Seasons of Grief and Healing

What happens around you in the springtime of the year is what can happen within you as you enter the springtime of your grief. The springtime of your grief will not be all brightness. While the worst may be behind, that does not mean that only the best will lie ahead. You can still wish desperately that the one you love were still beside you, even when you’re having one of your better days, even when you know you’re returning to life. Something more is at work as you grieve. New life is not just a choice you make—it is an opportunity you are given. This renewed sense of life is not something you can force exactly. It’s something you open yourself to, something you come to trust. And as you learn to do that trusting, you take another step toward your healing. This is the legacy of grief’s springtime. As your outlook toward the future begins to change, so does your outlook toward the past. You focus less on death and more on life—life and love your baby gave you and gives you still, life that grows within you, and will not be stopped. You focus less on darkness and more on light—the light that still glows from your baby’s life, and the light that pulses from your own life. You begin to concentrate on the gift that can never be taken. And if you have not yet reached the “springtime” of your grief journey, just as with the seasons, you can know and hopefully, be encouraged, that spring will come. You will reach this step in your journey.

Following are some suggestions for going through this springtime:

• Expect and allow respites from you grief. This does not mean that you love this person any less or that you’re leaving them behind in any way. Children do this quite naturally. We can all do well to learn from them.

• Expect and allow passing attacks of grief. Even as you begin to feel better, you may find that you experience sudden surges of sadness when you least expect them. This happens with most everyone.

• Try new things. You can’t know what will work best as you move forward until you experiment. Stay with what works and feel free to change things that aren’t working.

• Reach out. There will come a time in your grief when it seems right to begin facing out toward others more than facing toward yourself. When it does, begin to reach out in those ways that make you uniquely you.

• Underline your learnings. As the lessons begin to come to you out of your loss (and they will come), pay attention to them. Don’t let them slip by unnoticed. Highlight them. Preserve them for future use.

*Used by permission from Augsburg Press, When Mourning Dawns by James E. Miller, 2000.*
Does your employer have a matching donation program?

Many employers sponsor matching donation programs to charitable organizations. Most programs match contributions dollar-for-dollar, doubling your gift-giving opportunity. Some employers also provide matching dollars for event participation. If you have ever donated or considered donating to SIDS Resources, please check with the HR department of your employer to find out if these matches are available. *Thanks in advance for your support!*

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*Welcome Spring!*

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Quarterly Update  
Spring 2016
Little Butterfly Poem

I lived my life inside you, cocooned in all your love,
So mama, papa, please don’t cry, I’m still with you, just up above.
I felt your every heartbeat, it’s my sweetest melody,
And for every heavenly bedtime, the angels play it back to me.

I know how much that I am wanted, I feel so very blessed.
Of all the parents in all the world, I got the very best.

You think of me in all your waking hours, and on those sleepless nights,
Just look out the window and you’ll find me, the brightest star, the most dazzling light.

I’m that little breeze in the summer, and I’m that unexpected white feather;
I plucked it from my downy wings, so that you remember we are always together.

I know how much it hurt your soul, when we had to say goodbye,
But I’m not gone, I’m always here, I’m your sweet little butterfly.

~ Amy Farquhar, in memory of Alfie James Farquhar

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
  - 7204 Forsythe, Parish Center
  - St. Louis, MO 63105
- 1st Friday of the month at 10:30am
  - SiDS Resources’ office
  - 1120 S. 6th Street
  - St. Louis, MO 63104
  - Call Dawn 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 Facebook 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 Facebook group.

Quarterly Update

Spring 2016
Regional Activities

for SIDS Resources’ detailed event information, visit www.sidsresources.org and click on “get involved”, then “upcoming events”

**Eastern Region**

St. Louis

*Save the date: Strides for SIDS*

*Sat. August 13th*

Creve Couer Park, St. Louis, MO
5K and 1 mile run/walk
Sponsored by Borrowed Time 151 Foundation
Fun activities for families before and after the run/walk
Timing by Big River Running Company
Memorial Dove Release

**Western Region**

Kansas City

*Rock and Remember*

*Friday, April 8th*

The SAM MONTGOMERY Memorial Dance at 2016 Main, KCMO

*8th Annual Tee it up for SIDS*

*Saturday, May 21st*

Swope Memorial Golf Course
Kansas City, MO

*Save the date: A Divine Run 5K Run/Walk*

*Sat. July 23rd*

Kansas Speedway
[www.divinerun.com](http://www.divinerun.com)
Register here – [https://register.chronotrack.com/r/19824](https://register.chronotrack.com/r/19824)

**South Central/SWest Region**

– Springfield

*6th Annual Marshall Dean Keller Golf Tournament*

*Friday, June 10th*

Carthage, MO Please visit [MDKTournament](https://www.facebook.com/MDKTournament) for more information.

**North Central Region**

Jefferson City/Columbia

If you are interested in participating or volunteering in one of our events, please call 1-800-421-3511
SIDS Resources Program Staff:

**Eastern Region – St. Louis**
314-241-7437
Lori Behrens, LCSW, Executive Director
lbehrens@sidsresources.org
Dawn Casey, Family Support Program Coordinator
dcasey@sidsresources.org
Valerie Phillips, Crib Program Coordinator
vphillips@sidsresources.org

**Western Region – Kansas City**
314-241-7437
Cheryl Herzog Arneill, MSW, Community Educator
carneill@sidsresources.org
Pete Potts, Program Coordinator
ppotts@sidsresources.org
Melissa Merriam, Development Coordinator
mmerriam@sidsresources.org

**South Central/SWest Region – Springfield**
573-364-5900
Sara Tamburrino, Program Coordinator
stamburrino@sidsresources.org

This publication is published quarterly–Winter, Spring, Summer and Fall. We won’t be mailing the updates, however all updates are available on-line, or we can email it to you, which helps us realize significant cost savings.
If you don’t have internet access or email, please contact your Program Coordinator and we’ll work to 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