



SHARING PARENTS

PREGNANCY & INFANT LOSS SUPPORT GROUP

August 2016

Sharing Parents is a Sacramento based non-profit organization devoted to supporting parents who have experienced the loss of a baby from the time of conception through early infancy.

Our Purpose is to provide a safe environment where grieving parents with similar experiences can come together and share their feelings about the loss and the love of their babies. Our meetings are also a place where parents express the love they have for their baby in their compassion for others, where they can give and receive emotional support by sharing common experiences and learn about the natural grief process while working through and resolving their loss.

We Offer a variety of meetings and support services that are designed to help parents throughout the different stages of their grief. There is never a fee to attend our meetings.

Our Meeting Place

Sutter Roseville Medical Center
1 Medical Plaza Dr.
Roseville 95661
Medical Bldg. 1, 2nd floor

Our Mailing Address & Phone Number

Sharing Parents
P.O. Box 19538
Sacramento, CA 95819-0538
(916) 424-5150

Upcoming Grief Support Meetings

August 14: Practicing Self Care

September 11: Cherishing Memories

October 9: October Memorial (no meeting)

Milestones Meetings

October 23

Inside this issue:

Message from the President.	2
Remembering our Babies	3
News and Announcements	6
Community Resources	10
Articles and Poems	11
Librarian's Corner	12
Safe Arrivals	13
Love Gifts	14

*Grief is born out of unconditional love.
I would suffer a thousand times before I
would trade that love.*

~Necole

2016 Sharing Parents Volunteers

President

Kurt Seckington

Past President

Jennifer Stiltz

Vice President

OPEN

Secretary

Amy Andrew

Treasurer

Tom Andrew

Volunteer Coordinator

Sharon Cox

Navigating Grief Series

Coordinator

Sharon Cox & Rachel Libby

Milestones Meetings Coordinator

Rachel Libby

Pregnancy Interruption Coordinator

Amy Andrew

Listening Line Coordinator

Lynne Genzel

Listening Line Volunteers

Molly Lawrence & Sharon Cox

Oct. Memorial Coordinator

OPEN

Community Outreach

Lisa Herrington

Bunco Coordinator

Audrey Cataldo

March for Babies Coordinator

Trina Giacomo

Librarian

OPEN

Newsletter Editor

Dorinda Gregory

Newsletter Assistant

OPEN

Webmaster

JB Cox

Facebook Monitor

Rachel Libby

Fundraiser Coordinator

OPEN

General Volunteers:

Tom Andrew, Geoff Brabec,
Toni Brabec, Tasauna Ewing,
Isabel Ginsberg, Aaron Gregory,
Zahra Hessari, Deanna Lockhart,
Sara Seberger, & Chris Wooten

Dear Sharing Parents Families,

Recently, I was reflecting on the name of our organization, Sharing Parents. A simple name. A name beautifully representative of who we are. Let's take the second word first, ...**parents**. Yes, we are! I know that for some parents who hold their babies in their hearts, instead of their arms, this can be a difficult definition at times. I have been honored to witness how we function as our children's parents by honoring their stories and their lives, protecting their memories, and reconciling their place in our hearts.

Then there is the word **sharing**. We share our personal stories. We share the compassionate space within our hearts. Without parents who are willing to share, there is no peer-to-peer support group. I thank all the parents who share in the creation of spaces dedicated to helping us all move toward healing.

In this newsletter, you will find information on two important spaces that Sharing Parents provides that are wonderful opportunities to "share" our unique grief journeys. One is brand new, the other is in its 30th year.

First, Sharing Parents is excited to announce the creation of three separate Facebook-based support groups: Sharing Parents Grief Support, Sharing Parents Remembrances & Mementos, and Sharing Parents Subsequent Pregnancy Support. We have created these groups as a compassionate space where our families can continue to support each other in the time between meetings and over the long term courses of their personal journeys. We intend for the groups to be a safe and welcoming environment where our parents, regardless of how long ago their loss occurred, can continue to both give and receive support as they move along their unique paths. For more information on the groups, including how to join, please see page 8.

Second, we invite you all to join us at our 30th annual October Memorial on October 9th at the International World Peace Rose Garden at the State Capitol. This remembrance ceremony is a wonderful opportunity for families across Sharing Parents' history to come together with family and friends to share their stories, honor their babies, and foster an amazing community of support. More information on this wonderful event can be found on page 9.

Lastly, I would like to thank all of the parents and volunteers who came out for a fun evening of rolling dice, tasty food, raffle prizes, and good company at our Bunco Fundraiser. A heartfelt thank you to volunteer Audrey Cataldo for planning this great event that raised money to help support Sharing Parents' invaluable services!

Wishing you all peace in your journeys and more shared time together!

Kurt



Remembering Our Babies With Love

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

Babies whose month of birth and anniversary of loss were not provided

Baby Adams
Baby Ahdan
Josiah Ridgeway Anderson
Babies Antolini
Baby Bailey
Baby Bansal
Baby Benevetis
Baby Boyle
Baby Brophy
Baby Camarena
Kaliyah Casto
James Robert Clarke
Babies Collier
Babies Diesslin
Baby Ellis
Baby Fatur
Baby Garrett
Baby Gastinell
Baby Gibson
Baby Gutierrez
Baby Hanson
Baby Harmony
Baby Henry
Baby Hernandez
Baby Holloway
Baby Hom
Baby Hoshovsky
Frances Jackson

Baby Knippen
Baby Lambert
Baby Lee
Baby Marr
Baby Marrow
Baby McAnelly
Baby McCarthy
Baby McDonald
Baby McNamara
Baby Millan
Baby Millar
Baby Millerd-Baker
Baby Moreno
Baby Mosley
Baby Muldonado
Babies Pambid
Baby Pascual
Maya Lauren Penn
Baby Puckett
Baby Ramos
Baby Rasmussen
Baby Ringenberg
Baby Boy Scacco
MaKenzie Lynn Scacco
Baby Scellato
Atlas Roland Schaefer
Baby Finley Schaefer
Baby Sheen

Baby Silva
Baby Snow-Schoepflin
Baby Teck
Baby Thompson
Joshua Shunk Thorne
Baby Tovar
Baby Vargas
Angel Villafán-Hermosillo
Gabriel Villafán-Hermosillo
Baby Xiong



Names are entered through the sign-in sheet at all Sharing Parents meetings.
If your baby is on this list, and you would like them included with their birth and anniversary month or months, please email sharingparents@yahoo.com

Remembering Our Babies With Love

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

August Anniversaries:

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

August Birthdays

Edmund Robert Blain
Noelle Marie Englefield
Lane Esser
Jacob Bradley Hurt
Violet Macaria Sanchez
Lane Williams

September Anniversaries:

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

September Birthdays:

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

October Anniversaries:

Savannah Mical Abbott
Emma Nicole Allison
Katelynn Marie Allison
Baby Anders
Laura Jane Birk
Thaddeus Lawrence Birdtail
Nick Boysen
Olivia Hope Brabec
Baby Bracy
Douglas Brooks
Baby Cailott
Thomas James Carpenter
Thomas Cataldo
Baby Chambers
Morrissa Mae Cooper
Thomas William Loris Day
Emily Devey
Madison Blue Domacasse
Ezekiel Fertuna
Baby Fosco
Michael Giraldez
Andres Gutierrez, Jr.
Baby Hall
Audrey Lynn Hargrove
Jesse Henning
Rebecca Lee Hussey
John Zander Jones III
Mya Lane



Remembering Our Babies With Love

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



October Anniversaries Cont'd:

Amerika Lewis
Carter Maciel
Catherine Maciel
Owen Blue McClagherty
Tyler Miranda
Meagan Monas
Liam Murchinson
Leo Joseph Omega
Tabitha Padilla
Joey Christopher Panter
Nicholas Aaron Parnow
Jumaine Michael Peoples
Angel Ransford
Hannah Elizabeth Reinsch
Sebastian Robertson-Horner
Jane Lee Saunders
Carmen Delen Sención
Baby Snell
Wyatt Grant Stine
Baby Sturgill
Lela Yasmeen Tamplen
Cameron Stone Thomas
Leanne Renee Torres
Autumn Fall Underwood
Leland Pierce Wilson

October Birthdays:

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



Baby names are entered through the sign-in sheet at all Sharing Parents meetings. If your baby is not on this list, and you would like them included with their birth and anniversary month or months, please email sharingparents@yahoo.com

News and Announcements

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

Ryder Adams



News and Announcements

Sharing Parents Update

Milestones Meetings

In an effort to better serve the needs of parents, Sharing Parents offers quarterly *Milestones Meetings*. These meetings are open to all parents, and also welcome expectant mothers. The discussions are based on the needs of the parents attending. Discussions include any type of milestone, such as, but not limited to:

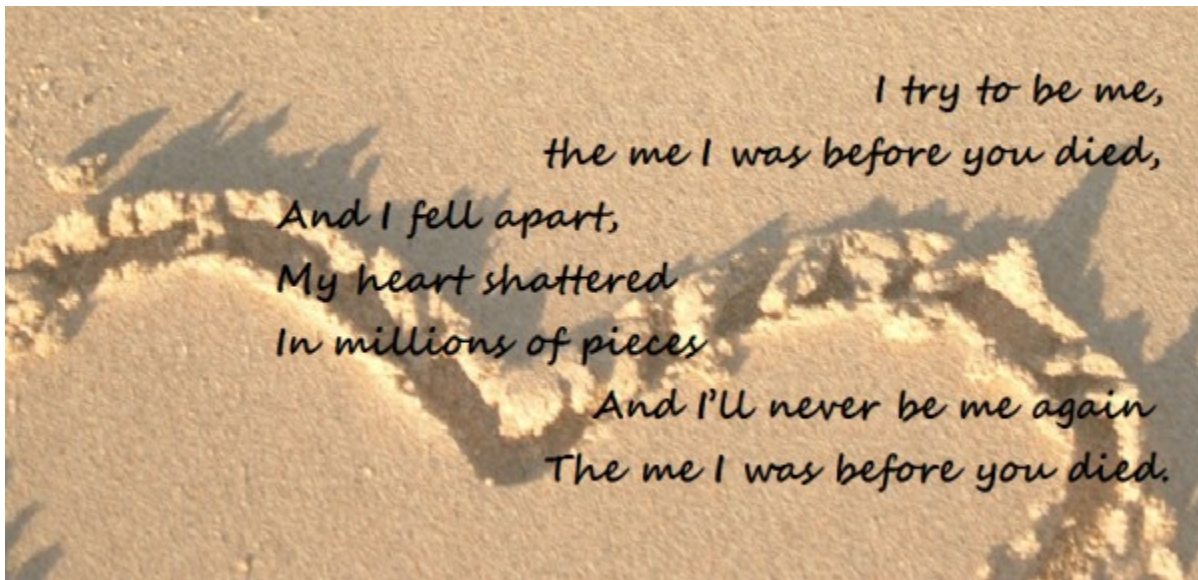
- considering a subsequent pregnancy
- experiencing a subsequent pregnancy
- approaching an anniversary or birthday
- approaching a holiday
- facing the beginning of a school year when your baby would have been entering preschool, kindergarten, middle school, high school, graduating, or any age in between.

Milestones Meetings are held on the 4th Sunday of the 1st month of each quarter. The upcoming dates are:

- ★ October 23, 2016

Meetings are held at:
Sutter Roseville Medical Center
1 Medical Plaza Dr. (Building 1, 2nd Floor)
Roseville, CA 95661
Meetings are held from 7-9pm.

For those wishing to celebrate their safe arrivals with us, we invite you to bring your safe arrival to a meeting and share during the introductions portion of the meeting.



News and Announcements

NEW!! Sharing Parents Facebook Support Groups

Sharing Parents is excited to announce that we have created a new support space for our families in the form of three separate "Closed" Facebook groups. Our hope is to provide a kind and compassionate space where our families can continue to support each other outside of our support meetings. At Sharing Parents, we believe the greatest support comes through face-to-face interaction, but we also understand that support between meetings and the strengthening of a community of parents who are in different phases of their journey can help to broaden the scope of support we provide as we all grieve our babies. In an effort to maintain a safe and compassionate space for our families, we are opening these groups ONLY to parents who are currently attending Sharing Parents support meetings or to those who have attended support meetings in the past. If you have friends that you have met in the loss community who you think would be interested in participating in one or more of the groups, please invite them to attend one of our support meetings (Monthly Grief Support or Milestones Meeting) before requesting to join.

We invite you to join one or more of the groups at any time. The groups we have created are:

Sharing Parents Grief Support - A space for parents to both give and receive support through any aspect or portion of their grief journey, regardless of how long ago their loss occurred.

Sharing Parents Remembrances & Mementos - A space for parents to share photos of their babies, images of their mementos, artwork, poetry, music, or anything else they would like to share to honor and remember their babies.

Sharing Parents Subsequent Pregnancy Support - A space where parents who are considering a subsequent pregnancy or are currently pregnant can find support during this portion of their journey. Also, a place where parents can share their "safe arrival" with the group.

For those who are not familiar with Facebook's group designations, a "Closed" group is open by invitation only. The group name and who is a member of the group IS VISIBLE to the public within Facebook. However, in a "Closed" group, all posts, comments, and "likes" are ONLY VISIBLE to other members of the group.

For more info on Facebook group settings, read here:

https://www.facebook.com/help/397938530263094?expanded_faq=220336891328465

How To Join:

If you are interested in joining one or more of the groups please follow these instructions:

1. In the Facebook search bar, search for the group(s) you would like to join (Sharing Parents Grief Support, Sharing Parents Remembrances & Mementos, Sharing Parents Subsequent Pregnancy Support) and click on the green "+ Join Group" button. You must request separately to join each group you would like to participate in.
2. Follow this link (<http://goo.gl/forms/Duy7dUFlizPUA3Bz2>) to read through and agree to our Facebook Support Groups' "Terms of Use."
3. Once we receive your request to join and submitted form, we will add you to the group(s).

If you have any questions on the groups or the "Terms of Use," please don't hesitate to email us at sharingparents@yahoo.com.

Thank you for being a part of the Sharing Parents community of support!

News and Announcements



Please join us
for Sharing Parents 30th Annual October Memorial

Sunday, October 9, 2016
4pm

International World Peace Rose Garden (State Capitol)
Downtown Sacramento, CA (15th Street & L Street)

In recognition of October as Pregnancy and Infant Loss Awareness Month, Sharing Parents will hold its 30th annual remembrance ceremony to raise awareness in the community and to remember and honor our precious babies. Our program will include stories of loss, music, a candle lighting ceremony, a ceremonial dove release, a butterfly release, and more. This event is open to family and friends, as well as expectant mothers and children. Refreshments will be provided at the end of the ceremony to give everyone the opportunity to meet other bereaved parents and our Sharing Parents volunteers.

There will be a memorial area for you to bring flowers, pictures, and mementos of your baby(ies) to share and display.

Speakers Needed!!

As we put together this year's program, we are currently seeking parents to speak at this year's memorial. If you would be interested in speaking please email sharingparents@yahoo.com as soon as possible!

If you would like to purchase a beautiful Monarch butterfly to release in honor of your baby you may do so by visiting our website at sharingparents.org

If you have any questions regarding the October Memorial, please contact Sharing Parents by calling the Listening Line at (916) 424-5150 or emailing sharingparents@yahoo.com



We look forward to seeing you on October 9th
to celebrate the lives of our babies!



Community Resources



RESOLVE, the National Infertility Association is holding their 4th annual Walk of Hope as follows:

California's State Capitol Building, West Steps
Saturday, September 24, 2016
9:00am - 12:00pm
***Registration is *free*!**

This event is a scheduled 1 mile walk around the Capitol to support infertility awareness. Registration is from 9:00am - 9:45am. The walk will begin at 10:00am. Sharing Parents will have a table with a volunteer and resources to give to participants.

All activities are sponsored and are *free* to all participants from 9:00am - 12:00pm.

For more information you can contact jnowak@resolve.org. You can also access the registration page at www.resolve.org/norcalwalk. Or by Facebook at www.facebook.com/resolvenorcalwalkofhope.

Sharing Parents is working on getting a group together for the walk. Please email Sharing Parents if you are interested in participating at sharingparents@yahoo.com



Articles and Poems

“These are my footprints,
so perfect and so small.
These tiny footprints never touched the ground at all.
Not one tiny footprint,
for now I have wings.
These tiny footprints were meant
for other things.
You will hear my tiny footprints,
in the patter of the rain.
Gentle drops like angel's tears,
of joy and not from pain.
You will see my tiny footprints,
in each butterfly's lazy dance.
I'll let you know I'm with you,
if you just give me the chance.
You will see my tiny footprints,
in the rustle of the leaves.
I will whisper names into the wind,
and call each one that grieves.
Most of all, these tiny footprints,
are found on Mommy and Daddy's hearts.
'Cause even though I'm gone now,
we'll never truly part.”
~unknown



<http://www.grievingparents.com/Poems.html>

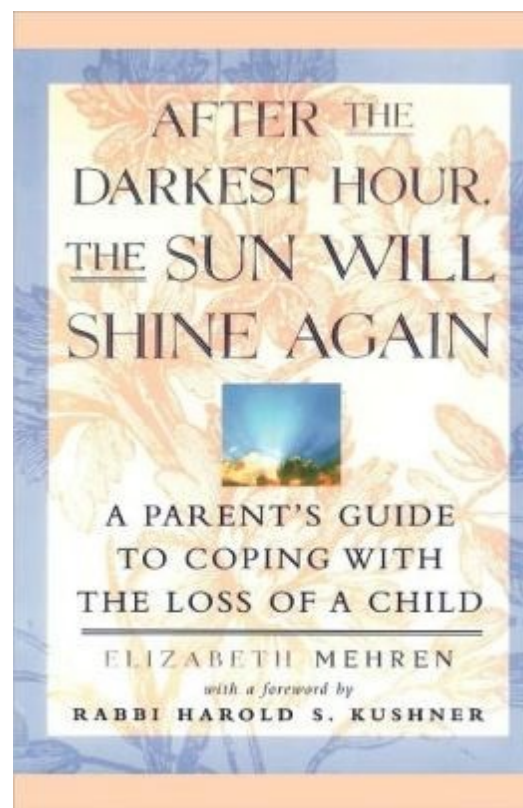
A book review by Dorinda Gregory

After the Darkest Hour, the Sun will Shine Again: A Parent's Guide to Coping with the Loss of a Child

When I went to the bookstore for the first time after I lost my daughter, Cherish, I was surprised at how small the selection of books for bereaved parents was. I couldn't believe that there wasn't more literature on this subject. I chose this book and a few others and immediately went home to try and figure out which book I would attempt to skim through first. This book wasn't the first book I read. It was probably the fourth. But, when I started to read it, it was the first book that actually made any sense. I really felt like I met myself in this book, in all of my pain, and it helped me to understand that I was not alone. Rabbi Kushner hit the nail on the head when he talked about feeling alone when your child has died. He said you feel, "so singled out by adverse fate, so bereft in a world of happy, intact families."

The author of this book decided to write this book after the loss of her daughter. Each chapter takes you through the process of grieving, from the effects of a child's death on a marriage, to what to say when someone asks, "how many children do you have?" Each chapter focuses on a topic and at the end of each topic, there's a real story to read that ties in to it. The real stories were my favorite part of the book. I had no idea that Mary and Abraham Lincoln lost two sons. Or that before that fateful trip to Dallas, President John Fitzgerald Kennedy visited the grave of his baby son, Patrick.

This book reflects on how you will never be the same person you were before, and someday, you may reach a point when remembering doesn't overwhelm you as much as it did in the beginning. He also said, "We heal, but we remember, and living with the memory is part of the healing." One of my favorite quotes in the book was from Helen Keller. She said, "Although the world is full of suffering, it is also full of the overcoming of it." She couldn't have been more accurate.



If you find a poem or article that is helpful to you, please consider sharing it with others in our next newsletter. Please send newsletter contributions along with the source and author of the poem or article, to sharingparents@yahoo.com with "newsletter contribution" in the subject line. The deadline for submissions for the next newsletter is October 15, 2016.

Safe Arrivals



Welcome Baby
Dareius Tre'von Tucker Jr.
"Tj"
6/3/16

Little brother to Isabella Ann Tucker

Proud Parents
Rebecca and Dareius Tucker



Love Gifts

A love gift was made in loving memory of

Everett Leimbach Seckington

5/22/12

By Bill and Karen Seckington

A love gift was made in loving memory of

JD Felkins

5/27/15

*From the moment we heard your heartbeat, to the moment your heart stopped beating, you were loved
and will always be loved.*

Love, Julie and Cecil Felkins



Love Gifts

To honor your child's memory, send a "Love Gift" to Sharing Parents. A Love Gift is a monetary donation given in honor of someone or as a memorial to a baby, relative or friend. Not only will you be memorializing your baby but you will be helping Sharing Parents, which survives on donations and fundraisers. If you would like to donate a Love Gift to us, please fill out the form below. The deadline for inclusion in the next newsletter is **October 15, 2016**.

A love gift was made in loving memory of

In the name of

We welcome your Love Gifts in support of Sharing Parents. A Love Gift is a monetary donation made to honor your child's memory. Please make checks payable to

Sharing Parents.

(Donations to Sharing Parents are tax deductible.)

Enclose your check, attach any special message to this form and mail to:

Sharing Parents

P.O. Box 19538

Sacramento, CA 95819-0538

In Loving Memory of:

Date of Birth:

Date of Death/Loss:

Message: