

Support Group Meeting Schedule

UPCOMING MEETINGS:

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

• **November 7 •**

Davis Hospital
Topic - Forgiveness

• **November 20 •**

Mckay-Dee Hospital
Topic - Handling the Holidays

• **December 5 •**

Davis Hospital
Topic – Christmas Craft

****This meeting will be held at 7 p.m.****
(see order form on page 9)

• **December 18 •**

Mckay-Dee Hospital
Topic – Stress Relief

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



BABIES WHO HAVE TOUCHED OUR

Damon Roger Williams

August 26, 2013

Madeline Redford

McMurtrey

August 29, 2013

Jaxtyn Stewart Parker

August 29, 2013 –

August 30, 2013

Aiden Cyrus Taylor

August 31, 2013

Braxton Frank Moyes

September 11, 2013

Baby Boy Engstrom

September 12, 2013

Olivya DaNel Skelton

September 23, 2013

Landen Robert Hatch

September 27, 2013

Grace Bouck

October 4, 2013

Aliyah Odekirk

October 8, 2013

Sarah Angel Thompson

October 15, 2013

Jose Thomas Bernal

October 15, 2013 –

October 16, 2013

Payson Michael Hood

October 16, 2013

Charles Price

October 16, 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:



“With October being National Pregnancy and Infant Loss Awareness Month, there are many different events to remember our babies by. Which one is your favorite, and why?”

• Christine D. - The Walk to Remember is definitely my favorite. We went to our first walk only a few weeks after our loss. I love that it's targeted for the entire family, so everyone can get involved. Hearing my angels name read among so many others, is both fulfilling and overwhelming at the same time, particularly as all the balloons rise up into the sky. But everyone gathered together, focused on all these perfect children, brings a wonderful sense of community and support.

• Natalie C. - I love going to the Walk to Remember. I look forward to it each fall. I don't have a lot of occasions where I get to openly and publicly celebrate my angel baby Luca, so I relish the opportunity to go to the Walk to Remember. It's an opportunity to meet with hundreds of other people who are celebrating the lives of a baby gone too soon. We meet together with a common bond as we carry a single balloon through the Layton Commons Park and then release it in the amphitheater afterward. I love watching my balloon and attached note float up to the sky and I imagine that it reaches my baby Luca. I picture him snatching it from the air and reading my words. Hopefully they'll help him know that I love him and miss him.

For more information on the Utah Share Walk to Remember visit: www.utahshare.org/events

WAYS TO REMEMBER YOUR BABY THIS HOLIDAY SEASON

- LIGHT A CANDLE AT A SET TIME EVERY EVENING TO REMEMBER YOUR CHILD
- VOLUNTEER TO HELP OTHERS
- CREATE A LOSS JOURNAL
- DISPLAY SOME OF YOUR BABY'S ITEMS IN YOUR HOME
- BUY/MAKE AN ORNAMENT FOR YOUR TREE
- DO RANDOM ACTS OF KINDNESS
- DONATE TO A CHARITY



CHRISTMAS BOX ANGEL STATUE CEREMONY



On December 6th of each year, 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 7 p.m. at 200 "N" Street. The Christmas Box Angel Statue is located at 340 North "N" Street.

A ceremony will also be held at The Christmas Box Angel Statue, Evergreen Memorial Park in Ogden just north of 2nd and Monroe at 6 p.m.

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.

THE MOURNER'S CODE

Ten Self-Compassionate Principles

Though you should reach out to others as you journey through grief, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain “rights” no one should try to take away from you.

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. You have the right to experience your own unique grief. No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell you what you should or should not be feeling.

2. You have the right to talk about your grief. Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.

3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt, and relief are just a few of the many emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.

4. You have the right to be tolerant of your physical and emotional limits. Your feeling of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat well balanced meals. And don't allow others to push you into doing things you don't feel ready to do.

5. You have the right to experience “griefbursts.” Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.

6. You have the right to make use of ritual. The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.

7. You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.

8. You have the right to search for meaning. You may find yourself asking, “Why did he or she die? Why this way? Why now?” Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, “It was Gods will” or “Think of what you still have to be thankful for” are not helpful and you do not have to accept them.

9. You have the right to treasure your memories/mementoes. Memories/mementoes are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories/mementoes, find others with whom you can share them.

10. You have the right to move toward your grief and heal. Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone changes your life forever.

Inspirational Messages

PENNIES FROM HEAVEN



I FOUND A PENNY TODAY
JUST LAYING ON THE GROUND
BUT IT'S NOT JUST A PENNY
THIS LITTLE COIN I'VE FOUND
FOUND PENNIES COME FROM HEAVEN
THAT'S WHAT MY GRANDPA TOLD ME
HE SAID ANGELS TOSS THEM DOWN
OH, HOW I LOVED THAT STORY
HE SAID WHEN AN ANGEL MISSES YOU
THEY TOSS A PENNY DOWN
SOMETIMES JUST TO CHEER YOU UP
MAKE A SMILE OUT OF YOUR FROWN
SO DON'T PASS BY THAT PENNY
WHEN YOU'RE FEELING BLUE
IT MAY BE A PENNY FROM HEAVEN
THAT AN ANGEL'S TOSSED TO YOU

-C. MASHBURN

IN MEMORY OF...

You never said I'm leaving
You never said goodbye
You were gone before I knew it,
And only God knew why
A million times I needed you,
A million times I cried
If love alone could have saved you,
You never would have died
In life I loved you dearly
In death I love you still
In my heart you hold a place,
That no one could ever fill
It broke my heart to lose you,
But you didn't go alone
For part of me went with you,
The day God took you home

~~ Author Unknown ~~

My Angel In The Sky

*My angel in the sky,
who comes to me in
dreams at night.
You left me without a
single word,
but when I close my eyes,
your voice is heard.
Telling me you'll be
alright,
that you're not scared,
you're in the light.
And now whenever I
need you near,
I close my eyes and you
appear.
He's my angel in the sky,
who comes to me in
dreams at night.
To let me know that he's
alright,
he's with God,
he's in the light.*



(Tanya Kendall)

Safe Arrivals

Our Rainbow Baby Boy Dominic Lucas Jackson
Safely arrived on October 15, 2013

6lbs 13 oz
18 1/2 " long
3:59 pm

Welcomed by his parents: Wayne and Shauna Jackson
His sister: Rozena & His brothers: Brayden, Dakota and Mason
Watched over by his angel brother: Mathew Thomas Jackson

Save the Date for the annual
Race for Grief

Put on by
Lora Erickson a.k.a.
"The Blonde Runner"

Memorial Day -
May 26, 2014
10K, 5K run & 2 mile walk
8:00 a.m.
West Bountiful Park, Utah

visit:
www.raceforgrief.com
for more information

Birthdays In Memory Of



Lucas Charles Wood (Luke)

December 24, 2010

Our sweet Luke, we love and
miss you every single day.

Happy birthday!

Give Grammy and G.G. a hug from us.
May the force be with you, little buddy.

Until we meet again,
Mom, Dad, Ethan, Annie, Meghan,
Gracie, and Sam



Lucas Yee
December 9, 2011

It's your 2nd birthday,
wish we could hold you tight.

Hugs and kisses we send you each night.

Happy Birthday to you
our sweet little angel boy.

All our love,
Mommy, Daddy,
and big sister Brooklyn



Kenner Jackson~



Happy 5th birthday buddie,
We miss you everyday.

There is not a day that goes by that we don't
think about you.

Wishing you were here with
us playing with your little sister.
We love you to the moon and back
Mommy, Daddy and Kennadee



November 29th, 2012

Kami Adamson
Happy 1st Angel Day
to my sweet little girl!

You went to heaven really early, but are
forever in Mommy's heart!

Happy first birthday CaydAnn!

We all miss you so much.
Know that we're thinking of you, wishing
you were here to celebrate with us.
Watch over us all until we can get there
with you and your brother Wyatt.
Love you forever and always,
Mommy Daddy and family

Your short time here changed our family
forever, but I would have it no other way to
have you in our family.
Give your brothers hugs for me!
Can't wait to meet you!

Loving you always,
Mommy

Utah Share would like to thank...

Kelton Friedel for his "Preparing for Your Angel" packets Eagle Scout Project donation

DeLynn Weaver
donation in memory of
Max Paul Weaver

Kate Weaver
donation in memory of
Max Paul Weaver

The Hammon family
donation in memory of
Afton Jae Hammon

David and Jamie Andre
donation memory of
Scout and Stryker Andre

Stockton Perry
donation in memory of
Amber Elaine Perry

Donation In Memory of Corbin Kent

The South Ogden Stake Young Women
for their generous donations.

The Layton North Stake Girls Camp via
Angel Outfitters for the generous donations

Allison Gardner
donation in memory of Dennis Luke Gardner

Walk to Remember 2013

On Saturday, October 12, 2013 Utah Share friends and families met together to honor the lives of their beloved babies at our annual Walk to Remember.

Thank you to all that joined us to honor all babies gone too soon.

Thank you to our generous Walk to Remember supporters:

Russon Brothers Mortuary

Heather Eagen from Associated Foods for the donuts & cookies

Danny Allen from Dejarnett for the water

Brett Haney at A to Z Shirt Rack

Clinton City Youth Council

TraxAV

Naloni Barnard for her amazing Walk to Remember logo design

Jessica McGugin and **Dana Smith** for the angel mommy earrings

Tracy Flores at Origami Owl for her beautiful necklace donation

Tim Drisdorn for his touching performance

A big Thank You to all the **Utah Share Volunteers**
for their hard work and dedication to make this possible!

Also, thank you **Marci Nellesen**
for a fantastic job heading up this year's walk.

*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.

Join us for our Annual

CHRISTMAS CRAFT EVENT

Thursday, December 5 from 7:00 – 9 p.m.
at Davis Hospital and Medical Center:
1600 West Antelope Drive, Layton
in the Classroom 1

This year we will be making memory light boxes.
The light box are made with a glass cube, filled with a small set of Christmas lights
and feature vinyl lettering on the front. The vinyl can say one of two quotes:
“Lit in memory of (baby’s name)” OR
“Forever in our hearts (baby’s name)”



(The text font may vary slightly from photo)

Each light box is \$15
An optional ribbon is also included.

If you are interested in purchasing a light box kit and putting it together at our
Christmas Craft Event, please fill out the order form below and mail it to
Rachael Price at 572 West 25 North Clearfield, UT 84015,
or submit an online order and payment at www.utahshare.org/events
All orders and payments must be received by Friday, November 22.
Contact Rachael at 801-644-4437 if you have any questions.

Name: _____

Phone number: _____

Number of light boxes (\$15 each) _____

TOTAL: _____

Baby’s name for vinyl on the light box:

(Please print clearly) _____

Vinyl selection (check one)

☐ Lit in memory of OR ☐ Forever in our hearts

Mail check or cash to Rachael Price: 572 West 25 North Clearfield, UT 84015 By Friday, November 22



Utah Share Newsletter

November/December 2013 Edition

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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

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

Pregnancy & Infant Loss Support, Inc.

Utah Share

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