



Living with a Loss After Five  
Years or More

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Nearly six years have passed since the stillbirth of Byron and my second son, Jonathan Daniel. After his death I was repeatedly reminded by well-meaning people of the adage, "time heals all wounds", which is true in part, but we must realize that no amount of time makes the sorrow completely go away. As mothers we never get over our loss; we learn to move forward and go on with our new life, but the heartache never entirely diminishes. The memories that were once so incredibly painful eventually become bittersweet and allow us to remember our babies without feeling as if our heart is breaking once again.

Despite the years that have gone by, I can still cite the date of every milestone during my pregnancy with him. Filed away in my bedroom is my 1995 calendar which contains records of all my doctor appointments and hospital stays. There is a number above every Thursday denoting a new week of gestation, along with a huge square around September 7, which was my due date. I remember the day my pregnancy was confirmed, the week the sonogram revealed my baby was a boy, how far along I was when my doctor put me on bedrest and the morning I was hospitalized. However, no date is as vivid to me as June 24, 1995, which is the day my little Jonathan went to be with Jesus. I can recount every minute detail from the moment I woke up that morning until the afternoon his perfectly formed body was placed in the ground five days later. No matter how many years pass, I will always remember.

As I reflect over the past 5 1/2 years sometimes I have to convince myself that it *really* happened. As I reminisce my pregnancy and Jonathan's death, followed by the months of grieving, I cannot believe I actually survived it all. The hours I spent searching for the answers to my "why" questions, the sleepless nights, the feelings of isolation and desperation are not pleasant memories, yet now I see so many good things that have resulted from my loss. Obviously I would do anything to have Jonathan back, but I now know that his death was not in vain but has meaning. I often tell our support group members that we have two choices following a baby's death. We can either become hard, resentful people or we can eventually get to the point of saying, "Okay Lord, you allowed this to happen for a purpose. Show me what to do with it." It is up to us as parents to make our babies' lives, through their deaths, count for something. What kind of legacy would we give them if we remained bitter and angry for the rest of our lives?

We chose to focus this issue on losses that occurred 5 years ago or more because some believe after a certain amount of time we as parents should have picked up the pieces of our lives and in a way forgotten the tragedy that occurred so many years ago. I want to assure all of us who have now endured several anniversaries of our children's deaths, many holidays wondering, "what if..." calculating what grade in school they would be in, and imagining who their friends would have been that it's okay to still hurt and it's normal to still cry at times. I further charge you to make something positive out of your loss. Seek a support group where you can volunteer your time to reach out to fellow grieving parents or visit the guestbook on our website on a regular basis and write to the ones whose losses were recent and so desperately need comfort. Finally, thank the Lord that through your suffering you have gained perseverance, character, and hope (Romans 5:3-4).

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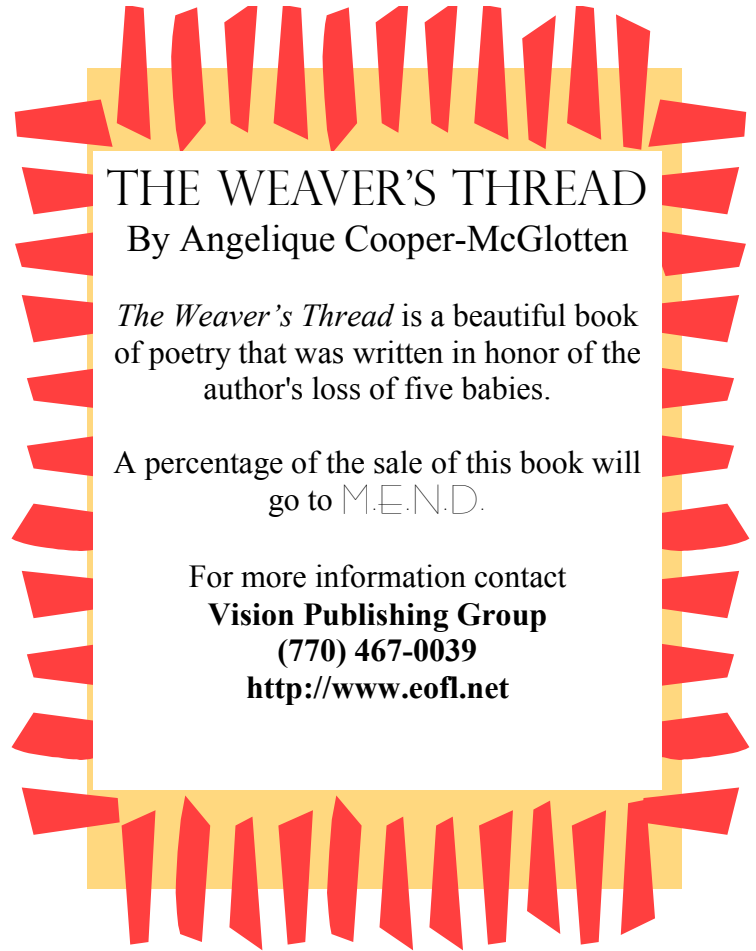
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**BABY GRANT**

You started out the size of a little gnat.  
 We nourished you for nine months, like a precious little plant.  
 Waiting in great anticipation for the day you would be born.  
 Only to realize the sadness to mourn.  
 You made your appearance as a stillborn.  
 A tiny little thing, five pounds at the most.  
 With red hair and a dimple in your chin,  
 we already knew you were like a ghost.  
 But we held on tight, hoping with all our might,  
 That it was only a dream, but "oh no!"  
 Your mother would scream and scream.  
 It's been five years now and we have survived.  
 Playing with your brothers Joshua two and Casey almost four.  
 Of course your older sister, Lauren,  
 is a high school sophomore.  
 That would have been a total of four.  
 But in your daddy's dream before you were in the ground,  
 A knock, knock on the door at one-thirty in the morn'.  
 Your little voice spoke, so happy with a smile,  
 "Hello Daddy, I can only stay for a while. I came to say  
 Good-bye, so I've got to go now.  
 This is Jesus here, holding my hand.  
 I must go now and walk with Him in another land."

*Written by Daphne Marie Salines  
 In loving memory of her grandson,  
 Grant Jacob Spachek*

**“He Would Be Five Today”**

I keep thinking, "He would be five today." Five years old. He would be going to kindergarten next month. He would be learning something new every day. I wonder what kind of boy he would be. Would he love to play ball? Would he be learning to ride a bike? Or would he like cars, especially red ones? I wonder what he would like.

I keep thinking, "He would be five today." I wonder if he would bug his Dad to take him fishing. Would he want to go to work with him? Would he idolize his Daddy, as boys tend to do? Would he want to be just like Daddy? I wonder who he would be.

I keep thinking, "He would be five today." Would his favorite cake be chocolate or strawberry? What kind of toys would he be begging for? Would he like computer toys or cowboys and Indians? Would he want to have tools just like big guys have? I wonder what he would like.

I keep thinking, "He would be five today." I wanted to show him all about life. I wanted to teach him to ride that bike. I wanted him to beg for a story and to climb in my lap. I wanted to clean the chocolate frosting off his sweet face. I wanted to have him here, giving me hugs and clowning around. I wanted to roll in the floor with him and tickle his little toes and I wanted to pinch his cheeks and pull his nose. I didn't want to wonder what he would like, or who he would be.

I keep thinking, "He would be five today." I miss my little boy. I miss him for the precious baby he was and for the boy that might have been. I miss him for the memories I have and for the dreams that could have been. I miss the firsts in his life. His first step, his first word. I miss launching him into life...toddlerhood, kindergarten, adolescence, and graduation. I wanted to see who he would be.

I keep thinking, "He would be five today." I cannot believe the years have passed. I cannot believe our family has survived without him. But I know we really haven't. He has always been here. He will always be here. He is a part of our lives. We hold him in our hearts...and yet...I still wonder who he would be.

He would be five today.

*By Lisa Sculley In loving memory of her son Joey, 7/16/92 to 10/7/92. Sudden Infant Death Syndrome  
 From the Helping After Neonatal Death (H.A.N.D.) website, "First Person Stories", <http://www.h-a-n-d.org/parents/sharing/poetry/fivetoday.html>*

*In some ways it is hard to believe that it has been five and a half years since we lost our precious daughter Sarah. But most of the time it seems like a lifetime ago...*

*I woke up one morning three days before my due date and did not feel any movement. I had no idea how dramatically my life was about to change. As I look back now, I know that through my experience with Sarah I have so much to be thankful for. I have learned a great deal about myself and others. I have a new level of compassion and understanding for any type of loss. I appreciate my living children even more than I thought I could. I am still amazed at my husband's thoughtfulness and handling of the entire ordeal. I am so thankful for the friendships I have made with other women who have experienced the loss of a baby that I would never have known. And lastly, after working through our grief together and then through two subsequent pregnancies, I know that we are so much closer as a family than we would have ever been otherwise.*

*I still think about Sarah almost every day, and there are tangible reminders of her scattered through our lives. We talk about her and visit the cemetery occasionally. But time has made it so much easier. Although I do not understand why God chose Sarah, I am at peace about it. I am comforted knowing that when I get to heaven she will be there to greet me.*

*Lori King*

*Mother of Sarah, stillborn June 22, 1995,  
and Brooks - 7, Kaylee - 4, and Brady - 10 months*

### May/June Topic

Mother's Day and Father's Day  
Deadline - March 31, 2001

### July/August Topic

Pregnancy/Infant Loss and Infertility  
Deadline - May 31, 2001

Stories, poems, thoughts, and/or feelings regarding these topics are welcomed. Submissions must be received by the deadline to be considered for publication in the newsletter. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please see the back page of the newsletter for the appropriate address to send your submissions. Any submission printed in our newsletter will also be posted to our website indefinitely unless we receive notice in writing that you are only granting permission for your submission to appear in the printed version of the newsletter.

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### Kroger Shoppers Can Now Help M.E.N.D.

Those of you who shop at Kroger can help M.E.N.D. Kroger will donate a percentage of all purchases of those shoppers who have and use a Kroger Share Card. To obtain your Kroger Share Card, Please call or e-mail Rebekah via one of the ways listed on the last page of this newsletter. Be sure to let us know how many you would like.

### Do You Shop at Tom Thumb?

Anyone who is a Tom Thumb shopper can help M.E.N.D. with their purchases. If you have a **Tom Thumb Reward Card**, please ask the cashier to link your card with M.E.N.D. **Our number is 6265**. If you are already linked to another organization, they will split your purchases between the organizations. Tom Thumb will donate 1% of all sales back to M.E.N.D. If you don't have a Reward Card, it only takes about five minutes to get one.

*The Reward Cards can also be used at Randalls and Simon David stores.*

## M.E.N.D. Support Group Meetings

Join us in a time of sharing experiences.

### Regular M.E.N.D. meetings

are held the  
2<sup>nd</sup> Thursday of every month from  
7:30 - 9:00 p.m.

**Mommies AND Daddies are both welcome at all of our meetings.**

#### *Threads of Hope, Pieces of Joy* Bible Study

Please contact Jana Spigener  
at (817) 468-9963 or  
gaspingener@aol.com if interested.

#### Playgroup

*For families with children born prior  
to or subsequent to a loss*  
Contact Pam Morren  
At (972) 335-8202  
ashtonsmom98@hotmail.com

### Our Daddies Group

meets the 2<sup>nd</sup> Thursday of  
March, June, September, and December  
From  
7:30 - 9:00 p.m.

**This is a special time for Daddies to get together and discuss concerns unique to them as fathers. Our moms and dads meet together for introductions before dividing into two groups for discussion**

For more information or directions,  
Call (972) 459-2396.

### Subsequent Pregnancy Group

meets the 4<sup>th</sup> Tuesday  
of each month from  
7:30 - 9:00 p.m.

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

#### **All support group meetings are held at:**

**1159 Cottonwood Lane, Suite 150  
Irving, Texas (Las Colinas) 75038**

(This is on the west side of MacArthur  
Boulevard, across the street from the Four  
Seasons Resort.

There is a Holiday Inn Express at the entrance of Cottonwood Lane.)

# Birthday Tributes to Our Special Babies



*Richard James*

We cannot believe that it's been a year since we were expecting your arrival on March 6<sup>th</sup> and the doctor couldn't find your heartbeat on March 1<sup>st</sup>. It still seems like it happened yesterday. We miss you very much, but we also know that you are in God's loving arms.

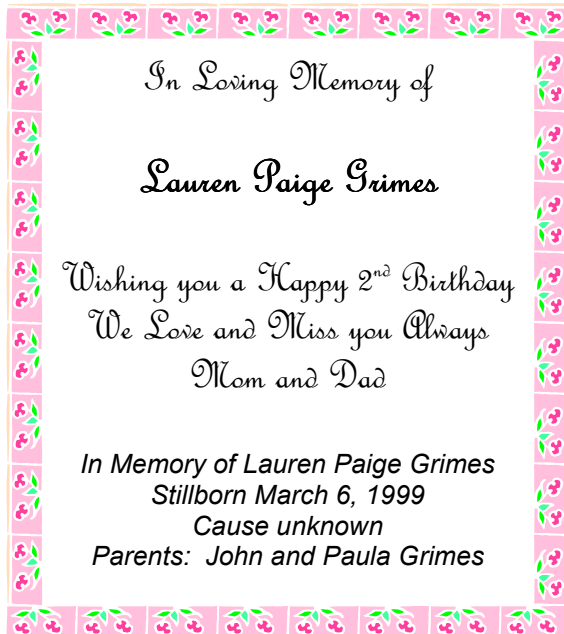
We never got a chance to really know you because you were taken much too soon. We can't believe it's been a year since we held you in our arms and kissed your tiny head.

Your Big Sister Ashley wishes you could come back to us and misses you quite fiercely. She never really got to be your Big Sister. She only got to hold you and rock you, hug you and kiss you for a short time and wishes it could have been more. She still cries for you.

We are slowly healing but it's been a hard first year. You are always in our hearts and on our minds. We love you very much.

Love,  
Mommy, Daddy and Ashley

Parents: Daryl and Diane Smith  
Big Sister Ashley  
In loving memory of Richard James  
Stillborn March 1<sup>st</sup> 2000,  
due to spiraled cord



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

I can't believe it has been two years since we held you in our arms. We love and miss you.

There is not a day that goes by without us thinking of you. Have a great birthday party in Heaven with Jesus, Our Little Love Bug! Until we see you again, catch our kisses to Heaven!



Love,  
Mommy and Daddy

*Chandler Allred*  
stillborn March 4, 1999 due to Fetal Acrania  
Parents: Mark and Amy Allred  
Little Brother: Christopher



## *Happy 2<sup>nd</sup> Birthday Kayce Dolores Bramlett*

*Happy Birthday baby girl. We miss you so much. We were truly blessed to have you for the day and a half here with us on earth. We memorized your face and tiny body and only have to close our eyes to see you. You are always in our hearts and our thoughts. Thank you for watching over us and for watching over your little brother that is on the way. Thank you for giving us such a special gift...to be called "parents".*

*We love and miss you,  
Mom and Dad*



*Kayce Dolores Bramlett  
Parents: Deidre' and Kyle Bramlett  
March 14-15, 1999  
Incompetent cervix/premature complications*

A little glimpse of Heaven was given us today.

A tiny, baby daughter for which had we prayed.

Rianne's time here was short, she didn't have long to stay.

Each day our hearts will long for her, but as an angel she will play.

She is welcomed by our loved ones who have gone on before, and we'll

see her waiting for us just inside

Heaven's door.

A little glimpse of Heaven was given us today.



**Happy 4th birthday Rianne!**  
**Love, Mommy and Daddy**

*In loving memory of Rianne Elisa Scrivner  
March 4 - 7, 1997  
Severe Hydrocephaly  
Parents Bill and Rae Scrivner  
and little sisters Chanie and Casidy*

**Happy Birthday,  
Carson**

**We miss you and will  
forever love you!  
Daddy, Mommy,  
and Blake**

*Carson Mitchell Shaw  
Stillborn April 1, 1999*

*Cause unknown*

*Parents: Aimee and Randy  
Shaw*

*Big brother: Blake*



**Happy Birthday Blake**

*It's hard to believe it has already  
been two years since we saw your  
face. Our love for you continues to  
grow day after day. We know you  
are watching over little Lauren in  
Heaven now.*

*We love you, our first little angel.  
Mommy & Daddy  
& little brother Zachary*

*Blake Leland Allen  
Stillborn April 21, 1999,  
due to incompetent cervix*

*Parents: Jan and Sean Allen  
Siblings: Zachary  
and  
Lauren Grace, stillborn 2/13/00*

**Happy 2nd birthday, sweet Chandler.**

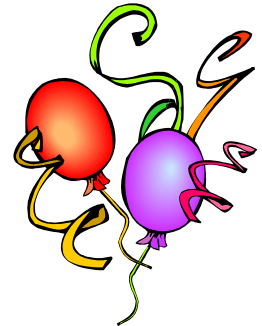
**We love and miss you!  
Nana & Papaw (Billie and Doris Yancey)**

*In memory of  
Chandler Allred*

*Stillborn March 4, 1999 due to Fetal Acrenia*

*Parents: Mark and Amy Allred*

*Little brother: Christopher*

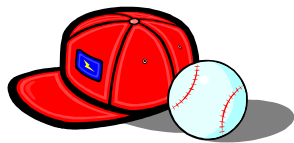


**Happy 2nd  
Birthday, Troy!**

**Your short life changed ours  
forever. You will always be our  
"little champ"!**

**Love,  
Mommy, Daddy,  
big sister Hannah,  
and little sister Mia**

*In memory of Troy Carlin Smith,  
stillborn Feb 19, 1999,  
due to a bladder obstruction  
Parents: Shane and Allyson Smith*



Twelve months have gone by  
Since the loss of our twins  
With each day that's passed  
We're in March again

They say time heals all  
The sorrow and pain  
But often you're thought of  
And the sadness remains

Our two little angels  
In our hearts are so dear  
We always will love you  
And wish you were here

We send you this wish  
With all of our love  
Happy Birthday to both  
Of our angels above

**Happy 1st Birthday  
Noah and Sharon  
March 25, 2001**

**Love always,  
Mommy, Daddy, and Zachary**

*In loving memory of Noah and Sharon Mendias  
Born and passed March 25, 2000  
due to premature labor  
and Fraternal Twin to Twin Transfusion  
Parents: Michael and Kelli Mendias  
Big Brother: Zachary*



### Learning to Let Go

The bond between parent and child is very deep. The bond between mother and baby is especially deep. When death causes this physical and emotional bond to break, parents are faced with the difficult task of letting go. Letting go is an emotional challenge that wrenches the heart when one first considers the need to let go.

Letting go is a process; for some it's a continual process for years, saying goodbye to one aspect of the relationship and then another. For others, the parent hangs on to everything tightly all along, then lets go either all at once or gradually over a short time period. Because our personalities all differ, your process will be unique to your situation.

Letting go does not mean we erase all the memories and love of our child. Letting go is simply releasing our yearning and pain.

"But how could I let go of my precious baby?! That would be like betraying them!"

Letting go may seem like a betrayal, but it's not. It's simply choosing to release our preoccupation with our deceased baby, which allows us to concentrate less on their loss and more on the good memories so we can devote more of ourselves to the ones around us. Releasing them permits us to say "yes" to life. Our child would not want us to be continually focused upon him or her to the point we miss out on the everyday joys around us. We take only one day at a time, but after releasing them the future looks less bleak.

There is no set time to let go of your baby after his or her death. Some are able to let go months after the funeral; others require much more time. Complications to the grieving process such as court cases, a violent death, multiple losses, not having worked through previous loss, not knowing the circumstances of death, not viewing the body, moving, having another pregnancy before you've had time to heal much, compulsive behaviors and many other factors may have the bereaved family concentrating on other things during the first year rather than working through their grief, so saying good-bye often occurs much later for those with complications to their grief experience.

Many find that letting go or saying good-bye is not only an emotional release, but a spiritual release as well. God already is taking care of their child, but it's a time when the bereaved let go and give Him the custody of their child, which He already has.

Some parents have found it very comforting to mentally place their baby in Jesus' arms or take the child's hand and place it in the hand of

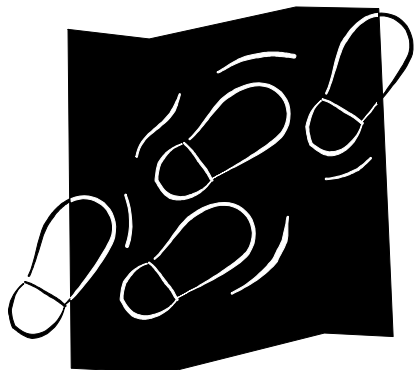
*Continued on page 11*

Make plans now to attend the next

## Walk to Remember

October 27, 2001

3:00 p.m.



## Music Resources

The following music has been helpful to others during their time of grief.

### *Angel Unaware*

Words and music by  
Shari Buie and Tamara Miller  
HeartSong 96  
P.O. Box 450204  
Garland, TX 75045-0204



### *Home Free*

Words and music by Wayne Watson  
Watson's *Home Free* CD can be found at most Christian bookstores.

### *Together We Can Heal*

A beautiful collection of music for bereaved families. Call or write:  
Source Music  
P.O. Box 1543  
Colorado Springs, CO 80901  
719-442-0152/ 800-338-4312 (orders)  
<http://www.sourcemusic.com>  
<http://www.sourcemusic.com/heal>  
(This URL takes you directly to the recording.)

### *Thought You'd Be Here*

Words and music by Wes King  
From his CD *A Room Full of Stories*, available for purchase at most Christian bookstores.

### *I'll Meet You in the Morning*

By Karen Ritchey  
<http://www.members.cnx.net/kritchey/>  
e-mail: [kritchey@cnx.net](mailto:kritchey@cnx.net)

### *With Hope*

By Steven Curtis Chapman  
From his CD *Diving In*, available for purchase at most Christian bookstores.

### *Goodbye for Now*

Words by Kathy Troccoli, music by Scott Brasher and Kathy Troccoli  
From Troccoli's CD *Corner of Eden*, available for purchase at most Christian bookstores.

### *Glory Baby*

Written by Nathan and Christy Nockels  
Found on Watermark's *All Things New* CD, can be purchased at Christian bookstores.



***A Mother Always Remembers***

*You try not to speak her name  
thinking you will cause more pain,  
but a mother needs to remember.*

*You long for me to be the same  
not realizing the change that came.  
A mother can't help but remember.*

*I struggled to live when she went away.  
I questioned why God had me stay.  
There is pain when a mother remembers.*

*Though tears no longer stream down my face,  
and my smile you can now embrace;  
A mother still remembers.*

*Yes, time has eased the hurt away,  
but I think about her every day.  
I thank God that a mother can remember.*

*When you say "that seems so long ago,"  
I wonder if you really know  
that a mother can only remember.*

*For you today's another day.  
For me, it's five years since she went away.  
Even still, a mother remembers.*

*I am now the Mommy of two little boys,  
and God has renewed my faith and joy.  
Yet a mother always remembers.*

*Sometimes others that I meet  
will ask if my family is now complete.  
A mother often remembers.*

*Whether her child is here or there,  
she loves each with tender care.  
A mother longs to remember.*

*So if she happens to cross your mind,  
then telling me would not be unkind.  
For you see, a mother remembers...*

*That a precious child once entered her heart--  
Once there, her child would never depart.  
A mother always remembers.*

*Because there is much left to do  
helping those who've known loss, too,  
a mother must always remember.*



*By Jana Spigener,  
Mother to Mercedes Ruth  
Stillborn 9/21/95  
And Twin Blossoms, miscarried 7/96  
and 8/96*

*Editor's note: The following article was submitted for our January/February issue, which dealt with the topic of experiencing a loss during multiple births. We regret that Ms. Busbee's article was accidentally omitted from that issue.*

***My Shattered Dream***

On November 11, 1999, I found out I was pregnant with my second child. I already had a little boy, so now I dreamed of a little girl. Thirty minutes after I found out I was pregnant I found out it was twins. Yes, I was having two. I was all alone at the doctor's office and very scared. At that same visit they told me they saw no separation in the babies' sacs. I had no idea what that meant. I rushed to tell my husband, who was even more excited than I was. He hoped it would be two girls. The doctor sent me to a specialist who agreed I had monoamniotic twins, a new term for me, but something I now understand. The same ultrasound also revealed our dream of two identical girls. We quickly named them Katlynn and Kaylena. But on our next ultrasound the dream would be shattered. The nurse quickly scanned me and said the words I will never forget: "One of the babies has passed away." I died at that moment. I had to go on for Kaylena, even though I lost Katlynn. I was so concerned. Would I deliver? Would she make it? I had to go until 32-34 weeks for a good chance. And on March 3, 2000, I delivered my girls, one silent and one healthy. Now I have an 11-month-old little girl who is at times all alone. I truly cannot express the pain of losing one of my girls, and I can't imagine not having the other one!!! *Katlynn Lee Busbee, born an angel on March 3, 2000.*

*by Brandi Busbee*

*In memory of Katlynn Lee Busbee, stillborn March 3, 2000*

***Baby Mine***

Dear little baby mine, I cannot know  
If I should call you son or daughter dear,  
I only know God wanted you up there.  
It was not best that I should keep you here..

I never saw your eyes—I wonder now  
If they were blue and if your hair would curl,  
I only know God holds a baby close,  
And it is mine, my little boy—or girl.

You've been so very much a part of me  
These long weeks past, I can but wonder why.  
But God knows best, He'll take good care of you.  
Much better than I could—and yet I sigh.

In dreams I'd felt the softness of your skin,  
I'd seen the shining silkiness of your hair.  
I'd planned your name and many, many dreams  
That won't come true, because you've gone up there.

But someday I shall see you, baby mine,  
I'll hold you in these arms so empty now -  
If you had stayed you'd had to suffer too,  
And so I know 'twas best. I only bow

My head and whisper one lone prayer to God,  
To take away the loneliness I feel today,  
And till time heals the hurt, help me to say,  
With sincere heart, "Thy will—not mine, always."



*Author Unknown  
Shared by Gloria Martin  
From Bereaved Parents  
Share, 2/2000, Page 41*

## Support Groups

Several months ago we requested that our subscribers send us information about their support groups that we could include in our database. If you would like your support group added to our directory, please send the pertinent information to Rebekah at either the M.E.N.D. postal address or our e-mail address.

### United States

#### ARIZONA

Arizona SIDS Alliance  
PO Box 85001-1111  
Phoenix, AZ 85001  
1-800-597-7437

#### CALIFORNIA

HAND (Helping After Neonatal Death) of  
Santa Clara County  
PO Box 341  
Los Gatos, CA 95031  
(408) 732-3228  
www.h-a-n-d.org  
info@h-a-n-d.org

Good Mourning Pregnancy and Infant Loss  
Support

3389 Via Dona  
Lompoc, CA 93436  
(805) 733-5225  
ctmontel@best1.net  
Meet the 1st and 3rd Monday 7-9:00 p.m.  
Pregnancy Support Center  
601 East Ocean Ave Suite 6  
Lompoc, CA 93436

HAND of Peninsula  
Sequoia Health and Wellness Services  
702 Marshall St.  
Redwood City, CA  
(650) 367-6993  
Contact Celia Hartnett

#### ILLINOIS

Healing Hearts of Rockford  
c/o Rockford Memorial Hospital  
Dept. of Maternal - Fetal Medicine  
2400 N. Rockton Ave.  
Rockford, IL 61103  
Or call Ask-A-Nurse (815) 971-3737

#### INDIANA

Resolve Through Sharing  
Community Hospital  
901 MacArthur Blvd.  
Munster, Indiana 46321  
(219) 836-4571  
Contact: Sue Armstrong  
Group meets at 7:30 p.m. on the second  
Wednesday of each month.

Healing Hearts  
Saint Joseph Regional Medical Center  
801 East LaSalle Ave.  
South Bend, IN 46617  
Contact: Melissa Barrett  
(219) 282-2147  
noahsmom@mvilleage.com

#### NEW JERSEY

MISS  
502 Montgomery Ave.  
Somers Point, NJ 08244  
(609) 653-3046  
www.geocities.com/Heartland/valley/1800/  
miss.html  
4ourkids@msn.com  
Contact: Kathy Evans

MIDS (Miscarriage, Infant Death & Stillbirth  
Support Group, Inc.)  
16 Crescent Dr.  
Parsippany, NJ 07054-1605  
(973) 263-6730  
mids@nac.net  
Contact: Janet Tischler

#### TENNESSEE

Friends Helping One Another Through Loss  
Child Loss Support  
Teenagers Coping With Child Loss  
(Three different groups)  
42 Kilday Lane  
Greeneville, TN 37445  
Angel\_Mommy\_1999@yahoo.com  
or  
Chrissy\_poooh\_99@yahoo.com  
http://www.angelfire.com/tx2/angelbecca/  
Contact Person: Jean Stewart

#### TEXAS

MEND  
PO Box 1007  
Coppell, TX 75019  
(972) 459-2396  
(888) 695-MEND (toll free)  
http://www.mend.org  
Rebekah@mend.org  
Contact: Rebekah Mitchell  
Meetings are held at 1159 Cottonwood Ln.  
Irving, TX 75038  
2nd Thursday of every month at 7:30 p.m.

Share of Fort Worth  
North Hills Hospital  
Grapevine Hwy & Hwy 820  
Meets 2nd Wednesday  
7:00 p.m.  
Contact: Lorin Koemel  
9077 Elbe Trail  
Fort Worth, TX 76118  
(817) 595-0833  
E-mail koemel@hotmail.com

South Austin Medical Center  
Austin, TX  
(No other information given)

Resolve Through Sharing  
Charlton Hospital  
3500 W. Wheatland  
Dallas, TX 75237  
Meets the 3rd Wednesday of every month  
at 7:30 p.m.

### Australia

Murraylands Lutheran Stillborn Infant  
Support Service  
11 Ida St.  
Murray Bridge, South Australia 5253  
(08) 85324627  
(08) 85324897  
Contact: Lynne Schulz

### Canada

Morning Light Ministries  
St. Mary Star of the Sea Church  
11 Peter St. South  
Mississauga, Ontario L5H-2G1





## Subsequent Births

**Robert and Sheri Kowalski  
and big brother Robert**

of Dallas, Texas,  
joyfully announce the birth of  
Ashley Hope,  
July 10, 2000.  
She weighed 8 lb., 6 oz.,  
and was 19 <sup>3</sup>/<sub>4</sub> inches long.  
The Kowalskis lovingly remember  
William Joseph,  
stillborn August 12, 1997,  
due to premature labor caused by fibroid  
tumors.

**Betsy and Skip Stone  
and big sister McClain**

of Dallas, Texas,  
announce with joy the arrival of  
Claire Tillman,  
born Sept. 28, 2000,  
weighing 8 lb., 12 oz.,  
and measuring 20 <sup>1</sup>/<sub>2</sub> inches long.  
The Stones remember with love  
Erin Tillman,  
August 12-31, 1998,  
due to complications  
from premature birth.

**Nancy and Les Brown,  
along with their children Cody and Tyler**

of Hudson, New Hampshire,  
announce with great joy the birth of  
Alana Noelle,  
born December 19, 2000, at 10:00 a.m.  
She weighed 8 lb.  
and was 21 inches long.  
The Browns lovingly remember  
Kali Alyssa,  
stillborn April 12, 1996,  
due to unknown causes.

**Lance and Shannon Garnett,  
along with big sister Raelene Viktoria**

of Willows, California,  
welcomed  
Danelle Lynn  
to the world on December 18, 2000.  
She weighed 9 lbs., 9 oz.,  
and was 20 inches long.  
The Garnetts lovingly remember  
Adrianna Marie,  
September 5-12, 1997,  
due to a left ventricular aneurysm.



**Gina and Glenn Johnson**

of West Hartford, Connecticut,  
announce with joy the birth of  
Daniel Phillip,  
December 28, 2000.  
He weighed 6 lb., 2 oz., 19 inches long.  
The Johnsons remember with love  
Phillip Thomas,  
stillborn November 28, 1999,  
due to a cord compression.

**Carla and Al Fox**

of Northridge, California,  
announce the arrival of  
Brianna Mae,  
born December 10, 2000,  
7 lbs., 6 oz., 19 <sup>1</sup>/<sub>2</sub> inches long.  
The Fox family lovingly remembers  
Brittany Lark,  
stillborn July 28, 1999,  
due to a cord accident.

**Doug and Stacey Lange,  
along with big brothers Collin and Mason**

of Snohomish, Washington,  
announce the birth of  
Olivia Ann-Marie,  
born December 6, 2000,  
8 lb., 2 oz., and 21.5 inches.  
The Lange family lovingly remembers  
Griffen Douglas,  
stillborn May 27, 1996,  
due to hemorrhaged umbilical cord.

**Chuck and Katie Connolly**

of Frisco, Texas,  
are thrilled to announce the birth of  
Trenton Charles,  
December 16, 2000, at 10:25 a.m.  
He weighed 7 lb., 12 oz.,  
and was 20 <sup>3</sup>/<sub>4</sub> inches long.  
The Conollys lovingly remember  
Angel,  
stillborn November 11, 1999,  
due to complications  
from Down's Syndrome.

**Starr and Billy Zaleski**

of Houston, Texas,  
proudly announce the birth of their son  
William Pierce,  
born January 26, 2001.  
He was 21 inches long.  
The Zaleski's lovingly remember  
Mary Dawson,  
August 3, 1999,  
due to Anencephaly.

## Grief Materials

**Birth and Life**

141 Commercial St. NE  
Salem, OR 97301  
(503) 371-4445

**Centering Corporation**

PO Box 4600  
Omaha, NE 68104  
(402) 553-1200

**Wintergreen Press**

3630 Eileen St.  
Maple Plain, MN 55359  
(612) 476-1303  
www.Wintergreenpress.com

**Perinatal Loss**

2116 N.E. 18<sup>th</sup> Ave.  
Portland, OR 97212  
(503) 284-7426

**ICEA Bookmarks**

P.O. Box 20048  
Minneapolis, MN 55420  
800-624-4934

For Family, Friends, Hospitals,  
and Organizations:

**A Loss Remembered**

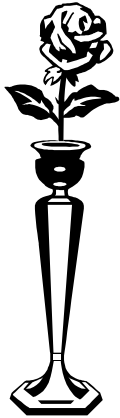
2908 South Clemont Dr.  
Denver, CO 80222  
(303) 692-9668

lossremembered@cs.com

*Provides beautiful remembrance cards on the  
anniversary of a child's death.*



# In Loving Memory



**Blake Leland Allen**  
 April 21, 1999  
 Preterm labor/incompetent cervix  
 Given by parents,  
 Jan and Sean Allen  
 and brother Zachary

**Lauren Grace Allen**  
 Stillborn February 13, 2000  
 Unknown cause  
 Given by parents,  
 Jan and Sean Allen  
 and twin brother Zachary

**Gift of Love**  
 The Presbyterian Women of  
 Highland Park Presbyterian  
 Church in Dallas, TX

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 con-  
 tinue M.E.N.D.'s mission  
 by providing this newsletter  
 and other services to be-  
 reaved parents free of  
 charge. Please refer to the  
 back page of this newsletter  
 for more information re-  
 garding where to send your  
 donations and what infor-  
 mation to include.  
**Thank you so much!**

**Ethan Lloyd Gereke**  
 Stillborn October 23, 2000  
 Group B Strep  
 Given by parents, Wendy and John Gereke  
 and big brother Matthew

**Jonathan Daniel Mitchell**  
 Stillborn June 24, 1995  
 Cord accident  
 Parents, Rebekah and Byron Mitchell  
 Big brother, Byron, Jr.  
 Given by grandparents Dennis and Sue Brewer

**Jonathan Daniel Mitchell**  
 Stillborn June 24, 1995  
 Cord Accident  
 Parents, Byron and Rebekah Mitchell  
 Big brother, Byron, Jr.  
 Given by Jeff and Lana Montgomery

**Michael Joseph Böer**  
 Stillborn July 17, 1996  
 Trisomy 18  
 Given by parents, Lynne and Paul Böer  
 and siblings, Paul, Jr. and Maggie

**Chandler Allred**  
 Stillborn March 4, 1999  
 Fetal Acrania  
 Given by parents Mark and Amy Allred  
 and little brother Christopher

**Chandler Allred**  
 March 4, 1999  
 Fetal Acrania  
 Parents, Mark and Amy Allred  
 Little brother, Christopher  
 Given by grandparents Billie and Doris Yancey

**Lauren Faith Dugas**  
 June 29, 2000  
 Heart Defect  
 Given by parents Joey and Rhonda Dugas

**Annie Kate Dennis**  
 December 11, 2000  
 Triploidy  
 Given by parents Mark and Cheryl Dennis

**Hunter Dean Castro**  
 October 24 - 27, 2000  
 AVM/PDA, Strokes  
 Given by parents Charla and Michael Castro  
 and big sibling Tatum Reyna

**Brittany Lark Fox**  
 Stillborn July 28, 1999  
 Cord Accident  
 Given by parents Carla and Al Fox  
 and little sister Brianna

**Bay William Miltenberger, Jr.**  
 Stillborn December 9, 1998  
 Pre-term Labor  
 Given by parents  
 Bay and Paula Miltenberger  
 and little brother Bryce

**Bay William Miltenberger, Jr.**  
 Stillborn December 9, 1998  
 Pre-term Labor  
 Parents, Bay and Paula Miltenberger  
 Little brother, Bryce  
 Given by grandparents James and Diane Bosler

**Lauren Paige Grimes**  
 Stillborn March 6, 1999  
 Unknown Cause  
 Given by parents John and Paula Grimes

**Gift of Love**  
 Given by Helen Lynn

**Michael Garabedian, Jr.**  
 Stillborn February 2, 1998  
 Cord Accident/Villamentous Cord Insertion  
 Given by parents Michael and Cindy Garabedian  
 and sisters Victoria and Elizabeth

**Duncan Bray**  
 November 29 - 30, 1997  
 Fatally injured by vacuum extractor  
 during delivery  
 Given by parents Donald Bray and Denise Fischer  
 and twin sister Dixen



## News About Neural-Tube Defects

According to the *New England Journal of Medicine* (Dec. 24, 1992), the risk of recurrent neural-tube defects is decreased in women who take folic acid or multivitamins containing such during the time period before conception. In clinical trials, women who took a vitamin supplement containing 0.8 mg. of folic acid daily before conception gave birth to children with a significantly lower rate of neural-tube defects than women who only took trace elements of folic acid.

*The following website may be of interest to anyone who has lost a child to a neural-tube defect and is thinking of becoming pregnant again:*

<http://www.motherisk.org/update/may97.htm>

### "Learning to Let Go" continued from page 6

Jesus as they let go. Others release a balloon at a special location. You might want to be alone, or you may want someone special to be with you as you release your child. Many have written a letter to the one they are releasing. Some make a list of things they miss or will miss doing with the child, then release each aspect of their relationship and the things on the list. Many have found it is convenient to use prayer for letting go. They simply tell Jesus the pain, anger and every emotion they feel, letting the tears flow. You may find it helpful to picture your child with Jesus and express the things to Jesus that you wish you could say to your child. Then make the choice to release your child to their Heavenly Father who loves them even more than you do.

Each one of us had a very special, unique relationship with our baby, so our letting go process will be as uniquely individual as that relationship.

One thing to remember: **letting go doesn't mean you let go of the memories.** Once you do let go of your child, you discover the sweet memories increase. **Letting go does release the pain, however.** The memories stay; the pain fades.

Letting go may be the most difficult challenge you encounter in your grief, but the peace which follows is incomparable.

Letting go is a significant step in the healing process. When we're able to let go of our child, we're taking a giant step towards recovery. We will remain forever changed, but not forever sad.

By Carol Ruth Black, condensed from *Bereaved Parents Share II*, May 2000, page 44

## Reward Cards and Share Cards Pay Off!



### A Note From Rebekah

M.E.N.D. received a check in January from Tom Thumb for \$294.79, which means those of you who have linked your reward card to our number spent approximately \$29,400 from Sept. - Dec. of 2000. If you have not yet linked your Reward Card to MEND and would like to do so, our number is **6265** and any cashier can do it.

You spent over \$7,000 using Kroger Share Cards this past quarter, and we received a check for \$70.10. If you don't have a Kroger Share Card, the one here can be cut out and used at most Texas Kroger stores.

Thanks so much to all of you who help us in this way.



**M.E.N.D.**  
**(Mommies Eduring Neonatal Death)**  
*"...that we can comfort those with the comfort we have received from God."*



M.E.N.D. is a Christian nonprofit corporation whose purpose is to reach out to those who have lost a child to miscarriage, stillbirth or infant death and offer a way to share experiences and information through monthly meetings, this newsletter, and our web site.

For inquiries, subscription requests, deletions, and submissions to the newsletter, contact us at  
M.E.N.D.  
P.O. Box 1007  
Coppell, TX 75019  
(972) 459-2396  
1-888-695-M.E.N.D.  
Fax (972) 459-2396  
E-Mail: [Rebekah@mend.org](mailto:Rebekah@mend.org),  
[Sharlene@mend.org](mailto:Sharlene@mend.org)

Donations make the printing and distribution of this newsletter possible.

Your tax-deductible contributions are greatly appreciated and should be sent to:

M.E.N.D.  
P.O. Box 1007  
Coppell, TX 75019.

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).

Visit our web site at:  
<http://www.mend.org>

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