Respecting Fear, But Not Caving In

All of us know that grief is a wild ride through our feelings. It seldom makes sense, and is hard work and exhausting. It is a journey that is not “gotten through”, but experienced.

The task or imitation is to rewrite the world as we see and experience it, so that we can begin to live again with a new awareness of the people we love but see no longer. Most of us have struggles with one feeling or another. Sometimes it is trouble that emerges from past experiences with a particular feeling. At other times, it is that we are just too tired to “go there”. For many of us it just feels more comfortable to stay stuck, avoiding the risk of stepping out on our grief walk.

Special attention continues to be given to our struggles with anger and guilt. I have sought help for my own issues with anger and guilt, and frequently have presented on them. I walk away from each presentation recognizing that rooted in most of our stories, questions and detours is something beyond anger and guilt. It is fear.

“I am scared!” Have you caught yourself saying that? I have. Fear, built on yesterday’s experiences and interpreted by tomorrow’s anxieties, is a very potent feeling. What is most important, of course, is that it is a feeling. Your feeling, and a feeling that can be identified, expressed, and released. “I am scared!”

• Of exposing the deep feelings I am experiencing
• Of losing friends if I am too honest and raw
• Of being vulnerable when I think I am supposed to be strong
• Of moving to tomorrow, a place where I have never been
• Of living without my loved one
• Of moving on and maybe “forgetting” my loved one

Fear is a feeling, and it can be a powerful one. It is also a gift to you and a pathway for your journey. Some simple reminders: it is JUST a feeling. Respect it, deal with it, but don’t let it alarm you. It is just one more stop on your journey. Be alert to what may be influencing that feeling or how you deal with it. It may be that other issues need your attention and care. Don’t be afraid (another fear) of asking for help. Sometimes the clarification offered by a caring friend or trained counselor can offer you the safety needed to embrace your fears (and other feelings too!). Commit to healing. It will come.

Fear can be very powerful, and it comes from many places. “I am scared!” That is the place to begin and the point where healing starts.

This article was prepared by the Rev. Richard B. Gilbert, Ex. Director, The World Pastoral Care Center. Reprinted from Bereaved Parents USA Newsletter, January-February, 1999
Strike Out SIDS Golf Tournament, Kansas City

Strides for SIDS, St. Louis

Thank you to our Sponsors:
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Monthly Infant Loss Groups

Listed below are regular meeting times in each region. Meeting dates and times are subject to change. Please call to confirm time and location. Family members and friends are encouraged and welcome to attend.

**Eastern Region**
St. Louis

**3rd Monday of the month at 7pm**
SiDS Resources’ office
1120 S. 6th Street
St. Louis, MO 63104
Call Lori at 314-822-2323 or 1-800-421-3511

**Western Region**

**Kansas City**

**4th Wednesday of the month at 6pm**
Call Pete at 816-569-6956 for group location

**South Central/SWest Region—Springfield area**

**Call Sara at 573-364-5900**

If you want to connect with others who have experienced the sudden death of a baby, please consider joining our Yahoo group. This internet support group is open only to families involved with SiDS Resources—no one else has access to this discussion board. You may share something about your child, your experience, or ask questions. Please email Sara at stamburrino@sidsresources.org and request to participate in the Yahoo group.

This newsletter is made possible by a generous grant from the Employee Community Fund of Boeing St. Louis.
Sometimes

Sometimes something clicks,
    And with a tear,
Remembrance of the pain
    And the loneliness
Flood the heart.

Sometimes something clicks,
    And with a smile
Remembrance of the love
    And the laughter
Flood the senses.

And there are times
    When nothing clicks at all
And a voice echoes
    Through the emptiness
And numbness
Never finding the person
Who used to fill that space.

And sometimes
    The most special times of all,
A feeling ripples through your body,
    Heart and soul,
That tells you
That person never left you
And is right there with you
Through it all.

Kirsten Hansen; Bereaved Sibling
Reprinted from Bereaved Parents USA
March-April 1996
Regional Activities

for SIDS Resources’ event information, visit www.sidsresources.org

Eastern Region
St. Louis

Lola’s IDEA Golf Tournament
Sat. June 22nd, 2013
St. Peters Golf Club
$100. to register
Call Dionne for more information:
314-402-5588
1:30pm start time

Western Region
Kansas City

Please contact Melissa Merriam if you’re interested in supporting an event.
mmerriam@sidsresources.org

South Central/SWest Region – Springfield

Please contact Sara Tamburrino if you’re interested in supporting an event.
stamburrino@sidsresources.org

North Central
Jefferson City/Columbia

Please contact Lori Behrens if you’re interested in supporting an event.
lbehrens@sidsresources.org

Dress Down to fight SIDS

Does your company have a “dress down for charity” program?
If so, SIDS Resources would love to be included on their list of recipients. We will be happy to supply informational material to all who participate.
Please contact Lori at 800-421-3511 for more information. It will be helpful if you provide a contact name at your company so we can follow up and initiate the process.
Thank you for your support!
Spring 2013:
A friendly reminder that as of January, 2013, this publication has changed to quarterly issues—Winter, Spring, Summer and Fall. We won’t be mailing the updates. However, all updates will be available on-line, or we can email it to you, which will help us realize a significant cost savings. If you don’t have internet access or email, please contact your Program Coordinator and we’ll make other arrangements. We appreciate your understanding.

If for any reason you would like to be removed from this mailing, please call 1-800-421-3511 or email Lori at lbehrens@sidsresources.org

To access support services for bereaved families, or to schedule a SIDS training for professional and community groups, please call 1-800-421-3511 or contact your regional SIDS Resources’ office.

www.sidsresources.org