



Dealing with Insensitive Remarks

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When organizing M.E.N.D. in 1996, I decided I did not want to invite guest speakers to our support groups, and I never wanted to have a set topic. I desired our share times to be an opportunity for grieving parents to be able to discuss what was on their hearts, not a specific theme that I or someone else felt was appropriate for the evening. My inclination for our format has proven to be extremely effective, productive, and seems to meet the needs of the majority of our families. Rarely have I facilitated a group when someone has not begun a thread of conversation pertaining to the insensitive remarks of others. I firmly believe the things that are said to us when we grieve have a very strong impact on our healing process.

If we are constantly bombarded with statements, however well-intended, such as "it was meant to be," "this was God's will," "you're young and can have more," etc., then we begin to think our grief is not valid and perhaps we're making too big a deal of what happened. We may try to move on with our lives without fully and openly mourning by crawling into our self-made protective shell. Then we don't share our thoughts and feelings with anyone, which is why the aftermath of losing a baby is often referred to as "silent grief."

I think it is honest to admit that when we are acquainted with someone who is suffering, we want him or her to hurry and get better and be his or her old self again. But this attitude can be very damaging, not only to the sufferer, but it can permanently destroy a relationship. The Bible tells us in 1 Thessalonians 5:11 to "encourage one another and build each other

up..." This is a wonderful scripture to remember when we attempt to comfort others. Family and friends of grieving couples often ask me to advise them on what they should say to their hurting loved one. I first respond by letting them know that usually all a parent wants to hear is a simple "I'm sorry." There is no need to try to come up with a divine revelation as to why the baby died or imply the death must have some deep, mysterious meaning. I secondly implore loved ones to listen, listen, and listen! I'm not sure there is anything more therapeutic to a person in grief than to be given the chance to talk, talk, and talk. But if there is no one to listen, then obviously the bereaved cannot exercise this therapy. I further warn family and friends that they may get tired of hearing about the loss, but if they close their ears, then the parent will shut down as well. I thirdly caution they not encourage the parents to soon become pregnant again, because a subsequent pregnancy is never a quick fix and can sometimes even cause the grief to worsen.

How do we respond when we hear hurtful things and the people around us "just don't get it"? If they are members of our family or someone we visit with regularly, it is our job to educate them. Give them a copy of this newsletter or other similar literature. Explain to them that you are deeply grieving and bluntly tell them that they are not helping you by what they are saying or doing. But if you casually hear remarks from strangers or those you do not normally see, it may be best just to take it. We have often commented at our support groups that some people are not worthy to hear about our loss, especially if we sense they will not listen or acknowledge with sensitivity. Most importantly, constantly surround yourself with those who sincerely understand. If you know of no one, then join a support group in your area and establish relationships with the other parents. Contact each other on a regular basis, pour your hearts out to each other, and share everything you are feeling and thinking. Finally, know the Lord is our greatest Listener. He's there 24 hours a day, and even though we may not hear audible feedback, if we wait before Him, He will speak to our hearts and give us patience, comfort and healing to endure our loss.

Rebekah Mitchell

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**PREGNANCY AND INFANT LOSS
REMEMBRANCE DAY
IS OCTOBER 15.**

VISIT THE OFFICIAL WEBSITE AT
WWW.PREGNANCYANDINFANTLOSS.COM

Dealing with the Thoughtless Comments of Others

By Jennifer Shaffer

In losing your child, people will ignorantly make comments like, "At least you didn't get to know him/her," "It is good this happened now and not when the child was older," "At least he/she did not suffer," or "It was God's will." What they do not understand is that you KNEW your child, you had hopes and dreams of the future for your child, you felt his/her kicks, hiccups, and may have seen your baby through ultrasounds and listened to a little heartbeat at your regular ob/gyn visits. We loved Cristin before we even knew she was going to be with us. We planned and were so excited about her arrival. I am sure your family felt the same way. You loved your child from the moment you found out he/she was going to be a part of your family.

For moms, this is especially true; you bond with your child immediately. Dads, though the bond is formed differently, also love their children and have hopes and dreams for them. What others must understand is that while the family and friends of an older child or adult mourn for what they have lost, we mourn for what we feel could have been. We don't have all those happy moments that we can look back on and say, "Do you remember when he/she did this?" or, "Remember when ..." That is lost to us, and we will always wonder what our child may have looked like at a certain age or even what kind of ice cream would have been their favorite. We will likely be told to "get over it" and "move on," or my favorite, "You can have another baby." Yes, we more than likely can, but it will not replace the child we lost, nor will it diminish our heartache.

In our fast-paced world, we so often put time limits on things, even grief. Just know that there is not a time limit on your grief. We live in such a fix-it society that people seldom realize there are some things we cannot fix. It is these things we will carry with us throughout our lives. It is what we do with those things that sets us apart from others.

Let yourself grieve: if you feel like crying, cry. You're going to have days when you feel like it is all behind you and your grieving time is over. Then you will have days when the pain seems like it will never end. What I pray we can all strive for is to have those days come a bit further between and the feelings of deep loss be replaced with peace and comfort in the knowledge that our children will always be an important part of us. You will be forever changed by this experience; I pray that it becomes a positive change over time. I have found myself being more thankful for my older daughter and my husband and the love we all share. I have become a more giving person and find myself trying harder to make relationships work that I would have otherwise abandoned. A deeper appreciation for the short time we have here on earth and the true value of all life are some of the many things your child will bless you with that so many others do not have.

Though it will be hard, overlook those people who will make heartless comments to you or try to move you along in your grief. That was the hardest thing for me to do. It was so hard in my intense grief to have such cruel things said to me. (The saddest thing was the people saying they did not realize they were being cruel—or at least I hope they did not!) It may be hard for you. I know I always feared I might hurt someone's feelings, but when someone says something hurtful to you or something you do not feel was appropriate, call them on it. There is no shame in telling that person in a polite manner what they said hurt you or was not true. That way, you may prevent them from saying the same thing to another family in the same situation. Enlightenment through education! But we must also remember to forgive those who say or do things that may be hurtful to us. I quote Carol Ruth Blackman: "Forgiveness is a key to our healing. Whether they ever change or are sorry or not, our healing is dependent upon forgiving others." Harboring those bad feelings is only going to prolong our pain and hurt us even deeper. I pray that you all find peace and forgiveness toward others and that tomorrow your day will be just a little brighter.

God bless you all.

*In loving memory of Cristin Claire Shaffer,
May 17-18, 1999—heart/lung defect*

*Reprinted with permission from Bereaved Parents Share II
December, 1999.*

M.E.N.D.'s 6th Annual

Walk to Remember

Saturday, October 12, 3:00 p.m.

Andy Brown Park East in Coppell, Texas

Speaker will be missionary Dr. John Kane of Irving Bible Church, Irving, Texas.

*To make your reservation, contact Rebekah Mitchell at (972) 459-2396
or rebekah@mend.org.*

"People who never mention the deceased to the bereaved, or who leave them alone with their pain, have an inflated sense of themselves if they imagine that the pain exists only if they mention it. They are equally deluded if they think they can dispel it. What friends can do that is important is to offer friendship."

~ Judith Martin

After my miscarriage, DON'T tell me ...

- "You can have another baby." How do you know? Besides, I want *this* baby.
- "At least it happened before it was born. It's not like you knew the baby." I *did* know my baby. For the short time s/he was with me, I loved my baby with all my heart. I had hopes and dreams for this baby. I had names picked out and a theme for the nursery. I *knew* my baby was going to be a special person.
- "It's just one of those things." It was *not* just "one of those things" from my viewpoint. Miscarriage had a devastating effect on my life, and making it sound as though it was an unimportant event doesn't lessen its impact.
- "It's common" or "It happens to a lot of women." This happened to *me*, and all I want is to have my baby back.
- "It was just a blob of tissue." In my heart and in God's eyes, I know I was carrying a living being inside me from the moment s/he was conceived. Please don't trivialize my beliefs or that precious life.
- "You should be over it by now." Even though the physical effects may have subsided, I am still hurting emotionally. My child has died, and it takes much longer than a week or two to recover from that pain.
- "You'll get over it." The miscarriage was the death of my child. I will *never* "get over it." The pain and grief will eventually lessen, but I will always wonder what my child would have been like.

After my miscarriage, DO ...

- Listen to me when I want, or need, to talk about what I am going through.
- Be sensitive to the fact that I probably won't want to hear about your pregnant friend/neighbor/cousin/daughter, or about your new grandchildren or nieces or nephews for a while.
- Give me time to grieve. Some days I may need your shoulder to cry on after everyone else thinks I should be "okay" by now.
- Understand that there are "milestone days," such as the expected due date or the time I should have felt the first kick, when I will be feeling the loss as deeply as when the miscarriage occurred. I need your support then.
- Know that I am like any other person who has experienced the death of a loved one. I may not feel like talking when you come for a visit, or I may do things you think inappropriate—such as clean the house—just to have something to do so I don't have to think. Be patient with me.
- Show caring to others who have experienced miscarriage. Treat their loss with the same respect and love you would give if they were suffering the death of any other loved one.
- Let those of us who are going through—or have gone through—a miscarriage know that we are not alone. Send a note or make a phone call to let us know you're thinking of us, especially on those difficult "milestone days." Sometimes we feel that we're the only ones who remember, and it's nice to know that our baby was important to you too.

By Lorena Brant. Adapted and reprinted from *Stepping Stones*, a Christian newsletter for couples facing infertility and/or pregnancy loss. For more information call 616-224-7488 or e-mail step@bethany.org.

November/December Topic

Remembering Your Baby During the Holidays
Deadline – September 30, 2002

January/February Topic

Finding Support Online
Deadline – November 30, 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****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.**

Matters of Faith**Bible study**

meets every 3rd Thursday, 7-9 p.m.
Please contact Jana Spigener
at (817) 468-9963 or
heartblossoms@msn.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

(Playgroups meet at various locations
around the Dallas/Fort Worth Metroplex.)

Join us in a time of sharing experiences.

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 together and discuss concerns unique to them as fathers. Our moms and dads meet together 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 Boulevard, 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 pregnant 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 conducted by one of our M.E.N.D. moms, Allyson Smith, R.N. The group requires a minimum of three participants to meet. For more information contact Allyson at ssmith@dallas.net or (972) 899-0405.



Birthday Tributes to Our Special Babies

Happy first birthday Brian Keith, Jr.—our first born. We love you and miss you so very much! Wish we could celebrate your first with you. Having your brother Ryan makes it easier but doesn't erase the pain. Happy birthday our tiny son.

Brian Keith Ford, Jr.
August 22, 2001
Trisomy 18
Parents: Brian and Angela Ford
Little brother: Ryan



Happy 4th Birthday Colton Lee!!

We can't believe it has been 4 years since we held you in our arms. We think about you everyday. You are always with us in our hearts! We love you and miss you very much our sweet baby boy!!

Love always,
Mommy, Daddy and little brother Hunter



*In loving memory of Colton Lee Osteen
Born and died on August 28, 1998,
due to accidental puncture to trachea
during intubation.
Parents: Jamie and Tony Osteen
Little Brother: Hunter James*

*In Loving Memory of our Emily Caitlin Jared,
"Our Little Miracle"*

Happy 1st Birthday, Beautiful Girl.

We think of you every day and remember how beautiful you were in pink, your little feet, your dimpled chin. Even though you were with us a short while, you taught us so much about love, life, and humanity. You touched us so deeply and changed our lives forever. One day we will hold you again and be together.



*We will always love you Butterfly,
Mommy and Daddy*

*Remembering Emily Caitlin Jared
Born September 20, 2001
Suffered Cardiac Arrest During Labor,
Cause unknown
Went to Heaven in our arms October 4, 2001
Beloved First Child of Kristin and Andrew Jared*



A Tear to Heaven

I sent a tear to heaven, When little Zachary left, On November Eleven. He's finally at peace, Now at rest. Against the bosom of Jesus' loving chest	He shall not suffer, Or feel no more pain. No more sorrow, He has all to gain! Because now he's an angel, In Jesus Christ's holy name. by Penny Jo Johnson
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In Memory of Zachary Ryan Johnson, 10/5/97 to 11/11/97



Dearest Cassi,
It is hard to believe that it has been five long years since Jesus carried you home to Heaven. You must be such a big girl now! We all miss you so very much—and love you more than I ever thought possible. You will live in our hearts forever.
Happy 5th Birthday, sweetie!

Mommy, Daddy, Ezra, Evan and Abbi

*In Loving Memory of our precious
Cassidy Anne Mills
September 23, 1997
Cord asphyxiation
We also honor our tiniest angels:
miscarried April 1990 and April 2001*



Happy 1st Birthday

Madison Frances and Nicholas Josh Norton

August 31, 2001

Our greatest joy - Our greatest sorrow
In loving memory,
Mimi and Pops
(Kathy and Dean Mitchell)



*In loving memory of Madison and Nicholas
8/31/01 due to premature birth
Caused by incompetent cervix
Parents: Matt & Dena Norton*

Dear Spencer,
Our hearts were full of love for you on your 2nd birthday as they are every day. You are our special angel.

Love,
Mommy, Daddy and Baby Sister Clara

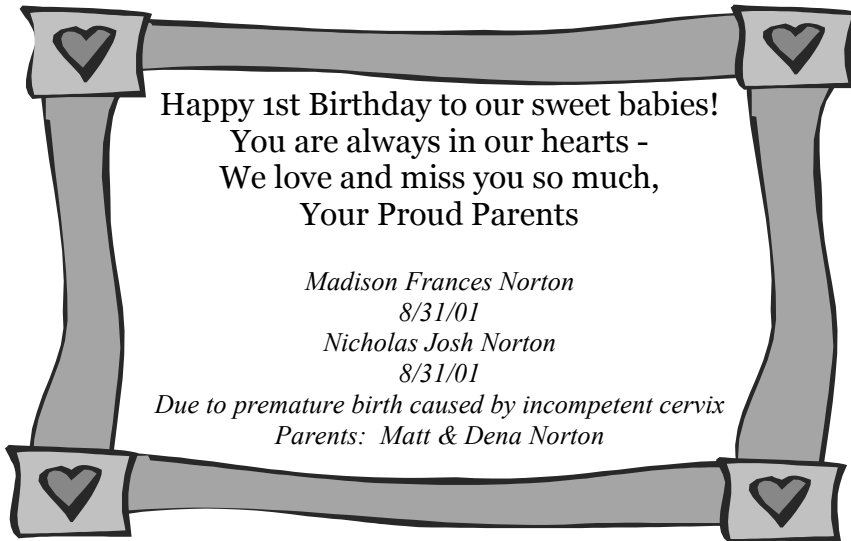


Dear Jordan,
We love you and know that you and Spencer are Clara's guardian angels.

Love,
Mommy, Daddy and Baby Sister Clara

*Spencer Charles Tschoepe,
stillborn July 24, 2000,
cause unknown
and
Baby Jordan Tschoepe,
miscarried August 1, 1999
Parents: Ernie and Mandy Tschoepe
Little sister: Clara*

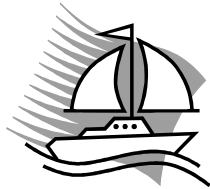




Happy 1st Birthday Ziggy



You are our dreamboat and our miracle.
We love you deeply and always.



Mom and Dad

Remembering Ziggy Michie
 October 10 - 12, 2001
 Vasa Previa

Parents: Iain and Christie Michie

To our precious Riley,

A year has passed, and little did we know when we held you in our arms how much of an impact your short life would have on us. Our prayer from the beginning has been that God's purpose for your life, however brief, would be fulfilled. We have seen so much good result from your life and death, not only in us, but in others around us. Sweet boy, dealing with your death has taught us about ourselves and about the goodness and faithfulness of our Father in Heaven. Not a day goes by when we don't think of you, and we long for the day when we can put our arms around you and see you face to face. Until then, we give thanks to the Lord for leading us through this year, and for His arms of comfort continually surrounding us.

We love you and miss you,
 Daddy, Mommy, Reid, Tyler, and Cameron

Riley Marshall Sharpless
 Stillborn September 3, 2001
 Placental Abruption
 Parents: Ken and Lisa Sharpless
 Brothers: Reid, Tyler, and Cameron



Madison's Dream

Every day I pray
 that it was all a dream
 He did not take my baby away from me
 I ache to see your
 beautiful blue eyes sparkle again
 to see your happy toothless smile
 I long to hold you while you sleep
 and rock you when you cry
 Though I know it was not a dream
 It still cannot be real
 My beautiful angel cannot be gone
 I still see you everywhere
 In pictures on the walls
 In my head as I lay down to sleep
 I imagine you in the bathtub
 kicking off on the sides
 and loving it like you always did
 I imagine you lying in your crib
 sleeping sound right by my bed
 Just when I think He did not
 give you a chance at life
 I realize I am wrong....He did.
 Though your life was shorter than most
 It was better than most
 You knew love and happiness
 and only a caring touch
 Not a mean word spoken
 or an angry touch felt
 But even knowing that does not take away my pain
 I still pray every day that it was all a dream
 You can't be gone
 I still love you so much.

Happy birthday sweet angel.
We love you and we miss you.

Love,
 Momma, Daddy, Jakob, and Nae-Nae

Remembering Madison Alaine Niles
 October 12, 2001 - February 19, 2002
 AVSD (Atrioventricular Septal Defect)
 Parents: Thomas and Shawna Niles



Happy 2nd Birthday to our 1st Grandson,
Jacob Dominic Stuckey

Stillborn August 19, 2000, unknown cause
 Parents: Brandon & Michelle Stuckey

*Jesus gave such a loving Mommy and
 Daddy to you and Christopher. While you
 two are playing together in heaven,
 we all miss you so much.*

We love you Jacob.
 Gami& Pop

Happy 4th Birthday, Jackson!

Happy Birthday, sweet little one. It is so hard for us to imagine that you would be a big four-year-old boy now. You will always be the precious baby that we knew and loved for almost three weeks. We wish we could all be together now, but we feel your presence often and know we will see you in Heaven some day. We never forget you and still love you so very much.



Love,
Mommy, Daddy,
Big Sister Hannah and Little Brother Andy

*In Memory of Jackson David Crowe
August 22, 1998 - September 9 1998*

Congenital Heart Defect

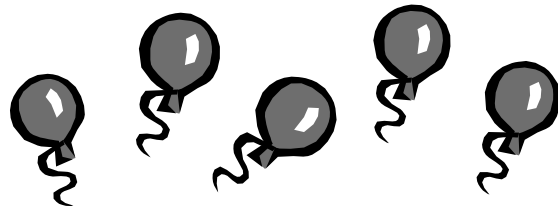
*Parents: David and Marie Crowe
Siblings: Hannah and Andy*



Happy 5th Birthday to our Big Boy Schuyler!
We love you so much and miss you everyday!
Daddy, Mommy, Ashton & Alexa

*Timothy "Schuyler" Morren II
September 28 - December 23, 1997
SIDS*

*Parents: Tim and Pam Morren
Little sisters: Ashton and Alexa*



The Number of Her Days

for Sarah Elizabeth

Under my heart she grew, and within my heart she stays,
And I will rest in peace that the number of her days
Was planned before I bore her,
Was known before I loved her,
And she will live forever in His glory and His grace.

Though I would not have chosen, not in a thousand years
To love her and to lose her, to shed these million tears,
I know His grace has won her,
I know His hand still holds her,
And she will live forever without pain or toil or fear.

If it were up to me I know I would not hesitate
To give my life for hers and to save her from this fate.

But Christ has given His;
And so I know she lives;

And I will look for her as soon as I pass Heaven's gate.

My faith has found a resting place, not in device or creed,
But in the truth of Christ's dear life, and His immortal deed.

My broken heart He holds;
My future He will mold;

As before the throne of God for me He ever intercedes.

Father, I would ask you to protect me from these things
That would break and bind and keep me from worshipping my King;

A bitter and an angry heart;

A fear to make each day's new start;

Lord, heal my heart and teach me once again with joy to sing.

Though in sorrow now I bow my head, and shed these precious tears
That God Himself has numbered and has said that He holds dear,

In my heart I know I've heard
King David's heartfelt words

That she will not return to me, but I will go to her.

--Linda Davidson

*In loving memory of Sarah Elizabeth Dykes,
stillborn June 7, 2002,
due to a cord accident.*

Parents: David and Susan Dykes

I was born with wings

When I was formed in my mommy's tummy,
my back was itching all the time
I always kicked my mommy to see if she would
scratch me some.

I grew each day so strong, and my space
was getting smaller
so that each night I would rub myself
against a wall or
something like that, in my mommy's tummy.

Oh mommy I think it's time,
my head is almost touching my toes ,
and that itch in my back it's feeling like tickles,
and now it doesn't bother me at all.

Please let me out, please hold me tight
I love you Mom and Dad, I am your son
who loves you so, and wants to see you around.

But I am here trying so hard,
and I know my mommy is too, my body is big,
and they don't know, that I may need other kind of help.

I finally see the light , and it's so bright,
I feel happiness inside, but the only thing is that I don't see
my Mommy and my Dad,

I hear their voices, I feel their love,
I feel their kisses all over my back.

But, they don't see what I can see,
the presence of someone so special and so beautiful,

I am in the presence of God,
and the other thing that they can't see is that,
I, their beloved son, was picked to be an Angel, an Angel of the Lord,
and the itching was because I was growing wings,
my Angel wings of Love.

Love: Josiah Alexander Ruiz

*In loving memory of Josiah,
April 5-13, 2002
Ruptured uterus
Parents: Joe and Carmen Ruiz
Big sister: Bianca*

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.

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.

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



Subsequent Births

Dawn and Kevin Ripple, along with big sister Julianna Michelle

of Pensacola, Florida,
joyfully announce the adoption of
Jared Carlson,
born June 20, 2002,
8 lbs., 20 inches long.
The Ripples lovingly remember their son
Jameson Cole,
December 4-22, 2001,
Campomelic Dysplasia.

John and Shary Gentry, along with big sister Alison

of London, England
(formerly from Flower Mound, Texas),
announce the arrival of
Mark Christopher,
born June 11, 2002, at 1:01 a.m.,
6lbs., 8 oz., 19 inches long.
The Gentry family remembers
their three precious babies in Heaven:
Elizabeth,
stillborn August 24, 1996,
due to cystic hygroma and anasarca;
Baby Gentry,
miscarried May 10, 1997,
and Meghan Elizabeth,
stillborn June 3, 2001,
due to kidney abnormality.

Elizabeth and Efrain Salinas, along with big brother Jonathan Cristian

of Dallas, Texas,
announce the arrival of
Eliana Mari,
born June 28, 2002, at 2:55 a.m.,
3lbs., 11oz., 18 inches long.
The Salinas lovingly remember
Christopher Jacob,
stillborn August 19, 2000.

Menaca & Bhaskar Padakandla, along with big brother Aakash

of Carrollton, Texas,
joyfully announce the arrival of
Rumya Sahaley,
born July 15, 2002, at 9:59 a.m.
Rumya weighed 4 lbs., 12 oz.,
and was 17 1/4 inches long.
They lovingly remember their angel
Amar,
June 28, 2001,
congenital heart defects.

Brian and Angela Ford

of Hurst, Texas,
joyfully announce the arrival of
Ryan Kyle,
born July 24, 2002, at 3:13 p.m.,
9 lbs., 8 oz., 20 1/2 inches long.
The Fords lovingly remember
Brian Keith Ford, Jr.,
August 22, 2001,
Trisomy 18.

Paul and Patty Reiman, along with big brothers Tim and Greg

of South Euclid, Ohio,
joyfully announce the arrival of
Kevin Paul,
born July 22, 2002 (on his Daddy's birthday),
at 12:48 p.m.
He weighed 8 lbs. and was 18 1/2 inches long.
The Reimans lovingly remember
Natalie Faith,
stillborn April 14, 1999,
due to anencephaly,
Baby Reiman,
miscarried November 1999,
and Baby Reiman,
miscarried May 2000.

Vicky and Troy Woodford, along with siblings Steven and Olivia

of Arlington, Texas,
joyfully announce the birth of
Amanda Love,
July 29, 2002, at 2:51 p.m.,
7 lbs., 6 oz., 19 inches long.
The Woodford family lovingly remembers
Joseph "Luke",
June 6 - 18, 2001,
ACD (Lung Defect).

Tonya and Brian Bausch

of Flower Mound, Texas,
joyfully announce the arrival of
Megan Ashley,
born August 2, 2002, 3:58 p.m.
5 lbs., 8 oz., 18.5 inches long.
The Bausches lovingly remember
Allison Paige,
November 1 - 10, 2000,
prematurity,
and Baby Bausch,
miscarried May 4, 2001.

"If I am ever to comfort someone, I will not try to palliate their suffering through foolish reasoning. I will just embrace them and tell them I am heartfelt sorry for their loss."

~ Richard Paul Evans
from *Timepiece*

Organizations and Internet Support

Pregnancy Loss & Grief Support

The Adam and Michael Angel Mission
P.O. Box 1031, Colleyville, TX 76034

817-498-2669
mike@adamandmichaelangel.org
www.adamandmichaelangel.org

Bereaved Families of Ontario
www.bereavedfamilies.net

CHERUBS-The Association of Congenital Diaphragmatic Hernia Research, Advocacy, and Support
e-mail: cherubs@gloryroad.net

www.cherubs-cdh.org
P.O. Box 1150
Creedmoor, NC 27522
919-693-8158

Cristin's Hope
<http://www.geocities.com/Heartland/Shores/1275/>

Footprints Ministry
13611 Merton Woods Ln.,
Charlotte, NC 28273-9008

GriefNet
<http://rivendell.org>

H.A.N.D. (Houston's Aid in Neonatal Death)
<http://www.hern.org/~hand/>

Helping After Neonatal Death (HAND)
P.O. Box 341, Los Gatos, CA 95031-0341
408-995-6102

888-908-HAND
www.handonline.org
e-mail: info@h-a--n-d.org
Support meetings in Alameda, Contra Costa, Santa Clara, and Central Valley counties—call for info.

Hygeia
<http://www.hygeia.org>

Infanlos
e-mail: majordomo@taex001.tamu.edu
Type "Subscribe Infanlos"
Visit the Infanlos Family Website and
www.geocities.com/infanloss

M.E.N.D. (Mommies Enduring Neonatal Death)
P.O. Box 1007
Coppell, TX 75019

972-459-2396/ 1-888-M.E.N.D.
<http://www.mend.org>

Mending Broken Hearts
www.libbys.org/mendinghearts

MIDS Miscarriage, Infant Death & Stillbirth
16 Crescent Dr.
Parsippany, NJ 07054
e-mail: MIDS@nac.net

M.I.S.S. Mothers in Sympathy and Support
Joanne Cacciatore (voice) 602-979-1000
(fax) 602-979-1001

Julie White (voice) 602-584-0805
<http://www.missfoundation.org>

Morning Light Ministries
c/o St. Mary Star of the Sea Church
11 Peter Street South
Mississauga, Ont. L5H 2G1
905-278-2058

<http://members.rogers.com/morninglightministry>
morninglightministry@rogers.com
24 hour voice mailbox telephone: 416-969-0545
For bereaved Catholic parents who have experienced the death of their baby through ectopic pregnancy,

Nathaniel's Friends
P.O. Box 2372
Frazier Park, CA 93225
www.nathanielfriends.homestead.com
bayonne@bigvalley.net

Our Loss Heaven's Gain
www.groups.yahoo.com/group/ourlossheavensgain
Precious Children Remembered

P.O. Box 534
Huron, OH 44839
<http://www.accnorwalk.com/~mom2nich/>

PCR – Chat Room
Monday 10 p.m. Eastern
Contact Shanna at Ladyinno@aol.com or
HostiVHShanna@aol.com for info.

Pregnancy/Infant Loss Center
1415 East Wayzata Blvd. #30
Wayzata, MN 55391
612-472-9372

Pregnancy Loss Newsgroup
<http://web.co.nz/~katef/sspl/>
S.A.N.D.S.

<http://www.sandswa.org.au>
<http://www.sandsvic.org/au/>
SHARE

St. Joseph Health Center
300 First Capitol Dr.
St. Charles, MO 63301-2893
314-947-6164

S.O.F.T. (Support Organization for Trisomy 18, 13 & Related Disorders)
c/o Barb Van Herreweghe
2982 S. Union St.

Rochester, NY 14624
716-594-4621
800-716-SOFT (7638)

e-mail: barbsoft@aol.com
<http://www.trisomy.org/>
Tom Golden's Crisis, Grief & Healing

<http://www.webhealing.com/>
UNITE, Inc. (Perinatal grief support)
7600 Central Avenue

Philadelphia, PA 19111-2499
215-728-3777

Zoom
<http://www.premier.net/~zoom/>

Subsequent Pregnancy After a Loss

Hopeful Women
www.hopefulwomen.com

Continuing a Pregnancy After Adverse

Prenatal Diagnosis
Anencephaly Support Foundation
<http://www.asfhelp.com/>

Abundance of the Heart
c/o Mark & Tonya Bayonne
P.O. Box 2372
Frazier Park, CA 93225
<http://www.abundanceoftheheart.homestead.com>

Infertility

Hannah's Prayer
Providing Christian Support for Fertility Challenges.
Online newsletter available.
P.O. Box 168, Hanford, CA 93232-0168
775-852-9202

<http://www.hannah.org/>
INCIID

<http://www.inciid.org/>
Infertility
<http://www.fertilethoughts.net>

Journey to Jordan

A ministry for families dealing with infertility and adoption. Publishes a newsletter for a small fee.

4511 E. Gatewood Rd.
Phoenix, AZ 85024-6938

Reproductive Medicine Program
<http://repro-med.net>

Resolve
<http://www.resolve.org/>

Stepping Stones
Offers Christian hope, encouragement, and support to infertile couples. Publishes a bi-monthly newsletter.

c/o Bethany Christian Services
901 Eastern Avenue NE
P.O. Box 294
Grand Rapids, MI 49501-0294
<http://www.bethany.org/step/>

Multiple Loss

CLIMB (Center for Loss in Multiple Birth)
e-mail: climb@pobox.alaska.net
www.climb-support.org

Limbo-L List, Loss in Multiple Birth Outreach

For parents who have lost one or more children in a multiple birth situation.

Contact Terry Callaghan at
Terry45@hotmail.com
<http://www.geocities.com/Heartland/Lake/5142>

The Twin to Twin Transfusion Syndrome Foundation

411 Longbeach Parkway
Bay Village, OH 44140 440-899-8887
<http://www.tttfoundation.org>

Twinless Twins
11220 St. Joe Rd.
Ft. Wayne, IN 46835-9737
219-627-5414

SIDS

SIDS Network
P.O. Box 270, Ledyard, CT 06339
800-560-1454

<http://sids-network.org>
e-mail: sidsnet@sids-network.org

Cot Life Society
<http://www.geocities.com/Heartland/Trail/5955>

North Texas SIDS Alliance
1401 Airport Freeway, Suite 118
Bedford, Texas 76021
metro (817)267-7955

toll free in Texas only (800)650-SIDS
<http://www.northtexassids.org>
e-mail: info@northtexassids.org

Helping Others in Grief

Memory Box Artist Program
www.taraleigh.com/memoryboxes

Spanish

Fundacion Esperanza
www.geocities.com/Heartland/Bluffs/7102/
e-mail: carlarh@ivillage.com

Helpful Reading ...***A Deeper Shade of Grace***

by Bernadette Keaggy.
Sparrow Press, Nashville, TN, 1993.

Empty Arms: Emotional Support for Those Who Have Suffered a Miscarriage Stillbirth, or Tubal Pregnancy

by Pam Vredevelt.
Multnomah Press, Sisters, OR, 1984

Empty Cradle, Broken Heart – Surviving the Death of Your Baby

by Deborah L. David, PhD.
Fulcrum Publishing, 350 Indiana St.,
Golden, CO 80401, 1991

Free to Grieve

by Maureen Rank.
Bethany House Publishers
6820 Auto Club Rd.
Minneapolis, MN 55438

Grieving the Child I Never Knew: A devotional companion for comfort in the loss of your unborn or newly born child

By Kathe Winnenberg
Zondervan Publishing House

Heaven's Not a Crying Place

by Joey O'Connor.
To order, visit his website at
<http://www.joeyo.com/>
or e-mail joey@joeyo.com

I Can't Find A Heartbeat: Hope and Help for Those Who Have Lost an Unborn Child

By Melissa Sexson Hanson
Review and Herald
Publishing Association

I'll Hold You in Heaven

by Jack Haford.
Regal Books
Ventura, CA

In Search of Hope

by Susan R. Lowe
AmErica House
www.publishamerica.com

Letters to Gabriel

by Karen Garver Santorum,
wife of Senator Rick Santorum
To order, call 800-935-2222.

Loss and Grief Recovery Help Caring for Children with Disabilities, Chronic or Terminal Illness

by Joyce Ashton with Dennis Ashton.
Baywood Publishing

Morning Light – Miscarriage, Stillbirth and Early Infant Death from a Catholic Perspective

by Bernadette Zambri.
To order, call 905-278-2058 (in Canada).

The Rocking Horse Is Lonely – and Other Stories of Fathers' Grief

by James D. Nelson, Editor.
Pregnancy and Infant Loss Center,
1421 E. Wayzata Blvd., Suite 30,
Wayzata, MN 55391, 1994

Silent Grief

by Clara Hinton.
Published by New Leaf Press

A Silent Sorrow

by Ingrid Kohn.
Bantam Doubleday Dell Publishing Group, Inc.,
666 Fifth Ave., New York, NY 10103, 1992

Surviving Grief by God's Grace

by Richard Battle
1st Books Library
www.1stbooks.com/bookview/9575
1-800-280-7715

36 Hours with an Angel

by Lindsay Roberts.
Richard and Lindsay Roberts Ministries,
P.O. Box 2187, Tulsa, OK 74171

Time Piece

by Richard Paul Evans.
Simon and Schuster, Rockefeller Center, 1230
Avenue of the Americas, New York, NY 10020,
1995-1996

When God Doesn't Make Sense

by Dr. James Dobson.
Published by Tyndale House Publishers,
Wheaton, IL, 1993

When Hello Means Goodbye

By Paul Schweibert, M.D., P., and Kirb.
Perinatal Loss, 2116 NE 18th Ave.,
Portland, OR 97212, 1986

When Pregnancy Fails: Families Coping with Miscarriage, Stillbirth and Infant Death

By Susan Borg and Judith Lasker.
Bantam Press, 1989

SIDS ...***The SIDS Survival Guide***

by Joani Nelson Horchler and
Robin Rice Morris.
To order, call 301-773-9691.

Subsequent Pregnancy ...***Another Baby? Maybe ...***

Thirty Questions on Pregnancy After Loss
by Sherokee Ilse and Maribeth Wildre Doerr.
Contact Centering Corporation
www.centering.org
402-553-1200

Pregnancy After a Loss – A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death

by Carol Cirulli Lanham.
Berkley Books, a Division of Penguin
Putnam, Inc., 375 Hudson St., New York,
NY. To order directly, call toll-free 1-877-
853-3595.

Still to Be Born

by Paul Schweibert, M.D.
Perinatal Loss, 2116 NE 18th Ave.,
Portland, OR 97212, 1986

Trying Again--A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss

by Ann Douglas and John R. Sussman,
M.D.
Taylor Publishing, 2000.
<http://www.having-a-baby.com/tryingagain.htm>

For Children ...***The Cherry Blossom Tree – A Grandfather Talks About Life & Death***

by Jan Godfrey.
Augsburg Fortress, 426 S. Fifth St., Box
1209, Minneapolis, MN 55440, 1996

Let's Talk About Heaven

by Debby Anderson.
Chariot Books, David C. Cook
Publishing Co., Elgin, IL, 1991

Molly's Rosebush

by Janice Cohn, D.S.W.
Albert Whitman & Company, Morton
Grove, IL 1994

Mommy, Please Don't Cry – Tender Words for Broken Hearts

by Linda DeYmaz.
Multnomah Publisher, Bend, OR
Contact www.multnomahbooks.com

Someone I Love Died

by Christine Harder Tangvald.
Chariot Books, David C. Cook Publishing
Co., Elgin, IL, 1988

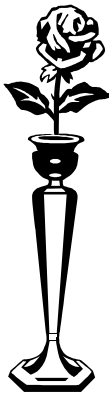
Holiday Grieving ...***The Christmas Box***

by Richard Paul Evans.
Simon and Schuster, Rockefeller Center,
1230 Avenue of the Americas, New York,
NY 10020, 1995-1996

A December Grief

by Harold Ivan Smith
Beacon Hill Press of Kansas City
Kansas City, MO

In Loving Memory



Bay William Miltenberger, Jr.
Stillborn December 9, 1998
Preterm Labor
Given by parents,
Paula and Bay Miltenberger
and little brother Bryce

Garrett Anthony Mayer
October 12 - December 18, 1999
Tetralogy of fallot
Given by parents,
April and Tony Mayer
and little sister Samantha

Lauren Paige Grimes
Stillborn March 6, 1999
Unknown Cause

Baby Grimes (Raleigh's twin)
Miscarried January 25, 2001
Parents, John and Paula Grimes
and sister Raleigh
Given by grandparents,
Joe and Lanell Grimes

Julia Izabelle Flores
July 12 - 18, 2001
NEC
Given by parents,
David and Melva Flores

Gift of Love
Given by Kathleen
and Theodore Schwitzner

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!

Jonathan Daniel Mitchell
Stillborn June 24, 1995
Cord Accident
Baby Mitchell
Miscarried December 2001
Parents, Rebekah and Byron Mitchell
Big brother, Byron, Jr.
Given by grandparents, Dennis and Sue Brewer

Timothy "Schuyler" Morren II
September 28 - December 23, 1997
SIDS
Given by parents, Tim and Pam Morren
and little sisters, Ashton and Alexa

Kyle Charles Walton
November 19, 1998
Group B Strep &
lack of proper nourishment from placenta
Parents, Jason and Kristen Walton
and sisters Jessica and Laura
Given by Moxie Pest Control

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

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

Brian Keith Ford, Jr.
August 22, 2001
Trisomy 18
Given by parents, Brian and Angela Ford
and little brother Ryan

Ziggy Michie
October 10 - 12, 2001
Vasa Previa
Parents, Christie and Iain Michie
Given by grandmother, Louise Heiskell

Ziggy Michie
October 10 - 12, 2001
Vasa Previa
Given by parents, Iain and Christie Michie

Emily Caitlin Jared
September 20 - October 4, 2001
Cardiac Arrest During Labor/Unknown Cause
Given by parents, Kristin and Andrew Jared

Jameson Cole Ripple
December 4-22, 2001
Campomelic Dysplasia
Given by parents, Dawn and Kevin Ripple,
big sister Julianna and little brother Jared

Madison Frances Norton
Nicholas Josh Norton
August 31, 2001
Incompetent Cervix
Parents, Matt and Dena Norton
Given by grandparents,
Dean and Kathy Mitchell

Sierra Nevada Belle Gregory
Stillborn August 31, 2000
Choreoamniotus
Given by parents, Keith and Francesca Gregory
and siblings: Payton, Colton, Gabriella,
Weston, Marielena, and Juston

Mercedes Ruth Spigener
Stillborn September 21, 1995
Intramembranous Insertion of Umbilical Cord
Twin Blossoms
Miscarried July and August, 1996
Parents, Grant and Jana Spigener
Little brothers, Wyatt, Ford, and Porter
Given by grandparents,
Barry and SherylN Spigener
and Aunt Jamie Lyn Spigener

Angelica Meza
July 1, 2000
Umbilical Cord Anomaly
Andrea Meza
August 3, 2001
Incompetent Cervix
Given by parents, Victor and Elizabeth Meza

Abigail Joy Boyd
Miscarried June 22, 1999
Hannah Elizabeth Boyd
Miscarried October 21, 1999
Michael Aaron Boyd
Stillborn April 23, 2000
Baby Christian Boyd
December 17, 2000
Parents, Melanie and Craig Boyd
Little brother, Samuel Garrett
Given by grandparents, Tom and Paula Todd

Abigail Joy Boyd
Miscarried June 22, 1999
Hannah Elizabeth Boyd
Miscarried October 21, 1999
Michael Aaron Boyd
Stillborn April 23, 2000
Baby Christian Boyd
December 17, 2000
Given by parents, Melanie and Craig Boyd
and little brother, Samuel Garrett

Joseph Charles Libby
Stillborn May 26, 1999
Cord Accident
Given by parents,
Wim and Sharlene Libby
and siblings Will, John, and Mary Grace

The Greater Fort Worth Builder's Association has offered M.E.N.D. a tremendous fundraising opportunity. They are offering us tickets to the 2002 Kaleidoscope of Homes, which will be held in Clariden Ranch, a new Southlake Community, this September. M.E.N.D. may sell these tickets and the Builder's Association will allow us to keep all the proceeds. The reason this opportunity has become available is that this year's Kaleidoscope of Homes will be benefiting the Adam and Michael Angel Mission, which provides support to families who have lost a baby, as well as groups such as M.E.N.D. If your family enjoys touring beautiful new homes or if you have friends and coworkers who attend this annual event, please make sure they purchase tickets from M.E.N.D. Tickets will be good Wednesdays and Thursdays during regular show hours, 11 a.m. until 7 p.m. Anyone wishing to attend on Friday or the weekend must purchase tickets at the gate (tickets sold at the gate until 6 p.m.)



For tickets, contact M.E.N.D.:
 (972) 459-2396 or toll free 1-888-695-6363
 rebekah@mend.org
 P.O. Box 1007, Coppell, TX 75019



M.E.N.D. Fundraisers

As a non-profit organization M.E.N.D. 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 40 percent of all sales by 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 40 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.

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 to 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.

Nikki Wynne, a M.E.N.D. member and an **AVON** Independent Sales Rep, is donating 15% of all AVON Orders made by M.E.N.D. members to M.E.N.D. Please contact Nikki whichever way is best for you, by phone 817-419-7508, by email at nikkitheavonlady@aol.com, or shop on-line at her website (use passcode: nikki) at <http://www.youravon.com/nwynne/>.

Kim Jines, Independent **Southern Living at HOME** Consultant, is a M.E.N.D. member who is donating 20 percent of all sales made by M.E.N.D. members. For a catalog, call: (972) 222-7474 or e-mail: atHOMEkjines@aol.com. You can visit the website at www.southernlivingathome.com.

April Mayer, a M.E.N.D. member, is an independent **Tupperware** consultant who is donating 10 percent of all sales made by M.E.N.D. members back to our organization. You can browse products at www.tupperware.com. If you would like to place an order, her phone number is (940) 365-9695, and her e-mail address aubrey-tupperware@att.net.

Kris Binsfeld is an independent consultant for **Tastefully Simple**, a company that provides open-and-consume and easy-to-prepare gourmet foods. Kris will donate 10% of all sales to anyone who mentions M.E.N.D. Feel free to browse the website at www.tastefullysimple.com. Please contact Kris by phone 320-548-3413 or email her at mrstom@meltel.net.

Cheryl Kilburg designs beautiful heart pendants as remembrances of loved ones who leave our hearts with a "missing link." To see her work and order your own pendant, visit **My Heart's Missing Link** at www.myheartsmisssinglink.com. Cheryl will donate \$10 for each gold item sold and \$5 for each sterling silver item sold to M.E.N.D. members back to M.E.N.D.

Dana and Tracy Davis are independent representatives for **VarTec Telecom/Excel Communications**, a company that offers telephone service at competitive rates. Dana is donating 5 percent of her profits from sales to M.E.N.D. members back to M.E.N.D. You can call her at 214-360-1531, or call 1-877-EXCEL-4U and give global identification #9265706111.

Sandy Burnham, a **Princess House Lifestyle** consultant and M.E.N.D. member, will donate 10 percent of profit earned on your order back to M.E.N.D. Call (313) 792-9699 or email her at bburnham@metroshores.net to request a catalog or place an order.

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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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,
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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