

UPCOMING SUPPORT GROUP MEETINGS:

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

• **November 3** •

Topic - Handling the Holidays

• **December 1** •

Topic - How Loss Changes You

• **January 5** •

Topic - Open Discussion

• **February 2** •

Topic - Open Discussion

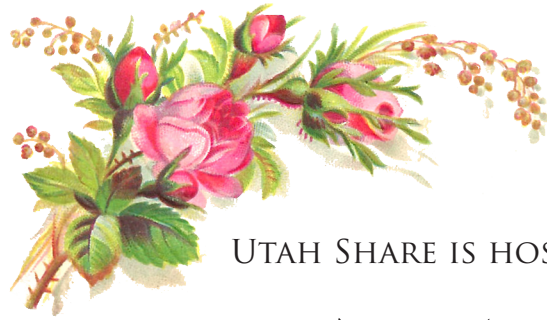
• **March 2** •

Topic - Open Discussion

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



UTAH SHARE IS HOSTING A

Mom's Night Out

WEDNESDAY NOVEMBER 16TH, 2016
FROM 6 - 8:30 PM
AT THE WEBER COUNTY LIBRARY
SOUTHWEST BRANCH
2039 W 4000 S, ROY, UTAH

ALL SHARE MOMS ARE INVITED TO A
MOMS ONLY NIGHT.

COME ENJOY SOME TIME WITH FELLOW
SHARE MOMS. WE WILL BE MAKING A
CRAFT, EATING SOME YUMMY
REFRESHMENTS, AND RAFFLING OFF
A FEW GIFT BASKETS.

EACH MOM WILL BE ABLE TO MAKE
ONE FREE CRAFT.

RSVP BY NOVEMBER 9 BY VISITING THE
UTAH SHARE FACEBOOK PAGE OR BY
EMAILING RACHAEL PRICE AT
RACHAEL@UTAHSHARE.ORG

THIS EVENT IS ONLY FOR MOMS
WHO HAVE EXPERIENCED A LOSS.

PLEASE KEEP SPOUSES AND KIDS AT HOME.



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 boy Rackham

August 22, 2016

Sofia Luna

De La Torre

August 29, 2016

Baby Biaridja

August 29, 2016

Libby Ann Wayment

August 29, 2016

Emmett Mark Jenkins

August 31, 2016

Maggie Mae Page

September 2, 2016

Benson Crookston

September 2, 2016

Oliver Charles Hanks

September 8, 2016

Evan Conner Howe

September 23, 2016

William Charles

Gibson

September 24, 2016

Aaron Andrew Smith

October 5, 2016

Baby Mancuso

October 9, 2016

Juliet Eve Wolford

October 11, 2016

Tristan Scott Carlton

October 12, 2016

Raynger Daniel

Buckner

October 12, 2016

Abraham Waseem

October 17, 2016

Birthdays In Memory Of



Happy first Birthday sweet Kylee.

We love and miss you everyday.
I'm thankful you were mine I wouldn't want
you to belong to anybody else.



You impacted so many lives with your strong
and beautiful spirit.

Love you always and forever.
With love,
Mommy, Daddy, and big sister Makena.

Kylee Hover Nov. 3 - Nov. 5, 2015



CaydAnn Jim Daniel Davis
where has four years gone?

We love you so much and think of you every
day. I know you watch us every day and
someday a rainbow sibling will come soon.

I hope you're celebrating with your family
there as we will be for you here.

Love you monkey to the moon and back.

Mommy, daddy, Kolton, jd,
grandma and grandpa



Happy birthday to our angel babies
Annelly and Annelissia Marroquin
12-15-2014
mommy and daddy love you!

Kenner,
It's been 8 years since you have
come and gone.

We miss you so much!

Not a day goes by that we don't think of you.
Your sister is 5 now and she talks
about you to everyone!

She wishes you were here to play with her and
to fight with her and to protect her.

We love you little man,
Mommy, daddy and your baby sister



Happy birthday my beautiful butterfly.
Mommy misses you every day.

Not a day goes by that I don't think about you.
I love you so much Hannies.

Hannah Marie Tolman 11-13-07

"Happy Birthday Tyler Alexander Moore!

December 4th marks 7 years now and our
heart still breaks for you!

We love and miss you! Xoxo"



*Those who touch our lives
stay in our hearts forever.*



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



THE MOURNER'S CODE

Ten Self-Compassionate Principles

Though you should reach out to others as you journey through grief, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain “rights” no one should try to take away from you.

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. You have the right to experience your own unique grief. No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell you what you should or should not be feeling.

2. You have the right to talk about your grief. Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.

3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt, and relief are just a few of the many emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.

4. You have the right to be tolerant of your physical and emotional limits. Your feeling of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat well balanced meals. And don't allow others to push you into doing things you don't feel ready to do.

5. You have the right to experience “griefbursts.” Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.

6. You have the right to make use of ritual. The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.

7. You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.

8. You have the right to search for meaning. You may find yourself asking, “Why did he or she die? Why this way? Why now?” Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, “It was God's will” or “Think of what you still have to be thankful for” are not helpful and you do not have to accept them.

9. You have the right to treasure your memories/mementoes. Memories/mementoes are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories/mementoes, find others with whom you can share them.

10. You have the right to move toward your grief and heal. Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone changes your life forever.

Inspirational Messages

Tiny Footprints



"These are my footprints,
so perfect and so small.

These tiny footprints
never touched the ground at all.

Not one tiny footprint,
for now I have wings.

These tiny footprints were meant
for other things.

You will hear my tiny footprints,
in the patter of the rain.

Gentle drops like angel's tears,
of joy and not from pain.

You will see my tiny footprints,

in each butterflies' lazy dance.

I'll let you know I'm with you,
if you just give me the chance.

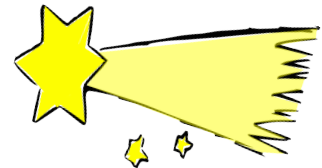
You will see my tiny footprints,
in the rustle of the leaves.

I will whisper names into the
wind, and call each one that
grieves.

Most of all, these tiny footprints,
are found on Mommy and
Daddy's hearts.

'Cause even though I'm gone now,
We'll never truly part."

ALWAYS REMEMBER,
YOU HAVE WITHIN
YOU THE STRENGTH,
THE PATIENCE,
AND THE PASSION
TO REACH
FOR THE STARS.



~ HARRIOT TUBMAN

Not Like You *by Sheri Hess*

*I am a mother, though not like you.
You cradle your sweet baby in your arms,
Mine are empty, but I hold him in my heart.
You brush her soft curly hair,
and tie pretty pink bows just right.
A lock of his hair is tucked neatly in a book
You pick daisies and tie them in a chain
to wear around her neck
I cut lilacs and arrange them in a vase to set at his grave.
You look forward to dreams and plans.
I hold on to memories.
I am a mother, though not like you.*

In Memory of Dakota Rain Hess

IN MEMORY OF...

You never said I'm leaving
You never said goodbye
You were gone before I knew it,
And only God knew why
A million times I needed you,
A million times I cried
If love alone could have saved you,
You never would have died
In life I loved you dearly
In death I love you still
In my heart you hold a place,
That no one could ever fill
It broke my heart to lose you,
But you didn't go alone
For part of me went with you,
The day God took you home
~~ Author Unknown ~~

Utah Share would like to thank...

Walk to Remember 2016

On Saturday, October 8, 2016 Utah Share friends and families met together to honor the lives of their beloved babies at our 12th 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:

Smith's in Layton,
The Opportunity Center - Brandon and Shelly Woffinden,
A to Z Shirt Rack,
Clinton City Youth Council,
West Point City Youth Council,
Natalie Clemens and Alissa Jensen
for their beautiful performance,
and Krystn Hinojosa
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!



Thank you to **Pizza Pie Cafe** in Clinton for helping Utah Share raise more than \$250 with a fundraiser last month. Thank you to everyone who took their families there for dinner.

Thank you to **Amber** and **Rich Schroeder** for putting on a HUGE golf tournament and raising more than \$600 for Utah Share in memory of Hope Schroeder. Thank you to everyone who participated and contributed to the tournament.

Utah Share would also like to thank:

- * **Surveyor Scherbel Ltd.** donation in memory of Hope Schroeder
- * **Jacque Barker, Jaime Jaques** and their **Young Women** donation in memory of Alaina Jaques and Emmaline Barker
- * **Dennis and Kathleen Patton**
- * **Connie Hansen**
- * **Debi Benna** donation in memory of Chloe Faith Price
- * **Julie Seamons** donation in memory of Justus Seamons
- * **K. John Thorstensen** donation in memory of Libby Ann Wayment
- * **Mark and Lois Bitner** donation in memory of Max Weaver

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 572 West 25 North Clearfield, UT 84015

Your financial support helps more than 100 families each year. Thank you for making a difference. 7



Utah Share Newsletter

November/December 2016 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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