Helping Living Children Grieve

Children grieve. They can’t escape grief any more than we can. They grieve the loss of their sibling, no matter if they were born before or after the loss. And they struggle processing their grief as much as we do, if not more. We can help them. Like these girls writing letters to siblings in heaven at the Houston Christmas Candlelight Ceremony, we need to help them express and process their feelings, and help them remember little ones in heaven, just as we do.

In this issue...

**Helping Living Children Grieve**
An interview with the son of President and Founder of M.E.N.D. shares memories and experiences as a child with siblings in heaven.  

**An Interview With Tony**
Tony, age 9, shares with his mom his experiences after losing his sister, Abby, and even how grief has changed after the birth of his little brother.  

**Our Family’s Grief**
When their daughter was given a fatal diagnosis, a family learns to grieve together throughout the pregnancy and after her birth.
March/April Topic
Men and Women Grieving
Deadline: January 31, 2020

May/June Topic
Mother’s Day/Father’s Day
Deadline: March 31, 2020

Stories, poems, thoughts, and/or feelings regarding these topics are welcome. Submissions must be received by the deadline to be considered for publication in the magazine. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please send any submissions to our Magazine Editor, Jennifer Harrison, at jennifer@mend.org. Any submission printed in our magazine will also be posted to our website indefinitely. Because our magazines are posted online, please understand your name will be attached to your submission when searched on the Internet.

Letters to the Editor should be sent to jennifer@mend.org. All letters submitted to the editor are subject to be published in future issues, both in the print version and online, unless a letter’s author expressly requests it not be published.

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Birthday Tributes: M.E.N.D. publishes heavenly birthday tributes in the corresponding magazine. Tributes must be submitted via the online form at www.mend.org.

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What do you remember about the birth of little Jonathan?
I was only 3 when Jonathan was stillborn, so I’m not sure if what I remember are memories, or pictures and stories of what I’ve been told. The clearest memory I have is one night I was in bed talking with my mom about it, and I think it was the first time I realized what it all meant. I just cried and cried. I’m not sure how long ago that night was after Jonathan died (I’m sure my mom does) [Rebekah shared he was 8 at this time], but I do remember her saying that he was in heaven and that we’d see him again one day. I don’t have any memories of going to the hospital or even being in the room with my family and Jonathan, but I am so grateful for the pictures that I could look at as well as other family members’ accounts of those days as well.

What about baby Mitchell?
I was a little older when my mom got pregnant with baby Mitchell [Rebekah said he was 10 at this time], so I remember her being pregnant and being excited about that. I do remember the day that she got the call telling her she had miscarried. My mom and I were on the way home from elementary school, and she was on the phone and then started crying. She told me what happened, and I definitely was old enough to realize and started crying as well. After getting the news, the biggest thing is that we spent that entire night just us three being together.

How did your parents explain things to you?
With Jonathan, it didn’t set in for quite a while until just one night when my mom and I were talking about it. I don’t recall too many specifics, but I know they told me how he had been born with the umbilical cord wrapped around his neck and that he died when he came out of “mommy’s tummy.” They said that he was now in heaven and with Jesus and that we’d see him again one day.

How did having siblings in heaven impact you growing up?
I think it’s different with parents and living children. I know my mom says that she has three children: one living and two in heaven. And now, being a parent myself, I totally understand that. Growing up, I knew I had siblings in heaven, but I will say I mostly remembered Jonathan just because it was more real to me as a kid since we got to see him after he was born.

Is there anything you struggled with in your childhood that you would have done differently?
I don’t think there was really anything I’d change other than maybe holding Jonathan, but I was only 3. I definitely wouldn’t expect any 3-year-old or toddler to fully grasp the moment and understand how precious and fleeting that time was. I’m glad my parents didn’t press me to try and understand, because I was able to understand and come to terms with it in my own time. I think that since it was so openly talked about (especially with my mom starting M.E.N.D.), it helped me to slowly understand.

What advice would you give to parents trying to explain things to their children?
I think the best thing is to be open about it, just talk with them and answer any questions they may have. Obviously, it depends on how old they are on how well they’ll understand or process their grief, but the worst thing to do is allow yourself or your kids to bottle up the feelings and emotions you or they are going through. Healing can come by talking through the pain and helping others do the same.

Continued on page 9
Happy 1st Birthday, Lilly Belle!

Happy 1st birthday, sweet Lilly Belle. Our arms ache to hold and hug you on your 1st birthday. We celebrate and remember you each and every day at home in your memorial garden. We hold onto our hope to embrace you again in heaven. We miss you and love you always.

Love,
Mommy, Daddy, Connor, Emalyn and Renée

Lillian Belle Noto
Stillborn January 10, 2019
Unknown cause
Also remembering
Eden Noto
Miscarried September 2014
Parents: Jeffrey and Anna Noto
Siblings: Connor, Emalyn and Renée

Happy 1st Birthday, Little Bunny!

Mommy and Daddy miss you so much every day. It’s hard to put into words just how much your life has changed us, but we want you to know we are so grateful to have had you the time that we did. With your life, you gave us a new perspective and understanding of God’s love and care. We know now more than we ever could that God never leaves us and gives us His strength and love in even the most painful moments. Thank you for helping us to know God deeper. We love you. We miss you. We will never be the same because of you.

Happy 1st birthday, Little Bunny.

Hannah Grace Gurden
January 8, 2019
Placental abruption at 39 weeks
Parents: Chris and Sukie Gurden

Happy 2nd Birthday, Hunter!

Happy 2nd birthday to the true love of my life. I miss you so much. I imagine every day how life would be if you were still here with me. I know that every moment would have been filled with so much joy. I wish I could hold you in my arms one more time and tell you I love you. You are my reason to keep pushing. I love you and miss you so much my angel.

Love forever and always,
Mommy

Hunter Harper Hudson
February 21, 2018
Unknown cause
Mommy: Jade Hudson

Happy 1st Birthday, Kennedy!

Happy 1st birthday in heaven, Kennedy! We miss you so much, sweet girl, and we wish you were here. Not a day goes by you are not on our minds. I see you in everything I do, and everywhere I go. Every event and holiday that passes, we think of you and try to do something in remembrance of you. I cannot believe it’s been a year already! It has been so hard, but you are so worth it! Happy 1st birthday, baby girl! We love you so much.

Love you forever,
Mommy and Daddy

Kennedy Grace Gilyard
Stillborn January 7, 2019
Incompetent cervix
Parents: Joshua and Chelsea Gilyard

Happy 2nd Birthday, Clayton!

Happy 2nd birthday in heaven. We hope you are having fun with Grandma Bingo and watching over your Mom and me and your wild and crazy siblings. We enjoy the little signs you send us. We love and miss you so much.

Clayton Bennington Misawa
Stillborn January 6, 2018
Parents: Jeff and Vonnie Misawa
Siblings: Emily, Matthieu, Cash and Maverick

Happy 3rd Birthday, Cora!

Happy 3rd birthday, baby girl. We imagine what you would be doing as a beautiful 3-year-old full of energy, chasing you around the house and yard. Oh how our life would be with you in our arms. We miss you dearly every day and every moment. We love you so much! We miss you and can’t wait to hold you in our arms again.

Love,
Mommy and Daddy!

Cora Anne Casarez
January 20, 2017
Cord accident
Also remembering
Poppy Casarez
August 4, 2019
Early miscarriage
Parents: Andrew and Leslie Casarez
Siblings: Connor, Emalyn and Renée

Happy 5th Birthday, Logan!

Happy 5th birthday to our sweet angel boy! We love you so very much!

Logan Brock Looney
February 11, 2015
Umbilical thrombosis
Parents: William and Latisha Long
Sisters: Sophia and Olivia
Happy 22nd Birthday, Jessie!
Happy 22nd birthday, sweet baby girl!
I bet you are dancing and enjoying your birthday in heaven!
There is no sorrow there, only joy and laughter.
You are safe in the arms of your Creator.
I will hold this day close, because it is yours... and it is ours.
But I choose not to be sad.
Instead, I celebrate you.
And I choose to be joyful,
And one day when we meet again,
All my pain will be forgotten, and forgiven.
We all love you,
Momma, Daddy, Moirah, Isaac, Aiden and Aunyah

Jessie Marie Donnelly
Stillborn February 12, 1998, at 6 months
Infection in-utero
Parents: Joe and Genevieve Donnelly
Siblings: Moirah, Isaac, Aiden and Aunyah

Happy 15th Birthday, Kimani Renae!
You are our first baby girl! No words can express the love we have for you and the pain we feel because you are not here. We miss you so much and ache to hold you...someday we will. Until then, we hold you in our hearts.

Our time together may have been brief, but it will never fade. Mommy and Daddy will always love you!

Kimani Renae Bray
Miscarried February 20, 2005
Heart stopped

Happy 9th Birthday, Jeremiah Earl!
You were a surprise when we found out about you... and we loved you from that moment! We love you still and miss you more. To someday see your handsome face and beautiful smile is what keeps us going. We know you are safe in the arms of the Savior, but we still miss you in ours.

Until then, know that Mommy and Daddy will always love you and carry your memory with us every single day!

“When we all get to Heaven,
What a day of rejoicing it will be,
When we all see Jesus,
We will sing and shout victory!”

Jeremiah Earl Bray
Miscarried February 13, 2011
Unknown cause
Also remembering
Laila Joyce Bray
Miscarried May 8, 2011
Unknown cause
Parents: Earl III and LaTrina Bray

Happy 1st Birthday, Mila!
Happy heavenly birthday, our sweet “Angel in the Outfield.” A day doesn’t go by without thoughts of you: what could have been and what should have been. We will never understand what happened nor why. The good moments and memories are what we must cherish. We love and miss you tons.

Love,
Daddy and Mommy

Mila Justine Lansou
Stillborn February 24, 2019
Placental abruption
Parents: Brian and Brittney Lansou
Brother: Gavin

Happy 3rd Birthday, Baby Mila!
Happy birthday, Baby Mila! We hope you’re having a wonderful time in heaven. I wish you were here with us. You’re still the only baby girl in the family. You’re surrounded by all boy cousins and a baby brother! I miss you every day. I hope you enjoy your special day with all those other angels in heaven. We love you so much and can’t wait until the day we meet again.

Love always,
Momma and Luca

Mila Orozco
Miscarried February 16, 2017
Mommy: Silvia Garcia
Little brother: Luca

Happy 6th Birthday, Sweet Rose!
Your baby sister arrived, and we can’t help but wonder what a great big sister you would be. Would you run home after getting off the bus from Kindergarten and ask to hold her? Would you pretend to take care of your own baby dolls while mom feeds her? Would you sing her songs when she starts to cry? Your sister only highlights the fact that you are not here. Your brothers make sure to let everyone know that your sister on earth is not the only girl of the family as we miss you and your sister in heaven! Until we meet again, we will always love you, little Rosebud!

Rose Dell
Miscarried January 3, 2014
Also remembering
Grace Kathryn Dell
March 17, 2008
PPROM
Parents: Rachel and Peter Dell
Siblings: Zeke, Kye, Izaiah, Zefty and Tirzah
In Loving Memory

Thank YOU for your support

Selah Joy Abedraboh
Miscarried April 12, 2017
Given by parents Rachael and Josh Abedraboh
and siblings Jonah and Wesley

Worth Amaani Abedraboh
Miscarried August 27, 2017
Given by parents Rob and Cheryl Davis
and siblings Annalise and Owen

Zelda Amira Bridge
Stillborn January 17, 2017
Parents: Monica and Jeff Bridge
and little brother Jase
Grandparents Kathy and John Bridge

Jordan Alexander Booker
Stillborn January 11, 2007
True knot in cord
Given by mommy Norma Jordan

Sydney Lynne Brown
Stillborn May 18, 2000
Antiphospholipid Antibody Syndrome

Ashley MacKenzie Brown
May 1, 2001
Antiphospholipid Antibody Syndrome
Parents: Marilyn and Brian Brown
Sibling: Samuel
Given by uncle David Brown

Catherine Rose Burick
Stillborn November 11, 2015
Gifts given by
dorla and Kevin Burick

Cora Anne Casarez
Stillborn January 20, 2017
Cord accident

Poppy Caserez
Miscarried August 4, 2019
Given by parents Leslie and Andrew Casarez

Cade Cashion
Stillborn June 5, 2019
Hydrops and fetal anemia
Gifts given by
Parents Holly and Andrew Cashion
Jenny and Paul Cashion
John and Sandy Weyrich
Charito and James Maffione
My Le

Abigail Grace Crump
July 1, 2003
Trisomy 18
Given by parents Gerald and Jaimie Crump
and little sisters Cami and Karli

Riley and Parker Davis
November 14, 2006
Premature
Grace Kathryn Dell
March 17, 2008
PPROM
Rose Dell
Miscarried January 3, 2014
Given by parents Rachel and Peter Dell
and siblings Zeke, Kye, Izaiah,
Zeffy and Tirzah

Rosa Marie Dillard
June 24 – July 9, 2013
Mommy: Misty Dillard
Given by E. Michelle Andrews

Ayden Marlee Dunn
February 28, 2017
Lung tumor
Baby Dunn #1
Miscarried January 2013
Baby Dunn #4
Miscarried May 2018
Baby Dunn #5
Miscarried February 2019
Given by parents Rachel and David Dunn
and brother Axyl

Sky Olivia Burns Ennis
May 21, 2011
Baby Ennis
January 2007
Given by mommy Tarsha Ennis
Charlotte Finley
Stillborn January 6, 2019
Parents: Ashley and Kyle Finley
Gifts given by Debra Minter
Brenda Swisher

Serenity Harrison
Miscarried December 3, 2009
Given by parents Curtis and Jennifer Harrison
and siblings Evan, Audrey and Christopher

Eli Johnson
April 17, 2017
Placental abruption
Ruby Johnson
March 30, 2019
Unknown cause
Given by parents Kim and Caleb Johnson

Sarah Ann King
Stillborn June 22, 1995
Parents: Lori and David King
Siblings: Brooks, Kaylee, and Brady
Given by grandmother Bonita Manning

Forrest Abraham Lewman
Stillborn May 28, 2017
Given by
Parents Jacqueline Tovar and Jeffrey Lewman

Kennedy Elaine Lloyd
Stillborn April 19, 2017
Mommy: Kaitlin Lloyd
Given by Kristi Jumper

Thank you to those who recently held a Facebook fundraising campaign or donated to M.E.N.D. through one of these. We are so thankful for our family and friends who show love and support during activities like these or other areas such as sharing about M.E.N.D., assisting at events, or simply and most importantly, praying for us.

Ella Lynne Gonyea
Stillborn August 24, 2015
Preeclampsia, IUGR and no amniotic fluid
Gifts given by parents David and Sable Gonyea
and little sister Laurel

CJ Gold
Miscarried August 12, 2008

Marina Gold
Miscarried July 14, 2009
Parents: Greg and Kathryn Gold
Big sister: Emily Gold
Gifts given by
Grandmother Nellie Gold
JATS, LLC
Carol and David Cates

Charlotte Grace Harrison
Complications at birth
Given by parents Amanda and Luke Harrison
and siblings Evan, Audrey and Christopher

Serenity Harrison
Miscarried December 3, 2009
Given by parents Curtis and Jennifer Harrison
and siblings Evan, Audrey and Christopher

Eli Johnson
April 17, 2017
Placental abruption
Ruby Johnson
March 30, 2019
Unknown cause
Given by parents Kim and Caleb Johnson

Sarah Ann King
Stillborn June 22, 1995
Parents: Lori and David King
Siblings: Brooks, Kaylee, and Brady
Given by grandmother Bonita Manning

Forrest Abraham Lewman
Stillborn May 28, 2017
Given by
Parents Jacqueline Tovar and Jeffrey Lewman

Kennedy Elaine Lloyd
Stillborn April 19, 2017
Mommy: Kaitlin Lloyd
Given by Kristi Jumper
M.E.N.D. gratefully acknowledges these gifts of love given in memory of a baby, relative, friend or given by someone just wanting to help. These donations help us to continue M.E.N.D.'s mission by providing this magazine and other services to bereaved parents free of charge. For more information on how you can support M.E.N.D., please see the "About M.E.N.D." section in the back of this magazine.

Sophia Rose McGhee  
Stillborn March 29, 2010, at 33 weeks  
Unknown cause

Baby McGhee #1  
Miscarried 2002

Baby McGhee #3  
Miscarried 2009

Baby McGhee #4  
Miscarried 2009  
Parents: Matt and Stacy McGhee  
Siblings: Micah and Scarlet  
Given by grandparents Sheri and Joey Vigil

Cooper Clayton Medue  
Stillborn October 18, 2017  
Given by mommy Jill Medue

Bryson Glenn Middleton  
Stillborn June 19, 2014  
Given by  
Parents Jennie and Brandon Middleton  
and siblings Brayden and Mackenzie

Jonathan Daniel Mitchell  
Stillborn June 24, 1995  
Cord accident

Baby Mitchell  
Miscarried December 2001  
Given by Parents Byron and Rebekah Mitchell

Gideon Zeller Mitchell  
Stillborn May 17, 2011  
Velamentous cord insertion

Avery Mitchell  
Miscarried May 2008

Joy Mitchell  
December 2014  
Vanishing twin syndrome  
Parents: Stormy and Todd Mitchell  
Little brothers: Silas and Justus  
Given by grandparents Karen and Rod Zeller

Emma Grace Myrow  
Stillborn September 18, 2017  
Cord accident  
Parents: Hayley and Keenan Myrow  
Little brother: Logan  
Given by Grandmother Sharon Sebesta

Baby Nyquist I  
Miscarried October 1, 2015

Baby Nyquist II  
Miscarried February 24, 2016  
Unknown cause  
Given by parents Timothy and Brooke Nyquist

Carter Jeffrey Nyquist  
Stillborn May 11, 2003  
Unknown blood clotting disorder  
Given by parents Jeff and Kim Nyquist

Baby Oberlender  
Stillborn December 19, 2011

Babies Oberlender  
Miscarried May 2012  
Given by parents Tim and Melissa Oberlender  
and siblings Grace Ann and Wilhelm George

Ace Samuel Elon Ford Osagie  
November 24, 2015  
Cystic hygroma, hydrops fetalis  
Given by mommy Aisha Osagie

Hannah Grace Perez  
April 10-11, 2017  
Anencephaly  
Given by parents Jennifer and Mace Perez  
and siblings Bernard and Haven

Elijah Curtis Pinson  
December 14, 2014  
Premature  
Parents: Kaleena and Tyler Pinson  
Siblings: Jayme and Abram  
Given by grandfather David Brown

Brooks Alexander Potter  
Stillborn July 22, 201  
Unknown cause  
Given by Sylvia and David Potter

Anastasia LeVett Robinson  
Miscarried March 2018  
Mommy: Kristen Robinson  
Given by grandmother Cynthia Robinson

Brandon Prescott Thomas, Jr.  
April 22 – May 27, 2012

Jayden Lamar Thomas  
April 22-23, 2012  
Given by parents Tenya and Brandon Thomas

Carson Mitchell Shaw  
Stillborn April 1, 1999  
Unknown Cause  
Given by parents Aimee and Randy Shaw  
and siblings Blake and Brooke

Mindy and Maggie Smith  
Stillborn November 4, 1997  
TTTS and Polyhydramnios  
Given by parents Scott and Karla Smith  
and siblings Travis and Julia

Abigail Grace Story  
July 9-13, 2015  
Unknown cause  
Given by parents Faith and John Story  
and siblings Tony and Danny

Aidan Shaw Vander Cruysen  
October 2 - December 3, 2005  
Polycystic kidney disease  
Given by mommy Shane Meyer  
and little sister Cameron

Morgan Vo  
July 18 – August 13, 2019  
Given by mommy Julie Le

Cora Anne Watts  
Stillborn February 10, 2015  
Given by parents Kenzie and Alan Watts

Jacob Martin Wilhite  
April 25, 2012  
Incompetent cervix

Isaac Odell Wilhite  
April 1, 2015  
Incompetent cervix

Four Baby Wilhites  
whose names we’ll learn in Heaven  
Given by parents David and Kessi Wilhite  
and siblings Caleb and Lilah

Raelie Kate Williams  
Given by anonymous

Arie Ronald Witt  
Stillborn November 5, 2013

Baby Witt  
Miscarried June 27, 2014  
Given by parents Candi and Mike Witt  
and siblings Brinley, Ryker and Gia

Ariel Wong-Eguiarte  
June 26, 2013

Angel Wong-Eguiarte  
June 26, 2013  
Given by mommy Emillyn Eguiarte  
and little brother Andre

Adrian Joseph “AJ” Zuckerman  
Stillborn March 30, 2007  
Cord accident  
Given by parents Al and Amber Zuckerman  
and brothers Eli and Alex

Gifts of Support:  
Christ Church Assembly of God, Fort Worth, TX  
Second Baptist Church, Springfield, MO  
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April Jenkins  
Jacob Hagen  
Jenny Parish  
Midland (MI) Nazarene MOPS  
Carly McGraw  
Ashley Hazlewood  
Garber Management Group, Saginaw, MI  
Enterprise Holdings  
Randi Quicksall  
Barbara Royce  
Tammie Ates  
David Davis  
Brian Denicola
An Interview With Tony, Abby’s Big Brother

Interviewed and written by Faith Story
Mommy to Abby
M.E.N.D.—Greater Houston Area

This is an interview with my son, Tony, Abby’s big brother, who is 9 years old. At the time of Abby’s birth, he was 5 years old. She was born perfect at 38 weeks. But, at 12 hours old, she stopped breathing. She was resuscitated, then declared brain dead. The doctors had no idea why it happened. We had an autopsy done, yet the cause was still unknown. That was almost the hardest part - not knowing why. But we were blessed to hold her and have her for those magical 12 hours. We were also able to have family and friends come to say goodbye, and she was baptized.

Since the death of Abby, we have welcomed to our home Danny, who is 9 months old. While adding Danny to our family is a blessing, we have experienced some different issues of grief, as Tony shares below.

What did you think about [when Abby died]?
I tried to hide my sadness at first and didn’t want to think about it, but then I would, and I would start to cry.

What are some things you did that helped you?
I cuddled with my mommy, played with my dad, and tried to have fun with friends.

Was counseling helpful?
It was really helpful because I could talk to someone outside the family. The counselor used a lot of toys and playing to help me.

What was discussed in counseling?
We discussed how it was going to be okay. Nothing lasts forever in this life, but we will be together again. (He went to counseling for about six months. It went from twice a month for two months to once a month for four months).

Tell us about Bo’s Place?
There was a room where you could beat things up and let your anger out. (Bo’s Place is an amazing counseling center in Houston that addresses grief of all different ages with all types of losses. I belonged to a mom’s group and Tony belonged to a kids group that had all lost siblings).

Did you feel really angry?
I started feeling really angry that Abby had passed, and I wanted to hit things. Before she passed I never got angry, still get angry sometimes thinking about losing her. It helps to run or play video games.

What did you think about God?
At first I was angry at Him. Then I felt like there was a reason, and He is always with me.

What was the thing that helped you the most?
Letting out all my anger. Being able to talk about her with my parents and friends.

Now that you have a little brother does it make you miss your sister more? Why?
Yes. It feels that he is trying to take Abby’s place even though he cannot. I see Danny and feel that I missed out on so much with Abby. I hate that I didn’t get to see her grow up.

If Abby was here what would you do with her?
She would be 4 so we could do so many things. I miss being able to play with her.

What would you say to another kid who has lost a brother or sister?
I would say they could try talking to somebody and let your anger out. Anger issues really took me over, and it is better to let it out. I feel that I took it out on my Mom and Dad, and I felt bad about it. (My response was that I’m glad he let his anger out on us rather than bottling it up. I never want him to feel that he can’t express himself with us)

Any other advice?
Don’t keep it inside. Talk to your parents. Talk to your friends. Even though they are kids, they can listen.

How do you feel about going to the cemetery?
It makes me sad, but I want to go. I like to leave her little gifts like Legos or special rocks so she knows that I am always there for her. Abby always spins her pinwheel when we are there, and I think she is saying hi.

What is the first thing you will tell Abby when you get to heaven?
I missed you.
November of 2018, I was 20 weeks pregnant and awaiting the anatomy ultrasound. It didn’t take long before the nurse excused herself to get the doctor. At that point, we were told our baby had anencephaly; a fatal condition due to the lack of a brain. The phrase you hear most often surrounding this diagnosis is “not compatible with life.” Doctors encourage termination while explaining the process of choosing to continue with the pregnancy.

My husband and I were faced with a decision about our baby (who we later found out was a girl). We turned to prayer and sought out wisdom. The verse we began to hold on to was Psalm 139:14. The psalmist speaks to a Creator God who designed our baby girl with purpose, for His purpose and glory. We decided to continue with the pregnancy, knowing God was in control of it all.

My husband and I had four other children ages 8, 4, 3 and 18 months. Our 8-year-old was old enough to understand what was happening. Naturally, he was upset and began asking the tough questions. We didn’t spare him details and involved him in what was happening throughout the pregnancy. He shed his own tears and prayed through it as we did.

The question that came up was “Will she be in heaven?”

Times like these often involve a faith walk, and his was the same. We offered this to him: we didn’t know for sure, the Bible isn’t clear, but God is sovereign and in control, and He knows everything about the baby He created. We can trust God no matter the situation, and we can pray for a miracle because we serve a God of miracles.

So we prayed together and often asked him what his thoughts were. We were open with him on our thoughts and likewise with him.

In the end, on the day she was born, we gave him the option of choosing if he wanted to see his sister who had passed during labor. My husband offered the advice that the choice was his, but to keep in mind that regret lasts a lot longer than being uncomfortable for a moment. My son chose to see his sister and hold her fingers before she left the hospital.

Afterward he shared with his class the following day about his sister and began writing as a way to work out his feelings. He discovered that helped him best and read a poem at her funeral.

Book recommendations:

For kids:
The Moon is Always Round by Jonathan Gibson

For parents/teens and older:
Safe in the Arms of God by John Piper

How has growing up with a parent so involved in the infant loss community impacted you?
The two biggest things are that grief is a natural and necessary part of loss and that death is a natural part of life. We all hear about people dying every day, but until it’s someone you know, a family member, especially a child, it just doesn’t quite hit the same. I know how to deal with loss and pain because I’ve seen my parents go through it, and also seen them help so many people do the same. On the flip side, it also somewhat puts a focus on what could happen. Because of the stories I’ve heard and have seen so many people go through loss, when my wife and I were having complications with my son’s birth, I couldn’t help but have all the terrible thoughts of what may happen going through my head. And I know my mom was even worse since she’s dealt with it literally every day for almost 25 years.

How do you remember your siblings in heaven?
Growing up, I went to M.E.N.D. events like the Walk and the Christmas Ceremony to remember my siblings, and I try to go as often as I can, although I now live out of state. My wife and I recently had a baby boy, and we thought it would be a great tribute to name him after Jonathan. I’m so glad that we are able to honor my parents and my brother by naming our son Elias Jonathan.
En lugar de nuestra característica tradicional de M.E.N.D., Presidenta y Fundadora, Rebekah Mitchell, Mama a Jonathan y Bebe Mitchell, este boletín especial presenta una entrevista con el hermano mayor de Jonathan y Bebe Mitchell, Byron Jr.

¿Qué recuerdas del nacimiento de Pequeño Jonathan?
Solo tenía 3 años cuando Jonathan nació sin vida, así que no estoy seguro de si lo que recuerdo son recuerdos o imágenes e historias de lo que me han contado. El recuerdo más claro que tengo es una noche que estaba en la cama hablando con mi madre al respecto, y creo que fue la primera vez que me di cuenta de lo que significaba y simplemente lloré y lloré. No estoy seguro de cuánto tiempo pasó esa noche (estoy seguro de que mi madre sí), pero sí recuerdo que ella dijo que estaba en el cielo y que lo veríamos de nuevo algún día. [Rebekah compartió que tenía 8 años en este momento.] No tengo ningún recuerdo de haber ido al hospital o de estar en la habitación con mi familia y Jonathan, pero estoy muy agradecido por las fotos que pude ver y también las cuentas de otros miembros de la familia de esos días.

¿Y qué recuerdas de bebé Mitchell?
Era un poco mayor cuando mi madre quedó embarazada del bebé Mitchell [Rebekah dijo que Byron tenía 10 años en este momento], así que recuerdo que estaba embarazada y estaba emocionada por eso. Recuerdo el día que recibió la llamada que había sufrido un aborto espontáneo. Mi mamá y yo íbamos camino a casa desde la escuela primaria, y ella estaba hablando por teléfono y luego comenzó a llorar. Ella me contó lo que sucedió, y definitivamente tenía la edad suficiente para darme cuenta y también comenzó a llorar. Después de recibir las noticias, lo más importante es que pasamos toda la noche solo nosotros tres juntos.

¿Cómo te explicaron tus padres las cosas?
Con Jonathan, no lo realicé por un tiempo hasta que solo una noche mi madre estuvo hablando de eso. No recuerdo muchos detalles, pero sé que me contaron cómo había nacido con el cordón umbilical envuelto alrededor de su cuello y que murió cuando salió de la “barriga de mamá”. Dijeron que ahora estaba en el cielo y con Jesús y que lo volveríamos a ver algún día.

¿Cómo te impactó tener hermanos en el cielo al crecer?
Creo que es diferente con los padres y los niños vivos. Sé que mi madre dice que tiene 3 hijos: uno vivo y dos en el cielo. Y ahora, como padre, lo entiendo totalmente. Pero al crecer, sabía que tenía hermanos en el cielo, pero diré que recordaba principalmente a Jonathan solo porque era más real para mi cuando era niño porque pudimos verlo después de que él nació.

¿Hay algo con lo que luchaste en tu infancia qué hubieras hecho de manera diferente?
No creo que haya algo que cambiaría aparte de tener la oportunidad de cargar a Jonathan, pero solo tenía 3 años, y definitivamente no esperaría que un niño de 3 años o un niño pequeño entendiera por completo el momento y entiendiera lo precioso y fugaz que fue esa temporada. Me alegro de que mis padres no me presionaron para tratar de entender, porque pude entenderlo y aceptarlo en mi propio tiempo. Creo que, dado que se habló tan abiertamente (especialmente cuando mi madre comenzó M.E.N.D.), me ayudó a comprender lentamente.

¿Qué consejo le darías a los padres que intentan explicarles las cosas a sus hijos?
Creo que lo mejor es ser abierto y hablar con ellos y responder cualquier pregunta que puedan tener. Obviamente, depende de la edad que tengan y de qué tan bien entiendan o procesen su dolor, pero lo peor que puede hacer para usted o sus hijos es reprimir los sentimientos y emociones que usted o ellos están sintiendo. La curación puede venir hablando del dolor y ayudando a otros a hacer lo mismo.

¿Cómo te ha impactado crecer con un padre tan involucrado en la comunidad de pérdida infantil?
Las dos cosas más importantes son que la pesadumbre es una parte natural y necesaria de la pérdida y que la muerte es una parte natural de la vida. Todos escuchamos acerca de personas que mueren todos los días, pero hasta que sea alguien que conozca, un miembro de la familia, o especialmente un niño, simplemente no es lo mismo. Pero sé cómo lidiar con la pérdida y el dolor porque he visto a mis padres pasar por eso, pero también los veo ayudar a muchas personas a hacer lo mismo.

Por otro lado, también se centra un poco en lo que podría suceder. Debido a las historias que escuché y he visto a tantas personas pasar por una pérdida, cuando mi esposa y yo tuvimos complicaciones con el nacimiento de mi hijo, no pude evitar tener todos los terribles pensamientos de lo que podría pasar por mi cabeza. Y sé que mi madre fue aún peor porque lo ha tratado literalmente todos los días durante los últimos 25 años.

¿Cómo recuerdas a tus hermanos en el cielo?
Al crecer, asistí a eventos de M.E.N.D. como la Caminata y la ceremonia de Navidad para recordar
As I look outside right now, we are slowly transitioning from fall into winter, which here in Missouri could mean coat in the morning and shorts in the afternoon.

When I wrote my last article, I felt like I was slowly transitioning. Things were going somewhat okay as we prepared for Serenity’s 10th heavenly birthday. I was still pretty emotional leading up to it, but I felt more comfortable in my grief, fewer sucker punches, more brighter days.

We have been very open with our kids about our loss. They know about Serenity. She was born before my other children were born. After they were born, we shared about her life with them. There were times I was sad, and I couldn’t hide my sadness. They needed to know why, and that it’s okay to be sad. Sometimes they would tell me they missed her, too. Sometimes they would simply tell me “Okay,” and head off to play. But those sad days came a little less often.

Until a few weeks ago.

When we were told my dad has cancer.

No signs. No symptoms. He went in for another issue, and the scan revealed the tumor. Now we have gone through numerous battles of what causes the greatest fears: The Unknown.

I learned this on a Saturday night. The next day, I found myself on stage part of the praise team, struggling to sing how God is “Awesome.” Ten years ago at this time, I was losing my song. I couldn’t sing praises to the One I felt forsaken by. I had just gotten through that phase in my life, only to find it repeating at the same time, 10 years later.

The next morning, I sat down at the table to start the homeschool lessons with my three living children. We start with a Bible study. I don’t plan what we study; it’s all laid out in my lessons for me.

“A Time for Everything.” That was the lesson that day. Wisdom from Solomon in Ecclesiastes 3. A time to be born, and a time to die. A time to weep, and a time to laugh. A time to mourn, and a time to dance.

For me, a time to keep silent, and a time to sing.

As we are facing this difficult time in our family, there are two truths that are keeping me grounded:

There will always be unknown

In each of my subsequent pregnancies, my biggest fear was the unknown. I had no idea what was happening with my baby inside my body. What type of season was I facing: mourning or dancing? What was supposed to be the safest place for a baby, was betrayed in my first pregnancy, and I was scared with each pregnancy after. Even once a baby was in my arms, all the other things like SIDS and diseases kept me fretting at night. Now we are facing the same with each stage with my dad: the fear of the unknown. How bad is it? What will it do to him? What type of future are we facing?

We recently finished our study of Job, and in it, God pointed out how little Job understood, because He is the One who put everything into motion, created the behemoth, fed the leviathan and yet still watches over and feeds the sparrow. We don’t know what all God has planned for us. He just asks us to trust Him. Even when we fear the unknown, when we face unknown futures.

For me, the unknown has always been tough. Because I want to fix it, and I can’t fix what I don’t know. And it’s even harder to let it go, and trust God to take care of those you love most. But at times, that is all we can do.

A Time For It All

As I went through that lesson on “A Time for Everything,” I was able to share my sorrow with the children, to tell them what was happening with their Papa, and at times they would see us sad. I reminded them Serenity’s birthday was coming up, too, and sometimes they would see us sad as we miss and remember her.

And being sad, that’s okay. It’s okay to cry for someone who is sick or for someone who is missing. And sometimes it’s okay to laugh through our sadness. And it’s okay to ask questions, and to not understand things. Sometimes it’s okay to just sit and cry.

My kids listened, asked questions, and were just there for me. Being honest with them in telling my story, allows me to be honest with my emotions when they do hit, whether it’s sadness, fear or happiness.

Life is full of seasons, and they are not always so easily seen as fall, winter, spring and summer. Seasons of life are like the days in Missouri; it might feel wonderful one moment, bitter wind the next, pelting rain soon to follow, and warm sunshine following.

But each day, in the sorrow of our setting sun, remember it will rise again.

In this season of my life, I don’t know what the future holds, but for now, I just have to trust the One who knows the future, that He knows what is best for me.
Rainbow/Subsequent Babies

Excerpts from

As a Rainbow Baby, I Never Really Asked My Mom About Her Miscarriage. Until Now.
Written by Alexander Kacala
Published on Today.com on August 22, 2019

I can’t really pinpoint when I found out that my mother had a miscarriage. I’ve just always known.

Growing up, my parents never kept much from me and my sister, who is six years my senior. For the most part, they were open books.

... she met my father at a party, and they got married and had two children.

But they lost one.

While I always knew that, I had never actually asked my mother how she felt about it.

Recently, my mother came to New York to take care of me after I underwent a surgery.

After my surgery, we sat in my apartment’s garden, recuperating and reminiscing. That’s when I decided to ask my mother about the child she lost before she had me. I wasn’t prepared for how emotional things were about to get.

“I always wanted two children,” she told me. “Your sister was close to 4 years old. We hadn’t been trying for too long, and we got pregnant.”

She found out she was pregnant at eight weeks, and had a miscarriage a few weeks later. “Your sister wanted a fish at the store,” she said. “We were walking in the door, and your sister was holding the goldfish in the plastic bag they used to use. And then I felt something fall in my underwear.”

She ran upstairs and sat on the toilet. “The only thing that comes to me and makes me cry is that my baby got flushed in the toilet,” she said.

At this point, my mom is sobbing a deep, guttural kind of cry. Something I haven’t really seen from her, ever. Sure, I’ve seen her cry, plenty of times and for plenty of reasons. But this is different. It seems heavier. Maybe it’s because this was something she had never really told anybody. Or maybe this was a different kind of pain, one I’d never seen her experience before.

“That’s the only thing that bothers me. That I couldn’t get him out. You know, hun? The whole idea that he went with the sewage, it really hurt me.”

Now I’m crying too. I go to my mother’s side to console her. There’s still a piece of her hurting.

Even though my mother’s miscarriage came up many times during my childhood, I don’t think my mom ever let herself feel this kind of pain in front of us, for the sake of her children. Until now.

I guess that’s what parents do. They hide their pain from the children, no matter how deep or hard it may be.

Sure, my mother seemed “fine” about her miscarriage. But especially as grown-up kids, it may be a responsibility of ours to check in with our parents about the things they have survived. Because when we were kids, they did what they had to do to make sure we didn’t realize the magnitude of their trauma.

But still, parents hurt.

Continued on page 14
Book Review

A Loss Misunderstood
Written by Jaclyn Pieris

This book shares a raw and real look at life after miscarriage. The author dives into her grief and doesn’t shy away from the darkness it brought to her life. The advice is comforting and real without giving platitudes of “one day this won’t hurt.” She describes the anger and subsequent grief when pregnancy was all around her. She continued to struggle with conception and suffered multiple miscarriages. She found the help from the medical community to be lacking. She connects with her audience deeply by sharing her frustrations, and gives absolute permission to truly grieve the loss and acknowledges you are allowed to be very upset.

Reviewed by
Katie McClelland,
Mommy to Dylan
M.E.N.D. - San Antonio Chapter Director

A Loss Misunderstood
Healing Your Grieving Heart After Miscarriage
JACLYN PIERIS
The 23rd Annual Christmas Candlelight Service, hosted by our headquarter chapter in the Dallas / Fort Worth metroplex, was a memorable night of remembering and acknowledging our sweet little babies. Rebekah Mitchell, the founder of M.E.N.D., gave a message on Joy in Suffering. The music was especially beautiful with a violin solo by M.E.N.D. dad, Jonathan Nymeyer, and special music by the Spangler Family. Families gathered after the service for coffee and dessert, visiting with one another outside a support group setting, getting to know each other on a more personal level. This ceremony is always hosted the first Thursday in December. If you missed it this year, we hope you’ll plan to join us in 2020.

And while my mother uncovered this traumatic memory, she also shared the silver lining that got her through the pain: me.

“I’m sad about the other baby, but I literally wouldn’t have had you if that didn’t happen to me,” she told me. “I have you. It might sound cruel against the other baby that I lost, but I have to look at this like I wouldn’t have had you if that didn’t happen to me. It may sound weird to think that way, but that’s what I came up with.”

She said that this idea has surfaced for her often in the last few years.

“Lately, I have been thinking to myself even more, ‘Alex wouldn’t be in my life if I didn’t go through that,’” she said. “I try to find the silver lining in everything, and for this, that is you.”

As a reporter, I ask most of my interview subjects what they learned about themselves through an experience. I realized that learning the full story of my mother’s miscarriage inspires me to be a better version of myself. Not only to make both my parents proud, but to also uphold the legacy of that baby my parents lost.

Sure, they say a rainbow baby is the rainbow after a storm, but maybe that rainbow is meant to shine through a person for their entire life, continuing to cast a light on the darkness in this world.

“You wouldn’t have been brought into my life if I didn’t go through that, and I am so happy that you were,” my mother said, her tears drying.

“I love my rainbow baby.”

First published on August 22, 2019, on today.com. To read the article in its entirety, please visit https://www.today.com/parents/i-am-rainbow-baby-here-s-what-i-learned-about-t161195

“Rainbow Baby...” continued from page 12.
Greater Houston Area
Christmas Candlelight Ceremony

Greater Houston hosted our 14th Annual Christmas Candlelight Ceremony. It was our honor to remember the lives of more than 75 babies at this beautiful event with 175 family and friends. Each mom, dad or family member spoke the name of their baby/babies and lit candles in their memory. Thank you to the harpist, Stephanie, and singer, Samantha, who shared beautiful music and their amazing talents. Thank you to Nikisha Perry, our Kingwood Director, for sharing her heart, her struggle, her faith and story of her precious son, Raekwon, who would be 19 this year.

We hope that this event is healing each year to everyone who attends. It is a special ceremony as it gives each family an opportunity to include their babies in their holiday celebrations. We are praying that the Lord gives each family peace that passes all understanding.

Thank you to all who supported this event.

**Noel Level Sponsor**
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M.E.N.D. CHAPTER UPDATES

Greater Houston Area

M.E.N.D.—Greater Houston Area is looking forward to being able to serve families this year. 2020 is the 15th year of M.E.N.D. in the Houston area. We hope next year we are able to support families in their time of deepest grief after their loss. In the spring we will hold our Bears for Babies fundraiser to provide bears for hospitals to give to parents when they lose a baby. We are also speaking at various hospitals in the Houston area throughout 2020 to train hospital staff on how to care for moms when they experience a pregnancy or infant loss. If you would like more information on our support groups each month or any other information on the services M.E.N.D.—Greater Houston Area provides, contact me at stormym@mend.org.

Stormy

Columbus, Ohio

M.E.N.D.—Columbus, Ohio continues to connect with families. Our monthly support groups are open, and we invite you to attend. I would like to thank the Delaware and Westerville MOPS groups for embracing M.E.N.D.—Columbus through donating and volunteering their time.

To learn more about M.E.N.D.—Columbus, donate, or volunteer, please feel free to contact me at latrina@mend.org. We are praying for you!

LaTrina

MidMichigan

Happy New Year to all of our families in M.E.N.D.—MidMichigan! As we begin 2020, we want to take a moment to thank everyone for the love and support over the last year. Our chapter support groups have doubled in size. While we are sad more families have joined our chapter, we are thankful the word is spreading of M.E.N.D. providing comfort and hope to the MidMichigan families. We hope to reach even more families in 2020!

Karen

Bryan/College Station, Texas

M.E.N.D.—Bryan/College Station enjoyed a nice evening of making personalized ornaments to remember our babies. We are looking forward to what God has in store for our chapter in 2020. M.E.N.D. is such a blessing. We are thankful we all have a safe place to talk about our babies in heaven.

Jennie

Southwest Missouri

After serving on the leadership team of M.E.N.D.—SW Missouri for 5.5 years as an assistant and 4.5 years as director, I am stepping down as the Chapter Director. I am grateful for the opportunity to serve the families in the Southwest area of Missouri.

I am blessed to have honored CJ and Marina by walking alongside so many families in their grief journey. We are thankful for Rachel Dell, a past assistant, who will be stepping into the role as the next Chapter Director.

Kathryn

San Antonio, Texas

M.E.N.D.—San Antonio is thankful for the opportunity to accompany families in their grief. We hosted a Christmas ornament-making craft night and held our last support group of the year a few days before Christmas. Next year we are planning to start a second support group for pregnancy and parenting after loss. We are beyond blessed this year and hope to continue to grow and serve in 2020!

Katie

Denver, Colorado

M.E.N.D.—Denver had a successful online/auction fundraiser over Cyber Monday and Giving Tuesday! Thank you to all who donated items and/or bid on items and those who made donations. We are also still making plans for a new support group location, so please check our Facebook group for updates.

Kimberly
Lynchburg, Virginia

M.E.N.D. – Lynchburg continues to raise funds in preparation for launching our chapter. We are also in need of assistants. If you are interested in supporting our chapter financially or as a volunteer, please contact me at melissa@mend.org.

Melissa

Tulsa, Oklahoma

The Tulsa Chapter held a beautiful Christmas Candlelight Ceremony at the beginning of December. Thank you to all the volunteers who helped us, as well as all the families who allowed us the privilege of honoring their babies this year.

We are looking for ways to connect with the community to let them know what services we provide to grieving families. Recently, we had the opportunity to speak to the local news station about M.E.N.D. – Tulsa, which has helped spread awareness about what we have to offer. We look forward to new partnerships, allowing us to reach more families, as well as provide training and resources throughout our area.

Cat

Online Support

I’m LaRhesa, and I am excited to be the new Director of the Online Support Group. I have been a part of M.E.N.D. since 2010, and an Assistant Director since 2011. I facilitated several of our online support groups, and I look forward to continuing as Director.

My story begins with joy of awaiting twin girls, to grief and uncertainty as my water broke while lying on the couch. Two days later, on October 23, 2009, Kaiya Dawn was born at 23 weeks gestation. She lived for 49 minutes. Six days later her twin, Kaidyn Jamiel was born at 24 weeks gestation and spent 113 days in the NICU. For the first four months after Kaiya was born, my focus was on Kaidyn and my desire to take a baby home. It was not until after Kaidyn was discharged that I truly began to grieve the loss of Kaiya. That is when I found M.E.N.D.

Since my first support group in 2010, M.E.N.D. has been my place to be Kaiya's Mommy and help other grieving women. I have enjoyed helping the families of the Brazos Valley, and continuing with the online community, and letting God use my sweet Kaiya Dawn as a testimony of his grace.

LaRhesa

NW Washington

Thank you to all who helped make our Christmas Candlelight Ceremony a beautiful evening. We had 74 in attendance and 42 babies were remembered. In February our leadership team will travel to Dallas for our annual Leadership Conference. We look forward to a great weekend of learning and fellowship with all the other leaders of M.E.N.D. from around the country.

Stacy

Palm Beach, Florida

M.E.N.D. – Palm Beach, Florida continues to connect to with hurting families in our area.

Jessica

Chicagoland

M.E.N.D. – Chicagoland decorated a tree at Brookfield Zoo’s Community Tree Trim for the Holiday Magic Zoo Lights event. This is a tradition that is now five years in the making, and each year the tree somehow becomes even lovelier. Many families in the chapter gathered to decorate the tree to remember so many precious babies who left this earth too soon. We are connected by such a deep love for all our babies in heaven. Many thanks to everyone who helped make the day happen and all the hands who joined together and decorated. Some personal conversations about miscarriage, stillbirth and early infant loss were shared with people walking by the tree. Everyone seems to know someone who has experienced neonatal or early infant death. The M.E.N.D. – Chicagoland zoo tree has become a treasured place to visit for some of the chapter’s families during the holidays. We are incredibly grateful for the love and support within M.E.N.D.

Sara
About M.E.N.D.

M.E.N.D. is a Christian nonprofit corporation whose purpose is to reach out to those who have lost a child to miscarriage, stillbirth or infant death and offer a way to share experiences and information through monthly support groups, this magazine, and our website at www.mend.org. For inquiries, subscription requests, deletions, and submissions to the magazine, contact us at:

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www.mend.org

Donations make the printing and distribution of this magazine possible. Your tax-deductible contributions are greatly appreciated and should be sent to the address listed above. If your gift is made in memory of a baby, please include that baby’s name (if named), date of birth and/or date of death, the parents’ names, and the name of the benefactor. You may also include the cause of death (if known).

M.E.N.D. is a member of
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M.E.N.D. Support Groups in the Dallas/Fort Worth Metroplex

Mommies AND Daddies are both welcome at all M.E.N.D. support groups. Unless otherwise noted, all support groups are held at: 800 W. Airport Freeway Irving, TX 75062 (building with black windows, located off 183, between MacArthur and O’Connor). Support groups are held in the building’s board room on the first floor. For more information, call (972) 506-9000.

Daddies chapter support groups are held the 2nd Thursday of every month from 7:30 - 9:00 PM
Moms and dads meet together for introductions before dividing into two groups for discussion.

Parenting Groups:

Subsequent pregnancy group
meets the 4th Tuesday
from 7:30 - 9:00 PM
Led by Marisa Perry: marisa@mend.org
For families who are considering becoming pregnant or are currently pregnant after a loss.

Parenting After Loss group
(meets the 1st Thursday at 7:30 PM
at Panera Bread
1900 Preston Rd.
Plano, Texas 75093
Contact:
Laura Bateman at laura@mend.org or
Tina Rusert at Tina@mend.org.

Parenting After Loss Playgroup
(children welcome)
Currently it meets in Irving at the play area inside Irving Bible Church, but will eventually meet in various locations. For more details, contact: Corley Rinaldi at Corley@mend.org.
**M.E.N.D.**

**Chapter Information**

**M.E.N.D. – NW Washington**
Meets the 2nd Monday at 6:30 PM
The Oak Table Cafe’
3290 NW Mt. Vintage Way
Silverdale, Washington 98383
Director: Stacy McGhee
stacym@mend.org, (360) 662-6161

**M.E.N.D. – SW Missouri**
Meets the 1st Thursday at 7:00 PM
Project H.O.P.E.
1419 S. Enterprise Ave
Springfield, Missouri 65804
Director: Rachel Dell
rachel@mend.org, (417) 770-0600

**M.E.N.D. – Bryan/College Station**
Meets the 2nd Tuesday at 7:30 PM
Hawthorne Suites
1010 University Drive East
College Station, Texas 77840
Director: Jennie Drude
jennie@mend.org, (402) 704-6363

**M.E.N.D. – Tulsa, Oklahoma**
Meets the 3rd Tuesday at 7:00 PM
Canyon Crossing
1651 E Old North Rd.
Sand Springs, Oklahoma 74063
Director: Cat Markham
cat@mend.org, (918) 694-4325 (HEAL)

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

**M.E.N.D. – Chicagoland, Illinois**
Meets the 1st Tuesday at 7:00 PM
St Peter Lutheran Church
202 E Schaumburg Road
Schaumburg, Illinois 60194
Director: Sara Hintz
saraann@mend.org, (630) 267-9134

**M.E.N.D. – Palm Beach, Florida**
Meets the 2nd Thursday at 7:00 PM
Embark Lake Worth
3927 Hadjes Dr
Lake Worth, FL 33467
(close to Turnpike and Lake Worth Rd)
Director: Jessica Gaddie
Jessica@mend.org, (561) 843-3509

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

**M.E.N.D. – Denver**
Meets the 2nd Tuesday at 7:00 PM
Journey Church
9009 Clydesdale Rd.
Castle Rock, Colorado 80108
Director: Kimberly Adams
kimberly@mend.org, (720) 593-0166

**M.E.N.D. – San Antonio, Texas**
Meets the 4th Thursday, at 7:00 PM
8620 N New Braunfels Ave
San Antonio, Texas 78217
Director: Katie McClelland
katie@mend.org

**M.E.N.D. – Lynchburg, Virginia**
Coming Soon!
Director: Melissa Scifres
melissa@mend.org

**M.E.N.D. – Online Support Group**
Held the 3rd Thursday at 9:00 PM (CST)
to join, contact
Director: LaRhesa Johnson
LaRhesa@mend.org

**M.E.N.D. – Greater Houston Area**
Greater Houston Area Main Chapter:
Meets the 3rd Thursday at 7:30 PM
Lone Star College
3200 College Park Dr, Room A228,
The Woodlands, Texas 77384
Greater Houston Area Director:
Stormy Mitchell
stormym@mend.org, (405) 529-6363

Satellites in Greater Houston Chapter:

- **Katy, Texas:**
  Meets the 2nd Thursday at 7:00 PM
  Katy Community Fellowship
  24102 Kingsland Blvd
  Katy, Texas 77494
  Katy Director:
  Kessi Wilhite, kessi@mend.org

  **Kingwood Area, Texas:**
  Meets the 2nd Thursday at 6:30 PM
  6450 Kings Parkway
  Kingwood, Texas 77346
  At Rosemont Assisted Living,
  2nd Floor Community Room
  Kingwood Director:
  Nikisha Perry, nikisha@mend.org

  **Subsequent pregnancy group**
  Meets every other month
  on the 3rd Thursday at 7:30 PM,
  led by Stormy Mitchell
  (stormym@mend.org)

  **Daddies group**
  Meets quarterly
  on the 3rd Thursday at 7:30 PM,
  led by Greg Miller
  (stefaniem@mend.org)

**The Garden of Hope**

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

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

You can remember your loved one by purchasing a brick in the Garden of Hope. Brick purchases can be made at https://www.mend.org/garden-of-hope. Bricks purchased by August 15, 2020, will be installed prior to the Walk to Remember in October 2020.
Did you know?

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

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

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

We appreciate your support!