

February 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

February 14: Honoring Each Other's Grief Journey

March 13: Every Grief Journey is Unique: Tear Soup, Finding Your Recipe

April 10: When Words Aren't Enough: Exploring Grief Through Art

Milestones Meetings

April 24, July 24, October 23

Inside this issue:

Message from the President.....2
 Remembering our Babies.....3
 News and Announcements.....5
 Articles and Poems.....8
 Librarian's Corner.....11
 Safe Arrivals.....12
 Love Gifts.....13

"You are rooted deep within my soul. A part of me forever. In the deepest parts of my heart... there you are."

~Jessi Snapp~
 Luminous Light Studio

Message from the Sharing Parents President

2016 Sharing Parents Volunteers

President

Kurt Seckington

Past President

Jennifer Stiltz

Vice President

OPEN

Secretary

Amy Andrew

Treasurer

Rebecca Erickson

Volunteer Coordinator

Sharon Cox

Navigating Grief Series**Coordinator**

Sharon Cox

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, and
Chris Wooten

Dear Sharing Parents Families,

As the calendar turns to 2016, we all find ourselves one day, one year further from the last day our child was living. For some, this may be a welcomed opportunity to put the worst year of their life behind them. Others may mourn the passing of the only year that their baby was physically with them. Please know that whatever emotions you bring with you into 2016, Sharing Parents is as dedicated as ever to provide you with a community of support to help bring peace, healing, and reconciliation to your new year.

While I have never been a big believer in making New Year's Resolutions, this year I decided to make a resolution that is directly influenced by the changes that have come about in my life since my son, Everett, was stillborn in 2012. My resolution this year is that when I get home from work, my phone goes on the shelf and doesn't get picked up again until the alarm goes off in the morning. Simple. This year I am making a concerted effort to be more mindful and appreciative of the things I am grateful for in the moment. After Everett died, our family began a "gratitude practice" at dinner time, sharing and focusing on the things we were grateful for that day. It's not always the easiest thing to do when you are in the depths of your grief journey, but it was good for us to practice. In making this commitment, I am reminded of the tattoo that one of our Sharing Parents volunteers, Lisa, got as a reminder of the gifts given to her by her son, Brady. It reads, "Be Present." Simple words to follow, and I am doing my best. Maybe I don't always succeed, but I thank Everett for the mindfulness and motivation to try!

This year has many exciting changes in store for Sharing Parents as well. We are in the process of redesigning and updating the Sharing Parents website and logo. We are very excited about the new look and hope to make progress toward launching the new site soon. We have also rewritten and redesigned our brochures, which are now available for our outreach partners. As always, all of these tasks require the help of a great team of dedicated volunteers. We were grateful to welcome five new volunteers to our first volunteer meeting of the year. We welcome and thank Toni Brabec, Geoff Brabec, Zahra Hessari, Chris Wooten, and Isabel Ginsberg for joining our volunteer community in honor of their babies. Anyone interested in volunteering with Sharing Parents is encouraged to get in touch with us at any time throughout the year!

I wish you all continued peace on your journeys,

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
Baby Bailey
Baby Bansal
Baby Benevetis
Baby Boyle
Baby Brophy
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...

February Anniversaries:

Makena Marie Elizabeth Anderson
Baby Ashton
Meagan Rene Barstone
William Evan Beebe
Baby Berger
Baby Berger
Ryan Austin Martin Bridges
John Browne
Cameraon Michael-Lee Burdick
James Stephens Cacciatoro
Joshua David Cardoza
Tea Elyse Cepeda
Declan Grant Clifton
Emery Reid Clifton
DeOnt'e Crawford, Jr.
Weston Cruz
Colin Devey
Luca Donlinger
Baby Dressen
Baby Espinoza
Baby Feuerstraeter
Baby Fraser
Andrew Gallagher
Claire Gibson
Baby Herkins
Saffi Hernandez-Christensen
Jolie Marie Hurtt
Baby Kawelo
Ericson Kelley
Zina Rose Kohler
Sean Latham
Harbor Reed Leach
Kaylee Ann Lindberg
Maverick Zane Magaoay
Sophia Mamola
Baby Olsen
Zachary Orbus
Chancellor Aris Patton
Babies Perez
Baby Pethel
Baby Powell
Isabella Lopez Rye
Niko Shen
Madison Nicole Souza
Emily Diane Stiltz
Sophia Tolin

February Birthdays:

Faith Annalyse Alvarez
Annabelle Olivia Castablo
Claire Gibson
Brennan Jacks
Kaenan Quinn



March Anniversaries:

Elizabeth Adame
Amelia Aitchison-Cooksy
Ruben Amen
Katherine Lynn Andrew
Kyle Benjamin Avila
Lisa Jeline Benson
Joy Kathleen Bik
Kellan Alexander Bik
Steven Kent Brown
Gracie Cahill
Caitlyn Hope Dunn Catanyag
Ethan Maxwell Cox
Joshua Michael Davidson
Jailen Euwing
Babies Feuerstraeter
Magdalena Louis Fietze
Avery Grahevy
Baby Hall
Zoe Kaitlyn Hartzog
Baby Hernandez
Michael Huffstutler
Ezra Igoni White
Brennan Jacks
William Henry Jones
Madison Kristine Joppa
Baby Kaplan
Baby Keating-Frost
Eli Kuhlman
Matthew Love
Emily Loreen Meyer
Robin Marie Meadows
Megan Oliva
Dylan Pena
Elijah James Dominique Rankin
Kaili Marie Rubitsky
Ty Scellato
Baby Belle Simmons
Baby Szillinsky
Baby Tam
Kylee Valle
Angel Michelle Vasquez
Tyler Vassion
Aria Wermund
Nathaniel Patrick Wilkens
Baby Winings

March Birthdays:

Ruben Amen
Nick Boysen
Joshua Michael Davidson
Lindsay Rose Denier
Ayah Cherie Ricelle Harris
Ty Scellato
Sophia Shaw

April Anniversaries:

Mia Faith Avery
Kaitlyn Badertscher
Gunner James Bigelow
Adam Joseph Bik
Hayley Maureen Bik
Robert Tenzin Bloom
Margaret Bressler
Midori Anne Briel
Mark Brittain, Jr.
Baby Chand
Elizabeth Ann Collie
Baby Crawford
Baby Davis
Sarah Helen Delp
Lindsay Rose Denier
Baby Denny
Nora Duke
Colin Frederick Foley
Baby Fosco
Babies Fremont
Oliver Martin Gensler
Ethan Harms
Kaitlyn Nicole Hart
Christopher Imbriano
Hope Kelley-Brennfleck
Rachel Kelley-Brennfleck
Baby Lang-Cannon
Addison Lauder
Hannah Joann Lawrence
Julianna Isabella Lopez
Baby Lowell
Samuel James McCoy
Baby Ocel
Kaenan Quinn
Jaxon Richards
Daniel Christian Sauseda
Alejandra Sepulveda
Parys Gavin Stokes
Baby Angel Turner
Evan Vargas
Dominic Josiah Vazquez
Arbor Warzecha
Richard Warzecha
Reagan Ellis Westrup
Grace Woodman
Rose Zeier

April Birthdays:

Tessa Elizabeth Lockhart Ralston

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*

Mia

Lena Renee Bailey

Olivia Cursio

Tyler Dixon

Macie Anne Hayo

Arman Cameron Mizani

Baby Olsen

Angel Ransford

Violet Macaria Sanchez

Baby Schloesser

no one else will ever know
the *strength* of my love
for *you*. after all,
you're the *only one*
who knows what
my heart sounds like
from the *inside*.



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:

- ★ April 24, 2016
- ★ July 24, 2016
- ★ 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.



Image credit: universal blueprint
<http://universal-blueprint.tumblr.com/>

News and Announcements

2016 March of Dimes March for Babies

My name is Trina Giacomo and I am this year's March of Dimes, March for Babies walk coordinator. I have enjoyed it so much the last couple of years that I've decided to do it again. It won't be too long until this wonderful event is here again. Please come join us as we walk in loving memory for our beautiful precious babies. It will be held on **Saturday, April 30, 2016**, at the State Capitol, located at 1301 10th St., Sacramento, CA 95816. We will meet on the steps of the Capitol, facing L Street, starting at 7:30am. The walk starts promptly at 9am and will end at the same place, with a lunch on the Capitol lawn.

Sharing Parents has a brand new, amazing logo that will be featured on the shirts. I'm excited to be purchasing and wearing the very first round of shirts with this new logo, in memory of my baby. I hope you will find this exciting as well. I will be handing out the T-shirts to those of you who ordered them and get a group photo done by 8:30am at the latest. If this is the first time you are joining us, you can either purchase our group shirt or come as you are. The T-shirts are all the same and will have your baby's/babies' name(s) listed on the back. Every family who orders a T-shirt will have their child's/children's names on the back. I personally like wearing the T-shirt in honor of my son because I can easily find other parents from the Sharing Parents team in the large crowd. It also gives my family something special to wear throughout the year in loving memory of our son/brother with his name on it.

The T-shirts are \$12.00 each. They come in adult sizes, as well as sizes for children. If you are interested in ordering, I need to know what size/sizes you need, and how many of each. I also need to know the spelling of your child's/children's name(s). Even though you will be emailing me directly with your shirt size(s), quantity, and your baby's/babies' name(s), I will need you to make payment for the shirts directly to Sharing Parents. You can pay via the PayPal button for March of Dimes Shirts at sharingparents.org.

To assist in making sure I get your order in on time, and have the correct spelling of all names, please get your orders to me by **5pm on Wednesday, March 30, 2016**. You can contact me with any questions or order details by e-mail at trinagiacom@gmail.com. Thank you, and I look forward to seeing you all on Saturday, April 30, 2016, as we march for our precious babies.



Mustering the Courage to Mourn

by Alan D. Wolfelt, Ph.D.
Center for Loss and Life Transition
www.Griefwords.com

“Whatever you do, you need courage.” — Ralph Waldo Emerson

Loss brings uninvited pain into our lives. In opening to the presence of the pain of your loss, in acknowledging the inevitability of the pain, in being willing to gently embrace the pain, you demonstrate the courage to honor the pain.

Honoring means “recognizing the value of” and “respecting.” It is not instinctive to see grief and the need to openly mourn as something to honor, yet the capacity to love requires the necessity to mourn. To honor your grief is not self-destructive or harmful, it is courageous and life-giving.

The word *express* literally means “to press or squeeze out, to make known and reveal.” Self-expression can change you and the way you perceive and experience your world. Transforming your thoughts and feelings into words gives them meaning and shape. Your willingness to honestly affirm your need to mourn will help you survive this difficult time in your life. Your spiritual purpose is not to repress or overindulge your emotions but rather to allow them so fully that they move through you.

The pain of grief will keep trying to get your attention until you unleash your courage to gently, and in small doses, open to its presence. The alternative—denying or suppressing your pain—is in fact more painful. If you do not honor your grief by acknowledging it, it will accumulate and fester. So, you must ask yourself, “How will I host this loss? What do I intend to do with this pain? Will I befriend it, or will I make it my enemy?”

I have learned that the pain that surrounds the closed heart of grief is the pain of living against yourself, the pain of denying how the loss changes you, the pain of feeling alone and isolated—unable to openly mourn, unable to love and be loved by those around you. Instead of dying while you are alive, you can choose to allow yourself to remain open to the pain, which, in large part, honors the love you feel for the person who has died. After all, love and grief are two sides of the same precious coin.

As an ancient Hebrew sage observed, “If you want life, you must expect suffering.” Paradoxically, it is the very act of mustering the courage to move toward the pain that ultimately leads to healing.

Take Grief’s Hand

Someone you have given love to and received love from has died. You are grieving. You are “bereaved” which literally means you have been “torn apart” and have “special needs.” You are beginning, or are in the midst of, a journey that is painful, often lonely and naturally frightening.

Among your most special needs right now is to have the courage to grieve and mourn in a culture that doesn’t always invite you to feel safe to do so. That said, I have written this article to help you draw forth your courage—the courage that already exists within you—to accept grief and mourning as they come.

There is a difference between grieving and mourning. *Grief* is the constellation of internal thoughts and feelings we have when someone we love dies. *Mourning* is when you take the grief you have on the inside and express it outside yourself. In other words, mourning is grief in action.

I encourage you to take grief’s hand and let it lead you through the darkness and toward the light. You may not see the light at first, but forge ahead with courage, and with the faith that the light of hope and happiness does exist. Feel your pain, sorrow, sadness, disbelief, agony, heartbreak, fear, anxiety, and loneliness as much as you can.

Continued on next page

Articles and Poems

Mustering the Courage to Mourn

by Alan D. Wolfelt, Ph.D.

Continued from previous page

This may seem odd, as these emotions could well be the ones you most want to avoid. You might fall into the common thinking of our society that denying these feelings will make them go away. You might have the urge to “keep your chin up” and stay busy and wait to “get over” your grief. Yet, ironically, the only way to help these hard feelings pass is to wade in the muck of them. To get in, and get dirty. Grief isn’t clean, tidy, or convenient. Yet feeling it and expressing it is the only way to feel whole, once again. Unresolved grief can leave you feeling “stuck” or empty. Your ability to engage in life could be inhibited and you might feel like you’ve shut down.

Instead, choose grief. And as you walk with your grief, actively mourn. Cry when you need to, call a friend when you feel overwhelmed, join a grief support group, express yourself through writing, music, dance, or sports. By taking action, you will eventually integrate the death of your loved one into your life. In exchange, you will find the hope, courage, and desire to once again live a full and rewarding life.

While walking with grief, remember two important things: 1) Grief and mourning have no timeline. Your grief journey is unique and will take as little or as much time as needed, depending on the unique circumstances of your loss. 2) Taking breaks along the way is needed and necessary. I like to use the word “dosing” when referring to grieving and mourning. Grief is not something you can do all at once. Feeling so many feelings often leads to overwhelm. Instead, take in “doses” of grief and mourn in bits and pieces. Retreat and welcome respite as needed.

Grief may never leave your side, but it will allow you to let go and venture forth on your own more and more as days, weeks, months, and years pass. Tap into your innate courage and accept the hand held out by grief.

Befriend Courage

What is courage? When you think of courage, images of bravery might come to mind—knights on horseback charging the line, firefighters risking their lives to rescue a family from a burning building, or hikers summiting Mount Everest. This is bravery, not courage. Bravery is loud and boisterous. Courage is soft and quiet. Without the steady, quiet resolve and unfailing commitment of courage, bravery would never happen. Courage is what fuels bravery. It is the bridge between fear and action. It is a still, quiet voice encouraging you to go on.

Bravery is daring and doing, courage is friendly and welcoming. Find ways to make friends with courage. To “befriend” literally means making an effort to “become friends.” Imagine what it would be like to have courage as a friend who walks beside you at all times; a friend who never nags, never pushes, but simply places a gentle hand on your back and whispers words of encouragement, helping you take the next step, and the next. With courage by your side, you are able to go on, to walk through your days and do the next right thing.

Cultivate a relationship with courage every day. Each morning, welcome courage. Before you rise, say your favorite quote on courage out loud. Maybe it is the Serenity Prayer, borrowed from Alcoholics Anonymous, and one of my favorites: “God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.” Or maybe there’s another that you especially like. If you want, write down your favorite quotes on courage and put them on your fridge, dashboard, mirror or computer at work. This will help you keep courage close, all day long.

Look for simple ways to give voice to courage throughout the day. Maybe it is simply having the gumption to get out of bed. But maybe it’s the courage to share how you feel about your loss with a coworker or friend, or to walk through the doors of a grief support group. It could simply be making a phone call you’ve been putting off, writing a thank you to someone who helped after the funeral, going to church alone, or finding the backbone to be honest with yourself about something you fear. Healing after a death is hard. It takes courage in all shapes and sizes to mourn fully while living day to day. Congratulate yourself on welcoming courage, regardless of its size or reach.

Sacramento Seminar: “Death, Grief, and Mourning: Essential Caregiving Principles and Practices”

February 16, 2016

8:00am—5:00pm

Citrus Heights Community Center

6300 Fountain Square Drive

Citrus Heights, CA 95621

Articles and Poems

I Remember You

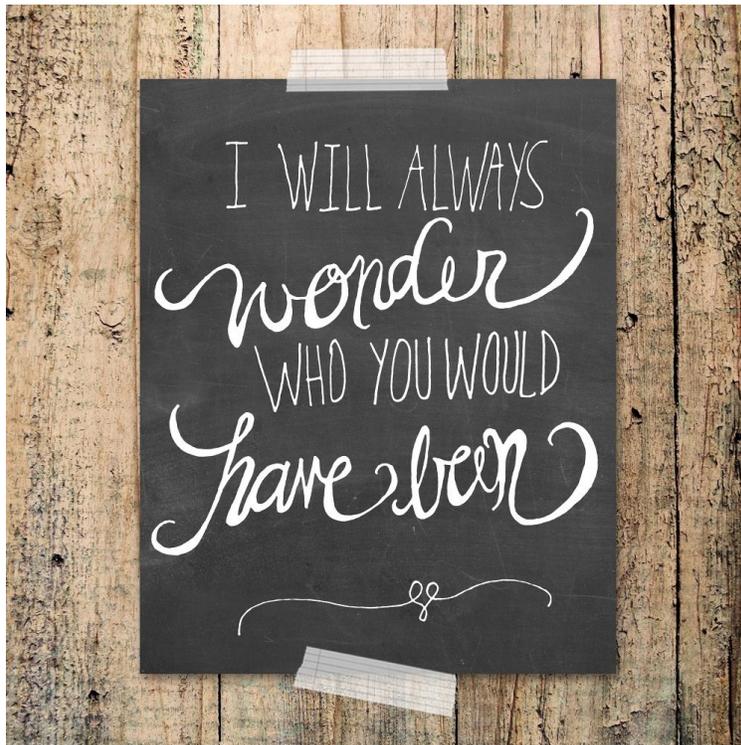
The world may never notice
If a rosebud doesn't bloom:
Or even pause to wonder if the petals fall too soon.

But every life that ever forms,
Or ever comes to be
Touches the World in some small way
For all eternity.

The little ones we longed for
Were swiftly here and gone.
But the love that was then planted
Is a light that still shines on.

And though our arms are empty,
Our hearts know what to do
Every beating of my heart says
"I Remember You"

Author unknown



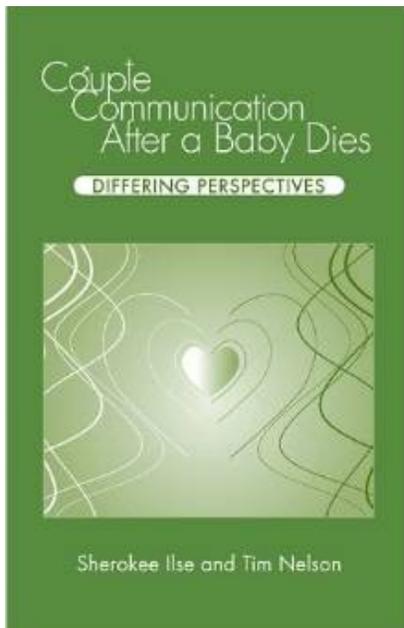
If you find a poem or article that is helpful to you, please consider sharing it with others in our next newsletter. Please send newsletter contributions along with the source and author of the poem or article, to sharingparents@yahoo.com with "newsletter contribution" in the subject line. The deadline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

Librarian's Corner

Book Highlight

Couple Communication After a Baby Dies

by Sherokee Isle and Tim Nelson



Men and women tend to grieve differently which can put a strain on the relationship. In the book, *Couple Communication*, Sherokee Isle and Tim Nelson help couples understand the importance of communication, both verbal and nonverbal forms, following the loss of their baby.

"Communication is not only what you say, but how it is perceived by the person listening. Communication is also what you don't say as you interact. Judging each other's words and deeds by using your intuition or making guesses is dangerous. When you are in doubt, don't assume, instead check it out - ask. Make communication a priority, even during difficult times. This could be the key to saving your marriage and strengthening your love for each other."

Sherokee and Tim share their own personal stories as couples following the loss of their babies and offer their own insights. They also address a number of topical issues such as how past experiences and brain differences effect each individual's grief, guilt, challenges to faith, and other topics which parents may face. At the end of the book, there is a workbook section that asks questions and parents can practice communicating with each other.

A copy of this book has been donated to the Sharing Parents library by Dustin and Sara Seberger in memory of Max Seberger.

Safe Arrivals



Welcome Baby
Bennett Steven Holm

8/1/2015

Little brother of Leo Holm

Proud Parents
Bryan and Sarah Holm



Welcome Baby
Luka Patrick Seberger

10/7/2015

Baby brother to Max Seberger

Proud Parents
Dustin and Sara Seberger



Welcome Baby
Jacob Nicolas Fertuna

11/5/2015

Baby brother to Ezekiel Fertuna

Proud Parents
Ed and Nicola Fertuna



Welcome Baby
Lola Amelia Donlinger

1/6/2016

Baby sister to Luca Donlinger

Proud Parents
Ty and Kristen Donlinger

Love Gifts

In loving memory of

Max Seberger

6/16/2014

*Mommy and Daddy love you tons and
miss you every day!*

By Laura Holmes

*A love gift was made in
loving memory of*

Max Seberger

6/16/2014

By Cheryl Seberger

*A love gift was made in
loving memory of*

Max Seberger

6/16/14

By Sara and Dustin Seberger

In loving memory of

**Devin and Faith
Hampton**

July 2014

Ayo Hampton

Love Gifts

A love gift was made in loving memory of

Emily Diane Stiltz

2/07/2007

We love and miss you!

By Ron and Linda Hanford

A love gift was made in loving memory of

Kyle McPhedran

7/30/2015

Thank you to Sharing Parents for your support in the short term grief group

By Sean and Shannon McPhedran

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 **April 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:

Name:

Address: