



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

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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

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Fundraiser Coordinator

Heidi Lozano

Librarian

Kristie Avila

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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. 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

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