

**November 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**

**November 8:** *Navigating the Holidays*

**December 13:** *Finding Healing Through Keepsakes (art project)*

**January 10**

**Milestones Meetings**

**January 24**

Our meetings are free to attend.

No reservation is required except for our Navigating Grief series.

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*Grief is in two parts. The first is loss. The second is the remaking of life.*

– Annie Roiphe

## Message from the Sharing Parents President

### 2015 Sharing Parents Volunteers

**President**

Jennifer Stiltz

**Past President**

Rebecca Erickson

**Vice President**

OPEN

**Secretary**

Amy Andrew

**Treasurer**

Rebecca Erickson

**Volunteer Coordinator**

Sharon Cox

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

Sharon Cox

**Milestones Mtgs. Coordinator**

Lynne Genzel

**Pregnancy Interruption Coordinator**

Amy Andrew

**Listening Line Coordinator**

Dionné Martinez

**Listening Line Volunteers**

Sharon Cox, Lynne Genzel,  
Molly Lawrence

**Oct. Memorial Coordinator**

Kurt Seckington

**Community Outreach**

Lisa Herrington

**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:**

Tom Andrew, Audrey Cataldo, Tasauna Ewing, Neil Genzel, Aaron Gregory, Dorinda Gregory, Deanna Lockhart, Kristin Lunardi, and Ryan Stiltz

Dear Sharing Parents Families,

Thank you to everyone who was able to join us in remembering and honoring our babies at the October Memorial on October 11<sup>th</sup>. A special thank you to our Sharing Parents volunteer, Kurt Seckington, for planning and coordinating the event as well as lovingly creating each wooden heart memento given to each family in honor of our babies and in memory of his son, Everett.

As we look forward towards the upcoming holidays, there may be trepidation. Whether this is your first holiday season without your baby, or several seasons out from your loss, there can be a mixture of emotions. I like how Dr. Alan Wolfelt puts it in his book, *Healing Your Holiday Grief*,...a blending of mourning and celebration. Embracing the grief allows makes room for joy in the celebrations. As you navigate your way through finding what traditions, new or old, work for you and your family, I wish you gentleness and peace.

I hope some of the articles in this newsletter will bring some comfort or hope, or a tool to help ease your navigation through this season.

Thank you for sharing your precious children with us.

Jennifer

# Remembering Our Babies With Love

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

## August Anniversaries:

*Alyssa Amezcua  
Danielle Barrett  
Joseph Barrett  
Joshua Bence  
Mallory Ann Bourke  
Alexander Burke  
Maxwell Glen Carpenter  
Autumn Joy Davidson  
Rachel Joyce Encinas  
Noelle Marie Englefield  
Phoebe Ferguson  
John Silva Fialho IV  
Baby Fong  
Shelby Madison Greenough  
Virginia Skye Groff  
Baby G Hiatt  
Dylan Riley Hogan  
Leo Holm  
Talon Huizar  
Jacob Bradley Hurt  
Amelia Noelle Jaime  
Baby Lacey  
Baby Legrand  
Baby Locklear  
Marissa Marina Lopez  
Zaia K'lea Marquez  
Charles Martin  
Emily Maughan  
Solange Christiane Mawet  
Megan Margaret Murray  
Baby Ocel  
Jalen Joel Pearson  
Levi Peters  
Baby Peyton  
Baby Phillips  
Vanessa Rose Reade  
Gabriel Rohde  
Sophia Isabella Ruiz  
Kyia Michelle Taylor  
Masr Raine Taylor  
Isabella Ann Tucker  
Trent Voong  
Baby Wilgus  
Baby Willis  
Baby Winings*

## August Birthdays:

*Noelle Marie Englefield  
Lane Esser  
Jacob Bradley Hurt  
Lane Williams*

## September Anniversaries:

*Zara Maria Afridi  
Gracie Elizabeth Aguilar  
Tashia Elizabeth Barajas  
Baby Bray  
Brayden James Cairel  
Baby Campbell  
Elijah Romell Dela Vega  
Jaden Christian Denham  
Baby Edson  
Thomas Anthony Elliott  
Baby Fong  
Baby Fosdick  
Elise Gallagher  
Joren Don Edward Giacomo  
Dylan Guina  
Baby Hare  
Baby Hare  
William Kirchner  
Kyla Knighton  
Dylan LaLonde  
Ashlyn Nicole Leach  
Baby Legrand  
Baby Lewis  
Abigail Lo  
Chloe Lo  
Jonathan Scott Lucas  
Joseph Owen Lyster  
Bernadette Elizabeth Martin  
Isabella Sophia McHugh  
Carter Rembleski  
Ajanac Strivers  
Baby Szillinsky  
Stella Ray Thayer  
Kai Washington  
Baby Westrup  
Roya Wooten  
William Henry Zimmerman*

## September Birthdays:

*Madison Blue Domacasse  
Bernadette Elizabeth Martin  
Timothy Daniel May, Jr.*

## October Anniversaries:

*Savannah Micah Abbott  
Emma Nicole Allison  
Katelynn Marie Allison  
Baby Anders  
Laura Jane Bik  
Thaddeus Lawrence Birdtail  
Nick Boysen  
Olivia Hope Brabec*

## October Anniversaries:

*Baby Bracy  
Douglas Brooks  
Baby Cailott  
Thomas James Carpenter  
Thomas Cataldo  
Baby Chambers  
Morrissa Mae Cooper  
Thomas William Loris Day  
Emily Devey  
Madison Blue Domacasse  
Ezekiel Fertuna  
Baby Fosco  
Michael Giraldez  
Andres Gutierrez, Jr.  
Baby Hall  
Audrey Lynn Hargrove  
Jesse Henning  
Rebecca Lee Hussey  
John Zander Jones III  
Mya Lane  
Amerika Lewis  
Carter Maciel  
Catherine Maciel  
Owen Blue McClougherty  
Tyler Mirando  
Meagan Monas  
Liam Murchinson  
Leo Joseph Omega  
Tabitha Padilla  
Joey Christopher Panter  
Nicholas Aaron Parnow  
Jumaine Michael Peoples  
Hannah Elizabeth Reinsch  
Sebastian Robertson-Horner  
Jane Lee Saunders  
Carmen Delen Sención  
Baby Snell  
Wyatt Grant Stine  
Baby Sturgill  
Lela Yasmeen Tamplen  
Cameron Stone Thomas  
Leanne Renee Torres  
Autumn Fall Underwood  
Leland Pierce Wilson*

## October Birthdays:

*Ryan Ahdan  
Kyle Benjamin Avila  
Olivia Hope Brebac  
Thomas James Carpenter  
Johnathan Constantine  
Karolina Yelzavetta Cooper  
Baby Hernandez  
Leo Joseph Omega  
Emily Steele  
Luke Edward Whitten*

# Remembering Our Babies With Love

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

## November Anniversaries:

*Carmen Rose Acuna  
Sally Adame  
Ryan Ahidan  
Isaac Alcaraz  
Josiah Nicolas Davidson  
Baby Davis  
Elliott Davis  
Baby Denny  
Victoria Rose Domino  
Baby Donaghy  
Justin Daniel Fleming  
Abigail Furtado-Rinker  
Keegan Turner Gilwee  
Malachi Ezekiel Harvey  
Baby William Huffman-Fly  
Faith Marie Jones  
Baby Krebs  
William Leonard  
Bodhi Ren Mackin  
Gabriel Moore March  
Grace Marie Nickles  
Kori Peters  
Elle Pop  
Gabriella Rameriz  
Baby Ranchod  
Saphire Robertson-Horner  
Tara Marie Schmidt  
Jody Lee Shunk  
Emily Steele  
Samantha Rae Troutman  
Zoey Louise Van Eenennaam  
Isadora Vargas  
Kate Walker  
Luke Edward Whitten  
Baby Wyzanowski  
Zachary Zielinski-Kristianous*

## November Birthdays:

*DeOnt'e Crawford, Jr.  
Victoria Rose Domino  
Malachi Ezekiel Harvey  
Grace Kukas  
Travis Adrian Maheras*

## December Anniversaries:

*Cherish Catherine Amyx  
Emerson Avila-DeRosa  
Elijah James Barker  
Ava Gabrielle Barnett  
Baby Berger  
Baby Camarena  
Karolina Yelzavetta Cooper  
Molly Ann Cottman  
Olivia Grace Cowan  
Baby Cruz*

## December Anniversaries:

*Samuel Isaac Dressen  
Christopher Eells  
Lane Esser  
Zoey Grace Flagg  
Baby Fraser  
Graham Lynn Graham  
Ryle Lynn Graham  
Swasti Gupta  
Rebecca Grace Hadsell  
Baby Heckley  
Blaine Kevin Heckley, Jr.  
Jack Ryan Hildebrand  
Olivia Lane Hirschberg  
Santrika Shayann Holloway  
Blaine Husmann  
Zane Edward Ira  
Justice  
Grace Kukas  
Sarah Lampe  
Alex Marin  
Alura Marrow  
Timothy Daniel May, Jr.  
Michael McNeese  
Gino Mills  
Nico Mills  
Jeremiah Harrison Murray  
Julia Faith Murray  
Alexandros Nichols  
Baby Ocel  
Gwenyth Marjorie Page  
Justin Pardi  
Babies Patterson  
Aiden James Plautz  
Angel Ramirez Aguilar  
Sofia Senna  
Baby Snell  
James Terrence Waldron  
Nicholas John Waldron  
Christopher Thomas Webster  
Lane Williams*

## December Birthdays:

*Lynn Blackmen III  
Caitlyn Hope Dunn Catanyag  
Colin Devey  
Zackary Herkins  
Jack Ryan Hildebrand  
Gino Mills  
Nico Mills  
Gwenyth Marjorie Page  
Owen Staley*

## January Anniversaries:

*Lannette Jasmine Adams-Steptoe  
Liberty Annette Amyx  
Payton Hadley Bazzocco  
Baby Beck  
Brandis Behnken  
Logan Henry Berry  
Lynn Blackmen III  
Faith Ann Blakeley  
Darian Brooks  
Naomi Brown  
Baby Cairel  
Hector Campbell-Lockwood  
Michael James Cromeenes  
Corbin David Crouch  
Samantha Dahl  
Lily Grace DaPrato  
Samuel Alan Demmin  
Baby Donaghy  
Baby Dressen  
Baby Errichetti  
Seeley Hiatt  
Elsabella Brophy Jett  
Kamore Kahealani  
Tanner Kelley  
Zachary Mikalos Kristianous  
Gracie Ann Laackmann  
Evelyn Lang-Cannon  
Christian Lewis  
Levi Blake Losoya  
Cashew Martinez-Gardner  
Hananiah James Oates  
Baby Payne  
Angelica Robertson-Horner  
Oliver Robertson-Horner  
Jane Belle Rodriguez  
Brayden Rose-Sieffer  
Raleigh Rose-Sieffer  
Baby Schreck  
Nathan Russell Scott  
Owen Staley  
Mallory Van der Veer  
Matthew Van der Veer  
Jordan Vose  
Presley Vose  
Baby Wildermuth  
Elias Matthew Ponce Zepeda*

## January Birthdays:

*Andrew Bond dos Reis  
Naomi Brown  
Samantha Dahl  
Kamore Kahealani  
Selma Livadic*

Baby names are entered through the sign-in sheet at all Sharing Parents meetings. If your baby's birth or anniversary should appear in the months listed in this newsletter, please email [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com) with their name and date(s).

# News and Announcements

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

*Forrest Crawford  
Willow Crawford  
Justin Douglas Ty Felkins  
Phoebe Ferguson  
Maverick Zane Magaoay  
Kyle McPhedran  
Ella Nguyen*



It's amazing how a *broken heart,*



*All That Love Can Do, 2015*

can still be filled with so much *Love.*

# News and Announcements



October was Pregnancy and Infant Loss Awareness Month. Thank you for those who joined us at our 29th Annual October Memorial at the Capitol Park Rose Garden. For those who were able to join us in honoring our babies, we hope you found some comfort.

Sharing Parents would like to thank Forrester Purcell Inc. for their generous donation in support of the October Memorial. <http://foresterpurcell.com/community-involvement/>

Sharing Parents would also like to thank John McCalmon, Wings of Love Ceremonial Dove Release for the donation of his time and beautiful birds year after year for our dove release. It is such a moving part of the ceremony each year. <http://www.wingsoflovellodi.com/index.html>



*Did you participate in an Awareness month project or event that was meaningful to you?*

*Please let us know. We welcome parent submissions and writings! Please email any submissions to [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com)*

# Community Resources

Some parents find it helpful to start a new tradition around the holidays in honor of their baby. Here are a few resources you may find helpful if you are searching for something to try.

## **Locally:**



### ***9th Annual Bereaved Parents USA Candle Lighting Ceremony*** sponsored by the Sacramento-Placer County Chapter

This year's theme is *Forever in Our Hearts*

December 13th 6-8:30pm  
Creskide Church, 290 Technology Way, Rocklin  
<http://sspcc.org/2015-candle-lighting/>

Register online at <https://www.eventbrite.com/e/2015-candle-lighting-tickets-13659723601>

There is no charge to attend the event. More information is provided on their invitation flyer on the next page.

### ***Sassman Memory Farm in Elk Grove***

Typically December 1st - 24th

Check times and details on [www.lightsofthevalley.com](http://www.lightsofthevalley.com) and search "Sassmann Farm" or "Memory Farm".



Hector Amezcua/Sacramento Bee

Visitors are offered an ornament to write a message in memory of their loved one. The ornaments collected over the past two decades are displayed each year on the wooden trees.

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

# Community Resources

## Annual World Wide Candle Lighting

Presented locally in Rocklin by the Sacramento-South Placer County Chapter  
Bereaved Parents of the USA



### FOREVER IN OUR HEARTS

Our theme this year is "Forever In Our Hearts." We are designing this very special memorial service for our children to bring **HOPE** to everyone who attends. We encourage you to invite your family and friends to attend.

#### Candle Lighting Service

- 6:00 Doors open
- 6:30 Service begins
  - Welcome, Speakers & Music
  - Lighting of Candles
  - Reading of our children's names
  - Slide show of our children's photos
  - Words of Inspiration
  - Food and Fellowship

#### Register On Line

On-line registration will be available soon. Please check our website [www.sspcc.org](http://www.sspcc.org) for registration updates. After you register on line, please email your digital photos per instructions (4) below.

#### Register by Email

To be included in the montage and program, photos and information will be needed no later than Wednesday, December 9. Please email the following information to [ChrisHarder@HeritageOaksMC.com](mailto:ChrisHarder@HeritageOaksMC.com):

- 1) Your child's full name, date of birth, date of loss.
- 2) If your child served in the US military at any time, please include their branch of service and rank.
- 3) Parent(s) and sibling(s) names and, if applicable, the name of their spouse and their child(ren).
- 4) Attach to you email in high resolution jpg format up to 3 photos of your child.

To be included in the slide show and program, photos and information will be needed no later than Wednesday, December 9.

#### Framed Photos on Display

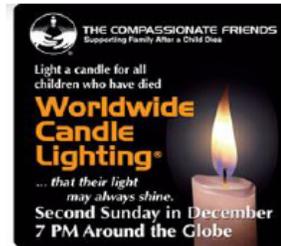
Please bring a framed 8"x10" photo of your child to display at the front of the auditorium.

#### Refreshments

You are encouraged to bring your child's favorite holiday snack to share during our refreshment time.

Sunday, December 13, 2015

6:00 – 8:00 p.m.



*This is a beautiful event that you won't want to miss!*

Hosted by Creekside Church  
290 Technology Way, Rocklin 95765

#### History of the Candle Lighting

The Worldwide Candle Lighting started in 1997 by The Compassionate Friends (TCF). Many candle lighting services are held each year across the nation and throughout the world.

Candles will be lit from 7-8 p.m. local time, creating a virtual wave of light as it moves from time zone to time zone around the world, honoring children who have died.

You are invited to post a message in the Remembrance Book which will be available on December 13 on line at [www.compassionatefriends.org](http://www.compassionatefriends.org). Every year, thousands of messages are posted in memory of children.

This year will be the ninth candle lighting sponsored by the Sacramento-South Placer County Chapter of the BP/USA. Our local children will be remembered during this very beautiful and touching memorial service. Families are invited to bring friends. Unfortunately, we are unable to provide child care.

*The Worldwide Candle Lighting gives bereaved families everywhere the opportunity to remember their child... that their light may always shine!*

#### Donations

There is no charge to attend this event, however donations are received with gratitude to help defray costs. 501(c)(3). Donate on line. A donation basket will be available at the event. Business sponsors will be listed in our printed program. Candles and cards will be available to purchase at the event. Photo buttons and magnets may be ordered in advance. For details, email to [chrisharder@heritageoaksmc.com](mailto:chrisharder@heritageoaksmc.com).

# Community Resources

Some parents find it helpful to start a new tradition around the holidays in honor of their baby. Here are a few resources you may find helpful if you are searching for something to try.

## Around the nation:



## Remembrance Ornament Exchanges

There are several remembrance ornament exchanges that can be found online. It works by connecting bereaved parents to exchange ornaments created or purchased in memory of their baby and can be a meaningful way for bereaved parents to support each other.

Here are two:

### Now I Lay Me Down to Sleep's 9th Annual Ornament Exchange

Sign up to participate online by November 26th  
<https://www.nowilaymedowntosleep.org/uncategorized/9th-annual-ornament-exchange/>

Maximum cost to create or purchase an ornament is \$15

## Remembering Together Holiday Ornament Swap

Sign up online by November 15th to participate:  
<http://rememberingtogetherswap.blogspot.com/p/ornament-swap-form.html>

Ornaments should be mailed by December 7th.



## Remember Your Child During the Holidays

Written by Clara Hinton | Dec 09, 2002

### Silent Grief

A message of hope for the grieving heart

[http://www.silentgrief.com/articles/index.cgi?view\\_records=1&Category=Loss+Of+A+Young+Child&ID=86](http://www.silentgrief.com/articles/index.cgi?view_records=1&Category=Loss+Of+A+Young+Child&ID=86)

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.

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 January 15, 2016.

# Articles and Poems

## Coping With Holidays and Celebrations

By Sherokee Ilse

<http://www.storknet.com/cubbies/pil/holidays-ilse.htm>

Thanksgiving, Hanukkah, Christmas, New Years - celebrations that bring families together. A time to appreciate friends, God, family and the gifts of life. They also serve as reminders of who will not be with us when our family comes together.

Holiday times can be bittersweet for families who have had a loved one die, particularly a child. There are ways for you to gain some control and minimize the difficulty of the often tense, yet special time. Long before the day, make plans, speak up about your needs and desires and follow your heart. In your decision-making process do take into account the rest of your family, but remember it's okay to put your needs at or near the top of the list.

If you decide you want to do things differently this year, let your family know your desires (either personally or through a note). Be tactful and use "I" and "we" statements. For instance, "We are feeling the need to do things differently this year. We miss our baby so much that we can't imagine sitting around a dinner table without her. Please understand that we do not want to hurt anyone's feelings. We ask for your support during this difficult time and request that you not challenge our decision."

As you attempt to discover what seems right for you during the upcoming holiday(s) ask yourselves, "What usually happens in our family to celebrate this holiday or family event? If there were a few minor changes could we handle it better? What do we want to do differently?" If you come to the conclusion that you want to make changes, maybe you will find some of these suggestions helpful:

- Buy or make a special ornament or item that could be put on a shelf, on the tree, on the wall or some other place. Put your baby's name on it along with significant dates.
- Get a candle that you can light during the festivities as a reminder of your baby. Either tell others the significance of the lit candle or write a poem or note to set near it to explain.
- Make a donation to a children's hospital, Toys-for-Tots program, your church or synagogue or some other charity in memory of your baby. Or volunteer your time with a local charity.
- Take holiday decorations to the cemetery.
- Seek advice and input from clergy, your faith, community, and the Bible. Maybe you will find comfort in the Lord and that your baby is under God's care.
- If you feel a strong need to get away rather than joining the family, do that. Let your family know that it is hard right now and that you need to alter your plans to help you cope during this holiday season. Hopefully, it won't always be like this. Pick a place you have wanted to visit. Plan some quiet time as well as some activities to keep you busy.
- Set aside some time to remember. Cherish the memories - keep them alive. Write a note or a poem to your baby. Make a present or ornament for them. Say a prayer for them.
- Write a holiday letter to your family and friends telling them what has happened and how you are coping. Ask them for support by being specific about how they can help. For instance, you could tell them you hope they will keep saying your baby's name out loud. You could invite them to make a donation to a favorite charity in memory of your child. Be brave and open about what you are going through.
- If you have other living children, be sensitive to their needs. They may think that their sibling who died is getting more attention than they are. Find special ways to include them. Yet, be honest and open with them if you are having a hard time coping.
- If you feel it best to not talk about your baby during a certain time of the holidays make that known to others. Maybe they will want to bring up your baby and you prefer that they don't.
- Use your creativity to express your emotions. You could write, play or create music, sculpt, paint, draw, make something out of wood, work in your yard, weave, do needlepoint or any number of other creative activities. Either keep what you make or share it by giving it to someone else.
- Avoid holiday shopping by buying from catalogs or online. Go shopping early in the season or during times when crowds are lessened.
- If you find yourself getting quite emotional during holiday gatherings, escape to a quiet room and consider telling the hosts you need to leave early.
- Take one day at a time. Don't push yourself too hard. Deal with the moment and what you can do today. The tension and anxiety of worrying about the tomorrows will not help you cope with today.

# Articles and Poems

## A New Perspective on New Years

By [Bethany Conkel](#)

<http://allthatlovecando.blogspot.com>

December 31, 2014

It was the end of 2012, time to turn the calendar page and welcome a new year. The world around me was fully energized to ring in the New Year, ready to embrace the future. A fresh start. The exciting unknown. Yet, I sat petrified. I dreaded turning the page and fought the idea of leaving 2012. Yes, it had been a crazy, whirlwind, roller-coaster of a year. The type of year I do not want to EVER repeat... but, leaving 2012 meant leaving HIM behind.

My sweet boy. My precious baby. His entire existence was in 2012. How could I ever leave?

We had learned we were pregnant at the end of January and in a flurry of excitement told all our parents and siblings that very day. February was a blur of exhaustion and nausea, yet joy and ignorant bliss. March brought a flood of tears and heartbreak when we learned that our baby was not meant to stay with us. Our world was rocked and we felt devastated. April and May we adjusted to the “new normal” and thought of ways to celebrate our little one. June and July were filled to the brim with memory making activities and outings. Sweet summer days full of loving on our baby. August was spent planning, some of it joyful and some of it horribly painful... After all, who wants to plan a funeral for a baby that you can still feel kicking inside you? Then it was September. Time to meet him. Time to finally hold our precious boy in our arms. Time to look into his sweet eyes and tell him how much we loved him. It was such an amazing day. Love overflowed from our hospital room and spilled out into our community touching family and friends both near and far. Then in a blink we said goodbye. Our hearts shattered as we let him go. The pain cut deep, and forever imprinted itself on our hearts. Oh, the amazing power of loving a child. October and November we readjusted once again, learning another “new normal”... a new normal without our baby at home, yet loving him just the same. December we juggled various emotions and survived the holidays.

And then... before we knew it, the year was over.

It was time to move on. It was time to let go of 2012 and embrace 2013.

I did not want to move on or embrace it. Moving on felt like leaving him behind. How could I go into a new year without him? How could I welcome a year that would never know my sweet boy? Would anyone remember him? How would he be able to make a mark on 2013 if he were no longer around? My momma’s heart was overwhelmed and just the thought of starting a year without my sweet baby in it was petrifying. Just petrifying.

Then I realized, although the rest of the world was moving on to 2013 – leaving 2012 behind - I did not have to move ON; rather, I could move FORWARD into 2013 while still taking the best parts of 2012 with me. I could carry my son’s memory into the New Year and introduce the New Year to him. I did not have to let him be forgotten. I could continue to parent his memory and build his legacy. He could still have an impact even if he was not physically here. The choice was mine. The world may move on, but I did not have to let him be left behind.

And so, when the calendar page was finally turned to read 2013 we began a new journey. The journey of building our sons legacy and allowing the Lord continue to use him to touch others. I came to realize the story of who our son is, who he was, and what his legacy would become was planted in 2012. PLANTED, not ENDED.

*Continued on next page*

# Articles and Poems

## A New Perspective on New Years *(continued from previous page)*

By [Bethany Conkel](#)

<http://allthatlovecando.blogspot.com>

December 31, 2014

As 2013 unfolded, I was mesmerized to see that tiny seed bloom. My fear of him being forgotten was proven wrong a hundred times over. Although his physical existence had been contained to just one year, the meaning of that existence was definitely not. His legacy grew and produced beautiful flowers that year. I think I can honestly say that he had more of an impact on this world in 2013 than he ever had during his time with us in 2012.

I can also say with a joyful heart that during 2014 his impact blossomed even further and his legacy has reached even further and we pray that it will be the same for 2015.

As each New Year approaches I am no longer petrified. Instead I greet the New Year, eager to introduce my son to it and watch his impact continue to grow, blossom, and have its sweet fragrance embed itself into that year. Time will always move on, but as a momma, I move forward, taking my son with me.

I would like to encourage you, as we face the New Year, regardless of where you are in your journey; find a way to bring your baby with you. Do not let the changing of the year discourage you. Do not let others tell you it is time to move on. Water the seed that was planted when your baby came to be. Care for your little one's legacy and watch it bloom.



From *Lost for Words*, 2013

# Parent Submissions

## Blending Mourning and Celebration during the Holiday Season

By Jennifer Stiltz

I can still remember dreading the first holiday season after we lost Emily. I was at a loss about what to do, what I would want to do. I agonized about it for weeks. How would I possibly celebrate the holidays again when my baby girl wasn't here? We always host Christmas, and that year was supposed to be extra special...two babies, Emily and my sister's son (6 months older than Emily would have been), were supposed to be joining the celebrations with our 4-year-old daughter. But instead of excitement, I was feeling dread towards the upcoming holidays. Every store window and commercial seemed to highlight whole and complete families, while mine was not complete; someone very important was missing.



*Emily's mini tree that we decorate each year for her gravesite...another tradition we have kept.*

To ease my pain of my loss and the stress of dealing with the impending celebrations, I ended up making a list of things I thought I might like to do to honor Emily that year. I then wrote a letter telling my family some things I planned to do and how I would like them to participate. In the letter, I also let them know that I reserved the right to hide in bed all day and pretend the holidays didn't exist. It made me feel more in control to have my thoughts laid out, with no pressure to follow through if I didn't feel up to it or changed my mind. It's strange, looking back at my attempts to remain in control when clearly life had showed me just how little control I really had. But, at the time, I was grasping for some semblance of control.

As I prepared the house that first year, my heart told me I needed to acknowledge Emily, and I needed others to acknowledge her. I could not stand the sight of the stockings without one for her, so I made her one. I invited family members and friends to write her a message and leave it in her stocking. They still sit in her stocking today, and every year when I pull out her stocking, I take comfort in feeling the weight of the letters that have been added each year. There were many other ways we honored her that first year. Some traditions, like leaving letters in her stocking, and Santa leaving a stuffed animal for her gravesite felt right and we have continued each year. Others were less helpful, so we let them go. It was a process of learning to blend the mourning with the celebration.

Every holiday is still blend of celebration and mourning. But, the mourning now isn't so much sadness as it is honoring and giving space to recognize the life that was so brief, but has left a lasting imprint on our hearts. I watched the movie "Inside Out" this year which really moved me. It beautifully illustrates how allowing ourselves to feel the sadness is what allows joy to come back into our lives. That's what the balance of the holidays is to me...allowing the sadness or grief as it comes, and accepting the joy that follows. I will always miss my baby girl, but I take comfort in knowing that she will not be left out or forgotten, and that her siblings and cousins will know about her and help carry out the traditions we have chosen (and continue to choose) to honor her. Doing so allows me to celebrate the season.



*Emily's white stocking hanging with stuffed animal from Santa.*

Remembering all of our precious babies throughout this holiday season.

For some, writing about their grief can be therapeutic. Please consider sharing your experiences with others in the newsletter. Please send newsletter contributions to [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com) with "newsletter contribution" in the subject line. The deadline for submissions for the next newsletter is January 15, 2016.

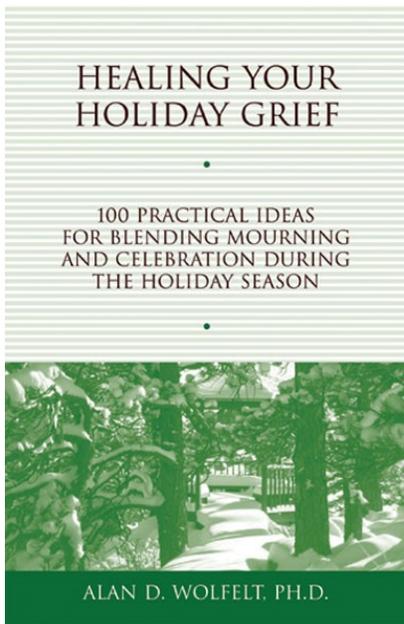
# Librarian's Corner

## Book Highlight

### *Healing Your Holiday Grief*

by Alan D. Wolfelt, PH.D.

Review by Dorinda Gregory  
(reprinted from November 2014 newsletter)



This book outlines 100 different ideas on how to get through the holiday season. Each idea also has a *carpe diem* exercise on point with the numbered idea. The ideas vary from suggesting to simplify gift giving to singing, starting new holiday traditions, crying, observing a moment of silence, etc. My favorite "*carpe diem*" exercise relates to Item #70 - Ignoring Hurtful Advice. This idea described how sometimes well-intended, but misinformed family or friends will say hurtful things unknowingly (i.e. keep your chin up, this is a blessing, think of all you have to be thankful for, time heals all wounds, he/she wouldn't want you to be sad, the holidays are a time to be happy, etc.). The exercise said that the next time someone gives you this type of advice to tell them how you honestly feel or give yourself permission to walk away. I also liked the idea of making handmade gifts in memory of the person who died (decorate frames & insert photos of your babies, make holiday ornaments with the name, birth/death dates on them, paint, etc.).

I really think that the ideas in this book are extremely helpful and I found a lot of ideas that I hadn't thought about or hadn't given myself permission to do (i.e. cry, embrace my pain, etc.). I almost want to start 100 days before Christmas and follow one idea per day.

There were a few quotes that really stood out to me too. They were:

"Mourners don't recover from grief. We become "reconciled" to it...we learn to live with it and are forever changed by it."

"The only way to the other side is through" - Helen Keller

I probably will add this book to my collection and flip through it for ideas as the holidays approach. It was truly an easy and therapeutic read!

*"Healing Your Holiday Grief" is available in the Sharing Parents library*

# 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 **January 15, 2016**.

*A love gift was made in  
loving memory of*

***Katherine Lynn Andrew***

*3/22/2013*

*She left us too soon but will be within our  
hearts forever.*

*By Kevin Jackson*



*A love gift was made  
in loving memory of*

***Reese Marie***

***Rammer***

*5/9/2012*

*By Courtney Rammer*

*A love gift was made in loving memory of*

***Justin Douglas Ty Felkins***

*5/27/2015*

*Thank you for all of the support that you have given my  
husband and I as we are trying to navigate the grief of  
losing our baby boy, JD, on May 27, 2015. I hope you  
will be able to continue helping others.*

*~ Julie Felkins*

# Love Gifts

*A love gift was made in loving memory of*

***Leland Wilson***

*10/5/12*

*This donation is in honor of Leland, who on this day, October 5, three years ago was born to loving parents. Sadly, Leland lived only about an hour, but he blessed his parents, Evangeline and Kurtis Wilson, and their friends tremendously in his short-lived life. Today we celebrate that strong little boy.*

*Sharing Parents helped Leland's mom and dad work through the grieving process. Thank you.*

*~ Amy West*

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:**