



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

Volume 25, Issue 6

November/December 2020

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Holidays

We are thankful for all who joined us online for the 2020 Virtual Walk to Remember as we acknowledged and honored our babies who will never be forgotten.

As we lovingly hung our ornaments on a tree, it reminded us of the holidays to come, and the uncertainty in them.

In this issue, we hope to calm some of those fears, and provide insights to help bring peace in the mixed emotions of joy in the holidays, yet sadness as we long for those not with us.

In this issue...

Traditions Changing

Rebekah shares insights of how she has handled traditions for Baby Jonathan and Baby Mitchell over the years.

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Handle with Care

Alicia shares her story of anticipation and struggles surrounding the holidays, and a request many of us may need to apply also.

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The Star

Shine, little ones, shine for all to see. Read more about how our little ones are meant to shine like the stars.

page 11

January/February Topic

Navigating Loss During a Pandemic
Deadline: November 30, 2020

March/April Topic

Give Yourself Grace
Deadline: January 31, 2021

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to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.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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As a national organization, M.E.N.D. Leadership continues to monitor conditions in the United States relating to COVID-19. Since restrictions differ in each state, please follow your chapter on Facebook or connect with your Chapter Director for updates regarding support groups. For information on support groups, including The M.E.N.D. Nationwide Support Group that meets year-round, please see page 19.



Feature Article

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

Traditions Changing Through the Years

No matter how many years it has been since the stillbirth of our son, Jonathan, in 1995, and the miscarriage of our little baby in 2001, I still wonder and think about how different Thanksgiving and Christmas would be if they were here. They are both remembered and represented by little stockings that I incorporate into my Christmas decorations, and of course we publicly acknowledge them at the annual M.E.N.D. Christmas Candlelight Ceremony by lighting a candle in their memory and saying their names aloud. I also put up a Christmas tree in my office that only has ornaments from the M.E.N.D. Walk to Remember ceremonies – I call it my M.E.N.D. tree. My twin sister decorates my home each year for the holidays, but this is the only sacred decoration that I put up myself, alone.

These are the holiday traditions that just naturally settled for Byron and me over the years, but early in our grief journey we acknowledged our heavenly

Early in our grief journey we acknowledged our heavenly babies in perhaps more open and overt ways.

babies in perhaps more open and overt ways. The first few Christmases, I

added an angel punch-out next to our names on our Christmas cards. We also used to hang a stocking for Jonathan on our mantle, next to our three stockings (now I hang it in the hands of one of my big Christmas angels in my foyer). For several years we “adopted” a boy from the Angel Tree at the mall or another charitable ministry, who was Jonathan’s age and provided Christmas gifts for him.

You may wonder: at what point and how did you decide to stop recognizing your baby on your Christmas cards or hanging his stocking on your fireplace? Well, honestly, it just happened. I think I used that little angel hole punch for about three or four years, then one year I simply forgot. I had mailed our usual 200+ cards and didn’t think a thing of it until one of my fellow M.E.N.D. friends asked me why I didn’t include Jonathan in our Christmas card. At first, I was horrified and felt terribly guilty.

Then I realized it was okay, and I gave myself permission to accept that if I didn’t think about it when I was stuffing and stamping all those cards, it must mean I was ready to move on from that aspect of grief. Not forget, mind you! Just move on a bit. Regarding his stocking, we had moved, and I decided I needed to purchase different stockings that better matched the decor of our new home. I fretted and agonized with deciding if I should buy three or four new stockings...or even five to include our miscarried baby. I settled on just three, and that’s when I began placing the other two stockings that had always been Jonathan’s and Baby Mitchell’s somewhere else in my house. I know what they are and who they represent, but a random person coming into my home probably wouldn’t clue in, and that’s okay.

One thing I’ve learned over the past 25 years is that everyone chooses to remember their babies differently and there is no rule or guideline for how many years is acceptable or “normal.” Some families never acknowledge their heavenly babies during the holidays, and that is their rightful choice. While some, like me, are years out and continue to include their little ones in some way, either through decorations, attending a remembrance ceremony, or even giving a monetary donation to an organization like M.E.N.D. in their memory. As I mentioned, it took several years before what is now our holiday tradition evolved into what it is today. Some things we stopped, and some we’ve added. It may take you a few years as well to decide what you feel is right and comfortable. Whatever you resolve, make sure it’s YOUR choice, and not what anyone else has pressured you into doing or not doing.

I also know this year may prevent us from participating in some of our annual remembrance traditions, which may cause some added emotions and sorrow. At the time

Whatever you resolve, make sure it’s YOUR choice, and not what anyone else has pressured you into doing or not doing.

Continued on page 6

Birthday Tributes



Happy 1st Birthday, Scarlett!

Happy 1st birthday in heaven, baby girl. Mommy and Daddy love you so very much. Thank you for choosing me to be your mommy. You were so little but made an everlasting footprint in our lives and hearts of all those around you. Rest in heaven, baby girl. We all love and miss you deeply!

Scarlett Marie Shipley
November 16, 2019
Anencephaly
Parents: Checotah Pennington and Kody Shipley



Happy 1st Birthday, Lucas!

Happy 1st heavenly birthday, our sweet angel Lucas! We can't believe a whole year has passed since you left us. We miss your sweet face every day and hope you are looking down on us. Although this isn't how we imagined your 1st birthday would be, we are smiling because we know you are happy and loved! We look forward to the day when we are reunited in heaven, but, until then, know we think about you every day. We love and miss you so very much, Lucas!

Love,
Mommy, Daddy and Big Sister Jordynn

Lucas Good
November 9, 2019
Umbilical cord accident/hypercoiling
Parents: Kayla and Robert Good
Big sister: Jordynn



Happy 15th Birthday, Hope!

How can it be 15 years since I held you, my little pink bundle, in my arms? Time has a funny way of zooming ahead of us. I imagine you will have a big celebration in heaven surrounded by family and friends this year. We love you very much and will hold you in our hearts until we can hold you in heaven. 2 Samuel 12:33.

Lots of love,
Mama and Daddy

Hope Kirkpatrick
November 5-8, 2005
Amniotic band syndrome
Parents: Kirk and Aly Kirkpatrick
Younger siblings: Ian and Jane



Happy 8th Birthday, Brayden Ryan!

Eight years! I'm not sure how that's possible, because it seems like yesterday, in so many ways, baby boy, that you were here and gone. You would be in grade 3 this year. I wonder what kind of sports you would enjoy. Would you like riding a bike, are you artistic, what kind of music would you be listening to, do you like to read, what movies would you want to see, are you good at math? Know that your Mom is asking these questions a lot lately! You are so loved here on earth, and there isn't a day goes by you are not thought of. Hug my dad for me. Happy birthday, baby boy!

Brayden Ryan Stockford
Born sleeping December 28, 2012
Parents: Heather and Steven Stockford



Happy 1st Birthday, Baby Josiah!

Josiah, the day you were born our entire world turned upside down. You were our hope and joy in the midst of so much darkness that was taken away from us far too soon. We miss you more than words could ever express. We would give anything to hold you one more time. We often think of this quote when we think of you: "Some people only dream of angels, we held one in our arms." We cannot wait to see you again in heaven someday, and until then, we will celebrate your birthday from afar!

Happy birthday, sweet son! We love you!

Josiah David Witt
November 21, 2019
Late miscarriage/unknown cause
Also remembering
Bennett Witt
September 28, 2020
Parents: Jacob and Kristina Witt
Big brothers: Jayden and Kasen



Happy 5th Birthday, Baby Clyde!

Sweet child of mine, it's been five years since you were born and left for heaven. These past five years my life has changed so much, and the love I have for you has been my strength. You are my light and reason to keep going. I thank God for giving me the opportunity to be your mom. You are so loved and missed. I love you forever, Baby Clyde.

Happy 5th birthday, mi hijito lindo!

Clyde Edwin Miller V
December 11, 2015
Sudden placenta abruption
Mommy: Paola Calderon



Happy 5th Birthday, Gabe!

We love you and miss you more than words can say. We can't believe it's been five years since we held you and saw your sweet face. It would have been so fun to spend your birthday together. Would your party theme have been dinosaurs or trucks? We find some comfort that you get to spend the day with Jesus, and we will see you in heaven again someday. Our hearts break when we think of the milestones we missed, while we also treasure the short time we did share. We will hug your little brother tightly while we wait.

We miss you and love you,
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: Michelle and John Armstrong
Little brother: David

**Happy 6th Birthday, Baby Gamboa!**

Sweet baby, happy 6th heavenly birthday! Time seems to fly by, yet, I can't erase the day from my mind in which you left us. I so look forward to the day when we finally meet. Until then, pray for us and keep letting Great-Grandma spoil you. I love you, miss you and we all want to say "Happy, happy, happy blessed birthday."

Love,
Mommy, Daddy, Olivia, Christian and Tita

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

**Happy 8th Birthday, Rylan!**

What a different world it would be
If instead you were here with me.
Love you, sweet boy.

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

**Happy 4th Birthday, Blakeleigh!**

Wow! Our beautiful Blakeleigh would have been 4 years old. She would be in preschool with her younger sister, Brielynn, playing with her brand new brother, Branson, showing her younger siblings about life and what she is learning. We miss you dearly, sweetheart. Your dad and I always ponder about what it would be like to have the three of you kiddos together. We hope you have a fantastic 4th birthday in heaven. One day we will all be able to celebrate together. We love you to heaven and back.

Love you,
Mommy, Daddy, Brielynn, Branson and Chelokee

Blakeleigh Delamere Rougeau
November 19, 2016
Asphyxiation due to sacrococcygeal teratoma
Parents: Brook and Brandon Rougeau
Siblings: Brielynn and Branson

**Happy 1st Birthday, Barron!**

Happiest birthday to our littlest love, Barron. I cannot believe it has been a year since we lost you, way too soon. There is never a day our lives move on without thinking of you. Our hearts will be forever broken without you here with us. We made you a promise that the shadow of your death would never extinguish the light of your life. We will forever carry the torch of love in your name. We can't wait to hug and kiss you again. Happy birthday, sweet bear.

Love you always,
Mom, Dad and Bennett

Barron Lehr
December 29, 2019
Premature rupture of membranes
Parents: Morgan and Travis Lehr
Brother: Bennett

**Happy 3rd Birthday, Olivia!**

We can't believe that it's been three years since we met you! Sometimes it feels like yesterday, and sometimes it feels like a different life, but you are always thought of. You taught us so much about being brave and strong no matter the circumstances. You continue to be a blessing in our lives and though we wish with everything we have that you were here with us, we know birthdays with Jesus are amazing! We love you, miss you, and pray for you, tiny girl!

Olivia Lorraine Horrocks
November 14–December 13, 2017
Extreme prematurity and Gram Negative Sepsis
Parents: Shawn and Megan Horrocks
Siblings: Sam and Ben



Happy 10th Birthday, Lia!

This year marks double digits, my sweet girl. I love you and cherish your memory, and pray for the day to swiftly arrive that I find out if you have your Daddy's brown eyes. Ten years is a very long time, but some days it seems like yesterday we said goodbye. Happy 10th birthday, darling daughter! We'll have some cake for you down here.

Auralia Noel Mansfield
Stillborn November 16, 2010

Parents: Kyle and Brianne Mansfield
Siblings: Decker, Miles, Teyla and Caspar

**Happy 5th Birthday, Ashton!**

Happy birthday, baby boy! Can't believe you would be 5 already! Starting school and learning all kinds of things. Running around with your sisters. We miss you so much and think about you constantly. What would you be like today? Blue eyed like your daddy? Have a happy birthday playing with all the other babies! Mommy and Daddy love you so much!

Ashton Oetting
Stillborn November 30, 2015
Parents: Elizabeth and Jason Oetting
Siblings: Chloe, Gracie and Ashlyn

**Happy 1st Birthday, Amos!**

Happy 1st birthday, my dearest Amos! I wish I could hold you and watch you tear into your birthday cake but that seems so small compared to the glory you have being with Jesus. I miss you every day but the Lord has restored our joy. You are forever loved and "carried" in our hearts.

Mommy, Daddy, Noah, Zion and Joel

Amos Michael Heaton
November 18, 2019
Unknown cause
Parents: Richard and Stacy Heaton
Siblings: Noah, Zion and Joel

**Happy 11th Birthday, Serenity!**

As I observe your sisters and brother, I am so amazed at how different they are in their personalities. I constantly wonder what yours would be like in the mix. Some days I just long for that "someday" when we will meet face-to-face, and I'll get to see your personality shine.

You are our star, shining brightly in the heavens. We continue to find ways to celebrate who you are, part of our family, simply waiting for us in heaven to join you.

Shine on, little star. Light the way, and some day we will meet you at the end of the path.

Serenity Harrison
Miscarried December 3, 2009
Parents: Curtis and Jennifer Harrison
Siblings: Levi, Ziva and Evie

**Happy 6th Birthday, Joy!**

Christmas time always makes me think of you. I have pictures of me standing by the Christmas tree with you and your twin brother snuggled in my womb. I cherish those photos. I look forward to the day when I finally get to hold you in my arms. You are loved and missed.

Joy Mitchell
December 2014
Vanishing Twin Syndrome
Also remembering
Gideon Zeller Mitchell
Stillborn May 17, 2011
Velamentous Cord Insertion
Avery Mitchell
Miscarried May 2008
Unknown cause
Parents: Todd and Stormy Mitchell
Brothers: Silas and Justus

**"Traditions..." continued from page 3.**

of this writing, I'm still not sure if M.E.N.D. will be able to host our annual Christmas Candlelight Ceremony due to COVID-19 restrictions. At this point, it doesn't look like we will be able to - or at least not in our usual way. If the ceremony is canceled, wow, how different that will be! I'm not sure how I would feel about it. Other than the first Christmas after Jonathan's stillbirth, I've never begun the Christmas season without gathering with my M.E.N.D. family for a beautiful evening of remembrance. Maybe it's time for yet a new and different tradition to begin.

As we've all struggled this crazy year with unexpected changes, losses, and "new normals," I pray the peace of the Lord will cover all of us this holiday season. May we rest in His comfort, His joy and His strength. And above all, let's not lose sight of what this time of year is truly all about: the birth of our Lord and Savior, Jesus Christ. Because of Him, we can rest in confidence that we will spend eternity in heaven and see our beloved little ones again. While so much around us is changing, one thing we can know for sure, HE is never changing! And for that promise alone, we have much to be thankful for and a reason to be merry on Christmas!

Handle With Care

Written by Alicia Ramirez

Mommy to Ezra Robert and Abbie Grace

Loss is hard, but for me the process of grief has been even harder. The world returns to normal, while some days you remain frozen in your grief. Days pass and turn into weeks, then those weeks turn into months. Those months are marked by holidays.

I remember being so naïve when we first started trying for a family. Every month I thought of ways to announce our pregnancy with whatever holiday was closest. Our baby girl was supposed to be born in November; I had already started thinking of all things fall. I could not wait for Thanksgiving. Then we had a miscarriage, and all those plans were shattered. I dreaded Thanksgiving that year. I felt anxious the whole month of November, and then a miracle happened: we found out we were expecting our rainbow baby! That Christmas was extra special; I was carrying our sweet baby boy. Our dreams quickly turned into a nightmare and our baby boy was stillborn in February of this year.

I always wonder who they would have been, what their personalities would have been like or if they would get along with their cousins. This Thanksgiving I will not see their names on place settings or be planning a 1st birthday party. At Christmas, I will only see two stockings hung, instead of four. There will be no gifts with their names on them. Instead I will look for memorial ornaments to honor their short time with us.

As we all know, grief is always evolving; it is not the same from day to day. Below is a letter to express that with the approaching holiday season and a reminder to handle with care. Grief is fragile, and of course, one of my personal coping mechanisms is sarcasm!

Dear Friends and Family,

This holiday season please give me grace. I promise to do my best, but my heart is still so heavy. I had dreams of this Christmas, of me and David holding a little boy in a plaid shirt and suspenders. Instead we will be holding our grief, tucked away so we can be present for the holiday season. Please be patient with me when I share about Abbie or Ezra, I am not seeking attention. I am carrying on their memory as only a mom can do.

Please do not ask me when we're "going to try again," I promise to let you know when it is your business. Please do not tell me to "just relax," that when we "stop thinking about it, it'll happen." Science has determined that is a lie.

Please continue to include me in all things holiday because you know how much I love Thanksgiving and Christmas. Continue to remind me of the reason for the Season. Jesus. Help me not let grief steal my joy. Remind me that even in the valley God is good. I love you all so much, thank you for the love and encouragement you provide me daily!

Sincerely,
A mom of Heaven babies

Together or Apart We Remember

The annual October remembrance ceremonies our chapters traditionally host to commemorate Pregnancy and Infant Loss awareness month looked a little different this year. Since none of our chapters could hold an event that included a big gathering, we organized a combined, nationwide Virtual Walk to Remember that was held and live-streamed on Saturday, October 3. This ceremony was patterned after the Walk to Remember events our headquarter chapter in Dallas/Fort Worth and our Houston chapter holds each year. The ceremony was held at the M.E.N.D. Garden of Hope in Irving, TX, which is also where we host the annual DFW Walk. Many of our Chapter Directors traveled to North Texas to be a part of the ceremony that was aired on Facebook and YouTube. We were told by our technical team that more than 1,800 devices watched the ceremony live. Commemorative ornaments

and Virtual Walk to Remember t-shirts were pre-sold on our website (and both can still be purchased).



We encouraged the viewers to wear their shirts as they watched the ceremony and at the designated time, we invited them to hang their ornament outside on a tree, as well as write their baby's name and birth/death date in the comment section on their screen. We also suggested they release a balloon, a butterfly or light a candle in memory of their baby at the end of the ceremony. We enjoyed beautiful music performed by Board member, Laura Bateman, and a heartfelt message given from M.E.N.D.-NW Washington Chapter Director, Stacy McGhee.

We thank all of you who tuned in and participated in our Virtual Walk to Remember. We hope you found the ceremony meaningful as we set aside an afternoon to acknowledge and remember our little babies who died too soon. We pray we can resume our individual chapter events next year.

Thank you to all our sponsors of the 2020 Virtual Walk to Remember.

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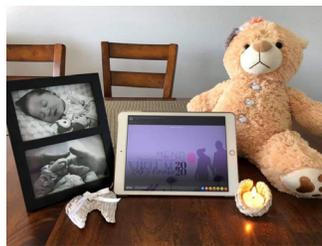
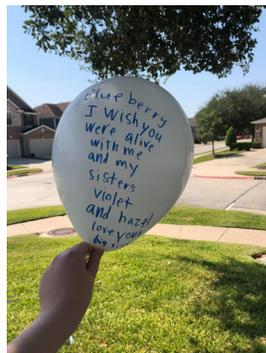
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The Star

Written by Jennifer Harrison

Mommy to Serenity

M.E.N.D. Magazine Editor

*A star so bright,
Only the heavens could contain it.
The angels sang of the beauty
As the world looked on in wonder*

Have you ever ventured out to gaze at the stars? Millions of twinkling lights, best seen on the clear night. They are captured in the heavens, allowing us to bask in the beauty that they are.

There are times, when we are unable to see the majesty of these celestial bodies, when other lights shine too bright or when clouds block our view of them.

As I reflected on the quote "too beautiful for earth," I began to imagine as beautiful as our babies were when they were with us on earth, how much more beautiful they are in heaven. They were so beautiful, only heaven could hold them. The angels sang the sweetest lullabies as they gently cradled our babies in the softest parts of the feathers of their wings.

But you see, these children are more than just a child in our family. They are a child who has already entered heaven, and now waits for us to join them someday. They are the shining star, guiding our way.

There was another star, a true celestial body that shone brighter than any others, over 2000 years ago. The star that announced the birth of Jesus. The star that led the way for many others to follow.

In a sense, our children are similar to that star. They are shining the light. Showing us the way. They stand out from all the other stars. How can we try to capture them in earthly traditions when they are in the midst of heavenly worship?

We cannot.

When we try, and oh, how hard we try, we can sometimes let the clouds roll in, blocking our view of the stars. We add the stockings, yet we see the emptiness of them on Christmas Day. We join the festivities at Thanksgiving, yet we look at the children's table at Thanksgiving, wishing they could be there with siblings and/or cousins. While blessing another child with gifts on Christmas, it still makes us long to see our child tearing into those packages.

In the madness of all the holidays, though, the silence of the missing voice still seems to be loudest of all.

I'm not saying any of these traditions are bad, just that sometimes in trying to make the earthly traditions "work," we create more sorrow. Sometimes we create more grief.

The clouds roll in. The fog rolls in. We feel the darkness. We feel overcome.

Ever so gently, the stars seem to fade.

Yet they are not fading. Even when the clouds or the fog rolls in, the stars are still there. And there is always hope for the morning.

Because when the morning comes, no matter how thick the clouds are, the brightest Morning Star will still shine through. Brighter than the star announcing His birth, having power over the darkness.

The other stars are still there; the glory of Jesus is outshining them all. Even when the fog tries to set in, His glory will help it to dissipate. Even though the clouds seem to be thick and heavy, light will still filter through, and eventually roll the clouds away.

Jesus is the light. Not even a bushel basket can contain it, and neither can we. A star led the way to Him. The angels announced His birth.

And He was the first person our babies laid their eyes upon.

So when you feel like you cannot help your baby to "shine," allow Jesus to shine. Then your baby will shine as the stars, just as Jesus shines for us.

Your baby will then shine as Jesus does, and the world will look on in wonder of the beauty of your baby, as your baby and Jesus shine through you.

When you struggle seeing your "star," look to the Star. Let Him guide you in your grief and in your rejoicing. Let Him light the way when you struggle to see your baby's star at the end of the journey to heaven. He is always there.



Boxing Day And Compartmentalization

Written by Alexis Marie Chute

Originally Published in Still Standing Magazine
on December 26, 2017

The year after my son, Zachary, died in my arms at birth I call my "Year of Distraction." In that time, I could not confront the grief and pain that gnawed at me like a persistent cold. It never went away; however, I found that I could side-step it through activity. I did this intentionally: I worked long hours. Took my living toddler to as many playgroups as I could. Every moment of the day was spoken for by something so that there was not even a second left for grief. It was avoidance at its finest and it was the only way I could cope at that time. (I would not recommend following my example, by the way.)

Every moment of the day was spoken for by something so that there was not even a second left for grief.

I broke out of my "Year of Distraction" when I learned that I was pregnant again. That was the breaking point. The point that snapped me out of my fear of grief to realize I needed to endure the pain, otherwise I'd carry it in a destructive way for the rest of my life. At that time, instead of intentionally distracting myself, I chose sorrow. I chose to face my loss head-on, to hunt down my lost identity and confront my new distrust of motherhood and the shattered notion of certainty. I stepped back from work. Chose a slower pace. It was through this intentionality - and my use of art in healing - that I did survive the rawness of early grief, and learned to thrive again. (I write about this journey in my memoir, called Expecting Sunshine.)

For many years afterward, I regretted that "Year of Distraction." It seemed like wasted time. Like a failure of bravery. Instead, I had retreated into compartmentalization like an ostrich with my head in the ground, choosing to pretend there was nothing more going on above the surface. Now, though, I reflect on that season of my life and I give it more grace than I ever have.

On Boxing Day, all the salvageable wrapping paper and gift bags are packed up, saved for next year. We sort through gifts, put away clothes, tidy up the playroom. We pack up all the Christmas decorations and store them away until next December 1. In this, I observe that compartmentalization is a normal part of life. It's healthy, actually.

Imagine we did NOT clean up the decorations after the holidays. Imagine the Christmas tree was still in the living room when we write cards for Valentine's Day. The stacks of cards to and from family and friends would grow on the kitchen counter into unstable towers. Then, in the spring, children would dig through the remnants of wilting red poinsettias, stale gingerbread houses, and heart-shaped paraphernalia to find their Easter eggs. Does this image stress you out like it does for me?

You see, packing up and storing for later helps us keep a clean house - and an unburdened heart.

I am not advocating that we all bury our grief and forget where the hole is. On the other hand, what I am suggesting is that compartmentalization is not necessarily a bad thing - for a time only. I must acknowledge that it helped me cope after Zachary died; I may have gone crazy with sadness without that "Year of Distraction."

If your loss is eating you up and monopolizing all your waking thoughts, maybe you need a short break. Maybe you need a pretty little compartment. You can write on it: "For later. Remembered but not forgotten." You can shelf your grief for a day, a week, or a year if you're extreme like me. You will still feel your loss intimately, but you can give yourself permission to take the weight of its grief off your shoulders, however briefly. Addressing the nagging feelings of our pain is completely necessary, though not necessarily does it have to be NOW or all at once.

The idea of compartmentalization can be a wonderful tool to help us function and thrive in life after trauma. Pack up your heartache for a day and do something kind for yourself.

If we let all our past hurts sit out in our house, in our hearts, like dated holiday decorations, there will be no room on the mantle for peace and no floor space for joy or room on the mattress for rest. Just because Christmas is over, doesn't mean we stop giving. Maybe it is time you give yourself a needed break. Grief is a lifelong journey, which changes with time. Knowing this, we can choose to be graceful with ourselves, today on Boxing Day, and in the new year ahead.

Article retrieved from Still Standing Magazine on October 8, 2020,
at <https://stillstandingmag.com/2017/12/26/boxing-day-compartmentalization/>.

**You see,
packing up
and storing
for later
helps us keep
a clean house
- and an
unburdened
heart.**

In Loving Memory

Thank YOU for your support

Camila and Celeste
Given by anonymous

Lauren Isabelle Autry
June 17—July 2, 2011
Campomelic Dysplasia
Given by Brandon and Melissa Autry

Emma Bailey
April 23, 2008
Brooklyn, Jillian and Sydney Bailey
January 1 and January 2, 2010
Incompetent cervix
Given by parents Chad and Melissa Bailey

Andrew Robert Bateman
Stillborn October 7, 2014
Unknown cause
Given by parents Tim and Laura Bateman and siblings Leah, Hannah and Noah

Levi Samuel Bowmer
April 19, 2013
Trisomy 13 and Tetralogy of Fallot with absent pulmonary valve
Given by parents Sam and Jenae Bowmer and little sisters Evie and Val

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

Cade Cashion
Stillborn June 5, 2019
Hydrops and fetal anemia
Given by parents Holly and Andrew Cashion

Cora Anne Casarez
January 20, 2017
Cord accident

Poppy Casarez
August 4, 2019
Early miscarriage
Given by parents Andrew and Leslie Casarez

Jaylen (Nugget) Clark
December 11, 2013

Baby Clark
Miscarried November 7, 2015
Given by parents Tiffany and Johnny Clark

Elizabeth Ellen Cox
October 25, 2001
Polycystic kidneys
Baby Cox I
March 2000
Baby Cox II
October 2003
Given by parents Scott and Kathryn Cox and sisters Graceanne and Jillian

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

Adelaide Elizabeth Curless
December 22, 2010—April 7, 2011
SIDS
Given by Kim Curless

Brooke Sophia Daily
Stillborn March 11, 2010
Vasa Previa
Given by parents Jeremy and Lisa Daily and sisters Sarah and Savannah

Sophie Jane Darnell
Stillborn May 28, 2013
Unknown cause
Gifts given by
Parents Tommy and Brea Darnell and siblings Luke and Piper
Grandparents Danny and Helen Lynch

Riley and Parker Davis
November 14, 2006
Premature
Given by parents Rob and Cheryl Davis and siblings Annalise and Owen

Roman Lorenzo Delira
September 4-5, 2017
Premature
Given by Sarai and Angel Delira

Grace Kathryn Dell
March 17, 2008
PPROM

Rose Dell
Miscarried January 3, 2014
Given by parents Rachel and Peter Dell and siblings Zeke, Kye, Izaiah, Zeffy and Tirzah

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.

Hope Cahinhinan Denicola
August 17, 2006
Trisomy 13
Given by Mommy Nelie Denicola

Ryland Michael Dixon
Stillborn August 12, 2005
Given by parents Bryan and Kelly Dixon

Reagen Elizabeth Bryant
Stillborn June 26, 2019
Given by Kimberly Doraty

Chelsea Dunn
Given by Francesca Blackard

Paxton Clay Eigsti
July 24, 2018
Anencephaly
Given by parents Rita and Clay Eigsti and siblings Spencer and Hoyt

Charlotte Finley
January 16, 2019
Gifts given by
Michael Swisher
Debra S Minter

Logan Wayne Fish
September 17, 2002
Lethal form of dwarfism
Given by parents David and Brittany Fish and brothers Landry and Hudson

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

Charlotte Heidi-Grace Fuller
February 18—March 15, 2020
Given by parents Seth and Rebekah Fuller

Wilson Glenn Gaddie
August 17, 2017
Incompetent cervix
Angel Gaddie
Miscarried October 24, 2008
Parents: Russell and Jessica Gaddie
Brothers: Chris and Alex
Given by Lori Courtney

Elliot Gerriets
March 18, 2010
Given by Faith Gerriets

Kennedy Grace Gilyard
Born sleeping on January 7, 2019
Incompetent cervix
Parents: Joshua and Chelsea Gilyard
Given by Gail Wilcox

Erika Brianne Grau
July 9 – August 3, 1997
Anoxic brain injury due to ruptured uterus
Gifts given by parents Yvette and Ray Grau
Big brother Nik Grau

Charlotte Grace Harrison
December 28, 2011—January 4, 2012
Unknown cause
Given by parents Luke and Amanda Harrison
and siblings Evan, Audrey and Christopher

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

Baby Henry #1
Miscarried February 2016

Baby Henry #2
Miscarried November 2017

Baby Henry #3
Miscarried March 2018
Given by parents Cherese and Atiba Henry
and siblings Caleila and Caelan

Jason Hunter Thomas
Stillborn June 30, 2014
PPROM

June Thomas
Miscarried January 15, 2018

Jade Thomas
Miscarried July 16, 2018
Given by Melissa Thomas

Emma Krymkiewiez
May 5, 2009
Neonatal Hemochromatosis
Baby Girl Krymkiewiez
Miscarried June 13, 2008
Given by parents Ana Ayon
and Hernan Krymkiewiez
and little sister Bella

Kavya Marie Kurishingal
December 17-31, 2009
Large omphalocele
Given by parents Pravin and Tina Kurishingal
and siblings Kyra and Jacob

Barron Lehr
December 29, 2019
Premature rupture of membranes
Given by parents Morgan and Travis Lehr
and brother Bennett

Wilder Daniel Leisher
Stillborn July 13, 1999
Given by Susannah Leisher

Evelyn Faith Luedtke
April 17, 2015
Late Miscarriage
Given by parents Eric and Becky Luedtke
and siblings Simon and Norah

Kyler Paul English
January 20, 2006
Cord accident
Given by Laurie Beth McPike

Tyler James Merrill
March 28, 2014
Given by Jennifer Merrill

Bryson Glenn Middleton
June 19, 2014
Placental abruption
Baby Middleton
Miscarried April 2007
Given by parents Brandon and Jennie Middleton
and siblings Mackenzie and Brayden

Chase Austin Miller
April 21, 2011
Incompetent cervix
Baby "Blueberry" Miller
Miscarried May 4, 2015
Given by parents Greg and Stefanie Miller
and sisters Cora, Hazel and Violet

Gideon Zeller Mitchell
Stillborn May 17, 2011
Velamentous cord insertion
Avery Mitchell
Miscarried May 2008
Unknown cause

Joy Mitchell
Miscarried December 2014
Vanishing Twin Syndrome
Given by parents Todd and Stormy
Mitchell

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
Congenital Heart Defects

Celeste Montes
Miscarried May 13, 2019
Given by parents Mario and Alva Montes

Emelyn Muñoz
January 16, 2016
Joel Muñoz
May 25, 2018
Given by Allison and Joel Munoz

Emma Grace Myrow
Stillborn September 18, 2017
Cord accident
Parents: Hayley and Keenan Myrow
Little brother: Logan
Given by Grandmother Sharon Sebesta

Baron Conrad Neelley III
September 9—November 14, 2015
Unknown/SIDS
Given by Mommy Allison Neelley

Rebekah Tikvah Nymeyer
July 16, 2015
Extreme prematurity

Jonah Nymeyer
Miscarried June 2012

Amasiah Nymeyer
Miscarried October 2010
Given by parents Terri and Jonathan
Nymeyer and siblings Isaac, Abby,
Esther and Tirzah

Gabriel "Gabe" Alexander Paetz

September 8-17, 2017

Anencephaly

Gifts given by

Parents Denise and Jeff Paetz

Lucy and Dennis Casey

Karoline Pearson

Stillborn June 11, 2020

Parents: Jackie and Zach Pearson

Siblings: Bryce and Owen

Given by great-aunt Beth and great-uncle Bob

Pearson

Hannah Grace Perez

April 10-11, 2017

Anencephaly

Given by mommy Jennifer 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

Greg Joseph Roberts

September 8-18, 2011

Placental abruption/Intraventricular hemorrhage (IVH)

Given by Leslie Roberts

Hazel Rose

Given by Sabrina Merry

Gabriel Roman Ruiz

April 20—June 7, 2020

Given by Jose Menorca

Given by Peggy Labuhn

Elena Marie Rusert

May 23, 2011

Premature

Quinn August Rusert

Miscarried September 2020

Unknown cause

Given by parents Tina and Michael Rusert and brothers Liam, Asher and Gavin

Jacob Austin Ryan

Stillborn January 23, 2018

VUE

Parents: Paige and Austin Ryan

Given by Father I. Clark and Shelby Shackelford

Margot Schoene

Given by Stacy Winters

Molly Rene Schramm

March 10, 2004

Diaphragmatic Hernia

Mommy: Suzanne Schramm

Siblings: Morgan and Garrett

Given by Paul Duncan

Gabriel and Dominique Schutt

Given by Grandpa Jim & Grandma Carol

Schutt

Oliver Scott

Miscarried September 29, 2017

Given by parents Jesika and Patrick Scott

George R. Smith

January 3, 1942 – July 29, 2020

Great uncle to

Sarah Ann King

Stillborn June 22, 1995

Unknown cause

Parents: Lori and David King

Given by Bonita Manning

Mindy and Maggie Smith

Stillborn November 4, 1997

TTTS and Polyhydramnios

Given by parents Scott and Karla Smith and siblings Travis and Julia

Abigail Grace Story

July 9-13, 2015

Unknown cause

Given by parents Faith and John Story and siblings Tony and Danny

Felix Dominic Tinasas-Gomez

April 6 - May 15, 2020

Intraoperative blood loss secondary to large right kidney tumor removal

Given by Angelou Tinasas

Audrey Dinh Todd

November 20, 2019

Unknown cause

Given by Amy Todd

Morgan Vo

July 18 - August 13, 2019

Given by the Vo Family

Alivia Elizabeth-Grace Walker

July 24, 2006

Incompetent cervix

Given by parents Robert and Liz Walker and siblings Jaxson and Jaylynn

Jacob Martin Wilhite

April 25, 2012

Incompetent cervix

Isaac Odell Wilhite

April 1, 2015

Incompetent cervix

Wilhite babies named in heaven

Given by parents David and Kessi Wilhite and siblings Caleb and Lilah

Ariel and Angel Wong-Eguiarte

Stillborn June 26, 2013

Twin-to-Twin Transfusion Syndrome/

Incompetent Cervix

Given by mommy Emillyn Eguiarte and little brother Andre

Bart and Wendy Wright

Given by Canary Labs

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

Helen Lynn

Matthew Patterson

Chelsea Mitroi

New Life Vineyard Church,

Midland, Michigan

Stallworks LLC dba Virginia Metalfab

Children's Bereavement Center

of South TX

Kristen Angell

Subsequent Births

Celebrating our Rainbow Babies

Claire DeMar and Ty Murray,
of Red Oak, Texas,
joyfully announce the arrival of
Evan Andrew Murray
February 19, 2020,
measuring 7 lbs, 9 oz,
and 20.5 inches long.

The family lovingly remembers
Erik Björn Murray
stillborn August 26, 2017

Tradiciones Que Cambian Con el Tiempo

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



No importa cuántos años han pasado desde el nacimiento sin vida de nuestro hijo, Jonathan, en 1995, y el aborto espontáneo involuntario de nuestro pequeño bebé en 2001, todavía pienso en lo diferentes que serían el Día de Gracias y la Navidad si estuvieran aquí. Ambos son recordados y representados por pequeñas medias que incorpora mis decoraciones navideñas, y por supuesto los reconocemos públicamente en la ceremonia anual de M.E.N.D. y la luz de las velas de Navidad encendiendo una vela en su memoria y diciendo sus nombres en voz alta. También pongo un árbol de Navidad en mi oficina que sólo tiene adornos de las ceremonias de M.E.N.D. Walk to Remember - lo llamo mi árbol M.E.N.D.. Mi hermana gemela decora mi casa cada año para las fiestas, pero esta es la única decoración sagrada que yo solamente decoro.

Estas son las tradiciones navideñas que naturalmente se establecieron para Byron y yo a lo largo de los años, pero al principio de nuestro viaje doloroso, reconocimos a nuestros bebés celestiales de maneras tal vez más abiertas y publicas. Las primeras Navidades, añadí un ángel junto a nuestros nombres en nuestras tarjetas de Navidad. También solíamos colgar una media para Jonathan en nuestro manto, junto a nuestras tres medias (ahora la cuelgo en las manos de uno de mis grandes ángeles de Navidad en mi vestíbulo). Durante varios años "adoptamos" a un niño del árbol del ángel en el centro comercial u otro ministerio caritativo, que tenía la edad de Jonathan y le proporcionó regalos de Navidad.

Usted puede preguntarse: ¿en qué punto y cómo decidió dejar de reconocer a su bebé en sus tarjetas de Navidad o colgar su media en su chimenea? Bueno, honestamente, solo ocurrió. Creo que usé ese pequeño ponche de ángel durante unos tres o cuatro años, luego un año simplemente lo olvidé. Había enviado por correo nuestras tarjetas habituales 200+ y no pensé nada de eso hasta que uno de mis compañeros amigos de M.E.N.D. me preguntó por qué no incluí a Jonathan en nuestra tarjeta de Navidad.. Al principio, estaba horrorizada y me sentí terriblemente culpable. Entonces me di cuenta de que estaba bien, y me di permiso para aceptar que si no pensaba en ello cuando estaba relleno y estampando todas esas tarjetas, debe significar que estaba listo para pasar de ese apoca del dolor. ¡No olvidar, no te preocupes! Sólo avanzar un poco. Sobre su media, nos habíamos mudado, y decidí que necesitaba comprar diferentes medias que mejor mezclaban con la decoración de nuestro nuevo hogar. Me inquietaba y agonizaba de decidir si debía comprar tres o cuatro nuevas medias... o incluso cinco para incluir a nuestro bebé involuntariamente abortado. Me acomodé en sólo

tres, y fue cuando comencé a colocar las otras dos medias que siempre habían sido Jonathan y Baby Mitchell's en otro lugar de mi casa. Sé lo que son y que representan, pero una persona al azar que viene a mi casa probablemente no se daría cuenta, y eso está bien.

Una cosa que he aprendido en los últimos 25 años es que todos eligen recordar a sus bebés de manera diferente y no hay ninguna regla o directriz para cuántos años es aceptable o "normal". Algunas familias nunca reconocen a sus bebés celestiales durante los días festivos, y esa es su elección correcta. Mientras que algunos, como yo, están años fuera y siguen incluyendo a sus pequeños de alguna manera, ya sea a través de decoraciones, asistiendo a una ceremonia de recuerdo, o incluso dando una donación monetaria a una organización como M.E.N.D. en su memoria. Como mencioné, tomé varios años antes de lo que ahora es nuestra tradición de celebración evoluciono en lo que es hoy. Algunas cosas terminaron y otras hemos añadido. Puede ser que te puede llevar unos años decidir lo que sientes que es correcto y cómodo. Sea lo que sea que resuelvas, asegúrate de que sea TU elección, y no lo que nadie más te ha presionado para que hagas o no hagas.

También sé que este año puede impedirnos participar en algunas de nuestras tradiciones de recuerdo anual, que pueden causar algunas emociones y dolor añadidos. En el momento de este escrito, todavía no estoy segura de que si M.E.N.D. será capaz de organizar nuestra ceremonia anual de la luz de las velas de Navidad debido a las restricciones COVID-19. En este punto, no parece que seamos capaces de hacerlo. Suponiendo que la ceremonia será cancelada, wow, lo diferente que será! Aún no estoy segura de lo que siento al respecto. Aparte de la primera Navidad después del nacimiento sin vida de Jonathan, nunca he comenzado la temporada navideña sin reunirme con mi familia M.E.N.D. para una hermosa noche de recuerdo. Tal vez sea hora de que comience una tradición nueva y diferente.

Mientras todos hemos luchado este año loco con cambios inesperados, pérdidas y "nuevas normales", ruego que la paz del Señor nos cubra a todos esta temporada navideña. Que descansemos en Su consuelo, Su gozo y Su fortaleza. Y sobre todo, no perdamos de vista lo que realmente se trata en esta época del año: el nacimiento de nuestro Señor y Salvador Jesucristo. Gracias a El, podemos descansar en confianza en que pasaremos la eternidad en el cielo y volveremos a ver a nuestros amados pequeños. Mientras que tanto a nuestro alrededor está cambiando, una cosa que podemos saber con seguridad, ¡El nunca está cambiando! Y sólo por esa promesa, ¡tenemos mucho por lo que estar agradecidos y la razón para ser felices en Navidad!

M.E.N.D. CHAPTER UPDATES

Greater Houston Area

M.E.N.D.–Greater Houston is praying for you all during the holiday season. We know this time of year can be extremely difficult for our M.E.N.D. families. As the year ends, we are hoping to be able



to resume our in-person support groups at the beginning of 2021. Be praying we are able to do so, as we miss meeting with everyone in person. However, we are so thankful for Zoom and our ability to meet virtually throughout this time.

Stormy

Bryan/College Station, Texas

It was an honor to represent M.E.N.D.–Bryan/College Station in Irving, TX, for the 2020 Virtual Walk to Remember. Although it was sad we were not able to offer our regular October events, I am thankful we were able to have an alternative ceremony that was beautiful and uplifting.



I am excited we are able to hold in-person support groups again! We can still be safe and practice social distancing while we share our babies lives with each other face-to-face.

Jennie

MidMichigan

After five months of meeting virtually, M.E.N.D.–MidMichigan had the blessing of meeting in September and October in person, and we hope we can continue to do so throughout the rest of the year and into 2021! It's been an amazing



time of connection, and we've even welcomed a new family into our group. We will be making Christmas ornaments during our meeting time on December 1. Please make sure to check our Facebook group for all the details!!

Karen

Tulsa, Oklahoma

M.E.N.D.–Tulsa resumed in-person support groups in September. We are thankful to have the opportunity to safely meet and serve grieving families. We will continue to meet in person as long as it is deemed safe to do so. Please continue to follow our Facebook group for updates regarding our support groups and future events.



Cat

NW Washington

M.E.N.D.–NW Washington continues to meet via Zoom and are glad to see you and welcome new faces to our online support groups. We were thankful to participate in the live stream 2020 Virtual Walk to Remember in October. We hope you were able to join us and honor your babies with us.



Stacy

Chicagoland

M.E.N.D.–Chicagoland continues to strive to meet the needs of hurting families in our area when they experience the devastating loss of a baby. In November we will continue our special tradition of remembering each and every M.E.N.D. Chicagoland baby with our M.E.N.D. Christmas tree at the Brookfield Zoo Holiday Lights Display.



Please watch our Chicagoland M.E.N.D. Facebook group for updates on whether we are holding our monthly infant loss support groups in person or virtually.

Sara

Southwest Missouri

I have a picture in my head of what my life "should have" looked like. The one where my babies didn't die. I also have a picture in my head of what my first October as Southwest Missouri's Chapter Director "should have" looked like. Even though I am incredibly thankful we were able to be a part of the Virtual Walk to Remember, it "should have" looked differently. Also, I am already keenly aware of what the holidays "should have" looked like this year as a chapter and also as individuals. The one where a couple of our moms "should have" still been pregnant. The one where we aren't wearing masks, or spaced 6 feet apart. To be honest, at the time of this writing I'm still not sure exactly what our Christmas Candlelight Ceremony will look like. All I know is that God is still in control, gently coaxing all of us away from our "should haves" in order to give us something completely different. Something new. Even though it doesn't look the way it "should have," we are reassured of His love and comfort for us. Peace be with you in your "should haves" this holiday season.



Rachel

Lynchburg, Virginia

M.E.N.D.–Lynchburg is working on the final steps in preparation of our first support group. The location where our support groups will be held has been confirmed. Our plans will be to hold support groups on the first Thursday of each month at 7:00 PM EST. Keep an eye on Facebook for an announcement of the date of our first support group.



In the meantime, M.E.N.D. holds several support groups via Zoom, and I hope you will consider joining. You will find a monthly calendar of online support groups, along with the Zoom links on our website at www.mend.org. I will pray for you all to have a blessed Holiday season. I am always available at Melissa@mend.org.

Melissa

Columbus, Ohio

M.E.N.D.–Columbus, Ohio continues to connect with families in the Columbus area. We are excited to be celebrating the 1-year anniversary of M.E.N.D.–Columbus, Ohio! We continue to seek new opportunities to connect with grieving families who need comfort and care.



Until we can resume meeting in person, we invite you to join our virtual support group, which meets the 2nd Monday of each month at 6:30 PM EST. The Zoom link may be found at www.mend.org or on our chapter's Facebook group. Our Facebook group is also a safe place for you to connect with and share your story with other grieving families. We are here to help and willing to comfort and encourage you.

As our chapter grows, we continue to seek dedicated assistants to help us serve grieving families. If you are interested in serving as an assistant, donating, or volunteering, please contact me at latrina@mend.org. Our prayers are with you and your families. God bless and keep you!

LaTrina

San Antonio, Texas

M.E.N.D.–San Antonio continues to meet virtually and pray for the safety of our families. We hope in-person support groups will resume with the start of the new year. We are thankful we have been able to check in with grieving parents and offer support using technology during these very uncertain times. We know the Lord is watching over our ministry, chapters, and families. As we embark on our second year providing service to San Antonio, we hope to grow and serve our community even more.



Katie

Online Support

It was such an honor to participate in the 2020 Virtual Walk to Remember to represent and remember all the babies gone too soon across our nation.

The Nationwide Online Support group has been working on ways to continue to engage our moms without a local chapter or unable to attend a local chapter's support groups. We have created a Facebook group to allow us to remain connected and support each other between support groups. The next Nationwide Online Support groups will be November 19 and December 17. To join, visit www.mend.org to register in order to receive a link. Hope to see you there.



LaRhesa

Denver, Colorado

M.E.N.D.–Denver was able to return to in-person support groups in October. We are hoping this will be our new normal, but please check your email and our Facebook group for the most recent decision each month.



Kimberly

Palm Beach, Florida

October looked so different this year! This is the time of year we usually gather to remember and honor our babies together in small, but significant events throughout the month. M.E.N.D.–Palm Beach continues to be available through phone, text and email. M.E.N.D. provides multiple virtual meetings throughout the month which allow you to meet even more loss mommas. Even the beautiful Walk to Remember was shared for ALL of us to be able to be a part of it. No it's not the same, of course, but it's a great reminder that even though we're apart, we still remember our babies together! You're not alone and we invite you to reach out if you start to feel alone.



Jessica

Men of M.E.N.D.

I am thankful we are able to provide support through Men of M.E.N.D. The Facebook group continues to grow, and new dads join the Zoom support groups each month. Thanks to Matt McGhee for facilitating the sessions when I was unavailable. As a reminder, our support groups are the 3rd Monday of every month at 8:00 pm CST. Please remember to allow yourself to grieve, and know there are those willing to come alongside you anytime you need.



Russell

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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jennifer@mend.org
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Donations make the printing and distribution of this magazine possible. Your tax-deductible contributions are greatly appreciated and should be sent to the address listed above. If your gift is made in memory of a baby, please include that baby's name (if named), date of birth and/or date of death, the parents' names, and the name of the benefactor. You may also include the cause of death (if known).

M.E.N.D. is a member of
First Candle/SIDS Alliance
International Stillbirth Alliance
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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: 800 W. Airport Freeway Irving, TX 75062 (building with black windows, located off 183, between MacArthur and O'Connor). Support groups are held in the building's board room 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.

New Satellite chapter!

Dallas/Fort Worth is starting a satellite location to serve families in the eastern area of the metroplex. Support groups will be held in Rowlett beginning in November. Watch our Facebook group or email terri@mend.org for more details.

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.

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: Rachel Dell
rachel@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.–Columbus, Ohio

Meets on the 2nd Monday, at 6:30 PM
Paul Mitchell-The School of Columbus
3000 Morse Road
(Upstairs Conference Room)
Columbus, Ohio 43231
Director: LaTrina Bray
latrina@mend.org (614) 530-5128

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, Texas 78217
Director: Katie McClelland
katie@mend.org

M.E.N.D.–Lynchburg, Virginia

Coming Soon!
Director: Melissa Scifres
melissa@mend.org (434) 221-2357

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)

Online Support

M.E.N.D.–Online Support Group
Held the 3rd Thursday at 9:00 PM (CST)
to join, contact
Director: LaRhesa Johnson
LaRhesa@mend.org

Men of M.E.N.D.

Held the 3rd Monday at 8:00 PM (CST)
to join, contact,
Director: Russell Gaddie
Russell@mend.org
Facebook Group:
www.facebook.com/groups/MENofMEND

Please follow your chapter on
Facebook or connect with your local
Director for updates when in-person
support groups will resume.



The Garden of Hope is a place of peace and solace where families can come for a quiet time of reflection, prayer, or even to celebrate the life of their loved one.

The Garden of Hope was established by M.E.N.D. in 2016, and is located on property of Calvary Church in Irving, Texas.



You can remember your loved one by purchasing a brick in the Garden of Hope. Brick purchases can be made at <https://www.mend.org/garden-of-hope>. Bricks purchased by August 15, 2021, will be installed prior to the Walk to Remember in October 2021.

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