

Place  
Stamp  
Here

**Utah Share**  
1410 E. 1400 N.  
Layton, UT 84040

 **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.**

## Grief Support

Myers Mortuary is offering a Grief Educational Presentation on **November 17.**

The speaker is Kent Allen and the event is free to the public.

Law Library, 2464 Jefferson Ave. Ogden.

The topic is "**Handling the Holidays.**"

Myers also has a grief support library in their Ogden location, 745 Washington Blvd. with helpful books and brochures open to the entire community at no cost.

And when you can't find the right words, they can help you explain death to children by sharing literature with you prepared by child specialists.

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

*Lucy Jeniel Menlove  
August 5, 2009*

*Mily Mendez  
August 21, 2009*

*Nathan Scott McCarty  
August 27, 2009*

*Hyrum Richard Hovey  
August 27, 2009*

*Cily Dawn Damitz  
September 4, 2009*

*Baby Cym  
September 11, 2009*

*Diane Sue Hatfield  
September 24, 2009*

*Rikki Lynn Viereck  
September 25, 2009*

*Nicholas Evan McQuade  
September 28, 2009*

*Mackenzie Renee Fernandez  
October 2, 2009*

*Deke Dursteler  
October 2, 2009*

# Utah Share

*November/December 2009*



## Support Meetings

**Thursday, November 5**, Davis Hospital  
7:30-9:00 p.m. Classroom 3  
Handling the Holidays  
Feel free to share any item, tradition, or  
idea you have for remembering your  
baby during the holidays.

*\*Spanish speaking meeting also  
available this night\**

Nuevo - Reunion De Share en Espanol  
5 de Noviembre las 7:30 /Davis Hospital  
(Layton, UT)

Subjecto: Como Tratar los dias de  
Navidad

Por favor sienta confianza a compartir  
cualquier cosa, tradicion o idea que  
tiene para recordar su bebe durante la  
Navidad

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

*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)

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

*Ignacio Zayden Valdovia  
October 10, 2009*

*Howard Cruz Alama  
October 15, 2009*

*Konner Mark Rasmussen  
October 19, 2009*

*Cily Anne Hudson  
October 21, 2009-  
October 22, 2009*

*Ixchel Solorto Suaste  
October 22, 2009*

*Joshua Andrew Frost  
October 22, 2009*



**All things  
grow with  
time -  
except grief.**

**-Jewish Proverb**



# Birthdays In Memory of



An angel's first year in heaven  
Please don't weep for me no more  
Don't let grief consume your life,  
For I am in a state of bliss  
No sorrow or no strife.  
For death is not the end of all  
It's but the very start.  
I have left my love with you  
To hold within your heart.  
It's not a year without me  
It's a ye year with God and glory.  
It's not the end of a life  
But the beginning of my story.  
For I have not left you  
I am with you everywhere.  
All the things we used to do  
I'm by your side to share.  
The children that are in your care  
The one's I loved so dear.  
I still watch them lovingly  
For I am always near.  
When you hold them close to you  
Singing a lullaby so sweet.  
I am singing harmony  
While sitting at your feet.  
So the loneliness that you feel  
Please try to turn around.  
For the author of my life  
Has brought me to hollowed ground.  
My life among the angels  
Was what God planned for me.  
Please accept that He knows  
I'm where I'm supposed to be  
--Author Unknown



*Kenner Jackson Rausch  
November 13, 2008  
5:00p.m -7:10 p.m.  
There is not a day that goes by that  
I don't think of you. It almost feels  
like this has all been a dream. We all  
miss you so much and think about  
your every day.  
Love always, Mommy, Daddy, your  
aunts, uncles, coustns, and  
grandparents*

*Happy 1st Birthday to Our Boys  
Baby Angel and Baby Boy Gray  
December 16, 2008  
We miss you both so much and know  
that you are both taking good care  
of each other. We do and always  
will love you both forever.  
Love, Daddy, Mommy, Lesley, and  
Familles from Ohto and Louisiana*

*Happy 1st Birthday, Kenner.  
November 13, 2008  
I can't believe it's been a year. It  
seems like yesterday you came into my  
lfe and left. I think about you and  
miss you every day. I love you, my  
son.  
D. H.*



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

*Happy Angel Day Bree Elle  
Sube  
Two years ago you left us on  
your 7 month birthday. We will  
never be the same since you left  
but we hope we are making you  
proud. You are ALWAYS in  
our hearts and minds. Smile  
down from above on us BumBum!  
Love, Mommy, Daddy, Big  
Brother Tyson, and Angel  
Chloee*

The Forever-Wish by Mattie  
Stepanek  
Sometimes,  
I wish Heaven  
wasn't forever.  
Sometimes,  
I wish Jamie  
Could come back  
From his  
Forever-Heaven.  
Sometimes,  
I just miss him  
So much,  
That I can't even  
Be happy,  
Or sad,  
Or angry.  
I'm just alone,  
Because that is a wish  
That can't come true.  
--Mattie Stepanek



## Still

Please don't tell me not to cry  
Please don't say there was a reason why  
You don't know what I am feeling  
Or how much I hurt  
The wet spots are from tears on the collar of this shirt  
You think I should go on with life  
Forget about it and be strong  
But deep down I am sad and I don't want to go along  
I don't expect you to understand why  
For no apparent reason I break down and start to cry  
My life has changed forever, you see  
And that is why I am not acting like the same ole' me  
So please don't try to act like nothing happened  
Because it's changed my life forever  
I will never be the same again  
Not today, not tomorrow, but never  
The best thing you can do for me is just be there  
Just like always, my friend  
My broken heart is hurting bad  
And it will never mend.

-Author Unknown



## Walk to Remember

My precious little baby,  
I walk for you today.  
To share with everyone your love,  
In this my special way.  
How I wish that you were here  
To come and tag along.  
For little one if you were here  
The miles would not seem long.  
I know that you would love to see  
The many bright balloons  
And you would sit and listen  
To the lullabies I'd croon.  
My precious little baby,  
I wish you could have stayed.  
I waited oh so long for you  
So many plans I made.  
I still must try to understand  
Why God took you away.  
And left me with just memories  
And empty lonely days.  
He had other plans you know,  
He wanted you to be  
His very special angel  
And He's keeping you for me.  
Someday we will meet again  
We'll no longer be apart.  
Then we'll take a walk together,  
Hand in hand, and heart to heart.  
It doesn't really matter  
Winter, Spring, Summer or Fall  
Dear baby, I still think of you  
Each day your life recall.  
I had you such a little while.  
But in my heart you'll stay.  
Look down on me from heaven.  
I take this walk for you today.

-Author Unknown

A day of grief lasts longer  
than a month of joy.

-Chinese Proverb

We must embrace pain and  
burn it as fuel for our  
journey.

-Kenji Miyazawa

# Donations in Memory of



Thank you to Jessica Price for making hats and Debi Benna for making blankets in memory of  
**Chloe Faith Price**

Thank you to Daniel and Jennifer Nys who put together a fundraiser and all who donated so very generously in memory of  
**Hayden Hoxsie Nys**

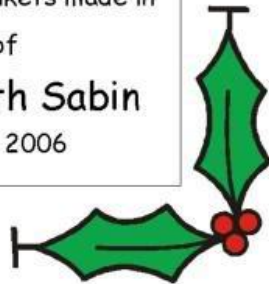
Thank you to Tanya Price for her donation of hair bows and clips for the hospital kits, and postage, in memory of her daughter  
**Abby Price**

Thank you to Grandma Martin, and family friend Bea Schofield for the adorable gowns made in loving memory of  
**Addelyn Faith Monson**

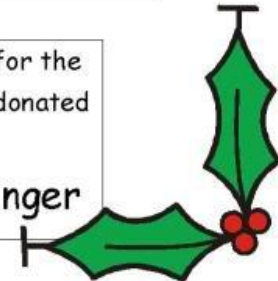


Thank you to Connie Hansen for the beautiful fleece blankets made in memory of  
**Tori Elizabeth Sabin**  
October, 20, 2006

Thank you to Judy Robinson for the beautiful gowns made in memory of  
**Jacob Young**



Thank you to Brenda Dart for the darling gowns and blankets donated in memory of  
**Zoey Brenlyn Zollinger**



A big welcome and thanks to our new area coordinators for NILMDTS (Now I Lay Me Down to Sleep)

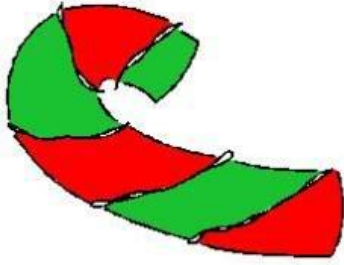
**Kimberlee Kenner- Davis Hospital**

**Pat Wimpee- McKay Dee Hospital (Welcome back!)**

**Jami Stensrud- Ogden Regional and Lakeview Hospitals**

A big thanks to all the new photographers who are assisting them and for their time and dedication in helping families. We love NILMDTS and all they do to help us.

Also a thanks to **MacKenzie Kasper** for all her time and dedication to NILMDTS.



# Christmas Craft

For our December 4 support meeting, we will be making a Christmas craft. There will be two options available, a tile with a vinyl saying (\$5), or a wall hanging wood sign with a vinyl saying (\$8). Come and visit with your Utah Share friends and enjoy a night out. Please mark whether you would like to make a tile or wood sign, and how many of each.

Tile (\$5)	Wood (\$8)	Quantity	
_____	_____	_____	1. "Some people dream of ANGELS, I held one in my arms."
_____	_____	_____	2. "We have heaven in our home, because part of our home is in heaven."
_____	_____	_____	3. "Life is not measured by the number of breaths we take, but by the moments that take our breath away."
_____	_____	_____	4. "When someone you love becomes a memory, that memory becomes a treasure."

Please make your check payable to Tanya Price, and mail with this form to:  
4929 S. 5300 W. Hooper, UT 84315

Name: \_\_\_\_\_  
\$ \_\_\_\_\_ total payment enclosed  
\_\_\_\_\_ your phone number (in case of any questions)

**Payment must be received by November 19. Thanks!**

## Utah Share Wish list

If you or someone you know are able to donate any of the following, thank you!

- ♥ Supplies for pouring hand and foot casts
- ♥ Paper towels
- ♥ Plastic spoons
- ♥ Tulle
- ♥ Zip lock bags (1 gallon size)
- ♥ Baby boy blankets of all sizes



We are looking for a special volunteer to do a Spanish speaking/writing section for the newsletter. If you are interested, please contact us for details! email at [newsletter@utahshare.org](mailto:newsletter@utahshare.org) or call 801-544-1159.

Gracias!

# Thank You...

A Big THANKS to all those who helped to organize the 2009 Walk to Remember, all those who donated, and all those who attended to honor their babies. It was a great event!

- ★ Barry Holinski at Associated Foods for the doughnuts
- ★ Danny Allen at DeJarnett for the bottled water
- ★ Clinton City Youth Council
- ★ Me'Chel Musgrave and Krishel Karras
- ★ Nichole Billmire for making tags to attach to the balloons, in memory of Jordyn Shiane Billmire. It was so nice to be able to send our special messages up to our angels!



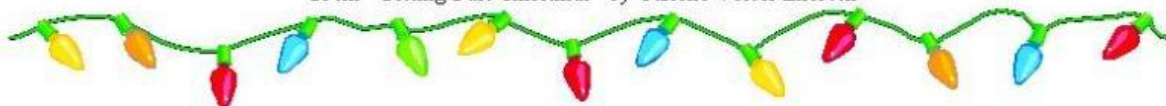
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## Getting Past the Holidays

Do we need to "get past Christmas" or Thanksgiving for that matter? Just as the sun rises each day, the holiday season will come. The world will celebrate whether we want to avoid facing the festivities without our babies or not. Shouldn't we still be thankful for our blessings and enjoy Christmastime? The world would expect as much, and we may or may not expect it and want it for ourselves and our families. It can be hard, but whether you wish to be joyful or not, here's some collected ideas to make all your Christmases a little brighter:

- Buy a beautiful Christmas candle and light it each day through December. It can be a daily, silent reminder of your baby and maybe, make the whole house seem just a little bit warmer.
- Plan your shopping trips ahead of time or try creative alternatives. Try shopping at a different mall and go early in the day before bumping into all those merry shoppers. Or shop online!
- Enlist the help of others in wrapping your gifts. Many friends would love to help but need to be asked.
- Consider changing your traditional family Christmas letter. Feel free to mention your loss. You may feel good sharing your feelings and others may benefit from hearing it as a reminder of the "true meaning of Christmas."
- Give yourself permission to change family traditions. Doing things differently this year may help to ward off some bad memories or expectations.
- Try a new idea when you are getting ready to hang up Christmas stockings. Go ahead and hang one up for your baby. Encourage each family member to write a note to the baby that can be read on Christmas Eve. A flower placed in the stocking for Christmas morning is a sweet sight.
- Determine to do one special thing for someone else in December. Maybe you know someone who is hurting like you or a lonely neighbor who could use a short visit. Perhaps you could make cookies to give away, pick out a special card to send or take a plant to someone.
- Contribute to your favorite charity in your baby's name.
- Pamper yourself this month. Be determined to buy yourself a present.
- Plan on taking time to cry. It is normal to have to cry during the holidays. Holidays intensify all emotions. Why should your loss be any different?

From "Getting Past Christmas" by Carlene Vester Eneroth



# Special Handling Please

I was handed a package the other day,  
It was wrapped securely to be mailed away,  
Attached to the outside as plain as could be  
Was a simple note for all to see.

Please rush through the holiday season;  
Too painful to open for any reason.  
Contained within, find one broken heart-  
Fragile, broken, falling apart.

Tried to go shopping the other day,  
The hype of the season blew me away.  
Sat down to write cards,  
That was insane.  
Couldn't find the list  
Or think of my name.

People say  
"Come over, be of good cheer."  
"Celebrate the holi days,  
Prepare a New Year."

But my grief overwhelms me  
Like waves in the sea.  
Can they cope with my crying,  
an unsettled me?

I don't have any holiday cheer.  
Decorations, traditions, big family meal,  
I can't do this year.  
Do you know how I feel?

Guilty and frustrated!  
I've let everyone down!  
Our holiday celebrations  
Used to be the best in town.

So just ship me away  
Address unknown  
When my grief is better  
I might fly home.

-Author Unknown



## How to Be Removed From the Baby Product Mailing Lists

Diaper coupons, baby food samples,  
mini-magazines on what to expect from your  
child at various ages... All of these are items  
most new parents will receive. However, as a  
bereaved parent, these items are probably  
unwanted and may add to feelings of anguish.

A letter to the following address will stop about 75%  
of baby-related mail during the first year after a  
baby's death.

**Mail Preference Service  
Direct Marketing Association  
PO Box 9008  
Farmingdale, NY 11735-9008**

Parents who wish to have their names removed from  
baby product lists should write to:

**Direct Marketing Association  
Mail Reference Service  
6 East 43rd Street  
New York City, NY 10017  
(212) 689-4977**

To remove your name from the Gerber Baby  
Products mailing list write to:

**Gerber Products  
445 State st.  
Fremont, MI 49413  
(616) 928-2000**

*Information supplied by the National Share Office,  
St. Joseph's Health Center, St. Charles MO 63301*