



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

FROM REGINA'S DESK

What has been going on and what's coming up...

By Regina Cyzick Harlow

It's been a busy few months at the Sadie Rose office. Since January, we have made 18 new contacts with families that have experienced child, infant or pregnancy loss. While seven of those were outside our immediate area, 11 were right here in the Valley.

We have been involved in a variety of ways with these families, from simply sending our information and letting them know about our support to communicating with the families in person and through texting, email and Facebook.

We also assisted with a burial for a family that experienced pregnancy loss. That included finding a

plot and arranging the details with the funeral home and cemetery caretaker. We were so grateful to be able to be there for this family who otherwise had no idea where to turn.

I enjoyed the opportunity to read to a classroom of preschoolers in April. I read "Water Bugs & Dragonflies" by Doris Stickney and "Lifetimes" by Bryan Mellonie and Robert Ingpen. Both books gently explain death to young children.

See Regina's Desk on page 4

Grief as a six-month-old

By Settle Plyler Monroe

Note from Regina: I first met Settle when we worked together at Deer Valley Ranch in Colorado in 2003. She and her husband live in North Carolina with two sons. April 22, 2012, marked 6 months that they lost their 3-year-old son, Webb. Settle shared this on her blog and it touched me so deeply I asked permission to share it with you. Read more of her story at www.settlemonroe.blogspot.com.

It is strange to me now the thoughts that crawled into my mind during the first 24 hours after Webb died. One thought that confuses me most was my

focus on and fear of the day that would mark six months since he died. When my friend came to hold me in those early hours of grief, I begged her to remember me, to remember Webb on April 22, a day six months and a lifetime away.

Perhaps in those first, raw hours I did not believe that I could live another minute without my son and the thought of six months was more than I could bear. It could be that I was scared that life would move on without Webb and I wanted a witness to testify that she would never forget.

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First Annual

Sadie Rose 5K

Join friends and family at the First Annual Sadie Rose 5K and Walk June 16. Race headquarters will be at Wilbur Pence Middle School on Bowman Road in Dayton. The 5K course will take runners past scenic Silver Lake on gravel roads through rolling farmland. Runners will be eligible for overall and age group awards. A 1.5-mile walk in town on paved roads will be suitable for families with small children and strollers. Post-race refreshments available. Pre-register by June 4 to guarantee your t-shirt. Cost is \$20 or \$25 after June 4 or race day. Families and teams of four or more, take \$3 off your individual entry fee—no matter when you register. Forms are available at the Sadie Rose Foundation office and on our website. Payment can be made by clicking on the “Donate” button on the left sidebar of our website or by sending a check to Sadie Rose Foundation P.O. Box 382 Dayton, VA 22821.

We also need a large number of volunteers for this event. If you would be willing to help with the preparations and/or the day of, please contact Regina at 810-4351 or email regina@sadierosefoundation.org or Lauren at 578-3812 or lxjefferson@earthlink.net.

CALENDAR OF EVENTS

May 10: Informal Coffee, at the Sadie Rose office, 10 a.m. – 12 p.m. Come-and-go-as-you-please. Coffee and light refreshments provided. This is for those looking for support as well as for those interested in learning more about the Sadie Rose Foundation.

May 27: 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 large “Support Group” button on the right sidebar. 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.

June 16: Sadie Rose 5K, See details at left.

June 22: Annual Memorial Picnic and Balloon Release, Purcell Park, shelter #2, 6 p.m. This is open to those who have lost a child of any age and their families. Table service, drinks and some biodegradable latex balloons will be provided. (You are welcome to bring balloons of your choice if you want.) Please bring a covered dish to share if you can. Please R.S.V.P. by calling or emailing us at the information below.

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. 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. He can have multiple sponsors per day/week. As of May 1, Lee has walked 129 consecutive days.

For more information about any of our events or to volunteer, please write, email or call us.

P.O. Box 382 Dayton, VA 22821, 540-810-0307 or info-assistance@sadierosefoundation.org.

Grief Continued from page 1

Or maybe the pain that stood in front of my face was too deep a valley and too steep a mountain, so I shifted my gaze to the future. While staring at that future, perhaps panic arose that hours might turn to days that would roll into months. Months would pile on top of each other until they accumulated to form one half of a year.

Now I am days away from April 22, six months since my son leapt into God's arms. Mysteriously, I am still here and miraculously, there is still life. This life now carries with it the grief that was born the day that Webb died. For when Webb quietly slid from earth to eternity, so began the labor pains from birthing this mighty Grief.

For the first weeks and months after Grief's birth, caring for this infant was all I could do. Grief and I held each other tightly while tears pattered down, keeping time with longing's sad lullaby. Grief called out in the night, and though I was totally depleted from carrying her all day, I could not ignore her cries in the dark. I would get up to rock her back to sleep, eventually finding the peace that leads to rest. When I took the first, brave steps out of the house with Grief strapped to my chest, it seemed that everywhere I went people commented on her presence. Such a short time ago, I was just

myself, comfortable, easy and secure. But with Grief's arrival, I became the "One who carries Grief" and it seemed that everywhere I went strangers knew me only by my new name.

This child was unpredictable. She would not be tamed by a schedule or pinned down to a routine, though I tried with might to enforce them. Just when I thought I had her under control, she would rear up and roar with a force that knocked me to my knees. I would fling open my Bible in desperation, looking for answers and instructions on how to mother this unruly child. Time and time again, I found that the Word offered me no instructions for control, but rather steps for surrender. And ultimately, prayer was the only cure to calm the colic.

Now this Grief is a six-month-old. She sits up all by herself, and though she never leaves my sight, she does not cling to me constantly. While I carry her with me as I take bigger, braver steps out of the house, she has shifted from being strapped to my chest to resting on my hip. I am now more accustomed to her cues and triggers and I know the places, the sounds, and the smells that will awake her. I don't avoid these triggers, but shift Grief around a bit, finding the way to carry her most comfortably through them. She is still

unpredictable, refusing to submit to any schedule or routine that I try to implement. But I am learning that this is simply her nature. No mothering will nurture it out of her. Though some days I do not think that I have the strength to care for all that this child asks of me, I am slowly learning that my weakness is the only true response to her demands.

It has been six months since Webb died. It has been six months since I first stared into Grief's dark eyes. Six months ago, I did not know how I would survive a minute, much less a half of a year without my beloved son. And even today, I am not sure that I know the answer. But what I do know is that resting deep in the cushions of a holy chair, I cradle the joy of Webb's life with one arm while holding the pain of his death in the other. It is in the refining midst of this rocking that I begin to conceive of the possibility of a new child. Oh, if I am honest, I will admit that I do not yet know her face, but the smallest hope of her arrival is enough for today. For somehow, mysteriously and miraculously, pain and joy will come together to give birth to the most precious babe of Peace. And when I do finally hold Peace deep between my joy and my pain, I will know for sure that this indeed is a child of God.

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I was also privileged to share about the work of the Sadie Rose Foundation and our personal testimony at Dayton Church of the Brethren April 29. It is always emotional, but a great joy, to share the ways God sustained and comforted us through our darkest night.

If your church, school or civic organization would like to have us share our story or information about the Sadie Rose Foundation, we welcome that opportunity.

I want to say a big thank-you to those who helped with our bake sale. Whether you donated baked goods, helped set up, tear down, or sell, or whether you stopped by and purchased the tasty treats, your help was greatly appreciated.

We are now gearing up for our first Sadie Rose 5K June 16, and our Annual Memorial Picnic and Balloon Release. See details for both on our events page.

Whether you support us by attending our events, by your donations of time, money, or volunteering, we thank you. It is only because of people like you that we can continue offering this important outreach.

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.

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