



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

Volume 27, Issue 3

May/June 2022

©Mommies Enduring Neonatal Death



From Heartache to Hope

That bright light of hope will come, even though your journey may seem so dark right now. We catch glimpses of sunlight peeking through the darkness. As we continue, we find more patches of sunlight, growing bigger each time, until finally, that hope settles into our hearts. We pray this issue encourages you to find that hope as some of us have found, and share in our stories.

In this issue...

Out of the Mud

Mallory shares with us her initial struggles after loss, and how she eventually began to live again.

page 6

To My Husband...

A wife shares her heart through a letter to her husband as they grieve after a miscarriage.

page 6

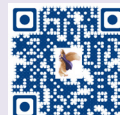
Jennifer Harrison

Searches for Answers

Sometimes the answers we receive, are not what we expect.

page 8

Join us for our 5th Annual M.E.N.D.ing Miles Virtual 5K!
For more details, see page 3 and visit www.mend.org to register.



July/August Topic

Post-Traumatic Stress Disorder (PTSD)
Deadline: May 31, 2022

September/October Topic

Remembering Together
Deadline: July 31, 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to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.

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

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



IN THIS ISSUE

Articles

Feature Article 3
 Out of the Mud..... 6
 To My Husband, As I Grieve Our Miscarriage 6
 Jennifer Harrison Searches for Answers in Grief 8
 Spanish Translation 10
 Pregnancy and Infant Loss 5k..... 11

Other Features

Birthday Tributes 4
 In Loving Memory 11
 Chapter Updates 12
 About M.E.N.D. 14
 M.E.N.D. Chapters' Information 15

As a national organization, M.E.N.D. Leadership continues to monitor conditions in the United States relating to COVID-19. Since restrictions differ in each state, please follow your chapter on Facebook or connect with your Chapter Director for updates regarding support groups. For information on support groups, including the M.E.N.D. Nationwide Support Group that meets year-round, please see page 15.



Feature Article

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

Heartache to Hope

No matter how many years pass after the death of our babies, there will always be triggers that resurrect that old, ugly grief. Mother's Day is most certainly one of them. Even if we have living children, those deeply buried emotions are poked, prodded and provoked every second Sunday in May. Even if it's just a fleeting thought, we wonder how different the day would be if our child(ren) who died were alive and with us.

When my grief was fresh those first few years following Jonathan's stillbirth, I hated knowing Mother's Day was coming up, even though I had a living son who joyfully celebrated me as his mom. The day just wasn't the same anymore, and I dreaded it. Honestly, I still don't really like it and would not complain one bit if our society did away with it. But it continues to be a huge celebratory day in our culture, so we must deal with it. To play along, I have made up my own rules for the day. I have decided to do my best to change my attitude from heartache to hope.

A few years ago, I gave a presentation on the word "hope" in the biblical terms. We often

think of the word as meaning to wish or dream. But when the Bible uses the word, it translates to expectancy. Knowing that, the word takes on a whole new meaning when reading scripture. So, when we read about the "hope of salvation," we can know we have assurance and can expect eternal salvation by believing in Jesus, not just cross our fingers and wait to see if we'll get to go to heaven. Therefore, through Jesus, we can grieve with an expectancy of seeing our babies again one day (1 Thessalonians 1:4). Knowing and focusing on that promise is a game changer for the holiday so many of us dread. We can truly turn our heartache into hope - the expectancy of knowing we'll see our babies again one day.

So, while Mother's Day probably isn't a day you have highlighted on your calendar as a day you're looking forward to, we can surely look forward to the day we'll see our little loved ones again. That is truly something to celebrate!

Thank you, Lord, for the blessed assurance and expectancy we have in YOU!

Join us for our 5th Annual M.E.N.D.ing Miles Virtual 5K.

Beginning on May 1 (International Bereaved Mother's Day) and ending on May 8 (Mother's Day) join our "race" at your pace and at your place to take steps for those who never did.

Register online at <https://www.mend.org/virtual5k>.

Your racer packet, which consists of a commemorative 2022 T-shirt, finisher medal, and customizable race bib will be shipped to you within one week of registration.

A virtual 5K is done where and when you want.

Walk, run, jog, skate, bike...it's up to you!

Complete it all at once or break it up into different days.

Gather family and friends, go alone, or join one of our M.E.N.D. chapter gatherings.

Will you join us in "Taking Steps For Those Who Never Did?"
#MENDingMiles5K



Birthday Tributes



Happy 8th Birthday, Paul!

Happy heavenly 8th birthday, my son! This year your older brother graduates two days before you would be turning 8 years old. We miss you dearly, and I know your brother and sisters miss you as well, just as much as Dad and I miss you. But I know you will be celebrating with us, watching your older brother get his high school diploma and going off to college.

We will be celebrating your birthday different this year, but I know wherever we are at, we can still celebrate your birthday.

We love you, our sweet baby boy, and we know you are with us always.

Love,

Momma, Daddy, brother and sisters



Paul Bradley Brady

May 29, 2014

Parents: James and Jessica Brady

Siblings: Matthew, Melissa, Kristen, Ruby and Bella

Happy 6th Birthday, Kynlee Jaide!

Happy 6th birthday to my sassy, Frozen-loving girl. Kynlee, you are missed every second of every day by everyone. We can't wait to see you again. I can't believe you would be 6 this year. You would be in school, playing sports and doing all the things. We will celebrate you until we can celebrate with you. I love you so much my girl. KISSES!



Kynlee Jaide

June 28 - October 2, 2016

Ischemic Dilated Cardiomyopathy - CHD

Parents: Naaman Thornton and Crystal Croy

Happy 1st Birthday, V!

Happy 1st heavenly birthday, V.

I love you so very much, my tiny angel. Always.

Baby V VanWinkle

Miscarried May 1, 2021

Parents: Sabrina and Michael VanWinkle

Brothers: Jacob and Dominic



Happy 4th Birthday, Claire Bear!

Happy birthday to our precious girl! I still think about you every day, sweet girl, especially when I see a beautiful sunset, a butterfly flying through our yard or pink roses. I wish we could hear your laughter and see your smile. I'll always wonder who you are. Your brother, Joseph, wishes you were here to give him a hug. Happy birthday! Mommy, Daddy, JoJo, and baby Jonathan love you so much!

Claire Apa

May 8, 2018

IUGR, placental insufficiency

Also remembering

Baby Apa

Miscarried October 2017

Parents: Garrett and Charla Apa

Brothers: Joseph and Jonathan



Happy 8th Birthday, Emma!

Dear Emma, happy 8th birthday in heaven, little angel! You are loved and missed all the time. It's particularly difficult during your birthday and the holidays not to have you with us. Until we meet again...

The Schlapkohls

Emma Victoria Schlapkohl

June 30 - July 1, 2014

Trisomy 18

Parents: Lourdes and Brent Schlapkohl

Siblings: Derek and Johan



Happy 1st Birthday, Arlo!

To our sweet baby boy Arlo, we can't believe it's already been a year since you entered this world and changed our lives. It has been one of the toughest years without you here with us: a grief as great as the love we have for you. Thank you for all of the lessons you have taught us so far. We wish you were here with us, but know you are always in our hearts. Always thinking of you, our sweet boy forever. Arlo always. We love and miss you so much.

Arlo Molina

May 17, 2021

Incompetent cervix

Parents: Diana and Mauricio Molina



Happy 3rd Birthday, Cade!

Sweet baby Cade, we can't believe this is your 3rd heavenly birthday! Time has gone by so quickly, but we still think of you daily and miss you immensely. While we celebrate your life and memory here on earth with your baby brother, we hope you have the best time celebrating in heaven. We love you so much!

Love,
Mommy and Daddy



Cade Cashion

June 5, 2019

Hydros and anemia due to placental abruption

Parents: Holly and Andrew Cashion

Little brother: Jack

Happy 2nd Birthday, Baby Iggy!

Dear Baby Iggy, when you were born early on April 6, 2020, our hearts were filled with so many emotions: fear, anxiety, happiness and hope. We hoped for you to survive and stay with us forever, but after 39 days of being in the NICU, our world turned upside down. You had left us and gone to Jesus. I know, baby, you are always safe in God's hand, no more pain and suffering. Our hearts will always have a hole that will remind us that it's intended for you to fill. You are greatly missed and will forever be in our hearts until we meet again, baby. We love you so much.

Love,
Mommy and Daddy



Felix Dominic Tinasas-Gomez

April 6 - May 15, 2020

Complications from renal surgery

Parents: Angielou and Edison Gomez

Happy 1st Birthday, Layla!

Wishing you a happy heavenly 1st birthday, Layla. I cannot believe it has been a year since we lost you. There is not a day goes by we do not think about you and what you would be doing. You are dearly loved.

Love,
Mommy and Daddy



Layla Lynn Rowell

June 26, 2021

Premature labor

Parents: Lacey and Brad Rowell

Happy 1st Birthday, Samuel!

Dear Samuel Goodness, you are our son in whom we are well-pleased! We love you, Samuel Goodness. You are a delight and a true sign of God's goodness to us. It was His pleasure and goodness to give your parents a son. We love you so much. Your sisters, Noela and Talej, sure wished to hold and carry around their baby brother. You are wonderful!

I love you. "What shall I return to the LORD for all His goodness to me?" Psalm 116:12

Celebrating you with great love,
Mommy and Ta

Samuel Goodness Ratulele

Stillborn April 29, 2021, at 21 weeks

Unknown cause

Also remembering

Lee Ratulele

Miscarried November 23, 2021, at 9 weeks

Unknown cause

Sereana Joy Ratulele

Stillborn September 9, 2009, at full-term

Unknown cause

Parents: Semi and Laura Ratulele

Sisters: Noela and Talej



Happy 13th Birthday, Jackson Glen and Tyler Ray!

Lord, today we remember our precious firstborn sons, Jackson Glen and Tyler Ray. We honor their memory and the gift their brief lives were to our family. Thank You for the many ways You have blessed us in these 13 years. Lord, while we are so eternally thankful that our sons share their days with King Jesus, and that they know no pain and hear the music of the angels, our hearts still hurt today, and we pray You will be gentle with us and allow us the space to love and care for one another. Thank You for Your love and hope, and promise that this broken world is not our home. Amen

Jackson Glen and Tyler Ray Light

February 23, 2009

Placental abruption

Parents: Kirk and Diana Light

Siblings: Brayden and Lexi Light



Out of the Mud

Written by Mallory Gallagher

Mommy to Olivia Abigail

M.E.N.D.—National Online Chapter Director

When my daughter, Olivia Abigail, died in 2016, I could not see past my broken heart. The fog of grief took my full attention: did I shower today? What day is it anyway?

Going hour to hour and eventually day to day led me to believe it would be very difficult to function on the level I had before. I felt stuck, dragging my feet through mud.

Psalm 40:1-2 (NLT) says, "I waited patiently for the Lord to help me, and He turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along."

In the months after Olivia's death, I held onto hope; so much so that my second daughter's

name is Evelyn Hope. I never wanted to forget that with God, there's always hope - hope to see my baby again in heaven. And I wanted my living daughter to always remember to have hope no matter how bad things get.

As the years passed, anniversaries came and went. They were still painful, but I knew I could go on. The passage in Psalms goes on to say in verse 3, "He has given me a new song to sing, a hymn of praise to our God. Many will see what He has done and be amazed. They will put their trust in the Lord."

Through M.E.N.D., I learned I was not alone in how I felt. It was reassuring to see others continued to live life after the death of their babies. It was so validating to know I was seen and heard. I am forever thankful for the M.E.N.D. community.

I am praying grief has not left you without hope. Trust in the Lord! Give Him your heart, broken in pieces, and He will bring you out of the mud.

To My Husband, As I Grieve Our Miscarriage

Written by Liz Mannegren

Originally posted on Her View From Home

To the one who held me close as my heart broke,

It hasn't been easy lately. My heart has been cracked and splintered, and my body aches from loss. I feel bruised and beaten down, weary with grief and exhausted by the act of living without the child we created together.

I know that this hasn't been easy for you either. You, too, feel the weight of this pain. From the moment I first showed you that pink-lined pregnancy test, your world changed, too. You wondered if you would be a good father, if you were ready for the responsibility of a little life held in your arms. You dreamed of the things you'd teach this little one, and of the ways you'd protect and defend him. You built a crib and bantered about baby names. You drove me to ultrasounds and doctors appointments, proudly showing off those blurry black and white photos. You took on extra work to help cover new baby costs.

And then, when it all ended, you sat with me in the hospital. You held my hand as we cried together, clinging to one another.

Our voyage to parenthood ended quickly but right now, these tears of mine seem endless. I

cry over the vegetables at dinner, and break down as we pass the baby aisle at the grocery store. I know it's confusing at times. You don't always know what's wrong, or what triggers my sorrow; for the time being, this is just how I need to grieve. Let me bury my head in your shoulder and sob for what could have been, even when it garners odd looks from fellow shoppers. Even when you don't understand.

We're wired differently and because of that, we mourn differently. Our grief doesn't always make sense to one another, and sometimes it's hard for me to remember that you're grieving, too. My grief is vocal and verbal, loud and messy. My bookshelf is full of books and journals on grief, my online presence flooded with fellow mourning mothers. This is what I need right now: validation that my baby's life had meaning, and acceptance of the depth my grief has carried me.

Your grief sometimes seems quieter. Quicker. But I know it's there. I see it in your eyes and feel it in the way you wrap your arms so tightly around me.

Whenever a casserole arrives at our doorstep, I hear that well-intentioned parade of neighbors ask you how I'm doing. You shelter me from questions too difficult for me to yet answer on my own, and your instinct to protect is fierce. But my heart aches over the fact that no one ever asks how you're doing. It's as if the world has forgotten that fathers grieve, too, and I worry that you're not getting the support you need.

I know that the burden you carry is extra heavy. You see how this loss has devastated me, and it hurts you all the more to know that there is nothing you can do to fix this wound. You want to help shoulder these burdens, to pull me into your arms and alleviate the heartache. You want to carry my heartache as well as your own.

But I want you to know that you can't fix this. I don't want you to fix this. I just want you to sit with me and hold me close. To whisper that you love me and that you love the child we will never meet. To tell me that life was important and significant and had immeasurable value. To tell me that we will never forget that life.

Sometimes the emotions and hurt we carry gets in our way. There are days when I snap without reason, when I blame you for things that are simply extensions of my own bruised heart. We fumble around our loss, each trying to navigate our own pain without wounding one another further. Our marriage has been marked and creased by many things over the years, but this spot is heavy. This spot has the potential to either break us or draw us ever closer to each other.

So thank you for continuing to fight on our behalf. Thank you for giving me the gracious space to mourn for as long as I need to, in whatever way I need to. I promise to return that grace to you. I promise to keep choosing us—every day, no matter the pain. The days are long and dark but this road is easier with you by my side. We will face these fears and battles together, clinging to one another for support, and reminding and pointing each other to our eternal hope in Christ. Throughout the messiness of this grief, I will always choose you.

This journey is a difficult one, but there is no one I'd rather do it with than you.

Love,

Your grieving but hopeful wife

About the author: Liz lives in Vancouver, Canada with her husband and two littles. She is the mother of seven beautiful babies: carrying two in her arms but an extra five in her heart. You can read more of her writing at MommyMannegren.com or follow along on Instagram and Facebook.

Jennifer Harrison Searches for Answers in Grief

Originally Written and Published in Homegrown Journal on October 3, 2021

Written by Jennifer Harrison

Mommy to Serenity

M.E.N.D.—Magazine Editor

Prayer. It seems like the catch-all sometimes, the easy response. “I’ll pray for you.” But what happens when you pray, yet don’t receive the answer you desire? In 2009, I prayed that prayer, that heart-ripping, never-ending, always-on-repeat prayer: “God, please save my baby.”

Because I was bleeding when I shouldn’t have been. I was 12 weeks pregnant, and even though the doctor told me some bleeding was normal, it didn’t feel normal to me. One week later, my husband, Curt, and I were in the doctor’s office hearing, “I can’t find the fetus.”

Our world spiraled out of control.

We struggled. I fell apart. Men often like to fix things. Curt wanted to fix me, but I couldn’t be fixed. Really, I didn’t even want to be at that moment.

I pasted the smile on my face and said the lie, “I’m fine,” too many times to count. On the inside, I was drowning in grief or trying to avoid it by working more. At church, I moved to the back pew so I could escape easier. Even worship became hard. My only song was the tears flowing down my cheeks.

I sought help, and Heather Fann captured in words what my heart struggled to say: “It’s hard to praise the One when you feel forsaken.”

At the time, Heather was the director of the Southwest Missouri chapter of Mommies Enduring Neonatal Death. My husband and I began attending M.E.N.D. support groups shortly after.

There, I learned it’s okay to not be okay and to cry out to God, as He can handle my anger. Which was good because shortly after we found M.E.N.D., I moved to another phase of grief, anger.

I felt my prayers went unheard, unanswered or even ignored. At the time, I was very bitter.

I began to seek answers of why God wouldn’t answer my prayer the way we asked: to save a life. That should be a good thing, right?

I had a dear friend who also lost a child tell me he clung to the words of King David when he said someday he would go to his child in heaven. I snapped back, “David committed a great sin and lost his baby. What did I do wrong that God took mine?”

Grief can be harsh.

One night at a M.E.N.D. support group, I picked up a copy of Pastor John Marshall’s message “Don’t Be Troubled” he preached in July 2009 at Second Baptist Church in Springfield, Missouri. He spoke on people searching for answers as to why bad things happen, and I thought, “Here it is. I’m going to get my answers.”

“I don’t know,” he said.

My vision blurred, forcing me off the road, as the wave of tears streamed down my cheeks. “I don’t know.” It seems so simple, but for me it was a turning point. I began to accept the fact I might never know why God did not perform the miracle for which I prayed.

After a time, I continued to seek but not in anger. I sought to understand God and our world. Women have suffered loss for ages. I sometimes wonder if Eve, or perhaps one of her daughters, ever experienced loss. We live in a sin-fallen world, and with that, we have all the things revolving around death, pregnancy and infant loss, cancer, sickness, disasters and even in today’s times, COVID-19.

Yes, God could have performed the miracle. I do not know why He did not. Over time, though, He has given me peace in not knowing.

He has also brought me back to King David’s story, but to view it from a different perspective. King David put on his sackcloth and ashes while his child was sick, but after the child’s death, he began to press forward. When his servants questioned him, he simply told them, “But now

he is dead, why should I go on fasting? Can I bring him back again? I will go to him, but he will not return to me," (2 Samuel 12: 23).

David pressed forward in life after this, comforting his wife, who later provided the next king and part of the lineage of Jesus. This child's death is still part of David's story, so much it was recorded in the Bible.

Children who are not in our arms here on earth are still part of our stories. For some of us, we remember each heavenly birthday and treasure our children with special ornaments. We donate in their memory, share their names and stories to those we deem worthy of hearing, or keep precious thoughts and moments treasured away in our hearts.

God used David when he pressed forward, and He will do the same with us. We remain on this earth to serve a purpose given by God. But with each day that passes, it's one day closer to our great reunion of seeing our babies, many for the first time.

My baby's first moment ever was opening her eyes to see Jesus' loving gaze. Since that moment, I bet she has been busy singing with the heavenly choir, racing down those streets of gold and dancing in fields of flowers.

Heaven is too glorious to be tainted by the woes of earth, so I know my baby girl won't ever look down. She doesn't see us cry when we long for her or as we go through other heartaches of this world. Occasionally, I bet Jesus pulls her into a loving embrace, and says, "You want to hear about your Mama?" He shows her glimpses of me when I'm in my happy moments, being with her family and singing, especially when I'm in the garden. He shows her what Daddy is doing with old cars and the silliness of her siblings. I'm sure He will tell her when and how her siblings ask Jesus in their hearts, so she can rejoice that one day she will meet them, too.

I hope Jesus introduces her to the children of the families I help through the M.E.N.D. Magazine, even though I have never met their parents this side of heaven. I would love to be with her, but my work here on earth is not done yet. One day, I cannot wait for Him to tell her, "Race you to the gate. Your Mama is done with her work, and she is coming Home."



Retrieved April 4, 2022, from <https://homegrownjournal.com/2021/10/03/jennifer-harrison-searches-for-answers-in-grief/>

Blessings

Written by Laura Story
Released 2001

We pray for blessings
We pray for peace
Comfort for family, protection while we sleep
We pray for healing, for prosperity
We pray for Your mighty hand to ease our suffering
All the while, You hear each spoken need
Yet love is way too much to give us lesser things

We pray for wisdom
Your voice to hear
We cry in anger when we cannot feel You near
We doubt your goodness, we doubt your love
As if every promise from Your Word is not enough
All the while, You hear each desperate plea
And long that we'd have faith to believe

When friends betray us
When darkness seems to win
We know that pain reminds this heart
That this is not our home

'Cause what if your blessings come through raindrops
What if Your healing comes through tears
What if a thousand sleepless nights are what it takes
to know You're near
What if trials of this life are Your mercies in disguise

What if my greatest disappointments
Or the aching of this life
Is the revealing of a greater thirst this world can't satisfy
What if trials of this life
The rain, the storms, the hardest nights
Are your mercies in disguise



Angustia a la Esperanza

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

No importa cuántos años pasen después de la muerte de nuestros bebés, siempre habrá detonantes que resucitarán ese viejo y feo dolor. El Día de la Madre es sin duda uno de ellos. Incluso si tenemos hijos vivos, esas emociones profundamente enterradas son empujadas, aguijoneadas y provocadas cada segundo domingo de mayo. Incluso si es solo un pensamiento fugaz, nos preguntamos qué diferente sería el día si nuestro(s) hijo(s) que murió(n) estuviera(n) vivo(s) y con nosotros.

Cuando mi dolor estaba fresco durante los primeros años posteriores a la muerte fetal de Jonathan, odiaba saber que se acercaba el Día de la Madre, a pesar de que tenía un hijo vivo que me celebraba con alegría como su madre. El día ya no era el mismo y lo temía. Honestamente, todavía no me gusta mucho y no me quejaría ni un poco si nuestra sociedad lo eliminará. Pero sigue siendo un gran día de celebración en nuestra cultura, por lo que debemos enfrentarlo. Para seguirle el juego, he inventado mis propias

reglas para el día. He decidido hacer todo lo posible para cambiar mi actitud de angustia a esperanza.

Hace unos años, hice una presentación sobre la palabra "esperanza" en términos bíblicos. A menudo pensamos que la palabra significa desear o soñar. Pero cuando la Biblia usa la palabra, se traduce como expectativa. Sabiendo eso, la palabra adquiere un significado completamente nuevo al leer las Escrituras. Entonces, cuando leemos acerca de la "esperanza de la salvación", podemos saber que tenemos seguridad y podemos esperar la salvación eterna al creer en Jesús, no solo cruzar los dedos y esperar para ver si llegaremos al cielo. Por lo tanto, a través de Jesús, podemos afligirnos con la expectativa de volver a ver a nuestros bebés algún día (1 Tesalonicenses 1:4). Conocer y enfocarse en esa promesa es un cambio de juego para las vacaciones que muchos de nosotros tememos. Realmente podemos convertir nuestro dolor en esperanza: la expectativa de saber que algún día volveremos a ver a nuestros bebés.

Entonces, mientras el Día de la Madre probablemente no sea un día que haya resaltado en su calendario como un día que espera con ansias, seguramente podemos esperar el día en que volveremos a ver a nuestros pequeños seres queridos. ¡Eso es realmente algo para celebrar!

¡Gracias, Señor, por la bendita seguridad y expectativa que tenemos en TI!

“Someday you're gonna look back on this moment of your life
 as such a sweet time of grieving.
 You'll see that you were in mourning,
 and your heart was broken,
 but your life was changing and
 you were in the best possible place in the world for it -
 in a beautiful place of worship, surrounded by grace.
 Take this time, every minute of it.”

— Elizabeth Gilbert, *Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia*

In Loving Memory

Maeve Christine

Given by Elizabeth Hyland

Abigail Grace Crump

July 1, 2003

Trisomy 18

Given by parents Gerald and Jaimie Crump and little sisters Cami and Karli

Amelia Marie Daily

Given by Mark Daily

Riley and Parker Davis

November 14, 2006

Premature

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

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

Laura Hollister

Given by Anonymous

Otto Foster Langley

February 12, 2021

Parents: Megan and Jordan Langley

Gifts given by Aunt Val and family

Kristyn Parchman

Chase Austin Miller

April 21, 2011

Incompetent cervix

Baby "Blueberry" Miller

Miscarried May 4, 2015

Given by parents Greg and Stefanie Miller and sisters Cora, Hazel and Violet

Carson Mandelstein

Given by Grace Franco

Joey Vigil

May 30, 1949 - February 20, 2022

Grandfather to

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

Father to Stacy McGhee, Advisory Board

Given by Pam and Gail Otto

Kathy and Scott Nelson

Suzanne and Kenneth Erickson

Jonathan Daniel Mitchell

Stillborn June 24, 1995

Cord accident

Baby Mitchell

Miscarried December 2001

Gifts given by parents Byron and Rebekah Mitchell

Lily Joy Moore

March 2, 2011

Parents: Kathleen and Jeremy Moore

Siblings: Isaac, Judah, Mercy and Glory

Given by Grammy Marsha Neely

Noelle Neuwirth

February 2, 2022

Given by parents Alexandria and Tyler Neuwirth

Ryan Rocco Nicosia

December 23, 2021

Given by Anonymous

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.

Margot Lily Perry

Stillborn June 10, 2013

Cord accident

Parents: Marisa and Brandon Perry

Siblings: Adeline, Bennett and Noelle

Given by "Grammie" Marie Perry

Jackson Glen and Tyler Ray Light

February 23, 2009

Placental abruption

Given by parents Kirk and Diana Light

and siblings Brayden and Lexi Light

The Switzer Family

Given by Matt Swanson

Bernice Waltisperger

Given by Cindy Dedear

Gifts of Support:

Texas Instruments Foundation / Shawn Smith

Matthew Patterson

Jennie Wolek

GlobalGiving Employee Volunteer Reward

Thank YOU to Paige and Austin Ryan for loving and supporting M.E.N.D. through the Pregnancy & Infant Loss 5K!



[Paige and Austin Ryan] started this race a few years ago in honor of our son, Jacob, who was stillborn just seven days before his scheduled delivery. In the aftermath of our loss, we received support and care from two amazing nonprofit organizations: Now I Lay Me Down to Sleep (NILMDTS) and Mommies Enduring Neonatal Death (M.E.N.D.).

With a desire to channel our grief into positive action, we sought out a tangible way to find any light in our darkest time. Our goals are (1) to honor all families grieving from loss by infertility, miscarriages, stillbirths, and through early infancy, (2) to raise funds in support of nonprofit organizations that exist to help families heal from such losses, and, (3) to honor the memory of our son, Jacob. Those three goals led us to organize the Pregnancy & Infant Loss 5K in 2018, and we could not be more proud of its success.

After organizing our first race, we quickly realized that the number of families dealing with these types of losses is staggering and, sadly, mostly dealt with in silence. We found that there were hundreds of people within our own community who were thrilled to be

able to walk or run for their babies, and for those close to them. We continue to hold the Pregnancy and Infant Loss 5K each year with 100% of our net profits donated to NILMDTS and M.E.N.D.



M.E.N.D. CHAPTER UPDATES

Greater Houston Area

M.E.N.D.–Greater Houston Area continues to provide support to families in our area. We would love to have others help support these hurting families. If you are interested in serving as an Assistant Director or a volunteer, please email me at nikisha@mend.org.



Continue to watch our Facebook group for updates on support groups and events.

Nikisha

NW Washington

Thank you to all that have registered to participate in our Virtual 5K! We look forward to seeing your pictures. Make sure to tag M.E.N.D. with #MENDINGMiles5K, and we hope you'll join us again next year!

The 5K always marks the start of Mother's Day, and we hope that it is a peaceful day for you and know we are praying for you, and we remember your baby with you. Whether you have babies here or in heaven, you are a mom. We honor you.



Stacy

East Valley, Arizona

M.E.N.D.–East Valley Arizona continues to meet at the Queen Creek Library on the 2nd Thursday of each month in person. We are looking forward to completing our M.E.N.D.ing Miles Virtual 5K in memory of our sweet babies, so gather your friends and family! Don't forget to share how you completed yours!

Also, do you love tacos? Join us Monday May 9, at Someburros of Queen Creek and mention M.E.N.D. when checking out. A percentage of your purchase will financially benefit our chapter!



Danielle

Columbus, Ohio

"Now may the Lord of peace Himself give you His peace at all times and in every situation. The Lord be with you all." -2 Thessalonians 3:16

As Mother's Day approaches, I pray for all loss moms to have a gentle and peaceful day remembering our babies. Please join our private Facebook group where you can share your story and be encouraged...You're NOT alone!

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



LaTrina

Tulsa, Oklahoma

M.E.N.D.–Tulsa is moving our support group location. We have been gathering in a temporary space while we searched for a permanent location. We are blessed to announce we have found a new home, located at 5401 S Harvard Ave, Tulsa, OK 74135. Our new gathering place is centrally located and right off the highway, making it more accessible to families throughout the Tulsa metro area. As always, we gather the 3rd Tuesday of the month at 7:00 PM.

In other news, I am grateful to introduce Tiffany Marshall as my newest Assistant Director. She brings strong organizational and computer skills to our team, and I am so grateful for the work she is doing to help us improve our chapter communication and outreach.

Thank you to everyone who is participating in the M.E.N.D.ing Miles Virtual 5K. We are honored that you chose to remember your babies by supporting our chapter through participation in this annual fundraiser!



Cat

Southwest Missouri

As Mother's Day quickly approaches, M.E.N.D.–Southwest Missouri would like to remind you to be kind to yourself and give yourself grace on this hard day. Please know that you are a mom, whether you have a baby this side of heaven or not. We remember your little one with you.

We are excited for the opportunity to walk together in memory of our babies during May 1-8 for the M.E.N.D.ing Miles Virtual 5K. Please keep an eye on the Facebook group or email for when and where we will walk as a group. Even



if you are unable to attend with us, we would love for you to join us in supporting our chapter and share your pictures in our Facebook group.

M.E.N.D.–Southwest Missouri is also announcing the start of our Teddy Bear Project. Sponsor a teddy bear in memory of your heavenly baby to be given to a mom after losing her baby at an area hospital. All proceeds will go to cover the cost of the bears and the remaining funds will be used by our chapter to provide our services to our families free of charge. Each bear sponsorship will cost \$20 and a tag will be attached to the bear in loving memory of your baby(ies) including name(s) and loss date(s). Please email Rachel@mend.org if you would like more information on the Teddy Bear Project, Virtual 5k, or for other chapter updates.

Rachel

National Online Support



The M.E.N.D. National Online Support Group continues to serve the loss community by offering virtual support through Zoom the 3rd Thursday of the month. We look forward to participating in the M.E.N.D.ing Miles Virtual 5K. Please share with us how you're remembering

your baby by taking pictures and posting on social media. Please email mallory@mend.org for questions about the group.

Mallory

Men of M.E.N.D.

As Mother's Day and Father's Day near, these times can be difficult. I pray that everyone can find some peace. We hold a monthly support group via Zoom, the 3rd Monday of every month at 8:00 PM CST.



Matt

MidMichigan

M.E.N.D.–MidMichigan is excited to welcome Kady Eastman as a new Chapter Assistant! Kady will be coming alongside the current leadership to assist in fundraising and events so we can better serve the loss community in MidMichigan. Thank you as always for your continued support.



Karen

Chicagoland

M.E.N.D.–Chicagoland continues to welcome new grieving families each month. We are thankful for St. Peter Lutheran Church for allowing us to use their facility for the last eight years. It has been a blessing and safe place for families to come to remember their babies, heal, and support one another.



Sara

San Antonio, Texas

M.E.N.D.–San Antonio is thankful for the opportunities to spend time talking about our babies in heaven. Our in-person support group is growing and provides a safe place for families to share. We continue to reach out to the community so grieving parents can find us!



Katie

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:

M.E.N.D.
P.O. Box 631566
Irving, TX 75063
Phone: (972) 506-9000
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



M.E.N.D. Leadership

Board of Directors

Rebekah Mitchell
Byron Mitchell, D.D.S.
DaLana Barsanti
Brittney Fish
Brandee Dill
Marilyn Brown
Cindy Dedear

Advisory Board

Paula Schear
D'Anna Sims
Mallory Gallagher
Marisa Perry
Jenae Bowmer
Courtney Frette
Stacy McGhee

Magazine

Editor: Jennifer Harrison
Co-Editors: Byron and Rebekah Mitchell

Magazine Volunteers

Rachel Dell, Sara Elliott
and Becky Johnston

New Support Group Location!

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.

Unless otherwise noted, all support groups are held at:

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

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

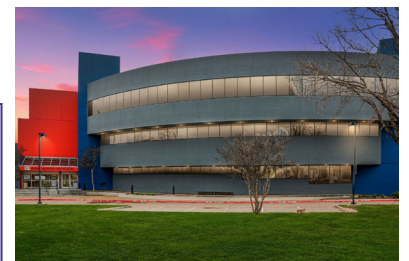
M.E.N.D. chapter support groups meet the 2nd Thursday of each month at 7:30 PM

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.



Irving Archives Museum
801 W Irving Blvd
Irving, TX 75060

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.

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
Director: Stacy McGhee
stacym@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
Director: Rachel Dell
rachel@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.–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.–Greater Houston Area

Kingwood Area, Texas:
Meets the 2nd Thursday at 6:30 PM
6450 Kings Parkway
Kingwood, Texas 77346
At Rosemont Assisted Living,
2nd Floor Community Room
Kingwood Director:
Nikisha Perry, nikisha@mend.org

M.E.N.D.–San Antonio, Texas

Meets the 4th Monday, at 7:00 PM
8620 N New Braunfels Ave
San Antonio, Texas 78217
Director: Katie McClelland
katie@mend.org

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

Online Support

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

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>



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 15, 2022, will be installed prior to the Walk to Remember in October 2022.



M.E.N.D. Mommies Enduring Neonatal Death
PO Box 631566, Irving, TX 75063
USA
(972) 506-9000
Return Service Requested

NONPROFIT ORG
U.S. POSTAGE
PAID
DALLAS, TEXAS
PERMIT NO. 57



M.E.N.D.ing Miles 5K



Your Race

Whenever YOU want

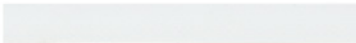
2022

Your Pace

Walk. Run. Jog

Your Place

Home. Park. Gym.



M.E.N.D.
Mommies Enduring Neonatal Death
Miscarriage, Stillbirth & Infant Loss Support
www.mend.org



#MENDINGMiles5K