

Support Group Meeting Schedule

UPCOMING MEETINGS:

All Meetings 7:30 – 9 p.m.
Davis Hospital Classroom 1
McKay-Dee Hospital Classroom 2

• **March 7 •**

Davis Hospital
My support system/resources

• **March 20 •**

Mckay-Dee Hospital
How loss changes you

• **April 4 •**

Davis Hospital
Subsequent pregnancy

• **April 17 •**

Mckay-Dee Hospital
Fear

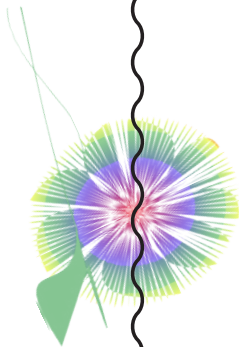
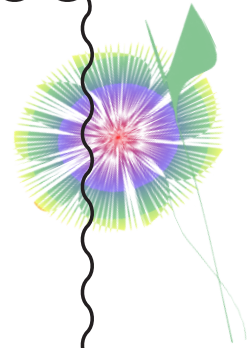
• **May 2 •**

Davis Hospital
Mother's Day craft

• **May 15 •**

Mckay-Dee Hospital
Taking care of you

If you wish, please bring a memory item of your baby to share. (Pictures, stuffed animal, poem, etc.)
For more information about support meetings,
please visit www.utahshare.org



Due to limited resources, Utah Share only mails out a hard-copy newsletter to parents who experienced a recent loss. For the next edition of the bi-monthly newsletter, visit www.utahshare.org/newsletter to view the online version or download and print off a copy.

BABIES WHO HAVE TOUCHED OUR *Hearts*



Baby Rawlins

December 3, 2012

Toby Ryder Boss

December 12, 2012

Andrew James Fredericks

December 19, 2012

Aliya Anne Biehn

December 20, 2012

Sydney Kate Staley

December 21, 2012



Kannon RyKer Harris

October 4, 2012 –
December 24, 2012

Diesel Tarinelli

December 18, 2012 –
December 25, 2012

Lemhi Martinez

December 26, 2012

Remington James Smith

February 2, 2012 –
December 26, 2012



Devin Cru Baird

December 28, 2012

Sophia Anne Brower

December 28, 2012

Miller Jason Stanger

December 28, 2012

Justin Ian Eccles

January 1, 2013



Mikel Odin Duran

September 23, 2012 –
January 5, 2013

Samuel Peter Costello

January 6, 2013

Hartlee Marie Matue

January 11, 2013

Jason Harrison

January 13, 2013



Emily Price

January 15, 2013

Joshua David Wade

January 23, 2013



Rustie Deanna Ware

January 25, 2013

Rylee Gizelle George

January 31, 2013

Parker Corey Davis

January 31, 2013

Ava Kayleen Elsmore

February 6, 2013

Lexie A. Campbell

February 8, 2013



GiGi Hemond

February 10, 2013

Jacob Wayne Fawbush

February 11, 2013

Trey O. Zuech

February 12, 2013

Abigail Brown

February 13, 2013

Windland Brown

February 13, 2013



Utah Share Parent Sharing

Each month we ask parents who have lost a child a question through our Utah Share Facebook group that relates to their child and what it is like to be the parent to an angel.

This month, we asked parents:



“What hobbies, interests, projects or activities have you taken up since your loss?
Has it helped you to grow? Did it make you feel better?
Or has it just been a very useful distraction?”

- Danielle H. ~ I have started playing the piano since I lost my baby.

While I was pregnant with him I loved listening to my dad play the piano and my dad and I decided that the baby loved music. After I lost my baby I figured that had just been my imagination and it wasn't real. But then one day, while listening to a beautiful piece of music, it came to me that it was real. My baby did love music and he would be proud of me as I learned to play the piano.

So, even though I wasn't planning on learning to play the piano I decided that I would. It's a good way for me to honor my baby and feel close to him.

- Natalie C. ~ I started writing a blog a little less than a year after my son was born stillborn.

Although I started it to write about all of my adventures as a stay-at-home mom, I have found that it has been a very therapeutic way for me to deal with my loss. I don't write about my angel baby very often, but when I do I feel liberated.

I think the topic of pregnancy and infant loss is one that people shy away from, yet they long to know how it feels to experience a loss. My blog has helped me write about what it has been like for me and has allowed outsiders a glimpse into that very difficult chapter of my life.

Remembering you is easy, I do it every day, but there's an ache within my heart that will never go away.

NEWS & EVENTS

**Running with Angels 5K Run/Walk
In support of Women's and Children's
Services Angel Watch program at
Utah Valley Regional Medical Center,
Orem Community Hospital, and
American Fork Hospital**

**Saturday, May 18, 2013
Race begins at 8 a.m.
Thanksgiving Point Garden,
Lehi, Utah**

This run is inspired and hosted by author and inspirational speaker Pam Hansen. Read about Pam's amazing story of turning personal tragedy into triumph in the book "Running with Angels".

Come enjoy a run/walk through the beautiful gardens at Thanksgiving Point. Start/Finish line will be in the parking lot near the Children's Garden entrance.

Registration includes T-shirt, water bottle, food and drinks at the finish, and giveaways.

Although times will be recorded and posted, medals will be given only for 1st, 2nd, and 3rd place overall.

All participants over the age of two should be registered and wearing a bib number.
Strollers are allowed.

For more information or to register visit:
www.runningwithangels.com
and click on race info.



**June 29, 2013 at 7:30 a.m.
in West Bountiful, Utah**

The Race for Grief was started by running coach Lora Erickson, aka the "Blonde Runner," in memory of her angel daughter Samantha.

Erickson started the race as a way to honor her daughter's memory as well as bring community members together to help others through the grieving process.

The event is not limited to those who have lost babies or children. Erickson would like to invite anyone who has ever lost someone (a husband, wife, parent, sister, brother or grandparent) to attend in the memory of their loved one.

"When you have lost someone, you never forget them," Erickson wrote on www.raceforegrief.com.
"This is a day to honor their memory and come together to celebrate their life no matter how long."

The Race for Grief will raise funds to support local grieving programs like Caring Connections and Utah Share.

Visit www.raceforgrief.com for more information and to register.



Reminder - Pick up Your Walk to Remember Shirts

There are still many 2012 Walk to Remember shirts/sweatshirts that have not been picked up yet. If you have not received your order, please contact Missy at 801-725-9303 as soon as possible to arrange to pick up your shirts.

Trial by Fire - 9 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 or 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!*

Inspirational Messages

"If ever there is tomorrow when we're not together. There is something you must always remember.

You are braver than you believe, stronger than you seem, and smarter than you think.

But the most important thing is, even if we're apart. I'll always be with you."
~ Winnie the Pooh (A.A. Milne)

Grief

*You don't get over it
You just get through it
You don't get by it
Because you can't get around it
It doesn't just "get better"
It just gets different
Every day...
Grief puts on a new face.*

Wendy Feiereisen
Grief ©2005®

A BUTTERFLY LIGHTS BESIDE US
LIKE A SUNBEAM
AND FOR A BRIEF MOMENT ITS GLORY
AND BEAUTY BELONG TO OUR WORLD.
BUT THEN IT FLIES AGAIN
AND THOUGH WE WISH IT COULD HAVE
STAYED...
WE FEEL LUCKY TO HAVE SEEN IT.

~AUTHOR UNKNOWN~

What a Grieving Mother Really Thinks

~Kelly Cummings

Hello, Old Friend,
Oh, yes, you know
I lost my child a while ago.

No, no please
Don't look away
And change the subject
It's ok.

You see, at first I couldn't feel,
It took so long, but now it's real.
I hurt so much inside you see

I need to talk,
Come sit with me?

You see, I was numb for so very long,
And people said, "My, she is so strong."
They did not know I couldn't feel,
My broken heart made all unreal.

But then one day, as I awoke
I clutched my chest, began to choke,
Such a scream, such a wail,
Broke from me...

My child! My child!
The horror of reality.

But everyone has moved on, you see,
everyone except for me.

Now, when I need friends most of all,
Between us there now stands a wall.
My pain is more than they can bear,

When I mention my child,
I see their blank stare.

"But I thought you were over it,"
Their eyes seem to say,

No, no, I can't listen to this, not today.
So I smile and pretend, and say, "Oh, I'm ok".
But inside I am crying, as I turn away.
And so my old friend, I shall paint on a smile,

As I have from the start,
You never knowing all the while,
All I've just said to you in my heart.



Inspirational Messages

Angels are Forever

- Author Unknown



We were chosen to become the family of a very special child.
Who would come to earth from Heaven and visit for a while.
There are mothers who give birth to babies,
too good for this world of men.

They touch our lives for a moment, then travel Home again.
This was to become our destiny. And, Why? We need not know.
For a parents greatest gift is to nurture and love a child with a
perfect soul.

Our baby was born an Angel and stopped to pause this way,
Blessing us with sunshine, as we thanked the Lord each day.
Our child was like a ray of perfection and could not journey long,
The source of power being God Himself, quietly called our Angel Home.

As we walk in Springtime meadows, with nature posing all around,
We see the beauty of our little one in every sight and sound.

Whenever I gaze at this beautiful world, or look at a blue sky above,
I know that Angels are Forever
Warming our hearts with their light and love.

ALWAYS REMEMBER, YOU HAVE WITHIN YOU
THE STRENGTH, THE PATIENCE,
AND THE PASSION TO
REACH FOR THE STARS.
~ HARRIET TUBMAN



Tiny Footprints

"These are my footprints,
so perfect and so small.
These tiny footprints
never touched the ground at all.

Not one tiny footprint,
for now I have wings.
These tiny footprints were
meant for other things.



You will hear my tiny
footprints,
in the patter of the rain.
Gentle drops like angel's tears,
of joy and not from pain.

You will see my tiny footprints,
in each butterflies' lazy dance.
I'll let you know I'm with you,
if you just give me the chance.

You will see my tiny footprints,
in the rustle of the leaves.
I will whisper names into the
wind, and call each one that
grieves.

Most of all, these tiny footprints,
are found on Mommy and
Daddy's hearts.
'Cause even though I'm gone
now, We'll never truly part." 7

Birthdays In Memory Of



It's been 3 years since a new
star joined the heavens.

I will always remember you
baby boy and how much we
wanted you and never got the
chance.

We can't wait to meet you one
day. Love from Mom, Dad
and your two brothers here on
Earth.



The Miller Family.
March 8, 2010

'Aulani Elizabeth Baron
March 25, 2011

Happy 2nd Birthday sweetheart!
I can't believe you and your
brother and sister will be
2 years old!

We miss and love you so
much and cannot wait until we
can see your sweet face again!

Love your eternal family,
Mommy, Daddy, Conner,
and Emma

Happy 5th Angel Day
Tysson Scott Chavez,
We miss you everyday!
March 23, 2008

Happy Birthday my baby girl
Gracelyn!!
4/3/07



I can't believe you would be
6 years old already!

Thank you for all the little
signs to show me
you are near me.

You seem to know when
I need it most.

I hope you'll visit in my
dreams again soon!

Mommy loves and
misses you so much.

Forever in my heart,
Mommy



Happy 1st Birthday to our
sweet baby Emery.

We miss you so much and not
a day goes by that we don't
think about you.

We love you and wish you
were here with us to
celebrate your 1st birthday!

Love,
Mom, Dad, Lexi, Addie,
Ellie and Harrison

Your last breath was within me,
a priviledge so dear

I wanted so much to keep you
but I couldn't hold you here

You never took a breath
or lived to see the stars

But you were no less real
than Mommy's "battle scars"

I may not watch you growing

But you're never really gone

Fore, as long as my heart is
beating

Your memory lives on

In Loving Memory of
Klaas Jacob "K.J."

VanZweden

March 10, 2011

Happy 2nd Birthday Little Man

From Mommy, Daddy,

Grandma, Papa,

Great Grandma, and Asher



Kenley Sarah Thompson
March 23, 2011

Happy 2nd Angel Day, Kenley!

We love you so much
Peanut!

Miss you every day!

Love,
Mommy, Daddy, and Little
Sister Lindsay

Birthdays In Memory Of



Happy 4th Birthday Zoe!

We love & miss you lots...
can't wait for the day
we get to hold you,
hug you,
and kiss your
sweet little face again!

Love Your Eternal Family,
Mom, Dad,
Quincie, Jovie, & Ike



Zoey Brenlyn Zollinger
3-5-03

Ten Years Without You



The time with you was all too brief
Ten years have passed but we still grieve
Missing you is still very strong
Although the years have come and gone
Your memory is deep within our hearts
Until the day we are no longer apart
~Unknown

We wish we were celebrating 10 years with you here. We love
you so much and miss you everyday!

Luca Deon Clemens
April 22, 2010



Love,
Mom, Dad, Ryan, Emmy, Owen, and Quincy

It's been two long years and I still think of you every day.
Happy Angelversary my sweet boy.
March 23, 2011

We all miss you! Love, Mommy, Daddy

Happy Birthday baby boy!
I can't believe you would be
three years old. I can't wait
until I get to see you again.

My arms ache to hold you
and your brothers can't wait to
play with you.

We will never forget you!
Love,
Mom



Safe Arrivals

Joy Simpson
December 19, 2012
5 pounds 5 ounces
19 inches

Joy is welcomed by her parents Joe and Katie,
and by her sisters Grace, June, and Lucy.
Joy is watched over by her big brother Eli.

Utah Share would like to thank...

* **Jamie Jaques** donation in memory of Alaina Lynn Jaques.

* **Melissa and Matt Russell** donation in memory of Abigail Noelle Russell.

* **Luddington Orthodontics** for all the years they have been ordering alginate for us.

* **Aunt Janet** donation in memory of Addison JoAnn Woffinden.

* **Julia Walker** donation in memory of Layten Kyle Walker.

* **Jenn Zollinger** donation in memory of her daughter Zoey Brenlyn Zillinger.

* **Julie Ann Kemp** for the thank you cards.

* **Cami Zaugg** donation in memory of her daughter Jacie Ann Zaugg.

* **Audrey Rogers** donation in memory of Layten Kyle Walker.

* **Cathy Kendall** for the Thank you cards.

* **Jake Hammon and Brandie Carver, Brent and Lauri Hammon, Lois and Jae Rogers** donations in memory of Afton Jae Hammon.

* **Preston Boss** for his Eagle Scout project done in memory of his brother Toby Ryder Boss.

* **Jaimee Lloyd** and Project Easton donation in memory of Easton Carl Lloyd.

* **Brandy Burton** donation in memory of her son Benjamin Burton.

* **Becky Lewis** and Barbara Parry donation in memory of Mary Clara Lewis.

* **Christine Damitz** donation in memory of her daughter Lily Damitz.

* **JaLynn Larsen** donation in memory of her daughter JacLynn Larsen.

* **Natalie Clemens** donation in memory of her son Luca Deon Clemens.

* The “**Sew Much to Share**” Davis County volunteers for donations by: **Christine Damitz** in memory of Lily Dawn Damitz, **Kristie Ripple** in memory of Brigham Ripple, **Kappy Williams** in memory of Joshua Derrek Williams, **Kris Wood** in memory of Luke Wood, **Krista Davis** in memory of Ester Davis and **Wendy Moss** in memory of Angel Baby Moss

* **Missy Katsanevas** donation in memory of her son Matthew Bill Katsanevas.

* **Heidi James** donation in memory of her daughter Ila May James.

* **Kris Zaugg** donation in memory of her granddaughter Jacie Zaugg.

* **Liliana Macarena Rodriguez Marchant** and **Taryn Wood** for getting the Utah Share Facebook Support (Spanish) page up and running. If you speak Spanish go check it out or if you know someone who would benefit from the Spanish page let them know! It is a closed group.

Utah Share is a non-profit organization with 501(c)3 status, supported solely by private donations. Monetary contributions are always appreciated and are tax deductible.

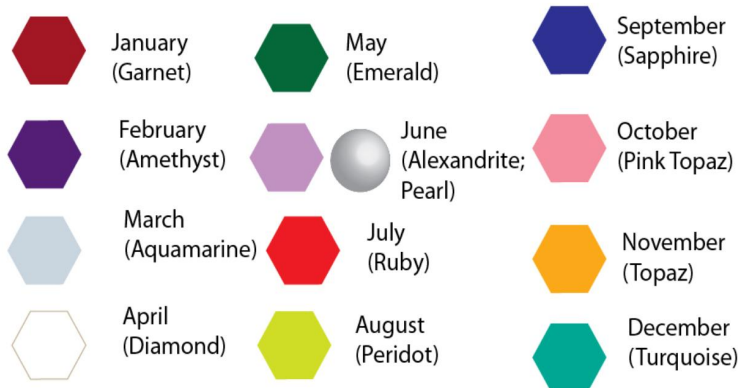
You can donate online via paypal or you may also mail donations to:

Utah Share, 1178 Homestead Ln. Fruit Heights, UT 84037

Your financial support helps more than 100 families each year. Thank you for making a difference.

Mother's Day Craft

This year in memory of our angels we will be making a mother's nest charm necklace. Our craft night will be held Thursday, May 2 at 7:30 pm, at Davis Hospital in classroom 1, in place of the support group meeting that night.



The nest necklaces hold birthstones representing each child. Feel free to order a bead for each of your heavenly and earthly children. Wire is laced through each bead connecting them infinitely. Please bring jewelry pliers if you have them - needle nose pliers will work as well.

Sample picture represents four children. Bead size, clarity and shape will vary.

Please send order form and payment to:

NaLoni Barnard, 2812 North 1385 East North Ogden, UT 84414.

Make checks payable to NaLoni Barnard

Orders must be received by April 18, 2013. If you have any questions call NaLoni at 801-781-0254.

Mother's Day Craft Order form

Name _____

Phone _____

Bead Month(s) _____ Quantity _____ (\$1.00 per bead)

Wire – Each wire section will wrap around 1-2 beads. Quantity _____ (\$1.00 per section,

for 1-2 beads = \$1 for 3-4 beads = \$2 for 5-6 beads = \$3 for 6-8 beads = \$4)

Necklace (includes chain, lobster clasp and jump ring) Quantity _____ (\$1.00 each necklace)

Total amount enclosed _____

Total number of Nests _____



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Our Mission

The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth or in the first few months of life.

The primary purpose is to provide support toward positive resolution of grief experienced at the time of, or following the death of a baby. This support encompasses emotional, physical, spiritual, and social healing, as well as sustaining the family unit.

The secondary purpose of Share is to provide information, education, and resources on the needs and rights of bereaved parents and siblings. The objective is to aid those in the community, including family, friends, employers, members of the congregation, caregivers, and others in their supportive role.

Find us on Facebook under "Utah Share"



Utah Share
Pregnancy & Infant Loss Support, Inc.
touching lives... healing hearts... giving hope...
www.utahshare.org and www.utahshare.org/newsletter