



# SHARING PARENTS

PREGNANCY & INFANT LOSS SUPPORT GROUP

May 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

### 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

**May 1:** Coping with Loss on Mother's Day

**June 12:** Dealing with Hopes and Dreams

**July 10:** At a Loss for Words: Expressing our Needs and Expectations to Family and Friends

### Milestones Meetings

July 24 and October 23

### Inside this issue:

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"Mother's Day is a day of appreciation and respect. I can think of no Mothers who deserve it more, than those who had to give a child back. "

~Erma Bombeck

**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,

Thank you to everyone who was able to join the Sharing Parents' team at the March for Babies on April 30th to remember our precious babies. A special thank you to our Sharing Parents' volunteer, Trina Giacomo, for organizing the team!

Mother's Day is just around the corner, and Father's Day is close behind. For mothers and fathers who have lost a child, these days will bring many memories and reflections of special moments and thoughts of "what could have been." Often those who care about us do not know how to support us in the grief process. When they ask how you are doing, let them know in these days ahead. Be kind to yourself, allow your tears, and give yourself permission to grieve. And honor the life/lives of your baby(ies). You are a parent, a mother, a father. Today and always. And you will always carry your baby(ies) in your heart.

Sending you compassion and wishing you a gentle day.

With love,

Dorinda



# 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*  
*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](mailto:sharingparents@yahoo.com)

# Remembering Our Babies With Love

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

## May Anniversaries:

*Pedro Adame*  
*Faith Annalyse Alvarez*  
*Chloe Grace Anderson*  
*Taylor Reese Bacon*  
*Nathan Leelin Bailey*  
*Caleb Michael Brown*  
*Emelia Bunrs*  
*Baby Camarena*  
*Grace Marie Canady*  
*Michael Enrique Canales*  
*Madeleine Joy Canimo*  
*Annabelle Olivia Castablo*  
*Baby Chambers*  
*Jack Thomas Clauer*  
*Johnathan Constantine*  
*Baby Crawford*  
*Baby Crawford*  
*Baby Crawford*  
*Christopher Mateo De la Cruz*  
*Benjamin Dirish*  
*Franklin Dirish Jr.*  
*Chek Dong*  
*Samantha Emery*  
*Michael Estada*  
*Justin Douglas Ty Felkins*  
*Samantha Rene Fonseca*  
*Baby Gabrielle*  
*Millie Rose Genzel*  
*Timothy W. Gergen, Jr.*  
*Trey Gil*  
*Timothy William Grgen*  
*Ayah Cherie Ricelle Harris*  
*Brady Herrington*  
*Klayton Javon Hooper*  
*Kadance Lyric Kaplan-Samuels*  
*Gavin Kalani Kawelo*  
*Kieran Kojima-Black*  
*Baby Krebs*  
*Baby Lang-Cannon*  
*Bjorn Erik Law*  
*Everett Leimbach Seckington*  
*Grace Lindeman*  
*Paul Lintz*  
*Sarah Lintz*  
*Pedro Jose Lopez*  
*Nicholas Lunardi*  
*Ella Nguyen*  
*Wyatt Andrew Nowicki*  
*Mark O'Brien Jr.*  
*Baby Pethel*  
*Matthew Provost*  
*Reese Rammer*  
*Ehssan Santos*  
*Santia Sargeant*

## May Anniversaries Cont'd:

*Baby Schmidt*  
*Maria Elizabeth Schubert*  
*Sophia Shaw*  
*Joshua Zane Shunk*  
*Ashley Grace Sisson*  
*Babies Small*  
*Sidney Marie Smith*  
*Baby Smith*  
*Rebecca Grace Spangler*  
*Gavin Thomas Stamm*  
*Baby Tan*  
*Berlyn Tillman*  
*Sophie Tye*  
*Jacob Zaretsky*

## May Birthdays:

*Taylor Reese Bacon*  
*Payton Hadley Bazzocco*  
*Shelby Jean Isola*  
*Charlie Kingston*  
*Kieran Kojima-Black*

## June Anniversaries:

*Mia*  
*Brady Ryan Adam*  
*Isabella Adams*  
*Liliana Ambrosini*  
*Nicole Marie Andrade*  
*Charlotte Bariani*  
*Armaani Brar Birk*  
*Andrew Bond dos Reis*  
*Mateo Marcos Bravo*  
*Maxwell Andrew Brutlag*  
*Crystal Campbell*  
*Matthew Cleaves*  
*Baby Cromeenes*  
*Baby Cruz*  
*Alpha Lehi Cusick*  
*Jordan William Davidson*  
*Annabelle Dorothy Day*  
*Hannah Noel Drews*  
*Olivia Fillion*  
*Erin Leigh Fink*  
*Jacob Fink*  
*Baby Fisk*  
*Jasmine Allan Ford*  
*Isac Dailon Goldman*  
*Zackary Herkins*  
*Jack Franklin Hisey*  
*Scout Vivianne Hurt*  
*Julian Jackson*  
*Timothy John Kilkelly*  
*Baby Latino*  
*Baby Legrand*  
*Baby Levi*

## June Anniversaries Cont'd:

*Selma Livadic*  
*Tessa Elizabeth Lockhart Ralston*  
*Baby Lopez*  
*Puter Martinez-Gardner*  
*Baby McCornell*  
*Elijah Loren Meyer*  
*Derrick Morgan*  
*Trew Driskell Nichols*  
*Wyatt Andrew Nowicki*  
*Ethan Michael Peters*  
*Madeline Noelle Rozier-Luna*  
*Sara Lopez Rye*  
*Mia Skye Saetern-Angeles*  
*Justin Michael Sanders*  
*Max Seberger*  
*Isaac Anthony Sheff*  
*Baby Shields*  
*Olivia Catherine Smith*  
*Summer Olivia Sprenger*  
*Noah Joshua Sung*  
*Maverick Thompson*

## June Birthdays:

*Annabelle Dorothy Day*  
*Scout Vivianne Hurt*  
*Ethan Michael Peters*

There is no foot  
too small  
that it cannot leave an  
imprint  
on this  
WORLD



# Remembering Our Babies With Love

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

## July Anniversaries:

*Maurice Adams-Steptoe*  
*Makena Marie Elizabeth Anderson*  
*Baby Beck*  
*Baby Binns*  
*Kaleb Julius Bracy*  
*Baby Bracy*  
*Jacob Tremblay Casale*  
*Leah Grace Clavel*  
*Brian Cleaves*  
*Forrest Crawford*  
*Willow Crawford*  
*Baby Davis*  
*Kaleb Reyes Delacruz*  
*Declyn Doyle*  
*Tavares Epps*  
*Michael Farquhar*  
*Peanut Fong*  
*Babies Ford*  
*Isabella Fosco*  
*Spartacus Gone*  
*Emma Margaret Guelker*  
*Helena Grace Gundersen-Lehman*  
*Devin Hampton*  
*Faith Hampton*  
*Christian Higa*  
*Baby Hinson*  
*Hayden Matthew Hope*  
*Hunter Aaron Hope*  
*Sarah Leigh Howitson*  
*Shelby Jean Isola*  
*Terrence Brophy Jett*  
*Charlie Kingston*  
*Audrey Elise Krater*  
*Quincy Leonard*  
*Colton James Long*  
*Valerie June Lozano*  
*Travis Adrian Maheras*  
*Joslyn Isabel McBroom*  
*Leo Davies Melbourne*  
*Baby Peterson*  
*Baby Peanut Riemer*  
*Baby Boy Rouse*  
*Andrew Shaw*  
*Baby Siino*  
*Olivia Arabella Sillion*  
*Livia Darling Somera*  
*Emma Lucille Soucy*  
*Annabelle Elizabeth Soucy*  
*Baby Sperry*  
*Baby Szilinsky*  
*Andrea Grace Teixeira*  
*Joaquin Victor Torrence*  
*Baby Angel Turner*  
*Taylor Javon Lee Wilson*

## July Birthdays:

*Thaddeus Lawrence Birdtail*  
*Tea Elyse Cepeda*  
*Brian Cleaves*  
*Forrest Crawford*  
*Willow Crawford*  
*Sarah Helen Delp*  
*John Zander Jones III*  
*Zaia K'lea Marquez*

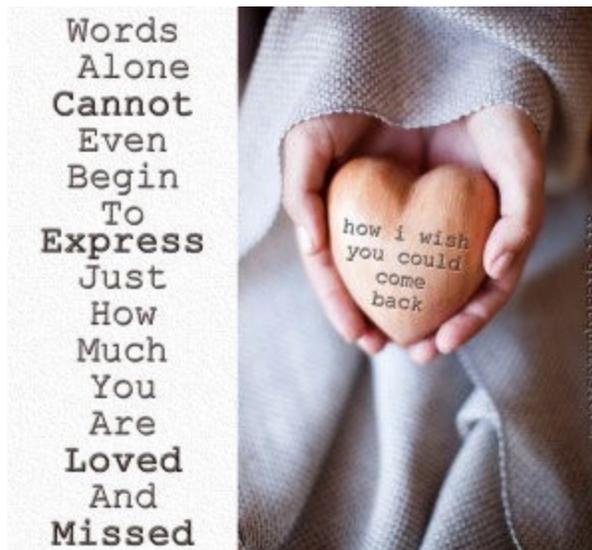


Baby names are entered through the sign-in sheet at all Sharing Parents meetings. If your baby is not on this list, and you would like them included with their birth and anniversary month or months, please email [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com)

# News and Announcements

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

*Tyson Kai Adams  
Babies Antolini  
Edmund Robert Blain  
Baby Camarena  
Baby Camarena  
Keilah Cherry  
Ryder Condon  
Christopher Mateo De la Cruz  
Leo Ginsberg  
Theo Lin  
Tucker Makris  
Baby Osman  
John Rayl  
Caroline Ertola Strom  
Tyce Donald Wagnon  
Baby Wessells Vernon  
Baby Wessells Vernon  
Baby Wessells Vernon*



# 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:

- ★ 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.



I CARRIED YOU  
EVERY second  
OF YOUR LIFE  
AND I WILL  
Love YOU  
FOR EVERY  
SECOND OF MINE.

# News and Announcements



**SHARING PARENTS**  
PREGNANCY & INFANT LOSS SUPPORT GROUP



## It's time for bunco!

Join us for a fun night filled with food, bunco, raffle prizes and Origami Owl Jewelry

Thursday May 19, 2016

6:30 Meet friends and eat

7:30 Roll the Dice

Paragary's Café Bernardo on K Street

1000 K Street, Sacramento

**\$30 to sign up which includes:**

- ◆ An evening of bunco with prizes
  - ◆ A raffle ticket\*
- ◆ Pizza, salad, and dessert\*\*

All proceeds will support Sharing Parents

Reserve your spot today by visiting [www.sharingparents.org](http://www.sharingparents.org)

\*Additional raffle tickets will be available for purchase

## On Forgiveness

by Malka Ahmed

<http://stillstandingmag.com/2016/04/on-forgiveness>

I was nineteen weeks pregnant when I announced my second pregnancy to family and friends on social media. In the picture that I posted, my older daughter Zorah held up a cute poster announcing that she was being promoted to big sister. Looking back at that particular day, it was the happiest moment of my life. I had no idea, that less than a week later I would be rushing myself to the Doctor's office in the middle of a heavy snow storm because of a nagging feeling that something was wrong with my baby.

This ill feeling began almost immediately the day before I had announced my pregnancy. We had just walked out from the nineteen week ultrasound where our baby was declared healthy, and "beautiful" as the Doctor put it. I had no reason to feel anything but elation that our baby would be coming home to us in just a few short months. But this feeling wouldn't go away. I chalked it up to nerves on the fact that our lives would change with this new little person entrance into our lives. I spent that week shopping for the baby, my husband and I discussed names. *But. That. Feeling . . .* it wouldn't go away.

Finally a week later I couldn't suppress it anymore and I made my way to the Doctor where he would utter the words that changed my life forever . . . "there is no heartbeat"

After the storm of emotions that followed in the months after those words were first uttered, one single emotion relentlessly sat in the background. It hovered around grief, anger and sorrow. It sat in the corner watching me, even on my good days.

This emotion was guilt.

Guilt followed me everywhere. On nights I couldn't sleep, I could hear it whisper into my ear, "*You didn't save her.*" On days where the pain was bad, guilt would come up to me and say, "*You killed her,*" or, "*You let her die.*"

I have made mistakes in my life and asking for forgiveness from myself or others had never been an issue. But when my Aurora died, I silently lived with the blame that I was the reason she died. She was in the safest place she could be—my womb—but yet I couldn't protect her from death. How does one begin the journey of forgiveness from that place? Where do I even go? How do I even start?

*Continued on next page*

# Articles and Poems

## On Forgiveness

by Malka Ahmed

*Continued from previous page*

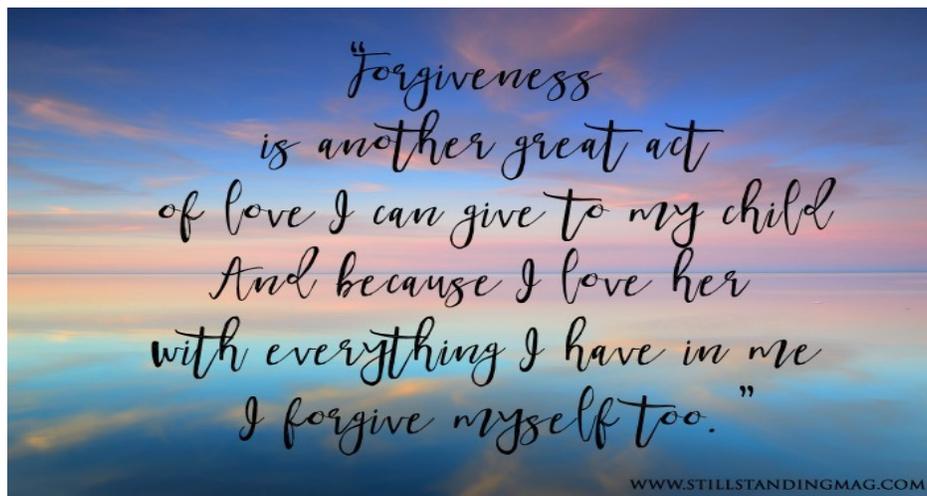
My journey with grief has taken me down a long road toward self-discovery, but guilt has always veered me off my path. It wasn't that guilt was throwing unfounded accusations at me, it was that I *believed them* in every way. Had I spoken up about the ill-feeling I had prior to my daughter dying, maybe I could have saved her?

Any normal mother has her doubts about how she fares as a mother, but as a loss-mom I was taking guilt to a whole other level. I was at a place where you couldn't reason with me. I had resigned to the fact that I would carry this guilt with me for the rest of my life. I would carry it to my grave. I let my daughter die and I couldn't save her. End of story. Full stop.

But as I began to grow in this journey, all the lies guilt had told me began to unravel. My child may have died under my watch, but every moment that she lived I had given her nothing but unconditional love. I nurtured her little body with every fiber of my being, I had given her everything I could give. Being pregnant with was happiest event of my life and her death cannot negate that. And guilt can't take it away either.

As a mother, you love your child unconditionally. You never really wait for them to reciprocate it back, but instead you *just love*. Asking for forgiveness works in a similar way. I can't hear Aurora say those words to me, but I know she knows how much I mean it. When you hurt someone who is living, you have the chance to hear from them that they forgive you. But when that person has died, you are left on a one way road that leads to torment and guilt. But now it's my road to redemption.

Forgiveness is another great act of love I can give to my child. And because I love her with everything I have in me, I forgive myself too.



## Being the Mother of a Child Who Died -- On Mother's Day

By Claire McCarthy, MD on Huffington Post

Posted: 05/12/2012 10:41 am EDT Updated: 05/10/2014 11:59 pm EDT

[http://www.huffingtonpost.com/claire-mccarthy-md/a-child-who-died\\_b\\_1511543.html](http://www.huffingtonpost.com/claire-mccarthy-md/a-child-who-died_b_1511543.html)

I am the mother of a child who died. And that makes Mother's Day very hard.

Recently I was talking to a mother whose child had just died. "What about Mother's Day?" she asked, through tears. It was hard to know what to say, because it's a terrible day for those of us who have lost a child. Other days of the year you can maybe make it a few hours without thinking about your loss; other days of the year you can pretend that you are an ordinary person and that life is normal. But not on Mother's Day.

On Mother's Day it's in your face that your child is gone forever. On Mother's Day you can't pretend you are ordinary or that life is normal. All the hoopla, all the Hallmark hype, the handmade cards and flowers and family gatherings, make it almost excruciating.

Our town has a Mother's Day road race for which I am eternally grateful -- especially because, in a demonstration of grace's existence, the start and finish are next to the cemetery where my son is buried. On my way I can visit his grave and say what I need to say and look yet again at the name we chose for him carved into stone. At the end of the race, they give all the mothers a flower; on my way home, I go back to the grave and lay my flower there. And then I move forward with the day.

See, that's the real challenge after losing a child: moving forward. It's almost impossible to envision in that moment of loss; how can life continue after something so horrible? But life does continue, whether we like it or not. There are chores to do and bills to pay; morning comes, again and again. So you pick yourself up and you live, but you are never the same.

At first, we are different because of our raw sadness. But over time, the sadness moves from our skin into our bones. It becomes less visible, but no less who we are. It changes into a wisdom, one we'd give up in a heartbeat to have our child back. We who have lost children understand life's fragility and beauty. We who have lost children understand that so many things just aren't important. All that is important is those we love. All that is important is each other. Nothing else.

It can feel very lonely, being the parent of a child who died. Especially on Mother's Day or Father's Day. We feel so different from those around us, all those happy people with children the same age our child was, or would have been. But over the years, I've come to understand that I'm not alone at all.

There is a wonderful Buddhist story about a woman whose son gets sick and dies. She goes to the Buddha to ask him to bring her son back to life; I will, he says, if you bring me some mustard seed from the home of a family that has not known loss. She goes from house to house but can find no family that has not lost someone dear to them. She buries her son and goes to the Buddha and says: I understand now.

That is what I understand now. It doesn't make me miss my son any less, or Mother's Day any easier. But it helps me make sense of it; loss is part of life. There are no guarantees, ever. Our children, and all those we love, are gifts to us for however long we have them.

I understand now too that we are together in this, all of us, in joy and in loss. It's the connections we make with each other that matter -- it's the connections we make that give life value and help us face each morning. As G.K. Chesterton wrote, "We are all in the same boat in a stormy sea, and we owe each other a terrible loyalty."



# Librarian's Corner

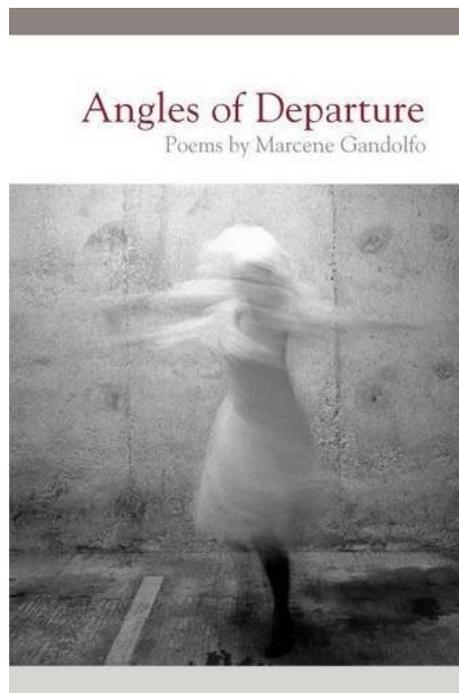
## Book Highlight

### *Angels of Departure*

Poems by Marcene Gandolfo

This book has been donated to the Sharing Parents library by the author, Marcene Gandolfo, who became part of the Sharing Parents family after losing her baby. The book has several poems about her grief journey, including *Anamesis*, *Lost*, *Taking Down the Crib*, and *Your Birthday That Was Not*.

The author's hope is that these poems will provide some solace for our bereaved parents. Interested parents may find it in our lending library.



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](mailto:sharingparents@yahoo.com) with "newsletter contribution" in the subject line. The deadline for submissions for the next newsletter is July 15, 2016.

# Safe Arrivals



# Love Gifts

*A love gift was made in loving memory of*

***Caroline Strom***

*2/16/16*

*Daughter of Angie and Scott Strom*

*From Riverview STEM Academy Work Family*

*A love gift was made in loving memory of*

***Emily Diane Stiltz***

*2/07/2007*

*On her 9th angelversary*

*Love Grandma and Grandpa*



# 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 **July 15, 2016**.

*A love gift was made in loving memory of*

***Nathan Leelin Bailey***

*5/23/13*

*Our sweet boy, Nathan, WOW you are 3. Happy 3rd birthday monkey. We miss you so much. We can't wait to hold you again. We love you a bushel and a peck and a hug around the neck.*

*Much love, Daddy, Mommy, big sister, Jennifer, and big brother, Nickalis  
XOXOXO*

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:**