



M. E. N. D.

Mommies Enduring Neonatal Death

Counseling: Improving Quality of Life

My Jonathan was stillborn in 1995 - a time when perhaps it was still taboo to “go to counseling,” especially for devout Christians. It was believed we should, “go to the Lord” with our burdens, not other people. If one did seek professional help for mental and/or emotional issues, it was kept very quiet - adding to the deep dark secrets buried within.

Certainly, we as Christians should pour our hearts out to the Lord and pray for peace, comfort, joy and guidance, but there is absolutely nothing wrong with bouncing our innermost thoughts and feelings off someone professionally trained in grief counseling. However, I am very, very cautious when I refer our M.E.N.D. families to a professional counselor for this extra support. I prefer to recommend only certified Christian counselors and psychologists who have personally suffered the loss of a child or grandchild. Sadly, too many times I’ve heard stories of M.E.N.D. families randomly choosing professionals, paying a lot of money to share their stories and hurts, and only being told, “you should be way past this by now” or “maybe if you have another baby you’ll get better.” I know there are mental health professionals who have not endured the loss of a child who would never say such things to a client, but I am only comfortable referring M.E.N.D. families to those who understand firsthand the pain and grief of their clients and who would only say heartfelt, helpful and healing words of advice.

While pouring our hearts out at a support group is also extremely beneficial, sometimes we just need that extra one-on-one guidance. During my darkest days of grief, I needed someone to allow me to feel and

express what I had bottled up inside. Although I did not choose to see a counselor when I was grieving, I know it would have added to my healing. Oddly, when going through a trauma, we believe we need permission to feel or think a certain way, and getting that nod of approval for feeling sad, wanting our babies back and asking for guidance on how to move forward can be immensely helpful during our season of grieving.

So how do you know who to see and where to go? If you live near one of our 11 chapters of M.E.N.D., your chapter director can help guide you to the right professional. If you do not live near one of our chapters and don’t have anyone to ask for a referral, call and interview the counselor/psychologist first. As I mentioned before, as a Christian, I only want someone with similar beliefs to guide and mentor me using biblical principals and promises. Secondly, I am a strong advocate for only seeing someone who has been in our shoes, enduring the loss of a child or grandchild, to fully understand my sorrow and unique emotions. I don’t want advice from a textbook; I want empathetic compassion and understanding.

Whether or not you choose professional help, always remember, Jesus is our Great Counselor. Our Heavenly Father is available 24/7. He truly sees our brokenness and will give us peace and comfort unlike anyone else.

♥ *Rebekah Mitchell,*
Mommy to Jonathan Daniel and Baby Mitchell
M.E.N.D. President/Founder

*“Healing from grief is not the process of forgetting.
It is the process of remembering with less pain and more joy.”*
-Author Unknown

Nota Española: El artículo de Rebekah Mitchell aparece en cada emisión de nuestro boletín para la audiencia latina.

Para ver el artículo de este mes en español, por favor vea la página número 9.

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 at www.mend.org.

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

M.E.N.D.

P.O. Box 631566

Irving, TX 75063

Phone and Fax: (972) 506-9000

(Please call before faxing)

E-Mail: rebekah@mend.org

jennifer@mend.org

www.mend.org

Donations make the printing and distribution of this newsletter possible. Your tax-deductible contributions are greatly appreciated and should be sent to the address listed above. 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).

M.E.N.D. Board of Directors

Rebekah Mitchell

Byron Mitchell, D.D.S.

DaLana Barsanti

Brittney Fish

Shannon Outen

Brandee Dill

Marilyn Brown

Amber Zuckerman

State Coordinators/Chapter Directors

M.E.N.D.—Dallas: Rebekah Mitchell

M.E.N.D.—Houston: Stormy Mitchell

M.E.N.D.—Texarkana: Monica Davis

M.E.N.D.—Tulsa: Lisa Daily

M.E.N.D.—SW Missouri: Heather Fann

M.E.N.D.—Bryan/College Station:

Jennie Drude

M.E.N.D.—Amarillo: Becky Anderson

M.E.N.D.—NW Washington: Stacy McGhee

M.E.N.D.—Hot Springs: Amy Humphries

M.E.N.D.—Wichita Falls: Sarah Fukasawa

M.E.N.D.—Chicagoland: Sara Hintz

Advisory Board

Paula Schear, Liz Walker,

Cheryl Davis, Calli Stanley,

Magen Kaye, Norma Jordan, Brea Darnell

General Counsel

Dennis G. Brewer, Sr., Attorney at Law

Newsletter

Editor: Jennifer Harrison

Co-Editors: Byron and Rebekah Mitchell

Newsletter Volunteers:

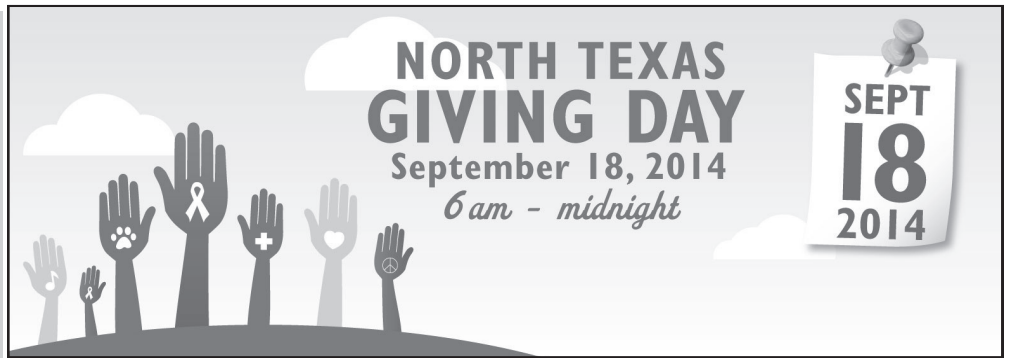
Heather Fann, Sharlene Libby,

Brittney Fish and Sara Elliott

M.E.N.D. is a member of

First Candle/SIDS Alliance

International Stillbirth Alliance



Support M.E.N.D. on North Texas Giving Day

(You can help even if you are not in North Texas!)

M.E.N.D. is taking part in North Texas Giving Day! On September 18, every donation of **\$25 and above** will be multiplied with **bonus funds**. Whether you are a regular donor or haven't taken the opportunity to donate to M.E.N.D. this year, this day would be the PERFECT time since your donation would provide bonus funds to M.E.N.D.

From Washington to Florida and everywhere in between, everyone around the nation is encouraged to participate as all funds will impact every chapter of M.E.N.D.

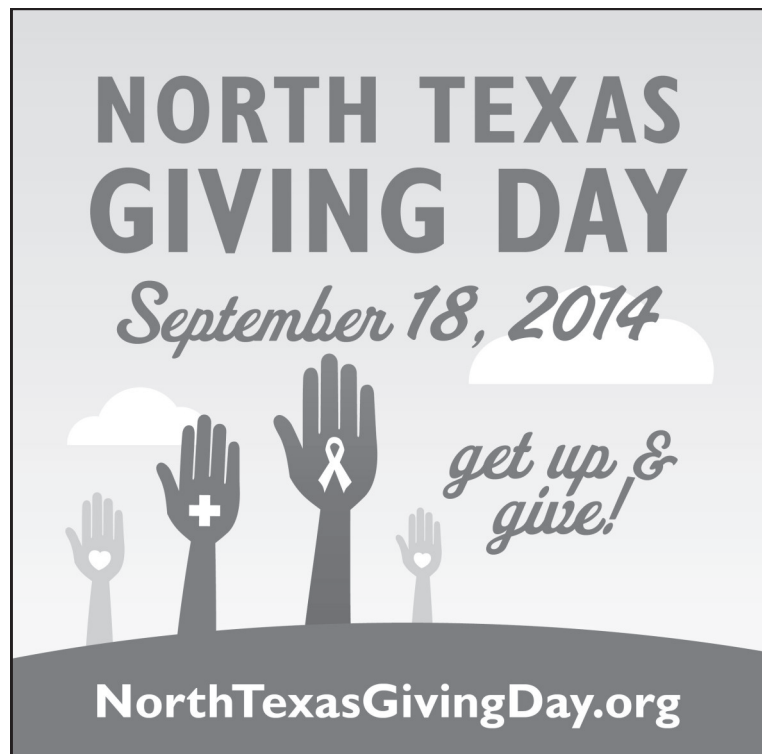
When: September 18, 2014, 6:00 AM—Midnight

3 Easy Steps to Donate:

1. Log on to your computer between 6:00 AM—Midnight.
2. Go to NorthTexasGivingDay.org and search for M.E.N.D.
3. Make a donation!

It's that EASY, and

you will be making a huge difference in the lives of many grieving families.



Book Review

Seasons of Change

Written by Dr. Kenneth J. Fallin

Dr. Ken Fallin is a favorite among many of our M.E.N.D. families in the Dallas/Fort Worth metroplex. Since the inception of M.E.N.D. in 1996, Dr. Fallin has counseled many of our families and provided invaluable professional help and encouragement. Recently he published his book, *Seasons of Change - Life Lessons in Grief and Loss*. Dr. Fallin shares his personal experience of losing his adult daughter when she drowned in her vehicle during a flash flood storm. Because he has experienced the death of a child himself, he is able to empathize with his patients and now his readers. His book poignantly outlines a large variety of grief triggers and types of losses, and he explains these are simply seasons in our lives, just as there are seasons in nature. Dr. Fallin devotes more than 70 pages of the book to the grief we as parents experience following the loss of a child. Within that chapter, he focuses specifically on stillbirth and perinatal loss. Additionally, Dr. Fallin spends time talking about marriages and relationships during the grieving process.

This is a book you will want to purchase and read with a highlighter in your hand. Not only will you relate to and understand much of what Dr. Fallin writes, you will also gain insight to why you may be feeling certain emotions and feelings as you grieve. This is a must read and can be ordered at www.createspace.com.

♥ Reviewed by Rebekah Mitchell,
Mommy to Jonathan Daniel and Baby Mitchell
M.E.N.D. President/Founder

M.E.N.D. has a complete list of books, websites, organizations, and music resources available online at www.mend.org.

If you would like to submit a review of books, music, websites or other resources dealing with infant loss, please email them to our newsletter editor Jennifer Harrison at jennifer@mend.org.

Fundraising opportunity for Federal Employees, State of Texas Employees and City of Dallas Employees

M.E.N.D. proudly participates each year in the Combined Federal Campaign (CFC) and in the State of Texas, the State Employee Charitable Campaign (SECC) and the City of Dallas Charitable Campaign (DCCC). If you, a family member or friend work for one of these government organizations, you can donate to M.E.N.D. through one of these campaigns this fall. Check with your employer or campaign organizer to inquire about the process to donate.



November/December Topic

Holidays

Deadline: September 30, 2014

January/February Topic

Infertility/Loss of Life at Embryo Stage

Deadline: November 30, 2014

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 page two 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. Because our newsletters are posted online, please understand that your name will likely be attached to your submission when searched on the Internet.

Reprint Policy: Articles printed in the M.E.N.D. newsletter are copyrighted by M.E.N.D. and/or by the individual authors of certain articles. Articles may not be reprinted without permission from the editor, Jennifer Harrison, or president, Rebekah Mitchell. The newsletter may be reproduced for the purpose of providing it to pregnancy loss support group members or other bereaved families so that they may also have access to the information. The material may not be reproduced in any way, shape or form for profit. Some authors of articles included in the newsletter may carry their own copyright and their articles may only be reprinted with permission from the author.

Letters to the Editor should be sent to jennifer@mend.org. All letters submitted to the editor are subject to be published in future issues, both in the print version and online, unless a letter's author expressly requests that it not be published.

Birthday Tributes: M.E.N.D. publishes heavenly birthday tributes in the corresponding newsletter. Tributes must be submitted via the online form at www.mend.org.

Heavenly Birthday

January/February
March/April
May/June
July/August
September/October
November/December

Deadline

November 30
January 31
March 31
May 31
July 31
September 30



Birthday Tributes

Happy 1st Birthday, Chadden!

On September 1, 2013, we met you, Chadden. So tiny and small, yet you had taken up so much room in our hearts and our lives. We are forever blessed to have gotten to see you. I counted all ten of your fingers and toes. Your father and I saw your sweet little ears, eyes and nose. One day I will go to heaven, and the first thing I will do is run to you so we may finish the life we never got to start.

“Dear Lord, I would have loved to have held my baby on my lap and tell him about you, but since I didn’t get the chance, would you please hold him on your lap and tell him about me.”

Chadden Tyler Kelly
Miscarried September 1, 2013
Parents: Christopher and Elizabeth Kelly
Big sister: Emery Salcido



Happy 4th Birthday, Trinity!

Hey, our little Mona Lisa, we can’t believe it has been four years since you went back home to heaven, but we miss you every day. Trinity, we hope you have a wonderful heavenly 4th birthday with family and friends.

Trinity MarLynn King
Stillborn August 10, 2010
Unknown cause
Parents: Marlin and LaVonda King
Little brother: Marlin II



Happy 1st Birthday, Azriel!

We miss you every day, our little angel. You were the most special and the most original little girl ever.

Azriel June Huenecke
June 20—September 24, 2013
SIDS
Parents: David and Jamie Huenecke
Sibling: Jareth Risk



Happy 1st Birthday, Avery!

Avery, you were gone before we knew it; there was no time to say goodbye. What I would do to kiss your chubby cheeks, rub your head and tell you how much you were loved. Forever in my heart.

Avery Neil Thomas
Stillborn August 24, 2013
Parents: Nathan Thomas and Jennifer Jones
Siblings: Jada and Nataleigh



Happy 1st Birthday, Angel!

I only knew you for a few days before we lost you. Those few days were the best days of my life! I would have loved to have had the chance to meet and hold you, but unfortunately you were taken from us too soon. I loved you more than I thought was ever possible. I hope you are enjoying your birthday in heaven. I love you very much!

Angel Robbins
Miscarried October 7, 2013
Unknown cause
Parents: Ryan and Kimberly Robbins



Happy 1st Birthday, Roslynn!

You were needed somewhere else, but I will always carry you in my heart. The three weeks you were with me was the happiest time of my life. Mommy loves you.

Roslynn Grace Rodas
September 2-23, 2013
CDH
Mommy: Kristen Rodas



Happy 3rd Birthday, Elizabeth!

Happy 3rd birthday, Elizabeth, my love! I will never stop missing you, I will never stop loving you, and I will never stop yearning for you to be with us. You are what love is.

Love always,
 Mommy

Elizabeth Rae Siefken
August 28—September 22, 2011
Extreme prematurity/incompetent cervix
Parents: Jim and Jen Siefken
Twin sister: Emma



Happy 2nd Birthday, Blake Ann!

Happy birthday, baby girl. We love and miss you every day. Thank you for always watching over us!

Blake Ann Long
September 26—October 6, 2012
Hydrocephalus
Also remembering
Baby Long
August 3, 2013
Unknown cause
Parents: Matt and Katelyn Long
Sibling: Hudson Blake



Happy 2nd Birthday, Liza!

Liza Rose, we miss you so much. We hold you in our hearts and wish you were here to play with your big sister and meet your little brother. Happy birthday, sweet Liza.

Love,
Mommy, Daddy, Posie, and Theo

Liza Rose Schroeder
September 30—October 10, 2012
Suspected cord accident
Parents: Chad and Kara Schroeder
Siblings: Posie June and Theo Lane



Happy 23rd Birthday, Baby Polley 2!

Happy birthday to our little sweet baby, the surprise gift we received after we lost Allison. Not knowing if you were a boy or girl upset your Mommy at times, but that's not what's important. What is important is that your life mattered. Your tiny life mattered because every life is precious. We will hold you in heaven, sweet one. We love you.

Baby Polley 2
Miscarried October 1991 at 8 weeks
Unknown cause
Also remembering
Baby Polley 1
Miscarried May 1990 at 10 weeks
Unknown cause
Allison Nicole Polley
Stillborn August 5, 1991, at 24 weeks
Unknown cause
Parents: Mike and Gina Polley
Siblings: Alyssa, Bradley, Joshua and Zachary



Happy 12th Birthday, Michelle!

Happy birthday, sweet Michelle! We can't believe it's been 12 years since your birth. We are so thankful for your brief time with us here, and even more thankful we will see you again one day! My heart is still heavy when I think of the difficult days surrounding your birth, yet I rejoice knowing you are in heaven. I rejoice in the Lord's goodness in seeing us through the most difficult time of our life. Praise the Lord! We all love you and miss you dearly! Even your siblings, who never met you, miss and love you. They look forward to meeting you one day! Until then...

Michelle Grace Stockdale
August 22—September 16, 2002
Ebstein's Anomaly (CHD)
Also remembering
Baby Stockdale
Miscarried February 2003
Parents: Joe and Marie Stockdale
Siblings: Caleb, Audrey, Claire, Luke, David and Grace



Happy 1st Birthday, Lilly!

My beautiful angel Lilly, we love you very much, and you are missed every minute of every day! I remember when Mommy got to see you. You looked so much like your sister, Aleah. And when I got to hold you in my arms, it was such a magical feeling, one that only you and I got to share. I keep you with me every where I go and always will! And I cherish the memory of having you for the little bit of time I did. I love you, my baby!

Love,
Mommy and Family

Lilly LaJuan Mills
October 11, 2013
Premature birth
Parents: Tonny Mills and Kristina Williamson
Siblings: Ashton, Maya, Sajourna and Aleah



Happy 10th Birthday, Baby August!

Baby August, we have loved and missed you these past 10 years. Your little sister Madison talks often of her brother and sister in heaven. I know you would have been a great big sister. Give Caleb a hug from us too. Until we see you again in heaven.

Love,
Daddy, Mommy and Maddie

Baby August Fann
Miscarried August 13, 2004 at 8 weeks
Also remembering
Caleb Scott Fann
December 1, 2003
PROM
Parents: Jonathan and Heather Fann
Little sister: Madison Grace



Happy 4th Birthday, Elliana!

Can't believe you've been gone four years now. Loving you now and always, sweet baby!

Elliana Grace Kundomal
Miscarried July 2010
Mommy: Kali Kundomal



Happy 1st Birthday, Aries!

To my dearest little girl, even though you are not here with us, you will always be in our hearts, and we will always love you. You are our little angel in heaven looking down on us. Your mommy and daddy and all your family will always love you.

Aries Ez'mari-Parker Allen
Stillborn October 28, 2013
Parents: Ted Parker and Eileen Allen
Siblings: Zeriyah Lane and Zielayja Lane



Happy 1st Birthday, Baby Avery!
Happy 16th Birthday, Baby Manqueros!

Gone but never forgotten...until we meet again my loves...

Baby Avery Netro
Miscarriage July 3, 2013
Baby Manqueros
Miscarried October 1998
Mommy: Laura Netro



Happy 6th Birthday, Bethi!

I can't find the words to tell you just how much I have been missing you, my vzácný anděl. I see your cousins growing up, and it brings new grief of what I am missing as each year goes by. Yet it has brought an unexpected joy with it...to hear them ask about you and talk to them about how amazing life your in heaven must be. You are so loved, sweet girl! I will think and speak of you every day until the earth no longer separates us, and I can hold you in my arms. Thank you for making me your mommy.

Bethanni Connor
Miscarried October 25, 2008
Also remembering
Quinn Connor
Miscarried April 15, 2014
Mommy: Rebekah Connor



Happy 1st Birthday, Reed!

We miss you every day, sweet boy! We wonder if you would still look like Daddy, what your giggle would sound like and if you would be walking by now.

While you weren't here very long, you blessed us beyond belief. You allowed us to love like we never knew we could. We long for the day we will see you again in heaven and not have to part. We thank you for watching over us, especially your baby sister to be, Gracie. We love you with all our heart and soul!

Love always,
 Mommy and Daddy

Reed James Ledbetter
Stillborn September 3, 2013
Cord accident
Parents: Mike and Sarah Ledbetter
Little sister: Gracie (due December 2014)



Happy 1st Birthday, Oliver!

We love you, miss you and never stop thinking about you!

Noah Oliver Williams
August 5-7, 2013
Premature, lung failure
Parents: Donald Williams and Jasia Rivers
Siblings: Tanesha and Isaiah



Happy 1st Birthday, Journey!

I was overjoyed to find out you were growing in me. The day your heart stopped, mine broke. I will always be your Mommy, and you will always be my baby. I will celebrate that bond every year on your birthday. Until we meet again, sweet baby, Mommy loves you.

Journey James Hill
Miscarried August 6, 2013
Mommy: Jamie Hill



Happy 3rd Birthday, Liam!

My little Liam, you would have been 3 years old today. I wish I were planning some ridiculously fun birthday party for you to enjoy. I wish I could see the look in your eyes as you open all your favorite gifts as I never got to see your eyes. Instead we will be missing you and thinking of you just like every day. Happy birthday, beautiful baby boy.

Liam Perez
September 2, 2011
Cord accident
Parents: Ricky and Brandy Perez
Siblings: Ethan and Dylan



Happy 8th Birthday, Samuel!

Dear Samuel, happy 8th birthday! How can it be that it has been eight years since we held you? Since we kissed your sweet face. Since we said hello and goodbye. We miss you, sweet boy. Your little sister Sarah was born at the end of June. She is a sweetheart, and we wish you could be here to hold her. Landon, Olivia and James are getting bigger, too, and we wish you could be here to lead like a big brother does. We know we will see you again, and we long for that day. We love you, sweet boy!

Love,
 Mommy and Daddy

Samuel Nienhuis
October 14, 2006
Factor V Leiden, MTHFR
Parents: Seth and Marcie Nienhuis
Siblings: Landon, Olivia, James and Sarah



Happy 1st Birthday, Keiran!

Happy birthday to our sweet baby boy! It is hard to believe it has already been a year since you came into our lives and changed us forever. We miss you terribly, but I know there will be plenty of time for us to catch up when we see you in heaven someday. You are so loved, Keiran, you are so loved.

Keiran David Cobler
October 25—November 1, 2013
Necrotizing enterocolitis
Parents: Brian and Kristina Cobler



Happy 3rd Birthday, Jackson, Lindsey and Brooklyn!

It's hard to believe it's been three years now. Not a day goes by we don't think of you. As we watch your little brother grow, we miss you more and more every day. We'll hold you in our hearts until we can hold you in our arms again. We love you and miss you!

Love,
Mommy, Daddy, Brenna and Brody

Jackson, Lindsey and Brooklyn Thompkinson
September 10, 2011
Premature/molar pregnancy
Parents: Bryan and Nikki Thomkinson
Siblings: Brenna and Brody



Happy 5th Birthday, Sereana!

Abba showed me your glorious 5-year-old birthday dance!

A whirl-to-twirls-Sereana, was that a little prance?!

He showed me you, you're wonderful, full and alive

Beautiful daughter,

We all chuckled with your big high-five.

He let me look on at your beauty and being.

I saw your play, your friends, your songs. You're reading!

There's time to discover and learn each other—we'll see

For now, go, celebrate, and smile for Tata and me!

You are "song of my Mother," so tell all you see:

"My Tata and Nana are so, so very proud of me!"

Happy 5th birthday Sereana Joy!

We love you. I love you.

Sereana Joy Ratulele
Stillborn September 9, 2009
Full-term, unknown cause
Parents: Semi and Laura Ratulele
Siblings: Noela Esiteri and Talei Jewel



Happy 2nd Birthday, Kyleigh!

Kyleigh, I cannot believe you would be turning 2! Where did the time go? It no longer seems like yesterday when you were a newborn in our arms, but it also does not seem like it is right that you would be a toddler. Any time I see a little girl about your age, for a brief moment I wonder what it would be like to have you here with us; however, we serve an awesome God who does not make mistakes. Mommy and Daddy still miss you, sweetie, and talk about you often. I cannot wait until our family is complete and we are with you in heaven. Happy birthday! You will always be our sweet baby girl. We love you!

Kyleigh Elaine Rabe
October 1, 2012—January 26, 2013
SIDS
Parents: Kyle and Kristen Rabe
Sibling: Karson



Happy 1st Birthday, Baby King!

Hi, little peanut. I am so happy to tell you how awesome God is. Of course, I am sure you already know since you have been with Him all this time. Your new brother will be coming soon—he is actually due on the one-year anniversary of the day we learned you were gone to heaven. I could not have planned that if I tried. That is all God! I guess instead of thinking of October 7 as a sad day and dreading its arrival, God gave us a beautiful gift to look forward to. I can't even think of the day of my D&C without also thinking of the same day a year before when we were admitted to the same hospital to have your big sister, Alaina. That is how much God loves us and wants nothing more than our happiness: to replace the darkest and saddest time with feelings of hope and joy. I love you, sweet boy, and think of you all the time. I can't wait to meet you and hold you and introduce you to your amazing big sister and soon-to-be just as amazing brother, Joshua. I am blowing kisses to you.

Mommy

Baby King
October 7, 2013
Chromosomal Defect
Parents: Jeremy and Jennifer King
Siblings: Alaina and Joshua (due October 7, 2014)



Happy 4th Birthday, Cambri!

Can't believe it's been four years! I think about you daily and miss you terribly! I often wonder what would you be into and what kind of personality would you have. Happy heavenly birthday, baby girl! Love you bunches!

Love,

Daddy, Mommy, Clara Paige and Chandler Grace

Cambri Jade Jenkins
September 8, 2010
Placenta abruption
Also remembering
Baby Jenkins
July 2013
Early miscarriage/empty sac
Parents: Jeffrey and April Jenkins
Siblings: Clara Paige and Chandler Grace



Happy 1st Birthday, Moriah!

Happy birthday, dear one! Mommy, Daddy and LJ love you very much. Sleep with the angels. Rise with the saints.

Moriah Rose Notch
Miscarried October 30, 2013
Also remembering
Mickey Notch
Miscarried July 6, 2011
Parents: Jacob and Maria Notch
Brother: Jacob Junior



Happy 5th Birthday, Rylie!

Our dearest Rylie, not a day goes by we don't think of you. Each and every one of us finds a way of our own to honor you. We can't wait till the day we are together again. I can just picture you in a beautiful white birthday dress with your little blonde ringlets. I hope you enjoy your cake and have lots of fun in heaven's garden. We love you very much!

Rylie Ranae Rowan
Stillborn October 23, 2009, at 23 weeks
Factor V Leiden and MTHFR
Parents: Troy and Nichole Rowan
Siblings: Lauren Soberon and Faith Rowan



Happy 36th Birthday, Elizabeth!

Happy birthday, Elizabeth. You may be in heaven on your birthday, but we think about you all the time. We would love to have you here, but God had other plans for you. I know you're loved, held and cared for. I just wished I could be the one doing it. Thank you, God, for taking such good care of her, and for giving me the strength to get through the days and nights without my baby girl. Mom, Dad and your sisters miss you. Sending lots of hugs and kisses to you on your Special Day - October 18, 1978.

Love,
 Mom and Dad

Happy angelversary to my older sister Elizabeth. I never got to meet you, but I love you just the same. I know I will get to meet you in heaven when I get there. Until then, take care of my sweet Angels.

Monica

Happy birthday to my sister!
 Sylvia

You're in our hearts always. My thoughts are with you and with mom and dad during this time.

Christy

Elizabeth Nicole Garcia
Miscarried October 18, 1978
Parents: Paul and Jeannie Garcia
Siblings: Monica, Sylvia, Christina and Stephanie
Also remembering nieces and nephews
Arianna Elizabeth Wilkinson
Born sleeping April 12, 2010
Baby Boy Garcia
Miscarried August 2006
Baby Girl Wilkinson
Miscarried November 2008
Baby Boy Wilkinson
Miscarried August 2011
Mommy: Monica Wilkinson



Happy 6th Birthday, Catelyn!

Happy 6th birthday, sweet baby girl! We miss you every day. Not a day goes by we don't think of you. We love you so very much. It helps me knowing you are in the arms of Jesus. Until we met again, sweet angel!

Love you to the moon and back!
 Mommy, Daddy, Brookelyn and Maddie Kay

Catelyn Ryan Cornell
October 5-12, 2008
Extreme prematurity/born at 26 weeks
due to uterine growth restriction
Parents: Dewayne and Alesia Cornell
Siblings: Brookelyn Marie (identical twin sister) and
Madelyn Kay



Happy 4th Birthday, Isaiah!

Happy 4th birthday, son!
 Mommy still misses you very much!
 Lots of love,
 Daddy, Mommy, Danny and LuAnna

Isaiah Niekoley
October 28-29, 2010
Trisomy 13, 18 and 21
Parents: George and Esther Niekoley
Siblings: Danny and LuAnna



Happy 1st Birthday, Fredrick

We celebrate and remember your life every day. Even though you were with us physically for a short time, you are now part of our eternal family. Always with us in spirit, forever in our hearts. We love you with all our hearts and look forward to the day we are reunited with you and your baby sister, Sarah. Give her a hug and kiss for Mommy and Daddy. We are sending you hugs and kisses.

We love you always and forever,
 Mommy, Daddy, Ameerah and Grace

Fredrick Bystrom Shaver
Stillborn October 7, 2013
PPROM/preterm labor
Also remembering
Sarah Shaver
Miscarried August 2, 2014
Parents: Craig and Emily Shaver
Big sisters: Ameerah and Grace



I carried you
every second of your life.
I will love you
every second of my life.
 -Author Unknown

Asesoría: Mejorando la calidad de vida

Mi Jonathan nació muerto en 1995 – en aquel tiempo cuando quizás todavía era tabú" conseguir apoyo profesional especialmente para los cristianos devotos. Se creía mejor 'ir al señor' con nuestras cargas, no a otras personas. Si buscaba una ayuda profesional para problemas mentales o emocionales, se mantuvo el hecho muy privado y silencio - agregando más a los secretos oscuros dentro de uno.

Ciertamente, como cristianos debemos derramar nuestros corazones al señor y orar por la paz, la comodidad, alegría y orientación, pero no hay absolutamente nada de malo con compartir nuestros pensamientos y sentimientos con alguien que ha sido profesionalmente entrenado en terapia apropiada. Sin embargo, soy muy prudente cuando refiero a nuestras familias de M.E.N.D. a algún consejero profesional de este apoyo adicional. Yo prefiero recomendar a sólo consejeros y psicólogos certificados y cristianos que personalmente han sufrido la pérdida de un hijo o nieto. Tristemente, muchas veces he oído cuentos de familias de M.E.N.D. que eligieron citas con profesionales, pagando mucho dinero para descargar sus sentimientos solo para escuchar que 'debería estar más adelantados en el proceso de dolor' o 'tal vez si tiene otro bebé se sentiría mejor.' Sé que hay profesionales de la salud mental que no han sufrido la pérdida de un niño y que nunca dirían esas cosas a un cliente, pero prefiero referir familias de M.E.N.D. a profesionales que entienden personalmente el dolor y la pena de sus clientes y que por su experiencia tienen palabras sinceras y consejos íntimos que realmente les ayudarían en este doloroso proceso.

Mientras que también es extremadamente beneficioso abrir nuestros corazones en un grupo de apoyo, a veces sólo necesitamos esa orientación adicional de uno-a-uno. Durante mis días más oscuros de mi dolor, yo necesitaba a alguien que me permitiera sentir y expresar lo que yo había embotellado por dentro. Aunque yo no elegí a un consejero cuando estaba afligida, sé que habría añadido a mi curación. Curiosamente, cuando pasamos por un trauma, creemos que necesitamos permiso para sentir o pensar de cierta manera y conseguir ese guiño de aprobación para sentirse triste, queriendo volver a nuestros bebés y pidiendo orientación sobre cómo avanzar, puede ser inmensamente útil durante nuestra temporada de dolor.

¿Cómo se sabe quién ver y adónde ir? Si usted vive cerca de uno de nuestras 11 divisiones de M.E.N.D., el Director de la división puede ayudar a guiarle al profesional adecuado. Si no vive cerca de uno de nuestros divisiones y no tiene a nadie que le pueda sugerir alguien, llame y entrevista al consejero/psicólogo primero. Como he mencionado antes, siendo cristiana, yo prefiero alguien con creencias similares para guiar y ser mi mentor mediante las promesas y principios bíblicos. En segundo lugar, soy una firme defensora de sólo hablar con alguien que ha estado en nuestros zapatos y que ha soportado la pérdida de un hijo o nieto para entender mi dolor y emociones únicas. No quiero consejos de un libro; Quiero comprensión y compasión empática.

Mientras elige o no elige ayuda profesional, siempre recuerde que Jesús es nuestro gran consejero. Nuestro padre celestial está disponible 24/7. El realmente ve nuestro quebrantamiento y nos dará paz y consuelo como ningún otro.

♥ *Rebekah Mitchell,*
Presidente y Fundadora

Mamá de Jonathan Daniel y Mitchell bebé Mitchell

He knew me before He formed me
 Numbered my days
 Set out a path and a story
 and guarded my ways
 He set me in secret -
 A life with a plan
 And gave me a purpose
 while in this land
 And there in that place -
 covered in love
 I spent my days in joy
 until I went above.
 I heard my mother's prayer
 and felt her gentle hand
 As she thanked the Lord
 for this life He had planned
 I heard my brothers' giggles
 so excited I was there
 I heard my sisters' whisper
 with gentle love and care
 I heard my father's blessings
 spoken each and every night
 and imagined his face
 even before I had sight
 I longed to let them know
 the love that I knew
 In this secret, sweet place
 where I quietly grew
 I felt my mother's heart break
 watched it shatter all around
 As I stepped from this life
 to heaven's sacred ground
 I could not leave a note,
 a word, or a touch
 to let them know
 I loved them so much
 But as I walked forward
 into my new place
 I saw Jesus reach out
 and extend peace and grace
 I saw Him gather tears
 and bless each one
 I heard Him whisper to them
 "I'll take care of your son"
 So one day I'll meet them
 Here on heaven's shore
 and tell them I love them
 and so much more.

♥ *Abbie Riddle,*
Mommy to Caleb,
M.E.N.D.—Texarkana

Counseling: Improving Your Quality of Life

In today's fast-paced, stress-filled world with its uncertainties and ambiguities, people are turning more and more to counseling for help. Unfortunately, many in our society still view a visit to a therapist as a sign of some inherent weakness or deficiency. The good news is that many others are seeing this view as outdated and even foolish.

But exactly how does counseling improve the quality of your life? In answer to the question, it is probably necessary to clarify what we mean by counseling. Counseling and psychotherapy, or therapy as it is often called, are terms that are often used interchangeably. Both are based on a healing relationship between a mental health professional and a client. In the context of mental health, counseling is generally used to denote a relatively brief treatment that is focused most upon behavior. It often targets a particular symptom or problematic situation and offers suggestions and advice for dealing with it. Therapy, on the other hand, is generally longer term treatment which focuses more on gaining insight into chronic mental and emotional problems. Its focus is on the client's thought processes and way of being in the world rather than specific problems. In reality, there may be quite a bit of overlap between the two. A therapist may provide counseling with specific situations and a counselor may function in a psychotherapeutic manner.

"Therapy" is the Greek word for "change." You may learn things about yourself in therapy that you don't like. Often, growth cannot occur until you experience and confront issues that induce you to feel sadness, sorrow, anxiety, or pain. The success of therapy depends on the quality of the effort you are prepared to give to the endeavor and the realization that you are responsible for lifestyle choices/changes that may result from therapy.

While it may not be easy to seek help from a mental health professional, it is hoped that through therapy you will achieve change in the following ways: 1) gain greater insight into your situation and feelings, 2) develop expanded conceptualizations of your life, relationships, circumstances, and future, 3) move toward resolving your concerns, and 4) forge a life plan that promotes greater realization of your human potential, happiness, and success. A therapist, using his or her knowledge of human behavior and human change process, will make observations about situations as well as suggestions for new ways to approach them. It will be important for you to explore your own feelings and thoughts and to try new approaches in order for change to occur. You may bring other family members to a therapy session if you feel it would be helpful.

Some clients only need a few therapy sessions to achieve their goals; others may require months or even years of therapy. As a client, you are in complete control and may terminate your therapy relationship at any time, though most therapists request you participate in a termination session. A competent therapist is committed to the principle of self-determination of the client, which means you have the right to refuse or discuss modification of any of the therapy techniques or suggestions that you believe might not be beneficial to you. A skilled and competent therapist's services will be rendered in a professional manner consistent with accepted legal and ethical standards.

I like to utilize a metaphor to describe therapy to my clients. I have them imagine they have come to my office carrying a box filled with pieces to a jig-saw puzzle. They tell me they are usually pretty proficient in working jig-saw puzzles, but this one has them stymied. They then indicate that they understand that I have background, education, and experience in working jig-saw puzzles and are hopeful that I can help them. I respond that, yes, I have some background, education and experience in working jig-saw puzzles. I tell them if they will empty the pieces from the box, then the two of us will work together in trying to fit the pieces together and make sense out of what's going on in their life. I view myself as a facilitator to enable them to discover the solution to what is going on in their life. Getting all the pieces out of the box requires at least three things: 1) TIME (rarely is a client able to get all the pieces out in one or even a few sessions); 2) TRUST (Discussions between a therapist and a client are confidential. No information will be released without the client's written consent unless mandated by law. The client is reminded that as a licensed professional, I am required to maintain confidentiality with only a few notable exceptions); and 3) THERAPEUTIC SKILL (some of the pieces may be outside the client's conscious awareness).

Clients have told me that psychotherapy (counseling) has helped them to get to know themselves and recognize their needs before their needs overwhelm them. Therapy and counseling are types of treatment to improve mental and emotional well-being. Therapy can help to treat a variety of issues. Some common reasons why people seek therapy include depression, marriage problems, infidelity, divorce or other relationship issues, grief and loss, stress and anxiety, anger, addictions and compulsions, phobias, sexual problems, parenting or family problems, fertility issues, chronic pain, domestic violence or abuse, eating disorders, and career guidance. Research has consistently shown that specific treatments or techniques are not the determining factor in the improvement of the client. It is the therapeutic relationship that proves effective. It is the therapist that counts, not the therapy.

Clients want and need to be listened to. They want a therapist who can listen to them in depth. Therapy involves a therapist listening to a client in depth, over an extended period of time, and with great intensity. A therapist listens to what the client says, what the client doesn't say, and what the client says through nonverbal expressions and enactments. Truly

meaningful, significant change has to begin from within, and changing from within requires a shift in perspective (a paradigm shift).

The outcomes of therapy are difficult to quantify because it's not like medicine, where you have distinctive markers of wellness that everybody recognizes like temperature, blood pressure, glucose level, thyroid functioning, etc. How do we measure outcomes of therapy? How do we know when the client gets better? It's not really so difficult. We see clients begin to enjoy their lives again. They begin to enjoy their children again. They engage with them. We see them come to terms with divorce, the death of a cherished loved one, and gain a peace about things they can't control. We see spouses stop fighting. We see this incredible but palpable peace enter them. We see clients battle their depression down to a manageable size. They begin showing up for work on time, paying their bills, and making a contribution again. We see clients who were unable to go two months without their drug of choice (alcohol, meth, cocaine, Rx pain killers) report they haven't had a drug (and for some, no craving) for months or years on end as a result of therapy. I have had former clients tell me that because of therapy they have maintained a marriage, a job, sobriety, etc., for years on end. I have seen couples who were on the very verge of divorce tell me they now love each other in deeper and more mature ways than they ever before could have imagined and are incredibly grateful they didn't take that final step of dissolution. Some days I think I would do my job for free (as long as the bills were paid!!). It is so rewarding. As a therapist, I help people step back from the edge of the precipice, find a sense of purpose and empowerment, and foster autonomy and industriousness. For me, therapy is not a job. It is a calling!

Dr. Kenneth J. Fallin, LCSW
 Author of *Season of Change*
 750 N. Fielder
 Arlington, TX 76012
 (817) 253-4773
 www.mycounselcare.com

Finding Help

The old saying is that kids don't come with a manual. Whatever limited coping skills we possess in the beginning with a living child, we have even fewer with a baby held by Jesus. You are hit by a rush of emotions and don't know what to cling to. Manual? You would even settle for one of those IKEA instruction books that accompany their "thousand piece puzzles," as I like to call them. You know, the booklets that have vague pictures but no actual words, leaving you almost better off winging it? Even that would be better than what we are faced with. Where do we turn? The Bible has little to say on infant loss. It speaks of grief, and we can find comfort and healing in verses like Revelation 21:4, 1 Thessalonians 4:13-18 and many others. But sometimes we need more—we need to talk to someone. Our friends and family sometimes stuff our heads with clichés until we are begging for earplugs to make it stop. I would strongly suggest looking into talking with a counselor. A mistake many people get wrapped up in is calling the first name in the phone book or whoever pops up from Google. Not all of us counselors are created equal. I personally have a unique perspective in the world of counseling as I am a bereaved father, a professional counselor and husband to a M.E.N.D. chapter director. Death can be an awkward thing, and many counselors kind of stink when it comes to bereavement therapy. Believe it or not, grief/death training is not a requirement to get a master's degree in counseling (I know, it shocked me too!). That therapist might be willing to take your money, but it doesn't mean they are competent in that area. Some people come out of counseling more shell-shocked than when they went in. I am not trying to scare you off, but just do your homework first. You don't go to the family practice doctor if your heart stops, do you? Go with someone who has been there before or who is trained. Ask around on the M.E.N.D. Facebook page or talk to others who have experienced a loss. And don't feel like you are locked in once you make a decision. You can leave therapy at any time. If you aren't feeling validated or if you can't confide in your counselor, it's time to find someone else. When grieving, there are enough things to worry about. Your counselor shouldn't be one of them! Whatever route you choose to go to cope with your grief (even if it isn't through a counselor) make sure it is working for you and getting you to a better place. That is what's most important. And always remember that M.E.N.D. is available to lend their help. The M.E.N.D. support group meetings can be a place of great healing and peace. God bless you in your difficult time.

♥ Todd Mitchell, LPC-I,
 Daddy to Gideon and Avery,
 M.E.N.D.—Houston (chapter director's husband)

In Loving Memory**Sydney Lynne Brown**

May 18, 2000

Cord problems and unknown conditions

Ashley MacKenzie Brown

May 18, 2001

Antiphospholipid Antibody Syndrome

Parents: Brian and Marilyn Brown

Little brother: Samuel

Given by Sara Seely

Liam and Sebastian Callaway

Stillborn August 5, 2011

Unknown cause

Parents: Zach and Rori Callaway

Little brother: Miles

Gifts given by

William and Norma Groce

Michelle Barbee

Abigail Grace Crump

July 1, 2003

Trisomy 18

Given by parents Gerald and Jaimie Crump

and little sisters Cami and Karli

Brooke Sophia Daily

Stillborn March 11, 2010

Vasa Previa

Given by parents Jeremy and Lisa Daily

and sisters Sarah and Savannah

Lyle Donald Daggett

Stillborn September 18, 2002

Unknown cause

Given by parents Lisa and Brad Daggett

and siblings Alexander, Benjamin

and Madeline

Riley and Parker Davis

November 14, 2006

Prematurity

Given by parents Rob and Cheryl Davis

and little sister Annalise

Kyler Paul English

Stillborn January 20, 2006

Cord accident

Parents: Laurie McPike and Bob English

Gifts given by

Jon and Laurie McPike and

brothers Kinser, Kelson and Kayden

Remarkable Healthcare of Dallas

Remarkable Healthcare of Fort Worth

Logan Wayne Fish

September 17, 2002

Skeletal Dysplasia

Parents: David and Brittney Fish

Brothers: Landry and Hudson

Given by Sterling Sales and Solutions

Paislee Ann Frette

April 4, 2012

Wolf-Hirschhorn Syndrome

Parents: Brent and Courtney Frette

Given by

Grandparents James and LuAnn Junkin

Jodi Evonne Hostetler

Stillborn August 7, 2010

Cord accident

Given by

Parents Clark and MaryAnn Hostetler

and little sisters Faith and Sienna

Serenity Harrison

Miscarried December 3, 2009

Given by parents Cutis and Jennifer Harrison

and little brother Leviticus Aaron

Ross Donoho Kennedy, III

October 29, 2000

Cord accident

Given by parents Ross and Nicole Kennedy

Sarah Ann King

Stillborn June 22, 1995

Unknown cause

Parents: David and Lori King

Siblings: Brooks, Kaylee and Brady

Given by David H. King Insurance Co.

William Joseph Kowalski

Stillborn August 12, 1997

Premature labor due to fibroid tumors

Given by parents Robert and Sheri Kowalski

and younger siblings Robert and Ashley

Josephine Lee

Stillborn October 9, 2009

PROM

Given by parents John and Patty Lee

and little brother Ayden

Cullen Emmanuel Luce

October 8, 2008

Placental abruption

Given by parents Brandon and Whitney Luce

Myrin McNeil

Stillborn June 19, 2013

Unknown cause

Mommy: Jolynn Tizeno

Given by CGI Technologies, Inc.

of Fort Worth, TX

Jonathan Daniel Mitchell

Stillborn June 24, 1995

Cord accident

Baby Mitchell

Miscarried December 2001

Gifts given by

Parents Byron and Rebekah Mitchell

and big brother Byron, Jr.

Grandparents Dennis and Sue Brewer

Aunt and Uncle Brad and Janice Mitchell

and cousins Amanda and Matt

Isabella Carolyn Moore

January 28—February 2, 2013

Pulmonary difficulties

Given by parents Ken and Lexi Moore

and little brother Thomas

Lily Joy Moore

Miscarried March 2, 2011

Early pregnancy loss

Parents: Jeremy and Kathleen Moore

Brothers: Isaac and Judah

Given by Grammy Marsha Neely

Mekhi and Imani Mupeti

June 7, 2013

Premature labor

Parents Micky and Dianna Mupeti

Given anonymously

Margot Lily Perry

Stillborn June 10, 2013

Unknown cause

Parents: Brandon and Marisa Perry

Big sister: Adeline

Given by

Grandparents Norman and Mary Lorentz

Daisy Peterek

January 23—July 1, 2013

Heart defect

Given by mommy Heather Peterek

Amos Arthur Pound

Stillborn June 30, 2013

Fatal birth defect

Given by parents Richard and Katrina Pound

Baby Reeves I

Miscarried July 26, 2010

Baby Reeves II

Miscarried February 9, 2011

Given by parents Natalie and Lee Reeves

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 page 2 of this newsletter for more information regarding where to send your donations and what information to include.

Thank you so much!

Elena Marie Rusert

May 23, 2011

Prematurity

Parents: Michael and Tina Rusert

Brothers: Liam And Asher

Given by Holly, Katherine and Julia Hughes

Luke Anthony Sehmel

Stillborn January 19, 2013, at 24 weeks

Unknown cause

Baby Sehmel #3

Miscarried February 2014, at 9 weeks

Given by parents John and Rachel Sehmel
and sister Noelle Joy**Henry and Preston Simms**

November 19, 2013

Given by parents Vince and Linda Simms

Rylan Elizabeth Slate

October 17-20, 2008

Unknown cause

Gifts given by

Parents Daniel and Kristah Slate
and siblings Camden, Everett,
Anna Claire and Owen
Carl and Sydonia Benton**Mindy and Maggie Smith**

Stillborn November 4, 1997

TTTS and Polyhydraminos

Given by parents Scott and Karla Smith
and siblings Travis and Julia**Grayson Lee Sturgeon**

Stillborn October 16, 2003

Car accident

Given by parents Clint and Regina Sturgeon

Sarah Lynn Tulley

October 1, 2009

Anencephaly

Given by Peter and Jeri Tulley

Kyle Charles Walton

November 19, 1998

Group B strep and lack of nourishment

Parents: Jason and Kristen Walton

Siblings: Jessica, Laura and Joshua

Given by Joshua's Pest Control

Adrian Joseph "AJ" Zuckerman

Stillborn March 30, 2007

Cord accident

Given by parents Al and Amber Zuckerman
and brothers Eli and Alexander**Gifts of Support**Second Baptist Church, Springfield, MO
West Conroe Baptist Church, Conroe, TX
Julie Talbert / Coldwater Challenge
Maria Reyna
Gayla Mathis
Sandra Garcia
Miriam Garcia**Legacy Giving**

Losing a child has changed each of our lives forever. We appreciate all financial support of the services our organization gives to bereaved parents—no matter the size of the contribution. However, some of you may have the capacity and desire to give a lifelong gift to M.E.N.D.

If you're interested in creating a legacy gift or endowment in honor of your baby, M.E.N.D. would be happy to assist you in gathering the necessary information to remember our organization in your will or trust. For more information about legacy giving, please contact Rebekah Mitchell at rebekah@mend.org.



Thank you to all those who donated to M.E.N.D. through the Arie Witt Foundation at Arie's Annual Crawfish Benefit.

Arie Ronald Witt

November 5, 2013

Unknown cause

Baby Witt

Miscarried June 2014

Parents: Mike and Candice Witt

Sister: Brinley



Candice and Mike Witt
with daughter Brinley

A Walk to Remember

In 1988, former President Ronald Reagan declared the month of October as National Pregnancy and Infant Loss Awareness Month. To commemorate this declaration, many infant loss organizations such as M.E.N.D. host what's called "A Walk to Remember." Unlike the name may imply, the Walk to Remember is not a "walk-a-thon" or a fundraiser; instead, it is a beautiful ceremony to remember our sweet babies in heaven. Although the ceremony does include a very short walk from the check-in point to the ceremony site, the main aspects of the event are acknowledging every baby represented, an inspirational speaker, special music and an unforgettable balloon release.

This year, M.E.N.D. will host two walk to remember ceremonies. Registration for both ceremonies will begin the middle of August, using the registration form on our website at www.mend.org. Please be sure to carefully choose which ceremony (DFW or Houston) you plan to attend.

Dallas/Fort Worth

Saturday, October 4, 2014

Check-in begins at 12:00

Ceremony begins at 1:00

Calvary Church

4401 N State Hwy 161

Irving, TX 75038

Houston

Saturday, October 4, 2014

Check-in begins at 12:00

Ceremony begins at 1:00

Bammel Church of Christ

2700 FM 1960 W

Houston, TX 77068

M.E.N.D.

Chapter Corner**Chapter Meeting****Information****M.E.N.D.—Houston**

Meets the 1st Thursday at 7:00 p.m.
4500 Bissonnet, Ste 337B,
Bellaire, Texas 77401

Meets the 3rd Thursday at 7:30 p.m.
Lone Star College,

3200 College Park Dr, Room A228,
The Woodlands, Texas 77384

Director: Stormy Mitchell

stormym@mend.org, (281) 374-8528

Subsequent pregnancy group meets
on odd numbered months

on the 3rd Thursday at 7:30 p.m.,

led by Chiara Ott (chiara@mend.org).

Daddy's group meets quarterly

on the 3rd Thursday at 7:30 p.m.,

led by Greg Miller (stephaniem@mend.org)

M.E.N.D.—Texarkana

Meets the 3rd Thursday at 7:00 p.m.

CHRISTUS St. Michael Rehab Hospital

2400 St. Michael Drive

Texarkana, Texas 75503

Director: Monica Davis

monica@mend.org, (903) 490-1210

M.E.N.D.—NW Washington

Meets the 2nd Monday at 6:30 p.m.

Harrison Medical Center/Iris Room

1800 Myhre Rd.

Silverdale, Washington 98383

Gig Harbor Meeting

Meets the 4th Tuesday at 6:30 p.m.

St. Anthony Hospital/Greenpoint Dining Room

11567 Canterwood Blvd NW,

Gig Harbor, Washington 98332

Director: Stacy McGhee

stacym@mend.org, (360) 662-6161

M.E.N.D.—SW Missouri

Meets the 1st Thursday at 7:00 p.m.

Project H.O.P.E.

1419 S. Enterprise

Springfield, Missouri 65804

Director: Heather Fann

heather@mend.org, (417) 818-0489

M.E.N.D.—Amarillo

Meets the 2nd Tuesday at 7:00 p.m.

First United Bank of the Colonies/

Lonestar Room

One First United Bank Parkway

45th and Soncy

Amarillo, Texas 79119

Director: Becky Anderson

becky@mend.org, (806) 570-4344

M.E.N.D. Chapter Updates**Chicagoland**

M.E.N.D.—Chicagoland continues to look for ways to spread the word about our new chapter to area hospitals and potential hurting families in our surrounding area. Please pray with us for information about M.E.N.D. to reach the hands of those who need our support and care as we continue to grow in Chicago.

Sara Hintz

Tulsa

M.E.N.D.—Tulsa continues to welcome grieving families. We look forward to commemorating our babies during our balloon release on October 21, at 7:00 p.m. For additional information, please email me at lisa@mend.org, or call at (918) 694-4325.

Lisa Daily

Texarkana

M.E.N.D.—Texarkana continues to grow and minister to families throughout the Texarkana area through email, phone calls, monthly meetings, and hospital visits to grieving families. We look forward to our 8th annual Christmas Ceremony, Saturday, December 13.

Monica Davis

Houston

M.E.N.D.—Houston wants to thank everyone who participated in our garage sale fundraiser and our online fundraiser! We appreciate everyone who gave. It allows us to continue to meet the needs of moms and dads in the Houston area.

M.E.N.D.—Houston is looking forward to our 9th annual Walk to Remember on October 4, at 1:00 pm. Please visit our website at www.mend.org to R.S.V.P. You will need to register in order to receive a personalized ornament. Memory signs, which are placed along the Walk path, are available for a \$50 donation to M.E.N.D. We will also have a huge auction at the walk and all the proceeds will benefit M.E.N.D.—Houston. If you have any others questions regarding the walk, please email stormym@mend.org or call (281) 374-8528.

Stormy Mitchell

S/W Missouri

Our M.E.N.D. chapter continues to reach out to families and healthcare providers here in Southwest Missouri. Over the last few months we've added interesting items to introductions at our meetings, such as "why you chose the name you did for your baby" or "what song makes you think of your baby." It's been really special to hear these additions to the stories we come to know almost as well as our own. Mark your calendars for our 4th Annual Breakfast and Balloon Release on Saturday, October 11, at 10:00 a.m., and our 5th Annual Christmas Candlelight Ceremony on Monday, December 8, at 7:00 p.m., both at Second Baptist Church, Springfield. A special thank you to my chapter leadership team—Kathryn Gold, Jennifer Harrison, Kathleen Moore and Ruth Sonnenberg—for everything they do each month and throughout the year for our moms and dads.

Heather Fann

Bryan/College Station

M.E.N.D.—Bryan/College continues to grow and reach more families. We enjoyed partnering with M.E.N.D.—Houston for our "Purple Hair" fundraiser! Thank you to all who donated! Our chapter just changed meeting locations so please visit www.mend.org for our new address. We will also be having a "Girls Night Out" fundraiser, and we are preparing for our annual balloon release in October. For any questions, please email me at jennie@mend.org.

Jennie Drude

Wichita Falls

M.E.N.D.—Wichita Falls continues to meet monthly and welcome new families each month. In June, our group was a guest speaker at a local Rotary Club meeting to share our ministry with various members of community. We were greeted by many members afterward who were happy to help us with any needs we have. We are truly blessed and grateful to have support in Wichita Falls.

Sarah Fukasawa

Hot Springs

M.E.N.D.—Hot Springs is already busy planning our holiday ideas with a M.E.N.D. fundraiser and our Christmas Candlelight Ceremony. December will be here before we know it. For more information contact Amy Humphries at amy@mend.org.

Amy Humphries

Amarillo

M.E.N.D.—Amarillo is gearing up for our BUNCO for BABIES fundraiser! It is Friday, September 5, at 6:30 p.m. If you need a ticket, please contact Becky @ (806) 570-4344 or email me at becky@mend.org.

Becky Anderson

NW Washington

M.E.N.D.—NW Washington continues to minister to our local families as they find our group. Our Facebook page is very active and is a constant source of information and support to our members. We continue to provide our information to local hospitals for any new families they may encounter who need our support.

Our 50/50 raffle was a big success. We raised over \$1,327, so M.E.N.D. received \$663.50! Our next fundraiser is a garage sale, planned for September 13, with drop-off dates of September 7-8. For more details, please contact stacym@mend.org.

We want to welcome Lindsey Spears to our leadership team. She has been a regular at our meetings and has helped many times with our events. We know she will be a valuable asset to our team! We are excited to see where God uses her in our group. Lindsey and her family lovingly remember Ryder Owen, stillborn July 13, 2013, at 32 weeks due to a cord accident.

Stacy McGhee

M.E.N.D.—Bryan/College Station

Meets the 2nd Tuesday at 7:30 p.m.
Meridian Apartments
309 Redmond Drive,
College Station, Texas 77840
Director: Jennie Drude
jennie@mend.org, (979) 220-7851

M.E.N.D.—Tulsa

Meets the 3rd Tuesday at 7:00 p.m.
Canyon Crossing
1651 E Old North Rd.
Sand Springs, Oklahoma 74063
Director: Lisa Daily
lisa@mend.org, (918) 694-4325 (HEAL)

M.E.N.D.—Hot Springs, Arkansas

Meets the 2nd Tuesday at 7:00 p.m.
National Park Medical Center/Maurice Room
1910 Malvern Avenue
Hot Springs, Arkansas 71901
Director: Amy Humphries
amy@mend.org, (501) 620-9930

M.E.N.D.—Wichita Falls, Texas

Meets the 2nd Thursday at 7:30 p.m.
Christ Home Place Ministries
1420 Twin Oaks Street
Wichita Falls, Texas 76302
Director: Sarah Fukasawa
sarahf@mend.org, (940) 642-3284

M.E.N.D.—Chicagoland, Illinois

Meets the 1st Tuesday at 7:00 p.m.
St Peter Lutheran Church
202 E Schaumburg Road
Schaumburg, Illinois 60194
Director: Sara Hintz
saraann@mend.org, (630) 267-9134

M.E.N.D. Support Group Meetings in the Dallas Metroplex

Join us for a time of sharing experiences.

M.E.N.D. main chapter meetings

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

Daddies group

meets the 2nd Thursday of March, June, Sept. and Dec., from 7:30 - 9:00 p.m.

A time for dads to meet together and discuss topics relevant to them as fathers. Our moms and dads meet together for introductions before dividing into two groups for discussion.

Subsequent pregnancy group

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

Led by Liz Walker: liz@mend.org
For families who are considering becoming pregnant or are currently pregnant after a loss.

Food and Fellowship

are held the 4th Thursday of every month at 8:00 p.m. at the Corner Bakery in Southlake Town Center

A time to relax and meet with other M.E.N.D. parents in a social setting.

Contact Brittney Fish:
brittney@mend.org

Infertility group

meets the 3rd Monday at 7:30 p.m.

Contact Cheryl Davis for meeting location and information at Cheryl@mend.org
For families experiencing infertility after a loss.

Parenting After Loss Playgroup

Meets monthly at various locations in the Dallas / Fort Worth metroplex.

Contact Magen Kaye: Magen@mend.org or call (214) 435-3870

Mommies AND daddies are both welcome at all M.E.N.D. meetings.

Unless otherwise noted, all support group meetings are held at:

Wells Fargo Bank

800 W. Airport Freeway

Irving, TX 75062

(Located in the Crystals Pizza parking lot, between MacArthur and O'Connor)
Meetings will be in the bank board room, located on the first floor.

For more information, call (972) 506-9000.

Pregnancy and Infant Loss: A Biblical Stance for Support

For the baby loss community – yes, there is such a thing – October marks a month of awareness and remembrance. President Ronald Reagan declared October as National Pregnancy and Infant Loss Awareness Month in 1988, a mere 25 years ago. Yet, the experience of miscarriage and infant loss has prevailed throughout human history. The National Institute of Environmental Health Sciences reports that as many as 31 percent of all pregnancies end in miscarriage, stillbirth, or infant loss. There is certainly more discussion and recognition of the experience than ever before.

Despite the prevalence of loss and the progress made in terms of awareness and support, isolation – feeling as though “I’m the only one” – is a key characteristic of women’s experiences with miscarriage and infant loss. Today, families throughout the world will publicly acknowledge the lives of their little ones who were gone too soon in honor of National Pregnancy and Infant Loss Remembrance Day. Communities will rally support and for a brief moment families will experience a sense of solidarity in the midst of their unique, yet often disenfranchised, grief. As Christ followers, shouldn’t our support extend beyond a designated month? How can we incorporate an awareness and sensitivity to this very real and prevalent issue?

There are a plethora of Biblical reasons as to *why* this all matters and how it’s relevant for each and every one of us, whether or not we’ve personally experienced pregnancy or infant loss. Below, are just a few

Woven Together, Fearfully and Wonderfully Made

The words of King David in Psalm 139 give great insight, hope and encouragement as we discover God’s loving involvement in our lives, long before birth. Specifically, verses 13-16 state:

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be” (Psalm 139:13-16, NIV).

These words – God’s Word – give us a glimpse of His glory as we see His Creative work in action. These words are true for each of our lives, as well as the lives of the unborn, newborn, stillborn...you name it. He knows the extent of our earthly lives and continues to knit, weave, and create us in His own image (Genesis 1:27). Thus, each and every life is precious to Him, regardless of when that life ends on earth. While the lives of those who died by miscarriage or infant loss may be brief, their legacy has the potential to live on and reach lives for eternity. Let’s not fail to acknowledge, validate, and affirm the significance of these precious lives.

Carry Each Other’s Burdens

In a previously published article as a part of a Crosswalk series on healing from pregnancy loss, I provide some very practical suggestions for individuals and the Church to minister to those who’ve endured miscarriage. I stated in the article, “The response of those surrounding the bereaved has the potential to lift up or tear down.” When we lift each other up in word and deed, we are carrying out the second greatest commandment – to love our neighbor. This must always be an extension of the greatest command, to “Love the Lord your God with all you heart and all your soul and all your mind” (Matthew 22:37, NIV). When we show love because of the love that He first showed us, we are collectively carrying the burden and therefore fulfilling the law of Christ (Galatians 6:2).

Advance the Gospel

The apostle Paul writes his letter to the Philippians in the midst of being imprisoned for preaching the gospel of Jesus Christ. With eyes fixed on eternity, he assures the Philippians by saying, “...what has happened to me has actually served to advance the gospel (Philippians 1:12, NIV).” Paul’s chains were literal. The figurative chains of grief, however, can be just as debilitating in some ways.

As a part of the Body of Christ, we have the opportunity to reach out and meet a felt need in the lives of those impacted by pregnancy and infant loss by offering support. We can come alongside, comfort, listen, take meals, remember with and share in their grief as much as humanly possible. These things are all great and wonderful and ways that we can live out the gospel. On their own, however, they pale in comparison to the hope found in the gospel. Our actions must always be an overflow of the hope we have as Jesus followers. Through our actions, we advance the gospel.

For those who've experienced the pain and heartache of miscarriage or infant loss, the sharing of your story may be just one way that you can exude the hope you have in Jesus and the heavenly reunion that awaits. Breaking the chains of isolation gives you the opportunity to enter in to the stories of others with whom you are now bonded through a shared experience of suffering (2 Corinthians 1:7) and point them to Christ, who is the ultimate source of hope. Then, you too may echo the words of Paul and declare with a humble, holy confidence, "Now, I want you to know brothers and sisters, that what has happened to me has actually served to advance the gospel" (Philippians 1:12, NIV).

Share your story. Enter into the stories of others. And do so continually, not merely one month out of the year.

Teske Drake, Ph.D.
Co-Founder/Facilitator
Mommies with Hope

"Called to reach grieving women for Christ, providing comfort and encouragement rooted in Scripture."

Teske Drake is a mommy to three babies in heaven and mother to two on earth. Inspired by her own loss experiences, Teske serves as co-founder and president of Mommies with Hope, a biblically-based support group ministry for women who have experienced the loss of a child through miscarriage, stillbirth, or infant loss. Teske is the author of Hope for Today, Promises for Tomorrow: Finding Light Beyond the Shadow of Miscarriage or Infant Loss (Kregel, 2012) as well as the newly released Expecting with Hope: Claiming Joy When Expecting a Baby After Loss (Kregel, Releases September 27, 2014). She leads women to live in hope at www.mommieswithhope.com.

Publication date: October 15, 2013, on www.crosswalk.com, used with permission



Subsequent Births

Jason and Miriam Stratton,
of Jenks, Oklahoma,
along with big brother Soren,
joyfully announce the arrival of
Sage Scarlet,
born May 18,
measuring 7 lb., 4 oz.,
and 20 inches long.
The Strattons lovingly remember
Baby Boy Stratton,
miscarried August 22, 2009

Brittany Collins,
along with big sister Ashlyn,
joyfully announce the arrival of
Taiden Ryker,
born July 14,
measuring 6 lb., 4.2 oz.,
and 19.25 inches long.
The family lovingly remembers
Natalie Michelle,
stillborn December 30, 2008,
unknown cause,
Baby Collins I,
miscarried 2010 at 7 weeks,
Baby Collins II,
miscarried 2012 at 8 weeks

Jeremy and Brittney Wilson,
of Honolulu, Hawaii,
along with big brother Jamari,
joyfully announce the arrival of
Josiah Rashard,
born June 18,
measuring 7 lb., 12 oz.
The Wilsons lovingly remember
Jaylen,
stillborn July 19, 2013,
cord accident

Jesse and Cat Markham,
of Jenks, Oklahoma,
along with siblings
Jesse John, Noah and Lilly,
joyfully announce the arrival of
Asher Matthew,
born April 2,
measuring 7 lb., 9 oz.,
and 21 inches long.
The Markhams lovingly remember
Baby Markham I,
miscarried August 12, 2010,
Asa Matthew,
October 19, 2011,
cord entanglement,
Baby Markham III,
miscarried June 6, 2012

Seth and Marcie Nienhuis,
of Tulsa, Oklahoma,
along with siblings
Landon, Olivia and James,
joyfully announce the arrival of
Sarah Denae,
born June 28,
measuring 8 lb., 4 oz.,
and 20.5 inches long.
The Nienhuis family lovingly
remembers
Samuel James,
October 14, 2006,
Factor V Leiden, MTHFR

Phil and Katie Goodson,
of Tulsa, Oklahoma,
along with siblings
Bennett, Pax, Tate and Libby,
joyfully announce the arrival of
Asher Zane,
born May 27, 2014,
measuring 8 lb., 3 oz.,
and 19.75 inches long.
The Goodsons lovingly remember
Daniel Joseph,
miscarried July 4, 2005,
Baby Taylor,
miscarried April 6, 2010,
Baby Goodson III,
miscarried July 4, 2010

Strangers in Grief

He woke up early and started his day. I struggled most mornings to get out of bed.

He picked up the phone to answer with a happy “hello.” I walked right by and let it ring.

He tackled work as if his life depended on it. I let the clean laundry pile up on the couch and didn’t care if it made it upstairs into drawers or not.

He worked multiple projects around the house. I simply tried to breathe from moment to moment.

He easily smiled and charmed people with a funny quip. I forced myself to show up and usually couldn’t wait to get home.

He brushed off thoughtless comments regarding our dead daughter and rationalized that no harm was meant. I let each word pierce my heart and bled to death as I struggled to pick my jaw up off the floor.

He was super dad. I often forgot what day it was or when I last took a shower.

He told people we were fine. I told people the truth they never wanted to hear.

His grieved in silence. I screamed until I lost my voice.

We both loved and lost. We lost our daughter. We lost hope. We even lost one another for a time.

We suffered, we fought, we hurt.

He preferred seclusion for his grief, showing the outside world a mask. He felt an ingrained drive to be active, solve problems and have routine. I felt the exact opposite. I felt betrayed and alone because he was not screaming aloud with me.

In the darkest moments, we were like poised vipers striking at one another, spewing hurt like venom. Words that should never be uttered seemed to easily find their way out of our mouths to pierce each others hearts.

Our differences became a barrier to communication and we decided to try counseling. It was not easy, but these visits helped us set ground rules for our discussions, helped us voice our differences to a neutral third party, and it served to help us re-commit to one another and our marriage.

The reality for most couples is that grief magnifies your differences, forcing you to cope in the ways that are most natural to you. These differences, under normal circumstance, compliment and balance one another, but when a child dies you struggle to find connection and understanding with the one person who has lost as much as you have—your spouse.

In the end, we found one another again, and our marriage is stronger because we have fought so hard through this nightmare of grief.

The cruelest part of grief is how isolating it can feel. If you have experienced even a small amount of what I have in your relationship, I encourage you to remember the love that brought you together and commit to fight for one another again.

Stephanie Dyer, a mother of five children with four who walk on earth and one who soars, spends her days homeschooling and her nights painting. She has used her years of training and counseling as a LMSW-ACP to help her children deal with the loss of their sister. A self-taught artist, Stephanie currently owns and operates Beyond Words Designs, the company through which she publishes her artistry and runs the Donate Art project, a charity begun in honor of her daughter Amelia.



I Need More Help

I guess it shouldn't surprise me anymore when parents come to my M.E.N.D. chapter so openly asking for help but shudder at the suggestion that they may need help beyond the scope of a monthly meeting. In fact, if I'm truly honest, I thought the same thing nearly 11 years ago.

Within weeks of the death of our son, Caleb Scott, on Monday, December 1, 2003, my husband Jonathan and I knew we needed help. From, whom? We weren't sure, but definitely "nothing as serious as a counselor." So we sought out and found M.E.N.D. and started attending meetings in February 2004. And for a while, that met our needs. We found comfort in sharing our struggles with other parents of babies in heaven, formed lifelong friendships with those recent in their losses like us, and began the process of looking toward a future and our "new normal."

And then our needs changed. We expected another couple years of infertility, but surprisingly were pregnant again by July 2004. That precious baby, Baby August, would only be in my womb eight short weeks, and we would find ourselves back at the start of another grief journey. This beginning—only eight months after losing Caleb—would be scarier, if you can believe that.

Whereas after Caleb, I had a determination to "make it," losing two babies in less than a year crushed that spirit, and I found myself thinking very scary thoughts. My mind often wandered to the dark places of suicide and "joining my babies" on my terms, rather than on the Lord's timing (which I still am anxiously awaiting, but content in the wait).

I realized the dangers in my thoughts quickly and talked to Jonathan about needing more than M.E.N.D. I started seeing a Christian counselor through Dallas Theological Seminary, where Jonathan was getting his Master's. I praise God for opening my eyes to those resources. The opportunity to speak openly, without judgment, to a third party helped me to calm those

thoughts and to begin to rationally look toward healing. I spent about six months going to therapy, as well as M.E.N.D., and my counselor connected me with a doctor who prescribed anti-depressants.

I am not one who needed counseling or medication for a lifetime—although some do, and that's perfectly fine—but I needed help getting through Caleb's 1st heavenly birthday, getting through August's, and just allowing Christ to become the loudest voice in my head.

Over the years, I've referred a handful of my chapter members to counseling, and I can't recall any of them saying it was a waste of time. In fact, as recently as 2012, I went back again. My husband and I have a subsequent, miracle baby, Madison Grace, who is 7 years old, and we were in the process of adopting a baby from Colombia. However, the Lord closed that door very abruptly in May 2012, and I found myself grieving another baby. I found myself unable to find joy in everyday life, and I knew how quickly my thoughts could revert back to hopelessness. I saw a counselor for about four months, and once we had firmed our decision to not "kick open a door He has closed," then I was able to make new plans and move forward with hope. For me, my biggest struggles are when I am discontent with the life He has given me. Once someone helps me to clear the air of what I don't have and helps me to focus on what I do, then I can begin healing.

Support groups have their place. Counseling has its place. Medication has its place. None of it means you're weak. It actually means you're strong, because you can ask for help. There is no shame in doing whatever it takes to endure this life, to "fight the good fight of faith" so to speak (1 Tim 6:12). I would encourage anyone struggling to seek out the combination that works for you—always putting Christ as the Cornerstone of your support.

♥ Heather Fann

Mommy to Caleb and Baby August

M.E.N.D.—SW Missouri Chapter Director

"When you lose a child, your life doesn't just change. You're shattered on the inside, blown to bits, your heart broken. It takes a long time to come back together again. I'm not looking for your pity. It's better for me to talk than to keep everything all inside. I don't want you to think I'm selfish, but can't you see how much I'm hurting? Sometimes I take out my baby's things ... smell them, caress them, hug and kiss them and rock them until the tears stop falling. Please don't turn a blind eye to me. If you think it's too painful for you, multiply that by infinity and you might have a vague idea of how much pain I am in. I did not ask for this to happen. I do ask for your love and support. If you can't think of anything to say, then just listen to me. Let me borrow your shoulder. Surely you are stronger than I am, and you can help me by simply being there."

-Unknown author

M.E.N.D. Mommies Enduring Neonatal Death
 P.O. Box 631566, Irving, TX 75063
 USA
 (972) 506-9000
Return Service Requested

Nonprofit Organization
 U.S. Postage Paid
 DeSoto, TX 75115
 Permit No. 614

“... that we can comfort those in any trouble with the comfort we ourselves have received from God” (2 Corinthians 1:4)

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 in Texas and Louisiana who have their Kroger Plus Card linked to M.E.N.D. To link your card, go to www.krogercommunityrewards.com and set up an account if you do not already have one. Once you receive the email after setting up your account, click on “My Account,” then go to “Edit Kroger Community Rewards” and input your Kroger Plus card number. You’ll see a screen with your information in boxes, at the bottom right, there is a box that says Community Rewards. Click that, then enter the M.E.N.D. number, which is 80513. Once that’s entered, you’ll confirm that M.E.N.D. is your charity of choice. This link will be good until the 2013-2014 program expires. You must link your card each year to M.E.N.D.
- **Tom Thumb** also has a program in Texas that can benefit M.E.N.D. If you have a Tom Thumb Reward Card, please contact Rebekah (rebekah@mend.org) to obtain the Customer Letter. You must only present this letter one time to link your card to M.E.N.D. Reward cards can also be used at Randalls and Simon David stores.
- **IBM** employees may now make charitable donations to M.E.N.D. through automatic payroll deductions. Choose Charity Code 0M562 from the *IBM Employee/Retiree Approved Charity List*.
- **GoodSearch.com** is a search engine that donates half its revenue, about a penny per search, to the charities its users designate. Powered by Yahoo!, it is used like any other search engine. To earn money for M.E.N.D. using Goodsearch.com, go to www.goodsearch.com and designate M.E.N.D. as your charity of choice.
- **Ebay** has a charitable giving program that can benefit M.E.N.D. If you sell items on Ebay and would like to designate a percentage of your revenue to M.E.N.D., visit www.missionfish.org to find out how.
- **Igive.com** will donate a penny a search and a portion of each purchase made through their website to M.E.N.D. Sign up today! M.E.N.D.’s cause number is 52025.



www.mend.org