



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

Volume 26, Issue 6

November/December 2021

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Holidays

The holidays may seem difficult after the loss of a baby, but we have the honor of finding ways to include our babies in heaven in our family festivities, as shared in other articles in this issue. Below, Kristina shares with us how she created new traditions to include her babies in their family celebrations:

On November 21, 2019, our third little boy, Josiah David, was born into heaven. A week later, I struggled and barely made it through Thanksgiving. I knew I had to find a way to make that Christmas special for our two living sons.

I found a special stocking designed for pregnancy and infant loss, and I knew I had to order it. We hung that stocking on our fireplace with our stockings, and we let each of our living children buy a small toy to place in Josiah's stocking. On Christmas day, we took the stocking to the cemetery, and our two boys placed the toys on Josiah's headstone.

Since that Christmas, we have, unfortunately, given birth to more babies who were born straight into heaven, Bennett Matthew and Aubrianna "Aubri" Diane. We added a matching stocking for Bennett last Christmas (pictured above) and plan to add one for Aubrianna this Christmas.

This has become such a special tradition in our house. I love that all of my babies have stockings, and my two living sons love to bring gifts for their baby brothers and sister. Holidays can be such a difficult time and making sure all of my babies are remembered brings my heart peace to make it through the season.

Written by Kristina Witt,
Mommy to Josiah, Bennett and Aubrianna
M.E.N.D.-SW Missouri Assistant Director

January/February Topic

To Share or Not To Share

Deadline: November 30, 2021

March/April Topic

Giving Yourself Grace

Deadline: January 31, 2022

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 |



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As a national organization, M.E.N.D. Leadership continues to monitor conditions in the United States relating to COVID-19. Since restrictions differ in each state, please follow your chapter on Facebook or connect with your Chapter Director for updates regarding support groups. For information on support groups, including the M.E.N.D. Nationwide Support Group that meets year-round, please see page 15.



Feature Article

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

Holidays

As year after year passes since the loss of our baby(ies), people assume we no longer think of them during the holidays. How untrue that is. Our thoughts and sorrow may change a bit, but certainly we never forget. For example, I haven't imagined Byron and me purchasing "Santa gifts" for our children in many years - thoughts and yearnings that, for a long time, were quite painful. Those emotions have now transitioned into wondering if Jonathan would be married and have children of his own that he'd be bringing home for the holidays, like our oldest son does. And Baby Mitchell would be in college, likely home for a month to the delight of his or her parents! So as a mom, on Christmas Eve my heart isn't aching anymore for those long nights of putting toys together, but I sure think about how full my house would be and all the extra love and laughter that should be represented around our dinner table on Thanksgiving and around our tree on Christmas morning!

I have learned to focus on what and who I do have. I am beyond thankful for my family. My husband, our son, Byron, Jr., our daughter-in-law, Anna, and our sweet grandson, Elias Jonathan - truly they are my most cherished gifts from the Lord. I am blessed beyond measure for my extended families, on my side and the Mitchell side. We gather on holidays creating a lifetime of wonderful memories, yet remembering, sometimes openly and sometimes quietly, those

We've determined never to take a holiday for granted, for we never know when it is someone's last time to be a part of family celebrations.

beloved family members who are no longer with us. We've determined never to take a holiday for granted, for we never

know when it is someone's last time to be a part of family celebrations. We may pause for a quick moment to acknowledge our sadness, but then

the day continues with love, laughter, and lots of food!

Juggling grief and gladness can be very challenging. Sad one minute, laughing the next, toss in some anger, right back to a slight smile... then we tend to wonder if it's even appropriate to mix all these emotions, and we find ourselves feeling guilty. It's exhausting!

So how do we survive the holidays with so many anticipated emotions? Just that - anticipate the emotions. Don't be afraid to talk about your baby or anyone else who has died in your family. When I go to heaven, I sure don't want to be the "forbidden topic of conversation"! I hope I'm greatly missed and remembered by my family. I hope I'm talked about. I hope they tell funny stories about me, and even cry a little! I think the same rule applies for our babies. Talk about them. Smile about them and cry for them. Create traditions for acknowledging them, such as sharing with one another some good things that have resulted from the loss, like maybe realizing you're more compassionate to the hurts of others. Purchase gifts for underprivileged children who are the same age your child would be. Donate to a charity like M.E.N.D. in memory of your baby. Realize it's okay to hang a stocking on your mantle that represents your baby, and so many other ideas that are included in this holiday issue.

Unfortunately, the holidays will never be exactly the same for us after such a heartbreaking loss, but that doesn't mean they are forever ruined. We can turn them into still-special days of establishing new traditions and memories. It's hard, I know, but let's hone in on the true purpose of the holidays. Let's be thankful for the blessings we do have, especially the gift of Jesus, who this season is supposed to be about anyway. Allow Him to give you the gifts of healing, comfort, and joy. He'll give you peace that passes all understanding, and you'll look back one day and realize with amazement that because of Him, you survived and made it through the holidays!

Birthday Tributes



Happy 2nd Birthday, PearBear!

Dedicated to Audrey, whom we affectionately call PearBear - our beautiful daughter with a gentle soul. Happy 2nd birthday, our love.

"The Grieving Love"

We grieve because you are our child.
We grieve because you are a part of us.
We grieve because you are no longer here,
but dancing amongst the stars and the universe.

We grieve because we no longer
carry you in our arms
but in our heart, mind and soul.
Oh, our child, behold!

This is our grieving love for you,
Be it told.

We shall grieve and grieve
with all the fiber of our being,
until our last breath
when we are old.

With Love,
The Todd Family



Audrey Dinh Todd
November 20, 2019
Unknown cause
The Todd Family

Happy 5th Birthday, Arielle and Killian!

My sweet babies, this year you're celebrating your 5th heavenly birthday. I can't believe how time has flown by. We miss you both so much. Sissy loves telling baby brother about you both, but he's too little to understand right now. We love you both with all our hearts. In our hearts forever, till we see you again.

Arielle Everly Dupuy
Preterm Labor
October 30, 2016
Killian Michael Dupuy
Preterm Labor
November 2, 2016
Parents: Ryan and Karla Dupuy
Siblings: Miabella and Bellamy



Happy 4th Birthday, Zachary!

We love you to heaven and back! We can't believe we have been without you for four years. We wish you were with us, but at least we know you are safe with God. Lydia says one day she will run to you in heaven, and she has a secret to tell you. Scarlett says when she sees you she will say, "Hi, baby brother!" You will always be our baby. We love you!

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



Happy 7th Birthday, Baby Gamboa!

Happy 7th birthday, my angel. There is not a day goes by I don't think about you. You have a piece of my heart with you. I know you are celebrating in heaven, and I will continue to celebrate you here on earth until we meet again. Hit the piñata hard and have the biggest piece of cake. I love you dearly. Forever my baby.

Love,
Mommy, Daddy, Olivia, Christian and Chiquitita

Baby Gamboa
Miscarried November 21, 2014
Parents: Denise Devora-Gamboa
and Anthony F. Gamboa
Siblings: Olivia and Christian



Happy 1st Birthday, Daniel!

Happy 1st birthday, sweet baby boy! We love you and miss you so much. We are better people for having known and loved you. We are so thankful for the time we got to spend with you, and we are looking forward to seeing you again someday. We know you are celebrating in heaven with your sister and so many loved ones. Until we are together again, we will hold you in our hearts.

Love,
Mommy and Daddy

Daniel Len Schulz
December 29, 2020
Pre-eclampsia
Also remembering
Rori Mae Schulz
Miscarried October 6, 2020
Parents: Rebecca and Nathan Schulz



Happy 2nd Birthday, Amos!

Happy 2nd birthday, our sweet Amos. I look at little boys your age and wonder what mischief you would be getting into at this stage! I'm so grateful you are with Jesus until we are together again. I miss you every day, but the Lord continues to restore our joy. You are forever loved and "carried" in our hearts, precious one.

*Amos Michael Heaton
November 18, 2019
Unknown cause*

*Parents: Richard and Stacy Heaton
Brothers: Noah, Zion and Joel*

**Happy 2nd Birthday, Barron!**

Happy 2nd Birthday, Barron! I can't believe two years have passed. It feels like this nightmare just happened yesterday, and I cannot escape it. I love you, your dad loves you, and your big brother loves you very much. I can't wait to hold you in my arms again one day and kiss your sweet cheeks. I hope you have the happiest birthday with our Lord above. I will see you soon, son.

*Barron Lehr
December 29, 2019
PROM*

*Parents: Morgan and Travis Lehr
Big brother: Bennett*

**Happy 2nd Birthday, Josiah!**

Happy 2nd heavenly birthday, sweet boy! I'll never forget the precious moments I was able to spend holding you in my hands and admiring you. It is hard to believe that was already two years ago. Despite how short your life was, you were truly a gift from God. I hope you enjoy your birthday in heaven with lots of balloons and cake with Josiah and Aubri, while we celebrate you here! You are forever loved and missed!

*Josiah David Witt
November 21, 2019*

*Late Miscarriage due to blood clotting disorders
Also remembering*

*Bennett Matthew Witt
Stillborn September 28, 2020*

*Blood clotting disorders
Aubrianna Diane Witt*

June 14, 2021

*Late miscarriage due to blood clotting disorders
Parents: Jacob and Kristina Witt
Big brothers: Jayden and Kasen*

**Happy 9th Birthday, Brayden!**

My dearest Brayden, happy 9th birthday in heaven, beautiful boy. I picture you often running and laughing with our family gone before us within the fields of heaven. I see you in every sunset here on earth, and ache in the immense absence you left in our lives. I can't imagine what 4th grade would look like for you, but I'm certain you would be actively running about the farm with the dogs. What I wouldn't give for just one hug!

Until we meet again my love,
xoxo Mom

Brayden Ryan Sade

Born sleeping December 28, 2012

Parents: Heather and Steven Sade

**Happy 1st Birthday, Sloane!**

Happy 1st birthday, our sweet and lovely Sloane Margaret! You are always on our thoughts and in our hearts, baby girl. You will forever be the light of our lives. We love you, Sloane!

Love,
Mommy and Daddy

*Sloane Margaret Harris
November 17-18, 2020*

Fetal Hydrops

Parents: Russell and Amy Harris

**Happy 9th Birthday, Rylan!**

Our hope is full of somedays. Someday we will see you, know you, hug you and kiss your sweet face.

All we can do this side of heaven is love you.

Happy birthday, Rylan.

*Rylan Doucette
November 27, 2012*

Ectopic pregnancy

*Parents: Aaron and Kristian Doucette
Siblings: Kinley and Alexyn*

**Happy 22nd Birthday, Ashley!**

Happy 22nd birthday.
We miss you every day. Til we meet again.

*Ashley Renee Dedear
October 29 - November 1, 1999*

Premature

*Parents: Tim and Cindy Dedear
Siblings: Laura and Katherine*



Happy 6th Birthday, Ashton!

Turning 6 today. You would be such a big boy, learning to read and going to school with your older sisters. We miss you so much! We can't wait to see you again. We think of you daily. We wonder what and who you would become. Mommy and Daddy and your sisters love you very much! Happy birthday, sweet boy!

*Ashton Robert Oetting
Stillborn November 30, 2015
Unknown cause*

*Parents: Jason and Elizabeth Oetting
Sisters: Chloe, Gracie and Ashlyn*



Happy 10th Birthday, Charlotte!

Ten years. How has it already been a decade since we held you in our arms? Hearing your siblings say your name is so bittersweet. They have joined us in honoring your memory and ask questions about you often. We miss and love you so much, sweet girl. Ten years down and however many more to go until we see you again.

P.S. Audrey says she wants to hug you and loves you.

Love,
Mommy, Daddy, Evan, Audrey and Christopher

*Charlotte Grace Harrison
December 28, 2011 – January 4, 2012
Complications at birth*

*Parents: Amanda and Luke Harrison
Siblings: Evan, Audrey and Christopher*



Happy 4th Birthday, Olivia!

Our sweet, feisty girl, 4 feels so old! You should be in preschool and have a best friend. You should have a favorite outfit and favorite food. You should be running around with your brothers and loving on your new baby sister. You should be around to yell excitedly when Dad gets home and help Mom make treats. Most of all, you should be here. We so wish you were! Happy birthday, Olivia! We love you and miss you more every day.

*Olivia Lorraine Horrocks
November 14 – December 13, 2017
Extreme Prematurity and Gram Negative Sepsis
Parents: Shawn and Megan Horrocks
Siblings: Sam, Ben and Claire*



Happy Sweet 16th Birthday, Hopie!

I can hardly believe that it's been 16 years since I held you in my arms. It feels like both yesterday and a lifetime ago. We talk of you often and celebrate the precious time we had with you on earth. Until we can hold you in our arms in heaven, we will hold you in our hearts.

Love,
Mom

"I will carry you
While your heart beats here
Long beyond the empty cradle
Through the coming years
I will carry you
All my life
And I will praise the One Who's chosen me
To carry you"
-Selah



*Hope Kirkpatrick
November 5-8, 2005
Amniotic band syndrome
Parents: Kirk and Aly Kirkpatrick
Siblings: Ian and Jane*

Happy 1st Birthday, Cruz!

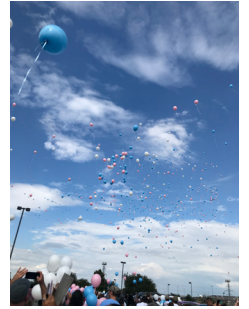
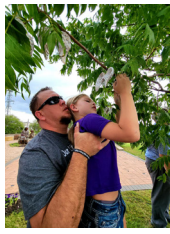
Happy 1st birthday, sweet baby Cruz. Mommy and Daddy miss you every single day. We often wonder who you'd be and what kind of attitude you would be giving your fur-sisters! There is no doubt your pups miss you too. You are our greatest gift, our sweetest joy. Enjoy your heavenly birthday among the angels as we celebrate you here on earth. Sending you hugs and all our love, sweet baby. We love you so much it hurts.

Mommy and Daddy

*Cruz Kenneth Ponce
Stillborn November 10, 2020, at 37 weeks
Parents: Ryan and Kristie Ponce*



Dallas/Fort Worth Walk to Remember



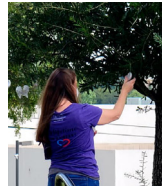
The 25th Annual Walk to Remember (WTR) was held on Saturday, October 2 at the M.E.N.D. Garden of Hope, on the grounds of Calvary Church in Irving, TX. It was so wonderful to be able to host an in-person ceremony again! More than 700 people were in attendance, and even though the clouds opened and pouring rain sent everyone scrambling into the church, we were able to finish the ceremony inside, then go back out for what was perhaps our most beautiful



balloon release ever. We were blessed by Christian worship leader and author, Becky Nordquist, as our guest speaker and singer. She is the author of the book, *Before We Said Hello*, and she has recorded the heartfelt song with the same name.



The Walk to Remember is our biggest event of the year, and we're already looking forward to our 26th WTR, scheduled for October 1, 2022. We hope to see many of you there!



Thank you to our sponsors of the 2021 Dallas/Forth Worth Walk to Remember.

Mercy Sponsors

*Lu Ann and James Junkin
Remembering Paislee Ann Frette*

Grace Sponsors

*Rebekah and Byron Mitchell
Remembering Jonathan Daniel and Baby Mitchell*

Hope Sponsors

*Rebecca and Rick Bartmas
Remembering Baby Bartmas #1, Baby Bartmas #2, Mikaela Constance Bartmas*

Love Sponsors

Terri and Jonathan Nymeyer
Remembering Rebekah Tikvah
and Amesiha Nymeyer

Alva and Mario Montes
Remembering Mario Saul, Emilia Lucia
and Baby Bear Montes

DaVeida Pierson
Remembering Davin Shad Andre Pierson

I Am The Promise Ministries and
Tiffany & Johnny Clark
Remembering Jaylen (Nugget)
and Baby Clark

Attuned Doula Services
Remembering Helen Jeannette Fisher-Hathey

Jenae and Sam Bowmer
Remembering Levi Samuel Bowmer

Tina Kurishingal
Remembering Kavya Marie Kurishingal

Children's Bereavement Center
of South Texas
Remembering All Babies

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Helen and Danny Lynch
Remembering Sophie Jane Darnell

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Remembering Andre Gabriel Broussard

Blessing Sponsors

Catherine Harvey

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Martha Valades

Mariam and Sameer Jaffri

Sara Delira

Richardson Piano Lessons, Paula Schear

Lesa and Bryan Lynch

Paula Schear's Senegence Pretty Party

What Grieving Parents Need at the Holidays

Remember Our Children and Make Them a Part of this Difficult Time of Year

Written by Mandy Hitchcock
Posted on Seleni.com

Christmas has always been one of my favorite holidays. The songs, the twinkly lights, the spirit of kindness that seemed to flow so easily - I loved it all. And when my first child, my daughter Hudson, was born just a few weeks before Christmas, it only added more enchantment to an already magical time. But we enjoyed the magic of that holiday with her only twice.

In the spring of 2010, when she was just 17 months old, Hudson died of a sudden, severe infection. Our first Christmas without her was one of the darkest times of my life. For the first time in my life, I did not spend it with my family. I could not bear the thought of sitting through our family's ritual of opening gifts one at a time, in order from oldest to youngest, only to face a glaring absence each time it would have been Hudson's turn as the youngest of all her cousins. My husband and I fled to Paris on Christmas Eve, hoping to outrun our terrible grief, even if only for a few days.

It didn't work. Grief followed us to Paris, just as it follows us today, five and a half years later. We could fly to the moon, and still we'd never outrun our grief.

For parents who have lost a child, the holidays are one of the hardest times of every year. Beginning with Halloween and continuing through New Year's, we face an onslaught of family togetherness and joy, much of it centered around children. From the merchandising in stores and the advertising in magazines and online to the photos on friends' Facebook pages and holiday cards, we constantly see images of that most precious thing we will never have again: a family that is complete and whole.

In the beginning, I found that dreading the special days during the year - the holidays, Hudson's birthday, the anniversary of her death - was much worse than the actual days. Her looming absence filled every day, so the special days were no different than any other day. They might have even been a little easier because friends and family would often remember her with us on those days.

But now, as our lives and family have continued to grow around the hole that Hudson's death left, I find that these special days are often far worse than I expect them to be.

Each year, when I design our holiday cards, I stare at the photos from the past year, longing to find her face in them. And then I resign myself to placing the

same photo of her on the back of the card that I did the year before - the one of her at a year old, giggling and pointing at the camera and wearing a red Christmas dress with black Scotties embroidered on it.

When we decorate the tree together, we must settle for hanging small, framed photos of Hudson on several branches, instead of enjoying a living, breathing little girl fighting with her younger siblings over who will get to hang which ornaments where.

We take those younger siblings to sit on Santa's lap, and I try hard to enjoy the moment, holding in my grief until I am alone and can allow myself to imagine a gangly young girl who just turned 7, trying hard to get her little sister to smile for the camera. And of course, when opening gifts on Christmas morning, we face that vast gulf each time we reach the spot where she should take her turn unwrapping a gift, after me and before her younger brother.

But what I have also come to understand is that if I cannot have her back - and even now, in some moments, it is hard to believe that I can't - I'm grateful for these holiday moments when my rawest grief is exposed again. As the years pass, my grief is my most powerful link to her because it is also a reflection of my bottomless love. I welcome the pain because it is an echo of the joy I experienced as her mother for seventeen months and twelve days.

What I want others to understand is that no matter how many years pass, that beautiful face will always be missing from the family photo on our Christmas card. No matter how many children we have, I will never stop looking for her when it's time to decorate the tree or open gifts. And as grateful as I am that my love of Christmas is still inside me, there are moments (sometimes whole days) during the holidays when I am just going through the motions for the sake of my younger kids.

I want my friends and family to remember Hudson. It's the wish of all parents who have lost children. To bring them into the present the only way we can - in our memory and in our actions. So I ask friends that no matter how many Christmases pass, please acknowledge our loss each year. Say her name on Christmas Day. Write on your holiday card that you are still so sorry that she's gone. Let me know that even though it's been so long, and even though it's the most wonderful time of the year, you understand that she is still missing and that we are still hurting.

Posted on November 8, 2019. Retrieved August 4, 2021, from Seleni <https://www.seleni.org/advice-support/2018/3/21/what-grieving-parents-need-at-the-holidays>

October M.E.N.D. Events

Greater Houston Area - Walk to Remember



SW Missouri - Melody from Heaven



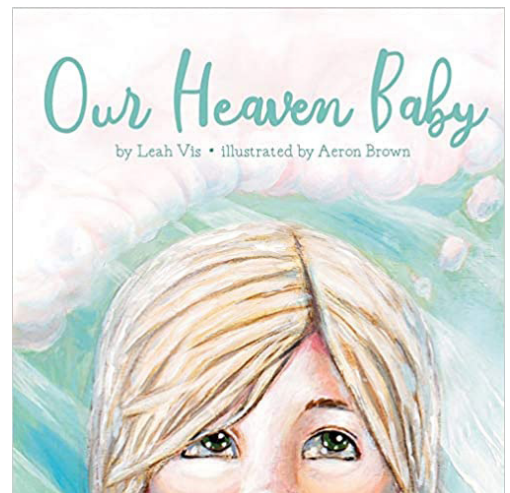
Book Review

Our Heaven Baby
Written by Leah Vis

This book was written from the perspective of 5-year-old Abel. It takes you through the thought process of a child, from the joy of hearing he's getting a new baby brother, to the sadness of finding out he's in heaven, and finally imagining heaven.

I do appreciate that it specifically stated "baby died" and not just "baby went to heaven," because often people shy away from the word "died" as it is so final.

The book is easy to read and understand for kids of all ages and would be good for any type of pregnancy and infant loss as it is not specific to gestation, just about loss in general. The artwork in this book is vivid and eye catching. A very heartwarming book about such a heavy and heartbreaking subject.



Reviewed by Ashley Sudheimer,
M.E.N.D.-SW Missouri Assistant Director

In Loving Memory

Baby Bartmas 1

Miscarried February 2016

Baby Bartmas 2

Miscarried September 2016

Mikaela Constance Bartmas

Stillborn June 1, 2018

Gifts given by parents Rick and Becca Bartmas

Anonymous

Levi Samuel Bowmer

April 19, 2013

Trisomy 13 and Tetralogy of fallot with absent pulmonary valve

Given by parents Jenae and Sam Bowmer and sisters Evelin and Valerie

Harper Von Brady

Miscarried November 22, 2013

Declan Abraham Brady

Stillborn August 26, 2014

Given by parents Stephanie and Kevin Brady

Andre Gabriel Broussard

Stillborn May 29, 2016

Trisomy 18

Given by parents Ana Maria and Ross Broussard

Cora Anne Casarez

January 20, 2017

Cord accident

Poppy Casarez

August 4, 2019

Early miscarriage

Baby C

Early miscarriage September 2020

Given by parents Andrew and Leslie Casarez and sister Agnes

Jaylen Clark

December 11, 2013

Baby Clark

Miscarried November 7, 2015

Mommy: Tiffany Clark

Given by I am the Promise Ministries

Abigail Grace Crump

July 1, 2003

Trisomy 18

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

Sophie Jane Darnell

Stillborn May 28, 2013

Unknown cause

Given by parents Brea and Tommy Darnell and siblings Luke and Piper

Grandparents Helen and Danny Lynch

Aunt and Uncle Lesa and Bryan Lynch

Riley and Parker Davis

November 14, 2006

Premature

Given by parents Rob and Cheryl Davis and siblings Annalise and Owen

Roman Lorenzo Delira

September 4-5, 2017

Given by mommy Sara Delira

Trinity Ann Faram

Stillborn August 1, 2014

Placental abruption

Given by parents Elizabeth and Brad Faram

Augustus James Feth

Parents: Josiah and Taylor Feth

Given by Sarah Yokel

Helen Jeannette Fisher-Hathey

Miscarried February 12, 2015

Turner Syndrome

Parents: Eric Hathey and Jessica Fisher-Hathey

Little Sister: Judy Lucille

Given by Attuned Doula Services

Beckett David Flint

Stillborn March 22, 2020

Dorin Davis

Stillborn July 28, 2019

Given by mommy Sabrina Flint

Baby Franklin

Miscarried October 18, 2018

Parents: Andrew and Alexandra Franklin

Brothers: August and Arik

Given by

Grandparents Sueda and Dennis Brewer, Jr.

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

Adeline Gyurin Han

July 21, 2021

Parents: Gabriella Byun and Justin Han

Gifts given by

Ashley Robb

Abigail Jones

Jill Svoboda

Talia Fernandez

Kenzie Divel

Christy Clark

Gen Mobley

Simi Illedare

Linda Hoang

Rachel Pierson

Baby Amanda Harvey

Miscarried May 19, 2005

Baby B Harvey

Miscarried August 19, 2005

Baby C Harvey

Miscarried December 19, 2007

Baby D Harvey

Miscarried September 19, 2008

Given by mommy Catherine Harvey

Elliana Grace Kundomal

Miscarried July 2010

Given by mommy Kali Kundomal

Barron Lehr

December 29, 2019

Premature rupture of membranes

Given by parents Morgan and Travis Lehr and brother Bennett

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, Hazel and Violet

Jonathan Daniel Mitchell

Stillborn June 24, 1995

Cord accident

Baby Mitchell

Miscarried December 2001

Gifts given by

Parents Byron and Rebekah Mitchell

Aunt and uncle Sueda and Dennis Brewer, Jr.

Grandmother Marnie Mitchell

Gideon Zeller Mitchell

Stillborn May 17, 2011

Velamentous cord insertion

Avery Mitchell

Miscarried May 2008

Joy Mitchell

December 2014

Vanishing twin syndrome

Given by parents Stormy and Todd Mitchell

and little brothers Silas and Justus

Mario Saul Montes

Stillborn August 30, 2016

Placental abruption

Emilia Lucia Montes

May 26 - July 1, 2018

Congenital heart defect

Baby Bear Montes

Miscarried May 13, 2019

Given by parents Alva and Mario Montes

Emelyn Rose Munoz

2016

Baby Joel Munoz

2018

Given by parents Allison and Joel Munoz

Jonah Nymeyer

July 2012

Amesiah Nymeyer

October 2010

Rebekah Tikvah Nymeyer

July 16, 2015

Given by parents Terri and Jonathan Nymeyer and siblings Isaac, Abby, Esther and Tirzah

Carlos Alberto Oliva, Jr

Miscarried August 14, 2018

Given by Mommy Amanda Dreher

Margot Lily Perry

Stillborn June 10, 2013

Cord accident

Gifts given by parents Brandon and Marisa Perry and siblings Adeline, Bennett and Noelle

Grandmother Marie Perry

Davin Shad Andre Pierson

May 27, 2020

Given by mommy DaVeida Pierson

Douglas Ryder

Given by Joanna Dreyfuss

Paxton Jordan Schroeder

Given anonymously

Angel Baby Shafi-Jaffri

Miscarried July 16, 2021

Given by parents Mariam and Sameer Jaffri

Cayden Raine Towery

June 7, 2004 - January 25, 2019

Cardiac arrest

Parents: Shane and Castle Towery
Given by Stormy and Todd Mitchell and little brothers Silas and Justus**YuYu**

Miscarried March 9, 2017

Given by Mommy Martha Valades

Morgan Vo

July 18 - August 13, 2019

Omphalocele

Given by parents Julie Le and Scott Vo

Russell Woodrow Wisdom

April 1, 2021

Unknown Cause

Parents: Casey and Roman Wisdom

Given by Martha Brown

Gifts of Support:

Second Baptist Church, Springfield, MO

Kitsap OBGYN, PPLC

Kin Midwives

Matthew Patterson

Living Waters Bible Church, San Tan Valley, AZ



Días Festivos

Artículo de Presidente y Fundadora,

Rebekah Mitchell,

Mamá de Jonathan Daniel y bebé Mitchell

Al medida que pasa un año tras otro desde la pérdida de nuestro (s) bebé (s), la gente asume que ya no pensamos en ellos durante los días festivos. Qué falso es eso. Nuestros pensamientos y dolor pueden cambiar un poco, pero ciertamente nunca los olvidamos. Por ejemplo, no me había imaginado a Byron y yo comprando "regalos de Santal" para nuestros hijos en muchos años, pensamientos y anhelos que, durante mucho tiempo, fueron bastante dolorosos. Esas emociones ahora se han convertido en pensamientos de que si Jonathan estaría casado y tendría hijos propios y los llevaría a nuestra casa para los días festivos así como lo hace nuestro hijo mayor. ¡Y Bebe Mitchell estaría en la universidad, probablemente en casa durante un mes para el deleite de sus padres! Entonces, como mamá, en Nochebuena mi corazón ya no me duele por esas largas noches de armar juguetes, pero seguro que pienso en lo llena que estaría mi casa y todo el amor y las risas adicionales que deberían estar representadas alrededor de nuestra mesa durante el día de Gracia y alrededor de nuestro árbol el día de Navidad!

He aprendido a concentrarme en lo que tengo y a quién tengo. Estoy más que agradecida por mi familia. Mi esposo, nuestro hijo, Byron, Jr., nuestra nuera, Anna, y nuestro dulce nieto, Elias Jonathan, verdaderamente son mis dones más preciados del Señor. Estoy bendecida sin medida por mi familia extendida, de mi lado y del lado de la familia Mitchell. Nos reunimos durante los días festivos creando una vida de recuerdos maravillosos, pero recordando, a veces abiertamente y otras veces en silencio, a esos amados miembros de la familia que ya no están con nosotros. Hemos decidido nunca tomar los días festivos de hecho, porque nunca sabemos cuándo es la última vez que alguien participe en las celebraciones

familiares. Podemos hacer una pausa por un momento para reconocer nuestra tristeza, pero luego el día continúa con amor, risas y mucha comida.

Manejar el dolor y la alegría puede ser un gran desafío. Triste un minuto, riendo al siguiente, agregando algo de ira, de regreso a una leve sonrisa ... entonces tendemos a preguntarnos si es apropiado mezclar todas estas emociones, y nos sentimos un poco culpables. ¡Es agotador!

Entonces, ¿cómo sobrevivimos los días festivos con tantas emociones anticipadas? Solo eso: anticipa las emociones. No tema hablar de su bebé o de cualquier otro miembro de su familia que haya fallecido. ¡Cuando yo vaya al cielo, seguro que no quiero ser el "tema prohibido de conversación"! Espero que mi familia me extrañe mucho y que me recuerden. Espero que hablen de mí. Espero que cuenten historias divertidas de mí, ¡y que lloren un poco! ☹️. Creo que la misma regla se aplica a nuestros bebés. Hable de ellos. Sonríe por ellos y llora por ellos. Cree tradiciones para reconocerlos, como compartir algunas cosas buenas que resultaron de la pérdida, como quizás darse cuenta de que es más compasivo con las heridas de los demás. Compre regalos para niños desfavorecidos que tengan la misma edad que tendría su hijo. Done a una organización benéfica como M.E.N.D. en memoria de su bebé. Tenga en cuenta que está bien colgar una media en su manto que represente a su bebé y tantas otras ideas que se incluyen en esta edición navideña.

Desafortunadamente, los días festivos nunca serán exactamente los mismos para nosotros después de una pérdida tan desgarradora, pero eso no significa que estén arruinadas para siempre. Podemos convertirlos en días aún especiales para establecer nuevas tradiciones y recuerdos. Es difícil, lo sé, pero vamos a centrarnos en el verdadero propósito de los días festivos. Seamos agradecidos por las bendiciones que tenemos, especialmente el regalo de Jesús, de quien se supone que se tratará esta temporada de todos modos. Permítele a Dios que le dé los dones de sanidad, consuelo y gozo. Él te dará una paz que sobrepasa todo entendimiento, y un día mirarás atrás y te darás cuenta con asombro de que gracias a Él, ¡sobreviviste y pasaste los días festivos!

M.E.N.D. CHAPTER UPDATES

MidMichigan

M.E.N.D.–MidMichigan has been meeting in person at Ashman Plaza, home of Live Oak Coffee House in Midland. We are in the planning stages of our annual Christmas Memorial Ornament party during our December meeting. If you'd like to create an ornament in honor of your baby, please RSVP at bit.ly/MENDornaments so we can plan accordingly.



Karen

NW Washington

Thank you to all that joined us on October 15, for our 1st Annual Wave of Light to honor all our babies on Pregnancy and Infant Loss Awareness Day. We look forward to commemorating this way each year with you.



We will hold our annual Christmas Candlelight Ceremony on December 11, at Crossroads Neighborhood Church (7555 Old Military Rd Bremerton, 98311) at 6:30 PM.



We hope you will join us for a special time of remembrance for our babies in heaven.

We continue to meet in person for our monthly support group on the 2nd Monday of each month, at The Oak Table Cafe in Silverdale. We pray this holiday season is a gentle one. We



know that holidays are hard when you are grieving, so we pray for you as you navigate all the emotions this season brings. We remember your babies with you.

Stacy

San Antonio, Texas

M.E.N.D.–San Antonio is closing out the year with a humble candlelight ceremony and ornament making craft night. We are excited to join forces with other support networks to make an infant loss coalition and hopefully ensure families find the help they need. We are so pleased to offer in person support again and look forward to growth in the new year.



Katie

Denver, Colorado

M.E.N.D.–Denver wishes you and your family a peaceful holiday season. Our support groups gather at a new location in Parker, so please join us the 2nd Tuesday of each month for support.



Kimberly

East Valley, Arizona

M.E.N.D.–East Valley Arizona continues to meet in person on the 2nd Thursday of the month. We wish each of our families a gentle holiday season!



Danielle

Columbus, Ohio

"Jesus said...In this world you will have trouble. But take heart! I have overcome the world!" John 16:33 NIV

A huge "THANK YOU" to the Westerville MOPS for inviting me back to speak and share about M.E.N.D. and, for partnering with our chapter in outreach to the community in making 30 care bags to take to local hospitals for mothers experiencing loss of a baby!



Our monthly support group is continuing to grow, as we meet virtually to share our journeys. We're praying for your comfort and strength. Please join our private Facebook page where you can share your story and be encouraged... You're NOT alone!

If you need M.E.N.D.-Columbus services, contact me at latrina@mend.org.

LaTrina

Men of M.E.N.D.

The holiday season is upon us as families are getting together. If you can't come to a monthly



Zoom support group, feel free to message me. Men of M.E.N.D. holds a monthly Zoom support group every 3rd Monday of the month at 8:00 PM CST.

Matt

Southwest Missouri

M.E.N.D.–Southwest Missouri would like to thank everyone who joined us for our Day of Remembrance Ceremony: Melody from Heaven. It was such a beautiful day and a

sweet time of remembering our babies in heaven. A special thanks to my assistants, Brianne Mansfield, Heather Sade, Heidi Smith, Ashley Sudheimer, and Kristina Witt. I



would also like to thank Jennifer Harrison, the Magazine Editor, for helping as well.

Keep an eye on our Facebook group as we will be providing FREE family photos for our M.E.N.D. families. Many of us don't have photos as a family with our babies, so we wanted to give you an opportunity to have a family photo with an item that represents your baby(ies). Sign up information will be posted on Facebook.

Please also save the date for our Christmas Candlelight Ceremony on December 7, at 7:00 PM at Second Baptist Church.

Rachel

Greater Houston Area

M.E.N.D.–Greater Houston Area is looking forward to our Christmas Candlelight Ceremony in December. Keep an eye out in our Facebook group for details. The Christmas Candlelight Ceremony is a beautiful and perfect way to include your babies in heaven in your Christmas season festivities.

A part of our ministry, M.E.N.D.–Greater Houston Area is providing bears for our local hospitals for when a mom loses a baby. If you or someone you know works in L&D or the NICU and need bears, contact stormym@mend.org. As always, our M.E.N.D. moms are in our prayers this holiday season.



Stormy

Tulsa, Oklahoma

M.E.N.D.–

Tulsa held a time of candle lighting for our October support group, where we remembered the brief lives of more than 30 babies. Families were able to bring mementos and share our stories with each other.



We continue to welcome new families at our new meeting location and are grateful for the opportunity to be able to show families they are not alone in their grief or memories. As we look to the end of the calendar year we are finalizing our plans for the Christmas Candlelight service in December. Invitations will be mailed as well as posted on our social media pages.

Cat

Chicagoland

M.E.N.D.–

Chicagoland had a beautiful October support group that included a time of remembering our babies with a small balloon release. Each family went home with a special candle to burn on October 15, Infant Loss Remembrance Day. We



are looking forward to decorating our M.E.N.D.

Chicagoland tree at the Brookfield Zoo lights display this November. Each Chicagoland baby will be represented on our tree with an angel ornament.



Sara

Nationwide Online Support

The Nationwide Online Support Group gathers on Zoom the 3rd Thursday of each month. Please complete the Online Group Info Sheet found on the M.E.N.D. website to receive the meeting link if you are new. We also welcome you to connect through our Facebook group to support each other between support groups.

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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jennifer@mend.org
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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



M.E.N.D. Leadership

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

Magazine Volunteers

Rachel Dell, Sara Elliott
and Becky Johnston

New Support Group Location!

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

Mommies AND Daddies are welcome at all M.E.N.D. support groups.

Unless otherwise noted, all support groups are held at:

Irving Archives Museum, 801 W Irving Blvd, Irving, TX 75060.

For more information, call (972) 506-9000.

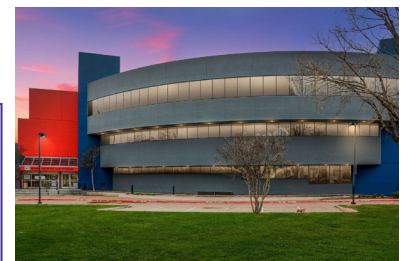
M.E.N.D. chapter support groups meet the 2nd Thursday of each month at 7:30 PM

Daddies group meets the 2nd Thursday of March, June, Sept. and Dec., at 7:30 PM

Moms and dads meet together for introductions before dividing into two groups.

Rowlett Satellite Chapter

A satellite chapter in Rowlett holds support groups to serve families in the eastern area of the Dallas/Fort Worth metroplex. Support groups are held the 1st Wednesday at 7:00 PM at the Veterans Resource & Outreach Center, 4210 Industrial St, Rowlett, TX 75088. Visit our Facebook group or email terri@mend.org.



Irving Archives Museum
801 W Irving Blvd
Irving, TX 75060

Subsequent pregnancy group
meets the 4th Tuesday

from 7:30 - 9:00 PM via Zoom.

Please visit www.mend.org to join.

Led by Marisa Perry: marisa@mend.org
For families who are considering
becoming pregnant or are currently
pregnant after a loss.

M.E.N.D. Chapter Information

Due to COVID gathering guidelines, please follow your chapter on Facebook or connect with your local Director for updates if your chapter will meet in person or virtually.

M.E.N.D.–NW Washington

Meets the 2nd Monday at 6:30 PM
The Oak Table Cafe'
3290 NW Mt. Vintage Way
Silverdale, Washington 98383
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: Rachel Dell
rachel@mend.org, (417) 770-0600

M.E.N.D.–Tulsa, Oklahoma

Meets the 3rd Tuesday at 7:00 PM
117 S 7th St.
Jenks, Oklahoma 74037
Director: Cat Markham
cat@mend.org, (918) 694-4325 (HEAL)

M.E.N.D.–Columbus, Ohio

Meets on the 2nd Monday, at 6:30 PM
Paul Mitchell-The School of Columbus
3000 Morse Road
(Upstairs Conference Room)
Columbus, Ohio 43231
Director: LaTrina Bray
latrina@mend.org (614) 530-5128

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.–MidMichigan

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

M.E.N.D.–Denver

Meets the 2nd Tuesday at 7:00 PM
Crossroads Community Church
9900 S. Twenty Mile Rd.
Parker, Colorado 80134
Director: Kimberly Adams
kimberly@mend.org, (720) 593-0166

M.E.N.D.–San Antonio, Texas

Meets the 4th Monday, at 7:00 PM
8620 N New Braunfels Ave
San Antonio, Texas 78217
Director: Katie McClelland
katie@mend.org

M.E.N.D.–East Valley, Arizona

Meets the 2nd Thursday, at 6:30 PM
Queen Creek Library
Edward Abbey room
21802 S Ellsworth Rd
Queen Creek, Arizona 85142
Director: Danielle Radler
danielle@mend.org, (602) 699-6228

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

Online Support

M.E.N.D.–Online Support Group
Held the 3rd Thursday at 8:00 PM (CST)
Please visit <https://www.mend.org/virtual-support-group-links>

Men of M.E.N.D.

Held the 3rd Monday at 8:00 PM (CST)
to join, contact,
Director: Matt McGee
Matt@mend.org
Facebook Group:
www.facebook.com/groups/MENofMEND



The Garden of Hope is a place of peace and solace where families can come for a quiet time of reflection, prayer, or even to celebrate the life of their loved one.

The Garden of Hope was established by M.E.N.D. in 2016, and is located on property of Calvary Church in Irving, Texas.

You can remember your loved one by purchasing a brick in the Garden of Hope. Brick purchases can be made at <https://www.mend.org/garden-of-hope>. Bricks purchased by August 15, 2022, will be installed prior to the Walk to Remember in October 2022.



M.E.N.D. Mommies Enduring Neonatal Death
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Did you know?

You can give to M.E.N.D. every time you shop on Amazon?

Go to smile.amazon.com and set Mommies Enduring Neonatal Death as your charity! It's so simple!

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible smile.amazon.com purchases.

We appreciate your support!