

It Is in Letting Go that We Are Free to Hold On

Recently I have heard a lot of discussion on the use of the terms “closure,” “letting go,” “moving on,” “getting on with your life” and “acceptance”. So many people in the process of bereavement find the glib use of these terms offensive, repugnant, and feel the words minimize their intense journey of pain. When taken off guard the grieving person is hurt by the insensitivity of the remark and often even angered by it, especially if it is uttered by the inexperienced or the ignorant. We don't ever want them to be experienced, and if they are ignorant, then we must enlighten them. So many times we are angered and say nothing; we swallow it, put it deep inside on a back burner to slowly burn. It's okay to be angry—that is a part of grief—but it also needs to be released and not allowed to fester. Most of the time when someone makes a remark we do not like or utters an inane platitude, know that usually their heart is in the right spot. They just truly do not understand. We must appreciate their compassion and their courage to say something. We must also realize our perception is jaded by our deep personal grief with its umbrage of pain and bitterness.

We tell them, we educate them, they become informed, and we harbor no resentment. We see past their ignorance and accept whatever words of compassion they give to us...so many say nothing to us, after all. Often times it is not what is said, but how it is said, that threatens our well-being. Positive accolades are never taken well, especially in early grief when they seem to be used the most. People who have never lost a child just do not know. Accept their compassion however they give it. If you must, put a finger slowly to the lips of the fumbling but caring human being and simply tell her, "Please don't try and fix it, just hug me and hold me like you mean it."

There is one key word in the listed platitudes that you will notice is one of the five Kubler Ross stages of grief: Acceptance. This is the stage of grief that rules them all and is the key to understanding the use of its sister terms: moving on, letting go, and finding closure. First of all, I think we all have learned to understand that the five stages of grief (Shock, Denial, Anger, Bargaining, and Acceptance) are non-linear and happen all together, separately, and in all combinations for many years, but happen they do, and happen they will. Each stage serves as a unique purpose for our survival, and that is what they are: survival tools.

Shock gets us through the impossible: burying our child. Denial keeps back reality so we can function somewhat back into society... like a non-ending bad dream we continue to live on without our child, but with an elusive thought that we will wake up to find it really was just a bad dream. The first-year anniversary date usually knocks out Denial, and Shock briefly steps back in. Anger jumps in and out at its leisure and usually catches us off guard or when we are going into and/or out of depression. Bargaining is a total mind game that we play with ourselves to rationalize our current state of misery and to make it feel justified: I deserve to not get out of bed; If I go to church more often I will feel better; If I pray enough I will wake up from this nightmare; I can smoke as much as I want, what difference does it make now; If I am good enough and try hard enough may be he will come to me in my dreams. It's a seeming never-ending internal dialogue that yields no answer but gets us through another day.

Now back to Acceptance, the “over soul” of the stages of grief, the one that encompasses them all and gives credibility to the aphorisms: letting go, moving on, getting on with your life and finding closure. We own these words, they are our grief, we paid a heavy price for them, and we shall use them as they were meant to be. In eventual healing from child loss we find closure with the other stages of grief and not closure of our child. We usually first find closure with Shock. A temporary survival tool by its nature, Shock finds closure on its own, and we are no longer numb. It is then that we truly feel the pain. When we find closure with Denial, we know our child is dead, that this is not a dream, they are not coming back, and we begin to live the pain. We eventually find closure in Bargaining because it is a mind game and simply doesn't work. That leaves us with Acceptance. We accept the pain, we accept our "new normal," and we accept the new relationship we have with our dead child. We also accept dead is not gone, we accept there is letting go of many things/people in our new normal EXCEPT our child. The world must learn to accept our new normal and accept that we shall never “get over it.” As with arthritis, we learn to live with it.

We “get on with our life” with our child, we “let go” of illusions of what could have been, we “find closure” in what we cannot change, and we “move on” with our new future as best we can. We are now our child's legacy; we substantiate their life by the way we live ours, so let's make them proud. We do not put their names and memories away left unspoken and hidden like some shameful secret but shout them loudly to the heavens and to all that can hear: "I love my child and I still feel him near." It's in letting go that we are free to hold on.



Love and light,
Mitch Carmody

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Have you ever entered a house that has the curtains drawn tight in order to keep out all of the light? Everything looks dark. The furniture, the carpet, and the walls all have the same tint: gray. The beauty of the home is hidden when the rays of sunlight can't bring out the grain of the fine wood furniture or the brilliant colors in the textured linens that cover the chairs.

The same is true of our lives. When grief overcomes us, for a period of time the curtain is drawn across our hearts, and our entire world is colored gray. We see darkness where once there was laughter, peace, and joy. We only see the dark clouds hanging overhead. Grief blurs our vision so much that we can't find the sun peeking behind the clouds, ready to brighten up the endless sky with a brilliance as never seen before.

Hope disappears temporarily when grief resides in the heart. The good news is that hope has the magnificent ability to slowly but steadily push back the curtains of darkness and allow the sun to come shining through again. Hope, no matter how dark it seems, is still with us. Every new sunrise is a precious gift of hope—a new beginning filled with endless possibilities.

Is your day dark today? Remember that the darkness is only temporary. Hope is alive. Hope is more powerful than despair. Hope will bring light into your life again!

Hope never completely disappears. It can't! Hope is a gift given by God when He breathed the breath of life into us!

Clara Hinton
<http://www.silentgrief.com>

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March/April Topic

Seeking Professional Help
 Deadline: February 10, 2005

May/June Topic

Mother's Day and Father's Day
 Deadline: March 31, 2005

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
 will begin January 18 and will run for
 six weeks every other Tuesday, 7:30-
 8:00 p.m., at the regular M.E.N.D.
 meeting place.

Contact Lisa Durham for more info:
liscdurham@sbcglobal.net



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 to-
 gether and discuss concerns unique to them
 as fathers. Our moms and dads meet to-
 gether for introductions before dividing into
 two groups for discussion.**

All support group meetings are held at:

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

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

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

Subsequent pregnancy group

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

*For families who are considering becoming preg-
 nant or are currently pregnant after a loss. Led by
 Christine Oxendine (bearpals@charter.net).*

Playgroup

*For families with children born prior to or
 subsequent to a loss.*

Contact DaLana Barsanti
 at (817) 589-0588
fivekids@ev1.net

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

Tributes to Our Special Babies

Dearest Gabriela,

You are now three years old!!! What a big girl!! Mommy and Daddy still miss you and love you more than ever. You are with us every single day of our lives, especially now that Jesus made you a big sister and we have Daniel and Amarise home with us. When I sit and rock them in your glider I always think of you. I cry and cry sometimes because I never got to rock you to sleep, but I know that you are watching down from heaven, and you know that everything that I do for them is everything that I wanted to do for you. My heart still has a hole in it the shape of my beautiful Gabby. This year we will celebrate as a family looking up to the heavens and wishing you the happiest of days. In our hearts we rejoice because you are perfect and we will see you again!! Happy Birthday sweetie!!

I Love You Always,
Mommy



My Dearest Gabby,

Daddy and Mommy wish we were there to celebrate your three-year birthday. You know you will always be my Shugee baby, even if I am not there with you to tell and hold you and whisper in your ears. My heart will always be yours and I will never forget you, and when we meet again we can play and I can sing to you how much I love you. My darling, you have two beautiful siblings here, and they would just love to play and run with you and laugh. Every year that passes here still deepens my heart for you, and my love continues to shine and blossom for you. Happy Birthday, my first daughter and beautiful angel. Someday I will be with you face to face, and we can smile and kiss one another and hold hands.

Your forever loving
Daddy

For Gabriela Faith Gregory
January 24, 2002
Stillborn, cord accident
Parents: Chris and Monica Gregory
Siblings: Daniel and Amarise



★ ★ Happy 4th birthday to my angel, my daughter. ★

★ Natalie, you have taught me so much about life, although you are not here with me. You showed me how to appreciate the little things, how to not take anything for granted. I love you so much, little one. And I miss you so much. I pray and ask the Lord every night to watch over you and love you like I do, and I feel comforted knowing that He does and always will. You are His angel, too. I love you, little one.

Forever, from Mommy to you.

Happy 4th Birthday
from Mommy, big brother Kristopher
and little siblings Jenni & Carson...We love you!!

Natalie Grace Powell

January 3, 2001

Complications from hypertension during pregnancy

Mom: Halie Powell

Siblings: Kristopher, Jenni, and Carson



Happy 1st Birthday Savannah Kate

We think about you always and hold you dear in our hearts. You have changed us so profoundly and given us a glimpse of eternity. We miss you every day and look forward to being with you again. Thank you for lighting our way home.

Love,

Mommy, Daddy, & Colton



Savannah Kate Stanley

January 3, 2004

Premature due to an incompetent cervix

Parents: Joel & Calli Stanley

Big Brother: Colton

Remembering Baby Stanley,

Miscarried November 9, 2004

Baby Troy,

It's hard to believe you would be six this year! Sometimes it feels like you were born just yesterday. It's amazing what a beautiful mark you have left on our family. Every one of us is different because of your short life. God used you to teach us things only **you** could have. Even though we are unable to celebrate your birthday with you in person, we are so thankful for you. Jesus loves you and so do we!!!!



Love,

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

In loving memory of Troy Carlin Smith, 2/19/99, Bladder Obstruction

Parents: Shane and Allyson Smith

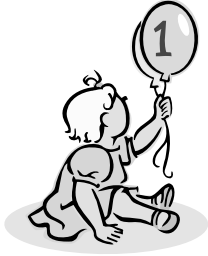
Sisters: Hannah and Mia



Dearest, Sweet, Logan Elise,



Happy 1st Birthday! We love and miss you so much. You are a blessing to us and so many and we are privileged to call you our daughter.



*With love,
Mommy, Daddy,
and proud brother Conner*

*Logan Elise Daves
January 22 - March 22, 2004
Hypoplastic Left Heart Syndrome
Parents: Lauren and Greg Daves
Big brother: Conner*

Hope

*We cried in the bitter heat of June when you became a thought.
We cried when we saw your new features, so perfect and so small.
We cried with your family, joyful and anxious tears.
We cried the day before.
We cried the moment we heard the wrenching news.
We cried for the unknown and for fear of what was to come.
We cried as a family and in our lonely hearts.
We cried at the strength of your wonderful parents
to love you enough to let you go.
We cried the day you left us and will still in days to come.
We cry now for what we know.
We cry because you now have been cleansed with heavenly tears.
Your fragile little body reborn.
We cry of happiness for you and are now united with the ones
who give us strength, the grace to carry on.
We cry because we love you. You are in our hearts.*

Heather Bailey

*Written in loving memory of
Jamie Hope McDonough
February 27 - March 7, 2004
Trisomy 18
Parents: Todd and K.C. (Kirstin) McDonough
Sister: Faith Ann*



Dear Christopher and Angela,

We can't believe that it's been a year since we've held you in our arms. We could never express how much joy you brought into our lives and how much we've missed you every day. We think about you all the time and just can't wait for the day we will get to hold you again. Your sister Jessica wrote this poem for you and she misses you a whole lot as well. We all love you very much.



*Happy 1st birthday!
Mommy and Daddy*

Spirit

by Jessica Stanford

*You're never there, though it seems you are
I know you're there, even if only in spirit
I can't wait to see you, I even really miss you
I won't miss the chance to see you again
Even if I'm only a spirit
You brought your family sorrow
Though they know they'll see you again
Though they just can't wait
Even if they're only a spirit
We buried you in dirt
We made you little memorials
Just to remind us of you, even if only in spirit
We love you, we miss you
We'll see you again if only in spirit.*



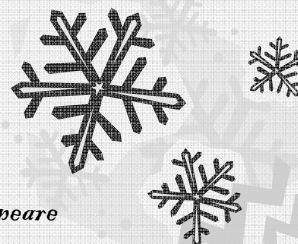
I love you little sis and bro.



*Angela and Christopher Stanford
January 11, 2004
Prematurity
Parents: Jim and Flory Stanford
Sister: Jessica*

*Grief fills up the room of my absent child,
Lies in his bed, walks up and down with me,
Puts on his pretty looks, repeats his words,
Remembers me of all his gracious parts,
Stuffs out his vacant garments with his form;
Then I have reason to be fond of grief.*

*William Shakespeare
From King John, Act 3, Scene 4*



New M.E.N.D. Chapter Forms in Northwest Arkansas

We hadn't planned for an addition to our family, but the day before my 32nd birthday the news of a positive pregnancy test completely changed my thoughts and dreams. We were going to be a family of three. Our extended families rejoiced, our friends were excited, and we began to prepare ourselves for a new adventure. Four weeks later, we visited our obstetrician's office for our first ultrasound. We were going to see our baby! We had video tape in hand and nervous excitement. When the image popped on the sonogram screen, the nurse practitioner was quiet. Later our OB gently mentioned that I wasn't as far along as I had thought...or, that I possibly didn't have a healthy pregnancy. A week later, my husband and I experienced the loss of our first baby to a missed miscarriage. What had once been the most anticipated experience in our lives became the saddest. Over the course of the following year we would experience even more heartache as we lost another baby in March and a third during the summer of 2000.

One Sunday morning, in God's perfect timing, my husband unfolded the *Dallas Morning News* to an article about Rebekah Mitchell and M.E.N.D. I knew we needed help in our journey, so Sam and I began attending the meetings. Through the careful and sensitive ministry of M.E.N.D. and the compassion of close friends and family, we began to heal. It remains a journey, but God has been faithful to sustain us. I am eternally grateful for M.E.N.D.'s impact in my life – for giving me the tools and support to endure and grow through our losses. Since moving to northwest Arkansas several years ago, I realized that no such ministry exists for couples suffering through the loss of a baby in the area. Through prayer and counsel, M.E.N.D.'s first chapter outside of Dallas, Texas, will meet in March 2005, ministering to hurting families in northwest Arkansas. M.E.N.D.'s theme scripture of 2 Corinthians 1:4 has become a reality for me and those who have volunteered to serve in this new chapter. It is with anticipation and humility that I look forward to giving to another mom the love, grace, and hope that M.E.N.D. gave to me.

April Moreton, Ph.D.
NW Arkansas Chapter Director
Mommy to Baby M, Baby Boy Moreton,
Angel #3 (Antiphospholipid Antibody Syndrome)
and miracle siblings Asher and Ava

Meetings will be held the first Tuesday of every month at the Jones Center for Families, Room 114, Springdale, Arkansas.
E-mail: april_mend@isp.com



Criteria for Being a M.E.N.D. Chapter Leader

A chapter leader must embrace and agree with the basic, orthodox truths of the Christian faith and the essential issues of salvation.

A chapter leader must agree with the M.E.N.D. Mission Statement and Position of Faith Statement and, by doing so, affirm that they too believe in the foundational truths of the Christian gospel.

A chapter leader must follow the M.E.N.D. guidelines.

A chapter leader must have experienced pregnancy or early infant loss personally.

One year or more must have passed since your loss before you may apply to be a chapter leader.

A chapter leader needs to secure two to three committed individuals, who have also experienced pregnancy or early infant loss, to assist with the responsibilities of running a chapter of M.E.N.D.

A chapter leader must attend a M.E.N.D. meeting in Dallas before her first chapter meeting. Part or all of the cost for you to travel to Dallas may be covered by the \$500 start up fee. You may bring up to two additional individuals (preferably the individuals who will be assisting you) to the meeting with you, but they are responsible for all costs involved. In addition, two members of the M.E.N.D. Board of Directors will attend the chapter's first meeting. This will allow us to provide assistance and guidance if necessary.

M.E.N.D.'s **Approximate Yearly Expenses**



Newsletter printing	\$ 7,000.00
Phone:	\$ 2,300.00
Walk to Remember:	\$ 2,500.00
Postage:	\$ 2,000.00
Christmas Ceremony	\$ 1,000.00
Storage	\$ 1,110.00
Miscellaneous printing:	<u>\$ 700.00</u>



TOTAL of these major expenses and other costs puts the annual budget at about \$25,000.00.

As you plan you 2005 budget, please consider donating to M.E.N.D.

Christians grieve with hope, but they do grieve

Sharlene Libby

“Blessed are they that mourn, for they shall be comforted.” ~ Matthew 5:4

For most of us, grief is a journey into the unknown. Sadly, some of us have walked through grief more than once and know a little of what lies ahead, but even those who know what to expect don't relish the journey. It's a hard road to travel, filled with uncertainty, whether you've been there before or not. When my own son was stillborn five years ago, I felt like I was groping blindly through a dark maze, unsure of the twists and turns ahead, always fearful that making the wrong decision would send me in a direction that would keep me in the maze even longer.

Thankfully, we do have a roadmap to help guide us through grief. The Bible is filled with examples of how Christians can grieve and still hold on to faith. David grieved the loss of his infant son. Jesus grieved the death of Lazarus. The earth itself trembled when Jesus died—a sure sign that His Father's heart was breaking. The Scriptures are filled with accounts of those who mourn, and it's also filled with words of comfort and hope.

One often overlooked example of how we can mourn is found in Genesis 49 - 50. Jacob's death was a very difficult for Jacob's son Joseph, who was a man of great faith. Joseph knew that Jacob, too, was a man of faith. He knew that His father had gone on to a better place, yet Joseph still grieved.

He wept real tears in recognition that a very special relationship on earth was ending. Tears about losing such a relationship here are appropriate. Even Jesus wept when his friend Lazarus died. This shows us that God understands our tears and doesn't expect us to be stoic in the face of true grief. He knows we miss our loved ones, and he expects us to act like we do.

The next step for Joseph was to make necessary arrangements. As with us, Joseph faced this step during the "numb phase". During this part of grief, Christians go through the motions as if in a daze. It's a time of going through the routine. This is a way of God's protection over us, a time when we don't feel until we can better handle things.

One important point to note is that when Jacob died, Joseph declared a seventy-day mourning period. This occurred during the time when the numbness began to dissipate, when the family could mourn together. Back then, no one bathed, no one drank wine, and they all sang dirges during the time of mourning. What they were really doing was acknowledging the sadness of death. They bonded together and gave themselves time to deal with some harsh facts. They acknowledged death as an enemy. It is a defeated one for us Christians, but it is still an enemy. They expressed that the pain of death and loss don't go away instantly. They faced the pain and allowed themselves plenty of time to express the emotions of grief so that they could be cleansed of them: pain, anger, fear, despair, and sadness.

Finally, the seventy-day period was over, and Joseph ended the ceremonial time of mourning by burying his father. He surrounded himself with people who could comfort him, and he said a final goodbye to his father. He gave himself seven days as a last mourning time, a "stopping time." Then he went back to Egypt and went about doing the things God had put in his hands to do.

I urge you to follow Joseph's example. Allow yourselves time to mourn the loss of your children. Seventy days is the time Joseph set aside, not as a complete "mourning cycle," but as a time when he could be with family and let go of big responsibilities and decisions. He didn't bury himself in his work or try to jump back into life. He took time to let himself hurt. Then, he took a full week to say goodbye. Finally, he did ease back into his routine, but that didn't mean that he was "over" his father's death. I imagine that Joseph thought of Jacob quite often during those first weeks back at work—indeed, until Joseph could finally see his father again in Heaven. The time frame for dealing with death is different for all of us. Though Genesis does document Joseph's time-frame, there is no formula, no magic number to let you know when it's time to move on. The point is that time was taken, and that grief was allowed to be expressed. Your seventy days could be much more, or much less, but take them and put them to good use.

Realize that grief is real and is not something God frowns upon. He understands and wants to use your grief to rebuild your strength. Cry your tears, surround yourselves with people who will comfort you. Then, when you feel that your time of mourning is coming to an end, when the tears become more for you and the focus is on yourself instead of the relationship that you've lost, it's time to begin your "stopping time." It's time to ask God to show you how to live again, how to do the tasks He has planned for you to do.

May God bless you all as you reach out to Him in your grief.

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

Kota Loss

www.kotapress.com

The Memorial

Biblical Prophecy Resource Center
www.bprc.org/memorial/memorial.html

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

The Missing Grace Organization

Candy McVicar

612-220-8945

mcvicar@mninter.net

www.missingGRACE.org

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, including up to one year old.

Nathaniel's Friends

P.O. Box 2372

Frazier Park, CA 93225

www.nathanielsfriends.homestead.com

bayonne@bigvalley.net

Our Loss Heaven's Gain

www.groups.yahoo.com/group/ourlossheavensgain

Perinatal Bereavement Services Ontario

6060 Hwy. 7 E., Ste. 205, Markham, ON L3P 3A9

905-472-1807

www.pbso.ca

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/

Remember the Roses

www.remember.theroses.com

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

A Child of Promise

www.cmm-stl.org/acop

♥ 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

Terryc45@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.ttsfoundation.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.northtexasids.org

e-mail: info@northtexasids.org

♥ Helping Others in Grief

Memory Box Artist Program

www.taraleigh.com/memoryboxes

♥ For Clergy

National SIDS and Infant Death Program

Support Center—Bereavement Guidelines

www.sids-id-psc.org

♥ Spanish

Fundacion Esperanza

www.geocities.com/Heartland/Bluffs/7102/

e-mail: carlarh@ivillage.com

Subsequent Births

Chris and Renee Henvey
of Cedar Hill, Texas,
are proud to announce the birth of their son
Evan Christopher,
October 15, 2004.
He weighed 8lb., 8oz.,
and was 21 inches long.
The Henveys lovingly remember
James Jackson "Jack,"
stillborn July 4, 2001,
due to Tetralogy of Fallot,
and Baby Henvey,
miscarried October 2003.

Carl and DeLite Clegg,
*along with sisters Naomi, Jenalyn, Rebekah,
and Carly Ann*
of Landing, New Jersey,
joyfully announce the arrival of
Caleb Joseph,
born September 14, 2004.
He weighed 9 lb. and was 22 inches long.
The Clegg Family lovingly remembers
Eliza Milagros,
August 2 - August 14, 2002,
due to Fetal Hydrops,
and Baby Clegg,
miscarried June, 2003.

Chris and Monica Gregory
of Bedford, Texas,
joyfully announce
the arrival of two precious angels
into their lives...
Daniel Christopher,
born February 1, 2003,
and Amarise Grace,
born August 15, 2003,
chosen by Jesus, theirs forever
on November 24, 2004.
The Gregorys lovingly remember
Gabriela Faith,
stillborn January 24, 2002,
due to anomaly of the umbilical cord.

Bay and Paula Miltenberger,
along with big brother Bryce
of Dallas, Texas,
joyfully announce the arrival of
James Bosler "Bo,"
born December 10, 2004.
He weighed 9 lb., 11 oz.,
and was 21.3 inches long.
The Miltenberger family lovingly remembers
Bay, Jr.,
stillborn December 9, 1998,
preterm labor.

Randy and DaLana Barsanti,
*along with big brothers Taylor, Collin,
and Harrison*
of Hurst, Texas,
joyfully announce the arrival of
Riley Keith,
born December 20, 2004.
The Barsanti family lovingly remembers
Joshua and Jeromy,
stillborn November 21, 1996,
Anencephaly.

Julianne and Jamie Linn,
along with Lydia, Chloe, and Christian
of Roanoke, Texas,
are thrilled to announce the birth of
Ava Caitrin,
December 30, 2004.
Ava weighed 6 lb., 8 oz.,
and measured 20 inches long.
The Linn family lovingly remembers
Annelise Joy,
August 18-20, 2003,
Anencephaly.

Ashley and Sara Huey
of Garland, Texas,
joyfully announce the birth of
Olivia Paige,
born September 9, 2004.
They miss their
Clara Shea,
stillborn June 16, 2003,
unknown cause.

Music Resources

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

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 book-
stores.

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,
can be purchased at Christian book-
stores.

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



Better Hands

By Julie Ann Gvillo
From her CD *I Stand in Awe*
Available for purchase at
[http://www.julieanngvillo.com/
music.htm](http://www.julieanngvillo.com/music.htm)

Matters of Faith Bible Study will begin in January running six weeks:

Jan 18: Intro/Foundation of Faith

Feb 1: My Baby & Heaven/Grief

Feb. 15: Guilt, Fear, Glimpse of Hope/Anger, Jealousy, Resentment

March 1: God's Will/Prayer

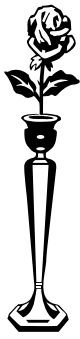
March 15: Obedience/Peace

March 29: Rejoice/Remember

Will meet for six weeks every other Tuesday, 7:00-8:30 p.m. at regular M.E.N.D. meeting location.

Contact Lisa Durham for more info: lisacdurham@sbcglobal.net

In Loving Memory



**Alexis Leigh
and Nicole Leigh Rudeen**
Stillborn March 11, 2002
Unknown Cause
Given by parents,
Sherri and Randy Rudeen
and big sisters Julie and Sara

Gabriela Faith Gregory
Stillborn January 24, 2002
Anomaly of Umbilical Cord
Given by parents,
Chris and Monica Gregory
and siblings Daniel and Amarise

Baby Southern
Miscarried October 21, 2001
Given by parents,
Julie and Doug Southern
and little brother John David

Mindy and Maggie Smith
Stillborn November 4, 1997
Twin Transfusion Syndrome
and Polyhydramnios
Given by parents,
Scott and Karla Smith
and little siblings Travis and Julia

Annelise Joy Linn
August 18 - 20, 2003
Anencephaly
Given by parents,
Jamie and Julianne Linn
and siblings Lydia, Chloe,
Christian, and Ava

Olivia Grace Wayne
Stillborn May 11, 1995
Jesse
Miscarried April 20, 1996
Angel
Miscarried July 22, 1998
Given by parents, Richard and Jeanette Wayne
and siblings Emmaline, Chloe, and Benjamin

David Atkins Stephens
October 23, 2003
Omphalocele
Given by parents, Rob and Melissa Stephens

Molly Rene Schramm
March 10, 2003
Diaphragmatic Hernia
Parents: Suzanne and Jerry Schramm
Big sister: Morgan
Given by cousins, Leslie and Edward Weber

Aiden Xavier Sohn
October 13, 2002
HELLP Syndrome
Hope
Miscarried May, 2003
Whisper
Miscarried October, 2003
Given by parents, Doug and Angelique Sohn
and big brother Joshua

Eliza Milagros Clegg
August 2 - August 14, 2002
Fetal Hydrops
Baby Clegg
Miscarried June, 2003
Given by parents, Carl and DeLite Clegg
and siblings Naomi, Jenalyn, Rebekah,
Carly Ann, and Caleb Joseph

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

Olivia Robb Myster
July 12, 2002
Placental Insufficiency
Given by parents, Denise and Steven Myster
and siblings Elizabeth and David

Abigail Grace Crump
Stillborn July 1, 2003
Trisomy 18
Given by parents, Gerald and Jaimie Crump
and little sister Cameron Grace

Amanda Morgan Galleger
Stillborn January 7, 1997
Trisomy 18
Given by parents, Steve and Diane Galleger
and little siblings Sydney and Jack

Luke and Zach Wingert
Given by grandparents,
Paul and Terri MacDonald

Logan Elise Daves
January 22 - March 22, 2004
Hypoplastic Left Heart Syndrome
Given by parents, Lauren and Greg Daves
and proud big brother Conner

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

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,
Lyle and Marnie Mitchell

Bailey Kathleen Luellen
Stillborn March 7, 2004
Two True Knots in Umbilical Cord
Given by mommy, Kara Luellen

Allison Grace Powell
Given by parents, James and Twyla Powell

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!

MOMStudy Results

The Study of Maternal Observations and Memories of Stillbirth

MOMStudy, a collaboration between an international research group and MISS Foundation, began February 2004 and will complete February 2005. The purpose of the study is to collect data to help better understand kinds of stillbirths and how to prevent them. Moms who have participated in the study come from 27 countries and all states of the USA.

Some results released in August, after six months of study:

40% of stillbirth moms lost the baby of their very first pregnancy.

53% lost a boy.

37% lost their baby at term.

14% were expecting another baby when completing the MOMStudy questionnaire.

49% had an autopsy to find the cause of death.

92.5% have siblings that were live born.

8.3% have stillborn siblings with the same mother as themselves.

Some of our M.E.N.D. members have participated in the study.

If you'd like to find out more, visit www.momstudy.com.

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 back to M.E.N.D. 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.

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.

Shannon Outen, a M.E.N.D. member and co-owner of **Paper Patch**, represents several lines of business stationary, specializing in customized holiday/Christmas cards at a discounted price. Shannon will donate 10 percent of her profits to M.E.N.D. from each Christmas card order. Contact Shannon at (817) 557-4733 or email outencs@aol.com to receive a current catalogue.

Christine Oxendine is now a representative of **Avon**. She has offered to give to M.E.N.D. 10 percent of any orders placed by M.E.N.D. members. To receive a catalogue, contact Christine at 940-381-6617 home or 682-365-7448 cell, or e-mail bearpals@charter.net.

Glenn Martin is looking for M.E.N.D. families willing to grant space for small gumball machines in order to raise funds for M.E.N.D. If you have a retail business or connections to a high traffic location, like a restaurant, and are willing to place a gumball machine in your location, Glenn will place, stock, and service the equipment and give M.E.N.D. 35 percent of the proceeds. His business has most of its route in the Grapevine and Southlake areas and could travel further into the Dallas/Fort Worth metroplex for a high traffic location. Glenn can be contacted at (817) 874-5366 or glmartin@attg.net.

M.E.N.D. can now earn funds through **i.think inc.**, an online marketing research firm. You can help by signing up as a survey panel member and designating us as the recipient of your fee. Every time you complete a survey M.E.N.D. will be automatically credited. Go to the website at <http://www.ithink.inc.com> and choose "Sign up to become an i.think inc. panel member" Fill out the sign-up survey. Under the "Funds for Charity" section, select M.E.N.D. from the list of names. Once you have completed the sign-up survey, including a valid email address, you'll be contacted with an Internet address and password for specific surveys for you to take part in. At the end of the survey, press the "Submit" button, and M.E.N.D. will be automatically credited as the recipient of all money you have earned.

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
Phone and Fax: (972) 506-9000
(Please call before faxing)

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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