alexander)

Please Circle Size (Adult sizes only):    S        M        L        XL        XXL

Price per T-shirt: \$25.00 with monogram, \$15.00 without  
Sales Tax: \$ 1.88 per monogrammed shirt,  
\$ 1.13 per shirt without monogram

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

Check here if you would like your t-shirt shipped to you: \_\_\_\_\_  
(\$3 per order for S&H)

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

# of shirts \_\_\_\_\_ x \$25.00 = \_\_\_\_\_ Sales Tax (7.5 %) = \_\_\_\_\_

# of shirts \_\_\_\_\_ x \$15.00 = \_\_\_\_\_ Postage & Handling = \_\_\_\_\_

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

## M.E.N.D. Support Group Meetings

Join us for a time of sharing experiences.

**M.E.N.D. main chapter meetings**  
are held the 2<sup>nd</sup> Thursday of every month  
from 7:30 – 9:00 p.m.

**Our Daddies group**  
meets the 2<sup>nd</sup> Thursday of

March, June, September, and December  
from 7:30 – 9:00 p.m.

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

**Subsequent pregnancy group**

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

*For families who are considering becoming preg-  
nant or are currently pregnant after a loss. Led by  
Lori DeLaTorre (lorid@inyourfaceshirts.com).*

**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.)*

**Mommies AND daddies are both welcome  
at all M.E.N.D. meetings.**

**All main chapter support group  
meetings are held at:**

**Suggs Law Firm**

**1522 W. Airport Freeway, Suite 200  
Irving, TX 75062**

*(Located on the south side of the highway,  
Between MacArthur Boulevard  
and Story Road)*

For more information, call (972) 506-9000.

**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 in Texas and Louisiana back to M.E.N.D. To obtain your Share Card, contact Rebekah (Rebekah@mend.org) and let her know how many you need.

**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**. Reward cards can also be used at Randalls and Simon David stores.

Shannon Outen, a M.E.N.D. member, operates **Oh! For Keepsakes**, which offers photographic keepsakes and quilts. For every order that is placed in which the purchaser mentions M.E.N.D., Shannon will donate \$2 to M.E.N.D. Visit her business at [www.ohforkeepsakes.com](http://www.ohforkeepsakes.com).

**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 in the Grapevine, Southlake, or metroplex area, Glenn will place, stock, and service the equipment and give M.E.N.D. 35 percent of the proceeds. Glenn can be contacted at (817) 874-5366 or [glmartin@attg.net](mailto: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. Go to the website at <http://www.ithink.inc.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. M.E.N.D. will be automatically receive of all money you earn.

**Little Beads & Macaroni & Cheese**, owned by M.E.N.D. member Marilyn Brown, offers custom jewelry. Her keepsake angel bracelets are \$20 each, and ten percent of each angel bracelet sale will be donated to M.E.N.D. Marilyn can be reached at 817/996-1920 or [msbrown16@hotmail.com](mailto:msbrown16@hotmail.com).

Tiffany Chalk is a consultant with **Arbonne International**, offering pure Swiss skin care, color, nutrition and aromatherapy. Tiffany will donate twenty percent of all sales by M.E.N.D. members back to M.E.N.D. To find out more, call 302-658-3775 or visit [www.arbonne.com](http://www.arbonne.com). Use Tiffany's consultant ID #15111516 to shop online. Tiffany can also be reached at [gr8skin@hotmail.com](mailto:gr8skin@hotmail.com).

**IBM** employees may now make charitable donations to M.E.N.D. through automatic payroll deductions. Choose Charity Code 0M562 from the *IBM Employee/Retiree Approved Charity List*.

**GoBaby Maternity** makes maternity tops that answer most questions regarding your baby. Owner Lori DeLaTorre will donate \$1 per shirt to M.E.N.D. Find out more at [www.akaexpressions.com](http://www.akaexpressions.com) or call 972-259-5697.

**Mary Kay** independent beauty consultant Michele Walton will donate twenty percent of all sales made online at [www.marykay.com/](http://www.marykay.com/) [MicheleTWalton](mailto:MicheleTWalton) to M.E.N.D. Simply mention M.E.N.D. in the correspondence section of the online order form. To find out more, call Michele at 804-752-4905 or e-mail her at [micheletwalton@marykay.com](mailto:micheletwalton@marykay.com).

M.E.N.D. Mommies Enduring Neonatal Death

P.O. Box 1007, Coppel, TX 75019

USA

(972) 506-9000

*Return Service Requested*

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