



# SHARING PARENTS

PREGNANCY & INFANT LOSS SUPPORT GROUP

February 2017

**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 12:** Honoring Each Other's Grief Journey

**March 12:** Topic TBD

**April 9:** When Words Aren't Enough: Exploring Grief Through Art

### Milestones Meetings

March 26, May 21, July 23, September 24, November 19

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*Your absence has gone through me like  
thread through a needle. Everything I do is  
stitched with its color.*

~ W.S. Merwin

**2017 Sharing Parents Volunteers**

**President**

Kurt Seckington

**Past President**

OPEN

**Vice President**

Isabel Ginsberg

**Secretary**

Amy Andrew

**Assistant Secretary**

Isabel Ginsberg

**Treasurer**

Tom Andrew

**Volunteer Coordinator**

Rachel Libby

**Navigating Grief Coordinator**

Sharon Cox

**Pregnancy Interruption Coordinator**

Amy Andrew

**Listening Line Coordinator**

Sharon Cox

**Listening Line Volunteers**

Sharon Cox & Lynne Genzel

**October Memorial Coordinator**

OPEN

**October Memorial Committee**

Amy Andrew, Tom Andrew,  
Toni Brabec, Geoff Brabec,  
Rebecca Enes

**Community Outreach Coordinator**

Nicola Fertuna

**Community Outreach Team**

Amy Andrew, Geoff Brabec,  
Audrey Cataldo, Nicola Fertuna,  
Lisa Herrington, & Kurt Seckington

**Bunco/Event Coordinator**

Audrey Cataldo & Lisa Herrington

**March of Dimes Coordinator**

Sara Seberger & Toni Brabec

**Librarian**

Sara Seberger

**Newsletter Editor**

Dorinda Gregory

**Newsletter Assistant**

OPEN

**Webmaster**

JB Cox

**Facebook Administrator**

Rachel Libby

**General Volunteers:**

Melissa Bailey, Shelley Catanyag,  
Amber Dixon, Tasauna Euwing,  
Gavin Ferguson, Kourtney Flagg,  
Daniel Gensler, Aaron Gregory,  
Casey Lauder, & Jessica Reade

Dear Sharing Parents Families,

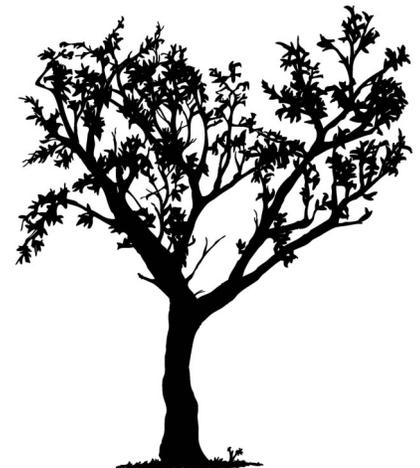
I recently had an experience that reaffirmed my appreciation for the supportive community created by Sharing Parents and, at the same time, connected me to the broader realities of pregnancy and infant loss throughout the world. My wife and I reconnected with the host family that my wife lived with while she studied abroad during high school in Costa Rica. We were introduced to her host brother's wife and in the course of conversation, got to telling her about our son, Everett, who was stillborn in 2012. With that opening, she jumped into sharing that her mother lost her first born child, a son, to stillbirth. In telling the story, she hinted at the obstacles, both generational and cultural, that hindered her mother's ability to mourn, honor, and celebrate through ritual the death of her son. I sensed in her telling of the story, she was grateful for the opportunity to share her brother with people who would honor her connection with him and appreciate his presence in their family. The experience reaffirmed in me the sacred role that we, as bereaved parents, can hold in our communities, however small or expansive they may be.

With the hope of continuing to strengthen the sense of community within Sharing Parents, we are looking forward to hosting a few additional social events throughout the year. The first of these social events will be held on Sunday, February 26<sup>th</sup>, from 4-6pm at Sutter Roseville. This gathering will be an informal potluck social, providing parents the opportunity to connect with more of the community, while also helping to assemble the bereavement care packages given out at Sutter. More information on the event, as well as how to RSVP, can be found on page 9 in this newsletter.

Lastly, as always, I am truly grateful for all of the wonderful volunteers who work so hard to make Sharing Parents a beautifully supportive organization. In the past six months, we have conducted two new volunteer trainings and are thrilled to welcome ten new volunteers. We welcome and thank Melissa Bailey, Shelley Catanyag, Amber Dixon, Gavin Ferguson, Nicola Fertuna, Kourtney Flagg, Daniel Gensler, Casey Lauder, Jessica Reade, and Sara Seberger for joining our volunteer community in honor of their babies. I encourage anyone interested in volunteering with Sharing Parents to get in touch with us at any time throughout the year.

With peace and gratitude,

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 Bean McCrossen*  
*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*  
*Baby 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 [hello@sharingparents.org](mailto:hello@sharingparents.org)

# Remembering Our Babies With Love

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

## February Birthdays/Anniversaries:

Faith Annalyse Alvarez  
Makena Marie Elizabeth Anderson  
Baby Ashton  
Meagan Rene Barstone  
William Evan Beebe  
Baby Berger  
Baby Berger  
Ryan Austin Martin Bridges  
John Browne  
Cameron Michael-Lee Burdick  
James Stephens Cacciatore  
Joshua David Cardoza  
Annabelle Olivia Castablo  
Tea Elyse Cepeda  
Keilah Cherry  
Declan Grant Clifton  
Emery Reid Clifton  
Ryder Condon  
DeOnt'e Crawford, Jr.  
Weston Cruz  
Colin Devey  
Luca Donlinger  
Baby Dressen  
Baby Espinoza  
Baby Feuerstraeter  
Baby Fraser  
Andrew Gallagher  
Julian Castro Garcia  
Claire Gibson  
Baby Herkins  
Saffi Hernandez-Christensen  
Jolie Marie Hurtt  
Brennan Jacks  
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  
Kaenan Quinn  
Isabella Lopez Rye  
Niko Shen  
Madison Nicole Souza  
Emily Diane Stiltz  
Caroline Ertola Strom  
Sophia Tolin



## March Birthdays/Anniversaries:

Elizabeth Adame  
Tyson Kai Adams  
Amelia Aitchison-Cooksy  
Ruben Amen  
Katherine Lynn Andrew  
Kyle Benjamin Avila  
Lisa Jeline Benson  
Joy Kathleen Bik  
Kellan Alexander Bik  
Nick Boysen  
Steven Kent Brown  
Gracie Cahill  
Caitlyn Hope Dunn Catanyag  
Ethan Maxwell Cox  
Joshua Michael Davidson  
Lindsay Rose Denier  
Jailen Ewing  
Babies Feuerstraeter  
Magdalena Louis Friezze  
Jameson Shawn Gillis  
Avery Graham  
Baby Hall  
Ayiah Cherie Ricelle Harris  
Zoe Kaitlyn Hartzog  
Baby Hernandez  
Michael Huffstutler  
Ezra Igomi White  
Brennan Jacks  
William Henry Jones  
Madison Kristine Joppa  
Baby Kaplan  
Baby Keating-Frost  
Eli Kuhlman  
Diangelo Ezekiel Lester  
Matthew Love  
Emily Loreen Meyer  
Robin Marie Meadows  
Tehilah Monfil-Toledo  
Megan Oliva  
Baby Osman  
Dylan Pena  
Elijah James Dominique Rankin  
Kaili Marie Rubitsky  
Ty Scellato  
Sophia Shaw  
Baby Belle Simmons  
Baby Szillinsky  
Baby Tam  
Kylee Valle  
Angel Michelle Vasquez  
Tyler Vassion  
Aria Wermund  
Baby Wessells Vernon  
Nathaniel Patrick Wilkens  
Baby Winings

## April Birthdays/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  
Donavon Kyle Holly  
Christopher Imbriano  
Hope Kelley-Brennfleck  
Rachel Kelley-Brennfleck  
Baby Lang-Cannon  
Addison Lauder  
Hannah Joann Lawrence  
Tessa Elizabeth Lockhart Ralston  
Juliana Isabella Lopez  
Baby Lowell  
Samuel James McCoy



# Remembering Our Babies With Love

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

## April Birthdays/Anniversaries Cont'd:

*Baby Ocel*  
*Kaenan Quinn*  
*John Rayl*  
*Jaxon Richards*  
*Daniel Christian Sauseda*  
*Alejandra Sepulveda*  
*Parys Gavin Stokes*  
*Baby Angel Turner*  
*Evan Vargas*  
*Dominic Josiah Vazquez*  
*Arbor Warzecha*  
*Richard Warzecha*  
*Baby Wessells Vernon*  
*Reagan Ellis Westrup*  
*Grace Woodman*  
*Rose Zeier*



A child's death forever changes a family and those who love them. The experience of grief is lifelong - it does not go away after a certain amount of time. Yes, it softens but always there is a place in your heart and your soul that yearns for that child.

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 [hello@sharingparents.org](mailto:hello@sharingparents.org)

# News and Announcements

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

*Adin Emmanuel Alvarenga*

*Macie Azevedo*

*Baby Ginsberg*

*Jaxon Holliday*

*Ava Lynn McCrossen*

*Baby Bean McCrossen*



*"Sometimes," said Pooh,  
"the smallest things take  
up the most room in your  
heart."*

# News and Announcements

## Sharing Parents Update

### Milestones Meetings

In an effort to better serve the needs of parents, Sharing Parents offers *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.

The upcoming Milestones Meetings are as follows:

March 26, 2017  
May 21, 2017  
July 23, 2017  
September 24, 2017  
November 19, 2017

Meetings are held at:  
Sutter Roseville Medical Center  
1 Medical Plaza Dr. (Building 1, 2nd Floor)  
Roseville, CA 95661  
Meetings are held from 7:00pm-9:00pm

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

## 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](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 [hello@sharingparents.org](mailto:hello@sharingparents.org).

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

# News and Announcements

## SHARING PARENTS SOCIAL

**Sutter Roseville Medical Center  
1 Medical Plaza Drive (Bldg. 1, 2nd Floor)  
Roseville, CA 95661  
Sunday, February 26, 2017  
4:00pm - 6:00pm  
\*Potluck**

We welcome you to join Sharing Parents on Sunday, February 26th, from 4-6pm, for an informal, potluck social. We will be gathering in Sutter Roseville's large conference room adjacent to the room that we regularly use for our support meetings. Directions can be found on our website at [sharingparents.org](http://sharingparents.org) and there will be Sharing Parents signs directing you from the main lobby.

We invite you to bring an appetizer, finger food, or dessert to share with the group. Drinks, cups, plates, and utensils will be provided by Sharing Parents.

This event will be an opportunity to meet other parents and volunteers who make up this incredible community of support. Along with food and conversation, we will have the opportunity to help craft the bereavement packages that are given to patients at Sutter Roseville following a pregnancy or infant loss. Additionally, we will have a small art project for those that are interested.

To help us better plan on our end, please kindly RSVP by **Sunday, February 19th**. You may RSVP by email to [hello@sharingparents.org](mailto:hello@sharingparents.org) or on our public "Sharing Parents of Sacramento" Facebook page. Click on the "Events" tab and then "+ Going" to let us know you will be joining us.

This event is for parents only, please no kids or babies on this evening. We hope to host a similar, family-friendly potluck picnic during the summer. Keep your eye out for details as summer approaches.

We look forward to seeing you on February 26th!



# News and Announcements

## march for babies®



**California's State Capitol Building, West Steps  
Saturday, April 29, 2017  
8:30am - 12:00pm  
\*Registration is *free!***

Please join team Sharing Parents as we walk in honor of our babies in the March of Dimes March for Babies. Team Sharing Parents has continued to grow every year, and we welcome you to join us this year to spread awareness and raise money for the March of Dimes.

The March for Babies is the March of Dimes' biggest weapon in the fight against premature birth. The walk raises funds to help more moms have healthy, full-term, babies, as well as research why premature birth occurs and how we can prevent it.

Information on purchasing a team Sharing Parents shirt will be sent via email and found on the website in early March.

We hope you will join us on Saturday, April 29, 2017, as we march in memory of our precious babies!



# Articles and Poems

## Divorce Rate Among Bereaved

by Sandy Fox

There is much controversy about the divorce rate following the death of a child. Some say that a great majority of couples divorce as their marriage falls apart after the death of their child. Others say it makes their relationship stronger. Still others say it was completely different problems that caused the divorce. What is the answer?

Like many myths, the high divorce rate one has snowballed way out of proportion. Harriet Schiff in 1977 (*The Bereaved Parent*) said that as high as 90 percent of all bereaved couples are in serious marital difficulty within months after the death of their child. She does not cite her source for this, and no one ever questioned her about it. So it became fact. Grief experts challenged the myth. By 1998 they said there was no evidence of higher divorce rates among bereaved parents.

Then in 2006 The Compassionate Friends commissioned a survey and one of the questions dealt with divorce. It was found that only 16 percent of the parents divorce after the death of a child and only 4 percent said it was because of the death...that there were problems in the marriage way before the child died.

This is not to say that there are not problems when a child dies. One of the biggest is that husbands and wives grieve differently. One may want to attend a support group, the other doesn't. One couple in my book had a tough time with that but found that as long as they talked about their child together and kept the lines of communication open, that commonality saved their marriage and they both grew from it.

How a child dies can cause friction in a marriage. If parents start blaming each other for the child's death, whether it is from anger or just misplaced blame, that can lead to marital stress and in turn, divorce. Couples have to make a commitment to want to stay together.

There is no doubt the strain placed on the marriage as a result of a death is high. Against all odds, many couples have found that their marriage grew stronger after the death of their child. They learned new coping techniques and they had a great desire to move on with their lives while never, never forgetting their child.

I, personally, have learned through my tragedy important lessons that many other singles or couples learn. My compassion for others is much deeper now, and I have a genuine desire to help others; hence, my work with bereavement conferences, speaking to groups and writing my book and blog. As tragic as the death of a child may be, we can all grow and learn more about ourselves and life in general.

Seeking professional help after the death of a child is a good way to learn to understand where you are and what you want to do with the rest of your life. Do not think that your relationship is doomed to failure because of the death and that you will just become a statistic. This is a long and arduous journey but one worth taking in order to save your marriage and have a good relationship with each other.

Posted on August 4, 2009 by Sandy Fox on the blog *Open to Hope, finding hope after loss* [www.opentohope.com](http://www.opentohope.com)

# Parent Submissions

By Amy Andrew

My name is Amy. My husband, Tom, and I both volunteer for Sharing Parents where we currently serve on the board and facilitate meetings. All of the Sharing Parents volunteers—including us—are here because we also lost our babies. Tom and I came to Sharing Parents after we lost our daughter, Kate, when I was almost six months pregnant, 3.5 years ago. Kate was born on March 22, 2013, at 23 weeks old.

Kate would have been the second baby, after Emily, in a large family and everyone was very excited to welcome her, and Tom and I were excited to complete our family. My girls would have been 4 years apart, just as my sister and I are, and just as Tom and I had planned. That way, they'd never have to share a high school and we wouldn't have two in college at the same time. Can you tell I was a planner? I was, and we had *planned* for Kate to join our family.

When we received the news that she would not make it to full term, we were devastated. Our world stopped turning. I remember being checked into the hospital to deliver her and it feeling like an out of body experience. I was not present. The reality of my baby girl never coming home was too much to process.

I labored for close to 24 hours before delivering Kate, knowing that she was already gone and she'd never take a breath. Kate was beautiful. She had Emily's nose. We held her and loved on her and said our goodbyes, and then it was time to go home—without her. Leaving that hospital without her felt like I was leaving myself behind.

When we got home, in our house alone, without Kate, the weight of our loss came crashing down. The next few weeks were both excruciating and strangely safe because I hadn't been forced to venture out of the house yet. I was left to cry or sleep or paint or write or whatever I wanted all day, alone. To just grieve without caring about how anyone else reacted to my pain. When I finally left the house, it was shocking to see how the world could go on like nothing had happened when our precious baby girl was dead. It was shocking to see how quickly people could change the subject if I dared speak of Kate. People just did *not* understand and I *needed* people who understood.

I remembered the brochure for Sharing Parents the hospital had given us and looked up the next meeting. I didn't know exactly what I needed, but I knew I needed help and this felt like the right place for us. Our parents know that the first thing we do at a meeting is to go around the room and share our stories. So that night, we told our story to a room full of parents and *they understood*.

At that meeting, I realized what I needed was to tell my story, over and over, meeting after meeting. And I needed to be among people who *understood*. Not just understood the enormity of our loss, but what it was like to live in a world of people who didn't understand. My life had been divided in two—there was life Before Loss and life After Loss, and I had finally found the people who understood what it meant to live life after loss.

The volunteers and other parents weren't afraid of my pain, and they made us feel normal and accepted. They also helped me see that I'd spent a lot of my own life being afraid of pain. Not only did Sharing Parents help me heal, but this experience showed me the kind of person I wanted to be.

Around Kate's first birthday, I felt compelled to give back and help ensure that parents who came after us would have the same kind of support we'd received. Sharing Parents had helped me *survive* and I wanted to help other parents walking the same path. So I volunteered to be a meeting facilitator – one of the people who sits before our parents and are not afraid of their pain, offering them a safe place to tell their story.

*Continued on next page*

# Parent Submissions

*Continued from previous page*

I had a lot of fears though. What if it hurt too much to hear those stories that are so much like my own? Would it keep me stuck in my own pain? I desperately needed to continue my healing journey and staying stuck or moving backwards was not an option. What if that happened? What if I cried the entire meeting and I couldn't keep myself together? What if I didn't know what to say, or worse, I said the wrong thing. You all know that the wrong thing can be awful. I wasn't sure if I could handle it.

But, I volunteered in spite of my fears. I went to a few volunteer meetings and I still cried when I told my story, but I decided I was ready. I began facilitating meetings and with the training and support of the other amazing volunteers, I think I turned out okay.

Today, I am proud to say that I am one of those people who is not afraid of pain. I may not always know what to say, but I am not *afraid* and I have realized that sometimes a person who is willing to be *present* is enough. I am growing to be the person Kate showed me that I want to be and I am eternally grateful to her for that.

Volunteering with Sharing Parents came with some unexpected surprises. I thought I would show up and be present and not afraid, and I would leave feeling drained, sad, and tired. It was a sacrifice I was willing to make, but that's what I thought it would be like. The reality was something very different.

The truth is, every time I sit in a meeting looking back at my parents, I feel *inspired*. Lifted up. Hopeful. And even healed. You see, it takes tremendous courage to walk into that room and tell your heart-breaking story and let others see your pain, and hope that maybe, *just maybe*, they will understand. And that courage speaks to the tremendous *love* that we each have for our babies. There is something about witnessing your courage and the size of your love that makes it feel like I am the one who is receiving a gift. I am never more humbled than when I leave a meeting.

I am truly honored and grateful to have the opportunity to serve as a volunteer for Sharing Parents in memory of our daughter, Kate, and I think all of our volunteers would echo a similar sentiment.

Finally, I would like to extend an invitation to you. Sharing Parents is entirely volunteer run. If you have ever thought about volunteering with us, please come talk to me or to one of the other volunteers. We have a variety of opportunities to choose from that are both in front of our parents and behind the scenes. It is incredibly rewarding work and we would be honored to work with you.

Thank you.



### Book Review by Deanna Lockhart

#### *Creating A New Normal...After the Death of a Child*

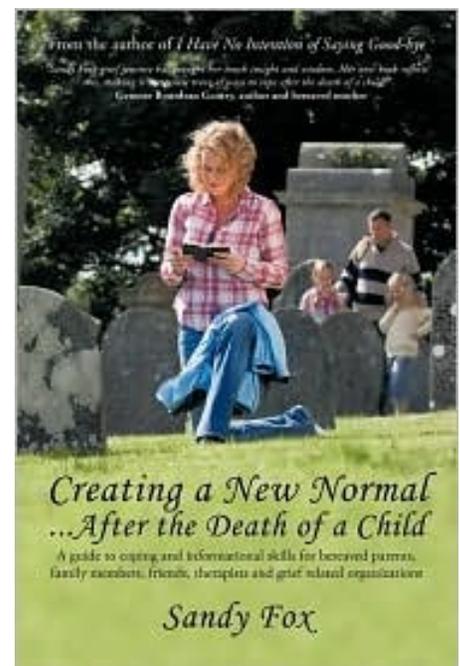
*A guide to coping and informational skills for bereaved parents, family members, friends, therapists and grief related organizations (2010)*

In this 285 page book, the author provides over a hundred essays on grief related topics varying from “Celebrating a Loved One’s Life Through Art” to “Getting Through the Holidays.”

Many of the essays come from the author’s blog, [www.survivinggrief.blogspot.com](http://www.survivinggrief.blogspot.com).

Sandy Fox comes to the topic of grief and bereavement as a personal journey of loss. Her daughter, Marcy, was killed at 27 years old in car crash.

Though many of the essays are personal thoughts and experiences of the author, she also includes stories from other parents and professionals. Although the book does not specifically mention or address perinatal loss, many may still find some of the essays helpful and enlightening due to their universality to all bereaved parents.



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 [hello@sharingparents.org](mailto:hello@sharingparents.org) with “newsletter contribution” in the subject line. The deadline for submissions for the next newsletter is April 15, 2017.

# Love Gifts

*A love gift was made in loving memory of*

***Max Seberger***

***6/16/14***

*Merry Christmas Max! We love you!*

*By Laura Holmes*

*A love gift was made in loving memory of*

***Baby Joshua  
and the entire Smiley Family***

*By Cheryl Linton*



# Love Gifts

*A love gift was made in loving memory of*

**Zoey Grace Flagg**

12/10/14

*By Lance and Kristin Hayman*

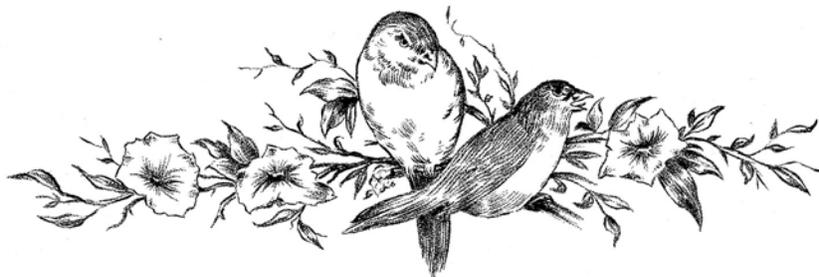
*A love gift was made in loving memory of*

**Zoey Grace Flagg**

12/10/14

*Through every milestone, you are with us. You are loved and missed.*

*Love Kourtney and Greg Flagg*



# 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, 2017**.

*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:**