



The Sadie Rose Foundation is a 501(c)3 non-profit organization that offers child, infant, and pregnancy loss support to those in the Shenandoah Valley and beyond. For more information about the support we offer, please visit www.sadierosefoundation.org.

THE SADIE ROSE FOUNDATION

WEBSITE WRAP-UP

Our new website goes live in March

By Regina Cyzick Harlow

We are excited to announce that in March we will be going live with our new website. Features of the new site will include a rolling calendar of events on the homepage, improved functionality with social media such as Twitter and Facebook, streamlined navigation that directs users to important features and some tweaks to graphics and formatting.

We are always striving to make our support and our resources as accessible and user-friendly as possible and believe that the new site is one of the ways we are making that happen.

Please check in with us often at www.sadierosefoundation.org.

Inside this Issue:

New Website	1
Stuck in Grief	1
Events Calendar	2
Quote Corner	3

A grandmother shares about being stuck in her grief

Note from Regina: At a recent support meeting, I had asked those present if they ever felt stuck in their grief. A meaningful conversation followed with many either saying they were currently, or had been at some time, stuck in their grief. This reflection from Anita was in response to that conversation. We welcome you to share your story of being stuck or how you became "unstuck."

By Anita Thompson

Shawn passed away on August 29th 2010. He was a little over two years old. Most days I wake up and get on with the business of living. I do all the things I am supposed to do around the house; I cook, clean, take care of my daughter and my niece and in general on the outside appear to lead a normal life, but on the inside, on or during some of those normal days I can't think beyond opening my eyes. My thoughts are consumed with what would I be doing right now

if Shawn were still with me, what books would we read, what game would we play, what story would he tell me, what would he think of his sister. The "what would" list goes on and on. Other days I just lie in my bed and wonder how I will face the day.

Then there are the days when I open my eyes for a second I think I hear him. I hear his laughter, I hear him say

Continued on Page 3

CANDLELIGHT VIDEO SUBMISSIONS

Every year, we invite bereaved families to submit photos and information of their child to be included in our candlelight ceremony remembrance video. We welcome you to submit photos now so we can get them ready for the Dec. 9 service. Please submit a JPEG photo (or a picture to represent your child) along with your child's name, date of birth and date of death to info-assistance@sadierosefoundation.org. If you would like a copy of our 2011 remembrance video, please submit a request to the same email address or call our office line at 540-810-0307.

PREPARING FOR MOTHER'S DAY

I often get inquiries from husbands on how to deal with Mother's Day after a mother has experienced child or pregnancy loss. In the next newsletter I will address some ideas.

How about you? I would also love to include responses from mothers out there. What has been helpful? What was not? Email your responses to regina@sadierosefoundation.org or mail them to The Sadie Rose Foundation, P.O. Box 382 Dayton, VA 22821 by March 24 to be included in the next newsletter.

CALENDAR OF EVENTS

Mar. 8: Informal Coffee, At the Sadie Rose office, 10 a.m. until.

Mar. 23: Monthly Support Meeting, Dayton Church of the Brethren, 7 p.m. Our support meetings are low-key and casual. Families are welcome. Childcare provided. Bring a light refreshment if you wish. (Park in the back and enter the double glass doors. Meeting room is first door on the left.) Note: This meeting is the fourth Friday of the month, NOT the last Friday.

Weekly Online Support Chat, Sundays, 9 – 11 p.m. To participate, visit our website and click on the weekly support chat button to sign in. This is a great way to fill in the gaps between our monthly meetings or a great way to “meet” people from our group before attending a monthly support meeting.

Apr. 14: Bake Sale Fundraiser, 10 a.m. – 3 p.m. at our office in Dayton. To participate in Dayton's Annual Redbud Festival, The Sadie Rose Foundation is hosting a bake sale at our office that day. If you would like to submit items for the sale and/or can volunteer the day of (setting up, selling, tearing down,) please contact us.

Ongoing: Lee Harlow's Walk365. Lee is counting down the days as he has committed to walk 365 consecutive days to raise funds and awareness for The Sadie Rose Foundation. As of March 1, he has 296 days to go. Sponsorship is available for \$1 a day, \$7 a week, \$30 a month, \$90 per quarter, \$180 per half-year or \$365 for the full year. If donating a different amount, specify the length of time you wish to sponsor him. He can have multiple sponsors per day/week. We will list all the current sponsors on his special facebook page “Lee Harlow's Walk365 Fundraiser for SRF.”

Mark your calendars now for June 22 for our Annual Memorial Picnic and Balloon Release. We are also planning a 5K fundraiser for June 16. More details on both events to come.

For more information about any of our events, please email or call us. 540-810-0307 or info-assistance@sadierosefoundation.org.

WE WANT TO HEAR FROM YOU...

We know that when a child dies, not only do the parents grieve, but also grandparents, siblings and other family and friends. If you would like to share your story or experience with us, please do.

We welcome your submissions of articles, poems, quotes and events that pertain to grief and child-loss support. We will publish as space allows.

Please ensure that we have permission to publish your submissions. We reserve the right to edit all content for clarity and space purposes.

Email all submissions to Regina@SadieRoseFoundation.org or mail to The Sadie Rose Foundation P.O. Box 382 Dayton, VA 22821.

Continued from Page 1

"Mawmaw get up" and I am paralyzed with grief. I can't leave my room for fear that my grief will overwhelm the rest of the people in my life. I can't think of anything beyond how lost I feel without him in those moments. I feel stuck in that moment in time when we lost him.

I still wake up almost every day at 7:26 a.m. and I can still feel his last breathe against my chest as if I am still holding him in my arms. It only takes a second and I close my eyes and feel that same mind-numbing, breathe-stealing pain and just like that morning, I don't cry right away. I am too numb to do anything.

Holding my grandson in my arms while he took his last breathe, watching over him while my daughter, his mom, and my son in law, his dad,

slept for an hour or so was the most precious and most painful gift I have ever been given. The trust of my child and her husband to watch him and hold him while they rested is a gift than can never be replaced. The pain of feeling him leave us and of waking them to tell them will never go away.

There are days that I wake up and relive that moment and on those days I wonder if I will ever get unstuck from that pain. Will I ever be able to remember the wonder of the trust between my children and me? Will I ever be able to rejoice in that trust and enjoy the memory of holding him so safe and secure, kissing his cheek and his forehead and telling him "I love you" just moments before he was gone. Or will I forever be stuck in that moment, only able to feel the pain.

QUOTE CORNER

"Grief can awaken us to new values and new and deeper appreciations. Grief can cause us to reprioritize things in our lives, to recognize what's really important and put it first. Grief can heighten our gratitude as we cease taking the gifts life bestows on us for granted. Grief can give us the wisdom of being with death. Grief can make death the companion on our left who guides us and gives us advice. None of this growth makes the loss good and worthwhile, but it is the good that comes out of the bad." - Roger Bertschausen

VOLUNTEER OPPORTUNITIES

Want to help? There are many ways to volunteer with The Sadie Rose Foundation. You or a group you are involved with (Sunday school class, social club, family, youth group, service organization) can make and/or donate items for bereavement packages. (Contact us for a list of appropriate items. Any handmade items such as knitted/crocheted prayer cloths, stuffed animals, small stained-glass pieces, etc. are usually fine.) Other opportunities include organizing and/or helping with fundraising events and office duties, including preparing newsletters. To learn about upcoming volunteer opportunities, please email info-assistance@sadierosefoundation.org and type "volunteer" in the subject line and include your preferred means of contact in the message or call our office at 540-810-0307 to be added to the volunteer contact list. We are funded solely by the generosity of those who believe in the support we offer. All donations, monetary/volunteering, are greatly appreciated and help shine a light of hope into someone's darkest night. Thank you for your continued support.

Because the path of grief after losing a child should never be walked alone

For more information, "like" us on Facebook and visit our website at

www.sadierosefoundation.org.

Office ~ P.O. Box 382 Dayton, VA 22821 ~ 540-810-0307

The Sadie Rose Foundation
P.O. Box 382
Dayton, VA 22821