

UPCOMING SUPPORT GROUP MEETINGS:

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

• *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.

BABIES WHO HAVE TOUCHED OUR *Hearts*

Monroe Ann Hastings

July 1, 2017

**Benjamin Russell
Anderson**

July 3, 2017

Charlotte Marie Frey

July 16, 2017

Tobias Martinez

July 16, 2017

Solomon Faiyes Odeh

July 16, 2017

Miabella Joy Draper

July 28, 2017

Augustus James Anderson

August 8, 2017

Gaylen Rowan Sullivan

August 17, 2017

Isla Michelle Sugimoto

August 24, 2017

Utah Share would like to thank...

Sophie Blake for doing a lemonade stand and walking dogs to raise money in memory of her brother.

Summer Social Success



Share friends and families had a great time at our annual Utah Share Summer Social last month. 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, running the games and cooking the main food.

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 2018.



Birthdays In Memory Of



To Our Angel Camry,

You have been on our minds a lot lately.
Your sisters talk about you and wish they could see
you and play with you.
They miss you! Mom and Dad miss you!
I can't believe you would be five
on September 24.

It feels like forever since we held you in our arms.
Please keep your spirit close
and comfort us in our troubles.
We love you!



Love: Mom, Dad, Abby, and Lucy



Happy 3rd heavenly birthday Emmaline
We love and miss you and wish we were
celebrating with you sweet baby C.

Love,
Daddy, Mommy, Jackson, Mason,
Hadlee & Brody

Happy Birthday
Carmela Andrea Curletto
10/13/2014
10/14/2014



September 16, 2008

Happy 9th Birthday to our Sweet Angel
Princess Mary Clara Lewis.

We love and miss you very much.
Hope you have a very special day
in heaven, we will be thinking
about you on your special day.

Love Always,
Mommy and Daddy

You may be gone from my sight, but you are never
gone from my heart.

Happy Birthday Annabelle.
September 1.

Love Dad, Mom, Addi, Aidan and Athellia.

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



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.

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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.

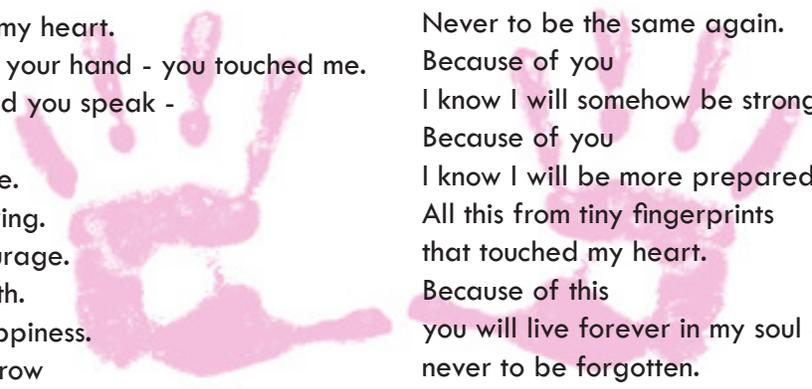
12. The truth isn't that eventually you will accept the loss of your baby and forget all about this awful time.

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.



*Inspirational
Messages*

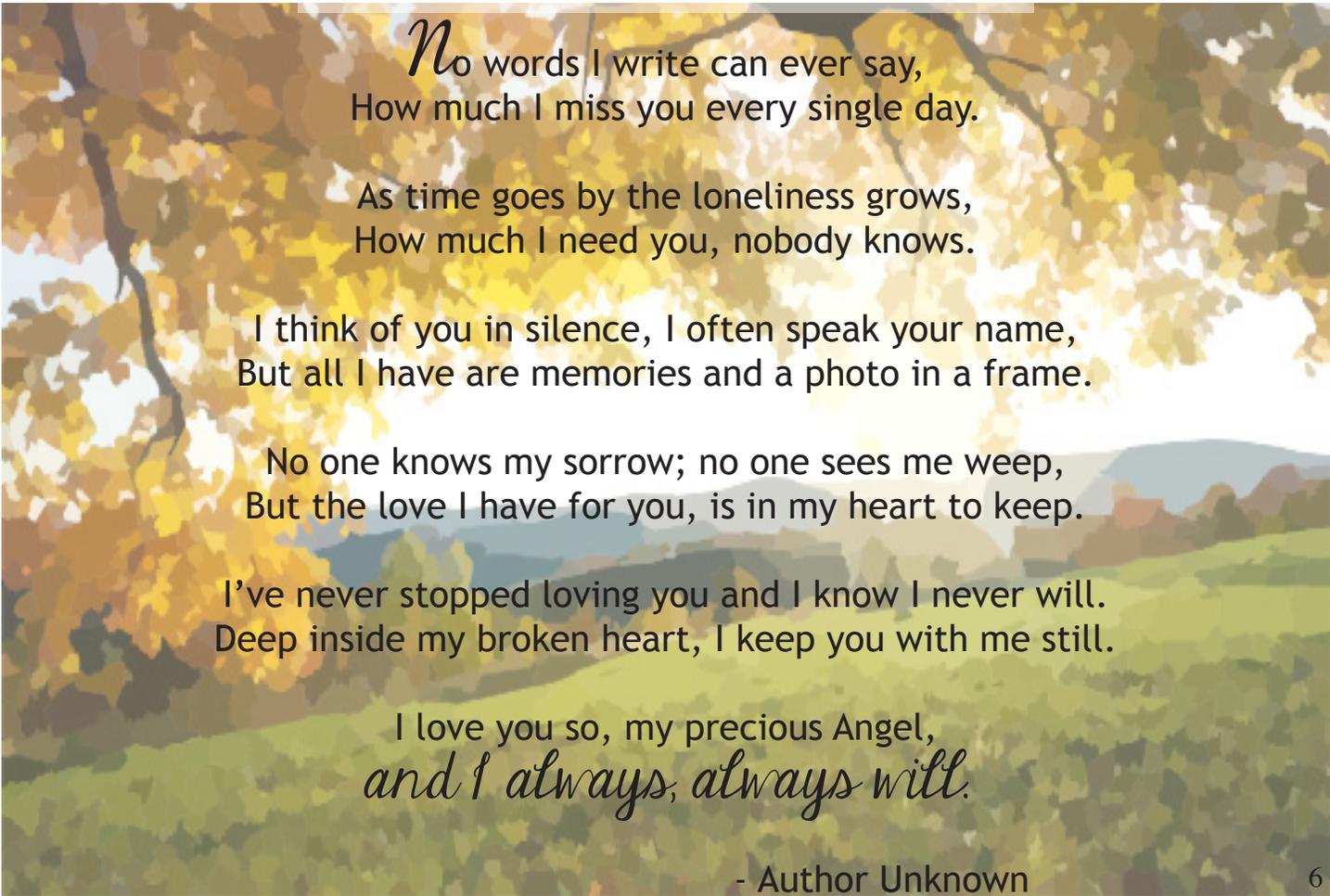
FINGERPRINTS



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 care 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



No words I write can ever say,
How much I miss you every single day.

As time goes by the loneliness grows,
How much I need you, nobody knows.

I think of you in silence, I often speak your name,
But all I have are memories and a photo in a frame.

No one knows my sorrow; no one sees me weep,
But the love I have for you, is in my heart to keep.

I've never stopped loving you and I know I never will.
Deep inside my broken heart, I keep you with me still.

I love you so, my precious Angel,
and I always, always will.

- Author Unknown

Please join Utah Share for our 13th Annual

WALK TO REMEMBER

Saturday, October 7th, 2017

Registration starting @ 10 a.m.

Program @ 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.

A grassy area is available for 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 Hoodies for the walk are available to purchase online until September 15 at <http://oc.shirtrack.com/UtahShare>.

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.

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"

