



GRIEF SUPPORT AFTER MISCARRIAGE,  
STILLBIRTH AND INFANT DEATH

# UNITE Notes

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P.O. Box 298, Oxford, PA 19363  
[www.unitegriefsupport.org](http://www.unitegriefsupport.org), 1-888-48 UNITE



During the holiday season, we hope you will remember UNITE as one of the nonprofits you wish to support. Our mission is to be there for those who have lost a child before, during, or shortly after birth. We are always in need of volunteers and monetary donations...both help UNITE remain as a viable nonprofit servicing the bereaved in our community. Because you are there for us, we can be there for those who need us free of charge.

Something to consider during this season of giving...

If you make a charitable donation through PayPal and your Pay Pal account is linked to your bank account rather than your credit card, the charity gets 100% of your donation.

Thank you!

If you or your organization would like to sponsor an edition of *UNITE Notes*, please contact us at 1-888-488-6483 or via email at [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org). Thank you for your support.

# *Professionally Speaking...*

by Denise M. Paul MA, CT, CPLC

## **Own Your Feelings**

Parents have an intrinsic need to describe in words the pain that they are feeling following the death of their precious baby. As I honor their stories by listening with my heart and my head, I learn what their grief is like. While I have never personally experienced a miscarriage or a stillbirth, I have had the privilege of companionship hundreds of parents on their grief journey, where they help me to see what they see and feel what they feel. When someone says something that stops me in my tracks, I write it down.

*“I feel like something is killing me, but I’m not dying.”*

It was important for this mom to say these words. She needed to voice how terrible the feeling of losing her baby was. These words conveyed to me the excruciating pain, both physical and emotional, that she was suffering on a daily basis. Something was killing her, but it was difficult to put into words what it was that was attacking her to the core. She knew that she would not die from this attack, and in her right mind she did expect to die, nor did she want to die. She just wanted the pain to stop.

I was struck by the fact that she wanted to share this with me. She allowed me to honor what she was saying. She needed to be heard. She needed her thoughts to be validated. I don’t recall what my exact response to her was, but in essence I said, “I hear that you are in pain. I know that losing your baby feels like a stabbing, continuous assault. I know that part of you would rather die than live with this pain for the rest of your life. I will help you hold this pain.” I did not try to change the subject or try to lighten her load by encouraging her to keep busy. I looked at her in amazement, realizing how brave her confession was.

This encounter taught me about the depth of pain that some parents feel when they experience a miscarriage or a stillbirth. It prompted me to write this message about the importance of finding people who you trust to uphold your feelings. Seek out people who offer a safe place in which to bear your soul. Cling to family and friends who will allow you to say honest and heartbreaking truths about how you are doing. Only confide in people who will not take your feelings away from you.

It is a natural tendency for family members and friends to want you to be happy. They’d like to hear that you are managing your grief in a very efficient way so that they don’t have to face your sadness. Conversely, it is the grieving person’s tendency to not want to impose their grief onto others, so when asked how you are doing, your response is, “Ok.” Imagine what a friend would do if they asked you how you were doing, and your response was, “I feel like someone is killing me, but I’m not dying.” If you said that to the wrong person, I’d be afraid of what their response would be! You may even lose some friends.

I'm urging you to be honest with your feelings. Say how you are feeling out loud to someone. But make sure that it is a person who you trust to honor your feelings. The beauty of support groups is that everyone understands. One person may be brave enough to say something profound, and I can guarantee that at least a few others in the room will feel the same way, and will be grateful that someone else said the words that they too were feeling.

If it's too difficult to talk about how you are feeling, then write your thoughts down in a journal. The simple act of taking pen to paper can be very therapeutic. I suggest that you purchase a blank journal book and begin writing. Note the date of each entry so that you can see your progression of thoughts and feelings as the weeks, months, and years go by.

It's so important to acknowledge your feelings. If you can't say them, then write them. This is all part of doing your grief work, which is so important to your healing process.

You never know  
How **STRONG** you are  
until being **STRONG**  
Is the only  
choice you have





## The Walk

I walk for you

I put your name on my back  
Your soul in my heart  
And I walk with others  
who know  
each step  
each thought  
each breath  
each bubble sent skyward  
Is for you



A walk to remember  
is what they call it  
but I do not need to walk to remember  
I remember every minute of every day



I walk to celebrate  
to thank you  
to acknowledge you  
to scream your name to those  
who forget

I walk for you  
for love



*-Sandy Goodman*  
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[www.loveneverdies.net](http://www.loveneverdies.net), author of  
***Love Never Dies: A Mother's***  
***Journey from Loss to Love,***  
*(Jodere Group, 2002).*

# A Walk to Remember October 6, 2018

*Written by Danielle Kennedy*



Twenty years ago, October was designated as national Pregnancy and Infant Loss Awareness Month to bring awareness to the grief suffered in silence by so many parents. Each year in the United States, approximately 1 million children die in utero or shortly after birth. In other words, 1 in 4 pregnancies results in a loss.

On October 6, 2018, UNITE held its annual Walk to Remember in Ridley Creek State Park. Our Walk serves as a way to commemorate National Pregnancy and Infant Loss month and is our biggest fundraiser in support of our mission. Despite the dreary forecast, this year's walk was one of our most well attended walks. As always, we shared lunch, raffled off many generous basket donations (congrats to our winners!) and kicked our walk off with the tradition of reciting poems and blowing bubbles. However, what I will remember most about this year's walk was a certain little boy kneeling next to his sister's luminaria.

This year, UNITE provided an opportunity for parents, grandparents, friends and families to place a luminaria on our walking path. They could dedicate the luminaria in memory of a child, or in honor of someone who helped them through a loss. This little boy found his sister's luminaria on the path. His mom told me that he noticed his sister's luminaria was the third one on the path, and she was the third child in their

family. He didn't leave her luminaria for most of the event, even when it began to drizzle. He just wanted to be near her, or at least something, that bore her name...remembering her, acknowledging her, grieving her in a safe place with people who understood that the depth of his grief had nothing to do with how long he knew his sister but everything to do with how much he loved her.

UNITE's mission is to give parents and families the opportunity to grieve, remember, and acknowledge a love that endures forever. I wish to extend a big thanks to our organizers, facilitators, and donors for giving us another opportunity to love and remember our children.

UNITE is grateful for all your support and we hope you will join us next year for our Walk to Remember.





My darling Maggie,

You are a blessing. You have made me a mother, and I've never been prouder to be somebody's something.

You have made me better. I see life with different eyes - more compassionate, with more faith, and more certain that motherhood is for me.

I didn't know how much I wanted to raise a daughter until you arrived. I think we would have raised each other in a lot of ways. Maybe we would've had a tough road in the teen years, but I suspect we were and are soul mates.

Your daddy and I love you so much. We don't understand why you had to go right away, or what happened. I am so sorry that we couldn't stay in it together until the end. I am so sorry to let you down. God is in charge, we have to respect the plan.

I also know you are in heaven with a cast of characters! Some of our most special people are in heaven and sometimes that's just how it goes. I know your grandmother Barbara is spoiling you. And your great grandmother Honey is probably a terrible influence on any kind of discipline your daddy and I would have tried to instill!

You are beautiful. You are perfect. I am so grateful I got to hold you, and kiss you, and

bathe you, and love you. I am a better person because I loved you. And I will miss you all the time. I think I will always miss you for my whole life.

I know you would have been kind and gentle and beautiful and dignified because that is how you came into this world.

I will never see a sunrise and not think of you. It was such a dark night, and you arrived as our light, my love.

Please watch over your daddy and me. I know it's not a child's job to watch over their parents, but we need you. We need your strength, your gentle spirit, to move through this together, so I'm asking a big favor.

You will have siblings to come. I know this. And we will love them individually. No one will ever replace you, sweet girl. You were my first baby, my first daughter, my first love - a love like no other.

I miss you so much. I love you forever and ever. I can't wait to hug you in heaven.

All my love,  
Mommy

*Written by Meghan Gillispie.  
Baby Maggie was still born on December 31, 2017*



## Fall 2018 Donations

*We Are So Grateful for Donations Given Throughout the Year*

### **Donations**

Wendy Klein Keane  
Anne Karig  
Kathy Vuong  
Kelly Colby  
Mr. & Mrs. Fink in memory their grandson,  
Michael L. McDevitt, Jr.

### **Walk to Remember Donations 2018**

M. Kay Warfel in honor of Karen Powers  
The Healy Family in memory of the Powers babies  
Lamb Family in memory of Haley Powers  
Amanda Nivault  
Suzanne McGowan  
MaryAnne Eaton  
Kate Walto  
Michelle Ferrant  
Linda Nuccitelli  
Kelly Colby

### **Walk to Remember donations in Memory of Elita DeAngelis:**

Mr. & Mrs. Curtis Novak  
Mr. & Mrs. Matthew DeAngelis  
Dr. Jennifer Nichols  
Mr. & Mrs. Daniel Samess  
Erica Eaton  
James Fiedler  
Janet Raymond DeAngelis  
Michael & Brenda Laverty  
Diana Price  
Mary-Kate Eaton  
Tyler Shenk-Foley  
Juhyung Lee  
Daniel Morrissey  
Collin Laverty and Adam Linderman  
Jacqueline Harper  
Steven DeAngelis

### **Walk to Remember 2018 – Luminarias**

In Memory of Sam Kennedy – Love your Mom, Dad, sister and brother. You are forever loved.

In Honor of Dotti Brown – You were my lifeline during the darkest time in my life. There are no words to thank you. Love, Tami Leather

In Honor of Kym Schulgen Montgomery – From Marissa's first breath, to her last, you were by our side. Friends then, friends now, friends forever. Love Tami

In Honor of Christopher Tosto – Regina Tosto

In Honor of Spencer Parks – Regina Tosto

In Honor of Danielle Theresa DePrinzio – Catalin DePrinzio

In Memory of Kayla Marie Cook – We love you always

In Memory of Sherri Maria Porter – Forever in our hearts, Mommy, Daddy, Julia and Nick

In Memory of Ethan Hunn – Always in my heart

In Memory of Samantha Hunn – Always in my heart

In Memory of Harper Quinn Brandenburg – You'll always remain in our hearts, until we meet again

In Memory of Thomas Joseph – Mommy, daddy, Mackenzie and Hazel

In Memory of Eric & Joshua – Hugs from Cousins in Tennessee

## Fall 2018 Donations (cont'd)

In Memory of Maxime Boyer – Amanda Nivault

In memory of Sean Zayne Allen – Mommy and Daddy Love You

In Memory of Maddox Michael – Sheila McCabe

In Memory of “All the little Angels” – Sheila McCabe

In Memory of Harper Quinn Brandenburg – You may be gone from our sight but never from our hearts

In Memory of Harper Quinn – We love you, Gig and Pop

In Support of Dan and Jess – Love Mom and Dad

In Memory of Harper Quinn – Love Uncle Seth and Uncle Tom

In Memory of Harper Quinn – Love Uncle Josh, Aunt Kate and Grif

In Memory of Anthony Manus Devenney – We love you Anthony! Love Always, Daddy, Mommy and Kaylee

In Honor of Powers twin babies 5/24/2018 – Sending our love and wishing you both were here still growing in mommy’s belly.

In Memory of Baby Powers 1/8/2018 – Wishing you were here with us and missing you so much.

In Honor of Baby Healy/Cretice – Sending love and support and the memory of your precious baby that left this world too soon.

In Memory of Haley Joyce Powers – We love and miss you with all of our hearts.

In memory of Threegan Chloe Johnson – Forever in my heart, Love Aunt Elaine

In Memory of Sherri Maria Porter – Forever in our Hearts, Love Always, Julia

In Memory of Sherri Maria Porter – Forever in my heart, Love your little brother Nick

In Memory of Mason David Colby – We will love you forever

### **Grants**

Your Cause  
NRG Energy, Inc.

### **In Kind Donations for the Walk to**

#### **Remember**

Danielle Kennedy  
Carol Kealey  
Karen Powers  
Riddle UNITE group  
Powers Family  
Healy Family





# News

## **New Mailing Address**

Please note our new mailing address:  
P.O. Box 298, Oxford, PA 19363

## **Safe Arrivals**

We would love to hear about your safe arrival so we all can celebrate in your joy. So we can put it in the newsletter, please send information on your new bundle of joy to [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org).

## **Home Page Info [www.unitegriefsupport.org](http://www.unitegriefsupport.org)**

Virtual Butterflies: The donation cost for placing one of these virtual items on the page is \$25 and will be in memory of your baby. You may donate through PayPal by clicking on the Buy Now icon. Note: On the PayPal page, where it states, "Instructions to the Merchant," type in your baby's name, etc.

## **Newsletter Submissions**

Please send your original poetry, short stories, articles, and letters to *UNITE Notes*. The beautiful writings that we receive from UNITE's bereaved parents are what make our newsletter so special. If you have written poems, articles, etc. that you would like to share with other parents, please send them soon. Note that the newsletter is now being uploaded to the UNITE website which allows all who are searching for comfort and support due to the loss of their child(ren) to see your written story.

## **Acknowledgments**

If anyone has not received an acknowledgment for their donation, please contact the [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org), or call the UNITE tape at 1-888-488-6483. Please leave your name, phone number, and the best time to return your call.

## **AmazonSmile Foundation**

The Foundation runs a program in which Amazon donates 0.5% of the purchase price of eligible products to charitable organizations. To shop go to [smile.amazon.com](http://smile.amazon.com) from your web browser on your computer or mobile device and choose UNITE, Inc. Products will be marked "Eligible for AmazonSmile donation" on their product detail pages. You may also go to our web page: [www.unitegriefsupport.org](http://www.unitegriefsupport.org) and click on the icon/banner, which will bring you to [smile.amazon.com](http://smile.amazon.com). You should bookmark this page so that you go directly to your Amazon Account and start shopping. Purchase of digital content, such as Kindle e-books or MP3's, is not included.

## **Toll-Free Phone Bill**

Our monthly costs are continuously rising. If you or your organization would be interested in sponsoring UNITE's phone bill, please contact us. It would be greatly appreciated.

## **Fundraisers Wanted**

We are looking for some fresh ideas in fund raising! Do you have an idea to share? We'd love to hear about it. Please contact UNITE at [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org).



## Support Groups

For information about the group nearest you, please contact UNITE, Inc. at 1-888-48 UNITE or 1-888-488-6483 (leave a message on the tape). Or write to UNITE Inc. at P.O. Box 298, Oxford, PA 19363. Or email administrator@unitegriefsupport.org. New members must contact the group coordinator before attending their first meeting. UNITE, Inc. does not discriminate on the basis of gender, age, marital status, religious belief, race, sexual orientation or economic status

### **Pennsylvania:**

#### **UNITE, Bucks County**

Meets 2<sup>nd</sup> Sunday at St. Mary's Hospital, 7-9:00 PM  
*[currently not meeting, as there is no facilitator]*

#### **UNITE, Delaware County Memorial Hospital (DCMH)**

Meets 2<sup>nd</sup> Wednesday, 7:00-8:30 PM at Delaware County Memorial Hospital, in Drexel Hill, PA  
*Contact: Debi Rafferty, 610-394-4798 or UNITE Tape*

#### **UNITE, Holy Redeemer Hospital**

Meets 3<sup>rd</sup> Thursday at Holy Redeemer Hospital, 7:00-9 PM  
*Contact: Denise Paul, 1-888-488-6483 (UNITE Tape)*

#### **UNITE, Hospital of the University of Pennsylvania Medical Center**

Meets 3<sup>rd</sup> Tuesday, 7-8:30 PM  
*Contact: Kelly Zapata, 215-662-2616 (Voice Mail)*

#### **UNITE, Jennersville Regional Hospital**

Meets 1<sup>st</sup> Tuesday, 7:30-9:00 PM in Jennersville, Chester Co., PA  
*Contact: Karen or Glen Powers, 1-888-488-6483*

#### **UNITE, Lankenau Hospital**

Meets on the 3<sup>rd</sup> Tuesday, 7:30-9:00 PM  
*Contact: Paris Margaritis, 1-888-488-6483 (UNITE Tape)*

#### **UNITE, Mayfair (NE Philadelphia)**

St. John's Lutheran Church  
Meets 1<sup>st</sup> Saturday of the month 3:30pm to 5:00pm  
*Contact Dora Eaton 1-888-488-6483*

#### **UNITE, Pennsylvania Hospital**

Meets 1<sup>st</sup> Tuesday, 6:30-8:30 PM  
*Contact: Michelle Ferrant, 215-829-5040 or 1-888-488-6483 (UNITE Tape)*

#### **UNITE, Riddle Hospital**

Meets 1<sup>st</sup> Thursday, 7:00-8:30 PM

Riddle Memorial Hospital, Media, Delaware Co.  
*Contact: Carol Kealey, 1-888-488-6483 (UNITE Tape).*

#### **UNITE, Thomas Jefferson University Hospital/Jefferson Physicians**

Meets 1<sup>st</sup> Tuesday, 6-7:30 PM [on as needed basis]  
*Contact: Andrea M. Braverman, Ph.D., 215-955-9216*

### **New Jersey:**

#### **UNITE, Princeton Health Care System**

Meets 1<sup>st</sup> Monday, 7-9:00 PM  
*Contact: Debbie Millar, RN, Community Education 1-609-897-8980*  
*Facilitator: Bernadette Flynn-Kelton*

#### **UNITE, Virtua at Voorhees**

Meets 1<sup>st</sup> and 3<sup>rd</sup> Monday, 7-9:00 PM at Barry D. Brown Health Education Center  
*Contact: Ann Coyle, RN, 1-609-502-7552*

### **Subsequent Pregnancy**

#### **UNITE, Lankenau Subsequent Pregnancy Support**

Meets 4<sup>th</sup> Tuesday, 7:30-9:00 PM [on as needed basis]  
*Contact: Don Porreca, 1-888-488-6483 (UNITE Tape)*

#### **UNITE, Virtua at Voorhees (called Rainbow Babies)**

Meets 4<sup>th</sup> Tuesday, 7:00-8:30 PM at Barry D. Brown Health Education Center. Call 1-888-VIRTUA 3 to register

### **UNITE's services include:**

- Support Group meetings in Pennsylvania and New Jersey.
- Hospital In-service Programs and community education.
- Conferences for bereaved parents, professionals and the community.
- Literature and newsletter.
- UNITE group development assistance and training programs for group facilitators and support counselors.
- Referral assistance.

*UNITE Notes* Staff

Editors: Theresa Fisher and Kathy Macagnone

Administrator: Barbara Bond-Moury

**Submissions:** We welcome your original poetry and articles. Your contributions are important to UNITE's work of reaching out to bereaved parents. We reserve the right to edit and select from submissions. Please send all submissions to:

UNITE Inc.

P.O. Box 298

Oxford, PA 19363

1-888-48 UNITE or 1-888-488-6483

or email [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org)

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