



Pathways

Support for child, infant and pregnancy loss

Volume 9, Issue 2

From Regina's Desk

I recently had the opportunity to share about the grieving process with a Ladies Bible Study at Columbia Furnace Church of the Brethren.

At the end of my presentation, I randomly shared about the large bottle of Gain laundry detergent. My dad had purchased the detergent for us on a grocery run after Sadie died.

I never knew one could have such an emotional attachment to an inanimate object. I still have that empty detergent bottle.

I didn't give it much thought as I used the detergent until the day, I realized the contents were almost gone. I remember pouring the liquid into the cap and thinking it was slipping away, just like everything else I associated with Sadie's life and death.

That empty jug, worthless in most people's eyes, including my husband's, has kept a piece of that time in my life alive, real, present.

After I shared, a woman approached me and related her own story of seemingly odd meaningless things that she held on to after the passing of her mother. Her siblings did not understand her grief process. It was a relief to her to know

that we all grieve differently and that just because her family grieved in their own way did not mean one way was right and the other wrong.

I once heard a grief expert say, "Look around you. How many people look exactly like you. No one? Then why would you expect them to grieve exactly like you?"

We all approach our grief journey with our own personalities, stories, life experiences and unique DNA. Our grief will express itself accordingly. The most important thing is to be merciful and patient to the bereaved and to yourself and to learn what you can about the grief process.

And if you come visit me and see a bouquet of fresh cut flowers in a gaudy green detergent bottle, you'll know why that is my vase of choice.

We're here for you. To walk with you through grief, whatever that looks like for you... because the path of grief after losing a child should never be walked alone.

Regina Harlow
Executive Director

Miss our last newsletter? All our newsletters can be viewed on our website or you may contact our office for a hard copy.

Think pink AND blue for pregnancy and infant loss

By Regina Cyzick Harlow

It's October. Pink ribbons are everywhere. You would be hard-pressed to find someone who didn't know that October is Breast Cancer Awareness Month. Why? Because the disease has ravaged the lives of so many and people are no longer content to let it go by unnoticed and unaddressed.

People unashamedly sport bracelets, t-shirts, bumper stickers and other parapherna-

lia that show support for these important parts of the human anatomy. Every sales flyer in our mailbox this month has a pink strip across the front with text about raising breast cancer awareness. Businesses, celebrities, professional football players, national and local media are all raising funds and awareness for this important cause. The more people who know about it, the more research is supported to pre-

See October, Page 2

Inside

- *STILL Project*
- *Capture Your Grief Project*
- *Homemade Doughnut Sale*
- *Monthly coffee and support meeting dates*
- *Upcoming ceremonies*
- *Candlelight ceremony submission information*

More awareness, more research, fewer pregnancy and infant losses

October, from Page 1

vent it.

I, too, stand behind it. People in my life have been greatly affected and even lost their battle to this dreadful disease.

However, I wonder how many people know that October is also National Pregnancy Loss and Infant Loss Awareness Month as well as Domestic Violence Awareness Month, Dwarfism Awareness Month, Clergy Appreciation Month, Lesbian Gay Bisexual Transgender History Month, National Arts & Humanities Month, Black History Month, National Cyber Security Awareness Month, National Pork Month, Bossman History Month, Fair Trade Month and Filipino American History Month. (I'm probably missing some.)

My point is that the reason an entire nation rallies around a cause is because people refused to not be heard. Heartbroken families of women, mothers, daughters, wives and yes, even men who have had breast cancer have turned their tragedies into a call for cure and prevention. Petitions have been signed and laws have been changed addressing the chemicals in our food and environment in an effort to reduce the risk of the disease. I, among many, am incredibly grateful for every step forward we take as a nation to reduce its threat.

As a mother who has buried my child, I am equally passionate about raising awareness of child and pregnancy loss. According to a Sept 2011 report by Centers for Disease Control and Prevention 28.6 percent of 100,000 children between the ages of 1 and 4 die annually. The leading causes of death are accidents (unintentional injuries) and congenital malformations. Another 15.3 deaths occur per 100,000 children between the ages of 5

and fourteen. The leading cause of death in those cases is accidents (unintentional injuries) and cancer.

One recent study by Public Library of Science (PLOS) Medicine reported that the global neonatal death rate is at 41 percent and in conjunction with the PLoS study,

"My point is, that the reason an entire nation rallies around a cause is because people refused not to be heard." Regina Cyzick Harlow

CBS/AP reported that the newborn death rate in the U.S. is 4.3 per 1,000 live births. According to the American Pregnancy Association, among the 6 million pregnancies in the U.S. every year; 4,058,000 are live births and 1,995,840 end in pregnancy losses.

Obviously those of us who have experienced miscarriage, pregnancy or neonatal loss are not alone and yet so often we suffer in silence because society as a whole is not comfortable talking about it. Reactions when I talk about our daughter who lived for a total of 17 hours range from sincere sympathy to "be glad she didn't live long enough for you to become attached."

I won't even go there. Every person is different. People can only relate to the loss they have personally experienced and they grieve accordingly. I have spent hours talking with moms who previously grieved in silence when their pregnancy ended as early as 5 weeks. They were tormented with lost hopes and dreams, guilt of what they might have done wrong, husbands who have trouble relating to the extent of their grief, worries of subsequent pregnancies and so on.

One of the cries I hear the most is

that society doesn't seem to validate their loss. Without birthdays, pictures, and public memories, these moms often feel (whether it is the case or not) that their losses are overlooked or considered not painful.

We did not ask for this platform. No one wants to pay the dues it takes to become a member of the child-loss community. In truth, we don't even want people to "get it" because that means that they or someone they love has probably experienced it. But we're here because this is the hand life has dealt us. We are rallying for all the babies we have lost and we will not stop until our babies' cries have been heard.

People are becoming more aware, but I am here to stand up for this cause. I will not be silent until our losses are recognized and validated by society. As the old adage goes, "the squeaky wheel gets the grease." I am squeaking for all the moms and parents out there who have experienced miscarriages, stillbirths and neonatal losses. I will blog, I will post, I will speak out and I will boldly sport my pink and blue Pregnancy and Infant Loss Awareness paraphernalia. I will delight when a nation rallies behind those of us who have been affected by this tragedy. As we raise awareness, more and more research will follow and hopefully fewer families will fall into the "Angel-loss statistics."

Statistical information for this article was provided by the following websites:
<http://www.cdc.gov/nchs/fastats/children.htm>,<http://www.plosmedicine.org/article/journal.pmed>,<http://www.cbsnews.com/http://www.americanpregnancy.org/main/statistics.html>



STILL represents the silence of the thousands of babies who die during pregnancy or infancy and the steadfast resilience of their surviving families. STILL will be a feature-length documentary film that highlights the stories of families who have suffered the loss of a baby to pregnancy or infant loss. STILL will demonstrate how these families have learned to cope in a society that is uncertain how to deal with infant loss and how to assess the value of an unborn child. To share your story or support this cause, contact Carrie Fisher-Pascual at (310) 308-3781 or carrie@planetzaya.com. Visit www.stillproject.org and follow them on Facebook and Twitter.

Capture Your Grief this October 2012 for Pregnancy & Infant Loss Awareness Month

This project is from CarlyMarie Project Heal. Carly Marie and her husband live in Australia. Their stillborn son, Christian, inspired Carly to devote her life to helping bereaved families find healing. Feel free to submit your photographs for this project to The Sadie Rose Foundation Facebook Page and/or to CarlyMarie Project Heal on Facebook. We will share some photos in next month's newsletter. If you are involved in The Sadie Rose Foundation, we invite you to participate regardless of what age your child was when they died.

This October for Pregnancy and Infant Loss Awareness Month, I'm hosting CAPTURE YOUR GRIEF 2012. If you have experienced the death of your baby/ies/child/ren, this project is designed just for you. It doesn't matter whether you are only a week into this walk or you have been walking this road for 20 years, all are welcome to join in. Capture Your Grief is a 31 day photograph challenge. All you will need is the internet and a camera. A phone camera or a pocket digital camera will be fine.

You can join in this project through your own blog or website, your favorite social media website like Facebook or twitter or any photo sharing website like Pinterest or Instagram. This is an opportunity for you to document your grief for a month and to share it with the world through your own eyes. You can be as creative with your photographs as you please. On October 1st we will open the event on our Facebook page so that everyone can come to one place to share their images.

If you can, just make sure that the beginning of your photo caption is titled with the day number and subject, for example: "Day 1. Sunrise" If you are joining from twitter or instagram you can use the hash tag #captureyourgrief

I'm not massively concerned with having rules for this project,

just make sure you only use your own photographs – don't take someone else's off the Internet, it's just not cool. You can participate for a day or two or join us for the whole month. The main thing is that this is a healing experience for you and if we can all raise some awareness at the same time, that is a bonus. If you would rather keep your photos private, you are more than welcome to do that. So breathe this month in and make it just for you. A sweet idea would be to go and print all of your images at the end of the month and place them all into a special album for your memory box.

I have created 31 daily subjects. One for each day of the month. Some of the subjects may not entirely relate to you, or you may not feel comfortable with the subject so you are more than welcome to take a photo inspired by your own subject for that day. My subjects are simply a guideline. Below are the subjects with a few extra ideas to spark some inspiration in your heart.

Day 1. Sunrise: I thought it would be sweet for us all to capture the beginning of this beautiful project and important month by us all getting up early to photograph the sunrise from wherever we are in the world. When you share your photo online make sure you write what State/Country you are in and the time of the sunrise {just for fun.}

Day 2. Before Loss Self Portrait: Share a photo of you before your loss.

Day 3. After Loss Self Portrait: Share a photo of you after your loss.

Day 4. Most Treasured Item: Something that relates to your baby/ies/child/ren. Maybe it is their hand and foot prints or a photograph. Whatever it is we would love to see it.

Day 5. Memorial: This could be any-

thing you have had done in memory of your baby/ies/child/ren. It could be their plaque at the cemetery or a tree that has been planted in their memory, anything at all.

Day 6. What Not To Say: Have you had something terrible said to you in the wake of your loss, write it on a piece of paper – photograph it – vent it.

Day 7. What To Say: We all talk about the bad things people say to us but we rarely focus on the good that people say to us. Share a tip for those who don't have any idea on what to say. Write it down – photograph it.

Day 8. Jewelry: Do you have a piece of jewelry in memory of your baby/ies/child/ren? Share it.

Day 9. Special Place: This could be a place that you visit that brings you peace. Maybe it is a place that you went to when you were pregnant or where your child's place of rest is.

Day 10. Symbol: Do you have a symbol for your baby/ies/child/ren? It could be a butterfly, dragonfly, a humming-bird, dolphin, seashell, share what it is and why it is so symbolic to you.

Day 11. Supportive Friends/Family: Who has been there for you?

Day 12. Scents: Do you have a scent that you relate to your baby/ies/child/ren? Is it a candle scent, perfume, food or maybe a flower?

Day 13. Signs: If you believe in signs from your child/ren, share with us an experience you have had.

Day 14. Community: Our community is so amazing, but with that being said, none of us want to be a member. Share a photo of a community gathering or event that you have attended.

Capture Your Grief project continued...

Day 15. WAVE of LIGHT: Today is October 15th Pregnancy and Infant Loss Remembrance Day. Light a candle at 7pm to help create a continuous wave of light around the world for 24 hours. Photograph your light.

Day 16. Release: Balloons, lanterns, butterflies, doves.

Day 17. Anniversary/Birthday/Due Dates: Share a photo of what you did for your baby/ies/child/rens special day. Did you hide away in bed? Did you have a cake? Did you have a party? What did you do?

Day 18. Your Family Portrait: Take a photo of you with your family, work out a way to incorporate your baby/ies/child/ren who are no longer physically with you anymore. You could hold up photos of them or even just hold their names with you. What does your family look like now? Is it just you left here? Do you have a large family? Is it just you and your partner?

Day 19. Project: Have you worked on any projects inspired by your loss? They could be anything from an art project to organizing memory boxes for a hospital. If you have not yet done a project you could share something that you would like to work on.

Day 20. Charity/Organization: Share your favorite charity or organization that has touched your heart on this road of grief. If you don't have a photograph to share, just simply post

the link to their website.

Day 21. Altar/Shrine/Sacred Space: Share a photo of your special place in your home/garden for your baby/ies/child/ren.

Day 22. Place of Care/Birth: The place that looked after you whilst you were pregnant. Share a photo of those who took care of you and your baby. This could be a midwife/doula/friend/partner.

Day 23. Their Name/Their Photo: If you feel comfortable, share a photo of your baby/ies/child/ren who you are remembering this month. If you do not have photos, you could use an ultrasound image or something that represents them.

Day 24. Siblings: This could be done two ways – you could photograph your own siblings and post about how grief has affected them or you can post about your other living children. I know that not everyone has living children but I felt it was important to include the children who are left here to grieve their brothers and sisters. Capture a sibling, niece or nephew's grief. Maybe you could share a drawing they have done or even just a photo of them holding something that represents their brother or sister that they are missing. Give them a voice here.

Day 25. Baby Shower/Blessing: Share a photo from your baby shower or blessing. Maybe you could show everyone the gifts you received that you were not able to use.

Day 26. Their Age: How old was your baby/ies/child/ren when they died. Write it down on a piece of paper. If they died while you were pregnant you can write their gestation.

Day 27. Artwork: Share some artwork that reminds you of your baby/ies/child/ren or something that was created for them by you or someone else.

Day 28. Memory: Share one of your most significant memories on this journey of grief. It can be a positive or negative memory.

Day 29. Music: This might be hard to capture in a photograph so break the rules and post a youtube clip of a piece of music that reminds you of your baby/ies/child/ren

Day 30. Your Grief – Tell The World: What do you want the world to know about this road you are traveling? Do you just want your baby's name to be spoken? Do you want others to know they are not alone? Whatever it is, write it down on a piece of paper and hold it up for the world to see. (CarlyMarie will be making a video clip of these images from this particular day.)

Day 31. Sunset: To close this project and month I thought that we could all photograph the sunset from wherever we are in the world. Remember to caption what State/Country you are from and the time.

Quote Corner

The hardest time to learn about the grieving process is while you are in the midst of it. ~ Author Unknown

“The wound is the place where the Light enters you.” ~ Rumi

“Have mercy on me, O Lord, for I am weak; O Lord, heal me, for my bones are troubled.” ~ Psalm 6:2

Doughnuts and Walks...

We invite you to participate in two important upcoming events.

October 5th and 6th, we will be **making and selling homemade doughnuts**. We need volunteers at Beaver Creek Church of the Brethren starting at noon Friday and into the evening to help roll out, fry and glaze doughnuts. We will need volunteers starting at 6 a.m. in front of our office on Saturday morning to help sell. We will need volunteers until 4 p.m. Saturday or until we sell out of doughnuts.

If you are able to volunteer Friday and/or Saturday, please contact Regina at 540-810-4351.

Our **Third Annual Remembrance Walk** is scheduled for October 13th at 10 a.m. at Mountain View Park in Grottoes.

We invite you to bring your family and friends to participate in this event to honor the memory of you child/children gone too soon. We encourage you to decorate t-shirts and/or signs for your Angels. We will also have a memory table for pictures and/or mementos of the children we are remembering.

We will have refreshments, a brief ceremony then walk around the park on the 1.4 mile gravel path (great for strollers too.)

PLEASE RSVP by emailing regina@sadierosefoundation.org, respond on our Facebook Page event or call 540-810-4351. We look forward to honoring your Angel's memory with you. **You're not alone.**

Calendar of Events

Oct 6: Dayton Days Doughnut Fundraiser, In front of our office on Main Street. We need volunteers to help make doughnuts on Friday and to sell on Saturday. Information at left.

Oct 11: Informal Coffee, at the Sadie Rose office, 10 a.m. – 12 p.m. Come-and-go-as-you-please. Coffee and light refreshments provided. For those looking for support as well as for those interested in learning more about the Sadie Rose Foundation.

Oct 13: Remembrance Walk, Mountain View Park, Grottoes, 10 a.m. More details to come. This Walk to Remember corresponds with National Pregnancy and Infant Loss Awareness Day. Details at left

Oct 26: Monthly Support Meeting, Dayton Church of the Brethren, 7 p.m. Park in the back of the building (directly across from Cargill) and enter the double glass doors. Go straight ahead to kitchen/fellowship hall. Childcare available.

Nov 8: Informal Coffee, at the Sadie Rose office, 10 a.m. – 12 p.m. Come-and-go-as-you-please. Coffee and light refreshments provided. For those looking for support as well as for those interested in learning more about the Sadie Rose Foundation.

Weekly Online Support Chat, Sundays, 9 p.m. EST. To participate, visit our website and click on the large "Support Group" button on the right sidebar.

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 Oct 1, Lee has walked 282 consecutive days.

Looking Ahead: Mark your calendars and watch for details about our following events.

Nov. 23: Thanksgiving Meal

Dec. 9: Candlelight Ceremony

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.

Candlelight Ceremony Slideshow Submissions

Each year, on the second Sunday of December, the Sadie Rose Foundation participates in the Compassionate Friends Worldwide Candlelight Ceremony to remember our children gone too soon. People around the world light candles at 7 p.m. in their respective time zones to create a continuous wave of light for 24 hours. As part of our ceremony, one of our group moms, Tanya Bennett, puts together a slideshow with pictures of our children. We invite you to email a photo (or a photo to represent your child such as an angel or a teddy bear) to Tanya at momy2_an_angel@comcast.net to be included in this year's slideshow. Please include your child's name, date of birth and date of death along with a jpeg file of the photo you wish to use. You can also mail the information to Tanya at 304 13th St., Grottoes, VA 24441. If you have any questions, feel free to contact us.

The Sadie Rose Foundation

P.O. Box 382
Dayton, VA 22821

Phone: 540-810-0307
Cell: 540-810-4351
E-mail: info-assistance@sadierosefoundation.org

**Learn more at
www.sadierosefoundation.org**

You're Not Alone!

The Sadie Rose Foundation is a non-profit organization that offers support to families that have lost a child. We were founded in 2008 in memory of Sadie Rose Harlow, infant daughter of Lee and Regina Harlow. Along with monthly support meetings, informal coffees and weekly online support chats, we offer one-on-one support and a number of annual remembrance ceremonies. We are available to help with funeral planning or funeral meals when called upon to do so. Bereaved families are also invited to share their story on our website and connect with us on Facebook. For a complete list of our services, visit our website or call our office.

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