

# Support Group Meeting Schedule

## UPCOMING MEETINGS:

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

• **March 3** •

*Topic - Friends and Family*

• **April 7** •

*Topic - Grief and Marriage*

• **May 5** •

*Topic - Subsequent Pregnancy*

• **June 2** •

*Topic - Grief and Anger*

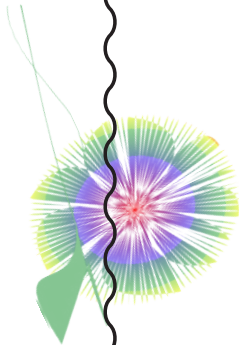
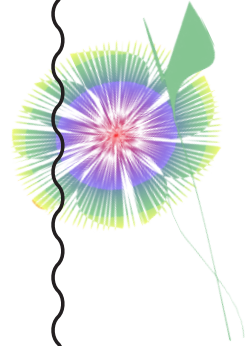
• **July 7** •

*Topic - Friends and Family*

• **August 4** •

*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)



*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*

**David Lawrence Miller**

December 16, 2015

**Oliver Allen Rose**

December 17, 2015

**Rowan Boudrero**

December 29, 2015

**Evalyn Rose Gantt**

January 6, 2016

**Jensen Barker**

July 6, 2015 -  
January 12, 2016

**Kailyne Grace Harkness**

January 13, 2016

**Lily Rose Archibald**

January 16, 2016

**Ryder Davidson**

**Fisk Terry**

January 20, 2016 -  
January 21, 2016

**Mary Jane KayLin  
Bohman**

January 20, 2016

**Jacob Isaiah Wells**

January 25, 2016

**Gracie Burton**

January 29, 2016

**Elijah Weldon Wardell**

January 26, 2016

**Ezra Parish**

February 3, 2016

**Eve Wayman**

October 18, 2014 -  
February/10/16

**Jaessy Lexiannah Filban**

February 10, 2016

**Michael Rockwell Harris**

February 20, 2016

**Elijah May**

February 20, 2016

## Inspirational Messages

### An Angel Hug

Angels are ever all around us  
And with love they do surround us.  
When my heart is sore in need,  
The Angels come my soul to feed.  
They come to me from up above  
and sing in whispers of Love.  
When in my heart I feel a tug  
I know that it's an Angels' hug.

(Author unknown)

Always remember, you have  
within you the strength, the  
patience, and the passion to  
reach for the stars.

~ Harriot Tubman



### Death of a Child

by Sandy Eakle

Sorry I didn't get to stay.  
To laugh and run and play.  
To be there by your side.  
I'm sorry that I had to die.  
God sent me down to be with you,  
to make your loving heart anew.  
To help you look up and see  
Both God and little me.  
Mommy, I wish I could stay.  
Just like I heard you pray.  
But, all the angels did cry  
when they told little me goodbye.  
God didn't take me cause He's mad.  
He didn't send me to make you sad.  
But to give us both a chance to be  
a love so precious .. don't you see?  
Up here no trouble do I see  
and the pretty angels sing to me.  
The streets of gold is where I play  
you'll come here too, mommy, someday.  
Until the day you join me here,  
I'll love you mommy, dear.  
Each breeze you feel and see,  
brings love and a kiss from me.



Utah Share would like to thank...

\* **Janet Amodt** and her mother for a donation in memory of **Addison JoAnn Woffinden**.

\* Donation in memory of **Tori Elizabeth Sabin**.

\***Latanya Hoskins**

## **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.

*Continued on next page*

*Continued from page 5*

**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.



# Birthdays In Memory Of



Happy 1st Birthday Gracie!  
We miss you every day.

You changed all of us and I'm so grateful for your life. You taught us how to be more in the moment, how to allow ourselves to feel every emotion. We've learned to not be so worried about what others might think.

We've learned compassion on a whole different level. Kotah holds the doll a lot. Katie pretends you're here, playing with her, and many times I believe you are. Daddy is strong and works hard, but cried after we decorated your tree for Christmas. And I miss you, and love you every moment. Thank you for being a part of our family. Thank you for teaching us of a deeper love. Thank you for saving me.

Happy Birthday!  
We are one year closer to being with you!  
Love, Mommy, Daddy, Katie and Kotah.



January 11  
Happy 3rd birthday Hartlee

January 3  
Happy 2nd birthday Holdan

Happy 8th birthday in heaven Tyson!  
We love you!

Chance Merrill  
March 4th

Happy birthday baby boy 2 years already and we miss you just as much as when you left us.  
Love, mommy, daddy and your sisters and brothers.



Happy 3rd Birthday  
To our sweet angels  
Ryker and Bentley

Not a day goes by that we don't think about you.  
You'll always be our baby Boys.

Love Mommy, daddy  
and all your brothers!  
March 16



I can't believe it's been 5 years since I held you in my arms.  
We all miss you.

Happy birthday in Heaven beautiful  
Taislynn Mae.

3/3/11

Love, Mommy, Brett, Taylee, Tage, Tayson,  
and Taisdyn

Happy Birthday Luca Deon.  
My hearts yearns to be with you again.  
Love to you in heaven 'til I meet you there.  
- Mom



### Mother's Day Craft!

Our Mother's Day Craft meeting will be held April 28, 2016 at 7 PM at Davis Hospital in Classroom 1. We will be making Photo Keychains!

You are welcome to bring your own photo (1 inch by 1 inch) or we will have some cute options to choose from.

The keychains will be \$2.00 each. Orders are due by April 14, 2016.

Please send your order form and payment to:

Shenara Jaynes  
4841 S 2675 W  
Roy, UT 84067

Any questions, call or text Shenara at 801-548-1238 or email [shenara@utahshare.org](mailto:shenara@utahshare.org)

Name \_\_\_\_\_

Phone number \_\_\_\_\_

Number of Keychains \_\_\_\_\_

Total Enclosed \_\_\_\_\_



## In this issue:

- \* Support Group Meeting Schedule  
Page 1
- \* Remembering The Babies Who Have Touched Our Hearts  
Page 2
- \* Inspirational Messages/Donations and Thank Yous  
Page 3
- \* Grief Article - The Truth Is  
Page 4 & 5
- \* Birthdays/In Memory of  
Page 6
- \* Mother's Day Craft Information and Order Form  
Page 7

## 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](http://www.utahshare.org) and [www.utahshare.org/newsletter](http://www.utahshare.org/newsletter)

