



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

Volume 24, Issue 6

November/December 2019

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Joy in Suffering

We wear our smile,
as we try to hide
the grief we are feeling
deep inside.

“Are you okay?”
We hope they don’t ask,
because a shaky “I’m fine”
will never mask.

Tears might begin to fall
An embrace might happen
Requests for answers
Our spirits would dampen.

So on our face a smile we paint,
and try to enjoy each event.
While we never forget
our someone who was heaven sent.

In this issue...

Joy in Suffering

President and Founder Rebekah Mitchell shares wisdom she learned from her journey from suffering to joy. *page 3*

Joy to Sorrow

Dr. Susan provides advice on navigating the difficult holidays. *page 11*

Healing My Heart

Time can help heal, and also provide insight along the way. *page 16*

January/February Topic

Helping Our Living Children Grieve
Deadline: November 30, 2019

March/April Topic

Men and Women Grieving
Deadline: January 31, 2019

Stories, poems, thoughts, and/or feelings regarding these topics are welcome. Submissions must be received by the deadline to be considered for publication in the magazine. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please send any submissions to our Magazine Editor, Jennifer Harrison, at jennifer@mend.org. Any submission printed in our magazine will also be posted to our website indefinitely. Because our magazines are posted online, please understand your name will be attached to your submission when searched on the Internet.

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to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.

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

<u>Heavenly Birthday</u>	<u>Deadline</u>
January/February	November 30
March/April	January 31
May/June	March 31
July/August	May 31
September/October	July 31
November/December	September 30



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Feature Article

Feature from our M.E.N.D. President and Founder, Rebekah Mitchell, Mommy to Jonathan and Baby Mitchell

Joy in Suffering

How many of us jump up and down with excitement to celebrate suffering?

Probably no one! Yet James, the brother of Jesus, opens his encouraging words to fellow Christians by saying, "Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of our faith develops perseverance" (James 1:2-3).

When my baby Jonathan was stillborn, I had an insatiable desire to scour the Bible for answers. I was angry at God, I felt betrayed by the One who I thought would bring my baby safely into this world, and I was very spiritually confused. Yet I knew my only true, lasting help would come from Him and Him alone, so I studied the Word like never before. I remembered a popular Christian song when I was a young girl based on this scripture. I knew all the words by heart and often sang along when I heard it on the radio. I recited the scriptural lyrics many times as a teenager without ever thinking about what I was saying. When these words came back to me as a grieving adult, I thought, wait...I must not remember them correctly. Surely, it's not right: "consider it pure joy when facing trials..."? Yes, that is what James indeed said! Thinking of another scripture on suffering, I flipped back to Romans 5 where Paul says in verse 3 to rejoice in our suffering! Are they crazy? Or am I just completely a wimp? Admittedly, during my dark days of grieving, these passages made me mad.

As the days, weeks and months wore on, and I continued to seek God's Word for comfort and hope, I stumbled across another scripture I had known as a child but didn't think much of until I needed it: "Do not grieve, for the joy of the Lord is your strength" (Nehemiah 8:10). Now I know Nehemiah wasn't instructing moms whose babies just died to be happy. But he was telling this to a large group of God's people who had been in captivity and were trying to rebuild their lives. They were down, discouraged and devastated.

Nehemiah was giving them a pep talk. He didn't say get over it, and just be glad for what you do have. No, he acknowledged their current situation and basically told them your pleasure and happiness in the Lord is what will get you through this very tough season. I pondered this and realized I was very much like those Israelites. I had just experienced a horrendous sentence of living the rest of my life without my baby. I was trying to rebuild my life, but I was struggling terribly.

Over time, I decided I was going to make an effort to be happier. I resolved I would never have the answers to why my baby died, and I needed to make a choice of either living in a constant state of sorrow or try to muster a smile, a laugh and discover the good in the bad. Do I consider it joy when I face sufferings? Well...maybe not immediately, but I like to think I do eventually. Truly, I see that the sorrows I've endured have definitely developed perseverance within me. And that perseverance has molded my character into who I am today. And that new me is ever so full of blessed assurance (Romans 5:3-4) that I will without a doubt see my babies again one day.

As the holidays evoke a myriad of emotions when we're missing loved ones who we want here with us, we have a choice to make. We can choose misery, destruction and ruin. Or we can decide to be happy despite our sorrow and allow the Lord to fill us with the capability to get us through tough times. As we say goodbye to 2019 and enter into a new decade, I challenge all of us to focus on the beauty and the blessings of our suffering, despite the sorrow. Let's choose joy.

Do I consider it
JOY
when I face
sufferings?

Well...
maybe not
immediately,
but I like to think
I do
eventually.

Birthday Tributes



Happy 3rd Birthday, Blakeleigh!

Oh to be 3, Blakeleigh! Happy 3rd heavenly birthday, our sweet daughter! Dad and I envision daily what it would be like having you earthbound with us: playing and teaching your little sister new things, riding your bike on our family walks, and just being such an amazing soul! I hope Gammy is making you her famous chocolate cake for your birthday. One day we will hold you again and never let go. We love you to heaven and back, our sweet angel.

We love you,
Mommy, Daddy, Brielynn and Chelokee

Blakeleigh Delamere Rougeau

November 19, 2016

Asphyxiation due to sacrococcygeal teratoma

Parents: Brook and Brandon Rougeau

Sister: Brielynn Mary



Happy 6th Birthday, Malik!

Six years ago we said "Hi" and "Goodbye" to you all in the same moment. Not a single day goes by we don't think about and remember you. We all love you, our sweet little boy. You are cherished in our hearts forever. Happy birthday, Malik. We miss you.

Malik James Saba

December 11, 2013

Pre-term labor, incompetent cervix

Parents: Cara and Kyle Saba

Siblings: Talon, Violetta and April



Happy 4th Birthday, Baby Clyde!

Happy birthday, sweet child of mine. Four years ago, you came into this world to change my life. You should be going to Pre-K by now. Oh, how fun it would have been to take you to your first day of class. To get all your first drawings, projects and photos. Bittersweet desire. On this day, I celebrate your birth. I thank God for giving me you, one of my greatest gifts. Because of you, my heart beats true. Happy 4th birthday! Mommy loves you so much, mi hijito lindo! Feliz cumpleaños! Hermosho de mama. Mama te ama hoy, mañana y siempre.

Baby Clyde

December 11, 2015

Sudden placental abruption

Mommy: Paola Calderon



Happy 4th Birthday, Ashton!

Today you would be 4. Today you would be running and talking and playing with your sisters. You would be learning so much. There isn't a day goes by we don't think about you and miss you. Today you would be 4. Mommy and Daddy miss you and love you so! "Forever my baby you will be."

Ashton Robert Oetting

November 30, 2015

Unknown cause

Parents: Elizabeth and Jason Oetting

Sisters: Chloe, Gracie and Ashlyn



Happy 5th Birthday, Joy!

We love you. We can't wait to see you one day and finally get to wrap our arms around you. I know heaven is beyond incredible. Run and play with your brother, Gideon, other sibling and your cousin, Cayden. And when your daddy, brothers and I get there, our family will finally be whole.

Joy Mitchell

December 2014

Vanishing Twin Syndrome

Also remembering

Gideon Zeller Mitchell

May 17, 2011

Velamentous Cord Insertion

Avery Mitchell

Miscarried May 2008

Unknown cause

Parents: Todd and Stormy Mitchell

Brothers: Silas and Justus



Happy 1st Birthday, Nevaeh Raye Driggars!

Happy 1st heavenly birthday to our beautiful angel baby! Not one second of our day goes by you're not thought about, for you are so loved. I loved you before I met you and even more after giving birth to you. I know you're having a blast in heaven: no pain, no suffering, no sadness. Just peaceful bliss. Today we will celebrate your 1st birthday in remembrance of you and the joy you brought Daddy and Mommy. We can't wait until the day we join you and hold you in our arms! We love and miss you beyond measure.

Love,
Mommy and Daddy

Nevaeh Raye Driggars

Stillborn November 10, 2018

Incompetent cervix

Parents: Tiffany and Chevy Driggars

Sisters: Brooke and Olivia



Happy 9th Birthday, Joshua!

We love you and miss you every day.
Until we meet again.

Joshua Dewane Walters

September 21, 2010

Placental abruption

Also remembering

Baby A Walters

Miscarried October 29, 2008

Baby B Walters

Miscarried February 23, 2009

Parents: Justin and Miranda Walters

Sister: Makyli Dian

**Happy 3rd Birthday, Jaxson!**

Happy 3rd birthday, sweet boy! We love and miss you so very much. I hope you are having a blast on your special day. We hope you know just how special you are. We are living each day with a piece of us missing until the day comes for us to see each other again. You will always be our baby, and the most amazing big brother. Happy birthday!

Jaxson Kolt Scifres

November 27, 2016

Unknown cause

Parents: Justin and Melissa Scifres

Little sister: Fiona

**Happy 4th Birthday, Baron!**

To our baby boy, your 4th birthday is here! It's hard to believe time is moving fast, but slow at the same time. We think about you nonstop, and I wish I could hear and see you playing with your sisters. We will celebrate your birthday and visit your resting place. I think about your smell, remember your snuggles on my chest, and close my eyes to listen to your gurgles. You are always loved and always thought about. We miss you so very much. Until we hold you in heaven!

Love,
Mommy, Daddy and Sisters

Baron Conrad Neelley III

September 9 - November 14, 2015

SIDS

Parents: Allison and Bo Neelley

Sisters: Emma and Stella

**Happy 12th Birthday, Kenneth!**

Happy heavenly 12th Birthday, Son! How I wish you were here to hold and hug. I think of you every day and miss you so very much. What a blessing you are! Thank you for making me your mommy. How I pray that you know how much I love you! I'm so very sad I am not with you but also at peace knowing that your Tia Nita is there with you. I know you are surrounded by loved ones lost but your Tia Nita was with me and got to hold you in her arms here on earth and now has you in her arms in heaven. Can't wait to hold you again! Mommy loves you to the moon and back times infinity, my sweet angel!

Kenneth Bernard Weddington Jr.

November 17, 2007

Unknown cause

Parents: Louisa Garza and Kenneth Weddington

**Happy 14th Birthday, Hope!**

I can't believe it was 14 years ago I held you, my little pink bundle! What a beautiful young lady you would be now. How I wish I could see you and give you a big hug and kiss to celebrate your special day.

Lots of love,
Mama

Happy birthday, Hope! Have a wonderful celebration in heaven with Mimi, Pop-Pop and Mee-Maw! We love you!

Grammy, Teepa, Uncle Ryan, Aunt Kasey,
Uncle Jake and Finn

PS: I can't believe our little pink grand-bundle is 14!

Hope Kirkpatrick

November 5-8, 2005

Amniotic band syndrome

Parents: Kirk and Aly Kirkpatrick

Little siblings: Ian and Jane

**Happy 10th Birthday, Serenity!**

Oh, Serenity, 10 years! I don't feel ready for this. I just cannot fathom how 10 years have passed since we first learned of you, shared you with our world and then you went just as quickly to heaven.

While I hated we went through it, God has taught me so much since your death, a love deeper than I have ever known, all through His Grace and His Sacrifice. Thank you, for being you, Serenity. While you were only here with me briefly, your short, beautiful life on earth impacts me daily.

You will always be my blessing. The joy in my soul that people will only get a glimpse of, but never see its entirety until we get to heaven.

Serenity Harrison

Miscarried December 3, 2009

Parents: Curtis and Jennifer Harrison

Siblings: Levi, Ziva and Evie



Happy 8th Birthday, Charlotte!

Happy birthday, Charlotte Grace! Another year has come and gone without you here in our arms, but that means we're one year closer to holding you in heaven! Daddy and I miss you so much, and there are so many "what ifs." I often imagine the kind of big sister you would be and how much your siblings would adore you. We love you so much and look forward to holding you again!

Love,
Mommy, Daddy, Evan, Audrey and Christopher

Charlotte Grace Harrison
December 28, 2011 - January 4, 2012
Unknown cause
Parents: Luke and Amanda Harrison
Siblings: Evan, Audrey and Christopher

**Happy 2nd Birthday, Olivia!**

Oh our sweet baby girl! How can it have been two years already?! Not a day goes by we don't talk about you. Your big brothers still love telling people about their tiny sister who lives with Jesus. Our hearts are still broken, but we are so happy to have you as a member of our family. We are grateful we get to celebrate the wonderful gift it is to know and cherish you. We love you and miss you so much!

Olivia Lorrain Horrocks
November 14 - December 13, 2017
Extreme prematurity and Gram Negative Sepsis
Parents: Shawn and Megan Horrocks
Big brothers: Sam and Ben

**Happy 4th Birthday, Gabe!**

Gabe, we miss you so much. I wish I could just hug you and hold you in my lap with your little brother. Happy 4th birthday, sweet boy. We love you so much, and we'll see you in heaven.

Love,
Mama, Daddy and David

Gabriel Michael Armstrong
November 12, 2015
pPROM
Also remembering
Emma Armstrong
Miscarried May 2015
Silas Armstrong
November 2016
Ectopic Pregnancy
Parents: John and Michelle Armstrong
Little brother: David

**Happy 1st Birthday, Adam!**

Happy birthday, Adam! We miss you, buddy!
Mom, Dad and Dallas the dog

Adam Lang Davenport
Stillborn December 19, 2018
Parents: Rebecca Rogers and Taylor Davenport

**Happy 5th Birthday, Baby Gamboa!**

Sweet lil baby, happy heavenly birthday! You are now the big 5. I can only imagine how amazing you are. I'm so ready to meet you, but until that day comes, pray for us. I'm sure grandma has you nice and spoiled. That's ok, because she's the best at it. Play until your heart is content and celebrate your big day like no other. I miss you daily even though we never met, but I know one day we will, and we will celebrate huge then. We love you!

Mommy, Daddy, Olivia, Christian and Chiquitita

Baby Gamboa
Miscarried November 21, 2014
Parents: Anthony F. Gamboa
and Denise Devora-Gamboa
Siblings: Olivia and Christian

**Happy 7th Birthday, Rylan!**

Sweet boy, how different our lives would be if you were here. We look forward to sharing chocolate milkshakes with you one day. Today and every day, we love you.

Rylan Doucette
November 27, 2012
Ectopic pregnancy
Parents: Aaron and Kristian Doucette
Siblings: Kinley and Alexyn

**Happy 1st Birthday, Sebastian!**

In loving memory of our angel baby, Sebastian. We hold you in our hearts until we can hold you in our arms. We miss you, sweet boy and love you beyond words. Happy 1st heavenly birthday, sweet Sebastian.

Love,
Mommy and Daddy

Sebastian Nicholas Heckard
November 26, 2018
Unknown cause
Parents: Nicholas and Gina Heckard



Happy 10th Birthday, Madilynn!

Ten years ago our lives were changed forever when we lost you. We will never forget your sweet face and the pride we felt in having you. Madilynn, you have two little sisters now, and we will always proudly say we have three daughters. You made us parents first, and we will always love you, sweet angel! Happy 10th birthday in heaven! We will celebrate you for all of our lives until that sweet day when we get to hold you in our arms again.

Madilynn Isabell Kelley

December 3, 2009

Cord accident/amniotic band

Parents: Cherish and Jeremiah Kelley

Little sisters: Alyson Hope and Ava Grace



The Special Garden

Written by Carah Hicks
Mommy to Brian Earls

There is a special garden,
where beautiful children play.

This is no ordinary garden,
it's very far away.

No one falls and scrapes their knee,
or even cries a word.

The only sound is their laughter
and the angels' chorus is heard.

These are very special children,
too beautiful for earth.

Some were blessed to be at the garden
even before their birth.

Others came and stayed a while,
until God called them home.

They flew up there on angels' wings,
what a site to be shown!

As Mommies and Daddies hearts they ache,
Jesus promised and He makes no mistake.

One day we will hold our most precious gems,
but until then, just play, until we see you again.

C. Hicks 2018

Happy 23rd Birthday, Jeremy and Joshua!

Knowing you are celebrating with Jesus makes heaven sound sweeter every year! Happy 23rd birthday, boys! I look forward to our reunion.

Jeremy and Joshua Barsanti
Stillborn November 21, 1996

Anencephaly

Parents: Randy and DaLana Barsanti

Brothers: Taylor Wesley, Collin, Harrison and Riley



From Gates of Prayer Reform Judaism Prayer Book

Submitted by Becky Johnston, Mommy to Abigail Papendick
and Baby "Darth" Papendick
M.E.N.D.-MidMichigan Chapter Assistant

In the rising of the sun and its going down,
WE REMEMBER THEM.

In the blowing of the wind and in the chill of winter,
WE REMEMBER THEM.

In the opening of the buds and in the rebirth of spring,
WE REMEMBER THEM.

In the blueness of the skies
and in the warmth of the summer,
WE REMEMBER THEM.

At the rustling of the leaves
and in the beauty of autumn,
WE REMEMBER THEM.

At the beginning of the year and when it ends,
WE REMEMBER THEM.

When we are lost and sick at heart,
WE REMEMBER THEM.

When we have joys we yearn to share,
WE REMEMBER THEM.

As long as we live, they too shall live,
For they are now a part of us.
WE REMEMBER THEM.

**MAY YOU FIND JOY IN THE SEASON.
MAY YOU FIND PEACE IN ITS REASON.
MAY YOU FIND HOPE IN THE HOLIDAYS!**

In Loving Memory

Thank YOU for your support

Grace Selena Aguilar

Stillborn November 15, 2013
Given by mommy Jennifer Nizzi

Henry August Back

Miscarried July 26, 2013
Given by parents Jennifer and Jacob Back

Baby Barth

Miscarried August 2016
Given by parents Aubra and Jason Barth
and little siblings Jewel and Jay

Baby Bartmas #1

Miscarried February 18, 2016

Baby Bartmas #2

Miscarried September 3, 2016

Mikaela Constance Bartmas

Stillborn June 2, 2018
Congenital Diaphragmatic Hernia
Given by parents Rebecca and Rick Bartmas

Elijah Zane Bastian

Stillborn October 3, 2013
Given by parents Lacey and Matthew Bastian

Andrew Robert Bateman

Stillborn October 7, 2014
Given by parents Laura and Tim Bateman

Jordan Alexander Booker

Stillborn January 10, 2007
Cord accident
Given by mommy Norma Jordan

Levi Samuel Bowmer

April 19, 2013
Given by parents Jenae and Sam Bowmer

Kimani Renae Bray

Miscarried February 2005

Jeremiah Earl Bray

Miscarried February 2011

Laila Joyce Bray

Miscarried May 2011
Parents: LaTrina and Earl Bray III
Given by Melvin Scott

Andre Gabriel Broussard

Stillborn May 29, 2016
Trisomy 18
Given by parents Ana Maria and Ross Broussard

Bryson Heath Caten

Stillborn September 5, 2019
Given by mommy Lindsay Caten

Baby C Chlup

Miscarried May 4, 2006
Given by parents Cyndi and Jim Chlup

Jaylen Clark

Miscarried December 11, 2013

Baby Clark

Miscarried November 7, 2015
Given by mommy Tiffany Clark

Abigail Grace Crump

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

Sophie Jane Darnell

Stillborn May 28, 2013
Unknown cause
Parents: Brea and Tommy Darnell
Siblings: Luke and Piper
Gifts given by Grandmother Tammy Darnell
Grandparents Helen and Danny Lynch
The Skrasek Family

Roman Lorenzo Delira

September 4-5, 2017
Given by parents Sarai and Angel Delira

Hope C Denicola

Stillborn August 17, 2006
Given by mommy Nelie Denicola

Sofia Rose Diggs

Stillborn August 7, 2018
Given by mommy Lynna Scott-Diggs

Baby Dill

Miscarried May 2002
Cooper Graham Dill
Stillborn May 26, 2003
Given by parents Brandee and Jim Dill

Logan Wayne Fish

September 17, 2002
Skeletal Dysplasia
Given by parents Brittney and David Fish
and brothers Landry and Hudson

Anna Forsyth

Given by Anonymous

Paislee Ann Frette

April 4-5, 2012
Wolf-Hirschhorn Syndrome
Parents: Brent and Courtney Frette
Little sister: Colbie
Given by Grandparents James and LuAnn Junkin

Thank you to those who recently held a Facebook fundraising campaign or donated to M.E.N.D. through one of these. We are so thankful for our family and friends who show love and support during activities like these or other areas such as sharing about M.E.N.D., assisting at events, or simply and most importantly, praying for us.

CJ Gold

Miscarried August 12, 2008

Marina Gold

Miscarried July 14, 2009
Parents: Greg and Kathryn Gold
Big sister: Emily Gold
Given by Grandmother Nellie Gold

Gomez Twins

Miscarried March 3, 2019
Given by mommy Mayra Gomez

Ella Lynn Gonyea

Stillborn August 24, 2015
IUGR / No amniotic fluid
Parents: Sable and David Gonyea
Sister: Laurel
Given by Donna and David Gerety

Louis Micah Gonzalez

November 18, 2014
Given by mommy Eloisa Gonzalez

Serenity Harrison

Miscarried December 3, 2009
Given by parents Curtis and Jennifer Harrison
and siblings Levi, Ziva and Evie

Amanda Harvey

Miscarried May 19, 2005
Given by mommy Catherine Harvey

Hope Hernandez

Miscarried December 5, 2017
Given by parents Briana and Jose Hernandez

Kaiya Monae High

November 21-27, 2018
Given by mommy Kelandra Bluit

Baby Angel Horton

Stillborn October 23, 2006
Given by mommy Kourtney Horton

Arin Caylor Insall

Miscarried August 18, 2013
Given by mommy Kaci Insall

Aster Anita Kadonsky

Stillborn June 11, 2019
Given by mommy Heather Kadonsky

Elliana Grace Kundomal
Miscarried July 2010
Given by mommy Kali Kundomal

Eden McReynolds
August 29, 2019
Parents: Brooke and Matthew McReynolds
Given by Notes of Joy Sunday School Class of
First Baptist Concord, Knoxville, TN

Tyler James Merrill
Stillborn March 28, 2014
Tetralogy of fallot
Given by parents Jennifer and David Merrill

Baby Metz
Miscarried January 22, 2019
Given by parents Emily and Tanner Metz

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

Mario Saul Montes
Stillborn August 30, 2016
Emilia Lucia Montes
May 26 – July 1, 2018
Celeste Montes
Miscarried May 13, 2019
Given by parents Alva and Mario Montes

Jonathan Sanchez Morin
Stillborn June 13, 2010
Baby Sanchez Morin
Miscarried October 24, 2014
Given by mommy Deborah Morin

Rebekah Tikvah Nymeyer
July 16, 2015
Prematurity
Given by parents Terr and Jonathan Nymeyer
and siblings Isaac, Abby, Esther and Tirzah

Gabriel Alexander Paetz
September 8-17, 2017
Given by mommy Denise Paetz

Taylor Lynn Patterson
Stillborn December 30, 2007
Given by mommy Kyla Kemler

Abigail Papendick
March 3-4, 2017
Baby "Darth" Papendick
Miscarried September 6, 2018
Parents: Becky Johnston and Brian Papendick
Gifts given by Karen Gann
Leslie Thomas

Leylah Jane Perez
Stillborn October 19, 2012
Cord accident
Given by parents Daisy and Eric Perez

Margot Lily Perry
Stillborn June 10, 2013
Cord accident
Gifts given by parents Brandon and Marisa Perry
and siblings Adeline, Bennett and Noelle
Grandmother Marie Perry

Adalie Grace Potts
Stillborn June 30, 2017
Given by parents Chelsea and Ryan Potts

Baby Seven Rinaldi
Miscarried July 4, 2014
Madison James Rinaldi
Stillborn April 13, 2006
Given by parents Corley and Matt Rinaldi
and little brother Rush

Lionel Timo Judah Rodriguez
March 20, 2019
Given by parents Alkesha and Gabriel Rodriguez

Desirae Nicole Cavazos Romero
October 21 – November 29, 2006
Baby J
Miscarried August 1997
Given by mommy Veronica Cavazos

Elena Marie Rusert
May 23, 2011
Premature
Given by parents Tina and Michael Rusert
and brothers Liam, Asher and Gavin

Jude Rivera Salinas
Stillborn June 9, 2016
Given by parents Yesenia Rivera and Maria Salinas

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

Jaiden Michael Leonardas Snow
Stillborn September 4, 2019
Given by mommy Milda Snow

Savannah Kate Stanley
Stillborn January 3, 2004
Baby Stanley
Miscarried November 10, 2004
Given by parents Calli and Joel Stanley
and siblings Colton, Danika and Sara

Yuyu Valades
Stillborn March 9, 2017
Given by mommy Martha Valades

Morgan Vo
July 18 – August 13, 2019
Given by mommy Julie Le

Landon Michael Wallace
Stillborn September 18, 2000
Sarah Renae Wallace
Miscarried August 26, 2009
Hannah Mikhail Wallace
Miscarried May 2, 2013
Samuel Richard Wallace
Miscarried February 12, 2014
Emma Hope Wallace
Miscarried March 27, 2014
Daniel Alexander Wallace
Miscarried July 26, 2014
Abigail Blythe Wallace
Miscarried July 26, 2014
Rebekah Grace Wallace
Miscarried April 2, 2017
Given by mommy Esther Wallace

Katherine Ann Warner
Gifts given by
Jennifer Barnard
Julie Frazier
Marjorie Pickens

Adrian Joseph "AJ" Zuckerman
Stillborn March 30, 2007
Cord accident
Given by parents Al and Amber Zuckerman
and brothers Eli and Alex

Gifts of Support:
Christ Church Assembly of God, Fort Worth, TX
Second Baptist Church, Springfield, MO
Janis Kidder
Edith and Daryle Wieland
Nicholas Richardson
Stallworks LLC, Gladstone, VA
Christian Celebration Center, Midland, MI

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 magazine and other services to bereaved parents free of charge. For more information on how you can support M.E.N.D., please see the "About M.E.N.D." section in the back of this magazine.

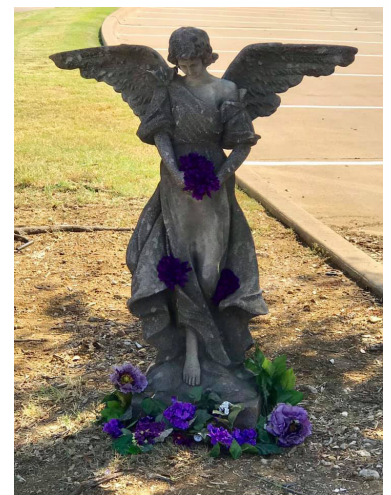
Dallas/Fort Worth Walk to Remember



It was a beautiful, sunny afternoon on Saturday, October 5, as more than 1,200 people attended the 23rd Annual Walk to Remember in Irving, Texas, remembering 322 babies. While waiting for the

Walk to begin, families were able to participate in our large raffle, visit the Memory Tables where parents displayed pictures and mementos of their babies, shop in the M.E.N.D. store to purchase t-shirts, create remembrance items at our craft stations and enjoy a bite to eat from the food trucks. The author of "Joy in Suffering," Rosemary Pope, served as the inspirational speaker. She shared her heartbreaking journey of losing three babies, and deciding to choose joy in the midst of her suffering.

We are beyond grateful to our numerous sponsors who donated items for our raffle, as well as monetarily, which enables us to keep this unforgettable ceremony free of charge. Thank you from the bottom of our hearts!



Thank you to all our sponsors of the Dallas/Fort Worth Walk to Remember.

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LuAnn and James Junkin
Remembering Paislee Ann Frette

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and Mikaela Constance Bartmas
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Remembering Lionel Timo Judah Rodriguez

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Greater Houston Area Walk to Remember



At our 14th Annual Walk to Remember for the Greater Houston Area, we remembered more than 230 babies with approximately 800 parents, family members and friends in attendance. Worship Pastor and fellow loss mom, Rebekah El-Hakam, mommy of Mary-Linda, shared her gift of music and the song she wrote about the loss of her daughter. Jennifer Perez shared her heart and her story of God's hope and love after the diagnosis of "incompatible with life" and subsequent death of her daughter, Hannah. This year, our event was a little different as we released doves to fly away as symbolism of our babies' souls flying to heaven to be with Jesus. This poem was read before the release of the doves:

From the beginning of time, white doves have been a beautiful symbol of hope, love, peace and the soul . . . the very essence of why we have gathered here today.

As we cherish the precious memories of our little angels, we also feel the profound sorrow of their absence.

In remembrance of them, we will release a snow white dove in a symbolic tribute to their tiny spirits, for we know that they are truly here today with us in spirit and forever within our hearts.

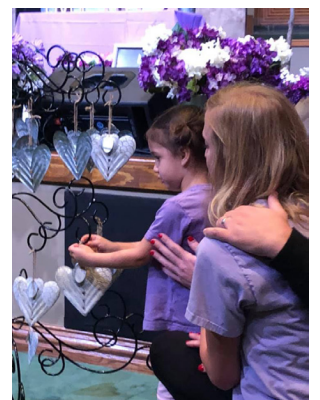
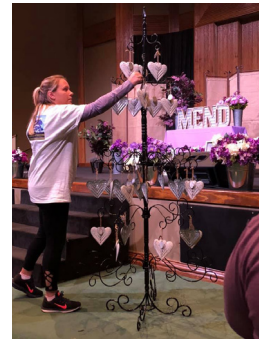
We will release a flock of white doves symbolizing the love we send to them.

As the doves join together in winged flight, our loved ones will soar throughout eternity surrounded by our love . . . until we meet again . . . for love transcends the boundaries of Heaven and of Earth..

As the doves soar over the horizon and far above the clouds, it is our hope that you will reflect upon how your special little loved ones touched your life, and you will send with them your sweetest memories, your prayers and your love.

It is said that if you whisper to a dove, she will carry your message to Heaven.

We wish, that as you experience this beautiful moment in time, your heart and your spirit will be lifted up, and you will forever know the hope, the peace, and the love embodied by the doves. May God hold you in the palm of His hand . . . Today, tomorrow, and always.



*"Oh, that I had wings like a dove. For I would fly away and be at rest."
Psalm 55:6*



Thank you to all our sponsors of the Greater Houston Area Walk to Remember.

Mercy Sponsors

Sharon Sebesta
Remembering
Emma Grace Myrow

Faith Sponsors

Andrew and Leslie Casarez
Remembering Cora Anne Casarez
and Poppy Casarez

Hope Sponsors

Holly & Andrew Cashion,
John & Sandy Weyrich,
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My Le
Remembering Cade Cashion

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Amanda and Luke Harrison
Remembering
Charlotte Grace Harrison

Emillyn Eguiarte
Remembering Ariel Wong-Eguate
and Angel Wong-Eguate

Aisha Osagie
Remembering
Ace Samuel Elon Ford Osagie

Debra Minter
Remembering Charlotte Finley

Love Sponsors

David and Kessi Wilhite
Remembering Jacob Martin Wilhite,
Isaac Odell Wilhite and
4 Baby Wilhites whose name we will
learn in heaven

Candi and Mike Witt
Remembering Arie Ronald Witt

Kenzie & Alan Watts
Remembering Cora Anne Watts

Jennifer & Mace Perez
Remembering Hannah Grace Perez

Tenya & Brandon Thomas
Remembering
Brandon Prescott Thomas, Jr.
and Jayden Lamar Thomas

Faith and John Story
Remembering Abigail Grace Story

Brenda Swisher
Remembering Charlotte Finley

Tarsha Ennis
Remembering Sky Olivia Burns Ennis
and Baby Ennis

Jennie and Brandon Middleton
Remembering
Bryson Glenn Middleton

Jacqueline Tovar & Jeffrey Lewman
Forrest Abraham Lewman

Karen and Rod Zeller
Remembering Gideon Zeller, Avery
and Joy Mitchell
and Cayden Raine Towery

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Remembering Ayden Marlee Dunn,
Baby Dunn #1, Baby Dunn #4
and Baby Dunn #5

Shane Meyer
Remembering
Aidan Shaw VanderCruyssen

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Hayley Myrow
Carol Harvey

Count It All Joy

Written by LaTrina Bray
Mommy to Kimani, Jeremiah and Laila
M.E.N.D.-Columbus, Ohio Chapter Director

Count it All Joy
Please, tell me how
So many mountains and valleys
Since that day until now

Heart gripped by sorrow
Will it ever let go?
Emotions are raging
Baby shower - Uh, I think NO!

Down a deep and dark hole
My way out - will I find?
On my tear-stained pillow
Am I losing my mind?

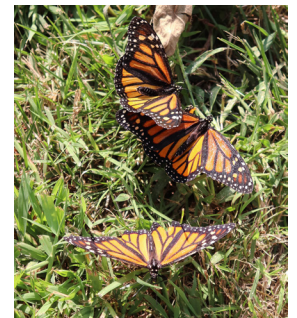
Fall colors, Winter snow
Days shorter, longer nights
Engulfed by this darkness
Wait! I see a Light!

As I share my truth
A smile appears on my face
Now, how did that happen
By experience...Amazing Grace

To peace from confusion and anger
Never thought I could M.E.N.D.
Pain is now Purpose
Since I talked to my Friend

Joy in suffering
Not a fairytale or a dream
Just Truth plus expectation
And someday...reality

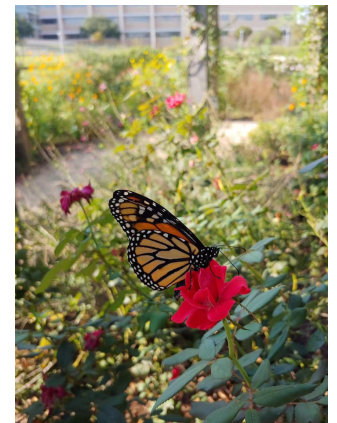
My heart beholds a reunion
With our two girls and baby boy
You see my HOPE is in Jesus
That's how I can Count it All Joy!



SW Missouri Butterfly Release & Wave of Light

We gathered together for two beautiful ceremonies to honor our babies in heaven: once in September for the Butterfly Release and again in October for the Wave of Light event. Our Butterfly Release was a casual, but meaningful time of fellowship and remembrance of our babies. Our 3rd annual Wave of Light event was co-hosted with Cox Labor and Delivery nurses and On Angels' Wings. It was another significant way we remembered our babies. With both ceremonies we were able to join with other moms and dads, have our babies' names read aloud and offer support and comfort to each other.

Bryan/College Station Walk of Remembrance



Joy to Sorrow - Will It Ever Be "Joy" Again?

Susan Adams, PhD, LPC, BC-NCC
 "Providing Guidance Through Life's Storms"
www.drSusanAdams.com

No matter how deep the grief or how great the pain, remember you are not walking along through life alone. Others have traveled this road before you and can help you through this difficult time. How do others live with joy even when life is challenging, or plans are shattered?

The ultimate ending of life and meeting Jesus takes all our sorrow and transforms it into joy. God created you to be filled with strength, peace, and joy. We get a glimpse of this through God's promises found in His Word. Parents need to acknowledge the precious life of their baby. How do you do that? Good question. Certainly, it does not happen overnight. It's called "grief work" and the "grieving process" for a reason.

Through God's love and gentle embrace, we are empowered to find a way through our sorrow. Each of us will travel down a different path, but the Lord will certainly walk every step with us. Our Heavenly Father knows the depth of our sorrow when our loved ones die (e.g., baby, parent, family member, friend, etc.). He gave His only Son to die for each of us so that our sins could be forgiven forever.

Here are some helpful, but simple tips for the holidays:

- Let your body and heart be your guide. The death of a loved one, no matter the age or circumstances, causes a deep wound in our hearts. Our bodies just cannot find the energy to do the things we normally do.
- If you are the one that prepares food for your family (however, you define "family"), but you do not feel up to the task this year, don't do it! Let others prepare food or buy the holiday fixings. Everyone will be just as full even though they might miss their favorite dishes.
- After everyone is full, they won't want to "move" anyway - so have a special time of "being thankful" around your Thanksgiving dinner table. Many of my clients tell me that there is nothing to be thankful for this year. However, can you find some positive things to be thankful for? What about the fact that your baby is now running and jumping in heaven? If your baby lived for a short period of time, can you focus on some of those special memories? Can you be thankful for friends, family, and your personal support group? They will not completely understand what you are going through, but then no one else can truly understand that. It is your grief and you can "own" that.
- For Christmas, send gift cards as presents this year instead of attempting to function well enough to buy presents. It will also eliminate the need to wrap them.
- Hang a special ornament on your Christmas tree to remember your baby (or family member). For some, you might want to put a stuffed animal under the tree to "watch over" the celebration of Jesus' birth. I had one client who bought an angel beanie baby that said, "Baby's First Christmas" and bought a sleigh for the angel. I had another one that went to the Build A Bear store and bought a teddy bear. There were three hearts put inside the teddy bear. Why three? One for the baby, one for Mom and one for Dad. She put the bear in her rocking chair that she got for her first Christmas. Be creative and think of something special that will bring joy to your heart - even though you have tears in your eyes.
- Do not be afraid to seek personal counseling to help you deal with your pain and sorrow. It is the healing of the heart that gives you a new awareness of life again.

Jamie Anderson wrote: "Grief, I've learned is really just love. It's all the love you want to give but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go." (lessonslearnedinlife.com)

Dallas/ Fort Worth Wave of Light





Alegría en el sufrimiento

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

¿Cuántos de nosotros saltamos de emoción para celebrar el sufrimiento? ¡Probablemente nadie! Sin embargo, James, el hermano de Jesús, comienza sus palabras de apoyo a los demás cristianos al decir: "Considéralo pura alegría, mis hermanos, cada vez que enfrentan pruebas de todo tipo, porque saben que la prueba de nuestra fe desarrolla perseverancia" (Santiago 1 : 2-3).

Cuando mi bebé Jonathan nació sin vida, tuve un deseo insaciable de buscar respuestas en la Biblia. Estaba enojada con Dios, me sentí traicionada por Aquel que pensé que traería a mi bebé a salvo a este mundo, y estaba muy espiritualmente confundida. Sin embargo, sabía que mi única ayuda verdadera y duradera vendría de Él y de Él solo, así que estudié la Palabra como nunca antes. Recordé una canción cristiana popular cuando era una niña basada en esta escritura. Sabía todas las palabras de memoria y con frecuencia cantaba cuando la escuchaba en la radio. Recité las letras de las Escrituras muchas veces cuando era adolescente sin pensar en las palabras. Cuando estas palabras volvieron a mí, una adulta afligida, pensé, .. No debo recordarlas correctamente. Seguramente, no están correctas.. "¿hay que considerarlo pura alegría cuando se enfrentan las pruebas ..."? ¡Sí, eso es lo que James dijo! Pensando en otra escritura sobre el sufrimiento, volví a Romanos 5, donde Pablo dice en el versículo 3- regocijarnos en nuestro sufrimiento. ¿Están locos? ¿O simplemente soy un debilucho? Es cierto, que durante mis días oscuros de emociones dolorosos estos pasajes me enojaron.

A medida que pasaban los días, las semanas y los meses, y seguí buscando la Palabra de Dios para consolarme y darme esperanzas, me topé con otra escritura que había conocido de niña pero que no le puse mucha atención hasta que la necesité: "No te aflijas, porque el gozo del Señor es tu fortaleza "(Nehemías 8:10). Ahora sé que Nehemías no estaba instruyendo a las madres de los bebés que acababan de morir de ser felices. Pero él le estaba diciendo esto a un gran grupo del pueblo de Dios que habían estado

en cautiverio e intentaban reconstruir sus vidas. Estaban deprimidos, desanimados y devastados. Nehemías les estaba dando una charla animada. Él no dijo que lo superarás, y simplemente alégrate por lo que tienes. No, él reconoció la situación actual y básicamente les dijo que su placer y felicidad en el Señor es lo que los llevará a través de esta temporada tan difícil. Reflexioné sobre esto y me di cuenta de que era muy parecido a esos israelitas. Acababa de recibir una sentencia horrible de vivir el resto de mi vida sin mi bebé, estaba tratando de reconstruir mi vida, pero estaba luchando terriblemente.

Con el tiempo, decidí que iba a hacer un esfuerzo para ser más feliz. Decidí que nunca tendría las respuestas de por qué murió mi bebé, y tenía que elegir entre vivir en un estado constante de tristeza o intentar sonreír, reír y descubrir lo bueno en lo malo. ¿Lo considero alegría cuando enfrentó sufrimientos? Bueno ... tal vez no de inmediato, pero me gusta pensar que eventualmente lo hago. Verdaderamente, veo que las penas que he soportado definitivamente han desarrollado perseverancia dentro de mí. Y esa perseverancia ha moldeado mi carácter en lo que soy hoy. Y esa nueva yo está tan llena de bendita seguridad (Romanos 5: 3-4) que sin duda volveré a ver a mis bebés algún día.

A medida que los días festivos evocan una gran cantidad de emociones cuando nos faltan seres queridos que queremos aquí con nosotros, tenemos que tomar una decisión. Podemos elegir la miseria, la destrucción y la ruina. O podemos decidir ser felices a pesar de nuestra tristeza y permitir que el Señor nos llene a la capacidad de superar los tiempos difíciles. Mientras nos despedimos de 2019 y entramos en una nueva década, yo desafío a todos nosotros a centrarnos en la belleza y las bendiciones de nuestro sufrimiento, a pesar de la tristeza. Elijamos la alegría.

Healing My Heart

Written by Jennifer Harrison

Mommy to Serenity

M.E.N.D.—*Magazine Editor*

Why is grieving such a struggle? We feel like we are cracked, broken, trying to understand these waves of emotions of grief. We can be happy one moment, and the next hiding in the closet sobbing uncontrollably because a scent caught us off-guard or a date reminded us what we should be doing.

We were not meant to grieve. We were not meant to see the death of our loved ones. But sin came, along with death, and then grief.

"Sin, in its entirety, bringeth forth death."

James 1:15

"For the wages of sin is death."

Romas 6:23

I've known all this. It was taught to me from a young age. And at the time, I just categorized it as some of those bad things I did, "breaking the rules."

But in my grief, I really struggled with this simple thought. Verses like King David stating he would go to his baby in heaven someday were meant to be supportive. To me, though, I could immediately point to David's sin as why his baby died, but what was mine? What was yours? What was any body's that they did something so horrible their baby had to die?

It took me quite a few years (some days I'm still not totally there) and lots of deep soul searching. There were many times (and still are) I had to put this complex problem back on the shelf because either my heart felt or God just knew I wasn't ready for the answers.

Recently, though, 10 years after my loss, God's given me a little more wisdom in my journey.

God created a perfect world when He created Eden. His perfect garden where everyone would live in peace and happiness with no death, tears or suffering.

But then... sin happened.

And with sin, brought forth death. The death of the innocent. The death of the first animal to make clothing for Adam and Eve. The death of Able. The death of so much more, including infants as shared in the Old Testament and other historical documents.

At the time of my loss, I kept thinking "what did I do wrong?" I wanted answers. Why? So I could fix it. So I could do better. I was one of those students who wanted to know what I needed to do to get the "A."

But this wasn't an "A" situation. It wasn't something I could just fix. And I struggled in not being able to fix it like I try to do everything else.

Lately, I have begun to realize more about our fallen world. We are born into sin, and sin brings forth death, as said in James. While I would like to pinpoint where my fault was, there wasn't any specific thing. My baby died, because we live in a fallen world. People battle cancer, diseases, and other kinds of ailments, because we live in a fallen world.

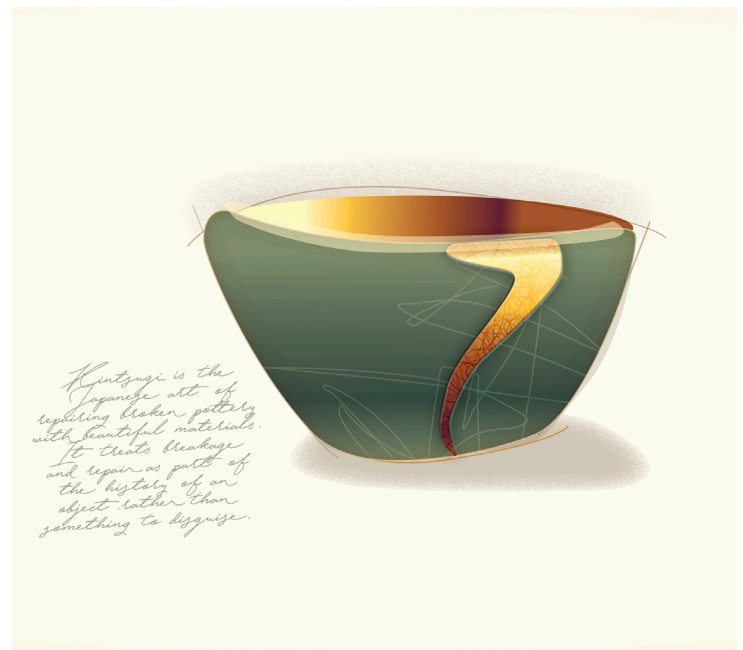
I do sin, so I do have the blame in my own personal sins, and thankfully I can claim the other part of Romans 6:23 that I have the "gift of God, which is eternal life in Christ Jesus our Lord," when I admitted I was a sinner and asked Jesus to save me. But my loss is not God "punishing me" for my sin. It's because death happens in a fallen world of sin. And unfortunately, our babies were caught in this.

I do know God could have stopped what was happening and given me the miracle, the healing I so desired. But what I desire for healing isn't always what God desires for me in healing.

God has slowly been healing my heart. He didn't heal my baby or my womb or whatever happened to my baby 10 years ago. I won't know exactly what happened until I join her in heaven.

I struggle because I want to see the bigger picture, what happened, why it happened, and what will happen. But only God knows that.

In the meantime, He has been slowly filling the cracks and holes in my heart. The crack and hole will always be there, just as we see in the Japanese art of Kintsugi. The cracks and holes are still visible, but the beauty in them is the story of the brokenness, and the artist pouring the gold in to make what was once broken, whole again.



M.E.N.D. CHAPTER UPDATES

Christmas is a special time for some chapters as they host Christmas Candlelight Ceremonies.

These ceremonies provide special moments for families to focus and remember their babies during the holiday season.

For more details on a Christmas Ceremony hosted by a chapter near you, please visit www.mend.org/events for information and to register.

Greater Houston Area

M.E.N.D.–Greater Houston Area is looking forward to our Christmas Candlelight Ceremony on December 7, at 7:00 PM at Spring Baptist Church.



Watch our facebook page for more updates and visit www.mend.org to register. We are praying for you throughout this holiday season. We know this time of year can bring to surface so much of our grief.

While we always miss our babies,

Thanksgiving and Christmas time seems to highlight how much we miss them. We are here for you. We are praying for you.

Stormy

MidMichigan

M.E.N.D.–MidMichigan continues to welcome new women and couples each month to our group. We are thankful for the support we've felt from



the community and look forward to reaching more grieving families in the MidMichigan region. Our hearts and prayers are with you during this holiday season.

Karen

Southwest Missouri

Our chapter continues to connect and provide comfort to hurting families in the SW Missouri area.



At our support groups held the first Thursday of each month, we consistently welcome new families with babies in heaven. I have also had several opportunities to share about our chapter in our community.

Our 10th Annual Christmas Candlelight Ceremony will be held on Monday, December 9, at 7:00 PM at Second Baptist Church. For more information contact kathryn@mend.org.

Kathryn

Columbus, Ohio

Thankfully, we are scheduled to hold our first support group meeting on November 11. We are grateful for the opportunity to provide comfort for grieving families in Columbus and the surrounding areas.

As the holiday season draws near, we are praying for a gentle and peaceful time. We all know the holidays can be emotional, and sometimes even painful, but we want to encourage that we are on this journey toward healing with you. To find out about M.E.N.D.-Columbus, donate, or volunteer, please feel free to contact me at latrina@mend.org. We are praying for you!



LaTrina

San Antonio, Texas

M.E.N.D.-San Antonio continues to grow and provide comfort to families in San Antonio. We are praying for a gentle holiday season.

We are working with other organizations in the area to educate and serve our community. For more information about M.E.N.D.-San Antonio, please email katie@mend.org or call/text (307) 217-6363.



Katie

Bryan/College Station, Texas

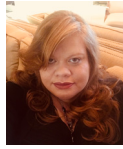
M.E.N.D.–Bryan/College Station held our annual Walk of Remembrance! It was a beautiful event that concluded with a mass butterfly release. We were able to celebrate and remember all of our babies in heaven. I want to thank the George H.W. Bush Presidential Library and Museum for hosting our event as well as Nothing Bundt Cakes of College Station for sponsoring our event. This event could not have happened without our wonderful volunteers: LaRhessa Johnson, JaeCee Crawford, Jason Drude, Jennie Drude, Janet Divin, Kara Wilkerson, Stacy Ferrell and Ashlea Schroeder.



Jennie

Palm Beach, Florida

M.E.N.D.-Palm Beach, Florida continues to connect to broken-hearted moms and dads in our community by collaborating with our local hospitals and non-profits who are dedicated to helping families in their grief.



Our first Wave of Light was a beautiful remembrance event of families gathering to light candles in honor of our babies in heaven. We spoke each of their names and whispered "I love you" into the wind, then shared our stories and fellowshiped together. Our hope is that our Christmas Candlelight Ceremony is just as beautiful and reflects the unique beauty of every baby's story!

M.E.N.D.-Palm Beach needs a few helping hands. We are currently looking for a few talented volunteer assistants to help lead the chapter. If you'd like to help, or know someone who might, please contact me for more details!

Jessica

Tulsa, Oklahoma

I am honored to be named the new Chapter Director of M.E.N.D.-Tulsa. I attended my first meeting in 2011, and I am so thankful to our previous Chapter Director, Lisa Daily, for the support our family was given when we were fresh in our grief journey. I speak for many in Tulsa who are thankful for all she has done in her many years of service. Lisa, you will be deeply missed by many in Tulsa.



We will be holding a Christmas Candlelight Ceremony on December 10. Please watch our facebook page and our website (www.mend.org) for details, as well as how to register.

Cat

Lynchburg, Virginia

We are happy to say we are closer to opening M.E.N.D.-Lynchburg. We are still looking for two more assistants who can help me run our chapter. If you are interested, please email me at Melissa@mend.org for more information.



With the upcoming holiday season, I hope it is gentle on you. I know how hard it is to celebrate when part of you is missing.

Melissa

Denver

M.E.N.D.-Denver is currently seeking a new support group location closer to downtown Denver. If you know of any spaces available, please contact me at kimberly@mend.org.



Kimberly

Chicagoland

M.E.N.D.-Chicagoland cherish our opportunities to remember each and every Chicagoland baby in heaven as we approach the holiday season. We lovingly remembered them with a lighted bag walk and balloon release in October. We look forward to our tree decorating day at the Brookfield Zoo Lights display, which will be held on Saturday, November 23. We know how hard the holidays can be when missing a baby you hold so dear. We are thankful to continue to walk with families in our area during this holiday season as we remember our babies together.



Sara



NW Washington



M.E.N.D.-NW Washington invites you to join us this holiday season for our 9th Annual Christmas Candlelight Ceremony. Please watch our facebook page and our website (www.mend.org) for details, as well as how to register. Childcare for children under 5 will be available. We invite you to bring any family and friends with you.

We are thankful for the people and businesses listed below who supported our chapter in contributing to our online acution. Thank you also to all who participated in our our auction to help raise funds for our chapter.

Stacy

- J Babe Creations
- Sluys Bakery
- Latte On Your Way/Greens On Your Way
- All Star Lanes
- Dancing Brush
- Olive Garden
- Bella Bella Cupcakes
- Blu Berry Frozen Yogurt

- See Film Cinema
- Hops n Drops
- Moctezuma Mexican Restaurant
- Kids Discovery Museum
- Flicka Women's Clothing
- Blossom Baby
- Ocean 5/Table 47
- Seattle Seahawks

- Starbucks Bucklin Hill
- Hayley Reid Artist
- Scentsy by Melanie Refuerzo
- Usborne
- Trader Jos's
- Dot Dot Smile by Kelli Stone
- Alainn Salon-Rhianna Guevara

Rainbow/Subsequent Babies

Exerts from

6 Feelings You Have When You Have A Rainbow Baby

Written by Rachel Quenzer,

Founder and owner of The Everyday Mom Life and Sugar Maple Farmhouse

...Having a rainbow baby always sounds like such a simple, beautiful concept.

And it is beautiful, but it's nowhere close to simple....

Before giving birth to my daughter I had a stillborn son and three miscarriages....

In the month that followed after her birth, I experienced a range of emotions that some would expect and some that I've actually never told anyone about.

Shock

It happened! I had done it. I made a person. Now what am I supposed to do?

Freedom

All of a sudden I could breathe again. ...The proverbial weight on my shoulders felt like it had physically been removed. I was free. Free from pain, free from anguish, free from sorrow, guilt and mourning.

Indescribable Joy

Most people might think you experience joy right away being a parent after loss. I didn't. It didn't take long for me but it wasn't the first day.

Anxiety/Postpartum Anxiety

Once I knew I loved her, I knew I could lose her. Having a child after loss isn't easy. I could imagine the scenarios in my head and would break down in tears without any warning. Everything scared me.

Remorse

My daughter was a bit colicky the first few months of her life. ...it made me miss her older brother desperately. I wondered if it would be so difficult with him and I wondered what he would have been like as a baby.

Contentment/Fulfillment

.... a perfectly ordinary moment that normally wouldn't stand out to someone. But for me it was the symbolism for my contentment with life and my fulfillment in becoming a mother. I didn't need anything else. I didn't want anything else. I had it all and it was glorious.

That moment is the embodiment of a rainbow for me.

First published on July 16, 2018, on www.theeverydaymomlife.com. To read the article in its entirety, please visit www.theeverydaymomlife.com/mom-life/feelings-when-you-have-a-rainbow-baby/

Subsequent Births

Celebrating our Rainbow Babies

Jeremy and Cherish Kelley
of Springfield, Missouri,
along with big sister Alyson,
joyfully announce the arrival of Ava Grace,
born September 3, 2019,
measuring 7 lb., 4 oz.,
and 19.5 inches long.

The family lovingly remembers
Madilynn Isabell,
December 3, 2009,
cord accident

Book Review

I Can Breathe Again:

Put One Foot in Front of the Other and Give Yourself Permission to Heal

Written by Ashley K Pittman

Reviewed by

Nikisha Perry,

Mommy to Raekwon Kemel McGhee

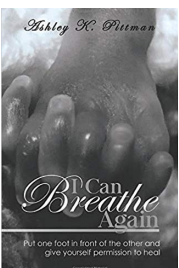
M.E.N.D. - Greater Houston Area

Kingwood Director

I loved how the author, Ashley, began the book with how she and her husband met. She's very open and honest with her gynecological history, which was important for the reader to understand Ashley's journey. When she talked about the excitement of how she felt when she saw the positive pregnancy test, I felt like I was right there with her in the excitement.

Ashley's emotions and thoughts throughout the book about each pregnancy, loss and birth of her living children brought me to tears as I grieved and celebrated with her, and remembered my own journey in motherhood.

I related to her experiences, and it was a bittersweet time of remembering my own pregnancies. Ashley had a difficult journey, but was victorious through it all. She encourages the reader to know we can make it through. She lets the reader know we are not alone, and that it is okay to seek professional help. One of my favorite parts of the book is the prayers she has for the reader to pray and the concluding letter to parents in a similar journey.



Life After Loss

The Beauty in Seeing His Name

Written by Stormy Mitchell, M.E.N.D. - Greater Houston Area Chapter Director

My husband and I live in south Texas, just north of Houston. We don't get the chance to see snow where we live very often. If it snows locally, it is usually a flurry of snow here and there, but it rarely sticks to the ground. However, in December 2017 and January of 2018 we got snow! And the snow stuck around for a little while. When the snow started to accumulate, I knew instantly I had to write the name of our firstborn son Gideon in the snow as a way to remember him. Our neighborhood had become a beautiful winter wonderland. And though Gideon never experienced snow on this earth, I wanted him to be a part of the wonderment and joy with his family. If he had lived, he would have been excitedly running around with his 2 little brothers, experiencing the magic of winter. He is always in our hearts. But there was just something special about seeing his name in the pure white snow. Gideon.

People say each snowflake is unique. No two are alike. Just like no two people are alike. Gideon was like a snowflake in that way, there could be no one like him ever again. His soul, his essence, who he was is miraculous and remarkable. There will never be another him. And just like those snowflakes stayed with us only briefly, so did our sweet boy's earthly life. The snow melted before we were ready, and we had to say goodbye to the beauty of the snow, our son left us before we were ready and we had to say goodbye to the beauty of his life. One day, when we all get to be with Jesus, it will be that very moment is filled with the same magnificence of a snowy day. And that snow will never melt and go away.



Reviewed by
Melissa Scifres,
Mommy to Jaxson Kolt
M.E.N.D. - Lynchburg Chapter Director

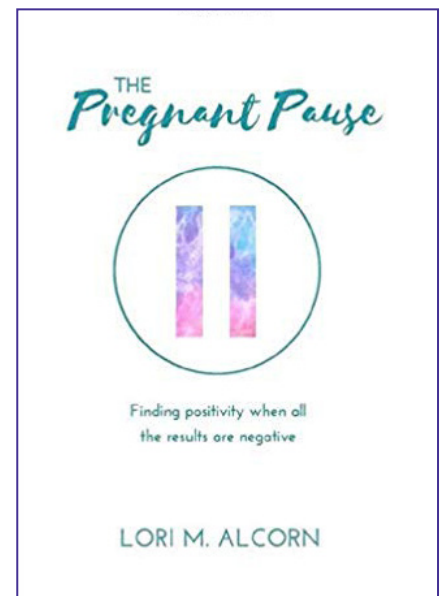
Book Review

The Pregnant Pause

Written by Lori M Alcorn

I had the pleasure of reading *The Pregnant Pause* and learning the author's journey of infertility and miscarriage. She was "finding positivity when all the results are negative," as the book states.

Lori talks about her dream of being a mom and getting married. She dives into her challenges of not being able to carry a baby to term. She shared that all the challenges God gave her were for a purpose. She changed careers and went back to school. Through it all she learned to give it to God, and know in everything, He has never left her side. Being a mom is still in her plan, but Lori had to learn it's not about following only her plan, but God's plan. This book shows what true faith is.



About M.E.N.D.

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 support groups, this magazine, and our website at www.mend.org. For inquiries, subscription requests, deletions, and submissions to the magazine, contact us at:

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

Chapter Information

M.E.N.D.–NW Washington
Meets the 2nd Monday at 6:30 PM
The Oak Table Cafe'
3290 NW Mt. Vintage Way
Silverdale, Washington 98383
Director: Stacy McGhee
stacym@mend.org, (360) 662-6161

M.E.N.D.–SW Missouri
Meets the 1st Thursday at 7:00 PM
Project H.O.P.E.
1419 S. Enterprise Ave
Springfield, Missouri 65804
Director: Kathryn Gold
kathryn@mend.org, (417) 770-0600

M.E.N.D.–Bryan/College Station
Meets the 2nd Tuesday at 7:30 PM
Hawthorne Suites
1010 University Drive East
College Station, Texas 77840
Director: Jennie Drude
jennie@mend.org, (402) 704-6363

M.E.N.D.–Tulsa, Oklahoma
Meets the 3rd Tuesday at 7:00 PM
Canyon Crossing
1651 E Old North Rd.
Sand Springs, Oklahoma 74063
Director: Cat Markham
cat@mend.org, (918) 694-4325 (HEAL)

M.E.N.D.–Online Support Group
Held the 3rd Thursday at 9:00 PM (CST)
to join, contact
Director: Victoria Alcorn
victoria@mend.org (469) 412-2786

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

M.E.N.D.–Palm Beach, Florida
Meets the 2nd Thursday at 7:00 PM
Embark Lake Worth
3927 Hadjes Dr
Lake Worth, FL 33467
(close to Turnpike and Lake Worth Rd)
Director: Jessica Gaddie
Jessica@mend.org, (561) 843-3509

M.E.N.D.–MidMichigan
Meets the 1st Tuesday, at 7:00 PM
Ashman Plaza
713 Ashman Street
Midland, Michigan 48640
Director: Karen Kilbourn
karen@mend.org, (989) 577-5755

M.E.N.D.–Denver
Meets the 2nd Tuesday at 7:00 PM
Journey Church
9009 Clydesdale Rd.
Castle Rock, Colorado 80108
Director: Kimberly Adams
kimberly@mend.org, (720) 593-0166

M.E.N.D.–San Antonio, Texas
Meets the 4th Monday, at 7:00 PM
8620 N New Braunfels Ave
San Antonio TX 78217
Director: Katie McClelland
katie@mend.org

M.E.N.D.–Lynchburg, Virginia
Coming Soon!
Director: Melissa Scifres
melissa@mend.org

M.E.N.D.–Greater Houston Area
Greater Houston Area Main Chapter:
Meets the 3rd Thursday at 7:30 PM
Lone Star College,
3200 College Park Dr, Room A228,
The Woodlands, Texas 77384
Greater Houston Area Director:
Stormy Mitchell
stormym@mend.org, (405) 529-6363

Satellites in Greater Houston Chapter:
Katy, Texas:
Meets the 2nd Thursday at 7:00 PM
Katy Community Fellowship
24102 Kingsland Blvd
Katy, Texas 77494

Katy Director:
Kessi Wilhite, kessi@mend.org
Kingwood Area, Texas:

Meets the 2nd Thursday at 6:30 PM
6450 Kings Parkway
Kingwood, Texas 77346
At Rosemont Assisted Living,
2nd Floor Community Room
Kingwood Director:
Nikisha Perry, nikisha@mend.org

Subsequent pregnancy group
Meets every other month
on the 3rd Thursday at 7:30 PM,
led by Stormy Mitchell
(stormym@mend.org)

Daddies group
Meets quarterly
on the 3rd Thursday at 7:30 PM,
led by Greg Miller
(stefaniem@mend.org)

M.E.N.D. Support Groups in the Dallas/Fort Worth Metroplex

Mommies AND Daddies are both welcome at all M.E.N.D. support groups. Unless otherwise noted, all support groups are held at: Wells Fargo Bank (building with black windows), 800 W. Airport Freeway Irving, TX 75062 (Located off 183, between MacArthur and O'Connor). Support groups will be held at the bank board room, located on the first floor. For more information, call (972) 506-9000.

M.E.N.D. chapter support groups are held the 2nd Thursday of every month from 7:30 - 9:00 PM

Daddies group meets the 2nd Thursday of March, June, Sept. and Dec., from 7:30 - 9:00 PM
Moms and dads meet together for introductions before dividing into two groups for discussion.

Parenting Groups:

Subsequent pregnancy group
meets the 4th Tuesday
from 7:30 - 9:00 PM
Led by Marisa Perry: marisa@mend.org
For families who are considering
becoming pregnant or are currently
pregnant after a loss.

Parenting After Loss group
(parents only)
meets the 1st Thursday at 7:30 PM
at Panera Bread
1900 Preston Rd.
Plano, Texas 75093
Contact:
Laura Bateman at laura@mend.org or
Tina Rusert at Tina@mend.org.

Parenting After Loss groups are for families
raising living children after a loss.

Parenting After Loss Playgroup
(children welcome)
Currently it meets in Irving at the play
area inside Irving Bible Church, but will
eventually meet in various locations
For more details, contact:
Corley Rinaldi at Corley@mend.org.

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