

Place  
Scrap  
Here

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



**Share**

*Pregnancy & Infant Loss Support, Inc.*

[www.utahshare.org](http://www.utahshare.org)



## Christmas Box Ceremony

On December 6th of each year, at 7:00 p.m., a candlelight healing ceremony is held at the base of the Christmas Box Angel monument. After a few remarks, a moment of silence, and a musical number, those who attend are invited to place a flower at the base of the statue.

There is a ceremony held at the Salt Lake City Cemetery at 200 "N" street. The Christmas Box statue is located at 340 North "N" Street.

A ceremony will also be held at Evergreen Memorial Park in Ogden just north of 2nd and Monroe.

The Christmas Box Angel monuments are located throughout the United States to provide hope and healing to all those who have experienced the death of a child.

**Please call 801-544-1159 with any questions.**

Thanks to all who braved the cold and rain and made the 2008 Walk to Remember a success. Thanks also to the following people and businesses who supported our event.

- Barry Holinski at Associated Foods
- Brent Haney at The Shirt Rack
- Danny Allen at DeJarnett
- Meyers Mortuary
- Clinton City Youth Council
- Musical guest, Jessie Clark Funk

We hope to see you at the 2009 Walk to Remember!



*Remembering the  
babies who have  
touched our hearts...*

*William David Criswell  
August 26, 2008*

*Hazen Ned Henderson  
August 27, 2008*

*Angelina Doebler  
September 02, 2008*

*Dirk Ryker Van Weerd  
September 3, 2008*

*Miles K. Jorgensen  
September 10, 2008*

*Mary-Clara Lewis  
September 16, 2008*

*Taylor Peterson  
September 16, 2008*

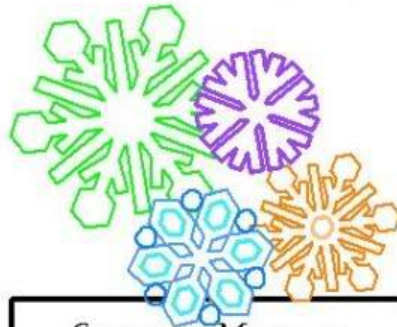
*Vessnya Ann Negrete  
September 21, 2008*

*Patrick Jr. Zamorano  
September 22, 2008*

*Whitney Rose Sanders  
September 23, 2008*

## Utah Share

November/December 2008



### Support Meetings

November 6, Davis Hospital  
Remembering Your Baby  
7:30-9:00 p.m. Classroom 3

November 19, McKay Dee Hospital  
Holidays  
7:30-9:00 p.m. Classroom 4

December 4, Davis Hospital  
\*\*\*CHRISTMAS CRAFT\*\*\*  
7:30-9:00 p.m. Classroom 3

December 17, McKay Dee Hospital  
Handling the Holidays  
7:30-9:00 p.m. Classroom 4

*If you wish, please feel free to bring  
a memento of your baby to share,  
(Pictures, a stuffed animal  
footprints, poems, etc.)*

*More information about support  
meetings is available at  
[www.utahshare.org](http://www.utahshare.org)*

**"You don't heal from  
the loss because time  
passes, you heal  
because of what you  
do with the time."**

- Carol Crandall

*Remembering the  
babies who have  
touched our hearts...*

*Kruzo Angel Gillen  
September 25, 2008*

*Oliver Reltz  
September 26, 2008*

*Maria De Jesus Ruiz  
October 3, 2008*

*Mary Jessica Ruiz  
October 3, 2008*

*Baby Pokorny  
October 3, 2008*

*Carla Victoria-Mae Seward  
October 12, 2008*

*Destiny Lyn Shurtleff  
October 20, 2008*

*Logan Oliver McBride  
October 3, 2008 -  
October 21, 2008*

*William Henry Wilde  
October 24, 2008*

*Harrison Samuel Maw  
October 28, 2008*



# Birthdays In Memory of



October 20, 2005

Happy 3rd Birthday Jerrin!!!

I can't believe you are three years old, I hope you have a wonderful birthday. We miss you more and more every single day.

Please always remember how much we love you.

xoxo love forever.

Mom, Dad, Christian

Happy 3rd Birthday Chloe Subel

September 13 2005- February 15, 2006

"Our hearts still ache in sadness and secret tears still flow, what it meant to lose you, no one will ever know."

Dear Chloe,

We don't miss you every hour of every day, we miss you every second of every day. We are all so sorry for all you suffered and all of your pain. Please know that you will be forever loved and remembered Shoogs. Our greatest wish and hope is that you are still with us somehow. Don't down from above...

"Wherever you are, you will always be in my heart."

-Mahatma Gandhi

We love you Chloster

love always and forever.

Mommy, Daddy, Big Brother Tys, and your sister and angel best friend Bree

## Bereaved Birthdays

Birthdays are a time for celebration  
Not a time for tears  
But what happens when the birthdays  
No longer mark the years  
A birthday marks the moment  
A spirit enters earthly life  
To share its special love and joy  
And learn from earthly strife  
Before a spirit comes to us,  
It knows when and how it must depart  
It chose its path carefully,  
We are honored from the start  
The sadness we now feel on such a joyous day  
Is longing for our loved one's touch  
It's natural to feel this way  
For even though the birthdays  
No longer mark a spirit's stay  
Love continues on forever  
To touch us everyday I hug my precious memories  
Close to my heart  
And honor my beloved spirit child  
Who chose me from the start

Unknown



Happy 1st Angel Day Bree-Elle Sube

April 13 2007- November 13 2007

"Oh if you knew how much I sigh to see you, how much I suffer at being separated from you, and all that my heart has been called on to endure, you would think me somewhat worthy of your love." -Marquis de La Fayette

Dear Bree-Elle,

One year later and our arms still ache, our hearts still break, tears are still daily shed, and there is an emptiness in our big bed. We tried to make it better for you and I'm so sorry we could not. BreeBree, you will always be in our hearts and never forgotten. Come see us and smile down from above...

"If there ever comes a day when we can't be together, keep me in your heart, I'll stay there forever." -Winnie the Pooh

We love you BumBum

Love always and forever.

Mommy, Daddy, Big Brother Ty, and your sister and angel best friend Chloe





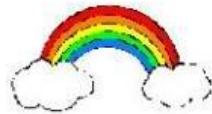
## The Ornament

As I visit family and friends each year at Christmas I secretly scope out everyone's tree. I'm looking for it "The Ornament". Every time I see one of the ornaments my heart skips a beat but it puts a smile on my face. There are three ornaments now. One for each year our little Angel Kelsie has been gone. Every year the ornament has been different. But all of them have one thing in common, they all have an angel theme to them. Each Christmas my daughter and I make/buy an ornament in memory of my granddaughter Kelsie to be given to our family and close friends. As the years have gone by it has been getting easier to give the ornaments to family and friends. It's actually something that I really look forward to. By the first of December they start asking for them. "When do I get my ornament?" It does make feel better, knowing that Kelsie hasn't been forgotten. That they too are looking forward to adding another "Ornament" to their tree. Someone asked me how long we were going to make ornaments in memory of Kelsie for. I didn't have an answer for that. Maybe another year, maybe ten or twenty. But right now it's what makes me smile at Christmas, looking over their trees and seeing one of "Kelsie's Ornaments" hung proudly among the rest of the ornaments whether it goes with their "theme" or not. These ornaments are a reminder of the short life of Kelsie and a way for our friends and family to show that they share our grief, that they will always remember our Angel.



~~Marci Nellessen

## Safe Arrivals



Justin, Melinda, McKinley, and Landen Young  
are proud to announce the safe arrival of

**Lorin Skye Young**

Born October 20, 2008 @3:53 p.m.  
7lbs. 2 oz. 20 in.

Lorin is watched over by her big brother Jacob



The Kenners: Kimberlee, Marina, Nick, Issac, & Zoe  
proudly announce the safe arrival of

**Lily Cait Kenner**

Born February 16, 2008  
8lbs. 20 in.

Lily is watched over by her big sister Indigo Kenner

**Samuel Jorgen Evans**

Born September 5, 2008

Thankful Family: Jeremy & Mary, Mitchell, Liesel, Seth, and Logan.

Samuel is watched over by his brother Caleb Gabriel

## Memorial Lightboxes

Visit [www.giftsforthegrieving.com](http://www.giftsforthegrieving.com)  
and view memorial lightboxes  
that can be personalized for  
your loved one. A portion of  
the purchase price will be  
donated to Utah share  
during the holidays. Visit  
[www.giftsforthegrieving.com](http://www.giftsforthegrieving.com) or call  
801 941-4923 for information.



# Donations in Memory of

Donations to Utah Share in memory of  
**Chloe Sube**  
and her 3rd birthday

Money Donation in Memory of Chloe Sube from her Aunt Natalie Nelson

Donation of Scissors and Fabric in Memory of Chloe Sube from her Uncle, Aunt and Cousins Josh, Dustie, Rhyen, and Hudson Sube

Donation of Fabric in Memory of Chloe Sube from her Friends "Aunt" Kari and "Uncle" Alan Mills

Money Donation in Memory of Chloe Sube from Grandma Cherrie, Aunt Gina, Uncle Travis, and Grandpa Boyd Nelson



Money Donation in Memory of Chloe Sube from her Great Grandma Harriet Greguhn and also in memory of her baby boy Arnold Gregory Anderson, August 7, 1937 to June 22, 1938

Money Donation in Memory of Chloe Sube from Easter and Jon Howard

Donations of Boxes, Paint, Ribbon, and Embellishments for Hand and Foot Molds in Memory of Chloe Sube by Her Mommy Denise, Daddy Jake, and Big Brother Tyson

Painting and Decorating of Boxes by Her Family and Friends

Beautiful blankets in memory of  
**Tori Elizabeth Sabin**  
From Connie Hansen

Thank you to Grandma Nelson for making the beautiful blankets and gowns in memory of  
**Jordyn Shian Billmire**

Beautiful burial gowns made in memory of  
**Savanna Jackson**  
From Grandma Dawn and Grandpa Tim McCullough

Donation in Memory of  
**Abby Price**  
From Jen Noorda

Donation in Memory of  
**Angelina Doebler**  
by Grandpa Gos Vanderstappen

Beautiful blankets made in memory of  
**Jerrin Benjamin Jones**  
by Dot Hunt

## *"What is the best gift you have given or received in honor of your baby?"*

The best gift I have ever received in memory of my granddaughter Kelsie is all of the wonderful friends I have made through Share. Utah Share means so much to me. I have laughed and cried with so many wonderful people. I want to thank you all for letting me into your lives. Each one of you has touched my heart and changed me for ever. "I believe that friends are quiet angels who lift us to our feet when our wings have trouble remembering how to fly." -author unknown

THANK YOU ALL for helping me remember how to fly!

-Marci Nellessen

I wanted to share one of the best gifts I received. A neighbor, who I don't know very well, mailed me a letter. She wrote, "After I lost my first baby, we had some poppies that came from nowhere and have bloomed every year since. I would like to share some with you and I hope that they will bring you comfort that someday you will see your little perfect angel." Along with the letter she sent a packet of poppy flower seeds. It helped to know I wasn't alone. I was very touched that she would reach out to me in this way.

-Alison Benson

I appreciated the remarkable ladies from SHARE who came and comforted me at the hospital. I appreciated NILMDTS, Pat Wimpee, and the beautiful pictures she took of my son. I appreciate the Myers mortuary helping me plan a graveside service for my baby. I appreciate my family for helping me with my living children and allowing me to grieve over the one I lost. I appreciate the 'time' that many gave in comforting me.

-Heather Merkley



## Christmas Craft

In place of our December 4 meeting we will be making beaded angel bookmarks. They are genuine sterling silver and Swarovski crystal. A \$5.00 donation to cover costs is appreciated but not required. We want everyone to come and make one! Come and enjoy the company of your Utah Share friends. Visit: <http://www.bestbuybeads.com/ideapage.asp> , number 54 and 55 for pictures of the bookmark we are making. Please contact Tanya at 825-3578 ASAP to let her know if you would like to make a bookmark.



*Here are more responses for  
the best gift grieving parents  
have received  
in honor of their child:*

- A bracelet with ALL of my children's names on it.
- Money to go toward our son's headstone.
- Molds from Share.
- A scrapbook personally made for our daughter.
- A painting of our son.
- A Precious Moments figurine.
- A cedar chest to keep our daughter's things in.
- Fresh flowers on my daughter's birthday every year.
- A silver birth certificate holder with my daughter's name engraved on it.
- A ring with my daughter's birthstone in the shape of a heart.
- His Headstone.
- A tree to plant in our yard.
- Plants and trees to plant in our yard and make a garden for our baby.
- A baby ring with my baby's birthstone in it.
- A scrapbook for my daughter.
- A pair of baby moccasins because my daughter was such a "warrior".
- A heart locket with my baby's name on the front and his birthday on the back.
- A blanket made with an image of the birth/death certificate.
- A shadowbox with her things inside.
- A heartfelt note.
- A Festival of Trees donated tree.
- Dried flowers from her funeral in a shadowbox.
- A gift certificate for a night away and a gift card to the movies.
- Flowers every year on her birthday.
- Willowtree Angels

*A big thanks to Denise Sube  
for putting together this  
survey and great resource!*

*The following are important tips for  
giving a gift to someone who is  
grieving as indicated in the above  
survey.*

**(Give this to anyone who might be interested!)**

- Be wary of religious gifts. For many grieving parents, religion is a tough subject.
- Ninety percent of grieving parents loved finding gifts at their child's gravesite. This is an excellent way to show support and love.
- It is best practice NOT to give gifts the baby "should have" used such as toys or clothes.
- Fresh flowers are enjoyed by some but hated by others. Fifty percent of grieving parents reported that they hated fresh flowers because "they died too".
- You can always ask first if you are unsure to a gift's appropriateness or likeability.
- Most grieving parents prefer personalized or homemade gifts over generic ones. This can be an ornament with their name on it, something with "their colors", or anything related to their child somehow.
- In early stages of grief, practical gifts such as cash, gift cards, hotel stays, or groceries may be very needed and appreciated. As grief goes on, gifts in loving memory and gifts to help cope with grief are especially appropriate.
- Remember that grieving parents have a very low energy and attention span. Be mindful that the grieving need low or no maintenance gifts.
- When giving a gift, remember that the sentiment with the gift is just as important. Include a heartfelt note, stop and see the grieving, or listen and talk with them!
- Memories are the best gift - such as a card or letter about what you remember and loved about the baby or a photo. Or anything to hold those memories (cedar chest, scrapbook, keepsake box) can be very appreciated.
- It is particularly helpful to send gifts on special days such as: Mother's Day or Father's Day, Birthdays, Angel Days, or ANY other holiday. Holidays are particularly stressful for grieving parents.
- If you don't know what to get, you can always give a gift card with the special sentiment, "For you to pick out something in loving memory of" and the baby's name.
- As time goes on, there is less support for the grieving. It is NEVER too late to send a gift - often the later the better because that is when grieving parents need it most.
- Christmas and the holidays can be a great time to show support. It is also a time when grieving parents really need that extra support. Personalized or angel ornaments are a favorite gift for the holidays.



## Ideas to Remember Your Baby During the Holidays

- ✿ Light a candle at a set time every evening to remember your beloved sibling, child, grandchild.
- ✿ Volunteer to help others once per week to remember your child;
- ✿ Meditate or pray for all the families experiencing child death each day this month.
- ✿ Create a loss journal of every "remembrance activity" in which you participate.
- ✿ Create a work of art such as a clay project, video, scrapbook, or musical composition.
- ✿ Write ten letters or cards of gratitude to someone special in your life
- ✿ Devote yourself to reading one meaningful book during this month about love, life, and loss.  
One idea is Viktor Frankl's *Man's Search for Meaning*.



-The MISS Foundation ([www.missfoundation.org](http://www.missfoundation.org))

...Memories are always there to hook us, to make the grief fresh again-angel days, baby showers, Mothers day, Fathers day, any occasion of the 'first time around'. But the Christmas holidays, the Hanukkah observances, when the whole world seems poised for celebration are among the most difficult times of year for survivors of loss. Each of us has a time-honored list of things we do (decorate the tree, light the candles, family party). They are part of our identity and our joy in being alive in the world together and now we have to do it without our precious little one.

You will get through it, and probably better if you can talk about it with others who are feeling the same loss. Reaching out to others for whom this is also a difficult season will help and will express the true meaning of the season.

-Author, Martha Whitmore Hickman  
"Healing After Loss"



*"I carry your heart with me. (I carry it in my heart).  
I am never without it (anywhere I go you go, my dear.  
-e.e. cummings*

Great News!

**The newsletter is now  
available to view and print  
online! Click on the newsletter  
link at [www.utahshare.org](http://www.utahshare.org).**

Also, don't forget:

If you haven't signed up to continue receiving the newsletter by mail, you won't receive the Jan/Feb edition in 2009.

You can sign up at the newsletter link at [www.utahshare.org](http://www.utahshare.org).

