



Remembering Your Baby During the Holidays

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This is the time of year when we reflect on our accomplishments and achievements as well as our disappointments and sorrows of the past twelve months. On Thanksgiving Day we are expected to give thanks to the Lord for all our blessings, followed by a few weeks of what is supposed to be a season of joy.

If 2001 has been a year of loss for you, then an attitude of gratefulness, festivity and tranquility may seem impossible. Experts tell us that the rates of depression and suicide reach an all-time high during the holidays, because people in severe grief feel as if they cannot endure hearing plans of family get-togethers or the mood of exhilaration from everyone around them. So how do you plan on getting through November and December without falling into the pool of statistics? How can you maintain a heart of thanksgiving when you truly feel as though you cannot think of one good fortune of the past year, your tinsel has turned to tears and your life seems far from content?

The Bible tells us in Nehemiah 8:10 "the joy of the Lord is your strength." This is a scripture that many of us have been able to quote since we were children, but we may not have paid much attention to its promise. Read the verse again and think about it. The JOY of the Lord is your STRENGTH! We all need strength to get through our personal storms, so according to scripture our endurance comes from the joy we receive from the Lord.

Another familiar passage in the Bible is Mark 4:35-41. Jesus and His disciples were in a boat on the Sea of Galilee. The Sea of Galilee is typically a quiet and serene lake, but on one side there are mountains

with deep gorges that can act as funnels and can cause forceful winds to strike with amazing violence. Those on the water can one minute have a joyful time experiencing life's beauty then suddenly, without warning, become victims of a torrential storm.

Does this sound like something you have recently experienced? One day you were happy and joyously expecting the birth of your baby, then the next day while at a routine doctor's appointment, out of the blue you found yourself in the midst of an unpredicted storm.

When the waves came crashing down on the disciples' boat, they panicked while Jesus slept soundly on a cushion in the stern of the boat. They awakened Him shouting, "Don't You care if we drown?"

Do you feel like the disciples did? You're in the middle of a deep black ocean, and vicious waves of grief continue to rage down on you. You feel as if Jesus is sleeping through it all, and you want to shake Him awake and scream, "Don't You care that I am drowning in my sorrow?!"

When Jesus awakened He commanded peace over the storm, then with some irritation reprimanded the disciples by saying, "Why are you so afraid?" In other words, I think Jesus was frustrated with their apprehensiveness of not thinking He was in control and said, "Why are you worried and yelling? I'm here and I always have been!" That's what Jesus wants us to remember today. He is not sleeping through our turmoil. He is here with us, ready and willing to calm whatever forcefully blows into our lives and give us peace. So as we embark on a new year and celebrate His birth this holiday season, let us not forget to give Him thanks for the joy and peace He provides.

Rebekah Mitchell

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Getting Through the Holidays

Holidays in general, and the winter holiday season in particular, are always difficult times for bereaved parents. They bring back vivid personal memories of happier years and inspire painful daydreams about what might have been. Even worse, by giving the world permission to go out and have a good time, they seem to make a mockery of the bitter facts of our lives. We try to protect ourselves, we try to mind our own business, but even for those who are in no mood to celebrate there's no escape. The symbols of celebration are on every street corner and everywhere we go we are insistently exhorted to be merry, to be happy.

Getting through the holidays is hard, there is simply no getting around it. We can make things a little bit easier for ourselves, however, if we are realistic both with ourselves and with relatives outside our immediate family about what we will and will not be able to do. The first step is to set priorities - to decide what is important to us about this holiday and what is not. Do we really need to send out greeting cards this year? Can we dispense with some of the baking and decorating? Would it be okay if someone else hosted the family dinner? Ideally, all members of the immediate family, including children, should be involved in the making these decisions.

A change in the normal holiday tradition can help to minimize painful memories in a way that is surprisingly effective. We may want to consider spending the holidays away from home, for example. On the other hand, we may find that scheduling the festivities for a different day or attending religious services at a different place of worship is enough of a change. Perhaps we will discover that our experience of the holiday has deeper meaning when we reach out to others in need by making a donation in memory of our child, volunteering our time for a worthy cause, or inviting a foreign student or senior citizen to share our abundance. Who knows, perhaps we will decide to incorporate some of the alternatives we have explored into a brand new holiday tradition. Some hints:

- * If gift-giving is part of your holiday, be sure to make out the entire list ahead of time. On one of your "good days", you will find the list helps to get the shopping done quickly and with less confusion. Shopping by catalog is another way to protect yourself while fulfilling the obligations of the season.
- * While sending out holiday cards, you may realize that some of the people on your mailing list are still unaware of the baby's death. Enclose a simple memorial card or add a brief acknowledgment of your baby's life and death after your signature: "...and in loving memory of our son, David " or "...and our daughter, Marie, who died at birth on ...".

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M.E.N.D.'s

CHRISTMAS CANDLELIGHT CEREMONY

*MONDAY, DECEMBER 4, 2001
7:00 P.M.*

CALVARY TEMPLE
3000 WEST AIRPORT FREEWAY
IRVING, TX 75062



CALL (972) 459-2396 OR E-MAIL REBEKAH@MEND.ORG FOR MORE INFORMATION AND TO MAKE YOUR RESERVATION

ETHAN, OUR ANGEL ABOVE

Heavenly little angel above
 Do you know how much you're loved?
 Never a day passes by
 But our eyes heavenly gaze and sigh.
 Precious Angel, Ethan, dear
 In our hearts you remain so near.
 Empty arms hurt to hold you so
 In our minds we watch you grow.
 During this most holy season
 God's Son's birth the celebration reason.
 We are grieved and blessed besides
 Because our Angel with Him resides.
 Hold us in your heart as we hold you
 Until our days on earth are through.
 Then once again we'll see your face
 In our celestial resting place.
 Until then here we feel a void
 We love you so much, dear Ethan Lloyd.



*Written by Sandy Hoffman,
 Grandmother of Ethan Lloyd Gereke,
 stillborn October 23, 2000,
 due to Group B Strep
 Parents: John and Wendy Gereke
 Big brother: Matthew*



January/February Topic

Going Forward to a New Normal
 Deadline – December 31, 2001

March/April Topic

Moving to a New Home After a Loss
 Deadline – February 28, 2002

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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M.E.N.D. Support Group Meetings

Join us in a time of sharing experiences.

Regular M.E.N.D. meetings

are held the
 2nd 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
 gaspigen@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 2nd Thursday of
 March, June, September, and December
 from 7:30 – 9:00 p.m.

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

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 Boule-
 vard, across the street from the Four Seasons
 Resort. There is a Holiday Inn Express at the
 entrance of Cottonwood Lane.)

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

Subsequent Pregnancy Group

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

*For families who are considering becoming preg-
 nant or are currently pregnant after a loss.*

Subsequent Pregnancy Birth Class

*For families who are near their due date with their
 subsequent pregnancy.*

This one-night childbirth refresher meets
 once every three months and is con-
 ducted by one of our M.E.N.D. moms,
 Allyson Smith, R.N. For more informa-
 tion contact Allyson at ssmith@dallas.net
 or (972) 899-0405.

*(Bible studies and playgroups meet at various
 locations around the Dallas/Fort Worth
 Metroplex.)*

Birthday Tributes to Our Special Babies



Dear Nicholas,

Even though we cannot give you our hugs and kisses today, we are so looking forward to the day we will be reunited so we can do just that. Happy, Happy 2nd Birthday!! We love and miss you so very much, Daddy, Mommy and Isabella

*In loving memory of
Nicholas Varea,
born and died December 16, 1999,
due to Obstetrical Negligence
Parents: Marco and Andrea Varea
Little Sister: Isabella*



Happy 3rd Birthday Gianna!

We love and miss you everyday.

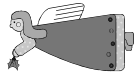
Love,

**Mommy, Daddy,
big sis Alysha, & little sis Sabrina**



*In memory of Gianna Lee Moroni,
stillborn September 4, 1998,
due to Strep B
Parents: Paul and Tracy Moroni
Sisters: Alysha and Sabrina*

Dearest Angel,



Happy 2nd birthday! It is so hard to believe that it has been two years since we held you in our arms. Your little brother, Trent, has been an amazing source of joy for us. We see you in him everyday as he smiles, laughs and learns to do new things with such innocent wonder.

We love you so much and await the day when we'll hold you again... in Heaven with our Lord and Savior, Jesus!

Love,

Mommy, Daddy, and little brother, Trent

*In memory of Angel Connolly
November 11, 1999*

*Severe Complications of Downs Syndrome/
Trisomy 21
Parents: Katie & Chuck Connolly
Little brother: Trent*

Last year, we spent Christmas with prayer-filled nights and days, praying that our baby girl would survive her mommy's illness. This Christmas we will be spending tear-filled nights praying about an angel we miss.

Lil' Miss, we love you and miss you so much.

Merry Christmas, angel baby!!

Love,

Mommy, Daddy, and big brother Kristopher



*In memory of our angel, Natalie Grace Powell, stillborn at 27 weeks on January 3, 2001,
due to complications from a kidney disease her mommy has.*

Parents: Greg and Halie Powell

Big brother: Kristopher

To our son Kyle in remembrance of your 3rd birthday -

*With love everlasting,
Dad, Mom, Jessica and Laura*

*"We are grateful for the moments we felt your presence
and we are grateful for the time you had with us.
We don't fully understand your swift departure -
It feels as if our hearts have been robbed of the joy of you."*

Excerpt from a poem by Kyle's Grandmother, Trudy Walton

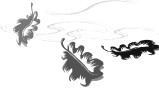
In loving memory of Kyle Charles Walton

November 19, 1998

Group B strep and lack of proper nourishment from placenta

Parents: Jason and Kristen Walton

Sisters: Jessica and Laura



Joshua and Jeromy,

The past year has been filled with many changes in our lives. We welcomed a new little brother into our home. He is dark-headed like you both were. I look at him and I see so much of you. I stare into his little face and wonder what it would have been like to hear you cry or feel you snuggle up against me. There is not a day that goes by that I don't think of you. I guess I will go my whole life with a bit of sadness in my heart. I still tear up when someone asks me how many children I have and I have to say three living and two in Heaven. I know that there is no replacing you. You boys hold a place in my heart that no other child could ever fill.

I hope with all of my heart that you look down on me and are proud that I am your Mom! I hope that you have gotten to know MaMa Markum. I hope that you are having a wonderful time in "Glory". I hope that I never forget what you look like are how your skin felt. I hope that Taylor Wesley, Collin and Harrison will grow up knowing how precious life is. I hope that your Dad and I will see you again. I hope, I hope, I hope... You see if I give up hope then I have nothing.

This November you would have been five years old. On November 21 we will mourn our loss as well as celebrate the fact that we were blessed with you if only for a short time.

I love you,
Mom

*Dedicated to:
Joshua and Jeromy Barsanti
Stillborn November 21, 1996
due to Anencephaly
Parents: Randy and DeLana Barsanti
Brothers: Taylor Wesley, Collin, and Harrison*

Dear Allison,

Mommy needs your help. You see, I owe someone a heart-felt thank you. On November 1, 2000, we received the greatest treasure of our life—a daughter.

You arrived with all your beauty and grace and filled my heart with eternal love. You changed your Daddy forever with the simple touch of your soft hand. In an instant, you brought me a love I never knew existed.

Your time with us was brief, but not in vain. Without one word, you taught me more about life, love, and faith in nine days than I had learned in my twenty-nine years.

Now that you have returned to Heaven, we miss you dearly. Since arrived in God's arms before me I ask a favor of you. Today, on your birthday, please kiss God on His cheek and thank Him for lending me His child—Allison Paige Bausch. Happy 1st birthday, sweet girl.

Love,
Mommy and Daddy

Dear Allison,

You are Nana and Papa's Angel. Happy Birthday!!

On November 1, 2000, you made a very early surprise visit. You were the most beautiful and perfectly proportioned baby we had laid eyes on. God truly blessed us for 10 beautiful days. We can tell you that your presence on those days made a tremendous impact on so many lives. We also know you are doing the same thing in Heaven! Now you are in God's arms and those of your grandparents and ancestors who were waiting for you.

We grieve for ourselves because we want you in our arms but God had greater plans for you there. We look forward to seeing you again in due time.

Allison angel, we think about you daily and thank God for the all too brief time we were able to spend with you here.

With lots of love always,
Nana and Papa Hime
(Joseph and Vickie Hime)



In memory of Allison Paige Bausch
November 1 - 10, 2000
Prematurity
Parents: Brian and Tonya Bausch

A year ago we received a precious gift from God. Her name was Annie Kate Dennis. Thank you, Lord, for sharing this gift with us. We realize now that you chose us for a reason, and how honored we are that you did!

*A- Angel
N- Near Me
N- Near God
I- Innocent
E- Eternity, that's how long we'll love her*

To Annie:

*Do you know how much we love you?
Do you know how much we care?
I often think about the memories
that we would have shared.
Of how your Daddy'd hold you,
and how I'd do your hair.
Oh, I can see you with your sister,
you're such a precious pair.
And the love from your big brothers,
you know how much they'd care*

*They'd play with you and comfort you
with love beyond compare.
Oh Annie, our precious Annie,
your loss is hard to bear.
But we know you're in our Father's arms
and we wait to see you there.*

Love,
Mommy & Daddy

In loving memory of Annie Kate Dennis
December 11, 2000
Triploidy
Parents: Mark & Cheryl Dennis
Siblings: Braden, Jacob, and Ellie



Baby Blue

*It's been some time since you've been gone,
many sleepless nights I've cried,
but time cannot heal my priceless loss,*

*my soul sings blue, and my heart hurts now,
as much as the day you died.*

*Was it your request of the heavens above,
to be held by a mommy just once?
Knowing you'd be here only a short time,
But forever inhabit our hearts,
There's a hole in my heart that words cannot describe,*

*My soul bleeds blue, My heart hurts now,
as much as the day you died.*

*I try to move on, to honor your life,
even as short as it had been,
I stop to listen for your whispers,
your caresses in the wind,
I never soothed your baby tears,
or comforted your mewling cries,
what milestones would have been fulfilled,
if today you were alive?*

*My eyes tear blue, My heart hurts now,
as much as the day you died.*

*A day that would live in Infamy,
now a date ingrained in mine,
would I have traded the time I held you close,
to erase the pain in my soul and mind,*

*My life runs blue, My hearts hurts now,
as much as the day you died.*

*As I close my eyes and feel you near, watching over me today,
I wonder if my imagination grows,
as I swear I hear you say,
"Mommy, don't be sad, I hate to hear you cry,
It's so beautiful in the heavens above,
the few hours that I spent with you,
showed me the true meaning of unconditional love,*

*It would be worth it all, memories painted in blue,
if again to see you smile,
Don't you know I love you as much today,
cause you've been my mommy all the while."*

Happy Birthday Baby Robert.

*We love you now as much as we did the first day we saw you.
Mommy, Daddy, Elex and Reece*

In loving memory of Robert Elijah Walton,
born and died December 7, 2000,
due to Potter's Syndrome
Parents: Erik and Laura Walton
Siblings: Elexandra and Reece

A WALK TO REMEMBER ...

A DAY WE WON'T FORGET

OCTOBER 27, 2001

M.E.N.D. would like to thank the following sponsors for their part in making this year's Walk to Remember such a beautiful and meaningful event.

ROBERT TRUPIA
 BAY AND PAULA MILTENBERGER
 PAUL AND LYNNE BOER
 RICHARD AND LAURIE FANTINE
 TOM THUMB
 NABISCO
 PENSKE
 DFW GOLDEN KEY ALUM CHAPTER
 DALLAS COWBOYS
 CALVARY TEMPLE
 BYRON L. MITCHELL, D.D.S.
 GARABEDIAN HOMES
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 NATIONWIDE INSURANCE/DAVID KING
 PRESBYTERIAN WOMEN/
 HIGHLAND PARK PRESBYTERIAN CHURCH

REMEMBER ME BEAR
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 TEXAS WOMEN'S UNIVERSITY
 ACTIVE RENTAL SERVICES, INC.
 TARGET
 SAM'S WHOLESALE CLUB
 HOBBY LOBBY ARLINGTON
 JULIA AND JOE DARLING
 SUN SETTER BLINDS
 TIM AND PAM MORREN

One Precious Life

One precious life
 so small, new, unique;
 God's creation from our love,
 bringing us joy, hopes, and dreams,
 the presence of this little life
 is known, felt, and loved.
 Then, quickly and quietly,
 just as it had come to us,
 this one precious life
 was gone;
 leaving us pondering
 how we loved for a lifetime,
 and how this one life,
 passing through ours,
 will leave us
 changed forever.

© Lisa Robertson

In loving memory of

Christian (January 17, 1987) Eden (September 22, 1987)
Micah (January 25, 1990) Haven (September 4, 1996)

Keepsake Resources

For Brittany

www.forbrittany.com

Offers beautiful mommy bracelets that come in a variety of styles, or design your own. Mention that you were referred by M.E.N.D. and a percentage of the sale will be donated to M.E.N.D.

Angels in Heaven Ministries

www.angelsinheaven.org

Offers framed poems, cards, and audio tapes relating to infant loss. Website also lists resources and scripture to comfort bereaved parents.

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.

Haley's Creations

P.O. Box 13242, La Jolla, CA

92039

Toll Free Phone:

877-538-6446

www.haleyscreations.com

Offers remembrance cards, journals, and keepsakes relating to infant loss.

Give Someone a Merry Little Christmas ...

One of the challenges of facing the holidays without your baby is deciding what to do with the funds and energy you would have spent preparing a nice Christmas for your child. If you feel that the year isn't complete unless you've made or bought something to honor the memory of your baby, consider donating your time and/or money to help another child. Below are just a few organizations that work to make a difference for children.

Christian Children's Fund

Provides assistance to needy children worldwide.
2821 Emerywood Parkway
Richmond, VA 23294
800-776-6767
www.christianchildrensfund.org

Compassion International

Offers sponsorship program for children in need.
Colorado Springs, CO 80997, USA
(800) 336-7676
www.compassion.com

Project Angel Tree

Delivers Christmas gifts to children who have parents in prison.
PO Box 17500
Washington DC 20041
800-55-ANGEL
www.angeltree.com

Samaritan's Purse—Operation Christmas Child

Sends Christmas gifts to needy children around the world by asking volunteers to fill shoeboxes for kids.
P.O. Box 3000
Boone, NC 28607
1-800-353-5949
www.samaritanpurse.org, click on "Operation Christmas Child"

Feed the Children

Fights hunger in the United States and abroad.
P.O. Box 36
Oklahoma City, OK 73101-0036
1-800-627-4556
www.feedthechildren.org

Newborns in Need

Provides baby items for needy infants and burial garments for families who lose premature babies.
PO Box 385, 403 State Route 17 North,
Houston, MO 65483
1-417-967-9441
www.newbornsinneed.org

Marine Toys for Tots Foundation

Collects Christmas toys for needy children.
Toys for Tots Foundation
P.O. Box 1947, Quantico, VA 22134
(703) 640-9433



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. 18th Ave.
Portland, OR 97212
(503) 284-7426

ICEA Bookmarks

P.O. Box 20048
Minneapolis, MN 55420

Acknowledging Your Baby in Your Christmas Cards

This may be your first Christmas without your baby, or you may have had a few years to learn how to celebrate the holidays with a little one in heaven. Either way, sending holiday greetings brings a dilemma to many bereaved parents. Some may opt to skip Christmas cards altogether while grief is still painfully fresh. Others feel compelled to make sure their babies are included in holiday greetings. How do we acknowledge the children we have lost as we send Christmas cards to friends and relatives?

One way, especially if this is the first holiday season after your loss, is to acknowledge your baby in your signature (see "Getting Through the Holidays, page 2). This allows faraway friends who may have missed news of your loss to know that your baby died. It also gives you the satisfaction of seeing your baby listed with the rest of your family.

If you want to honor your baby's memory in your holiday cards but don't feel comfortable listing his or her name, special stamps or stickers can be included. Friends and relatives will know the real significance of the little angel, heart or star included in a corner of your card. Hole-punches in the shape of angels, etc., are also available at craft supply shops. Any of these will keep your baby's memory near as you prepare to send good wishes during the holidays.



First Christmas

As everyone else goes up and down the aisles
buying baby first this, and baby first that,
and don't forget the teddy bear,
after all everyone needs a teddy bear.

I will be crying tears of emptiness,
for you see my baby's first Christmas
will be spent in Heaven,
without her mom.

Why is the world going on with their Christmas
with such bliss and glee,
while I am to go on with my Christmas,
with pain and sorrow?

It just doesn't seem fair now does it,
why some are given a Christmas of joy,
and others a Christmas of despair?
Why can't Christmas just not come this year?

Oh, how I wish that could happen,
that somehow the world could just stop
for this moment in time,
and grant me this wish.

But then again if I had a wish
I would first and foremost,
wish that I had you,
even for just a moment.

Since I cannot have what I desire most,
I will have to find some way
to make this pain more bearable.
If only I knew what to do.

Please guide me this holiday season
my sweet little angel from above,
to bring some sense of joy and happiness,
to a situation that is everything but.

One morning as I was driving about,
I noticed a family poor and cold.
The little ones with no coats or shoes.
Oh, how very sad.

I cannot let this be
so off to the store I went
in quest of warm clothes,
and even a little something extra.

When I returned to give the mother my surprise,
she had tears in her eyes, and repeatedly thanked me
for my kindness, compassion, and warm heart.
I told her to thank my angel above.

I proceeded to tell the woman of my little angel
in heaven, and how I asked her to guide me
along this Christmas path, to bring joy and peace,
since I had none.

As we hugged, and said our good-byes,
I could not help but smile,
and realize through all my pain,
my angel allowed me a glimpse of happiness.

Written by Jan Heffley

In loving memory of Jordan Ashley Heffley

July 5, 1999 (lived for 9 hours and died from Trisomy 13)



JoAnn Taylor, founder of Operation Angel, a ministry serving those who have lost babies to miscarriage, stillbirth and neonatal death, is working on a book about fathers' grief. She has a survey posted on her website just for bereaved dads. If any dads are interested in helping JoAnn with her research, visit <http://fly.to/OperationAngell> and click on her survey.

Subsequent Births

Keith and Francesca Gregory,
along with brothers **Payton,**
Colton & Weston
and sisters **Gabriella & Marielena**
of DeSoto, Texas,
proudly announce the arrival of
Juston Kentucky Jax.
He was born August 6, 2001, 4:04 a.m.,
weighing 8 lbs., 4 oz.
and 20 1/2 inches long .
The Gregorys lovingly remember
Sierra Nevada Belle,
stillborn August 31, 2000,
due to Choroamnioitus.

April and Sam Moreton
of Carrollton, Texas,
lovingly welcome their son
Asher Luke,
born August 10, 2001,
11 lbs., 1 oz. and 21 5/8 inches long .
They remember with love
Baby M,
miscarried October 15, 1999,
Baby Boy Moreton,
miscarried March 17, 2000,
and Angel #3,
miscarried August 1, 2000,
due to Antiphospholipid
Antibody Syndrome.

Grant and Jana Spigener,
along with big brothers **Wyatt and Ford**
of Arlington, Texas,
proudly announce the birth of
Porter Wayne,
born August 27, 2001, at 3:28 p.m.
He weighed 7 lbs., 1 oz.
and was 20 inches long.
The Spigener family lovingly remembers
Mercedes Ruth,
stillborn September 21, 1995,
due to intramembranous insertion
of the umbilical cord,
and Twin Blossoms,
miscarried July and August 1996.

Randy and Aimee Shaw,
along with big brother **Blake**
of Mesquite, Texas,
proudly announce the arrival of
Brooke Lauren,
September 10, 2001,
5:41 p.m.

She weighed 6 lbs., 15 oz.
and was 20 inches long.
The Shaw family lovingly remembers
Carson Mitchell,
stillborn April 1, 1999,
due to unknown cause.

Jeff and Katie Walker,
along with sisters **Jessica,**
Abigail and Madelyn
of Mansfield, Texas,
proudly announce the arrival of
Allyssa "Ally" Ynell,
born October 3, 2001,
5 lbs., 2 oz., 18 1/2 inches long.
The Walker family lovingly remembers
Zachary Cole,
stillborn July 29, 1998,
due to unknown cause.

Matt and Nicole Didier,
along with big sister **Madison**
of
proudly welcome
Lily Nicole,
born Wednesday, October 17, 2001,
11:21 a.m.,
7 lbs., 14 oz., 19 1/2 inches long.
The Didier family lovingly remembers
Cole Matthew Didier,
stillborn August 25, 1998,
due to Renal Angenesis.



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
826 Royal Birkdale Dr.
Garland, TX 75044



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 book-
stores.

I'll Meet You in the Morning
By Karen Ritchey
<http://www.members.cnx.net/kritchey/>
e-mail: kritchey@cnx.net

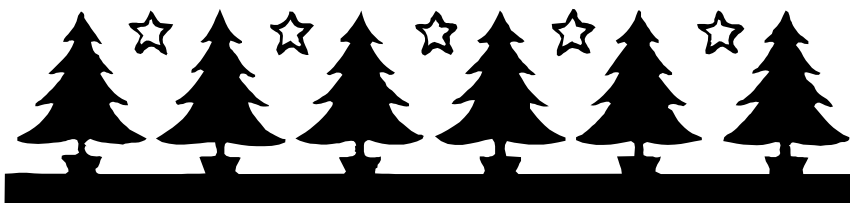
With Hope
By Steven Curtis Chapman
From his CD *Diving In*, available for purchase
at most Christian bookstores.

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.

Empty Arms
Words and music by Teri Curp
From her CD *Look Ahead*
Teri Curp Ministries
1413 NE Grand Avenue
Lee's Summit, MO 64086
816-246-8374
tcsings@swbell.net
www.tericurp.com

"Help Me to Remember"
*Songs from the Father to Help You Find
Comfort in Sorrow*
Dennis Jernigan
Shepherd's Heart Music
www.dennisjernigan.com



Day of Infamy: A Mother's Reflections on the Past Year

By Laura Walton

As I get ready to revisit the holidays and the anniversary of the traumatic/dramatic birth of my beloved son Robert Elijah, I look back on the journal I kept while I spent the last five weeks of my pregnancy in the hospital. We were completely surprised to find out our little girl wasn't a girl after all. We had planned for everything else, the possibilities that there would be fatal problems, but not that the sonogram could have been wrong. After all, it had turned into a weekly ritual to "peek" into my baby's playhouse and see where we stood on growth and fluid levels. I think back to the day of the birth.....

December 7, 2000

The baby's heart rate kept fluctuating, so the nurse sent me down to be monitored more closely. I called my husband and told him to come to the hospital, that there might be a problem, but so far I was okay. I also called my friend Suzanne.

They put me on oxygen to try to bring the baby's heart rate up. Three different doctors did an exam of my cervix before the final one yelled urgently to the rest of the team, "I feel the cord pulsating - we need to go NOW!" He jumped on the bed between my legs holding the cord back. They wheeled me down the hall to the L&D operating room half naked with a doctor's arm halfway up my insides. I think I went into shock and still didn't really know what was going on. They gave me something really bitter to drink and splashed my tummy with a very cold solution (I was told later it was betadine). I reached down and put my hands in it and turned my arms orange, so they had to do it again. I remember asking the nurse what was going on. She said the baby was in distress and they needed to get it out now. I told her they couldn't because my husband wasn't there yet, and she said they would call him on the cell phone to let him know. The last thing I remember telling her was that I was scared. I didn't even have time to pray...

When I woke up, my husband Erik was by my bedside and had his head down crying. Someone asked me what day it was. I remember saying Dec 7, 1941—Pearl Harbor Day, the day that would live in infamy. For my own personal reasons it really was. Infamy 2000. Suzanne was there, along with Erik's mom. A doctor came by to tell us about the baby. He said they would take me up to see him in the NICU in a few minutes. He explained that the baby wasn't doing well, even on the respirator, and that he wouldn't live much longer. Our worst fears had come true. He had no kidneys, and his lungs weren't developed enough to sustain him. My only question to the doctor was, "Him who?" My baby was a girl. He informed us she was a he. I think we were in more shock over that. We had prepared for everything else.

They pushed my bed to the NICU, and I saw him for the first time. He looked perfect. A head full of hair, brown hair like mine, not like my other two children, who were born with jet-black locks. He was 5 lbs., 4 oz., and 17 1/2 inches long. Ten fingers, ten toes. How could he be so sick if he looked so perfect? I could hear the puff, puff, puff of his respirator. They pushed me closer so I could touch him. He wrapped his hand around my finger. When I stroked his hair he responded to my touch with a little wiggle. The pediatrician said he would live a few extra hours on the respirator but he would die either way, and if we wanted him to spend his last few hours in our arms he would feel no pain. We had already agreed from the start we wouldn't put our baby through unnecessary aggressive measures if it only prolonged it for us, not for the baby.

They moved me to a wheelchair (I have no idea how I sat up because later I couldn't even roll over in the bed by myself). My mother-in-law and Suzanne helped the nurse to dress our baby in a little kimono. Erik was devastated and continued to hold my hand and cry. I was in shock and tried to hold back the tears. I didn't want my son to remember me as a sad mommy. They placed him in my arms and wheeled us to a private room. My father had arrived by then. I handed the baby to Erik to hold. Sitting on a couch beside my wheelchair, my husband expressed emotion on his face I had never seen in the 16 years I have known him. A look of fear, of helplessness, of love for such a little one. It will be forever etched in my mind.

I asked the nurse if I could bathe my son. Lovingly, I washed his hair and face for the first and last time. I tried to record the event in my mind for later replay over and over. After his bath our other family members got to hold him as we tried to decide what to name him. The chaplain had dedicated him before we removed his life support, but we didn't have a name. Finally we decided on Robert Elijah. Erik's dad's name is Robert. My father cried as he held his tiny grandson. We had about three hours, but it seemed like only 15 minutes. Finally they had to take Elijah's lifeless body from my arms. That was about the saddest moment of my life. I know he died surrounded by love, and he knew how much we wanted him. He is in heaven now, and I will hold him in my arms again someday and see him smile.

The doctors say if I hadn't been at the hospital he would have died before he could have been born. They also say I lost so much blood I might have died myself. The doctor came to my room a day after the delivery and told us how proud he was of us as parents. We had given Elijah every chance possible to make it and sacrificed a lot to do it. He also said that not many people would have made the decision to continue the pregnancy, knowing the outcome could have been so devastating. I had really changed even his mind on what a mother was. This was the doctor who had suggested we lessen the trauma to our lives by terminating the pregnancy, now admitting we had indeed made the most noble choice of all. We had allowed our son to touch the lives of everyone who cared for him, even in that brief moment in time.....

I have struggled, trying to learn how to function "normally" again this entire first year. I don't think I can ever face anything as painful ever again. I hug my two-year-old and hope I can tell him about his little brother one day without crying. My ten-year-old tries to comfort me. I remember a brief time when I was happy and looking forward to the birth of a new baby. Then we found out about the possible complications, and I spent the last trimester praying and full of hope. That's what I learned I lost when Elijah died....HOPE.. That's what made me strong and "inspirational." How do you recharge your hope, your faith? Ask and you shall receive? I asked and asked and asked. I just never wanted that answer. If this is a gift I would hate to have gotten a curse. I don't want to be inspiring - I just want my son back. Somehow by not being able to protect my son made me feel like a failure as a mother. I know physically I couldn't have been able to do anything different. I'm tired of crying and wishing this was all a bad dream.

I myself don't know how I ever made it this far. I always remember seeing moms on television (like in the Susan Smith case before we were told she did it) and thinking, "Wow, she is so calm. I would be hysterical if my kids were missing or hurt." Looking back, I couldn't have imagined how bad it would be. I just want to kick those people out there who do stupid stuff like that to hurt kids. Don't they know I would have given my life for Elijah? Or to save my two other kids, for that matter. I have learned the true meaning of what a strong woman really is and what she is willing to sacrifice for the lives of her children....everything and anything.

I try to make sense of the loss of not only my son but my life as I once knew it. This first anniversary of his death seems to be more difficult than the original date itself. I am confused and lost as I attempt to find a way to plan for the holidays, holidays that seem so unimportant and would be uncelebrated if it weren't for my other children. I miss Elijah and wish there were something that was of enough value to trade to have him back. Now do I wish I could sit on Santa's lap and tell him what I want for Christmas? If nothing else, I just wish for the strength from the Lord to get through this season. I understand we all have a purpose in life no matter how great or small that time is...I try to focus on the gift my son has given meeven if I haven't figured out what that gift is yet.....

**Unable are the Loved to die,
For Love is Immortality. -- Emily Dickinson**

*In loving memory of Boo Bunny Angel Robert Elijah
Born and died 12/7/2000
Parents: Laura and Erik Walton
Siblings: Elexandra and Reece*

Support Groups

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

Mothers in Sympathy Support (M.I.S.S.)
P.O. Box 5333
Peoria, AZ 85385
(623) 979-1000

CALIFORNIA

Helping After Neonatal Death
PO Box 341
Los Gatos, CA 95031
www.h-a-n-d.org
info@h-a-n-d.org
Alameda/Contra Costa: 1-800-963-7070
Central Valley: (209) 823-5503
Santa Clara: (408) 732-3228

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

Mothers in Sympathy Support (M.I.S.S.)
Riverside Chapter
Attn: Mia-Riverside Facilitator
P.O. Box 7403
Riverside, Ca 92513-7403
Phone: (909) 686-2686
Meet 2nd Monday of each month, 6:30-8:30 p.m.
Hunt Park Community Center
4015 Jackson St.
(Located next to ParkView Hospital --Major cross street:
Magnolia Ave.)

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@mvillage.com

KANSAS

F.I.S.H. (Friends In Sharing Hope)
Contact Mary Hertach (620) 662-0355 or
Ginger Muller (620) 669-0185
or gingermuller@earthlink.net

MASSACHUSETTES

P.A.R.E.N.T. (Parents & Relatives
Enduring NeoNatal Tragedy)
Contact: Trish McClean: (508) 427-3028
Meetings are the first Tuesday of the month at 7:00PM at
Good Samaritan Hospital
235 N. Pearl St Brockton, MA,
in the Community Conference Room, 1st floor

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
mids1982@yahoo.com
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
Chrissypooh_99@yahoo.com
http://www.angelfire.com/tx2/angelbecca/
Contact Person: Jean Stewart

TEXAS

M.E.N.D.
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.

Mikela's Miracles SIDS Connection
Mike & Chrissy Lipscomb
www.mikelasmiracles.org
2601 Thistle Ln
Rowlett TX 75089
1-866-286-SIDS toll free
972-463-9243 local
Meets 1st Tuesday of every month, 7 p.m.
at Reinhardt Bible Church
2302 Northeast Pkwy, Garland, TX
Dinner is provided.

Share of Fort Worth
North Hills Hospital
Grapevine Hwy & Hwy 820
Meets 2nd Thursday
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.

Angels Away
c/o CHRISTUS Santa Rosa
Health Care
Spiritual Care Department
333 N. Santa Rosa Street
San Antonio TX 78207
(210) 704-2181
Meetings are held 3rd Thursday of every
month at 7 p.m. in the Spiritual Care Dept.

North Texas SIDS Alliance
1401 Airport Freeway, Suite 118
Bedford, Texas 76021
metro (817)267-7955
toll free in Texas (800)650-SIDS
fax (817)283-1526
http://www.northtexassids.org
e-mail: info@northtexassids.org
Contact: Sandi Wiggins, Exec. Director
Meetings are held at the SIDS office in Bed-
ford the 3rd Thursday of every month at 7:00
p.m.

COPES Angels
Contact: Amanda Little, (361) 857-6533
Meetings are held on the third Monday of
each month at 7:00 p.m. Meeting place is
Driscoll Children's Hospital, 3533 S. Ala-
meda, in Corpus Christi, on the basement
floor in the private dining room of the cafe-
ria.

AUSTRALIA

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

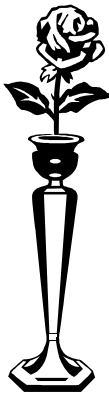
CANADA

Morning Light Ministries
St. Mary Star of the Sea Church
11 Peter St. South
Mississauga, Ontario L5H-2G1
(905) 278-2058
morninglightministry@home.com

Perinatal Bereavement Services Ontario
205 - 6060 Hwy. 7 E.
Markham, Ontario L3P 3A9
Tel: (905) 472-1807 or 1-888-301-PBSO
www.pbsocanada.com



In Loving Memory

**Travis Stone Cates**

August 24, 1999
Abnormal Placenta
Given by parents,
Michael and Jodie Cates
and siblings, Abbie and Sadie

Tyler Jones Ludwick

October 31 - November 18, 1998
Given by Mary Ludwick

Logan David Iliff

Stillborn May 5, 2000
Placental Abruption
Given by parents,
Joseph and Samantha Iliff
and little brother, Blake

Lauren Faith Dugas

June 27 - 29, 2000
Heart Defect
Parents, Rhonda and Joey Dugas
Given by Precept Builders, Inc.

Cade Randal Crenshaw

Given by parents,
Bruce and Krista Crenshaw

Madeline Claybourn

June 11 - August 26, 2000
Given by mom,
Melanie Claybourn

Jacob Charles Jensen

March 8, 2001
Trisomy 13
Given by parents,
Drs. Eric and Melanie Jensen

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

Lauren Elle Williams

Stillborn March 15, 2001
Cord Accident - 2 True Knots
Parents, Todd and Jennifer Williams
Given by Gene and Jerry Jones Family/
Dallas Cowboys Charities

Faith Elizabeth Durham

Stillborn September 25, 1999
Triploidy
Given by parents, Leighton and Lisa Durham
and little brother, Leighton IV

Michael Joseph Böer

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

Baby M

miscarried October 15, 1999

Baby Boy Moreton

miscarried March 17, 2000

Angel #3

miscarried August 1, 2000
Antiphospholipid Antibody Syndrome
Given by parents, Sam and April Moreton
and little brother, Asher

Michael Douglas Garabedian, Jr.

Stillborn February 2, 1998
Cord Accident/Villamentous Cord Insertion
Adam Michael Garabedian
Stillborn July 25, 2001
Cord Accident

Parents, Mike and Cindy Garabedian
Sisters, Victoria and Elizabeth
Given by Garabedian Homes

Patrick Lantham

Stillborn May 15, 1994
Villamentous Insertion of Umbilical Cord
Given by parents, Sean and Carol Lanham
and little brothers, Andrew and Michael

Jared Matthew Slough

February 14 - March 15, 1998
Heart Defect
Parents, Scott and Jo Ellen Slough
Siblings, Hunter and Lauren
Given by Kyle and Kimberly Nielsen

Caroline Grace Nielsen

Stillborn April 15, 1999
Given by parents, Kyle and Kimberly Nielsen

Mercedes Ruth Spigener

Stillborn September 21, 1995
Intramembranous Insertion
of Umbilical Cord
Twin Blossoms
Miscarried July & August, 1996
Given by Parents,
Grant and Jana Spigener
and little brothers: Wyatt, Ford, and Porter

Allison Paige Bausch

November 1 - 10, 2000
Prematurity
Given by parents, Brian and Tonya Bausch

Allison Paige Bausch

November 1 - 10, 2000
Prematurity
Parents, Brian and Tonya Bausch
Given by grandparents,
Joseph and Vickie Hime

Griffin Caleb McIntosh

Stillborn June 6, 2001
Parents, Naomi and Matthew McIntosh
Given by First Chinese United Methodist
Church, Richardson, Texas

Griffin Caleb McIntosh

Stillborn June 6, 2001
Parents, Naomi and Matthew McIntosh
Given by Amy Baumann

Griffin Caleb McIntosh

Stillborn June 6, 2001
Parents, Naomi and Matthew McIntosh
Given by Dawn Aswege

Rianne Ellisa Scrivner

March 4 - 7, 1997
Severe Hydrocephaly
Given by parents, Bill and Rae Scrivner
and little sisters Chanie, and Casidy

Sierra Nevada Belle Gregory

Stillborn August 31, 2000
Choreoamnioitis
Given by parents,
Keith and Francesca Gregory
and siblings: Payton, Colton, Gabriella,
Weston, Marielena, and Justin

Timothy "Schuyler" Morren

September 28 - December 23, 1998
SIDS
Given by parents, Tim and Pam Morren
and little sisters, Ashton and Alexa

Timothy "Schuyler" Morren

September 28 - December 23, 1998
SIDS
Parents, Tim and Pam Morren
Little sisters, Ashton and Alexa
Given by Sun Setter Blinds

M.E.N.D.

gratefully acknowledges these gifts of love given in memory of a baby, relative, friend or given by someone just wanting to help. These donations help us to continue M.E.N.D.'s mission by providing this newsletter and other services to bereaved parents free of charge. Please refer to the back page of this newsletter for more information regarding where to send your donations and what information to include.

Thank you so much!

In Loving Memory ... continued

Bobby Hochstetler

Stillborn March 7, 2001

Cord Accident

Given by parents,

Robert and Martha Hochstetler

Amar Padakandla

June 28, 2001

Multiple congenital heart defects

Given by parents, Menaca and Bhaskar
and sibling, Aakash

Kyle Charles Walton

November 19, 1998

Group B Strep

Parents, Jason and Kristen Walton

Sisters, Jessica and Laura

Given by Moxie Pest Control

Jonathan Daniel Mitchell

Stillborn June 24, 1995

Cord accident

Given by parents,

Byron and Rebekah Mitchell

and big brother, Byron, Jr.

Joseph Charles Libby

May 26, 1999

Cord accident

Given by parents, Wim and Sharlene Libby

But the angel said to her, "Do not be afraid, Mary, for you have found favor with God. You will be with child and give birth to a son, and you are to give him the name Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over the house of Jacob forever; his kingdom will never end."

"How will this be," Mary asked the angel, "since I am a virgin?"

The angel answered, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God.

Even Elizabeth your relative is going to have a child in her old age, and she who is said

to be barren is in her sixth month. For nothing is impossible with God."

"I am the Lord's servant," Mary answered. "May it be to me as you have said." Then the angel left her.

Luke 1:30-38



Editor's Corner

I'm sure that all of us were a little frightened when we first got news that we were pregnant. It's an exciting thing, but it's also a little scary, because there are so many unknown things to face when we know a child is on the way. Now, after losing a child (or children), any future pregnancies will most probably be even more anxious when we receive positive pregnancy tests.

Mary, unlike the rest of us, received assurance from God that her baby would be born alive and well. However, she had lots of fears that we can only imagine! She had never even been with a man, yet she was going to have a baby. What would people think? What would Joseph think? And how in the world are you supposed to be the mother of the Son of God? Will you have discipline problems? How do you teach someone who knows the secrets of the universe?

Then, just as her due date drew near, she had to travel across the land to Bethlehem, away from her support system at home into the unknown. This was her first baby, so she probably had all kinds of fears about the physical aspects of delivering a child. Then, as the contractions began, she realized that there was nowhere for her to go! I have to wonder what went through her mind as she and Joseph settled into that stable to deliver the Son of God into the world.

Yet, as many questions and fears raced through her mind, she answered the angel, "I am the Lord's servant. May it be to me as you have said."

The unknown is always scary. Facing your first Christmas without your baby is frightening. Trying to decide whether or not to have more children is intimidating. Sometimes even getting through the day can be a fearful experience in the early days of grief. But, if you are the Lord's servant, if you seek Him and His will for your life, He'll provide shelter from your fears. I'm sure a stable wasn't exactly what Mary had in mind for the birthplace of the King of Kings, but in the end it turned out to be a beautiful symbol of God's willingness to humble Himself to save us all. You may find yourself in pretty stark surroundings, too, but God can use them to make something beautiful. He can bless you and countless others through things that look all wrong at the time.

During this Christmas season, I pray you'll find your way to declare yourself as the Lord's servant.

Sharlene Libby

M.E.N.D. Fundraisers

As a non-profit organization MEND is funded solely by private donations and fundraisers. Any assistance you can give us by participating in any or all of these fundraisers is greatly appreciated.

M.E.N.D. member Amy Allred is a **Creative Memories** consultant. Amy donates to M.E.N.D. 20 percent of all sales made by M.E.N.D. members. If you would like to place an order, her phone number is (972) 272-7249, and her e-mail address is theallreds@juno.com.

Kroger grocery stores donate a percentage of all purchases of those shoppers who have and use a Kroger Share Card. To obtain your Share Card, contact Rebekah via one of the ways listed on the last page of this newsletter, and let her know how many you need. This program is valid in Texas, but residents of other states may need to check with store managers to see if they participate.

Tom Thumb also has a program in Texas that can benefit M.E.N.D. If you have a Tom Thumb Reward Card, please ask your Tom Thumb 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 a donation of one percent of your purchases between the organizations. It only takes about five minutes to get a Reward Card, and it can also be used at Rاندalls and Simon David stores.

Kathryn Padilla, a M.E.N.D. member, is an independent **Mary Kay** consultant who is donating ten percent of all sales to M.E.N.D. if they are made by M.E.N.D. members. Members also get ten percent off their first online order. You can shop online at www.mymk.com/kpadilla1.

Kim Robinson, a **Pampered Chef** kitchen consultant and M.E.N.D. family member, is donating 10-15 percent of sales to M.E.N.D. members back to our organization. You can browse products at www.pamperedchef.com, then e-mail Kim at kimr@cheerful.com to place an order.

Stamps.com offers a \$10-\$20 referral program. If you would like to purchase stamps from home and receive a free postage scale, visit www.stamps.com, and use referral code C-4FTJ-TWR. Stamps.com will give the incentive money to M.E.N.D. in the form of free postage.

The Weaver's Thread is a book of poetry by Angelique Cooper-McGlotten honoring the five babies she lost. A percentage of the sale of this book will go to M.E.N.D. For more information, visit <http://www.eofl.net>.

Carol Martin of Flower Mound, Texas, is the owner of a business called **For Brittany**. She makes beautiful mommy bracelets that come in a variety of styles and/or you can design your own. You can see all of her bracelets on her web site at www.forbrittany.com. For every sale from M.E.N.D. families, she will donate 10% back to us, but you must remember to tell her you are from 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 meetings, this newsletter, and our web site.

For inquiries, subscription requests, deletions, and submissions to the newsletter, contact us at
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