



# Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

Volume 23, Issue 5

September/October 2018

©Mommies Enduring Neonatal Death (M.E.N.D.)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2	3	4 Doctor @ 9:30	5	6	7	8 Baby shower!!!!	NOTES + THOUGHTS _____ _____ _____ _____ _____ _____ _____
9	10	11 Doctor @ 11:00	12	13	14	15	
16	17	18	19 Due Date!!!	20	21	22	
23	24	25	26	27	28	29	

## DATES STAMPED ON YOUR HEART

*Time passes, but memories remain forever*

There are so many dates I remember - foremost, the day he came into this world and the hour he left it. But there are so many others - the day we found out about him; the day we first saw his heartbeat fluttering in the ultrasound; the day we'd picked out to celebrate his upcoming arrival; and the day we'd looked forward to for so long... the day he should have been here, in our arms, forever: September 19, 2012.

*Kessi Wilhite*

*Mommy to Jacob Martin (April 25, 2012) and Isaac Odell (April 1, 2015)*

*Director of M.E.N.D. Greater Houston - Katy*

### Cherishing the Moments

Even though some moments are painful, Leslie cherishes each one. Let her story carry you through the days and months of Cora Anne's precious life.

*page 4*

### A Day Sure to Come

Kimberly shares her loss of two babies, a year apart, and how she has a different perspective on eternity, filled with hope and longing.

*page 6*

### 16 Years Later

Sometimes it's hard to imagine days, months, years without our babies. Brittney shares her story of life before and after Logan, and how it's changed her.

*page 14*

**November/December Topic**

*Holidays*

*Deadline: September 30, 2018*

**January/February Topic**

*No Other Children*

*Deadline: November 30, 2018*

Stories, poems, thoughts, and/or feelings regarding these topics are welcome. Submissions must be received by the deadline to be considered for publication in the newsletter. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please send any submissions to our Newsletter Editor, Jennifer Harrison, at [jennifer@mend.org](mailto:jennifer@mend.org). Any submission printed in our newsletter will also be posted to our website indefinitely. Because our newsletters are posted online, please understand your name will be attached to your submission when searched on the Internet.

Letters to the Editor should be sent to [jennifer@mend.org](mailto:jennifer@mend.org). All letters submitted to the editor are subject to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.

**Reprint Policy:** Articles printed in the M.E.N.D. newsletter are copyrighted by M.E.N.D. and/or by the individual authors of certain articles. Articles may not be reprinted without permission from the Newsletter Editor or President. The newsletter may be reproduced for the purpose of providing it to pregnancy loss support group members or other bereaved families so that they may also have access to the information. The material may not be reproduced in any way, shape or form for profit. Some authors of articles included in the newsletter may carry their own copyright and their articles may only be reprinted with permission from the author.

**Birthday Tributes:** M.E.N.D. publishes heavenly birthday tributes in the corresponding newsletter. Tributes must be submitted via the online form at [www.mend.org](http://www.mend.org).

<u>Heavenly Birthday</u>	<u>Deadline</u>
January/February	November 30
March/April	January 31
May/June	March 31
July/August	May 31
September/October	July 31
November/December	September 30



# IN THIS ISSUE

## Articles

Feature Article ..... 3  
 Cherishing the Moments Even in Times of Pain..... 4  
 A Day Sure To Come..... 6  
 16 Years..... 14  
 Moments and Dates Stamped on Our Hearts..... 16  
 Spanish Translation ..... 17

## Other Features

I'll Hold You in Heaven ..... 3  
 A Family Number ..... 5  
 In Loving Memory ..... 7  
 Birthday Tributes ..... 8  
 Chapter Updates ..... 12  
 Book Review ..... 13  
 Subsequent Births..... 17  
 About M.E.N.D. .... 18  
 M.E.N.D. Chapters' Information ..... 19

Kroger grocery stores recently updated their Community Rewards system, so M.E.N.D. has a new account number: G1942.

When enrolling (which needs to be completed each year), you may search by our new number or by our name.

If you live in Texas or Louisiana and have not registered for the Kroger Plus Card and linked your account, visit <https://www.mend.org/kroger-rewards/> for instructions.

## Feature Article



*Feature from our M.E.N.D. President and Founder, Rebekah Mitchell, Mommy to Jonathan and Baby Mitchell*

# Moments *and* Dates Stamped Forever in Our Hearts

Twenty-three years have passed since my baby, Jonathan, was born into heaven. Mostly, that Saturday in June 1995, seems like a lifetime ago. But when I tell the story of his death, including all the details that remain vividly etched in my mind, it seems as if it were just yesterday.

At our monthly support groups, we encourage families to learn to separate their babies from the circumstances surrounding the loss. What I mean by that is, I can talk about Jonathan all the time with a smile on my face. I love thinking about his beautiful, tiny features that looked just like his big brother. But when I'm given the opportunity to tell the whole story, even after so many years, I cannot tell it without crying. The memories are suddenly so real, raw and fresh again.

Over the years I've told my story so many times, it's as if I've memorized a script. I can usually flow through the details without a hitch. As I'm telling my story, though, I may appear confident and comfortable sharing such sacred memories, but really my mind is 100% re-living the day as if I'm going through the motions all over again. It doesn't matter where I am physically, my mind, heart and feelings are at Methodist Medical Center in Dallas, Texas. Rarely can I get through the particulars of June 24, 1995, without a myriad of emotions. I can smile when describing my lifeless 2 lbs., 12 oz., baby boy - how beautiful and otherwise perfect he was. But when I include the part of having to tell our then 3 ½-year-old son that his baby brother, Jon-Jon, "popped" out of my tummy but wouldn't be coming home...ahhh...that gets me every single time! Or as I recount when the nurse left my room to get another doppler, I placed a porcelain music box on my stomach that plays "Jesus Loves Me" to wake Jonathan up so we could hear his heartbeat. Wow, that always puts a catch in my throat as well. Those moments are forever stamped on my heart.

Although many components of our stories

are very difficult to think or talk about, they are precious, even holy, memories. Though our memories may be tinged with pain, memories are all we have left of our little ones. So, I encourage us to courageously embrace those moments, those memories, with love and fondness. Don't be afraid to "go there" in your mind, even if tears erupt. It's okay for sad thoughts to still be meaningful and cherished. Refrain from shoving those moments down deep and allowing them to get buried in the web of your mind. Instead, embrace those moments, allow yourself to feel what you feel when you think of those memories, and turn them into a beautiful keepsake of your baby's life.

### *I'll Hold You in Heaven*

by Jo Ann Taylor, 1998  
retrieved from [irisremembers.com](http://irisremembers.com)

From the very beginning  
I loved you,  
As I made plans to hold you and rock you;  
You were tiny and helpless  
As you lay in my womb,  
But something went wrong  
And soon you were gone;  
My young heart was broken,  
My tears fell like rain,  
I'd never known  
Such heartache and pain.

I'll hold you in heaven someday,  
When my trials on earth pass away;  
The angels have rocked you;  
The Father watches over you,  
I know you're waiting for me;  
I never could hold you  
Or tell you "Goodbye,"  
But I'll hold you in heaven,  
Someday.

# Cherishing the Moments Even in Times of Pain

Written by Leslie Casarez

Mommy to Cora Anne

M.E.N.D.—Greater Houston Area

We lost Cora Anne over a year ago. There have been so many dates, anniversaries and memories that will always remain in our hearts. Let us start from the beginning.

## The day we found out we were pregnant: April 7, 2016

I had taken three pregnancy tests because the first one I had was old and the second line was so faint, I was afraid it was a false positive. So, I went to the store and bought a new box with 2 more tests, and yes, I took them both. When my husband, Andrew, returned home from work, I showed him three positive pregnancy tests.

## Our first Doctor's appointment: June 2, 2016

I was shocked when I called the doctor's office on April 8, learning I had to wait 8 weeks for my first appointment. Hearing my baby's heart beat for the first time, though, was nothing I could have imagined. Tears fell from both our eyes as we listened to the racing heartbeat.

## Gender Reveal: August 1, 2016

We did not hop on the bandwagon with a gender reveal party. We wanted to find out during the ultrasound, just the two of us. It was so magical to find out we were having a baby girl, Cora. We knew we wanted to name her after Andrew's grandma, Socorro, nickname Cora. It took us awhile to come up with her middle name, but we finally decided on Anne, which is my mother's middle name.

## First time to feel her move: August 22, 2016

The first time I felt her move, I didn't even realize it was her moving. It felt as if butterflies were moving in my stomach. Obviously these butterflies grew into elbows, arms and feet ramming into my ribs and bladder. But those first butterflies felt so wonderful.



## Baby Showers: November 27, December 3, and December 9, 2016

Cora Anne was such a spoiled baby that she had 3 baby showers. The baby showers were all decorated in her sheep theme with Gray and Coral everywhere. We had a co-ed baby shower, so Andrew could enjoy all the magical baby events. I wanted him to enjoy everything that included Baby Cora.

## Due Date: January 11, 2017

This also was the last day on the job. After I left work, I went to an appointment with my OB\GYN. I still had not dilated, and there was no concern for baby or me. We did not want to rush Cora out, so we decided to go home and wait for Cora when she was ready. I took the week to get the house ready, preparing meals for when she and I would come home, organized her nursery and rested.

## Induction Date: January 18, 2017

Andrew and I went for our follow up appointment a week after our due date. We had another ultrasound and everything continue to look good, but our OB/GYN decided to induce based on the slow progression on my own. We headed to the hospital to start the induction process that would continue for 36 hours. There had been quite a bit of frustration because the induction process did not seem to be working for me.

## Birthday/Date of Loss: January 20, 2017

We had lost Cora Anne's heartbeat early Friday morning, and the on-call OB/GYN was retrieved to do a bedside ultrasound. Once the doctor was unable to find her heartbeat on the ultrasound, the rest happened so fast. There had been so many nurses and assistants already with me who then rushed me into the operating room. My poor husband had been left behind to wait for his wife and daughter to be brought back to him. Of course, my husband being a nurse himself and knowing the medical field all too well, decided to make his way into the observation room and witnessed all the trauma.





At 5:03 am on Friday morning, Baby Cora was born. After several attempts of CPR, they were unable to revive Cora and pronounced her at 5:27 am. I was not informed of her death until I was able to wake up from anesthesia after undergoing an emergency C-section.

### **Returning Home from Hospital: January 22, 2017**

It was and still is a strange concept to leave the hospital with empty arms. You enter the hospital to deliver a baby you have carried for the past nine months. It never crossed my mind I would leave without her. We planned for nine months what our life would be with a baby. The nursery was complete. Family members had plans to come and help care for her. To be pushed in a wheelchair out of the hospital holding my belongings instead of my Cora was devastating.

### **Funeral: January 25, 2017**

Planning a funeral for my baby did not seem right. How do I plan such an event when I haven't fully grasped the idea that she was gone? I give much thanks to our parents for arranging the entire funeral along with providing a cemetery plot. My parents bought their plot back in the 90s with the condition they could bury a grandchild with them...what are the odds? The day of the funeral was surreal - our family, friends and all our loved ones filled the entire chapel. Cora touched so many lives; seeing her love brought me joy that day. Andrew's father and my father were the pallbearers, and it was so emotional watching them walk her to her final resting place.

These are my moments and dates I cherish. They mean so much to me to be able to hold on to pieces of my baby girl. Some of the dates are tragic and painful, but some of the moments are so joyful. It has been hard to maintain positivity over the past year, but we want to remember the times when I would laugh, rub my tummy and tell Cora to get out of my ribs.

## **A Family Number**

Our family has a number.  
We are filled with 7's.  
My husband was born  
on the 17th of June.  
I was born on the 7th of October.  
Our daughter joined in the 7 fun,  
on March 17th.  
My son arrived on the last day of June  
(without a 7).  
But there is 1 more, a sweet baby girl.

Dates are remembered.  
Birthdays,  
whether projected and anticipated,  
or arrived drastically early -  
our hearts always remember.

September 14th,  
was our anticipated due date.  
I dared to dream  
that maybe this little one  
would also arrive in overdue fashion,  
on the 17th.

We did not hear a heartbeat,  
the loudest silence ever heard.  
Our hearts were broken  
and time stood still.  
I remember the gasp, when I realized,  
Evelyn was born into heaven on the 17th.  
Not in overdue fashion, too early in April.  
She joins the family number.  
We always remember her.

Seventeen.  
In our family,  
In our hearts.

Written by Becky Luedtke  
Mommy to Evelyn  
M.E.N.D. - Chicagoland Assistant  
Director

# A Day Sure To Come

By Kimberly Johnson

Mommy to Elijah Ebenezer and Ruby Hosanna

M.E.N.D.—Chicagoland



We've lost two babies. Our son was born at 18 weeks, and our daughter at 17 weeks. I delivered both babies over Easter weekend, one year apart. The way our losses coincided with Easter felt like such a disparity: instead of celebrating the victory of our Risen Savior, we were holding babies in our arms who we would never get to bring home from the hospital.

Our pain and grief would be unbearable, save for our faith in Jesus Christ. There are, indeed, some happy, hope-filled, even miraculous memories from my pregnancies. Even so, the day truly stamped forever on my heart is a day yet to come. But it is a day that is sure to come.

Two of my children have gone to the presence of Jesus before me. I cannot help but long for the day I'll join them in His courts. Heaven used to seem like an added bonus at the end of this life. I realize now more than ever that heaven is what this life is pointing toward; what it's all about. This world is not it; we are just passing through. Like Abraham, I am "...looking forward to the city that has foundations, whose designer and builder is God" (Hebrews 11:10).

God has already given us the most precious gift of all: His Son, Jesus Christ. We are all sinners who fall short of the glory of God. Our sin has separated us from Him. No one is "good enough" to bridge the gap between our sinfulness and His holiness. The penalty for our sins is eternal judgment and separation from Him. Yet, in His loving kindness and mercy, He provided a way for us through the life and death and resurrection of His Son. His own Son! Christ died on the cross to make atonement for our sins. "...that whoever believes in Him shall not perish, but have everlasting life" (John 3:16). This free gift of eternal life is available to anyone who will acknowledge their sinfulness, repent from their sins, and receive Jesus Christ as the Lord and Savior of their life.

It is because of this great gift that my hope centers on the resurrection, and I now live in anticipation of His everlasting kingdom. This life is hard. The pain is often unbearable. But take heart, dear sisters and brothers: our mourning will turn to joy. Christ has paid the ultimate sacrifice for us. A day is coming when He will return and make everything right. A day when our babies will be restored to us. A day when God will wipe every tear from our eyes. A day when our present sorrow and suffering will be forgotten. Death will be defeated. Our resurrection bodies will never again fail us, never let us down.



The date forever stamped on my heart is coming soon. If you believe and trust in Christ as your Savior, this certain future is a joyous thing. It is where our hope is anchored. Through every trial and storm, we know that our short time here on earth is minuscule compared to eternity in the presence of our Mighty King. This life is but a breath, whereas eternity is a long, long time.

And if you have questions about your faith, if you don't really know what you believe, if you have doubts about God, let that push you toward finding real answers. My greatest hope is that God would be made real to you. I don't know why God has allowed these great losses to happen in your life, but I know He is not the author of such tragedies. He weeps with you. He is good. He is faithful. He loves you with an everlasting love (Jeremiah 31:3).

The date stamped forever on my heart is a day yet to come, but a day sure to come. Hold fast, my dear friends. May you find hope and confidence in all that awaits you when Christ Jesus returns.

I realize now  
more than ever  
that heaven is  
what this life is  
pointing toward,  
what it's all about.

# In Loving Memory

## Thank YOU for your support

### **Abigail Grace Crump**

July 1, 2003

Trisomy 18

Gifts given by

Parents Gerald and Jaimie Crump  
and little sisters Cami and Karli

### **Brooke Sophia Daily**

Stillborn March 11, 2010

Vasa Previa

Gifts given by

Parents Jeremy and Lisa Daily  
and sisters Sarah and Savannah

### **Parker and Riley Davis**

November 14, 2006

Premature

Given by parents Rob and Cheryl Davis  
and little sister Annalise

### **Paislee Ann Frette**

April 4-5, 2012

Wolf-Hirschhorn Syndrome

Parents: Brent and Courtney Frette

Little sister: Colbie

Given by

Grandparents James and LuAnn Junkin

### **Angel Gaddie**

Miscarried October 24, 2008

Also remembering

### **Wilson Glen Gaddie**

August 17, 2017

Premature birth

Parents: Russell and Jessica Gaddie

Brothers: Christopher and Alex

Given by Uncle Robert

and Aunt Sherry Haley

### **Marlowe Gordon**

Given by Sarah Torres

### **Charlotte Grace Harrison**

December 28, 2011—January 4, 2012

Complications at birth

Parents: Luke and Amanda Harrison

Siblings: Evan and Audrey

Given by Catherine Seitz

### **Ella Grace Hurlbut**

Given by Kate Hurlbut

### **Khloe Jean Lanicek**

Given anonymously

### **William Gabriel Lopez**

Stillborn June 27, 2018

Given by parents

William Lopez and Roxana Torres

### **Baby Mauzy**

Given by Stacy Winters

### **Raekwon McGhee**

Given anonymously

### **Chase Austin Miller**

April 21, 2011

Incompetent cervix

Baby "Blueberry" Miller

Miscarried May 4, 2015

Given by parents Greg and Stefanie Miller

and sisters Cora and Hazel

Sandy St. Gemme

Brittany Varner Fish

Andrew J. Haley

Monica Odeh Bridge

Ashley Knight

Magee (Margaret) Miller

Sable Gonyea

Zandra Smith

### **Jonathan Daniel Mitchell**

Stillborn June 24, 1995

Cord accident

### **Baby Mitchell**

Miscarried December 2001

Gifts given by parents Byron and Rebekah Mitchell

Grandmother Marnie Mitchell

Aunt Rachael and Uncle Mark McClelland

Cousin Liz Suggs

Cousins Dr. Jimmy and Elizabeth Suggs

Cousins Aubra and Jason Barth

Wanda Pope

Windy Hampton

Rori Callaway

Jennifer Kuncel

Allison D'Auteuil

Jacky McAndrew

Sidney Stallings

Andrea Stokes

Paula Miltenberger

Cyndi Chlup

Sara and Greg Hintz

Dr. Jeff and Lana Montgomery

Alveisa Gamez

Meagan and Michael Gonzalez

Stacey Rao

Yvette and Ray Grau

Alex Sears

Laura Fazio

Gail and Ken Reamy

Amber and Al Zuckerman

Thank you to those who recently held a  
Facebook fundraising campaign  
or donated to M.E.N.D. through one of these.

We are so thankful for our family and friends  
who show love and support during activities like these or other  
areas such as sharing about M.E.N.D., assisting at events,  
or simply and most importantly,  
praying for us.

### **(Mitchell Donations Continued)**

Marisa and Brandon Perry

Aunt Janice and Uncle Brad Mitchell

Lori and David King

Heather and Drew Santiago

Kristen and Kyle Rabe

Mercedes and Alfredo Contreras

Laurie and Richard Fantine

Jeff Neiball

Carol DiGangi

Stephanie Dickson

Vivian Ross Easton

Cousins Natalie and Jeff Gary

### **Frank Braggio Patranella, Jr.**

Gifts given by

The Staff of Texas Task Force

### **Landree Jean Stout**

December 10, 2010

Asphyxiation

Parents: Kory and Hillary Stout

Gifts given by Pennies for Prayers fundraiser

Janice Gumerman

Bonnie and Michael Stout

### **Mindy and Maggie Smith**

Stillborn November 4, 1997

TTTS and Polyhydramnios

Given by parents Scott and Karla Smith

and siblings Travis and Julia

### **Adrian Joseph "AJ" Zuckerman**

Stillborn March 30, 2007

Cord accident

Given by parents Al and Amber Zuckerman

and brothers Eli and Alex

### **Gifts of Support:**

Christ Church Assembly of God, Fort Worth, TX

Melissa Cannon

Second Baptist Church, Springfield, MO

Second Baptist Church, Springfield, MO -

Women's Missionary Union

Lularoe – Leila Queja

Open Arms – Families Surviving Infant Loss

Wildflower Trust

Scot Tiras, MBA, CPA, CFP

Lutherans for Life of Menomonee, WI

Louise Kiser

Christian Celebration Center, Midland, MI

Becky Hazlewood

M.E.N.D. gratefully acknowledges these gifts of love given in memory of a baby, relative, friend or given by someone just wanting to help. These donations help us to continue M.E.N.D.'s mission by providing this newsletter and other services to bereaved parents free of charge. For more information on how you can support M.E.N.D., please see the "About M.E.N.D." section in the back of this newsletter.



# Birthday Tributes

## Happy 7<sup>th</sup> Birthday, Tanner! Happy 4<sup>th</sup> Birthday, Samuel!

September and October are always very difficult months for us. Tanner, you should be 9 years old. We love you so much. There's not a day goes by we don't think of you and miss you. Samuel, you are also loved so very much. I'm thankful you no longer have to suffer from your medical condition. We know Jesus is holding you and your brother. Mommy frequently asks Jesus to hug you two, especially at your birthdays. Someday we will have the best family reunion! Lots of love from all of us!

*Tanner Maverick Magdamo*  
October 6, 2009

*Possible placenta previa/incompetent cervix*  
Samuel Magdamo

September 6, 2014  
Trisomy 22

Parents: Will and Tiana Magdamo  
Siblings: Linnea and Kaemon



## Happy 9<sup>th</sup> Birthday, Sereana!

Nine years old on the 9<sup>th</sup>! Today is your golden birthday, Sereana! We're celebrating with gifts that increase - those nine Holy Spirit fruit-gifts: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. In many ways, because of you, sweet daughter, these nine fruit-gifts are growing more real in our lives. September 9, 2009, is triple confirmation, 9-9-09, of goodness Abba intends. And beautiful, wonderful, brilliant YOU are the one we celebrate on this golden day: 9 on the 9<sup>th</sup>! Happy 9<sup>th</sup> birthday, Sereana Joy Ratulele, still "the joy song of my mother." I love you.

*Sereana Joy Ratulele*  
Stillborn September 9, 2009, at full-term  
Unknown cause  
Parents: Semi and Laura Ratulele  
Siblings: Noela Esiteri and Talei Jewel



## Happy 2<sup>nd</sup> Birthday, Christian!

Happy birthday, Christian! Mommy loves you so much! Not a day goes by you're not in my thoughts! If I had a chance to do this completely over, with the same result, I would!

*Christian Carter Canada*  
Stillborn September 19, 2016  
Mommy: Denyra Canada



## Happy 3<sup>rd</sup> Birthday, sweet Ella!

It's hard to believe it's been three years since we lost you. We miss you every day, but are comforted knowing we will reunite in heaven. We are reaching your little sister's 1<sup>st</sup> birthday, and it brings you so strongly to our minds wishing we could celebrate these milestones with you.

We are so proud to be your parents, sweet girl. Your life continues to impact and connect us to others. We are so lucky to have you in our hearts.

We love you infinitely, sweet baby. Until we meet again, I will carry you in my heart.

Love,  
Mommy, Daddy and Laurel

*Ella Lynne Gonyea*  
August 24, 2015  
Preeclampsia, HELLP Syndrome  
Parents: David and Sable Gonyea  
Little sister: Laurel Elizabeth



## Happy 4<sup>th</sup> Birthday, Andrew!

We can't believe you're turning 4 years old. There are days it feels like yesterday when we laid you to rest. Our hearts have healed in many ways, but a piece of them forever lives with you. Leah and Hannah ask about you often, and we all visit your resting place and blow you kisses. Noah is too young to understand, but when we watch him playing with cars and trucks, we're sure you two would have had so much fun together. We love you with all our hearts, and we're sending you best wishes on your heavenly birthday, sweet boy.

Love,  
Mommy, Daddy, Leah, Hannah and Noah

*Andrew Robert Bateman*  
October 7, 2014  
Unknown cause  
Parents: Tim and Laura Bateman  
Siblings: Leah, Hannah and Noah



## Happy 7<sup>th</sup> Birthday, Alex!

Heaven and earth may separate us today, but nothing will ever change that you made me a mom. Happy birthday, my sweet angel. You are loved more every day.

*Alex Rodriguez*  
Stillborn September 7, 2009  
Mommy: Crystal Rodriguez  
Sister: Emily Sophia





**Happy 11<sup>th</sup> Birthday, Brandon!**

Happy heavenly 11<sup>th</sup> birthday, my sweet Brandon. Not one day goes by you are not thought of. They say time heals all, but my heart still feel the ache. I will love and treasure your memory always.

Love,  
Your mother and brother

*Brandon Isaiah Alfaro  
October 19, 2007–February 7, 2008  
Spinal muscular atrophy (SMA)  
Mommy: Jennifer Alfaro  
Brother: Ethan*

**Happy 2<sup>nd</sup> Birthday, Our Lil Man!**

My darling angel baby, silent from the start, but your footsteps echoed so loudly as you danced upon my heart. It doesn't matter how many other children I have...there is still that spot in the backseat that should have the baby I lost (YOU). No one will EVER replace you or fill YOUR space in my heart. I wake up each day only to miss you all over again.

Happy birthday my sweet angel baby boy. Mommy and Daddy love and miss you beyond words. We know you have your grandfather and your big brother to keep you company...(keep PawPaw out of trouble).

Infinite kisses to my angel.

*Baby Boy Shields  
Stillborn September 24, 2016, at 33 weeks  
Blood clot in his brain  
Parents: Everson and Tareva Shields  
Siblings: Ne'Vaeh, Jocelyn, Heaven and Londynn*

**Happy 1<sup>st</sup> Birthday, Zachary!**

Zachary, we will always remember you as our perfect baby boy and little brother. We miss you every day and eagerly await the day we are all reunited for eternity. You are our treasure in heaven. We love you forever.

*Zachary James Law  
October 1-17, 2017  
Adeno Virus  
Parents: Irwin and Carrie Law  
Siblings: Scarlett and Lydia*

**Happy 3<sup>rd</sup> Birthday, Acelin Renee and Wylin Marie!**

I love you and miss you. I wish I could hold you one more time. I would never let you go. I love you, my little birds!

*Acelin Renee and Wylin Marie Preston-Holt  
August 21, 2015  
Twin-to-twin transfusion syndrome  
Parents: Kevin Holt and Kandice Preston  
Brother: Gunner*

**Happy 2<sup>nd</sup> Birthday, Arielle!**

Happy birthday, sweet baby girl, we miss you and Bubba every single day. I can't believe it's been two years. Time has gone by so fast. Sister talks about you every day. I know if you and Bubba were here with us, you and Sister would be bossing Bubba around. Poor Killian would be up against two, but not for long because brother #2 will be with us before we know it. Keep watching over big sister and baby B. We love you!

*Arielle Everly Dupuy  
October 30, 2016  
Premature birth*

**Happy 2<sup>nd</sup> Birthday, Killian!**

Happy birthday, Bubba! Everyone misses you every day. You'll always be our first boy. I wish we could only see what Sissy and you would be like, having a big sister like Mia. I know Sissy and you are in heaven watching over us, and protecting Baby B in my belly. We love you forever, our little superhero.

*Killian Michael Dupuy  
November 2, 2016  
Premature birth  
Parents: Ryan and Karla Dupuy  
Siblings: Miabella and Baby B (due December 1)*

**Happy 3<sup>rd</sup> Birthday, River!**

I cannot believe it's been three years since we held you. The best and worst day of our lives was when you were born. We miss you every second of every day!

We promise to make you proud. Fly high, baby boy. "You're my favorite 'what-if!'" Happy birthday, Buddy!

*River Lee Doyal  
October 9, 2015  
Omphalocoele  
Parents: Patrick and Catrina Doyal  
Siblings: Remington and Journey*

**Happy 9<sup>th</sup> Birthday, Kaiya Dawn!**

KJ and I miss you terribly and talk about you almost every day. You'd be entering the 3<sup>rd</sup> grade with your sister, embarking on another year of growth and change. I often think about how your personality would compare to your sister. I know you'd be my calm. I hope you are having fun in heaven. I loved you then, and I love you still.

Mommy

*Kaiya Dawn Walker  
October 23, 2009  
PROM  
Mommy: LaRhessa Johnson  
Twin sister: Kaidyn Jamiel*



**Happy 5<sup>th</sup> Birthday, Keiran!**

Oh my sweet firstborn, 5 is such a big number! Another year farther away from the last time we held you here on earth means another year closer to the first time we will hold you in heaven. So many big things we will miss this year-kindergarten, big boy toys, playing with the neighborhood kids...so many laughs...so many heartbreaks...so many moments we will just have to hold onto in our dreams. One day we won't have to dream about you anymore. But until then, we'll look to the sky for our shining star. Happy birthday, Keir Bear!

Love,  
Mommy, Daddy and lil' sis



*Keiran David Cobler*  
*October 25–November 1, 2013*  
*NEC*  
*Also remembering*  
*Fred and George Cobler*  
*Miscarried March 3, 2017*  
*Parents: Brian and Kristina Cobler*  
*Little sister: Karsyn*

**Happy 2<sup>nd</sup> Birthday, Greyson!**

Gone but never forgotten and always loved.

*Greyson Maddox Matney*  
*October 23, 2016*  
*Unknown cause*  
*Also remembering*  
*Aubriy Funderburk*  
*May 10, 2015*  
*Placental abruption*  
*Twins A and B Funderburk*  
*January 26, 2017*  
*Unknown cause*  
*Baby 5 Funderburk*  
*July 25, 2018*  
*Missed Miscarriage*  
*Parents: Daniel and Victoria Funderburk*

**Happy 16<sup>th</sup> Birthday, Logan!**

We love you and miss you and talk about you all the time. It is hard to believe, but all three of you boys would be in high school together this year...Oh what fun that would be! We wish you were here with us, but we know you are patiently waiting for us, and we will see you again one day. Until we meet again...

Love,  
Mom, Dad, Landry and Hudson



*Logan Wayne Fish*  
*September 17, 2002*  
*Skeletal Dysplasia*  
*Parents: David and Brittney Fish*  
*Brothers: Landry and Hudson*

**Happy 10<sup>th</sup> Birthday, Angel!**

On your birthdays, our greatest desire is to hug you tight and never let go. It's amazing to think it's been 10 years since we held our sweet angel in the palm of our hand, the baby who tiptoed into our lives and tiptoed into heaven - a day we'll never forget.

Then came our miracle baby, Wilson Glenn. He taught us what overwhelming and undeniable joy is, filled many couples with hope and now many will find healing and comfort through M.E.N.D. He achieved more in his short existence than most of us achieve in a lifetime.

Always wanted, forever loved, never forgotten and infinitely missed!

*Angel Gaddie*  
*Miscarried October 24, 2008*  
*Also remembering*  
*Wilson Glen Gaddie*  
*August 17, 2017*  
*Premature birth*  
*Parents: Russell and Jessica Gaddie*  
*Brothers: Christopher and Alex*

**Happy 19<sup>th</sup> Birthday, Ashley!**

Happy 19<sup>th</sup> birthday, sweet girl. Love you and missing you every day!

*Ashley Renee Dedear*  
*October 29–November 1, 1999*  
*Placental abruption, prematurity*  
*Parents: Tim and Cindy Dedear*  
*Sisters: Laura Elizabeth (surviving twin)*  
*and Katherine*

**Happy 2<sup>nd</sup> Birthday, Olivia!**

Your birthday is here but you aren't.  
I'd send a gift, but I know I can't,  
So I'll make a wish upon a star  
To carry my love to where you are.  
Happy birthday, my precious Angel.  
Forever in my heart,  
Mommy

*Olivia Danielle Gutierrez*  
*Stillborn October 21, 2016*  
*Incompetent cervix*  
*Mommy: Stephanie Gutierrez*

**Happy 3<sup>rd</sup> Birthday, Reese!**

You live forever in our hearts.  
We love and miss you so much!

*Reese Parker Green*  
*Stillborn September 12, 2015*  
*Parents: Jesse and Ronya Green*  
*Siblings: Grayson Samuel and Grace Elizabeth*



**Happy 1<sup>st</sup> Birthday, Arlo!**

We will hold you in our hearts,  
until we hold you in heaven.

Love,  
Mommy and Daddy

*Arlo Robert Hulings  
October 25–November 2, 2017*

*Unknown cause*

*Parents: Jason and Melissa Hulings*

*Siblings: Nolan and Liza (due October 17)*

**Happy 1<sup>st</sup> Birthday, Ella and Ayita!**

We loved you since the day we found out we were carrying you. Until we meet again, our sweet little cubs. Hooowwwrrrr

*Ella and Ayita Corral*

*October 22, 2017*

*Multiple birth complication/Subchorionic hemorrhage*

*Parents: Crisolfo Corral and Alyssa Patton*

**Happy 6<sup>th</sup> Birthday, Emma Leigh!**

This makes six long years I have been without you... I hope you are flying high and have a great birthday up there. We all love you so much and miss you, baby girl!

*Emma Leigh Allen-Greig*

*October 23, 2012*

*Premature birth*

*Mommy and Stepdad: Brittini and Connor Hunter*

*Daddy: Kagan Allen*

**Happy 1<sup>st</sup> Birthday, Nikson!**

We can't believe it has already been a year since we held you our sweet boy. We will always hold you in our hearts until we can hold you in heaven. We love you and miss you, sweet boy.

Daddy, Mommy and your big brothers

*Nikson Drew Camargo*

*Stillborn October 25, 2017, at 24 weeks*

*Parents: Andrew and Kim Camargo*

*Big brothers: Noah and Niko*

**Happy 1<sup>st</sup> Birthday, Meadow!**

In loving memory of our sweet Meadow Raine.  
Forever in our hearts.

*Meadow Raine Marty*

*Miscarried October 26, 2017*

*Parents: Felix and Casie Marty*

*Siblings: Joshua, Avery, Elijah and Juliana*

**My Meadow Raine**

My Meadow Raine

My summer dream

My moonlight woes

For you I scream

The tears, they flow

My heart, it breaks

The wind, it blows

My soul, it aches

My baby girl, I dream of you

Of what you would have been

My baby girl, I weep for you

For you will never know your kin

We didn't have forever

You were taken way too soon

And though my heart is tender

Your memory will always bloom

My summer dream

My moonlight tears

The morning dew

My biggest fears

It's all just never ending

This heartbreak that I endure

But all my love to you I am sending

Please know that it is pure.

Written in love for Meadow Raine,

By Mommy Casie Marty

M.E.N.D.—Chicagoland

# M.E.N.D. CHAPTER UPDATES

## Greater Houston Area

M.E.N.D.–Greater Houston Area has had such an exciting year with the opening of our Katy area meeting. We are excited to soon open another satellite in Kingwood area! Keep an eye out on our Facebook group and website for more info on that. We are praying and hoping for a satellite in the South Houston area so we can serve the families there. Our 13<sup>th</sup> Annual Walk to Remember is October 6<sup>th</sup> at 1:00 PM at Bammel Church of Christ. We are so excited to host this for our 13<sup>th</sup> year.



Stormy

## SW Missouri

M.E.N.D.–SW Missouri continues to connect to grieving families in the SW Missouri area through a variety of ways. I had the opportunity in July to speak to a group of nurses at Cox hospital for their bereavement training class. Our chapter is also excited to announce we will begin connecting with Hispanic families in our area soon. Daisy Barron Collins has joined our team and will be essential in leading this effort. We still continue to reach out to our families through our Facebook group and our monthly support groups.



Save the dates for our upcoming events:

Breakfast and Balloon Release: October 13, 10:00 AM, Hillside Baptist Church, registration is available at [www.mend.org](http://www.mend.org).

Christmas Candlelight Ceremony: December 10, 7:00 PM, Second Baptist Church

Craft Day Fundraiser: February 15-16, starting at 6:00 PM and returning at 9:00 AM, The Springs Church, contact Kathryn for questions at [kathryn@mend.org](mailto:kathryn@mend.org).

Kathryn

## NW Washington

M.E.N.D.–NW Washington continues to welcome new families in our area to M.E.N.D. and are grateful for those who share our information so we can support those who need us. I was asked to speak and train on grief and loss at two conferences for Care Net of Puget Sound in September. I pray the information I shared will help the doctors and volunteers better understand this kind of grief and that any future patients will feel cared for and supported by the staff there. I am so grateful for the opportunity to spread awareness around other parts of Washington, and to share M.E.N.D. with them.

We hope to have an online auction fundraiser in October to raise money for our Christmas Candlelight Ceremony. Check our Facebook page or our website for more information.



Stacy

## Palm Beach, Florida

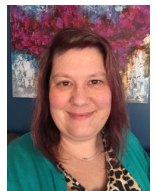


M.E.N.D.–Palm Beach, Florida is so excited to announce that M.E.N.D.- Palm Beach is ready to launch! Our money has been raised, our meeting location has been secured, and our care boxes are being distributed to 8 hospitals in our county. With the lack of support in our area, the hospitals we are working with are delighted that M.E.N.D. is coming to Palm Beach County!

Jessica

## MidMichigan

M.E.N.D.–MidMichigan meets the first Tuesday of every month from 7:00-9:00 PM at Ashman Plaza, home of Live Oak Coffeehouse and Captured Photography. We're looking forward to sharing hope and comfort to those who have experienced neonatal death and infant loss in the Tri-Cities. Please help us spread the word if you have family or friends in the MidMichigan area.



Karen



## Tulsa

M.E.N.D.–Tulsa is hosting our 8<sup>th</sup> Annual Balloon Release on Tuesday, October 16, at 6:15-7:15 PM, prior to support group. Children will be welcome for the balloon release, but we ask you to please make arrangements for your child if you plan to stay for the support group, which will begin at 7:15 PM following the balloon release.

Registration for our event is available at [www.mend.org](http://www.mend.org). For any questions, please feel free to contact me at [lisa@mend.org](mailto:lisa@mend.org) or (918) 694-4325 (HEAL).



Lisa

## Bryan/College Station

M.E.N.D.–Bryan/College Station was honored to present at a meeting for AWHONN-College Station. We were able to share about M.E.N.D., our mission, and helpful ways to support patients who have lost a baby. To request to have M.E.N.D. present to your hospital, doctor office, funeral home, or any other healthcare providers, please email [jennie@mend.org](mailto:jennie@mend.org). We are looking forward to our October Walk of Remembrance followed by a butterfly release! Be sure to follow our Facebook group for more information. Lastly, thank you to EVERYONE who donated to our fundraiser! We run 100% on donations and 100% by volunteers.



Jennie

## Chicagoland

M.E.N.D.–Chicagoland was greatly blessed by the donation raised at The Henry Michael Morgret 2<sup>nd</sup> Annual Golf Outing honoring infant son, Henry Morgret. We are so thankful to be able to continue to serve hurting families local to the Chicagoland area when they go through the devastating loss of a child.



Sara



Thank you for the donation to M.E.N.D. through the golf outing in Chicagoland!

**New Chapter Opening Soon:  
COLORADO!**

## Book Review

### ***30 Days Later: A Story of Grief and Hope***

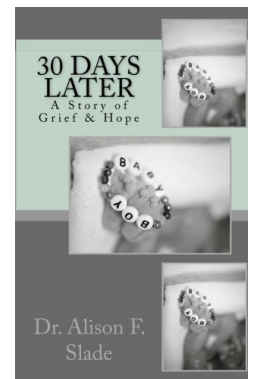
Written by Dr. Alison F. Slade

Reviewed by Rebekah Mitchell, Mommy to Jonathan Daniel and Baby Mitchell

M.E.N.D. President/Founder

Dr. Alison Slade and her husband David are the parents of a combined family of 5 living children. Together they are the parents of little Gabriel, who was stillborn. Alison shares the first 30 days of her personal journal after the death of Gabriel. Her raw emotions are candidly described, to which all of us who have endured the loss of a baby can relate. The entries include her spiritual battle, family dynamics, and parenting her living children while deeply grieving. Scripture references are sprinkled throughout the book, as well. Alison acknowledges her hope and healing comes only from the Lord.

Chapter Seven of the book is called, "Embrace Your Tribe." This chapter was especially relatable to me as truly my main "tribe" of friends are M.E.N.D. moms. Slade says, "...when you meet someone who has a similar story, you are instantly connected with this person forever." If you're searching for a book that will help you feel not alone in your feelings, *30 Days Later: A Story of Grief & Hope* will truly link you to the story of a mom with like-minded emotions.



# 16 Years

By Brittany Fish

Mommy to Logan Wayne

M.E.N.D.—Board of Directors

Sixteen years... Sometimes it feels like an eternity ago, sometimes it feels like it was yesterday. Sometimes I actually wish it was happening all over again so I could cherish what little time we had with our son, Logan. September 17, 2002, was the day when I realized that all things don't have a fairytale ending, and all prayers don't get answered in the way we think they should. It is also the day that divided my life into two parts: before Logan and after Logan.

## Before Logan

Our second-born son was given a lethal diagnosis when I was 35 weeks pregnant. Usually at 35 weeks, you feel like you're pretty much home free, so to speak. Even though our doctors had told us there was very little hope (less than 1% chance) of him surviving outside of me, I felt sure God was going to step in and "save the day," and we would have a beautiful testimony of God's love, His mercy and faithfulness. We wanted to have THAT story. What a powerful testimony that would be! Up to that point in my life, I had never ever prayed so fervently, so desperately for anything in my life.

However, after many sonograms, daily amniocentesis punctures where they drained fluid from my belly to keep me from rupturing, and being amongst the first in the United States to receive a "fetal MRI," the doctors assured us he would not live outside the womb. So there I was, nine months pregnant, walking around a cemetery looking for just the right spot to bury my infant son, listening for just the right music to play at his funeral, searching for the perfect outfit and blanket to wrap him in, picking out just the right casket we could place him in and then ultimately in the ground.

Three weeks later, I walked into an operating room, knowing that to deliver him, meant almost certain death for Logan. I never lost hope and kept my eyes on Him. Although I'm sure it was lit, it seemed like the longest, darkest hallway I've ever walked. But I walked that hallway to the operating room. It was a long walk that nurse and M.E.N.D. mom, Allyson Smith, walked alongside me. My feet were trudging as if walking through a mud pit, my body was weary and my heart was heavy.

I love that song, "Oh, My Soul" by Casting Crowns where the chorus states: "There's a place where fear has to face the God you know." And there I was... standing with fear in the face of the God I had known and loved since I was a child. I was hopeful that the doctors would be proven wrong. I was hopeful that I could prove my God was bigger than all of their blood tests, X-rays, DNA testing and MRIs.

However, Logan was born just as they said, he was a dwarf. His lungs were too small to inflate properly, so he would suffocate to his death. It was devastating.

My husband, David, did get to see his precious eyes opening, looking up at him as if to say, "Daddy, what happened? Please help me...This hurts..." To this day, David cannot talk about that moment without tears coming to his eyes. He says, "Daddies are supposed to be able to fix things, but I couldn't fix this." So instead, we bathed him, clothed him, wrapped him up, loved on him, kissed him, sang to him, shared him with our family and friends, and then we let him go...

I handed him over to the funeral home director at around midnight that evening. It was the absolute hardest thing I have ever done. Letting go of him meant I would never be able to hold him, dress him, bathe him, rock him, or even smell him. As many of you out there reading this know, it was torture.

God did not give us that story we wanted. He did not save our son. He died only a couple of hours after his birth. You see... while inside me, he was fine because he didn't have to breathe on his own. But outside my womb... would be trouble. For him... for our precious newborn, helpless son, living outside of me meant suffocation because his lungs were too tiny, and he wouldn't be able to breathe on his own. I was screaming.... "God!!! Where are you?!? SAVE him!!!"



Big brother Landry is looking up at Brittany. David, Daddy, is kneeling beside the bed with his mom is standing next to him. Brittany's mom is standing on the opposite side.

It's then I learned it's so easy to chant and cheer "Yea God!" Or the common phrase I hear in the churches today, "God is good... all the time." That is so easy to say when you're loving life, and everything is going your way. But when your prayers don't get answered in the way you think they should, it's not so easy to shout and proclaim. If God had put me to the test, I am pretty sure I failed it. I was so angry at God and turned my back on Him for a very long time.

### After Logan

It's been 16 years since his short entrance and very premature exit. I still don't understand how or why God could take a child from his mother while she prays for him, but He did. I don't like it. I'll never ever understand it. I've since learned to accept that I'll never understand this side of Eternity. Life is messy, much like the backside of a tapestry. Looking at the backside, no one would ever know what the other side looks like, but He assures us over and over of its true beauty and its ETERNAL purpose. I just have to trust Him with my son and His plan of what He is weaving and creating.

Now, 16 years later, it is kind of cool to think that our little lives, our little family of 5, is a teeny-tiny, itsy-bitsy thread in that beautiful tapestry that we will all get to see one day, when our work here is complete.

Sixteen years ago I was looking for God to remove my suffering and show me His love. Looking back, I can now see that He was there, right beside us, in every step, every tear, every trip to the cemetery... then, and even now, He is demonstrating His love, His grace, His mercy, and even His faithfulness and encouragement as I am blessed to be able to minister to other hurting families through M.E.N.D. Thank you, Lord, for the suffering you endured for me and my sins, so that I may be redeemed and live with JOY in my heart even through the many tears, and with the anticipation of knowing that I will see Him again one day. Oh, what a joyous day that will be!

People have often asked me... "If you could choose to either become pregnant with Logan with the same outcome (his death), or never become pregnant with him at all, what would you do?" With no doubts in my heart, I would do it all again because I was chosen by the Creator of the Universe, my Lord and Savior, to be



Logan's mom. He is part of me. He is part of our family. And he will be waiting on us someday to join him with the rest of our heavenly family.

Do I understand it? No. Do I like it? Ummm... No.

But one thing I've learned through these 16 years... Just as real as grief is, so is the strength, grace and mercy of our God. And as much as I don't understand it or like it, I realize that sometimes we stand to learn the most from the things we understand the least. I've also learned to accept the fact that I will never ever understand the hows and the whys this side of eternity. So I will choose to live with the Hope we have in Jesus and because of what He has done for us ALL (those who accept Him and even those do not). I absolutely WILL get to see my son again one day.

Until then, I'll continue on my journey, trying my best to make Him proud and leaving a legacy for my Logan. Even though it hurts, I wouldn't have it any other way. I'll always, always be thankful that He chose me and trusted me to be their mom.... not only to Landry and Hudson, who I get to see, hear, watch grow, and love on every day, but also to Logan, who I will see again one day soon.

Romans 8:28 says, "And we know that all things work together for good to those who love God, who have been called according to His purpose." And oh, how I love Him! And I trust Him because I have been called to something greater than I can ever imagine, His purpose.

Logan, on your birthday, 16 years ago, I held you for the first time and for the last time. It was one of the saddest, proudest, most heartbreaking, yet most beautiful moments of my life.

I used to think about how another year has come and gone without you, but now I've come to realize that I'm just another year closer to being reunited with you. Although your time here was short, you left an indescribable impact on all of us who love you. Logan, you left me with the greatest gift...because now my heart aches for Home.

# Moments and Dates Stamped On Our Hearts

**"A Counselor's Perspective"**  
**Sable Gonyea, LCSW**  
**Mommy to Ella Lynne**

There are dates and moments of my little Ella's short life that are forever stamped in my memory. Among them is the day we found out something was wrong (August 19), the date she was born and died (August 24), and her due date (December 6). During the first year after Ella died there were other dates too. I remember sobbing in my counselor's office on the day I realized Ella had been gone longer than I had her (26 weeks). This date was BIG in my heart, and I was met with the answer, "Do you think you could be making up dates to feel sad about?"

As a therapist, I have worked extensively with grief and crisis. What I know to be true is that everyone grieves differently, and that everyone needs these dates, anniversaries and moments for us to maintain that connection with our loved ones. While I couldn't provide myself the same assurance at the time of my loss, I make sure to impress this on my clients so that they don't feel abnormal or even "crazy" for their attachments to these dates.

During pregnancy, we count each week as a milestone, and when that pregnancy ends, it is only normal to continue to count each week as a stark reminder of the milestone we're missing. "We should have been X amount of weeks along;" "at this week the baby should be at this weight/length/developmental stage." These weeks become a constant reminder of the tremendous loss. After the pregnancy ends, there are continued dates and moments: birth date, death date, funeral date, due date, etc. These dates and moments become part of the fabric of our being, just like our children become part of the fabric of our being. When we are left behind with empty arms, all we have left are these moments and dates. Grief doesn't exist without incredible connection, and these dates serve to keep that connection.

With living children and living family members, we have their whole lives to celebrate their milestones and moments: birthdays, holidays, milestones, first days of school, graduations, new job, marriages, children, etc. With our babies who died during pregnancy or in infancy, we don't have the time to celebrate all of those dates, and so we cling to the ones we do have. Some who don't "get it" might view that in a manner consistent with the taboo that society places on pregnancy and infant loss, but, for those who do "get it," it makes all of the sense in the world. As a therapist I want to assure you that you are responding normally to an abnormal situation. It isn't "normal" to lose your baby in pregnancy and infancy. It only makes sense that you will incorporate these dates into your very core. After all, these are the dates that make up the story of your baby's life, and that life matters. Your baby matters.

These are the  
 dates  
 that make up  
 the story of  
 your baby's life,  
 and that life matters.

These dates and  
 moments  
 become part of  
 the fabric of our being,  
 just like our children  
 become part of the  
 fabric of our being.

*Sable Gonyea is mommy to Ella Lynne, who was stillborn on August 4, 2015, due to preeclampsia and HELLP Syndrome. She and her husband have a subsequent/rainbow baby name Laura.*

*Sable serves on the Advisory Board of M.E.N.D., and has a private practice in north Texas as a mental health therapist serving Flower Mound and surrounding areas.*





# Momentos y Fechas Sellados Para Siempre en Nuestros Corazones

*Artículo de Presidente y Fundadora,  
Rebekah Mitchell,  
Mamá de Jonathan Daniel y bebé Mitchell*

Un pasado veintitrés años desde que mi bebé Jonathan nació en el cielo. En su mayoría, ese sábado de junio de 1995 parece una vida atrás. Pero cuando cuento la historia de su muerte, incluidos todos los detalles que quedan vívidamente grabados en mi mente, parece como si fuera ayer. En nuestros grupos de apoyo mensuales, alentamos a las familias aprender a separar a nuestros bebés de las circunstancias que rodean la pérdida. Lo que quiero decir con eso es que puedo hablar sobre Jonathan todo el tiempo con una sonrisa en la cara. Me encanta pensar en sus hermosas y pequeñas facciones que se parecían a su hermano mayor. Pero cuando me dan la oportunidad de contar toda la historia, incluso después de tantos años, no puedo contarlo sin llorar. Los recuerdos de repente son tan reales, crudos y frescos nuevamente.

A lo largo de los años, he contado mi historia muchas veces, es como si hubiera memorizado un guión. Normalmente puedo pasar por los detalles sin problemas. Mientras cuento mi historia, aunque pueda parecer confiada y cómoda compartiendo recuerdos tan sagrados, mi mente está 100% reviviendo el día como si estuviera haciendo los movimientos una y otra vez. No importa dónde esté físicamente, mi mente, mi corazón y mis sentimientos están en Methodist Medical Center en Dallas, Texas. Raramente puedo pasar por los detalles del 24 de junio de 1995 sin una gran cantidad de emociones. Puedo sonreír al describir mi bebé sin vida de 2 lb, 12 oz, qué hermoso y perfecto era. Pero cuando incluyo la parte de tener que decirle a nuestro hijo de 3 años y medio que su hermanito, Jon-Jon "se salió de la barriga" pero que no volvería a casa ... .ahh ... eso me afecta cada vez! O cuando cuento que cuando la enfermera salió de mi habitación para tomar otro Doppler, coloqué una caja de música de porcelana sobre mi estómago que toca "Jesus Loves Me" para despertar a Jonathan y así poder escuchar su latido del corazón ... wow, eso siempre me pone un truco en mi garganta también.

Aunque muchos de los componentes de nuestras historias son muy difíciles de pensar o de hablar, son recuerdos. Aunque muchos de nuestros recuerdos están teñidos de dolor, los recuerdos son todo lo que nos queda de nuestros pequeños. Así que, ánimo a que valientemente abracemos esos momentos, esos recuerdos, con amor y cariño. No tengas miedo de "ir allí" en tu mente, incluso si las lágrimas estallan. Está bien que los pensamientos tristes sigan siendo pensamientos significativos y apreciados. Abstenga de empujar profundamente esos momentos y permitir que sean enterrados en el web de su mente. En cambio, abrace esos momentos, permítase sentir lo que siente cuando piense en esos recuerdos y conviértelos en un bello recuerdo de la vida de su bebé.

## Subsequent Births

### Celebrating our Rainbow Babies

**Nelly and Rick Macias,**  
along with big sisters Sofia and Maria,  
joyfully announce the arrival of,

Lucas John,  
born June 16, 2018,  
measuring 8 lbs., 4 oz.,  
and 20.25 inches long.

The family lovingly remembers

Sam Frances,  
November 16, 2012,  
Christian Valentine,  
April 19, 2013,  
Jo Frances,  
April 2, 2014,  
Jude Frances,  
October 28, 2014,

Unexplained Repeat Pregnancy Loss

## About M.E.N.D.

M.E.N.D. is a Christian nonprofit corporation whose purpose is to reach out to those who have lost a child to miscarriage, stillbirth or infant death and offer a way to share experiences and information through monthly support groups, this newsletter, and our website at [www.mend.org](http://www.mend.org). For inquiries, subscription requests, deletions, and submissions to the newsletter, contact us at:

M.E.N.D.  
P.O. Box 631566  
Irving, TX 75063  
Phone and Fax: (972) 506-9000  
(Please call before faxing)  
E-Mail: [rebekah@mend.org](mailto:rebekah@mend.org)  
[jennifer@mend.org](mailto:jennifer@mend.org)  
[www.mend.org](http://www.mend.org)

Donations make the printing and distribution of this newsletter possible. Your tax-deductible contributions are greatly appreciated and should be sent to the address listed above. If your gift is made in memory of a baby, please include that baby's name (if named), date of birth and/or date of death, the parents' names, and the name of the benefactor. You may also include the cause of death (if known).

M.E.N.D. is a member of  
First Candle/SIDS Alliance  
International Stillbirth Alliance  
Pregnancy Loss and Infant Death Alliance



international  
stillbirth alliance



## M.E.N.D. Leadership

### Board of Directors

Rebekah Mitchell  
Byron Mitchell, D.D.S.  
DaLana Barsani  
Brittney Fish  
Brandee Dill  
Marilyn Brown  
Amber Zuckerman  
Cheryl Davis  
Calli Stanley  
Tina Rusert

### Advisory Board

Paula Schear, Liz Walker, Norma Jordan,  
Laura Bateman, Sable Gonyea,  
Jenae Bowmer, D'Anna Sims

### General Counsel

Dennis G. Brewer, Sr., Attorney at Law

### Newsletter

Editor: Jennifer Harrison  
Co-Editors: Byron and Rebekah Mitchell

### Newsletter Volunteers

Rachel Dell, Sara Elliott  
and Stormy Mitchell

## Legacy Giving

Losing a child has changed each of our lives forever. We appreciate all financial support of the services our organization gives to bereaved parents—no matter the size of the contribution. However, some of you may have the capacity and desire to give a lifelong gift to M.E.N.D.

If you are interested in creating a legacy gift or endowment in honor of your baby, M.E.N.D. would be happy to assist you in gathering the necessary information to remember our organization in your will or trust. For more information about legacy giving, please contact Rebekah Mitchell at [rebekah@mend.org](mailto:rebekah@mend.org).

# M.E.N.D. Chapter Information

## M.E.N.D.–NW Washington

Meets the 2<sup>nd</sup> Monday at 6:30 PM  
Harrison Medical Center/Iris Room  
1800 Myhre Rd.  
Silverdale, Washington 98383  
Director: Stacy McGhee  
stacym@mend.org, (360) 662-6161

## M.E.N.D.–SW Missouri

Meets the 1<sup>st</sup> Thursday at 7:00 PM  
Project H.O.P.E.  
1419 S. Enterprise Ave  
Springfield, Missouri 65804  
Director: Kathryn Gold  
kathryn@mend.org, (417) 770-0600

## M.E.N.D.–Palm Beach, Florida

Meets the 2<sup>nd</sup> Thursday (beginning  
October 11) at 7:00 PM  
Brookdale Lake Worth  
3927 Hadjes Dr  
Lake Worth, FL 33467  
(close to Turnpike & Lake Worth Rd)  
Director: Jessica Gaddie  
Jessica@mend.org, (561) 843-3509

## M.E.N.D.–Bryan/College Station

Meets the 2<sup>nd</sup> Tuesday at 7:30 PM  
Hawthorne Suites  
1010 University Drive East  
College Station, Texas 77840  
Director: Jennie Drude  
jennie@mend.org, (402) 704-6363

## M.E.N.D.–Tulsa, Oklahoma

Meets the 3<sup>rd</sup> Tuesday at 7:00 PM  
Canyon Crossing  
1651 E Old North Rd.  
Sand Springs, Oklahoma 74063  
Director: Lisa Daily  
lisa@mend.org, (918) 694-4325 (HEAL)

## M.E.N.D.–Chicagoland, Illinois

Meets the 1<sup>st</sup> Tuesday at 7:00 PM  
St Peter Lutheran Church  
202 E Schaumburg Road  
Schaumburg, Illinois 60194  
Director: Sara Hintz  
saraann@mend.org, (630) 267-9134

## M.E.N.D.–MidMichigan

Meets the 1<sup>st</sup> Tuesday, at 7:00 PM  
Ashman Plaza  
713 Ashman Street,  
Midland Michigan 48640  
Director: Karen Kilburn  
karen@mend.org, (989) 577 5755

## M.E.N.D.–Colorado

MORE DETAILS COMING SOON!

## M.E.N.D.–Greater Houston Area

### Greater Houston Area Main Chapter:

Meets the 3<sup>rd</sup> Thursday at 7:30 PM  
Lone Star College,  
3200 College Park Dr, Room A228,  
The Woodlands, Texas 77384  
Greater Houston Area Director:

Stormy Mitchell  
stormym@mend.org, (405) 529-6363

### Satellites in Greater Houston Chapter:

Katy, Texas:

Meets the 2<sup>nd</sup> Thursday at 7:00 PM  
The Meeting Room at Serene Bean  
1933 East Ave  
Katy, Texas 77493

Katy Director:

Kessi Wilhite, kessi@mend.org  
Coming soon: Kingwood Area  
Support Group on 4<sup>th</sup> Thursday  
Kingwood Director:

Nikisha Perry, nikisha@mend.org

### Subsequent pregnancy group

Meets every other month  
on the 3<sup>rd</sup> Thursday at 7:30 PM,  
led by Stormy Mitchell  
(stormym@mend.org)

### Daddy's group

Meets quarterly  
on the 3<sup>rd</sup> Thursday at 7:30 PM,  
led by Greg Miller  
(stefaniem@mend.org)

## M.E.N.D. Support Groups in the Dallas/Fort Worth Metroplex

M.E.N.D. chapter support groups  
are held the 2<sup>nd</sup> Thursday of  
every month

from 7:30 - 9:00 PM

### Daddies group

meets the 2<sup>nd</sup> Thursday of  
March, June, Sept. and Dec.,  
from 7:30 - 9:00 PM

A time for dads to meet together  
and discuss topics relevant to them  
as fathers. Our moms and dads  
meet together for introductions  
before dividing into two groups for  
discussion.

### Subsequent pregnancy group

meets the 4<sup>th</sup> Tuesday  
from 7:30 - 9:00 PM

Led by Liz Walker: liz@mend.org  
For families who are considering  
becoming pregnant or are currently  
pregnant after a loss.

Join us for a time of sharing experiences.

### Food and Fellowship

A time to relax and meet with other  
M.E.N.D. parents in a social setting.

Held the 4<sup>th</sup> Thursday of  
every month at  
different locations and times  
across the DFW metroplex.

Contact Brittney Fish  
for the details each month:  
brittney@mend.org

### Infertility group

meets the 3<sup>rd</sup> Monday  
at 7:30 PM

Contact Cheryl Davis for group  
location and information at  
Cheryl@mend.org

For families experiencing  
infertility after a loss.

Mommies AND Daddies  
are both welcome at all  
M.E.N.D. support groups.  
Unless otherwise noted,  
all support groups are held at:  
Wells Fargo Bank  
(building with black windows)  
800 W. Airport Freeway  
Irving, TX 75062  
(Located off 183,  
between MacArthur and O'Connor)  
Support groups will be in  
the bank board room,  
located on the first floor.  
For more information,  
call (972) 506-9000.

M.E.N.D. Mommies Enduring Neonatal Death  
PO Box 631566, Irving, TX 75063  
USA  
(972) 506-9000  
*Return Service Requested*

NONPROFIT ORG  
U.S. POSTAGE  
**PAID**  
DALLAS, TEXAS  
PERMIT NO. 57

---

# OCTOBER

is Pregnancy and Infant Loss Awareness Month  
FOLLOW M.E.N.D. ON FACEBOOK FOR EVENTS IN YOUR AREA.

## OCTOBER 15

is Pregnancy and Infant Loss Remembrance Day

Remember your baby by participating in the

# WAVE OF LIGHT

Light a candle at 7 PM and let it burn for 1 hour in memory of your baby in heaven.  
Share your pictures on social media using [#waveoflight2018](#) and [#MEND](#)