

**February 2015**

**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**

Sutter Roseville Medical Center  
 1 Medical Plaza Dr.  
 Roseville 95661  
 Medical Bldg. 1, 2nd floor

**Our Mailing Address  
 & Phone Number**

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

**Upcoming Grief Support Meetings**

**February 8:** *Honoring Each Other's Grief Journey: Grieving as a Couple*  
 (Father's break-out group)

**March 8:** *Every Grief Journey is Unique: "Tear Soup": Finding Your Recipe*

**April 12:** *When Words Aren't Enough: Exploring Grief Through Art*

**Milestones Meetings**

April 26, July 26, October 25

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"What moves through us is a silence, a quiet sadness, a longing for one more day, one more word, one more touch, we may not understand why you left this earth so soon, or why you left before we were ready to say good-bye, but little by little, we begin to remember not just that you died, but that you lived. And that your life gave us... memories too beautiful to forget."

~Author Unknown~

## Message from the Sharing Parents President

### 2015 Sharing Parents Volunteers

**President**

Jennifer Stiltz

**Past President**

Rebecca Erickson

**Vice President**

OPEN

**Secretary**

Erin Greenough

**Treasurer**

Rebecca Erickson

**Volunteer Coordinator**

Sharon Cox

**Short Term Grief****Coordinator**

Rebecca Erickson

**Milestones Mtgs. Coordinator**

Lynne Genzel

**Pregnancy Interruption Coordinator**

Erin Greenough

**Listening Line Coordinator**

Dionné Martinez

**Listening Line Volunteers**

Sharon Cox, Lynne Genzel,  
Molly Lawrence

**Oct. Memorial Coordinator**

Kurt Seckington

**Community Outreach**

Dionné Martinez

**Bunco Coordinator**

Lisa Herrington

**March for Babies Coordinator**

Trina Giacomo

**Librarian**

OPEN

**Newsletter Editor**

OPEN

**Newsletter Assistant**

Amy Andrew

**Webmaster**

JB Cox

**Facebook Monitor**

Dionné Martinez

**Fundraiser Coordinator**

Amy Andrew

**General Volunteers:**

Shannon Anderson, Tom Andrew,  
Audrey Cataldo, Neil Genzel, Aaron  
Gregory, Dorinda Gregory, Deanna  
Lockhart, and Ryan Stiltz

Dear Sharing Parents Families,

*A new year has begun and that can bring mixed emotions. If you have left the year of your loss, there may be relief for putting a most challenging time behind you, but there may also be some worry that leaving the year of your loss pulls you further from your baby, or starts to fade memories. Rest assured the love we have for our babies gone too soon is never diminished. And while the rawness of grief can ease with time and mourning, there will still be hard days, even years after your loss. With that in mind, Sharing Parents is offering Milestones Meetings this year. These meetings are to help support parents through hard times or milestones, regardless of how long ago a loss occurred. Please see page 6 for more information about these meetings.*

*Also in this newsletter, you will find information about the upcoming March of Dimes March for Babies. If you would like to walk with Team Sharing Parents in memory of our babies, please look for more information on page 7.*

*As an organization run entirely by volunteers, we thank our new and continuing volunteers for their dedication to supporting bereaved parents in 2015. I would like to take this time to recognize our new volunteers, Audrey Cataldo, mommy to Thomas Cataldo and Lisa Herrington, mommy to Brady Randolph Herrington. Thank you both for volunteering to support bereaved parents in memory of your precious sons.*

Jennifer

# 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**

*Baby Adams*  
*Baby Ahdan*  
*Josiah Ridgeway Anderson*  
*Baby Bailey*  
*Baby Bansal*  
*Baby Benevetis*  
*Baby Boyle*  
*Baby Brophy*  
*James Robert Clarke*  
*Babies Collier*  
*Babies Diesslin*  
*Baby Ellis*  
*Baby Fatur*  
*Baby Garrett*  
*Baby Gustinell*  
*Baby Gibson*  
*Baby Gutierrez*  
*Baby Hanson*  
*Baby Harmony*  
*Baby Henry*  
*Baby Hernandez*  
*Baby Holloway*  
*Baby Hom*  
*Baby Hoshovsky*  
*Frances Jackson*  
*Baby Knippen*  
*Baby Lambert*

*Baby Lee*  
*Baby Marr*  
*Baby Marrow*  
*Baby McAnelly*  
*Baby McCarthy*  
*Baby McDonald*  
*Baby McNamara*  
*Baby Millan*  
*Baby Millar*  
*Baby Millerd-Baker*  
*Baby Moreno*  
*Baby Mosley*  
*Baby Muldonado*  
*Babies Pambid*  
*Baby Pascual*  
*Maya Lauren Penn*  
*Baby Puckett*  
*Baby Ramos*  
*Baby Rasmussen*  
*Baby Ringenberg*  
*Baby Boy Scacco*  
*MaKenzie Lynn Scacco*  
*Baby Scellato*  
*Baby Sheen*  
*Baby Silva*  
*Baby Snow-Schoepflin*  
*Baby Teck*

*Baby Thompson*  
*Joshua Shunk Thorne*  
*Baby Tovar*  
*Baby Vargas*  
*Angel Villafán-Hermosillo*  
*Gabriel Villafán-Hermosillo*  
*Baby Xiong*



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](mailto:sharingparents@yahoo.com)

# Remembering Our Babies With Love

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

## February Anniversaries:

*Makena Marie Elizabeth Anderson*  
*Baby Ashton*  
*Meagan Rene Barstone*  
*William Evan Beebe*  
*Baby Berger*  
*Baby Berger*  
*Ryan Austin Martin Bridges*  
*John Browne*  
*Cameraon Michael-Lee Burdick*  
*James Stephens Cacciatore*  
*Joshua David Cardoza*  
*Tea Ellyse Cepeda*  
*DeOnt'e Crawford, Jr.*  
*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*  
*Harbor Reed Leach*  
*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 Anniversaries:

*Elizabeth Adame*  
*Amelia Aitchison-Cooksy*  
*Ruben Amen*  
*Katherine Lynn Andrew*  
*Kyle Benjamin Avila*  
*Lisa Jeline Benson*  
*Joy Kathleen Bik*  
*Kellan Alexander Bik*  
*Steven Kent Brown*  
*Gracie Cahill*  
*Caitlyn Hope Dunn Catanyag*  
*Ethan Maxwell Cox*  
*Joshua Michael Davidson*  
*Babies Feuerstraeter*  
*Magdalena Louis Fietze*  
*Avery Graham*  
*Baby Hall*  
*Zoe Kaitlyn Hartzog*  
*Baby Hernandez*  
*Michael Huffstutler*  
*Ezra Igoni White*  
*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*  
*Nathaniel Patrick Wilkens*  
*Baby Winings*

## March Birthdays:

*Ruben Amen*  
*Nick Boysen*  
*Joshua Michael Davidson*  
*Lindsay Rose Denier*  
*Ayah Cherie Ricelle Harris*  
*Ty Scellato*  
*Sophia Shaw*

## April Anniversaries:

*Mia Faith Avery*  
*Kaitlyn Badertscher*  
*Gunner James Bigelow*  
*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*  
*Nora Duke*  
*Colin Frederick Foley*  
*Baby Fosco*  
*Babies Fremont*  
*Oliver Martin Gensler*  
*Ethan Harms*  
*Kaitlyn Nicole Hart*  
*Christopher Imbriano*  
*Hope Kelley-Brennfleck*  
*Rachel Kelley-Brennfleck*  
*Baby Lang-Cannon*  
*Addison Lauder*  
*Hannah Joann Lawrence*  
*Juliana Isabella Lopez*  
*Baby Lowell*  
*Samuel James McCoy*  
*Baby Ocel*  
*Kaenan Quinn*  
*Jaxon Richards*  
*Daniel Christian Sauseda*  
*Alejanda Sepulveda*  
*Parys Gavin Stokes*  
*Baby Angel Turner*  
*Evan Vargas*  
*Dominic Josiah Vazquez*  
*Arbor Warzecha*  
*Richard Warzecha*  
*Reagan Ellis Westrup*  
*Grace Woodman*  
*Rose Zeier*

## April Birthdays:

*Tessa Elizabeth Lockhart Ralston*

Baby names are entered through the sign-in sheet at all Sharing Parents meetings. If your baby is not on this list, and you would like them included with their birth and anniversary month or months, please email [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com)

# News and Announcements

*To our new Sharing Parents families of these babies,  
our deepest sympathies for your loss*

*Diesslin babies  
Ezekiel Fertuna  
Zoey Grace Flagg  
Blaine Husmann  
Baby Ranchod  
Autumn Fall Underwood  
Luke Whitten*

no one else will ever know  
the *strength* of my love  
for you. after all,  
you're the *only one*  
who knows what  
*my heart* sounds like  
from the *inside*.



# News and Announcements

## Sharing Parents Update

### New Milestones Meetings

In an effort to better serve the needs of parents, Sharing Parents has begun offering a new meeting, a quarterly *Milestones Meeting*. These meetings will be open to all parents, and also welcomes expectant mothers. The discussions will be based on the needs of the parents attending. Discussions can include any type of milestone, such as, but not limited to:

- considering a subsequent pregnancy,
- experiencing a subsequent pregnancy,
- approaching an anniversary or birthday
- approaching a holiday
- facing the beginning of a school year when your baby would have been entering pre-school, kindergarten, middle school, high school, graduating, or any age in between.

The Milestones Meetings will take the place of the monthly Subsequent Pregnancy Meeting. By making the meetings more inclusive, we hope the needs of parents at all stages of their grief journey will be met. For this first year, the Milestones Meetings will be held on the 4th Sunday of the 1st month of each quarter. The upcoming dates are:

- ★ April 26, 2015
- ★ July 26, 2015
- ★ October 25, 2015

Meetings will be held at Sutter Roseville Medical Center, 1 Medical Plaza Dr., Roseville. Meetings are held in Building 1, on the 2nd floor from 7-9pm.

For those wishing to celebrate their safe arrivals with us, we still invite you to bring your safe arrival to a meeting during the introductions portion of the meeting.



Image credit: universal blueprint  
<http://universal-blueprint.tumblr.com/>

# News and Announcements

## 2015 March of Dimes March for Babies

My name is Trina Giacomo and I am again this years March of Dimes march for babies walk coordinator. I enjoyed it so much last year I decided to do it again. It won't be to long until this wonderful event is here again. Please come join us as we walk in loving memory of our beautiful precious babies. It will be held this year on April 25, 2015 at the State Capitol located at 1301 10<sup>th</sup> St., Sacramento CA 95816. We will meet on the steps of the Capital facing L Street starting at 7:30am. The walk starts promptly at 9am and will end at the same place with a lunch on the Capitol lawn. I will be handing out the T-shirts to those of you who ordered them and get a group photo done by 8:30am at the latest.

If this is the first time you are joining us you can either purchase our group shirt or come as you are. The T-shirts are all the same and will have your baby or babies' name(s) listed on the back. Every family who orders a T-shirt will have their child/children's names on the back. I personally like wearing the T-shirt in honor of my son because I can easily find other parents from the Sharing Parents team in the large crowd. It also gives my family something special to wear throughout the year in loving memory of our son/brother with his name on it.

The T-shirts this year will run \$12.00 each. They come in adult sizes as well as sizes for children. If you are interested in ordering, I need to know what sizes you need, how many, and how you will be paying. I also need to know the spelling of your child's/children's name(s). You can pay by PayPal or by check. Please send your check to Sharing Parents at PO Box 19538, Sacramento, CA 95819 and write "MOD" in the memo line. If paying by PayPal, please write "MOD" in the notes area.

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 Saturday, March 28, 2015 by 5pm.** You can contact me directly by e-mail at [trinagiacomohotmail.com](mailto:trinagiacomohotmail.com). Thank you and I look forward to seeing you all on Saturday April 25, 2015 as we march for our precious babies.



2014 March for Babies

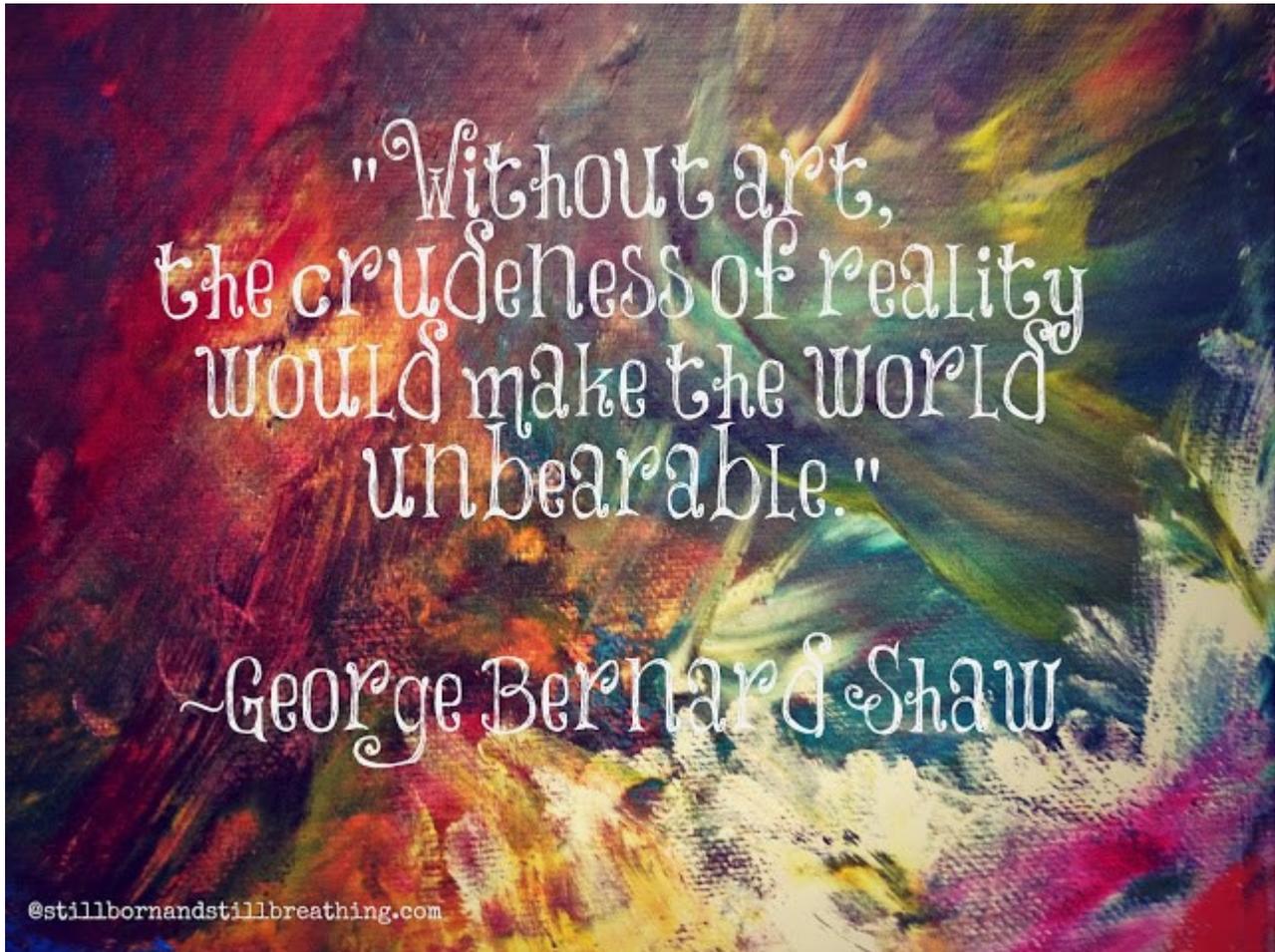
# Articles and Poems

## *Creative Expression: Healing Through the Arts*

Excerpt from: <http://www.stillbornandstillbreathing.com/2013/10/october-grief-project-creative.html>

by Lindsey Henke, blog: *Still Breathing... Living the Healing Life After Grief and Loss*

[www.stillbornandstillbreathing.com](http://www.stillbornandstillbreathing.com)



Oscar Wilde once said, "It is through art and through art only that we can realize our perfection; through art and art only that we can shield ourselves from the sordid perils of actual existence." I would go one step further and say that not only does art protect us from the jeopardies of the world, it teaches us, strengthens us, and allows us to participate in all the wonderful and excruciating emotions of our actual existence. We have seen this throughout civilization; artwork of all kinds, paintings, sculptures, poems, plays, etc., through the generations, depicting our deepest depths of grief.

Why art for grief one might ask? To some it seems natural and the answer would be 'why not' to others it may seem out of their comfort zone. But there is something transcendent about art, something in the process of making it, looking at it, dreaming it into life, that is truly powerful. Art helps us access the experiences that lie beneath grief, it touches and grabs hold of the unspoken emotions that words often can't find. If you participate in an art activity to process your grief, you might find that through the paint brush, the pen, or the photo lens, you will come across a sense of healing that your tongue just can't express.

*Continued on next page*

# Articles and Poems

## *Creative Expression: Healing Through the Arts*

Excerpt from: <http://www.stillbornandstillbreathing.com/2013/10/october-grief-project-creative.html>

by Lindsey Henke, blog: *Still Breathing... Living the Healing Life After Grief and Loss*

[www.stillbornandstillbreathing.com](http://www.stillbornandstillbreathing.com)

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In in the field of psychotherapy, art therapy is a valid and relied upon method of exploring ones grief. "Creative expression often bypasses intellect to allow a greater range of emotions than talk therapy alone can evoke." states Sandra L. Bertma, in her review of *The Art of Grief: The Use of Expressive Arts in Grief Support Groups*. Recent neuroscience supports this claim as cognitive neuroscience has shown that while trauma is still fresh, the language center of the brain becomes suppressed, inhibiting our ability to recall memories. Nancy Gershman, in her article in *Techniques of Grief Therapy* states that "the preferred mood of communication for the emotional brain is the language of sensory images, metaphors, and symbols." This is where art comes in as a form of accessing the emotional brain for healing through its language of images instead of spoken words.

### **Resources**

Reconceiving Loss [www.reconceivingloss.com](http://www.reconceivingloss.com) provides a place to use creativity to explore grief after pregnancy loss through writing, photography, and yoga exercises.

Illuminate [www.berylaynyoung.com/illuminate](http://www.berylaynyoung.com/illuminate) is a beautiful FREE photography course offered by Beryl Young, fellow loss mom. She started this course after finding photography as an important step in her healing journey and then wanted to share her knowledge with others.

Art4Healing [www.art4healing.org](http://www.art4healing.org) is an organization that offers web courses for those interested in using art to heal their emotional pain. I did not find courses centered around grief and loss, but there are some wonderful course that would still address the topic.

Made [www.madecourse.wordpress.com](http://www.madecourse.wordpress.com) is a course offered by Beth Morey, fellow loss mom. Her course would fit those who are of Christian faith looking to explore their new self after loss through creativity. The course's main focus is on exploring God-centered creativity, but there are many healing components.

Sharing Parents' Monthly Grief Support Meeting on April 12th will be on the topic of healing through art. Please join us to explore grief through art.  
No experience or artistic ability is needed.

## Mustering the Courage to Mourn

by Alan D. Wolfelt, Ph.D.  
Center for Loss and Life Transition  
www.Griefwords.com

*“Whatever you do, you need courage.”* — Ralph Waldo Emerson

Loss brings uninvited pain into our lives. In opening to the presence of the pain of your loss, in acknowledging the inevitability of the pain, in being willing to gently embrace the pain, you demonstrate the courage to honor the pain.

Honoring means “recognizing the value of” and “respecting.” It is not instinctive to see grief and the need to openly mourn as something to honor, yet the capacity to love requires the necessity to mourn. To honor your grief is not self-destructive or harmful, it is courageous and life-giving.

The word *express* literally means “to press or squeeze out, to make known and reveal.” Self-expression can change you and the way you perceive and experience your world. Transforming your thoughts and feelings into words gives them meaning and shape. Your willingness to honestly affirm your need to mourn will help you survive this difficult time in your life. Your spiritual purpose is not to repress or overindulge your emotions but rather to allow them so fully that they move through you.

The pain of grief will keep trying to get your attention until you unleash your courage to gently, and in small doses, open to its presence. The alternative—denying or suppressing your pain—is in fact more painful. If you do not honor your grief by acknowledging it, it will accumulate and fester. So, you must ask yourself, “How will I host this loss? What do I intend to do with this pain? Will I befriend it, or will I make it my enemy?”

I have learned that the pain that surrounds the closed heart of grief is the pain of living against yourself, the pain of denying how the loss changes you, the pain of feeling alone and isolated—unable to openly mourn, unable to love and be loved by those around you. Instead of dying while you are alive, you can choose to allow yourself to remain open to the pain, which, in large part, honors the love you feel for the person who has died. After all, love and grief are two sides of the same precious coin.

As an ancient Hebrew sage observed, “If you want life, you must expect suffering.” Paradoxically, it is the very act of mustering the courage to move toward the pain that ultimately leads to healing.

### Take Grief’s Hand

Someone you have given love to and received love from has died. You are grieving. You are “bereaved” which literally means you have been “torn apart” and have “special needs.” You are beginning, or are in the midst of, a journey that is painful, often lonely and naturally frightening.

Among your most special needs right now is to have the courage to grieve and mourn in a culture that doesn’t always invite you to feel safe to do so. That said, I have written this article to help you draw forth your courage—the courage that already exists within you—to accept grief and mourning as they come.

There is a difference between grieving and mourning. *Grief* is the constellation of internal thoughts and feelings we have when someone we love dies. *Mourning* is when you take the grief you have on the inside and express it outside yourself. In other words, mourning is grief in action.

I encourage you to take grief’s hand and let it lead you through the darkness and toward the light. You may not see the light at first, but forge ahead with courage, and with the faith that the light of hope and happiness does exist. Feel your pain, sorrow, sadness, disbelief, agony, heartbreak, fear, anxiety, and loneliness as much as you can.

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# Articles and Poems

## Mustering the Courage to Mourn

by Alan D. Wolfelt, Ph.D.

*Continued from previous page*

This may seem odd, as these emotions could well be the ones you most want to avoid. You might fall into the common thinking of our society that denying these feelings will make them go away. You might have the urge to “keep your chin up” and stay busy and wait to “get over” your grief. Yet, ironically, the only way to help these hard feelings pass is to wade in the muck of them. To get in, and get dirty. Grief isn’t clean, tidy, or convenient. Yet feeling it and expressing it is the only way to feel whole, once again. Unresolved grief can leave you feeling “stuck” or empty. Your ability to engage in life could be inhibited and you might feel like you’ve shut down.

Instead, choose grief. And as you walk with your grief, actively mourn. Cry when you need to, call a friend when you feel overwhelmed, join a grief support group, express yourself through writing, music, dance, or sports. By taking action, you will eventually integrate the death of your loved one into your life. In exchange, you will find the hope, courage, and desire to once again live a full and rewarding life.

While walking with grief, remember two important things: 1) Grief and mourning have no timeline. Your grief journey is unique and will take as little or as much time as needed, depending on the unique circumstances of your loss. 2) Taking breaks along the way is needed and necessary. I like to use the word “dosing” when referring to grieving and mourning. Grief is not something you can do all at once. Feeling so many feelings often leads to overwhelm. Instead, take in “doses” of grief and mourn in bits and pieces. Retreat and welcome respite as needed.

Grief may never leave your side, but it will allow you to let go and venture forth on your own more and more as days, weeks, months, and years pass. Tap into your innate courage and accept the hand held out by grief.

### **Befriend Courage**

What is courage? When you think of courage, images of bravery might come to mind—knights on horseback charging the line, firefighters risking their lives to rescue a family from a burning building, or hikers summiting Mount Everest. This is bravery, not courage. Bravery is loud and boisterous. Courage is soft and quiet. Without the steady, quiet resolve and unfailing commitment of courage, bravery would never happen. Courage is what fuels bravery. It is the bridge between fear and action. It is a still, quiet voice encouraging you to go on.

Bravery is daring and doing, courage is friendly and welcoming. Find ways to make friends with courage. To “befriend” literally means making an effort to “become friends.” Imagine what it would be like to have courage as a friend who walks beside you at all times; a friend who never nags, never pushes, but simply places a gentle hand on your back and whispers words of encouragement, helping you take the next step, and the next. With courage by your side, you are able to go on, to walk through your days and do the next right thing.

Cultivate a relationship with courage every day. Each morning, welcome courage. Before you rise, say your favorite quote on courage out loud. Maybe it is the Serenity Prayer, borrowed from Alcoholics Anonymous, and one of my favorites: “God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.” Or maybe there’s another that you especially like. If you want, write down your favorite quotes on courage and put them on your fridge, dashboard, mirror or computer at work. This will help you keep courage close, all day long.

Look for simple ways to give voice to courage throughout the day. Maybe it is simply having the gumption to get out of bed. But maybe it’s the courage to share how you feel about your loss with a coworker or friend, or to walk through the doors of a grief support group. It could simply be making a phone call you’ve been putting off, writing a thank you to someone who helped after the funeral, going to church alone, or finding the backbone to be honest with yourself about something you fear. Healing after a death is hard. It takes courage in all shapes and sizes to mourn fully while living day to day. Congratulate yourself on welcoming courage, regardless of its size or reach.

# Articles and Poems

## I Remember You

The world may never notice  
If a rosebud doesn't bloom:  
Or even pause to wonder if the petals fall too soon.

But every life that ever forms,  
Or ever comes to be  
Touches the World in some small way  
For all eternity.

The little ones we longed for  
Were swiftly here and gone.  
But the love that was then planted  
Is a light that still shines on.

And though our arms are empty,  
Our hearts know what to do  
Every beating of my heart says  
"I Remember You"

Author unknown

**A heart break isn't  
always as loud as  
a bomb exploding.  
Sometimes, it  
could be as quiet as  
a feather falling  
and the most  
painful thing is.  
nobody hears it  
except you.  
Unknown**

**- sayinggoodbye.org**

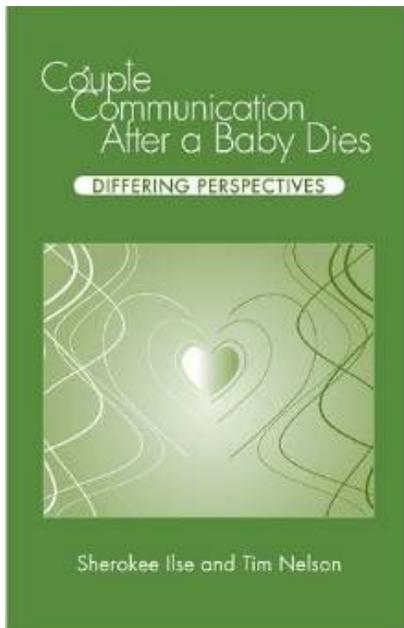
If you find a poem or article that is helpful to you, please consider sharing it with others in our next newsletter. Please send newsletter contributions along with the source and author of the poem or article, to [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com) with "newsletter contribution" in the subject line. The deadline for submissions for the next newsletter is April 15, 2015.

# Librarian's Corner

## Book Highlight

### *Couple Communication After a Baby Dies*

by Sherokee Isle and Tim Nelson



Men and women tend to grieve differently which can put a strain on the relationship. In the book, *Couple Communication*, Sherokee Isle and Tim Nelson help couples understand the importance of communication, both verbal and nonverbal forms, following the loss of their baby.

*"Communication is not only what you say, but how it is perceived by the person listening. Communication is also what you don't say as you interact. Judging each other's words and deeds by using your intuition or making guesses is dangerous. When you are in doubt, don't assume, instead check it out - ask. Make communication a priority, even during difficult times. This could be the key to saving your marriage and strengthening your love for each other."*

Sherokee and Tim share their own personal stories as couples following the loss of their babies and offer their own insights. They also address a number of topical issues such as how past experiences and brain differences effect each individual's grief, guilt, challenges to faith, and other topics which parents may face. At the end of the book, there is a workbook section which asks questions with which parents can practice communicating with each other.

*A copy of this book has been donated to the Sharing Parents library by Dustin and Sara Seberger in memory of Max Seberger.*

# Love Gifts

*In loving memory of*

***Cherish Catherine Amyx  
and  
Liberty Annette Amyx***

*Two special angels who have  
blessed heaven*

*By Jane Farmer*

*A love gift was made in  
loving memory of*

***Max Seberger***  
6/16/2014

*I love you always.*

*By Laura Holmes*

*A love gift was made in  
loving memory of*

***Max Seberger***

*Always remembering our grandson,  
Max. We miss you Max!*

*Love, Grammy and Grandpa  
Seberger*

*In loving memory of*

***Max Seberger***

*A special baby boy we will al-  
ways love and never forget.*

*Daddy and Mommy*

# 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, 2015**.

*A love gift was made in loving memory of*

**Everett Leimbach Seckington**

5/22/2012

*In the name of Grant Seckington*

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.**

(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:**

**Name:**

**Address:**