



hope notes

Haven of Hope & Healing, Inc.

spring 2007

Surviving the Sadness

Wow! Was this finally happening? My wife, Abbey, had just excitedly entered our bedroom where I was still half asleep. The pregnancy test she had just taken was positive. We were going to be parents. I was going to be a daddy. Finally, those dreams I had of holding my newborn in my arms would be coming true. I quickly wiped the sleep from my eyes and hugged my wife in a deep embrace. We prayed together that God would bless our child and teach us how to be parents.

I went to my job as children's minister at our church that day with an extra bounce in my step. Soon the time would come when no one could say that I did not understand because I did not have children. I was going to be a parent, and now I could practice what I taught. Every day, my job is to train, love, and teach the hundreds of children that come to our church. I received plenty of love from the children at my church, but I knew that the love I received from my own child would be different. I knew that having my name changed from Mr. Jeff to Daddy would be a change of epic proportions. It was a change I eagerly anticipated.

Our parents were thrilled to hear they were going to be grandparents. It seemed that everyone was overjoyed at our exciting news. Our lives were changing rapidly. We had only been at our church for a few months and were still settling into our home. It was clear, though, that our church loved us and was excited that we were one of over 20 families who were expecting.

PREPARING FOR BABY

The first doctor's visit was exciting. Our doctor was kind and took the time to

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Haven of Hope & Healing, Inc. is a nonprofit, organization committed to providing mental, emotional, spiritual, and educational support to those who have experienced the loss of a baby through miscarriage, stillbirth or infant death. We are a nondenominational organization that helps parents, their families and their healthcare providers cope with the loss of a baby before, during, or after birth. Haven of Hope & Healing, Inc. is a resource network of parents, professionals, and supportive volunteers that offers a variety of services. There are no fees for our services. Haven of Hope & Healing, Inc. relies entirely on donations and grants to support its programs. Haven of Hope & Healing, Inc. is a tax deductible, nonprofit organization as recognized by the IRS 501 (c) 3 requirements.

Hope Notes is a quarterly newsletter published by Haven of Hope & Healing, Inc. that includes information and insights from parents and professionals. It is our desire that this newsletter bring you hope for the future and healing in your grief journey.

Save the Date

The **fifth annual Darrell Kirkpatrick Moser, III Memorial Golf Tournament** is scheduled for Friday, September 28, 2007. The captain's choice tournament will tee off at 1:00 pm at Shamrock Golf Club in Burlington. Awards and

dinner will follow.

The cost for golfers is \$50 per person or \$200 per foursome. There are sponsorship packages available: \$200 corporate sponsor, \$100 hole sponsor. Please contact us for more details. Registration/donation forms

will be mailed out soon.

We are in need of volunteers, please let us know if you want to help out.



He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 2 Corinthians 1:4 (NLT)

Pregnancy and Infant Loss Statistics

Pregnancy:

There are approximately 6 million pregnancies every year throughout the United States:

4,058,000 live births

1,995,840 pregnancy losses

Pregnancy Loss:

Every year in the United States there are approximately 2 million women who experience pregnancy loss:

600,000 women experience pregnancy loss through miscarriage

1,200,000 women experience pregnancy loss through termination

64,000 women experience pregnancy loss through ectopic pregnancy

6,000 women experience pregnancy loss through molar pregnancies

26,000 women experience pregnancy loss through stillbirth

Pregnancy Complications:

Every year in the United States:

875,000 woman experience one or more pregnancy complications

458,952 babies are born to mothers without adequate prenatal care

467,201 babies are born prematurely

307,030 babies are born with Low Birth Weight

154,051 children are born with Birth Defects

27,864 infants die before their first birthday

Reproductive Health:

Every year in the United States, there are 60,000,000 women in the childbearing years of 15-44 :

6,000,000 women deal with infertility

2,000,000 married couples are infertile

Statistics taken from American Pregnancy Association website: [/www.americanpregnancy.org/main/statistics.html](http://www.americanpregnancy.org/main/statistics.html).

Support Group Meetings

Support groups are typically scheduled for the first Tuesday of each month. Anyone is welcome to join us no matter where they are in their grief journey.

Meetings are not just for those new in the grief process. There are others that lost a baby not so recently that come just to remember their baby, and also ones that come to share their experiences in hopes of helping those new in their grief. Also, if you've lost a baby a long time ago and never dealt with the grief or didn't have anyone to share with at the time, you are welcome and encouraged to join us!

Support groups meet in the white house (behind Glen Hope Baptist Church, 911 North Avenue, Burlington).

Upcoming support group meetings:

- **Tuesday, May 1 at 7:00 pm** (free manicures and / or pedicures for mothers)
- **Tuesday, June 5 at 7:00 pm** (special gifts for fathers to be given)

*A Spanish interpreter is available upon request.

In Sympathy

David Elisha Nale was born at 9:44 am on Monday, February 19, 2007.

He weighed 5 pounds and 10 ounces.

He passed away around 3:30 that afternoon.

Our deepest sympathy goes to David's parents, Justin and Crystal Nale, and David's big brother, Jonathan. Our heart also goes out to our friends Faye and Randy Webster, who are David's grandparents.

Surviving the Sadness

(Continued from page 1)

explain many things to us. Vitamins, checkups, on and on he presented us with the information he knew about expecting a baby. He warned that Abbey might have some morning sickness and a little bleeding would be normal. I only half-listened to his statistics about how many people have miscarriages. After all, I reasoned, it was not going to happen to us.

It did not take long for the news to spread that we were going to have a baby. Abbey and I began to plan and decided on light green for the baby's room. Abbey was totally against the frog motif that permeates my office, but I was sure that we would come to a compromise on something.

THE MISCARRIAGE

Abbey had a few bouts of morning sickness but was determined to enjoy every moment of her pregnancy. What she could not enjoy, though, were those few drops of blood she would see every now and then. They bothered her, so I reminded her that the doctor had told us there would be some of this. One day she was feeling particularly anxious, so I took her to shop for baby items for the nursery. I wanted to make sure she stayed happy.

Abbey continued to see some spotting, and I dismissed it as normal. One Saturday morning Abbey was feeling particularly down. I told her that she was just going to have to snap out of it. She explained that she felt guilty about everyone being so excited when she was so anxious.

Her mom and sister came from Mississippi for a visit, and she

became cautiously excited. We all went to eat at a restaurant with friends that night. After returning home and some small talk, we headed for bed. As I walked into the bathroom I looked at Abbey and knew that the unthinkable had occurred. She looked up and said, "I'm sorry." The bleeding was extensive; we were losing our baby. We buckled under with emotion and held each other as we sobbed.

How could this pregnancy end when it was so right for us? As we soberly entered the emergency room, we robotically went through the motions. I spoke as Abbey sat closely and listened. "We think she's having a miscarriage," I said to the person at the desk. They quickly took us back and after several hours of tests, the doctor came in to tell us what we already knew.

THE AFTERMATH

The days and weeks following our loss were ones of dire emotional proportions. The loss of our child occurred one week before Easter. For once, I knew a bit of what God must have felt like when He voluntarily gave His Son for my sins. How, I wondered, could He have ever done that? I felt such deep love for this little one that I had never laid eyes on. Our Father is amazing in that He knew His Son would suffer, but He still loved us enough to allow it.

We discovered that miscarriage is common. So common, in fact, that many who had this experience came and told us about it. Somehow, though, it did not make us feel any better. It still felt as if we were the only ones in the world who had

experienced a miscarriage. We had an amazing doctor who never called our baby "it," but always treated us as if we had lost a human life. At our last visit after the miscarriage, the doctor told Abbey her body would return to normal in a short amount of time. However, we still felt that our lives would never be normal again.

DEALING WITH THE LOSS

The trauma of miscarriage is huge, and Abbey dealt with it the best she could. Eventually, we sought a counselor for her which seemed to help. Our marriage became stronger through this loss. The communication lines widened as we discovered that both of us were painfully wounded by the loss. Sometimes couples allow severe traumas to disconnect them from each other. Thankfully, we have been able to allow our miscarriage to cause us to become more attentive to each other.

In the months since our miscarriage, I have had a great deal of time to reflect on what God has taught me. One thing that I learned is that conceiving a child with someone is a beautiful gift; it pains me to think that some people take this miracle for granted. I learned to love my wife even more through this entire process. I learned that a mother's instinct is instant. During the time that I was assuring Abbey that everything was fine, she knew something was wrong. I learned that a church family is an incredible support system. More people cared about us than I ever imagined. Most importantly, though, I learned that God's grace is sufficient and His creation is incredible.

Q&A: After you lost your baby, did you have a defining moment when you said to yourself, "I'm going to make it though this!"?

I actually had started seeing a counselor. After the first session, I had a dream where a friend from high school, who had died before we graduated, simply said "I am still alive". At first this scared me to death, but the more I got to thinking about it. I realized that he was right. He is more alive now than ever because he was in Heaven. Which translated that my baby is alive and doing wonderful in Heaven! After that, it was like a light switch was turned on. I was no longer 'stuck' and I have made it!—Lendy Keese

When my Dr. could not find a heartbeat and left the room to schedule an ultrasound, I prayed, "God give me the grace to go through whatever is about to happen." When the ultrasound revealed that my baby was dead, God answered my prayer. From that moment on, no matter the grief, He gave me the grace to go through it. Hebrew 4:16 is a truth I continue to lean on, "Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace in time of need." —Leah Tucker

It wasn't a matter of going to make it. I HAD to make it! I had a 3 1/2yr. Old daughter at home. I had to survive (get through) this for her. Maybe the Lord knew I would need her to get through this, and that is why she is my firstborn. I am thankful for her. —Juli Rudd

I think my defining moment was in April of '96 when my nephew was born. I got to be one of the first ones to hold him after he was born and when I had him in my arms and looked in his sweet little baby face and felt how good he felt to me, that is probably when I said to myself that I was going to be o.k. and that GOD was going to bring me through this in one piece. My sister-in-law and I were pregnant at the same time and were due about a month apart, also we were both having boys, so it was very hard to be around her after Jamison died. I was glad that they let me be one of the first ones to hold Caleb because that was healing to me and I really needed that. But my true healing came 8 months later when I got to hold my daughter Sidney in my arms for the first time. She has helped me in my healing process more than she will ever know. Now both my babies hold a very special place in my heart that just continues to grow every day! —Beth Dishner

No I really didn't. Of course just daily prayer and spending time in God's Word is how I got through it. And always trying to look for any good that came out of it. And there was when I looked for it. I still think of him everyday and wonder how our lives would be different now if he were here. Time doesn't heal like people say it does, because there is always going to be that loss there. But each new day that passes is another day to just trust the Lord for his new mercies. I just try to be thankful for what we went through and focus on how I can help others through their loss. In which the Lord has brought many to us to help comfort. —Courtney Cook

Question for next issue: "In what ways do you honor your baby?" Please send us your response today.

A Taste of Heaven Recipe

EASY ICE CREAM CAKE

1 box ice cream sandwiches

1 ctn. Cool Whip

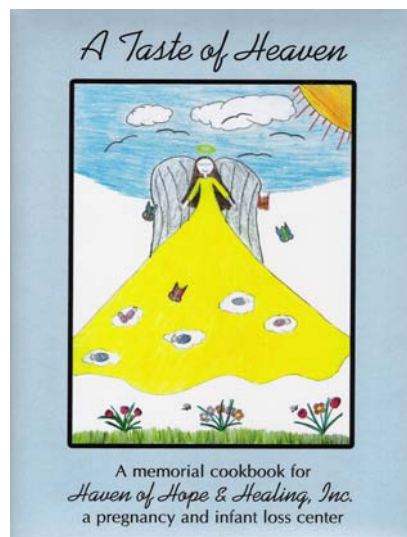
1 or 2 Butterfinger candy bars

Layer ice cream sandwiches on bottom of pan. Grate or cut up Butterfinger candy bar(s). Sprinkle V2 of candy bar on top of ice cream sandwiches. Spread Cool Whip over top and sprinkle rest of candy bars on top.

In memory of Little Darrell Moser and Chloe Trammell.

By Pam Wilkins

This and other great recipes are available in our recipe book, A Taste of Heaven, for only \$18. Contact the center to order your copy today!

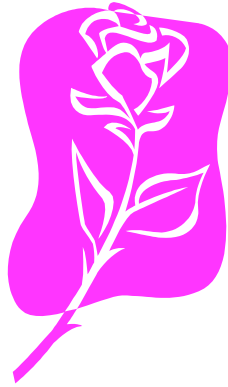


Unfolding a Rosebud by Avernell Rogers

It is only a rosebud
A flower of God's design
But I cannot unfold the petals
With these clumsy hands of mine.

The secret of unfolding flowers
Is not known to such as I
God opens this flower so sweetly,
When in my hands they fade and die.

If I cannot unfold a rosebud
This flower of God's design,
Then how can I think I have wisdom
To unfold this life of mine?



So I'll trust in Him for His leading
Each moment of every day.
I will look to Him for His guidance,
Each step of the pilgrim way.

The pathway that lies before me,
Only my Heavenly Father knows.
I'll trust him to unfold the moments,
Just as He unfolds the rose.

Spring Donation Drive

Haven of Hope & Healing, Inc. supported primarily by donations. These donations ensure that these bereaved families are helped and ministered to.

Your donation helps to cover the free resources available to bereaved families, including: support groups, materials for our Lending Library, "hope notes" our quarterly newsletter, and our interactive website of support. Donations are also needed to help with our ongoing expenses — such as printing costs, advertising, mailings, phone service, internet service, and website hosting — just to name a few.

Please help ensure the hope for the future by making a tax deductible donation today. We humbly ask you from the bottom of our hearts to support *Haven of Hope & Healing, Inc.* with whatever contribution you are able to make. Please help *Haven of Hope & Healing, Inc.* to continue touching lives, healing hearts, and giving hope!

PLEASE USE THE FORM BELOW TO SEND WITH YOUR TAX DEDUCTIBLE DONATION TODAY.

I would like to become a Friend of *Haven of Hope & Healing, Inc.* and support the very important services provided to bereaved parents with a donation.

Enclosed is my gift of \$ _____ I have enclosed a check payable to *Haven of Hope & Healing, Inc.*

Name _____ Phone # _____

Address _____ City _____ State _____ Zip Code _____

Gifts may be made in memory or in honor of a loved one, or to commemorate an anniversary or other special occasion.

In Loving Memory of _____ In Honor of _____

To Commemorate: _____

Please send an acknowledgment to:

Name _____

Address _____ City _____ State _____ Zip Code _____

HAVEN OF HOPE & HEALING, INC. IS A NON-PROFIT ORGANIZATION RECOGNIZED BY THE IRS 501 (C) 3 REQUIREMENTS, SO ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE.

Please mail to Haven of Hope & Healing, Inc. P.O. Box 747, Graham, NC 27253.

Haven of Hope & Healing, Inc.

a pregnancy and infant loss center

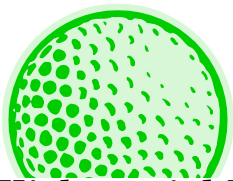
post office box 747
graham, nc 27253
336.437.7014
info@havenofhopeandhealing.org
www.havenofhopeandhealing.org



Little Darrell
2-13-2002



(image reduced)



DarrellKirkpatrickMoserIII

f i f t h a n n u a l
MEMORIAL GOLF TOURNAMENT

a benefit for

Haven of Hope & Healing, Inc.

a pregnancy and infant loss center

Friday, September 28 at 1:00 pm

Captain's Choice Tournament

Shamrock Golf Club

Registration begins at 12:00 pm.

Dinner and awards after tournament.

For more information:

336.437.7014

www.havenofhopeandhealing.org