



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

Volume 27, Issue 5

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Remembering Together



Memories are made throughout our pregnancies. When we first learn of the pregnancy and each experience after, they become part of us, part of our story. Sadly, some of those memories are painful... at home, in the doctor's office, in the hospital, those times when we first learned we would not be able to keep our babies to raise them as we once dreamed. And we sometimes feel alone, while surrounded by others, because of our empty arms.

One of the memories Rachel Dell of M.E.N.D. - SW Missouri had was leaving the hospital with empty arms. During the month of May, she coordinated a fundraiser to provide teddy bears to moms who would have a similar story as hers. These moms will now have a memory of a nurse providing a treasured teddy bear to cling to and cry into during the hard times, and remember treasured moments of their baby's short, yet beautiful life.

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Rebekah shares her experience and advice on how family can help participate in remembering babies in heaven.

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November/December Topic

Holidays

Deadline: September 30, 2022

January/February Topic

Triggers

Deadline: November 30, 2022

Stories, poems, thoughts, and/or feelings regarding these topics are welcome. Submissions must be received by the deadline to be considered for publication in the magazine. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please send any submissions to our Magazine Editor, Jennifer Harrison, at jennifer@mend.org. Any submission printed in our magazine will also be posted to our website indefinitely. Because our magazines are posted online, please understand your name will be attached to your submission when searched on the Internet.

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to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.

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

<u>Heavenly Birthday</u>	<u>Deadline</u>
January/February	November 30
March/April	January 31
May/June	March 31
July/August	May 31
September/October	July 31
November/December	September 30



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Feature Article

Remembering Together



Feature from our M.E.N.D. President and Founder, Rebekah Mitchell, Mommy to Jonathan and Baby Mitchell

One of the first thoughts I had when I was told our little Jonathan no longer had a heartbeat was, "What will this day (June 24) look like for the rest of my life? What will we do on this day each year? How will I feel? And most importantly, who will always remember?"

In my 26 years of directing M.E.N.D., I have found the biggest fear and anxiety that loss families deal with is wondering if people will forget their baby. It is the practice of M.E.N.D. to encourage parents to keep their baby's memory alive: always count them as a member of the family and include family members and close friends in remembrance rituals. Maybe that means inviting them to a Walk to Remember, a balloon release, a Christmas Candlelight Ceremony, or even encouraging them to donate to your favorite charity (M.E.N.D.) in memory of your baby. This lets them know that no matter how many years have passed or even how many more children you may have gone on to have, your sweet little baby is always on your heart and never forgotten.

I hesitate to hone in on anyone specific in Byron's and my family who especially remembers Jonathan because I am so blessed that Jonathan, as well as our little baby we miscarried, has never been forgotten by members of our family and even after so many years, is still often talked about. Our family is also wonderful to always attend M.E.N.D. remembrance ceremonies with us every year. But I will highlight my twin sister, Rachael, to share an example of someone who remembers my baby Jonathan in a special way.

For 27 years Rachael has made a special effort to celebrate his life with us on his heavenly birthday every single year. Every June 24, she comes up with some sort of special remembrance gift that

she brings to our house. Most years she gives us a gift with a seashell theme because seashells are all beautifully different and unique in their own way; there are no two alike, just like our Jonathan. One year she gave us big velvet beach towels with shells on them, along with matching outdoor decorative pillows. This year she gave us a beautiful Arthur Court seashell gravy boat. If the gift isn't necessarily seashell related, like last year when she gifted us with a charcuterie board with an inscribed gold "J" on the top, she includes seashell paper napkins to go with the traditional slices of cheesecake she brings over. If Byron and I are out of town on Jonathan's birthday, which is rare because we prefer to always be home on this day, Rachael makes sure to deliver the remembrance gifts to us before we leave. I am very grateful for her love, thoughtfulness, and for the way she remembers our son each year!

If your heart is stabbed with hurt by reading this issue of Remembering Together because you feel no one is remembering with you, do what you can to change that. You will likely need to be the initiator of those sometimes-uncomfortable conversations, which I know is difficult. It's hard to vulnerably pour our hearts out and ask people to feel a way we want them to feel on their own. But we have to let those close to us understand our baby is not something to NOT talk about. Oftentimes our loved ones want to do and say something, but if we as the parents are not openly sharing our feelings, they think it's a taboo subject and thus stay silent. But when that door is opened and permission is granted, most of the time our babies are freely discussed and acknowledged.

My journey of loss and grief has opened my eyes to the importance of remembering with others in their time of bereavement. I hope and pray I am not ever thought of as one who doesn't meaningfully remember those who have left us, even if it's a tiny life that never took a breath outside its mommy's womb. Christians are called to grieve with those who grieve, so I pray, "Lord, may I never fail to offer love and compassion to those who are in mourning, and help me to encourage them with the comfort You have given me."

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

Birthday Tributes



Happy 9th Birthday, Keiran!

Happy birthday to my precious little star! I hope you are dancing in the skies and laughing among the clouds. I hope you have found friends. I hope you feel just how loved you are on your special day. Happy birthday, Keir-Bear, you are so very loved!

Keiran David Cobler

October 25 - November 1, 2013

NEC

Also remembering

Fred and George Cobler

Miscarried March 3, 2017

Parents: Brian and Kristina Cobler

Sister: Karsyn



Happy 13th Birthday, Sereana!

You make a world of difference

You bring a lifetime of joy

Celebrating you is sublime

Happy 13th, our Sereana Joy!

I love you, sweet daughter!

Love,

Your Mama and Ta, and siblings

“May she become a flourishing hidden tree
That all her thoughts may like the linnets be,
And have no business but dispensing round
Their magnanimities of sound,
Nor but in merriment begin a chase,
Nor but in merriment a quarrel.
Oh, may she live like some green laurel
Rooted in one dear perpetual place.”
from the poem "A Prayer For My Daughter"
by W.B. Yeats

Sereana Joy Ratulele

Stillborn September 9, 2009, at full-term

Unknown cause

Also remembering

Samuel Goodness Ratulele

Miscarried April 29, 2021

Lee Ratulele

Miscarried November 23, 2021

Parents: Semi and Laura Ratulele

Little siblings: Noela Esiteri and Talei Jewel



Happy 6th Birthday, Arielle and Killian!

My sweet angel babies, this is your 6th heavenly birthday. I cannot believe it's been 6 years since we held you in our arms. We usually celebrate you each year with a picnic and cake at your grave, but this year will be different. We will still celebrate you both; however, we won't be so close to your grave. I know you guys are always with us and in our hearts no matter where we are. Your sissy makes sure everyone knows that even though you aren't with us, you are still part of us. We miss and love you both so much.

Arielle Everly Dupuy

October 30, 2016

Premature

Killian Michael Dupuy

November 2, 2016

Premature

Parents: Ryan and Karla Dupuy

Siblings: Miabella and Bellamy



Happy 1st Birthday, Hadley!

Happy 1st birthday to our sweet baby girl! It has felt like five minutes and also like 100 years without you. One year. One year since we held you. One year since we saw your chubby cheeks, tiny nose, pointy chin, and the most perfect soft skin. We would give anything to have you with us, but know you are living the best life in heaven. We work hard to keep you part of our daily lives, and love to share you with our friends and family. You will never be forgotten. Your great-grandmas better be getting their cuddle time with you now, because when we get to heaven, we're never putting you down.

Hadley Joan Peterson

Stillborn October 7, 2021

Parents: Matt and Sammy Peterson

Siblings: Malia, Pryor and Case



Happy 23rd Birthday, Ashley!

We love and miss you always.

Until we meet again,

Mama and Daddy, Laura and Katherine

Ashley Renee Dedear

October 29 - November 1, 1999

Prematurity/placental abruption

Parents: Tim and Cindy Dedear

Sisters: Laura (twin sister) and Katherine



Happy 6th Birthday, Bubba!

Your presence on this earth was so brief. Despite this, you managed to overflow our hearts with love. With the same overflowing heart, we love and miss you, and wish you the most amazing birthday in heaven. While you cannot blow out the birthday candles today, we will light a candle in your honor as we celebrate you. I'm a little envious of the angels right now.

Wyatt James Goforth
October 24, 2016
Bladder outlet obstruction
Also remembering
Baby Goforth
October 28, 2014
Early miscarriage
Ellie Ryan Goforth
April 5, 2017
Missed miscarriage
Parents: Monty and Nichol Goforth
Siblings: Emersen and Claire

**Happy 15th Birthday, Brandon!**

I cannot believe you are 15 and would be in high school. We hope your day in heaven is full of beautiful celebration and happiness, and even more that your mom is with you. You will always be in our hearts forever!

Love Always,
 Grandma Diana and Grandpa Tim
 and brother Ethan

Brandon Isaiah Alfaro
October 19, 2007 - February 7, 2008
Spinal Muscular Atrophy
Also remembering
Brandon's mother, Jennifer Alfaro
June 13, 1983–February 14, 2020
Grandparents: Tim and Diana Seynaeve
Little brother: Ethan Alfaro

**Story Behind "Gone Too Soon"**

Being newly remarried at 39 years old, we knew time would be limited to fulfill our dreams of having a baby together. We tried to get pregnant within a few months of our marriage and were overjoyed when a pregnancy test turned out to be positive. In fact, my husband still has the little test device. We told our family, but we did not announce it yet to friends and work colleagues. Yet when I went to the doctor, no heartbeat was detected. We were devastated and in anguish. How could this be? How could our dreams be shattered? We had so much hope. Even though our miscarriage was a while ago, we still grieve and wonder what our baby would be like.

Gone Too Soon

Written by Charleen Burghardt,
 Mommy to Baby Burghardt

When I think of motherhood,
 I think of you—so tiny,
 Only weeks old in my womb.
 I will not know you here on earth,
 Nor will I see your face
 Or hear your voice.

Gone too soon.

My heart aches to know you.
 My arms ache to hold you.
 My voice longs to sing to you.
 I will not see your eye color.
 I will not view your features
 Or watch you grow tall.

Gone too soon.

I will not experience your personality
 Or watch you discover who you are
 Or learn of your abilities and gifts,
 But know you are loved,
 You are cherished
 Remembered within my soul all my days.

Gone too soon.

Time has lessened some of the aches.
 Reassurance of seeing you soon
 Eases the pain.
 You gave me gifts with your short presence,
 Gifts I treasure,
 Gifts I use—
 A gift of tenderness for others who grieve,
 A new appreciation for loved ones,
 The gift of a deeper bond between your dad and me.

You are gone—but not forgotten.

Remembering Together - The Brady Family

Written by Jessica Brady
Mommy to Paul Brady
M.E.N.D.—Dallas/Fort Worth

While each year looked a little different, from balloon releases to “cupcake cakes” with varied designs, one part always remained the same. Our family, along with my parents, my sister and friends would always come together to remember my son, Paul Bradley Brady, who was born sleeping May 29, 2014.

When it comes to remembering our babies who are loved ones yet gone too soon, I have learned over time that the memories, pictures and togetherness is more of a blessing and something I will treasure more than anything else, especially when we include those babies in our lives. We can remember them, not just on their birthdays, but special occasions. For instance, my oldest son graduated high school in May of 2022, and he had his class ring engraved on the inside with his baby brother’s name. His baby brother is still very much part of his life. When we go on mini-trips, we always get little things with either Paul’s name on it or a little turtle or teddy bear as our way of including him on our adventures.

For eight years, we were able to remember my son as one big family, until this year. This year was different. I do not know if it was a good different or just one that God was saying, “It is time for a change.”

My oldest son, Matthew, graduated on May 27, 2022, which was two days before Paul’s 8th heavenly birthday. Matthew then had to travel for State UIL for band, and my parents attended with him. This meant we were unable to celebrate all together as a family for my youngest son’s birthday as we had for the previous eight years. I do not have regrets for not having our normal family gathering for Paul’s birthday, but this was still ... different. My parents and Matthew had a great time, and I would not have done it any other way. My father was able to spend time with Matthew, and I am thankful for that precious time they had because shortly thereafter, my father would be parted from us and spend all eternity with Paul.

As we ventured into the summer, everything felt different, but a good different. It felt like Paul was trying to bring us as a family closer together, and I know that he is watching over us. My dad and my

husband were getting along better as well, even playing Bible trivia games. When my husband got a better job, my dad smiled ear to ear and said, “I am very proud of you, son.” I know to some that may not mean a lot, but my dad was happy, and my husband had not heard “I am proud of you, son,” in a very long time from my dad.

On July 7, my daughters and my dad were building a Japanese garden in the front yard, as my dad has always wanted to have one at his home. Later, my dad told me he saw Paul in that garden as they worked. That following day my mom found him unresponsive, and we later learned he had a brain aneurysm. On July 8, at 5:56 AM, my dad, at age 62, was united with Paul. We may never know the reason why some things happen. We not only grieve just for my youngest son, but now my dad. I am thankful for the happiness and laughter and talks my dad and my kids and my husband had and the time he had with my mom before he passed away so suddenly.

The time after my dad passed was a difficult one. My dad wanted to get everything in order before his time came, and he even wanted to retire after my oldest daughter graduated, a surprise for my mom. Yet he was gone too soon, too soon to do those things. In the midst of no sleep, losing my voice trying to talk to everyone about what happened, to preparing and managing all the things surrounding my dad’s death, the only thing that kept me going during these two weeks of a nightmare no one would want, was thinking of my youngest son, Paul, running to his papa in heaven. My father was a great father to me, and always knew when I was missing Paul and did his best to try to cheer me on those down days. My dad ran ahead of us all and is now with my youngest son having the best of times in heaven.

I know it is hard when it comes to us gathering to grieve a loss or celebrate their life, but in doing this, more memories are created and cherished as we remember our loved ones. Time is precious, and we never know how long we truly have, whether it is life inside me for 26 weeks, or being limited to 37 years with my dad instead of 50-60 years. So, while I remain this side of heaven, I am going to cherish the time with my mom and make memories with my family and my mom, and some day, I’ll join Paul and my dad in heaven.



Perinatal Loss & Grief: Coping, Hoping & Healing Together (In Honor of Pregnancy & Infant Loss Remembrance Day)

Written by Dr. Christina Hibbert

Posted on drchristinahibbert.com

Originally written on October 15,

Pregnancy and Infant Loss Remembrance Day

Today is Pregnancy and Infant Loss Remembrance Day, a day for families to remember the loss of their baby. Whether through miscarriage, stillbirth, or neonatal death, the loss of a baby is one of the most difficult experiences a mother, father, and family can go through, and today is a day when we can all reach out in support, and love, as we remember, too. Tonight, at 7 pm, millions will light a candle to remember the lost babies. Will you light a candle with us?

This post is for all remembering their babies today, and each day, for all who are grieving, healing, and finding hope again. May these words buoy you up as you seek to cope with and heal from perinatal loss. May you feel my love for you!

Coping with Perinatal Loss

One thing that makes perinatal loss especially difficult is the many associated losses that accompany the loss of a baby. Not only has your baby died, but you may also experience:

- The loss of the future – dreams, hopes, and what “could have been.”
- A loss of innocence – knowing now how painful life can really be.
- Loss of support – from friends, family, and even partners who just don’t understand the grief you feel.
- Loss of confidence – doubt about your body, your habits, and your ability to cope. Loss of confidence in life, in others, and even in God.

Perinatal loss often feels like a “silent” loss, like you’re grieving alone and wondering why no one is feeling this devastation, this hole in the world. You may feel you’re all alone, isolated, like no one understands your pain, like you’ll never be whole again.

Allow me to say the words you need to hear, and I pray you’ll believe them:

1. “You’re not alone.” Perinatal loss is, unfortunately, all too common. According to research, more than a million miscarriages

occur each year in the United States alone. In 2006, there were 25,972 reported stillbirths, and 28,509 reported infant deaths. This means millions of women, men, couples, and families are grieving the loss of a child each year. Though you feel isolated in your experience and your grief, reach out. There are many who understand. You’re not alone.

2. “You have a right to feel devastated, to feel cheated, angry, depressed, fearful, overwhelmed with grief.” You have a right to feel however you feel—it’s part of grief, and it means you loved your baby. Let yourself feel what you feel.
3. “Many people really don’t understand your pain, and that is a horrible truth. But, many people can, and will, understand, if you let them in.” You may feel like nobody “gets it,” like your loss is trivialized or forgotten. Unfortunately, this is common. Many people don’t understand perinatal loss, and few who haven’t been through it really “get” it. Even couples going through it together experience perinatal loss in unique, and often completely opposite ways. This may make you feel like even your partner doesn’t understand how you feel, that even he or she isn’t grieving the loss of your child as you are. Help them understand by bringing them into your world. Talk about your grief. Explain how you feel. Keep searching until you find that someone who truly understands.
4. “As a mother, you’re likely to experience this loss more profoundly than even your partner will, because this baby was carried by you.” You knew this baby best, and often it can feel like no one cares but you. But, they do care. It’s just that you were closest to the baby. It makes sense you would grieve the most deeply. Grief is a sign of love, and you loved your child.
5. Pregnancy and postpartum loss not only affects mothers; it can have a significant impact on the father/partner, the couple’s relationship, other

Continued on page 8

"Perinatal Loss.." continued from page 7

children, and the entire family system. Loss and grief have long been considered an individual process, but couples and families who turn together in times of perinatal grief will not only heal as individuals, they will strengthen the family, too.

- Each will experience the loss and grieve in his or her own unique way. Mothers can feel alone in their grief process—like they carry the weight of grief for the family. Fathers/partners may isolate into work or activities to cope with grief, making it difficult for couples to come together and work through grief as a team. Siblings or other children are often forgotten in the grief process because parents are so overcome by their own grief. Thus, families often bear the stress of grief symptoms, with family members feeling isolated or like the family is pulling apart. **Yet, families who FEEL together HEAL together.**

Grieving the Loss of a Baby

How can one find hope again after perinatal loss? The first step is to grieve your loss. Until you grieve sufficiently, it will be challenging to fully heal. And until you fully heal, it's tough to feel the hope you desire.

Grief is part of pregnancy and postpartum loss, and can have a wide range of emotional, physical, and mental symptoms, including: sadness, anger, guilt, anxiety, loneliness, numbness, fatigue, tightness in chest/throat, sleep disturbance, changes in appetite, restlessness, confusion, inability to concentrate, poor memory, and even experiences like hearing or seeing the deceased.

In fact, experts estimate there are over 100 symptoms of grief. That's why it can feel so hard. We become overwhelmed with a horde of emotions and symptoms that leave us wondering, "How do I deal with my grief?"

Perinatal grief, like that after miscarriage or stillbirth, can be even more complex and unique. It often involves a sense of biological failure and a loss of self. It can be tough to process because, as we discussed above, the loss is often minimized by others, leaving mothers, fathers, and families feeling vulnerable. Loss in pregnancy and postpartum can also be accompanied by a loss of innocence, a knowing that death and painful loss are real and do happen. This can increase anxiety, worry, and fear in mothers and their family members, and these fears often carry over into future pregnancies as well.

What is a family to do in times of perinatal loss and grief, to restore hope and to heal?

- First, know that your loss is real. It matters. And it is real and matters for your family members, too. Even if they feel or express their sense of loss in a different way, know that it matters to each of you.
- Know that grief is the body and mind's healthy response to perinatal loss, and grief work is necessary to move forward. You must grieve your losses, and your family members must as well. Help children, partners, and other family members understand their need to grieve and give permission for family members to talk about or work through grief openly.
- Remember it is normal for each of us to experience and work through grief in our own way. Try to respect your family member's methods of grieving, but also try to turn together and bridge the gaps.
- Grieve individually AND grieve together, when possible. Grieving individually is important to help you process and experience your own grief reactions. But turning together and grieving as a family is powerful and can protect and strengthen family relationships. Mark the loss with a memorial or creative project, talk about it, cry together, ask, "How are you feeling today" and listen. Families who can do these things will not only heal; they can and will grow stronger through perinatal loss and grief.

A few more things to remember about coping with and grieving Perinatal Loss...

- There is no set time frame for how long grief "should" last. However, actively working on grief in the ways described above or through counseling or other methods can help grief resolve more quickly.
- Honor special anniversaries and occasions. It helps process your grief to remember the people and things you have lost. Involve family, friends, and your children.
- As much as possible, turn toward your partner in times of perinatal grief. As we turn toward one another, instead of away, we offer one another the opportunity to grow as a couple, to heal, and to move on, together.

4. Involve other adults if you feel unable to cope with parenting while you treat your grief. It can be tough for parents to maintain their parenting role in times of grief. If it gets to be too much, ask a family member or friend to step into a "parent" role for a while. This will give you time to heal yourself while insuring your other children are not left to cope alone.
5. Seek grief counseling and support. Working with a grief counselor or perinatal loss support group can be incredibly powerful. It helps to have someone to guide you through and to remember you are not alone.

Healing from Perinatal Loss & Finding Hope Again

Through grief work, turning toward one another, and relying upon family, friends, and other supports in your time of need, you can, and will heal from this loss.

This doesn't mean you "get over it." You never "get

over" the loss of a loved one, especially a child. But you do move on. You carry on. You heal. You grow. And you begin to feel that seed of hope sprouting once more in your soul. Hope for the future, hope for seeing your little one again in that bright day, hope for family growth and healing, and hope that everything we go through we can also choose to "grow" through.

So, today and every day, remember your child. Honor your child. Talk about your child. And for all who wish to support a family through perinatal loss, I say the same: Remember their child. Honor their child. Talk about their child. Use the child's name (if s/he has one). Remembering is healing. It is keeping them alive.

Today, on this Day of Remembrance, remember. Remember all the children who have been lost. Remember all the parents who have survived and are carrying on.

Retrieved on August 6, 2022 from <https://www.drchristinahibbert.com/perinatal-loss-grief-coping-hoping-healing-together-in-honor-of-pregnancy-infant-loss-remembrance-day/>

In Loving Memory

Abigail Grace Crump

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

Premature

Given by
Parents Rob and Cheryl Davis and
siblings Annalise and Owen

Logan Wayne Fish

September 17, 2002

Skeletal Dysplasia

Given by parents Brittney and David Fish
and brothers Landry and Hudson
Fishing For Homes PLLC
Sterling Sales & Solutions

Paislee Ann Frette

April 4-5, 2012

Wolf-Hirschhorn Syndrome

Parents: Brent and Courtney Frette

Little sister: Colbie

Given by
Grandparents James and LuAnn Junkin

Mateo David Gurrola

Given by Amber Cook

Sophia Rose McGhee

Stillborn March 29, 2010, at 33 weeks

Unknown cause

Baby McGhee #1

Miscarried 2002

Baby McGhee #3

Miscarried 2009

Baby McGhee #4

Miscarried 2009

Given by parents Matt and Stacy McGhee and
siblings Micah and Scarlett

Jonathan Daniel Mitchell

Stillborn June 24, 1995

Cord accident

Baby Mitchell

Miscarried December 2001

Given by parents Byron and Rebekah Mitchell
Grandmother (GaGa) Sue Brewer

Miles Pryor

Given by Christopher White

Noah H

Miscarried January 2022

Noelle V

Miscarried February 2021

Gabriel J

Miscarried December 2001

Given by mommy Kathleen Rak

Baby Boy Woods

2015

Given by parents Allyse and Dustin Woods
And siblings Eli and Zoe

Gifts of Support:

KNDRS Operations

Elks Ladies Auxiliary No.409

Second Baptist Church, Springfield, MO

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 magazine and other services to bereaved parents free of charge. For more information on how you can support M.E.N.D., please see the "About M.E.N.D." section in the back of this magazine.



Juntos Recordamos

Artículo de Presidente y Fundadora,
Rebekah Mitchell,
Mamá de Jonathan Daniel y bebé Mitchell

Tendemos a pensar en el trastorno de estrés postraumático, comúnmente conocido como TEPT (PTSD), en relación con aquellos en el ejército que han sido traumatizados por su ex.

Uno de los primeros pensamientos que tuve cuando me dijeron que nuestro pequeño Jonathan ya no tenía latido fue: "¿Cómo será este día (24 de junio) por el resto de mi vida? ¿Qué haremos en este día cada año? ¿Cómo me sentiré? Y lo más importante, ¿quién recordará siempre?"

En los 26 años que llevo dirigiendo M.E.N.D., me he dado cuenta de que el mayor miedo y ansiedad que enfrentan las familias que han sufrido pérdidas es preguntarse si la gente olvidará a su bebé. Es la práctica de M.E.N.D. animar a los padres a mantener viva la memoria de sus bebés: contarlos siempre como miembros de la familia e incluir a familiares y amigos cercanos en los rituales de recuerdo. Tal vez eso significa invitarlos a una caminata para recordar, un lanzamiento de globos, una ceremonia navideña con velas o incluso alentarlos a donar a su organización benéfica favorita (M.E.N.D.) en memoria de su bebé. Esto les permite saber que no importa cuántos años hayan pasado o incluso cuántos hijos más haya tenido, su dulce bebé siempre estará en su corazón y nunca lo olvidará.

Dudo centrarme en alguien específico de Byron y mi familia que recuerde especialmente a Jonathan porque estoy muy bendecida de que Jonathan, así como el malparto de nuestro pequeño bebé, nunca han sido olvidados por los miembros de nuestra familia e incluso después de tantos años frecuentemente hablamos sobre ellos. Nuestra familia también es maravillosa para asistir siempre a las ceremonias de recuerdo de M.E.N.D. con nosotros todos los años. Pero seguiré adelante y destacaré a mi hermana gemela, Rachael. Jonathan nació sin vida en 1995 debido a un accidente de cordón. Durante 27 años, Rachael ha hecho un esfuerzo especial para celebrar su vida con nosotros en su cumpleaños celestial todos los años. Cada 24 de junio se le ocurre

algún tipo de regalo especial de recuerdo que trae a nuestra casa. La mayoría de los años nos da un regalo con un tema de conchas marinas porque las conchas marinas son bellamente diferentes y únicas a su manera; no hay dos iguales, como nuestro Jonathan. Un año nos regaló grandes toallas de playa de terciopelo con conchas, junto con un juego de cojines decorativos para fuera de casa. Este año nos regaló una hermosa salsera de conchas marinas de Arthur Court. Si el regalo no está necesariamente relacionado con conchas marinas, como el año pasado cuando nos regaló una tabla de charcutería con una "J" dorada inscrita en la parte superior, se asegura de incluir servilletas de papel con conchas marinas para acompañar las tradicionales rebanadas de pastel de queso que nos trae. Si Byron y yo estamos fuera de la ciudad el día del cumpleaños de Jonathan, lo cual es raro porque preferimos estar siempre en casa ese día, Rachael se asegura de entregarnos los regalos de recuerdo antes de irnos. ¡Estoy muy agradecida por su amor, consideración y por la forma en que recuerda a nuestro hijo cada año!

Si su corazón se siente herido al leer este número de Recordando Juntos porque siente que nadie está recordando con usted, haga lo que pueda para cambiar eso. Es probable que usted tendrá que ser la iniciadora de esas conversaciones a veces incómodas, que sé que son difíciles. Es difícil derramar nuestro corazón de manera vulnerable y pedirle a la gente que se sienta de la manera en que queremos que se sientan por sí mismos. Pero tenemos que dejar que los que están cerca de nosotros entiendan que nuestro bebé no es algo de lo que NO se debe hablar. A menudo, nuestros seres queridos quieren hacer y decir algo, pero si nosotros, como padres, no compartimos abiertamente nuestros sentimientos, piensan que es un tema tabú y, por lo tanto, se quedan en silencio. Pero cuando se abre esa puerta y se otorga el permiso, la mayoría de las veces se habla y se reconoce libremente a nuestros bebés.

Mi viaje de pérdida y dolor me ha abierto los ojos a la importancia de recordar con otros en su momento de dolor. Espero y rezo que nunca se me considere como alguien que no recuerda significativamente a quienes nos han dejado, incluso si se trata de una pequeña vida que nunca tomó un respiro fuera del útero de su mamá. Los cristianos están llamados a sufrir con los que sufren, por lo que te pido Señor, que nunca deje de ofrecer amor y compasión a los que están de luto, y ayúdame a animarlos con el consuelo que me has dado a mí.

"...para que podamos consolar a los que están en cualquier problema con el consuelo que nosotros mismos hemos recibido de Dios." 2 Corintios 1:4

Easing the "Empty Arms" Syndrome

After the stillbirth of her first baby girl, Rachel Dell was wheeled from the hospital with a box of mementos instead of her baby, Grace Kathryn. She recalls, "I wish I would have had something to squeeze, hold, and catch the tears in those difficult moments to ease the ache of my empty arms."

During the month of May, Rachel served to alleviate the ache for local mothers who will sadly suffer and face the same fate as many of us. The donations received through the "Teddy Bear" fundraiser purchased bears in memory of babies gone too soon. These teddy bears are provided to area hospitals and given to moms after the loss of their baby. We cannot change their story, but we can provide some comfort with a teddy bear to wrap their arms around.

Each teddy bear has a tag attached with the name and death date of heavenly baby or babies. Aunts and uncles, grandmas and grandpas, family and friends, businesses and churches, supported those that have lost as well as honor heavenly babies.

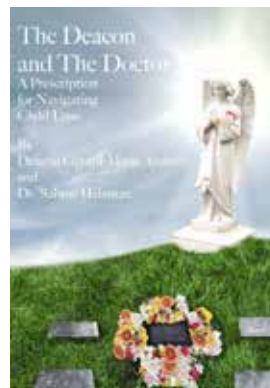
During the first delivery of bears, the staff of one of the local hospitals shared that two of the bears would be provided to mommies in the process of losing a child during pregnancy that very day. Our hearts hurt for these mamas, and we pray these and future mamas will find comfort in these teddy bears. All extra proceeds from the fundraiser help us to continue to support these moms and the rest of their family through support groups, events and other resources after they return home from the hospital.



Book Review

The Deacon and The Doctor: A prescription for Navigating Child Loss
Written by Deacon Gerard-Marie Anthony and Dr. Sabine Heisman

The Deacon and The Doctor provides multiple viewpoints relating to loss. This book is not only helpful for parents who have lost a child, but also for those who have not experienced loss personally, yet would like to understand it better to support friends and family who are grieving. This book encourages sharing and discussing the loss of children, as well as discussing the importance of mental health for the mother and offers suggestions for processing emotions including anger with God. This book describes grief like love - unending. It will change over time, yet never goes away, and that is okay. I would recommend this book for those who have lost through stillbirth or miscarriage.



Reviewed by Danielle Radler,
M.E.N.D.-East Valley, Arizona Chapter Director

Subsequent Births

Celebrating our Rainbow Babies

Roman and Casey Wisdom
of Springfield, Missouri,

Joyfully announce the arrival of
Roman Joshua Wisdom II,
born July 3, 2022,
measuring 6 lbs., 14 oz.,
and 19 inches long.

The family lovingly remembers
Russell Woodrow Wilson Wisdom,
stillborn April 1, 2021,
unknown cause

M.E.N.D. CHAPTER UPDATES

NW Washington

M.E.N.D.-NW Washington continues to provide support to families in our area and has recently welcomed new families to our group.



We are looking forward to the Wave of Light on October 15. Keep an eye on the M.E.N.D.-NW Washington Facebook page and your inbox for details.

Our support groups meet at the Oak Table Cafe in Silverdale on the 2nd Monday of each month at 6:30 PM. The restaurant is closed to the public during our support group. We look forward to our time together to share, support and comfort one another in our grief. You are not alone!

Please feel free to reach out and email me at katherines@mend.org.

Katherine

Greater Houston Area

M.E.N.D.-Greater Houston Area meets the 2nd Thursday of every month in person at the Kingwood Lone Star College. Please check M.E.N.D. website for more information. Also, to stay informed of future events such as the Annual Remembrance Walk on October 15, and the December Candlelight Ceremony, please join our M.E.N.D.-Greater Houston Area Facebook group.



We would love more faces to join our team of volunteers to help with events and other duties that help run our chapter. Please reach out to nikisha@mend.org for more information.

Nikisha

Men of M.E.N.D.

Let us come together and talk about our babies. Men of M.E.N.D. holds a monthly Zoom support group every 3rd Monday of the month at 8:00 PM CST. I look forward to seeing you. If you cannot make it, yet need someone to speak with, feel free to email me at matt@mend.org.



Matt

MidMichigan

M.E.N.D.-MidMichigan will be honoring our babies at the Midland Hospital on Saturday, October 15, for the Wave of Light ceremony. Please visit the M.E.N.D.-MidMichigan Facebook group or email karen@mend.org for more details.



Karen

National Online Support

M.E.N.D. National Online Support Group is excited to welcome a new assistant, Jenae Bowmer. Below is Jenae's story:

I have been a member of M.E.N.D. since 2013 after the loss of our firstborn, Levi Samuel, due to Trisomy 13 at 35.6 weeks. I have served



on the Advisory Board and/or the Board of Directors since 2017. I live in Colleyville, Texas with my husband, Sam, and our two subsequent children - Evelin (7), Valerie (5), and our 3 mini dachshunds. I am an RN and currently work in a pediatric facility in the operating room.

My heart is for the grieving mama. I long to support and walk alongside you as I join Mallory as an assistant for the National online group. God has held me every step of the way. I know He led me to M.E.N.D. where I received the love and support I greatly needed. I long to extend that love to you all in this new role.

Jenae

Chicagoland

M.E.N.D. - Chicagoland is so thankful for all of our supporters who make it possible for us to continue to support grieving families in the greater Chicago area.

Please watch our Facebook group to learn more about our special October Pregnancy and Infant Loss support group and our Christmas tree decorating at the Brookfield Zoo.



Sara

Columbus, Ohio

"To every thing there is a season, and a time to every purpose under the heaven..." Ecclesiastes 3:1 KJV

Our monthly support group is transitioning back to an in-person support group to share our journeys. If you are unable to return to our in-person group, we invite you to join the Nationwide Online Support Group, which information can be found at www.mend.org.

We're praying for your comfort and strength. Please join our private Facebook group where you can share and be encouraged... You're NOT alone!



If you are in need of M.E.N.D.-Columbus' services, contact me at latrina@mend.org.

LaTrina

East Valley, Arizona

M.E.N.D.–East Valley Arizona continues to gather to support our local families. Thank you to everyone who came out for our Kneaders fundraiser in July. It was a great success! We are having our next event at the end of September, so watch the Facebook group for more details!



Danielle

Tulsa, Oklahoma

M.E.N.D.–Tulsa continues to serve grieving families throughout the Tulsa metro area and are busy planning our October and December remembrance events. We invite you to join us on Tuesday, October 18, 2022, for our Balloon Release and Candle Lighting followed by our monthly support group. For more information and to register please visit www.mend.org.



Cat

Mark your calendars for the Pregnancy and Infant Loss 5k hosted by Austin and Page Ryan on October 8! Stay tuned to our Facebook group for more information on this wonderful event that helps support our chapter of M.E.N.D.

Southwest Missouri

M.E.N.D. - SW Missouri is extremely grateful to The Ladies Auxiliary of Elks Lodge 409 for its donation to our charity. With this donation, M.E.N.D. will be able to assist more families as they navigate their new normal without their children through monthly support groups and commemorative events. Thank you, ladies!



For those in the Dallas/Fort Worth area, we invite you to join us for a *Wave of Light Candlelight Ceremony* on October 15, from 7:00 - 8:00 PM, held at the Garden of Hope, located on the property of Calvary Church, 4401 N State Hwy 161, Irving, TX 75038.

Please bring your own candle to light in memory of your baby(ies).



About M.E.N.D.

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 support groups, this magazine, and our website at www.mend.org. For inquiries, subscription requests, deletions, and submissions to the magazine, contact us at:

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E-Mail: rebekah@mend.org
jennifer@mend.org
www.mend.org

Donations make the printing and distribution of this magazine possible. Your tax-deductible contributions are greatly appreciated and should be sent to the address listed above. If your gift is made in memory of a baby, please include that baby's name (if named), date of birth and/or date of death, the parents' names, and the name of the benefactor. You may also include the cause of death (if known).

M.E.N.D. is a member of
First Candle/SIDS Alliance
International Stillbirth Alliance
Pregnancy Loss and Infant Death Alliance



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and Becky Johnston

M.E.N.D. Support Groups in the Dallas/Fort Worth Metroplex

Mommies AND Daddies are welcome at all M.E.N.D. support groups.

Irving Archives Museum, 801 W Irving Blvd, Irving, TX 75060.

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

M.E.N.D. chapter support groups meet the 2nd Thursday of each month at 7:30 PM

Daddies group meets the 2nd Thursday of March, June, Sept. and Dec., at 7:30 PM

Moms and dads meet together for introductions before dividing into two groups.

Rowlett Satellite Chapter

A satellite chapter in Rowlett holds support groups to serve families in the eastern area of the Dallas/Fort Worth metroplex.

Support groups are held the 1st Wednesday at 7:00 PM at the Veterans Resource & Outreach Center,
4210 Industrial St, Rowlett, TX 75088.

Visit our Facebook group or email terri@mend.org.

M.E.N.D. Chapter Information

Due to COVID gathering guidelines, please follow your chapter on Facebook or connect with your local Director for updates if your chapter will meet in person or virtually.

M.E.N.D.–NW Washington

Meets the 2nd Monday at 6:30 PM

The Oak Table Cafe'

3290 NW Mt. Vintage Way
Silverdale, Washington 98383

Interim Chapter Director:

Katherine Sandoval

katherines@mend.org, (360) 662-6161

M.E.N.D.–SW Missouri

Meets the 1st Thursday at 7:00 PM

Project H.O.P.E.

1419 S. Enterprise Ave

Springfield, Missouri 65804

Interim Director: Jennifer Harrison

jennifer@mend.org, (417) 770-0600

M.E.N.D.–Columbus, Ohio

Meets on the 2nd Monday, at 6:30 PM

Paul Mitchell-The School of Columbus

3000 Morse Road

(Upstairs Conference Room)

Columbus, Ohio 43231

Director: LaTrina Bray

latrina@mend.org (614) 530-5128

M.E.N.D.–Tulsa, Oklahoma

Meets the 3rd Tuesday at 7:00 PM

5401 S Harvard Ave

Tulsa, OK 74135

Director: Cat Markham

cat@mend.org, (918) 694-4325 (HEAL)

M.E.N.D.–Greater Houston Area

Kingwood Area, Texas:

Meets the 2nd Thursday at 6:30 PM

Lone Star College Kingwood

Classroom Building A (CLA) Rm 113

20000 Kingwood Dr.

Kingwood, TX 77339.

Kingwood Director:

Nikisha Perry, nikisha@mend.org

M.E.N.D.–MidMichigan

Meets the 1st Tuesday, at 7:00 PM

Ashman Plaza

713 Ashman Street

Midland, Michigan 48640

Director: Karen Kilbourn

karen@mend.org, (989) 577-5755

M.E.N.D.–East Valley, Arizona

Meets the 2nd Thursday, at 6:30 PM

Queen Creek Library

Edward Abbey room

21802 S Ellsworth Rd

Queen Creek, Arizona 85142

Director: Danielle Radler

danielle@mend.org, (602) 699-6228

M.E.N.D.–Chicagoland, Illinois

Meets the 1st Tuesday at 7:00 PM

St Peter Lutheran Church

202 E Schaumburg Road

Schaumburg, Illinois 60194

Director: Sara Hintz

saraann@mend.org, (630) 267-9134

Subsequent pregnancy group

meets the 4th Tuesday

from 7:30 - 9:00 PM via Zoom.

Please visit www.mend.org to join.

Led by Marisa Perry:

marisa@mend.org

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

Online Support

M.E.N.D.–

Nationwide Online Support Group

Held the 3rd Thursday at 8:00 PM (CST)

Please visit <https://www.mend.org/virtual-support-group-links>

Men of M.E.N.D.

Held the 3rd Monday at 8:00 PM (CST)

to join, contact,

Director: Matt McGhee

Matt@mend.org

Facebook Group:

www.facebook.com/groups/MENofMEND



The Garden of Hope is a place of peace and solace where families can come for a quiet time of reflection, prayer, or even to celebrate the life of their loved one.

The Garden of Hope was established by M.E.N.D. in 2016, and is located on property of Calvary Church in Irving, Texas.

You can remember your loved one by purchasing a brick in the Garden of Hope. Brick purchases can be made at <https://www.mend.org/garden-of-hope>. Bricks purchased by August 1, 2023, will be installed prior to the Walk to Remember in October 2023.



M.E.N.D. Mommies Enduring Neonatal Death
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OCTOBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Walk to Remember
2	3	4 Chicagoand Support Group 7 PM MidMichigan Support Group 7 PM	5 Rowlett (DFW Satellite) Support Group 7 PM	6 SW Missouri Support Group 7 PM	7	8
9	10 NW Washington Support Group 6:30 PM Columbus, OH Support Group 8:30 PM EST	11	12	13 East Valley Arizona Support Group 6:30 PM Kingwood DFW Support Group 6:30 PM Support Group 7:30 PM	14	15 Wave of Light
16	17 Men of M.E.N.D. ONLINE 8 PM CST	18 Tulsa Support Group/Event 7 PM	19	20 Nationwide ONLINE Support Group 8 PM CST	21	22
23	24	25 Subsequent Pregnancy after Loss ONLINE 7:30 PM CST	26	27	28	29
30	31			 M.E.N.D. Mommies Enduring Neonatal Death Miscarriage, Stillbirth & Infant Loss Support		

REMEMBRANCE EVENTS:

Oct 1- DFW Walk to Remember
1:00 PM at Calvary Church

Oct 15 -Dallas/Fort Worth
Oct 15 -Houston/Kingwood
Oct 15 -SW Missouri
Oct 15 - NW Washington

Oct 18 - Tulsa

For more information on these events, please visit our website www.mend.org/events or our Facebook pages.

Pregnancy and Infant Loss Awareness Month