



Helping Children Deal with Loss

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Twice I have had to tell my firstborn son, Byron, Jr., that his sibling had died. Explaining the death of my baby to my child is not something I anticipated as a role of motherhood. He was only three when our second son was stillborn, so he could not quite comprehend the magnitude of the loss. He certainly understood that his baby brother Jon-Jon had "popped" out but was never coming home, and as a result Mommy and Daddy were very sad. I'll never forget his crestfallen and confused facial expressions when I sobbingly told him Jonathan had died. With wide eyes, he turned his head back and forth from the lifeless baby in the isolet to his daddy and me, searching for answers.

Six years later, after just turning ten, he very much knew what the miscarriage meant. I discovered our loss at a routine doctor's appointment and from there had to pick him up from school and take him to a piano lesson. I did not want to tell him until we got home, but his intuitiveness prevailed, and he knew something was wrong. He said, "Just tell me, is the baby okay?" I finally broke down and had to tell him the truth. I watched through the rearview mirror as his little face crumbled, and he burst into tears. I offered to pull over, but he just wanted to get home as fast as we could. Both instances will forever be imprinted in my memory, and as a mother at times I cannot help but feel responsible for the deep sadness and disappointments my little boy has had to endure.

While in the recovery room after giving birth to Jonathan, I wondered if it would be a good idea to let Little Byron see the baby. As our pastor held Jonathan in his arms, I asked him if he thought we should or if it would be too traumatic for our pre-schooler.

Without hesitation, he emphatically told us that absolutely Little Byron should see the baby because, "after all, it is his brother." It made perfect sense, and Byron and I knew it was the right thing to do. Allowing Byron, Jr., to look at, touch and have pictures taken with his little brother was very beneficial and therapeutic to us as a grieving family. It helped him understand that Jonathan was real and not an imaginary friend we had made up. Watching my little boy bravely and gently stroke his brother's tiny arm and kiss his cold head was surreal. We took several photographs of them together that are now mementos that I will forever cherish. Although the experience was heart wrenching, I know we made the right choice.

The weeks and months that followed the loss of Jonathan were very challenging. I was mentally in the pit of despair and needed to express my emotions, yet I was fearful of scarring and damaging my child as he saw me in daily sorrow. My private moments of grieving usually took place in the bathtub or in the car, but my solitude never lasted for long as it was often interrupted by my three-year-old demanding my full attention. I often prayed that the Lord would protect him from forever being ruined by seeing me cry all the time. His reaction to my crying was always, "Mommy, are you crying about Jonathan again?" I would affirm his suspicion then ask him if it was okay. Most of the time he would say yes, but from time to time would tell me no. When it was clear he did not feel comfortable with my grief, I would briefly go into another room to regain my composure then go back to him to show him I was okay.

I read that if parents are not open and honest with their children about a tragedy that has taken place in the family, the kids may begin to blame themselves for the heaviness they sense in the home. I did not realize until a couple weeks after Jonathan's death that Little Byron was feeling somewhat responsible for his brother's demise. Throughout my pregnancy he routinely put his mouth on my bulging tummy and blew as hard as he could, making a loud noise that would usually cause Jonathan to jump. It was exciting and funny to see his response, and I would thank him for "playing" with the baby. One evening my mother was helping Little Byron take a bath when I overheard him ask, "did I kill Jonathan when I 'blowed' on Mommy's tummy?" It was all I could do to not collapse to the floor in anguish as my mom fought back her own tears and assured him in no way was he the cause of Jonathan's death. From then on I made an effort to regularly remind him that Jonathan's stillbirth was no one's fault and it could not have been prevented.

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M o m m y ' s 3 0 d a y N o o n e a t a t a t h

## The Grief of a Child



*Childhood is a time of nothing  
To prove  
And  
No one to impress  
Even in grief or sadness, a child will  
Do it their way.  
When they feel sad they cry  
And when the cry is over  
They play.*

### The grief of a child

The onion analogy is a good way to show the differences between adult grief and that of a child. We know what an adult would do if handed an onion. Think of what a four year old boy would do and you begin to see the differences. We would analyze the onion. The little boy would experience the onion and then play with it until it is torn up completely. The onion would be found several days later in a closet. Little boys and dogs both run off and hide things. The analogy sounds simple but it pictures what happens with children in grief.

### Children experience things

Children don't think through their feelings, they simply experience them. They still have a sixth sense that allows them to feel the air and understand. As adults grow to depend more on logic they lose the sixth sense. A look at children's literature is all that is necessary to prove this. I read Dr. Seuss to my grandchildren. Who can understand *Green Eggs and Ham*? My grandchildren sit enraptured. They don't care how much the words mean, they are experiencing the story, not the words. I wish I still had that ability.

Children sense that something is wrong. They may not understand death, or even be told about death, but they know something is different. This is why our efforts to protect them often backfire. Too often we shuffle them off to friends or family so they will not have to know about the death. Or we do not allow them to go to the funeral home to say good-bye for fear they will be scared by the experience. Our hope is that they will not even know anything is wrong. But they are far ahead of us. They are experiencing. They know, and they feel left out and unimportant, or even a sense of rejection. Some children even decide it is their fault. Instead of sheltering and protecting them we need to focus on those things that help them to express their feelings and be a part of the family's experience. When children are included in the process they feel accepted and an important part of a profound family event.

When children are not included in the family's grief they are left to their own imaginations. Too often imagination makes the image worse than reality. This became real to me with my four year old grandson. When my mother died, we did not make arrangements for him to see her before the funeral. He was sitting in my lap at the grave side, and pointed to the casket and said in a rather loud voice, "What is that?" I tried to whisper some explanation, but he continued with, "How is she going to get out of there?" Our efforts to protect had left far too much to the imagination of a four year old little boy.

Since they are experiencing instead of analyzing they may not grieve in obvious ways. They have had a hard time reacting emotionally. They will react in terms they understand and in the terms of what they have lost. We tend to panic and think they are not grieving properly, or we decide they are not in grief and have no need for help.

### Children play

Play is what children do for a living. One of their first responses to grief will be to wonder if they can still play. Play is how they work through their feelings. Three years ago my daughter delivered a baby on Christmas Eve. He died on Christmas Day. After the funeral, my daughter and her family came to our house for a few days. Her two sons went to the basement of our house as soon as they arrived and stayed there most of the time for two days. When we finally went down to the basement to see what they had been doing, we found they had created a life for their little brother. They made cutouts to hang all over the room. Their brother became a pilot who married a female sheriff. In two days of play they worked through their feelings they could never express in any other way.

### Children hit and run

If a child is playing with an onion they will pick at it for a little while and then run off, either leaving the onion on the floor or taking it with them for future play sessions. That is how they deal with grieving situations. Matter of fact, that is how they deal with any situation that requires the expression of feelings. They will sit on your lap in deep seriousness talking about the death and then suddenly say, "I want to go ride my bike now."

Children instinctively know how much they can handle. When that point is reached they are gone. They also are checking to see if play is still appropriate. Play is what they do for a living and they need to know it is still there for them.

We may think that nothing has been accomplished in these brief times of sharing and feel some sense of panic. There is no way to measure what is happening in the mind of a child. Nor can we measure how much good has been done in these simple times that are often so short you do not realize they were happening.

### Children relate to the loss in their way

They will relate to the loss in terms of what they lost. "Grandpa promised to take me fishing and now he died." That sounds selfish, but that is what the child lost. When they express their loss in these terms we need to help them establish the significance of that loss. Our natural response will be to make the child feel better in some way, so we say, "Oh there will be many other people to take you fishing." It takes courage on our part, but we need to say, "Not going fishing with Grandpa is really going to hurt isn't it." That says that you are taking the responsibility seriously and that it is all right to talk about it with you. These kind of responses allow the child to establish the significance of the loss. Significance really matters in grief.

### Children grieve in their own time

A child will pick the times when they wish to bring up the subject. "We are going to get an ice cream cone and Suzy can't go cause she died." What a time to bring that up! But the child will bring it up when they feel safe. Times like this are safe because they know there will not be much follow-up. You aren't likely to have a deep discussion about the loss in an ice cream store. If we respond with calmness and say something like, "I miss Suzy the most at times like this," the child may feel free to say more during the ride to the store. Some times they bounce these statements off of us to see if we are ready to talk or if we will hush them and change the subject. Remember they don't know there are any rules for when to talk. I wish we adults had the same freedom.

### Children grieve slowly

Kids have a great ability to deny reality. They are good at it. Your child will deal with grief when, and only when, he or she is ready to do so. You can offer your support. You can let them know it is all right to talk about it, and it is all right to talk about it to you, but they will determine the time. Far too many parents panic and decide their children are not grieving properly when the child is just not ready yet. They will control the length. They will grieve when they are ready, and for as long as they are ready.

### The grief of a child is a broken line

They will do the grief work they are capable of doing at the age they are. Quite often they will pick the grief up again a few years later and do what can be done with at that age. They may continue this process until they are adults.

### Children use questions

Why? How?

Who will take care of me now?

Will it happen to me, or to someone I know?

These are the basic questions we all have and there are no real answers to any of them. You may find them very threatening and feel ill-equipped to answer. There are a couple of things to keep in mind.

**First:** The child is looking for reassurance more than answers. It is all right to say "I don't know why things happen but I will always be here for you."

## You Can

You can say your brother's name out loud  
Even if the people we're with have never heard it spoken,  
And you can tell your teacher that you have a brother in heaven.  
It's okay to tell the sales clerk that Joseph died  
And that you wish he didn't.

If you want to blow out candles on his birthday we will.  
We'll buy balloons and send them up to heaven  
No matter who is watching  
Or how many strangers at the park ask,  
"Who has a birthday today?"

We'll talk about how you wish he had a Spiderman lunchbox  
For lunch in heaven  
And how the backpacks up there must be better than the ones here,  
And we'll wonder together what he does for fun  
And what kind of toys he has to play with.

You can say how much you wish he could go to Disneyland  
And that you would have liked to ride with him on Space Mountain,  
Even though it made you a little scared at first,  
But that you would tell him there is nothing to be afraid of  
Because that's a big brother's job.

You can do everything that you need to do,  
Like your big brother did before you,  
As you realize that you do have another brother you've never met,  
A part of the family you long for,  
Because you miss him as much as the rest of us.

*By Sharlene Libby, in memory of Joseph,  
stillborn May 26, 1999, due to a cord accident.  
For John, who learned to grieve the loss of a little brother  
by observing the grief of a big brother.*

## May/June Topic

Mother's Day/Father's Day  
Deadline—March 31, 2003

## July/August Topic

Making Marriage Survive After a Loss  
Deadline – May 31, 2003

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  
2<sup>nd</sup> Thursday of every month from  
7:30 – 9:00 p.m.

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

#### *Matters of Faith*

##### **Bible study**

meets every 3<sup>rd</sup> 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 2<sup>nd</sup> Thursday of

March, June, September, and December  
from 7:30 – 9:00 p.m.

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

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

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

### **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

## Jacob Charles Jensen

Our dearest little angel,  
We miss you and think of you every day!  
Happy 2nd Birthday!



Love,  
Mom, Dad  
and little sister Maegan

*Jacob Charles Jensen  
March 8, 2001  
Trisomy 13  
Parents: Eric and Melanie Jensen  
Little sister: Meagan*



Happy 3rd birthday to my precious babies: Kaylena my strong survivor, and Katlynn my sweet tiny angel! Mommy loves you!

Happy Birthday  
Kaylena & Katlynn



*Remembering Katlynn Lee Busbee  
Stillborn March 3, 2000  
Knots in Cord/Monoamotic Twins  
Parents: Brandi and Nick Busbee  
Twin sister: Kaylena*

Chandler,  
Happy Birthday Little Love Bug!



We can't believe that it has been four years since you were born. We look at four-year-olds and think about what you might be doing if you were still here on earth and what you are probably doing in Heaven right now. We miss you dearly and love you!

Until we meet again, keep catching our kisses to Heaven!!! Watch, also, for those balloons from your little brother, Christopher!



Love,  
Mommy, Daddy,  
Christopher, and Kyleigh

Happy 4th Birthday in heaven, sweet Chandler!

What a big boy you must be!! We love you and miss you! We think of you everyday!

Love,  
Nana and Papaw



*In memory of Chandler Allred  
Stillborn 3-4-99, Fetal Acrania  
Parents: Mark and Amy Allred  
Little brother: Christopher  
Little sister: Kyleigh  
Grandparents: Bill and Doris Yancey*

**Happy 4th Birthday, Lauren!!!**

*It's so hard to believe God took you to be with him four years ago. In some ways, it seems so long ago, and in other ways, it seems like it was just yesterday. We think of you everyday, and often wonder who you would look like, and act like. You remind me so much of your little sister. You both looked alike when you were born. Through the years, our pain and sorrow has become less, but my heart still breaks when we see someone your age. Your little sister knows all about you and Baby Angel in heaven.*

*Please know that we love and miss you very much, and one day we will meet again in heaven, but until then, keep bouncing on Jesus' knee. I know He has a big birthday party planned for you!!*

*We Love You, Birthday Girl,  
Mommy, Daddy, and Baby Sister Rileigh*

*In loving memory of  
Lauren Paige Grimes*

*March 6, 1999*

*Unknown Causes*

*Baby Angel Grimes (Rileigh's twin)*

*January 25, 2001*

**Happy 2nd Birthday to our little "peanut."**

Jacob, we love you and miss you so very much.  
You are always in our thoughts and prayers.

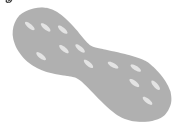
Love, Mommy and Daddy

*Jacob Theodore Oxendine*

*April 29, 2001*

*PROM*

*Parents: Christine and Chip Oxendine*



Happy Birthday, Blake.

May all my love fly up to you  
on angels' wings.  
I love you endlessly,  
Mommy



Blake Leland Allen  
4/21/99

Sean and Jan Allen  
brother Zachary  
In memory of Lauren Grace  
2/13/00

### Happy First Birthday Rebekah!

You were gone before you came and yet you have made a lasting impression on our lives.

Your tiny footprints are in a frame, the clothes they dressed you in are safely tucked away. Your pictures lay in a frame where we will always look to know you were truly with us. Your daddy and I held you for a couple of hours and yet they weren't long enough. We look forward to the day where we can see you whole and enjoy one another.

With all our love,  
Daddy, Mommy,  
big brother Nino  
and your brother on the way Isaiah



In loving memory of  
Rebekah Hope Rosario  
Stillborn 03/03/02  
Antiphospholipid Antibody Syndrome  
Parents: Raymond and Melissa  
Brothers: Nino and Isaiah

### Happy 3rd Birthday Juliana!

Measured in miles you are far away,  
but measured in thoughts,  
you are close each day!



Jules, I wish I could hold you, my precious baby girl. Daddy and I think about you all the time. Your baby sister, Nina looked just like you when she was born. Almost exactly nine months after your birthday, God blessed us with her. I have always felt your presence guiding her - thank you. It brings me great comfort to know that you are in good hands, to know that you can smile each day and look over us. I always tell Nina to be careful, so you be careful too! We love you so much our little angel!

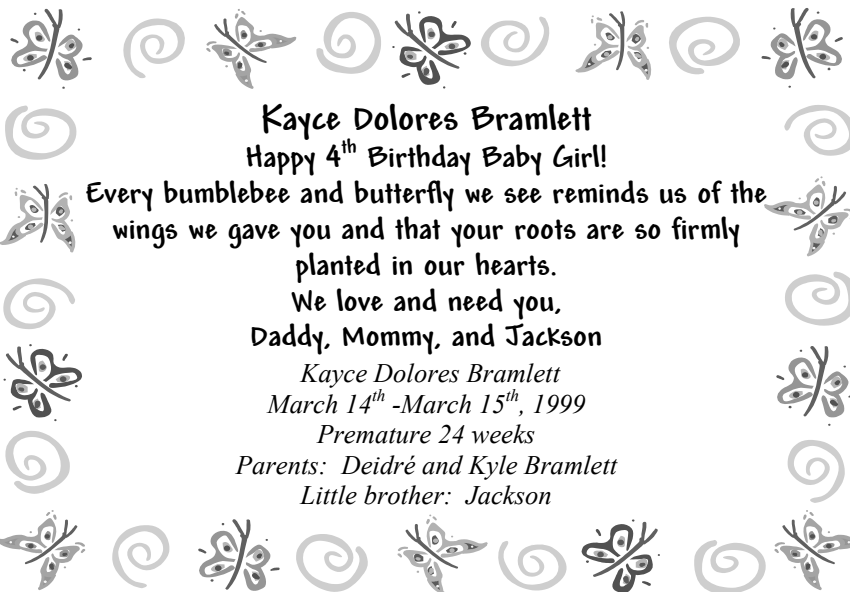
Happy Birthday!!

Love always,  
Mommy, Daddy, Nina & Daisy

Juliana Maria De Leon  
March 6, 2000

Premature labor due to incompetent cervix  
& dehydration

Parents: Frank & Patty De Leon  
Sister: Nina



Kayce Dolores Bramlett  
Happy 4<sup>th</sup> Birthday Baby Girl!

Every bumblebee and butterfly we see reminds us of the wings we gave you and that your roots are so firmly planted in our hearts.

We love and need you,  
Daddy, Mommy, and Jackson

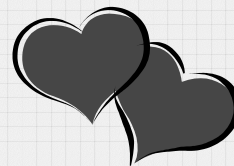
Kayce Dolores Bramlett  
March 14<sup>th</sup> - March 15<sup>th</sup>, 1999  
Premature 24 weeks

Parents: Deidre and Kyle Bramlett  
Little brother: Jackson

In loving memory of our dearest beloved daughter,  
**DESTINY ADAOBI OKEKE**

It was a year exactly on 2/3/03 since we felt your kicking in Mom's tummy. Mom and Dad sincerely miss you so much. However, we are comforted that you are resting well with the Lord. Sweetheart, we love you and will be with you one day.

Remembering Destiny  
February 3, 2002  
Chromosomal Abnormality/Anoxia  
Parents: Sam and Olivia Okeke



### Happy 2nd Birthday to Our Sweet Angel Lauren Elle

Today we celebrate your birthday, and everyday we celebrate your presence with us. We only wish you were here with us to celebrate and we could all be eating cake with our hands and laughing. We have no doubt you are laughing and giggling right now as we are. We think of you each and everyday, and we smile thinking of the happy, funny and beautiful little girl you would have been with us and your little brother. We touch our hearts and we know that you are with us always and watch over us.

We miss you so much our little peanut and sweet pea  
and we love you always and forever.

XO Daddy, Mommy, Kyle, Harley and Auski

We remember with love  
Lauren Elle Williams  
March 15, 2001  
Knots in the cord  
Mommy and Daddy: Todd and Jennifer  
Little Brother: Kyle



## God Cries

By Erin Preiser



I wake up and look over at the clock, which reads 3:30 a.m. I've been asleep a whole four hours and instinctively know that sleep will not find me again tonight. I am living a continuation of the worst day of my life - the day I found out my daughter died. I can feel the tears starting to stream down my face before I'm even fully aware that I'm awake, as though my body is mourning her imminent loss as much as my heart. I yearn for the last 18 hours to be a horrible nightmare from which I can just wake up. All I can do is cry out in desperation for some answers to the only One who might be able to explain this all away. "Why, God, why? I thought You were supposed to be taking care of her! We prayed for her everyday... You were supposed to protect her for us," I cry out from a place deep within.

A quiet, still voice speaks to me in my heart, or is it my ears or my head....? I'm not sure how I'm hearing this voice, only that I know it to be God. "That's what I was doing, *Erin*. *That's exactly what I was doing.*" How can this be? "But I don't understand. What were you protecting her from?" I cry out again, begging for a reason to this horrible mistake, because that's what it must be: a mistake.

"I wish I could tell you, but even if I could, you wouldn't understand *right now*. *I'm so sorry.*" It doesn't strike me as absurd that I am conversing with the Creator of the Universe, the God of Abraham, Isaac and Jacob, the God who parted the Red Sea and led the Israelites out of Egypt. I am a daughter crying out to her father in desperation. "But I miss her. We are her parents... we want her here with us."

"I am her parent too. *I'm her father too, and right now she needs to be with me. I want you to know though, that she's safe and protected.*" I can almost hear Him pause and then continue, as if trying to swallow a sob. "I am holding her in my arms tonight... and *Erin*, *she is so beautiful.*" A vision is instantly in my head of God the Father. I can't see His face, it's more like a painting where the artist has faded out the edges until the details are blurry. He is holding a beautiful infant, wrapped in a fuzzy white blanket. I can't see her face either, and yet instinctively I know it's Alexandra, the little girl whom I've carried and nurtured for the last nine months. A stab goes through my heart, a dagger of both pain and peace. I can almost hear His voice crack as He tells me how beautiful she is. God thinks my daughter is beautiful, I think to myself in awe.

I cry out again, wanting more. "But we miss her. We want her here with us.... God, this hurts so much." I pour out my pain to him as it overwhelms me. This is when I hear the God of the Universe, the One who makes the sun rise and set, the One who put the planets in place and causes the tides to rise and fall... He begins to cry.

"I know it hurts, *Erin*. *But know that I am crying for you and I hurt for you. I am so sorry this has to happen. Please just know and remember that I am holding her in my arms tonight. She's safe and protected.*" Those last words will echo through my mind for weeks and months to come, giving me more comfort than I would ever think possible. I know this is the end of the conversation. I am left with such a feeling of peace and calm, yet all the while still drowning in my abyss of pain knowing that my first, my one and only daughter has died before she even had a chance to live. I'm not sure how peace and pain can co-exist, yet I feel filled with both simultaneously. There is such joy in knowing that God has her and is holding her in His arms. I'm quite sure there is no better place to be, although it doesn't stop my arms from aching to hold her myself.... But it does give a "peace that passes *understanding*."

I lie here and absorb the conversation I've just had. A conversation with God, Yahweh, the Almighty Himself. He assured me that He's holding her, she's safe, she's protected. All the while, I lie here and sob. I realize this when Philip rolls over and puts his arms around me to quiet my cries. I share with him all that just happened and his tears soon join harmony with mine. Did I not have the beautiful image permanently inscribed in my mind, I might doubt what just happened. Yet, I know with clarity that it did. I know that God just told me that He is crying with us. In the midst of my pain, I know that the "Great I Am" is crying for me, Erin Preiser, because my daughter has died. Regardless of what else happens in my life, regardless of the pain, frustration and anger I know I will feel, I know that my God is crying for me.

*Alexandra's little brother, Christian Blake Preiser, was born screaming and healthy on October 9, 2002..*

**Subsequent Births*****Britt and Elisabeth Bradenburg,  
along with big sister Abigail***

Of Coppell, Texas,  
announce the arrival of  
Annabelle Rose,  
born December 27, 2002,  
weighing 7 lbs., 13 oz.,  
and measuring 20 inches long.  
The Bradenburgs lovingly remember  
Madison,  
stillborn March 6, 1999,  
due to a cord accident.

***Elizabeth and Victor Meza***  
of Dallas, Texas,

joyfully announce the arrival of  
Abigail,  
born January 15, 2003, at 7:55 a.m.,  
7 lbs., 6 oz., and 18 inches long.  
The Mezas lovingly remember  
their two babies in heaven:  
Angelica,  
stillborn July 1, 2000,  
due to a cord accident,  
and Andrea  
August 3, 2001,  
22-week premature birth.

***Rae and Bill Scrivner,  
along with big sisters  
Chanie and Casidy***

of Flower Mound, Texas,  
proudly announce the arrival of  
Canlie,  
born February 4, 2003, at 1:50 p.m.,  
8 lbs., 1 oz.  
The Scrivners lovingly remember  
their first baby girl  
Rianne Ellisa,  
March 4 - 7, 1997,  
severe hydrocephaly.

***Beatriz and Mark Hinojosa***

of Mesquite, Texas,  
joyfully announce the arrival of  
Madeline Victoria,  
born on January 15, 2003, at 7:45 a.m.,  
weighing 7 lbs., 5 oz., 20 inches long.  
Beatriz and Mark lovingly remember  
Mark Anthony, Jr.,  
stillborn August 26, 2001,  
due to cord accident.

***Claudia and Ariel Rodriguez***

of Fort Worth, Texas,  
proudly announce the arrival of  
Jacob Ariel,  
born December 28, 2002,  
7 lbs., 6 oz., 19 1/2 inches.  
The Rodriguezes lovingly remember  
Baby Rodriguez,  
miscarried August 15, 2001.

To help children understand pregnancy loss, it may be beneficial to show them how big their sibling was and what he or she may have looked like, especially if the loss occurred early in pregnancy or if children didn't get to see their brother or sister's body. Here are some resources that can help:

**God's Little Ones** ([www.homestead.com/godslittleones/index.html](http://www.homestead.com/godslittleones/index.html)) offers life-sized models of babies at various stages of prenatal development.

**Preemie Dolls** (<http://www.macatawa.org/~eding/dolls.html>) offers life-sized cloth dolls in babies' birth sizes.

***Books for Grieving 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](http://www.multnomahbooks.com)

***Someone I Love Died***

by Christine Harder Tangvald.

Chariot Books, David C. Cook Publishing Co., Elgin, IL, 1988



In Loving Memory

**Benjamin Earl Mobley**

May 30, 2001

Given by parents,  
Grant and Angela Mobley**Zachary Neal Matthews**

Stillborn February 24, 2002

Triploidy  
Given by parents,  
Nick and Marsha Matthews**Katlynn Lee Busbee**

Stillborn March 3, 2000

Knots in Cord/  
Monoamotic Twins  
Given by parents,  
Brandi and Nick Busbee  
and twin sister Kaylena**James Jackson "Jack" Henvey**

July 4, 2001

Tetralogy of Fallot  
Parents, Renee and Chris Henvey  
Given by grandparents,  
Glenda and Larry McLeskey**Angel Connolly**

Stillborn November 11, 1999

Trisomy 21  
Parents, Chuck and Katie Connolly  
Little brother, Trenton  
Given by PepsiCo Foundation**Jake William Livingston**

December 14, 2002

PROM  
Given by parents,  
Shannon and David Livingston

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!**

**Bay William Miltenberger, Jr.**

Stillborn December 9, 1998

Preterm Labor  
Parents, Bay and Paula Miltenberger  
Little brother, Bryce  
Given by grandparents,  
James and Dianne Bosler**Lauren Paige Grimes**

March 6, 1999

Unknown Cause

**Baby Angel Grimes**

Miscarried January 25, 2001

Parents, John and Paula Grimes  
Sister Rileigh

Given by grandparents,

Joseph and Lanelle Grimes

**Catherine Mary Martin**

Stillborn December 15, 2001

Trisomy 18

**Baby Martin I**

Miscarried June 14, 2002

**Baby Martin II**

Miscarried September, 2002

Blighted Ovum

Parents, Glenn and Nancy Martin

Given by The Buffalo News,  
designated by grandparents,  
Robert Lee and Mary Ann Meuret**Catherine Mary Martin**

Stillborn December 15, 2001

Trisomy 18

**Baby Martin I**

Miscarried June 14, 2002

**Baby Martin II**

Miscarried September, 2002

Blighted Ovum

Given by parents, Glenn and Nancy Martin

**Christopher Thomas Stuckey**

Stillborn September 19, 2001

Unknown Cause

Given by parents,

Brandon and Michelle Stuckey

**Jonathan Daniel Mitchell**

Stillborn June 24, 1995

Cord Accident

**Baby Mitchell**

Miscarried December, 2001

Parents, Byron and Rebekah Mitchell

Big brother, Byron, Jr.

Given by grandparents, Dennis and Sue Brewer

**Joseph Charles Libby**

May 26, 1999

Cord Accident

Given by parents, Wim and Sharlene Libby  
and siblings Will, John, and Mary Grace**Melba Smith**

3/29/27 – 12/11/02

Grandmother to

*Blake Leland Allen*

April 21, 1999

Premature Labor/Incompetent Cervix

*Lauren Grace Allen*

February 13, 2000

Cord Accident

Blake and Lauren's parents,

Jan and Sean Allen and brother Zachary

Given by J.B., Clebe, and Debbie Eaddy

**Chandler Allred**

Stillborn March 4, 1999

Fetal Acrania

Given by parents, Mark and Amy Allred

and siblings Christopher and Kyleigh

**Chandler Allred**

Stillborn March 4, 1999

Fetal Acrania

Parents, Mark and Amy Allred

Siblings, Christopher and Kyleigh

Given by grandparents,

Bill and Doris Yancey



Mikela's Miracles SIDS Connection

## GONE BUT NOT FORGOTTEN SCRAPBOOK RETREAT

Honey Creek Lodge, nestled in the scenic Arbuckle Mountains

Davis, Oklahoma

**May 2-4***2 nights lodging**all meals provided**door prizes**scrapbook classes**use of our cropping tools*

Bring your scrapbook, p.j.s, sleeping bag and get ready for some girl bonding.

A wonderful time to fellowship and memorialize your loved one.

Limited to 20 spots and filling up quickly! **RSVP 972-463-9243****\$100 all-inclusive fee, \$50 deposit by March 15, balance due April 15<sup>th</sup>.**



## 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.*

### 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.*

### Angel Babies in Heaven

(843) 871-3071

http://www.galaxymall.com/children/angelbabies/

*Offers hand-painted memorial stepping stones to honor babies gone too soon.*

### Angel Lady

www.angelady.net

*Artist Ethel Pontsler offers custom artwork of deceased loved ones based on photographs.*

### Keri's Kreations

221 W. Hillview St.

Winslow, AZ 86047

(928) 289-0715

*A book of remembrance for parents who have lost children through miscarriage, stillbirth, or infant death.*

### My Heart's Missing Link

P.O. Box 0992, Allen Park, MI 48101

www.myheartsmisssinglink.com

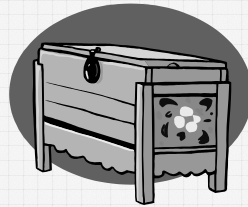
*Offers beautifully designed heart-shaped pendants with a birthstone and a "missing link" to help remember loved ones who now live in heaven and your heart.*

### Perinatal Loss Certificate of Life

http://www.tearsoup.com/pl/

certificate%20of%20life.htm

*Makes hand-calligraphied certificates acknowledging your baby's life.*



Mark your calendars now.



## The 2003 Walk to Remember

is scheduled for  
October 11  
2:00 p.m.



## *When a Child Is Grieving ...*

Traditionally, children have been ignored when a death occurs in the family. They are either sent away to stay with a relative during the funeral for their protection, or they are not given the attention they need to help express their grief. In the last decade, researchers, family therapists and child therapists have begun to understand that children do indeed have an identifiable response to loss.

Children as young as eighteen months can begin to show signs of grief if someone close to them is lost to death. As children grow, their grief responses become more varied. They have different grief responses at each developmental stage. By puberty, their grief response begins to resemble the dynamics of an adult grief process.

Children who are not given an environment in which to grieve are at risk for a number of potential psychological problems. Depression and anxiety are often associated with an insufficient grief response in children. Children are also likely to misbehave if not given the proper encouragement to express their grief. They may have physiological symptoms such as stomachaches, headaches, or vague physical complaints. These symptoms often mask the core problem.

When children are given the opportunity to express grief-related feelings in an age-appropriate manner, they are able to adapt to the changes in their lives with little disruptions or dysfunction.

### *Normal Childhood Reactions to Grief*

Poor grades

Aggressive behavior

Fears

Sleeplessness

Nightmares

Mood swings

Headaches

Withdrawal

Anxiety

Crying

Stomachaches and/or other physical ailments

Fatigue

Regressive behavior

### *When a Child Is Grieving ...*

was taken from [www.thewarmplace.org](http://www.thewarmplace.org), the Web site of The Warm Place, a grief support center for children ages three to eighteen, and their families, who have experienced the death of a loved one. Based in Fort Worth, The Warm Place is supported through community donations and grants. There is never a fee for families to participate.

For more information, visit their Web site or call (817) 870-2272.

**Support Groups****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, e-mail 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.)

\**Merced Chapter (Central California)*

For more information, contact Kim Lotz  
kim.lotz@missfoundation.org

\**Arcadia Chapter*

Meets 3rd Thursday at 7:00, Church of the Good  
Shepherd, 400 W. Duarte Rd., Arcadia, CA 91007  
Contact: Kristin Jared, (626) 963-9120  
kristin@missfoundation.org

**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  
Meets at 7:30 p.m. on the second Wednesday monthly.

♥ *Healing Hearts*

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

**KANSAS**♥ *F.I.S.H. (Friends In Sharing Hope)*

Contact Mary Hertach (620) 662-0355 or  
Ginger Muller (620) 669-0185, 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 7:00 p.m.  
at Good Samaritan Hospital, 235 N. Pearl St  
Brockton, MA, in the Community Conference Room,  
1st floor

**NEW JERSEY**♥ *UNITE, Inc.*

Has groups in Turnersville, Trenton, and at Princeton.  
Call (215) 728-3777 for more information.

♥ *MIDS (Miscarriage, Infant Death & Stillbirth  
Support Group, Inc.)*

180 Jillian Blvd., Parsippany, NJ 07054  
(973) 884-0061, mids1982@yahoo.com  
Contact: Janet Tischler

♥ *MISS*

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

**PENNSYLVANIA**♥ *UNITE, Inc.*

Has various groups across the state.  
Call (215) 728-3777 for more information.

**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 Chrissyphoo\_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.

♥ *Healing Matters 1*

*Miscarriage, Stillbirth, and Early Infant Death  
Through the First Year of Life*

4th Monday of every month, 7:30pm

Plano Medical Center, Classrooms I & II

3901 W. 15th Street, Plano TX

Contact: Ginny Robinson: (972) 519-1588

♥ *Caring Hearts*

1st and 3rd Tuesdays of every month 7:00pm  
Presbyterian Hospital of Dallas, Fogelson Forum, ground  
floor, call 214-345-2613

Contact: Brooke Arnold, brookearnold@texashealth.org

♥ *Resolve Through Sharing*

Charlton Hospital

3500 W. Wheatland, Dallas, TX 75237

Meets the 3rd Wednesday of every month at 7:30 p.m.  
in Main Conference Room A

♥ *Resolve Through Sharing Denton*

119 N Elm St., Denton, TX

2nd Monday of every month at 7:00p.m.

Contact: Tracy Morris: 940-566-5666

♥ *HAND (Houston's Aid in Neonatal Death)*

Meets 1st Sunday, St. Paul's United Methodist Church  
20775 Kingsland Blvd., Katy, TX 77450.  
2nd meeting is 2nd Sunday each month,  
7800 building of Women's Hospital of Texas, Room 11.  
Both meetings held 6:30—8:30 standing time,  
regardless of holidays.  
Subsequent pregnancy group meets at Katy location  
every 1st Sunday.  
(713) 529-4661

♥ *Journey of Hope Support Center*

(children ages 3-18 and their caregivers)  
2nd and 4th Tuesday of every month 6:30 p.m.  
(972) 578-6634

♥ *Bereaved Parents of North Texas, Inc.*

3rd Monday of every month 7:15p.m.  
First United Methodist Church,  
201 S. Locust, Denton, TX

Cole Chapel Lounge

♥ *Share of Fort Worth*

North Hills Hospital

Grapevine Hwy & Hwy 820

Meets 2nd Thursday, 7:00 p.m.

Contact: Lorin Koemel: (817) 595-0833

9077 Elbe Trail, Fort Worth, TX 76118

E-mail koemel@hotmail.com

♥ *SHARE Of The Mid-Cities*

HEB Harris Methodist, Hurst, TX

1st Thursday of every month at 7:00 p.m.

phone: 972-601-1676, fax: 419-735-2368

share\_rts@yahoo.com

♥ *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.northtexasids.org

e-mail: info@northtexasids.org

Contact: Sandi Wiggins, Exec. Director

Meetings are held at the SIDS office in Bedford  
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. Alameda, in Corpus

Christi, on the basement floor in the private  
dining room of the cafeteria.

**VIRGINIA**♥ *Empty Arms Support Group*

Sentara Women's Health Source

801 Volvo Pkwy, Ste. 120,

Chesapeake, VA 23320

2nd & 4th Monday, 7—8:30

Contact: Ann Prescott: 757-545-2667

ahprnmsed@yahoo.com

**AUSTRALIA**♥ *Murraylands Lutheran Stillborn  
Infant Support Service*

11 Ida St., Murray Bridge,

South Australia 5253

(08) 85324627 or (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.pbso.ca

*"Helping Children Deal With Loss," Continued from page 1*

Because of his age, I was not sure Little B knew how to express his feelings and ask every question he had concerning the loss of Jonathan. So every few days I opened the door of conversation by questioning him about what he thought his brother was doing in Heaven. He commonly replied that he was sure Jonathan was playing baseball with Jesus and running on the golden streets. Occasionally he somberly let me know he did not think it was fair that God took his brother and wanted to know why. He sometimes asked if he could go to Heaven, too. They were tough questions to answer, but I was grateful I gave him the opportunity to search his thoughts and taught him how to express himself.

Most assuredly I would change the fate of my two babies if I could, but I am very thankful for the way their deaths have molded my living child into who he is today. During my early days of grief I often wondered what Little Byron would remember when he got older about the loss of Jonathan. I envisioned asking him as a teenager what he recalls most about his childhood and him responding, "you were always sad". Haunted by that image, I have gone to great measures to keep our home as normal as possible during the aftermath of our two losses. Thinking I could get some great ideas for writing this article, I asked Little Byron this afternoon if he had any tidbits of advice for parents to help their kids grieve. After thinking about it, he shrugged his shoulders, laughed and apologetically told me no. Although I hoped he would have something profound to say, I decided it was a good sign that he didn't have a list of early childhood complaints that easily came to his mind and has obviously not been adversely affected by our sufferings. Instead, my 11-year-old has gained a maturity and deep wisdom that many adults have not attained. He knows that with life comes death. He realizes every day could be our last, and not one moment should be taken for granted. It used to crush me that his innocence was stripped at such an early age, but in retrospect I think it's easier to learn about the realities of life when we're young instead of being introduced to its harshness as a grown-up. I am confident that because of the grief my son has experienced as a child, some day he will empathetically use the skills and knowledge he has developed to reach out to others who are hurting.

Rebekah Mitchell

*"The Grief of a Child," Continued from page 2*

**Second:** The questions are used to hide the real agenda. It is easier to say, "Why did this happen," than to say, "I am hurting." Most of the time when they question they are looking for a way to get into the subject and don't know any other way. We can use this as an opening to say, "You know I think about Grandpa all the time and it hurts but feels good at the same time. I miss him, but I like to remember him, don't you?" Hopefully that will open the door for one of those hit and run sessions kids are so good at.

In general we should answer the basic questions they ask and wait for them to respond. If they ask for more information or ask another question, then we should respond with honesty. The child will let you know when this session is over. Always try to leave the door open for further questions. It is always important for the child to know that these talks are welcomed.

*From www.supportofficer.org. Reprinted with permission.*

**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.*

**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](http://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](http://www.pamperedchef.com), then e-mail Kim at [kimr@cheerful.com](mailto: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](http://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.

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](mailto:nikkitheavonlady@aol.com), or shop on-line at her website (use passcode: nikki) at <http://www.youravon.com/nwynne/>.

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](http://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](mailto:bburnham@metroshores.net) to request a catalog or place an order.

Heather Sanfacon is an educational consultant with **Discovery Toys** and will donate 15 percent of profits from sales to M.E.N.D. friends and relatives back to M.E.N.D. For a catalogue or information, contact Heather at [sanfacon75@netzero.com](mailto:sanfacon75@netzero.com) or 603-742-8123. Customers must mention M.E.N.D. in order for donations to be made.

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

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

Donations make the printing and distribution of this newsletter possible.

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

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

If your gift is made in memory of a baby, please include that baby's name (if named), date of birth and/or date of death, the parents' names, and the name of the benefactor. You may also include the cause of death (if known).

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

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