

Support Group Meeting Schedule

UPCOMING MEETINGS:

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

• **November 5** •

Topic –
Handling the Holidays

• **December 3** •

Topic –
Grief and Anger

• **January 7** •

Topic -
Dealing With a New Year

• **February 4** •

Topic -
How Loss Changes You

• **March 3** •

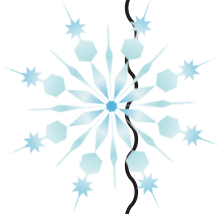
Topic -
Friends and Family

• **April 7** •

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



BABIES WHO HAVE TOUCHED OUR *Hearts*

Kimber Ann Christensen
August 4, 2015

Jiel Robert
August 22, 2015

Annabelle Mae Tracy
September 1, 2015

Finn Bradley Burk
September 2, 2015

Luke Gold
September 3, 2015

Asher Brown Ballantyne
September 3, 2015

Mindy Elizabeth Murray
September 7, 2015

Elisa Sabeth Jorbon
September 15, 2015

Aiden Lavaun Duke
September 22, 2015

Hope Schroeder
September 23, 2015

Kenton Keith Lynn
September 25, 2015

William Thomas Shedden
October 4, 2015

Nixon Jeremy McMullin
July 1, 2015 –
October 5, 2015

**Maximus Albert
James Baca**
October 6, 2015

Lewis Wilding
October 10, 2015

Alexander Leigh Swaider
October 16, 2015 –
October 20, 2015

Amina Lynn Bantigue
October 26, 2015

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.

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.

Ways to Remember Your Baby This Holiday Season

There are many ways to honor your baby's memory during the holiday season. Here are some ideas on how to include your angel:

- Light a candle at a set time every evening
- Display some of your baby's items in your home
- Buy/make an ornament for your tree
- Do Random Acts of Kindness
- Donate to a charity
- Volunteer to help others
- Create a loss journal



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

MY CHILD

GO AHEAD AND MENTION MY CHILD,
THE ONE WHO DIED, YOU KNOW.
DON'T WORRY ABOUT HURTING ME FURTHER,
THE DEPTH OF MY PAIN DOESN'T SHOW.

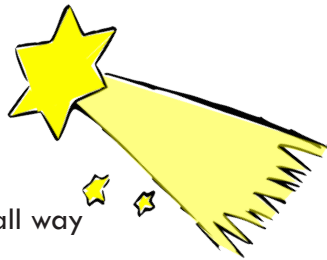
DON'T WORRY ABOUT MAKING ME CRY.
I'M ALREADY CRYING INSIDE.
HELP ME TO HEAL BY RELEASING
THE TEARS THAT I TRY TO HIDE.

I'M HURT WHEN YOU JUST KEEP SILENT,
PRETENDING HE DIDN'T EXIST.
I'D RATHER YOU MENTION MY CHILD,
KNOWING THAT HE HAS BEEN MISSED.

YOU ASKED ME HOW I WAS DOING.
I SAY "PRETTY GOOD" OR "FINE."
BUT HEALING IS SOMETHING ONGOING.
I FEEL IT WILL TAKE A LIFETIME.

~ELIZABETH DENT

The world may never notice
If a Snowdrop doesn't bloom,
Or even pause to wonder
If the petals fall too soon.
But every life that ever forms,
Or ever comes to be,
Touches the world in some small way
For all eternity.
The little one we longed for
Was swiftly here and gone.
But the love that was then planted
Is a light that still shines on.
And though our arms are empty,
Our hearts know what to do.
For every beating of our hearts
Says that we love you.



My Mom Lies

My Mom, she tells a lot of lies
She never did before.
From now until she dies,
She'll tell a whole lot more.
Ask my Mom how she is
And because she can't explain,
She will tell a little lie
Because she can't describe the pain.
Ask my Mom how she is,
She'll say, "I'm alright".
If that's the truth, then tell me,
why does she cry each night?
Ask my Mom how she is,
She seems to cope so well.
She didn't have a choice you see
nor the strength to yell.
Ask my Mom how she is,
"I'm fine, I'm well, I'm coping".
For God's sake Mom, just tell the truth
just say your heart is broken.
She'll love me all her life,
I loved her all of mine.
But if you ask her how she is,
She'll lie and say she's fine.
I am Here in Heaven.
I cannot hug from here.
If she lies to you don't listen,
Hug her and hold her near.
On the day we meet again,
We'll smile and I'll be bold.
I'll say, "You're lucky to get in here, Mom
With all the lies you told!"



Birthdays In Memory Of



Happy Birthday Tyler Alexander Moore!

You would've been 6 in
December this year!



Mommy and Daddy love you!
Thank you for looking out for your family
and keeping us safe!

You're our little angel
and we love and miss you!

Just want to wish our sweet angel,
Atticus Olde-Manuel,
a big HAPPY 2nd BIRTHDAY in heaven.

We love you so much. Please keep looking
out for your older sister and baby brother.

We can't wait to hold you and kiss you again!
Miss you until our last breath!

- Mommy, Daddy, Viscellia, and Horacio!!

Avalyn Pearle Hulse
November 4, 2013



Lucas Yee
12/9/11

Happy 4th birthday little man!
We love and miss you so much.

All our love,
Forever and always,
Mommy, Daddy, Brooklyn and Peyton

November 13



Happy Birthday
Hannah Marie Tolman
I miss you my sweet angel everyday.

Love, Daddy Mommy and Kinlee

My baby Ryker is surely missed.

Not a day goes by that I don't think
about you. You are always on my mind
and will always be in my heart.

You are heaven's sweetest Angel.
Love, Mom

"I will never forget the
moment your heart stopped
and mine kept beating."
-Angela Miller

Utah Share would like to thank...

Chris Zaugg donation in memory of Jacie Ann Zaugg

Melinda Snook donation in memory of Liam and Elise Snook



Arlene Colby donation in memory of Chloe Faith Price



Jeanine Sinsel donation in memory of Tuff Clontz

Judy Rigby donation in memory Laila Rigby

Cooper Cypers for his eagle project.

He put together more than 100 “preparing for your angel” packets to donate in memory of all babies gone too soon.

Terra Cooper donation in memory of all babies gone too soon

M. Hatton donation in memory of Avery Wong

Julie Seamons donation in memory of Justus Michael Seamons

Ian Campbell donation in memory of Addison JoAnn Woffinden

Janice Kent donation in memory of Corban Kent



Lois Bitner donation in memory of Max Weaver



A. Baker donation in memory of Jesse James Baker

Trisha Simon and **The River 10th Ward YW** donation in memory of Linkin Dallon Hamilton

Jenson family –

Sharissa, Sharla, Alicia, Abi, Livy, Reece, Olive, Kim, Cheryl and Alyssa –
donation in memory of Aiden Jenson.

*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 would like to thank...



On Saturday, October 10, 2015 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 at Associated Foods

The Station Park Harmon's

A to Z Shirt Rack

Clinton City Youth Council

Trax AV

Smith's Food and Drug

Mike Lager and Kent Meyerhoffer at Dejarnett

Marci Nellessen for her amazing Walk to Remember logo design

Eric Anthony for his touching performance

Tanya Zeidler 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 **Shenara Jaynes** for a fantastic job heading up this year's walk.

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.
- Look to your religious beliefs for strength/support.
- 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.

Christmas Craft

This year in memory of our angels we will be making a rolled paper angel wing display. The meeting will be held at Davis Hospital in classroom 1, December 10th at 7:00 pm. The craft will cost \$5.00 each. (Additional sets may be purchased that night while supplies last).

Wings are approximately 20 inches wide and 18 inches tall. All wings will be finished in white and can be sprayed (on your own) if desired afterward. Each set of wings includes 3 assorted shatterproof ornaments with the option of silver or gold. Wings can be displayed in a Christmas tree, hung on the wall or attached with a magnet. Paper, backing, ornaments, gluesticks and string will be included in the craft price. There will be enough paper to make your wings really full or take home to do another set. Everyone must bring your own mini glue gun to complete the craft and spray paint if desired. Bring a treat and come enjoy the company on craft night. Craft projects are always optional and are not necessary in order to attend Craft Night. We would love for anyone to come visit and talk about your angles.



Cash, Check and Card accepted (credit card purchases will be completed at the craft before material is received. \$1 service charge per set will be added to total)

Make checks payable to NaLoni Barnard and send payment and order form to 2812 N. 1385 East North Ogden, UT 84414.

Orders must be received by November 30, 2015
Any questions please call NaLoni @ 801-781-0254

Option 1 (silver ornaments) Option 2 (Rose Gold ornaments)

Christmas Order form

Name _____

Phone _____

Option (1or2) _____ Quantity _____



Utah Share Newsletter

November/December 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/newsletter



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