

UPCOMING SUPPORT GROUP MEETINGS:

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

- December 7 •
- January 4 •
- February 1 •
- March 1 •
- April 5 •
- May 3 •

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

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



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*

Baby Fields June 10, 2017

Kya Young January 20, 2017 - August 4, 2017

Baby Scott August 4, 2017 - August 5, 2017

Augustus James Anderson August 8, 2017

Leila Kay Ransom August 12, 2017

Gaylen Rowan August 17, 2017

Isla Michelle Sugimoto August 24, 2017

Cruze Triplett August 30, 2017

Cade James Crook August 31, 2017 -
September 1, 2017

Sage Michelle Miles September 2, 2017

LaNeave Bell Kemner September 2, 2017

Hope September 6, 2017

Malachi Fox Beck September 6, 2017

Nora Kate Hanks August 30, 2017 -
September 7, 2017

Edwin Ismael Nisihura September 16, 2017

Bentley Loza September 17, 2017

Everet September 9, 2017 - September 20, 2017

Lucia Claudina Valenzuela September 23, 2017

Baby Shipley September 24, 2017

Lincoln Leroy Mower September 28, 2017

Charlee Leslie Clark September 30, 2017

Faith Amelia Inkrott October 7, 2017

Jasper Chen September 25, 2017 - October 8, 2017

Noah Reyes October 11, 2017

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.

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, Still-birth 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!



Birthdays In Memory Of



Sweet Kylee,

It's hard to believe that you would be a thriving naughty two year old this year. It seems like yesterday when your beautiful face came into this world. Little did we know you would only stay for two days on this earth with us. It still hurts my heart so much that you are gone, but never forgotten. We think about you every single day and we love you so very much. Until we meet again. Happy Birthday sweet angel.

Love Mommy, Daddy, big sis, and little sis.

Happy birthday CaydAnn I can't believe your going to be five this year. We all miss you beyond words but know your with us everyday. I wonder who you'd be today what you would look like, what your school pictures would be, what your personality would be. I cannot wait until we are together again. You've taught me so much in the short time together we had, you made me into a better person than I was. Have a great day up there with your great grandparents, brother, and our dogs and animals that are now with you to keep you company until we can. We love you to the moon and back.



Utah Share Newsletter

November/December 2017 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 and www.utahshare.org/newsletter



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