



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

Volume 24, Issue 3

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“Tears are words that need to be written.”

“Words are tears that have been written down.

Tears are words that need to be shed.

Without them, joy loses all its brilliance and sadness has no end.

Thank you, then, for your tears.”

-Paulo Coelho

In this issue...

To My Babies in Heaven

President and Founder Rebekah Mitchell reflects on the years gone by without her boys..

page 3

Letter to Livi

The letter that started the idea of “Letters to Heaven” as a coping mechanism, Liz’s beautiful letter to Livi.

page 13

Letters to Heaven

to Abi and Darth

M.E.N.D.—MidMichigan mom shares her letters to her babies in heaven.

page 15

July/August Topic

Loss and Infertility

Deadline: May 31, 2019

September/October Topic

Families: Issues and Resolutions

Deadline: July 31, 2019

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 magazine. 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 Magazine Editor, Jennifer Harrison, at jennifer@mend.org. Any submission printed in our magazine will also be posted to our website indefinitely. Because our magazines 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. 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to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.

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Birthday Tributes: M.E.N.D. publishes heavenly birthday tributes in the corresponding magazine. Tributes must be submitted via the online form at 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
Letter from the Editor	5
My Sweet Dylan.....	12
Dear Evelyn Faith	12
My Girls	13
Letter to Livi	13
Spanish Translation	14
Letters to Heaven: To Abi and Darth	15
Dear Mommy: A Letter from Heaven	16
My Sweet Kaiya	17
To Our Babies.....	17
Every Things With Wings	17
To My Precious Aurora.....	19

Other Features

In Loving Memory	5
Birthday Tributes	6
Infertility	11
Chapter Updates	12
Rainbow/Subsequent Babies	20
Parenting After Loss.....	20
Life After Loss	21
About M.E.N.D.	22
M.E.N.D. Chapters' Information	23

To My Babies in Heaven,

Feature Article

Thinking of another Mother's Day without the two of you evokes many emotions for me. I'm very thankful I still have my mom here to celebrate with on Mother's Day, but I'm always a little sad on this day. When your big brother grew up, got married and moved to another state, I found myself to be the only one of my siblings without a child present on this special Sunday. Of course, Byron, Jr. sends a gift and calls me, but admittedly, it's hard when I don't have any of my three kids with me at church or at lunch. I've certainly learned to adjust, but I always need my few moments of sadness when I'm off by myself.



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

Jonathan, your 24th birthday is just around the corner. I assume you would have already graduated from college by now. Maybe you'd be married, maybe you would be in grad school or maybe you'd still be single living a dream. As you probably know, Byron, Jr. and Anna are expecting a baby boy in June – he's due 4 days after your heavenly birthday. B and Anna haven't chosen a first name yet, but I'm beyond excited and full of appreciation and love that they have chosen Jonathan as his middle name. This Little Man is named after you, and I couldn't be more overjoyed! This was B's and Anna's idea – something I have secretly hoped for but never wanted your brother to feel obligated. The fact that he and Anna chose to name their little son after you means more to me than anyone can imagine. I pray he feels honored to be your namesake and doesn't think it's weird or creepy. I know one day we will tell this little guy all about you, and the difference you have made through your death. I pray he feels honored by your legacy and will be curious and interested in knowing all we can tell him about you.

Baby Mitchell, your 17th birthday would be coming soon. I'm guessing you would have gotten a really cool car last year on your 16th birthday, like B did when he was able to drive. Your junior year in high school would be wrapping up, and I'm sure you'd be excited about starting your senior year soon. College would be a main topic in our household again, with many choices and decisions to discuss. I imagine you would be very excited about becoming an aunt or uncle in a few weeks. I bet you'd be so glad the baby is due in June so you wouldn't miss it due to school. I've often referred to you as my little surprise gift waiting for me in heaven since I don't know if you are a boy or a girl. I'm not sure if you are my Valerie Grace or my Samuel Jon. Either way, I love you and can't wait to meet you in heaven one day!

Even though Mother's Day is a bittersweet day for me, I am so, so grateful for the three of my children. Our family doesn't look like most families, and my motherhood is very different from most women's. But that doesn't mean our family is missing love, laughter and beautiful memories. So, I say to all three of you, Byron, Jr, Jonathan and Baby Mitchell, "Thank you for making me a mom! I love you all so much!!"

Love,
Mom

Letter from the Editor

Dear readers,

Thank you so much for allowing me to share your stories, tributes, poetry, pictures... everything about our precious babies we are waiting to be reunited with.

When I stepped into the position as M.E.N.D. Newsletter Editor, I had simple dreams of adding a few features. Eight years later, ideas have grown, new ones launched, and even new programs utilized. We are even in full color! And we are continuing to grow, as you will see in this issue, there are now areas focusing on Infertility, Rainbow/Subsequents and Life After Loss.

The M.E.N.D. Newsletter has grown so much, the term "Newsletter" doesn't fit anymore! We are not the short newsletter sent to your mailbox to read when you have 10-15 minutes. Our publication has now become 24-32 pages (a lot more than our first 10-page issues!), full of our joys and sorrows, blessings and hopes for tomorrows.

Instead of being the M.E.N.D. Newsletter, we will now be the M.E.N.D. Magazine. We will continue to build on what we are doing, striving to better serve you, our readers, and provide what you need in finding comfort and remembering your baby.

Thank you so much for all your support over the years, whether it was sharing a story, a tribute or a monetary donation so we can always provide this as a free publication. Thank you also for your prayers and love as we continue in the mission of M.E.N.D. to comfort others with the same comfort we received from Christ.

If you have ideas for a feature, a story to share, or would like to just tell how our M.E.N.D. Magazine has blessed you over the years, please feel free to email me at Jennifer@mend.org.

If you would like to support our M.E.N.D. Magazine through a financial donation, our information can be found on page 22 or at www.mend.org. Your donation will be used to support grieving families. I serve as a volunteer, as does all other leadership in M.E.N.D., including our President. Everything we provide, this magazine, support groups, hospital training and our events is provided for free to hurting families, and can only be done by the loving support of others.

Thank you for allowing me to continue to serve you and honor your babies through our M.E.N.D. Magazine.

Love from a M.E.N.D.ing heart,

Jennifer Harrison
M.E.N.D. Magazine Editor

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 siblings Annalise and Owen

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

Serenity Harrison

Miscarried December 3, 2009

Given by parents Curtis and Jennifer Harrison

and siblings Levi, Ziva and Evie

Judson Hank Jordan

Stillborn March 16, 2019

Unknown cause

Parents: Jason and Kayla Jordan

Given by Carl and Peggy Davis

Mila Justine Lansou

February 24, 2019

Parents: Brian, Jr., and Brittney Lansou

Sibling: Gavin

Gifts given by

Wolf Creek Security, Squad 5
Amy Gager

Jackson Glen and Tyler Ray Light

February 23, 2009

Placental abruption

Gifts given by parents Kirk and Diana Light

and siblings Brayden and Lexi
Deborah Payne

Jonathan Daniel Mitchell

Stillborn June 24, 1995

Cord accident

Baby Mitchell

Miscarried December 2001

Given by parents Byron and Rebekah Mitchell

Maverick Moore

Parents: Zach and Mandi Moore

Given by Tori Mitzel

Soren Myles

Parents: Kirk Myles and Jamie Nauman

Given by Ashley Volk

Lillian Belle Noto

January 10, 2019

Parents: Jeff and Anna Noto

Gifts given by

Morgan Stanley Global impact Funding Trust
recommended by

Mr. and Mrs. Thomas Windham

Robert Morgan

Mandy McCamy

Jordan Graf

Kristi Kuzma

Candice Dusek

Jennifer Weinstock

Courtney Abbott

Cole DiCarlo

Brad Pollard

Anonymous

Paola Garzon

Jenna Marcoux

Megan White

Vi Kuzma

Sydney Byers

Breanne Hagihara

Margot Lily Perry

Stillborn June 10, 2013

Cord accident

Parents: Brandon and Marisa Perry

Siblings: Adeline, Bennett and Noelle

Given by grandparents Mary and Norman Lorentz

Abigail Marie Papendick

March 3-4, 2017

Parents: Brian Papendick and Becky Johnston

Given by grandparents John and Micky Johnston

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.

Mindy and Maggie Smith

Stillborn November 4, 1997

TTS and Polyhydramnios

Gifts given by parents Scott and Karla Smith

and siblings Travis and Julia

Ashley Rene Toth

Stillborn November 5, 1987

Anencephaly

Given by mommy Robin Toth

Cayden Raine Towery

June 7, 2004—January 25, 2019

Cardiac arrest

Parents: Shane and Castle Towery

Siblings: Payton and Brady

Gifts given by

Robert Hansen

Kristina Triplett

Lori Lilley

Susan Bennett

Arie Ronald Witt

November 5, 2013

Unknown cause

Baby Witt

Miscarried June 2014

Parents: Mike and Candice Witt

Siblings: Brinley, Ryker and Gia

Given by Sheila Causley

Isabel Charlotte Zolna

September 27—October 17, 2017

Complications from heart surgery

Parents: Jacob and Whitney Zolna

Little sister: Norah Grace

Given by Hayley Contois

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

Second Baptist Church, Springfield, MO

Nicholas Morgan

Janis Kidder

David Davis

Latricia Smith

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 magazine 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 magazine.



Birthday Tributes

Happy 6th Birthday, Gabriel!

Happy heavenly birthday, Gabriel! We cannot believe you are turning 6 in heaven this year. We really wish you were here in all the chaos with your sisters, but we know you are keeping Pecaw company and showing him the ropes in heaven. We miss you so much each and every day! Counting the time until we get to hold you again.

We love you, Gabriel lion!
Momma, Daddy, Kendall and Quinn

*Gabriel Lee Butler
June 14-15, 2013*

Anencephaly

Parents: Brandon and Angie Butler

Siblings: Kendall and Quinn



Happy 4th Birthday, Miguel!

Happy 4th birthday to my peanut, Miguel. We love you and miss you dearly! Even though you were here for a short while, you made a big difference. You will always be in our hearts. I hope you have a great birthday in heaven! I will see you again!

*Miguel Ramon Flores
May 1-25, 2015*

Necrotizing Enterocolitis

Parents: Jason and Amy Flores

Sister: Rebecca Villanueva



Happy 2nd Birthday, Angel baby!

Another year has passed since we parted, my dear sweet boy, yet my heart continues to ache for you. Happy 2nd birthday, my little love. Your brothers miss you dearly... Elijah envisions himself sharing McDonald's french fries with you, and Liam wants to get you a rocket ship to fly you home. I wish we could do all of the above! What a blast this birthday would be. I still envision you three holding hands walking in the distance. Mommy and Daddy love you, son. So much love being sent your way from your family. Have a birthday blast in heaven, sweet love.

Love,
Mommy, Daddy, Elijah and Liam

*Angel Garcia
March 14, 2017*

Fetal demise

Parents: Lisa and Giovanni Garcia

Siblings: Elijah and Liam



Happy 2nd Birthday, Coco!

Hello, my sweet baby girl! We can't believe you're already 2 years old! Time has been flying.

Not a day, year or hour goes by we don't think of you. Your sissies miss you too. Your cousins, Grandma, Papo, Auntie and uncles miss you so very much! Happy birthday, my beautiful angel! I know you're always smiling while looking down at us. We always look up in the sky, too. Your sisters even say you're a star. We love you so much, my love!

*Chloe Jade Rodriguez
May 17–August 4, 2017*

SIDS/pneumonia

Parents: Graciela and Charles Jones

Sisters: Giselle and Maliah



Happy 1st Birthday, Devin!

Our sweet baby Devin, we think about you every day. You were loved your whole life and loved still, and we will miss you for the rest of our lives. Until we meet again, little bird.

“We shall find our little ones again up above.”

- St. Zelig Martin

*Devin Wren Alvarez
Miscarried May 15, 2018*

Parents: Mark and Yvette Alvarez

Siblings: AJ, Samantha, Railey, Agnes and Grace



Happy 4th Birthday, Eva!

It's hard to imagine four years have passed since we last held you in our arms. We'd give anything to be throwing you a birthday party on the beach and taking you to meet all your favorite princesses at Disney.

I wish we could know what it's like to see you and your sister grow hand-in-hand. That instead of blowing bubbles to you in heaven, our backyard was full of a chorus of both your laughs. Not a single day goes by we don't remember you and long for you. Until that day when we get to hold you again, know we love you deeply. Happy heavenly birthday; you'll always be our sunshine!

*Eva Juliette Talavera
May 7, 2015*

Cord accident

Parents: Miguel and Lexie Talavera

Sister: Mia



Happy 2nd Birthday, Olly!

My sweet baby boy we miss you so much. I can't believe its been two years since you left us. It feels like just yesterday I was holding you in my arms singing "it's raining tacos." I can just see you running through the house getting into everything. My heart aches for you every day, Olly bear. Please be a good boy, sweetheart.

*Oliver Joseph Rodriguez
June 28, 2017*

*Thanatophoric Dysplasia
Also remembering*

*Baby Rodriguez (Pumpkin Seed)
Miscarried February 24, 2016*

Parents: Juan and Amanda Rodriguez

Siblings: Gabby, David, Steven and Ozias

**Happy 5th Birthday, PaulBear!**

Happy 5th birthday, my son! We love you and miss you every day. We miss the "what ifs," "could" and "should bes." Bella always asks for her baby brother. On days we all miss you, we play your "laid to rest day" songs.

If you were here, I bet you would be taller than your sister, Bella. I bet you look just like your Daddy when he was 5, and would have the love of Legos your big brother has.

You would be finishing pre-k this year, if you were here.

We love you, our beloved son. We miss you, but know you are having a great time in heaven.

Love you forever and always,
Dad, Mom, brother and sisters

*Paul Bradley Brady
May 29, 2014*

Parents: James and Jessica Brady

Siblings: Matthew, Melissa, Kristen, Ruby and Bella

**Happy 3rd Birthday, my Kynlee Jaide!**

I can't believe it has already been 3 years since you changed my world for the good! We miss you more than words can explain every single day, but we know we have an amazing guardian angel watching over and protecting us. I always wonder how you would be at this age. Feisty, I'm sure, as you always were. Who you would look like as you have gotten older? Kynlee girl, you touched so many lives in your short 3 months here on earth, and you continue to do so every day. I can't wait till I can hold you again. We love you so very much, Kynlee Jaide.

*Kynlee Jaide Thornton
June 28–October 2, 2016*

Congenital heart defect

Parents: Crystal Croy and Naaman Thornton

**Happy 8th Birthday, Laila Joyce!**

We loved you from the first moment we knew about you. We love you today and forever! Although we know you, your sister and your brother are in the arms of the Savior, we still miss you in ours. Every year we miss you more and more. But our hope and faith is firmly anchored in knowing we will see you all one day.

Until then, know that Mommy and Daddy will always love you and carry your memory with us every day!

"When we all get to heaven, what a day of rejoicing it will be! When we all see Jesus, we will sing and shout victory!"

*Laila Joyce Bray
Miscarried May 8, 2011*

Unknown cause

*Also remembering
Jeremiah Earl Bray*

Miscarried February 13, 2011

Unknown cause

Kimani Renae Bray

Miscarried February 20, 2005

Heart Stopped

Parents: Earl III and LaTrina Bray

**Happy 1st Birthday, Emilia!**

Happy birthday to our beautiful, yellow butterfly, Emilia! We miss you so much, and we know that today, just like any other day in heaven, you are healthy and happy. It seems like just yesterday you left this world to be with your brother, Saul, in heaven. We know you are finally free of hospitals, wires, medicine and monitors because you are completely whole, no limitations. We miss you and cannot wait to be with you both.

"...Look at the stars, look how they shine for you, and everything you do; yeah they were all Yellow..."

Happy 1st birthday, Emilia Lucia Montes. We love you, mija!

*Emilia Lucia Montes
May 26–July 1, 2018*

Multiple congenital heart defects

*Also remembering
Mario Saul Montes*

August 30, 2016

Placental abruption

Parents: Mario and Alva Montes

Siblings: Bear, Lady and Elaine



Happy 16th Birthday, sweet Matthew!

You have reached another milestone birthday. 16! I can't believe it. Would you be yearning to get that coveted driver's license? We have missed so much of your life and now you are nearly grown up. I remind myself you are with Jesus, and there's no better place to be than with Him. We miss you so much, and our lives are so different from what we had expected. We'll meet you in heaven someday, and that gives me hope. Jesus gives us strength to wait patiently until we are all together again. We love you more than anything! Happy birthday, my son!

Matthew Mifflin

June 6, 2003

Cord accident

Parents: Dennis and Janet Mifflin

Siblings: Thomas and Michelle

**Happy 12th Birthday, AJ!**

We miss you so much every day. We see you all around us in the beauty of life, but the sting of you not being here is real and at times overwhelming. We will hold you in heaven. Our love for you is endless! We love you more!

Daddy, Mommy, Eli and Alex

Adrian Joseph "AJ" Zuckerman

March 30, 2007

Cord accident

Parents: Amber and Al Zuckerman

Brothers: Eli and Alex

**Happy 8th Birthday, Gideon!**

Gideon, happy birthday! We can't believe you're an 8-year-old already! An eight turned on its side is infinity, and that's appropriate because our love for you never ends. Hugs and kisses from Mommy, Daddy, Silas and Justus!

Gideon Zeller Mitchell

Stillborn May 17, 2011

Membranous cord insertion

**Happy 11th Birthday, Avery!**

Avery, we love you! I can't wait to see you in heaven to finally meet you. Happy 11th birthday.

Avery Mitchell

Miscarried May 2008

Also remembering

Joy Mitchell

December 2014

Vanishing Twin Syndrome

Parents: Todd and Stormy Mitchell

Brothers: Silas and Justus

**Happy 8th Birthday, Elena!**

"Nothing makes a room feel emptier than wanting someone in it." - Calla Quinn

Our dear Elena, it is said that "time heals all wounds," but it simply isn't true. Only heaven will heal the hole in our hearts where you should be. We see your absence in every family picture, hear it in every dinner conversation, feel it in every moment. We miss you so very much, sweet princess, and long for the day we will hold you again. We love you forever. Happy 8th birthday, precious baby girl!

All our love,

Mommy, Daddy, Liam, Asher and Gavin

Elena Marie Rusert

May 23, 2011

Premature

Parents: Tina and Michael Rusert

Brothers: Liam, Asher and Gavin

**Happy 4th Birthday, Aubriy!**

Gone but never forgotten and always loved.

Aubriy Funderburk

May 10, 2015

Placental abruption

Also remembering

Greyson Maddox Matney

October 23, 2016

Unknown cause

Twins A and B Funderburk

January 26, 2017

Unknown cause

Baby 5 Funderburk

July 25, 2018

Missed miscarriage

Parents: Victoria and Daniel Funderburk

**Happy 17th Birthday, Jocelyn!**

Jocelyn, our heavenly princess. I often think of her and being in the arms of Jesus; to be living with Him (from earth view of 17 years) in heaven. What it's like to sit at His feet and worship Him right there! Thank you, Lord, for the occasional dreams I have of her. Seeing what she may look like, her possible personality type, if she'd already be taller than me if she were here. Thank you, Lord, for continuing to heal my heart of this hurt. At times the pain still feels like it just happened yesterday. But, that's when I feel Your loving arms around me to comfort me. Missing you always, my sweet heavenly princess.

Jocelyn Marie Thomas

Stillborn April 4, 2002

Parents: Jeremy and Lianna Thomas

Siblings: Michael Vincent and Malia Jocelyn



Happy 10th Birthday, Emma!

Happy birthday in heaven, dear Emma. It has been 10 years since we met you and said “Good-bye,” and even then, every night I kiss your picture and think about you. I wonder how would you be now as a 10-year-old girl; I just imagine you and your sister, Bella, playing and chatting.

We miss you so very much, but you are always in our minds. They say time heals, and it does, but time doesn’t remove the love we have for you. It actually makes it stronger every day.

We love you so much!
Mommy, Daddy and Bella



*Emma Krymkiewiez
May 5, 2009
Neonatal Hemochromatosis
Also remembering
Baby Girl Krymkiewiez
Miscarried June 13, 2008
Parents: Ana and Hernan Krymkiewiez
Sister: Bella*

Happy 3rd Birthday, Aurora Rose!

My precious Aurora, I can’t believe it’s been three years since I last held you. Visions of you running and giggling in heaven are always flashing in my head. I will always look forward to the day we are reunited and that giggling face is running toward me. I know you will have an amazing birthday in heaven. And I know your Daddy is up there making sure you’re getting enough hugs and kisses for the both of us. And I know ya’ll will have so much fun celebrating together. I will keep sharing #AurasJoy in your memory. I love you, beautiful girl! Happy birthday!

Love,
Mommy



*Aurora Rose Nix
Stillborn April 25, 2016
Trisomy 18
Also remembering
Daddy: Shawn Nix
March 16, 1983-December 7, 2018
Mommy: Ashley Nix
Sister: Aria*

Happy 5th Birthday, Jason!

Happy birthday, Jason! It’s hard to believe you would be getting ready to start Kindergarten. It breaks my heart we will not get to walk you into your classroom and meet your teacher. We will never have your artwork hanging on the refrigerator. I miss you so much and always wonder about these times and how they would have been. Sending hugs and kisses until we see you again.

Love,
Mommy, Daddy and Hailey



*Jason Hunter Thomas
June 30, 2014
PPROM
Also remembering
June Thomas
Miscarried January 15, 2018
Jade Thomas
Miscarried July 16, 2018
Parents: Steven and Melissa Thomas
Sister: Hailey*

Happy 5th Birthday, Bryson!

Happy 5th birthday to our little man in heaven. We can’t believe five years have gone by. This would be our year to have our “Big 5” birthday party. Even though we aren’t there with you, we know you will have a beautiful party. This is also the year you should be headed down the hallways of Kindergarten, with your big brother showing you the way. We miss not being able to make these memories with you. Still not a day goes by we don’t think of you. We love you to the moon and back!

Love,
Mommy, Daddy, Mackenzie and Brayden

*Bryson Glenn Middleton
June 19, 2014
Placental abruption
Also remembering
Baby Middleton
Miscarried April 2007
Parents: Brandon and Jennie Middleton
Siblings: Mackenzie and Brayden*



Happy 4th Birthday, Alexia!

Four years ago today, we held you in our arms for the very first and last time. It seems like just yesterday we saw your beautiful face as we held you tight. We all hurt from this pain of not having you physically here, we constantly ask all of the “what ifs?” But what we do know is: you are here. You live within every single one of us. You live in every sunrise and every sunset. You live in every breeze and every good day. You live and fulfill our hearts with eternal love! We all miss you and love you more than words could ever say! I hope you like your balloons! Happy birthday, Princess!

*Alexia Raelynn Mayorga
Stillborn May 14, 2015
Parents: Alejandra Rosales and Timothy Mayorga*

**Happy 1st Birthday, Claire!**

Happy birthday, Claire Bear! Mommy and Daddy miss you every day. You have given us so many wonderful gifts: you have given us courage, helped us to be more compassionate and kind to others, and brought new people into our lives. We are forever grateful to be your mommy and daddy, and we love you more than words can describe. We wish you were here so we could celebrate your day with you. You will always be our precious baby girl.

Love always,
Mommy, Daddy and Baby JoJo

*Claire Apa
Stillborn May 8, 2018
Growth restriction and placental insufficiency
Also remembering
Baby Apa
Miscarried October 2017
Parents: Garrett and Charla Apa
Baby Brother: Joseph Christopher*

**Happy 6th Birthday, Scarlette!**

Happy birthday, my sweet little angel. I can't believe you are turning 6 years old already, I miss you so much. My heart wishes I could hold you and give you many kisses on this day. Since I must wait to do this, I will ask our Heavenly Father and our blessed Mama Mary to shower you with many kisses and hugs from me. I love you, my princess, with all my heart, and I will be looking up to the heavens today and blowing you bunches of kisses. Happy heavenly birthday, my sweet baby girl. Mommy loves you!

*Scarlette Faith Hite
June 14, 2013
Premature
Also remembering
Destiny Hope Hite
Miscarried February 26, 2013
Mommy: Caroline Perez*

**Happy 2nd Birthday, Levi!**

We visited you today, and realized it's been two years. A lot has happened, some good, some bad, but the best thing is, as you know, your little brother is here. We gave him your middle name so we can always remember you. Now it's your job to look after him from where you are. We know you would've been a great big brother here on earth. We keep you alive in our hearts and by helping people who have gone through similar events. Mommy and Daddy just bought a house, so we will be planting a tree for you in the yard very soon.

Forever, we will love you always,
Mommy and Daddy

*Levi Michael Gonzalez
Stillborn June 23, 2017
Parents: Michael and Meagan Gonzalez
Brother: Levi Isaac*

**I am Your Mother**

“I called out to you
For I am your mother

I want to tell you that I am not strong enough
To lose you
One after another

The few weeks that we had together
I found strength I never knew existed
Muscles came alive I didn't know I had

I've heard it said that our hearts expand for new loves
And mine expanded for you”

Written by Na Suen
Mommy to Baby Chan I and Baby Chan II

Infertility

Infertility is something some of our leaders face, and we hear many in our support groups and readers struggle with, whether it's before their loss or after. Sometimes to help others in their journey, we must understand what they are facing.

What is Infertility:

In general, infertility is defined as not being able to get pregnant (conceive) after one year (or longer) of unprotected sex. Because fertility in women is known to decline steadily with age, some providers evaluate and treat women aged 35 years or older after 6 months of unprotected sex. Women with infertility should consider making an appointment with a reproductive endocrinologist—a doctor who specializes in managing infertility. Reproductive endocrinologists may also be able to help women with recurrent pregnancy loss, defined as having two or more spontaneous miscarriages.

Pregnancy is the result of a process that has many steps. Infertility may result from a problem with any or several of these steps, from ovulation to implantation.

Impaired fecundity is a condition related to infertility and refers to women who have difficulty getting pregnant or carrying a pregnancy to term.

Centers for Disease Control, <https://www.cdc.gov/reproductivehealth/infertility/index.htm>

7.4
M

The number of women between 15-44 in the United States who have difficulty getting and staying pregnant. That's 12 percent of all women, according to the U.S. Centers for Disease Control and Prevention.

40

The percentage of struggling couples in which the male partner contributes to, or is the cause of, infertility, per the American Society for Reproductive Medicine.

6.1
M

The number of women who suffer from polycystic ovarian syndrome. Affecting 10 percent of women, PCOS is the most common cause of female infertility, according to the U.S. Department of Health and Human Services.

20

The percentage of infertility cases that have no identifiably known cause.

I Would Die for That by Kellie Coffey

I've been given so much,
A husband that I love.
So why do I feel incomplete?
With every test and checkup
We're told not to give up.
He wonders if it's him.
And I wonder if it's me.

All I want is a family,
Like everyone else I see.
And I won't understand it
If it's not meant to be.

Sometimes it's hard to conceive,
With all that I've got,
And all I've achieved,
What I want most
Before my time is gone,
Is to hear the words
"I love you, Mom."

I would die for that.
Just to have one chance
To hold in my hands
What so many have
I would die for that.

And I want to know what it's like
To bring a dream to life.
How I would love
What some give up.
I would die
I would die for that.

My Sweet Dylan,

Written by Katie McClelland

Mommy to Dylan

M.E.N.D.—*San Antonio Chapter Director*

We miss you more than words can even begin to describe. I can't help but wonder what you would look like today since you looked so much like me when you were born. As I watched you grow in my tummy, I could feel my heart growing with the amount of love I had for you. When I met you, it felt like my heart was going to burst. I just wanted to stare at you all night and day. Then my heart completely shattered. Just like that you were gone.

I miss you all the time. I think of you every day. Sometimes it's happy memories of the few days I had with you in my arms, or the months you spent growing in my womb. Sometimes I wonder if you and Uncle Robert are just having so much fun up in heaven, if he sneaks you heaven Twinkies, if y'all laugh and laugh through the hiccups.

I have been doing a lot of things while keeping you in the front of my mind. I am learning to quilt, so I can make blankets for other babies who leave the earth too soon and join you in heaven. I hope you are proud of me. I feel so sad sometimes that we didn't get time to do many great things together. But I truly feel like I get to do this with you: help other mommies like me, and I thank you so much for that. I love you so much. I miss you so much. I can't wait until I can hold you again.

Love,
Momma

Dear Evelyn Faith,

Written by Becky Luedtke

Mommy to Evelyn Faith

M.E.N.D.—*Chicagoland Assistant Chapter Director*

Hello, my sweet baby girl in heaven! Did you know that your name was chosen because Evelyn is lovely and I knew faith would be necessary on my journey of living without you? Your short, precious life has given me incredible gifts. One gift is the true meaning of peace, which now fills my good days and my difficult days. A favorite quote is "Peace. It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of these things and still be calm in your heart" (unknown). I now breathe in God's amazing love, and breathe out the simplest prayer I can say, "God, please." Some days all I can do is breathe, pray and wait for God's peace to calm my heart.

I cannot believe it has been four years since you were born into heaven, and I wonder so many things. Do you know you are dearly loved here on earth? Do you have curly hair? Who snuggles you and loves you each day? Do you welcome other too tiny babies into heaven, just like I requested when I told you "Good-bye"? What is it like to be hugged and kissed by Jesus every day?

I miss you, but I would never give up your gift of peace. Thank you, Evelyn Faith, for showing me peace and strengthening my faith. You are a blessing and a gift; I thank God for you!

Love from Earth,

Mommy

*The Lord gives strength to his people;
the Lord blesses his people with peace.*

Psalms 29:11

My Girls

Written by Jennie Drude
 Mommy to Dharma, Stella and Liza
 M.E.N.D.—Bryan/College Station Chapter Director



Dear Dharma, Stella and Liza,

I am so thankful I get to be your mother. I may not get to parent you the way I would have liked...but I still get to be your mother. When I think of you three, I imagine Dharma painting the little girls' nails and putting giant Texas sized bows in y'all's hair. Lots of glitter. Dance parties to fun boy band music. Pizza rolls and milk shakes galore.

I just plain miss you three. I wish you were here. Even though God has done so much through your lives and many lives have been touched through you, I still wish you were here. So I could paint your nails, put bows in your hair, and have Backstreet Boys dance parties with you.

I love you three more than anything.

Love, Mommy

Letter to Livi

Dear Livi,
 Wow, it has been close to 13 years, and I think of you more and more these days as I see your brother and sister grow up. I can't imagine having three kids, but I know I would do it today if I could have you here. This life is so different in the "loss community." I never imagined we would be in one. See, we had dreams and goals that included you, but that all changed when you died. Our dreams and goals changed, and now it is becoming totally different again.

Written by Liz Walker
 Mommy to Alivia Elizabeth Grace
 M.E.N.D.—Board of Directors

Your little life changed me so much, and I can now say I appreciate it. I was not the person I am today when I carried you. I have learned that people are hurting, and no one but God can ease that pain. I have no right to tell people how they should deal with their hurt and grief; it is in their time not mine. I have been called to help people walk in the journey of grief, depression and anxiety. If we think about it, grief entails all of those painful mental health issues. Baby girl, I would never change the light you have opened in my heart because each time I get closer to completing school to become a counselor, it gets brighter and brighter, and that is because God made me your mother when he gave me you. As your mother, I am to uphold your legacy by any means possible. Family and friends may not remember the day we lost you and don't call or text anymore on that day, but they will always remember your name because I speak it, I write it and expose them to your name so they will never forget.

I can't give you the earthly things I give your brother and sister, but I can give you a legacy. A legacy that says it is okay to hurt when life gives you blows that you cannot handle but it is even more okay to take it one day at a time and smile, laugh and live life because you have a job to do: give that baby a legacy. In no way am I saying move on from the loss because that is not what I have done, baby girl. You are a part of me every day. I just know you would want me to get up every day that God gives me breath, and take care of myself, your siblings and Father, and do something, even if it is a small thing to shine the light of your legacy. Whether it be reading or writing a paper for school, hugging or praying for someone who has suffered a loss of some kind or just speaking your name; it is a glimmer of light for you.

I love you, baby girl. You are with me every day, and I will continue to shine because of you!

Love,
 Mommy



Cartas al Cielo

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

A mis bebés en el cielo,

Pensar en otro Día de la Madre sin ustedes dos, me provoca muchas emociones. Estoy muy agradecida de que todavía tenga a mi madre aquí para celebrar el Día de la Madre, pero siempre estoy un poco triste en este día. Cuando tu hermano mayor creció, se casó y se mudó a otro estado, me encontré siendo la única de mis hermanos sin un hijo conmigo en este domingo especial. Por supuesto, Byron, Jr. envía un regalo y me llama, pero hay que admitir que es difícil no tener a ninguno de mis 3 hijos conmigo en la iglesia o en el almuerzo. Ciertamente he aprendido a ajustarme, pero siempre tengo que tener mis pocos momentos de tristeza cuando estoy sola.

Jonathan, tu cumpleaños número 24 está a la vuelta de la esquina. Supongo que ya te habrías graduado de la universidad. Tal vez estarías casado, tal vez estarías en la escuela de posgrado o quizás todavía estarías soltero viviendo un sueño. Como probablemente sepas, Byron, Jr. y Anna esperan un bebé en junio, se debe 4 días después de tu cumpleaños celestial. B y Anna no han elegido un nombre todavía, pero estoy más que emocionada, agradecida y me encanta que hayan elegido a Jonathan como su segundo nombre. Este hombrecito es llamado en honor de ti ¡y no podría estar más feliz! Esta fue la idea de B y Anna, algo que he esperado en secreto durante años, pero que nunca quise que tu hermano se sintiera obligado. El hecho de que él y Anna hayan elegido nombrar a su pequeño hijo después de ti significa más para mí de lo que nadie puede imaginar. Ruego que se sienta honrado de ser tu homónimo, y que no creas que es raro o espeluznante. Sé que un día le contaremos a este pequeño todo sobre ti, y la diferencia que has hecho a través de tu muerte. Ruego que se sienta honrado por tu legado y que esté curioso e interesado en saber todo lo que podemos decirle sobre ti.

Bebé Mitchell, tu cumpleaños número 17 vendría pronto. Supongo que habrías conseguido un coche realmente genial el año pasado cuando cumpliste 16 años, como lo hizo B cuando pudo conducir. Tu año de secundaria en la escuela secundaria estaría terminando, y estoy segura de que pronto estarías entusiasmado por comenzar tu último año de secundaria. La universidad volvería a ser un tema principal en nuestro hogar, con muchas opciones y decisiones que discutir. Imagino que estarías muy emocionado de convertirte en tía o tío en unas pocas semanas. Apuesto a que estarías tan contento de que el bebé salga en junio para que no te lo pierdas debido a la escuela. A menudo me he referido a ti como mi pequeño regalo sorpresa que me espera en el cielo, ya que no sé si eres un niño o una niña. No estoy segura de que si eres mi Valerie Grace o mi Samuel Jon. De cualquier manera, te amo y no puedo esperar para encontrarte en el cielo un día.

Aunque el Día de la Madre es un día agrisado para mí, estoy muy agradecida por los tres de mis hijos. Nuestra familia no se parece a la mayoría de las familias y mi maternidad es muy diferente de la mayoría de las mujeres, pero eso no significa que nuestra familia esté desprovista de amor, risas y hermosos recuerdos. Así que les digo a ustedes tres, Byron, Jr., Jonathan y Baby Mitchell: “¡Gracias por hacerme mamá! ¡¡Los amo tantísimo a todos!!”

Con Amor,
Mamá

Letters to Heaven: To Abi and Darth

Written by *Becky Johnston*
Mommy to *Abi and Darth*

M.E.N.D.—*MidMichigan Assistant Chapter Director*

Dear Abi,

Over the past two years, we have learned that time is not strictly linear. Sometimes it feels like two steps forward, and one step back. Sometimes one step forward, and two steps back...but we are muddling through somehow.

Each season of the year has its own hardship, and, as a teacher, I experience the year in terms of the school calendar. In the fall, it starts with remembering the difficult experience of getting pregnant, and the joy of learning it had finally worked—with October, Pregnancy and Infant Loss Awareness Month, in the mix. Then we face the anticipation of the Christmas season and its mixed emotions; the world is celebrating, and we want to watch you growing up. After the holidays and the new year begins, Daddy and I anticipate your birth and death days on March 3 and 4, while celebrating the births of three of your girl cousins within the same week. Then we face Mother's and Father's Days in May and June, followed by our anniversary and your due date on July 14 and 15. And the cycle continues.

Your short life has immeasurably changed us, Abigail Marie. There's a hole in our hearts that is filling with humble gratitude and love, but also so many questions and wonder. Music lyrics have new meaning, our world-view has changed, and we find new purpose in causes like the March of Dimes and M.E.N.D. This is your legacy. Our love for you is boundless.

Your cousin, Fiona, starred in her high school's production of *Peter Pan* this past year, and when I was looking up quotes from J. M. Barrie to write in a card for her, I found this one: "You know that place between sleep and awake, that place where you still remember dreaming? That's where I'll always love you. That's where I'll be waiting." Here's to dreaming about what might have been, understanding what is, and accepting both outcomes. Thank you for being our most beloved creation. March forth, sweet angel.

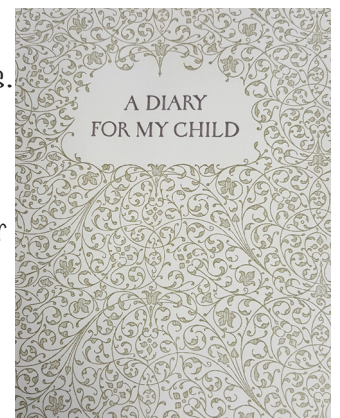
All our love,
Mama and Daddy

Dear "Darth,"

You came along at such an integral time in my life. Not many people can say they've seen their babies on a cellular level, but Daddy and I got to see you as an embryo before you were so carefully transferred into my body on the day before my 40th birthday. It was the best birthday gift I could imagine. We found out I was pregnant on the first day of my new job, and your due date was May 4, 2019—also known as Star Wars day; hence your nickname of Darth. You brought so much hope to our broken hearts.

Daddy and I went to the first meeting of the new M.E.N.D.—MidMichigan chapter in early September, and we found new purpose as we worked on healing alongside other families who had faced miscarriage, stillbirth and early infant loss. That was Tuesday night, and on Thursday morning, we started to lose you. The pain we feel after experiencing such deep losses is being used to help other families walking this lonely road. We hope we make you proud. You were here and gone in the blink of an eye, but our love for you is constant. We are thankful your big sister, Abigail, was there to welcome you into heaven. Twinkle twinkle, little star.

All our love,
Mama and Daddy



Dear Mommy: A Letter from Heaven

Dear Mommy,

I know you have a hard time facing each day without me, struggling to make sense of my death. I see you cry before bed each night and in your car on the way to work.

I'm so sorry.

I'm sorry I had to leave so soon. I didn't want to leave you, but please know that although you cannot see me, I am never far away.

Those chills you get when you are all alone, it's me giving you a hug.

I'm still here. I'm right here.

Those beautiful rainbows that stop you in your tracks. It's me saying hello. Those butterflies that flutter around you. It's me - reminding you that you're not alone.

I'm still here, Mommy.

You are never alone - because I am always with you. Even if you can't see me. I am here Mommy.

I hear you say goodnight to me as you drift to sleep each night. You can't hear me, but I whisper "goodnight" back.

I wish you could hear me whisper "I love you" every day.

I love you so, Mommy.

I know you miss me with every breath you take. That every joyful moment is also filled with sadness and wonder.

The wonder of what I would be like, what I would look like, what I would become.

I wish you could see me now. I'm happy. I'm free.

I want you to know that I'm okay. I'm at peace now. I know it's not easy to get through the days, but you keep on going, bringing me with you every step of the way.

Thank you, Mommy.

I know one of your biggest fears is that people will forget about me. They haven't forgotten.

You keep my memory alive. You say my name and tell my story.

I live on through you.

I'm so proud that you are my Mommy. You are so brave, so kind, so loving.

Although our time together was short, you always took care of me. Protected me. Loved me.

You are such a good Mommy.

Don't question if I knew how much you loved me, I knew. I can still feel your love, it reaches me all the way in heaven.

I know there are days that you think you can't keep going. Days that you can't wait to join me, just so you can hold me and kiss me one more time.

I know how much you long for that day, but please keep living.

I want you to live, to smile, to feel joy. You don't need to feel guilty when you're happy.

I like to see you smile.

I love the sound of your laugh.

Please keep going. Keep carrying me with you in all that you do.

I promise I'm here.

I'm waiting here for you. I will always be with you, sending my love from heaven, until you can hold me again.

Don't let go, Mommy.

I live on through you.

I'm a part of you.

I love you, Mommy.

Written by Kelly Cote for Still Standing Magazine, originally posted on August 25, 2017, <https://stillstandingmag.com/2017/08/25/dear-mommy-letter-heaven/>, retrieved April 2, 2019.

About Kelly Cote

Kelly is owner and therapist at Evolve Counseling, LLC and proud mother to three children, including her son, Parker who was stillborn at 24 weeks gestation. At Evolve Counseling, LLC she provides counseling services to individuals and families healing after infant and pregnancy loss.

My Sweet Kaiya

I cannot believe you would be 9 years old right now. It does not seem that nine years ago I was holding you in my arms as your heart beat its last beat. The pain I felt that day is just as fresh and as real today as it was then. Baby girl, to say I miss you doesn't seem to encompass how much I long for you to be here and how incomplete my heart feels. Your sister talks about you all the time, and wishes you were here with her too. I just know you would be right there with her, cheering her on as she hits that cheer stage. You and I know, cheer wouldn't have been your thing. Kaiya, I am so blessed God chose me to be your mom. Your life, although short, has touched so many lives. I am proud I get to share your story about how you saved your sister. I hope I make you proud.

Love,

Mommy

Written by LaRhessa Johnson

Mommy to Kaiya

M.E.N.D.—Bryan/College Station Assistant Chapter Director



To Our Babies

Written by Russell Gaddie

Daddy to Angel and Wilson Glenn

M.E.N.D.—Palm Beach, Florida Chapter Director

Our first baby, Angel Gaddie, you were taken from us just as soon as we learned you were there. October 24, 2008 will be a day we will never forget. You see, you brought us hope in the possibility of having a child when we thought it was impossible for 11 years. Sadly over the following years we had resigned ourselves to that not happening for us again.

But then, nine years later comes our miracle, Wilson Glenn Gaddie. You brought so much joy, happiness and hope in to this world. We wish every day August 17, 2017, never happened, that we had you here with us, that you were not born into heaven.

Though neither of you are here in body, your memories live on in those who love you. And your existence, though short in your little bodies, will now help to bring comfort to other families.

We are grateful for what time we did have with each of you even though it was brief.

Always remember: you both were
Always Wanted, Forever Loved and Never Forgotten.

Love you and miss you,
Mommy and Daddy

Every Thing with Wings

By Yvette Albarez

In memory of Devin Wren Albarez

In every cloud that billows by,
In every star that dots the sky,
In every song the house wren sings,
In every thing - with wings,
I see you.

In the laugh of every child at play,
In the start and end of every day,
In the tales of princesses and kings,
In every thing - with wings,
I see you.

In every pastel dawn arise,
In the love that shines in your Daddy's eyes,
In the joy that only his love brings,
In every thing - with wings,
I see you.

Be it a finch or dragonfly,
A red bird or a butterfly,
And in the hope each new month brings,
In every thing - with wings,
I see you.

M.E.N.D. CHAPTER UPDATES

Greater Houston Area

M.E.N.D.–Greater Houston Area is already looking forward to and planning our next Walk to Remember. Mark your calendars for October 12. If you have attended a previous Walk and would like to serve as a volunteer, please contact Kara Wilkerson, kara@mend.org, to be added to the volunteer list and attend our first planning meeting in July.

Bears for Babies was a huge success as a fundraiser, beating our goal from last year, which will provide more bears for moms to cuddle after the loss of their baby! Thank you all so much to everyone who gave.



As always, we are continuing to pray for the families who are a part of M.E.N.D.–Greater Houston Area.

Stormy

Denver

M.E.N.D.–Denver is preparing to host its first Mother's Day Brunch on Saturday, May 11. We look forward to a time to celebrate our babies in heaven who have made us moms. For those that can, we will also meet earlier that morning to walk together in our M.E.N.D.ing Miles 5K.



Kimberly

NW Washington

We are thankful to participate in the M.E.N.D.ing Miles Virtual 5k this year, beginning on Bereaved Mother's Day, May 5. It is such a blessing to not only raise funds for M.E.N.D. and our chapter, but to also take some time to remember our babies on Bereaved Mother's Day and leading up to Mother's Day.

We know Mother's Day and Father's Day are hard months for our grieving parents. We walk with you during these holidays and pray you have a peaceful time remembering your baby and we honor you as moms and dads.

The location for our May support group has been changed to

2819 NW Kitsap Pl.
Silverdale, WA 98383
2nd floor conference room.

Stacy



MidMichigan

Spring has sprung in MidMichigan! If you're looking for something fun to do to support

M.E.N.D.–MidMichigan, please consider



participating in M.E.N.D.ing Miles Virtual 5k in early May. We've got the chance to bring awareness of our amazing organization and honor our babes as we walk with a purpose. Visit M.E.N.D.–MidMichigan on Facebook for more details.

Karen

Southwest Missouri

We continue to connect with the community to partner with new organizations and spread the word about our chapter.

We are finding creative ways to help our families in their grief journey in addition to our annual recognition ceremonies. Our dads gathered together for a time for skeet shooting and lunch.

Thank you to all who participated in our first Thirty-One Party. We raised \$138.75.

Please mark your calendars for the following upcoming events. For more information, please contact me at kathryn@mend.org.

Balloon Release - September 7
Wave of Light - October 15
Christmas Candlelight Ceremony -
December 10



Kathryn

Bryan/College Station, Texas

M.E.N.D.–Bryan/College Station just had our annual leader meeting, and we have several new and wonderful things planned for our chapter! We are now providing comfort bags to our local hospitals to be given to moms who had a miscarriage.

We have several opportunities for moms to connect with other M.E.N.D. moms. For updated information, to join our Facebook Group, visit our website, or email jennie@mend.org.

<https://www.facebook.com/groups/MENDBCS/>
<https://www.mend.org/welcome-bcs>



Jennie



Tulsa, Oklahoma

M.E.N.D.—Tulsa continues to grow by welcoming new families to our monthly support group meetings. We are blessed to be able to do God's work by ministering to grieving families. We wish all of our members a gentle Happy Mother's Day and Happy Father's Day.

Lisa

Chicagoland

M.E.N.D.—Chicagoland is excited to spread the word about our M.E.N.D. Virtual 5k happening in early May. We are thankful for each and every person who supported our chapter last year and will support



M.E.N.D. this year by participating to remember and honor our babies in Heaven. The weather is finally warming up and will be great when it is time for our 5K. Check out our M.E.N.D.—Chicagoland Facebook page for more details.

Sara

Palm Beach, Florida

M.E.N.D.—Palm Beach, Florida continues to be amazed by the transformations we have witnessed in those who have attended our support group. We have met truly inspiring individuals and couples who have come together to share in each other's grief and learn to move forward in their new normal of life. Now we are looking forward to coming together as a group with our community in our 2nd Annual Virtual 5k in remembrance of our sweet babies.

Jessica

NEW LOCATIONS!

San Antonio, Texas

I am so blessed to continue to spread this wonderful ministry with opening M.E.N.D.—San Antonio. So far, everything is going smoothly and hope to be holding support groups soon. We are working on finding a place to hold our support groups. My heart is overjoyed to be taking this journey with my sweet Dylan. I hope I am making her proud.

If you reside in the San Antonio area and would like to receive updates about our chapter, please contact me at katie@mend.org.

Katie

Columbus, Ohio

I am so thankful to be part of M.E.N.D. and opening a chapter here in Columbus, Ohio! Currently we are raising funds for our chapter, seeking a location for our monthly support groups and seeking assistants to help with this chapter.

We are getting some things set up, including a Facebook group, and I am hosting a Facebook fundraiser for our chapter. If you are interested in helping through donating, or live locally and would like to help as an assistant or find a support group location, please contact me at latrina@mend.org.

LaTrina

To My Precious Aurora,

I've pondered what to write to you. I think of you every day. I wonder what you are doing up there in heaven. I know you're laughing and basking in God's glory. What does your laugh sound like? I imagine you running around with beautiful curls bouncing on your head, chasing butterflies. Do you have curls like your daddy now? Is your hair darker or lighter like your sister? Every time I see a butterfly fly across my path, I think of you. Is that you letting me know you are there? Your Daddy just went to heaven, and I miss him terribly. But it comforts me knowing he is there with you. I made sure to tell him before he left to give you a kiss from me. Did he? What am I saying! I know he is giving you enough kisses and hugs for the both of us. Do y'all sit there and watch over me and your sister? Do I make y'all proud? I do my best to share the joy you are experiencing in heaven here on earth. Your life mattered and I want everyone to know it. I will make sure your sister knows you, and together she and I will make sure everyone remembers you. But, most importantly, know I love you and miss you, my beautiful girl.

Love,
Mommy

Written by Ashley Nix

Mommy to Aurora Joy

M.E.N.D.—*Bryan/College Station*

#AurorasJoy
facebook.com/groups/aurorasjoy

Rainbow/Subsequent Babies

Subsequent Births

Celebrating our Rainbow Babies

Yari and D. Jay Hattula
of Roselle, Illinois,
along with siblings Devin and Savannah,
joyfully announce the arrival of Greyson,
born June 28, 2018,
measuring 7 lb., 4oz.,
and 19.25 inches long.
The family lovingly remembers
Hercules,
November 2, 2016,
unknown cause,
and Leo,
April 10, 2017,
unknown cause

*When a rainbow appears,
it does not mean that the storm never happened
or that we are not still dealing with its aftermath.
It means that something beautiful and full of light
has appeared in the midst of the darkness and clouds.
~anonymous*

What Are The Chances Of Having Another Miscarriage?

Many couples who experience a miscarriage worry that it will happen again.



Fortunately, at least
85%
of women who have had
one loss
will go on to have a
successful pregnancy
the next time



as will
75%
of those who
have experienced
two or three
losses.

Source: <https://americanpregnancy.org/pregnancy-loss/after-miscarriage-getting-pregnant-again/>

M.E.N.D.
Moms Ending Neonatal Death

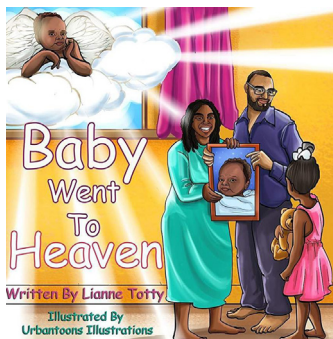
Parenting after loss

Supporting Your Child Through Grief and Loss

According to this article by Angela Pruess, "When a child loses somebody or something they love, each will grieve the loss in their own way and on their own time." Below are some of the key points from the article.

- Invite feelings in - allow them space and work through their emotions
- Manage your own emotion - taking care of your own emotions means you will be able to support them more and provide healthy management of emotions and you are more able to support them
- Provide healthy outlets - use journaling, art, books, even a feelings vocabulary sheet to help them find the right words
- Normalize the process of grief - listen more than speak, validate their feelings, and communicate that it's normal
- Be patient - processing our own grief takes time and understanding, and even more so with a child

To read the full article on how to support your child through grief and loss, please visit <https://www.mother.ly/parenting/supporting-your-child-through-grief-and-loss>



Book Review: *Baby Went to Heaven*

Written Lianne Totty

Reviewed by Rebekah Mitchell,

Mommy to Jonathan Daniel and Baby Mitchell

M.E.N.D. President/Founder

Lianne Totty wrote this book based on her own experience of losing a baby. *Baby Went to Heaven* is designed to help children have a better understanding of what happened to their baby brother or sister who died. This book is nicely illustrated and is very short to keep a child's attention.

Life After Loss

Keepsakes



If you ask any of us in M.E.N.D. Leadership at an event if we are wearing a keepsake for our babies, the answer would probably "Yes!" 100% of the time.

When we don't have our babies with us to hold, a keepsake is something for us to treasure as a memory of our baby, sometimes even allowing us the opportunity to talk about our babies when someone asks.

Need a keepsake? Visit our website at www.mend.org. We have our M.E.N.D. shop as well as a keepsake section to provide links for keepsakes made by others. From ornaments to jewelry to apparel, there are plenty of options to choose from and proudly display and treasure in memory of your baby.

The child was a gift.
The grief does not smother the gratitude.
And death...is not the end.
We grieve, but not as those who have no hope.

Yet none says that since death is not the end, we should not grieve.
Though grief does not smother hope, neither does hope smother grief.

Nicholas Wolterstorff,
from *This Incomplete One*

The Little Warrior Project

Written Carah Hicks

Mommy to Brian Earl Hicks

Founder of The Little Warrior Project

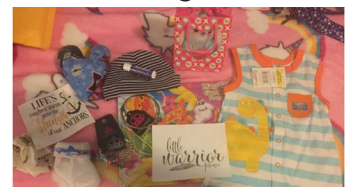
On October 17, 2018, our beautiful Brian Earl Hicks was born via c-section. He came into this world screaming like a wild banshee! Mommy and Daddy will forever cherish that beautiful first and, unfortunately, last cry.

Our fighter was diagnosed at my 20-week ultrasound with congenital diaphragmatic hernia (CDH). This is a birth defect to where the diaphragm does not close properly allowing organs such as the stomach, bowels, and liver to invade the chest tissue, hindering the lungs from developing correctly. He was placed on ECMO, a heart lung bypass machine, at around 4 hours old, related to severe pulmonary hypertension. He was excelling, but suffered complications from the ECMO.



Brian gained his wings on October 21, 2018, while being held by Mommy and Daddy. We are so thankful for the five days we were allowed to have our fighter here on earth.

In his memory I have started a program for new CDH families called the Little Warrior Project. This provides small care packages to CDH fighters and also small memory animals in memory of our sweet CDH angel. We love you so much, Brian! Rest in peace, our sweet angel.



Are you doing something in memory of your baby to help others?
Please share! Send your story to jennifer@mend.org.

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 magazine, and our website at www.mend.org. For inquiries, subscription requests, deletions, and submissions to the magazine, contact us at:

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(Please call before faxing)
E-Mail: rebekah@mend.org
jennifer@mend.org
www.mend.org

Donations make the printing and distribution of this magazine 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



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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.

M.E.N.D. Chapter Information

M.E.N.D.–NW Washington

Meets the 2nd Monday at 6:30 PM

**Location change for May support group:
2819 Kitsap Pl.**

Silverdale WA 98393

**For June support group location,
contact:**

Director: Stacy McGhee
stacym@mend.org, (360) 662-6161

M.E.N.D.–SW Missouri

Meets the 1st 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.–Bryan/College Station

Meets the 2nd 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 3rd 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 1st 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.–Palm Beach, Florida

Meets the 2nd Thursday (beginning
October 11) at 7:00 PM

Embark Lake Worth

3927 Hadjes Dr

Lake Worth, FL 33467

(close to Turnpike and Lake Worth Rd)

Director: Jessica Gaddie
Jessica@mend.org, (561) 843-3509

M.E.N.D.–MidMichigan

Meets the 1st 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.–Denver

Meets the 2nd Tuesday at 7:00 PM

Journey Church

9009 Clydesdale Rd.

Castle Rock, Colorado 80108

Director: Kimberly Adams
kimberly@mend.org, (720) 593-0166

M.E.N.D.–Online Support Group

Held the 3rd Thursday at 9:00 PM (CST)
to join, contact

Director: Victoria Alcorn
victoria@mend.org (469) 412-2786

M.E.N.D.–Greater Houston Area

Greater Houston Area Main Chapter:

Meets the 3rd 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 2nd Thursday at 7:00 PM

Katy Community Fellowship

24102 Kingsland Blvd

Katy, Texas 77494

Katy Director:

Kessi Wilhite, kessi@mend.org

Kingwood Area, Texas:

Meets the 2nd Thursday at 6:30 PM

6450 Kings Parkway

Kingwood, Texas 77346

At Rosemont Assisted Living,

2nd Floor Community Room

Kingwood Director:

Nikisha Perry, nikisha@mend.org

Subsequent pregnancy group

Meets every other month

on the 3rd Thursday at 7:30 PM,

led by Stormy Mitchell

(stormym@mend.org)

Daddy's group

Meets quarterly

on the 3rd Thursday at 7:30 PM,

led by Greg Miller

(stefaniem@mend.org)

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

Join us for a time of sharing experiences.

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. chapter support groups
are held the 2nd Thursday of
every month
from 7:30 - 9:00 PM

Daddies group
meets the 2nd 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 4th 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.

Parenting After Loss group
meets the 1st Thursday at 7:30 PM
at Panera Bread
1900 Preston Rd.
Plano, Texas 75093
Contact:
Laura Bateman at laura@mend.org or
Tina Rusert at Tina@mend.org
for more information
For families who are raising living
children after a loss.

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Don't think you can 5k? You CAN!

Support M.E.N.D. with a walk at the park, run on the treadmill, riding a bike, dancing... move virtually **anyWHERE** and **anyTIME**! You can even break up the distance between several days if you need to!

Get all the details & register at

www.mend.org/virtual5k