

Support Group Meeting Schedule

UPCOMING MEETINGS:

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

• **September 5 •**

Davis Hospital
Topic - Grief and Marriage

• **September 18 •**

Mckay-Dee Hospital
Topic - Milestones and Memories

• **October 3 •**

Davis Hospital
Topic - Grief

• **October 16 •**

Mckay-Dee Hospital
Topic Cards

• **November 7 •**

Davis Hospital
Topic - Forgiveness

• **November 20 •**

Mckay-Dee Hospital
Topic - Handling the Holidays

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*

Makyla Luacine Kotter

June 21, 2013

Mason Elwood Tesch

June 30, 2013

Turner La'akea Eddy

April 4, 2013 - July 1, 2013

Sammy Ojeda

July 1, 2013

Izayah Treyshawn Nathaniel

Greene

July 2, 2013

Evaiya Reign Watson

July 3, 2013

Smith Daniels Brown

July 4, 2013

Brayden Lamonte Mickelsen

July 12, 2013

Sara Elizabeth Bailey

July 15, 2013

Alyson June Bailey

July 15, 2013

Baby Boy Okuhara

July 22, 2013

George Clark

July 26, 2013

Quincie Von Higginson

July 1, 2013 – July 26, 2013

Karmichael Leon Webb Gray

July 27, 2013

Karter Dean Webb Gray

July 27, 2013

Little Lucy

August 8, 2013

Jane Madsen

August 8, 2013

Angel Wilson

August 14, 2013

Christian Efrain Hernandez

August 20, 2013

Makambri Szerszen

August 21, 2013

Payton Pearl

August 22, 2013

Bryson Pearl

August 22, 2013

NEWS & EVENTS

Wave of Light

As part of Pregnancy and Infant Loss Remembrance Day, everyone is invited to light a candle on October 15 at 7 pm in ALL time zones, ALL over the world.

If everyone lights a candle at 7 pm and keeps it burning for at least one hour, there will be a continuous WAVE OF LIGHT over the entire world.

For more information visit:

www.october15th.com



Summer Social Success

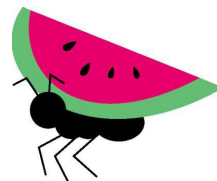
Share friends and families had a great time at Hooper Park last month at the annual Utah Share Summer Social.

Thank you everyone who made this year's social a great success.

Thank you Rachael Price for organizing the event, Toni Dursteler for running the grill, Natalie Clemens, Christine Damitz and her mom for painting faces and many, many other volunteers for helping with games and donating prizes.

Thank you to everyone who brought delicious side dishes to share and thank you Matt Reynolds from US Foods for his food donation.

The summer social is a great way to visit and mingle with families who have angel babies. Save the date for next year's social, which will be held the first part of August 2014.



JOIN US OCT. 12 FOR
THE ANNUAL
UTAH SHARE
WALK TO REMEMBER.

"WE WALK THE STEPS
THEY WILL
NEVER TAKE."

FOR MORE
INFORMATION VISIT
WWW.UTAHSHARE.ORG



Teaching Others About Our Grief

By Sandy Fox

Author of "I Have No Intention of Saying Good-Bye"

January 4, 2007 by The Grief Blog

We cannot expect others to understand how we feel after the death of a child, especially if they have never gone through it. Sometimes we get angry at how friends or relatives react and respond to us. They don't know what to say or how to say it and often they say it wrong, not meaning to be cruel, but not knowing any better.

We have a choice. We can be bitter and resentful to others or we can help them understand and be part of our grief journey. What follows are what I call "10 Grief Lessons for Others." By sharing these lessons with those close to you, a new level of understanding between you and others can help you down that long difficult road to recovery.

1. **BE THERE FOR ME.** If you are my friend, reach out, talk to me, hold my hand, hug me. Know that even though we may say we are all right, we will never be all right again.
2. **WE ARE DIFFERENT.** Understand that what has happened will change us forever and if you are my friend, you will accept me for what I have become, for who I am now, a person with different goals and different priorities. What was once important to me may no longer have any meaning.
3. **BE A GOOD LISTENER.** We want above all else to talk about our children. To us, they will always be alive in our hearts, and we don't want others to forget them either. Don't be afraid to mention their names in our conversations. They were real people at one time, even though they are no longer with us. They had hopes and dreams we'd still like to share with others. Please don't pretend they never existed.
4. **NO ONE ELSE KNOWS HOW I FEEL.** We all grieve differently, even husbands and wives. Please don't tell me you know how I feel. You don't. Rather than asking me, "How are you feeling?" ask me "What are you feeling?" I can probably give you a more honest answer.
5. **I MAY GRIEVE FOR A VERY LONG TIME.** There is no set time limit to my grief. It may take me two years; it may take me five years. I have to do what is comfortable for me. Be patient. I will do the best I can in whatever amount of time it takes.
6. **KEEP IN TOUCH.** Call me once in a while. I promise to do the same. Invite me to lunch or to a movie. I will eventually go, because I will eventually feel better. Don't give up on me and don't forget me. I am trying to do the best I can right now.
7. **I MAY CRY AT TIMES IN FRONT OF YOU.** Please don't be embarrassed, and I won't be either. Besides being a natural emotion, crying is also a cleansing emotion. By crying I can relieve a lot of anger, frustration, guilt and stress. And best of all, I feel much better after a good cry.
8. **I PUT A MASK ON FOR THE PUBLIC.** Don't assume just because I am functioning during the day that I am "over it." I will never get "over it." I try to function normally because I have no other choice. You should see me when the day is over, and I am in the privacy of my own home and free to let my emotions out. My day mask comes off and I am just a mother, aching for her child.
9. **SOME DAYS MAY BE OVERWHELMING.** The slightest thing can trigger a bad time. It can be a song, a place I go, a holiday, a wedding or even smells or sounds. If I break down and start crying or seem to be in another world, it is because I am thinking of my child and longing for what I will never have again.
10. **LET ME DO WHATEVER MAKES ME HAPPY.** Don't think me strange if I want to go to the cemetery a lot, if I want to buy a brick in honor of my child in every new building in town, or if I want to try to get new laws passed to keep this world safe for our children.

Inspirational Messages

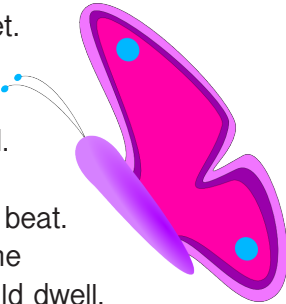
*The best and most beautiful things in the world
cannot be seen, not touched, but are felt in the heart. ~Helen Keller* 

A Walk to Remember

Kathie Rataj Mayo

I walk to remember
the steps you'll never take.
I carry you with me
as I firmly plant my feet.

Our trek started long ago,
before my belly swelled.
You were a love that grew-
like butterfly wings that beat.
Your gently flutters then became
kicks upon which I would dwell.
And I would talk to you, sweet babe,
about the world you soon would meet.



The sun always shone upon us then-
when you were in my womb.
And I was eager to show you the world
that would have been your home.
How you'd have loved the sun shining-
blue skies without a cloud.
The autumn leaves turning-
the snow falling all around.
The flowers in summer-
would have filled your eyes with smiles.
And the rain that might have fallen
would have caused you great surprise.

You would have traveled far with me-
holding me by the hand,
And I'd have shown you all I could-
more that I can imagine.

You hold my HEART tightly now,
as though we're holding hands.

Memories

If I could have a lifetime wish
A dream that would come true,
I'd pray to God with all my heart
For yesterday and you.
A thousand words can't bring you back
I know because I've tried.
And neither will a million tears
I know because I've cried.
You left behind my broken heart
And happy memories too.
I never wanted memories
I only wanted you.

My mind held a dream, My womb held a miracle,
My heart held a desire, My arms held an angel.

AN ANGEL HUG



ANGELS ARE EVER ALL AROUND US
AND WITH LOVE THEY DO SURROUND US.
WHEN MY HEART IS SORE IN NEED,
THE ANGELS COME MY SOUL TO FEED.
THEY COME TO ME FROM UP ABOVE
AND SING IN WHISPERS OF LOVE.
WHEN IN MY HEART I FEEL A TUG
I KNOW THAT IT'S AN ANGELS' HUG.

(AUTHOR UNKNOWN)



Birthdays In Memory Of



Happy 7th Birthday Chloe

I miss you more than
you could ever know.
Not a moment goes by that
I don't think of you and wish
I could hold you or kiss you
one more time.
Love you baby!

September 16th

Happy 5th Angel Day to our
Sweet Princess,
Mary Clara Lewis.
We love and miss you very much
and think of you every day.
Love Always,

Your Mommy and Daddy
Grandma and Grandpa Parry
Grandma and Grandpa Lewis
and Aunt Allison and cousins
Maddie and Harrison

Happy 9th birthday Abby!

It is so hard to believe that it
was 9 years ago since we held
you in our arms!
We will forever hold you in our
hearts!
We love and miss you!
Mommy Tutt, Dad, Carson,
Caleb and Corbin

It has been two years since
losing our baby girl Ila May
James. Since then we have had
another baby girl Ivrie who is
now 1 year old. I am so
thankful to the Utah Share
organization that helps and
donates so much. I love doing
what I can to donate in memory
of Ila and helping my daughter
touch lives here.

I look up in the sky
hoping to hear your cry
I move around with an empty hole
where your heart once beat
wishing with my whole soul
that everyone could meet
My baby girl that is part of me.

Angel Baby Ila May James
Sister of
Cohen James
True James
Avin James
Ivrie James
Daughter of....
Ryan and Heidi James

Deke W Dursteler

Oct 2, 2009

Happy 4th Angel Day little Man,
I sure do miss you.
Love forever and ever,
Mom

September 24, 2012
Camry Louise Baker

It has been one year since you
became our sweet angel in
heaven. One year since we last
held you in our arms. We miss
you every day. Your big sister
Abby speaks of you often.
"I miss my baby sister, Camry."

My arms are empty, my heart
still aches, but I know you are
where you are supposed to be.
I can't wait for the chance to
hold you once again, to see your
smile, hear your laugh, and feel
your spirited personality that
only I was blessed to
experience. Your spirit lingers
near. I feel your comfort in my
sorrows in a way I can't explain.

We love you and
miss you so much!
Love, Mommy, Daddy, and
Abigail

Happy 3rd Birthday Alaina!
October 4th
We love and miss you and are
excited to be with you again!

Love,
Dad, Mom,
Carsen and Garrett

Utah Share would like to thank...

Kurt and LaLana Manship donation in memory of Ila May James.

Wendy Funk donation in memory of Ila May James.

Minnie and Steve Whitaker donation in memory of Ila May James.

Natalie and Travis Clemens donation in memory of Ila May James.

Callie Hill donation in memory of Ila May James.

Lindsy Baldwin donation in memory of Ila May James.

Lori May donation in memory of Ila May James.

Phoebe Fournier donation in memory of Ila May James.

Shannon James donation in memory of Ila May James.

Erin Madsen donation in memory of Ila May James.

Heidi and Ryan James donation in memory of Ila May James.

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

Matt Reynolds with US Foods for the summer social food donation.

The Clinton 7th ward Young Women donation in memory of
all the Clinton 7th ward angel babies.

Janet Amodt donation in memory of Addison JoAnn Woffinden.

Renee Overson donation in memory of Addison JoAnn Woffinden.

Joann Campbell donation in memory of Addison JoAnn Woffinden.

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.

*Beautiful memories
Silently kept
of a baby we loved
And will never forget*

|  Safe Arrivals  | |
|---|---|
| Presley Nevaeh Chavez 7 lbs 18 inches. August 11, 2013 | Welcomed by her proud parents Scott & Shayla & big brother Derron. Presley is watched over by big brother Tyson Scott Chavez. 7 |

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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"



www.utahshare.org/newsletter and www.utahshare.org

touching lives... healing hearts... giving hope...

Pregnancy & Infant Loss Support, Inc.

Utah Share

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