

Support Group Meeting Schedule

UPCOMING MEETINGS:

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

• **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

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 to view the online version or download and print off a copy.

BABIES WHO HAVE TOUCHED OUR *Hearts*

Baby A Barton

July 1, 2015

Baby B Barton

July 1, 2015

Marli Jo Wilson

July 5, 2015

Carson Jeremy

Ross-Morgan

July 8, 2015

Jordan Ross-Morgan

July 8, 2015

Eli Clay Westlund

July 9, 2015

Hudson Daniel Christensen

July 11, 2015

Mason Brooks Christensen

July 11, 2015

Aniyah Rae Crespin

July 13, 2015

Ian Parga

July 14, 2015

Tammie Angelina Crawley

July 16, 2015

Autumn Evans

July 17, 2015

Xander Evans

July 17, 2015

Atticus John Thomas Caine

July 23, 2015

Carmen Izabella

Romero Morales

July 25, 2015

Lexie Smith

July 27, 2015

Willow Jayde Conley

August 14, 2015 -

August 16, 2015

Wesley Parker Hughes

August 18, 2015

Wyatt Cade Crook

August 22, 2015

Cora Kathleen Gilchrist

August 24, 2015

NEWS & EVENTS

Fun, Windy Summer Social

Share friends and families had a great time at Hooper Park last month at the annual Utah Share Summer Social.



Thank you everyone who braved the windy weather to come visit and play games.

Thank you **Shenara Jaynes** for organizing the event and to **Rachael Price** and her family members for putting together and running the games.

Thank you to **Toni Dursteler** and **US Foods** for the food donation. Thank you **Paul** and **July Robison**, **Chris Price** and **Debi Benna** for cooking our meat.

Thank you **Tanya Price** and family for renting the pavillion.

Thank you to everyone who brought delicious side dishes to share and thank you to those who donated prizes for the games.

The summer social is a great way to visit and mingle with families who have angel babies. Save the date for next year's social, which will be held the first part of August 2016.

OCTOBER IS NATIONAL PREGNANCY AND INFANT LOSS AWARENESS MONTH

We would like you to know that you do not need to face the grieving process alone. Here is a list of a few organizations that offer support and resources to grieving parents.

Compassionate Friends - 877-969-0010 (toll-free)
www.compassionatefriends.org

Bereaved Parents USA -
www.bereavedparentsusa.org

Baby Steps -
www.babysteps.com

HAND.org - Helping After Neonatal Death
www.handonline.org

IRIS -
www.irisremembers.com

MissingGRACE.org -
www.missinggrace.org



Wave of Light

As part of Pregnancy and Infant Loss Remembrance Day, everyone is invited to light a candle on October 15 at 7 pm in ALL time zones, ALL over the world.

If everyone lights a candle at 7 pm and keeps it burning for at least one hour, there will be a continuous WAVE OF LIGHT over the entire world.

For more information visit: www.october15th.com



The Seven Stages of Grief

It is important to interpret the stages loosely, and expect much individual variation. There is no neat progression from one stage to the next. In reality, there is much looping back, or stages can hit at the same time, or occur out of order. So why bother with stage models at all? Because they are a good general guide of what to expect.

1. SHOCK & DENIAL - You will probably react to learning of the loss with numbed disbelief. You may deny the reality of the loss at some level, in order to avoid the pain. Shock provides emotional protection from being overwhelmed all at once. This may last for weeks.

2. PAIN & GUILT - As the shock wears off, it is replaced with the suffering of unbelievable pain. Although excruciating and almost unbearable, it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs.

You may have guilty feelings or remorse over things you did or didn't do with your loved one. Life feels chaotic and scary during this phase.

3. ANGER & BARGAINING - Frustration gives way to anger, and you may lash out and lay unwarranted blame for the death on someone else. Please try to control this, as permanent damage to your relationships may result. This is a time for the release of bottled up emotion.

You may rail against fate, questioning "Why me?" You may also try to bargain in vain with the powers that be for a way out of your despair ("I will never drink again if you just bring him back")

4. "DEPRESSION," REFLECTION, LONELINESS - Just when your friends may think you should be getting on with your life, a long period of sad reflection will likely overtake you. This is a normal stage of grief, so do not be "talked out of it" by well-meaning outsiders. Encouragement from others is not helpful to you during this stage of grieving.

During this time, you finally realize the true magnitude of your loss, and it depresses you. You may isolate yourself on purpose, reflect on things you did with your lost one, and focus on memories of the past. You may sense feelings of emptiness or despair.

5. THE UPWARD TURN - As you start to adjust to life without your dear one, your life becomes a little calmer and more organized. Your physical symptoms lessen, and your "depression" begins to lift slightly.

6. RECONSTRUCTION & WORKING THROUGH - As you become more functional, your mind starts working again, and you will find yourself seeking realistic solutions to problems posed by life without your loved one. You will start to work on practical and financial problems and reconstructing yourself and your life without him or her.

7. ACCEPTANCE & HOPE - During this, the last of the seven stages in this grief model, you learn to accept and deal with the reality of your situation. Acceptance does not necessarily mean instant happiness. Given the pain and turmoil you have experienced, you can never return to the carefree, untroubled YOU that existed before this tragedy. But you will find a way forward.

You will start to look forward and actually plan things for the future. Eventually, you will be able to think about your lost loved one without pain; sadness, yes, but the wrenching pain will be gone. You will once again anticipate some good times to come, and yes, even find joy again in the experience of living.



Birthdays In Memory Of



Deke W Dursteler
Oct 2, 2009



Camry Louise Baker
September 24, 2012

Tammie Angelina Crawley

July 16, 2015

3:46 am

Weighing 8 oz, and
measuring 9 inches long

Happy 6th Angel Day
little Man,
Sure do love and miss you.

To our sweet Daughter &
Sister, Camry:

Love forever and ever,
Mom, Dad and
big sister Shayli.

We miss you so much, but we
know you are watching over
our family.



Love you forever.

Love,
Mommy and Daddy

September 16, 2008

Abby talks about you all the
time and says she, "can't wait
to see you when you come
with Jesus really soon."

Happy 11th birthday Abby!

Happy 7th Angel Day,
Mary Clara.

We love and miss you very
much. We think about you
every day, you will be forever
in our hearts.

Whenever I ask Lucy about
you, she smiles (I believe you
visit her often).

We love and miss you
beyond words,

Love Mom, Dad,
Carson, Caleb & Corbin

With all our love,
Mommy and Daddy,
Grandma and Grandpa Parry,
Grandma and Grandpa Lewis
Aunt Allison,
Maddie and Harrison

Lucy also points at your
picture. I wish she could tell
us about you, but she doesn't
have those words yet.

09-15-04

September 27th, 2013

Happy 2nd Birthday, Landen!

We love you and think
about you every day!

Beau Clavell
October 11, 2014



Happy 1st Birthday!
we miss and love you daily.

My heart is still broken, but I
love you more every day.
We love you, Camry.

Love,
Daddy, Mommy,
Abigail and Lucy

~Love forever,

Daddy, Mommy,
Jaycee, and Callee



Birthdays In Memory Of



Happy 1st birthday
Emmaline!

Noah Justin Ingram
September 13, 2011



September 12th 2013

Wish we could celebrate with
you, but know we love and
miss you like crazy baby girl.

Happy 4th Birthday Noah!!
We love and miss you
everyday. We will keep you in
our hearts forever.
Love, Dad and Mom

Happy 2nd Angel Day
Benson Russell.

I think about you every day
and find immense joy when
your brothers still ask or talk
about you.

Love,
Daddy, Mommy, Jackson,
Mason, Hadlee and Brody

Kenner Jackson Rausch
November 13, 2008

Happy 4th Birthday Noah.

7 years have gone by and not
a day goes by that I don't
think of you my sweet boy.
I am thankful for the 2 hours
we got to hold and love you
before you moved on. I love
and miss you every day

I miss you and my heart aches
for the what ifs, maybes and
could have beens.

We miss you so much!! You
are in our hearts and thoughts
every day sweet boy. Hugs
and kisses to heaven.

I love you,
forever and always
baby boy.

Love you much
Grandma and Grandpa M



Forever,
Mommy

Love, Mommy

Utah Share would like to thank...

Heidi and Ryan James donation in memory of
Ila May James

Wendy Funk donation in memory of
Ila May James

Lori and Vern May donation in memory of
Ila May James

Phoebe Fournier donation in memory of
Ila May James

Minnie Whitaker donation in memory of
Ila May James

Natalie Clemens donation in memory of
Ila May James

Kathy Hackford donation in memory of
Letha Hackford.

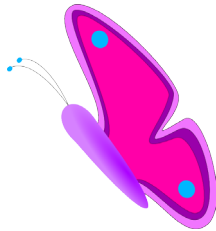
Sharee Hackford donation in memory of
Letha Hackford

Nola Spicer Price donaiton in memory of
Chloe Faith Price
Debbie Carver

Inspirational Messages

I Am Here

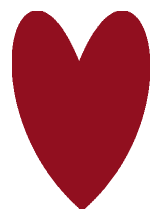
I hate it when you cry
But you don't understand
I am sitting right beside you
I am there I hold your hand
I would never leave you
Surely inside you know
That I will wait forever
For I love you so
I am there when you awake
I am there when you sleep at night
Though you do not feel it
I often hold you tight
Sometimes you look so lost
Staring into space
Wondering where I am
Am I in a happy place?
Yes I am happy
I want you to know that's true
Do you know why I am happy?
Cause I spend my days with you
I know you do not see me



Or hear the words I say
But you don't realize
I am never far away
I guide you through your days
With words your soul does hear
I hug you when you cry
I wipe away the tear
When you sleep at night
I sit upon your bed
I say sleep tight my darling
And kiss you on your head
When you feel a chill
Or a shadow you can see
I leave you little signs
To know that it is me
So no more tears my angel
Just live the life God gave
I will be beside you
Be strong be proud be brave

By John F Connor - Copyright 2015

THOSE WE LOVE WE NEVER LOSE, FOR ALWAYS
THEY WILL BE LOVED, REMEMBERED AND TREASURED
ALWAYS IN OUR MEMORY.



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

No words I write can ever say,
How much I miss you every single day.

As time goes by the loneliness grows,
How much I need you, nobody knows.

I think of you in silence, I often speak your name,
But all I have are memories and a photo in a frame.

No one knows my sorrow; no one sees me weep,
But the love I have for you, is in my heart to keep.

I've never stopped loving you and I know I never will.
Deep inside my broken heart, I keep you with me still.

I love you so, my precious Angel,
and I always, always will.

- Author Unknown

**Please join Utah Share for our 11th
Annual**

WALK TO REMEMBER

Saturday, October 10th, 2015

Registration starting @ 1:00 p.m.

Program @ 2:00 p.m.

Ed Kenley Amphitheater, Layton Park

(437 N. Wasatch Drive, Layton, UT)

Memorial Service - Walk -

Balloon Release - Refreshments

Each year, to commemorate Pregnancy and Infant Loss Awareness Month, Utah Share holds the Walk to Remember. This event gives parents an opportunity to remember and honor their babies who have gone too soon.

Family and friends are invited and encouraged to attend. Seating is available on a first come first serve basis. A grassy area is available for blanket seating.

To have your baby's name read during our balloon release, please register at our check in table the day of the Walk (starting at 1:00 p.m.).

*T-shirts and Zip Hoodies will be available to order.
They will be black, and will feature the logo below.*

Purchase is required to submit baby names for the back of shirts.

You will see the link to submit the baby's name after purchase.

Shirts must be ordered by September 30 at 5:00 p.m.

Please visit our website www.utahshare.org for more information.

*** By participating, walkers assume all risks.***





September/October 2015 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 and www.utsupport.org/newsletter



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