

Support Group Meeting Schedule

UPCOMING MEETINGS:

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

• ***September 1*** •

Topic -
Subsequent Pregnancy

• ***October 6*** •

Topic -
Grief and Anger

• ***November 3*** •

Topic -
Handling the Holidays

• ***December 1*** •

Topic -
How Loss Changes You

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*

Raegan Maci Ware

July 5, 2016

Lloyd G. Moffitt

July 6, 2016

Jamison Farnes

July 15, 2016

Henley Yvonne

Brinkman

July 17, 2016

Kaiden Shinzou Spicer

July 18, 2016 –
July 21, 2016

Talmage Mell Wolsey

August 2, 2016

Elise Lynette Larsen

August 2, 2016

Maximus Tobert

August 3, 2016

Thelma Marie Valdez

August 4, 2016

Flynn Kent Jorgenson

August 5, 2016

Baby Major

August 9, 2016

Jose Guadalupe Reyes

August 10, 2016

Bryli Revas

August 10, 2016

Easton Brandon

Menlove

August 15, 2016

Steven Leonhardt

August 15, 2016

Alayna Hope Naylor

August 17, 2016

Kalia Rae Feliciano

August 17, 2016

Pearl Noorda

August 23, 2016

Dax Moon

August 24, 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

Mommies Enduring Neonatal Death -

www.mend.org

Grief Haven -

www.griefhaven.org

GriefNet -

www.griefnet.org

My Miscarriage Matters -

www.mymiscarriagematters.com

Center for Loss in Multiple Births -

www.climb-support.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



NEWS & EVENTS

JOIN US FOR A

PizzaPieCafe
real american pizza

UTAH SHARE FUNDRAISER

Come eat at Pizza Pie Cafe in Clinton anytime between
Monday, September 5 and Thursday, September 8
and 25 percent of the proceeds from your regular-priced meal
will go to Utah Share.

No coupons, texts or other offers can be used in conjunction with the fundraiser.
The fundraiser will take place at the Clinton location - 1803 W. 1800 North, Clinton - just north of Walmart.

Spread the word and don't forget to mention you are with **Utah Share!**

Summer Social Success

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

Thank you everyone who came to visit and play games.

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



Thank you to **Toni Dursteler** and **US Foods** for the food donation.
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 2017.

Mark your
calendars:

We are having a

**Moms'
Night
Out**

in November.

We'll have a craft,
treats, gifts and more.

Date and time TBA.

Teaching Others About Our Grief

By Sandy Fox

Author of "I Have No Intention of Saying Good-Bye"

January 4, 2007 by The Grief Blog

We cannot expect others to understand how we feel after the death of a child, especially if they have never gone through it. Sometimes we get angry at how friends or relatives react and respond to us. They don't know what to say or how to say it and often they say it wrong, not meaning to be cruel, but not knowing any better.

We have a choice. We can be bitter and resentful to others or we can help them understand and be part of our grief journey. What follows are what I call "10 Grief Lessons for Others." By sharing these lessons with those close to you, a new level of understanding between you and others can help you down that long difficult road to recovery.

1. **BE THERE FOR ME.** If you are my friend, reach out, talk to me, hold my hand, hug me. Know that even though we may say we are all right, we will never be all right again.
2. **WE ARE DIFFERENT.** Understand that what has happened will change us forever and if you are my friend, you will accept me for what I have become, for who I am now, a person with different goals and different priorities. What was once important to me may no longer have any meaning.
3. **BE A GOOD LISTENER.** We want above all else to talk about our children. To us, they will always be alive in our hearts, and we don't want others to forget them either. Don't be afraid to mention their names in our conversations. They were real people at one time, even though they are no longer with us. They had hopes and dreams we'd still like to share with others. Please don't pretend they never existed.
4. **NO ONE ELSE KNOWS HOW I FEEL.** We all grieve differently, even husbands and wives. Please don't tell me you know how I feel. You don't. Rather than asking me, "How are you feeling?" ask me "What are you feeling?" I can probably give you a more honest answer.
5. **I MAY GRIEVE FOR A VERY LONG TIME.** There is no set time limit to my grief. It may take me two years; it may take me five years. I have to do what is comfortable for me. Be patient. I will do the best I can in whatever amount of time it takes.
6. **KEEP IN TOUCH.** Call me once in a while. I promise to do the same. Invite me to lunch or to a movie. I will eventually go, because I will eventually feel better. Don't give up on me and don't forget me. I am trying to do the best I can right now.
7. **I MAY CRY AT TIMES IN FRONT OF YOU.** Please don't be embarrassed, and I won't be either. Besides being a natural emotion, crying is also a cleansing emotion. By crying I can relieve a lot of anger, frustration, guilt and stress. And best of all, I feel much better after a good cry.
8. **I PUT A MASK ON FOR THE PUBLIC.** Don't assume just because I am functioning during the day that I am "over it." I will never get "over it." I try to function normally because I have no other choice. You should see me when the day is over, and I am in the privacy of my own home and free to let my emotions out. My day mask comes off and I am just a mother, aching for her child.
9. **SOME DAYS MAY BE OVERWHELMING.** The slightest thing can trigger a bad time. It can be a song, a place I go, a holiday, a wedding or even smells or sounds. If I break down and start crying or seem to be in another world, it is because I am thinking of my child and longing for what I will never have again.
10. **LET ME DO WHATEVER MAKES ME HAPPY.** Don't think me strange if I want to go to the cemetery a lot, if I want to buy a brick in honor of my child in every new building in town, or if I want to try to get new laws passed to keep this world safe for our children.



Birthdays In Memory Of



Happy 2nd Birthday Emmaline!

Annabelle Tracy - September 1st

We love you and miss you and wish we could
celebrate with you, but are excited
to see you again one day!

“There is one thing that changed when you
left... Everything.”

Love,



Happy Birthday Annabelle.
You are missed and thought of everyday.

Dad, Mom,
Jackson, Mason, Hadlee and Brody

In memory of Camry Louise Baker
September 24, 2012

Happy 4th Birthday David!!!!

To Our Sweet Daughter & Sister, Camry:

We miss you every single day, our love for you
only deepens with the passage of time.

We can't believe it has been four years already.
We miss you so much, but we know you are
watching over our family.

Love,
Daddy, Mommy,
Gavin & Adelynn

You are our blessed angel in heaven.
We love you, Camry.

David Keith Siler
9/9/12 - 9/14/12

Love,
Daddy, Mommy,
Abigail and Lucy



Utah Share would like to thank...

Carolyn Batie donation in memory of Kelsie Carolyn.

Darcie Strong donation in memory of Luke Wood.

Lori and Verne May; Wendy and Matt Funk; Ryan and Heidi James; and Travis and Natalie Clemens
donations in memory of Ila May James.

Clearfield North Stake Young Women girls camp service project done in memory of all babies.

Lori Watts and L.T Kerr Clan donation in memory of Lucy Elizabeth Watts.

Utah Share is a non-profit organization with 501(c)3 status, supported solely by private donations.

Inspirational Messages

En Voyage

There's a ship sailing on to a harbor,
To a haven of comfort and rest;
It's a ship of god's fashion and making,
And it's voyage by him will be blest.
It departed with silence and beauty,
With the Master, Himself, in command;
As with dignity truly majestic
It sailed out of sight of all land.

There will always be clear skies above it;
There will always be calmness below;
There will never be storms to harass it,
For the Master is on it, you know,
And His wisdom will carry it safely
To the port of His infinite peace,
Where the light of His love will protect it
With a blessing that never will cease.

You have watched it sail onward and outward,
With a tear of regret in your eye,
For a loved one was sailing upon it,
And there's grief when you're saying goodbye.
But your tears would be tears of rejoicing,
And your heart would be happy and free,
If you could look for only a moment
On that ship that is sailing to sea.

For the one you have loved is at leisure,
With no worry or trouble or care;
There's contentment beyond understanding,
In the way God's passengers fare.
And you'd know from your own observation
That the sailing was joyful - not grim,
For it means a new life and new living,
And a sweet, closer contact with Him.



Oh, the solace there is in the knowledge,
Life is life and it always will be,
And it's simply a change in direction
When we sail on His ship out to sea.
And the tears that we shed for our loved
ones
Are truth shed for us left behind,
For it hurts to give up to the Master,
Tho we know He is gentle and kind.

So believe in His great and good wisdom,
Trust In Him, as you patiently wait;
On His ship God is ever the pilot,
And the one you have loved is the mate.

-Unknown Author

Inspirational Messages

A Walk to Remember

Kathie Rataj Mayo

I walk to remember
the steps you'll never take.
I carry you with me
as I firmly plant my feet.



Our trek started long ago,
before my belly swelled.
You were a love that grew
like butterfly wings that beat.
Your gentle flutters then became
kicks upon which I would dwell.
And I would talk to you, sweet babe,
about the world you soon would meet.

The sun always shone upon us then -
when you were in my womb.
And I was eager to show you the world
that would have been your home.
How you'd have loved the sun shining -
blue skies without a cloud.

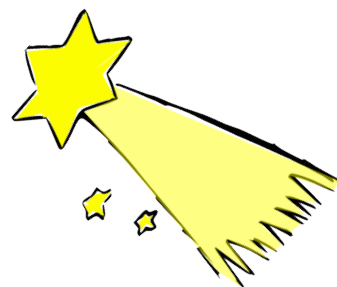
The autumn leaves turning -
the snow falling all around.
The flowers in summer -
would have filled your eyes with
smiles. And the rain that might have
fallen would have caused you
great surprise.

You would have traveled far with me -
holding me by the hand,
And I'd have shown you all I could -
more that I can imagine.

You hold my HEART tightly now,
as though we're holding hands.
How far we've traveled, little one -
and my life with you has been sweet.

For I carry you in my heart,
as I firmly plant my feet.

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.



Please join Utah Share for our 12th Annual

WALK TO REMEMBER

Saturday, October 8, 2016

Registration starts at 10 a.m.

Program at 11 a.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. There is a grassy area in the back for folding and camp chairs or 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 10 a.m.).

T-shirts and pull over hoodies will be available to order. They will be ash grey, 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 23 at 5 p.m. Please visit our website www.utahshare.org for more information.

** By participating, walkers assume all risks**



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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 and www.utahshare.org

