

# Support Group Meeting Schedule

## UPCOMING MEETINGS:

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

• **March 6** •

*Topic – Fear*

• **April 3** •

*Topic – How Loss Changes You*

• **May 1** •

*Topic – My Support Systems/Resources*

• **June 5** •

*Topic – Communication*

• **July 3** •

*Topic – Topic Cards*

• **August 7** •

*Topic – “Am I Normal?”*

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](http://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](http://www.utahshare.org/newsletter) to view the online version or download and print off a copy.*

# BABIES WHO HAVE TOUCHED OUR *Hearts*

**Joel Antonio Arteaga Medel**

December 9, 2013 –

January 3, 2014

**Holdan Monte Matue**

January 3, 2014

**Daniel Casey Morgan**

January 8, 2014

**Linkin Christopher Jensen**

January 6, 2014 –

January 12, 2014

**Karsen Potter**

January 17, 2014

**Jett Edison Godderidge**

January 19, 2014

**Jose Diego Flores**

January 19, 2014

**Viola Jenness Peacock**

January 20, 2014

**Jeffrey Michael Martin**

January 20, 2014

**Beck Allen Olaveson**

January 25, 2014

**Joshua Walter Jensen**

January 30, 2014

**Jackson Gene Davis**

January 30, 2014

**Ayvan Nichole**

**Malanowski**

January 31, 2014 –

February 2, 2014

**Luke Watkins**

February 11, 2014

**Oliver Louis Madrid**

February 19, 2014

## **Life After Loss: How The Death of A Baby Changes You Forever**

by Ann Douglas

During those intensely painful days after my daughter Laura was stillborn five years ago, I remember feeling that I was at a crossroads in my life—that two separate paths lay before me: I could either let this tragedy destroy my life and break my spirit or I could find a way to make something positive come out of my daughter's death.

Fortunately for me, I inherited the stubborn gene from my parents, so giving up on life really wasn't a viable option for me. So, by default, I gravitated toward the second alternative: finding a way to make something good come out of this most searing of losses.

While I would never have wished this on myself—the death of a baby is too big a price to pay for any personal growth experience—I have been forever changed by the experience of losing Laura. In many ways, I'm a better person than I was before that fateful day five years ago when a tiny piece of my heart was forever broken.

For one thing, I'm more compassionate. I feel an immediate bond with any parent who has experienced the death of a baby as well as anyone else who is grieving the death of someone significant in their life, be it a spouse, a parent, or a close friend.

My volunteer work with grieving parents and the articles and books I've written on miscarriage, stillbirth, and infant death have allowed me to make a difference in the lives of other parents who've experienced the tragedy of losing a much-wanted baby. That means a lot to me.

In terms of other ways I've been affected by the death of my daughter, I'd say I'm more aware of what it feels like to be really connected to someone heart-to-heart and soul-to-soul. I have a very special friend whose baby died shortly after mine did. The two of us spent a lot of time together in the weeks that followed, sharing our grief about the babies who would

never come home. We don't see each other as often these days—we're both insanely busy with work and family—but each time we meet for lunch, it's like we've never been apart. That speaks to the powerful bond we developed during the most nightmarish time of our lives.

Another perk: I'm less of a control freak. After all, I've learned the hard way that some things are out of your control—and some things can't be fixed, no matter how desperately you want to put the pieces back together again. As a card-carrying Type A, it's been healthy for me to learn to let go of things—well, at least a little!

Along the same vein, I've come to terms with my fear of death. Being forced to deal with the death of my child has forced me to confront my own mortality. As a result, I'm more at peace with the knowledge that life doesn't last forever—and more inclined to make the most of today.

I've also learned how to put things in perspective. A leaky ceiling, a missed deadline, a squabble with my husband, or a minor fender bender no longer qualify as a crisis for me. I now save the "crisis" label for the real life-and-death situations.

Finally, I'm better able to celebrate the wonder in everyday life. Rather than looking forward to that magical day when my mortgage is paid off, I reach my goal weight, and I have a book or two on the bestseller list (hey, a girl can dream, can't she?), I'm more inclined to delight in what's happening in the here and now: to savor the joy I feel when my youngest child, Ian, hugs my leg and says, "I really love you, Mom" and to enjoy the way my heart lifts when the telephone rings and there's a special friend on the other end of the line.

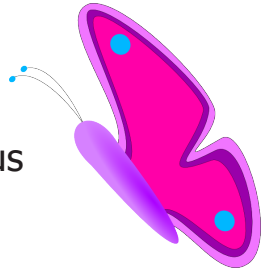
These are just a few of the gifts that Laura gave to me during her brief journey through my life. These gifts are her legacy to me.

## Inspirational Messages

### Butterfly

Unknown

A butterfly lights beside us  
and for a brief moment  
its glory and beauty  
belong to our world,  
but then it flies on again  
and although we wish it could have stayed,  
we are so thankful to have seen it at all.



### 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 ~~

### FINGERPRINTS

By: Tom Krause

Your fingerprints are on my heart.  
Even though I never held your hand -  
you touched me.  
Even though I never heard you speak -  
you taught me.  
You taught me about love.  
You taught me about caring.  
You taught me about courage.  
You taught me about faith.  
You taught me about happiness.  
You taught me about sorrow  
You brought me closer to my loved ones.  
You brought me closer to myself.  
In the time I care for you,  
my how life changed.  
Never to be the same again.  
Because of you  
I know I will somehow be stronger.  
Because of you  
I know I will be more prepared for life.  
All this from tiny fingerprints  
that touched my heart.  
Because of this  
you will live forever in my soul -  
never to be forgotten.  
I will always love you.  
You are my child.



# Birthdays In Memory Of



April 22, 2010  
Happy Birthday Luca!



We love you and miss you every day.  
We hope you celebrate your angel day by  
flying with angels and dancing on clouds.

Love,  
Mom, Dad, Boston, McKay and Ross

Happy 6th Birthday Tyson Scott Chavez!  
We miss you with all of our hearts!

Love, Mommy, Daddy, Derron and Presley

Klaas Jacob VanZweden "KJ" March 10, 2011

Happy 3rd Birthday Little Man!

Not a day goes by we don't think about you!

You are so loved and deeply missed!

Love always and forever,

Mommy, Daddy, Asher, Kansas, Grandma  
Nicee, Grandma Martha, and so many others!

March 25, 2011 - April 2, 2011

Happy 3rd Birthday 'Aulani Elizabeth!!

I can't believe it has been 3 years since you've  
been gone. We miss you so much and wish you  
were with us! You are our Heavenly Messenger!

We love and miss you so much  
Love Dad, Mom, Conner, and Emma



Cashlyn Renee and Dalayna Lynn  
March 11, 2008

Happy Birthday to Our Sweet Little Turner!  
April 13th, you would have been a year old!

Mommy and Daddy are so Proud of you!

We miss you so much, but we know that you  
fly with angels!! Lots of Hugs and Kisses,

Mommy, Daddy and  
Your Big Sister, Annabelle

You are Forever and Eternally  
our Guardian Angel!  
LOVE YOU!



Happy 6th birthday to my precious baby girls.  
Not a day goes by mommy doesn't think of  
you. Thank you for being the light that gets us  
through the dark. You were too perfect for this  
world and now I see why. We love you and  
miss you with every passing day.

Mommy, Daddy and  
baby brothers Tavin and Aiden



Happy 3rd Angelversary baby.  
March 3, 2011  
Baby Taislynn Mae

April 3, 2007  
Happy 7th birthday my sweet baby girl Gracelyn!!  
You are loved and missed beyond words.  
love with all my heart,  
Mommy

Not a day goes by that I don't talk about you  
or think about you. I miss you my sweet angel.  
We all love and miss you.  
Love Mom, Brett, Taylee, Tage,  
Tyson and Taisdynd



# Utah Share would like to thank...

- \* **Melissa Russell** donation in memory of Abigail Noelle Russell
- \* **Lindsay Johnson** donation in memory of Ila May James
- \* **Erica Baron** donation in memory of Aulani Elizabeth Baron
- \* **Twin Stitchers** donation in memory of Ester Davis
- \* **Jessica Moulding** donation in memory of Chloe Faith Price
- \* **Jillian Ballantyne** donation in memory of Ava B. Ballantyne
- \* **Natalie Clemens** donation in memory of Charles Price
- \* **Cynthia Wilde and Washington Terrace 2nd Ward Relief Society** donation in memory of Tori Elizabeth
- \* **Wendy and Card group** donation in memory of Layten Kyle Walker

- \* **Latanya Hoskins**
- \* **Amanda Hawkins**
- \* **Todd Magleby**
- \* **Ethel Oswald**
- \* **Maryalice Marx**
- \* **Lora Erickson**
- \* **South Bluff Relief Society**
- \* **Angel Outfitters**

*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.*



## Safe Arrival:

*Peyton Leng Yee*

*Born January 15, 2014*

*6 lb. 3 oz 20 inches*

*Little sister to Brooklyn and Angel Lucas.*

*Daughter of Johnny and Jennifer Yee.*

**THOSE WHO  
TOUCH OUR  
LIVES STAY IN  
OUR HEARTS  
FOREVER. ❤️**

# Mother's Day Craft

Join us Thursday, May 8, from 7-9 p.m. at Davis Hospital.

We will be making mother's charm bracelets.  
The bracelets will be silver with birthstone charms/beads on them.

Aside from the birthstone of your angel(s) you can add the birthstone of any living children you may have as well  
(as to include ALL your children on your mother's bracelet if you wish).

We will have a couple additional charms/beads you can add as well.



(This is an example of a bracelet we have made in the past, this year's design may vary from this image.)

The cost of the bracelet will be \$6. Please send money along with the order form below to  
Rachael Price: 572 West 25 North Clearfield, UT 84015,  
or submit an online order and payment at [www.utahshare.org/events](http://www.utahshare.org/events)

All orders and payments must be received by Monday, April 21.

Contact Rachael at 801-644-4437 if you have any questions

Please feel free to bring a treat to share.  
Come visit even if you decide not to make a bracelet!

Name: \_\_\_\_\_

Phone number \_\_\_\_\_

Months of birthstone(s) needed \_\_\_\_\_

\_\_\_\_\_

Mail cash or check to  
Rachael Price:

572 West 25 North  
Clearfield, UT 84015

by Monday April 21

Please fill out a new order form if you would like to order more than one bracelet.



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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"



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

