



# Sharing Parents

Volume 28, Issue 4 November 2008

\* Helping Bereaved Families for 27 Years

**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 had 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 Ave  
Ste #530  
Sacramento, CA 95825

Our Mailing Address and Phone Number

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

Visit us on the web:

[www.sharingparents.org](http://www.sharingparents.org)

**Inside this issue:**

Highlights from the October Memorial	<b>2</b>
Remembering our Babies	<b>3</b>
A Mother's Story	<b>4</b>
Love Gifts	<b>5</b>
The Holiday Remembrance List	<b>5</b>
Poems	<b>6</b>
Remembering our Babies during the Holidays	<b>7</b>

**Upcoming Meetings**

November 9, 2008 7-9pm Handling the Holidays  
 December 14, 2008 7-9pm Handling the Holidays  
 January 11, 2009 7-9pm General Meeting

**Subsequent Pregnancy Meetings:**

November 24, 2008 7-9pm  
 January 26, 2009 7-9pm

**No Subsequent Pregnancy Meetings in December**

## **2008 Sharing Parents Volunteers**

### **Co-Presidents**

Heather Bazzocco

Deanna Lockhart-Ralston

### **Assistant Secretary**

Rebecca Erickson

### **Treasurer**

Shana Kaplan-Samuels

### **Oct. Memorial Coordinator**

Noel Lehman:

### **Community Outreach**

Ken and Stacey Hisey

### **Fundraiser Coordinator**

Heidi Lozano

### **Librarian**

Kristie Avila

### **Webmaster**

Ken Hisey

### **Short Term Grief Coordinator**

Deanna Lockhart-Rolston

### **Listening Line Coordinator**

Molly Lawrence

Kristie Avila

### **Subsequent Pregnancy Coordinator**

Shana Kaplan-Samuels

### **Newsletter Editor**

Armando Omega

### **Database Manager**

Mia Omega

## **Highlights from the 2008 October Memorial**

Sharing Parents Annual October Memorial Ceremony, themed "Heart Within My Heart" was a peaceful and wonderful time for parents, family and friends to remember their precious babies.

The day included special stories from parents and Sharing Parents Volunteers, music, dove release, candle lighting ceremony and butterfly release. There was a table for parents to display their babies mementos as well.

This day gave us all an opportunity to remember and honor our babies and to share their memory with other families. Noel Lehman led a team of Sharing Parents Volunteers this year and made the ceremony a great success. We hope you all can join us again next year.

## **Newsletter Contributions**

Our babies have a profound effect on our lives and we show our emotions in so many different ways. Some people share the story of their precious baby. Some write poems or draw pictures, while others read supportive books and magazines. Our newsletter is based upon inspiration from our special babies. We welcome and encourage submissions to the Sharing Parents newsletter. Sharing your story can help provide healing and comfort to you and other parents. Submissions can be published anonymously if requested. Please feel free to share your stories or inspirations to [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com). Or you can mail your contributions to:

Mailing Address:

Sharing Parents

PO Box 19538

Sacramento, CA 95819-0538

# Remembering Our Babies With Love

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

## November

Sally Adame  
Isaac Alcaraz  
Autumn Joy Davidson  
Baby Davis  
Baby Denny  
Victoria Rose Domino  
Justin Daniel Fleming  
Keegan Turner Gilwee  
Faith Jones  
Zachary Mikalos Kristianous  
Grace Kukas  
Travis Adrian Maheras  
Gabriel Moore March  
Justin Pardi  
Saphire Robertson-Horner  
Nathan Russell Scott  
Jody Lee Shunk  
Emily Steele  
Samantha Rae Troutman  
Zoey Louise Van Eenennaam  
Isadora Vargas  
Malachi Ezekiel Harvey  
Baby Tara Marie Schmidt  
Carmen Rose Acuna  
Baby Wyzanowski

## December

Emerson Avila-DaRosa  
Baby Berger  
Lynn Blackmen III  
Baby Camarena  
Karolina Yelzavetta Cooper  
Molly Ann Cottman  
Colin Devey  
Samuel Isacc Dressen  
Christopher Eells  
Justin Daniel Fleming  
Baby Fraser  
Graham Lynn Graham  
Ryle Lynn Graham  
Rebecca Grace Hadsell  
Baby Heckley  
Blaine Kevin Heckley, Jr  
Zachary Herkins  
Jack Ryan Hildebrand  
Olivia Lane Hirschberg  
Santrika Shayann Holloway  
Baby Keating-Frost  
Gracie Ann Laackmann  
Sarah Lampe  
Michael McNeese  
Baby Ocel  
Gwenyth Marjorie Page  
Maya Lauren Penn  
Angel Ramirez Aguilar  
Sofia Senna  
Owen Staley  
James Terrence Waldron  
Nicholas John Waldron  
Christopher Thomas Webster  
Baby Westrup

## January

Brandis Behnken  
Logan Henry Berry  
Lynn Blackmen III  
Faith Ann Blakely  
Darian Brooks  
Naomi Larissa Brown  
Tea Elyse Cepeda  
Michael James Cromeenes  
Samuel Alan Demmin  
Baby Dressen  
Elsabella Brophy Jett  
Tanner Kelley  
Timothy John Kilkely  
Eli Kuhlman  
Gracia Ann Laackmann  
Selma Livadic  
Cashew Martinez-Gardner  
Meagan Monas  
Hananiah James Oates  
Andrew Bond dos Reis  
Angelica Robertson-Horner  
Oliver Robertson-Horner  
Makenzie Lynn Scacco  
Baby Schreck  
Owen Staley  
Elias Matthew Ponce Zepeda  
Christian Lewis  
Lannette Jasmine Adams  
Baby Matthew Van der Veer  
Baby Mallory Van der Veer  
Baby Audrey Hargrove



# Remembering Leo

I spent the week before my due date in and out of the hospital, hooked up to a fetal monitor for hours each day. I'd leave in the evening, only to be asked to come back the next morning, because the baby's heart beat "wasn't where they needed it to be". Two days before Leo was born, I left the hospital in a rush to meet my husband to sign papers for the new house that we had just bought, in anticipation of our expanding family. I was more concerned about being late for the appointment, than the inconclusive results of our baby's stress test.

When I look back on the Fall of '06, that particular day often jumps to the front of my mind. It is the last day I remember being giddy. As I rushed to my car that evening, leaving the hospital behind, with a doctors' note in my hand telling me that the baby's heart beat "seemed" fine and I wouldn't have to return until contractions started...I was giddy. It is a feeling that I haven't experienced since then, and don't anticipate feeling ever again. The days following that evening would forever change the person I had spent 32 years creating.

We were lucky enough to spend 2 weeks with our son Leo. His quiet and determined presence humbled my husband and I and everyone around us. His strength and fight will forever be my inspiration. He overcame virtually every obstacle that was placed in front of him in his short life. When he left this life, part of me left with him. I am a different person. I've replaced planning for my future with living in the moment. Anxiety over the laundry not being done or what school we're sending our daughter to have been replaced with the reassurance that nothing will ever come close to being as bad as losing Leo. I have found peace my life in places that I didn't pay attention to before. I find the definition of a "good day" has taken on new meaning. I listen more when people talk, I ask more questions. I have an intense understanding of loss and the impact it has on people.

I have sought out ways to honor Leo. To ensure that while the whole world keeps moving and slowly, year by year, our friends and families memories of him will fade, I keep his memory alive. I will never learn if he prefers green beans over sweet peas, but I do know I can use my experience to help other parents. I won't be able to teach him how to walk, but I can help comfort a parent who has lost a child of their own. I won't be able to hear his first words, but I can listen to a grieving mom share her story of her precious baby and know with the same intensity, how she feels.

Sharing Parents has given me the opportunity to remember Leo, to share my experience with other parents who have suffered a loss. I pray that I can help one parent as much as Sharing Parents has helped my husband and me. While I may never experience the same giddy-ness I did 2 years ago, I know that the deeper understanding and appreciation for the preciousness of life will fill that void somehow.

Leo, we miss you son. I love you and find comfort in knowing that I will see you again one day. Until then, I will keep working in your memory, and hope to be someone you would be proud to call your mom.

Written by Mia Omega, Leo's mommy.

# The Holiday Remembrance List

Here is a list of ideas you can incorporate into the Holiday season that will help your remember your lost loved one. It is important for you to have the opportunity to remember and celebrate your child during this part of the year.

- **Create or buy an ornament**
- **Purchase a collectible**
- **Light a candle**
- **Hang a stocking**
- **Visit the gravesite**
- **Decorate the gravesite**
- **Create a special place of remembrance in your home decorated with items honoring your baby**
- **Visit the Angel of Hope**
- **Donate a toy**
- **Donate money**
- **Attend a memorial service**
- **Listen to special music**
- **Plant a live evergreen**
- **Send holiday cards that remind you of your baby**
- **Write in a journal**
- **Reflect on the gifts your baby has given you**
- **Create a thanks and remembrance table cloth by purchasing a white runner or table cloth and writing in permanent marker what you are thankful for or special remembrances of those who have died in your family**
- **Write thank you cards to those who have made a difference in your life during your grieving**

In loving memory of

**Andrew Bond dos Reis**

1/16/05 - 6/22/05

From Leandro, Ann and Nicholas dos Reis

It's been four years since your birth. How many can that be? Where did time go? Would you like Pre school class? We all miss you terribly! God Bless you! He blessed us with you!

**Love always, Daddy, Mommy, and  
Nicholas**

In loving memory of

**Olivia Catherine Smith**

10/4/92 - 10/14/92

**from Paul and Jennifer Smith**

In loving memory of our Grandson

**Leo Joseph Omega**

10/07/06-10/19/06

Love

Eternal

Our Little Angel you will be, forever in our hearts

**Love Omi, Papa and Great grandma**

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 on the back of the newsletter. The deadline for inclusion in the next newsletter is

**January 1, 2009**

## What Makes a Mother

I thought of you all, I closed my eyes  
and prayed to God today. I asked what makes a Mother  
and I know I heard Him say,  
A Mother has a baby.

This we know is true. But God can you be a Mother  
when your baby's not with you?"Yes you can!", He replied  
with confidence in His voice,  
"I give many women babies,  
when they leave is not their choice."Some I send for a lifetime  
and other's for a day.

And some I send to feel your womb  
but there's no need to stay. I just don't understand this God,  
I want my baby here. He took a breath and cleared His throat  
and then I saw a tear.

I wish I could show you  
what your child is doing today. If you could see your child smile  
with other children and say,"We go to earth to learn our lessons  
of love and life and fear.

My Mommy loved me oh so much  
I got to come straight here.

I feel so lucky to have a Mom  
who had so much love for me  
I learned my lesson very quick  
My Mommy set me free.

I miss my Mommy oh so much  
but I visit her each day.

When she goes to sleep  
on her pillow's where I lay.

I stroke her hair and kiss her cheek  
and whisper in her ear,

Mommy don't be sad today  
I'm your baby and I'm here."So you see  
my dear sweet one,

your children are OK. Your babies are here in my home  
and this is where they'll stay. They'll wait for you with me  
until your lesson is through.

And on that day that you come home  
they'll be at the gates for you. So now you see what makes a Mother.  
It's the feeling in your heart.

It's the love you had so much of  
right from the very start. Though some on earth may not realize  
that you are a Mother until their time is done.

They'll be up here with me one day  
and know you're the best one.

Written with love  
for all the Mother's missing their babies  
by Jennifer Wasik

I looked toward the clouds today  
and for a moment saw your face  
And wondered just where you have gone  
with the hope it's a peaceful place

Did you show yourself to me today  
to tell me you're all right?  
Or was it just a daydream  
playing tricks upon my sight

Then I thought of when you left  
still too young to say a word  
Yet the look you gave us said it all  
in our hearts, your good-bye was heard

You have changed our lives forever  
your short time here not in vain  
and hope you know we tried it all  
to keep you safe from pain

We will always feel the void inside  
because you are not here  
But each new thought you send our way  
let's us know you're always near

So until our journey nears it's end  
and we hear the Angels sing  
We'll face each new day as it comes  
and live off the Love you bring.

~James Sullivan



Creating artwork or writing poems is  
an avenue you may utilize when going  
through the grieving and healing  
process. Often times our meeting  
facilitators will use this method to  
help express emotions and thoughts.

If you have artwork, poems, and/or  
songs that you have help you along in  
your journey and you would like to  
share them with Sharing Parents,  
please let us know or submit them to  
us.

# Remember Your Child During the Holidays

Written by Clara Hinton

We generally associate the December holidays with festive decorations, gift giving, and the laughter of little children. For a parent who has lost a young child, just the word holiday can cause great emotional pain. It is difficult to walk into a store and be bombarded with all of the reminders of children. The toys, holiday clothes, colorful children's gift wrap, and the holiday music being sung by young children all bring on waves of grief that are difficult to bear.

Often parents who have lost a young child find themselves falling into a depression around holiday season time. It would be far easier to avoid the holidays than to face the season without the joy of your precious child. With some planning prior to the holiday season, the pain of loss can be softened somewhat.

At some point, though, it becomes necessary to face the reality of the holiday season as being very different. Parents need ways to remember their child during this time of the year. By doing something special, parents will find it a bit easier and far more healing to face the otherwise empty holiday season.

It is quite healing to remember your child by lighting a candle in memory of your little one. The candle can be placed on a decorated table in a special place in your home where you will feel your child is still very close to you. There are many types of memory candles one can buy, and you can place small mementos of your child on the table with the candle. This might be painful to see at first, but it will also create an atmosphere for healing.

Remember your child by placing a special ornament on the tree. There are many stores that will do creative engraving, which you might find to be a desirable option for you. Have a special phrase or saying engraved along with the date of your child's birth and death. The keepsake ornament will become treasured all the days of your life.

Remember your child by creating a memory box that can be shared with others during the holidays. Use your imagination as to what you want to place in the memory box. You can even decorate the memory box together as a special time of gathering the family together to remember.

Many parents find it very healing to hang a stocking with their child's name on it by the fireplace mantle. Fill the stocking with some small gifts that were memorable of your child. Also, it might be very healing to write a letter or poem to your child and place it in the stocking. During a family meal, have someone read the letter, then place it in the memory box you've created. Each year a letter can be added. This will one day become a family treasure.

If you have some sewing ability, a wonderful way of remembering your child is to create a small quilt from some of your child's clothes. This quilt will be cherished for years to come, as it will remain a priceless remembrance of your special child.

As you think of ways to remember your child during the holidays, do things that will be healing to your heart. Remember—there is no right or wrong way to remember. Do those things that are healing specifically to you! By remembering and including your child in the holiday, you will promote an atmosphere of healing and hope.

Send to Sharing Parents, PO Box 19538

Address:

Donor Name:

Date of Death:

Date of Birth:

In Loving Memory of:

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

(Donations to Sharing Parents are tax deductible)

Please make checks payable to **Sharing Parents of Sacramento.**

A love gift is a monetary donation made to honor your child's memory.

We welcome your love gifts in support of Sharing Parents.

# Sharing Parents

PO Box 19538

Sacramento, CA 95819-0538

Time Dated Material

NEWSLETTER CANNOT BE FORWARDED

By post office. Please send us all

Address changes or call (916) 424-5150

Non-Profit Organization

U.S. Postage Paid

Permit No. 939

Sacramento, CA 95819

Please note: If you have received this newsletter and would rather not, we will remove your name from our mailing list, please call (916) 424-5150 and leave a message.



Names are entered through the sign in sheets at all Sharing Parents Meetings.