



of Cache Valley,
Preston & Box Elder

Newsletter

You are invited to

A Mother's Tea Party

Thursday, May 8, 2014 at 7:00 p.m.

At My Girlfriend's Quilt Shoppe, Attic Room; 1115 North 200 East Logan
Come Join us for an evening of "little girl" fun, with an old fashion Tea Party!

You are welcome to dress up, wear fancy hats, shoes and clothes!!!! (or not)

We will have a wonderful guest speaker, fancy treats and of course, lots of girl power!

As Mother's Day comes around many of us are filled with emotions of loss, fear, guilt and anger. Come be with those who feel just like that, and understand all of those complex feelings. This is a time to celebrate this difficult holiday, with those who get it!



Upcoming Events:

May 8	Mother's Tea
June 12	Family Picnic
July	no meeting held
August 14	support meeting



What am I?

I have only one son,
And I am grateful to be so lucky.
But to others, that one is none.
What am I?
He has a day of birth.
But he did not move, he did not cry.
He never had a life on this earth.
What am I? Now I have nothing.
No dirty diapers, no midnight feedings.
But I have the pain the death of a child can bring.
What am I? My son did live!
For those nine long months inside of me.
We learned because he had so much to give .
I am a mother!

Written by Paige Hassman

Reprinted from The Compassionate Friends
Evansville, IN Chapter Newsletter, May 2003

Amidst the laughter and celebration
I will turn my head away
and cry tears of sadness
For I remember the missing piece
That cannot be replaced
With gifts and festivities
I remember You with love
even when the others don't.

Dear Cheyenne © 1996 revised 1998 by Joanne
Cacciatore

Plan on attending the Family Picnic



Thursday Night, June 12 at 6 p.m.

This is a great event to get the whole family together with other families who have also lost little ones . This is a social event, just enjoy the company of all our group members. A potluck dinner will be served.

If you would like to receive the newsletter by email, either in addition to mail or just email, let us know.
cvshareparents@gmail.com

**A Mother Holds Her Child's
Hands for a While...Their
Hearts Forever!**

...because someone from our
home is in Heaven, we have a
piece of Heaven in our home!

What a Grieving Mother Wants for Mother's Day...

"While Mother's Day is generally considered to be a day of celebration, for many women it is a day of pain and loss," says Renne Wood, former social worker and founder of the Comfort Company. "It is important to remember those moms who have had a failed pregnancy or who have lost a child at any age."

The Comfort Company offers this simple list of ten simple things to help celebrate Mother's Day.

1. **Recognize that you are a Mother.** Allow others to comfort you with a hug. Accept cards and gifts in the manner they are given. Those around you are just trying to honor you.
2. **Make others aware.** Express the message on a Facebook page, or on the front door, "Please know that this will be a difficult day for me."
3. **Use your child's name in conversation.** Tell your family and friends that you love to use their name and would love to hear them do the same. Explain that, this is that way you celebrate their life, and acknowledge their existence.
4. **Visit the grave site.** Invite others who you may celebrate the day with to visit the site and leave a flower or small pebble.
5. **Light a candle.** Let all around know we light this candle in memory of the child we lost.
6. **Set out a picture of you baby.**
7. **Buy yourself a gift for yourself, image it is from your little one.**
8. **Don't allow others to minimize your loss.** Avoid family gathering if you will not be treated right. If you go stand up for yourself, talk about and honor your child.
9. **Plan ahead.** By planning ahead to what the day might be, you are allowing emotions to be what they will be. You are protect yourself and make the day be what you would like and not what others think it should be.
10. **Self-Care is important.** If you want to skip Mother's Day celebration and go to the spa, so be it, go!

www.thecomfortcompany.net

If you have a poem or story
you would like to share
about your precious angel,
please email it to
kristi@pizzaplusutah.com

For more information, contact:
Logan: Patty Loosle: (435) 753-0687
Box Elder: Kim Johnson: (435) 723-6908
Preston: Shanci Cram: (208) 201-2492
Email: cvshareparents@gmail.com
Website: www.shareparents.com
*Please contact us if you wish to have your name
removed from our mailing list*

A Special Thanks to:
Downs Printing
Hyrum, Utah



Find us on Facebook

Share Parents of Cache/ Box Elder

Share Parents of Cache Valley is a nonprofit organization. No dues or charges are required to attend SPCV meetings, use SPCV literary resources, or to receive SPCV newsletters. Donations provide funds for running our local Share Parents organization.

We appreciate your financial support.