



M. E. N. D.

Mommies Enduring Neonatal Death

Mother's Day

Mother's Day is the second Sunday in May, a day when women all over the United States celebrate their moms and are celebrated themselves, if they, too, are mothers of living children. However, this day is excruciatingly difficult for women who have lost a child, suffer with infertility, and/or have experienced the death of their mom.

Those of us who have endured the death of a baby, even if we have one or more living children, do not want to ruin this special holiday for the naively blissful women who have never experienced loss. But we do ask that the painful emotion be somewhat acknowledged, especially in our churches, where the celebration seems to be the greatest, yet what should be a sanctuary for the hurting. Countless women opt out of attending worship services on this particular Sunday, simply because they find the acknowledgement of the moms with the most children, the oldest mom, and other such "awards" just too painful to sit through. They do not know if they should stand up when moms are acknowledged, accept a rose from the smiling usher, or "count" the baby they lost when questioned how many children they have. Therefore, staying home in bed seems like a much easier decision.

Women who lost their only child understandably struggle with their identity as a mom. They wonder, "Am I really a mother?" Of course, my answer is a resounding, "Yes!" But those who have never experienced the death of a baby or are not sympathetically compassionate to our type of loss may unintentionally hurtfully disagree. Thus, the immense pain many women endure on this second Sunday in May every year.

Not only do I feel moms who have had a child die are indeed mothers, I think they (we) are in fact, heroes. As a woman, we have that innately

overwhelming desire to be a wife and a mom. When that doesn't happen the way we think it should, we fight feeling like less of a woman, even feeling guilty that our body did not do what it was supposed to do (in most of our cases). Many moms think they are the greatest, most heroic women ever just because they get through the day without losing their temper with their disobedient children. Or because their laundry is caught up. Or because their kitchens and bathrooms are clean. While those are truly victorious feats for ladies, we moms who have seen an unmoving child on a sonogram screen, delivered a silent baby, held a lifeless infant, and buried our dead children...may I say, we are the real heroes!

Over time we move on, put the pieces of our broken lives back together again, find our new normal, and survive. Yes, there are days when we do not feel like we will make it, especially in the early days of raw grief. But if you are reading this article...you have made it to another minute, another hour, another day. You will survive, you will make it, and you will get through these horrible days of sorrow—not unscathed, but you will really be okay one day.

Mother's Day will always have a sting attached to it, no matter how many years go by. But, I assure you that one Sunday in May you truly will be happy again and will be able to get through the day with a smile on your face, and even joyfully attend church again. In the meantime, hold your head high, and consider yourself a hero and absolutely a mother!

♥ *Rebekah Mitchell,*

M.E.N.D. President/Founder

Mommy to Jonathan Daniel and Baby Mitchell

Nota Español: El artículo de Rebekah Mitchell aparece en cada emisión de nuestro boletín para la audiencia latina.

Para ver el artículo de este mes en español, por favor vea la página número 15.

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 at www.mend.org.

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

First Candle/SIDS Alliance

International Stillbirth Alliance

The Heart of the Leader

My name is Jennie Drude. On December 13, 2007, I went in for my first ultrasound, with my first pregnancy, with my first daughter. After a few minutes of struggling to find out the sex of our baby, the ultrasound tech left the room to “get more paper” and returned with my doctor. He took a quick look at the ultrasound and asked my husband to sit down. He told us our baby had anencephaly, which is a neural tube defects that occurs in the first 23-28 days after conception. His next words were, “This baby is not going to make it.” My heart was broken! I sobbed and sobbed for what seemed like hours. After lots of research and planning and prayer we decided to have a scheduled c-section at 36 weeks. Dharma Lucille was born March 31, 2008, and lived for 21 hours and 22 minutes. We were lovingly able to donate her heart valves to help others.

Although we had the best Christian doctors, a supportive church family and caring biological families, I still felt very alone and crazy! My arms were hurting, I heard babies cry in my sleep, and I was bargaining with God to give me a few more minutes with my baby. Praise God I found M.E.N.D.—Houston. I went to my first meeting in May and loved it! I found a whole new family who understood me, and, helped me to realize I was not crazy! I felt a huge weight lifted off of me after that first meeting. I continued to attend every meeting for many, many months. I developed life-long friendships with amazing Godly women. While working in the College Station, Texas, area, I found an urgent need for a M.E.N.D. chapter. Jaimie Crump, director of M.E.N.D.—Houston, encouraged me to pray about starting a chapter. Fast forward to today, and M.E.N.D.—Bryan/College Station has now been open three years and is growing every month. I am so honored to be chosen by God to be part of this wonderful ministry. God has used Dharma's life to bring Him so much glory, and I would not change any of it for anything!

♥ Jennie Drude,

Mommy to Dharma Lucille

M.E.N.D.—Bryan/College Station

In Memory of My Little One

I believe that all things happen for a reason.

I now understand that bad things happen,
so I will better appreciate when good things do.

I respect the circle of life.

I know that lives are born and lost each day.

I am sure God will give me more than I can handle.

I have seen how this increases my faith.

I know there is a better place,
beyond the moon and the stars of this life.

And, I am sure my baby is there
in the arms of the angels.



♥ Melissa Oberlander,

Mommy to Baby Oberlander

M.E.N.D.—Dallas

Book Review

A Peace at a Time

By CJ Braden

In *A Peace at a Time*, author C.J. Braden chronicles her spiritual journey from knowledge of an impersonal God to a personal relationship with THE God. Spanning her childhood to adult years, Braden shares the many trying circumstances she encounters, including the loss of a baby, two difficult marriages, failed business ventures, broken relationships and numerous health problems. The author includes a great deal of treasured information, which may leave the reader skimming a bit. However, throughout the heart of her writing, the author paints one continuous picture of how her constant striving to control life kept coming up empty. The book climaxes as Braden's heart and mind finally encounter the fullness of God, who has patiently pursued her all those years. It is a poignant moment when all the pieces finally fall together. Braden ends her book by sharing how her life transformation has radically changed her thinking about many aspects of life and the Christian faith.

♥ Reviewed by Kathleen Moore

Mommy to Lily Joy

M.E.N.D.—SW Missouri

M.E.N.D. has a complete list of books, Web sites, organizations, and music resources available online at 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 Jennifer Harrison at jennifer@mend.org.

*Grieving the loss of a child is a process.
It begins the day your child passes
And ends the day the parent joins them.
~BJ Karrer*

Reader's Corner



Hi Rebekah-I really enjoyed your newsletter article on theology and loss. Very encouraging! Enjoyed Jaimie's article as well! So glad that M.E.N.D. is standing strong as a Christian ministry when so many other Christian ministries today are compromising what they believe and stand for! Thankful for M.E.N.D. and its ministry! Stand firm in the faith! :)

I made a small donation online in memory of Michelle Grace Stockdale, August 22—September 16, 2002, and Baby Stockdale, miscarried February 2003. Thanks for the update on M.E.N.D. finances. I hope many people are reminded to donate by the financial update! Your article reminded/convicted me of a few ministries I am blessed to receive a "free" newsletter/magazine from and yet rarely donate mainly because of my forgetfulness! Praying God will provide for the financial needs of M.E.N.D.!

Marie

July/August Topic

Social Network Grieving

Deadline: May 31, 2013

September/October Topic

Guilt in Grief

Deadline: July 31, 2013

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. Because our newsletters are posted online, please understand that your name will likely be attached to your submission when searched on the Internet.

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Letters to the Editor should be sent to jennifer@mend.org. All letters submitted to the editor are subject to be published in future issues, both in the print version and online, unless a letter's author expressly requests that it not be published.

Birthday Tributes: M.E.N.D. publishes heavenly birthday tributes in the corresponding newsletter. Tributes must be submitted via the online form at www.mend.org.

Heavenly Birthday	Deadline
January/February	November 31
March/April	January 31
May/June	March 31
July/August	May 31
September/October	July 31
November/December	September 31



Birthday Tributes

Happy 5th Birthday, Rami!

Today you would have turned 5, baby boy. I look at your cousin, Ricky, who is 11 months older than you, and wonder if you'd be silly like him. I know y'all would've been a tag team since we're a close-knit family.

I hope Grandpa and you have a great day together since your birthdays are only six days apart. I miss you so much, my son. I feel so alone without you. I'm always looking at your pictures and still have the clothes your Tia Clarissa and Tio Rick bought you. Grandma and I still hear your angel that she gave you. I can't wait until the day I get to hold you again. I promise, my love, I will never let you go. Happy fifth birthday, my handsome angel baby.

Ramiro "Rami" Faustino, Jr.

May 20—June 19, 2008

Premature

Also remembering

Baby Anaya

Miscarried February 10, 1999

Mommy: Elisa Frances Ramirez



Happy 13th Birthday, Colten!

Happy birthday, our "Teen Angel." Your star shines up in the sky, and even though it's far away, the brightness and warmth with all the candles glowing make the night glisten and feel a little less dark. We love you, Colten!

Colten Benjamin Ballmer

May 28, 2000

Umbilical Cord Stenosis - Congenital

Parents: Jamieson and Regan Benton Ballmer

Sibling: Logan Tanner



Happy 1st Birthday, Addyson!

Happy birthday, Addyson! We miss you more than words can express. A day doesn't go by without our thinking of you. We cannot wait until the day that we can hold you in our arms. How wonderful it must have been to open your eyes for the first time to see Jesus. We love you, sweet girl.

In our hearts forever,

Love,

Mommy, Daddy, Melissa, Erynn and Connor

Addyson Grace Yates

Stillborn June 11, 2012

Unknown cause

Parents: Scott and Kaycie Yates

Siblings: Melissa, Erynn and Connor



Happy 1st Birthday, Leah!

Words cannot describe how much we miss our little angel. Her life that was ever so short touched so many lives. We cannot wait until the day we see your sweet face and get to hold you again. Mama, Daddy and Ashley love and miss you so much, Leah bear.

Leah Sue Jernigan

Stillborn May 7, 2012

Unknown cause

Parents: Ronnie and Whitney Jernigan

Sister: Ashley



Happy 4th Birthday, Owen!

We miss you more than ever, sweet little boy. What a pair you and your twin sister, Sophia, would have been at this age! We hope you have a very special fourth birthday in heaven. Sophia loves to say a prayer about you before bedtime; thank you for watching over her, Natalie and baby Zachary as she has prayed for. And one day a long, long, long time from now, we will see you and Jesus in heaven!

Owen Patrick Webb

Stillborn April 30, 2009

Unknown cause

Parents: Brian and Melissa Webb

Siblings: Sophia (twin sister), Natalie and Zachary



Happy 2nd Birthday, Jordan!

We dream of heaven because it is where you are!

What must it be like in a place

So perfect and peaceful, so full of love and grace.

We know heaven is where you are!

Heaven is always close when we believe,

Heaven can also feel very far when we grieve.

We know in our hearts heaven is where you are!

You are our most precious gift, our beautiful baby girl. We love and miss you every minute of every day, and we know you are watching over us from heaven. We know you get to spend time with Jesus because heaven is where you are!

Happy 2nd heavenly birthday, Jordan!

We love you,

Mommy and Daddy

Jordan Anne Haney

May 23, 2011

Incompetent cervix

Parents: Joe and Julie Haney



Happy 1st Birthday, Daniel!

An angel in the book of life wrote down my baby's birth, then whispered as she closed the book,
 "Too beautiful for earth."
 ~author unknown

Daniel Lee Simpson
Miscarried March 20, 2012
Parents: David and Liz Simpson
Brother: David

**Happy 1st Birthday, Lucille!**

You will always have a huge part of our hearts.
 Looking forward to seeing you again with our Father.

Lucille Paige Swearingen
Stillborn May 1, 2012
Parents: Ross and Tia Swearingen

**Happy 1st Birthday, Emilynn!**

Happy first birthday to our beautiful baby girl, Emilynn! Today we are thankful that your mother's love was all you ever knew, and we find comfort in that you were surrounded by the love of your family when you came into the world. We all love you so very much and think of you daily. We hope you have a wonderful birthday, and we love and miss you very much!

Mommy and Daddy

I am using your Mom's words when I say you were "budded on Earth, to bloom in Heaven."

The 39 weeks in your mom's womb was all that you knew here on earth, but the time you will spend in heaven with Jesus is eternal. We are looking forward to the glorious day when we will join you there.

We will light your candle on June 19, and celebrate the blessing that you are to our family. When people ask us how many grandchildren we have, we tell them that we have five, four on earth and one granddaughter in heaven. You will always be part of our family.

Using your dad's words, "We love you so much, sweet baby, all of us. Everyday, forever, you will be in our hearts."

"Children's children are a crown to the aged."

Proverbs 17:6

We love you, angel baby,
 Mamaw and Papaw

Emilynn Larren Schrader
Stillborn June 19, 2012
Cord accident
Parents: Daniel and Kellie Schrader
Siblings: Nolan and Mary Britton
Papaw and Mamaw: Stan and Jean McAlpin

**Happy 1st Birthday, Emily!**

Darling Emily, we can't believe that you are turning 1 year old already! All of us miss you terribly. Tito always talks of his little angel sister to everyone he meets. Although we never got to see or hold you in arms, know that you will always be our precious baby girl. We long to meet and hold you one day. We know that you are always watching over us. We hold and carry you in our hearts always. Happy birthday, darling. Hope your great-grandparents are showering you with love.

Love,
 Mommy, Daddy, Tito and Zoey-Marie

Emily Elizabeth Valladares
Miscarried May 7, 2012
Parents: Justin and Gabriela Valladares
Siblings: Justin Anival Micheal (Tito) and Zoey-Marie (due July 29)

**Happy 2nd Birthday, Abigail!**

My love for you grows each day,
 and my heart feels heavier as time ticks away.

When the winds blow I hear your noise,
 and when water falls I begin to cry.

Turning time back can't be done.

A day will come when I get to see what I miss.

A day will come when I no longer yearn for you.

A day will come when my indecisions aren't questioned.

You are the reason I live.

Never will I come to terms of not holding you,
 but I understand why.

My heart beats, as my eyes get heavy,
 keeping my balance, trying to be steady.

Just like I do Gabby,
 I love you, Abby.

Abigail Sophia Garcia
Miscarried June 17, 2011
Also remembering
Gabriella Grace Garcia
Miscarried July 3, 2007
Parents: Adam and Alex Garcia
Siblings: Kylie, Adayna and AJ

**Happy 5th Birthday, Willie Jr. and Purpose!**

It's hard to believe it has been five years. Not a day goes by that you're not thought of. We love and miss you very much. You are our forever angels, Willie Jr., and Purpose.

Willie Ray Jr. and Purpose Kennard Roberson
Stillborn June 7, 2008
Trisomy 18
Parents: Willie Ray Sr. and Dana Roberson



Happy 10th Birthday, Matthew!

Wow! Can it really be ten years since we last saw you and held you in our arms? You're getting to be my grown-up young man; I'm so proud of you and miss you so. These past ten years have been filled with much grieving and much healing, with broken dreams here on earth, but dreams waiting to be filled in heaven. You are my precious son, and I love you so much. You are a big part of my life and who I am now. I carry you always in my heart.

So happy heavenly birthday, Matthew! You are truly a gift from God! We can't wait to see you again!

Matthew Joel Mifflin
June 6, 2003
True knot in cord
Also remembering
Little One Mifflin
Miscarried February 6, 2006
Lil' Rosebud Mifflin
Miscarried March 10, 2007
Parents: Dennis and Janet Mifflin
Siblings: Thomas and Michelle



Happy 6th Birthday, Adrian!

Another year manages to go by with many continued thoughts of you, continued hurt, continued grief, yet many vivid and happy memories of your short life. As your twin little brother and sister go through new "first" moments in their lives, our thoughts and dreams are of how you would have reacted to your first day of school or your first t-ball game. We continue to be grateful for what your sweet life has taught. Because of you, my precious boy, we are the humble and loving parents to your baby brother and sister today. Mommy, Daddy, J and AdrinaBear love you "mucho!"

Adrian James Hernandez
June 23—July 14, 2007
Necrotizing Enterocolitis
Parents: Fidel and Jackie Hernandez
Siblings: Adrina and Julian



Happy 3rd Birthday, Olivia!

My darling daughter, we wish you a very happy birthday. Not a day has gone by in these last three years that we don't think about you. We miss you so much, big girl.

Love,
 Mommy, Daddy and Maxwell

Olivia Vaughan
May 3, 2010
Premature birth
Parents: Andrew and Mary Vaughan
Sibling: Maxwell



Happy 1st Birthday, Connor!

Our sweet Connor, there is not a day that goes by that you are not in our hearts and on our minds. The time we shared with you was far too short, but know it was the best of our lives. We look forward to the day that we will hold you tightly in our arms and kiss your sweet lips again. Until then, we will keep looking for the rays from heaven, that we know are kisses sent from you.

All of our love,
 Mommy, Daddy and Mimi

Connor James Hutchens
Stillborn May 1, 2012
Cord accident
Parents: Gary and Stacie Hutchens



Happy 6th Birthday, Gracie!

Little Miss Gracie, how we wish you were here with us to celebrate your birthday. We miss you each and every minute of the day. Even though your time here with us was so short, the impact you made was so special. Happy birthday, little one!

We love you more than you know,
 with all our hearts, forever and ever,
 Daddy, Momma, and Wyatt

Gracie Renee Dorr
May 15, 2007
Incompetent cervix
Also remembering
Emma Grace Dorr
October 16, 2008
Incompetent cervix
Parents: Dustin and Janine Dorr
Brother: Wyatt



Happy 1st Birthday, Cecilia!

Our beautiful Cecilia, happy first birthday. It's hard to say it's been a year since God made you an angel; we remember it as if it was yesterday when we held you in our arms as you took your last breath and fell in eternal sleep in Daddy's arms. We were blessed and will always cherish the time we spent with you. Your sisters, Abby and Angie, love visiting, and we know your soon-to-be baby brother will, too. We hope and pray you're taking care of him during his way into this world. You are remembered by all of us and will always have a special place in our hearts.

Love
 Daddy, Mommy, Abigail and Angeline

Cecilia Gonzalez
June 12-13, 2012
Bilateral renal agenesis
Parents: Edward and Mayra Gonzalez
Sisters: Abigail and Angeline



Happy 5th Birthday, Avery!

Avery, it has been five years since we said goodbye to you. You were only in our lives and in my womb for a short time, but every single moment you were here with us you were loved deeply, and you are loved still. I often imagine what it will be like when I get to hug you for the first time. I look forward to the day when I get to see Jesus's face and the moment when I meet you!

Love,
Daddy, Mommy and Silas



Happy 2nd Birthday, Gideon!

Gideon, happy second birthday, my little love! I can't believe it has been two years since we held you in our arms and kissed your face. Daddy and I think of you and smile every time we drink an Icee. We see your little brother, and we wonder what it would be like if you were here to play with him. We miss you always, but we are beyond thankful for every blessing that has come from your life. We love you with every fiber of our being, and we await the day when we get to be with you and Jesus forever.

God truly has given us beauty instead of ashes
(Isaiah 61:3)
All our love,
Mommy, Daddy and Silas



*Avery Mitchell
Miscarried May 2008
Unknown cause
Gideon Zeller Mitchell
Stillborn May 17, 2011
Membranous cord insertion
Parents: Todd and Stormy Mitchell
Brother: Silas*

Happy 1st Birthday, Sophie Jane!

Dear sweet baby Sophie, it's hard to believe it has already been a year, and not a moment passes without us thinking of you. We can remember holding you like it was just yesterday. We know you hear Luke's prayer every single night asking Jesus to give you a hug and a kiss. One day Jesus will bring our little team together again. Until then, know that Mommy, Daddy and your big brother, Luke, miss you and love you so much.

Happy first birthday, Sophie Jane.
Love,
Mommy, Daddy and Luke

*Sophie Jane Darnell
Stillborn May 28, 2012, at 40 weeks
Unknown cause
Parents: Tommy and Brea Darnell
Big brother: Luke*



Happy 4th Birthday, Ainsley and Averi!

Our sweet little angels would be 4 years old. We think about you so often. We know that you will be having an amazing birthday party in heaven with Jesus. We love you so much.

Love,
Mommy, Daddy, big sister, Claire,
and your twin brothers, John Ryan and Hayden

*Ainsley Kate and Averi Caroline Tichenor
July 24, 2009
Born at 22 weeks
Parents: John and Angela Tichenor
Siblings: Claire, John Ryan and Hayden*



Happy 4th Birthday, Emma!

Dear Emma, we wish you a happy birthday in heaven. We miss you so very much, and we think about you all the time. Your little sister is saying your name, and we always think about all the things that you two would have been doing together. We love you. You are always present and will never be forgotten.

All our love,
Mommy, Daddy and little sister Isabella

*Emma Krymkiewiez
May 5, 2009
Neonatal hemochromatosis
Also remembering
Baby Girl Krymkiewiez
Miscarried June 13, 2008
Parents: Hernan and Ana Krymkiewiez
Little sister: Isabella*



Happy 2nd Birthday, Max!

Happy birthday, sweet Max! You would be turning 2 with your twin sister, Sam, and running around like crazy! You have a new sister this year, Jenna Rose. Sam loves her so much. We all miss you and love you, Max. We talk about you all the time so Jenna knows all about her big brother. Someday we will be reunited, and our family will be whole again. Until that day, Max, we will remember our beautiful baby boy as the perfect bundle of joy that you are.

Love,
Daddy, Mommy, Sam and Jenna

*Max Emmanuel Novik
May 9—10, 2011
Anencephaly
Parents: Mark and Melinda Novik
Sisters: Sam Elana (Max's twin) and Jenna Rose*



Happy 13th Birthday, Sydney!

We love and miss you very much. Happy heavenly birthday. May all your tea parties be together.

Until we meet again

Sydney Lynne Brown

May 18, 2000

Unknown cause

Also remembering

Ashley Mackenzie Brown

May 18, 2001, 24 weeks

Premature due to Antiphospholipid Antibody Syndrome

Parents: Brian and Marilyn Brown

Brother: Samuel

**Happy 4th Birthday, Raylee Lynn!**

I can't believe it's been four years since I was chosen to be the mother of an angel. Not a day goes by that I don't think of you. I love and miss you dearly, my angel, enjoy your heavenly birthday with great-grandpa and grandma. Watch for your balloons, baby girl.

Missing you always,

Love,
Mommy

Raylee Lynn Dixon (Hartsell)

June 8—22, 2009

Hydrops and VATER syndrome

Mommy: Jessica Hartsell

**Happy 4th Birthday, Lindsay!**

Dear Lindsay, our precious girl is turning 4 years old! As spring showers bring flowers, so do you brighten our thoughts. You are an amazing daughter. We will always remember how sweet and strong you were. We miss you dearly and look forward to being together with you in heaven someday. God blessed our lives with you, little bird. Happy birthday!

Love,

Mommy, Daddy, Haley and Jacob

Lindsay Claire Alexander

May 24—27, 2009

VLCAD (Fatty Oxidation Disorder)

Parents: Lane and Leslie Alexander

Siblings: Haley and Jacob

**Happy 1st Birthday, Baby Nadler!**

It's been an emotional year, but we wouldn't change having you in our lives for anything. Even though we never got to meet you, you have forever changed our lives and will always have a place in our hearts. We hope you are having a fantastic first birthday! We love you and miss you dearly.

Love,
Mommy and Daddy

Baby Nadler

June 26, 2012, at 8 weeks 2 days

Missed miscarriage

Parents: Ryan Nadler and Julia Gillespie

**No Mother's Day**

May 13, 2012, was my very first Mother's Day, a mere 45 days after the birth of my stillborn son. I was suffering from feelings of guilt, of not feeling like a "true" mother and still wading through the initial shock of our loss. My husband Gary wanted to make the day special, complete with a lunch date, gifts...the works. I think it was an attempt to shake my feelings of incompetence.

A couple days before Mother's Day, I was watching TV and saw a commercial for the "No Mother's Day" campaign. It was a short video trying to raise awareness for maternal mortality. Mothers were asked to take a moment to remember the women who never got to celebrate a Mother's Day. They were encouraged to find their own way to raise awareness for the thousands of women who die in childbirth or from complications during pregnancy.

When Mother's Day finally arrived, I spent the morning starting my own blog dedicated to the memory of my son and to track my grief journey. Most of the rest of the day was spent with my mom. When Gary got home from work, we were off to the cemetery with flowers in hand. It had taken a lot of convincing that I didn't want to do anything but be with my baby. As I was sitting there, a warmth came over me. I lay next to Gabriel's grave, and despite the tears, I felt at peace. Instead of grieving for myself, I cried for the women who didn't get a chance to meet their children. I thought of the mothers who were not getting flowers or gifts. I looked to God and He spoke to my heart. I felt blessed to be alive, blessed to be Gabriel's mommy.

♥ *Andrea Gimlin,*
Mommy to Gabriel David
M.E.N.D.—SW Missouri

Dear Daddy

Dear Daddy
I know today is Father's Day
And you miss me really bad,
But if you could see what I see,
You wouldn't be so sad.

I have all kinds of playmates
And playgrounds everywhere!
With swings and slides and balloon rides that
whiz right through the air!

We have ice cream, cake and candy,
Milk and cookies and punch;
We never have to go to bed
And we choose what we want for lunch!

There's even a river where you and I could fish,
The water's as clear as a day in spring;
And beautiful rainbows and fluffy white clouds
From which I can see everything!

So you see, daddy,
Even though I'm not with you,
I'm under my Father's care,
And when it's time for you to come,
You'll find me waiting right here.

And I'll give you the biggest hug.
Gee, I can hardly wait.
And when no one's looking,
We'll even swing on Heaven's Gate!

By Jo Ann Taylor
Retrieved from irisremembers.com
on April 1, 2013

God's Gift to Me

In a flash, I'm there
I remember your soft skin,
your sweet scent,
your perfect kissable lips,
the smell of your hair
What would I do for a few moments
to be with you,
to see you again
to whisper in your ear "I love you"
to touch your hand to my cheek
to hold you and cradle you in my loving arms
I would go to the ends of the earth
search the entire universe
just to see the sparkle in your eyes
to share a smile on your face
to feel your sweet embrace
You were all mine,
God's gift to me
Every moment was true,
I always felt you,
my dearest love
my miracle set free
Looking to the stars and the moon
wishing we were together,
I shed a tear before I cry
How can I ever say goodbye?
I wasn't prepared for you to die.

In loving memory of our precious angel girl,
Mikayla Summer Rain Vinot~Huerta
June 14, 2010

Pre-eclampsia Hypertension
Mommy and Daddy love you!

♥ *Rachelle Barre',
Mommy to Mikayla Summer Rain
and Baby "Tad,"
M.E.N.D.—Dallas*

In Loving Memory**Matthew Ryan and Mason Mitchell Bass**

April 10, 2008

Premature

Baby Bass

Miscarried November 2009

Given by parents

Chad and Leah Robilotto-Bass
and siblings Miles and Graham**Grace Irene Biglieni**

December 6-19, 2007

Hypoplastic Left Heart Syndrome

Given by mommy Lindy Biglieni

Abigail Grace Crump

July 1, 2003

Trisomy 18

Given by parents Gerald and Jaimie Crump
and little sisters Cami and Karli**Brooke Sophia Daily**

Stillborn March 11, 2010

Vasa Previa

Gifts given by

Parents Jeremy and Lisa Daily
and sisters Sarah and Savannah

Uncle Kollin and Aunt Jennifer Green

Riley and Parker Davis

November 14, 2006

Prematurity

Given by parents Rob and Cheryl Davis
and little sister Annalise**Westin Dobbins**

August 8, 2010

Incompetent cervix

Given by parents

Randy and Courtney Dobbins
and siblings Cynlee Leian and Colt**Kyler Paul English**

Stillborn January 20, 2006

Cord accident

Parents: Laurie McPike and Bob English

Given by Jon and Laurie McPike and
brothers Kinser, Kelson and Kayden**Serenity Harrison**

Miscarried December 3, 2009

Given by parents

Curt and Jennifer Harrison
and little brother Leviticus Aaron**Jonathan Daniel Mitchell**

Stillborn June 24, 1995

Cord accident

Baby Mitchell

Miscarried December 2001

Gifts given by

Parents Byron and Rebekah Mitchell
and big brother Byron, Jr.

Grandparents Dennis and Sue Brewer

Lily Joy Moore

Miscarried March 2, 2011

Early pregnancy loss

Given by

Parents Jeremy and Kathleen Moore
and big brother Isaac

Grammy Marsha Neely

Emilynn Larren Schrader

Stillborn June 19, 2012

Cord accident

Parents: Kellie and Dan Schrader

Siblings: Nolan and Mary Britton

Given by Papaw Stan and
Mamaw Jean McAlpin**Mindy and Maggie Smith**

Stillborn November 4, 1997

TTTS and Polyhydramnios

Given by parents Scott and Karla Smith
and siblings Travis and Julia**Michelle Grace Stockdale**

August 22—September 16, 2002

Baby Stockdale

Miscarried February 2003

Given by parents Joe and Marie Stockdale

Logan Wade

April 18—June 7, 2007

Staph infection

Given by parents Shane and Rachael Wade
and siblings Connor and Dillon**Gifts of Support**Alpha Delta Kappa, Alpha Epsilon Chapter,
Springfield, MO

Second Baptist Church, Springfield, MO

West Conroe Baptist Church, Conroe, TX

Dick and Georgia Loy

Julie Abare

Legacy Giving

Losing a child has changed each of our lives forever. We appreciate all financial support of the services our organization gives to bereaved parents—no matter the size of the contribution. However, some of you may have the capacity and desire to give a lifelong gift to M.E.N.D.

If you're interested in creating a legacy gift or endowment in honor of your baby, M.E.N.D. would be happy to assist you in gathering the necessary information to remember our organization in your will or trust. For more information about legacy giving, please contact Rebekah Mitchell at rebekah@mend.org.

*“And to think when their little eyes opened,
the first thing they saw was Jesus”*

~Author unknown



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!

Ideas to Get Through the Day

What to do on Mother's Day and Father's Day is always a topic in our support groups this time of year. If these are your first holidays since the loss of your baby or babies, it can be particularly difficult to know what to do. We gathered a few of the ideas that have come up in our meetings. Perhaps one or more of the ideas will help you think of how you might spend those days.

Places you may want to avoid

- Restaurants are packed on holidays with families and kids, so it may be better to pack a picnic, try a new recipe or order takeout.
- Family gatherings can be tricky. Many times families have traditions of getting together at one house for a big family lunch or get-together. This can be particularly difficult if you come from a large family with lots of nieces and nephews or new babies/expectant moms. Many couples choose to skip the family gathering, at least the first year. If you are dreading the family meal, let your family know ahead of time not to expect you. You can always change your mind and go at the last minute. Dads, if the gathering is at your mom's house, by all means please be the "bad guy" in this instance to call and decline this year's meal. However, if being surrounded by family would be comforting to you, offer to bring some special flowers for a centerpiece or a candle to light in remembrance of your baby.
- Church—Most bereaved parents say services on these days are particularly painful. Services often focus on being a mom or dad. Usually, there are times of recognition where moms or dads are asked to stand. This leaves moms/dads without living children uncertain of what to do. There are often baby dedications. It may be a day to stay home from church and spend your own time in worship and Bible study or watch a sermon online. In future years, you may think about approaching your pastor about having a special prayer for grieving mothers and fathers or those who are struggling with infertility. One year at our church, there was a group of women who gathered during service to pray for these families.

IDEAS OF WHAT TO DO

Places to Go

- A quiet day at home is always an option, although for some it can lead to more feelings of sadness than if you got out. It can be a very relaxing day sleeping in, eating a late breakfast, reading, working on a project (see ideas below) or napping.
- Get out in nature—Find a nice, quiet place to hike or pack a picnic or find a state park to enjoy.
- Theme parks—Many families have stated they spend one or both of these days at a theme park or water park in the area. You will find that especially on Mother's Day, places that are usually streaming with kids will not be. Most moms will not choose a theme park as her ideal way to spend Mother's Day. She gets the "day off," and babyless parents get the parks almost to themselves.
- Visit a beautiful place, be it a botanical garden or a museum. Just be sure to check to see if they will be open on the holiday.

Things to Do

- This can be a great day to work on a project that celebrates your children, all of them.
- Make a family sign—There are lots of ideas online for family signs with your last name and the names of parents and children.
- Make a garden stone—Your local craft store has easy kits and ideas for how to do this. This might be in memory of your baby or to celebrate your entire family. You may choose to add your baby's name or a representation, like a flower or a butterfly.
- Write a letter—Take some time to write a letter to your baby saying how proud you are to be his/her mommy or daddy, how your life has changed, how your love for others has changed. It may be just for you or to read to a friend.
- Plant some flowers—Always a great way to bring some color and joy to a perhaps dark day. Start a memorial garden, be it a large spot or just a few flower pots. This can be a special place to sit and remember your baby.
- Make a keepsake animal—Perhaps you have been wanting to go make a stuffed animal, but didn't want all the kids around. Today might be the perfect day since few people will be there.
- Craft—Whether you are a painter, a writer, a quilter, find a way to celebrate your family.
- If you just want to be busy that day, you can always clean the garage, clean out a closet, weed your flower beds—whatever will keep your mind and hands occupied.

Give

- Another great way to celebrate being a mom or dad is to express love for your baby by giving to others.
- Online donations—Find an organization that provides food or medical care to babies living in poverty or provides pregnancy care and/or birth assistance to mothers who might otherwise not have any. Sparing another mother the pain and grief of losing a baby is particularly meaningful. And of course, donations to M.E.N.D. are always appreciated!

M.E.N.D.

Chapter Corner**Chapter Meeting****Information****M.E.N.D.—Houston**

Meets the 3rd Thursday, 7:30 p.m.
D. Bradley McWilliams YMCA at Cypress

Creek, Schindldecker Building
19915 SH 249 Houston, TX 77070

Director: Stormy Mitchell
stormym@mend.org, (281) 374-8528

Subsequent pregnancy group meets
as needed on the 3rd Thursday at 7:30 p.m.,
led by Chiara Ott
(chiara@mend.org).

Daddy's group meets quarterly on the 3rd
Thursday at 7:30 p.m.,
led by Randy Dobbins
(cortdavis@aol.com)

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

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
Director: Lisa Daily
lisa@mend.org, (918) 694-4325 (HEAL)

M.E.N.D.—SW Missouri

Meets the 1st Thursday at 7:00 p.m.
Project H.O.P.E.
1419 S. Enterprise
Springfield, Missouri 65804
Director: Heather Fann
heather@mend.org, (417) 818-0489
Food and Fellowship
Meets the 3rd Thursday 7:00 p.m.
Hebrews Coffee
1604 E Republic Road
Kathleen@mend.org

M.E.N.D.—Bryan/College Station

Meets the 2nd Tuesday at 7:30 p.m.
Hawthorn Suites
1010 University Drive East
College Station, Texas 77840
Director: Jennie Drude
jennie@mend.org, (979) 220-7851

M.E.N.D. Chapter Updates**Houston**

It is with mixed feelings of sadness and joy that I am retiring as the director of the Houston chapter of M.E.N.D. I have loved serving God and the grieving families of the Houston area for the past eight years in this wonderful ministry. I have been incredibly blessed to see Abby's purpose fulfilled in starting the chapter in 2005, and seeing hundreds of lives touched, changed and comforted. I pray that each family who has ever walked into our support group, Walk to Remember or Christmas Ceremony can also one day see the blessing and purpose of their little ones. I have loved getting to know each and every one of you and your babies, and I want to thank each of you for touching my life. I will never fully leave M.E.N.D. since it will always have a piece of my heart. However, I do feel that God is calling me out of leadership in this ministry to start serving Him in another one. I will be here through 2013 for a smooth transition, so you will still receive emails from me periodically.

That said...it is with great joy that I announce Stormy Mitchell as the new director of M.E.N.D.—Houston! I am so excited to see this new era of leadership emerge in this ministry! She and her husband, Todd, lost their precious son, Gideon, to a membranous cord insertion on May 17, 2011, and Avery was miscarried in May 2008. Stormy has an incredible love for the Lord as well as for hurting families who have lost babies. She is here for you on our Facebook page and can be reached at stormym@mend.org. Please welcome her on whatever media you are on! Thank you again for blessing me!

Jaimie Crump

Tulsa

M.E.N.D.—Tulsa will be praying for all moms and dads as we approach Mother's Day and Father's Day. May God surround you all with peace, love and healing as we celebrate all of our babies living in heaven and living on earth.

Lisa Daily

Amarillo

We would like to thank Texas Tech for allowing us to share about M.E.N.D. with your residents.

We are gearing up for our 3rd BUNCO for BABIES fundraiser. More details to come.

Becky Anderson

Texarkana

M.E.N.D.—Texarkana held its annual rummage sale on April 20. I would like to thank Toni, Randy and Kaitlyn Sherman, Tina Wharton, Shawn Davis and Barbie Fuggitt for helping with the sale. Also, I would like to thank all who donated items, the ladies of Beech Street First Baptist Church who helped organize the items and Nash First Baptist for the use of their parking lot. It was a lot of fun and a successful sale.

Monica Davis

Bryan/College Station

M.E.N.D.—Bryan/College Station had a ZUMBA party fundraiser! Thank you to the following sponsors: Brooke Harrington, Melody Pittman, Marilyn Branson, Emily and Steven Eenigenburg, Tonya Maddox and Mary Bailey. Because of these kind and giving people, we are able to continue to serve the hurting families of the Brazos County area.

Jennie Drude

Hot Springs

M.E.N.D.—Hot Springs continues to minister to those hurting families in and around the Garland County area. We pray God continues to bless this ministry throughout the coming year. We would like to thank *Hot Springs Life and Home* magazine for running our Mother's Day ad. The magazine's support of our organization is greatly appreciated.

Amy Humphries

NW Washington

As this Mother’s Day approaches, we wish all moms whose babies are in heaven, and not in their arms, a very special happy Mother’s Day. We are all thinking of you!

We are working on spreading the word in our community about M.E.N.D. We are reaching out to all the military families through articles, brochures and by walking in our community parade this July.

Stacy McGhee

SW Missouri

The late winter weather hasn’t been good to M.E.N.D.—SW Missouri! Because of late snows we had to cancel two of our Food and Fellowship events. However, we’re looking forward to spring and summer in the months to come! I’ve been very busy fielding lots of calls from area hospitals asking for bereavement training for healthcare staff, as well as loving on families in Labor and Delivery as their precious babies have gone to heaven. It’s a humbling and tiring—albeit thrilling—experience. We’ve tried for years to be a “first responder” to newly hurting parents, and it finally appears the hospitals are viewing us in that way. Please continue to pray for open doors.

Heather Fann

Wichita Falls

M.E.N.D.—Wichita Falls is busy drafting letters for our letter campaign fundraiser. Our group continues to grow with new families joining us each month. We are grateful word of our support group is reaching these families.

Sarah Fukasawa

M.E.N.D.—Amarillo
 Meets the 2nd Tuesday at 7:00 p.m.
 First United Bank of the Colonies/
 Lonestar Room
 One First United Bank Parkway
 45th and Soncy
 Amarillo, Texas
 Director: Becky Anderson
 becky@mend.org, (806) 570-4344

M.E.N.D.—NW Washington
 Meets the 2nd Monday at 6:30 p.m.
 Harrison Medical Center/Iris Room
 1800 Myhre Rd.
 Silverdale, Washington
 Director: Stacy McGhee
 stacy@mend.org, (360) 621-7279

M.E.N.D.—Hot Springs, Arkansas
 Meets the 2nd Tuesday at 7:00 p.m.
 National Park Medical Center/Maurice Room
 1910 Malvern Avenue
 Hot Springs, AR
 Director: Amy Humphries
 amy@mend.org, (501) 620-9930

M.E.N.D.—Wichita Falls, Texas
 Meets the 2nd Thursday at 7:30 p.m.
 Christ Home Place Ministries
 1420 Twin Oaks Street
 Wichita Falls, TX
 Director: Sarah Fukasawa
 sarahf@mend.org, (940) 642-3284

Looking Ahead

<i>October 5</i> Dallas, TX Walk to Remember	<i>October 5</i> Houston, TX Walk to Remember	<i>October 12</i> SW Missouri Balloon Release	<i>December 9</i> SW Missouri Christmas Ceremony	<i>December 10</i> Headquarters- Irving, TX Christmas Ceremony
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M.E.N.D. Support Group Meetings in the Dallas Metroplex

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.,
 from 7:30 - 9:00 p.m.

*A time for dads to meet together and
 discuss topics relevant to them as fa-
 thers. Our moms and dads meet together
 for introductions before dividing into two
 groups for discussion.*

Food and Fellowship
 are held the 4th Thursday of
 every month at 8:00 p.m.
 at the Corner Bakery in
 Southlake Town Center

*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 4th 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.*

MENDING Mommies

Meets the 2nd Tuesday at 7:30 p.m.
 Contact Marilyn Brown:
 Marilyn@mend.org.

*MENDING Mommies is a group of
 M.E.N.D. moms (and grandmothers)
 who create and sew tiny gowns, caps,
 and blankets that are donated to area
 hospitals for new heavenly babies.*

Parenting After Loss Playgroup

Meets monthly at various locations in the
 Dallas / Fort Worth metroplex.
 Contact Magen Kaye: Magen@mend.org
 or call (214) 435-3870

Infertility group
 meets the 3rd Monday
 at 7:30 p.m.

Contact Cheryl Davis for meeting
 location and information at
 Cheryl@mend.org
*For families experiencing
 infertility after a loss.*

**Mommies AND daddies are both
 welcome at all M.E.N.D. meetings.
 Unless otherwise noted, all support
 group meetings are held at:**

**Wells Fargo Bank
 800 W. Airport Freeway
 Irving, TX 75062**

(Located in the Crystals Pizza parking
 lot, between MacArthur and O’Connor)
 Meetings will be in the bank board room,
 located on the first floor.
 For more information,
 call (972) 506-9000.



Subsequent Births

Andy and Dana Wallace
of Stillwater, Oklahoma,
joyfully announce the arrival of
Finlea Rose,
born March 7, 2013,
measuring 5 lb., 14 oz.,
and 17 inches long.
The Wallaces lovingly remember
Caelan Matthew,
July 30—August 3, 2010,
early birth

Aaron and Brittanie Hernandez
of Springfield, Missouri,
joyfully announce the arrival of
Leonides C. E.,
born February 23, 2013,
measuring 7 lb., 6 oz.,
and 20.5 inches long.
The Hernandez family lovingly
remembers
Nessa,
miscarried October 28, 2011

Bryce and Kim Weber
of Silverdale, Washington,
along with big brother Kade,
joyfully announce the arrival of
Mara Juliette,
born February 27, 2013,
measuring 8 lb., 6 oz.,
and 20 inches long.
The Webers lovingly remember
Joshua Dallen,
December 28, 2011,
kidney defects

Quentin and Melissa Vaira
of Poulsbo, Washington,
joyfully announce the arrival of
Elliott Quentin,
born February 27, 2013,
measuring 4 lb., and 13 oz.,
and 17.5 inches long.
The Vairas lovingly remember
Lucy Quinn,
stillborn January 22, 2008,
and Baby Weber,
miscarried July 2012

Ryan and Ashley Peyton
of Cypress, Texas,
along with big brother, Maximus,
joyfully announce the arrival of
Jade Nikol
born December 14, 2012,
measuring 8 lb., 10 oz.,
and 20.5 inches long.
The Peytons lovingly remember
Eli,
stillborn July 25, 2011,
unknown cause,
and his twin,
Meili,
stillborn July 28, 2011

George and Esther Niekoley
of Checotah, Oklahoma,
along with big brother Danny,
joyfully announce the arrival of
LuAnna,
born November 13, 2012,
measuring 6 lb., 15.9 oz.,
and 19.75 inches long.
The Niekoleys lovingly remember
Isaiah,
October 28—29, 2010,
Trisomy 18 and 21

Ask My Dad How He Is

My dad, he tells a lot of lies; he never did before.
But from now on until he dies, he'll tell a whole lot more.

Ask my dad how he is, and because he can't explain,
He will tell a little lie, because he can't describe the pain.

Ask my dad how he is, and he'll say "I'm alright."
If that's the truth, then tell me, why does he cry each night?

Ask my dad how he is; he seems to cope so well.
He didn't have a choice you see, nor the strength to yell.

Ask my dad how he is. "I'm fine, I'm well, I'm coping."
For goodness sake, Dad, just tell the truth.
Just say your heart is broken.

He'll love me all his life; I loved him all of mine.
But if you ask him how he is, he'll lie and say he's fine.

I am here in heaven. I cannot hug from here.
If he lies to you, don't listen. Hug him and hold him near.

On the day we meet again, we'll smile and I'll be bold.
I'll say, "You're lucky to get in here, Dad, with all the lies you told."
~author unknown

*We can't know why
the lily has so brief a time
to bloom in the warmth of
sunlight's kiss upon its face
before it folds into its fragrance
and bids the world good night
to rest its beauty in a gentler place.*

*But we can know that nothing
that is loved is ever lost and
no one who has touched a heart
can really pass away
because some beauty lingers on
in each memory
of which they've been a part.*

-Ellen Brenneman



Día de la Madre

El día de la madre es el segundo domingo de mayo, un día en que las mujeres de todo Estados Unidos celebran a sus mamás y son celebradas ellas mismas, “si ellas también son la madre de un niño vivo.” Sin embargo, este día es terriblemente difícil para las mujeres que han perdido a un niño, o sufren de infertilidad, y/o han experimentado la muerte de su propia madre.

Nosotros quienes hemos sufrido la muerte de un bebé, incluso si nosotros tenemos uno o más hijos vivos, no queremos arruinar este día de fiesta especialmente para las mujeres quien ingenuamente gozan este día y que nunca han experimentado una pérdida. Pero pedimos que reconozcan la emoción dolorosa, especialmente en nuestras iglesias donde la celebración parece ser la más grande, y donde debemos encontrar un santuario para nuestro dolor. Innumerables mujeres optan por no asistir la iglesia este domingo en particular, simplemente porque lo encuentran demasiado doloroso para sentarse a través del reconocimiento de las madres con la mayoría de los niños, la mamá más grande en edad y otros muchos “premios.” No sabe si sé debe levantar, cuando se le pide a las mamás aceptar una rosa de reconocimiento o “contar” del bebé que perdieron cuando se le pregunta cuántos hijos tienen. Por lo tanto, quedarse en casa en la cama parece una decisión mucho más fácil.

Mujeres que perdieron a su único hijo es comprensible que luchen con su identidad como mamá. Se preguntan, “¿Soy realmente una madre?” Por supuesto, mi respuesta es un rotundo “¡sí!” Pero aquellos que nunca han experimentado la muerte de un bebé o no son simpáticamente compasivos a nuestro tipo de pérdida involuntaria, lastimosamente no están de acuerdo. Es por eso que vemos el inmenso dolor que muchas mujeres sufren en este segundo domingo de mayo cada año.

No sólo creo que las madres que han tenido una pérdida son en efecto madres, incluso creo que de hecho, son (somos) héroes. Como mujer, tenemos innatamente un inmenso deseo de ser esposa y madre. Cuando eso no ocurre de la manera que debería, luchamos con la sensación de ser menos que una mujer, incluso nos sentimos culpables de que nuestro cuerpo no hizo lo que debía (en la mayoría de los casos). Muchas madres piensan que son las mujeres más grandes, las más heroicas, sólo porque pasaron todo el día sin perder el genio con sus desobedientes hijos, o porque termino de lavar toda la ropa, o porque sus cocinas y baños están limpios. Mientras que son hazañas verdaderamente victoriosos para damas, nosotros, como las madres que han visto a nuestro niño inmóvil en una pantalla de ultra sonido, o hemos entregado a nuestro bebé silencioso, o tenido a nuestro bebé sin vida y enterrado a nuestro niño muerto... nosotros somos las verdaderas héroes!

Con el tiempo seguimos adelante, y tratamos de poner las piezas rotas de nuestras vidas juntas otra vez, buscamos nuestra nueva normalidad y sobrevivimos. Sí, hay días cuando no nos sentimos como que podemos sobrevivir, especialmente en los primeros días del crudo dolor. Pero si estás leyendo este artículo... has logrado llegar a otro minuto, otra hora, otro día. Sobrevivirá, si lo hará, y sobrevivirá a través de estos horribles días de tristeza. No sin herida pero de verdad, usted va a estar bien algún día.

El día de la madre siempre tendrá una cadena fijada a esto, no importa cuántos años han pasado. Pero les aseguro que algún domingo de mayo realmente estará feliz otra vez y serán capaces de pasar el día con una sonrisa en su cara y aún atender la iglesia en este día con alegría otra vez. Mientras tanto, mantenga la cabeza alta y considérese una héroe y absolutamente una madre!

♥ *Rebekah Mitchell, Presidente y Fundadora
Mamá de Jonathan Daniel y Mitchell bebé Mitchell*

“Ideas to Get Through The Day” continued from page 11.

- Your words—As someone who understands the grief around these holidays, your words can be valuable to another hurting mom or dad. Particularly if this isn’t your first Mother’s/Father’s Day post-loss, writing a note to another mom or dad who has recently lost a baby is incredibly special. Think of how you would feel to receive a note of encouragement. It may not even be a parent who lost a baby. Perhaps you know a mom or dad who lost an adult child this past year. Even sending a short note to validate another’s grief this year will validate yours, as well.
- Finally a word to all the moms: often the dads in our groups share that they don’t want to do anything big. Perhaps their idea of how to spend the day is going fishing, playing video games, hiking, or working on the car. Give them some space and some grace. They might just need to get away. Ask them what they want to do and help make it happen.

♥ *Reviewed by Kathleen Moore*

Mommy to Lily Joy

M.E.N.D.—SW Missouri

*“We are grieving,
We are not contagious,
We are not sad all the time,
We laugh, We smile, We cry,
We weep for being happy,
We live, We talk, We feel,
We come from every background,
We are sad,
We lost a baby,
We are...”*

–Jennifer Davis

M.E.N.D. Mommies Enduring Neonatal Death
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“... 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 contact Rebekah (rebekah@mend.org) to obtain the Customer Letter. You must only present this letter one time to link your card to M.E.N.D. 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.
- 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.
- **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 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 to find out how.
- **Igive.com** will donate a penny a search and a portion of each purchase made through their website to M.E.N.D. Sign up today! M.E.N.D.’s cause number is 52025.

