

# Support Group Meeting Schedule

## UPCOMING MEETINGS:

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

- **November 6 •**

*Topic - Handling the Holidays*

- **December 4 •**

*Topic - Stress Relief*

- **January 1 •**

*Topic - Dealing With a New Year*

- **February 5 •**

*Topic - How Loss Changes You*

- **March 5 •**

*Topic - Friends and Family*

- **April 2 •**

*Topic - Grief and Marriage*

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)



# BABIES WHO HAVE TOUCHED OUR *Hearts*

**Emmeleia Feather  
Dawn Bennett Manning**  
September 2, 2014

**Angel Baby**  
September 12, 2014

**Emmaline Ruth Barker**  
September 17, 2014

**Baby Parks**  
September 17, 2014

**Vivienne Green**  
September 18, 2014

**Angel Orlando Oliva Aguilar**  
September 20, 2014

**Luke Jeremy Johnson**  
September 27, 2014

**Drayden James Mark**  
September 10, 2014 –  
October 6, 2014

**Bode James Burkdull**  
October 5, 2014 –  
October 6, 2014

**Juan Enrique Uribe**  
October 9, 2014

**Aspen Renae Morse**  
October 9, 2014

**Charlie Ann Morse**  
October 9, 2014

**Hope Noelle Turner**  
October 10, 2014

**Beau Clavell**  
October 10, 2014

**Carmela Andrea Curletto**  
October 13, 2014 –  
October 14, 2014

**Joaquin Antonio Ramirez**  
October 16, 2014 –  
October 17, 2014

**Sophia Alicea**  
October 18, 2014

**Willa Michele Tolman**  
October 15, 2014 –  
October 23, 2014

**Austin Bradshaw**  
October 21, 2014

**Charles Wilson**  
May 23, 2014 –  
October 23, 2014

# NEWS & EVENTS

## 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 song, those who attend are invited to place a flower at the base of the angel statue.

This year marks the 20th anniversary of the Angel Statue. There are currently 130 Christmas Box Angel statues located throughout the world to provide hope and healing to all those who have experienced the death of a child.

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.

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### Utah Share Christmas Social and Optional Ornament Exchange

Come mingle and get to know other Utah Share moms at the Utah Share Christmas Social.

Thursday, December 11, 7-9 p.m. at Davis Hospital in Classroom 1.

Bring a treat to share if you want. Also, you can bring an ornament if you would like to participate in our ornament exchange.

(Bringing an ornament and treat are completely optional. Just come socialize if you want!)





# Coping With The Holidays

The holidays can be a difficult time. Below you can find some suggestions on how to cope this holiday season.

- Lower your expectations of yourself.
- Forget about what other people think you should do and feel – give yourself permission to feel and do whatever you think is right.
- It's OK to stay away from children for a while.
- Pick and choose the family events you will attend.
- Find comfort or inspiration in a holiday event or a new tradition.
- Offer kindness and support to others who are having a hard time.
- Set some goals.
- Do something special for yourself.
- Look to your religious beliefs for strength/support.
- Plan ways to help you handle uncomfortable situations.
- Plan a special event for just your baby's parents.
- Share with your family and friends what helps and what hurts.
- If you have other children, try to make the holidays fun for them.
- Holidays can be emotionally and physically draining. Try to get enough rest.
- Anticipation of any holiday can be worse than the actual holiday.
- Remember- holidays are only temporary.

By Dream-Wallpaper.com

## Ways to Remember Your Baby This Holiday Season

There are many ways to honor your baby's memory during the holiday season.

Utah Share mom Belia Alvarado has found a way to remember her angel babies during the holidays. She lights and decorates a little tree for each of her three angels every Christmas.

Other ways to honor your angel include:

- Lighting a candle at a set time every evening
- Displaying some of your baby's items in your home
- Buy/making an ornament for your tree
- Doing Random Acts of Kindness
- Donating to a charity
- Volunteering to help others
- Creating a loss journal



## *Inspirational Messages*

# WALK TO REMEMBER

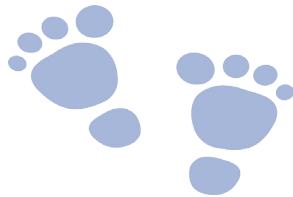
Dear Precious little baby,  
I walk for you today,  
To share with everyone your love,  
In this, my special way;

Oh how I wish you were here,  
to come and tag along,  
For little one, if you were here  
The miles would not seem so long.

I know that you would love to see  
The many colored balloons;  
And you would love to listen to  
Lullabies and tunes.

You'd love to see the leaves that fall,  
Red, yellow, gold, and brown,  
You'd roll and toss around in them,  
You'd laugh and jump around.

It is such a lovely time of year  
I wish you could have stayed  
I waited, oh, so long for you  
So many plans I made;



I know that you are happy  
Up in Heaven's lovely land,  
And someday we will meet again,  
Together walk hand in hand;

Then we can walk together  
As I walk for you today,  
I want the whole world to know  
This is your special day.

It really does not matter,  
Winter, spring, summer or fall,  
Dear baby, I still think of you,  
Each day your love recall;

I had you such a little while,  
But in my heart you'll always stay,  
Look down from Heaven,  
precious baby...  
As I take this walk for you today.

To Avery:

From the moment I discovered  
You were entering my life,  
You turned all of my darkness  
Into a bright gleaming light.

I admit I was nervous,  
And I admit I was scared,  
To take on such a responsibility  
When I hardly felt prepared.

And then when I first felt that kick  
From your Mommy's belly I knew,  
That whenever you'd get in trouble,  
It was me you'd be running too.

When you entered this world  
You looked perfect in every way.  
I will cherish that moment,  
Every minute, of every day.

I would never have imagined  
That something so small  
Could bring me such joy,  
And so much love, above all.

I still have many questions,  
And I keep asking myself why.  
I know I'll never have the answers,  
No matter how hard I try.

But what I know is you were meant  
For bigger, and greater things.  
I'm just so honored and blessed,  
That you chose us to give you your wings.

*Don't cry because it is over,  
Smile because it happened.*

-- Written by Michael Wong  
In memory of his daughter  
Avery Marie Wong  
April 13, 2014

## Inspirational Messages

### My First Christmas in Heaven

By Wanda Bencke

*I see the countless Christmas trees around the world below  
With tiny lights like Heaven's stars reflecting the snow.  
The sight is so spectacular- please wipe away the tear  
For I'm spending Christmas with Jesus this year.*

*I hear the many Christmas songs that people hold so dear  
But the sound of music can't compare with the Christmas choir up here  
I have no words to tell you the joys their voices bring  
For it's beyond description to hear the angels sing*

*I know how much you miss me, I see the pain inside your heart  
But I am not so far away, we really aren't apart.  
So be happy for me dear ones you know I hold you dear  
And be glad I'm spending Christmas with Jesus Christ this year.*

*I sent you each a special gift for my heavenly home above,  
I sent you each a memory of my undying love.  
After all love is a gift more precious than pure gold.  
It was always most important in the stories Jesus told.*

*Please love and keep each other as my Father said to do.  
For I can't count the blessing of love he has for each of you.  
So have a merry Christmas and wipe away that tear.  
Remember I am spending Christmas with Jesus Christ this year*

### GIFTS OF TRUE UNDERSTANDING

We Do Not Truly Understand...

**Joy...**

until we face sorrow.

**Faith...**

until it is tested.

**Peace...**

until faced with conflict.

**Trust...**

until we are betrayed.

**Love...**

until it is lost.

**Hope...**

until confronted with doubts.

Then when faced with these things, we  
arrive at a place deeper than mental  
understanding.

It is a place called experience.  
Experience then brings knowing...  
... and we come to know joy, faith,  
peace, trust, love,  
and hope beyond all doubt.

Then we can share these blessings as the  
most valuable gifts we have to give.  
~~ Author Unknown ~~

"I DON'T KNOW WHY  
THEY CALL IT  
HEARTBREAK.  
IT FEELS LIKE EVERY  
OTHER PART OF MY BODY  
IS BROKEN TOO."  
~ MISSY ALTIJID







# Birthdays In Memory Of



November 4 2013

Dearest **Avalyn**,

I can't believe it's been a year since we first held you. Not a day goes by that we don't think of you. I hope you have a great birthday up in heaven. We miss you more than anything!

Sent with LOVE

♥ Mommy, Daddy, and Kinlee ♥

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**Baby Solstice**

December 30th, 2013

We miss you and can't believe it has almost been a year since you were born way too soon. Happy 1st Stillbirthday sweet baby! We love you!

Love, Mommy, Daddy, Kaylee and Landen

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On Dec. 13, 2014, my beloved son **Bryant Maddox Alvarado-Truong** would have been turning 3 years old. Not a day goes by that I wonder what he would look like as a toddler. Whose personality he would of had and what he would be doing. I know that he is watching over us and his little sister

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It's been 6 years since you have come and gone. We miss you every day. We wonder what you would be like with your little sister. We love and miss you to the milky way. ♥ **Kenner** ♥

Love,

mommy daddy and kennadee

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My son **Atticus Olde-Manuel Ott** would be 1 on November 1st. Survived by his sister Viscellia and mother and father Bryson and Priscilla Ott. We will Miss you until our last breath.



**Lucas Yee**

December 9, 2011

Happy 3rd birthday little man!  
We love and miss you each and every day sweet boy.  
Sending you kisses and squishes!

Loving you always & Forever,  
Mommy, Daddy, big sis Brooklyn,  
and baby sis Peyton

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**JacLynn Blake Larsen**

Dec. 21, 2011

As you watch your lanterns floating high know they hold our love as they pass you by. Our hearts are full our precious baby you see what a blessing it is you came to our family! Oh how we wish we could hug, hold, and kiss you, know just how much we truly do miss you! Happy third birthday baby girl!! We love you! Dad, Mom, Taylor, Madelyn, EvaLyn



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Happy 3rd birthday to our sweet **Logan jay**!  
Not a day goes by we don't miss you!  
10.19.11-10.24.11

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December 17th

**Haylee Mardean Miller**

Happy 4th Angel Day baby girl. I saw the cutest little preemie sized outfit at the store and thought of you. I'm missing you so much and your siblings as well. Happy Birthday and Merry Christmas to my 3 little angels.  
Love from Mom and Dad, Colby and Kellen<sub>7</sub>

Utah Share would like to thank...

## Walk to Remember 2014

On Saturday, October 11, 2014 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:

**Heather Eagen** from Associated Foods for the cookies

**Danny Allen** from Dejarnett for the water

**Brett Haney** at A to Z Shirt Rack

**Clinton City Youth Council**

**Trax AV**

**Naloni Barnard** for her amazing Walk to Remember logo design

**Tracy Flores** at Origami Owl for her beautiful necklace donation

**Tim Drisdorn** and the **Salt Lake City Mass Choir** for its touching performance

**Julie Larson** for her beautiful personalization on the ornaments

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

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



## Safe Arrivals



Travis and Natalie Clemens are grateful to announce  
the safe arrival of their sweet new baby

**Ruby Ann Clemens**

born October 6, 2014

Ruby is protected by her three older brothers on earth  
- Boston, McKay and Ross - and watched over from  
heaven by her guardian angel brother Luca Deon.

**Lindsey LaVene Zollinger**

October 22, 2014

Welcomed with relief by her parents, Joseph and Jenn,  
and siblings, Ryan, Emmy, Owen, and Quincy

Watched over from heaven by angel sister Zoey. 8



# Utah Share would like to thank...

**The Hooper Landings Ward  
Relief Society**

for their

“Girls night out to Share” activity.

They put together packets,  
sorted clothing, organized and  
made thinking of you cards.

Also thank you

**Rachael Price and**

**July Hurd-Robison**

for helping with the project.

**Janet Amodt**

donation in memory of  
Addison JoAnn Woffinden

**Barbara Finch**

donation in memory of  
all babies gone too soon

**Kimber Shafer**

donation in memory of  
Kelsie Carolyn Plescia

**Jessie Funk**

donation in memory of  
Jordyn Haley Funk

**Rachael Price**

donation in memory of  
Chloe Faith Price

**LuJean Clark** and the  
Centerville South Stake  
Humanitarian Center

**Janet Schow**

donation in memory of  
Abby Price

**Nalder**

donation in memory of  
Max Weaver

**Katie and Cam Weaver**

donation in memory of  
Max Weaver

**Angela Bytheway**

donation in memory of  
Rachel Bytheway and all the  
little Miller angels

**Judy Rigby**

donation in memory of  
Laila Rigby

**Jessica Lynn McGugin**

**Wendi Greenhalgh**

**Bitner**

donation in memory of  
Max Weaver

**Marv and Alice Neff**

donation in memory of  
Boedy W. Stauffer

**Mahea and Charles Eddy**

donation in memory of  
Turner Eddy,  
Ben Eddy and  
Eddy Angels

**Diane Child**

donation in memory of  
Stryker and Scout Andre

**Guzman Family**

donation in memory of  
Melrose Marie

**Larry and Sally Burris**

donation in memory of  
Larry Ashton Cole Burris

**Daria Hulse**

donation in memory of  
Avalyn Pearle Hulse

**Kathy & Sharee Hackford**

donation in memory of  
Letha Hackford

*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.*



# Utah Share Newsletter

November/December 2014 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.*



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



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