

February 2013

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 General Meetings

February 10: Grieving as a Couple (or not)

March 10: Exploring Grief Through the *Anguish of Loss* slideshow

April 14: Guest Speaker: Lisa Mitchell, from The Art Therapy Studio with a presentation on the Power of Art Therapy

Subsequent Pregnancy Meetings

February 24th, March 24th, and April 28th

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**“Your absence has gone through me like thread through a needle.
 Everything I do is stitched with its color.”**

~ W.S. Merwin

Message from the Sharing Parents President

2013 Sharing Parents Volunteers

President

Rebecca Erickson

Vice President

Stacey Hisey

Secretary

Jennifer Stiltz

Treasurer

Ken Hisey

Past President

Deanna Lockhart

Short Term Grief Coordinator

Stacey Hisey

Sub. Pregnancy Coordinators

Lynne Genzel, Neil Genzel,
Molly Lawrence

Pregnancy Interruption Coordinator

Erin Greenough

Listening Line Coordinator

Lynne Genzel

Listening Line Volunteers

Molly Lawrence

Oct. Memorial Coordinator

Ellen Litle

Community Outreach

OPEN

Event/Fundraiser Coordinator

OPEN

Librarian

OPEN

Newsletter Editor

OPEN

Newsletter Assistant

OPEN

Webmaster

Ken Hisey

General Volunteers:

Shannon Anderson, Sharon Cox,
Molly Lawrence, Kristin Lunardi,
Laura McHugh, Ryan Stiltz,
Tzeli Triantafillou

Sharing Parents has three super exciting events coming up this spring. Our Annual Sharing Parents Bunko Tournament will be held Thursday, March 7 from 7-9pm. The March of Dimes Walk will be the morning of Saturday, April 27th. In addition to these annual events, Sharing Parents will have a guest speaker at our April General Meeting. On April 14th from 7-9pm, Art Therapist Lisa Mitchell will be discussing the power of art and leading participants through an art therapy exercise at our April General Meeting.

In February, with Valentine's Day around the corner and Spring being anticipated, I am even more drawn than usual to symbolizing my stillborn daughter through the heart shape and lavender color.

When I speak of my stillborn daughter, I have a habit of putting my hands together on my heart as if I am cradling a tiny baby there. An emotional part of me believes I can actually feel a part of Emma deep inside my heart. My rational side was pleased when reading scientific proof of her physical existence inside me. In *Our Cells, Other Cells*, Jena Pincott reveals that cells can migrate across the placenta in both directions: not only from mother to baby BUT from baby to mother. My rational side likes the scientific explanation that Emma's cells are being pumped by my heart and are circulating through my bloodstream. This scientific proof validates what I have already come to know true: that Emma is with me and I am with her. We are inseparable. I know fathers can feel this intense connection regardless of any migrating cells. For me, the heart shape can embody both the physical and emotional parts of my connection to Emma.

I Love You the Purplest by Barbara Joose is a children's book that portrays a mother being asked by her two sons who she loves the best. I recently pulled this book off the bookshelf when my four year old subsequent daughter eagerly wanted to know whether I loved her more than my ten year old son. The mother in the book loves one son the *bluest* and the other the *reddest*. After reading the book, my living children wanted to know what color I loved them. As I was thinking of love and colors, I instantly realized I love their stillborn sister, Emma Margaret, the *lavenderest*. Lavender was the favorite color of my grandmother who shares her name. Lavender is the color of the Linus Project blanket knitted for her. Lavender is the bush right next to the rose we planted in her memory. Lavender is the color of the dining room we painted just in time to receive guests after her memorial service. While I've known for a long time that the heart shape symbolizes Emma for me, it was just recently that I realized how consistently the lavender color seems to embody her spirit. Thinking of my love for Emma through color is a newer way for me to experience Emma.



Emma's lavender Feeling Heart

I am looking forward to learning more about the transformative power of art from Lisa Mitchell and experiencing art therapy. We certainly hope you can join us. We love to know how you visualize or represent your son(s) and/or daughter(s).

Through sharing we can feel closer to those we are missing and also make connections with other parents who have experienced the death of their baby or babies.

Rebecca Erickson
2013 Sharing Parents President

Remembering Our Babies With Love

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

Babies whose month of birth and anniversary of loss were not provided

<i>Baby Adams</i>	<i>Baby Lambert</i>	<i>Baby Silva</i>
<i>Baby Ahdan</i>	<i>Baby Lee</i>	<i>Baby Snow-Schoepflin</i>
<i>Josiah Ridgeway Anderson</i>	<i>Baby Marr</i>	<i>Baby Teck</i>
<i>Baby Bailey</i>	<i>Baby Marrow</i>	<i>Baby Thompson</i>
<i>Baby Bansal</i>	<i>Baby McAnelly</i>	<i>Joshua Shunk Thorne</i>
<i>Baby Benevetis</i>	<i>Baby McCarthy</i>	<i>Baby Tovar</i>
<i>Baby Boyle</i>	<i>Baby McDonald</i>	<i>Baby Vargas</i>
<i>Baby Brophy</i>	<i>Baby McNamara</i>	<i>Angel Villafán-Hermosillo</i>
<i>James Robert Clarke</i>	<i>Baby Millan</i>	<i>Gabriel Villafán-Hermosillo</i>
<i>Babies Collier</i>	<i>Baby Millar</i>	<i>Baby Xiong</i>
<i>Baby Ellis</i>	<i>Baby Millerd-Baker</i>	
<i>Baby Fatur</i>	<i>Baby Moreno</i>	
<i>Baby Garrett</i>	<i>Baby Mosley</i>	
<i>Baby Gastinell</i>	<i>Baby Muldonado</i>	
<i>Baby Gibson</i>	<i>Babies Pambid</i>	
<i>Baby Gutierrez</i>	<i>Baby Pascual</i>	
<i>Baby Hanson</i>	<i>Maya Lauren Penn</i>	
<i>Baby Harmony</i>	<i>Baby Puckett</i>	
<i>Baby Henry</i>	<i>Baby Ramos</i>	
<i>Baby Hernandez</i>	<i>Baby Rasmussen</i>	
<i>Baby Holloway</i>	<i>Baby Ringenberg</i>	
<i>Baby Hom</i>	<i>Baby Boy Scacco</i>	
<i>Baby Hoshovsky</i>	<i>Makenzie Lynn Scacco</i>	
<i>Frances Jackson</i>	<i>Baby Scellato</i>	
<i>Baby Knippen</i>	<i>Baby Sheen</i>	

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

If your baby is on this list, and you would like them included with their birth and anniversary month or months, please email sharingparents@yahoo.com

Remembering Our Babies With Love

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

FEBRUARY

February Anniversaries:

Makena Marie Anderson
Baby Ashton
Meagan Rene Barstone
William Evan Beebe
Baby Berger
Baby Berger
Ryan Austin Martin Bridges
Cameraon Michael-Lee Burdick
Joshua David Cardoza
Tea Elyse Cepeda
Weston Cruz
Colin Devey
Baby Dressen
Baby Espinoza
Baby Feuerstraeter
Baby Fraser
Andrew Gallagher
Claire Gibson
Baby Herkins
Saffi Hernandez-Christensen
Jolie Marie Hurtt
Baby Kawelo
Ericson Kelley
Sean Latham
Kaylee Ann Lindberg
Sophia Mamola
Zachary Orbus
Chancellor Aris Patton
Babies Perez
Baby Pethel
Baby Powell
Isabella Lopez Rye
Niko Shen
Madison Nicole Souza
Emily Diane Stiltz
Sophia Tolin

February Birthdays:

Faith Annalyse Alvarez
Annabelle Olivia Castablo
Claire Gibson
Brennan Jacks
Kaenan Quinn

MARCH

March Anniversaries:

Elizabeth Adame
Amelia Aitchison-Cooksy
Kyle Benjamin Avila
Lisa Jeline Benson
Joy Kathleen Bik
Kellan Alexander Bik
Steven Kent Brown
Gracie Cahill
Ethian Cox
Joshua Michael Davidson
Babies Feuerstraeter
Magdalena Louis Fietze
Avery Graham
Baby Hall
Zoe Kaitlyn Hartzog
Baby Hernandez
Brennan Jacks
William Henry Jones
Madison Kristine Joppa
Baby Kaplan
Baby Keating-Frost
Eli Kuhlman
Matthew Love
Emily Loreen Meyer
Megan Oliva
Dylan Pena
Elijah James Dominique Rankin
Kaili Marie Rubitsky
Ty Scellato
Baby Belle Simmons
Baby Szillinsky
Baby Tam
Kylee Valle
Angel Michelle Vasquez
Tyler Vassion
Aria Wermund
Baby Winings

March Birthdays:

Nick Boysen
Joshua Michael Davidson
Lindsay Rose Denier
Ayiah Cherie Ricelle Harris
Ty Scellato
Sophia Shaw

APRIL

April Anniversaries:

Mia Faith Avery
Kaitlyn Badertscher
Adam Joseph Bik
Hayley Maureen Bik
Robert Tenzin Bloom
Margaret Bressler
Midori Anne Briel
Mark Brittain, Jr.
Baby Chand
Elizabeth Ann Collie
Baby Crawford
Baby Davis
Sarah Helen Delp
Lindsay Rose Denier
Baby Denny
Colin Frederick Foley
Baby Fosco
Babies Fremont
Oliver Martin Gensler
Kaitlyn Nicole Hart
Christopher Imbriano
Hope Kelley-Brennfleck
Rachel Kelley-Brennfleck
Baby Lang-Cannon
Hannah Joann Lawrence
Julianna Isabella Lopez
Baby Lowell
Samuel James McCoy
Baby Ocel
Kaenan Quinn
Daniel Christian Sauseda
Alejandra Sepulveda
Parys Gavin S. Stokes
Evan Vargas
Arbor Warzecha
Richard Warzecha
Reagan Ellis Westrup
Grace Woodman
Rose Zeier

April Birthdays:

Tessa Elizabeth Lockhart Ralston

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

News and Announcements

Sharing Parents Update

Dear Sharing Parents Families,

Please join us in welcoming our two newest Sharing Parent volunteers, Sharon Cox, mommy to Ethan, and Ellen Litle, mommy to Rebecca Lee. We are honored to have Ellen and Sharon join the 2013 Sharing Parents volunteers.

Sharing Parents is run entirely by volunteer parents. Please consider what Sharing Parents means to you and what you can offer Sharing Parents. We want everyone to be able to find a way to give back to Sharing Parents in whatever way they can. If you are interested in volunteering, please email sharingparents@yahoo.com. We have two upcoming events providing opportunities for you to help support Sharing Parents (BUNKO tournament) or connect with Sharing Parents families (March for Babies). Please see the information on pages 5-7 of this newsletter regarding these events.

Thank you always for sharing your precious babies with us,
Sharing Parents Volunteers

A message from our BUNKO tournament coordinator:

How can you help with our upcoming BUNKO tournament? There are many easy ways to contribute to this fundraiser:

1. **Sign up with your family and friends to play!** Please see BUNKO flier for details.
2. **Consider donating a raffle or game prize.** We need any type of donation! If you can help solicit a business or would like to make a donation in memory of your baby, please contact us and we will be happy to pick up your donation prize item.
3. **Eat at Woody's on Thursday, March 7th.** Whether you are playing in the tournament or not, consider taking your family or friends to eat at Woody's and make sure you tell them you are supporting Sharing Parents.

Celebrating a Safe Arrival!

Please welcome the safe arrival of

Adrian Joseph McBroom

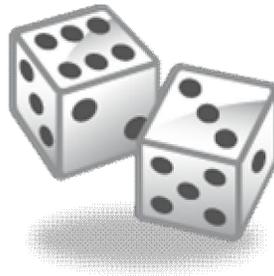
Brian and Dalila McBroom welcomed their son, Adrian Joseph, on October 23, 2012. He weighed in at 8.0 lbs. and 21.1 inches long. Adrian joins his siblings, Anthony, Marissa, and Jacob, and is the baby brother of angel, *Joslyn Isabel*.

News and Announcements

Annual Sharing Parents Bunko Tournament

BUNKO TOURNAMNENT

Benefiting
Sharing Parents of Sacramento



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

Located at Woodyø Bar & Grill
6502 Lonetree Blvd
Rocklin, CA 95765

Woodyø is donating the room for the tournament, so please support them by having dinner, appetizers or drinks there, and be sure to mention that you are with Sharing Parents.

Cost: \$20.00

Includes: Bunko buy-in, 1 ticket for raffle, 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 number & 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

News and Announcements

Sharing Parents March for Babies Team

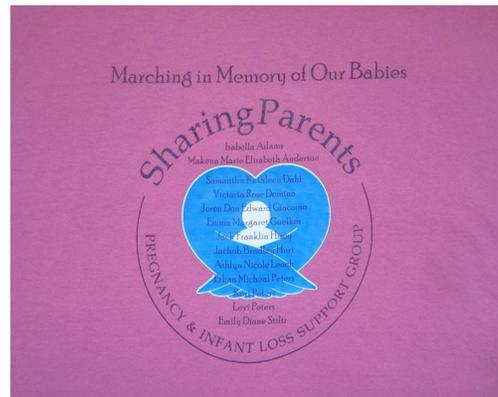
Join Team Sharing Parents at the annual
March of Dimes March for Babies
April 27, 2013
9:00 am
State Capitol

Message from our Team Sharing Parents Coordinator:

The March of Dimes March for Babies is coming up soon. My name is Shannon Anderson and I am the March of Dimes March for Babies coordinator for this year. Please join us as we walk in memory of our precious babies. It is on Saturday April 27th 2013 at the State Capitol located at 1301 10th St. Sacramento, CA 95816. We will meet on the steps of the Capital facing L St. starting at 7:30am. The walk starts promptly at 9am. I'd like to hand out the T-shirts to those of you ordering them and get a group photo done by 8:30am at the latest.

If you haven't joined us for the walk before, you have the choice of ordering our group shirt or coming as you are. The T-shirts will all be the same color and have your baby/ies name on the back. Every family ordering a shirt will have their child/children's name on the T-shirt. Wearing the group shirt is special to me because I can always spot one of our group members if we get separated in the large crowd and because my family and I have something special from that day with my daughter's name on it. T-shirts this year will run \$10 each. If you're interested in ordering, I need to know how many you're ordering, what sizes, how you will be paying & the spelling of your child's/children's name. You may pay by PayPal or by check. Please send your check to Sharing Parents P.O. Box and in the memo line write MOD. If paying by PayPal in the notes area, write MOD+. To assist me in making sure I get your order in on time and have the spelling right on all names please get your orders in to me by no LATER than April 1, 2013 by 5pm. You can contact me directly by email at hotmomma2@comcast.net.

Thanks and I hope to see you all Saturday, April 27, 2013 with your walking shoes on!



Team Sharing Parents t-shirt from the 2012 March for Babies with baby names

Community Resources

It is our goal to begin a new section in the Sharing Parents newsletter which highlights one community resource each newsletter. If you would like to recommend or write up a description of a community resource that has been helpful in your grief journey, please email sharingparents@yahoo.com and put "Community Resource" in the subject line. Thank you!

Art Therapist Lisa Mitchell and the Transformative Power of Art



Sharing Parents is very excited to have Art Therapist Lisa Mitchell as our General Meeting Guest Speaker this April 14 from 7-9pm at the Mercy Women's Center. Lisa will be discussing the transformative power of art and leading participants in an art therapy exercise.

Lisa Mitchell is a licensed MFT and registered Art Therapist. She has over 20 years of experience working with a wide variety of people and problems and has always been excited by the transformative power of art. Mitchell graduated from California State University Sacramento with a M.S. in Counseling and Art Therapy in 1994. Nine years later, she opened The Art Therapy Studio in order to make art therapy available to a larger group of people than she was currently helping. The Art Therapy Studio is located in Fair Oaks, CA. Mitchell describes The Art Therapy Studio as a therapeutic studio environment that is infused with the invitation to create and express where she can nurture and coach each client to find his/her own expressive voice in the materials.

Mitchell not only helps individuals but offers CEUs for therapists wanting to learn or improve their skills using art therapy. Mitchell explains, "I bring my passion for creativity as a vital part of living and healing to all of the experiences I offer at The Art Therapy Studio."

Art therapy can be an extremely helpful way to deal with a wide range of issues. You do not need any artistic experience or talent to participate in art therapy. In a typical therapy session, there would be a brief discussion of the issue or problem being worked on, and then the participant would be invited to engage in a specially designed art activity. The art activity allows the person to remain a safe distance from a deeply painful experience while still allowing them to process the experience. Afterwards the participant is invited to verbally discuss their art experience and art work. In discussing their creation, the participant can gain insight and explore unconscious or nonverbal content revealed in the art.

The idea is that the primitive parts of our brains simply react to traumatic experiences and store them as non verbal images. If an image of an event continues to disturb a person, Lisa Mitchell offers art therapy as a creative, hands-on approach to help change a person's perspective of an event. Art therapy can allow the images to be expressed artistically and then described through words. With this new way of seeing an experience, individuals can create a whole new experience and image in the brain. The brain then has multiple images to choose from for viewing a tragedy. The original image is still there, but it doesn't have to replay and feel like the event is happening all over again in current time. Lisa Mitchell says, "When you change your way of seeing, your perspective can allow a new experience. And, forever in your brain you will have choices about how you view the awfulness."

More information on Lisa Mitchell and the transformative power of art can be found on her website at www.thearttherapystudio.com. Lisa can be contacted at (916) 276-0455 or trustart@sbcglobal.net. The Art Studio is located at 7985 Park Drive Fair Oaks, CA 95628.

Community Resources

Divorce Rate Among Bereaved

by Sandy Fox

There is much controversy about the divorce rate following the death of a child. Some say that a great majority of couples divorce as their marriage falls apart after the death of their child. Others say it makes their relationship stronger. Still others say it was completely different problems that caused the divorce. What is the answer?

Like many myths, the high divorce rate one has snowballed way out of proportion. Harriet Schiff in 1977 (*The Bereaved Parent*) said that as high as 90 percent of all bereaved couples are in serious marital difficulty within months after the death of their child. She does not cite her source for this, and no one ever questioned her about it. So it became fact. Grief experts challenged the myth. By 1998 they said there was no evidence of higher divorce rates among bereaved parents.

Then in 2006 The Compassionate Friends commissioned a survey and one of the questions dealt with divorce. It was found that only 16 percent of the parents divorce after the death of a child and only 4 percent said it was because of the death—that there were problems in the marriage way before the child died.

This is not to say that there are not problems when a child dies. One of the biggest is that husbands and wives grieve differently. One may want to attend a support group, the other doesn't. One couple in my book had a tough time with that but found that as long as they talked about their child together and kept the lines of communication open, that commonality saved their marriage and they both grew from it.

How a child dies can cause friction in a marriage. If parents start blaming each other for the child's death, whether it is from anger or just misplaced blame, that can lead to marital stress and in turn, divorce. Couples have to make a commitment to want to stay together.

There is no doubt the strain placed on the marriage as a result of a death is high. Against all odds, many couples have found that their marriage grew stronger after the death of their child. They learned new coping techniques and they had a great desire to move on with their lives while never, never forgetting their child.

I, personally, have learned through my tragedy important lessons that many other singles or couples learn. My compassion for others is much deeper now, and I have a genuine desire to help others; hence, my work with bereavement conferences, speaking to groups and writing my book and blog. As tragic as the death of a child may be, we can all grow and learn more about ourselves and life in general.

Seeking professional help after the death of a child is a good way to learn to understand where you are and what you want to do with the rest of your life. Do not think that your relationship is doomed to failure because of the death and that you will just become a statistic. This is a long and arduous journey but one worth taking in order to save your marriage and have a good relationship with each other.

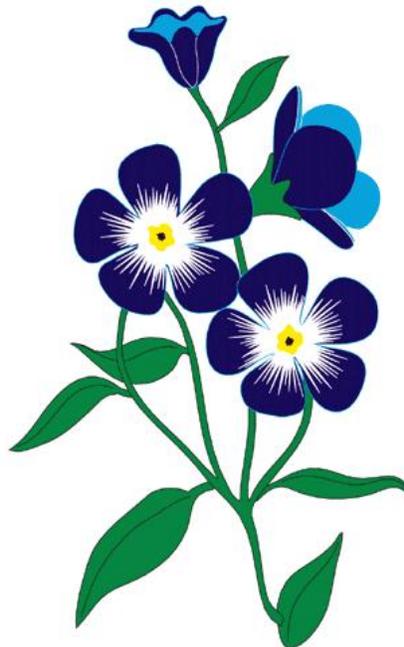
Posted on August 4, 2009 by Sandy Fox on the blog *Open to Hope, finding hope after loss*, www.opentohope.com

Parent Submissions

Grieve not Mary Frye

Submitted by Ellen Little in loving memory of Rebecca Lee Hussey

Do not stand at my grave and weep;
I am not there, I do not sleep.
I am a thousand winds that blow.
I am the softly falling snow.
I am the gentle showers of rain.
I am the fields of ripening grain.
I am the morning hush.
I am the graceful rush
of beautiful birds in circling flight.
I am the star shine of the night.
I am the flowers that bloom.
I am in a quiet room.
I am the birds that sing.
I am in each lovely thing.
Do not stand at my grave and cry;
I am not there. I did not die.



Parent Submissions

Rudy and Mildred Dela Vega donated the book titled *Invisible Earthquake: A Woman's Journal Through Stillbirth* by Malika Ndlovu to the Sharing Parents Library in honor of their son, Elijah Romell Dela Vega.

Mildred wanted to share the following poem from this book that touched her while she is navigating through her grief.

16th February 16h15

Grief pulls your strings
After letting you loose long enough
So you will feel the weight of another fall

Grief calls you inside, locks you up
Takes you back
To childish threats and tantrums
None of which make any difference
To what happened, what can never be replaced

Grief knows your secret weaknesses
Your hiding places
Can turn the most ordinary places
Into alien landscapes

Grief changes your walk, your talk
Brings you unexpectedly to your knees
Grief ignores all your pleas

Grief makes you want to hurt yourself
Want to hold yourself back
When time pushes you forward

Grief tries to convince you
That nothing and no one can take its place
Grief pretends to disappear
Then jumps up in your face

Grief teaches you patience
Gives you no choice
Takes away your voice

Grief destroys all you have built
If you let it,
If you forget to give in

Grief is a cleansing fire; embrace it
Surrender to its demands
Grief knows the way

Within grief's cave
Under the spell of its darkness
The real healing work begins



Parent Submissions

Why My Husband and I Volunteer for Sharing Parents

The number one answer to that is our daughter, Millie, as well as the first baby that we lost. Beyond that we do it to be a beacon of hope for other parents who have had a loss. Those are the two primary reasons that we volunteer. There are others though, but first a little bit of the story, but just a bit. The whole story will be another time perhaps. It has been over 4 years since Millie passed, and I still only let myself think about the time right after the loss in small snapshots. I can't allow myself more than a bit at a time because when I really think about it and feel the feelings that I felt right after the loss, it is like a punch in the stomach that takes my breath away.

My husband and I started trying to get pregnant when I was 37. Nothing happened after a couple years of trying, and then I went for fertility shots for two months in a row. We didn't conceive. However, a couple months later, we were overjoyed when we discovered that we were pregnant. Sadly, we miscarried our first baby at 7 weeks; I feel the baby was a little boy. Since I guessed correctly on my other 2 pregnancies that would come, I figure that I am probably right. As anyone who has ever miscarried very early knows, that is one of the heartbreaks: not knowing if the baby was a boy or girl. After we lost our first baby, we got pregnant the following month with our Daughter, and we were devastated when our beautiful little girl, Millie, was stillborn at 35 weeks on May 24, 2008. She had a hole in her heart. It would be impossible for us to explain the magnitude of such a loss, so we won't try. We will only say that there are no words to explain how much we love and miss our little girl. She gave us many gifts, though, and we believe that she watches over us. This brings us to another reason that we volunteer for Sharing Parents. We are around other parents who understand the magnitude of the loss of a child, so it is time spent completely free of the struggle to make someone understand.

With our history, we were scared and lost, and we didn't know if we would ever realize the miracle of having a baby who would live. We tried to get pregnant, and we were unsuccessful for almost a year, so we decided that we should probably try the fertility shots again. There was a specific Doctor at the Clinic who we wanted to see, as he had been very helpful and had given us hope. He was out of town, so we decided to wait for his return. The Clinic mentioned that while we were waiting that we might want to consider acupuncture, as it had been very helpful to others. We did so.

We are thrilled and happy (again beyond what words can describe) that we now have a Son, Colin, who is 2 ½ years old, and he is "happy and healthy, living long and prospering, SUPERBABY!" That was our mantra that we came up with to encourage us when we tried to get pregnant again. More on that later...

When I started getting the acupuncture, I learned that I could by many different factors improve the quality of my eggs, increase my chances of getting pregnant, and increase my chances of staying pregnant. I went to three months of acupuncture, slipped in one round of shots at the fertility clinic, and got pregnant after about 5 months total of acupuncture. When we got the "number" to tell how strong the pregnancy was, it was said that ...well, with that kind of a number, you either have twins or a super strong pregnancy. After that, we started calling our baby Superbaby, and he is a super baby. He is so happy, healthy, and full of life. When we look at him, the love that we have for him takes our breath away. He is perfect; we think that maybe his Sister had a hand in picking him out for us. We are so, so blessed with this amazing gift, and honored to be his parents. I gave birth to him when I was 42.

So, you may be asking yourself, why 3 paragraphs on our subsequent pregnancy journey in an article about why we volunteer...well, that is some of the hope part. With our history we had every reason to believe that we would not get to realize the joy of a save arrival, so we want to stand as an example of a couple "achieving the impossible." At least that is what it felt like anyway. Moreover, though, regarding the hope part, we want to say that before Colin was even born, we were finding ways to be happy again, despite missing our little girl with every breath. Then when we became pregnant with Colin, we were excited and happy ¾ of the time and terrified about ¼ of the time. Even though we didn't know if he would arrive safely, we had a wonderful, joyous pregnancy. For us the pain of our loss won't ever go away and sometimes it wells up just like it were minutes ago, yet we have so much joy and love in our lives. We want people to know that there is happiness after a loss, so here we stand, volunteers with Sharing Parents.

We have had so many beautiful people help us on our journey...many of them volunteers with Sharing Parents, and we will be eternally grateful to them for helping us to find a way to navigate our grief. Even now that we are volunteers, they still help us. In addition, those of you who tell us your stories, well, you help us too. You help us to stay focused on what is important. Thank you to everyone, volunteer or not, for sharing your darling babies with us. It is an honor.

And, speaking of an honor: we volunteer with Sharing Parents as an honor to our beautiful little girl, Millie, who has given us so many gifts. Some of those being that peace, love, and kindness are always the answer and don't sweat the small stuff. We are so grateful for Millie, and we would have her all over again, even if the outcome was the same. Millie, Mommy and Daddy love you so much and miss you with every breath.

All the Best,

Lynne & Neil Genzel
January 14, 2013

Parent Submissions

Submitted by Shannon Anderson in memory of Makena Marie Elizabeth

A quote I'm borrowing from a friend. "You never know how strong you are until being strong is the only choice you have!!" I think this is perfect for so many hard things that we will have to face in our lives. Losing my only daughter has been by far one of the hardest things I've had to live through in my life, thus far.

i carry your heart with me

By e.e. Cummings

i carry your heart with me(i carry it in
my heart)i am never without it(anywhere
i go you go, my dear;and whatever is done
by only me is your doing,my darling)



Feeling Hearts handmade by Pat Schwiebert

For some, writing about their grief can be therapeutic. Please consider sharing your experiences with others in the newsletter. Please send newsletter contributions to sharingparents@yahoo.com with "newsletter contribution" in the subject line. The deadline for submissions for the next newsletter is April 15th.

Librarian's Corner

Book Reviews

Book Review

by Deanna Lockhart

Creating A New Normal...After the Death of a Child, A guide to coping and informational skills for bereaved parents, family members, friends, therapists and grief related organizations (2010); is the title of the grief book written by Sandy Fox. In this 285 page book the author provides over a hundred essays on grief related topics varying from Celebrating a Loved One's Life Through Art to Getting Through the Holidays. Many of the essays come from the author's blog, www.survivinggrief.blogspot.com.

Sandy Fox comes to the topic of grief and bereavement as a personal journey of loss. Her daughter Marcy was killed at 27 years old in car crash. Though many of the essays are personal thoughts and experiences of the author she also includes stories from other parents and professionals.

Though the book does not specifically mention or address perinatal loss, many may still find some of the essays helpful and enlightening due to their universality to all bereaved parents.

If you have read a book that you've found helpful on your grief journey, please consider submitting a book review. Please send book reviews to sharingparents@yahoo.com with "book review" in the subject line. The deadline for submissions for the next newsletter is April 15th.

New Additions to the Sharing Parents' Lending Library

Invisible Earthquake: A Woman's Journal Through Stillbirth (2012) by Malika Ndlovu

Donated to the lending library in loving memory of Elijah Romell Dela Vega by Rudy and Mildred Dela Vega.

Losing a Baby (2006) by Sarah Ewing

Donated to the lending library in loving memory of Nicholas Lunardi by Kristin Lunardi and family.

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 **April 15, 2013**.

In loving memory of our beloved

Virginia Skye Groff

*You will always be loved and will
never be forgotten. ♥*

*Joe, Michelle and Emily Rockafellow,
Petie and Rocky Rockafellow,
Dave and Rachel Rockafellow,
Chris Harrington and Kaelyn Rayson,
Suzy Rockafellow,
Steve and Becky Bennett and family,
Diane and Lynn Coffman*

A love gift was made in honor of

Rebecca Lee Hussey

*who is forever a part of our family.
We love you!*

The Hussey Family

In loving memory of

Emma Margaret Guelker

We love you the lavenderest.

Mom, Dad, Thomas and Lucia



In loving memory of

Everett Leimbach Seckington

Daddy and Mommy

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A love gift was donated by

Roy Salgado

In loving memory of

Emily Diane Stiltz

We love and miss you!

Grandma and Grandpa

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:

Message:

Donor Name:

Address: