

Volume 20, Issue 3
May/June 2011

Sharing

touching lives...

healing hearts...

giving hope...

Topic this Issue:

Mother's Day &
Father's Day

We hope that this newsletter
brings you comfort and hope
for the future.

Dear Friends,

The National Share office and board of directors would like to thank Stephanie Grant for her past four years of service to Share, first serving as an intern then development assistant and finally as Director of Development. We will miss the gifts she gave our organization and wish her well in her new endeavors. We are presently searching for a new Director of Development and hope to fill this role very soon.

The Angel Ball: Sunset over the Savannah, held on April 16, was a great success and raised over \$53,000! In addition, the Ambassador's efforts brought in nearly \$40,000. It was a fun and exciting evening, and I truly appreciate the Share staff, committee members, volunteers and board members as their efforts made this event so successful!

We thank Michelle Koerner, MEd, LPC for her many years of service on Share's board of directors and as a companion. We will miss her dedication to our organization. We welcome our new Share board members, Meredith Spiekerman Byers, MD, a BJC physician from St. Louis; Regina Jones, CPA, Auditor at UHY in St. Louis; Megan Rowekamp, CPA at Lifetime Fitness from Minneapolis, MN; and James Running, Human Resource Assistant Director at Alzheimer's Assn. from Chicago, IL. We are grateful to each of them for their willingness to serve in this capacity. Each person brings a wealth of experience as well as their own personal loss journeys and will enhance the mission of Share.

The upcoming holidays of Mother's and Father's Day are fast approaching. As with the other holidays, anticipatory issues may precede the actual day with questions on how or if you participate or celebrate? I have heard this question asked many times after the loss of a baby: "Am I still a Mom or Dad?" Even though we have lost the opportunity to parent our babies here, no one can take away our roles or name as mother or father. As you read through the poetry and stories in this issue, find a way to make these days yours and determine how you will spend them. Also, your partner/family may be at a loss on ways to support or remember you--point out to them the suggestions described in this newsletter.

We at Share acknowledge each of you as a beautiful parent of your precious baby. We hope this time of year is not too difficult.



With hope,

Cathi Lammert, RN
Executive Director



Cathi Lammert, RN
Executive Director



Rose Carlson
Program Director



Megan Nichols
Outreach & PR Director



Jeanna O'Leary
Share Group Coordinator



Deb Welsch
Administrative Assistant

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Upcoming Events...

13th Annual Golf Benefit
Monday, September 12, 2011
Forest Park Golf Course
Saint Louis, Missouri
Gather your foursome now!

2011 Walk for Remembrance & Hope
Saturday, October 15, 2011
Sailboat Cove in Creve Coeur Park
Saint Louis, MO
Registration opens August 1st!



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of Boeing St. Louis

The Depth of a Mother's Love

Written by the Carol McMurrich

My first Mother's Day was bliss, but it was short lived.

That Sunday dawned beautifully sunny, and I was somehow surprised when my husband greeted me with a small, wrapped package tied up with a beautiful bow.

"Happy Mother's Day," he told me with a smile. I was six days past due with our first child, and this was perhaps the first moment when I realized the certainty of this fact: I was, indeed, a mother.

The day expanded to include a beautiful walk along a river with friends and lunch at a nearby restaurant. After our meal, the waitress gave me a long-stemmed rose, just like the other mothers who were there with their children. My new delicate golden hoop

earrings hung from my ears, and my hands rested on the gigantic globe of my belly. I felt so full and so real. I was so proud, and delighted, to be a mother.

Thirty-six hours later, an ultrasound revealed that my baby had died in the early stages of labor. I still wore the earrings, but at the time that this unbearable news was delivered to me, I felt like anything but a mother. I was a failure, a disappointment, a farce. This baby whom I had promised to the world: to her father, to my parents, my husband's parents, our brothers and sisters and friends, was never to come home. Suddenly, it seemed as if the whole pregnancy had been an act, an amazing drama of a dream that would never come true.

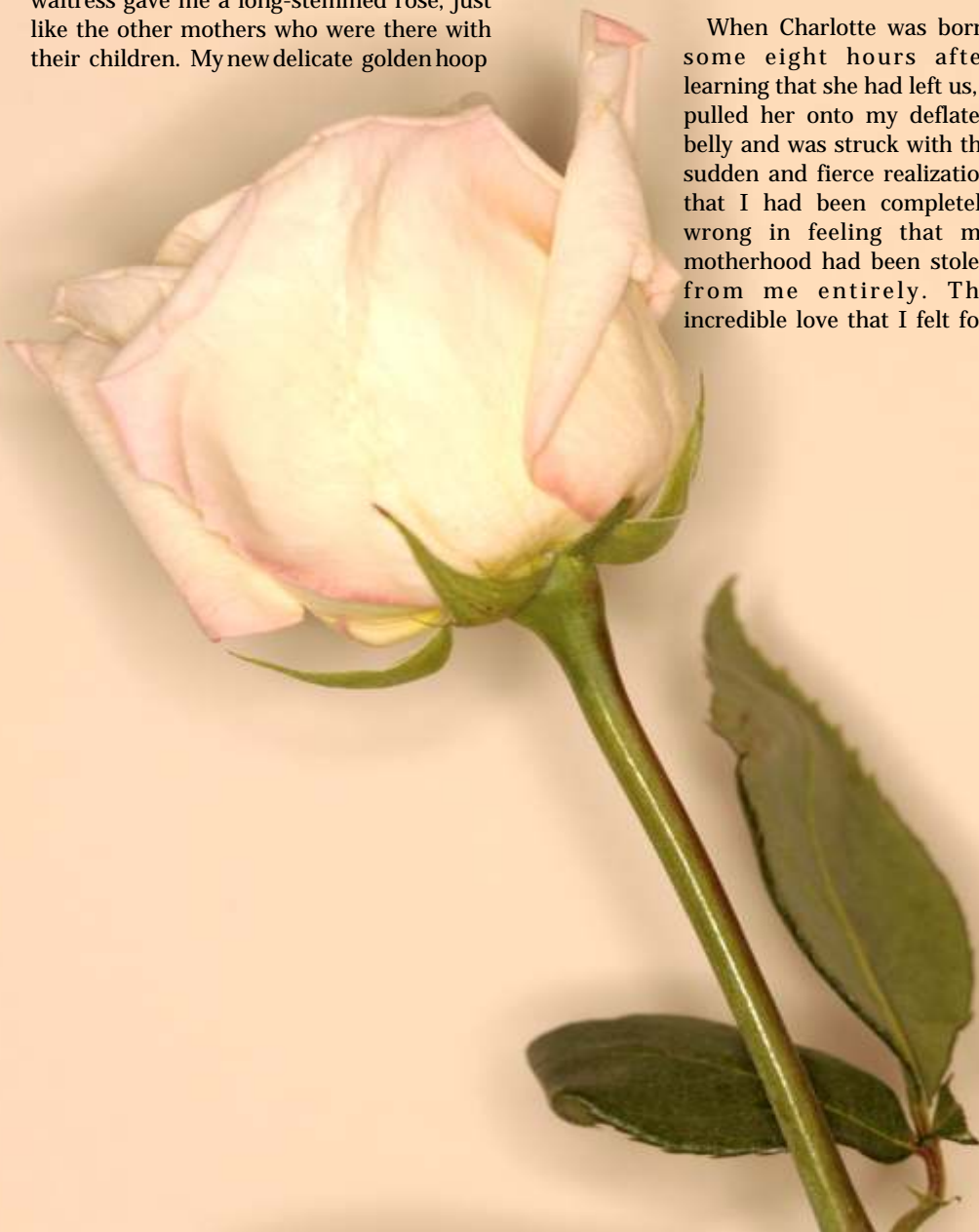
When Charlotte was born, some eight hours after learning that she had left us, I pulled her onto my deflated belly and was struck with the sudden and fierce realization that I had been completely wrong in feeling that my motherhood had been stolen from me entirely. The incredible love that I felt for

this little baby, this daughter, swept me off my feet and changed the very essence of who I was. I look at this moment like a door opening: suddenly a secret had been revealed to me, the secret of what it feels like to be a mother. It was the secret of the deepest, most passionate, protective love I would ever know. During the hours that we spent with Charlotte, I learned with agonizing grief just how deep a mother's love can be.

The weeks, months, and early years that followed would prove to be most challenging I would ever experience. The power of my love for my little daughter had been translated into a grief I could barely comprehend. My body yearned for her in a way that reminded me that humans, like any mammal we wonder over, have biological instincts to care for their young. I felt like an animal, an animal mother, confused and bewildered and desperate for the child I was supposed to be spending every moment of every day with.

One year later, Mother's Day dawned again, a beautiful morning. This time, there was no gift, although the earrings were still in my ears. I had never taken them out. My heart was still broken, but in my arms lay a tiny, newborn boy: Charlotte's legacy, our son Liam. Although the pregnancy had been laden with fear and anxiety, once he fell into my arms I let biology take over. I had felt it in my bones: my longing for Charlotte had taught me that I was a mother, in my heart, and my body. I had everything inside of me that I needed to care for and love this little boy and keep him safe.

And that year, as I have every year since then, I reflected on Mother's Day on the one, pure moment of joy I had experienced before my perfect story had come crashing down. I will always cherish that first Mother's Day, and the innocent memories of hope and delight that were unblemished by the pain of loss. However, on the same token, I also always take the time in May to remember how my first little daughter gave me the confidence I needed to be a strong, proud mother to the four children who have followed her. I doubt there has been an hour of my mothering life that has not been affected somehow by her short presence in our life. I am, and always will be, proud to be her mother. I am grateful that I will always have that memory of a beautiful, joyful Mother's Day spent together.



Suggestions for a Well-Deserved Day

Written by Cathi Lammert

Often times Mother's Day and Father's Day are two of the most difficult days for bereaved parents. Some have told me that these days are so painful that they are not able to even acknowledge it for their own mom or dad, and they celebrate with their parents on a different day. Over the years, parents have looked at me with tear-filled eyes and asked me "Am I really a parent if my baby is not here with me?" I equate parenthood with love; the greatest kind of love. Does love stop when a baby dies? Of course not! You will always be your child/ren's parent. No one can take this role away from you.

You may question whether you have the right to celebrate or be remembered on these days, but a parent's love needs to be acknowledged and celebrated.

If you can't imagine joining the rest of the world in the typical activities of celebration, do something different or not at all. But also know, that even without your precious baby in your arms, you are parents and parenthood can be celebrated as you choose. Whatever you choose to do on these days, know that it is okay if it feels right to you.

The following suggestions are some ways to celebrate your parenthood on these difficult days:

1. Acknowledge that you are parents.
2. Be gentle with yourselves. Do only what you can handle. Acknowledge that this day could be difficult and determine how you can comfortably spend the day.
3. Alert yourself to the most difficult challenges of the day, such as attention given to moms and dads at church. Some parents have talked to their clergy about the importance of recognizing all parents at these celebrations and have benefitted from sharing.
4. Family gatherings may make you feel uncomfortable. Discuss this with your family and let them know that you appreciate their love and support, but that you may not be able to attend or manage your composure throughout the entire day. Assure them that these feelings will not be forever.
5. Plan ahead. Waiting until the last minute can cause frustration and hurt feelings.
6. Share with family and friends how they can help make your day a special one. Sometimes they need specific suggestions, such as sending you each a card, flowers or a donation to Share or another favorite charity in your baby's name.
7. Treat yourselves with a special gift, an outing, or flowers. Send each other cards for these special days.
8. Remember your baby by lighting a candle, placing a rose on the altar or dinner table, or planting a tree or bush.

It is important to tell others what you need. Do not assume that everyone will be aware of how you are feeling on these days. Being aware in advance that certain situations may be difficult, such as family gatherings or church services, allows you the opportunity to plan accordingly. If you've been asked to do something that makes you uncomfortable, listen to your heart. For some, spending the day in bed with the covers pulled up, or on the couch watching movies, might be the right thing. Be sensitive to your own feelings and needs, and above all, know that you are parents.



Thank you for your Gifts!

In memory of...

Edna Jean Aikey

By: Evangelical Community Hospital

Katelyn Elias Barrow

I was so saddened to hear of your loss. I hope that you find strength and comfort in your family and friends. My heart goes out to you.

By: Jacqueline Cooney

Evelyn Sophia Brown

Born April 1, 2006

By: Jaime Theimer

Peter Yoshio Brusstar and four Babies Brusstar

By: Susan Hasegawa and Tom Brusstar

John Robert Chapman

In loving memory of John Robert Chapman. We are so sorry for your loss. I do not know how to put in words how to say how sorry I am. We are praying for you and your husband in your time of grieving. Love, Megan and Anthony

By: Megan Hill

4 Little Ones

To honor the four little ones by remembering them. And to give peace and hope for the future. Love, Mom and Dad

By: Karen Mumm

Avery Ann Humphries

By: David and Michelle Garris

Aissa and Raya Kalwara

You will always be in our hearts.

Lovingly, Mommy and Daddy

By: Arikka Kalwara

Thomas Noah Keppler

Born an Angel

By: Sean Weaver

Holt McEwen

By: Charles McEwen

Colton Natsch

By: Mike and Ethel Backer

Joshua Mirkay Redington

On the 11th anniversary of your birth, you still are in our thoughts and hearts. Love, Uncle Nick, Uncle Alan and Cousin Noah.

By: Nicolas Mirkay

Jason Aaron Turner

In memory of our "little bud" who is playing in God's garden

By: Mr. and Mrs. James Casey

In Honor of...

Sophia and Lou Lambert

By: Debbie and Marc Hasko and Family

By: Mary and Peter Kiedrowski

Friends of Share...

By: Melissa Montanez

By: Angel Ball Gift Gathering by Jan Dittmeier

By: Angel Ball Gift Gathering by Deb Welsch

By: Angel Ball Gift Gathering by Michelle Anselmo

By: Centric Group

By: Knights of Columbus-Our Lady of Fatima council 4429

By: Knights of Columbus-Bishop John Wurm Assembly

By: Donations from Cathi Lammert's Birthday Celebration

By: Kathryn Hu

Want to instantly double your contribution to the National Share Office? See if your employer has a Matching Gifts Program. To see a lists of known companies across the United States that currently provide this giving program, see page 10 of this newsletter. If your company is not listed, but they do offer to match employee contributions, please let us know. We will be happy to add them to our list.

With Gratitude

Share thanks those who have so graciously given these monetary donations in memory of a baby, relative, friend, and in honor of all loved ones and through Matching Gift Programs. Gratuitous donations are also accepted from anyone who wants to help Share in its mission. We gratefully acknowledge these gifts, which help us continue to reach out and fulfill the daily needs of bereaved parents. Share's services are available free of charge to bereaved parents, family and friends, or anyone whose life has been touched by the loss of baby.

When you make a donation in memory of a/your baby(ies), please include the name(s) of the baby(ies), the birth/death date(s) and the parents name(s). If you donate in memory/honor of a special loved one, please include their name(s) and pertinent information. A short message may also be included with any donation.

Please remember to include your return address and the addresses of those you wish to receive an acknowledgment. Unless previously authorized to do so, Share will not release any personal information, (address, phone number, e-mail, etc.) except to print donors names in this newsletter. If you wish your name to remain anonymous, please indicate this when submitting your donations.

The Mission

Share's mission is to serve those who are touched by the tragic death of a baby through early pregnancy loss, stillbirth or in the first few months of life.

Six times a year, we share information and ideas from parents and professionals to support and provide a sense of friendship for bereaved parents. We hope you will find this newsletter helpful and that you will share it with others you feel it would interest.

We encourage you to send your personal articles, stories, poems, artwork and recipes to our newsletters at any time. Please do not submit copied, copyrighted, or web articles. The Newsletter Editor reserves the right to edit your personal submission for content and/or length to fit the needs of the particular newsletter edition in which it will appear. Your submission may be used for the current newsletter, or may be used in a future publication. All submissions become the property of Share.

Please include all pertinent personal information so we may identify you and your baby/ies in the respective publication. Your submission grants Share permission to list your personal information with the publication unless instructed otherwise.

Newsletter Submission Guidelines:

1. Please provide title, authors' name and applicable loss information for article submissions. If donating monetarily in memory of a baby, please provide loss information, including the parent's name(s).
2. Submissions must be received no later than the 1st of the month, one month prior to issue month. If you are making a donation and would like to be recognized, or honor a birthday or anniversary, in the most recent edition of the newsletter, then it, must be received by the 10th of the month, two months prior to the publication.
3. Please type your submissions in single spaced, 10 point, Times New Roman or Arial font when possible.
4. Submissions can be mailed to 402 Jackson, St. Charles, MO 63301, e-mailed to mnichols@nationalshare.org or faxed to 636-947-7486.

Sharing Newsletter Information:

Sharing Newsletter is published by Share Pregnancy & Infant Loss Support, Inc. If you would like to reprint articles/submissions from Sharing please properly cite Share and the writer by stating the name of the organization, website, newsletter, volume, issue, and author in your acknowledgments. If you would like to reprint an article/submission that is copyrighted by an author or a publishing company, you must obtain permission from the copyright holder to reprint. Email questions to rcarlson@nationalshare.org.

Would you like to be removed from mailing lists?

To remove bereaved parents' names from mailing lists you can visit <http://www.privacyrights.org/fs/fs4-junk.htm#MPS>

-OR-

Send a letter plus a \$1 check or money order to:
Mail Preference Service
Direct Marketing Association
PO Box 643
Carmel, NY 10512

Creating a Healing Memorial Garden

Written by the Rose Carlson

There are numerous reasons why designing and planting a garden in memory of your baby can be healing. Many people enjoy gardening as a relaxing and comforting way to connect with nature, so creating a special memorial garden may be the ideal project. The planning process can give you something positive to focus on at a time when you may have difficulty focusing on much else, while doing the manual work to prepare the soil (such as digging, tilling, etc) may be a good physical outlet that many people need when they are grieving. Tending to a garden can be therapeutic and healing not only as you plan, dig and plant, but also in the coming years...it will become a living tribute to your baby. Finally, many parents do not have a cemetery or other special place to visit, so a garden in your yard will give you that personal place. Plants need tender loving care to grow and thrive, and nurturing your garden over the years will give you a physical way to feel connected and to reflect upon the ways your baby touched your life.

Creating a quiet, relaxing outdoor retreat can be as simple or as elaborate as you want it to be. Even if you only have a small corner, it is still possible to create a beautiful garden. If you have the space available, you may want to choose a spot that can be added to at a later time. Your garden can be as small as a tree with a planting area surrounding it, or a large space you designate in your yard.

The ideas as for what types of plants and ornaments to include in your garden are endless, but here are some ideas to get you started:

- ♦ Choose a color theme. The color can be based on the sex of your baby, your favorite color, the color of the month your baby was born or due, or even the favorite colors of your other children or family members. If you have no preference, white represents purity and innocence and is a good choice for a garden created in a child's memory.
- ♦ Make sure you choose plants and flowers that thrive in your area. You can check out books from the library or even search the internet.
- ♦ Choose flowers that may have some

meaning to your baby's name...for instance, Sweet William, Jasmine, Rose, Lily, etc.

- ♦ If you want to add roses to your garden, there are many varieties with names such as Audrey Hepburn, Queen Elizabeth, etc., so you may be able to find a species that has a name similar to your baby's name. There are also varieties of roses with names such as Baby Blanket Rose and Angel Face Rose.

- ♦ Choose plants that are specific to a certain time of year if that time of year is meaningful to you, whether it's the season you became pregnant, the season your baby was born, the season your baby was due, or even your favorite season. For instance, if your baby was born or due in the spring, you may want to consider filling your garden with plants and flowers such as tulips, daffodils, crocuses and hyacinths that bloom in the spring. If fall is meaningful to you, choose fall blooming flowers such as mums. If more than one season holds special significance, plan your garden to encompass them all. Again, the ideas are endless, and you can research on the internet to learn what plants and trees bloom during different seasons.

- ♦ Include both perennials and annuals.
- ♦ Select plants based on specific meanings. There is a list of plants and their meanings in this section.

- ♦ Select plants or add birdfeeders to attract different types of birds

- ♦ If you have other children, consider letting them help pick out plants and flowers. It can be a wonderful healing family project for everyone to work together both in the planning and the planting of your garden.

- ♦ Take photographs each year of the different plants in your garden and place them all together in one album. Over the years, this will become a permanent record of the development of the garden.

In addition to plants, there are other ways to personalize your garden. Many companies sell stepping stones, statuary, wind chimes,

and other ornaments that can make your garden unique. If there is a special memento you have connected with, such as angels or butterflies, you can include items that will make your garden even more meaningful to you and your family. You may want to add rocks throughout your garden or surround it with a collection of rocks. These can be purchased or collected from streams and lakes, and can be a memorable way to personalize the garden if your family has a favorite spot to collect the rocks from. If you have other children, they may enjoy painting something special on rocks to scatter among the plants and flowers.

You may want to include a water fountain in your garden to add a serene, soothing atmosphere. You can find plans on the internet or purchase kits from home improvement stores. And don't forget a bench or a chair. Finally, you may want to place landscaping lights to give it a peaceful feeling at night.

Discussion Board

Some parents find that honoring days like Mother's and Father's Day can be challenging after the death of a baby. As these days approach, how do you feel about them?

"Mother's Day is still the hardest day for me. I have no living children and so few people acknowledge me as a Mom. I know in my heart I am and so I honor myself and am blessed with parents who give me a card and acknowledge me every year. I also have a few friends who will take time to let me know they are thinking of me, whether it be a message or a card or a call. This will be my 13th Mother's Day as the Mommy of an angel boy. The pain is not as intense as it was in the beginning, but it is there and is real and I refuse to dishonor myself or my son and ignore it. I have friends who have lost babies who choose not to acknowledge themselves and I understand and respect that. What I have learned through this journey is that the key is to honor yourself in the way that feels most authentic and comfortable for you. Self-care and love do not come from a pattern, they come from the soul. There are as many ways to honor yourself and your child as there are parents who are missing their children."

Beth Ann Morhardt

"I'm not sure how I will feel on Mother's Day. This will be my first after the loss of my son. I

have a 9 year old daughter so whatever I do, I will do the best I can for her. I don't want to plan anything or be expected by my in-laws to get together. I am fortunate that my mom understands. I am anticipating a day of sadness. Maybe next year I can do something to help other angel moms."

Michelle LeFavor

"Last year, Mother's Day was a very difficult day. A year later I hope to be able to spend the day without so much self-pity and more happiness for the things I have. I miss Zoe every day and even if I'm the only one who remembers her on Mother's Day, I will celebrate being a mother of two; one living, one angel."

Vanessa Leavitt

"I miscarried in December, and "holidays" are an emotional trigger for me as I continue to process the loss of my baby...my dream of being a mother. I saw an Easter bib in the grocery store this past weekend and I first thought, "Oh, how cute!" and then, as I walked away, the tears formed and the grief welled up inside me and spilled out as larger

crocodile tears. I should be in my third trimester right now. I actually don't know how to handle Mother's Day because it is the 'mother' of all holidays that highlights my reality and grief. I think the most I can do is to send cards and place myself in seclusion for the day, plus or minus a few days."

Christine Yu Davis

"My daughter, Lillian, was stillborn in March as a result of Triploidy. I have had a few family members ask me if I was planning on acknowledging Mother's Day. I am frustrated because I feel like everything makes me think of Lillian. However, I don't want to deny her existence by not acknowledging Mother's Day. This is my first holiday since losing my daughter, and I'm not sure what to do with this situation."

Amanda Gibson

"I no longer do anything for Mother's Day because EVERYDAY is so precious to me. I love being a mom and never take a single moment for granted."

Crystal Cross

My wife and I lost Corynn on May 1st of 2007, six days prior to her due date. She was born into heaven the following day. We checked into the hospital giddy with anticipation just hours after my wife heard Corynn's heartbeat at the doctor's office. Our world was turned upside down as we were informed that our first child had no heartbeat. That moment, and the following 24 hours, will haunt me for my remaining days.

I thought I knew what jealousy felt like before losing Corynn, but my understanding of the full potential of that word didn't culminate until the week following her stillbirth. I had taken our dog for a walk, as I did every afternoon, and happened across three fathers coaching their girls' softball team just a few blocks from our house. Tears immediately flowed, and I had to sit down because the sorrow I felt in that moment. I couldn't look away as I watched from a distance with a heavy heart and repeatedly told Corynn how much I loved and missed her. This proved to be one of the key moments of my healing process.

Mother's Day was on May 13th, a mere twelve days after we lost Corynn. I wish I could have taken away all the pain my wife was enduring that day. I'll never forget her

Anticipating Father's Day

Written by Mike Boresi

asking me to wish her a "Happy Mother's Day" because she wanted me to acknowledge that she was in fact a mother. I was purposely avoiding those three words because I dreaded the prospect of anyone wishing me a "Happy Father's Day" in just one month's time. "Happy" was the last word I would have chosen to describe my anticipation of the holiday. Although I understood her motive and desire, it caught me by surprise. That is when I first realized how differently people grieve.

Father's Day arrived and attending my in-laws family gathering was the best thing for me at the time, especially when I thought back to watching those three fathers coaching their girls' softball team. Not attending would have meant I was avoiding my feelings for Corynn, and that would have tortured me throughout the entire day. Some bereaved fathers may need time alone, but I needed to continue to confront my emotions, no matter how raw. Even though I understood I was a father, I didn't feel like one on that day. A part of me was missing, while everyone else had their children present and accounted for. It was the only day of the year I felt resentful and

questioned God. In hindsight, I don't know how I managed that Father's Day as I did.

Every Father's Day or Mother's Day for a parent after losing their child will be different, but none will be easy. We're not all in the same place, emotionally or spiritually. Some of our wounds are new and gaping, while others have had time to form a scar. Some of us have come to terms with our loss, while others are not on speaking terms with God. Some of us have only our Angel Babies, while others are blessed to have other living children.

One of the many things I learned from my Share Meetings is that we all grieve differently and heal at various rates. Many experiences are similar, but none are identical. The same rings true for Father's Day. So my advice is to do what feels right for you as the holiday approaches. If you need seclusion in order to be alone with your thoughts, schedule some time for it. If you need the comfort of your family and/or friends, spend time with them. If you need an activity to serve as a distraction, plan for it. It's your day, so do what you feel is right for your grieving and healing process.

Matching Gifts

Many bereaved parents as well as their family members and friends, often wonder how they can help Share. Some choose to make a donation to Share on special days such as their baby's birthday, the anniversary of his or her death, and holidays as a meaningful way to honor their baby. Since donations are Share's primary source of funding, you may want to consider participating in a matching gifts program as it is an easy way to enhance your donation. A matching gift program is something that is offered by many companies as a way to support and encourage charitable giving by their employees. Most matching gift programs donate to the employee's chosen organization dollar for dollar, but many donate even more than that, sometimes double the original donation. Following is a list of companies that typically offer a matching gift program. If you do not see your company listed here, check with your human resources or payroll departments to see if they participate in a matching gifts program. Each company will have its own criteria and guidelines.

3M
 Adobe Systems, Inc.
 Aetna Foundation
 AIG
 American Express
 Ameritech
 Anchor Brewing Company
 Anheuser Busch (only to education institutions??)
 ARCO
 AT & T
 Bank of America
 Bell Atlantic
 Best Foods
 Boeing
 BP Amoco Corporation
 Bristol-Myers Squibb
 Broderbund
 California Healthcare
 Caterpillar
 Champion International
 Chase Manhattan Bank
 Chevron Texaco
 CIGNA
 Citicorp
 Colgate-Palmolive Company
 Compaq Computers
 Consolidated Natural Gas Company
 Cooper Tire and Rubber

Corning, Inc.
 Dell
 Del Monte Foods
 Deluxe Corporation
 Dow Agro Sciences LLC
 Ecolab, Inc.
 Eli Lilly & Company
 Emerson Electric Company
 Ericsson
 Exxon Mobile
 Fannie Mae
 Federated Department Stores
 Fidelity Investments
 Fleet Boston Financial
 Freddie Mac
 Gannett
 Gap
 General Electric
 Genetech, Inc.
 General Mills
 Georgia-Pacific
 GlaxoSmithKline
 GEICO
 GMAC Commercial Mortgage Corporation
 Hewlett Packard
 Home Depot
 Honeywell
 Houghton Mifflin Company
 HSBC
 IBM Corporation
 ING
 IKON Office Solutions Foundation
 Illinois Toolworks
 International Data Group
 Intuit
 John Hancock Mutual Life Boole Company
 Johnson & Johnson
 JP Morgan & Company, Inc.
 WK Kellogg
 Kimberly Clark
 Legacy Marketing Group
 Levi Strauss
 Logistix
 Lotus Development Coporation
 Lucent Technologies
 Macromedia
 Macy's
 Macworld Communications, Inc.
 McGraw-Hill Companies, Inc.
 Mellon Bank
 Merck Company
 Microsoft Corporation
 Monsanto
 Morgan Stanley
 Morton International, Inc.
 Motorola Foundation

NCR
 Nike
 Nintendo of America
 Norcal Mutual Insurance
 Nordstrom Corporation
 Northern Trust Company
 Norton Company
 Novartis US
 Olin Corporation
 Oracle Corporation
 Pepsi Co
 PNC
 Pfizer
 Philip Morris, Inc.
 Pitney Bowes, Inc.
 Progressive Insurance
 Provident Companies
 Prudential
 Quaker Chemical
 Quantum Corporation
 Qwest
 Raychem
 Renaissance Technologies
 SAFECO Insurance Companies
 Sallie Mae
 Scudder Kemper Investments
 Sentry Insurance
 Shaklee Corporation
 SmithKline Beecham
 Sony USA
 Sprint
 Starbucks
 Stride Rite
 Sun Microsystems
 Symantec
 Tandy Corporation
 Tektronix
 Tenet Healthcare Foundation
 Thrivent Financial
 Transamerica Corporation
 Travelers
 Tyco
 US Bankcorp
 Union Pacific Railroad
 Union Texas Petroleum
 Unisource
 United Defense
 United Technologies Corporation
 UPS
 US Fidelity & Guaranty Corporation
 Veritas Software
 Verizon
 WW Grainger, Inc.
 Washington Mutual
 Washington Post

Memo

New Group Announcements!

Share St. Joseph's
Contact: Karen Gebke
St. Joseph Hospital
Women & Infant Center
9515 Holy Cross Lane
Breese, IL 62230

Phone 618-526-4511 Cell: 618-709-2878

Group meets the 2nd Tuesday of every month at 7:00pm at St. Joseph's Hospital

Share Guardian Angel Perinatal Support Group
Contact: Martha M. Weiss, LPN and Patti Ann Olsen, RN
88 Hampshire Drive
Farmingdale, NY 11735-2120
Phone 516-249-8589
Cell 516-521-9459

Email: Martha@stkilianfamily.com or martyk9@optonline.net

Web: www.stkilian.com/gaps

Group meets the 1st Friday of every month (with the exception of July when we take a short break) at 7:30pm at St. Kilian Parish Center (basement of church). 485 Conklin Street, Farmingdale, NY 11735. Phone number for the rectory is 516-249-0127. In the event of a holiday, please check the website or voicemail for changes/rescheduling.

Mark your calendar for Upcoming Sharing & Caring Training dates!

November 4-6, 2011

Please go to www.nationalshare.org
for a current list of Share groups across the nation.





A Prayer for Spring
By Janis Heil

Like Springtime, let me unfold
And grow fresh and anew
From this cocoon of grief
That has been spun around me.

Help me face the harsh reality of
Sunshine and renewed life
As my bones still creak from
The winter of my grief.

Life has dared to go on around me,
And as I recover from the
Insult of life's continuance,
I readjust my focus
To include healing and growth
As a possibility in my future.

Give me strength to break out
Of the cocoon of my grief,
But may I never forget it is
The place where I grew my wings,
Becoming a new person
Because of my loss.

*Printed in Sharing the Journey, newsletter of
Bereaved Parents USA, March 2010*

My Little One, My Dear One, My Love
Author Unknown

My little, one, my dear one, my love,
you will be with me forever:
in the thin sunlight and long shadows
of a clear winter's day;
in the dawn excitement of birds
sounding in early spring;
in the rustle of heavy-leaved trees
in a mid-summer's night;
in the rich aromas and bright colours
of a warm autumn day.
All that is excellent,

brushed by Life's
brightness and shadow,
will remind me of you,
My little one, my dear one, my love.
You will beat with my heart,
see through my eyes,
hear with my ears,
feel on my skin.
Because your soul is mingled with my soul, forever,
My little one, my dear one, my love.

Dear Mr. Hallmark

I am writing to you from heaven, and though it must appear
A rather strange idea, I see everything from here.
I just popped in to visit, your stores to find a card
A card of love for my mother, as this day for her is hard.

There must be some mistake I thought, every card you could imagine
Except I could not find a card, from a child who lives in heaven.
She is still a mother too, no matter where I reside
I had to leave, she understands, but oh the tears she's cried.
I thought that if I wrote you, that you would come to know
that though I live in heaven now, I still love my mother so.

She talks with me, and dreams with me; we still share laughter too,
Memories our way of speaking now, would you see what you could do?
My mother carries me in her heart, her tears she hides from sight.
She writes poems to honor me, sometimes far into the night
She plants flowers in my garden, there my living memory dwells
She writes to other grieving parents, trying to ease their pain as well.

So you see Mr. Hallmark, though I no longer live on earth
I must find a way, to remind her of her wondrous worth
She needs to be honored, and remembered too
Just as the children of earth will do.

Thank you Mr. Hallmark, I know you'll do your best
I have done all I can do; to you I'll leave the rest.
Find a way to tell her, how much she means to me
Until I can do it for myself, when she joins me in eternity.

Wishing each and every one of you strength,
peace and love this Mother's Day...
as grateful and blessed as we all are,
it will never be the same.

Come to the Window and Look

Written by the Diane Ackerman

During periods of crisis, grief or uncertainty, we all need to find enriching ways to transcend. Worry can narrow our focus, but reconnecting with nature and our senses opens it up again. The world we take for granted wobbles with mysteries and sensory delights: How astounding that we share the Earth with aromatic lilies and iguanas and Portobello mushrooms! When we pause to sense them, we become wonder-struck and experience a richly satisfying frame of mind that - for lack of a better word - we call joy. Wonder is a bulky emotion. When you let it fill your heart and mind, there isn't room for anxiety, distress or anything else.

Come to the window and look...at all the marvels bustling through one slender moment: Lens-shaped clouds signaling high winds aloft. Roof shingles overlapping like pigeon feathers. A magnolia tree's buds already burgeoning into fuzzy flower pods. A busily sniffing dog reading its scent-version of the morning newspaper. Such is the texture of life, the feel of being alive on this particular planet.

Observe patiently and affectionately... anything, and that thing - be it moon or human being - will never seem the same again. Stop to watch the squirrels, for example. Notice what they do with their tails. When it rains, they fold them up over their heads as umbrellas. As they sit and eat, they settle deep onto their haunches and throw their tails over their backs like scarves to keep warm. It's amazing the way a squirrel can clasp itself on the back with its tail, embrace and comfort itself. Humans do that too - hug themselves when they need nurturing and no one is around. And sometimes people rock back and forth in that pose, as if their arms belonged to another who was happy to cradle them.

Take a sensory walk...in which you leave behind all the usual mind-theaters, worries

and plans. Notice only the world around you, the tiny dramas and endless spectacles of nature. Look at the sky, the color of snow or grass, the shape of tree limbs, curious shadows. Feel the solid earth beneath your feet, the breeze caressing your skin. Hear the tuneful insinuations of birds.

Notice now much sheer life the world contains, how many processes, including the satisfying feel of walking, of simply being a body in motion. And, whatever your age, don't forget to allow time for play. Wade through leaf piles, skip stones, make snow angels, crack the ice on shallow puddles.

Grow something...planting is an investment in the future, when a new cycle of life will emerge, an act of pure optimism that invites all of the senses. What to plant indoors? Try an amaryllis, or a bowl of fragrant paper whites, several heady hyacinth bulbs or even a potato suspended by toothpicks in a glass of water.

Planted indoors or out, peppermint and lavender will lift the spirits, chamomile will relax them, and all three will produce pretty flowers. It's impossible to be unhappy when smelling peppermint. In your mind's eye, picture gathering a fistful of peppermint, putting it in a tea ball and steeping it in the bathtub. Climb in.

Picture the gardens awakening...in the spring, when waves of yellow daffodils and colorful tulips will bloom all over town. Zoom in on one flower in your mind and watch it sway in the light breeze. Add a bird's song - perhaps the wren's liquid warble. Add the guitar-string-plucking sound of a green frog or the raucous come-hither trills made by tiny spring peepers.

Switch the mental scene to summer. Imagine smelling fresh basil, lemon balm, lavender or rosemary. Returning birds will need shelter, so paint a birdhouse. I just

decorated one with bluebirds; purple grackle and yellow stars, then wrote "Wrennish Hall" on one side and "The Bird is the Word" on the roof.

Create a mental spa...where you turn down the volume on your TV or radio and turn up your senses, all of which can be uniquely comforting in times of stress. Explore the sense of touch, for example - especially if you have a loved one or a pet to cuddle with. On an icy winter day, it's fun to curl up beside a window and bask in a pool of sunlight the way a spaniel might. Surround yourself with cuddly things to enjoy anew - soft blankets, teddy bears. Have a massage to soothe the muscles and refresh the nerves.

Smell can be soothing too. Baking suffuses the house with aromatic memories; fragrant teas like chamomile or apple and spice can help one relax. Make your cuisine comfort food. At lunch most days, I've been eating extra crunchy peanut butter on cracked wheat toast, which tastes yummy and reminds me of being about eight years old.

Listening to natural sounds can lure the mind away from worry and toward wonder. Or even listening to what audio engineers call "room tone" - that is, the background noise we take for granted, the surprisingly rich audible stir we regard as silence.

Think about the day's experiences...each evening, choose one that stands out. It may be as zesty as a slice of great lemon meringue pie, as peaceful as a lunchtime snooze, as unexpected as a quick slant of sunlight catching dust particles in the air. Embellishing it with words helps to store it in memory. What was the best thing you noticed or that happened?

Reviewing the day's delights often surprises and serves as a reminder of how full a life is, how lucky some days feel and how even stressful days may contain glowing nuggets of peace, pleasure and joy.

News Across the Nation

TCF's 34th National Conference

July 15-17, 2011
Minneapolis/St. Paul
Sheraton Bloomington Hotel

You will find it to be another great conference with around 100 workshops, sharing sessions, special keynote speakers at the Opening, Closing and Friday Afternoon and Saturday Evening banquets, Hospitality Room, Butterfly Boutique, Reflection Room, a completely stocked bookstore, special Friday evening entertainment and a Remembrance Candle Lighting. TCF's Walk to Remember will be held Sunday morning.



Reservations are now being accepted at the Sheraton Bloomington Hotel, Minneapolis South for those planning to attend the TCF's national conference July 15-17. Room rate is \$129 per night for a King Room or Double Bed Room, single or double occupancy; \$139 for triple and \$149 for quad. These special reduced rates are available on stays from July 10-19 if the reservation is placed by June 21 (subject to availability). These are specially negotiated rates available only for those attending the national conference.



Dedicated to Stillbirth Research and Education

Emerging Evidence in the Prevention of Stillbirth:

What Do We Know? Where Do We Go?

October 6-8, 2011
Crowne Plaza Hotel
Bloomington, MN

The purpose of this event is to bring together researchers from around the globe who are working on emerging issues with great potential for advancing the prevention of stillbirth. Our main focus will be in the area of oxygen deprivation/reduced blood flow combined with stressors on the baby...which encompasses such things as-- problems with the placenta and cord, as well as topics such as mother's sleep position, changes in mom's bodies during sleep, low blood pressure, baby hiccups, and connections between prematurity, birth injury and stillbirth. Parents and caregivers will be able to share theories, ideas, concerns, and ask questions throughout the event.

For more information visit:

http://www.starlegacyfoundation.org/stillbirth_roundtable.php



SOFT Conference 2011: 25 Years of Hope in Our Hearts

July 20 - 24, 2011
Chicago, Illinois

SOFT (Support Organization for Trisomy 18, 13 and Related Disorders) is a network of families and professionals dedicated to providing support and understanding to families involved in the issues and decisions surrounding the diagnosis and care in Trisomy 18, 13 and related chromosomal disorders. Support is provided during prenatal diagnosis, the child's life and after the child's passing. SOFT is committed to respect a family's personal decision in alliance with a parent/professional partnership.

If you have ANY questions or suggestions, please call Cindy Cook at (815) 744-9965.

2011 National Gathering Monumental Journey of the Heart

July 29-31, 2011
Sheraton Reston Hotel
Reston, Virginia / Washington, D.C.



Hotel Information:

Reston Sheraton

Call the hotel at (703) 620-9000 and tell them you are with the Bereaved Parents of the USA or go to www.starwoodmeeting.com/book/bereavedparents. Room rate is \$99 plus tax per night for a double or king size room for up to 4 people per room. The room rate is available from July 25th thru August 2nd. Reservations at this rate need to be made by June 26th, 2011. A free shuttle is available to/from Dulles International Airport. Free parking at the hotel is available to those driving to the Gathering.

Gathering Cost:

Registration for the gathering costs \$35 per person, with a maximum of \$90 per family. Early registrations receive a \$5.00 discount. Any registration postmarked or made online by May 31, 2011, costs just \$30 per person, with a maximum of \$80 per family. Meals will be \$145 for adults and \$75 for children for all seven meals, which includes 3 breakfasts, 2 lunches and 2 dinners. An optional dinner buffet will be available on Thursday evening prior to the Documentary and Concert for \$17.

Registration forms and more information will be available soon. For more information, contact: Jodi Norman, BP/USA NOVA Chapter, P.O. Box 7675, Woodbridge, VA 22195. 703-910-6277



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Jul/Aug 2011

Parenting after a Loss

Deadline: June 15

Oftentimes after the death of a baby, parents are left wondering how they will parent surviving or subsequent children. They may question themselves or need reassurance. Do you feel your role as a parent has changed since experiencing the death of a baby? How has this affected the way relate to your living children? Please share your insights into parenting after a loss.

Sept/Oct 2011

Pregnancy Loss Awareness

Submit your stories, poems, recipes, and artwork to: rcarlson@nationalshare.org

We encourage you to share your thoughts, feelings, ideas, poems, recipes, artwork and stories no matter what the designated topic. Your input is important to the creation of each newsletter.

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info@nationalshare.org



Join us Saturday, October 15th
for the
10th Annual Walk for Remembrance & Hope
Sailboat Cove at Creve Coeur Park
Saint Louis, Missouri
Registration opens August 1st!