



Volume 20, Issue 6
November/December 2011

Sharing

touching lives...

healing hearts...

giving hope...

Topic this Issue:

Grief During
the Holidays

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

Dear Friends,

We hope each of you had the opportunity to spend some time acknowledging and remembering your precious little ones during October, Pregnancy and Infant Loss Awareness Month, especially on October 15, which is Pregnancy and Infant Loss Remembrance Day. The National Share Walk for Remembrance and Hope was a phenomenal day. The weather cooperated as hundreds of people gathered to first remember our babies at the service and to then walk hand in hand around beautiful Creve Coeur Lake in St. Louis. We are most grateful to all of you who assisted in making this day so very special and for your many contributions to keeping hope alive.

This issue of the newsletter, The Holidays, is filled with many stories and suggestions from those who made it through the first few holiday seasons. For you as a newly bereaved parent know that it is very common to start thinking about, and often worrying and stressing about, how you are going to get through this season. I have heard statements such as, "If I could go away for a month, or sleep from Thanksgiving to January 1, it would be so much easier." Anticipation of the holidays may often cause one more heartaches than the actual days themselves. Why does it have to be so difficult? Perhaps the answer to this is that the holiday season before your loss was often a time you looked forward to as it often included many times for family gatherings, parties and some very good times (well most days). Also one begins thinking about how the new little one will bring joy and make these celebrations even more special. When dreams are shattered we not only lose our babies, but we also lose these opportunities so we have double hurts. This pain can sear the heart. Imagining that one could ever enjoy a holiday season once again may seem impossible. Those of us who have walked this journey before you get that because we once felt the same way.

So how in the world do you get through this without staying in bed for six weeks? How do you get through and find any joy of the holidays? First and foremost take care of yourselves first. Only do what you can do! Read through this issue carefully, and see if any of the ideas for coping as well as ways of remembering your baby during this season truly register with you. Then listen to your heart as you make decisions on how to handle these next few weeks; your heart will not lead you astray.

This holiday season will be our son Christopher's 29th birthday and anniversary season. Our family has several traditions that have acknowledged his sweet presence in our lives - from decorating our blue spruce to hanging his many treasured ornaments on our tree. All have brought us solace and joy. Believe it or not, we do enjoy holidays, even the holiday season he left us in. In the beginning of our grief journey, I could not imagine we would ever be happy or love holidays again...but a very wise woman told me one that I would one day. She said she would believe for me. So I will believe for you.

As I reflect on these many years since Christopher came into our lives, I remember the numerous gifts he has given us. In this season of gift giving, I pray that you too can feel the many gifts your precious little one/s gave you, as they are treasures to be shared. As I light the candle at our holiday remembrance service, I will light one in sweet remembrance and deep honor of all your precious babies.

With hope,



Cathi Lammert



Cathi Lammert, RN
Executive Director



Rose Carlson
Program Director



Gina Haney
Development Specialist



Megan Nichols
Development & PR Director



Jeanna O'Leary
Share Group Coordinator



Jennifer Stachula
Administrative Assistant



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Upcoming Events...

- December 6th Candlelight Vigil
Tuesday, December 6, 2011
7 p.m.
Angel of Hope
See page 18 for a list of Angel locations
across the country.
- Share Your Knowledge Trivia Night
Saturday, March 31, 2011
6 p.m.
Machinist Hall
Bridgeton, Missouri



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Coping with the Holidays While Grieving

Written by Cindy Haugen

Christmas has always been a time for family. But when you feel like a part of your family is missing, it can be a particularly difficult time of year. Although it has been thirteen years now, I vividly remember our first Christmas after Bret died. He was born with angel wings in August 1995, but his original due date was November 30. Therefore, we had planned on having a new baby with whom to celebrate Christmas with that year. That Christmas, I worried that my emptiness would swallow me.

In the past, I relished our tradition of opening up a nice bottle of wine, cranking up the Christmas carols on the stereo, and helping our son put as many lights and ornaments on the tree as we could without toppling it over. That Christmas, we continued our tradition for our son's sake, but my heart just wasn't in it. Everything took on new meaning that year. Remembering that it was baby Jesus' birthday just reminded me of the baby I lost. The angel we always put on top of the tree gained new significance—I prayed an angel like that one would be watching over my baby. Shortly after Bret died, we were touched to find a teddy angel ornament that was dressed in blue. That Christmas, it was the last ornament we put on the tree, and many tears flowed that night as we ached for our baby boy to be with us. I dreaded Christmas day, not wanting to revisit my pain.

But like most other anxious experiences, the time leading up to the event was worse than the day itself. On Christmas morning, I began to find solace in the symbolism of the season, and I found a lot of comfort in our little blue teddy angel. I felt as though Bret was there with us. Losing Bret made me cherish my son and husband even more. It turned out to be one of the most meaningful Christmas seasons I had ever experienced.

The most important tip for handling the holidays after a major loss is to be gentle with yourself, and do what feels the most comfortable. Here are some other suggestions:



- ♦ Acknowledge that Christmas is coming. As much as you may want to avoid it, you can't.
- ♦ Try not to “float” into Christmas. Be deliberate in choosing what you would like to do.
- ♦ Avoid thinking about what you “should” do. You need to do what is right for you instead of feeling obligated. Decide to do what you can manage and let your friends and family know. There are no “right” or “wrong” ways to celebrate the holidays.
- ♦ Make Christmas a “season” rather than a day. Trying to do too much on Christmas Eve and Christmas Day will put too much pressure on you.
- ♦ Don't take on too much. Decide on your priorities, including baking, decorating, sending greeting cards, or having a large family dinner. Are these things that really need to be done? If so, perhaps others can assist you.
- ♦ Set times for the things you really want to do. If you don't schedule it, it probably won't happen.
- ♦ If you plan to shop, create a list ahead of time so it is ready for when you feel up to it. Or you may consider catalogue shopping.
- ♦ Realize that Christmas won't be the same. Honor your feelings and don't pretend you are happy if you are not. The holidays may increase your feelings of sadness. It's okay. Share your feelings with your supportive family and friends.
- ♦ Try altering your Christmas traditions, and create new ones, if that feels comfortable. Or you can just change the schedule of your traditions. For example, if you are accustomed having a large dinner on Christmas Day, perhaps have it on another day instead.
- ♦ Honor your baby. For example, you may hang a special tree ornament, or burn a special candle in his/her memory. Another suggestion is hanging a stocking in which family members can put notes expressing their thoughts and feelings. You may also donate a gift to charity in memory of your baby, or the money that you would have spent purchasing gifts for your little one. Remembering is healing.
- ♦ Attend a special candlelight ceremony or church service. (A list of services is included in on our website at <http://www.angelwhispers.ca/>)
- ♦ Take care of yourself. Create a balance by making time for socializing and time alone. Get plenty of rest, because the holidays can be very draining. Exercise, eat well and take care of yourself spiritually.
- ♦ Remember that time and love from a relaxed you is the best gift for your family and friends.
- ♦ Having fun will not dishonor your baby. After all you have been through you deserve some happiness. Allow yourself and your family to take pleasure in the holidays. Wouldn't your baby want that?

And as hard as it may be, keep in mind that you will come to enjoy Christmas again in the future. May the meaning of Christmas be deeper, its friendships stronger, and its hopes brighter as it comes to you this year.

*Reprinted with permission from the blog Angel Whispers of Hope
<http://angelwhispersofhope.blogspot.com/>*



Thank you for your Gifts!

In loving memory of...

Madeline Karan Antonio

By: Mary Ellen & John Antonio

Leah Gabrielle Arnold

By: Angela Nardoni

By: Thomas Niehoff

Owen Michael Backer

By: Jaime & Matt Bayes

By: Amy Mellinger

Corynn Hannah Boresi

By: Ruth & Mark Rainey

By: Joy & Mike Boresi

Isabelle Lynn Boyer

By: Sara Litton

Meredith, Mallory &

Edwin Brown

By: Erin Maurer

Samuel Garrison Byers

By: Anonymous

By: Sarah Bauer

By: Joelle Biernacki

By: Clay Burlew

By: Meredith Byers

By: Derek & Meredith Byers

By: Laurin and Bill Cothren

By: Mike & Lois Ginther

By: Kristin and Christopher Gossett

By: Jenny and Bo Harvey

By: Elizabeth Henna

By: Jennifer Knuckles

By: Tamara Lane

By: Holly Lemons

By: Jared and Jackie Mathey

By: Heidi Meckes

By: Ryan Morgan

By: Jeannette Neumann

By: Sean Petrie

By: Mysti Schott

By: Mike and Danette Spiekerman

By: Rebecca Witko

Elena Marie Bub

By: Anonymous

By: Anne Dubrouillet

By: Amanda Vickrey

Hannah Collins

By: Heather & Ryan Collins

Mabel Cooper

By: Karen Zerr

Alex Ellis & Grace Danson

Alex and Grace, it would have been wonderful to meet you. You have an amazing family!

By: The Crile Family

Gus & Max Fearn

By: Donna J. Bishop

By: Mike and Linda Funderburgh

By: Kristin Gounis

By: Deanna & Rob Leavitt

By: Jennifer Paule

By: Pat Wear

Just a note to let you know how wonderful Nancy and I think it is that you are actively working to support this group. Unfortunately you and Ben will not be the last people to ever need them. We love you so much, and love the memory of your twins too...Bill and Nancy

By: William Fearn

Eli Fettig

By: Ryan Jacob

Thank you for blessing your family and the world with your beautiful presence. You and your brother please keep watch over your mom, dad and sister now and forever. You are loved by so many!!!

By: Kirsty Wilson

Julian & Micah Glassett

By: Jennifer Anderson

By: Amy Bailey

By: Grisel Bergollo-Ramos

By: Darlene Block

By: Lindsay Bonfanti

By: Brian Boucek

By: Thom, Tracey and Cindy Brogan

By: Christopher Brogan

By: Carmine Cresta

By: Melissa Crouch

By: Kathleen Daly

By: Deb and Joe Debicella

By: Christine Detoma

By: Colleen Finnerty

By: Lee Gallagher

By: Mimi Glassett

By: Grampie Glassett

By: Lorilyn & Rich Hall

By: Jon Hancock

By: Marilyn Hight

By: John Koenig

By: Mommy & Daddy Koenig Glassett

By: Laura Marx

By: Carmela Mascio

By: Dawn Mercier

By: Heather Monti

By: Noreen Morash

By: Stacey Pratt

By: Barbara Recuperero

By: Michele Smith

By: Tammy Van Kradenburgh

Christopher Blase Graville, Jr.

By: Karry Bahr

By: The Chapman Family

By: Kelly Julian

By: Megan Julian

By: Katie Brandt
By: Lenise Shannon
By: Jo Anne Drake
By: Jane Hilinski

Megan,
So sorry to hear of your loss. You are in
my thoughts and prayers.
Sincerely, Julie
By: Julie Burgdorf

Cam Samuel Gronski
By: Ellyn Morgan

Charles Haake
By: Marion Brannan
By: Chris Burnworth
By: Peggy Crabtree
By: Paula Foster
By: Shirley & Ron Haake
By: Sarah McGuire
By: Susan Mueller
By: Beth Simons

Jaxson Hagy
By: Anonymous
By: Lisa Dulaney
By: Renee Rose
By: Lynda Sahs
By: Candy Smothers

Olivia Mae Hammond
By: Chrissy Clauser
By: Katherine Dooley
By: Don & Bette Hammond
By: JoAnne Hebden
By: Ingeborg Jones
By: Larry & Angel Roth
By: Carey Spenner
By: Stacey Thuerwaechter
By: Robin Webb
By: Jaime Winkler
By: Judy Thuerwaechter
By: Tony Balbona

Michael Patrick Hans
By: Michelle Basi
By: Melissa Bazarian
By: Stephanie Burke
By: Cathy Cooksey
By: The Eudy's
By: Kristin Falke-Miller
By: Marisa and Steve Gonzalez
By: Bridget Graham-royer
By: Diane & David Hans
By: Vicky Hudson

By: Patricia Madigan
By: Jennie Marchal
By: Jim and Jessica Martin
By: Laura Mullan
By: Stephen O'Meara
By: Suzanne O'Neill
By: Brian Piazza
By: Kerri Rescigno
By: Miguel & Traci Rodriguez
By: Kevin Rodriguez
By: Taryn and Eric Rosenkranz
By: Donna Santoro
By: Michael Sestric
By: Maureen Sheehy
By: Patricia Sheehy
By: Kerri Srsen
By: Jeff Sullivan
By: Meredith Tartaglia

Nathan David Hays
We love and miss you every day.
By: Lisa LaBoube

Nicole Hazelwood
By: Joyce Duffey

Bianca Josephine Hoelmer
By: JoAnn & Richard Vetter

Salmon and Baby Katz
You were only with me a few weeks, but
I loved you both.
By: Emily Katz

Audrey Hope Keinrath
By: Todd Pirtle

Joan Louise Keith
By: John and Geralyn Moss

Lee Kluba
By: Nicole Brack
By: Anonymous
By: Diane Kottmann
By: Rachel Keeling
By: Suzan Licklider

Ben Kroll
By: David Abrams
By: Anonymous
By: Betsy Briskman
By: Drew Burlak
By: Christy Cardenas
By: Connie Faulkner
By: David Friedman
By: Sarna Goldenberg

By: Amy & Darren Goldstein
By: Frannie Goldwin
By: Ellie Halevy
By: Cara Harris
By: Sue Hasegawa
By: Julie Heideman
By: Melissa Kaeser
By: Alana Kanter
By: Laurie Kaplan
By: Jennifer Katz
By: Andrea Kroll
By: Donna and Rob Lane
By: Lara Levine
By: Jonathan Margolis
By: Disha Mookherjee
By: Julie Paris
By: Brooke Politzer
By: Austin Reiff
By: Karin K.C Ross
By: Eric Saltzman
By: Amy Sandison
By: Nicole Schneider
By: Gary Segal
By: Meagan Smith
By: Angela Stortz
By: Chad & Greta Suss
By: Emily Tan
By: Elina Veksler

Lauren & Emma Lambert
By: Sylvia Balbona
By: Morgan and Anna Burns
By: Jodie Duda
By: Elda Fisher
By: Andrew Fisher
By: Tom Jacob
By: Andrea Kiehl
By: Aimee Kizewski
By: Krista Krahn
By: Carrie and Louis Lambert
By: Bernie Lambert
By: Mark Lefkow
By: Kelly & Gary Lelli
By: Sarah Mertz
By: Martha Milia
By: Elizabeth Morrow
By: Dan Nacinovich
By: Ron and Kim Price
By: Ronald Schutz
By: Elizabeth & Jay Scott
By: Megan Simonson
By: Thomas Sinas
By: Susan Smith
By: Melba Smith
By: Doug Smith
By: Becky Thorson
By: Cortney Whitehouse

Grief during the Holidays | Nov/Dec 2011

Caleb Joseph Leible

By: NISC Employees and Board of Directors

By: Kevin, Di, Cole & Trent Devine

By: Angi & Bill Leible

By: Robin Ames

By: Michael Brewer

By: Pilar Canto

By: Brenda Copher

By: Mommy & Daddy

By: Elsa Dizon

By: Carla Foldy

By: Timo Henk

By: kathy Kingsbury

By: Grandpa & Grandma Koester

By: Grandpa & Grandma Leible

By: Cheryl Leone

By: Mary Ann Lorance

By: Douglas Moore

By: Marilyn Pircilla

By: Sherry Poe

By: Deidre Savarino

By: Donna Stengel

By: Dawn Williams

Too small a spark; forever a flame in our hearts.

By: Sally Leible

My deepest sympathy to you and your family on the loss of Caleb.

By: Linda Bruegenhemke

We love you little man, and always will miss you.

Love, Grandma and Grandpa Koester

By: Steve and Debbie Koester

Sophie Grace Linden

By: Murray Linden

Aiden James Lonning

By: Sean Lonning

Josie Marie Mayes

By: Hetty Mayes

By: Nancy McGee

By: Erica & Patrick Murphey

By: Johanna & John Mayes

Natalie Elizabeth McCall

By: Susan Elliott

By: Tracy Ferren

By: Amanda Frizzell

By: Kenneth McCall

Audrey Mei Morgan

By: Annie Chan

By: George Koutsoukos

May she rest in peace with our Creator.

Amen.

By: Ella Nicandro

Kevin and Ying: Our deepest condolences on your loss. Our prayers and thoughts are with you. Audrey will always be in our hearts. Love, Uncle

Jim and Aunt

By: Jimmy Meier

In memory of a baby girl whose parents so clearly and deeply loved her.

By: Joan & James Taylor

Baby Manies

By: Sharon Broeckelmann

By: Tiffani DeManuele

By: Stacy Eikermann

By: Shawne Manies

By: Great Grandma and Grandpa Manies

By: Nicole Manies

By: Dale and Pat Manies

By: Krista Masterson

By: Denean Niehaus

By: Mary Pagano-Lampe

By: Danielle Rampani

Gertrude Paula Markiewicz

By: Wendy Andersen

By: Sharon and David Diers

By: Bill & Lauren Fogarty

By: Ed & Dorothy Gotway

By: Terri Kleine

By: Aimee Krummenacher

By: Anna Pisoni

By: David and Linda Straub

By: Debbie and Bill Walker

By: Carol and John Webster

Evan Matthew Michaud

By: Tiffany Kampschroeder

By: Brenda DeGroot

By: Debbie Koschmann

By: JoHanna Roy

By: Tessa & Rory Michaud

Owen Thomas Randel

I am so very sorry for your loss. Your family is in my thoughts and prayers.

By: Karen Bacon

Charley Grimes Rowekamp

By: Anonymous

By: Katie Alexander

By: Carrie Barr

By: Heather Dorsey

By: Paige and Meg Finnegan

By: Melissa Goodman

By: Leonard Grimes

By: Mindee Haas

By: Stacey Hohn

By: Martha Isaacson

By: Dawn Kaufman

By: Carrie Kujak

By: Mike Laufenberg

By: Nicole Lemke

By: Sara Popkin

By: Sara Reisdorf

By: Bob and Kathy Rowekamp

By: Kiki Setterlund

By: Katherine Snow

By: Brian and Angie St. Martin

By: Jason Thunstrom

Nara O. Running

By: James Running and Shelly Lo

Andrew Maurice Russell

By: Anonymous

By: Carol DeBoer

By: Colleen Dring

By: Tom Ellett

By: Rebecca Jurkuta

By: David Lee

By: Kathleen Lyons

By: Mary Ellen Russell

By: Lorraine Swinfard

William Schamel

By: Maureen & Kirk Richter

Simon Gregory Shelp

By: Tommye Bishop

By: Kathleen Cleary

By: Pam Crews

By: Hannah Shelp

Charlie Sparks

By: Kristen Coffman

By: Mary Hittler

By: Shannon Lammert

By: Cathi & Chuck Lammert
By: Dennis & Linda Griffin
By: Dennis & Sharon Harmon

Anthony Michael Starr

By: Robert Eufinger
By: Jenna Fritschle
By: Laura & Tom Starr

Paige Jordan Steinhoff

By: Marissa & Patrick Steinhoff
By: Noretta & Gary Steinhoff
By: Lisa Steinhoff

Francis Raymond Stockmann

By: Thomas Phelps
By: Maggie & Matt Stockmann

Benjamin Paul Stubits

By: Anonymous
By: James Bettison
By: Erin O'Donnell
By: Leon Schaper
By: Teri Stubits

Piper Ann Sullivan

Dear Art, Betty Lou, and the entire Howe and Sullivan families, We are so sorry for the loss of Piper Ann and send our deepest condolence to you during this difficult time. Please know we're thinking of you and wishing you and your family strength and comfort in the face of this unimaginable tragedy. Much love, Rob and Julie Paris
By Rob and Julie Paris

Betty Totten

By: John and Virginia LaRocca

Coleman Christopher Urzi

By: Chris & Amy Urzi

Kellyann Morgan Vaughn

By: Doug & Darlene Glaze
By: Cindy Neff
By: Richard Schexnayder
By: Stevie Schexnayder
By: Jason & Angie Schexnayder
By: Heather Schexnayder
By: Jason Tharling
By: Jamie Turbitt

Avery Addison Winker

"Blessed are those who mourn, for they will be comforted." Matthew 5:4
Avery,
We hold you in our hearts every day, and someday we'll hold you in heaven. That gives us some comfort. We love and miss you so much!
Love, Mommy and Daddy
By: Kim & Grant Winker

Austin Bradley Winter

Austin, you have wonderful friends and family who love you and miss you a lot.
By: The Crile Family

Addison Lee Zambo

May your spirit never be forgotten. May you watch over your sister and baby brother, stand beside your parents, and strengthen their hearts. God bless you!
With love,
The Kaminskis
By: The Kaminski Family

In honor of...

Lucy Monahan

Lucy's dedication to Share is amazing. She is a remarkable support to those who need her.
Emily Wood

Jenn Stachula

My friend, Jenn Stachula, works for your organization and has told me so many wonderful things about it! I don't golf but would come support your event if I lived in the area :) Good luck and I hope it all goes well!
Eryn Redig

*Olivia Ann Backer
(Owen's little sister)*

BY: Julie Backer

Loralee Mondl

By: Julie Backer

Friends of Share

Rachelle Bauerle
Tracey & Mark Bokermann
Melissa Boyle
Joyce & Ken Budt
Lacey Clary
Allison Corry
William Dees
Donna Doerhoff
Sarah Doyle
Carla Eastman
Beth Gajda
Ann Glaze
Emily Gray
Kristy Guffey
Lisa Marie Hall
Michelle & Brad Hershberger
Rachel & Michael Hennies
Sally & Johan Henriksen
Krystin Hicks-Ladd
Barb Hindman
Beth Jarvis
Tammy Jasiek
Joshua Kelly
Katie & Mitch Kemner
Jenny Lembeck
Teresa Nethery
Ginny McCook
Linda Meierhoff
Elaine & Jonathan Mercer
Emily & Matt Montgomery
Ana Karen Ochoa-Cornejo
LeAnn Pechman
Virginia Pierce
Jennifer Perone
Amber & Dave Reinhart
Mary Jo Rhoda
Laura Richter
Patty Rose
Joan Rosenbaum
Donna Saltzman
Erin Sheppard
Amy & Joe Smith
Brenda & Shelby Tracy
Jill & Chris Tueth
Amy & Keith White
Katie & Travis Wright

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 acknowledgement. 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.

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Sharing Newsletter Information:

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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

Snowflake

Author Unknown

As I think of our loved ones' journey thru this life, I am reminded of how unique, and beautiful, each of their lives were. About how each had a purpose that was necessary and was created by nature thru the works of God. Our loved ones are indeed like the snowflakes: All one of a kind.

Formed of water crystals and fresh, clean air, the snowflake begins its life in a cloud. The chemistry of the Earth surrounds around to form one true miracle. In an instant, a snowflake is born and is unique of all others. No man could create so many variations of design. The snowflake represents how each of us have a unique gift to offer the world.

As our own lives, the life of the snowflake is directed by the hand of God. It is played out by His orchestra of nature and circumstance. The winds of the world move the snowflake about the Earth before it decides what its fate will be. Free to soar, explore from above the beauties of this life and all it can be. Will it be life on a mountaintop? Or just a snowflake in the crack of a busy sidewalk? Will the snowflake join others to create drifts or will it take flight alone on a bird's wing?

Our loved ones too, came into this world not knowing where or how they would land. Not knowing the path the winds of life would carry them. They came and took all the surprises life had for them. Each one with his or her own purpose, each one with his own unique place to land. The snowflake represents our loved ones flight through life.

The snowflake is also a thing of beauty. Its crystals give it the ability to take its place among others, but it can still absorb light and cast its light out to others. Just as our loved ones have done in our lives. They brought a special light, "a sparkle," for each of us to remember and carry with us in our thoughts forever. The snowflake's "sparkle" represents the light of loving memories that we will always carry with us.

So as we look upon the snowflakes let us all remember, as with our loved ones, their uniqueness, flight on the winds of life, and especially their "sparkle" left behind in our memory.

Reprinted from *A Service Book* with permission of Selected Independent Funeral Homes.

Waves of Grief

Written by Claudia Esposito

After losing a baby during or just after pregnancy, waves of grief can hit months, even years later. The grief process takes most of us on an arduous journey. Many of us find ourselves mourning our babies long after the supportive cards, letters, phone calls from well-meaning friends and family stop coming. After a while, our grief comes in waves often when you least expect it: at the grocery store, at a place you visited when you were pregnant, seeing people who haven't heard the news yet, listening to music, and can especially occur around holidays, birthdays and/or anniversaries.

I thought I was doing OK three months after giving birth to my stillborn twin sons, but then the holiday season was upon us. I didn't feel much like celebrating. What was supposed to be a joyous occasion with two newborn babies was now a dark, empty and lonely time. Two days before Christmas, after much deliberation, my husband and I finally decided to get a tree to decorate.

Normally, we would have cut a tree down ourselves weeks before the holiday, dragged it happily home, and

decorated it listening to Christmas carols, all while sipping a fine Cabernet. Not so that year. We hurriedly purchased our tree from a parking lot vendor and threw it up in the corner of our family room. I tried to make the decorating time cheery by playing some favorite Christmas music. For a while, the spirit of the season filled the room.

That is, until I leaned into the tree to place the final ornament on the last empty spot (I had lovingly collected ornaments for years prior). At that moment I lost my balance, and pushed the entire tree to the ground. The sound of ornaments crashing to the floor filled the room as I covered my eyes in horror. I fell to my knees in near hysterics- for this was the very last straw. My husband pulled me up and sat me on the couch. I cried and cried. My grief was still so raw, and this was far too much to bear. My husband held me, whispering that it would be OK. In my heart I knew it never would.

After a while I finally pulled myself together, took a deep breath, and surveyed the damage. Luckily, most of the broken ornaments were balls used as

"fillers," not ones I had truly treasured over the years. My husband and I silently pushed the tree back to its standing position, cleaned up the mess, and went to bed.

Waves of grief like that hit me hard for a year or more after my boys were gone. I still on occasion, eleven and a half years later, ache for my lost sons. But those waves of pure sorrow are now fewer and far between. Thankfully, that intense grief lost its grip over my body and mind after a period of time. I think it's purely a mechanism of survival. Don't be mistaken, I will always love and miss my twins. But the intense, constant grief of those first years has calmed.

If you have recently experienced a loss, know that you are not alone, and you too, will get through this. Be kind to yourself as you ride the waves, knowing they will subside in time...

Reprinted from the blog
Soundwaves

Perinatal Bereavement Support
<http://bubbaandbutch.wordpress.com>

Planning a Group Holiday Ceremony

Written by Rose Carlson & Cathi Lammert

For families who have experienced the death of a baby, special rituals and ceremonies to honor those babies can be so very important to the parents during the winter holiday season. The holiday season can be especially difficult for bereaved parents, and providing them with a remembrance ceremony is a special way to honor their babies that have died. It may be the only bright spot in a bereaved parent's holiday season, especially in the early months and years after their baby's death, and will provide much comfort to them. In a season where most people are focused on joyous festivities, this is a way for them to focus on and commemorate their baby. An intimate candlelight service can be the perfect way to provide acknowledgment to the parents of your group that their baby is loved, missed and remembered. It can be as simple or as elaborate as you choose. You may want to select a theme and then pick a song or two as well as a poem that goes along with that theme, but a theme is not necessary.

Following are some ideas to help you in planning a holiday service:

Date/time:

You may want to hold your service on your normal monthly meeting night. However, you may decide to hold it on a weekend afternoon or evening.

Location:

You can hold the service in your hospital's chapel, conference room, a church, your usual meeting spot, someone's home, or even outdoors if there is a special memorial garden at the hospital or in your town. If you choose to hold it in a chapel or church, be sure to keep the service non-denominational so that all feel welcome and comfortable.

Theme:

Choosing a theme will give some direction to your program and may make it easier to choose songs, poems, and decorations. Some themes we at the Share office have used in the past are: Light of Hope, The Gift, Candles in the Winter Night, and Lights of Love. Or, you can simply call it a Holiday Remembrance Service, or Candlelight Memorial Service.

Invitations and programs:

It adds a special touch to send printed invitations to your service. Ask them to RSVP so you know how many tree tags and ornaments to provide. The program can be as simple or as elaborate as you choose. You can simply list the order of the service along with the titles of songs and poems, or you can print the words to the songs and poems in the program. If you know ahead of time who is coming, you can also print the babies names in the program.

Music:

Having a singer can add a special touch. However, you can also play a CD. Use the talents of your parents as well as those who help out with your group. If someone plays the piano or another instrument, it can be a special part of the service to have them play or sing. It is helpful to begin the service with a more emotional song and end with one that portrays a positive or hopeful message.

Poetry:

The ideas for poems are endless. You can call the Share office if you need ideas as we have an extensive resource of poems. You can also do a quick Google search, or even ask one of the parents from your group to write a poem.

Speaker:

You may want to deliver a hopeful message yourself or ask a parent or other member of your community, hospital, or support group to do so. If you have a theme, tell the speaker what it is so he or she can speak on that theme. Also, make sure the speaker knows the service is non-denominational so that he or she can be sensitive to the various religions and cultures of the families who will attend the service.

Ornaments:

In the past, the Share office has provided ornaments such as stars, hearts, angels, butterflies and snowflakes. Begin looking for your ornaments as soon as holiday decorations arrive in the stores in order to find the best selection. You may also want to make the ornaments as part of a group meeting, or perhaps someone crafty will want to make them for you. The parents usually take the ornament

home with them.

Tree tags:

You may want to print small tags tied with ribbon that parents can write their baby's name on and then hang on the tree. During the ceremony, invite the parents to come up and place their tag/s and/or ornaments on the tree. Placing the tree in a visible spot such as the hospital lobby or chapel can be very meaningful for the parents as they know that others will see their ornaments and cards with their baby's name on them.

Reading the babies names:

Parents love hearing their baby's names spoken, and this may well be their favorite part of the ceremony. Make sure you have the parents write their baby's name along with the pronunciation so that it will be read correctly. Also, make sure you have a confident speaker to read the names. If you are unsure of a pronunciation, ask, as it is so important to say each name clearly and correctly.

Candle lighting:

If you choose to have a candle lighting, you may want to use driplless candles or votive holders with candles to avoid wax drippings. You may choose to light five big candles as your centerpiece or focal point, one for grief, one for courage, one for memory, one for love and lastly, one for hope. Then read the names and ask the family to come up and light their candle from the hope candle. The group can then remain in a circle for the last song. This has been a very moving and touching ritual.

Other suggestions:

- It is probably best to keep your service child free.
- Depending on the size of your group, you may want to give the parents time during the service to read a poem or say a few words.
- Consider having a time to gather for refreshments when the service is over.

These events are memorable and special for the parents and well worth your time and sincere effort.

Gifts from Our Children

By Maggie Stockmann

Don't cry because it's over. Smile because it happened. – Dr. Seuss

A Personal Memorial

By Sherry L. Williams

As we light these four candles in honor of (NAME), we light one for our grief, one for our courage, one for our memories, and one for our love.

The first candle represents our grief. The pain of losing you is intense. It reminds us of the depth of our love for you.

The second candle represents our courage – to confront our sorrow, to comfort each other, to change our lives.

The third candle is in your memory – the joy you gave us and the gift your brief life has been to our family.

The final candle is the light of love. As we enter this holiday season day by day we cherish the special place in our hearts that will always be reserved for you. We thank you for the gift your living brought to each of us. We love you (NAME).

Amen.



As a brand-new parent, I was expecting to buy lots of presents and gifts for our baby. Ok, I'll be honest – I had already bought tons in the short 5 ½ months I was pregnant. Special outfits, blankets, educational toys, lovey items, not to mention the hours I had logged online researching the best and safest cribs, bedding, highchairs, play gyms, and all things infant. I even ordered both girl and boy bedding as it was on sale and I had not yet found out if we were having a boy or girl in March. Would it be Baby Safari or Ladybug's Garden? Monumental decisions...For our first baby...Our June bug.

At our 20 week ultrasound, Lindsey, our technician, was very sweet. We bantered back and forth and she proceeded with the scan. Our baby was curled up so tight that she tried and tried but couldn't give me the answer I was itching for – Safari or Ladybugs? She was somewhat quiet at the end but said to reschedule for one week and we would try again right before our doctor's appointment. The next week our world started to spin out of control...How could our June bug be sick? Here is where my baby began to give me gifts...

Patience...In an instant information world, I had forgotten how to breathe and be patient. Time would tell the fate of our family. My son reminded me to breathe, pray, and wait for answers - for him and for our family.

Kindness...I hoped that I was a kind person. I tried hard to only speak kind words and do kind deeds but I am not perfect, far from it. It would have been so easy to be short and rude during the multiple doctor appointments, phone calls, blood draws, amniocentesis, or following painful meetings with people who didn't realize our son had passed away. My son helped me to realize that the doctors, nurses, and random individuals did not want to give me the information nor did they want it to be true. This was not easy on anyone...We were all in it together.

Perspective...I had become slightly, my husband would argue differently, egocentric. I thought people really wanted to know the extensive stats and would care which car seat or bottles I had decided on for my registry. When Dr. Bowers first mentioned his potentially fatal diagnosis with tears in her eyes, Safari and Ladybugs went out the window. So did thinking that Matt and I were in it alone. When we told my parents at the kitchen table that their first grandchild would potentially not survive his first day, I had never felt more a part of a family. When my older sister and aunt arrived at the hospital to help and hold our son just to be with him for a brief time, I was in awe. When my younger sister flew in from Dallas within moments of hearing my son had arrived, I had never felt so honored. My son helped me to grow up and emphasized my responsibility to others.

Our son, Francis Raymond Stockmann, was born at 10:56am Thursday, November 13th, 2008. He weighed 1 lb 6 oz and measured 12 inches long. He had 10 fingers and 10 toes and by all accounts my nose. Although he was born too soon and suffering from Potter's Syndrome, Frankie was born alive and stayed with us for a wonderful hour. It was the best hour of my life – a perfect hour of parenting. He quietly left us and went to heaven to be with his namesakes – Grandpa Francis and Great Grandpa Raymond.

Frankie was the most perfect start to our family. He brought us closer together – even when we didn't know we needed it. When I start to stray from my center – when I start to lose focus on his gifts he has given me – I visit him where he rests with my grandma. It is here where I become refreshed. It is here where I remember the best gift I could give my son is to continue with life happily and with conviction that he will be remembered and loved.

Creating Art from the heart

Written by Rose Carlson

When you are grieving the death of a baby, it can seem as if there are too many hours in the day to fill. Your arms are empty and you are longing to have your baby to care for, and you may feel at a loss as to how to spend your time now. This can be especially painful during the holiday season, especially if you are one who looks forward to all the holidays bring. You may wish you were able to skip the holidays completely, but that is usually not possible. One way to make the holiday season more bearable, and maybe even enjoyable, is to create something in memory of your baby that will bring you some comfort and healing not only during the first holiday season without your baby, but also in years to come. Creative expression in times of grief during the holidays can help lift your spirits while giving you something tangible and beautiful to treasure. If you have other children, working on a project with them can be a positive way to bring the entire family together at a time when they may be struggling to communicate with each other; art or craft projects can be a much-needed diversion for everyone. Whatever you create can then be used to decorate your home or given as gifts for grandparents and other loved ones as a way to commemorate your baby during the holi-

The possibilities are endless when it comes to making ornaments and other holiday keepsakes in memory of your baby, but following are some suggestions for projects as well as ways to incorporate them into your family's celebrations.



Thankful File

Purchase a decorative index file box and some index cards, or make your own cards from colored cardstock. Decorate the cards with stickers if you wish or use them as is. Place the box in a prominent place in your home with a couple of pens and/or colored pencils next to it. Encourage family members as well as friends who visit to write things they are thankful for on the cards. On Thanksgiving or any other special occasion or meaningful day, find a quiet time to take turns reading the cards out loud.

Grateful Scrolls

Make a "certificate" for each person who will be attending your holiday dinners and/or parties listing the reasons you love and are grateful for them. Roll them up, tie with a pretty ribbon, and place them in a basket.

Holiday Luminaries

Purchase a package of brown paper lunch bags. Use stencils or freehand draw a holiday shape on the side of the bag without a seam. Carefully cut out the shape and tape colored cellophane or tissue paper inside of the bag, covering the cut out shape. Weight them with sand, and place a battery operated tea light in the bag and set it on your porch. Or, make several to line your driveway, patio or deck.

Glowing Votive Holders

Buy inexpensive clear glass candle holders. Use Mod Podge, available at craft stores, to adhere pieces of tissue paper, small dried flower petals, and/or leaves to the outside of the holder. When dry, brush on another coat or two

of Mod Podge. Burn candles in them on special occasions.

Holiday Pillow Cases

Purchase plain white pillow cases that are at least 50% cotton. Use fabric paints or fabric markers to paint or draw a design on the pillow case. You can also take the pillow case and artwork that is drawn on paper to a copy center to have the artwork transferred to the pillow case. You could even have your baby's footprints or handprints incorporated into the artwork. See more detailed instructions here: <http://familyfun.go.com/crafts/holiday-pillowcases-800811/>

Glass Jar Menorah

Decorate 8 small glass jars and one taller jar using glass paint, glue-on beads or sequins, and/or tissue paper. Line them up and place votive candles or tea lights inside.

Time Capsule Ornaments

Purchase fillable clear glass ornaments. Fill them with things that remind you of your baby. You can place tiny pictures, copies of footprints/handprints, dried flower petals, glitter and pieces of ribbon inside the ornament.

Handmade Paper Ornaments

Find a recipe for handmade paper on the internet. Add food coloring and pour into cookie cutters; sprinkle with glitter. When dry, remove from cookie cutter and glue a ribbon to the back for hanging. You can write on the ornaments with a permanent marker if you would like to date it.

Hand Print Crafts

There are many different items you can make using your children's handprints. You can incorporate your baby's handprints by photocopying them onto heavy paper, cutting them out and then using them as a template to trace them onto construction paper or fabric. You can then cut them from the paper or fill them in with paint. Be sure to date your creations.

Painted Aprons

Use washable fabric paint to paint your children's handprints on a plain apron to wear while preparing your holiday meals.

Place Mats

Put your children's handprints on pieces of heavy paper using acrylic

paint or cut them from colored cardstock. Laminate them at a copy center to protect them, and use them for all of your meals throughout the season.

Handprint Menorah

Using acrylic or other craft paint, paint the palms of one hand blue and your fingers and thumb white. Carefully place your hand on a piece of black paper. Wash that hand, and then paint the other hand. Place it on the paper, over lapping the thumbs. When dry cut flame shapes from yellow construction paper and glue at the top of each candle.

Handprint Wreaths

Cut a circle with a hole in the center from a piece of poster board or heavy cardstock. Cut handprints in various colors from cardstock or construction paper. Glue the handprints to the poster board circle with the fingers facing out and covering the circle. Use fall, Christmas, Hanukkah or Kwanza colors.

Drink Coasters

Trace handprints onto fabric (you will need two handprints for each coaster). Trace handprint onto double-sided stiff fusible interfacing. Following the instructions on the interfacing, iron the two pieces of fabric with the interfacing in the middle. You can read more detailed instructions here: <http://familyfun.go.com/crafts/handy-coasters-941574/>

A more kid-friendly way to make coasters is to trace handprints onto colorful craft foam and cut out. If you would like to make coasters using your baby's handprints, you can enlarge them on a color copy machine first.

Wrap yourself in a Hug

Cut fleece into the width and length of a scarf and cut fringe on each end if desired. Cut handprints from a coordinating fleece and either stitch them to the ends of the scarf by hand using a blanket or other stitch or double-sided fusible interfacing. Each time you tie the scarf around your neck, envision your baby and/or other children wrapping you in a hug.

There are many different websites that offer crafts for all holidays, geared to-

ward all ages. Use your imagination and find something that is meaningful to you and your family. Do not worry about perfection, or not being an "artist." Creating a keepsake in honor of your baby can be very therapeutic, and it may become a treasured holiday tradition in years to come.

Holiday Gift Ideas



The Vintage Pearl

Personalized hand stamped jewelry
<http://www.etsy.com/shop/thevintagepearl>



Nelle and Lizzy
Personalized rings, bracelets, charms and necklaces for men and women
<http://www.nelleandlizzy.com/>

Thumbies
Keepsake jewelry made with finger and thumb prints
<https://meadowhillco.jsp-servlet.net/>



The Comfort Company
Gifts of Hope for Healing Hearts:
Garden items, jewelry, ornaments, books and figurines

<http://www.thecomfortcompany.net>

Art from Ashes
Jewelry, beads and other items made from ashes
<http://www.artfromashes.com/>





For That, I am Thankful
By Darcie D. Sims

It doesn't seem to get any better, but it doesn't get any worse either.

For that, I am thankful.

There are no more pictures to be taken, but there are memories to be cherished.

For that, I am thankful.

There is a missing chair at the table, but the circle of family gather's close.

For that I am thankful.

The turkey is smaller, but there is still stuffing.

For that, I am thankful.

The days are shorter, but nights are softer.

For that I am thankful.

The pain is still there, but it lasts only moments.

For that, I am thankful.

The calendar still turns, the holidays still appear and they still cost too much, but I am still here.

For that, I am thankful.

The room is still empty, the soul still aches, but the heart remembers.

For that, I am thankful.

The guests still come, the dishes pile up, but the dishwasher works.

For that, I am thankful.

The name is still missing, the words still unspoken, but the silence is shared.

For that, I am thankful.

The snow still falls, the sled still waits, and the spirit still wants too...

For that, I am thankful.

The stillness remains, but the sadness is still smaller.

For that, I am thankful.

The moment is gone, but the love is forever.

For that, I am blessed. For that, I am grateful.

Love was once (and still is) as part my being.

For that, I am thankful.

I am living, and for that I am thankful.

Excerpt from *The Little Prince*
By Antoine de Saint-Exupery

In one of the stars, I shall be living.

In one of them, I shall be laughing.

And so it will be as if all the stars were laughing

When you look at the sky at night.

Forever Christmas Night...
By Renee Sangsland in memory of Samantha

All I really want for Christmas is something I cannot have.

A wish from deep within my soul
A longing only those who've been there know

For a little face staring at the tree

Dancing with excitement on daddy's knee

Eyes full of wonder, shining so bright

And a head full of dreams on Christmas night.

There's something missing as I gaze at the tree
For the thing I want most can never be.

Christmas night is a magical time
It's mysteries held in a nursery rhyme
Where anything's possible and
dreams do come true

That's where my heart is waiting for you.

I do believe I'll see you again
I'll have to settle for wishes 'til then
But so long as that day is well within sight
It will be forever Christmas Night.

Twinkle, Twinkle Little Star
By Mike Gansley in memory of his niece
Holly Madeleine Gansley, born still

Twinkle, twinkle little star,
We'll always know right where you are.
You're in our souls, you're in our hearts,
Nothing could ever tear us apart.

We'll look above each moonlit night,
To see the glimmer of your shining light.

Look down on us and feel our love,

For you are, our star above.

The sun will rise as the day is new,
As we wait for darkness so we can see you.

Never a day will ever pass,

When we will not find your light,
So long as the clouds will clear a path,

You'll be with us tonight.

2011 Share Walk For Remembrance & Hope

Written by Megan Nichols



The National Share staff would like to thank all of you who participated in the 2011 Share Walk for Remembrance & Hope. This year's event was truly amazing! We were greeted with sunshine and clear skies as we gathered to commemorate the all-too-brief lives of over 400 babies. Bereaved families from over 20 states celebrated and remembered with us.

This day would not have been possible without the efforts of our dedicated volunteers. Thank you to Susan Berthold & the Remington's Staff; Tony, Stacie Brasseur; Lauren & Rachel Carlson; Maureen & Maggie Day; Kim Dennigman; Kevin Fisher; Bob Jerden; Mike Margherio; Dave Nichols; Heather & Kevin Sparks; Gary Wellman and all of the tireless volunteers who lent their time and talents to this organization.

We must also recognize all of our individual fundraisers. Through online giving and independent pledges, over \$22,000 was raised to benefit Share! We are so humbled by the generosity of each and every donor.

Lastly, we are most grateful to Mandy Murphey, Gary Wellman, Kathy LaBoo and Jim Hunt for assisting with the memorial service. Your efforts made the day so special!

Mark your calendar!

2012 Share Walk for Remembrance & Hope
October 20, 2012
Creve Coeur Park
Sailboat Cove

For updates and information, please visit us at
www.nationalshare.org.



Found balloons:

Rutledge, TN
We miss you W. O.

Scottsville, KY
Ben we love you.
(4 balloons attached together)

Greenville, KY
Madelene Inez Baker
For our daughter. We miss you and will see you again.

Jamestown, TN
In memory of the Haywood Babies



December 6th Candlelight Vigil

A candlelight ceremony is held every December 6th at 7 p.m. at each statue in remembrance of all children who have died. Attendees are asked to bring an enclosed candle to burn during the memorial service and a white flower to place at the base of the Angel. To find out more information please visit:

<http://www.richardpaulevans.com/angel-statues/locations>

Below is a list of cities in which you will find an Angel of Hope monument.

Phoenix, AZ	602-997-5206	Perham, MN	218-758-3083
Santa Maria, CA	834-937-9501	Maple Grove, MN	763-420-5660
San Jose, CA	408-923-5121	Troy, MO	314-954-1810
Irvine, CA	714-960-9897	St. Charles, MO	800-821-6819
Loveland, CO	970-593-6038	Sidney, NB	308-254-7370
Parker, CO	303-378-4300	Boys Town, NB	402-571-4011
Pueblo, CO	719-542-2934	Fayetteville, NC	850-565-4399
Newington, CT	860-666-0600	Bismark, ND	701-323-6086
Torrington, CT	860-626-1542	Fargo, ND	no contact details
Shalimar, FL	800-258-1413	Grand Forks, ND	701-780-5000
Amelia Island, FL	904-557-1261	Las Vegas, NV	702-464-8460
Tampa Bay, FL	813-335-9218	Elko, NV	775-738-7135
Pensacola, FL	850-529-3576	Altamont, NY	518-882-5226
West Palm Beach, FL	561-227-5177	Chazy, NY	518-846-8304
Marco Island, FL	239-394-3469	Carmel, NY	845-225-5895
Atlanta, GA	770-928-5606	Saranac Lake, NY	518-891-0351
LaGrange, GA	706-302-6327/706-883-8328	Watertown, NY	no contact details
Des Moines, IA	515-358-3000	Village of Port Dickinson, NY	607-648-7121
Idaho Falls, ID	208-569-8475	Eisenhower Park, NY	AHBOBP@aol.com
Rockford, IL	815-971-4141	Centerville, OH	937-405-5240
Wauconda, IL	847-529-6088	Stow, OH	330-689-1089
Olney, IL	618-302-0557	Springdale, OH	513-404-1262
Springfield, IL	217-553-1329	Middletown, OH	513-705-4056
Coal City, IL	815-634-8139	Grove, OK	918-786-2938
Belleville, IL	618-234-5700	Oklahoma City, OK	405-228-9500
Albion, IL	618-445-4071	Fort Erie, Ontario Canada	905-871-4331
Fairview Heights, IL	618-236-2405	Portland, OR	503-630-4335
South Bend, IN	574-252-6500	Drexel Hill, PA	215-897-1255
Bluffton, IN	no contact details	York, PA	717-292-6046
Avon, IN	317-272-0948 (option 5)	Westerly, RI	401-596-7159
Evansville, IN	812-867-8355/812-479-4162	Orangeburg, SC	803-533-6020/803-682-2934
Lafayette, IN	765-447-7370	Memphis, TN	901-276-4134
Columbia City, IN	260-244-5122	Houston, TX	713-453-5266
Iowa City, IO	319-337-6096	San Antonio, TX	210-651-1904
Williamsburg, KY	606-464-3901	Bedford, TX	817-577-7463/866-307-4163
Georgetown, KY	502-535-5386	Ogden, UT	801-398-6861
Pineville, LA	318-308-6878	Spanish Fork, UT	801-798-8855
Uxbridge, MA	508-278-0784	Salt Lake City, UT	801-201-1991
Easthampton, MA	413-527-8316	Vernal, UT	435-828-6540
Sturbridge, MA	508-842-6001/508-764-6170	St. George, UT	435-673-2167
North Adams, MA	413-663-3555	Richmond, VA	804-389-2697
South Portland, ME	207-799-4472	Rutland, VT	802-775-5211
St. Joseph, MI	616-983-8268	Fond Du Lac, WI	920-926-4997
Belleville, MI	734-697-5090	Oshkosh, WI	920-237-2120
Flat Rock, MI	734-692-5182	Eau Claire, WI	715-832-3623
Adrian, MI	517-918-2772	Milwaukee, WI	414-447-3198
Harbor Springs, MI	231-330-5263	Cheyenne, WY	307-638-6214
Spicer, MN	320-231-1890		



Share

Pregnancy & Infant Loss Support, Inc.

touching lives... healing hearts... giving hope...



Share your thoughts...

Share joins the blogosphere! Check it out at nationalshare.blogspot.com



Get the newsletter delivered to your inbox today!

In an effort to reduce our carbon footprint, we have decided to make the newsletter available online. If you would like to receive a copy via email, we would be happy to add you to our mailing list. Please see the link below to subscribe today!

<http://nationalshare.org/subscribe.html>

Connect with us and other bereaved families on Facebook!

Search us on Facebook! To connect with other parents and share your story, search: National Share Office. For updates and information about Share events, perinatal loss research, updates on legislation and much more, search: Share Pregnancy & Infant Loss Support, Inc.



Looking for Resources?

Check out our Perinatal Bereavement Resource Catalog! It's full of books, pamphlets and other wonderful resources suited for bereaved parents and their families as well as bereavement professionals. Start a Share group and receive a 20% discount on every order! Find our catalog online at <http://nationalshare.org/online-catalog.html> to download a printed copy of the catalog or to place an order online.

Jan/Feb 2012

Caring for Yourself

Deadline: December 20

Grief not only has an emotional component, but a physical one as well, and you may find yourself more susceptible to colds and other illnesses. While it can be difficult to focus on taking care of your needs while you are grieving, it is vitally important that you do. Please share with us things you did, or are doing, to take care of your mind, body and spirit after the death of your baby.

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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Angel of Hope

Annual
Candlelight Vigil
December 6th
7 p.m.

