



# Mommies Enduring Neonatal Death

*Miscarriage, Stillbirth and Infant Loss Support*

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## When Grief and Gratitude Share a Table



"Breaking bread" or "sharing a table" brings individuals or groups together, yet many times there are emotions involved. Perhaps simple thankfulness for another year with each other, or perhaps a longing for who is not at the table. We are thankful for grandparents, parents and others still with us, especially through hardships like diseases and cancers, yet at times we grieve, thinking of the baby we should be holding, or perhaps the child missing at the kids' table, or wondering what your child would have been like as an adult at the table, perhaps even with their own family. Yes, grief and gratitude do share a table.

### *In this issue...*

*How to Deal With  
the Holiday Season*

Natasha Weiss provides advice to grieving couples and those supporting them.

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*Brooke's Story*

Melissa shares her story of Brooke, and of the gentle blessings to remind her of her precious life.

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*Holding Grief and Joy*

A rainbow baby does not replace a baby in heaven, just as our joy does not replace our grief. Somehow the emotions co-exist, as shared in this article.

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**January/February Topic**

*Recurrent Pregnancy Loss*

*Deadline: November 30, 2023*

**March/April Topic**

*Representation of Loss:*

*Making It Okay to Share*

*Deadline: January 31, 2024*

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](mailto: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](http://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 *When Grief and Gratitude Share a Table*

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

As time passes, it's interesting to look back and see how life experiences and years change our perspectives. As the holidays rolled around in 1995, my heart was wrought with raw grief, sadness, confusion and anger. Our baby Jonathan was stillborn a few months prior due to a cord accident. I had announced our pregnancy the previous Christmas, so for six months I imagined how much more fun the holidays would be the next season with the new addition to our family. Never did I dream I would be grieving his death!

I was very thankful for our little living son who had just turned 4 years old, but emotionally I was a wreck. I was glad we still got to be "Santa Claus" on Christmas, but admittedly the deep sadness I felt over Jonathan's death overwhelmingly outweighed the joy. Trying to juggle my sadness with the happiness was exhausting! I was never so ready for January to arrive so the holidays would be behind me. Oh...but then the emotions of leaving behind the year our baby died.... another roller coaster of sorrow!

Gratefully, most of our family members were sad along with us and understood the struggle that ensued as best they could. But I felt I was squashing their holiday spirit. Thanksgiving and Christmas have always been really big days in my family, and we celebrated to the fullest. But that year there was a solemnness around the big family table at my parents' house. And I felt responsible for it, which added to my sorrow.

Thankfully that dark holiday cloud faded a little with each year, and now here I am 28 years later. Certainly, Jonathan and the little baby we miscarried in 2001 are remembered in our

hearts, and are subtly represented in our personal Christmas decorations, but there is no longer deep sorrow during the holidays over their deaths. I am part of the happy family members again, and for that I am very grateful! Now other family members sit around that same big table grief-stricken over losses in their immediate families, and of course I find myself sad with them and missing those who have gone on to heaven. But it's not that unbearable anguish that I've unfortunately experienced before.

I suppose there will always be grief and gratitude represented around the table every year, especially in big families like mine. Someone is going to be going through something. So, I hope I've learned from my own grief to be sensitive to those who are now grieving. And while this may be one of the best Thanksgiving and Christmas seasons ever for me, it is possibly the worst for a family member sitting next to me. I pray despite the mixed emotions represented at the table this year, we'll love each other, and help make a hard day a little better, rather than much worse.

May our own experiences of loss remind us how to comfort one another and walk alongside them during their journey of grief. For one day, they will be filled with gratitude again, and will have opportunities to comfort someone else with the same comfort they received from us and the Lord.

*"Rejoice with those who rejoice;  
mourn with those who mourn.  
Live in harmony with one another."  
Romans 12:15 - 16a*

## Chicagoland Balloon Release





### Happy 20<sup>th</sup> Birthday, Caleb!

Two decades. How is that possible?! I can remember every minute of the month leading up to your birth, and how hard your Dad and I worked to bring you home. I can still feel the weight of you in my arms, your face so peaceful after nearly seven hours of struggling to stay. We've missed you and Baby August so much. We've made a good life through this grief, and we're grateful, but it doesn't change the "what ifs." There is always a void.

Happy 20<sup>th</sup> heavenly birthday, Son!  
Until we meet again, love you always,  
Mom, Dad and Maddie

*Caleb Scott Fann  
December 1, 2003  
PPROM*

*Also remembering  
Baby August Fann  
Miscarried August 13, 2004, at 8 weeks  
Parents: Jonathan and Heather Fann  
Little sister: Madison Grace*



### Happy 16<sup>th</sup> Birthday, Baby Girl!

You came into my life asleep, and my world changed forever. You made me a mother, and even though I only held you for what seemed like a second, I will hold you in my heart forever. I know you're growing in heaven and looking after your little brother, and I'm so proud of the young lady you have grown into. When we meet again in heaven I want to hold you in my arms and hear all about how wonderful your life has been. Forever missed. Forever loved. Forever my daughter. I love you; happy birthday, baby girl.

*Hazel Leeanne Marie Woodson  
Stillborn November 28, 2007  
Also remembering  
Hunter Torben Woodson  
July 22, 2020 – April 28, 2022  
Gastrointestinal bleeding  
Parents: Ben and Anna Woodson  
Siblings: Savannah, Riley, Bennie II and Dakotah*



### Happy 4<sup>th</sup> Birthday, Amos!

Happy 4<sup>th</sup> birthday, darling boy! The years continue to fly, but you are still carried in our hearts always. We miss you every day, but the Lord continues to restore our joy as we await the heavenly reunion when we will all be together again. You are so loved, precious one.

Mommy, Daddy, Noah, Zion and Joel

*Amos Michael Heaton  
November 18, 2019  
Unknown cause*

*Parents: Richard and Stacy Heaton  
Brothers: Noah, Zion and Joel*



### Happy 9<sup>th</sup> Birthday, Baby Gamboa!

Nine! Happy 9<sup>th</sup> heavenly birthday. Every year I think it'll get easier to write my tribute, but it's not. The tears always begin to roll down my cheeks because of how much I yearn to know you. I think of you often. Next year you will be double digits like your sister. I always wonder what could have been but know the Lord's plan is greater than anything I could ever imagine. May you be surrounded by the angels and loved ones who have gone before me. This year you have Tita, so may you get extra doggie love. Pray for us always. Mommy, Daddy, Christian and Livi love you mucho. Happy birthday!

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



### Happy 11<sup>th</sup> Birthday, Brayden!

Dear Brayden, though you're not here with us in person, your spirit continues to illuminate our days with its gentle glow. As you would have turned 11 today, I imagine you as a radiant beam of light, dancing among the stars, casting your love down upon us. Your absence is immensely felt, but your memory is etched in our hearts until the end of time. In the whispers of the wind and the warmth of the sun, I feel your presence, a reassuring embrace from beyond. Your legacy lives on, not only in our hearts but in the lives you continue to touch through us. Happy 11<sup>th</sup> birthday, precious one.

*Brayden Ryan Sade  
Stillborn December 28, 2012  
Parents: Steven Sade and Heather Stockford-Sade*



### Happy 1<sup>st</sup> Birthday, Claire!

It has been one whole year since we held you in our arms. Even where your body failed, you were fearfully and wonderfully made. We continually look for ways to celebrate you and honor your memory. You brought light and love into our lives, and words cannot describe how much we miss you.

Happy 1<sup>st</sup> birthday, Claire Elisabeth!  
We love you, sweet girl!

*Claire Elisabeth Stevens*  
November 14, 2022  
Congenital diaphragmatic hernia (CDH)  
Parents: Sarah and Micheal Stevens



### Happy 2<sup>nd</sup> Birthday, Jedah!

Happy 2<sup>nd</sup> heavenly birthday, baby girl! We love you and miss you beyond measure! We celebrate your life today and the gift that you are to us! One year closer to being together.

*Jedah Rhodes Vislay*  
Miscarried October 26, 2021  
Parents: Brooke and Joel Vislay  
Siblings: Jecht and Jensen



### Happy 1<sup>st</sup> Birthday, Colton!

Happy 1<sup>st</sup> heavenly birthday to our angel Colton! Even though we only got to hold you a few hours, we will hold you in our hearts forever. We think about you every day, and your big sister says prayers for you often. We know God is holding you for us until we can hold you again!

*Colton Hunter Birch*  
October 8, 2022  
Unknown cause  
Parents: Hunter and DeAnn Birch  
Big sister: Delaney



### Happy 1<sup>st</sup> Birthday, Hadley!

Happy 1<sup>st</sup> birthday in heaven to our sweet boy! We miss you more and more each day but know you are spending time with our loved ones in heaven. We will treasure the few hours we spent together forever. We can't wait to see you again! We are so grateful to be your parents.

Love,  
Mama and Dada

*Hadley William James Elliott*  
November 4, 2022  
Premature birth  
Parents: Raychel and Kyle Elliott



### Happy 27<sup>th</sup> Birthday, Joshua and Jeromy!

It is amazing how time flies, and yet your death date is frozen in time. Twenty-seven years have come and gone, but I remember every detail of the days surrounding your diagnosis, your delivery, death and burial so vividly.

My memory will sustain me until we meet face-to-face in heaven! Happy 27<sup>th</sup> birthday in the presence of Jesus!

*Joshua and Jeromy Barsanti*  
Stillborn November 21, 1996  
Anencephaly  
Parents: Randy and DaLana Barsanti  
Brothers: Taylor, Collin, Harrison and Riley



### Happy 14<sup>th</sup> Birthday, Serenity!

Happy birthday to my precious Serenity, the one who first made me Mama. I long to hear you call me that, and cannot wait until heaven when my dream will come true.

I remember at one of our early M.E.N.D. events, "Jesus Loves Me" began to play. At that time, it hurt my heart knowing I would not get to hear your sweet voice sing that. Now I sing, "Jesus loves YOU, this I know, for the Bible tells me so." Dear sweet one, that song now brings me comfort knowing "little ones to Him belong; they are weak, but He is strong." I rest in His truth and comfort that to Him you belong as you rest in His arms.

Your daddy and I love you very much, as well as your little brother and sisters.

*Serenity Harrison*  
Miscarried December 3, 2009  
Parents: Curtis and Jennifer Harrison  
Little siblings: Levi, Ziva, Evie  
and Baby Harrison due in February 2024



### Happy 8<sup>th</sup> Birthday, Ashton!

Ashton, you turned 8 today. Seems like yesterday that we held you. And every day we wonder what you would be doing. Would you have your Dad's eyes and my attitude? My handsome little man, Mommy and Daddy love and miss you! Happy birthday!

*Ashton Robert Oetting*  
Stillborn November 30, 2015  
Unknown cause  
Parents: Jason and Elizabeth Oetting  
Siblings: Chloe, Gracie and Ashlyn



### Happy 10<sup>th</sup> Birthday, EZ Bunny!

Happy 10<sup>th</sup> birthday, my sweet baby boy. Being your mom is one of the biggest blessings in life. You've taught me how to appreciate the small moments in everyday life and value the time given to me here on earth. Ellie misses you so much. She always talks about how she wishes you were here and prays Jesus will give you all the hugs, kisses and snuggles. You and your sister are the most precious gifts God has bestowed on me. I love you now, forever, and always, sweet boy.

Mommy



*Elijah Zane Bastian  
Stillborn October 3, 2013  
Mommy: Lacey Bastian  
Sister: Ellie*

### Happy 18<sup>th</sup> Birthday, Littlefoot!

Every year the vibrant fall leaves remind me of our drive through the countryside just days before you arrived. I am so grateful for you and the time we were blessed to share. As we remember your 18<sup>th</sup> birthday, I can't help but wonder what dreams you would be striving towards. Until we can hold you in our arms, we will hold you in our hearts. We love you beyond words.

XOXO  
Mom and Dad

Happy birthday, Hope! I can't believe it's been 18 years ago I held my little pink grandbundle! Enjoy your birthday in heaven with PopPop, Mimi and Teepa! We'll decorate your magnolia and celebrate with cupcakes! We love and miss you every day.

Love,  
Grammy, Uncle Ryan, Aunt Kasey, Uncle Baer, Finn,  
Miles and Ziva. xoxoxo



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



## Houston Walk to Remember



# Dallas/Fort Worth Walk to Remember

The weather could not have been lovelier for the 27<sup>th</sup> annual M.E.N.D. Walk to Remember at our Garden of Hope in Irving, Texas. More than 700 people were in attendance, remembering and acknowledging more than 240 babies who died too soon. Licensed Counselor and author Meredith Zahorsky was the guest speaker, who talked about the blessings her babies in heaven are to her, despite the heartache. DorothyAnne Dauenhauer and her sweet family sang three amazing songs, one they wrote specifically for M.E.N.D.!

It was a beautiful day of remembrance, and we hope those in the Dallas / Fort Worth area will join us next year, on October 5, 2024.



Thank you to our sponsors of the  
2023 Dallas/Fort Worth Walk to Remember.

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*Remembering Jonathan Daniel and Baby Mitchell*

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*Pastors Johnny and Tiffany Clark*  
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# How to Deal With the Holiday Season After a Miscarriage

Editor's Note: This article states "Miscarriages" but is applicable for all stages of loss.

Written By Natasha Weiss, BA in Psychology,  
Updated February 11, 2022

The holidays are a time for family, friends and loved ones to come together and celebrate life. Unfortunately, that's not always the case for some people—especially those who have experienced loss and are grieving.

One loss that often goes undiscussed is miscarriage and pregnancy loss. Coping with a miscarriage is difficult enough on its own. And the holidays can exacerbate any sadness or grief you're already feeling.

Holidays after a miscarriage can be difficult—there's no doubt about that. But there are ways to cope. Whether you or a loved one experienced a miscarriage, you will get through the holiday season. We're here with some tips and ideas to help you cope with the holidays after a miscarriage—and hopefully, even enjoy them.

## How Might the Seasons Look or Feel After You Experience a Miscarriage?

Every person has a different experience with the holiday season. For some, it might bring back warm and fuzzy memories. For others, it may be triggering, or you might feel neutral towards them. When you add in the extra layer of grief, it can complicate things further.

Grief during the holiday season can make the festive part of the year feel triggering, isolating, and difficult to deal with. If you experience a miscarriage before the holidays, you might feel sad, anxious, or nervous during celebrations. Some of that nervousness can come from the anticipation of nosy relatives and feeling like you need to explain yourself. Sadness can arise from being around other loved ones who have babies, children, or are pregnant.

It's normal not to want to celebrate and instead take this time to hide away and rest. You may feel like you need to rest and recuperate and not be around so many people. Maybe you're planning something more low-key or trying to get your family to travel to you instead of going to them.

You might have the opposite experience and are looking forward to celebrating as a way of reconnecting with loved ones and helping you heal and move forward. Sometimes distractions can be healthy, especially when they involve being surrounded by people that make you feel loved and supported.

You might feel any combination of these emotions or urges, and that's fine. When the holidays feel hard, whether it's from a miscarriage or another life stressor, it's OK to take a step back and prioritize yourself. Still, that can be easier said than done. That's why it's essential to have practical tips to help you cope with the holidays after a miscarriage.

## How to Cope With the Holidays After a Miscarriage

Your feelings towards the holidays might not be straightforward, especially after experiencing a miscarriage. If you're feeling nervous or anxious or anticipating unwanted feelings coming up, be sure to have some tips and tricks so that you can take care of yourself.

Are you wondering how to cope with the holiday season after a miscarriage? We've got you covered.

### Set boundaries

You might love your family dearly and still know that they can sometimes cross boundaries and push your buttons. Now more than ever is the time to set clear boundaries so that you can navigate the holiday season with some peace.

What does setting boundaries mean? It can be different for everyone, and it depends on your needs and your obligations.

If you're deep in your feelings after a miscarriage, try to make an effort only to see people that you feel comfortable being around. That could mean choosing not to go to the big parties or dinners and keeping it as small and intimate as feels comfortable. Your loved ones will understand.

Another way to set boundaries is within conversations. If someone brings up the miscarriage unsolicited, know that you don't owe anyone an explanation, and you don't have to talk about it if you don't want to. You can simply say, "I don't feel comfortable talking about this right now" or "I don't want to talk about this right now."

### Make it low commitment

Feeling overwhelmed at the thought of big parties? Are you not sure how you might feel but don't want to make definite plans? Try to keep your plans low commitment.

Grief can come in waves, and you never know when it's going to hit you. You can do yourself a favor by letting your loved ones know that you would love to come to their gatherings but that you might have to cancel last minute or leave early because of the circumstances.

If you want to go on a vacation, try planning a short road trip and book places with good cancellation policies instead of planning on flying somewhere. Avoid hosting dinner or a party unless it's something that you really want to do.

The holidays can bring a lot of stress. Try to take the pressure off yourself, and know that you might not have the energy or desire to do as much as you usually would—and that's ok!

### Be with people that make you feel good

You might love your family, but they might not always



make you feel great, especially when you're healing from something like a miscarriage. It's ok to spend the holidays with different people this year, people that make you feel good and supported, and that you don't feel like you need to explain yourself to.

Who makes you feel the best? Your partner? Your best friend? Your dog? Your cousin Sam? Your mom? Throw out the need to be diplomatic. It's ok to be a little selfish and prioritize yourself right now.

### **Have an emergency exit plan**

So you decide to go to your work's holiday party or your friend's New Year's Eve extravaganza. You may feel like you have it in you and want to go, or maybe you feel like you couldn't get out of it. No matter why you're choosing to go, it's a good idea to have an emergency exit plan.

Even if the idea of a big party sounded fun, sometimes things can be too much, and you might need to leave in a hurry. Even your most-loved family members can feel overwhelming at times, or you don't have the energy to have fun with your friends. In any case, it's okay.

Here are some emergency exit plan tips:

- **Have someone on standby:** Whether that's your partner, a friend, or a family member, have someone who knows that you might want to make an emergency exit there to help you if need be. This person will quickly wrap up whatever conversations they're having while you wait in the car. They'll drive you home and help you decompress, and make sure you're comfortable with all the snacks your heart desires.
- **Drive yourself:** If you don't have a partner in crime who is also driving for you, it can make a world of difference to drive yourself (as long as you're not drinking). This way, when you're ready to leave, you don't have to worry about coordinating with someone else or calling a car to pick you up on a busy holiday weekend.
- **Tell the host:** You don't have to say goodbye to everyone, but try to tell the host ahead of time you might need to leave in a rush. That way, if you're feeling triggered, you don't have to worry about explaining yourself; you can simply go.

Remember that your well-being comes first. If a gathering is feeling like too much, it's ok to leave and go get cozy at home.

### **Practice self-care**

The holidays can be overwhelming, especially after a miscarriage. You're not only healing physically but emotionally as well. It's essential to take time to practice self-care so that you don't get burnt out from the holiday festivities.

Here are some self-care tools for the holiday season:

- **Take alone time.** Away from family and friends. Even if it's just a few minutes.

- Take a bath.
- Bake or cook your favorite treats.
- Spend time outdoors.

Self care can be big or small. However you practice it, know that you deserve it, and need it.

### **How to Help a Loved One Cope With the Holidays After a Miscarriage**

It can be so hard to watch a loved one experience a miscarriage. You might feel helpless but don't know what to do. While you can't fix what they're going through, you can help them deal with the wildness of the holidays.

Here's how to help a loved one cope with the holidays after a miscarriage:

#### **Make their life easier**

If your loved one is usually the planner and doer, it's your turn. What can you do to make their life easier so that they can relax?

Do you do the cooking or order take-out so that they don't have to? Can you be on gift duty? Even the most minor things can make a difference, like going grocery shopping for them, cleaning up around the house, or helping with kids or dogs so that they can get things organized or just rest.

#### **Be a good buffer**

Many people may bombard your loved one with questions and concerns, which can be overwhelming and triggering, even when coming from a well-meaning place.

When at a gathering, keep an eye on your loved one. If you see someone overstepping a boundary, like a nosy aunt digging for details, step in and relieve your loved one from having to explain themselves. Maybe you come up with a secret hand signal or code word beforehand so that you know if they need you.

Try to make their lives easier at any gatherings you may go to by being the buffer between them and anyone who brings up uncomfortable feelings. It can be as simple as having a funny story on standby to use as a distraction.

### **Dealing with The Holidays After a Miscarriage**

The holiday season after a miscarriage might not be easy, but it doesn't have to be complicated either. Switching up or canceling plans for one year does not mean you're a bad family member, it just means you have to take care of yourself right now. It's ok to be a little selfish and focus on you right now.

So remember to set boundaries, practice self care, and focus on what and who makes you feel good. You can and will get through this. One day, and holiday, at a time.

Retrieved from <https://www.joincake.com/blog/holidays-after-miscarriage/> on October 16, 2023

# Brooke's Story

*Written by Melissa Hamilton  
Mommy to Brooke*

When we found out we were having our first child, we began planning, shopping and gathering different things for her to join us in our home. All my life I had been waiting for this. When I was little, I loved playing with dolls. As I grew older, I babysat different children in their homes, and after we got married, I juggled caring for five families. I would care for their children daily, in the evening, on date nights when their parents would go out, and even sometimes out of town, in which my husband and I would house-sit and babysit. Now I was finally planning to do all of this for my own child, and already had dreams of making sure her room would be perfect.

Everything was going well until I was about six months along. I felt a lot of pressure, so I called the nurse, but I felt my concerns were unheard. She said, "This is your first baby. You're just nervous, and the doctor won't check you anyway." I knew something was different, but it made me second-guess myself and let it go at that point.

As I was making dinner, I didn't feel well. It felt like I had the flu and a lot of pain in my back, so I went to lie down. My husband and I started timing the pain, and it was coming faster and closer together - every 3 minutes. We immediately headed to the hospital that snowy night.

I had no idea I had an incompetent cervix, and it had caused me to dilate early. When we arrived, I was already dilated to 10 centimeters. It was too soon, and I knew it. We had just experienced the excitement of learning she was a girl. I had put up a crib and bought baby clothes. I will never forget the nurse that came in and checked me. She said, "Well you're 26 weeks and fully dilated. You know the baby's not going to make it. I'll go get the doctor." My husband fell to his knees on the floor immediately and started crying. Devastated, we started to pray and called our parents. We prayed the doctor would come in to tell us something different.

The hospital called life flight to try to take us to a hospital that was more than an hour away, but they couldn't do it because of the weather and the risk of giving birth to her in the helicopter. The hospital continued to work on me and my baby. They gave me a couple of shots to help her lungs, and we had to wait and see.

When the doctor checked on me the following day, after 24 hours, he said the baby was breech, and I would need a C-section. As the doctor prepared for the C-section, they brought me paperwork to approve it, knowing that if she was born by C-section, she wouldn't be born alive. I didn't want to sign it. She was so young. I prayed to God, "Please turn her." In that moment, I felt her move, and I told the doctor to check me before they took me back for surgery. As he checked me, my water broke, and I was able to deliver her naturally. She was born on a very snowy night, January 30, 1996.

Immediately they began to work with her. She was crying in my room where I had her, yet there were too many people around her for me to see her. Then, they rolled her to another room. Her lungs were collapsing, and they kept trying to work with her. She lived for two hours and then passed away.

All these years later, the moments are still vivid in my mind from when they came to my room to tell me she passed, putting me in the wheelchair and taking me to her. I can remember rolling in the wheelchair, being pushed into that room, and her being handed to me. I knew this was going to be my one and only time I would hold her before I had to let her go. All I could do was look at her - look at her hands, her eyelashes, her hair; she was perfect. Her little hand fit on my thumb, and her little head fit in the palm of my hand. I remember everything about her even down to her little feet. Our precious little Brooke.

My husband told me hearing her cry was like he was in the darkness, yet there was a moment of light and life, and no matter what happened, we knew where she would be. We were talking about how we felt years later like the weight of the world was on his shoulders, but when she cried, all that weight was lifted.

The next day we made plans for her funeral and then drove home - alone, without her. My milk still came in, yet while dealing with that, I felt empty as I stood in the shower. My husband and I both agreed, after someone so close to you dies, the next shower feels like you're washing them away. You become so emotional. You start crying in the shower. I hate that feeling. We had dealt with so much as a couple, and now, to think we were only



20 and 22 years old, just beginning our lives, yet we were calling the funeral home to let them know to come get our baby, and going to pick out her final dress.

The dress we picked for her was a little pale pink dress with lace. My husband saw a little baby doll, and he showed it to me. He wanted to get it for her, then he started crying. I can still hear that like it was yesterday, knowing that would be the last time we would be able to buy anything for her or give her. We took the clothes and the doll to the funeral home to pick out her little casket and make the plans. She had a graveside service on February 2, 1996.

The loss of a child was the first time I ever felt pain like that, and the loneliness I was forced to accept; a total loss. She was a gift. Life and death happened so fast, and I was trying to understand. Having to realize that, and as a mother, trying to figure out how it would be in heaven. How it would be for me and realize that I might feel this way forever. My husband and I will forever be connected because we have a child who we will see again. There is no greater feeling, and I am excited for that day. I can only imagine what we will feel like. I have not forgotten her, and I just think of her and where she is. Dealing with change and loss happens in different ways. It's true, sometimes all you can do is pray.

We planted a pink rosebush in our yard in memory of our daughter, Brooke. One day, 20 years after planting the rosebush, I started to notice this little purple butterfly. It followed me off the porch and came around to the door. Then it flew right over the rosebush. I felt like this little butterfly wanted me to pay attention to it. I thought of Brooke immediately. It was as if I could feel her presence that first time. It also happened on another day walking to my car.

I saw the butterfly again. It hung around my car and wouldn't go away. I couldn't quit watching it fly around. It came close to me, fluttering all around me, back and forth, so I took a video and a picture to show my husband and my daughters. Right after it flew away, I headed to town, and saw a rainbow. I told them I had recently seen this little purple butterfly at different times. I have been thankful to see God's beauty and nature as a gift from God. He shows us how beautiful and wonderful it can make you feel.

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

~2 Corinthians 1:4 KJV



## Enough

*Written by Ainsley Watkins*

*Mommy to James*

This year's holiday season's  
Very different than the rest.  
The table's clad with some trash and a mug  
The setting's second best.

The cries of Heaven call out loud  
Above commercial Christmas.  
When I think of shopping lists  
All that comes to mind is his Mass.

Blank stares ensue when asked about  
What would I like to get.  
"I want him back, why don't you know"  
By now, I can't forget.

I hate the smiles of  
Families all perfect for the winter.  
The snow best fall and snow them in  
Some how that'd make me feel better.

It's not that I wish ill on those  
Who don't know pain and grief.  
I just wish someone'd look at us  
In the eyes. That'd bring relief.

The culture here's uncomfortable  
With pain and loss and death.  
"Get over it. Count your blessings. Pray.  
I can't hear you. I'm deaf."

The only language I speak right now  
Is listening ears and compassion.  
And God's warm hands around our hearts  
Our Lord Jesus Christ's Passion.

So if you don't get a gift this year  
It's not from lack of love.  
My heart spilleth out from me to you  
This year that just must be enough.

# 'Holding grief and joy at the same time': Inside the meaning of a rainbow baby

Written By Clara Mulroy on USA Today, originally posted on September 19, 2023

Starting a family is an exciting time for many adults, but it can also be challenging for others. Some families may struggle with infertility, or complications may arise along the way. It's estimated that as many as 26% of pregnancies end in miscarriage, and stillbirth affects about 1 in 175 births.

In reality, there is no "normal" way of becoming a parent, says Lindsey Henke, the founder and executive director of Pregnancy After Loss Support (PALS). Every family has a unique start.

For those expecting a "rainbow baby" or just wanting to learn more, here's everything you need to know.

## What is a rainbow baby?

A rainbow baby is a baby born (or adopted) after the loss of a child due to miscarriage, stillbirth or another complication. The term is often attributed to a quote by author Shannon L. Adler - "After every storm, there is a rainbow." The more clinical term is "subsequent pregnancy."

Many families identify with the phrase "rainbow baby" because their subsequent pregnancy represents hope after grief. It can also be a way of honoring a child who is no longer living but an ever-present member of your family.

"Your rainbow baby doesn't replace the child you lost or the children you lost," Henke says. "I think that's why people gravitated towards the term rainbow baby because it acknowledges this storm happened and then afterward, there is this hope that comes out of it like a rainbow."

Henke's first child, Nora, was stillborn after a healthy full-term pregnancy in 2012. She described her pregnancy with her second daughter as "holding grief and joy at the same time."

"The most people can be is usually cautiously optimistic," Henke says, "But a lot of times it's like walking a tightrope between trying to take steps toward joy and embracing this baby and bonding with this baby - which is often hard for subsequently pregnant people to do - and then also remembering the baby that died, grieving that baby and holding space for both."

But not every parent identifies with the term "rainbow baby" and wants to refer to their

subsequent pregnancies as such. Henke, also a psychotherapist who specializes in maternal mental health, says she founded PALS with the understanding that not everybody may embrace the rainbow baby philosophy.

On one hand, the term can be shorthand for telling someone about your experience with child loss without getting into the details, Henke says. On the other hand, some parents have issues identifying their subsequent children with that grief. Others have a hard time associating the child they lost with a storm.

"Some people who really take on this terminology, it's not the baby that died that's the storm, it's more about the grief that comes afterward," Henke says.

But for those who do identify with the term, it can be a good way to explain to children the siblings that came before them, especially in the form of children's books.

"If you love it or hate it, I think that we've brought such quick slogan awareness with rainbow baby to the challenges of losing a baby," Henke says. "It's 'both, and' ... a way for us to say 'hey, there's more of family than what meets the eye.'"

## What is a sunshine baby?

A "sunshine baby" is one born before pregnancy loss - a sign of hope and the "calm before the storm," some parents say.

## 'Rainbow baby' parents experience unique pregnancy journey

Subsequent pregnancies - or being pregnant with a "rainbow baby" - aren't like any other pregnancy, Henke says. Her clients, and herself included, don't appreciate friends and family thinking the subsequent pregnancy makes up for loss.

"Don't diminish their losses, don't think that because they're pregnant everything is better now," Henke says. "The idea of the rainbow doesn't negate the storm."

Part of this is the unique stress of loss milestones - approaching the anniversary of the loss, the gestational week where you lost the baby or ultrasounds where you find out the baby's sex. Subsequently pregnant people may feel particularly

anxious at doctor's appointments or worry they're going to jinx the pregnancy.

Having a care team of doctors that understand your situation may help, Henke says, including clinics that have been popping up around the country specializing in pregnancy after loss. PALS also hosts an app where users can learn coping mechanisms for both their physical and emotional health.

**How to support loss parents**

The loss parent community often finds ways to memorialize the child they loss, Henke says. This could be with symbols, tattoos, pictures, jewelry, weighted stuffed animals or quilts.

"The more you can connect with your baby or babies that died or hold space for them and your grief, the more you can actually make space for the baby or children that come after," Henke says.

Friends and family of loss parents can also do their part to incorporate the child that died in their lives as well.

Use the term rainbow baby as a conversation starter. Ask your friend or family member if it resonates with them or, if not, is there something else that resonates more? Is there a certain way they prefer you acknowledge or refer to the baby that died and the baby that's on the way? If they named the baby, would they like you to use that name?

Friends and family should also be mindful of potential triggers for those who have lost a child - baby showers, conversations about grandchildren or relatives who are the same age the child who died would've been.

Healing looks different for every family, but at the end of the day, it's about acknowledging the grief while "holding space for all family members," Henke says.

Retrieved from <https://www.usatoday.com/story/news/2023/09/19/what-is-a-rainbow-baby/70728524007/> on October 16, 2023

# NW Washington Wave of Light



# Tulsa Wave of Light



# In Loving Memory

## **Hayley Jo Archibeque**

April 8-11, 2005  
Given by the Bauer Family

## **Jordan Alexander Booker**

Stillborn January 11, 2007  
Cord accident  
Given by Mommy Norma Jordan

## **Levi Samuel Bowmer**

April 19, 2013  
Trisomy 13 & Tetralogy of fallot  
Given by Jenae and Sam Bowmer  
And little sisters Evie and Val

## **Andre Gabriel Broussard**

Stillborn May 29, 2016  
Trisomy 18  
Given by  
Parents Ana Maria and Ross Broussard

## **Julia Joy Coleman**

Stillborn January 26, 2023  
Unknown cause  
Given by parents Solveig and Jacob Coleman  
and sisters Magnolia and Caroline

## **Jaylen Clark**

December 11, 2013  
**Baby Clark**  
November 7, 2015  
Given by parents Tiffany and Johnny Clark

## **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 Sarah and Savannah

## **Sophia Jane Darnell**

Stillborn May 28, 2013  
Unknown cause  
Given by parents Brea and Tommy Darnell  
and siblings Luke and Piper

## **Riley and Parker Davis**

November 14, 2006  
Premature birth  
Given by  
Parents: Rob and Cheryl Davis  
and siblings Annalise and Owen

## **Roman Lorenzo Delira**

September 4, 2017  
Given by the Delira Family

## **Kaitlyn Marie Dillard**

June 24-July 9, 2013  
Given by The Dillard Family

## **Logan Wayne Fish**

September 17, 2002  
Skeletal Dysplasia  
Given by parents Brittany and David Fish

## **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

## **Felix Dominic "Iggy" Gomez**

April 6 – May 15, 2020  
Given by the Gomez Family

## **Ella Lynn Gonyea**

Stillborn August 24, 2015  
Preeclampsia, IUGR and no amniotic fluid  
Parents: David and Sable Gonyea  
Little sister: Laurel  
Given by Donna and David Gerety

## **Jairus Harrison**

Stillborn February 25, 2005

## **Chase Harrison**

Stillborn April 11, 2009

## **Ethan Harrison**

Stillborn April 13, 2015

## **Clay Harrison**

Stillborn May 10, 2017

## **Legend Harrison**

Stillborn September 28, 2020  
Given by mommy Latosha Harrison

## **Serenity Harrison**

Miscarried December 3, 2009  
Given by parents Curt and Jennifer Harrison  
and siblings Levi, Ziva, Evie and Baby Harrison

## **Amanda Harvey**

May 20, 2005  
Given by mommy Catherine Harvey

## **Jayna Mary Johnson**

January 20, 2020 – March 7, 2021  
Complications from Biliary Atresia  
Given by parents Jainy and Cortney Johnson

## **Ava Josephine Lacy**

January 29-February 5, 2021  
Given by mommy Jennifer Malave'

## **Jonathan Daniel Mitchell**

Stillborn June 24, 1995  
Cord accident  
**Baby Mitchell**  
Miscarried December 2001  
Given by parents Byron and Rebekah Mitchell

## **Rebekah Tikvah Nymeyer**

July 16, 2015  
**Amasiah Nymeyer**  
October 2010  
**Jonah Nymeyer**  
June 2012  
Given by parents Terri and Jonathan Nymeyer

## **Margot Lily Perry**

Stillborn June 10, 2013  
Cord accident  
Gifts given by parents Brandon and Marisa Perry  
and siblings Adeline, Bennett and Noelle  
Grandmother Marie Perry

## **Charlotte Pickard**

Stillborn July 7, 2016  
Given by Aunt Danielle Borchart

## **Douglas Poirier**

February 8, 1986-April 3, 2010  
Parents: Terisa and John Poirier  
Given by grandparents Georgia and Dick Loy

## **Camila Audrey Rodriguez**

June 26, 2023  
Given by parents Bryan and Ashley Rodriguez

## **Henry John Rosche**

Given by John Rosche

## **Molly Schramm**

March 10, 2004  
Diaphragmatic Hernia  
Mommy: Suzanne Schramm  
Siblings: Morgan and Garrett  
Given by Paul Duncan

## **Soriano's Little Angel**

February 19, 2023  
**Isaias Marin**  
July 28 – August 18, 2023  
Given by the Soriano Family

## **Heaven Baby West**

June 30, 2022  
Given by parents Mike and Star West  
and siblings Jaybri and James

## **Gifts of Support:**

Second Baptist Church, Springfield, MO  
William Turner  
Gail Reamy  
Jordan Santiago iCARE Foundation

# Duelo y gratitud sentados en la misma mesa



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

Es interesante cómo las experiencias de la vida y los años cambian nuestras

perspectivas. Cuando llegaron los días festivos del 1995, mi corazón se llenaba de puro dolor, tristeza, confusión e ira. Nuestro bebé Jonathan nació muerto unos meses antes debido a un accidente del cordón umbilical. Había anunciado nuestro embarazo la Navidad anterior, así que por seis meses imaginé lo divertido que sería la próxima temporada de días festivos con la nueva adición a nuestra familia. ¡Nunca soñé que estaría de luto por su muerte!

Estaba muy agradecida por nuestro hijito vivo que acababa de cumplir cuatro añitos, pero emocionalmente estaba destrozada. Me alegré de que todavía pudiéramos ser "Papá Noel" en las Navidades, pero admito que la tristeza profunda que sentí por la muerte de Jonathan abrumadoramente excedió la alegría. ¡Intentar de hacer malabarismos con mi tristeza y mi alegría fue agotador! Nunca había deseado tanto que llegara el mes de enero y dejar atrás esos días festivos. Oh... pero luego, las emociones de dejar atrás el año en que murió nuestro bebé fue.... ¡Otra montaña rusa de dolor!

Afortunadamente, la mayoría de los miembros de nuestra familia estaban tristes así como nosotros y entendieron, lo mejor que pudieron, la lucha que sobreviví, pero sentí que estaba dañando sus espíritus festivos. El Día de Acción de Gracias y la Navidad siempre han sido días muy importantes en mi familia y celebrado a lo máximo. Pero ese año hubo una solemnidad alrededor de la gran mesa familiar en la casa de mis padres. Y me sentí responsable por eso, algo que aumentó mi dolor.

Afortunadamente, esa nube oscura se desvaneció un poco cada año, y ahora aquí estoy, 28 años después. Por cierto, Jonathan y el pequeño bebé que abortamos

espontáneamente en el 2001 son recordados en nuestros corazones y están sutilmente representados en nuestras decoraciones navideñas personales, pero ya no hay un profundo dolor durante los días festivos por sus muertes. ¡Soy parte de la familia feliz nuevamente y por eso estoy muy agradecida! Ahora otros miembros de la familia se sientan alrededor de esa misma gran mesa afligidos por las pérdidas de sus familiares inmediatos, y yo, por supuesto, encontraré triste con ellos y extrañando a aquellos que se han ido al cielo, pero no es esa angustia insoportable que desafortunadamente había sentido antes. Supongo que siempre habrá duelo y gratitud representados alrededor de la mesa cada año, especialmente en familias grandes como la mía. Alguien va a estar pasando por algo. Pero espero haber aprendido de mi propio dolor a ser sensible con aquellos que ahora están en duelo. Y que aunque esta pueda ser una de las mejores temporadas de Acción de Gracias y Navideña para mí, posiblemente sea la peor para un miembro de la familia sentado a mi lado. Oro para que, a pesar de las emociones mixtas representadas en la mesa este año, nos amemos y nos ayudemos a que un día difícil sea un poco mejor, en lugar de mucho peor. Que nuestras propias experiencias de pérdida nos recuerden cómo consolarnos unos a otros y caminar junto a ellos durante su camino de duelo. Porque un día, volverán a estar llenos de gratitud y tendrán la oportunidad de consolar a otras personas con el mismo consuelo que recibieron de nosotros y del Señor.

*"Alégrese con los que están alegres;  
lloren con los que lloran.*

*Vivan en armonía los unos con los otros."*

*Romanos 15-16a*

## Book Review

"Dear Star Baby"

Written by Malcolm Newsome

**D**ear *Star Baby* is a heart-felt story of loss when there is a sibling who is trying to understand and process their feelings of the loss of a baby. Malcolm Newsome did a beautiful job of sharing his family's story in a way that will help explain when there is no baby coming home for an expecting sibling. This book can be used for stillbirths or infancy loss when the baby doesn't come home from the hospital. My girls enjoyed the story because it resonated with them the passing of their brother. I highly recommend this story for families with children.



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

# M.E.N.D. CHAPTER UPDATES

## NW Washington

M.E.N.D. - NW Washington meets on the 4<sup>th</sup> Tuesday of the month at GracePoint Church in Bremerton. We are grateful for our new location!

Keep an eye on our Facebook group and check your email for information about our Christmas Candlelight Ceremony in December.

*Katherine*



## Greater Houston Area



Thank you to all who attended our Walk to Remember on October 14, and to all the amazing volunteers who made the ceremony possible for us to remember our babies gone too soon.

We will start our teddy bear fundraiser in November so we can fill as many local hospitals with teddy bears for baby loss moms.

December 2 is our Annual Christmas Candlelight Ceremony, so please plan to join us. Follow us on Facebook for more details.

*Nikisha*

## National Online Support

James 4:8 says, "Draw near to God and He will draw near to you." Is this true for you in this season? It may be hard to see it, but God is always for you, and He will never leave you.

We are here for you, too. Please follow the Nationwide Online Support Group on Facebook and check out the resources on the M.E.N.D. website. We want to support your family in this season of grief and help you draw near to your Heavenly Father.

*Mallory*

## Columbus, Ohio

"And God said, 'Let there be light,' and there was light." Genesis 1:3 NIV

As winter approaches, the nights will be longer, but we are here to be a shining light for you. We are available to encourage, uplift and support you in remembering your babies and walk with you on your journey toward healing. Your presence at our support groups and private Facebook group can comfort someone else. We are here to help you during the holidays and throughout the year. You're NOT alone...you ARE welcome!

If you need M.E.N.D.-Columbus services or desire to serve, contact me at latrina@mend.org.

*LaTrina*



## Southwest Missouri

M.E.N.D.-SW Missouri had a sweet time of fellowship and remembering our babies in heaven at our October Remembrance event and Wave of Light. Each family made a candle, and we joined in lighting them at 7:00 for the Wave of Light, each saying our baby's names. We are so thankful to Graceway Baptist Church for the use of the Pavilion, Maksym Sydko for the beautiful photos, and for Travelers House Coffee and Tea for the hot coffee and hot water for cocoa on the cool autumn night.

We are looking forward to our time together at our Christmas Candlelight Ceremony on December 4. Please reach out to me at jennifer@mend.org for more information. I know the holidays can be hard, yet we pray you will find some gentleness and peace as you remember your babies this season.

*Jennifer*



## MidMichigan

M.E.N.D.-MidMichigan will hold our 5<sup>th</sup> Annual Holiday Memorial Ornament event on Tuesday, December 5, at 7:00 PM at Christian Celebration Center. Please visit the M.E.N.D.-MidMichigan group at fb.com/MENDMidMichigan to RSVP so we



have enough materials for everyone. This is a great event to share with other loss families that may want to honor their babies around the holidays. Please contact me with any questions at karen@mend.org.

*Karen*

## East Valley, Arizona

M.E.N.D.-East Valley Arizona continues to meet on the 2<sup>nd</sup> Thursday of the month. We are looking forward to our 2<sup>nd</sup> Annual Candlelight Ceremony on December 5, so watch our Facebook group for more information to come!

*Danielle*



## Men of M.E.N.D.

Let us come together and talk about our babies. The holiday months are here, and can be some of the hardest ones to deal with. Come join our Zoom group to have a shoulder to lean on.

Men of M.E.N.D. holds a monthly Zoom support group every 3<sup>rd</sup> Monday of the month at 8:00 PM CST. I am looking forward to seeing you. If you can't make it, I pray you have some comfort and peace.



*Matt*



**Tulsa, Oklahoma**

I am grateful to fellow M.E.N.D. Mom and founder of London is the Reason, Kristin McQuaid, for the donation of a beautiful piece of art in honor of the 329 babies M.E.N.D.-Tulsa has had the honor of remembering as of October 13.



It is an honor to walk alongside grieving moms, and October was definitely a month of activities and opportunities. The Pregnancy and Infant Loss 5k was held in early October. They are always so generous to donate 50% of their profit to M.E.N.D.-Tulsa.

The Macy's Distribution Center in Owasso chose M.E.N.D.-Tulsa as their nonprofit to support for October. We would like to thank them for their support through a bake sale in which they donated the profits to us, as well as distributed our fliers to all 600 employees. I am always grateful for the different opportunities to introduce new people to M.E.N.D.

We also had the opportunity to partner with Tristesse Grief Center for a Wave of Light Ceremony.

We are in the process of planning our Christmas Candlelight Service in early December. Be on the lookout on our Facebook group, website and email for more info as it comes available.

Cat

**Pregnancy and Parenting After Loss Support**

M.E.N.D. - Pregnancy and Parenting After Loss Support Group is for parents who are pregnant after a loss or who are considering trying to conceive again after a loss. Our group takes a break in November and December, but will resume in January, meeting via Zoom at 7:30-8:30 PM Central time on the 4<sup>th</sup> Tuesday of the month.



Marisa

**Chicagoland**

M.E.N.D. - Chicagoland remembered and honored our babies at the October support group. We wrote a message to our baby on a balloon, and listened to a poem before releasing our balloons. Letting go is always difficult, and we are grateful to have the support of each other.



Chicagoland is looking forward to decorating the M.E.N.D. tree at Brookfield Zoo's Holiday Magic. We will decorate on Saturday, November 11 and the tree will be available to view through the New Year. Please contact me or watch for more details on our Facebook group and emails. The tree decorating is a reflective way to start the holiday season by honoring and remembering our precious babies.

Becky

**SW Missouri Wave of Light**



## 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](http://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](mailto:rebekah@mend.org)  
[jennifer@mend.org](mailto:jennifer@mend.org)  
[www.mend.org](http://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  
Pregnancy Loss and Infant Death Alliance



## M.E.N.D. Leadership

### Board of Directors

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### 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 2<sup>nd</sup> Thursday of each month at 7:30 PM

Daddies group meets the 2<sup>nd</sup> 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 1<sup>st</sup> 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](mailto: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

#### **NEW NIGHT AND LOCATION!**

Meets the 4<sup>th</sup> Tuesday at 6:30 PM

GracePoint Church  
8278 WA-303

Bremerton, Washington 98311

Chapter Director: Katherine Sandoval  
katherines@mend.org, (360) 662-6161

### M.E.N.D.–SW Missouri

Meets the 1<sup>st</sup> Thursday at 7:00 PM

Project H.O.P.E.

1419 S. Enterprise Ave  
Springfield, Missouri 65804

Chapter Director: Jennifer Harrison  
jennifer@mend.org, (417) 770-0600

### M.E.N.D.–Columbus, Ohio

Meets on the 2<sup>nd</sup> Monday, at 6:30 PM

Paul Mitchell-The School of Columbus  
3000 Morse Road

(Upstairs Conference Room)  
Columbus, Ohio 43231

Chapter Director: LaTrina Bray  
latrina@mend.org (614) 530-5128

### M.E.N.D.–Chicagoland, Illinois

Meets the 1<sup>st</sup> Tuesday at 7:00 PM

#### **NEW LOCATION!**

St. Paul Lutheran Church  
545 S. Ardmore Ave.

Villa Park, IL 60181

Chapter Director: Becky Luedtke  
becky@mend.org, (630) 267-9134

### M.E.N.D.–Greater Houston Area

Kingwood Area, Texas:

Meets the 2<sup>nd</sup> Thursday at 6:30 PM

Lone Star College Kingwood  
Classroom Building A (CLA) Rm 113

20000 Kingwood Dr.

Kingwood, TX 77339.

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

### M.E.N.D.–Tulsa, Oklahoma

Meets the 3<sup>rd</sup> Tuesday at 7:00 PM

The Office Tulsa  
5401 S Harvard Ave  
Tulsa, OK 74135

Chapter Director: Cat Markham  
cat@mend.org, (918) 694-4325 (HEAL)

### M.E.N.D.–MidMichigan

Meets the 1<sup>st</sup> Tuesday, at 7:00 PM

#### **NEW LOCATION!**

Christian Celebration Center  
6100 Swede Ave

Midland, MI 48642

Chapter Director: Karen Kilbourn  
karen@mend.org, (989) 577-5755

### M.E.N.D.–East Valley, Arizona

Meets the 2<sup>nd</sup> Thursday, at 6:30 PM

Queen Creek Library

Edward Abbey room  
21802 S Ellsworth Rd

Queen Creek, Arizona 85142  
Chapter Director: Danielle Radler  
danielle@mend.org, (602) 699-6228

### Subsequent pregnancy group

meets the 4<sup>th</sup> Tuesday

from 7:30 - 8:30 PM via Zoom.

Please visit [www.mend.org](http://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 3<sup>rd</sup> Thursday at 8:00 PM (CST)

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

Chapter Director: Mallory Gallagher  
mallory@mend.org

#### Men of M.E.N.D.

Held the 3<sup>rd</sup> Monday at 8:00 PM (CST)

to join, contact,

Chapter Director: Matt McGhee

Matt@mend.org

Facebook Group:

[www.facebook.com/groups/MENofMEND](http://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>.

The order deadline for 2024 installation is July 15, 2024. To ensure the bricks are ready for the 2024 Walk to Remember, brick orders will be closed from July 16 – October 4, 2024.



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

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U.S. POSTAGE  
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DALLAS, TEXAS  
PERMIT NO. 57



*We pray the holiday season will be gentle on your heart.*  
Mommies Enduring Neonatal Death