

UPCOMING SUPPORT GROUP MEETINGS:

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

- *March 2* •
- *April 6* •
- *May 4* •
- *June 1* •
- *July 6* •
- *August 3* •
- *September 7* •
- *October 5* •
- *November 2* •
- *December 7* •

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

Resources

Utah Share would like you to know that you do not need to face the grieving process alone. Below is a list of several organizations that offer support and resources to grieving parents.

Utah Share: 801-544-1159
www.utahshare.org

Compassionate Friends: 877-969-0010 (toll-free)
www.compassionatefriends.org

National SIDS Resource Center:
www.sidscenter.org

Bereaved Parents USA:
www.bereavedparentsusa.org

Mommies Enduring Neonatal Death (M.E.N.D.):
www.mend.org

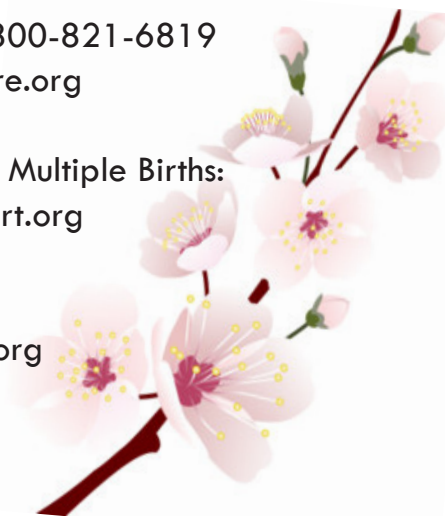
My Miscarriage Matters:
www.mymiscarriagematters.com

National Share: 800-821-6819
www.nationalshare.org

Center for Loss in Multiple Births:
www.climb-support.org

Grief Haven:
www.griefhaven.org

GriefNet:
www.griefnet.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 to view the online version or download and print off a copy. 1

BABIES WHO HAVE TOUCHED OUR *Hearts*

Edwin Giovanni
January 3, 2017

Blakely Shannon
Higley
January 16, 2017

Taylor Shannon
Mitchell
January 22, 2017

Tobias Nathan
Osterloh
January 27, 2017

Kaitlyn Raquel Bunn
January 27, 2017

Elizabeth Michelle
Thompson
February 6, 2017

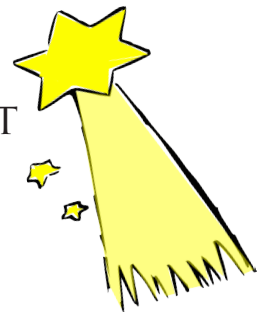
Luxton "Luke" King
February 7, 2017

Magenta
Joyce-Anne Kerr
January 16, 2017 -
February 7, 2017

Andi Jay Stucki
February 14, 2017

Carter Sollowen
February 21, 2017

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.



The Seven Stages of Grief

It is important to interpret the stages loosely, and expect much individual variation. There is no neat progression from one stage to the next. In reality, there is much looping back, or stages can hit at the same time, or occur out of order. So why bother with stage models at all? Because they are a good general guide of what to expect.

1. SHOCK & DENIAL - You will probably react to learning of the loss with numbed disbelief. You may deny the reality of the loss at some level, in order to avoid the pain. Shock provides emotional protection from being overwhelmed all at once. This may last for weeks.

2. PAIN & GUILT - As the shock wears off, it is replaced with the suffering of unbelievable pain. Although excruciating and almost unbearable, it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs.

You may have guilty feelings or remorse over things you did or didn't do with your loved one. Life feels chaotic and scary during this phase.

3. ANGER & BARGAINING - Frustration gives way to anger, and you may lash out and lay unwarranted blame for the death on someone else. Please try to control this, as permanent damage to your relationships may result. This is a time for the release of bottled up emotion.

You may rail against fate, questioning "Why me?" You may also try to bargain in vain with the powers that be for a way out of your despair ("I will never drink again if you just bring him back")

4. "DEPRESSION," REFLECTION, LONELINESS - Just when your friends may think you should be getting on with your life, a long period of sad reflection will likely overtake you. This is a normal stage of grief, so do not be "talked out of it" by well-meaning outsiders. Encouragement from others is not helpful to you during this stage of grieving.

During this time, you finally realize the true magnitude of your loss, and it depresses you. You may isolate yourself on purpose, reflect on things you did with your lost one, and focus on memories of the past. You may sense feelings of emptiness or despair.

5. THE UPWARD TURN - As you start to adjust to life without your dear one, your life becomes a little calmer and more organized. Your physical symptoms lessen, and your "depression" begins to lift slightly.

6. RECONSTRUCTION & WORKING THROUGH - As you become more functional, your mind starts working again, and you will find yourself seeking realistic solutions to problems posed by life without your loved one. You will start to work on practical and financial problems and reconstructing yourself and your life without him or her.

7. ACCEPTANCE & HOPE - During this, the last of the seven stages in this grief model, you learn to accept and deal with the reality of your situation. Acceptance does not necessarily mean instant happiness. Given the pain and turmoil you have experienced, you can never return to the carefree, untroubled YOU that existed before this tragedy. But you will find a way forward.

You will start to look forward and actually plan things for the future. Eventually, you will be able to think about your lost loved one without pain; sadness, yes, but the wrenching pain will be gone. You will once again anticipate some good times to come, and yes, even find joy again in the experience of living.

Inspirational Messages

Hugs From Heaven

by Charlotte Anselmo

When you feel a gentle breeze
Caress you when you sigh
It's a hug sent from Heaven
From a loved one way up high.
If a soft and tender raindrop
Lands upon your nose
They've added a small kiss
As fragile as a rose.
If a song you hear fills you
With a feeling of sweet love
It's a hug sent from Heaven
From someone special up above.
If you awaken in the morning
To a bluebird's chirping song
It's music sent from Heaven
To cheer you all day long.
If tiny little snowflakes
Land upon your face
It's a hug sent from Heaven
Trimmed with Angel lace.
So keep the joy in your heart
If you're lonely my dear friend
Hugs that are sent from Heaven
A broken heart will mend.



*A moment in our arms.
A lifetime in our hearts.*

Your Tiny Footprints

Before your lungs could breathe
and your eyes could see,
your little feet
were walking all over me.
Before you could crawl,
and even talk,
your little toes
took a walk.
They took a journey,
went far and wide.
They traveled to my soul
Where they now reside.
With every second that passes
they make another move.
With every day that ends,
they dig another groove.
No matter how long or how far
we might be apart,
your tiny little footprints
are all over my heart.



by Jenn M



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)

Dear Bryan and Isaiah,

We just wanted to let you know how much we love you and how grateful we are that you sent your sweet little brother Levi to our family safely. We know you both looked over him and that you will always be his guardian angels. We miss you so much and wish you were with us.

Love forever, Mommy and Daddy



Birthdays In Memory Of



Lucy Elizabeth Watts, April 2, 2016



Happy first Birthday
to our sweet angel baby Lucy.

Momma and Poppa

love and miss you so much.

Please watch over your new baby sister

and help her

make it to us safely in March.

We love you sweet girl.

Happy 1st Birthday

John Henry Kirby

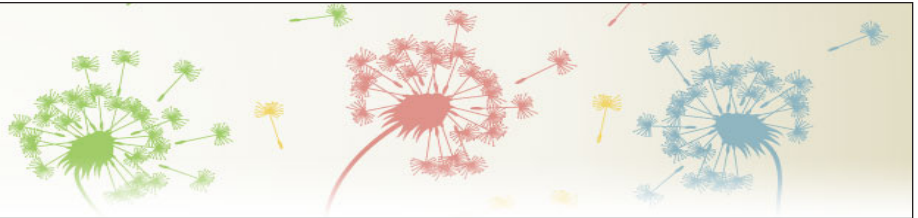
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We all love and miss you!

Angel kisses from

Mommy and Daddy





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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"

