



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

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Giving Grace During the Holidays



Grace: a temporary exemption, reprieve

Many of our family traditions have evolved over generations, especially in celebrating how our families have grown over the years.

Yet sometimes our families grow in an unexpected way - a person who is supposed to be here with us, is not.

In these times, we need grace. Grace for ourselves. Grace for others.

In this issue, we will share more about giving grace, and how to care for yourself during the holidays.

In this issue...

Giving Grace

Rebekah shares her experiences of the first holidays after loss, how she handled her family, and how she spent time with her baby on those hard days.

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Five Ways to Give Yourself the Gift of Grace

Sometimes we need to extend grace to ourselves, and this article shares ways to do this.

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Author and Speaker Rachel Lewis provides warning signs of when more support is needed.

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January/February Topic

Triggers

Deadline: November 30, 2022

March/April Topic

Men's Issue: Fathers Grieving

Deadline: January 31, 2023

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.

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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



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

Oh, how I dreaded the upcoming holidays that rolled around just a few months after the stillbirth of my baby, Jonathan. I could not fathom how in the world I was going to survive November and December, or how I would manage to meet the holiday expectations of my family. The idea of sitting around the large table at my parents' house on Thanksgiving, trying to pretend to be grateful for anything, was unthinkable. I could not imagine packing, loading our car and traveling out of town to my Mitchell family in another state for Christmas. And what was most overwhelming to me was wondering how I was going to be joyful and not ruin the holidays for our 4-year-old son or scar him for life as he witnessed whatever emotion may erupt from me on these days. I was deeply grieving, I was fearful, I was angry, and I desperately wanted to escape somewhere until January.

I read in a grief book about the importance of extending grace. Not only to those who don't understand our sorrow and say the wrong things to us, but mainly the crucial need to grant ourselves permission to not do what we just can't make ourselves do during seasons of grief. Reading someone's permission to simply do what I thought I could, and nothing more, was very liberating to me. I decided we may or may not be with my big family on Thanksgiving; I'd just wait to see how I felt that day. I then explained to my husband that I was terrified to not be home, in our own house, on Christmas Day. I needed us to be excused from going to his family's that year. I needed to be close

Giving Grace During the Holidays

to the cemetery so we could go to Jonathan's grave on Christmas Day. I needed the ability to be able to stay in bed or stay home that day, if necessary. Basically, I just needed everyone to give me a giant pass that year. And they graciously did! While Thanksgiving and Christmas were a bit different for us that first year, I was actually able to do more than I imagined. Just getting the word out that I "may or may not be there", relieved an enormous amount of stress on me, which I think gave me the strength to endure what I was so dreading.

So, to those of you fresh in your grief, I give you the same permission that author gave me years ago: allow yourself to only do what you're up to that day. Keep the days loose; release yourself from the pressure to be somewhere you're not sure you can keep your composure. And don't worry about THIS YEAR; there's always next year. I was able to resume our regular holiday schedule the following year. Certainly not without some sadness, but I entered the holiday season without sheer panic of treading on uncharted territory. I had been there before and survived my first holiday season without our baby, so I knew I'd make it again. And so will you!

I pray the Lord will give you strength, peace and unexpected joy as you walk through this holiday season. It's not easy, I know, but by the perfect grace of God, you will make it!

**...allow yourself
to only do what
you're up to
that day.**

Birthday Tributes



Happy 10th Birthday, Brayden Ryan!

How do we face a decade without you here earth-side? It already feels like a lifetime without you, but I am comforted by many fond visuals of you with Jesus and your grandparents. I see you in every sunset here on earth, baby boy, but I will always wonder what your favorite activities would be. I will spend the rest of my life speaking your name and celebrating your legacy.

Forever loved and missed,
Your Momma

Brayden Ryan Sade

Stillborn December 28, 2012

Parents: Steven and Heather Stockford Sade



Happy 3rd Birthday, J.J.!

Seconds, minutes, hours, days, months, and years may pass, but you will always be in our hearts. J.J., you will always be in our hearts, and we shall spend our eternal life together.

Love you forever, my baby,
Mommy

Joshua Jareth Ledesma

November 24, 2019

Unknown cause

Parents: Alejandra and Armando Ledesma

Siblings: Kiana, Katya, Yatziri and Yared



Happy 3rd Birthday, Lucas!

Happy 3rd birthday, our sweet angel. It is hard to believe three years have passed since you went to heaven. We miss you so much, baby boy, and wish you could be here to meet your little brother Nathan. Daddy, big sister, baby brother and I are celebrating you and making the most of your birthday like we know you would want us to. We know you are looking down on us and protecting us. We hope you're having a wonderful birthday in heaven and celebrating with yummy cake. We all love and miss you so much, our angel. Keep shining bright for us!

Lucas Wane Tomas Good

November 9, 2019

Cord accident

Parents: Robert and Kayla Good

Siblings: Jordynn and Nathan Good



Happy 7th Birthday, Ashton!

Today, you are 7. Today, you have been gone seven years. Today, we miss you more. Today, we wonder what you would look like and how much you have grown. Today, we wish you a happy birthday, sweet boy! Mommy and Daddy will always love you!

Ashton Robert Oetting

Stillborn November 30, 2015

Unknown cause

Parents: Jason and Elizabeth Oetting

Siblings: Chloe, Gracie and Ashlyn



Happy 4th Birthday, Evangeline!

Happy birthday, my love! Not a day goes by I don't think about you. I hope heaven is as beautiful as you are.

Evangeline Donadieu

December 6, 2018

Meconium aspiration

Mommy: Elizabeth Donadieu



Happy 9th Birthday, Adilyne!

While you are not here with us, you are still loved and missed every day. There is not a second you are not thought of or missed by your family. We hope you are watching from heaven until we can be together again.

You live in our hearts always.
We love you, sweet Adilyne.

Adilyne Mae Lyle

December 23, 2013

Born sleeping at 37 weeks

Parents: Christie and Orlan Lyle

Surviving twin brother: Anson



Happy 1st Birthday, Ariel!

Ariel, you are loved and thought about every day. Mommy and Daddy and all of your family miss you so much. God decided you were too beautiful and too perfect to be on earth. While you were here with us, you played with Mommy and Daddy while you were in my belly. Now you play with family and friends in heaven. I know that someday we will be together again, but for now, we keep you in our hearts. We love you, baby girl.

Ariel Marie Rodriguez

November 13, 2021

Cord accident

Parents: Jeremiah and Shannon Rodriguez



Happy 2nd Birthday, Cruz!

Sweet Cruz, happy birthday, baby! We can't believe you would be 2 already. The time has flown, yet our hearts still ache for you. We imagine you would be running all through the house, trying to help change your little brother's diapers, sharing bath time and all your favorite toys, and giving out all the sweet hugs. We are so thankful to get to love you each minute of every day. We know you are being celebrated in heaven, and we'll keep on celebrating you on earth. We love and miss you more than our hearts can stand.

Love,
Mama, Dada and Lando

Cruz Kenneth Ponce
November 10, 2020
Unknown cause/Suspected cord accident
Parents: Ryan and Kristie Ponce
Little brother: Lando



Happy 1st Birthday, Logasaur!

I will always love you to the moon and back, my sweet angel baby. Happy 1st birthday.

Logan Daniel Johnson
November 3-12, 2021
Loss of oxygen and blood flow to his brain
Parents: David and Ashleigh Johnson



Happy 2nd Birthday, Sloane!

We love and miss you every day. You'll forever be our sweet baby girl!

Sloane Margaret Harris
November 17-18, 2020
Fetal hydrops
Parents: Amy and Russell Harris



Happy 6th Birthday, Jaxson!

To our beautiful son, thank you for looking over us. We miss you so much and know you are constantly watching over your baby brother and sister. Although you are gone, you are never forgotten. I can't believe you are already 6! From your baby brother, Jameson, sister, Fiona, Mom and Dad, happy birthday, big boy! We love and miss you every day.

Jaxson Kolt Scifres
Stillborn November 27, 2016
Parents: Justin and Melissa Scifres
Little siblings: Fiona and Jameson



Happy 2nd Birthday, Hanna!

Happy 2nd heavenly birthday to our sweet Hanna. Your big siblings, Ania and Julian, talk about you frequently, and are teaching your baby sister, Sofia, about you, too. We will always hold you in our hearts, until we can hold you again in heaven.

Hanna Lucia Zajia
December 15, 2020
Placental abruption
Parents: Pamela and Esteban Zajia
Siblings: Ania, Julian and Sofia



Happy 10th Birthday, Rylan!

Missing you is an old wound that aches with every heartbeat. You are loved and so missed.
Happy birthday, son.

Rylan Doucette
November 27, 2012
Ectopic pregnancy
Parents: Aaron and Kristian Doucette
Siblings: Kinley and Alexyn



Happy 8th Birthday, Na!

Happy heavenly 8th birthday! This time of year takes me back to such a sad day that can never be erased. I know one day we will meet again, and it will be glorious. I hope you are celebrating with lots of cake, balloons and a big piñata. My heart, I think of you always and love you until the end of time. Pray for us until we meet again.

Love you,
Mommy, Daddy, Livi, Christian and Tita

Baby Gamboa
Miscarried November 21, 2014
Parents: Anthony Gamboa and Denise Devora-Gamboa
Siblings: Olivia and Christian



Happy 3rd Birthday, Amos!

Dearest Amos, happy 3rd birthday, love. We miss you and carry you in our hearts every day. The Lord continues to walk this journey with us and heals our hearts. I know we'll miss you until we're all together in heaven, but Jesus will hold you until we can.

Amos Heaton
November 18, 2019
Unknown cause
Parents: Richard and Stacy Heaton
Siblings: Noah, Zion and Joel



Happy 1st Birthday, Karalee!

Happy birthday, my shining star
I hope you know how loved you are
Up so high and in our hearts
We will never be far apart
Happy birthday, my shining star
I hope you know how loved you are

Karalee Voth

December 17, 2021 - April 3, 2022

SIDS

Parents: Kellina and Vichhieka Voth

**Happy 43rd Birthday, Elizabeth!**

Happy birthday, beautiful baby girl. You are 43 years old, and I wish you were here. The things we could do, places to go and people to meet. I look up at the sky and say, "What are you and your dad doing today? Did you send me a sign? A feather? A touch? An animal in the sky?" I sometimes wonder when it rains... is that your tears because you are not here with me? We talk about you often. The grandkids say they wished they would have known you. We are sending hugs and butterfly kisses.

Happy birthday, Elizabeth, from your sisters, Monica, Sylvia, Christina and Stephanie; and your nephews Issac, Samuel and Xavier; and your nieces Alexis and Leah, and Mom

Elizabeth Nicole Garcia

Miscarried October 18, 1978

Parents: Paul and Jeannie Garcia

Sisters: Monica, Sylvia, Christina and Stephanie

**Happy 3rd Birthday, Barron!**

Barron, I cannot fathom that three years have passed. Three years ago we said our first hello and last goodbye. You were taken from us way too quickly, but God had greater plans. Your big brother is starting to learn about God in PreK and where his little brother is. I wish you the happiest of birthdays, and I know the heavens are rejoicing in your honor. I love you to the moon, son, and can't wait for you to be in my arms again.

Love,
Mom, Dad and Bennett

Barron Lehr

Stillborn December 29, 2019

PROM

Parents: Travis and Morgan Lehr

Big brother: Bennett

**Happy 1st Birthday, Jonah!**

Happy birthday, our sweet angel baby! We would give anything to have you here with us, but we know you are having the best heavenly celebration. Thank you for sending us signs that you are always with us.

We will blow out a candle for you this year and every year. Make a wish, Jonesy!

We love you to heaven and back,
Mom and Dad

Jonah Schnell

November 9, 2021

Premature Labor

Parents: Jim and Katie Schnell

**Happy 1st Birthday, Homer!**

To my sweet angel baby Homer, we love you and miss you every single day. You brought new meaning to our lives. I remember the moment I was able to hold you and kiss you. I was so shocked with how beautiful you are and your sweet scent. The most beautiful perfect baby boy. You are the best of Michael and me. I hope that one day I am reunited with you and that you will always remember me as your mommy.

We love you always,
Mommy and Daddy

Homer Eugene Sachs

December 25, 2021

HDFN

Parents: Michael and Anita Sachs

**Happy 3rd Birthday, Baker!**

To our sweet angel in Heaven, Baker Boyce; we often think and talk about you. We talk about what would Baker be doing at this moment--walking, talking, signing, or running? Probably all these things. As we approach your 3rd birthday, our hearts are heavy with sadness and what-ifs. But we will forever be grateful for the moments we were able to hold you, love on you and talk about how you look just like your big brother. You may have only been in our world for a little while, but you left an imprint forever. We love you forever, Baker.

Baker Boyce Balmos

November 22, 2019

Unknown cause

Parents: Scott and Lynsey Balmos

Big siblings: Ryder, Harper and Karter



Happy 4th Birthday, Sawyer!

There is not a second of any day that goes by that I'm not thinking about you. What would've, could've, should've happened. Your smile, your laugh, your nose, your eyes, all of you. Your due date was May 19, 2019, which we celebrate yearly.

Love and miss you always,
Mom and Dad



Sawyer Hayes Dotson
Miscarried December 10, 2018
Parents: Deon and Kesi Dotson

Happy 17th Birthday, Hope!

I can hardly believe you, my little pink bundle, would be on the brink of adulthood now. It only feels like it's been a few years since I snuggled you in my arms. I wonder what grand plans you'd have for your life. You are in our conversation frequently and hearts always. We look forward to seeing you again one day.

Lots of love,
Mama

Penblwydd hapus Gobaithio! Mwynhau cael te uchel gyda Mimi a'r modrybedd!

Ni allaf gredu ei fod wedi bodyn 17 mlyhedda eus imi gyanbal fy nghynnwrf mawr pinc.

Cariad,

Grammi, Teepa, ewyth Ryan, moaryb Kasey, ewyth Jake, Finn, Milltir a babi

Hope Kirkpatrick
Parents: Kirk and Aly Kirkpatrick
Amniotic band syndrome
November 5-8, 2005
Little siblings: Ian and Janie



Happy 13th Birthday, Serenity!

A teenager... how can thirteen years have passed by? I remember when I turned 13, my mom took me to get my ears pierced for the first time. Would you have been as insistent as I was to go on the day of your birthday? What type of earrings would you choose?

What would you be like? Full of imagination like Levi? Have a creative spark as Ziva? Or love to love others as Evie? I'm sure you would have your own special personality that sets you apart from everyone. Your siblings think of you often, knowing you are part of our family.

While many times I wish you were here with us, I'm thankful for a God who provided a home for you that's better than this world had to offer, and that we will join you some day in that forever home.

Serenity Harrison
Miscarried December 3, 2009
Parents: Curt and Jennifer Harrison
Siblings: Leviticus, Zivala and Evalina



“Grief is like the stages of love: first falling in love and being totally preoccupied by your new love, then becoming comfortable as you begin to trust that your love will always be with you.

In grief, as when you first fall in love, your heart longs to be with the person who's died. Your desire to touch him or her is overwhelming. Most other parts of your life seem unimportant in comparison.

Then slowly, normal life begins to creep back in and you find that your grief no longer demands the high maintenance that it first required. You will have created a special space in your heart where you can carry this departed loved one with you at all times, even as you go about other things.

Death ends a lifetime, but not a relationship.”

~ Pat Schwiebert, R.N.

SW Missouri Remembrance Ceremony



Dallas/Fort Worth Walk to Remember

The annual M.E.N.D. Walk to Remember was a beautiful success as over 800 family members and friends came to remember more than 250 of our little babies who died too soon. We were honored to have M.E.N.D. mom, and now author/speaker, Rachel Lewis, join us as our guest presenter. Her words greatly resonated with all those in attendance, and many M.E.N.D. moms who had previously read her book, "Unexpected ... Real Talk On Pregnancy Loss" were able to meet her personally and express their gratitude for her wonderful resource.

The Dallas / Fort Worth annual Walk to Remember is always the 1st Saturday of October, so we hope you'll plan now to join us next year on Saturday, October 7.



Thank you to our sponsors of the 2022 Dallas/Fort Worth Walk to Remember.

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Remembering Paislee Ann Frette*

*Rebekah and Byron Mitchell
Remembering Jonathan Daniel and Baby Mitchell*

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Remembering Levi Samuel Bowmer*

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Five Ways to Give Yourself the Gift of Grace

Published on ecolips.com

Giving ourselves grace is easier said than done. We beat ourselves up for mistakes and things that are out of our control. It may be a cliché catch phrase, but it's one we should start taking to heart -- the times when you need grace most are the times when you're least likely to give it to yourself.

In honor of Thanks-Living in November, we're offering up 5 ways to accept "failures," combat the negative voices in your head and give yourself grace as you go into the holiday season.

1. Don't be perfect, be real. No one is perfect (repeat after me: no one is perfect). You're going to mess up, say the wrong thing or make a mistake. The goal is to not be perfect, but be genuine. Be real. Because the real you is perfect.
2. Mess up, but don't let yourself feel bad. It's OK to admit you were wrong, but don't let the guilt eat you alive. Guilt is an ugly monster that will never leave if you don't let it. Practice letting things go that are out of your control. Remind yourself that these feelings are temporary. Just because you had a bad day doesn't mean you have a bad life.
3. Give yourself permission to not do everything. Unless you have a cape and can fly, you're not a super woman. It is OK to not be able to fit it all onto one place - especially during the chaotic/stressful holiday season. Make a list of things you have to do and fold it in half. Do one half and the other half another day.
4. Never feel selfish for taking "you" time. Whether that's splurging on a new dress when you're being financially conscious, reading a book when you have a laundry list of emails, or taking a break from the everyday, know that you have permission to say no - and not feel bad about it.
5. Do one thing a day you're proud of. Maybe that's facing a fear, perfecting a hobby or trying a new food, be proud of yourself more often. When you are feeling pride, or satisfaction with yourself, you're more positive and more apt to share positivity with others around you. You'll be healthy, confident and successful.

Whatever grace looks like for you, give it to yourself. Think about the things, people and places in your life where your high expectations have gotten too tightly wound. Bottom line, don't sweat the small stuff. Give yourself permission, grace, love and light - because you deserve it.

Retrieved October 4, 2022, from <https://ecolips.com/blogs/news/5-ways-to-give-yourself-the-gift-of-grace>

Do You Need Better Holiday Grief Support? Here Are 6 Signs That Say, "Yes, You Do."

Written by Rachel Lewis on November 11, 2021, on The Lewis Note.

When you've suffered a loss, good holiday grief support can be the difference between barely surviving the season and finding meaningful moments of healing and remembrance. But good holiday grief support is not a given.

If you can resonate with any of the following signs, there's a good chance you would benefit from some better, more intentional holiday grief support.

1. A sense of dread creeps up every time you think of this upcoming season.

For many, the idea of the holidays brings a lot of mixed emotions: looking forward to fun traditions, anticipating decorating their homes with all the festive things from Homegoods, and playing Christmas music the moment it's 12:01 AM on Black Friday. Mixed in with all the anticipation can be anxiety around all the financial commitments, decision fatigue with all the people to buy for and plans to make, and low-level exhaustion from all the extra demands the holidays create.

However, as each day crawls closer to Thanksgiving and Christmas, your anxiety about facing the holidays without your loved one only increases. You only wish there were a way to fast forward to January 2.

2. You are missing a loved one but don't know how to include them this year.

Holidays make a loss so stark. Even if everyone else appears determined to move on – you see the person who is missing everywhere: The name missing from your shopping list. The holiday card addressed to one-too-few people. The incomplete family photos. The empty chair at Thanksgiving. The stockings that should be hanging by the Christmas tree.

All the should-have-beens and would-have-beens are inescapable.

And yet, even with all the reminders, you are still unsure just how to include your loved one in your holiday season. Do you set a chair for them anyway? Light a candle? Speak about them to others? Or are you supposed to hold it all in (unless it's to your therapist, naturally.) If the idea of trying to include them this year feels a little dizzying, you may want

some personalized support helping you figure out how you can continue including your loved one in your memories, even if you can't make any more memories with them again.

3. Nothing feels comforting about your usual traditions.

Holiday traditions provide structure, predictability, and opportunity for anticipation. And . . . in theory anyway . . . these traditions should bring you some comfort. But what happens when suddenly, your usual traditions feel anything but traditional without your loved one present? When the last thing you want is "Christmas as usual" because nothing feels usual about a holiday without your loved one?

Noticing that holiday rituals are falling short means it may be time to make some changes this year. Perhaps that means forgoing a tradition, modifying it, or starting a new one altogether in its place. Maybe it means brainstorming with someone else on ways you can switch up traditions to inject that little bit of comfort back into your holiday.

4. You would rather bury your head in the snow than navigate this much small talk.

Holidays often mean catching up with all the people you don't normally see day-to-day. (Or at least, they did before a pandemic.) There's the long-distance aunt who only flies in every few years. Your partner's coworkers you chat with once a year at the work Christmas party. The cousins, crazy uncle, and great-grandparents all gathered together can make some interesting conversational dynamics. Then there are the people you're used to seeing, such as your mom's group gathered around a secret Santa gift exchange. And then strangers – so many strangers. Huge crowds in the stores and at restaurants. All the cashiers, baristas, Uber drivers, Doordash drivers, Amazon delivery people – all wishing you a "merry Christmas."

Does the thought of navigating this much small talk make you want to just bury your head in the snow? If so, it may be helpful for you to find someone who can hold space for you this holiday season. Someone you can completely vent on. Someone who won't look at you sideways when you admit you snapped at someone because they told

you to just be grateful. Someone who gets what it's like to hold this much grief, under this much pressure, for this long.

5. Decision fatigue has turned you into a Scrooge.

You may normally be the jolliest of Santas during the holidays – but this year have you feeling a lot like Scrooge. And the chaos of all the demands on your time and attention has you mumbling Bah Humbug. You may be feeling massive decision fatigue from managing the following:

- Deciding which side of the family you'll spend the holidays with.
- Making travel plans.
- Making a budget – then trying to stick to it. (And then making a second budget, because of course.)
- Picking outfits for your holiday pictures.
- Choosing, buying, and hiding all the stocking stuffers – then, of course, stuffing the stockings.
- Searching all the online and in-person sales to find the best deals.
- Picking coordinating wrapping paper, ribbon, tissue paper, and bags – and ensuring you have all the time, tape, and scissors to wrap all those presents clandestine-style.
- Deciding which meal you'll be hosting, which recipes you'll be fixing, and which food preferences/allergies you'll need to accommodate. Grocery shopping. Then fixing said food – on time – coordinated so that all the food is hot at the same time.
- Designing and sending out holiday cards (or blog updates – or just one massive social media post).
- Picking out the Christmas tree – and then decorating it. Then undecorating it – and getting rid of the Christmas tree.
- Ensuring the leftovers get eaten or properly frozen.
- Returning all the items your family members didn't want, or you opted not to give.

This (incomplete) list alone should tell all of us we need better holiday grief support.

Here's why all this mental energy may be dragging you down: You have a finite reserve of energy per day. And your mental, physical, and emotional energy all come from the same reserve. So if you are using a ton

of mental and emotional energy navigating all these decisions – and the resulting emotions – your physical energy is going to massively be lacking. The fatigue is not just in your head – it is very real.

If you're trying to navigate all of this when you are having difficulty with executive functioning due to your grief – you may benefit from brainstorming with someone else which of these plans should take your priority and what you should let go of or simplify.

6. You are pretty sure that you will be swallowed up whole in the busyness of the season.

When you were a kid, it probably felt like the holiday season was made for you. But as an adult, you may wonder if you were made for the holiday season. With so many extra expectations – financial strains – the pressure to feel merry and create a magical experience for others – well, it's just a lot.

Then you add in grief – the constant wondering of where you belong – feeling like you have half of your heart in heaven with your loved one and the other half here on earth – the fear that your loved one will be overlooked this season – and you may just wonder if you and your needs will be swallowed up whole.

You don't have to come in last this Thanksgiving and Christmas. Your grief does not have to take a backseat. Not only can you include your loved one in whatever way makes the most sense to you – you get to say, "I matter, too." Because you do.

If any of these signs resonate with you, you need holiday grief support this season.

Here are a few ideas of how to get better support this year:

- Schedule weekly or twice monthly appointments with your therapist.
- Listen to podcasts that educate you on grief and offer validation.
- Read grief books that can affirm and validate what you are experiencing.
- Ask your family for help – be specific in how they can support you this season.
- Join a support group like [my Facebook group] Brave Mamas.
- Stay in communication with a safe person you can vent to.

Rachel Lewis is the author of *Unexpected: Real Talk on Pregnancy Loss*. This article was retrieved from her blog, The Lewis Note, on October 19, 2022, <https://thelewisnote.com/holiday-grief-support/>.

If you are struggling and/or you see these signs in your life, please join our M.E.N.D. Support groups or reach out to leadership to provide help, especially in the difficult holiday season. All M.E.N.D. support groups, local, online, and even an online support group for our Men of M.E.N.D. can be found at www.mend.org.

In Loving Memory

Hayley Jo Archibeque

April 8-11, 2005
Mommy: Anna Archibeque
Given by Chris Traynor

Baby Bartmas 1

Miscarried February 2016

Baby Bartmas 2

Miscarried September 2016

Mikaela Constance Bartmas

Stillborn June 2, 2018

Baby Bartmas 6

December 19, 2021

Given by The Bartmas Family

Jordan Alexander Booker

Stillborn January 11, 2007

Cord accident

Given by mommy Norman Jordan

Levi Samuel Bowmer

April 19, 2013

Trisomy 13 and Tetralogy of fallot with absent pulmonary valve

Given by parents Jenae and Sam Bowmer and sisters Evie and Val

Andre Gabriel Broussard

Stillborn May 29, 2016

Trisomy 18

Given by Parents Ana Maria and Ross Broussard

Connor Nathaniel Cash

Stillborn August 31, 2016

Given by The Cash Family

Samuel Adan Contreras

Stillborn November 11, 2010

Cord accident

Given by Parents Mercedes and Alfredo Contreras

Baby Corgan

Given by Anonymous

Jackson David Crowe

August 22 – September 9, 1998

Heart defect

Parents: Marie and David Crowe

Siblings: Hannah and Andrew

Given by Gail Bohdan and Richard Rudnicki

Abigail Grace Crump

July 1, 2003

Trisomy 18

Given by

Parents Gerald and Jaimie Crump

and little sisters Cami and Karli

Brooke Sophia Daily

Stillborn March 11, 2010

Vasa Previa

Given by parents Lisa and Jeremy Daily

and sisters Sara and Savannah

Sophie Jane Darnell

Stillborn May 28, 2013

Unknown cause

Gifts given by

Parents Brea and Tommy Darnell

and siblings Luke and Piper

Grandparents Helen and Danny Lynch

Grandmother Tammy Darnell

Riley and Parker Davis

November 14, 2006

Premature

Given by

Parents Rob and Cheryl Davis

and siblings Annalise and Owen

Roman Lorenzo Delira

September 4, 2017

Given by The Delira Family

Zoey Detra

Given by Anonymous

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 and 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

Gabriela Faith Gregory

Stillborn January 24, 2002

Cord accident

Given by parents Monica and Chris Gregory

and siblings Daniel, Amarise and Eliana

Serenity Harrison

Miscarried December 3, 2009

Given by parents Curt and Jennifer Harrison

and siblings Levi, Ziva and Evie

Jayna Mary Johnson

January 20, 2020 – March 7, 2021

Complications from Biliary Atresia

Given by parents Jainy and Cortney Johnson

and brother Joseph

Barron Lehr

Stillborn December 29, 2019

PROM

Given by parents Travis and Morgan Lehr

and big brother Bennett

Olivia James Mercer

August 2, 2022

Given by parents MC and Amanda Mercer

Jonathan Daniel Mitchell

Stillborn June 24, 1995

Cord accident

Baby Mitchell

Miscarried December 2001

Given by

Parents Byron and Rebekah Mitchell

Avery Napaluch

Stillborn October 24, 2011

Given by The Napaluch Family

Joseph Parker Nelson

Stillborn January 30, 2012

Gastroschisis

Given by

Parents Danielle and Michael Nelson

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.

Rebekah Tikvah Nymeyer

July 16, 2015

Premature

Amasiah Nymeyer

Miscarried October 2010

Jonah Nymeyer

Miscarried June 2012

Given by parents Terri and Jonathan Nymeyer and siblings Isaac, Abby, Esther and Tirzah

Carlos Alberto Olivia, Jr

Miscarried August 14, 2018

Given by Mommy Amanda Dreher

Jacob Theodore Oxendine

April 29, 2001

PROM

Given by parents Christine and Chip Oxendine

Desirae Nicole Romero-Cavazos

October 21, 2003 – November 29, 2006

Baby J

Miscarried August 1997

Given by Mommy Veronica Romero-Cavazos

Angel Sorto

Miscarried August 22, 2022

Given by mommy Wilfredo Sorto

Mordecai Kingston Thomas

Miscarried May 6, 2014

Given by mommy Christina Thomas

Dalton Lucas Troxell

April 15-June 21, 2022

Parents Kaysie and Justin Troxell

Gifts given by

Grandparents Tammy and Scott Troxell

Kim Vincent

Mallory Korte

Carter Emerson Wells

February 15-19, 2017

Given by The Wells Family

Morgan Vo

July 18 – August 13, 2019

Given by The Vo Family

In Honor of Sarah Thetford

Given by Anonymous

Gifts of Support:

Matthew Patterson

Second Baptist Church, Springfield, MO

Jordan Ondish

Loving Levi

*Written by Jenae Bowmer**Mommy to Levi Samuel Bowmer*

M.E.N.D. – National Online Assistant Director



October is Pregnancy and Infant Loss Awareness month.

My firstborn, Levi, died shortly after birth at 35 weeks and 6 days. April 19, 2013, changed everything.

Yes, I now have two beautiful girls who I get to mother on this earth. And yes, I am so thankful for them and the incredible life I have. But, Levi made me a mom. His life and death opened my eyes to the tragic reality that has become my new normal.

I was very angry for a long time. Sadness consumed me and I was even pondering suicidal thoughts. I didn't want to live without my baby boy.

Sometimes I pause and reflect on those early days of crippling grief. I often consider how I have made it this far. Somehow my life continued even without my son in my arms. The truth is this: Jesus is why I'm still breathing. The grace of God carried me through the darkness. He could take my anger and loved me though the pain. He showed me and continues to show me how much He loves me.

Psalm 139:17-18 are the verses I held on to during the many times when I felt God had forgotten me.

"How precious are your thoughts about me, O God. They cannot be numbered! I cannot even count them. They outnumber the grains of sand! And when I wake up, You are still with me!"

I felt abandoned. But Jesus was there all along, holding me tight. Now I can look back and see the single set of footprints in the sand and know He had me safe in His arms.

Does it still hurt? Do I still wish I was raising three children daily? Yes. Yes. Yes. But God has turned my ashes to beauty. He has given me a passion for others like me, and He continues to reveal His grace and mercy to me while I wait for the day when I get to hold my sweet boy again in heaven.

One of the ways I help other moms like me is through my support group, Mommies Enduring Neonatal Death. M.E.N.D. holds a truly breathtaking ceremony every year to honor and remember our sweet babies who have died. October 1 was this year's Walk to Remember, and once again, it was incredible. I am so thankful for M.E.N.D. M.E.N.D. helped me hold on to life when I didn't want to live anymore. If you have experienced the loss of a baby through miscarriage, stillbirth or infant loss, please go to the website (mend.org) and see if M.E.N.D. can help you too. Also, know you are not alone. Message me (jenae@mend.org). I would love to walk this journey with you.

Loving Levi

Life is short. Heaven is forever.

Yes, Jesus loves you.



Dando Gracia Durante los Días Festivos

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

Oh, cómo temía las próximas vacaciones que llegaron solo unos meses después de la muerte fetal de mi bebé, Jonathan. No podía imaginar cómo iba a sobrevivir noviembre y diciembre, o cómo lograría cumplir con las expectativas navideñas de mi familia. La idea de sentarme alrededor de la mesa grande en la casa de mis padres para el día de Gracias, tratando de fingir estar agradecido por cualquier cosa, era impensable. No podía imaginarme hacer las maletas, cargar nuestro auto y viajar fuera de la ciudad para visitar a mi familia Mitchell en otro estado para Navidad. Y lo que más me abrumaba era preguntarme cómo iba a estar feliz y no arruinar las vacaciones de nuestro hijo de 4 años o marcarlo de por vida mientras presenciaba cualquier emoción que pudiera brotar de mí en estos días. Estaba profundamente afligida, tenía miedo, estaba enojada y quería desesperadamente escaparme a algún lugar hasta enero.

Leí en un libro de dolor sobre la importancia de extender la gracia. No solo a aquellos que no entienden nuestro dolor y nos dicen cosas equivocadas, sino principalmente a la necesidad crucial de darnos permiso para no hacer lo que simplemente no podemos obligarnos a hacer durante las temporadas de dolor. Leer el permiso de alguien para simplemente hacer lo que pensaba que podía hacer, y nada más, fue muy liberador para mí. Decidí que podríamos o no estar con mi gran familia para el día de Gracias; Esperaría a ver cómo me sentía ese día. Luego le expliqué a mi esposo que estaba aterrorizada de no estar en casa, en nuestra propia casa, el día de Navidad. Necesitaba que nos excusaran de ir a casa de su familia ese año. Necesitaba estar cerca del cementerio para poder ir a la tumba de Jonathan el día de Navidad. Necesitaba la habilidad de poder quedarme en la cama o quedarme en casa ese día, si era necesario. Básicamente, solo necesitaba que todos me dieran un pase gigante ese año. ¡Y lo hicieron con gracia! Si

bien el Día de Gracias y la Navidad fueron un poco diferentes para nosotros ese primer año, en realidad pude hacer más de lo que imaginaba. El solo hecho de correr la voz de que "podría estar allí o no", me alivió una enorme cantidad de estrés, lo que creo que me dio la fuerza para soportar lo que tanto temía.

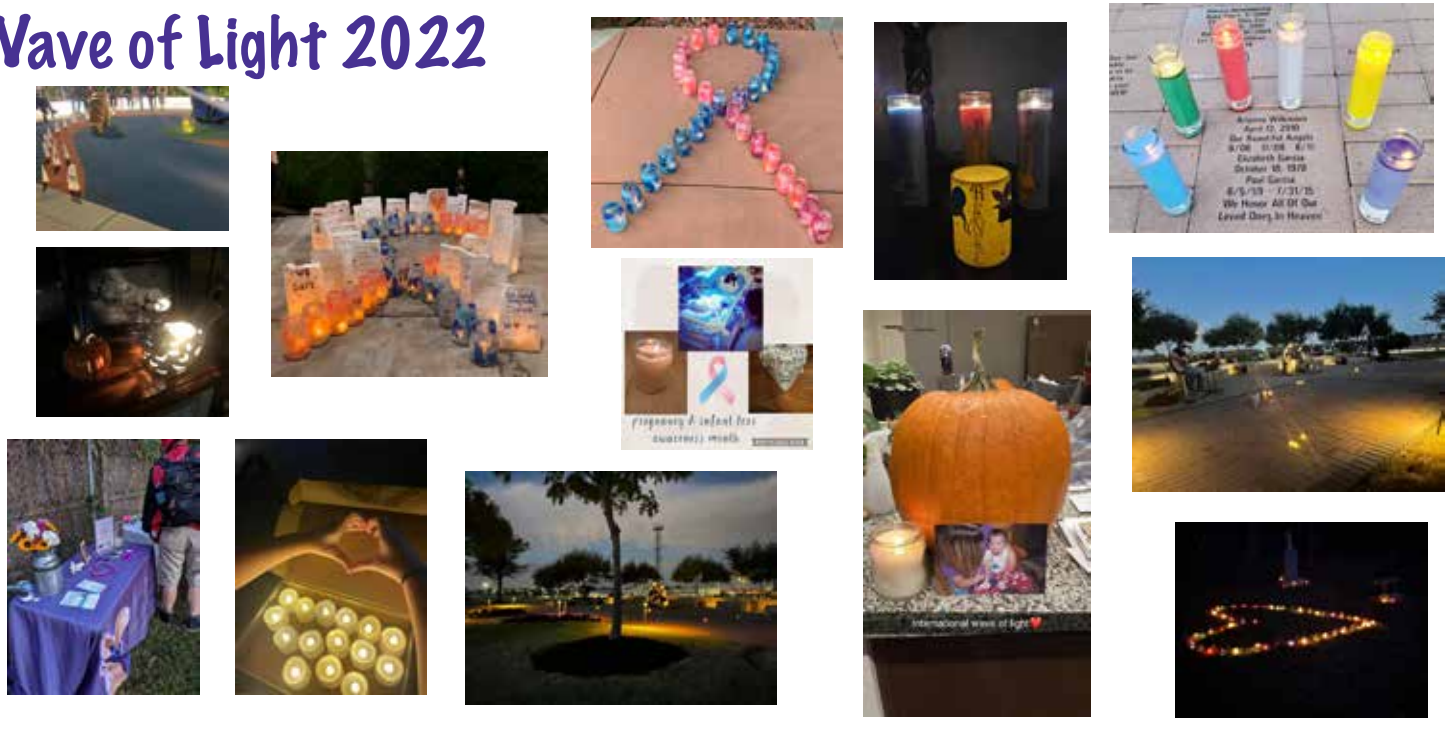
Entonces, a aquellos de ustedes que aún están frescos en su dolor, les doy el mismo permiso que el autor me dio hace años: permítanse hacer solo lo que están haciendo hasta ese día. Mantenga los días sueltos; libérate de la presión de estar en un lugar donde no estás seguro de poder mantener la compostura. Y no te preocupes por ESTE AÑO; siempre hay el próximo año. Pude reanudar nuestro horario regular de vacaciones al año siguiente. Ciertamente no sin algo de tristeza, pero entré en la temporada navideña sin el pánico de pisar un territorio desconocido. Ya había estado allí antes y sobreviví a mi primera temporada de vacaciones sin nuestro bebé, así que sabía que lo lograría de nuevo. ¡Y tú también!

Oro para que el Señor le dé fuerza, paz y gozo inesperado mientras atraviesa esta temporada de fiestas. No es fácil, lo sé, pero por la perfecta gracia de Dios, ¡lo lograrás!

Greater Houston Area Walk to Remember

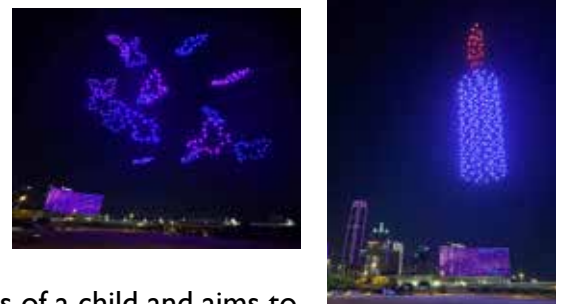


Wave of Light 2022



Sky Elements Drone Shows

Sky Elements Drone Shows presented an 8-minute drone light show on Saturday, October 15, at 8:00 PM to commemorate Pregnancy and Infant Loss Awareness Month, which is recognized every October for those who have experienced the loss of a child during pregnancy or infancy. Three hundred drones lit up the sky in Downtown Dallas with the images of the lighting of a candle, butterflies, a rose, and a pink and blue ribbon that symbolizes the loss of a child and aims to break the silence surrounding pregnancy and infant loss or stillbirth.



Book Review

Finding Hope in Seasons of Loss and Disappointment: An interactive Journal Created for Women Battling with Miscarriage and Pregnancy Loss
Written by Angelica Gunn

My time spent in this journal, even 22 years since my son was stillborn, was a blessing to reflect on his life. The journal begins with writing what you want to get from the journal. "It gives you permission to feel, to scream, to cry and to vent without judgment."

As I was going through this journal, Angelica made it seem like I was not just writing it on paper, but telling it to her and receiving her understanding and comfort. I love that this journal points us back to God. No matter what we are writing and feeling, she reassures us of God's love and that He has a plan for our lives.

In this journal, Angelica shares her own story, how she felt and her walk with God through it all. When we are going through such a traumatic experience, it is so easy to blame God and be mad at Him. This journal, though, helps to reiterate we need to look to Him for comfort and not people. People can disappoint and not do what we want them to do during our time of grief, yet our God remains faithful.

Another part I loved in this journal is the guide to pray. Sometimes we need direction, and her guide helps you get started. I recommend this book to all who have experienced a loss, because it is a well-written guide to work through our emotions and disappointments.



Reviewed by Nikisha Perry,
M.E.N.D.-Greater Houston Area Chapter Director

M.E.N.D. CHAPTER UPDATES

NW Washington

Thank you to all who joined us on October 15 for our 2nd Annual Wave of Light to honor all our babies on Pregnancy and Infant Loss Awareness Day. We hope to see you at our Christmas Candlelight Ceremony in December. Invitations will be mailed and posted on our Facebook group.



M.E.N.D.-NW Washington continues to meet on the 2nd Monday of the month at The Oak Table Cafe' in Silverdale at 6:30 pm. (Restaurant is closed during our support group time.) We wish all of our families a gentle holiday season.

Katherine

Tulsa, Oklahoma

M.E.N.D.-Tulsa was blessed again this year to participate in the Pregnancy and Infant Loss 5K organized by M.E.N.D. Families Austin and Paige Ryan and Matt and Cassie Barnett. We were notified they are donating more than \$5,000 to our local chapter! What a blessing!

I was honored this year to be invited by the Tristesse Grief Center to share about M.E.N.D. at their Wave of Light ceremony on October 15 and am looking forward to collaborating with them in providing support to grieving families in the Tulsa Area.



Save the date for Tuesday, December 6, for our annual Christmas Candlelight Ceremony. Invitations will be mailed as well as info will be posted on our Facebook group.

Cat

MidMichigan

M.E.N.D.-MidMichigan will be hosting our 5th Annual Holiday Memorial Ornament event on Tuesday, December 6. If you are interested in attending, please let us know through the event in our Facebook group so we have enough materials.

We would like to thank everyone for their continued support throughout 2022, and we look forward to reaching many more families in MidMichigan in 2023.



Karen

National Online Support

M.E.N.D. National Online Support Group meets the 3rd Thursday of every month at 8:00 PM CST. My assistant, Jenae, and I would love to have you join. Please email mallory@mend.org or jenae@mend.org for more information and the Zoom link.



Meanwhile, hold on to this verse: "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." -Isaiah 41:10 NLT

Mallory

Columbus, Ohio

"By this everyone will know that you are my disciples, if you love one another." John 13:35 NIV
I'm grateful to announce M.E.N.D.-



Columbus has helped families in the loss community for three years! You are welcome to join our monthly support group and private Facebook page where you can share your grief 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

Chicagoland

M.E.N.D. - Chicagoland looks forward to remembering our babies as we decorate our M.E.N.D. Christmas tree at the Brookfield Zoo on Saturday November 12, at 10:00 AM. Please check out our M.E.N.D. - Chicagoland Facebook group or email Saraann@mend.org for details on how you can join us to decorate or to visit the tree during the Zoo Lights display all Christmas season. We are thankful we don't grieve alone, but that we can walk together and support one another in our own journeys of loss.



Sara

Greater Houston Area

M.E.N.D.–Greater Houston Area is seeking volunteers to help in our chapter. If you are interested please email nikisha@mend.org for more information.

We are planning our Christmas Candlelight Ceremony. Watch our Facebook group for more details.



We are excited to announce Emily Diamond, whose story is shared below, as the new Satellite Chapter Director in Richmond, which will be opening soon.

Nikisha

I lost my daughter Paisley at 20 weeks on August 16, 2021. Late in my first trimester, I learned I had a Subchorionic Hematoma. At an 18-week scan, my high-risk doctor saw there was minimal amniotic fluid, and sent me to the ER to see if my water had already broken. It had not.

At that point, my doctor suggested I terminate the pregnancy. After much prayer and discussion with my husband, we decided to fight for our baby's life.

My water broke about a week later. My doctor wanted to induce and get the baby out, yet that also meant ending her life. She had a healthy heartbeat and was still growing! I left the hospital to continue the fight knowing she just needed a couple more weeks for her to survive outside of my body. Each day, I asked Jesus for a miracle knowing He could. Unfortunately, I began to have labor contractions 11 days later, and delivered her that evening in the hospital. She passed away immediately during her birth. We spent three hours with her tiny little body.

I fully expected the miracle I asked for, yet I did not receive. I was in the darkest pit of depression I've ever felt. As months passed, and I began to feel the Lord was healing my heart, giving me strength and a passion to help others in this painful journey. I began realizing that Paisley's purpose was so much more than I will ever be able to know or comprehend here on earth, and am thankful to now walk beside families in Richmond, Texas.



We are seeking a venue to hold our support groups and assistants, so please reach out to me at emily@mend.org if you can help in either of those areas!

Emily

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

Southwest Missouri

M.E.N.D. – SW Missouri was blessed with multiple activities for October in honor of Pregnancy and Infant Loss Remembrance month! October 15 was a special day to remember babies in heaven. Our chapter hosted a Remembrance Ceremony with the theme "You Are My Sunshine" to focus on how "our little sunshines" are warmth and light in our lives. I am so thankful for Chapter Assistants, Brianne Mansfield, Stacy Lynn and Heather Stockford Sade, who helped put this beautiful event together. That same day, I shared my story and M.E.N.D. at a Wave of Light with families at Mercy Hospital, while Stacy represented M.E.N.D. by hosting a booth at the Springfield Wave of Light.

We also had two opportunities to share about M.E.N.D. and hold a special session on grief with a women's shelter.

We are thankful for Second Baptist Church with their love and financial support, and providing us with the opportunity to share our ministry and be prayed over at their Missions Conference at Second Baptist Church.

Make sure to save the date for our Christmas Candlelight Ceremony, to be held on December 5 at 6:00 PM at Second Baptist. More information will be coming soon.

Jennifer

East Valley, Arizona

M.E.N.D.–East Valley Arizona had a wonderful movie night in September and greatly appreciated the community support! We also had a wonderful gathering for a walk to remember babies on October 15. Follow our Facebook page for more events to come!



Danielle



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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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

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

Magazine Volunteers

Rachel Dell, Sara Elliott
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 and 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.

Director: Nikisha Perry
nikisha@mend.org, (346) 235-4714

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 - 8:30 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.



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Did you know?

You can give to M.E.N.D. every time you shop on Amazon?

Go to smile.amazon.com and set Mommies Enduring Neonatal Death as your charity! It's so simple!

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible smile.amazon.com purchases.

We appreciate your support!