

Utah Share

September/October 2010

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

*Drake Christensen
July 3, 2010*

*Judson Jay Whitbeck
July 6, 2010*

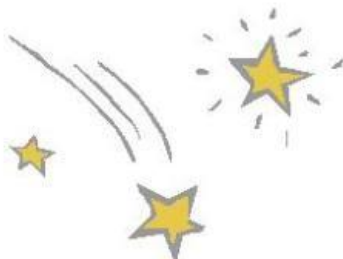
*Ayden Lee Trujillo
July 6, 2010*

*Tatjan Lynn Marston
July 8, 2010*

*Connor Scott Craig
July 9, 2010*

*Kambry Blayke Kearl
July 27, 2010-
July 28, 2010*

*Brynn Elizabeth Wilson
July 29, 2010*



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

*Abigail Grace Denning
August 17, 2010*

*LaRoy Jaynes
August 26, 2010*

*Jacob McKay Evans
August 25, 2010*

Alma Killian

*Jaxton David Ryan
August 25, 2010*

Support Meetings

All Meetings 7:30-9:00, classroom 2

Thursday, September 2

Davis Hospital

Grandparents meeting (Both Grandparents
and parents invited)

Wednesday, September 15

Mckay Dee Hospital

Making Memories

Thursday, October 7

Davis Hospital

Remembering Your Baby
(Bring a memento you would like to share)

Wednesday, October 20

Mckay Dee Hospital

Stages of Grief

Thursday, November 4

Davis Hospital

Grief and Marriage

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

*More information about support meetings is
available at www.utahshare.org*

**"Every man has his
secret sorrows
which the world
knows not; and often
times we call a man
cold when he is only
sad."**

-Henry Wadsworth Longfellow



Birthdays In Memory of



Happy 6th birthday Abby!
Six years seems so long ago, but sometimes feels like just yesterday. We love and miss you so much!!
Love,
Mommy Tutt, Dad, Carson, Caleb and Corbin

Happy 1st Birthday to our sweet little Konner Mark Rasmussen on October 19!
We love you so much and have missed you so much this last year. We think of you always and can't wait to hold you and see you again. We love you so much and hope you have a happy Angelversary! With much love,
Mom, Dad, Mickenna, Kourtlan, Landin, and Kallum



Happy 2nd Angel Day,
Princess Mary Clara Lewis!!
We love you very much and wish you were here to celebrate it with us on your special day. We will have a party for you, please join us in our hearts. We will be sending lots of pink and princess balloons to heaven for you to celebrate with your great grandmas and great grandpas.
With all our love,
From Mommy, Daddy, Grandma and Grandpa Parry, Grandma and Granpa Lewis, all your aunts, uncles, and many cousins who will always love you.



October 2
Deke W. Dursteler
Happy 1st Angel Day Deke!
My world has never been the same after you left us. I have a hard time, knowing how to pick up the pieces, I still can't. I fall apart every time I go to the cemetery to visit you, Lynli, Jeneh, and Jake. I miss you and it's not fair.
But then someday, right??
Love forever and ever, Mom
"There is not foot too small that it cannot leave an imprint on this world."



"Sorrow comes to all...
Perfect relief is not possible, except with time. You cannot now realize that you will ever feel better and yet you are sure to be happy again."
-Abraham Lincoln



Pregnancy and Infant Loss Awareness Month.
Visit october15th.com for more information.

Donations and Thanks

Thank you to Zoe Massey for the darling bracelets she made and donated in memory of her little sister

Gracelyn Ciana Cushing

Thank you to Mckenzie Casperson as a Utah Share photographer

Thank you Mindy Edwards for all the beautiful thank you cards made in memory of

**Joseph Lee Edwards and
Angel Baby Edwards**

Thank you for the donation of darling blankets from Heather Rydalch in memory of her daughters

**Evie Rose and
Chloe Rydalch**

Thank you to Rachel and Chris Price for all their planning and work on the Summer Social. It

was a blast!!

Also thanks to:

Jessica Potter for donating the meat
Tisha and Ken Hamelin for donating the buns

Rachael Price's family:

Kent Spicer

Holly and Nate Thompson

Vickie Tucker

Saralyn Lucas

Adam and Ashley Spicer

Debi Benna

Tyler Price

And all those who brought food and treats to share!

Special Angel

*There is a special Angel in heaven
That is a part of me,
It is not where I wanted her
But where God wanted her to be.
She was here just a moment
Like a nighttime shooting star,
And though she is in heaven,
She isn't very far.
She touched the hearts of many
Like only an Angel can do,
I would have held her every moment
If the end I only knew,
So I send this special message
To heaven up above,
Please God, Take care of my angel
And send her all my love.*

Unknown

My Angel Baby Waylon

I knew I loved you right from the start,
The first time I saw your beating heart.
I cherished feeling you every day,
Kicking and squirming your time away.
No one would have guessed, the news that we
would bear,
Your life had been taken, so sudden, so unfair.
I never got to see your bright blue eyes, or feel
your warmth, or hear your cries.
All I have are dreams of you, those of which,
will never come true.
My heart broke the day that I knew, your daddy and I would never meet you.
I had made plans, had dreams and such, if only I'd known I was dreaming too much.
I never thought that heaven would take you away from me so soon.
But, I'll never forget that dismal day, so sacred and so true.
Somehow I knew something was not right, and through many tears
I would have to fight.
A day filled with love and happiness, yet so much grief and pain.
I seemed to cry for hours, at the mere thought of your honorable name.
Now, all I do is dream at night, about life with you, and what that would be like.
What if you had been born alive? All we can do is grieve and strive,
To remember you every single day,
Hold on to our memories in every single way.
We can ask how and why so much, we never got to feel your touch.
And all we can do is face the fact,
There were reasons unknown, and that's that.
Because we know you're where you need to be, even though it isn't here with me.
You are my angel baby, because God picked you.
Now, forever with his angels, He'll take good care it's true.
You left this earth too soon I know,
But I will see you in rainbows, in birds and snow.
My love for you is unconditional and strong,
And I'll meet you in heaven, even though it seems like so long.
My angel baby you will always be, in my heart forever, eternally a part of me.



**One day at a
time
Is all I can
bear
If I can
make it
through this
day
Then I can
look back
tomorrow
And know
that I am
strong
Even in my
weakness
And
sometimes
being weak
Is the only
way I can
be,
at all...**

© 1996 *Dear Cheyenne*

-Jennifer Stagge

In memory and honor of my angel, my son, Waylon Bruce Stagge 6-21-10

Where Do Balloons Go Mommy?

Where do balloons go, mommy, when you set them free?

Do they float into the clouds or get stuck in a tree?

Do they fly high in the sky or get popped by a bee?

Do they soar with the birds and the bugs in the air?

Or stay close to the ground and get chased by a bear?

Does the wind blow them out over the big blue ocean

Or do they climb up and over the small hills or big mountains?

Do they go out into space and circle the stars

And then come back to Earth after traveling so far?

Or does God collect them all in a big bouquet

And give them to children in Heaven each day?

Where do balloons go, mommy, when you set them free?

I hope they go to Heaven as a gift for me!

~ Unknown ~



"If someone listens,
or stretches out a
hand, or whispers a
kind word of
encouragement, or
attempts to
understand a lonely
person,
extraordinary things
begin to happen."

-Loretta Girzartis

Wave of Light

Everyone is invited to light
a candle on
October 15 at 7:00 p.m.
in all time zones, all over
the world.

If everyone lights a
candle at 7 p.m. and
keeps it burning for at
least 1 hour, there will be
a continuous wave of
light over the entire world on October 15,
Pregnancy and Infant Loss Remembrance
Day



Trial by Fire

Tips for Grieving Couples

by Lisa Church



You will often hear that grief and loss bring couples together, but it can actually do just the opposite. It is possible to emerge on the other side of grief with a closer marriage, but it does take work.

Here are some tips adapted from the book "Hope is Like the Sun: Finding Hope and Healing After Miscarriage, Stillbirth or Infant Death" that can help your marriage survive the stress of loss:

1. Give each other the freedom to grieve in an individual way.

Resist the temptation to feel that your way is the only way to handle loss. Do not be fooled if it seems that your spouse has not been affected by the loss.

2. Remember the good times.

Think about activities you enjoy as a couple and make time to do them- even if you do not feel up to it yet.

3. Expect tough times.

Be tolerant with your mate and understand that you are both going to fail each other during this turbulent time.

4. Do not lash out at one another.

In a weakened state of grief, this will only push you apart. Find constructive ways to release the stress and anger of grief.

5. Prepare for change.

Loss and grief change people and it will change the face of your marriage. Decide together that this trial will bring you closer and commit to your relationship.

6. Reach out.

Resist the urge to spend time away from your mate or reach out to others who better understand your grief.

7. Avoid placing blame.

Tossing accusations at your spouse will only place a wedge in your relationship. Understand that feelings of guilt, anger, and confusion are normal during this time.

8. Love each other.

Be sure to offer the hugs, cuddling, and love that each partner needs to feel secure and supported. Be sure to resume your physical relationship as soon as possible.

9. Seek information and support.

Educate yourselves on grief and try to understand one another. If you are having difficulties resolving your grief as a couple and you feel your marriage is in trouble, get help immediately! Do not wait until it is too late to seek help.

There are no easy answers for couples dealing with pregnancy loss. It is crucial that you make the decision to put your marriage first and then do it!

Place
Stamp
Here

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

 **Share**
Pregnancy & Infant Loss Support, Inc.
www.utahshare.org



As we mentioned last month, our newsletter is going out to over 200 families! WOW! We are excited, and we hope you enjoy the newsletter.

We hope to have our database updated by January 2009. If you would like to continue to receive the newsletter, make sure you email

Marci at marci@utahshare.org

Just include your name and address in the email, and we will put you on our newsletter database!

We are hoping that within the next month, the newsletter will be available as a PDF file, viewable from our utahshare.org website. The file would be printable, and downloadable. (And "green" as they say.)

You may also call us at 801-544-1159 if you are unable to email us your information. Please contact us ASAP, and thanks!

