



Juggling What Is Normal



After loss, many of us feel paralyzed in life by grief. Yet we eventually hit a point where we need "normal" when life feels anything but "normal." We begin to do the normal things out of necessity, or find new activities we can control in the midst of the uncontrollable. As we find balance between what was and what is, know your baby is still very much part of the life you are still living. We are not moving on from our babies; we are simply moving forward as parents to children in heaven.

In this issue...

Feature Article

Rebekah shares wisdom she received, and how it impacted her life after loss.

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M.E.N.D.ing Miles 5K

Thank you to all who participated in our 5K! We loved seeing the pictures!

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M.E.N.D. Chapter Updates

Some of our M.E.N.D. Chapters are moving support group locations. Check out pages 8 and 11 for chapter updates and support group information.

September/October Topic

When Things Don't Turn Out As Planned
Deadline: July 31, 2023

November/December Topic

Holidays
Deadline: September 30, 2023

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to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.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

Within minutes of learning our baby Jonathan no longer had a heartbeat, I caught myself wondering how our little family could ever return to the life we lived before I got pregnant. Yet in the midst of my initial shock and horror, that's all I wanted to do - go back to where we were before Jonathan was conceived and pretend none of this ever happened. Basically, I just wanted to go back to normal as fast as I could.

I quickly learned going back to normal was not possible, and truly, I didn't want to go back to "pre-Jonathan". I realized I didn't want to pretend he didn't exist. Instead, I wanted the world to know he was here for a short time, he was stillborn, he is deeply missed, and our lives will never be the same! While juggling all these hard emotions, I had to figure out how to get out of bed each morning to take care of our 3-year-old, keep up with the housework, be at least an okay wife to my husband, and take care of myself. All of that was so overwhelming to me that I found myself slipping back into the thoughts of feeling we never should have gotten pregnant! But then Jonathan would never have existed! Oh, the mental turmoil! These excruciating emotions were so intense and confusing, I could not articulate them to anyone.

At that time, I worked a few hours a week at my dad's law firm. Very soon after Jonathan's stillbirth, despite not being released to drive yet after my C-section, I NEEDED to do something normal. So, I decided to go to the office for a couple of hours on a Saturday afternoon. I didn't expect anyone to be there. As I caught up on a few things at my desk, one of the attorneys walked by my workstation. He and his wife had also suffered a stillbirth a couple of years prior. He was very surprised to see me and just stood there looking at me for a second. Finally, he said, "You know, when we lost our baby girl, all we wanted to do was get back to normal. But someone wisely told us, 'You can't get back to

Juggling What is Normal

normal because what was once normal in your life will never be normal again.' So, you have to go forward to find your new normal." That bit of wisdom is probably the most profound statement anyone said to me during my darkest days of grieving. So, I made it my mission to create and find our new normal.

That new normal sometimes meant giving myself permission to stay in bed as long as I wanted and to just turn on cartoons for our little boy. It meant asking my husband to bring something home for dinner, rather than me exerting what little energy I had to figure out what we were going to eat that night. It meant creating new holiday traditions and making regular visits to the cemetery. It also meant re-establishing some relationships and sadly ending others (because they just no longer "got" us). And it meant giving myself grace if I couldn't muster the strength to get everyday tasks completed.

Over the years, a new normal was firmly created for our little family of three, and all those duties that were difficult to achieve once again became second nature to me. I think about those early months of sorrow and remember how incredibly difficult they were. I wonder how I survived. Truly, only by the grace of God am I here 28 years later to encourage you that you will make it, too! Just focus on one day at a time. The Lord is merciful to the brokenhearted. Turn to Him for help, and I am confident you will survive and get through each day, just as I have.

*"It is of the Lord's mercies
that we are not consumed,
because His compassions fail not.
They are new every morning:
Great is Thy faithfulness,
the Lord is my portion,
saith my soul;
therefore will I hope in Him."
Lamentations 3:22 - 24*

Birthday Tributes



Happy 2nd Birthday, Arabella!

Happy 2nd heavenly birthday, baby girl. All we have left is the "She would be doing [this] now..." It brings us peace. All of your loved ones will be celebrating you on June 24. We love you so much, baby girl. Continue to watch out for us.

Arabella Alleigh-Nichol Wright
Stillborn June 24, 2021
Parents: Destiny Hawkins and Ben Wright
Sisters: Aria and Anapage



Happy 6th Birthday, Jude!

Happy heavenly birthday to our sweet Jude. It's hard to believe you would have been 6 years old. You are always in our hearts and minds. Your big brother, Joey, is turning 9, and little sister, June, will be 5 soon. Joey speaks of you often and tells June about you all the time. We love and miss you and can't wait to be with you one day. Continue to watch over us.

Love,
 Mom, Dad, Joey and June

Jude William Henrich
August 19, 2016
Genetic disorder
Parents: Joseph and Jane Henrich
Siblings: Joey and June



Happy 3rd Birthday, Hunter!

Where to begin? Our lives have been hectic without you. My arms ache to hold you and kiss your head while you sleep on my chest. I never thought you would die, never. We all miss you so very much. This house will never be the same without the pitter-patter of your little feet. I love you so much and miss you dearly. Happy birthday from all of us.

Hunter Torben Woodson
July 22, 2020 - April 28, 2022
Esophageal stricture and heart complications
Also remembering
Hazel Leeanne Marie Woodson
Stillborn November 28, 2007
Cord accident
Parents: Ben and Anna Woodson
Siblings: Savannah, Riley, Bennie II and Dakotah



Happy 18th Birthday, Ryland!

We love and miss you. You are always in our hearts. Until we see you again,
 Mommy, Daddy, Sissy and Buddy

Ryland Michael Dixon
Stillborn August 12, 2005
Parents: Bryan and Kelly Dixon
Siblings: Leighanne and Conor



Happy 2nd Birthday, Braylen!

We love you. Our lives are not the same. We loved you the minute we learned about you. We were blessed to be able to hold you when you were born.

Braylen Brooklyn Bunn
Miscarried August 3, 2021
Parents: Olivia and Byron Bunn
Siblings: Arianna and Caitlyn Lister



Happy 19th Birthday, Baby August!

Happy 19th heavenly birthday, sweet girl! It's been a while since I've written a tribute, but I never stop thinking of you. Thank you for providing us with the hope that we could get pregnant again after losing your big brother, Caleb. Your entire life was spent building lifelong friendships with our M.E.N.D. family as they walked us through another loss. You were our joy and our strength to continue on.

Until we meet again, love you always,
 Mom, Dad and Maddie

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



Happy 19th Birthday, Jordyn!

Jordyn, another year has come in which we celebrate you. There are so many things we wish to share with you. We know you are with us in spirit. We will continue to keep your memories alive and know you are our guardian angel.

Love you always,
 Dad, Mom, Jada and Bruce Jr

Jordyn Lynae Johnson
July 13-16, 2004
Cord problems
Parents: Bruce and Debra Johnson
Siblings: Jada and Bruce Jr.



Happy 2nd Birthday, Hart!

Happy 2nd birthday to our angel baby! Mommy, Daddy and brothers miss you every day! Your life, though short, defied doctors and proved faith can still move mountains! The three days the Lord blessed us with left memories we will forever cherish!

Hart Ezekiel Cater

August 27-29, 2021

Trisomy 13 and Truncus of the heart

Parents: Colin and Samantha Cater

Brothers: Hayden, Hunter, Harrison and Hayes

**Happy 6th Birthday, Zoey!**

Happy heavenly 6th birthday, our sweet Zoey! We wish you were here to celebrate with us. I wonder what you would have wanted as the theme for your party. We will forever cherish the time we had with you. We love and miss you. We never will forget you, our missing piece.

You will forever be a part of us,
and live on in our hearts.
Heaven's gain is our loss.
Happy birthday, Zoey Von!

Zoey Von Martinez

August 16 - December 16, 2017

Multiple abnormalities

Parents: Vanessa and Eli Martinez

Siblings: Cecilia, Deja and Peyton

**Happy 4th Birthday, Cade!**

Baby Cade, happy birthday, sweet boy! We love and miss you so much, especially here on your 4th birthday. Life continues to happen, but we never stop thinking about you. We hope you have an amazing birthday in heaven, and we will be celebrating you here on earth. Love you always and forever!

Cade Cashion

June 5, 2019

Hydrops and anemia due to placental abruption

Parents: Holly and Andrew Cashion

Siblings: Jack and Emilia

**Happy 10th Birthday, Kaitlyn!**

Happy heavenly birthday, my sweet daughter. Momma and Bubba miss you so much. We love you.

Kaitlyn Marie Dillard

June 24 - July 9, 2013

NEC

Mommy: Misty Dillard

Brother: Ayden

**Happy 2nd Birthday, Ben!**

We love you, Ben.

Benjamin Lynn

Miscarried August 21, 2021

Parents: Christopher and Stacy Lynn

Little sister: Lily

**Happy 1st Birthday, Sunny and River!**

Our sweet babies, Sunny and River. We will always wish you were here for us to celebrate you and all of your milestones and memories! Even though things aren't as we would've wanted them by any means, we still find ways to celebrate and honor you often. If we didn't lose you, we might not have learned to love harder, to be grateful louder, and to live like tomorrow isn't promised. We learned that our sorrow could always be a reason to find the light. We love you! We will always love you. We will always speak your names. We will always share your existence until we meet in heaven.

Sunny Skye and River Saylor Young

Miscarried July 7, 2022

Parents: Matthew Young and Allie Schroeder

**Happy 1st Birthday, Zoe!**

Happy heavenly birthday, Zoe Robin Thomas. I wish you were here on earth, but I know you are surrounded by a bunch of beautiful angels. I know my dad, Ray, is holding you and loving on you, like I would have done if you were here on earth with your Daddy and me. We talk about you every single day since that's what helps us cope with the loss of you. I love you so much, and until we meet again...

Love,
Your mommy and daddy

Zoe Robin Thomas

July 20, 2022

Placenta abruption

Parents: Mary D Jones and Arthur Thomas

Siblings: Sadie Morris and Destiny Jackson

**Happy 2nd Birthday, Paisley!**

We look forward to the day we see you in heaven. We love you; you touched our lives in ways we do not have words to describe.

Paisley Aila Diamond

August 16, 2021

Premature birth

Parents: Kenneth and Emily Diamond

Sisters: Aubrey and Brynlie



2023 M.E.N.D.ing Miles Virtual 5K



Thank you to the 305 registered participants in our M.E.N.D.ing Miles Virtual 5K and to all the family and friends that joined them in Taking Steps For Those Who Never Did!

We are so grateful for your support, and we look forward to seeing you next year.





Haciendo Malabares Con Lo Normal

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

Los pocos minutos de enterarme de que nuestro pequeño Jonathan ya no tenía latidos cardíacos, me sorprendí preguntándome cómo nuestra pequeña familia podría volver a la vida que teníamos antes de quedar embarazada. Sin embargo, en medio de mi conmoción y horror iniciales, eso era todo lo que quería hacer: volver a donde estábamos antes de que se concibiera a Jonathan y fingir que nada de esto sucedió. Básicamente, solo quería volver a la normalidad lo más rápido que pudiera.

Rápidamente aprendí que no era posible volver a la normalidad y, sinceramente, no quería volver a ser "ante-Jonathan". Me di cuenta de que no quería fingir que no existía, sino que quería que el mundo supiera que estuvo aquí por un corto tiempo, nació sin vida, lo extrañamos profundamente y ¡nuestras vidas nunca serán las mismas! Mientras hacía malabarismos con todas estas emociones fuertes, tenía que averiguar cómo levantarme de la cama cada mañana para cuidar nuestro hijo de tres años, continuar con las tareas del hogar, ser al menos una buena esposa para mi esposo y cuidar de mí mismo. Todo eso fue tan abrumador para mí, que me encontré cayendo de nuevo en pensamientos de sentir que ¡nunca deberíamos haber quedado embarazados! ¡Pero entonces Jonathan nunca habría existido! ¡Oh, la confusión mental! Estas emociones insoportables eran tan intensas y confusas que no podía articularlas a nadie.

En ese momento, trabajaba algunas horas a la semana en la oficina de abogados de mi padre. Muy poco después de la muerte fetal de Jonathan, a pesar de que aún no me habían dado permiso para conducir después de mi cesárea, NECESITABA hacer algo normal, así que decidí ir a la oficina un par de horas un sábado por la tarde. No esperaba que hubiera nadie allí. Mientras me ponía al día con algunas cosas en mi escritorio, uno de los abogados pasó por mi estación de trabajo. Él y su esposa también habían sufrido una muerte fetal

un par de años antes. Estaba muy sorprendido de verme, y se quedó allí mirándome por un segundo. Finalmente, dijo: "Sabes, cuando perdimos a nuestra bebé, todo lo que queríamos era volver a la normalidad. Pero alguien sabiamente nos dijo: 'No puedes volver a la normalidad porque lo que una vez fue normal en tu vida nunca volverá a ser normal'. Entonces, debes seguir adelante para encontrar tu nueva normalidad". Ese poco de sabiduría es probablemente la declaración más profunda que alguien me dijo durante mis días más oscuros de mi dolor. Entonces, hice mi misión de crear y encontrar nuestra nueva normalidad.

Esa nueva normalidad a veces significaba darme permiso para quedarme en la cama todo el tiempo que quisiera y solo poner dibujos animados en la televisión para nuestro pequeño. Significaba pedirle a mi esposo que trajera algo a casa para la cena, en lugar de que yo ejerciera la poca energía que tenía para averiguar qué íbamos a comer esa noche. Significaba crear nuevas tradiciones navideñas y hacer visitas regulares al cementerio. También significó establecer algunas relaciones y terminar tristemente con otras (porque simplemente ya no nos entendían). Y significaba darme gracia si no podía reunir la fuerza para completar las tareas diarias.

A lo largo de los años, se creó firmemente una nueva normalidad para nuestra pequeña familia de tres, y todos esos deberes que eran difíciles de lograr una vez más se convirtieron en una segunda naturaleza para mí. Pienso en esos primeros meses de dolor y recuerdo lo increíblemente difíciles que fueron. Me pregunto cómo sobreviví? ¡En verdad, solo por la gracia de Dios estoy aquí 28 años después para animarte a que tú también lo logres! Solo enfócate en un día a la vez. El Señor es misericordioso con los quebrantados de corazón. Vuélvete a Él en busca de ayuda, y confío en que sobrevivirás y superarás cada día, tal como lo he hecho yo.

*"Es por las misericordias del Señor
que no somos consumidos,
porque sus misericordias nunca decaen.*

Son nuevas cada mañana:

Grande es tu fidelidad,

el Señor es mi porción,

dice mi alma;

por tanto, en él esperaré."

Lamentaciones 3:22 - 24

M.E.N.D. CHAPTER UPDATES

NW Washington

M.E.N.D. - NW Washington is excited to have a new support group location! Cards will be mailed with all the details. Please check your email, as well as our Facebook group, for more information. We are so grateful for The Oak Table Cafe and how they have supported M.E.N.D. over the years by allowing us to meet at their restaurant. We hope our new venue will be a great fit for our chapter and allow us to better serve and support our M.E.N.D. families. Please email katherines@mend.org with any questions.



Katherine

Greater Houston Area

Our chapter's support group night is changing for the summer months (June, July, and August) to the 3rd Tuesday. Please watch our chapter's Facebook group for support group information for the fall.

Mark your calendars: October 14th is our Annual Walk to Remember, and December 2nd is scheduled for our Christmas Candlelight Ceremony. Make sure to join our Facebook group to receive updates for times and locations.



We are in need of volunteers to help with our events and would love for you to join our team. Please come share your talents with us. If you're interested, email nikisha@mend.org

Nikisha

Columbus, Ohio

"Rejoice in the Lord always. I will say it again: Rejoice." Philippians 4:4 NIV

We rejoice because we are able to support one another. We meet monthly to share our experiences, show love and grow. There is help and healing available on your journey. Join our support group and share on our private Facebook group. You're NOT alone...you ARE welcome!

If you need M.E.N.D.-Columbus services or information, contact at latrina@mend.org.



LaTrina

MidMichigan

M.E.N.D.-MidMichigan has a new venue! We are meeting at Christian Celebration Center in Midland. Check out all the details in our Facebook group. We're looking forward to honoring our babies at the Wave of Light ceremony at the hospital in October.



Karen

National Online Support

M.E.N.D. National Online Support Group meets the 3rd Thursday of the month. We hope to see you via Zoom at 8:00 PM CST. Please email me at mallory@mend.org for the Zoom link.



In the meantime, please connect with us through Facebook. We have our own Facebook group called M.E.N.D. National Online Support Group for sharing our thoughts and feelings about our baby loss journeys. We are here to help and provide comfort and hope.

Mallory

Men of M.E.N.D.

Let us come together and talk about our babies. The summer months can be challenging by not having our babies here with us. Men of M.E.N.D.



holds a monthly Zoom support group every 3rd Monday of the month at 8:00 PM CST. I am looking forward to seeing you. If you can't make it, I pray you have some comfort and peace.

Matt

Southwest Missouri

M.E.N.D. - SW Missouri had a sweet time with our families and walking for those missing for our M.E.N.D.ing Miles Virtual 5K.

We are planning activities for October, so make sure to join our Facebook group to not only keep updated on our activities, but to also support those who are struggling. We are all here for each other.



Jennifer

Tulsa, Oklahoma

M.E.N.D.-Tulsa is grateful to Jennie Wolek with The Wolek Group Tulsa and Tulsa Looks Good on You for featuring our chapter for the month of May for Mother's Day. Through their generosity, they were able to donate \$500 to our chapter and help spread the word in our community about our support group and services. As always, our support group meets the 3rd Tuesday of each month from 7:00-8:30 PM CST.



Cat

East Valley, Arizona

M.E.N.D.-East Valley Arizona meets on the 2nd Thursday of the month for our support group. We will have some fundraiser opportunities coming soon so make sure to watch our Facebook group.



Danielle

Chicagoland

M.E.N.D. - Chicagoland continues to meet in our Villa Park, IL location. For some, it is more distant than our previous location and we miss them in person yet remain connected through the Facebook group and Messenger. While we are saddened that anyone needs a support group such as M.E.N.D., we are grateful that new Moms and Dads have found our group. We continue to build relationships and see the blessings of our precious babies. Personally, I see the growth in our chapter as everyone surrounds a newcomer, fresh in loss and deep grief, and blankets that person with care, love and support.



We hope you will mark your calendars now and plan to join us at our October support group for a balloon release in commemoration of Pregnancy and Infant Loss Awareness month.

Becky

In Loving Memory

Abigail Grace Crump

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

Riley and Parker Davis

November 14, 2006
Premature
Given by
Parents Rob and Cheryl Davis
and siblings Annalise and Owen

Lanni Sue Rogers-Fish

July 24, 1939 - April 7, 2023
Logan Wayne Fish (Lanni's grandson)
September 17, 2002
Skeletal Dysplasia
Parents: Brittney and David Fish
Brothers: Landry and Hudson
Given by Stacy Kowalkowski

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

Lauren Paige Grimes

Stillborn March 6, 1999
Cord accident
Angel Baby Grimes
Miscarried January 25, 2001
Given by parents Paula and John Grimes
and sister Rileigh

Serenity Harrison

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

Baby Jackson

Miscarried April 22, 2022
Given by parents Katie and Caleb Jackson

Ethan Alexander Kozar

March 29 - April 2, 2020
SIDS
Parents: Katelynn and Ryan Kozar
Given by Heather Kozar

Baby Lundquist

Miscarried April 22, 2018
Parents: Katelin and Kevin Lundquist
Given by Floyd and Linda Hornaday

Kennedy Elaine Lloyd

Given by Kristi Jumper

Will Louie

Given by Rebecca Sotelo

Kailyn Mayfield

June 16, 2006 – April 18, 2023
Given by Cindy and Tim Dedear

Jonathan Daniel Mitchell

Stillborn June 24, 1995
Cord accident
Baby Mitchell
Miscarried December 2001
Given by parents Byron and Rebekah Mitchell

Dalton Lucas Troxell

April 15-June 21, 2022
Smith Lemli Opitz Syndrome
Parents: Kaysie and Justin Troxell
Given by Katelyn Ammann

Olivia Rose VanderMaas

Given by Marlo Mravec

Blaire White

Given by Lauren Little

Gifts of Support:

Second Baptist Church, Springfield, MO
Gwen George
Jenco Real Estate, Inc.
Neiman Marcus Group Associate Giving Program
Robert Moats

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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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
Pregnancy Loss and Infant Death Alliance



M.E.N.D. Leadership

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and Becky Johnston

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

Mommies AND Daddies are welcome at all M.E.N.D. support groups.

Irving Archives Museum, 801 W Irving Blvd, Irving, TX 75060.

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

M.E.N.D. chapter support groups meet the 2nd Thursday of each month at 7:30 PM

Daddies group meets the 2nd Thursday of March, June, Sept. and Dec., at 7:30 PM

Moms and dads meet together for introductions before dividing into two groups.

Rowlett Satellite Chapter

A satellite chapter in Rowlett holds support groups to serve families in the eastern area of the Dallas/Fort Worth metroplex.

Support groups are held the 1st Wednesday at 7:00 PM at the Veterans Resource and Outreach Center,
4210 Industrial St, Rowlett, TX 75088.

Visit our Facebook group or email terri@mend.org.

M.E.N.D. Chapter Information

Due to COVID gathering guidelines, please follow your chapter on Facebook or connect with your local Director for updates if your chapter will meet in person or virtually.

M.E.N.D.–NW Washington
NEW NIGHT AND LOCATION!
 Meets the 4th Tuesday at 6:30 PM
 GracePoint Church
 8278 WA-303
 Bremerton, Washington 98311
 Chapter Director: Katherine Sandoval
 katherines@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
 Chapter Director: Jennifer Harrison
 jennifer@mend.org, (417) 770-0600

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
 Chapter Director: LaTrina Bray
 latrina@mend.org (614) 530-5128

M.E.N.D.–Tulsa, Oklahoma
 Meets the 3rd Tuesday at 7:00 PM
 5401 S Harvard Ave
 Tulsa, OK 74135
 Chapter Director: Cat Markham
 cat@mend.org, (918) 694-4325 (HEAL)

M.E.N.D.–MidMichigan
 Meets the 1st Tuesday, at 7:00 PM
NEW LOCATION!
 Christian Celebration Center
 6100 Swede Ave
 Midland, Mi 48642
 Chapter Director: Karen Kilbourn
 karen@mend.org, (989) 577-5755

M.E.N.D.–East Valley, Arizona
 Meets the 2nd Thursday, at 6:30 PM
 Queen Creek Library
 Edward Abbey room
 21802 S Ellsworth Rd
 Queen Creek, Arizona 85142
 Chapter Director: Danielle Radler
 danielle@mend.org, (602) 699-6228

M.E.N.D.–Chicagoland, Illinois
 Meets the 1st Tuesday at 7:00 PM
NEW LOCATION!
 St. Paul Lutheran Church
 545 S. Ardmore Ave.
 Villa Park, IL 60181
 Chapter Director: Becky Luedtke
 becky@mend.org, (630) 267-9134

M.E.N.D.–Greater Houston Area
 Kingwood Area, Texas:
NEW NIGHT FOR
JULY AND AUGUST!
 Meets the 3rd Tuesday at 6:30 PM
 Lone Star College Kingwood
 Classroom Building A (CLA) Rm 113
 20000 Kingwood Dr.
 Kingwood, TX 77339.
 Chapter Director: Nikisha Perry
 nikisha@mend.org, (346) 235-4714

Coming Soon!
M.E.N.D.–Greater Houston Area
 satellite in the Richmond area
 Contact Emily Diamond at
 emily@mend.org for more information

Subsequent pregnancy group
 meets the 4th Tuesday
 from 7:30 - 8:30 PM via Zoom.
 Please visit www.mend.org to join.
 Led by Marisa Perry:
 marisa@mend.org
 For families who are considering
 becoming pregnant or are currently
 pregnant after a loss.

Online Support

M.E.N.D.–
Nationwide Online Support Group
 Held the 3rd Thursday at 8:00 PM (CST)
 Please visit <https://www.mend.org/virtual-support-group-links>
 Chapter Director: Mallory Gallagher
 mallory@mend.org

Men of M.E.N.D.
 Held the 3rd Monday at 8:00 PM (CST)
 to join, contact,
 Chapter Director: Matt McGhee
 Matt@mend.org
 Facebook Group:
www.facebook.com/groups/MENofMEND



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>.

The order deadline for 2023 installation is July 15, 2023. To ensure the bricks are ready for the 2023 Walk to Remember, brick orders will be closed from July 16 – October 6, 2023. Orders will be live again from October 7, 2023 – July 15, 2024 October 2024 installation.



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

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Share About
Your Baby




Join Your Local
Chapter's
Facebook Group*


Join Our Online
Communities

Visit www.mend.org/facebook-groups
to find our online communities
*If there is not a local chapter near you, please join Dallas/Fort Worth.