



*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.*

## Utah Share Support Meetings

Utah Share would like you to know that you do not need to face the grieving process alone.

Join our online community of support by visiting our **Facebook page** "Utah Share."

Share is also available 24 hours via **telephone at 801-544-1159.**

We also have monthly **support group meetings.**

All meetings are held the first Thursday of each month from 7:30 – 9 p.m. at the Davis Hospital Classroom 1.

If you wish, please bring a memory item of your baby to share. (Pictures, stuffed animal, poem, etc.)

For more information about support meetings or other events please visit [www.utahshare.org](http://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



# BABIES WHO HAVE TOUCHED OUR *Hearts*

**Axell Nelson**  
August 30, 2018  
- September 5, 2018

**Easton Gary Bossman**  
September 1, 2018

**Ace Warren Michael**  
September 12, 2018

**Jane Frances Wheeler**  
September 15, 2018

**Bryten Major**  
September 25, 2018

**Jaxtyn Shanafelt**  
September 26, 2018



**Kate Bennett**  
September 26, 2018

**Silas William Rules**  
September 29, 2018

**Nayvee Pearl**  
October 5, 2018

**Mikayla Fronberg**  
October 15, 2018

**Ryatt Lee Larson**  
October 16 - October 20, 2018

**Jasia Debrum**  
October 23, 2018

**Angel David Mazariegos**  
October 30, 2018



## 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.

# Life After Loss: How The Death of A Baby Changes You Forever

by Ann Douglas

During those intensely painful days after my daughter Laura was stillborn five years ago, I remember feeling that I was at a crossroads in my life—that two separate paths lay before me: I could either let this tragedy destroy my life and break my spirit or I could find a way to make something positive come out of my daughter's death.

Fortunately for me, I inherited the stubborn gene from my parents, so giving up on life really wasn't a viable option for me. So, by default, I gravitated toward the second alternative: finding a way to make something good come out of this most searing of losses.

While I would never have wished this on myself—the death of a baby is too big a price to pay for any personal growth experience—I have been forever changed by the experience of losing Laura. In many ways, I'm a better person than I was before that fateful day five years ago when a tiny piece of my heart was forever broken.

For one thing, I'm more compassionate. I feel an immediate bond with any parent who has experienced the death of a baby as well as anyone else who is grieving the death of someone significant in their life, be it a spouse, a parent, or a close friend.

My volunteer work with grieving parents and the articles and books I've written on

miscarriage, stillbirth, and infant death have allowed me to make a difference in the lives of other parents who've experienced the tragedy of losing a much-wanted baby. That means a lot to me.

In terms of other ways I've been affected by the death of my daughter, I'd say I'm more aware of what it feels like to be really connected to someone heart-to-heart and soul-to-soul. I have a very special friend whose baby died shortly after mine did. The two of us spent a lot of time together in the weeks that followed, sharing our grief about the babies who would never come home.

We don't see each other as often these days—we're both insanely busy with work and family—but each time we meet for lunch, it's like we've never been apart. That speaks to the powerful bond we developed during the most nightmarish time of our lives.

Another perk: I'm less of a control freak. After all, I've learned the hard way that some things are out of your control—and some things can't be fixed, no matter how desperately you want to put the pieces back together again. As a card-carrying Type A, it's been healthy for me to learn to let go of things—well, at least a little!

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## Life After Loss: How The Death of A Baby Changes You Forever

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Along the same vein, I've come to terms with my fear of death. Being forced to deal with the death of my child has forced me to confront my own mortality. As a result, I'm more at peace with the knowledge that life doesn't last forever—and more inclined to make the most of today.

I've also learned how to put things in perspective. A leaky ceiling, a missed deadline, a squabble with my husband, or a minor fender bender no longer qualify as a crisis for me. I now save the "crisis" label for the real life-and-death situations.

Finally, I'm better able to celebrate the wonder in everyday life. Rather than

looking forward to that magical day when my mortgage is paid off, I reach my goal weight, and I have a book or two on the bestseller list (hey, a girl can dream, can't she?), I'm more inclined to delight in what's happening in the here and now: to savor the joy I feel when my youngest child, Ian, hugs my leg and says, "I really love you, Mom" and to enjoy the way my heart lifts when the telephone rings and there's a special friend on the other end of the line.

These are just a few of the gifts that Laura gave to me during her brief journey through my life. These gifts are her legacy to me.

## 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](http://www.utahshare.org)

Compassionate Friends: 877-969-0010 (toll-free)  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

National SIDS Resource Center:  
[www.sidscenter.org](http://www.sidscenter.org)

Bereaved Parents USA:  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

Mommies Enduring Neonatal Death (M.E.N.D.):  
[www.mend.org](http://www.mend.org)

My Miscarriage Matters:  
[www.mymiscarriagematters.com](http://www.mymiscarriagematters.com)

National Share: 800-821-6819  
[www.nationalshare.org](http://www.nationalshare.org)

Center for Loss in Multiple Births:  
[www.climb-support.org](http://www.climb-support.org)

Grief Haven:  
[www.griefhaven.org](http://www.griefhaven.org)

GriefNet:  
[www.griefnet.org](http://www.griefnet.org)