Star Light, Star Bright
Darcie D. Sims, Ph.D., CHT, CT, GMS

Did you ever wish upon a star? Did you ever stand outside, on a summer’s night and feel the soft darkness enfold you like black velvet, the gentle night breeze kissing your cheeks, the grass tickling your bare toes? Did you ever lie on your back, looking at the starry quilt tossed over the Heavens? Did you ever see a shooting star and wonder where it came from and where it was going? Did you ever search for a special star and wish on it? Did you ever believe in wishes? I did.

Life was simple then. Made up of day and night, light and dark, black and white, yes or no. There weren’t so many maybes then. There weren’t so many questions left unanswered or sentences left unfinished or songs never sung. Love came easy in the summertime of my life. It was warm and gentle, nurtured by the never-ending sun’s light and blessed by a moon that always cast a silvery reflection on wherever I happened to be. Dreams came easy then and so did laughter. Can you remember those times in your life when the summers were without end and joy ran free with the wind? We flew kites and launched balloons.

We collected grasshoppers and chased fireflies. We tried to capture the raindrops and make the popsicles last a little longer. We tried to find the end of the rainbow and once, I even managed to stand in its light! I thought I was blessed. I had been touched by the rainbow’s hue!

Dreams came easy, too and we were young and foolish and care less in the summertime of our life. We made dandelion crowns and wove daisy chains. We toasted in the summer sun, turning over and over, leaving white tan lines and sun-streaked hair. It was everything we dreamed of, an endless wave, an endless river, an endless day ... only to be blessed even more by the gentle darkness of star-dusted summer nights.

Life was full and rich, although we were not. But we were filled with love and dreams and hope. We believed then. Joy came into our lives, just as it did into yours. And we thought our hearts would burst with the magic. We caught the sunlight and gave it a name. We fell in love with love. And love fell in love with us. It was a perfect time, at least in the dream place. Everyone has had a dream space, even if you if can’t remember it now. You once walked where angels trod and their footprints left joy in your heart. We grew secure and content and settled into the porch swing to while away the summer’s night. We played Kick-the-Can and held those fireflies in our hands, wondering how they glowed and flickered and flashed. Life once was whole and complete and summertime seemed endless.

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But then, we learned you can’t paint a rainbow on the wall and expect it to stay. You can’t hold a butterfly too tightly and set it free again. The dream came to pieces and we were shattered. No longer a dream, we became a nightmare and the sun grew cold and the music died. I no longer looked at the stars. There was no rainbow for me anymore. All the dreams were broken and the puzzle was scattered. It was a long time before I realized the sun still got up every day and so did I.

It was a looooong time before I understood that while my life’s fabric had been damaged terribly, it was still being woven, even if the threads were twisted and broken. One day became one week, and then one month and then one year and now, many years. One night I again looked up into the Heavens and discovered the stars were still there. And the moon was still there too! Oh my, how long has it been since my spirit felt like dancing in the moonlight? Too long. Too long. And now my bones ache sometimes. Sometimes my step is a bit slower and sometimes I can still feel THE PAIN. But, I’ve begun to notice that the broken places have started to heal.

The fabric is mending, left with tiny stitches and perhaps a bit lumpy, but I am learning to weave again. And the stars are still shining. I guess they never stopped. I just quit looking ... But now, as summer reigns again, I realize that many summers have come and gone, not just one. It’s been Fall and Winter and Spring, too. Many times. All without my direction, effort or concern. Someone else turned the season’s wheel and the days moved on and on. I hadn’t been “in charge” after all! Someone else’s hand had been holding mine all this time. And now, when I dare, I can find my special star. Oh no!

There are more stars whose names I know and I find it comforting to know I am blanketed by a starry quilt made of love and memories.

I DID get my wish! It just didn’t stay long enough. But oh! I choose now to remember the light, not dwell in the darkness. Once I stood in a rainbow’s glow and was granted happiness. I know its name and there is a star for each miracle we have known. Look skyward tonight and find yours. And instead of embracing the emptiness, cherish the space that love always fills. We didn’t lose the love just because the light went out on this earthly plane. NO LIGHT THAT WAS BORN IN LOVE CAN EVER BE EXTINGUISHED.

Star Light, Star Bright, First Star I see tonight, I wish I may, I wish I might, Remember the love and Hold the Light Twinkle, Twinkle Little Star, Now I know just Who you are. 

Lovingly lifted" from www.Griefinc.com

This newsletter is made possible by a generous grant from the Employee Community Fund of Boeing St. Louis.
25K Challenge!

Dear friends of SIDS Resources,

We have exciting news to share!
A faithful donor and long time friend of SIDS Resources has presented us with a fantastic opportunity! For every donation made in the month of August, we will receive a dollar for dollar match up to $25,000.00!

This 25 K Challenge is a wonderful opportunity to raise much needed funds to support our programs and services. Just think, your $10 becomes $20; your $50 becomes $100...and so on!

Donating is easy, just go to our link:
https://www.sidsresources.org/?page_id=616

If you would like to see some of the faces of those helped by SIDS Resources, please take a moment to watch this video. You will see just a few of the hundreds of individuals supported each year. Your donation will also go towards assisting families to have a safe place for their baby to sleep. http://vimeo.com/69654718

Please give today, because One is Too Many. Thanks for your support~

Lori Behrens
Executive Director

“Happiness doesn’t result from what we get, but from what we give.”
—Ben Carson

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.

Quarterly Update
Summer 2013
I Would if I Could
By Ouirino Gívez
Central Coast, CA

I would if I could, sing my song of love for you
with the voice of a golden throated songbird.
Each note, smooth and perfect, made soulful by haunting harmony.

I would if I could, build a monument of love so magnificent that...
It would dwarf the Grand Canyon and outlive the tombs of Tut and Cheops. It would glisten while in a midday’s sun and shimmer in a pale light of May full moon.

I would if I could, paint a picture of love
with bold and boastful strokes...with paints that hint of brightness of pride, and happiness, and admiration. The hues would stain the canvas as the brush would add the texture...guided by Love for you... A masterpiece.

I would if I could... but I can’t.

But what I can and will do, is live my life in such a way as to reflect the love I have for you. I appreciate life, and love so much more because of you...
and I will be so tender and attentive, supportive and loving, grateful and joyous... all because you have touched my life in just this way, my son

and I hope that people will be able to see you through me and that I may touch them as you have touched me.
I love you, my son. I miss you my son, and you will live forever... in me.

Lovingly lifted from the Sept./Oct. 2000 issue of Bereaved Parents USA
Eastern Region
St. Louis

Save the Dates:
April 5th & 6th, 2014
GO St. Louis
SIDS Resources will be one of the charity recipients of the GO! St. Louis event, held April 5th and 6th, 2014. Watch for details!

Regional Activities
for SIDS Resources’ event information, visit www.sidsresources.org and click on “get involved”

Western Region
Kansas City

Strike Out SIDS at the K
Friday, Sept. 6
7:10 pm Royals vs. Tigers
Click here to get tickets!

Strike Out SIDS at the K
Friday, Sept. 6th 2013
SIDS Resources will be recognized at the KC Royals game! A portion of all ticket sales will be donated to us. Buy your tickets now at http://www.sidsresources.org/?page_id=1527

Swing Away SIDS
Sat., Sept. 14th 2013
Annual Co-ed Softball tournament. Blackbob Park, Olathe, KS

South Central/SWest
Region – Springfield

Healthy Baby and Beyond
Sat., Sept. 14th 2013
A fun, educational event from 10am-2pm at Greentree Christian Church, Rolla, MO
stamburrino@sidsresources.org

North Central
Jefferson City/Columbia

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

Please contact Melissa Merriam for more information:
mmerriam@sidsresources.org

Regional Activities
Quarterly Update Summer 2013
Summer 2013:
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 your 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

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