



# M.E.N.D.

## Mommies Enduring Neonatal Death

### *Sibling Grief*

When my little brother Jonathan was stillborn in 1995, I was only 3½ years old. I don't remember anything about his death, other than what I hear from my parents and my other relatives. Any memory I have of him could just be from pictures I've seen in photo albums or around the house.

I am 17 years old now and occasionally my mom asks me if I remember anything about my parents grieving, which I don't. I think the main reason I don't recall anything about his stillbirth is because I was so young. I did not understand the concept of death and I was not around him long enough to get attached. My mom also asks me sometimes if I think seeing her cry so much when I was little scarred me or mentally damaged me in any kind of way. I reassure her that it did not. Obviously it has affected me in that I don't have a brother, but I don't think I'm any different than if I hadn't experienced his loss at such a young age.

About six years later, just after my 10th birthday, my mom miscarried a baby at 10 weeks. I actually do remember that day. She picked me up from a piano lesson and when we were almost home she started crying. I asked her if the baby was okay. She told me that she had lost the baby, and then I started crying. That night when my dad came home, I remember being in the living room, and my mom talking to a lot of people telling them what happened. Even though I remember this baby dying, I still don't think that I was emotionally scarred. If anything, I think that my experiences and all the talk about death has taught me that it's just another part of life that I have to accept.

I now feel as if I can embrace death easier than if none of this had happened. I know that even though the death of a baby is horrible, my parents have taught me that God makes everything work out for the good.

So all in all, if I were to gain or lose anything out of my mom's losses and all the talk of losing the babies, as well as

going to M.E.N.D. events, I feel like I can comfortably discuss death knowing it is a part of life.

♥ *Byron Mitchell, Jr.*

*Big brother to Jonathan Daniel Mitchell  
and Baby Mitchell*

### *What is Sibling Grief?*

As a parent, losing a child is the most devastating thing any of us will probably ever experience. However, for those of you with children who were able to witness the loss and subsequent grief because of the death of their little brother or sister, it is also difficult to watch the pain your living children experience.

This month, we've tried to compile a sampling of "responses" our living children have written with regard to the loss of their sibling. We also wanted to give you and your children tools to continue the grief process.

There are many of you like me, whose living children came after the deaths of our babies. I hope this issue will help us realize that although these children were not around to witness our losses, they may experience grief themselves because they missed out on that connection within our families. We'll discuss how to teach our children about their big brothers or sisters in an upcoming issue.

Remember that from an eternal perspective, grief is temporary. However, our living children will need us to be aware of their emotions and to help provide them with a safe environment to deal with those feelings.

♥ *Heather Fann, editor*

*mommy to Caleb Scott and Baby August*

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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

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

Heather@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).

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M.E.N.D. is a member of  
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## Letters From Our Readers

Rebekah,

I thought your article [*What I Wish I Had Known Before Leaving the Hospital*] hit it right on the head. No one at the hospital shared much with me about what could and couldn't be done. I was blessed to have my family around and they took charge and took pictures, etc. I still wish I had known more, and that documentation was offered immediately so that I *could have* known more. I probably would not have read it right then, but if I was told, "Louisa, please make sure that someone reads this for you so that you know what your options are." I would have had some knowledge. Great article!

There really needs to be more awareness made to the hospital staff—nurses—that are treating you. A couple of the people did not even know how to address me. I know it's difficult to find the words to say to someone, but having information to give me would have been helpful. I didn't get anything until the following day when Deborah from bereavement came to see me. They need more of her! She is only one person so its hard for her to be there all the time.

♥ *Louisa Garza,  
mommy to Kenneth Weddington, Jr.  
November 7, 2007*

Rebekah,

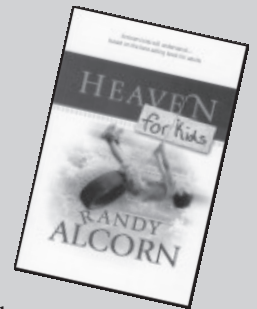
Wow, another awesome article in the newsletter. Thank you so much for your gift of words and healing for folks. This is a great resource for pastors to have.

♥ *Rev. Jennifer Scott  
Pastor/Children's Ministries  
First United Methodist Church, Coppell, Texas*

## Book Review

### *Heaven for Kids*

By Randy Alcorn



Heaven for Kids is the kid version of Alcorn's, Heaven. This is an easy to read book that is written in a question and answer format. Alcorn addresses questions such as, "Where is Heaven," "Will we have real bodies in Heaven," and "Can people in Heaven see what's happening on Earth?"

This book is designed for kids 8 to 12 years old, but the questions in this book are ones we have all wondered.

To order, visit Eternal Perspective Ministries at [www.epm.org](http://www.epm.org).

♥*Review by Rebekah Mitchell*

M.E.N.D. has a complete list of books, Web sites, organizations, and music resources available online at [www.mend.org](http://www.mend.org).

If you would like to submit a review of books, music, Web sites or other resources dealing with infant loss, please email them to our newsletter editor Heather Fann at [heather@mend.org](mailto:heather@mend.org).

## A Sibling's Perspective

Hello M.E.N.D.! I love your newsletter—thank you so much for all that goes into it. I asked my nine-year-old daughter if she would like to write about “A Sibling's Perspective” and share it with you. Here is what she wrote:

Hello, my name is Grace. I am 9 years old and have two brothers on earth, Moses and Judah. When I was 6 years old my mom bore my first brother—Matthias Paul Mailyly—on August 9, 2005. When he came out of Mom's tummy he was not breathing so he was taken to the Children's Hospital. I was scared and frightened to think that my little darling, precious brother might die. Little did I know that I would have the answer the next day.

At the hospital they put Matthias on some machines to help him breathe, but they could not keep him alive. When I went to see him my heart was broken. Before he died I was able to see him and hold him. It was very special to me to hold him, but my heart was sad knowing I would never have my dear Matthias back.

When I held him for the first and last time I cried, and I truly think that was the saddest moment in my life. Even though I was young, I understood a lot more than you would think. But even though it was sad, I thank the Lord that I will see Matthias in heaven.

I really like to go visit his grave and remember the day he was buried. When I go to his grave, I pray to Jesus and ask Him to tell Matthias that I love him.

The advice that I would give you is to trust the Lord that He will take care of you, and to remember that your baby is with Jesus. Also, parents could help their children make a little book about their baby, and about how the brother or sister feels. Maybe they could write letters to their baby sibling who died. I write letters to Matthias and put them in his stocking at Christmas. Maybe you would like to give your child a picture of the baby, let them make a frame for it and hang it up in their room. I also have a special statue of an angel holding a baby with a heart locket and a picture of Matthias in it. It's on a shelf in my room and always reminds me of my brother. These are just a few ideas.

With love and care, I miss him.

♥ *Grace Mailyly,  
Big sister to Matthias Paul*

Although it is so hard to help a child deal with the death of a sibling, we are grateful that Grace has been able to mourn, cry, heal and remember! This experience has also given her a deep empathy for other children and families that have lost babies, and in her own way God has enabled her to comfort others with the comfort He gave her.

Thanks again.

♥ *Melissa Mailyly,  
mommy to Matthias Paul,  
August 9-10, 2005*



Dear Janelle,

I miss you very much! I hope you are okay in heaven. I love you pretty in pink. I love your sweet little bow. I love you very much!

Love,  
Will

♥ *Will, age 7  
Big brother to Janelle Marie Gibson  
Stillborn November 17, 2006*

### *May/June Topic*

Mother's Day and Father's Day  
Deadline: March 31, 2009

### *July/August Topic*

Teaching Subsequent Children  
About Their Siblings  
Deadline: May 31, 2009

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 Web site 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](http://www.mend.org)



# Birthday Tributes

## Happy 10th Birthday, Chandler!

Ten years old...we can't believe it! You would be so grown up now. We miss you everyday. Have a wonderful birthday in heaven with Jesus...watch for your balloons!

We love you,  
Mom, Dad, Christopher, Kyleigh, and Caleb

*Chandler Allred*  
*Stillborn March 4, 1999*  
*Fetal A Cranial*

*Parents: Mark and Amy Allred*

*Siblings: Christopher, Kyleigh, and Caleb*



## Happy 1st Birthday, Tanner!

As we miss you tremendously, we praise God you are spending your first birthday with Him! Our hearts ache to see you again, but we know that you are in the best of places—safe and protected. We love you Tanner and we will see you in His time.

Love,  
Mom and Dad

*Tanner Lee Clark*  
*March 3, 2008*  
*True Knot in Cord*  
*Parents: Brian and Allison Clark*  
*Baby brother due in June*



## Happy 1st Birthday, Andrew!

To my beautiful baby boy,

Today is your day. Today is the day you celebrate your one year in heaven. I bet it's beautiful up there.

Your daddy and I love you and continue to carry you next to our hearts every day.

One day we will be all together again. Happy Birthday our sweet precious angel.

Love,  
Mommy, Daddy, Grandma, Umpa,  
Granddad, and Aunt Sissy

*Andrew Michael Mallette*  
*March 21, 2008*  
*CMV*

*Parents: Michael and Nicole Mallette*



## Happy 6th Birthday, Shauna!

Daddy and I cannot believe that it has been six years. Your life is such a blessing to us.

We still miss you every single day. We love you!

Love,  
Mommy and Daddy

*Shauna Elisabeth Winebrenner*  
*April 12, 2003*

*Trisomy 18*

*Parents: Tim and Sarah Winebrenner*

*Siblings: Saul and Ella*



## Happy 1st Birthday, Dharma Lucille!

Mommy and Daddy miss you and think about you every day. Daddy thinks of you when he sees pink tie-dyed clouds in the sky. Mommy thinks of you when she sees a pair of cute shoes you would have rocked. Grandma loves to talk about how beautiful and perfect you were. Daddy will never forget when you showed him your beautiful blue eyes. Mommy still thinks about how you would hold her finger and not let go.

We know you are having a grand old time jumping on clouds, chatting it up with George Harrison, and rollerblading on the streets of gold.

You touched so many lives here on earth. We are so blessed to be able to call you our daughter!

Love Always and Always,  
Mommy, Daddy and coming soon...your brother Max

*Dharma Lucille Drude*  
*March 31-April 1 2008*

*Anencephaly*

*Parents: Jennie and Jason Drude*

*Baby brother on the way*



## Happy 2nd Birthday, Carsen!

To My Little One,

Mommy and Daddy miss you terribly! We think of you every day & pray for the moment we can hold you in our arms again.

We love you endlessly,  
Mommy, Daddy, and Big Brother Fisher

*Carsen Matthew Landis*  
*April 30, 2007*

*Central Nervous System Injury During Birth*

*Parents: Josh and Jenny Landis*

*Sibling: Fisher*

*Also Remembering: Baby "May" 2008*





## Happy 1st Birthday, Maddison!

It is crazy to think what you would be doing right now and how big you would be...we can only imagine! Not a day goes by that we don't think of you. We know God is taking good care of you. We all love you and miss you very much. Until we reunite, we'll be thinking of you.

Love,  
Mommy and Daddy

*Maddison Rae Henderson*  
*April 24-July 16, 2008*  
*Hypoplastic Left Heart Syndrome and other abnormalities*

*Parents:*  
*Kimberley Bailey and Donald Henderson*



## Happy 2nd Birthday, AJ!

Not a day goes by without you in it. We miss you so much! We have learned so much about life because of you. It's amazing how fast the last two years have gone by, and even more amazing that you would be walking and talking by now. Eli tells us every day that he "loves us all the way up to the sky to AJ," and it makes our day every time he says it! He knows you are there with Jesus watching over us and he asks often when he can go to heaven to see his baby AJ.

We are very excited to meet the baby brother that you have hand-picked to join our family in April. We will tell him all about you and make sure he knows how very special his big brother is. Our love for you is endless.

We love you!  
Mommy, Daddy and Eli

*Adrian Joseph "AJ" Zuckerman*  
*Stillborn March 30, 2007*  
*True Knot Cord Accident*  
*Parents: Alfredo and Amber Zuckerman*  
*Big brother: Eli*  
*Baby brother due in April 2009*



## Happy 1st Birthday, Elliot!

We love you, and we miss you every single day. The Lord blessed our lives by bringing you to us, and we anxiously await the day when we will see you again in His presence.

We love you with all our hearts,  
Dad, Mom and Sydney

*Elliot Skaggs*  
*April 28, 2008*  
*Multicystic Kidney*  
*Parents: Brandon and Sara Skaggs*  
*Sibling: Sydney*  
*Also Remembering:*  
*Baby Skaggs, miscarried December 11, 2006*



## Happy 10th Birthday, Lauren Paige!

I can only imagine what we would be doing today on your 10th birthday! What kind of party would you want, where would you want it, and how many friends would be attending? It is so hard to believe you would be 10—wow! I know you will have an awesome party up in heaven, and we will have our "normal" celebrating for you here on earth.

It is easy to say this today, but we have come such a long way since that horrible day we found out you had passed away. I have always thought of you a lot, but here lately, I am thinking of you numerous times a day...just wondering about you and all the "what ifs." Your sister asks about you a lot, and really wishes you were here to play with....oh, how she would love a playmate! We will forever remember you and please know that we are thinking of you always. We can't wait until we see you again up in heaven!

Happy Birthday and Much Love,  
Mommy, Daddy, and Raleigh

*Lauren Paige Grimes*  
*Stillborn March 6, 1999*  
*Unknown causes*  
*Parents: Paula and John Grimes*  
*Sibling: Raleigh Renee*  
*Also remembering:*  
*Baby Angel Grimes (Raleigh's Twin)*  
*Miscarried January 25, 2001*



## Happy 3rd Birthday, Baby Morgan!

Dear Baby Morgan,

We miss you very much! Isaac enjoys sending my birthday balloon up to you. He gets so excited to think of how many balloons you will have when we finally get to see you. Mommy and Daddy miss you so and wish you could be here, but we know you are happy with Jesus. We do not understand why you had to leave us so soon, but we trust His plan for our children.

Love,  
Mommy, Daddy, and Big Brother

*Morgan Schear*  
*March 28, 2006*  
*Parents: Nobel and Paula Schear*  
*Big Brother: Isaac*



*Continued on page 9...*

## In Loving Memory



### **Bethurum Twin Boys**

Miscarried April 8, 2003

### **Baby Bethurum 3**

Miscarried February 9, 2005

### **Baby Bethurum 4**

Miscarried September 19, 2006

Given by mommy Michelle Bethurum

### **Jordan Alexander Booker**

Stillborn January 11, 2007

True Knot in Cord

Parents: Norma Jordan and Mark Booker

Given by mommy Norma Jordan

### **Jackson Cochran**

April 24 - May 19, 2004

Prematurity

Given by parents

Stacey and DeAnna Cochran

and little brother Christian

### **Abigail Grace Crump**

Stillborn July 1, 2003

Trisomy 18

Given by parents Gerald and Jaimie Crump

and little sisters Cami and Karli

### **Riley and Parker Davis**

November 14, 2006

Prematurity

Given by parents Robert and Cheryl Davis

and little sister Annalise

### **Kyler Paul English**

Stillborn January 20, 2006

Cord Accident

Given by parents Laurie and Bob English

and brothers Justin, Kinser, Kelson,

and Kayden

### **Kyler Paul English**

Stillborn January 20, 2006

Cord Accident

Parents: Laurie and Bob English

Brothers: Justin, Kinser, Kelson,

and Kayden

Given by Sharla Anderson

### **Dylan and Trystan Estala**

December 11, 2008

PROM

Given by parents Adrian and Stephanie

Estala

### **Amanda Morgan Galleger**

January 7, 1997

Trisomy 18

Given by parents Steve and Diane Galleger

and little siblings Sydney and Jack

### **David Scott Galleger**

December 29, 2008

Parents: David and Laura Galleger

Twin sister: Ella

Given by

Aunt and Uncle Steve and Diane Galleger

and cousins Sydney and Jack

### **Elizabeth Gentry**

August 24, 1996

Cystic Hygroma and Anasarca

### **Baby Gentry**

Miscarried May 10, 1997

### **Meghan Elizabeth "Meggie" Gentry**

June 3, 2001

Kidney Abnormality

Given by parents Shary and John Gentry

and siblings Alison and Mark

### **Janelle Marie Gibson**

Stillborn November 17, 2006

Clot in Placenta

### **Gabriel Gibson**

Miscarried October 31, 2007

Ectopic Pregnancy

Parents: Scott and Jodie Gibson

Siblings: Will, Andrew, and Isaac

Given by grandparents Bill and Joyce Esser

### **Hope Kirkpatrick**

November 5 - 8, 2005

Amniotic Band Syndrome

Given by parents Aly and Kirk Kirkpatrick

and little brother Ian

### **Kennady Ann League**

Stillborn January 17, 2007

Unknown Cause

Given by parents Jeanelle and Jason League

and little brother Cooper

### **Catherine Mary Martin**

Stillborn December 15, 2001

### **Baby Martin I**

Miscarried June 14, 2002

### **Baby Martin II**

Miscarried September 2002

Blighted Ovum

Given by parents Nancy and Glenn Martin

and siblings Alexander and Alison

### **Andrew Mallette**

March 21, 2008

CMV

Parents: Michael and Nicole Mallette

Given by grandparents

Todd and Kathy Rutherford

### **Jonathan Daniel Mitchell**

Stillborn June 24, 1995

Cord Accident

### **Baby Mitchell**

Miscarried December 2001

Given by parents

Byron and Rebekah Mitchell

and big brother Byron, Jr.

### **Jonathan Daniel Mitchell**

Stillborn June 24, 1995

Cord Accident

### **Baby Mitchell**

Miscarried December 2001

Parents: Byron and Rebekah Mitchell

Big brother: Byron, Jr.

Given by grandparents

Dennis and Sue Brewer

### **Baby M**

Miscarried October 15, 1999

Antiphospholipid Antibody Syndrome

### **Baby Boy Moreton**

Miscarried March 17, 2000

Antiphospholipid Antibody Syndrome

### **Angel #3**

Miscarried August 1, 2000

Given by parents April and Sam Moreton

and little siblings Asher, Ava, and Brock

### **Loukas Upton Mulkey**

February 4, 2006

Two vessel cord

Given by parents Bruce and Elaine Mulkey

and siblings Atticus, Aspasia, Demetrius,

Ariadne, and Briseis

### **Jacob Theodore Oxendine**

April 29, 2001

PROM

Parents: Chip and Christine Oxendine

Little siblings: Emily and Eric

Given by GrandDad and Abuelita

Tom and Shirley Oxendine

### **Christopher Michael Peplinski II**

September 25, 2006

Short Cord Blood Clot

### **Blessing #2**

Miscarried May 2008

### **Blessing #3**

Miscarried September 2008

Given by parents

Chris and Chrissy Peplinski

**Baby Roberts I**

Miscarried June 13, 2005

**Baby Roberts II**

Miscarried April 26, 2006

Given by parents B.J. and Lauren Roberts and little brother Tag

**Maxwell Parker Russell**

December 19, 2006 - June 5, 2007

SIDS

Given by parents Parker and Michele Russell and sister Madison

**Morgan Schear**

Miscarried March 28, 2006

Given by parents Nobel and Paula Schear and big brother Isaac

**Christian Allen Scott**

June 1, 2005

Bilateral Renal Agenesis

**Savannah Scott**

Miscarried January 7, 2003

Given by parents Scotty and Mary Scott and siblings Lenny, Will, and Ariel

**Hannah Grace Sherman**

August 12, 2005

Cystic Hygroma

Parents: Randy and Toni Sherman

Sibling: Kaitlin

Given by grandfather Ira Edmondson

**Rylan Elizabeth Slate**

October 17-20, 2008

Unknown Cause

Given by parents Dan and Kristah Slate and big brothers Camden and Everett

**Rylan Elizabeth Slate**

October 17-20, 2008

Unknown Cause

Parents: Dan and Kristah Slate

Siblings: Camden and Everett

Given by grandparents

Michael and Susan Benton

**Rylan Elizabeth Slate**

October 17-20, 2008

Unknown Cause

Parents: Dan and Kristah Slate

Siblings: Camden and Everett

Given by great-grandparents

Sydonia and Carl Benton

**Mindy and Maggie Smith**

Stillborn November 4, 1997

Twin to Twin Transfusion Syndrome and Polyhydramnios

Given by parents Scott and Karla Smith and little siblings Travis and Julia

**Gift of Support**

Metropolitan Baptist Church, Houston, Texas

**Gift of Support**

Safeco Insurance Employee Giving Program

**William Robert Thurlow**

Stillborn January 30, 2007

Unknown Cause

Parents: Rebecca and Micah Thurlow

Given by Barbara Dunlap

**Aidan Shaw VanderCruyssen**

October 2 - December 3, 2005

Polycystic Kidney Disease

Given by Mommy Shane VanderCruyssen and little sister Cameron

**Shauna Elisabeth Winebrenner**

Stillborn April 12, 2003

Trisomy 18

Given by parents Sara and Tim Winebrenner and siblings Saul and Ella

**Gift of Support**

United Way of Denton County

**Gift of Support**

West Conroe Baptist Church  
in Conroe, Texas

## 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!**

**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.

**Daddies group**

meets the 2<sup>nd</sup> Thursday of March, June, Sept. and Dec.,  
from 7:30 - 9:00 p.m.

*A time for dads to meet together and discuss topics relevant 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:  
Brittney@mend.org

**Subsequent pregnancy group**

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

Led by Liz Walker:

Liz@mend.org

*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.*

*Meeting at various locations.*

Contact Paula Schear or Brandee Dill for more info: pkschear@yahoo.com or dillsforchrist@yahoo.com

**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.

**Infertility group**

Meets the 3<sup>rd</sup> Monday from  
7:30 - 9:00 p.m.

Led by Paula Schear:  
pkschear@yahoo.com

*For families experiencing infertility after a loss.*



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

### Chapter Meeting Information

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

Meets the 1<sup>st</sup> Tuesday from 6:30—8:00 p.m.  
Jones Center for Families, Room 206,  
922 East Emma Avenue,  
Springdale, AR 72765  
Director: April Moreton  
April@mend.org, (479) 524-3500

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

Meets the 2nd Thursday, 7:00 p.m.  
at Cora Miller Hall/Newman  
Division of Nursing, Room 107  
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

**Subsequent pregnancy group** meets in the same  
place the 1st Thursday, 7:30 p.m.,  
led by Sarah Winebrenner  
(swinebrenner2004@yahoo.com).

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

Offers peer support via phone and email contact.  
Director: Marie Stockdale  
Maries@mend.org, (678) 634-3686

#### 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: Monica Davis  
Monica@mend.org, (903) 490-1210

#### M.E.N.D. - Hill Country

Meets the 1st Thursday at 7:00 p.m.  
Gillespie County Historical Society Building  
312 W. San Antonio St.  
Fredericksburg, TX 78624  
Director: Larissa Hallford  
Larissa@mend.org, (830) 456-4178

#### M.E.N.D. - Tulsa

Meets the 3rd Tuesday at 7:00 p.m.  
Canyon Crossing  
1651 E Old North Rd.  
Sand Springs, Oklahoma 74063  
Michele Wilson  
michele@mend.org, (918) 694-4325 (HEAL)

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

### NW Arkansas

M.E.N.D.—NW Arkansas hosted its third annual Christmas Candlelight Ceremony last December with more than fifty people in attendance. In addition to enjoying the ceremony, many families came together to make the evening extra special. A special thanks to Melissa Totty, Aly Kirkpatrick, Tammy Wilson, Rebecca Guck and the Mulkey family for their help before and after the event. Our chapter recently received a very generous grant from the Wal-Mart Foundation, which will help us continue the ministry of reaching out to our NW Arkansas families who are hurting. As always, I'm extremely grateful to be a part M.E.N.D. and consider it a privilege to know the moms and dads who attend our meetings and events.

April Moreton

### Kansas

M.E.N.D.—Kansas continues to desire to serve those hurting families in our area. We are looking forward to the Lawson T. Dody Remembrance Walk in April. Please contact Stephanie at [stephanie@mend.org](mailto:stephanie@mend.org) or visit the website for more details in the coming months.

Stephanie Metzger

### Houston

M.E.N.D.—Houston ended 2008 with many new subsequent births, but also with many new families joining us for the first time. We are praying that in 2009, families who need M.E.N.D. will find us; that we will continue to help educate the medical system in the Houston area; and that we will have a successful fundraiser in May so that we can continue to do work that God has put us here to do. Our fourth annual Texas Hold'em Poker Tournament is scheduled for May 16. If you would like to participate in any way (as a player, a contributor of prizes, etc), please email me at [Jaimie@mend.org](mailto:Jaimie@mend.org).

Jaimie Crump

### Georgia

The Atlanta chapter continues to minister to hurting families through email and by phone. It is our prayer that God will once again open the door to resume our support group meetings. Please pray about ministry opportunities available through M.E.N.D.—Georgia. If you feel led to apply as a chapter leader or assistant, please email [Rebekah@mend.org](mailto:Rebekah@mend.org) or [Maries@mend.org](mailto:Maries@mend.org) for more information or call Rebekah Mitchell at 972-506-9000.

Marie Stockdale

### Texarkana

God continues to use the testimonies and experiences of our group to minister to hurting families in our area. I look forward this year to see how God will use M.E.N.D.—Texarkana to reconcile broken hearts.

Monica Davis

### Hill Country

M.E.N.D.—Hill Country continues to pray for those parents who have had losses, and I hope they can reach out for the help that is offered to them. I will continue to work on spreading the news about M.E.N.D. to my community, and the surrounding area.

Larissa Hallford

### Tulsa

M.E.N.D.—Tulsa continues to minister to families of Oklahoma who have lost babies. This chapter is still growing as word continues to spread to the surrounding communities about this vital ministry available to grieving families.

Michele Wilson





### *Subsequent Births*

**Joe and Marie Stockdale**  
of Conyers, Georgia  
along with siblings  
Caleb, Audrey, and Claire,  
joyfully announce the arrival of  
Luke Nathanael,  
born January 29, 2009,  
measuring 7 lb., 9 oz.,  
and 19½ inches long.  
The Stockdales lovingly remember  
Michelle Grace,  
August 22-September 16, 2002,  
Ebstein's Anomaly,  
and  
Baby Stockdale,  
Miscarried February 2003.

**Sandra and Bruce Spurrier**  
of Arlington, Texas  
along with big brother Thomas,  
joyfully announce the arrival of  
Jakob Evan,  
born December 23, 2008,  
measuring 8 lb., 9 oz.,  
and 21 inches long.  
The Spurriers lovingly remember  
Ethan Kane,  
September 5, 2007,  
Cord Accident.

**Donna and Jeff Brooks**  
of Euless, Texas  
along with big sisters  
Ellie and Lilly,  
joyfully announce the arrival of  
Addelyn Hope,  
born January 7, 2009,  
measuring 6 lb.,  
and 18 inches long.  
The Brooks lovingly remember  
James Wyatt,  
Stillborn August 24, 2007,  
Cord Accident.

### *If My Little Brother Hadn't Died*

If my little brother hadn't died,  
I'd play with him every day.  
If my little brother hadn't died,  
The pain and sorrow would go away.  
If my little brother hadn't died,  
I'd teach him how to play.  
If my little brother hadn't died,  
We'd have the best of times every day.  
If my little brother hadn't died.

♥ *Bobby Norwood,*  
*big brother to Matthew Wade*

My son, Bobby, wrote this poem about his  
brother, Matthew Wade. Matthew was still-  
born due to a cord accident at 36-weeks.  
Bobby was seven when Matthew was born  
and wrote this poem about a year later.

♥ *Sheri Norwood,*  
*mommy to Matthew Wade*  
*Stillborn March 5, 2004*

### *Our Benjamin*

"I hope that this is what you are looking for. Thanks for letting them share their hearts." ♥ *Karen Baack,*  
*mommy to Benjamin Kent, Stillborn January 10, 2007*

"The thought about Benjamin dying is it would not be the same without him. Sometimes I go into my room and cry. He was special to me. I know that he is safe with Jesus Christ. I love him. He is my favorite brother ever."

♥ *Ashlyn Baack, age 10*

"At 22 weeks Benjamin died. It made me sad and I was hoping that he was alive, but he was in heaven with God. I am happy that he is my brother."

♥ *Grace Baack, age 9*

*Continued from page 5...*

### **Happy 3rd Birthday, Ava Grace!**

Hard to believe you would be turning 3 years old. We miss you more than words can ever express! We wish you were here with us.

Love,  
Mommy, Daddy,  
big sister Madison, and little brother Spencer

*Ava Grace Browning*  
*Stillborn March 7, 2006*  
*Epstein's Anomaly*  
*Parents: Christal and Kevin Browning*  
*Siblings: Madison and Spencer*  
*Also remembering: Baby Browning*  
*January 2009*



### **Happy 9th Birthday, Joshua and Caleb!**

We can't believe that it has been nine years since you went to be with Jesus. It is amazing to see how God has healed our broken hearts. God has used your lives to allow us to minister to other families who have lost a baby. We miss you and love you!

Love,  
Mommy, Daddy, Landon, and Kylie

*Joshua Mark and Caleb Matthew*  
*Incompetent Cervix*  
*April 14, 2000*  
*Parents: Shawn and Monica Davis*  
*Siblings: Landon and Kylie Davis*



## My Brother, Lowell

I loved him so much. Every time someone says something about their brother I get teary-eyed. Right now I am glad to say that he is guiding me wherever I go. I think God chose him because he is so special. It is hard telling people that one of my brothers is deceased. So to get on with it, here's the story.

My mom had surprised us at Halloween that she was going to have a baby. Of course almost everyone wanted the baby to be a boy (since I was one of three girls), but we were willing to take a girl. After many weeks we were all so excited. At that point I was 5 years old and still in kindergarten. I did not understand at all that was going on.

On a regular day home from school in February my sister, Emma, was so surprised to see my dad at the bus stop. I was so surprised, too. When I came into the house my mom was trying to explain that Lowell may not be able to live. At that age I was not sure what it meant, but I knew that everyone was sad so I was, too.

After many sad weeks it was time for mom to go to the hospital. I think at that moment I was sadder about my mom leaving me than about the baby. I did not want to finish my dinner. The next morning my nana told me that baby Lowell had died on June 13, 2005. I was so confused. When we went to hospital everybody was crying. I did not understand. Even my mom looked sad. To me, the funeral was just lots of people crying. Now at the age of 9, my dream is to hold him and look him in the eyes and say, "I love you, Lowell." Now what I have to remember is that every day he is watching over me and one last thing—"Lowell, I will love you forever."

♥ *Cecelia Howald, age 9*  
*Big sister to Lowell*

## My Grief Rights: Ten Healing Rights for Grieving Children

By Alan D. Wolfelt, Ph.D.  
Fort Collins, Colorado

*Author's note: This "bill of rights" for grieving children is intended to empower them to help themselves heal and to help direct the adults in their lives to be supportive as well.*

Someone you love has died. You are probably having many hurtful and scary thoughts and feelings right now. Together those thoughts and feelings are called grief, which is a normal (though really difficult) thing everyone goes through after someone they love has died.

The following ten rights will help you understand your grief and eventually feel better about life again. Use the ideas that make sense to you. Post this list on your refrigerator or on your bedroom door or wall. Re-reading it often will help you stay on track as you move toward healing from your loss. You might also ask the grown-ups in your life to read this list so they will remember to help you in the best way they can.

- 1. I have the right to have my own unique feelings about the death.** I may feel mad, sad or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No one will feel exactly like I do.
- 2. I have the right to talk about my grief whenever I feel like talking.** When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it, that's okay, too.
- 3. I have the right to show my feelings of grief in my own way.** When they are hurting, some kids like to play so they'll feel better for awhile. I can play or laugh, too. I might also get mad and scream. This does not mean I am bad, it just means I have scary feelings that I need help with.
- 4. I have the right to need other people to help me with my grief, especially grown-ups who care about me.** Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.
- 5. I have the right to get upset about normal, everyday problems.** I might feel grumpy and have trouble getting along with others sometimes.
- 6. I have the right to have "grief-bursts."** Grief-bursts are sudden, unexpected feelings of sadness that just hit me sometimes even long after the death. These feelings can be very strong and even scary. When this happens, I might feel afraid to be alone.
- 7. I have the right to use my beliefs about my God to help me deal with my feelings of grief.** Praying might make me feel better and somehow closer to the person who died.
- 8. I have the right to try to figure out why the person I loved died.** But it's okay if I don't find an answer. "Why" questions about life and death are the hardest questions in the world.
- 9. I have the right to think and talk about my memories of the person who died.** Sometimes those memories will be happy and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died.
- 10. I have the right to move forward and feel my grief and, over time, to heal.** I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss this special person.

Permission to reprint Dr. Wolfelt's article was obtained from **HEALING HEARTS for Bereaved Parents**, a self-help non-profit organization of bereaved parents dedicated to supporting and serving other bereaved parents and their families whose child (ren) have died no matter what the age, cause or circumstance of the death(s) by providing understanding, friendship and most of all hope. For more information, visit [www.healingheart.net](http://www.healingheart.net).

## *Watching My Child Grieve*

We lost Carsen, our second-born son, in April of 2007. The circumstances surrounding his birth and death were tragic. I carried him to term, and was brought in for routine induction of labor. Things were smooth; this was my second child so I had no fear. I knew what to expect and was prepared.

Our families were there, ready to greet the little one whom we'd prepared and waited nine months for. It was supposed to be such a joyous occasion. Complications arose as my labor progressed into the second stage, and before we knew it Carsen's life was taken. Circumstances that are still unclear to me called for the use of special equipment to help in his delivery. Ultimately, due to trauma to his Central Nervous System and brain, consistent with the use of forceps and a hand-held vacuum extractor, our precious, previously healthy, 7 pound baby boy, Carsen Matthew, was delivered stillborn.

There are definitely hard times that followed this event in our lives. One of the most heartbreaking is witnessing for myself the confusion that has set in with our older son, Fisher. We prepared him for the arrival of his new baby brother endlessly. He helped in the nursery, "donated" his beloved "baby" toys—since he was going to be the big boy now—and spoke of the baby often. He desperately wanted a brother and was delighted to know one was on the way. When we lost our son we tried telling Fisher that the baby had gone to be with Jesus. Being only 2 years old at the time, I didn't expect him to understand. However, I was not prepared for the never-ending questions he would ask, and the reactions he would have.

We had a funeral for Carsen, and as a family we visit his graveside often. I keep a fire truck purchased from a local florist there filled with flowers appropriate for the season just for Fisher. That is baby Carsen's toy and he likes it there just for Fisher to play with. He often asks random questions related to the loss of our baby such as "where Jesus took him," "why didn't he take his clothes and the toys we got for him," "what does he do in heaven," and "how do we know when he cries." It melts my heart into pieces. He has also told me promptly that he got "shot"—which horrified me, and still does.

Fisher, who is now a big 4 years old, is still learning about Jesus, angels, and heaven and doesn't fully understand it.

My husband and I have chosen to expand our family, and with the help and blessings from the Lord, are expecting our third son in June of this year. Fisher is worried that Jesus will decide to take this baby from us, and asks almost daily about Jesus allowing our family to keep him. The trauma and heartache of losing our baby Carsen has affected our son in more ways than can ever be expected. I know his actions regarding the loss of our son have broken (and helped to heal) my heart in more ways than one. Carsen is a topic that will forever live on in our home, and with the right words and a lot of love, I hope my son gains a lifetime of emotions, memories, and overall awareness to how emotional, painful, and tragic losing a child or sibling can be. Whether Carsen was with us for nine months or 90 years, he was loved and is passionately missed.

♥ *Jenny Landis,  
mommy to Carsen Matthew  
April 2007*

## *Erika, My Little Sister*

*By NikRyan Grau, age 14  
Big brother to Erika*

Erika is my little sister who was to share life with me here on earth, but God had a different plan for her. At the time of her birth and death I was just 3 years old—too young to understand all that was happening, but not too young to realize that things did not go as planned for our family.

Over the years I have asked questions and each time my questions are more specific about what happened to Erika. Each time I ask, I get more clarity. I have also asked about certain things that I think I remember just to have the thought confirmed or corrected. It's almost as if I fear that the few things I remember, might fade forever. Her image on the other hand, will never fade. I even have her picture in my room.

As I grow older and understand more things, I see how Erika has come to be such a part of not only our family, but of so many families. I see how God has used our family, especially my Mom, and our journey to be there for others and to help them get through their loss. Although I was not given the chance to have time with her here, I know that she remains alive in my heart and in my memory. I proudly wear a bracelet with her name. When asked about my bracelet I share her story with people and tell them that I wear it in Erika's memory. Now eleven years later I'm proud to be a big brother of two sisters, one here on earth and one in heaven.

## *My Big Sister, Erika*

*By Nataly Grau, age 9  
Little sister to Erika*

My name is Nataly and I am Erika's little sister. Even though I was not born when she was alive, I do know much about her and feel even more. I know that she was beautiful. I know that she lived for just a few days and that she died in my Mommy's arms. I also know that even if she is not here with us today, she will always be a part of our family forever. What matters most to me is that I know where she is today and that I will see her again. We will always remember her and I'm so proud to be her little sister because she is my special big sister and I miss her, too.

M.E.N.D. Mommies Enduring Neonatal Death  
 P.O. Box 1007, Coppell, TX 75019  
 USA  
 (972) 506-9000  
*Return Service Requested*

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

*"... that we can comfort those in any trouble with the comfort we ourselves have received from God" (2 Corinthians 1:4)*

### 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 in Texas and Louisiana who have their Kroger Plus Card linked to M.E.N.D. To link your card, contact Rebekah (Rebekah@mend.org) to obtain the Kroger Customer Letter. You must only present this letter one time to link your card to M.E.N.D.
- **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.
- **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. Just go to the Web site 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.
- **Little Beads and Macaroni and 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).
- **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*.
- **GoodSearch.com** is a search engine that donates half its revenue, about a penny per search, to the charities its users designate. Powered by Yahoo!, it is used like any other search engine. To earn money for M.E.N.D. using Goodsearch.com, go to [www.goodsearch.com](http://www.goodsearch.com) and designate M.E.N.D. as your charity of choice.
- **Ebay** has a charitable giving program that can benefit M.E.N.D. If you sell items on Ebay and would like to designate a percentage of your revenue to M.E.N.D., visit [www.missionfish.org](http://www.missionfish.org) to find out how.
- **Top to Toe Designs**, owned by M.E.N.D. member Heather Klaassen, offers custom hand-painted frames and room décor. She would like to donate 10 percent of purchases made at [www.toptotoedesigns.com](http://www.toptotoedesigns.com) that mentions our charity.