

# Support Group Meeting Schedule

## UPCOMING MEETINGS:

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

• **May 5** •

*Topic - Subsequent Pregnancy*

• **June 2** •

*Topic - Grief and Anger*

• **July 7** •

*Topic - Friends and Family*

• **August 4** •

*Topic - Grief and Marriage*

• **September 1** •

*Topic - Subsequent Pregnancy*

• **October 6** •

*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.*

# BABIES WHO HAVE TOUCHED OUR

**Abram Carrillo**

February 23, 2016

**Boston Saint Paul Lucas**

February 28, 2016

**Victor Juarez Ramos**

March 7, 2016

**Corbin Earl McCowen**

March 10, 2016

**Julie Baby Carroll**

March 12, 2016

**Damien Anthony Evans**

March 12, 2016 -

March 19, 2016

**Aiden Sean Evans**

March 12, 2016 -

March 21, 2016

**Levi Broox Wootton**

March 20, 2016

**Logan Searle**

March 15, 2016 -

March 20, 2016

**Kayslee Marie Scow**

March 29, 2016

**Lucy Elizabeth Watts**

April 2, 2016

**Baby Boy Lund**

April 2, 2016

**Scarlett Mae Naegle**

April 5, 2016

**Hailey Keller**

April 7, 2016

**Kieran Rodrinne Lino**

**Inoke Jr.**

April 11, 2016

**Sterling Allen Roberts**

April 21, 2016

# *Help Us Plan Our New Activities*

We are looking for input and suggestions as we plan our next year of Utah Share activities.

We are interested in hosting “meet and greet” activities as well as our traditional craft nights and monthly support group meetings.

We’d love to hear what you think about our current events.

Are you satisfied with the monthly support meetings?

Have you been able to attend recently?

If not, what keeps you from coming?

How can we make the meetings more effective?

Have you been to a recent craft night?

If not, why not?

What type of activities would you like to see us have?

What other suggestions do you have?

Please take a minute and send a quick note  
with your recommendations to

Utah Share President Rachael Price at [Rachael@utahshare.org](mailto:Rachael@utahshare.org)

# Trial by Fire - 9 Tips for Grieving Couples

by Lisa Church

You will often hear that grief and loss bring couples together, but it can actually do just the opposite. It is possible to emerge on the other side of grief with a closer marriage, but it does take work.

Here are some tips adapted from the book “Hope is Like the Sun: Finding Hope and Healing After Miscarriage, Stillbirth or Infant Death” that can help your marriage survive the stress of loss:

## 1. Give each other the freedom to grieve in an individual way.

Resist the temptation to feel that your way is the only way to handle loss.

Do not be fooled if it seems that your spouse has not been affected by the loss.

## 2. Remember the good times.

Think about activities you enjoy as a couple and make time to do them - even if you do not feel up to it yet.

## 3. Expect tough times.

Be tolerant with your mate and understand that you are both going to fail each other during this turbulent time.

## 4. Do not lash out at one another.

In a weakened state of grief, this will only push you apart.

Find constructive ways to release the stress and anger or grief.

## 5. Prepare for change.

Loss and grief change people and it will change the face of your marriage.

Decide together that this trial will bring you closer and commit to your relationship.

## 6. Reach out.

Resist the urge to spend time away from your mate or reach out to others who better understand your grief.

## 7. Avoid placing blame.

Tossing accusations at your spouse will only place a wedge in your relationship.

Understand that feelings of guilt, anger, and confusion are normal during this time.

## 8. Love each other.

Be sure to offer the hugs, cuddling, and love that each partner needs to feel secure and supported. Be sure to resume your physical relationship as soon as possible.

## 9. Seek information and support.

Educate yourselves on grief and try to understand one another.

If you are having difficulties resolving your grief as a couple and you feel your marriage is in trouble, get help immediately! Do not wait until it is too late to seek help.

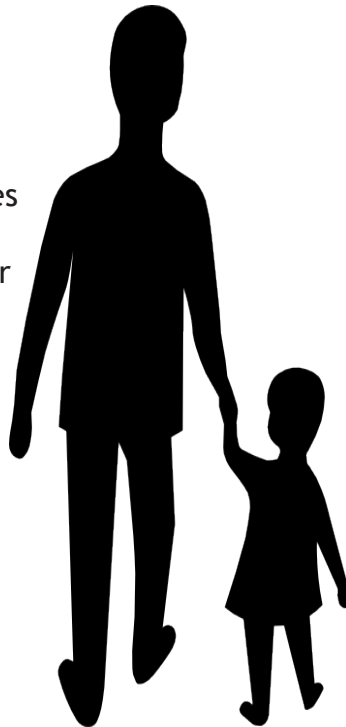
*There are no easy answers for couples dealing with pregnancy loss.  
It is crucial that you make the decision to put your marriage first and then do it!*



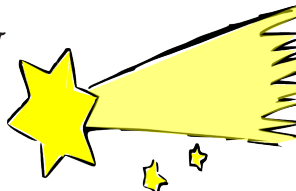
## *Inspirational Messages*

### **Daddy**

Don't cry for me Daddy  
I am right here  
Although you can't see me  
I see your tears  
I visit you often  
Go to work with you each day  
And when it's time to close your eyes  
On your pillows where I lay  
I hold your hand and stroke your hair  
And whisper in your ear  
If you're sad today Daddy  
Remember I am here  
God took me home  
This we know is true  
But you will always be my Daddy  
Even though I'm not with you  
I am Daddy's little girl  
We will never be apart  
For every time you think of me  
Please know I'm in your heart.  
I Love you Daddy!  
You're Baby Girl  
(Author Unknown)



Perhaps they are not the stars, but rather  
openings in heaven where the love of our  
lost loved ones pours through and shines  
down upon us to let us know  
they are happy.



### **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



Happy Birthday  
**Dylan Lucas**  
May 20th, 2013



Happy Birthday  
**Maxwell and Morgan Jackson**  
May 1, 2015



We want to wish you a  
Happy 1st Birthday.  
Daddy and mommy love  
and miss you so much.

THE BEST AND MOST  
BEAUTIFUL THINGS IN  
THE WORLD CANNOT  
BE SEEN, NOT TOUCHED,  
BUT ARE FELT IN THE  
HEART.



~HELEN KELLER

*Utah Share would like to thank...*

Donation in memory of Ester Rose Davis.

Donation in memory of Joey Paige Elmer by **Court Elmer**.

Donation by **Ted Bell**.

Donation by **Kristen Wood**.

Donation in memory of Luca Deon Clemens by **Heidi James**.

Donation in memory of Luca Deon Clemens by the **Clemens family and friends**.

*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 mail donations to:*

*Utah Share, 572 West 25 North Clearfield, UT 84015*

*Your financial support helps more than 100 families each year. Thank you for making a difference.*

## Running with Angels 5K Run/Walk

**Saturday, May 21, 2016**  
**Race begins at 8 a.m.**  
**Thanksgiving Point Garden,**  
**Lehi, Utah**

This run is inspired and hosted by author and inspirational speaker Pam Hansen. Read about Pam's amazing story of turning personal tragedy into triumph in the book "Running with Angels".

Come enjoy a run/walk through the beautiful gardens at Thanksgiving Point while supporting the women's and children's services in Utah Valley, including the Angel Watch Program.

Registration includes T-shirt, water bottle, food and drinks at the finish, and giveaways. Although times will be recorded and posted, medals will be given only for 1st, 2nd, and 3rd place overall.

All participants over the age of two should be registered and wearing a bib number.  
Strollers are allowed.

For more information or to register visit:  
[www.runningwithangels.com](http://www.runningwithangels.com)  
and click on race info.



*In Loving Memory*



## Race for Grief

5K Run, 10K Run & 2 Mile Walk

Memorial Day - May 30, 2016  
10K, 5K run & 2 mile walk &  
Kids K (new in 2016)  
8:00 a.m.

West Bountiful Park, Utah

The Race for Grief was started by running coach Lora Erickson, aka the "Blonde Runner," in memory of her angel daughter Samantha.

Erickson started the race as a way to honor her daughter's memory as well as bring community members together to help others through the grieving process.

The event is not limited to those who have lost babies or children. Erickson would like to invite anyone who has ever lost someone (a husband, wife, parent, sister, brother or grandparent) to attend in the memory of their loved one.

Visit [www.raceforgrief.com](http://www.raceforgrief.com) for more information and to register. The walk starts at 8:05 and the Kids K will start at 10:15 a.m.

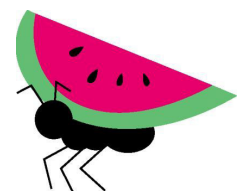
## Utah Share Summer Social

Save the date! We'll be hosting our annual Utah Share Summer Social in August. The social is a great way to get to know other families with angel babies.

Join us for food and fun.

Watch for more details in the next newsletter or

keep an eye on [www.utahshare.org/events](http://www.utahshare.org/events) for more information.



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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.utaishare.org/newsletter

