Place Stamp Here

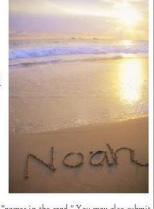
Pregnancy & Infant Loss Support, Inc.

www.utahshare.org

Names in the Sand

http://namesinthesand .blogspot.com

This is a wonderful site? Read the story of an Austrailian mother's loss and the wonderful way she is remembering her son Christian, and all babies who are gone too soon. Carly Dudley and her



husband, Sam take photographs of "names in the sand." You may also submit your baby's name to be photographed.

A website definitely worth your time.

"With grief, it isn't just being a good person that has made me tired, but being any kind of person at all."

-Harriet Jones

Utah Share
1932 N. 810 W.
Clinton, UT 84015

Remembering the babies who have touched our hearts...

Clinton Lee Helgesen November 5, 2008

Joshua Jimenez November 11, 2008

Kenner Jackson Rausch November 14, 2008

Sharyn Winterbottom
November 14, 2008

Andrew James Davis November 21, 2008

Web Hopes November 24, 2008

Jackson Duane Stout December 1, 2008

Daniel Allred Jessop

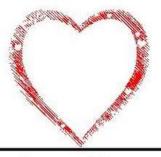
December 9, 2008

Juan (Arnando) Valenzuela December 10, 2008

> Jonathan Ceia December 13, 2008

Utah Share

January/February 2009



Support Meetings

January 1- NO MEETING, New Year's Day

Wednesday, January 21, Mckay Dee Hospital Stages of Grief 7:30-9:00 p.m. Classroom 4

Thursday, February 5, Davis Hospital Family and Friends 7:30-9:00 p.m. Classroom 2

Wednesday February 18, Mckay Dee Hospital Subsequent Choices 7:30-9:00 p.m. Classroom 4

> Thursday March 5, Davis Hospital Grief Resources 7:30-9:00 p.m. Classroom 2

If you wish, please feel free to bring a memento of your baby to share, (Pictures, a stuffed animal foot prints, poems, etc.) More information about support meetings is available at more utahshare.org

"Sometimes when one person is missing, the whole world seems depopulated."

-Lamartine

Remembering the babies who have touched our hearts...

> Ella Marie White December 13, 2008

> Baby Angel Gray December 16, 2008

> Baby Boy Gray December 16, 2008

Micah Christian Swenson December 20, 2008



Reminder

We still have a few hand and foot molds that need to be picked up. If you have not picked up your molds yet, please contact Tanya at 801-825-3578 Thanks!



Birthda In Memory



Andre Maximiliton Brandt

January 2, 2008 Happy Birthday We will always remember you.

My Burrerfly

on sliky round cheeks.

Instead my arms ache with the

weight of your absence,

the empty places that were meant for you

to grow into. My love for you will last an eternity My hopes and dreams now carried

on the fragile wings of each butterfly passing

compelling me to pause,

to sayour each moment,

Each flutter in my heart is

your wings, -Author Unknown

In Memory of Kelsie Carolyn Plescia

Happy 4th Birthday!!!

We love and miss you!

Cope Mommy, Daddy, & Sheaiyn

In Memory of Baby Jonesy February 1

HAPPY 2nd BIRTHDAVII

Harleigh Jane

Its been too years that I haven't got to see your toes your hands, your eyes, your face and egen your little nose,

I long to feel the soft weight of you to melcome you home, with kisses WITH ACC MY COVE MOMMY

Celebrate your second birthday with us, I miss and love you, Ellie Happy Birthday Harleigh I love you, Xinsley Happy 2nd Birthday Harleigh I love you with my whole heart.

Braxton

"It's hard to believe 3 years have gone by without you. Not a day goes by that we don't think about how you would have turned out? What you would have looked like! What your personality would have been like! We think about you and miss you everyday. Happy

HAPPY BIRTHDAY XELSIE CAROLYN PLESCIA!

FROM GREAT GRANDMA CAROLYN WHO

MISSES VOU VERY MUCH!

3rd Angel Day our precious little Xaleb!!!

In Coving Memory of Xaleb Jordan Turt

12/7/2005

Love always and forever, Daddy, Mommy, Big sister Xylle, and Cittle sister Xayla."

Happy 4th Birthday Xeisieill February 15, 2005 There is not a day that goes by that we don't think of you. "All our Hopes and Dreams, now carried on Butterfly wings..."

Cove forever. Nana





Happy Ist Birthday Zurumn Agreni January 23, 2008 Foreger in our hearts, Cove. Monmy

The March/April newsletter deadline will be February 15. Please email any articles, poems, or announcements by this date to: newsletter@utahshare.org Thanks!

Donations in Memory Of



Donation in Memory of Jordyn Shiane Billmire Grandma Diane and Grandpa Brad

Donation in Memory of Jordyn Shiane Billmire by Mommy, Daddy, Tiara, Dalton, and Kodie

Donation in Memory of Jordyn Shiane Billmire By Grandma Sharon

Autumn Agren
by Jen Agren

Nakota Tolino by LeAnn Tolino

Donation in Memory of Dirk Ryker Vanweerd by Maijken Sorensen

Donation in Memory of

Jacob Young

by Justin and Melinda Young

Donation in Memory of Chloe Faith Price By Fred and Shirley Willis

Thank you to EveyIn Martin for the beautiful blankets made in memory of Faith Monson

Donation in Memory of Keith Merkley by Heather Merkley

A Special thank you to Amber Kelley for her donation of 38 handmade blankets. They are beautiful!

Mary Clara Lewis
by Becky Lewis

A big thank you to all those that supported us in the Christmas craft meeting! It was so much fun, and the angel bookmarks were beautiful. (Thanks Tanya! :)) Donation in Memory of Kelsie Carolyn Plescia by Shenara Shafer

Donation in Memory of
Eli Joseph Simpson
by Katie and Joe Simpson

Donation in Memory of Kelsie Carolyn Plescia by Marci Nellessen (Nana)

Thank you to
Courtney Ly Swensen and Kim Ly
for the beautiful blankets,
matching hats, and keepsake
boxes in honor of
Paulina Kim Swensen



New Years Wishes for Bereaved Parents

to the newly bereaved: We wish you patience - patience with yourselves in the painful weeks, months, even years ahead.

To the bereaved sibling: We wish you and your parents a new understanding of each other's needs and the beginnings of good communication.

To those who are single parents: We wish you the inner resources we know you will need to cope, often alone with your loss.

To those experiencing marital difficulties after the death of your child: We wish you a special willingness and ability to communicate with each other.

To those of you who have experienced the death of more than one child; We wish you the endurance you will need to fight your way back to a meaningful life once again.



To those of you who have experienced the death of an only child or of all of your children: We offer you our eternal gratitude for serving as such an inspiration to the rest of us.

To those of you who are plagued with guilt: We wish you the reassurances that you did the very best you could under the proumstances, and that your child knew that

To those of you who are deeply depressed: We wish you the first steps out of the "Valley of the Shadow".

To all fathers and those of you unable to cry: We wish you healing tears and the ability to express your grief.

To those of you who are exhausted from grieving: We wish you the strength to face just one more hour, just one more day.

To all others with special needs we have not mentioned: We wish you the understanding you need and the assurance that you are oved.

From a speech by Former TCF President. Joe Rousseau. Taken from the January 1999 TCF Houston-West chapter newsletter

Question for March/April

What is your favorite memory of your pregnancy?

Please email your responses by February 15 to newsletter@utahshare.crg "Two in distress make sorrow less."



Proverb

The Year Before Last- Author Unknown

The holiday season is approaching, And with it comes the New Year. Although for me time passes slowly, New Year's Day will ring in quickly.

I dread this New Year's Day
Because they will look at me in a terribly strange way
When I get misty-eyed,
And talk about something you had done.

After you first left me,
They reasoned when I cried,
"He's only been gone a few months."
And I would catch that look of understanding in their eyes,
And found some comfort that they knew.

But on last New Year's Day,

Wy first thought upon awakening was,
Oh God, my son died last year,
Not just a few months ago, not even this year,
But last year.
He will never live in this year.

They didn't understand, they didn't reason,
That last year, for me the loss was still new.
They thought, "It happened last year,
So long ago, why does she still cry?"
I could see it in their eyes.

This New Year's Day, will it be different?
Will my first thought upon awakening be,
Oh God, my son died the year before last,
Not a few months ago, not this year or even last year,
but the year before last?
He will never live in this year.

Will they even listen, should I not look them
In the eyes, for fear that I shall see,
"Why is she still crying? It happened so long ago.
It was the year before last."

Those words that we use
To describe the passage of time,
A few months, this year,
Last year, the year before last.
They don't know that time stands still for me.

Will they understand that's why I cry?

Don't they know

My son just died

They year before last?

I think its very interesting and something to ponder...on the safe arrival page, it states 'she/he is watched over by big brother/sister angel..." A few weeks ago Lorin was born. The day she was born I sat in my hospital bed holding this new spirit, this brand new baby girl. I was thinking about how long I had wanted her name to be on that "safe arrivals" page in the newsletter. Perhaps a silly thing to be thinking about right then. I remembered the "watched over by" part and asked my new Lorin, "Did you know my Jacob? Did Jacob take care of you?" For the first time, she turned and looked right at me, as if the mention of his name sparked something in her. It may have been sheer coincidence, it may have just been the sound of my voice, though I had talked to her many times. But in my heart, I choose to think that Jacob really did watch over her and took care of her until she was safe in my arms.

Melinda Young, Utah Share

"Whole years of joy glide unperceived away, while sorrow counts the minutes as they pass."

- William Havard