

February, 2011

Sharing Parents is a Sacramento based non-profit organization devoted to supporting parents who have experienced the loss of a baby from the time of conception through early infancy.

Our Purpose is to provide a safe environment where grieving parents with similar experiences can come together and share their feelings about the loss and the love of their babies. Our meetings are also a place where parents express the love they have for their baby in their compassion for others, where they can give and receive emotional support by sharing common experiences and learn about the natural grief process while working through and resolving their loss.

We Offer a variety of meetings and support services that are designed to help parents throughout the different stages of their grief. There is never a fee to attend our meetings.

Our Meeting Place

Mercy Women's Center
650 Howe Avenue, Ste #530
Sacramento, CA 95825

**Our Mailing Address
& Phone Number**

Sharing Parents
P.O. Box 19538
Sacramento, CA 95819-0538
(916) 424-5150

Upcoming Meetings

February 13th : Grieving as a couple
March 13th : Exploring Grief / Father's Group Discussion
April 10th : Video
May 1st : Mother's Day / Art Project

Subsequent Pregnancy Meetings

February 27th : Subsequent Pregnancy
March 27th : Subsequent Pregnancy
April 17th : Subsequent Pregnancy
May 22nd : Subsequent Pregnancy

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**Subsequent Pregnancy Meetings -
Change to Sunday Nights**

Please be advised that our Subsequent Pregnancy support meetings are changing from Monday to Sunday nights.

This change is effective immediately.

*A complete list of all meeting dates are available at www.sharingparents.org

Message From The President

2011 Sharing Parents Volunteers

President

Kristie Avila & Kelly Joppa

Vice President

Meaghann Hurt

Secretary

Joanna Hurtt

Treasurer

Daryle & Heidi Lozano

Short Term Grief Coordinator

Molly Lawrence

Pregnancy Interruption Coordinator

Amy Bourke

Listening Line Coordinator

Molly Lawrence

Oct. Memorial Coordinator

Shannon Anderson
& Kristin Lunardi

Community Outreach

OPEN

Event/Fundraiser Coordinator

Heidi Lozano

Librarian

Rebecca Erickson

Newsletter Editor

Brion Maciel

Newsletter Assistant

Mia Omega

Webmaster

Ken Hisey

General Volunteers:

Jamie Bridges,
Saran & Nelson Canales,
Allison Clavel,
Lynne & Neil Genzel,
Meghann & Phillip Hurt,
Eric Joppa,
Deanna Lockhart,
Brion & Suzie Maciel,
Laura McHugh,
Michelle & Chris Peters,
Jennifer & Ryan Stiltz

Welcome to 2011! Sometimes the change of the calendar serves of a bitter sweet reminder of time marching on as we move into a new year and season of missing our babies. If you felt that twinge as we rolled from 2010 to 2011, you are not alone... remember Sharing Parents is here to support and help in carrying you through these times.

My Madison should be turning 5 this year. Our son is turning 4. We will again be having a Cars/Superman/Batman/Racing/Picnic at the lake birthday party. He wants a party exactly as perfect as last year, so we're doing the same thing as when he turned 3. It will be awesome again as we honor and celebrate the special precious individual that Nathan has become. I wonder what kind of party we would be throwing if Madison were here to celebrate. Maybe a Princess Party, maybe a Teddy Bear Picnic, perhaps a painting/craft party... all I know is that it would have been a party that reflected her and her lovely individual personality. Sometimes, when I think of Madison, I find myself dreaming about what should be. But last week I was surprised when I found myself able to define with confidence a part of who Madison is.

Last Sunday we held a volunteer training for 4 new parents that are joining the Sharing Parents volunteer team. As usual, everyone went around the table and briefly shared our stories. As I spoke, a story I have shared over and over, I realized something I had never really understood about Madison. I was sharing, "She was 2.1 lbs, 13 inches long and perfect." For whatever reason, in that moment I realized that I knew by heart my Madison's weight & length, yet I don't really know the details of my 2 living children. Frustratingly, I am a person that doesn't remember numbers well, so I know they were both 7 and a *halfish* pounds and about *20ish* inches long... but I wouldn't bet on the details unless I had their birth announcements to look at. I suppose this sounds like a silly thing to consider a revelation, but for me, in my grief journey, this was a 'wow' moment.

This moment showed me the difference of the power of the words '**was**' vs. '**is**'. In the moment as I said the word '**was**', I realized in my heart I mean and believe she '**is**'. For everyone else, Madison **was**. Madison was born still. Madison **was** 2.1 lbs. Madison **was** 13 inches long. Madison **was** cremated. For them it is over. But for me, Madison **is**. Madison **is** perfect. Madison **is** 2.1 lbs. & 13 inches. Madison **is** porcelain skinned. Madison holds a place in my hearts where she '**is**'.

I know that not all folks can understand what I am trying to say... but this is where we, as parents who have had to say good-bye to our babies too soon, become a special club. For everyone else our babies **were**, but for us our babies **are**.

As you travel your grief journey, as only you can, it is my hope and prayer that your baby will teach you daily about life, love and yourself. I am privileged to be a part of an organization where we can come together and honor babies that '**are**' ... and not be stuck thinking about them in the tense of '**was**'.

On behalf of the Sharing Parents Volunteer Team, may you and your family be blessed with a 2011 full of hope, health & healing.

Sincerely,

Kelly Joppa

2011 Co-President

"Madison's Mommy"

Sharing Parents 2010 President

Remembering Our Babies With Love

Anniversaries, birthdays and holidays are difficult times for us. We remember with love....

FEBRUARY

Faith Annalyse Alvarez
Makena Marie Anderson
Chancellor Aris Patton
Meagan Rene Barstone
William Evan Beebe
Baby Berger
Faith Ann Blakely
Ryan Austin Martin Bridges
Cameraon Michael-Lee Burdick
Joshua David Cardoza
Annabelle Olivia Castablo
Weston Cruz
Colin Devey
Baby Dressen
Saffi Hernandez-Christensen
Baby Espinoza
Baby Espinoza
Baby Feuerstraeter
Andrew Gallagher
Claire Gibson
Baby Herkins
Zackary Herkins
Jolie Marie Hurtt
Brennan Jacks
Baby Kawelo
Ericson Kelley
Sean Latham
Baby Legrand
Kaylee Ann Lindberg
Isabella Lopez Rye
Pedro Jose Lopez
Baby Lowell
Sophia Mamola
Zachary Orbus
Baby Pethel
Baby Powell
Baby Kaenan
Madison Nicole Souza
Emily Diane Stiltz
Sophia Tolin
Joaquin Victor Torrence

MARCH

Elizabeth Adame
Amelia Aitchison-Cooksy
Kyle Benjamin Avila
Lisa Jeline Benson
Joy Kathleen Bik
Kellan Alexander Bik
Nick Boysen
Steven Kent Brown
Gracie Cahill
Jordan William Davidson
Lindsay Rose Denier
Ayiah Cherie Ricelle Harris
Babies Feuerstraeter
Baby Fraser
Magdalena Louis Frieze
Avery Graham
Baby Hall
William Henry
Baby Hernandez
Madison Kristine Joppa
Baby Kaplan
Matthew Love
Emily Loreen Meyer
Megan Oliva
Dylan Pena
Elijah James Dominique Rankin
Ty Scellato
Kaylee Marie Rubitski
Baby Belle Simmons
Baby Szillinsky
Baby Tam
Kylee Valle
Tyler Vassion
Arbor Warzecha
Aria Wermund
Baby Winings
Rose Zeier

APRIL

Mia Faith Avery
Kaitlyn Badertscher
Adam Joseph Bik
Hayley Maureen Bik
Margaret Bressler
Midori Anne Briel
Mark Brittain, Jr.
Kaitlyn Nicole Hart
Elizabeth Ann Collie
Baby Davis
Baby Denny
Colin Frederick Foley
Baby Fosco
Christopher Imbriano
Baby Kaenan
Hannah Joann Lawrence
Tessa Elizabeth Lockhart Ralston
Baby McCoy
Samuel James McCoy
Baby Ocel
Alejanda Sepulveda
Parys Gavin S. Stokes
Evan Vargas
Richard Warzecha
Reagan Ellis Westrup
Grace Woodman
Rose Zeier

Names are entered through the sign-in sheet at all Sharing Parents meetings.

Short Term Grief

The Short Term Grief session is a series of 4 weekly meetings for parents with a recent loss (within a year). There is a specific topic to discuss each week and to receive the most benefit from this session you are strongly encouraged to attend all 4 meetings. This is a safe place to share your grief with people who have experienced a similar loss. It is also a time when our small groups may bond and find the support they gain during the session is accompanied by newly found friendships. Couples are encouraged to attend.

- Meeting location and times will be determined prior to the start of each session.
- Sessions are offered three times a year.
- There must be a minimum of 3 couples/individuals to run a session.
- A session is considered "full" with 8 couples/individuals.
- All sessions are led by Sharing Parents volunteers.
- Please call (916) 424-5150 or email sharingparents@yahoo.com if you would like to sign up for and attend a session. Pre-registration is required.

Session 1

Sundays
Feb. 27
Mar. 6
Mar. 13
Mar. 20

Session 2

Thursdays
July 7
July 14
July 21
July 28

Session 3

Sundays
Oct. 30
Nov. 6
Nov. 13
Nov. 20

*Do not judge a song by its duration
Nor by the number of its notes
Judge it by the richness of its contents
Sometimes those unfinished are among the most poignant...
Do not judge a song by its duration
Nor by the number of its notes
Judge it by the way it touches and lifts the soul
Sometimes those unfinished are among the most beautiful...
And when something has enriched your life
And when it's melody lingers on in your heart.
Is it unfinished?
Or is it endless?*

Author Unknown

Focus Group Announcement and Invitation-- Carrying On: A Focus Group for Women Who've Lost a Pregnancy

Dr. Darlene Viggiano, a local licensed MFT has recently written and published a grief workbook for women who have lost a pregnancy. She is looking for participants to take part in a focus group which would go through her workbook, *Carrying On: A workbook for women who've lost a pregnancy*, and be willing to share and discuss the lessons and insights that this workbook may provide.

Participation is open to women who have experienced a loss within the 5 past years. Dr. Viggiano is looking for up to 12 people to participate in this focus group. The focus group will be held at the Mercy Women's Center on weekend afternoons this spring (exact details to be determined based on participants' needs and schedules).

*For more information or to sign please to participate in this group, please contact Dr. Viggiano directly at emmalita@surewest.net before April 1st . For more information, see www.carryingon.yolasite.com

**Please note that while Sharing Parents may have volunteers/participants in this focus group, this group is being conducted solely by Dr. Viggiano in direct relation to her grief workbook.

The Farley-Kluger Amendment to the Family Medical Leave Act of 1993 (FMLA)

The National Office of Share Pregnancy and Infant Loss support, Inc. would like to bring your attention to a petition we as an organization are supporting called "The Farley-Kluger Amendment to the Family Medical Leave Act of 1993 (FMLA)". Kelly Farley started this petition with a fellow bereaved father to bring attention to the current FMLA and the fact that it doesn't extend benefits to employees that have experienced the death of a child. Many employers allow for bereavement leave up to 2-3 days. Employees are expected to use their available vacation time after the 2-3 days of bereavement leave have been expended. If the employee exhausts both of these benefits and still requires additional time off, the employer has grounds to terminate the employee. If you would like to support this petition, you can do two things:

- 1) Go to link below and sign the e-petition and
- 2) Share this link with people you know.

<http://www.petition2congress.com/3937/modify-family-medical-leave-act-1993/>

When Grief Returns

Written by Clara Hinton

Grief is a tricky thing. It can wreak havoc on your emotions, especially in the first year following the death of a child. A parent can think that progress in healing is finally being made, and then something as unexpected as a song comes on the radio, and the words trigger feelings of grief as strong as if the loss took place yesterday.

After all of the “firsts” are in the past, the path to healing seems a bit more even for a while. Setbacks don’t come nearly as often as in the first year, and rarely are the grief feelings as raw and intense as during the first months following the death of a child.

Most parents work their way through the sad emotions of loss to a place where they can finally recall fond memories of times spent with their child. They can talk about their child without crying, and there is an overall feeling of peace rather than the gnawing feeling of never being at rest.

Grief can be quite deceitful, though, and show up many years after a loss leaving one feeling like healing never took place. Rather than be alarmed if grief returns, remind yourself often that grief’s visit is only a momentary appearance.

Just as we go through seasons in our lives, grief will visit each of those seasons to let us know that the loss of a child has left its mark on the heart. An especially sensitive time is when a parent enters what we so often call the “empty nest.” Grief can return as a bold reminder of what was so cruelly and unfairly taken away. A parent’s emotions can become very disturbed during this sad reminder of loss once again.

When grief returns, remind yourself often that this is a normal part of the overall healing process. The pain associated with child loss never totally goes away, so it is quite normal for certain times in our life to bring grief emotions to the forefront once again.

Remember that this return of grief will not last forever. Take good care of yourself physically. Eat well-balanced meals. Rest. Keep yourself well hydrated. Talk to your doctor if you feel like you might be entering a phase of depression. Depression is something that can be treated early, and is nothing to try to hide.

Lastly, find some support for this difficult time in your life. Even though your loss might have occurred 20 years ago, if you feel overwhelmed with sadness and grief, it is most important that you find someone who will listen and lend you support.

Remind yourself often that grief is something that cannot be ignored. Grief can be masked for a while, but eventually it makes its presence known. It is something that requires hard work and attention. A parent’s grief is a natural reaction to an abnormal event. Grief is not an illness, but rather is a time of readjustment to a reality of living with loss.

Parents who lose a child do not stop grieving. The pain will vary in intensity at different times in a parent’s life, but the process is life long. When grief returns, remember to be kind to yourself and allow yourself the time you need to once again work through your feelings.

March for Babies

This year the annual "March for Babies" walk is scheduled for the morning of April 30th. This fun walk starts at the steps of the State Capitol in downtown Sacramento and ends with a lunch on the capitol lawn.

For the past 4 years Sharing Parents has had a team walking at this community event.

If you would like to join us, please go to our website at www.sharingparents.org for a shirt order form.

Please e-mail any questions to sharingparents@yahoo.com and the March for babies Coordinator will contact you.

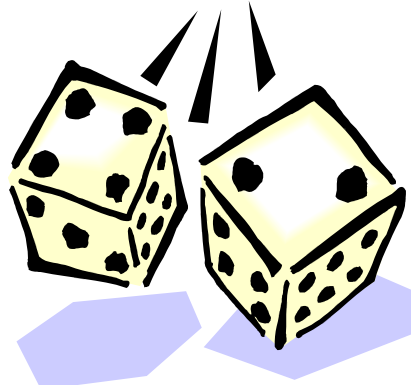


Feetingly known, yet ever remembered
These are our children, now and always:
Those whom we see not, we will forget not,
Morning and evenings, all of our days.
Lives that touched our lives, tenderly, briefly,
Now in the one light living always.
Named in our hearts now, safe from all harm now
We will remember all of our days.

-Author unknown

BUNKO TOURNAMNENT

Benefiting
Sharing Parents of Sacramento



Thursday, March 24th
7-9pm
Dice roll promptly at 7:20!

-
-
Located at Woody's Bar & Grill
6502 Lonetree Blvd
Rocklin, CA 95765

Cost: \$20.00

Includes: Bunko buy-in, 1 ticket for raffle, chips & salsa,
and a fun night out supporting a great charity with an important purpose!

If you would like to play in the tournament,
please e-mail sharingparents@yahoo.com with your name and phone num-
ber
& the Bunko Coordinator will contact you.

There are only 48 seats.

Your (non-refundable) payment reserves your spot.

Please direct any questions to sharingparents@yahoo.com

DONATIONS

Sharing Parents participates in the eScrip Program. This program allows our organization to raise funds through everyday purchases made at eScrip merchants. Merchants include Macy's, Eddie Bauer, Office Max, Claim Jumpers, and many more. When you shop at participating merchants, they will donate a portion of the sale to Sharing Parents. All you need to do is register your debit and credit cards with eScrip, and designate Sharing Parents as your primary group. Our group ID # is 500000686. If you are already registered with eScrip, you may also add us to your list of organizations. You can register at: <http://www.escrip.com/>. (The Group Name is "Sharing Parents" and the Group ID # is 500000686). There is no cost to you! If you are interested in helping us and would like more information or need help registering, please call the Listening Line at 916-424-5150 and leave a message. Thank you for your support!

GoodSearch or **GoodShop** for Sharing Parents

<http://www.goodsearch.com>

What if Sharing Parents earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

GoodShop.com is a new online shopping mall which donates up to 37 percent of each purchase to your favorite cause! Hundreds of great stores including Amazon, Target, Gap, Best Buy, ebay, Macy's and Barnes & Noble have teamed up with GoodShop.com and every time you place an order, you'll be supporting your favorite cause.

<http://www.goodshop.com>

Just go to www.GoodSearch.com and be sure to enter Sharing Parents as the charity you want to support. And, be sure to spread the word!

Love Gifts

To honor your child's memory, send a "Love Gift" to Sharing Parents. A Love Gift is a monetary donation given in honor of someone or as a memorial to a baby, relative or friend. Not only will you be memorializing your baby but you will be helping Sharing Parents, which survives on donations and fundraisers. If you would like to donate a Love Gift to us, please fill out the form below. The deadline for inclusion in the next newsletter is July 20, 2010.

We welcome your Love Gifts in support of Sharing Parents. A Love Gift is a monetary donation made to honor your child's memory. Please make checks payable to **Sharing Parents of Sacramento**.

(Donations to Sharing Parents are tax deductible.)

Enclose your check, attach any special message to this form and mail to:

Sharing Parents
P.O. Box 19538
Sacramento, CA 95819-0538

In Loving Memory of:

Date of Birth:

Date of Death/Loss:

Donor Name:

Address: