

Support Group Meeting Schedule

UPCOMING MEETINGS:

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

- **July 3 •**

Topic - Topic Cards

- **August 7•**

Topic - “Am I Normal?”

- **September 4 •**

Topic - Subsequent Choices

- **October 2 •**

Topic - Grief and Marriage

- **November 6 •**

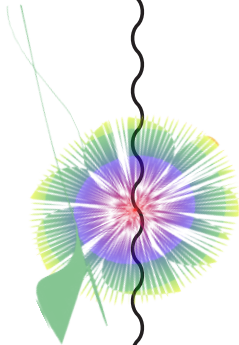
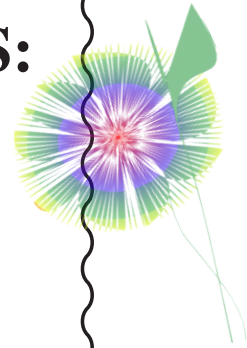
Topic - Handling the Holidays

- **December 4 •**

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

Mya Ann Burke

May 8, 2014

AJ August Oltienbruns

May 9, 2014

Nicolas Kelvin Hansen

May 1, 2014 –
May 10, 2014

Shanell Flores

May 10, 2014

Baby Boy Wilson

May 15, 2014

Miloh Hughes

December 12, 2013 –
May 20, 2014

Daniela Fatima Marquez

May 22, 2014

Xander

May 24, 2014

Anthony Paul Jethro Gaylk

May 28, 2014

Kyson Derek Andersen

May 28, 2014

Andrew Johnson

May 29, 2014

Jacob Johnson

May 29, 2014

Anthony J Collins Jr.

May 29, 2014

Sayler Jade Tobias

June 4, 2014

Kol Daymen Casper

June 6, 2014

Larry Ashton Cole Burris

June 7, 2014

Oliver James Hess

June 9, 2014

Lilliann Saunders

June 12, 2014

Chloe Saunders

June 12, 2014

Brian Dean Sunley

June 12, 2014

Andi Pettit

June 7, 2014 –
June 14, 2014

NEWS & EVENTS

JOIN US FOR THE SHARE SUMMER SOCIAL

We're having a picnic for
the entire family!

Wednesday, Aug 6
at 6 p.m. at the Hooper Park -
6100 West 5500 South, Hooper

Come enjoy food, friends and fun!
Also please bring a side dish to share,
the main dish will be provided.

Please RSVP by July 24 to Rachael at
Rachael@utahshare.org or 801.644.4437
with the number of people
coming from your family.



July is Worldwide Bereaved Parents Awareness Month

Coping with Grief -

Remember, with support, patience and effort, you will survive grief.

Some day the pain will lessen, leaving you with cherished memories of your loved one.

- Be Good to Yourself -
- Be Yourself -
- Truthfully Accept Yourself -
- Gratefully Value Yourself -
- Joyfully Treat Yourself -
- Generously Balance Yourself -
- Harmoniously Bless Yourself -
- Abundantly Trust Yourself -
- Confidently Love Yourself -
- Wholeheartedly Empower Yourself -
- Prayerfully Give Yourself -
- Enthusiastically Express Yourself -

SAVE THE DATE

JOIN US FOR THE ANNUAL
UTAH SHARE

 WALK TO REMEMBER 
OCTOBER 11, 2014.

MORE DETAILS COMING SOON.
STAY UPDATED AT:
WWW.UTAHSHARE.ORG/EVENTS

Resources

Utah Share would like you to know that you do not need to face the grieving process alone. Below is a list of several organizations that offer support and resources to grieving parents.

Utah Share -

801-544-1159

www.utahshare.org

National Share -

800-821-6819

www.nationalshare.org

Compassionate Friends -

877-969-0010 (toll-free)

www.compassionatefriends.org

Bereaved Parents USA -

www.bereavedparentsusa.org

HAND.org - Helping After Neonatal Death

www.handonline.org

IRIS -

www.irisremembers.com

MissingGRACE.org -

www.missinggrace.org

Mommies Enduring Neonatal Death (M.E.N.D.) -

www.mend.org

Baby Steps -

www.babysteps.com

Grief Haven -

www.griefhaven.org

GriefNet -

www.griefnet.org

My Miscarriage Matters -

www.mymiscarriagematters.com

National SIDS Resource Center -

www.sidscenter.org

Center for Loss in Multiple Births -

hwww.climb-support.org

The Truth Is...

A primary guide for parents who have recently experienced the death of a child through miscarriage, stillbirth or other perinatal loss. By ~ C. Elizabeth Carney

1. The truth isn't that you will feel "all better" in a couple of days, or weeks, or even months.

The truth is that the days will be filled with an unending ache and the nights will feel one million sad years long for a while. Healing is attained only after the slow necessary progression through the stages of grief and mourning.

2. The truth isn't that a new pregnancy will help you forget.

The truth is that, while thoughts of a new pregnancy soon may provide hope, a lost infant deserves to be mourned just as you would have with anyone you loved. Grieving takes a lot of energy and can be both emotionally and physically draining. This could have an impact upon your health during another pregnancy. While the decision to try again is a very individualized one, being pregnant while still actively grieving is very difficult.

3. The truth isn't that pills or alcohol will dull the pain.

The truth is that they will merely postpone the reality you must eventually face in order to begin healing. However, if your doctor feels that medication is necessary to help maintain your health, use it intelligently and according to his/her instructions.

4. The truth isn't that once this is over your life will be the same.

The truth is that your upside-down world will slowly settle down, hopefully leaving you a more sensitive, compassionate person, better prepared to handle the hard times that everyone must deal with sooner or later. When you consider that you have just experienced one of the worst things that can happen to a family, as you heal you will become aware of how strong you are.

5. The truth isn't that grieving is morbid, or a sign of weakness or mental instability.

The truth is that grieving is work that must be done. Now is the appropriate time. Allow yourself the time. Feel it, flow with it. Try not to fight it too often. It will get easier if you expect that it is variable, that some days are better than others. Be patient with yourself. There are no short cuts to healing. The active grieving will be over when all the work is done.

6. The truth isn't that grief is all-consuming.

The truth is that in the midst of the most agonizing time of your life, there will be laughter. Don't feel guilty. Laugh if you want to. Just as you must allow yourself the time to grieve, you must also allow yourself the time to laugh. Viewing laughter as part of the healing process, just as overwhelming sadness is now, will make the pain more bearable.

7. The truth isn't that one person can bear this alone.

The truth is that while only you can make the choices necessary to return to the mainstream of life a healed person, others in your life are also grieving and are feeling very helpless. As unfair as it may seem, the burden of remaining in contact with family and friends often falls on you. They are afraid to "butt in," or they may be fearful of saying or doing the wrong thing. This makes them feel even more helpless. They need to be told honestly what they can do to help. They don't need to be told, "I'm doing fine" when you're really NOT doing fine. By allowing others to share in your pain and assist you with your needs, you will be comforted and they will feel less helpless.

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8. The truth isn't that God must be punishing you for something.

The truth is that sometimes these things just happen. They have happened to many people before you, and they will happen to many people after you. This was not an act of any God; it was an act of Nature. It isn't fair to blame God, or yourself, or anyone else. Try to understand that it is human nature to look for a place to put the blame, especially when there are so few answers to the question, "Why?" Sometimes there are answers. Most times there are not. Believing that you are being punished will only get in the way of your healing.

9. The truth isn't that you will be unable to make any choices or decisions during this time.

The truth is that while major decisions, such as moving or changing jobs, are better off being postponed for now, life goes on. It will be difficult, but decisions dealing with the death of your baby (seeing and naming the baby, arranging and/or attending a religious ritual, taking care of the nursery items you have acquired) are all choices you can make for yourself. Well-meaning people will try to shelter you from the pain of this. However, many of us who have suffered similar losses agree that these first decisions are very important. They help to make the loss real. Our brains filter out much of the pain early on as a way to protect us. Very soon after that, we find ourselves reliving the events over and over, trying to remember everything. This is another way that we acknowledge the loss. Until the loss is real, grieving cannot begin. Being involved at this early time will be a painful experience, but it will help you deal with your grief better as you progress by providing comforting memories of having performed loving, caring acts for your baby.

10. The truth isn't that you will be delighted to hear that a friend or other loved one has just given birth to a healthy baby.

The truth is that you may find it very difficult to be around mothers with young babies. You may be hurt, or angry, or jealous. You may wonder why you couldn't have had that joy. You may be resentful, or refuse to see friends with new babies. You may even secretly wish that the same thing would happen to someone else. You want someone to understand how it feels. You may also feel very ashamed that you could wish such things on people you love or care about, or think that you must be a dreadful person. You aren't. You're human, and even the most loving people can react this way when they are actively grieving. If the situations were reversed, your friends would be feeling and thinking the same things you are. Forgive yourself. It's OK. These feelings will eventually go away.

11. The truth isn't that all marriages survive this difficult time.

The truth is that sometimes you might blame one another, resent one another, or dislike being with one another. If you find this happening, get help. There are self-help groups available or grief counselors who can help. Don't ignore it or tuck it away assuming it will get better. It won't. Actively grieving people cannot help one another. It is unrealistic, like having two people who were blinded at the same time teach each other Braille. Talking it out with others may help. It might even save your marriage.

12. The truth isn't that eventually you will accept the loss of your baby and forget all about this awful time.

The truth is that acceptance is a word reserved for the understanding you come to when you've successfully grieved the loss of a parent, or a grandparent, or a beloved older relative. When you lose a child, your whole future has been affected, not your past. No one can really accept that. But there is resolution in the form of healing and learning how to cope. You will survive. Many of us who have gone through this type of grief are afraid we might forget about our babies once we begin to heal. This won't happen. You will always remember your precious baby because successful grieving carves a place in your heart where he or she will live forever.

Inspirational Messages

FINGERPRINTS

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.

Written by: Tom Krause

Not Like You by Sheri Hess

*I am a mother, though not like you.
You cradle your sweet baby in your arms,
Mine are empty, but I hold him in my heart.
You brush her soft curly hair,
and tie pretty pink bows just right.
A lock of his hair is tucked neatly in a book.
You pick daisies and tie them in a chain
to wear around her neck.
I cut lilacs and arrange them in a vase to set
at his grave.
You look forward to dreams and plans.
I hold on to memories.
I am a mother,
though not like you.*

In Memory of Dakota Rain Hess

When you come to the edge
of all that you have known,
there will be two possibilities
awaiting you:

There will be something solid
to stand on or you will be
taught how to fly.



THE BEST AND MOST BEAUTIFUL
THINGS IN THE WORLD CANNOT
BE SEEN, NOT TOUCHED, BUT ARE
FELT IN THE HEART.

~ HELEN KELLER





Birthdays In Memory Of



Chloe Faith Price
July 21

Happy 8th birthday in heaven baby girl.
Not a day goes by that we don't think of
you and wish more than anything we could
have you back. Our hearts and arms ache so
much to hold you again.

Until we meet again...
Love you and miss you terribly.
Love, Daddy, Mommy,
Madalyn, Olivia and Gavin



Madeleine Redford McMurtrey
29 August 2013
Love you forever
Our perfect little Madeleine
Love,
Mommy and Daddy

July 15th
Happy 3rd birthday
to my sweet **Easton**.
Miss you and think of you
every single day.
Love, Mom



July 24
Kabrie Lane McGugin,
Happy 2nd birthday baby girl.
We love you and miss you.
♥ Mommy & Daddy, Kylie and Kaden

Happy 42nd Angel Birthday
Kimberly Ann Jacobsen
7/20/1972

We love you soo much and miss you :)
Love,
Your sister Shauna

Dearest Joshua...
Happy 5th Angel Day.
We miss you and love you.



Love forever,
Dad, Mom,
Shelby, Jacob, Rachel and Jarom
Joshua Derrek Williams
7-28-09

July 8, 2011
Happy 3rd Birthday **Brantley**.
I wish more than anything that we were
celebrating your birthday with you.
We love you and miss you SO much.
Love,
Mommy and Daddy

Happy 2nd Angel Birthday
Mathew Thomas Jackson
7/21/2012

We love and miss you so much.
Love,
Dad, Mom,
Rozena, Brayden, Dakota,
Mason and Dominic.

Utah Share would like to thank...



JaLynn Thirkill Larsen
donation in memory of
JacLynn Blake Larsen.

Allison Gardner and Katrina Mudrow
donation in memory of
Dennis Luke Gardner.

Ashley Wong's work team at the (IRS)
donation in memory of
Avery Marie Wong.

Travis and Natalie Clemens
donation in memory of
Luca Deon Clemens.

Alissa Jensen
donation in memory of
Luca Deon Clemens.



Debbie Johnson Cutler
donation in memory of
Luca Deon Clemens

Jacob and Lindsay Cutler
donation in memory of
Luca Deon Clemens.

Keven and Sherrie Clemens
donation in memory of
Luca Deon Clemens.

Heidi and Ryan James
donation in memory of
Luca Deon Clemens.



Helen and Deon Johnson
donation in memory of
Luca Deon Clemens.



Mallory Thomas
donation in memory of
Joshua and Adelaide Spackman.

White Rail Ward Young Women
from West Haven
donation in memory of
Benson Russell Engstrom
through **Angel Outfitters**.



Taisdyn Brett Fowers
born to Desiree Call and Brett Fowers
April 26, 2014 at 12:42 p.m.
6 pounds 18.5 inches

*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.*



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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.utahshare.org/newsletter
Pregnancy & Infant Loss Support, Inc.

