



Miscarriage

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Miscarriage. I have never liked that word. Even before I experienced one personally, the term seemed taboo—something I wasn't supposed to say—and it felt like a dirty word coming out of my mouth. It's not that I thought it was a secret or something we should not talk about; it just has always been a word that doesn't set well with me. I guess I have always thought *miscarriage* had a shameful connotation with it and the women who suffered such a loss should be pitied. As a young girl, I was certain I would never fall into that category of emotionally wounded women.

When I founded M.E.N.D. in 1996, my only personal experience of loss was that of my stillborn baby Jonathan when I was seven months pregnant. The handful of ladies who helped me get M.E.N.D. off the ground had also only experienced late term and neonatal losses. None of our grief was based on early pregnancy loss even though we absolutely included "miscarriage" in our purpose description. It was after a few months of hosting monthly support groups before our first miscarriage parents came to share. As we went around the room introducing ourselves and giving brief descriptions of how and when our babies died, I felt a sense of protection for this grieving couple seeking solace and validity for their experience. I did not want them to feel out of place or regret coming. Nor did I want them to think that their baby's death was less significant than the deaths of those babies who had been delivered, held, and buried. Therefore, I make a habit at our support groups of reminding everyone that a life is a life. No matter the circumstance surrounding our losses, how small, big or developed our babies were, the outcome was the same: a baby we loved and hoped for died.

Five years after starting M.E.N.D., I found myself in the category of women I had once pitied. In December 2001, I miscarried at ten weeks gestation. Because I was a very high-risk pregnancy, I had already had two sonograms in which I saw a tiny beating heart, a round little head and the formation of a curved body with budding arms and legs. My little "Shrimp Baby," I called it.

I was very much looking forward to my ten-week sonogram, because according to my pregnancy book, the arms and legs should be defined, and my little one would look more like a baby than a sea creature. I hopped on the table trying to conceal my excitement, as I talked non-stop to the technician and my obstetrician who decided to come with me and take a peek. Within seconds of his probing, I recognized the all-too-familiar expression on my doctor's face and re-

lapsed into a state of déjà vu. The two of them tried to speak to each other in whispers while they pointed to the screen, but they could not hide from me what they were momentarily trying to conceal. Once again, I saw my sweet, tiny, not completely formed baby without a beating heart.

My doctor scheduled a D&C for two days later but also required me to have an upper level sonogram performed at the hospital the next day to get a second opinion. He wanted me to be assured that indeed, my baby had died so I would not later question the diagnosis or regret rushing into the operation. The procedure was not a textbook experience; I developed a severe infection by the end of the week. I had to have another emergency D&C, followed with a three-day hospital stay and weeks of follow-up doctor appointments. Because of the complications, my sadness of losing the baby turned into concern for my health, and I therefore unintentionally suppressed my grief.

The year following my miscarriage I found that I was constantly taking mental assessments of myself. Was I *really* okay? Have I fully mourned my loss? How could I have bounced back so quickly when it took years after losing Jonathan before I was remotely happy and living life again? Even though I tried to convince myself that I was okay, deep down I knew I wasn't. In reality I was a walking time bomb ready to emotionally explode. Because of my years of directing M.E.N.D. and former experience of bereavement, I knew something would at sometime trigger my emotions. My pent-up heartache would eventually come spewing out, most likely when I least expected it. At times I tried to make myself sad and force the grief, but I found that it was impossible to conjure up something buried so deep within.

Exactly one year after my miscarriage my stored-up sorrow finally exploded. I am certain the realization that I should have had my six-month-old baby with us at Christmastime is what caused the release. Grief is never something to look forward to, but it was a relief to finally deal with the loss of my tiny baby and admit the void and emptiness I truly felt.

I think of that little baby often and regularly wonder how different our family would be had he or she lived. It crossed my mind several times over the summer that I should have been able to plan a birthday party for a four-year-old, join many of my friends and their children at vacation Bible school, and have a pre-school lined up for the fall. We don't have a playroom, I no longer shop at Toys R Us, and I'm not up on the latest cartoons and children's fads.

Sadly, many of us who have suffered an early pregnancy loss reminisce alone. While others are for years mindful of the babies we lost late in pregnancy or shortly after birth, they tend to forget the ones we lost early. Seemingly, they do not care and have no idea we continue to remember. But the Lord cares, and He remembers. That little baby was wonderfully knitted together in our womb by His hands, and just as He cares when a sparrow falls, certainly He felt our sorrow when our baby died. Never be ashamed or embarrassed to express your sadness for the baby you miscarried nor tell yourself that your loss was insignificant and statistically common. That was your little baby whom you loved, cared for, and lived inside you. No matter how short a time you were privileged to carry that living being, it was your sweet child. Remember, a baby is a baby, and no life is too small. ♥

Rebekah Mitchell

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

For inquiries, subscription requests, deletions, and submissions to the newsletter, contact us at

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Donations make the printing and distribution of this newsletter possible. Your tax-deductible contributions are greatly appreciated and should be sent to 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).

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M.E.N.D. is a member of
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Our Journey Through Miscarriage

by Paula Schear

Our son Isaac was born after a long journey through infertility. It began in July 2002, when we decided to visit a fertility doctor and see if maybe the missing element in my immune system was causing problems. Maybe I needed a "shot" or something. We discovered a new world of shots, a surgery and other painful procedures we had no idea existed. In October 2003, we were told all we could do had been done except in vitro fertilization. The doctor said we could be in a study that provided the six-thousand-dollar medication, but we would have to come up with the remaining fourteen-thousand ourselves. We wondered what we could do to come up with that kind of money after all we had spent to get to in vitro. The doctor later informed us that the drug company would be paying for the entire study. We are so thankful that God opened this door for us! We saw Isaac for the first time on December 5, 2003, as an embryo. On July 23, 2004, Isaac was born nearly five weeks premature with breathing and swallowing problems, and jaundice, but today we have a healthy two-year-old. We are so thankful for him!

After being told we could not conceive again without medical intervention by two of the top doctors in the Dallas area, we were praying for a sibling for Isaac. We really thought this would happen through an adoption years down the road (although we still were trying "just in case"). On February 13, 2006, I took my first over-the-counter pregnancy test and found that we were expecting. We were so amazed! Our first "spontaneous pregnancy" in our 14 years of marriage had happened. We were excited that we were going to be one of those families with two car seats and a double stroller! We told everyone at church and our family right away of our little miracle. My boss could tell I was "sick," and since I've had some pretty serious health scares in the past I thought I should put her mind at ease. When I told her I had morning sickness she said, "WHAT?!!!" That is one of my precious memories of our very short time of joy with little Morgan.

At our first ultrasound we saw that tiny heartbeat, but the doctor said I was not as far along as I thought. The heartbeat was only one hundred beats per minute; at seven weeks the heartbeat should be at 140. My doctor kept asking me how in the world I got pregnant, and since the ultrasound looked like a diamond maybe it was a girl this time.

When I could hardly walk the next day I thought, "Oh no - the difficult pregnancy is starting so early. How will I keep up with Isaac if I am this sick?" I had barely been able to walk because of cramping starting at fourteen weeks with Isaac. I called the doctor and told him the difficulty I was having in this second pregnancy, but since this was my "normal" for pregnancy we were not concerned. My husband Nobel even talked to the baby the night before we went for our next ultrasound, expecting that all would be fine.

March 28 was the beginning of our new and different grief journey. We were so sure everything would be fine that we took Isaac with us to that doctor's appointment. "The pregnancy did not progress as expected," the doctor said. We were all crying, even though Isaac did not understand what was going on.

Our first holiday without Morgan was Mother's Day. Although I am so thankful to have Isaac, I was amazed at how much it hurt when friends cheerfully said, "Happy Mother's Day." I felt a stab and an amazingly painful emptiness. Nobel gave me a mommy ring on that day with two tiny birthstones: one for Isaac and one for Morgan. It means so much to me.

Continued on page 7



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.

If you are a federal employee in the North Texas region, check with your employer to see how you can participate in the Combined Federal Campaign. If you wish to designate M.E.N.D. as your recipient charity, our CFC code is 8050.

For more information, visit www.cfctoday.org.

Comfort in Loss

by Patti Blenkinsop

Our little baby, so loved and anticipated. How could this happen? This tragedy, this unexpected happening. What could God be thinking?

How do we pick up the pieces and go on with our lives? Living with broken hearts. Facing each day, making a new start. Starting our lives over. This little life is over for us, but we must go on.

Only in You, Lord. You are the God of All Comfort. We must learn to draw on Your love and the abundant solace which you have for us. Each day, day by day. It doesn't seem possible now, but as we keep walking with you, together, the pain and sorrow will slowly pass away. One day, we will hold another little baby, and know that you continue to bless us. One day, our hearts will not feel the sharp ache that has so consumed us now. One day we will rejoice in the knowledge that our little one is with You. And one day we will all be together before Your throne for all eternity.

Written to comfort a young couple on the miscarriage of their first baby.

Mark Your Calendars

- **M.E.N.D.'s 2006 Walk to Remember:** Saturday, October 7, at 2:00 p.m. at Calvary Church, which is located at 4401 North Highway 161, Irving, Texas (Hwy. 161 and Walnut Hill).
- **M.E.N.D.—Houston's Walk to Remember:** Saturday, October 28, at Metropolitan Baptist Church (1300 Jones Rd., Houston) from 2:00 p.m. until 4:00 p.m.
- **M.E.N.D.'s 2006 Christmas Candlelight Ceremony:** Tuesday, December 5, at 7:00 p.m. The ceremony will be held at Calvary Church in Irving, Texas. Proceed to the back of the church for access to the chapel where the ceremony will be held.
- **M.E.N.D.—Houston Christmas Candlelight Ceremony:** Friday, December 8, 7:00 p.m. at Metropolitan Baptist Church fellowship hall.
- **M.E.N.D.—NW Arkansas Christmas Candlelight Ceremony:** Tuesday, December 12, 7:00 p.m. at the Jones Center Chapel (922 East Emma Avenue, Springdale, Arkansas).

For more information or to make reservations for **M.E.N.D. main chapter events**, contact Rebekah Mitchell (Rebekah@mend.org or 972-506-9000).

For more information or to make reservations for **M.E.N.D.—Houston events**, contact Jaimie Crump (Jaimie@mend.org or 281-374-8528).

For more information or to make a reservation for **M.E.N.D.—NW Arkansas event**, contact April Moreton (April@mend.org or 479-524-3500).

M.E.N.D. Is Turning Ten

In November M.E.N.D. will turn ten years old. To celebrate, 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 sharlene@mend.org or to the mailing address listed on page 2 of this issue. Please submit all articles, poems, and ideas by September 30, 2006.

November/December Topic

Tenth Anniversary/Holiday Issue
Deadline: September 30, 2006

January/February Topic

Dealing with Other People's
Pregnancies
Deadline: November 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.

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Visit our Web site at:
www.mend.org

Tributes to Our Special Babies

My Sweet Princess, Laiken,

Can it be that it has been four years since you were born? Sometimes it seems like it was only yesterday that I held you and told you how sorry I was, how much I loved you. Other times, it seems like it has been a hundred years since that bittersweet day: your Birthday and your Angel day.

I dream of all the things you would be doing at four years old—would you like to play dolls with your sister Arianna? Cars with your brothers Jarod and Gavin? Would you like macaroni and cheese like they do? Coloring in your coloring book? Singing to the radio? Would you be a night owl or a morning person? Would you have blond hair or brown? What would your voice sound like? Would you like preschool and make lots of friends? All of these questions that we will never have an answer to in this life ... it is just still so hard.

On your fourth birthday and always, remember that your mommy and daddy (and your sister and brothers) love you so very much and miss you with every ounce of their being. Blow out your four birthday candles, Baby, surrounded by your angel friends in Heaven. We will be blowing kisses up to you as we celebrate your special day at the cemetery, thinking of you.

With all of our love,
Mommy, Daddy, Arianna, Jarod, & Gavin

*Laiken Riley Madison Kale
September 15, 2002*

*Severe prematurity, pulmonary failure and HELLP syndrome
Parents: Rick and Alysha Kale Siblings: Arianna, Jarod, and Gavin*



Gracie,

Happy third birthday, baby. We miss you.
Love, Mommy, Daddy, and little brother Joseph

You're our little angel watching from above
Sending down your kisses
And showering us with your love
You came here for a little while to let us see your pretty face
But God said it was time to go and took you to a better place

I wish I could have held you and watched you grow
Taught you all the things little girls should know
But God had other plans for you
He needed you to go

Fields of flowers, streets of gold,
Everything you ever wanted all yours to hold
Dreaming dreams and wishing wishes
Standing on that mountain sending us your kisses
Now you are in heaven standing by his side
Holding his hand and being our guiding light.

From Aunt Delaine

*Remembering Patricia Grace Henry
October 23, 2003, Prematurity Parents: Tricia and Lloyd Henry*



Aidan, Happy 1st Birthday!

They say memories should be cherished,
That is so very true,
God blessed me with sweet memories,
Of just me and you.

I wasn't ready for memories Aidan,
Mom only wanted you,
You were the light, the hope, the dream,
Of becoming something I had no clue.

A million times I kissed your cheek,
A million times I cried,
I felt and touched Your little hand,,
As your mother, I stood by your side.

If love alone could have saved you,
You'd still be in my arms,
For the love I felt for you so deep,
Is warm and true my son.

On this earth, I have loved you,
And in your absence, I still do,
Save a place for mom in Heaven,
A place next to you.

My heart has a special place,
A place that no one can fill,
A special place for you and me,
Together as mother and son.

If tears could build a staircase,
And heartache make a path,
I'd walk the path to Heaven,
And bring you right back.

God has called you to come home,
And will call us one by one,
So play and laugh, my little son,
Home, someday shall I come.

*Aidan Shaw VanderCruyssen
October 2, 2005 - December 3, 2005*

*Polycystic Kidney Disease
Mom: Shane VanderCruyssen
Grandmother: Jean VanderCruyssen*

Dearest Jordan,

It is so hard to believe that you would turn three this year. Wow, to imagine all that you would be doing! We love and miss you so very much. Not a day goes by that I don't think of you. I smile at your little sister's antics, wondering how much she looks and acts like you. You will always be my little girl, the true love of my life. I will always thank God for my time with you and the gift that you have given me. I pray for your peace and comfort and can't wait to hold you again in heaven,

Love, Mommy

Jordan Claire James

September 29—October 15, 2003

Hypoplastic Left Heart Syndrome

Parents: John and Julie James Sisters: Bailie and Lauren



Happy 9th birthday Schuyler!

We love and miss you!
Love, Daddy, Mommy, Ashton, Alexa and Benjamin



*Timothy "Schuyler" Morren II
Sept. 28, 1997 - Dec. 23, 1997, SIDS
Parents: Tim & Pam Morren
Little Siblings: Ashton, Alexa & Benjamin*

Happy 1st Birthday Baby Girl!

I prayed for two years for the Lord to send me a baby girl. From the moment I knew you were on the way, I knew you were the Lord's baby! I just didn't know how true that was!

Happy Birthday Rylee Lynn. We love and miss you and think of you every moment of every day! We'll meet you at Heaven's gate!

Love,
Mommy, Daddy, Jared, and Hunter



*In memory of Rylee Lynn Crye
Stillborn October 31, 2005
Multiple brain malformations
Parents: Gene and Randi Crye
Big Brothers Jared and Hunter*

Happy 2nd Birthday Mattie Bell

I held you, precious little child,
For far too brief a time,
Rocked you gently, drew you close,
Laid your tiny hand in mine.
And though I'll never hear your laughter,
Or see your childish grin.
Never watch as you grow strong and tall,
I would do it all again.
For in you lay hope and promise,
And dreams to be fulfilled-
And though now my arms can't hold you,
In my heart I always will.



We Love you Forever,
Momma, Daddy, & Eli



*In Loving Memory of
Mattie Bell Horton
Stillborn October 30, 2004
Pentalogy of Cantrell
Parents: D'Ray and Mandy Horton
Little Brother: Eli*

Happy 7th Birthday, Ashley Renee Dedear

We think of you and miss you every day.

Love,
Mama

*Ashley Renee Dedear
October 29, 1999, Placental abruption, prematurity
Parents: Tim and Cindy Dedear
Twin sister: Laura Elizabeth*



Happy 1st Birthday Dylan Glenn!

We love and miss you so much. You are in our hearts forever. We know you're with us where ever we go. We hope you are having fun with Grandma and Grandpa Ruge. We hope God knows how lucky he is to have angels like you. We'll see you again someday. Hugs and kisses.



Love Always,
Mommy and Daddy

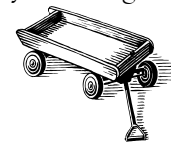
*Dylan Glenn Ruge
Stillborn October 3, 2005, Blood clot in the placenta
Parents: Jason and Amy Ruge*

Happy 2nd Birthday Alexander!

Your daddy and I miss you so much. We think about you every day. We can't believe that two years have gone by since we held you in our arms. We thank you for helping your little sister, Angelica Mae, arrive safely. We know that you would have been the best big brother to her. One day we'll all be together!

Love, Mommy, Daddy, and Angelica

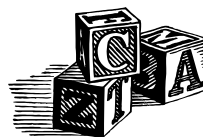
*Alexander William Underwood
Stillborn September 8, 2004, Unknown cause
Parents: Anastasia and David Underwood
Sister: Angelica Mae*



Dear Sweet Aiden,

Has it really been four years since I held you in my arms? Mommy and Daddy miss you so very much. There isn't a day that goes by that my heart doesn't hold you again. Have a great birthday Aiden! What a big boy you are getting to be. We love you!

Mommy and Daddy



*Aiden Xavier Sohn
Stillborn October 13, 2002
And remembering our angels
Miscarried May 2003 and October 2003
Parents: Doug and Angelique Sohn
Brothers: Joshua and Sebastian*

Happy 1st Birthday Angelica Faith

We can't believe one year has already passed. We love you and miss you so much. We always think about you. Your sister Lexie and brother Bobby talk about you often. We always wonder what kind of person you would have been and miss not getting to see you grow. You will always be our daughter, and you will live in our hearts, souls and minds forever. We know you are being taken care of by God and are with your sister Grace. That brings us some comfort to know we will be reunited someday in Heaven. Until then...love always.

*In Loving Memory of Angelica Faith Fletcher
September 2, 2005*

Incompetent Cervix/PROM

*Also lovingly remembering Margaret Grace
July 28, 2001*

*Parents: Bob and Natalie Fletcher
Siblings: Lexie and Bobby*

To our little Garrett,

You are now seven years old. Wow—where did the time go? You would now be in the first grade and on the Pee-Wee football team. I think about you all the time. Wish I could see the little man you are now. We wish you a very happy birthday.

Love always, Mom, Dad and Samantha

*Garrett Anthony Mayer
October 12- December 18, 1999, Tetralogy of Fallot
Parents: Anthony and April Mayer Sister: Samantha Kay*



Happy 4th Birthday, Logan!!!

Four years old ... I wonder what you would be like...I wonder what your voice would sound like ... I wonder if you would love Superman as much as your brothers do ... I wonder what it would be like to have three little boys here in our home...

Although you are not here in our home, Logan, you will always be in our hearts and our memories. You will forever be one of our precious little boys.

We love you so much and miss you every day.
~Mommy, Daddy, Landry and Hudson



*Remembering Logan Wayne Fish
September 17, 2002, Thanatophoric Dwarfism
Parents: David and Brittney Fish
Brothers: Landry and Hudson*

Our Precious David,

This year has been such a big year for our family, with your little brother coming into our lives. He has helped to heal our hearts, but also causes us to miss you in new ways every day. We think about how much fun the two of you would have together. As much as it hurts to not be able to spend this day with you, we know that there will be a day when we are all together again. David, I often wonder what heaven is like for you. I was always taught to believe that we don't age in heaven; but if you're still a tiny baby, how can you experience all of heaven's joys? Are you three years old there, too? I have so many questions, but all I know for sure is that I can trust God's promises that you are in Paradise and have never known a moment of pain or hurt or sorrow. There is a song that reminds me of you. It's called, "To Where You Are," and I cry every time I hear it, because I ache to see you up there, safe and happy, if only for a moment. That time will come, and in the meantime Daddy and I have wonderful memories of our time together. We miss you and love you so very much and are proud to be your parents. C.J. will be so proud to have you as his brother, too, because he will grow up knowing all about his big brother in heaven.

We love you, our little angel.
Mommy, Daddy and C.J.

*David Atkins Stephens
October 23, 2003, Omphalocele*

For Our Riley

Dear sweet Riley, on your 5th Birthday: We pass your picture every day and often pause to cry and pray, to remember how you went God's way, blessing us with your brief stay. We'll be together on that day when Jesus' love makes the way. Until then, we want to say your family longs for the day to hold your hands as we pray.

Love, Daddy, Mommy,
and your sisters and brothers



*Riley Marshall Sharpless
Stillborn September 3, 2001, Placental abruption
Parents: Ken and Lisa Sharpless
Siblings: Reid, Tyler, Cameron,
Yizan (in China waiting to join us) and Caroline*

Wishing our sweet little girl, **Hallie Anne**, a very happy 9th birthday. No longer a baby, no longer a toddler ... how we have missed watching you grow up. Our hearts still ache everyday when we think about you. We will always miss loving you and sharing you with those who love us, especially your adorable little brothers. You are a very special part of our family!

With Love,
Mom, Dad, Alex and Brandon

*In loving memory of Hallie Anne Fantine
September 22, 1997, Cord accident
Parents: Richard and Laurie Fantine
Brothers: Alex and Brandon
Remembering Baby Fantine
Miscarried March 2, 2001*



Happy First Birthday Sweet Grant

To our sweet precious angel Grant – Happy first birthday! Although it has been a year since you were born and then went to heaven, we think about you every day, and not a day goes by that you aren't loved, missed and longed for. Even your big brother thinks and talks about you and sends kisses to heaven for you. We cherish the time we had with you, the months we loved each other while you were inside of Mommy and the week we had you after your birth. Even though you are not here with us now, you live in our hearts. You have changed our lives forever, and we would not be the family we are today if it were not for you. You are loved and missed by all of us. We know you are so happy in heaven, and we rejoice in knowing that you are with God and with your grandparents. We cannot wait for the day that we hold you again. Praise the Lord!

Love,
Mommy, Daddy and big brother Jack

*In loving memory of our son Grant Michael Williams
September 30 – October 8 2005, Cord accident
Parents: Chris and Ruth Williams Big Brother: Jack*

You're Safe My Child

By Jennifer Camacho

*My child in my womb where you lay,
Only waiting the day you would like to play.*

*Mom was hurting, wishing to help you,
Without you here, what will I do?*

*My child I held you in my arms so still,
Though you won't suffer, I will
And try, my child, to live life without you.*

Dear Child,

Dad and I named you Angél. Before letting you go, we watched you fight so hard to be with us. We loved you so much our baby Angél. You are in great and loving arms in a place where family is looking after you. Angél, baby, I'm sure you're happy. You are in a place where you will always be safe. I'll always be thinking of you. Your Dad will, too. We love you.

Love always, Mom and Dad

*Mom I hear you, no need to worry,
I'm always safe, you and Dad knew.*

*Angél Camacho
October 14, 2005, Unknown Cause
Parents: Epi and Jennifer Camacho*



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.

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.

Angel Babies in Heaven

(843) 871-3071

www.angelbabiesinheaven.com

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

Angel Lady

www.angelady.net

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

Angels in Heaven Ministries

www.angelsinheaven.org

Offers framed poems, cards, and audio tapes 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.

Once Upon a Family™

www.onceuponafamily.com/amygill

Contact: Amy Gill

(972) 207-7025

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.

Memory-of.com

www.memory-of.com

Contact: Amanda Hale

amanda.hale@libraryoflife.org

Provides a place for parents to build online memorials for their babies at memory-of.com. M.E.N.D. members can receive a ten percent discount by entering the promotional code MEND. Visit the online memorial created by this organization in memory of all stillborn babies at www.stillborn-angels.memory-of.com.

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.

Angel Teddy Bear Foundation

www.angelteddybears.org

kim@angelteddybears.org or (274) 531-0960

Nonprofit organization that delivers teddy bears to hospitals for parents who have lost a baby.

Our Journey, continued from page 2

On June 5 our pastor gave one of the loveliest memorials I've ever attended for Morgan. It turned out to be the same day we had the memorial for Nobel's mother one year earlier. Our pastor reminded us of how we should have the faith of a child when looking at this tragedy in our life. Brittney Fish, a member of M.E.N.D., gave us a CD from which we used two songs. Other M.E.N.D. members mentioned letting balloons go, so we released balloons for Morgan. I also read a short letter I wrote to baby Morgan, which was incredibly hard to get through. We are so thankful that we have a pastor who was willing to perform such a sweet service for our baby, even though we were only eleven weeks along into the pregnancy. We were also thankful for the help and ideas that came from the support group in putting little Morgan's memorial service together.

I have found M.E.N.D. to be very helpful since I find so many people seem to expect me to be the strong wife of a pastor. I am thankful I can go somewhere to share and hopefully encourage others who are going through the same thing I am. Nobel has also found it to be helpful and has a burden with me to pray for everyone in M.E.N.D. The suggested readings and lending library at M.E.N.D. have been helpful to me. In the earliest days after our loss I wrote out many verses from the Bible in a little notebook which I read often, but there have been times when reading did not come easily and the questions and tears have poured out to God. I often feel comforted by God in these times, almost like there's a hand on my shoulder.

I hope when Isaac is old enough he will appreciate that he has a sibling in heaven. There are reminders of Morgan everywhere. Morgan would have been due one week before his mom's birthday in October. We framed the ultrasound picture and it sits on our mantle.

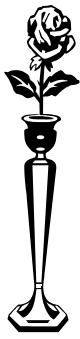
I recently got an email from someone who said I should give up and accept that Isaac is going to be an "only child." I told her that if we had given up when some people told us to we would not have Isaac. God will reveal to us in His time what His plan is for our family. We also know that God will someday fill the empty place that was created when we lost Morgan, and God will also fill that empty place if Isaac has to be an "only child."

One Bible verse that spoke to me in my quiet time was Isaiah 65:17: "Behold, I will create a new heaven and new earth. The former things will not be remembered, nor will they come to mind."

"Nor will they come to mind" really sticks with me since we often compare our joyful times to our sorrowful times in order to gain perspective. Someday those of us who have lost little ones will rejoice with the children who have gone before us and not remember any of the pain we suffer now as we miss them!

I recently heard a song on the radio that I like to call Morgan's. It says "I was created to worship You." Whenever I hear it I picture Morgan singing to God in heaven—whole and complete! I also gain peace in knowing that my children are loved by God even more than I can love them. He loved all of us enough to give His only Son!

*Remembering our second miracle, Morgan Schear,
Miscarried at 11 weeks,
March 28, 2006, Cause unknown
Parents: Noel and Paula Schear
Big brother: Isaac*

**Hope Kirkpatrick**

November 5 - 8, 2005
Amniotic Band Syndrome
Given by parents
Kirk and Aly Kirkpatrick

Alexis and Nicole Rudeen

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

Carson Mitchell Shaw

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

James Anthony Junginger

December 28, 2005 -
February 15, 2006
Pulmonary Hypertension
Given by parents
Mark and Elizabeth Junginger
and siblings Jessica and Christina

Zachary Paul Higgs

August 7, 2004
Unknown Cause
Parents: John and Carrie Higgs
Given by Jessica Wallace

Emma Gayle Wright

Stillborn February 5, 2006
Pre-eclampsia
Given by parents
Leroy and Christine Wright

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!

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

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 Brewer, Sr., Asiatico,
& Associates

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

Tatiana Yvonne Urquhart

November 3, 2005
Vasa Previa/
Velamentous Insertion of Umbilical Cord
Given by parents
Sudi Beheshti and Russ Urquhart

Bay Miltenberger, Jr.

Stillborn December 9, 1998
Preterm Labor
Given by parents
Paula and Bay Miltenberger
and little brothers Bryce, Bo, and Brady

Bay Miltenberger, Jr.

Stillborn December 9, 1998
Preterm Labor
Parents: Paula and Bay Miltenberger
Little brothers: Bryce, Bo, and Brady
Given by grandparents
James and Dianne Bosler

Lawson Thomas Dody

Stillborn January 8, 2006
Cord Accident
Parents: Blythe and Aron Dody
Given by Clara Marie Largent

Elizabeth Gentry

August 24, 1996
Cystic Hygroma and Anasarca

Baby Gentry

Miscarried May 10, 1997
Meghan "Meggie" Elizabeth Gentry
June 3, 2001
Kidney Abnormality
Given by parents John and Shary Gentry
and siblings Alison and Mark

Kyler Paul English

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

Jordan Claire James

September 29 - October 15, 2003
Hypoplastic Left Heart Syndrome
Given by parents John and Julie James
and sisters Bailie and Lauren

Braden Alec Carson

August 3, 1999
Cord Accident
Given by parents Billy Dan and Jennifer Carson

Kane Christopher DeLaTorre

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

Cole, Kaylyn and Hannah Busker

Stillborn December 10, 2004
Ecoli Infection
Given by parents Kim and Michael Busker
and sibling Allison

Baby Rodriguez

Miscarried August 15, 2001
Given by parents Ariel and Claudia Rodriguez
and little brother Jacob

Gifts of Support

IBM Charities

Logan Wayne Fish

September 17, 2002
Thanatophoric Dwarfism
Given by parents David and Brittney Fish
and brothers Landry and Hudson

Jack Henvey

July 4, 2001
Tetralogy of Fallot

Baby Henvey

Miscarried October, 2003
Given by parents
Chris and Renee Henvey
and little brother Evan

Anna Wheeler

Stillborn January 5, 2004
Fatal Dwarfism

Baby Wheeler

Miscarried August, 2004
Given by parents
Jennifer and Nick Wheeler
and sisters Elaina and Sophia

Michael Garabedian, Jr.

Stillborn February 2, 1998
Cord Accident/
Velamentous Cord Insertion

Adam Michael Garabedian

Stillborn July 25, 2001
Cord Accident
Parents: Mike and Cindy Garabedian
Siblings: Victoria, Elizabeth,
and Catherine
Given by Garabedian Properties

Aidan VanderCruyssen

October 2 - December 3, 2005
Polycystic Kidney Disease
Given by mom Shane VanderCruyssen

Rylee Lynn Crye

Stillborn October 31, 2005
Multiple Brain Malformations
Given by parents Gene and Randi Crye
and big brothers Jared and Hunter

Carter Patrick Outen

Stillborn November 6, 2000
Unknown Cause

Baby Outen

Miscarried April 3, 2001

Baby Outen II

Miscarried October 5, 2001
Given by parents
Chris and Shannon Outen
and little sister Erin

Grant from CIGNA Healthcare
on behalf of Michelle McHone,
donated by Michelle
in honor of her children Ryan and Eryn,
and in memory of

Kassandra,

stillborn November 11, 1992,
Cord Accident,
and **Baby McHone**
Miscarried September 19, 2002

Shauna Elisabeth Winebrenner

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

Taylor and Kaden Beard

August 19, 2005
Unknown Cause
Parents: Steve and Kristi Beard
Given by Eric and Brooke Martel

Taylor and Kaden Beard

Stillborn August 19, 2005
Unknown Cause
Parents: Steve and Kristi Beard
Given by Troy Wayne Bradshaw

Taylor and Kaden Beard

Stillborn August 19, 2005
Unknown Cause
Parents: Steve and Kristi Beard
Given by Bill and Mary Jean Beard

Taylor and Kaden Beard

Stillborn August 19, 2005
Unknown Cause
Parents: Steve and Kristi Beard
Given by Richard, Mary, and Lance Martel

Taylor and Kaden Beard

Stillborn August 19, 2005
Unknown Cause
Parents: Steve and Kristi Beard
Given by great-grandparents
Troy and Alyene Bradshaw

Taylor and Kaden Beard

Stillborn August 19, 2005
Unknown Cause
Parents: Steve and Kristi Beard
Given by great-grandmother Doris Beard

Taylor and Kaden Beard

Stillborn August 19, 2005
Unknown Cause
Parents: Steve and Kristi Beard
Given by grandparents Sam and Martha Byrd

Joseph Charles Libby

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

Abigail Grace Crump

July 1, 2003
Trisomy 18
Parents: Gerald and Jaimie Crump
Little sister: Cami
Given by Brian Benandi

Faith Elizabeth Durham

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

Subsequent Births

Anastasia and David Underwood
of Oldsmar, Florida,
joyfully announce the arrival of
Angelica Mae,
born May 25, 2006.
She weighed 8 lb., 14 oz.
The Underwoods lovingly remember
Alexander William,
stillborn September 8, 2004,
at 40 weeks gestation
due to an unknown cause.

D'Ray and Mandy Horton
of Selmer, Tennessee,
proudly announce the birth of
Eli Tull,
born November 24, 2005
(Thanksgiving Day).
He weighed 8 lb., 14 oz.,
and measured 20 1/2 inches long.
The Hortons lovingly remember
Mattie Bell,
stillborn October 30, 2004,
due to Pentalogy of Cantrell.

Lupe and Clem Barron
of Dallas, Texas,
joyfully announce the arrival
of the their twins,
born May 30, 2006:
Naomi Abigail,
weighing 5 lb., 4oz.,
and measuring 17 1/2 inches long;
and Nicholas Andrew,
weighing 5lb., 3oz.,
and measuring 18 1/2 inches long.
The Barrons lovingly remember
Noah Adam,
July 5 - 19, 2004,
Hypoplastic Lung Syndrome.

Ashley and Jennifer Brimmage,
along with siblings Lindy and Mark,
of Farmersville, Texas,
thankfully announce the birth of
Lauren Hope,
born June 21, 2006.
She weighed 7 lb., 4 oz.,
and measured 18.5 inches.
The Brimmages lovingly remember
Angel Hope,
June 8, 2002,
Spina Bifida
and Precious Brimmage,
December 23, 2002
miscarriage.



M.E.N.D. Chapter Corner

Chapter Meeting Information

M.E.N.D. - NW Arkansas

Meets the 1st 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.
Southern Regional Hospital
Education Center Rm A
11 Upper Riverdale Rd., Riverdale, GA 30274
Director: Marie Stockdale
Marie@mend.org, (770) 954-1115

M.E.N.D. - Texarkana

Meets 3rd 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.

M.E.N.D. Chapter Updates

NW Arkansas

M.E.N.D.—NW Arkansas has scheduled our first Christmas candlelight ceremony for December 12 at Jones Center for Families (our regular meeting place) in the chapel. We are excited about sharing this special time with our Arkansas families. We pray that, as we continue to reach out to a hurting world, more and more bereaved families will be drawn to Him.

April Moreton

Kansas

We've continued to meet new families in Kansas as we try to minister to those experiencing the pain of infant loss. We've begun sending out monthly birthday reminders with our e-mail meeting reminders so that everyone can remember to encourage and pray for families on their babies' birthdays. We held our first informal social gathering at a local restaurant in August with tentative plans to make it a monthly event. God continues to bless us, and we're inexpressibly thankful.

Stephanie Metzger

Houston

The Houston Chapter is excited about our upcoming Walk to Remember. It will be held on October 28, 2006, from 2-4 p.m. at Metropolitan Baptist Church, located at 13000 Jones Rd (north of FM 1960), Houston, Texas. Registration begins at 1:15 p.m. We invite all families who have lost a precious little one in the Houston area to join us. Formal invitations will go out the last week of September, but please feel free to invite any friends or family who have experienced a miscarriage or infant loss. Rebekah Mitchell will be our guest speaker, and we will have a beautiful balloon release at the end of the ceremony. Please RSVP by October 21st (number in party, baby's birthday, baby's name and parents' names) to jaimie@mend.org or (281) 374-8528.

Jaimie Crump

Georgia

M.E.N.D.—Georgia is moving to a new location in September. We think our new location will allow for greater participation across metro Atlanta. We have had several new contacts over the past month and look forward to serving more families in our area. Our new location is at Southern Regional Hospital in the Education Center, Room A. The hospital is located at 11 Upper Riverdale Rd., Riverdale, Georgia. We'll continue to meet the 2nd Monday of each month at 7:00 p.m. If you need directions to the new location, e-mail me at marie@mend.org.

Marie Stockdale

Texarkana

M.E.N.D.—Texarkana is off to a good start. We have had three meetings now and have had some good times of sharing. We continue to pray for bereaved families in our area and hope for the opportunity to minister to them at future M.E.N.D. meetings. I am humbled at the blessings I've already received as a M.E.N.D. chapter leader and look forward to seeing what God has planned for us next.

Kari Westbrook

Many M.E.N.D. members recently participated in a research study led by Lauren Woolley, M.A., as part of her work as a counseling psychology doctoral student at Texas Women's University. Ms. Woolley's research examined perceptions of healthcare and emotional adaptation to miscarriage. Twenty-seven women participated in the study, all having experienced pregnancy loss prior to 24 weeks gestation. The results of this study showed women who received adequate explanations for their miscarriages did not have more favorable perceptions of healthcare received for the miscarriage, less miscarriage impact, or less disturbed moods than women who did not receive adequate explanations for their miscarriages. Results also revealed women with high perceptions of health care for their miscarriages did not experience less miscarriage impact and less disturbed moods than women with low perceptions of healthcare for their miscarriages. Additionally, the passage of time was not significantly related to women experiencing less miscarriage impact and less disturbed moods. However, exploratory analysis revealed significant positive relationships between number of miscarriages experienced and depression, concentration, and overall mood disturbance. One significant finding revealed that bereaved mothers' levels of depression and overall mood disturbance increased and their level of concentration decreased with the number of miscarriages experienced. Consequently, number of previous losses does appear to significantly impact mood. Ms. Woolley noted that her ability to find significant results was limited by several factors related to her research design. However, the psychological and medical literature suggest that treatment by health care providers plays an important role in helping bereaved mothers grieve pregnancy loss.

Ms. Woolley presented her findings at the American Psychological Association's national convention in August.



Medical Moment

Chapter Spotlight: NW Arkansas

Director: April Moreton

The Faces I Never Saw

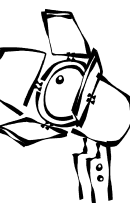
Not knowing if I was ready or would ever be ready to have children, I was genuinely shocked at my joy and excitement when we unexpectedly became pregnant in August 1999. Sitting at La Madeleine in Lewisville, Texas, I carefully read the materials that the local pregnancy center gave me along with my positive pregnancy test. How amazing that a little being was growing inside me! At that point, he/she even had a heartbeat. I couldn't wait to tell my husband and family and began plotting how to drop the news in the most astonishing way. This baby would be the first grandbaby on my family's side, coming from the career-orientated daughter who never discussed pregnancies, cribs, diapers or the like. I remember thinking, early on that Friday morning, that God had truly smiled upon me. We were awaiting the arrival of Baby M!

Although we shared the news immediately with our close family, we decided to wait a bit to announce to friends. When we did, at about seven weeks, it was fun to watch everyone's expression. Their excitement raised our anticipation to a new level. At eight weeks, we visited my obstetrician, complete with video in hand to tape the first sighting of our little baby, for our first pre-natal visit. The only words from our nurse practitioner during the scan was, "Well, you might not be as far along as you think." Looking back now, I realize that there probably wasn't a heart beat at that time, but she didn't want us to give up hope. We were instructed to wait two weeks and come back for another scan. We couldn't wait that long—it was too tortuous—so one week later we returned to learn that the baby was gone. Our OB scheduled a D&C immediately, and we headed for the hospital.

I remember waiting in the lobby for the procedure to begin, completely numb. Activity went on around us, the busyness of the day continued, but I wanted everyone to know that my baby was dead. Didn't anyone understand how hard it was for us to be there? No one said anything to me about my little lost baby—the nurse simply took my vitals, the anesthesiologist asked if I had trouble with anesthesia, and I awoke later to a sense of hollowness. Baby M was gone.

Over the next six months, we would lose two more babies in the same way - a non-existent or slowing heartbeat followed by a heartache that wouldn't ease. Because my husband was a children's pastor at the time, our church family responded after each loss with meals, flowers, cards, and prayers. We also had many well-meaning but insensitive comments from people who simply didn't know what to say to us. Some avoided us altogether. Some didn't understand why we felt so strongly about the pregnancy losses. After all, we never even met the babies; how could I feel so badly? Others told us it was probably God telling us that we weren't meant to have children. Others just wanted us to move on.

We began attending M.E.N.D. after we miscarried Baby M. The Christmas Candlelight Service allowed us to publicly acknowledge our little one. The support meetings proved to me that I was not alone or crazy in my grief, and the newsletters allowed me to sit quietly, cry, and thank God for our precious little ones. Remembering my desperate need during those months challenged me to begin a M.E.N.D. chapter in our new home of northwest Arkansas. Each month, we offer the same support to moms and dads that I received while attending in Dallas. Some of us are years from our losses, some of us just weeks. Though there remains an ache in my heart over the babies I never knew, God's grace allows me to remember them openly through serving in M.E.N.D. I wouldn't change anything about our losses, because God has used each for His purpose and for His good.



Music Resources

Held

Written by Christa Wells
From Natalie Grant's CD *Awaken*, available for purchase at most Christian bookstores.

Homesick

By MercyMe
From their CD *Undone*, available for purchase at most Christian bookstores.

Cry Out to Jesus

By Third Day
From their CD *Wherever You Are*, available for purchase at most Christian bookstores.

Thought You'd Be Here

Words and music by Wes King
From his CD *A Room Full of Stories*, available for purchase at most Christian bookstores.

With Hope

By Steven Curtis Chapman
From his CD *Diving In*, available for purchase at most Christian bookstores.

Goodbye for Now

From Kathy Troccoli's CD *Corner of Eden*, available for purchase at most Christian bookstores.

Glory Baby

Written by Nathan and Christy Nockels
Found on Watermark's *All Things New*, can be purchased at Christian bookstores.

Remember Me Lord

Written and performed by Teri Curp. For ordering information, contact Teri at 7curps@sbcglobal.net.

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 2nd Thursday of every month
from 7:30 – 9:00 p.m.

Daddies group

meets the 2nd Thursday of

March, June, Sept. and Dec., 7:30—9:00 p.m.
A 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.

Food and Fellowship

A time to relax and meet with other M.E.N.D. parents in a social setting
Contact Brittney Fish: brwniefish@aol.com

Subsequent pregnancy group
meets the 4th Tuesday from 7:30 - 9:00 p.m.
Led by Melissa Stephens:
rob.melissa@verizon.net

For families who are considering becoming pregnant or are currently pregnant after a loss.

Playgroup

For families with children born prior to or subsequent to a loss.

Contact Mary Steen or Brandee Dill for more info: Mary_Steen@hotmail.com
or dillsforchrist@yahoo.com
(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.

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@atg.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 in which you can participate. At the end of the survey, press the "Submit" button. M.E.N.D. will be automatically receive the 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.

M.E.N.D. member Michelle McHone is a consultant with **Arbonne International**, offering pure Swiss skin care, color, nutrition and aromatherapy. Michelle will donate a percentage of her sales of Arbonne products to M.E.N.D. To find out more, visit Michelle's Web site at <http://michellemchone.myarbonne.com/arbonne/michellemchone/nsf>.

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 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/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.

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