

# Support Group Meeting Schedule

## UPCOMING MEETINGS:

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

• **July 2** •

*Topic - Friends and Family*

• **August 6** •

*Topic - Subsequent Pregnancy*

• **September 3** •

*Topic - Grief and Marriage*

• **October 1** •

*Topic - How Loss Changes You*

• **November 5** •

*Topic - Handling the Holidays*

• **December 3** •

*Topic - Grief and Anger*

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. 1

# BABIES WHO HAVE TOUCHED OUR *Hearts*

**Emma Maxine Lemon**

March 26, 2015

**Angel Perez Ortiz**

April 2, 2015

**Tyanna Grace Roberts**

April 5, 2015

**Jack Cook**

April 8, 2015

**Michael Lewis Lofton**

April 9, 2015

**Hyrum Peter Hirst**

April 10, 2015

**Lyla Mary Kohles**

April 16, 2015

**Matheo Jesus Mena**

April 30, 2015

**Baby Darcey**

May 1, 2015

**Max Jackson**

May 1, 2015 - May 5, 2015

**Morgan Jackson**

May 1, 2015 - May 12, 2015

**Kenna Coombs**

May 6, 2015

**Dale Joshua Wagner**

May 21, 2015

**Allen Walker Kish**

May 21, 2015

**Arainah Ellie Ortiz**

May 27, 2015

**Jax Liebelt**

June 2, 2015

**Calder James Williams**

June 5, 2015

**Declan Charles Williams**

June 5, 2015

**Spencer Berry**

June 5, 2015

**Dez Jaxson Liebelt**

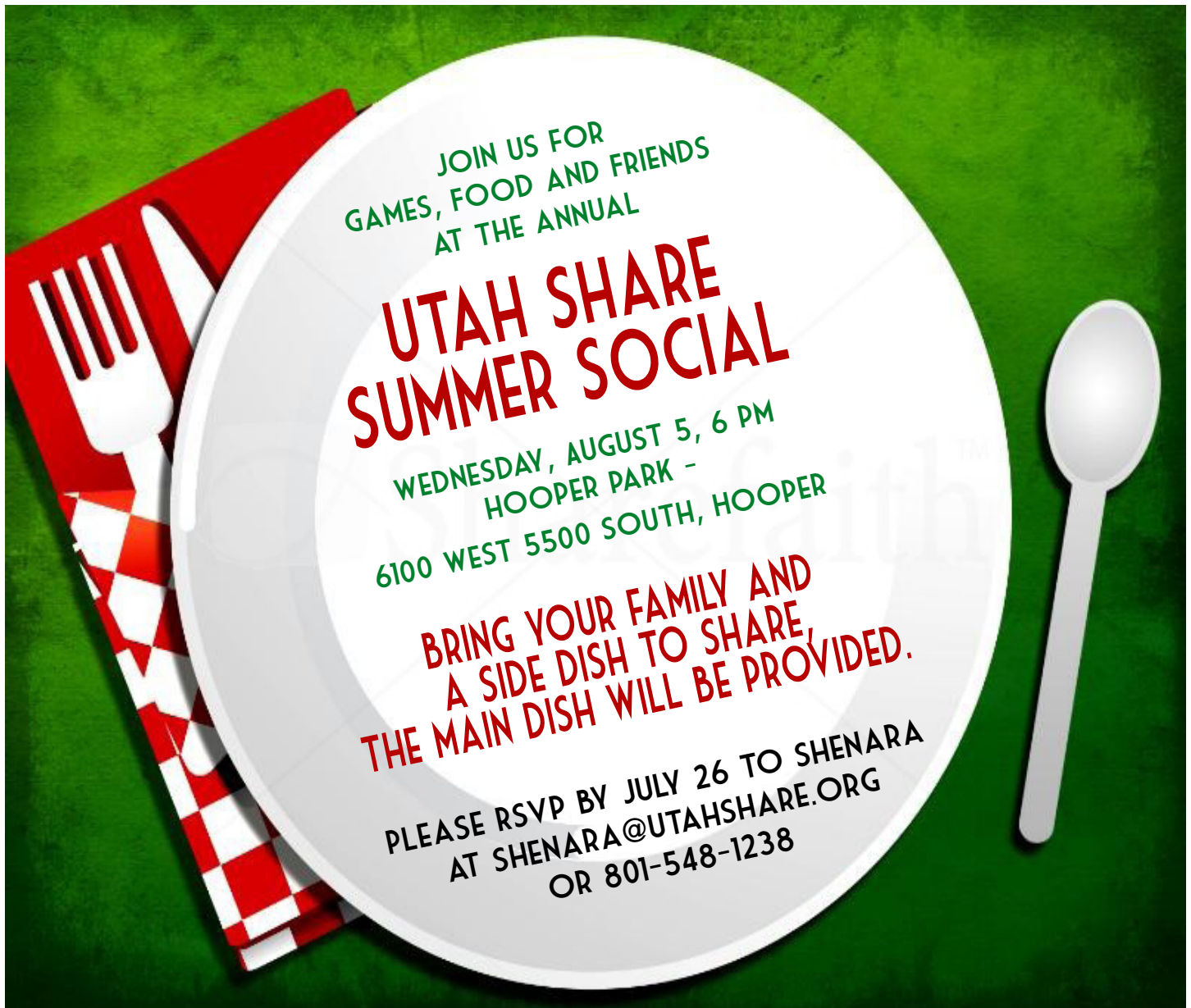
June 13, 2015

**Josette Willow Nightingale**

June 18, 2015

**Allen Perry Rogers**

June 19, 2015



## Submit Your Logo Design for the Annual Walk to Remember

Each year in October Utah Share holds a “Walk to Remember.” We are now accepting submissions for the logo for the t-shirts/hoodies.

Please submit designs to: [shenara@utahshare.org](mailto:shenara@utahshare.org)

For past designs please see photos on our Utah Share Facebook Group. All submissions will be considered. Please submit your design before July 11, 2015. Thanks for all of your support.

We look forward to seeing you in October!

## **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*

### AN ANGELS KISS

We go through life so often  
Not stopping to enjoy the day,  
And we take each one for granted  
As we travel on our way.

We never stop to measure  
Anything we just might miss,  
But if the wind should blow by softly  
You'll feel an ANGELS KISS.

A kiss that is sent from Heaven  
A kiss from up above,  
A kiss that is very special  
From someone that you love.

For in your pain and sorrow  
An ANGELS KISS will help you through,  
This kiss is very private  
For it is meant for only you.

So when your hearts are heavy  
And filled with tears and pain,  
And no one can console you  
Remember once again....  
About the ones you grieve for  
Because you sadly miss  
And the gentle breeze you took for granted  
Was just..... "AN ANGELS KISS"

By Peggie Bouse

### 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 cared 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



# Birthdays In Memory Of



Aug 3, 2004

Happy Birthday & Angel Day Lynli.

Can't believe it's been 11 years,  
since we said "Hello and Goodbye".

Sure do miss you!

Love Forever and Ever  
Mom, Dad & Shayli

Aug 18, 2003



Happy Birthday & Angel Day Jake  
and Jeneh. Its hard to believe that  
its been 12 years that you crept into  
our world for such a short time. Not  
a day goes by that I do not think of  
you and wonder "what if".

Love Forever & Ever,  
Mom, Dad & Shayli.

Chloe Faith Price

Dear baby girl.

There's not a day that goes by  
that I don't miss you.

"And they hold counsel  
with the stars  
Whose broken branches  
show the scars

Of many winds and much of strife.  
This is the common law of life."

I hope if I've learned anything  
from your passing, it's to remember  
what's important in life. Family,  
humility, love and compassion. But  
I'd trade it all just to hold you again.

Love daddy.

Happy Birthday Joseph!!

6 years ago we held you in our arms  
and you were etched into our hearts.  
Thank you for blessing us with six  
years of motivation to be a little  
kinder to every heart we meet.

We love you always, Angel Boy.  
Love, Dad, Mom,  
Jarom, Michael, Sam, and Luke

Boedy W Stauffer.  
August 22, 2014

We love and miss you every day! We  
can't believe it has been a year since  
we held you in our arms. Thank  
you for all you have and continue to  
teach us. We love you so much!

Love,  
Mom, Dad, Bridger  
and all your grandparents

Happy 4th Birthday, little E!  
We love and miss you every day!

Love, Mom, Dad, Carter, Rylee,  
Asher, and Cooper

Easton Lloyd 7/15/2011

Kabrie Lane McGugin  
July 24, 2012

In our arms for a little while  
In our hearts forever  
Happy 3rd Birthday baby girl  
We love you and miss you so very  
much

♥ Mommy & Daddy,  
Kylie & Kaden

Chloe Faith Price  
7.21.06

Happy 9th birthday my angel!  
It is so hard to think that it's been 9  
years since I was able to hold you,  
kiss you and cuddle you. I miss you  
so much and not a day goes by that I  
don't ache to see you again.

They say time heals all wounds, but  
this is far too deep to be healed but I  
know you are pulling me through my  
toughest days and hopefully proud  
of the things I am doing in your  
memory.



I love you baby girl.  
Love, Mommy

My sweet Ayslin,

I wish every day that I could just  
hold you again. I wish I could smell  
you, feel your soft skin, and kiss  
your sweet lips. I wish I knew what  
your precious cry sounded like.

No one understands the pain I'm  
going through right now. No one gets  
how much I miss you, but I know  
you do. I have to take it day by day,  
sometimes minute by minute, just  
to make it through. I know we will  
be together again someday, but until  
then, I'll continue to think of you  
each and every day.

"If there ever comes a day we can't  
be together, keep me in your heart,  
I'll stay there forever."

Fly high baby girl, mommy  
loves you so much!

# Utah Share would like to thank...

\* **Gina Mickelson** donation in memory of Brayden Mickelson \*

\* **Trisha Simon and River 10th Ward Young Women**  
donation in memory of Linkin Dallon Hamilton\*

\* **Jenny Nys** donation in memory of Hayden Hoxie Nys \*

\* **Rachael Price** donation in memory of Chloe Faith Price \*

*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.*

## WELCOME NEW VOLUNTEERS

Utah Share would like to welcome the Kate and Cameron Weaver,  
Deborah Kroeger, Jessica McGugin, Kelsey Hulse,  
Tori Lucas and Angie James as new volunteers.

Thank you for your willingness to give back.  
Our success depends on your dedication and generosity.

We are still looking for more volunteers. If anyone is interested in volunteering,  
please contact Rachael Price at [rachael@utahshare.org](mailto:rachael@utahshare.org)

\* All volunteers must be 18 months out from their loss. \*



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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*

