



M. E. N. D.

Mommies Enduring Neonatal Death

Parenting/Raising Subsequents

The topic of this issue is one I cannot contribute much advice or personal experience to since unfortunately I was unable to have a subsequent baby (commonly known today as a “rainbow baby”). But the majority of my M.E.N.D. friends have been blessed with subsequents, so I can pass on what I know from these moms.

M.E.N.D. was formed at the end of 1996, and by the spring of 1997, most of the moms who had come to one of our support groups were pregnant again. I walked alongside them during their pregnancies as they anxiously awaited the birth of their new babies. They all experienced the same range of emotions: happiness, anxiety, excitement, fear, joy, sadness, anticipation, and more. Mainly, their innocence was gone, and for that, there was a sense of resentment and anger. Once their little ones came safely into the world, different kinds of emotions evolved: relief, frustration, elation, sorrow, love and silence. By silence, I mean these moms were beginning a new journey of grief that they felt they could only share with a few trusted people – mostly fellow M.E.N.D. moms. Their living baby reminded them of the sweet little one who died (especially when the new baby was sleeping). As their living baby experienced all the “firsts,” they were reminded of all the “firsts” missed with the child who died, and often the grief rollercoaster started all over again. However, this time, it was in silence because those around them expected these moms to be elated with their new baby, and “over” the death of their previous one.

Additionally, as any mom feels with a newborn, these moms were exhausted and overwhelmed. Yet, they felt guilty for feeling this way. Wasn't it just a few months ago they cried and said they would do ANYTHING to be up all night with a baby? How could they complain when their prayers were answered, and they were now up all night nursing and caring for a fussy baby? Oh, this is so normal! It shouldn't bring about shame or embarrassment.

Even though we have all learned we have no control over life and death, many parents find themselves extremely overprotective of their subsequent child. They think, “I've already lost one child, and I'm not losing another one.” Protectiveness is certainly a responsibility we have as parents, but we can go overboard. I know of moms

who did not allow their new living child to spend the night with grandparents, close family or even at friends' houses when they grew older. Unless there is a clear and present danger, I urge you moms not to deprive your kids from being a kid and experiencing good, healthy fun by living life. Likewise, don't deprive your parents from having a wonderful relationship with their grandchildren because you're afraid of being away from your child, not in charge of his or her every moment - or whatever other thought process you may have.

The last aspect of parenting a subsequent child I will address is whether or not to tell the living child(ren) of the one who came before them. My answer? YES and YES!! Avoid falling into the mistake our grandmothers made by keeping their precious heavenly babies a secret. Keeping their sibling a secret has a connotation of being something bad or shameful. It is not a bad thing that our babies died. It is sad, yes, but not bad. So, at what age do you tell your living child? I am not a professional expert, but I do not think any psychological damage will be done by telling a child as young as infancy about their brother or sister in heaven. Surely, it's better than springing it on them at some point. My mother is a subsequent. She has known her whole life about her big sister Ruby Joyce who died at 2 months old due to pneumonia, even though she never met her. I was raised knowing about Ruby Joyce also, and it did not screw us up or scare us. Instead, we learned as little children that with life comes death.

I can only imagine the emotions and experiences that come with raising a child who was born after the death of one. But I did experience continuing to raise my son who was three years old when my Jonathan was stillborn. A huge lesson I learned was to cherish every day with my living child and never take a day or a moment for granted. I encourage you to do the same. Live life to the fullest, trust the Lord with the well-being of your living child, and don't live in fear of something horrible happening. Raise your living children with overflowing joy. And together, we await that joyous day when we reunite with our children in heaven and our families are complete.

♥ *Rebekah Mitchell,*

Mommy to Jonathan Daniel and Baby Mitchell

M.E.N.D. President/Founder

Nota Español: 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.

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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

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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 17, 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.

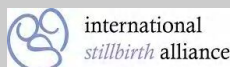
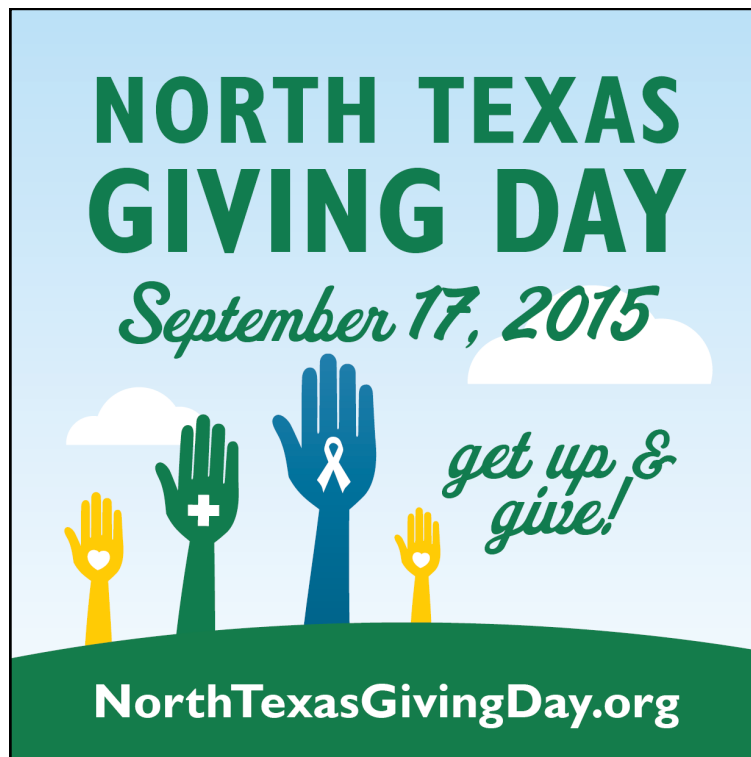
From Washington to Florida and everywhere in between, everyone around the nation is encouraged to participate as all funds will impact every chapter of M.E.N.D.

When: September 17, 2015, 6:00 AM—Midnight CST

3 Easy Steps to Donate:

1. Log on to your computer between 6:00 AM—Midnight CST
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



Home Runs In Heaven (A Children's Book)

Written by Tracy Sievers
Available through Amazon

Home Runs in Heaven is a sweet little book designed for children who have lost someone special to them and may have questions about heaven. It's a great book to read to small children who may have similar questions about heaven but don't quite know how to ask them. 5-year-old Tyler asks his mom questions such as, "Is there baseball in heaven? Ice cream? Jellybeans? Roller coasters?" Though it's not technically based on Scripture (meaning, Scripture references are not given for the mom's answers to her son's questions), I do not feel it is contradictory to Scripture in any way.

I love this little book, especially the title. My living son, who is now 23 years old, was 3 1/2 when his little brother Jonathan was stillborn. The title, and the book itself, brought back many memories of when my young son used to ask similar questions about heaven and what Jonathan was doing there. Countless times, he asked me if Jon Jon was playing baseball in heaven with Jesus. My answer was always, "I bet he is!" Thank you to author, Tracy Sievers, for giving me some precious mommy/son reflections.

♥ *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. For the CFC, the designation code is 97896, and the designation code for the SECC is 283524. Check with your employer or campaign organizer to inquire about the process to donate.



November/December Topic

Holidays

Deadline: September 30, 2015

January/February Topic

Raising a Child with a Disability

After A Loss

Deadline: November 30, 2015

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.

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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	Deadline
January/February	November 30
March/April	January 31
May/June	March 31
July/August	May 31
September/October	July 31
November/December	September 30



Birthday Tributes

Happy 1st Birthday, Nathan!

I wished upon a star for you to survive. My wish did not come true, but you knew that the night I looked up at the sky. With the same star, you gave me your last goodbye. You will always be missed, my angel Baby Nathan.

Love,
Mommy

Nathan Uriostegui Andrecillo
September 18, 2014
Abnormalities
Mommy: Yazmira Uriostegui



Happy 2nd Birthday Reed!

Not a day goes by we don't wish you were here. We know you'd be growing up so quickly and taking care of your little sister. We pray God has His arms wrapped around you tightly, and we know you're always with us. We couldn't ask for a better guardian angel. We love you always and live each day in your honor.

Love,
Mommy, Daddy and Gracie

Reed James Ledbetter
Stillborn September 3, 2013
Cord accident
Parents: Mike and Sarah Ledbetter
Little Sister: Gracie



Happy 1st Birthday, RaeChel!

Screaming all the way to heaven, happy birthday to our little angel. We love you always! Until we meet again.

RaeChel Jones
September 20, 2014
Early birth
Parents: Reggie Jones and Tiniece Hazel



Happy 1st Birthday, Skylar!

Happy birthday to my firstborn child, Skylar. You will always be my baby girl in my heart. I carried you for 20 weeks and 5 days. I was able to hear your amazing heartbeat, feel your little kicks, and, most importantly, able to become your mother. I love you, baby girl, more than anything in this world.

Sunrise October 30, 2014
Sunset October 31, 2014

Skylar Cornelius
October 30-31, 2014
Incompetent cervix
Parents: Cymone Townsend and Tavarrus Cornelius
Siblings: Shay'Leah Cornelius and Aiden Jones



Happy 2nd Birthday, Ryleigh!

Our dear Ryleigh, not a day passes by when you have not crossed our minds. You are in our hearts, our thoughts, our every being. You came into our lives so soon and left too early. You are loved beyond words and missed greatly.

Ryleigh L. Johnson
September 29—October 1, 2013
Neonatal death
Parents: Richard Johnson and Jennifer Borroughs



Happy 20th Birthday, Kaycee!

It's hard to believe the Lord took you away 20 years ago. I know you're in heaven smiling every day just like you were here on earth. God blessed us with you for five short months. We think of you every day and how blessed we were to have you in our life. Happy heavenly birthday, Kaycee. We love you so much and blow kisses to heaven so you can catch them.

Love,
Daddy and Mommy

Kaycee René Slavens
April 13—September 21, 1995
Suffocation
Parents: Tim and Michelle Slavens
Siblings: Tyler and Hannah



Happy 1st Birthday, Andrew!

Happy birthday, sweet boy. It's hard to believe it's been a year since we held you in our arms and kissed your perfect face. Our hearts have ached for you every minute since. We wish we could celebrate your birthday together as a family, but we know you're being cared for. We'll be sure to send you some balloons to enjoy. Thank you for watching over our growing family. We love you more than words can say and we'll hold you in our hearts until we meet again.

All our love,
Mommy, Daddy, Leah and Hannah

Andrew Robert Bateman
Stillborn October 7, 2014
Unknown cause
Parents: Tim and Laura Bateman
Sisters: Leah and Hannah



Happy 9th Birthday, Avery Corinne!

“Heart of my heart...”

Avery Corinne Hildreth

October 29, 2006

PROM

Parents: Tameka and Wilmer Hildreth

**Happy 1st Birthday, Faith Gummy Bear!**

Happy 1st birthday in heaven, baby girl! It's been a long year, and I know you've been here with us every step of the way. We know you hate to see us cry, and you let us know in little ways you're always with us. I wonder every day what you'd look like, or who you'd grow up to be. Instead, you got to grow wings and experience the most beautiful place in the world: heaven. You never got to experience the hurt, pain or sadness this world brings. You only knew love from your Mommy, Daddy and family.

We know you're always with us, and we hope you know how much you're loved and missed.

Faith Marie Totherow

Miscarried October 9, 2014, at 11 weeks

Unknown cause

Parents: Joshua Totherow and Danielle Hyer

Siblings: Landry and Mia

**Happy 3rd Birthday, Elizabeth!**

Three years have come and gone and still not a day goes by we don't think or talk about you. You have a new baby sister now, and I know you've got your hands full watching over her! Thank you for showing us the true meaning of life, Ellie Ann! We will always love you and keep your name alive. Until we see you again!

Elizabeth Ann Carson

September 12, 2012

Trisomy 13

Parents: Scott and Erin Carson

Siblings: Christian, Alex and Claire

**Happy 1st Birthday, Jack!**

I carried you every second of your life, and I will love you every second of mine. I know the Lord is holding you, and that is my comfort. You will always be my favorite “What If” baby boy. No one ever told me you were a boy, but I know in my heart. Happy heavenly birthday, Jack!

Jack Leo Clear

October 25, 2014

Ectopic pregnancy

Also remembering

Aimee Lynn Brooks

Miscarried November 21, 2011

Parents: Steven and Tara Clear

**Happy 1st Birthday, Tristan!**

Happy birthday, my sweet baby bear.

We love and miss you terribly, Tristan.

Tristan Edward Burley

August 20—September 15, 2014

Necrotizing enterocolitis

Parents: Corey Burley and Heather Schwind

**Happy 4th Birthday, Elizabeth!**

I feel like it's always you giving gifts to me. I wish so much to be able to give to you. Thank you, Baby Girl, for all you have done and all you do for your struggling Momma. I hope never to be a burden on you. I love you uncontrollably and always will. You are beautiful and perfect, and you teach me so much.

Love always,

Mommy

Elizabeth Siefken

August 28—September 22, 2011

Prematurity/incompetent cervix

Parents: Jim and Jennifer Siefken

Twin sister: Emma

**Happy 4th Birthday, Angel Girl!**

My sweet Angel Girl, happy 4th birthday, Kelinda! I can't believe it's been four years. Not a day goes by I don't think about you and long for times we didn't have. Hugs and kisses in heaven. Loving you until I breathe no more.

Mommy

Kelinda Raye Wright

October 13, 2011

Unknown cause

Mommy: Kera Robinson

**Happy 6th Birthday Sereana!**

I love you. You are you! Beautiful, wonderful, marvelous you! We love you and miss you and are sending kisses to heaven. It feels like we are a little closer as we fly from Fiji on your birthday. We celebrate September 9 twice this year! Did that double for you!

I love you, my sweet firstborn daughter. Oh, I wish I could hug you. I love you. Have a happy birthday shining and twinkling and sparkling in the Son. He's so close! Wow! It's bright up here, huh? I love you. I celebrate you! Oh, Sereana, happy birthday, dear Lewa.

We love you.

Sereana Joy Ratulele

Stillborn September 9, 2009, at full-term

Unknown cause

Parents: Semi and Laura Ratulele

Siblings: Noela Esiteri and Talei Jewel



Happy 4th Birthday, Liam!

Happy birthday, little Liam. You would be 4 years old, yet it feels like just yesterday you were in my tummy! You are missed and loved every day. Your older and younger brothers send you kisses and love often. Mommy and Daddy always miss you and what could have been. We find comfort knowing things are as they should be, and we will one day be able to hold you in our arms once again. Happy birthday, sweet boy. We love you.

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



Happy 1st Birthday, Trinity!

Happy 1st heavenly birthday, our precious Trinity. Though you are not here with us, you touch our lives every day. We love you and miss you so much!
 Mommy, Daddy and Keegan

Trinity Mackinson
September 7, 2014
Cord accident
Parents: Brian and Kemberli Mackinson
Brother: Keegan



Happy 4th Birthday, Avery!

We love and miss you more every year, my sweet boy. We are carving pumpkins again for your birthday, and there's nothing I wish more for than for you to be here with us celebrating. I love you, little man.

Hugs and puppy kisses,
 Mom, Dad, Buddy and Daisy

Avery Alexander Napaluch
Stillborn October 24, 2011
Parents: Kenneth and Adrianna Napaluch



Happy 2nd Birthday, Keiran!

To our beloved baby boy, even though you were only physically with us for a very short time, you will live on forever in our hearts and minds. You are in our thoughts and prayers daily, and you help to demonstrate God's love in our lives. Knowing you are in His arms helps to ease the pain of not having you here in ours. We celebrate the day of your birth this year and in years to come, looking forward to the time when we can join you in God's loving embrace.

Love,
 Mom and Dad

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



Happy 3rd Birthday, Zylee!

Your hand we'll never hold again, your coos and giggles we'll never hear, and the twinkle in your little eyes we'll never see. I have learned to accept this because I know now the angels hold your tiny hand, and your coos and giggles grace their ears and the twinkle in your little eyes light the skies at night! Not having you with me hurts, but I pray for guidance every day. We miss you and love you very much! Happy 3rd birthday, beautiful, Mommy's precious angel, Daddy's baby girl and Brother's only sister.

Zylee Elaine Ferreira
July 16, 2012
Unknown cause
Parents: Mikey and Brittany Ferreira
Siblings: Joshua and Eli



Happy 3rd Birthday, Kyleigh!

Our sweet Kyleigh, I cannot believe it is already your 3rd birthday! I so wish you were here to meet your brother and sister. I know you would be a great big sister - a little bossy most likely, but great all the same. God is continuing to use your short life to bring Him honor and glory. Daddy and I recently had the opportunity to comfort some friends who lost their first child. Praise the Lord, He is using your story to minister to others. I am so thankful for the time we had with you, no matter how short. Happy birthday, baby. You will always be our sweet baby girl!

Love,
 Mommy and Daddy

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



Happy 6th Birthday, Kaiya Dawn!

Kaiya, you are with me always, but this particular year is hard. You should be starting kindergarten with your sister and taking first day of school photos in matching outfits. While I know these milestones will continue, and the hurt will never fade, you, my child, are in a far better place. Until I see you again, I love you and miss you.

Mommy
 "I will praise You,
 for I am fearfully and wonderfully made;
 marvelous are Your works,
 and that my soul knows very well."
 Psalms 139:14

Kaiya Dawn Walker
October 23, 2009
PROM, Premature birth
Mommy: LaRhesa Johnson
Sister: Kaidyn Jamiel



Happy 2nd Birthday, Elijah!

Happy 2nd angelversary, sweet boy. We miss you so much. Life has been so very different without you here with us. We talk about you often, and your baby sister snuggles with the bunny that reminded us so much of you. We wish you were here, but that just wasn't part of God's plan. Here is to hoping we all meet in heaven one day. We love you so much and are truly blessed to have had you in our lives.

Love now, forever, and always,
Daddy, Mommy and Ellie



Elijah Zane Bastian
Stillborn October 3, 2013
Parents: Mathew and Lacey Bastian
Brother: Elliott

Happy 9th Birthday, Samuel!

Dear Samuel, happy 9th birthday, dear son! I can't believe it's been nine years since we held you in our arms. We haven't stopped holding you in our hearts, and we can't wait to hug you tight when we meet again in heaven. Your brothers and sisters miss you too, and they ask about you a lot. I wrote a song called "Beauty from Ashes" and sang it a couple of times in your memory. It truly is amazing how the Lord can take the most difficult things such as losing you to bring out beautiful things. I can't wait to be with our Savior and see you again in our forever home. Love you beyond words, sweet boy!



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

Happy 1st Birthday, Josiah!

My sweet angel! You came to our lives 10 months after we lost your big brother. I remember the first time we saw you and saw your little heart flutter. I could not help but cry and thank God for the opportunity of being your mom. You were so strong! I will never forget the feeling of excitement we had; we were getting everything ready for you. A couple of weeks after seeing you, we found out you had stopped growing, and your heart was no longer beating. Although the feeling of sadness is still overwhelming, I know now you are at a better place! We love you so much!

Mom and Dad

Josiah Samuels
Miscarried October 23, 2014
Also remembering
Malachi Samuels
November 28, 2013
Unknown cause
Parents: Jonathan and Dara Samuels



Happy 13th Birthday, Laiken!

Our sweet baby girl, Laiken, we want to wish you a very happy 13th heavenly birthday! Not a day goes by you aren't thought of and missed. You will always be a part of our family, and we talk about you often. It is so hard to imagine it has been so long since we held you, loved on you and then had to tell you goodbye. We hope you feel the love from all of us as we celebrate your birthday and send balloons up to you. We sure love you, Laiken.

Mommy, Daddy, Arianna, Jarod, Gavin and Alyvia

Laiken Riley Madison Kale
September 15, 2002
HELLP Syndrome, severe prematurity,
antiphospholipid syndrome
Parents: Rick and Alysha Kale
Siblings: Arianna, Jarod, Gavin and Alyvia



Happy 2nd Birthday, Scarlett!

You are my sunshine. My only sunshine.
We can't believe it has already been two years
since you left us. We love you.
Mom, Dad and Hero

Scarlett Binnion
October 10-14, 2013
Unknown cause
Parents: Eric Binnion and Sara Bannister
Sibling: Hero



Happy 3rd Birthday, Liza!

Happy birthday to our sweet Liza. It is still so difficult to live each day without you. We wish you were here with us to celebrate. We love you.

Mommy, Daddy, Posie and Theo

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



Happy 1st Birthday, Andres!

Our sweet baby boy! I grieve for all the tomorrows that will never be. I grieve because God holds you instead of me. We miss you deeply and love you so much! Wish you were here with us; life is not the same without you. Happy 1st birthday!

Love,
Mami, Papi, Ari and Angel

Andres Sebastian Reyes
October 22, 2014
Late miscarriage
Parents: Berenice and Jesus Reyes
Siblings: Angel and Ari



Happy 13th Birthday, Logan!

13 years ... sometimes it feels like an eternity ago; sometimes it feels like it was yesterday. I used to think about how another year has come and gone without you. But now I've started to realize I'm just another year closer to being reunited with you. Although your time here was short, you left an indescribable impact on all of us who love you. People have often asked me, "If you could choose to either become pregnant with Logan with the same outcome, or never become pregnant with him at all, what would you do?" With no doubts in my heart, I would do it all again, because I was chosen by my Lord and Savior to be Logan's mom. He is part of me. He is part of our family. He will be waiting on us someday to join him in our heavenly family. Do I understand it? No. Do I like it? No. But one thing I have learned through these 13 years ... just as real as grief is, so is the strength, grace and mercy of our God. And as I don't understand or like it, I realize sometimes we stand to learn the most from the situations we understand the least. Difficult roads often lead to beautiful destinations.

My precious son Logan, I miss you more than I could ever imagine, and as long as I'm living, I will do my best to honor you and make you as proud as you've made me.

We love you. We miss you. Until we meet again...

*Logan Wayne Fish
September 17, 2002*

Skeletal dysplasia

Parents: David and Brittney Fish

Brothers: Landry and Hudson



A New Kind of Love

I wish I could say my pregnancy after loss was an easy one, but in truth, I was terrified to meet my daughter. During my pregnancy I would spend hours in bed at night staring at the ceiling, questions racing through my mind. Would I finally be able to bring this baby home? Would she look like her brother? Could I possibly love her as much as I loved my sweet boy? This went on for weeks until I was finally admitted to the hospital for my induction. I couldn't sleep, but it wasn't from overwhelming excitement or the uncomfortable hospital beds like I was expecting. Every time I would doze off, it didn't take long for me to wake up with a fear that only her heart monitor could ease. It was probably one of the longest nights of my life. In the morning the doctor came in to break my water. Fast forward three hours, tons of back labor and a couple pushes later and suddenly, there she was. All I could do was stare in awe and wonder at the baby girl who was carefully placed on my chest. Her cries filled every inch of the room, a welcomed change from the silence I experienced with Gabriel. In a single moment those cries seeped into the deepest, darkest cracks that were left in my heart when our son passed away. Instantly my soul was illuminated with joy and love! I can't entirely describe the instant healing that seemed to overtake my entire being. It felt like someone ripped every bit of pain and sadness from my body.

It had been 1,024 days since Gabriel was born silently. 24,576 hours since I had held a child of my own. She looked just like her brother, and despite my fears, it wasn't painful to meet her. My heart seemed to grow with a new kind of love for her, one that came with a higher appreciation and gratitude. She is now almost 4 months old. I sometimes find myself traveling down old roads of sadness, and I can't help but think about the little man missing in my life. I also find myself too busy to find the time to continue my grief journey, which is something I hope to correct soon. But at the end of the day, I have more than I thought I would ever have. And truly it only takes a single smile from Athena to give me the strength. She is my rainbow, a promise from God and I cherish every moment with her.

♥ *Andrea Gimlin,
Mommy to Gabriel,
M.E.N.D.—SW Missouri*

In Loving Memory of Sydney Galleger

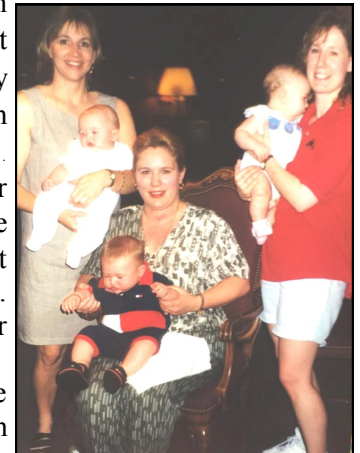


One of the families Rebekah referenced in her article on page 1 is the Galleger family. Steve and Diane Galleger lost their first daughter, Amanda Morgan, on January 7, 1997, due to Trisomy 18. Diane attended her first M.E.N.D. support group the next month in February, the fourth support group M.E.N.D. had ever hosted. Diane was one of the first M.E.N.D. moms who became pregnant shortly after her loss. Sydney Michele Galleger was the third M.E.N.D. subsequent baby, born January 18, 1998. Diane was instrumental in creating the M.E.N.D.

Parenting After Loss Playgroup in 1988, where Sydney and the other M.E.N.D. subsequent babies gathered monthly to play, and for M.E.N.D. moms to share with one another the joys, sorrows, and admittedly the frustrations of raising a subsequent baby. Almost two years later, Diane gave birth to her second subsequent baby, Jack. Eventually, Steve's job transferred him to Eden Prairie, Minnesota, where the Galleger family now resides.

On June 9, 2015, Sydney went in for a routine wisdom teeth extraction. The procedure was almost complete when suddenly Sydney went into cardiac arrest. Six days later, on June 15, Sydney joined her big sister Amanda in heaven. Our hearts are heavy as we grieve this loss with Diane, Steve and Jack.

Sydney Michele Galleger, January 18, 1998 - June 15, 2015



Left to right: Diane Galleger with Sydney, DaLana Barsanti with Taylor and Kena Johnson with Lauren

Creciendo y aparentando hijos subsecuentes

El tema de este artículo lamentablemente es uno que no puedo contribuir muchos consejos o experiencia personal por la razón de que tristemente fui incapaz de tener un bebé subsecuente (conocido hoy como un "niño arco iris"). Sin embargo, la mayoría de mis amistades de M.E.N.D. han sido bendecidas con hijos subsecuentes, por la manera de que yo puedo transmitir lo que sé de estas mamás.

M.E.N.D. se formó a finales de 1996 y en la primavera de 1997, la mayoría de las madres que habían llegado a uno de nuestros grupos de apoyo estaban embarazadas otra vez. Camine a lado de ellas durante sus embarazos mientras esperaban ansiosamente el nacimiento del nuevo bebé. Todos experimentaron la misma infinidad de emociones: felicidad, ansiedad, excitación, miedo, alegría, tristeza, anticipación... y la lista sigue. Principalmente, la ingenuidad había desaparecido y para eso, existía un sentimiento de resentimiento y rencor. Cuando estos pequeños entraron seguros en el mundo, se desarrolló un tipo de emociones muy diferentes: alivio, frustración, alegría, tristeza, amor y silencio. Por el silencio, me refiero a que estas mamás comenzaron una nueva jornada de dolor que sentían que solamente pudieran compartir con algunas personas de confianza y lo más probable, sólo con madres compañeras de M.E.N.D. Su bebé vivo les recordaba del dulce bebe que murió (especialmente mientras el bebé vivo dormía), y a la persona quien perdió a su primer bebé entonces tuvo una idea mejor de lo que había perdido, así que muchas veces la montaña rusa de dolor comenzó de nuevo. Sin embargo, esta vez, es un dolor en silencio porque personas alrededor de ellos esperaban que estas mamás estuvieran entusiasmadas con su nuevo bebé y "sobrepasados" de la muerte de su bebe anterior.

Además, como cualquier mamá se siente con un recién nacido, estas mamás estaban agotadas y abrumadas. Sin embargo, se sentían culpables por sentirse de esta manera. ¿No fue hace pocos meses que lloraban y decían que harían cualquier cosa para poder madrugar toda la noche con un bebé? Sus oraciones fueron escuchadas y ahora estaban madrugando toda la noche alimentando y cuidando a su nuevo bebe inquieto, y se quejaban. Oh, esto es tan normal y no debe provocar vergüenza o bochorno.

A pesar de todo hemos aprendido que no tenemos control sobre la vida y la muerte en su mayor parte, muchos padres se encuentran extremadamente sobreprotector de su hijo subsecuente. Piensan, ya he perdido un hijo, y no voy a perder otro. Protección es una responsabilidad que tenemos como padres, pero podemos pasarnos de nuestra cuenta. Me doy cuenta de madres que no permitieron que sus hijos vivos pasaran la noche con los abuelos, familia cercanos, o incluso en casas de amigos ya cuando tenían más años de edad. A menos que haya un peligro claro y presente, les pido a las mamás no privar a sus hijos de ser un niño y de experimentar buenos y sanos diversiones y vivir la vida. Igual, no privar a sus padres de tener una relación maravillosa con sus nietos porque tienen miedo de estar lejos de su hijo, no a cargo de su cada momento - o cualquier otro proceso que tenga de pensamiento.

El último aspecto de la crianza de un niño subsecuente que voy a mencionar es sobre la decisión de decirles a los hijos vivos de aquel que vino antes de ellos. ¿Mi respuesta? Sí y sí! Evitan caer en el mismo error de nuestras abuelas realizadas por mantener a sus preciosos bebés celestiales un secreto. Un secreto es connotado con algo malo o vergonzoso. No es algo malo que nuestros bebés murieron. Triste, sí, pero no es malo. Así que, ¿a qué edad hay que decirle a su niño vivo? Yo no soy una profesional experta, pero creo que no hará ningún daño psicológico por decirle a un niño tan joven como infancia acerca de su hermano o hermana en el cielo. Sin duda, es mejor así que ni avisarles de un golpe en cualquier momento inesperado. Mi madre es una subsecuente. Ella siempre fue informada sobre la vida de su hermana Ruby Joyce, quien murió a los dos meses de edad por neumonía. Toda mi vida he conocido Ruby Joyce - hermana mayor de mi madre que ella nunca conoció. No nos afectó de mal manera ni nos asustó. En cambio, aprendimos como niños pequeños que con la vida viene la muerte.

Sólo puedo imaginar las emociones y las experiencias que conlleva criar a un niño que nació tras la muerte de otro. Pero si tuve la experiencia de criar a mi hijo que tenía tres años cuando nació muerto mi Jonathan. Una gran lección que aprendí fue acariciar todos los días con mi hijo vivo y nunca tomar un día o un momento para concedido. Los animo a hacer lo mismo. Vivir la vida al máximo, confiar en el Señor con el bienestar de su niño vivo y no vivan con el temor de que algo horrible puede ocurrir. Crían a sus hijos vivos con sobrea abundancia de alegría. Y juntos, esperamos ese día alegre cuando nos reunimos con nuestros hijos en el cielo y nuestras familias están completas.

♥ *Rebekah Mitchell,*
Presidente y Fundadora
Mamá de Jonathan Daniel y Mitchell bebé Mitchell

How am I going to tell her about her brother? How do I honor him while raising her? How do I raise her to be a strong, confident woman when her mom is terrified of what can happen to her? How do I teach her to put her trust in God when I struggled so much to trust Him again? How do I love everything she does without feeling so sad that I will never see her brother do any of these things? How do I let go of all the things I cannot control? How do I give her my everything without letting go of his memory? How do I tell people she isn't my first? How do I react when people tell me I should be "over" my son now that I have my daughter?

One day at a time.

♥ *Kristian Doucette,*
Mommy to Rylan,
M.E.N.D.—SW Missouri

The Counselor's Corner

“Providing Guidance Through Life's Storms”

Written by Susan A. Adams, PhD, LPC-S, NCC

www.drSusanAdams.com

This aching hole in your heart may not seem like it will ever heal. A client told me a few sessions ago she ran into a dear friend at church. Her friend simply said, “God loves you.” This was enough for tears to flow unchecked, and she felt miserable. First, she knew her friend was truly attempting to be a friend, but also she knew the pain in her chest still reminded her of her own personal brokenness. She talked to her husband about the experience later that afternoon, but he was left as puzzled as the friend was about how to help his wife.

As the couple sat in my office, and she related this incident to me, her tears flowed again. As I leaned forward, I gently said, “It’s okay. Let the tears come,” and so she did. Soon her tears stopped as we all sat in the silence and waited.

As we processed these experiences – at church, with her husband at home, and now in my office – she was able to articulate the painful questions that still haunted her two years after the death of her unborn baby. Her questions were circular in nature, meaning that she had voiced them multiple times to her husband, to me, and to other family members and friends. *I don't understand. Why is my daughter gone? What was the purpose of her life, of her death? I never met my daughter, but my hopes and dreams for her were shattered before they even began. When will the heartache ever go away?* She knew there were no answers for these questions, but she could not let go of them.

I looked over at her husband and saw a pained expression on his face. I asked him what questions came to his mind not only about his unborn daughter, but also about what his wife had just shared. While he struggled to formulate his answer, he finally admitted it was more painful for him to hear his wife’s pain and not know how to help her than dealing with the residual pain surrounding the death of their daughter.

Certainly there are no “magic fix-it pills” or answers that will instantly provide an answer to these and other unvoiced questions that cause moms and dads and other family members to struggle. However, I encouraged this couple to take post-a-notes and write three to five questions (one question per note) that caused them the most pain right now. Each of them had a different color post-a-note to make the author easily identifiable to all of us. They could not talk to each as they wrote their questions, and they had to give the questions to me.

After they were through with their questions, they were both surprised to learn they really couldn’t come up with more than three questions and two of them were similar to their partner’s questions – just slightly different variations. One of the similar questions centered around “why?” Of course even if they knew the precise medical reason, this was not the question they were really asking. This was an unanswerable question that was eternal, and both of them realized it.

The question that was different for each of them was quite interesting. Mom was angry because her body had betrayed her. Dad’s question was one of failure. He felt powerless to love his wife enough to “fix” her; so his feelings were more ones of confusion, sadness and frustration. We chose to focus our time together for the next couple of sessions on the feelings rather than the source of those feelings. This gave each of them “permission” to express some old feelings that had been stuffed deep inside, and together we were able to release some of the internal pain by voicing the unspeakable. Finally healing began – one small stitch at a time.

Yes, I know I mentioned there were three questions, and so far I have only addressed two of them – one similar with a variation and one different. The third question was similar in that they had both been thinking about moving forward with their family. Was it time to try to have another baby? The couple came to understand they wanted to end their baby-making time with life rather than death. They were ready to embrace hope – hope for new possibilities, hope for an opportunity to share the love they have for each other, and hope for a brand new life.

The conception and death of their first child was a reminder that there are no certainties in life. Life is precious, but the baby that made them a mom and a dad would be an eternal love in their hearts. It was time to have an external baby to hold and love together and as individuals. Of course it is important to make sure that enough healing has been done so that both are in a healthy state of mind and in a good place with each other before thinking about the possibility of a new baby.

Usually couples eventually get to this stage if they are willing to do the grief work, but there is no time table for how long that takes. When I am asked that question, I always answer with, “It takes as long as it takes.” Couples have to do the difficult grief work so that they honor and find a special place in their hearts for the baby that died, but they have to recognize that a new baby is not a “replacement baby” – for no matter how many children they have, there will never be another one just like their first daughter. It means they are just adding another baby to the family circle, and they will always love both children.

As part of this column, I will try to offer a few resources that might be helpful. There are so many great resources out

Continued on page 14...

Rainbow Baby

Piglet: How do you spell LOVE?

Pooh: You don't spell it, You FEEL it.

He says it best! I know this full well because it's my journey. I am mommy to two beautiful babies: one in heaven, one on earth. One I hold forever in my heart. One I hold in my arms. My journey into motherhood is not ideal nor what I hoped for. It's not one you dream of as you dream of having babies. Yet it is mine. It is beautiful and raw and beyond painful.

I believe each life is "fearfully and wonderfully made," created inside of my womb as Scripture declares in Jeremiah. God knew us before we were born, as He knit us together in our mother's womb. That is the very moment I became a mommy - May 2013. With the news of our first long-awaited and wanted pregnancy, I never felt so alive and joyful before.

The journey of parenting took such a twist at her 20-week ultrasound. Complications! High risk! Everything changed in a moment. My husband decided we should name our princess that very day to give her identity and pray for her by name. We spent beautiful time with her, feeling her kick and praying for her life.

Unfortunately, another twist came as I went into labor at 28 weeks and 1 day, and they could not find her heartbeat. The very worst thing happened to the very best thing that happened to us. Lillian Ember Stewart was born on November 23, 2013, at 6:10 a.m., measuring 1 lb., 7 oz., and 12 inches long - our tiny yet mighty one.

We began trying to navigate the sea of loss. It's like you're drowning in a sea of pain and lost at the same time. How to navigate all these emotions and sorrow and yet try to continue to honor this little one? You parent from earth your child in heaven. It looks so different and most people misunderstand you. It's a journey all its own. Loving and grieving. Missing and celebrating your baby gone way too soon. No handbooks were made for this, either. You learn each step with each tear. There is one easy part, and that's love. Your love never alters or changes. Death cannot alter a parent's love. It's fierce, deep and beautiful ... and also what makes the separation so painful.

In the time of our ocean of grief, we found ourselves with another fearfully and wonderfully made one growing, a little boy this time. While most would be excited, we were filled with fear. While we rejoiced in this life after a loss, we were terrified of losing another child. Pregnancy had lost all innocence because we knew what can and did happen.

In the midst of this pregnancy, we found joy and hope and learned quickly that every day is truly a victory. In the midst of crying for our daughter, we felt precious little kicks from our son. While wanting our daughter, we saw our little guy growing healthy on the ultrasound. Emotions are so real, raw and conflicting. We never felt a point of comfort of being "out of the woods." Fear was still an everyday companion along with guilt. Some days I had to take things hour by hour, minute by minute. But I found it was totally worth it to experience the life growing inside, no matter how long I had.

One of the things Lillian taught us is every milestone is worth celebrating. I made sure to celebrate the little things for the life growing in me since I knew I was not promised a tomorrow with him. Every day mattered and was worth celebrating the life within.

As we treasured every moment, we also prayed to reach full term, but we found ourselves once again in early labor. In labor for the second time in less than a calendar year (I deserve a medal! Ha!), we were facing the fears as before but went forward with courage. At 34 weeks, I gave birth to my baby boy—our rainbow, as society calls him.

I couldn't breathe until they placed him in my arms for the very first time. And he was crying, a sweet beautiful comforting sound I had never heard. Arrow Ryland William Stewart was in my arms and crying. I had never been this far in parenting before. This was all new territory, but one I was overjoyed to tread into. I will never forget the way I felt when we left the hospital with our son in our arms. It was a moment of pure victory as I was wheeled out with him. I bawled the entire time to the car, this time with tears of rejoicing, not sorrow.

Rejoicing came for a time, but once I arrived at home, a wave of grief hit. Sorrow like I'd never felt washed over me, along with fear of losing this new life. I thought I would find relief once my baby was outside my body in an environment I could somewhat control, but I was sadly mistaken. I consistently worried about this tiny life, from checking on a sleeping Arrow every few minutes, holding him for naps or whatever I needed for assurance. Parenting after a loss creates a new normal for us, because the innocence of "nothing could happen" is replaced by all the "what ifs," creating more worry to our already sleep-deprived lives.

I struggled with post-partum depression. I had no idea how bad it was until I was engulfed by it. It's so unfair. I struggled with mixed emotions as I wanted all my kids with me, but I also wanted to simply enjoy this new little one. Some days I struggled to care for Arrow and myself.

But then, I would look at Arrow and see joy and beauty when I looked at his face, at his hands and at his black hair, just like his sister's. I began to embrace it all. It's my journey! It's my parenting before, during and after loss.

Continued on page 15...

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: Kathryn Gold
kathryn@mend.org, (417) 770-0600

M.E.N.D.—Amarillo

Meets the 2nd Tuesday at 7:00 p.m.
Caprock Home Health System
1619 S Kentuck, Ste F640
Amarillo, Texas 79102
Director: Becky Anderson
becky@mend.org, (806) 570-4344

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

M.E.N.D.—Tulsa continues to minister to grieving families. We look forward to commemorating our babies in October for Pregnancy/Infant Loss Awareness Month. Our 5th Annual Balloon Release will be at our monthly meeting on October 20, at 6:30 PM. For additional information, please email me at lisa@mend.org or call at (918)-694-4325.

Lisa Daily

SW Missouri

M.E.N.D.—SW Missouri invites all of our families to a picnic on Saturday, September 12. It will give us a chance to meet in a casual atmosphere and let our living children play together. Bring your own dinner, blankets, chairs, etc. We will meet at Nathaniel Greene Park by the big play area from 5:00-7:00 PM. We will cancel if it's raining.

Please save the date for our upcoming recognition events:

October 17 – Balloon Release starting at 10:00 a.m. at Second Baptist Church
December 7 – Christmas Ceremony starting at 7:00 p.m. at Second Baptist Church

Kathryn Gold

NW Washington

M.E.N.D.—NW Washington was honored to sponsor the Tears Walk in Tacoma. We met so many new families and continue to keep them in our prayers as we all remember our babies.

We are so grateful to a generous donor who has given us two tickets to a Seahawks game, which we will hold a raffle for during the month of September. Please check our website for more info.

Stacy McGhee

Chicagoland

M.E.N.D.—Chicagoland is thankful for the grace of God in having our doors open for just over a year. We continue to reach out to those in our area after they have experienced the unthinkable: the loss of their precious baby. We continue to work hard to spread the word in our area that we are available to walk alongside parents during this most difficult journey in their lives. We gladly welcome Kirsten Fumagalli to our leadership team here in Chicago.

Sara Hintz

Wichita Falls

M.E.N.D.—Wichita Falls has been busy this summer welcoming new members monthly. We look forward to the fall season as we plan something special for our December monthly meeting. Please watch for more information to come.

Sarah Fukasawa

Houston

M.E.N.D.—Houston is excitedly anticipating our 10th Annual Walk to Remember. This year we are welcoming Kelly Gerken as our speaker. Kelly Gerken runs Sufficient Grace Ministries and is the author of *Sufficient Grace*. Our singer, Theresa Yow, is a local Christian musician. Theresa is writing a song addressing the heart of losing a baby with collaboration from some of our M.E.N.D. moms to perform at the Walk. Go to our website to find more information about our Walk to Remember. We also are planning a Painting with a Twist fundraiser night for this fall. Keep an eye out on our Facebook group and your email for more information. We are always praying for our M.E.N.D. families

Stormy Mitchell

Amarillo

We have had a nice summer here in Amarillo. We continue to have families attending our meetings, and look forward to watching the Lord work.

Becky Anderson

Texarkana

M.E.N.D.—Texarkana continues to provide comfort for families in our community who have suffered losses through our support groups and Facebook. For more information about M.E.N.D.—Texarkana, contact monica@mend.org or at 903-490-1210.

Monica Davis

Bryan/College Station

M.E.N.D.—Bryan/College Station would like to thank Painting with a Twist of College Station, Texas, for hosting a painting with a purpose night for our chapter! We had a lovely time and were even able to include our babies in our paintings. Please join our Facebook page for more information about upcoming events.

Jennie Drude



M.E.N.D. moms with their paintings



LaRhessa Johnson, Melody Pittman,
Jennie Drude, Kristen Rabe
presented with a check for \$420

M.E.N.D.—Bryan/College Station

Meets the 2nd Tuesday at 7:30 p.m.

Texas Avenue Baptist Church

3400 State Highway 6 S,

College Station, Texas 77845

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.—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 fa-
thers. 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.

In Loving Memory**Abigail Grace Crump**

July 1, 2003
Trisomy 18
Given by parents Gerald and Jaimie Crump
and little sisters Cami and Karli

Riley and Parker Davis

November 14, 2006
Prematurity
Given by parents Rob and Cheryl Davis
and little sister Annalise

Paislee Ann Frette

April 4-5, 2012
Wolf-Hirschhorn Syndrome
Parents: Brent and Courtney Frette
Gifts given by grandparents
James and LuAnn Junkin

Erika Brienne Grau

July 9—August 3, 1997
Anoxic brain injury due to ruptured uterus
Given by parents Ray and Yvette Grau
and siblings Nikryan and Nataly

Serenity Harrison

Miscarried December 3, 2009
Given by parents Curtis and Jennifer Harrison
and little siblings Leviticus and Zivala

Oliver James Merrill

June 14, 2011
Potter's Syndrome
Given by parents Eric and Beatrice Merrill

Jonathan Daniel Mitchell

Stillborn June 24, 1995
Cord accident
Baby Mitchell
Miscarried December 2001
Gifts given by
Parents Byron and Rebekah Mitchell
Grandmother Marnie Mitchell

Margot Lily Perry

Stillborn June 10, 2013
Cord accident
Parents: Brandon and Marisa Perry
Siblings: Adeline and Bennett
Given by Marie "Grammie" Perry

Morgan Schear

Miscarried March 28, 2006
Given by parents Nobel and Paula Schear
and big brother Isaac

Theo Fleurima Shannon

Stillborn August 10, 2006
Stroke
Geri Fleurima Shannon (mother)
May 21, 1970—June 11, 2015
Sudden illness
Dad/Husband: Ted Shannon
Sister/Daughter: Ysabel
Gifts given by
Madison Moore
Ray and Yvette Grau
Michael and Tina Rusert
Byron and Rebekah Mitchell
Guerda Dorvil
Marlen Ruetschi

Mindy and Maggie Smith

Stillborn November 4, 1997
TTTS and Polyhydramnios
Given by parents Scott and Karla Smith
and siblings Travis and Julia

Lucille Swearingen

Stillborn May 1, 2012
Cord Accident
Parents: Ross and Tia Swearingen
Sister: Sadie Olivia
Given anonymously

Jacob Martin Wilhite

April 25, 2012
Incompetent cervix
Isaac Odell Wilhite
April 1, 2015
Incompetent cervix
Parents: David and Kessi Wilhite
Big brother: Caleb
Given by Cathy Sturm

Arie Witt

November 5, 2013
Unknown cause
Given by parents Mike and Candice Witt

Gifts of Support

West Conroe Baptist Church, Conroe, TX
IAM & AW Lodge No. 282
of Bremerton, WA
Kitsap Community Foundation
of Silverdale, WA
Valerie Jones
Janis Kidder
Lisa Vallejo

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!

"The Counselor's Corner" continued from page 10.

there, and I cannot possibly do an adequate job in the limitations of this column. However, I'll try to include a variety of books and resources for those of you who would like to have more information about a topic. Just FYI - The resources may or may not go along with my written topic in this issue.

All of this column's resources are available through www.griefwatch.com.

Still to be Born by Pat Schwiebert and Paul Kirk – addresses the needs of the couple who are still longing for a baby, but afraid of being hurt again by another loss.

Someone Came Before You by Pat Schwiebert – this is for the child who comes after the one who died. It explains in a gentle way the parents' desire for a child and the sadness that comes over them when that baby dies. It then shares how the parents, with the help of the baby, get to the point of wanting another child to come into their lives.

A Grandparent's Sorrow by Pat Schwiebert - Grandparents suffer a double loss. Your child is grieving and so are you. Included in this booklet are suggestions on how grandparents can help themselves as they grieve, how to better understand their child during this difficult time, and how to hold close the precious memory of their grandchild.

Strong and Tender by Pat Schwiebert – a collection of insights, helpful hints and tender thoughts especially for fathers during the dark times of grief following his baby's death. For too long fathers have been the forgotten grievers.

Subsequent Births



Jesus and Brittany Murillo
of Tulsa, Oklahoma,
joyfully announce the arrival of
Micaela Jean,
born July 21, 2015,
measuring 7 lb., 11 oz.,
and 20 inches long.
The family lovingly remembers
Baby Murillo,
miscarried June 26, 2014

Kyle and Kristen Rabe
of College Station, Texas,
along with big brother Karson,
joyfully announce the arrival of
Kayleigh Faye,
born June 3, 2015,
measuring 7 lb., 10 oz.,
and 20 inches long.
The family lovingly remembers
Kyleigh Elaine,
SIDS,
January 26, 2013

Sarah and Mike Ledbetter
of Tulsa, Oklahoma,
joyfully announce the arrival of
Grace Catherine,
born December 10, 2014,
measuring 6 lb., 1 oz.,
and 18.5 inches long.
The family lovingly remembers
Reed James,
stillborn September 3, 2013,
cord accident

Carl and Daisi Burgett
of Broken Arrow, Oklahoma,
joyfully announce the arrival of
Destiny Lee,
born October 30, 2014,
measuring 5 lb., 6 oz.,
and 18 inches long.
The family lovingly remembers
Justice Michael,
stillborn July 31, 2013,
cord accident

Gary and Andrea Gimlin
of Springfield, Missouri
joyfully announce the arrival of
Athena Rose,
born April 7, 2015,
measuring 7 lb., 14 oz.,
and 20.50 inches long.
The family lovingly remembers
Gabriel David,
stillborn March 29, 2012,
at 38 weeks gestation

Chris and Chelley Nelson
of Claremore, Oklahoma,
along with big siblings
Brianna and Brenson,
joyfully announce the arrival of
Brooke Eliana Mae and
Brecklyn Sarah Faith,
born February 3, 2015,
Brooke measuring 6 lb., 11 oz.,
and 20 inches long,
and Brecklyn measuring 6 lbs., 5 oz.,
and 19.5 inches long.
The family lovingly remembers
B3,
miscarried January 1, 2013
and July Baby,
miscarried July 21, 2013

Kindale and Melody Pittman
of College Station, Texas,
along with big sister Kaylee,
joyfully announce the arrival of
Avery Jane,
born March 5, 2015,
measuring 5 lb., and 6 oz.,
and 19 inches long.
The family lovingly remembers
Andrew,
stillborn March 23, 2010,
cord accident

Derek and Bethany Stewart
of Hartville, Ohio,
joyfully announce the arrival of
Arrow Ryland William,
born on November 19, 2014,
measuring 6 lb., 14 oz.,
and 19.75 inches long.
The family lovingly remembers
Lillian Ember,
born to heaven November 23, 2013

Jaqueline and Donri Watson
of San Clemente, California,
joyfully announce the arrival of
Donri Kelvin,
born June 18, 2015,
measuring 9 lb.,
and 21 inches long.
The family lovingly remembers
Devon Emanuel
stillborn July 28, 2015 at 40 weeks



“Rainbow Baby” continued from page 11.

My journey continues with twists and turns. It's new every day. I grieve what I don't have with my daughter, Lily, yet I rejoice in what I do have with my son, Arrow. Every first seems sweeter and bigger, but bitter and sad at same time. I hold on to the good and celebrate everything. I cry when I need to, especially on the bad days. The good days help lift my spirits, such as his first smile and laugh, which make all of it worth it. Just to hold him another day in my arms is priceless.

The most important thing I realize on this journey I call mommyhood is that love never changes. How I love Lillian is exactly the same as how I love Arrow. Both are my babies. Both are loved unconditionally and without end. It doesn't matter where they are; my love for them does not change. And it never will. “Love never ends...” (1 Corinthians 13:8.) It's not easy by any means. It takes lots of courage. Strength. Weakness. Vulnerability. Hope. Prayer. And tears. Lots of them. But somewhere along the way there can be lots of joy, too... That's parenting after loss!

♥ *Bethany Stewart,*
Mommy to Lillian Ember

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“... 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.
- **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