



May 2014

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 *NEW* 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

May 4th Honoring Yourself on Mother's Day*
June 8th Hopes and Dreams (Father's Day Breakout)
July 13th Expectations of Grief: Friends, Family and Others

Subsequent Pregnancy Meetings

May 25th
June 22nd
July 27th

Inside this issue:

Message from the co-Presidents...2
Remembering our Babies.....3
News and Announcements.....4
Community Resources.....7
Poems and Articles.....9
Librarian's Corner.....11
Love Gifts.....13

There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition and unspeakable love.

Washington Irving

2014 Sharing Parents Volunteers

Co-Presidents

Rebecca Erickson
Jennifer Stiltz

Vice President

Sharon Cox

Secretary

Jennifer Stiltz

Treasurer

Stacey Hisey

Short Term Grief Coordinator

Stacey Hisey

Sub. Pregnancy Coordinator

Molly Lawrence

Pregnancy Interruption Coordinator

Erin Greenough

Listening Line Coordinator

Molly Lawrence

Listening Line Volunteers

Sharon Cox, Lynne Genzel, Di-
onné Martinez

Oct. Memorial Coordinator

Sharon Cox

Community Outreach

Dionné Martinez

Event/Fundraiser Coordinator

OPEN

March for Babies Coordinator

Trina Giacomo

Librarian

OPEN

Newsletter Editor

Rachel Libby

Webmaster

JB Cox

Facebook Moderator

Dionné Martinez

General Volunteers:

Shannon Anderson, Dorinda
Gregory, Julie Leimbach,
Deanna Lockhart, Laura
McHugh, Kurt Seckington, and
Ryan Stiltz

A Message from the Co-Presidents:

May and June bring two holidays that can be extremely difficult for parents who have lost babies. Watching the calendar, seeing these days approach may bring dread or pain. Parents who have lost their only child(ren) may wonder if they are counted as parents. Will the world recognize them for the life they loved, but who is missing from their arms? Parents with older children or subsequent children may struggle to find balance honoring their parenthood to all their children, both missed and living.

May's monthly grief meeting will focus on honoring yourself this Mother's Day - however that looks to you. Perhaps you want to do something to honor yourself, or focus on your parents or in-laws, or perhaps you would rather ignore the day. Whatever is comfortable and right for you, we encourage you to take care of yourself in the best way you see fit.

June's monthly grief meeting will be focusing on our hopes and dreams - hopes and dreams we had for our babies that were cut short due to loss, hopes and dreams for our grief journeys, and hopes and dreams for our futures. There will also be a father's group session to allow the father's to take a few moments to focus on their personal grief.

We recognize all our parents for the love they gave to their babies; you are all worthy of recognition whether you have children in your arms, or only in your hearts. We wish you gentle days for your aching hearts.

Warm Regards,

Rebecca and Jennifer, 2014 co-presidents

Remembering Our Babies With Love

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

May, June and July Birthdays and Anniversaries

May Anniversaries:

Pedro Adame
Faith Annalyse Alvarez
Chloe Grace Anderson
Taylor Reese Bacon
Nathan Leelin Bailey
Caleb Michael Brown
Emelia Buns
Baby Camarena
Grace Marie Canady
Michael Enrique Canales
Madeleine Joy Canimo
Annabelle Olivia Castablo
Baby Chambers
Jack Thomas Clauer
Johnathan Constantine
Baby Crawford
Baby Crawford
Baby Crawford
Benjamin Dirish
Franklin Dirish Jr.
Chek Dong
Samantha Emery
Michael Estada
Baby Gabrielle
Millie Rose Genzel
Timothy W. Gergen, Jr.
Trey Gil
Timothy William Grgen
Ayiah Cherie Ricelle Harris
Brady Herrington
Klayton Javon Hooper
Baby Jensen
Kadance Lyric Kaplan-Samuels
Gavin Kalani Kawelo
Kieran Kojima-Black
Baby Krebs
Baby Lang-Cannon
Bjorn Erik Law
Everett Leimbach Seckington
Grace Lindeman
Paul Lintz
Sarah Lintz
Pedro Jose Lopez
Nicholas Lunardi
Wyatt Andrew Nowicki
Mark O'Brien Jr.
Baby Pethel
Matthew Provost
Reese Rammer

May Anniversaries:

Santia Sargeant
Baby Schmidt
Maria Elizabeth Schubert
Sophia Shaw
Joshua Zane Shunk
Ashley Grace Sisson
Babies Small
Sidney Marie Smith
Baby Smith
Rebecca Grace Spangler
Gavin Thomas Stamm
Baby Tan
Berlyn Tillman
Sophie Tye
Jacob Zaretsky

May Birthdays:

Taylor Reese Bacon
Payton Hadley Bazzocco
Shelby Jean Isola
Charlie Kingston
Kieran Kojima-Black



June Anniversaries:

Brady Ryan Adam
Isabella Adams
Charlotte Bariani
Armaani Brar Birk
Andrew Bond dos Reis
Mateo Marcos Bravo
Maxwell Andrew Brutlag
Crystal Campbell
Matthew Cleaves
Baby Cromeenes
Baby Cruz
Jordan William Davidson
Annabelle Dorothy Day
Hannah Noel Drews
Olivia Fillion
Erin Leigh Fink
Jacob Fink
Baby Fisk
Jasmine Allan Ford
Isac Dailon Goldman

June Anniversaries:

Zackary Herkins
Jack Franklin Hisey
Julian Jackson
Timothy John Kilkelly
Baby Latino
Baby Legrand
Baby Levy
Selma Livadic
Trew Driskell Nichols
Tessa Elizabeth Lockhart Ralston
Baby Lopez
Puter Martinez-Gardner
Baby McCornell
Leo Davies Melbourne
Elijah Loren Meyer
Derrick Morgan
Wyatt Andrew Nowicki
Ethan Michael Peters
Madeline Noelle Rozier-Luna
Sara Lopez Rye
Mia Skye Saetern-Angeles
Justin Michael Sanders
Isaac Anthony Sheff
Baby Shields
Olivia Catherine Smith
Summer Olivia Sprenger
Noah Joshua Sung
Maverick Thompson

June Birthdays:

Annabelle Dorothy Day
Ethan Michael Peters



July Anniversaries:

Maurice Adams-Steptoe
Makena Marie Elizabeth Anderson
Baby Beck
Baby Binns
Kaleb Julius Bracy
Baby BracyJ
acob Tremblay Casale
Leah Grace Clavel
Brian Cleaves
Baby DavisKaleb Reyes Delacruz

July Anniversaries:

Tavares Epps
Michael Farquhar
Peanut Fong
Babies Ford
Isabella Fosco
Spartacus Gone
Emma Margaret Guelker
Helena Grace Gundersen
-Lehman
Christian Higa
Baby Hinson
Hayden Matthew Hope
Hunter Aaron Hope
Sarah Leigh Howitson
Shelby Jean Isola
Terrence Brophy Jett
Charlie Kingston
Audrey Elise Krater
Quincy Leonard
Colton James Long
Valerie June Lozano
Travis Adrian Maheras
Joslyn Isabel McBroom
Leo Davies Melbourne
Baby Peterson
Baby Peanut Riemer
Baby Boy Rouse
Andrew Shaw
Baby Siino
Olivia Arabella Sillion
Livia Darling Somera
Emma Lucille Soucy
Annabelle Elizabeth Soucy
Baby Sperry
Baby Szillinsky
Andrea Grace Teixeira
Joaquin Victor Torrence
Baby Angel Turner
Taylor Javon Lee Wilson

July Birthdays:

Thaddeus Lawrence
Birdtail
Tea Elyse Cepeda
Brian Cleaves
Sarah Helen Delp
John Zander Jones III
Zaia K'lea Marquez

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

News and Announcements

Sharing Parents Update



It's Time for....

BUNKO!!

Mark your calendars! Sharing Parents is having a fundraiser on

Thursday August 21st 2014

from 7:00-9:00

at Chevy's on the River 1369 Garden Highway Sac 95833.

We will be playing Bunko upstairs with a \$20.00 buy in with all proceeds going to Sharing Parents. There will be a raffle as well as prizes for the Bunko game played.

In addition, for all food consumed throughout the day accompanied by a print out of the flyer on the next page, Chevy's will give 15%-20% back to Sharing Parents. A paper print out must be presented to your server in order for Sharing Parents to receive a percentage back (no smart phone or mobile device copies). It cannot be presented from a mobile device. Even if you don't participate in the Bunko game, you can support Sharing Parents by dining the day of our fundraiser anytime throughout the day.

There will be more information later on reserving your spot.
We can take up to 48 players.



News and Announcements

Please print this flyer and bring it to Chevy's August 21, 2014 to raise money for Sharing Parents! Only paper copies are accepted by Chevy's for Sharing Parents to receive 15-20% back.

Show how much you care, eat a fajita.

Please join us at Chevys for a fresh mex fiesta and to lend your support to: Sharing Parents of Sacramento

This could be the easiest sacrifice you ever make. Dine with us at Chevys at the date listed below and you will become our fundraising partner. That is because Chevys will kindly donate 15 % of the proceeds of this fiesta to our cause. Don't miss out on the opportunity to make a difference by enjoying a meal!

Date: 8/21/14 Time: All day
Address: 1369 Garden Highway
Sacramento Ca 95833

Make a difference!

Chevys
FRESH MEX[®]



News and Announcements



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

Savannah Micah Abbott
Olivia Hope Brabec
James Stephens Cacciatore
Baby Davis
Baby Davis
Elliott Davis
Zane Edward Ira
Harbor Reed Leach



*When there are no words..
Know the silences are carrying
the thoughts and prayers
of all who love you.*

-Dawn Dais

Community Resources

It is our goal to highlight 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!

RESOLVE: **Greater Sacramento Infertility Support Network**

The RESOLVE: Greater Sacramento Infertility Support Network consists of a collection of groups providing support to women at all stages of infertility. Each group is led by women who are currently going through their own infertility journey or have recently "resolved" their journey. Our group provides an opportunity for women experiencing infertility to connect and support one another in a safe environment. The group helps decrease the sense of isolation, empowers you with knowledge and validates your emotional response to the life crisis of infertility.

The sub-groups within the Greater Sacramento Infertility Support Network are:

Sacramento General Infertility Support Group
Placer County General Infertility Support Group
Davis General Infertility Support Group (new group)
Couples Infertility Support Group (new group)
Donor Conception Support Group
Adoption Support Group
Child Free, Not by Choice Support Group
Pregnancy after Infertility Support Group
Pregnancy and Parenting after Infertility Support Group

A support group can be very beneficial at certain points of the infertility experience such as facing a difficult decision, embarking on a new parenting options, and dealing with a major loss.

If any of the following statements apply to you, consider joining us:

"I'm feeling lonely and isolated."
"I have very few people to talk with about my infertility. No one understands."
"Everyone I know is pregnant or has children."
"My partner is the only one I have who provides emotional support."
"Infertility is affecting my work and career."
"I feel that my life plan is out of control."
"I'm having trouble navigating through my medical treatment options."
"I can't decide when "enough is enough."
"Holidays and coping with family and friends is becoming more and more difficult"

(Continued on next page)

Community Resources

RESOLVE: **Greater Sacramento Infertility Support Network** (cont...)

Our peer-led group leaders are volunteers. The meetings are casual, vary in number of people and generally last about 2 hours. Attendance is free. Some groups meet twice a month and others once a month on week nights, occasionally we have weekend events. Since our members often host meetings in their homes; dates, times, and location are determined based on their availability.

You can join by contacting Karen Bigham or Cindy Flynn at:
GreaterSacIF@gmail.com
or visiting our website at:
<https://www.bigtent.com/groups/ifsupport>

We are here to support you.
You are not alone.



RESOLVE Walk of Hope

RESOLVE, the National Infertility Association is holding their 2nd annual Walk of Hope on September 20, 2014 at 9:00 AM starting on the west steps of the Capitol in Downtown Sacramento.

This event is a scheduled 1 mile walk around the Capitol to support infertility awareness. Registration is from 9:00-10:00 AM. There will be a fitness instructor doing a light warm up around 9:45. The program and awards will be held from 10:00-10:30. The walk will begin at 10:30. All activities are all sponsored and are free to all participants from 11:00-12:00 PM. Sharing Parents will have a table with a volunteer and resources to give to participants. For more information you can contact Cindy Flynn at norcalwalkofhope@gmail.com.

In addition, Sharing Parents will be forming a team to walk together as a group.
More information to follow.

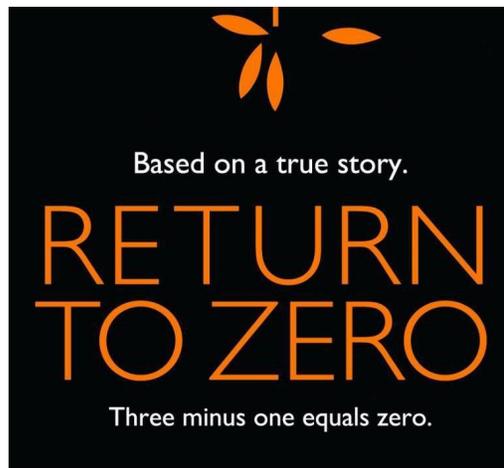
If you have found a helpful resource, please share it with us. Email sharingparents@yahoo.com and put "Newsletter resource" in the subject line. Thank you!

Poems and Articles

Movie Review: Return To Zero

By Rachel Libby

On March 8th, I had the distinct honor of attending the world premiere of the film Return To Zero. Return to Zero is a film, the very first Hollywood film in fact, made with a stillbirth as its main storyline. The film was written and directed by Sean Hanish, who experienced a stillbirth in 2005 when he and his wife lost their first son. This film has been a labor of love since they started the project in 2011 and finally came to fruition with the help of kick-starter and a very supportive babyloss community. The movie stars Minnie Driver and Paul Adelstein as a successful married couple expecting their first son. Weeks before his due date though, they find out that he has died. The film follows them from his delivery on, exploring how this couple and their family process their grief.



I must admit, I was slightly apprehensive about seeing the film. In part, my fear came from having to relive the experience, watching someone go through a trauma so similar to mine. I was afraid it would be too painful, too difficult to sit through. The other part of me feared how they could possibly do this film correctly, how could they capture the experience accurately, how could an actor who had not lived it bring this story to life?

In both respects, I am happy to share, the movie exceeded my expectations. Watching the film did bring up feelings of the days and months immediately following my son Oliver's death. It was obviously sad and emotionally exhausting. But more than that, it gave me a sense of comfort. Like my time at Sharing Parents, it served as a concrete reminder to me that we are not alone. That others have lived through this and survived. And though the actors themselves have not gone through it personally, they were guided by a film maker who



had. As a result, the movie was authentic and real and painfully honest. Without spoiling any plot points, I can't think of a detail or theme that the film does not touch on in its one hour and forty seven minutes. The audience that night, full of parents like us, sighed breaths of relief as the movie went on, perfectly and honestly capturing the emotional truth of our experience.

(continued on next page)

Poems and Articles

(Return to Zero cont...)

When searching for an outlet for the film, the director was faced with a decision. Either deliver the film in very limited theatrical release (only a few select theaters around the country) or work diligently to find an outlet that would reach more viewers. Hanish chose the latter and found a partner in the television network Lifetime. The film will now be able to be seen by anyone with cable television, in many countries around the world. Hanish is happy, as am I, that viewers around the world will be able to experience this beautiful film when it premieres May 17th, at 5pm on Lifetime.

After the film premiered in San Jose, the director invited parents to come enjoy dinner together. On the way, I joked to my mom that it would be the most depressing meal ever, with all of us repeating “I’m so sorry for your loss” as we all recounted our stories. But just like the movie, it wasn’t all sad. True it was sad to see a room full of parents who know the pain and sadness of losing their baby. But the feeling of camaraderie was palpable. We were all in this together. All proud that finally our story was being told, that our babies’ were being given a voice.



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 with “newsletter contribution” in the subject line. The deadline for submissions for the next newsletter is July 15th.

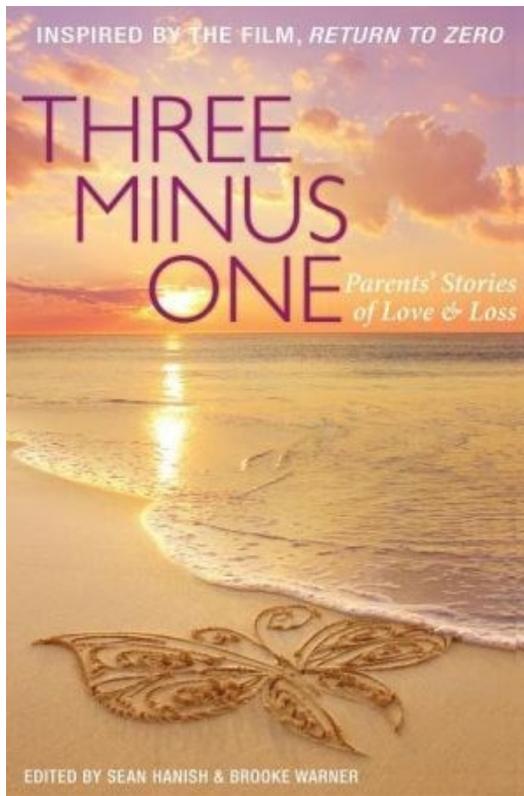
Librarian's Corner

Book Reviews

A Book Review: Three Minus One

By Rachel Libby

When in the process of creating the film *Return to Zero* and raising funds with the help of many bereaved parents, Director Sean Hanish got an idea. Partnering with editor Brooke Warner of *She Writes Press*, Sean put out a call to be-



reaved parents to share their stories of miscarriage, stillbirth, and infant loss. They received an overwhelming response of submissions and this April they released a compilation of almost one hundred essays, poems and photographs. The book is *Three Minus One: Stories of Parents' Love and Loss*. And like the movie, it's only goal is to further break the silence surrounding our types of loss.

Actress and parent Cindy Crawford reviewed the book stating, "As a mother, this powerful collection touches me deeply. These stories help break the silence for millions who suffer thinking they are alone in their pain and comfort with the knowledge there is a light at the end of the tunnel." Crawford brings up an important point of this book, highlighting its' importance to all parents, not just survivors of loss. For parents everywhere the stories of these babies are reminders of how fragile life is and call us all to be grateful for every moment we have with our children.

Of course, as a parent who has experienced stillbirth (and as a contributor to this book) I was wary of reading it. I know my story, am familiar with my own loss and pain, but I had a hard time imagining reading accounts of others who had gone through similar experiences, and especially parents of other kinds of loss I can't even understand.

(continued on next page)

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 July 15th.

Librarian's Corner

Book Reviews

Three Minus One (cont...)

When my husband saw me reading the book in fact, he stated, "I don't know how you read that. Just looking at it makes me sad." And he is right. Reading this book is definitely sad. But just as I was initially wary to watch the film, I had a similar feeling of relief reading these stories and knowing I was not alone.

"...So I cry without weakness or shame— I weep and weep and weep. I have never been this lonely in my life. But I am not alone. We are everywhere. We ride the bus, we push a stroller, we go to work. We women of dead babies do not exist and yet there are so many."

-Lisa Roth-Gulvin, page 24

And even more than the feeling of solidarity I felt with these parents, I felt great admiration and respect in reading their stories. I know how vital it is in my

"And in all my heartache
I can be thankful that my time with her was real
I am better for having her visit my world
She graced my life gently, briefly,
but still she was here.

I am split wide open
I want this wound to be healed
I know the scar will always be there
For true love can never be concealed."

-Franchesca Cox, page 114

grief to say Oliver's name aloud, to share his story with as many people as possible. In reading these stories I know I am doing the same for these parents. And I am honored to do anything I can to help their babies' memories stay alive long after they are gone.

I encourage you all to read this collection, and let these babies' stories be shared. There will be a reading of select pieces from the book from a few local contributors (including myself) in Oak-

land at A Great Good Place for Books on June 9th at 7pm. It would be wonderful to see any of you there.

New additions to the lending library:

Heaven is for Real by Todd Burpo ~ lovingly donated in memory of Maxwell Andrew Brutlag

Empty Cradle, Broken Heart : Surviving the Death of Your Baby by Deborah Davis, Ph.D.
~ lovingly donated in memory of Maxwell Andrew Brutlag

Coming soon to the lending library:

Three Minus One by Sean Hanish and Brooke Warner

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 15, 2014**.

In loving memory of

Baby Anderson

5-21-2013

Darling, we carry you in our hearts every day. You are a blessing we cannot hold but you continue to bring us hope, comfort, and joy. We are grateful for you.

Love, Mom and Dad

A love gift was made in honor of

**Chelsea Tanimoto
& mother, Caroline Tanimoto**

on April 30, 2014

by Elizabeth Valdovinos and Gerald Fejarang

In loving memory of

Nathan Leelin Bailey

5-23-2013

We will love you always and forever with a bushel and a peck and a hug around the neck. Until we meet again.

*Love Mommy, Daddy, Sister Jennifer
and Brother Nickalis*

In loving memory of

Makena Marie Elizabeth Anderson

due date: 7/28/09, date of death 2/23/09

Our hearts still ache from losing you five years ago. Forever in our hearts, minds, and souls. We will see you some day, but until then, know that we love you so very much! Keep sending butterflies for mommy to see, it brings a smile to her face and warmth in her heart. Our forever baby. ♥

*Love, Shannon, Mark,
Kyle and Brandon Anderson*

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 15, 2014**.

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:

*i carry your heart
(i carry it in my heart)*

- e.e. cummings