

# Angel Whispers

FALL, 2012

## Angel Whispers

Newsletter is a resource for parents who have lost a baby during pregnancy or shortly after birth.

Meetings are held in Sherwood Park and Fort Saskatchewan.

For meeting information, or to receive our newsletter or a special care package, please call 780.998.5595, ext. 225.

You can also reach us by email at angelwhispers@familiesfirstsociety.ca or visit our website at www.angelwhispers.ca/angelwhispers.



[www.familiesfirstsociety.ca](http://www.familiesfirstsociety.ca)

## Hello Angel Whispers families,

The leaves are starting to turn and the air feels crisp and cool as the warmth of summer becomes a memory. Within a few weeks autumn will arrive. Fall has always been one of my favourite seasons.

Fourteen years ago, it became one of the darkest seasons of my life when we lost our second baby Loren on September 18, 1998. We were left with no tangible memories of our baby. Our hopes and dreams for the future were torn away from us; it was a time in my life where I felt so devastated and alone, wanting desperately to connect with others that understood and wanting to find a special way to honor Loren's memory.

It was through our experience in losing Loren that I had the opportunity to share our story with other grieving families, which, four years later, would inspire myself and two other moms to create Angel Whispers. Angel Whispers has given me a meaningful way to honor our two babies, Loren and Brooklynn, who we lost on December 23, 2002.

I have always looked for meaning in my life, and for me, I reflect on our losses and believe that the gift that Loren and Brooklynn gave me was the gift of compassion and understanding. I am blessed to be involved with Angel Whispers and feel honored to have the opportunity to walk with others on their grief journeys after the loss of their precious babies. I feel that if I can make a difference in the lives of others then Loren and Brooklynn's deaths were not in vain.

I honor my babies through the work I do with Angel Whispers. I am passionate about helping others and had it not been for our experiences, this is not a path that I would have followed in my life.

This newsletter is dedicated to honoring our angels. Most families want to find a meaningful way to remember and

honor their babies and yet some are unsure what to do. In this newsletter you will find suggestions on how to honor your angel as well as poems and stories shared in memory of some of our Angel Whispers families' cherished Angel babies.

My wish for you is that you find comfort in the following pages...knowing that you are not alone. There are so many other families that share in your grief. Please know that with time the intense emotions will soften.

May you find a meaningful and heartfelt way to remember your baby, and in the process feel hope for the future.

*With Love & Understanding,*

*Lori-Ann*

*Lori-Ann Huot*

*Program Coordinator*

*Angel Whispers Baby Loss Support Program*

*(780)998-5595 ext. 225*

*angelwhispers@familiesfirstsociety.ca*



*Angel Whispers*

## Visit us on Facebook!

Facebook is a fast and easy way for us to send out meeting reminders and notifications about our healing hands workshops, as well as what is new in our community.

You are also able to make a donation to our program in memory of your baby through facebook.

Please visit:

[www.causes.com/angelwhispers](http://www.causes.com/angelwhispers) or  
<http://www.facebook.com/lorianangelwhispers>

# Honoring Your Baby

By: Lori-Ann Huot

**W**hen you lose someone you love, you reflect on memories and keepsakes to remember them. When you lose your baby, those memories are taken from you before they are created.

Families anticipate the future with their baby, and when that baby has died, parents are left with heartbreak and devastation and so many unfulfilled dreams for the future.

For many families there are very few tangible memories they have of their babies. Most seek ways to honor their baby's memory, allowing themselves, friends and family opportunities to remember that cherished baby.

For families that lose their baby, while at home or in the hospital, the following suggestions may help you to create memories with your baby. This time with your baby is short but precious and you will look back at your moments together and cherish those memories with your baby:

- Hold your baby in your arms. Spend time together as a family; this is a chance that you will never have again.
- Bath your baby.
- Dress your baby. Bring a special outfit or blanket to dress your baby in; for earlier losses a special scarf may be used. Many hospitals have small blankets, hats and clothing for tiny babies.
- Take pictures of your baby with you and your family members. Many hospitals have staff take pictures for you with a digital camera and provide you with prints, DVD or memory stick. You may want to include special keepsakes in the pictures such as stuffed animals or wedding rings. There are professional photographers with an organization called 'Now I Lay Me Down to Sleep' that will come to the hospital to do a photo session with you and your baby at no cost to you.
- Ask for footprints and identifica-

tion bands. Even the tiniest feet make prints that will last forever. The hospital may be able to provide you with keepsakes such as clothing and blankets that were used while caring for your baby.

They may give you a teddy bear to fill your empty arms and to take home with you. Some may give you a memory box to keep your mementoes in.

- Ask for a lock of your baby's hair.
- You may want to invite family and friends that are close to you to visit. Sharing your experience with loved ones will help them create memories of your baby and allow them to be there to support you and help them to deal with their grief.
- Planning a funeral or memorial service can be helpful and give friends and family an opportunity to remember your baby and provide much needed support to you.

For families that lose their baby at any stage, whether early on in pregnancy or stillbirth, the following are ideas on way to honor your baby's memory:

- Name your baby. Do what feels right to you, whether you give your baby a name or a nickname like 'Peanut' or 'Angel'. Naming your baby validates his or her existence and is a natural part of remembering your baby. You may choose to use the name you had chosen for this baby during pregnancy or to chose a name to honor a family member. Consider a gender neutral name if the pregnancy loss occurred before it was possible to determine your baby's gender.
- Consider sending out a birth/death announcement to friends and family.
- Plan a memorial service, perhaps including a release of butterflies or doves.
- Wear a pendant or other piece of jewelry. There are special pieces of jewelry that can be designed

with your baby's name and date on them or even pendants that can be created with some of your baby's ashes inside or that have your baby's hand or footprints etched into them.

- Name a star through the International Star Registry: [www.star-registry.com](http://www.star-registry.com).
- Have a favorite object created into a custom urn: [www.creativecremains.com](http://www.creativecremains.com)
- Create or purchase artwork.
- Plant a tree or create a memorial garden with a small statue or plaque in memory of your baby. If you don't have a grave to visit, you can go to the garden or tree to remember your baby.
- Write a letter to your baby.
- Make a memory box or request one by emailing us at: [angelwhispers@familiesfirstsociety.ca](mailto:angelwhispers@familiesfirstsociety.ca). Keep special mementos inside like letters, cards, footprints, and pictures.
- Create a baby book or scrapbook including items such as your positive pregnancy test, pictures of you when you were pregnant, your ultrasound picture, a lock of hair, foot and handprints, a record of your baby's measurements and weight,verses and poems, or a birth certificate.

If you did not receive a birth certificate and would like an angel birth certificate keepsake, email us at [angelwhispers@familiesfirstsociety.ca](mailto:angelwhispers@familiesfirstsociety.ca) with your baby's name, date of birth, parent's names and hospital name/city, if applicable, along with your address. We would be happy to send you one.

- Journal your thoughts. This may be helpful as you grieve. You may find it comforting to reread your thoughts as time passes.
- Write a poem or a song.
- Start a collection. I began collecting angels after we lost our baby,

Continued on page 3

Continued from page 2

- and my home is now filled with beautiful angel and angel wing keepsakes. Other ideas include butterflies, teddy bears or dragonflies.
- Create tangible memories from blankets or clothing. You can make or have someone make you a quilt, stuffed doll or teddy bear from pieces of fabric from maternity clothes, baby clothes or baby blankets.
  - Create a shadow box as a unique way of displaying small keepsakes such as pictures, ultrasound pictures, hand and footprints, crib card, lock of hair, hospital bracelets and clothing such as hats, socks, or pieces of blankets.
  - Celebrate your Angel baby's birthday by releasing balloons that include a personalized message from you to your baby.
  - Have angel food cake for your baby's birthday.
  - Include your baby during holidays. The winter Angel Whispers newsletter will be dedicated to ways to remember your baby during the holidays as well as suggestions on how to cope during the holidays.
  - Light a candle.

Ideas for a permanent ways to honor your baby include:

- Getting a tattoo, using your baby's name and date of birth, the flower from the month your baby was born, your baby's hand or footprints, butterflies, dragonflies or angel wings.
- Donate to a charity in memory of your baby.
- Donate your time or resources to an organization that helped you after the loss of your baby.
- For your baby's birthday or Christmas consider purchasing a gift for the age your baby would be and donate it to your local children's hospital or to a child in need.
- Start a foundation or a fundraiser or raise money to donate to organizations that have helped you after your loss.
- Create a blog or website to re-

member your baby. Include written entries, photos and a playlist of meaningful songs.

- Find support online. There are several online resources and penpal groups for families that have lost babies. If you have not yet visited our website, you will find us at [www.angelwhispers.ca/angelwhispers](http://www.angelwhispers.ca/angelwhispers). Our site contains links to several other online resources.
- Create a virtual keepsake. Calvin's Cupcakes at [www.blessedtobebroken.com/calvinscupcakes](http://www.blessedtobebroken.com/calvinscupcakes) will create a virtual cupcake that appears on their site on your baby's birthday. Parents are welcome to copy the cupcake and put it on your website or blog.
- Have your baby's name written in

the sand – for details visit [www.namesinthesand.blogspot.ca](http://www.namesinthesand.blogspot.ca).

What is important is that you remember your baby in a way that has meaning to you. Some families honor their babies in quiet more private ways; others more public.

October 15 is dedicated as *Pregnancy and Infant Loss Remembrance Day* – a day to honor and remember babies who die during pregnancy or after birth. Participants around the world light a candle at 7:00 p.m. and keep it burning for at least an hour. Because of the different time zones, the result is a wave of light that spans the globe.

I invite you to participate in memory of your baby by lighting a candle at during this event.

*Angel Whispers is a non-denominational program. However we honor and respect the individual beliefs of our families.*

## Upcoming Meetings:

**Baby Loss Support Group** - for families who have lost a baby during pregnancy or after birth. Meetings are held on the first Sunday of each month from 7-9 p.m. in Sherwood Park at the Family & Community Services offices at 2001 Sherwood Drive. October 14, November 4 & December 2

**Subsequent Pregnancy Support Group** - for families who are trying to conceive or expecting again after experiencing a previous loss. Meetings are held from 7-9 p.m. at the Family & Community Services offices at 2001 Sherwood Drive, Sherwood Park. October 21, November 18 & December 9

**Healing Hands Workshop** - an opportunity to remember your baby through healing activities such as scrapbooking, card making & other crafts. Saturday October 27, Saturday November 24 & Saturday December 15 at the FCSS offices in Sherwood Park

*For all meetings & workshops please contact Lori-Ann to register - (780)998-5595 ext. 225.*

## Congratulations!

*Nate Hudson Carpenter - born July 17, 2012  
weighing 8lbs 7oz to proud parent's Tori & Andy Carpenter and excited big brother Kaden.*

*Big brother Connor is smiling down from heaven!*

# Little Chair

Trying to understand the reasons  
you are gone  
Searching for answers in the lyrics  
of a song  
Looking to Heaven as the west  
wind blows  
Was that a whisper from you or  
maybe a kiss on my nose?

They just wanted to hear the beat  
of your heart  
Now their whole world has been  
ripped apart  
Your wonderful dad and your  
beautiful mom  
Searching for answers that just  
won't come.

There will be days when we  
question "is this for real?"  
We know it will take time for our  
hearts to heal  
Just because we are laughing and  
having fun  
Does not mean we forgot you "our  
little one".

In time your mom and dad will  
begin to heal

When they no longer fear the pain  
that was so real  
When the time is right, one day they  
will have another  
Shedding tears for you as they hold  
your sister or brother.

Mommy and Daddy it's me and I  
just wanted to say  
I see the pain in your hearts  
because I went away  
It is okay to smile when you hold  
your nephew or niece  
Please do not feel guilty; I want you  
to feel peace.

When you look to the stars and you  
see the bright light  
That's me Mommy and Daddy I'm  
saying good-night!  
You know I'm in heaven and I will  
wait for you there  
I'm sitting right beside Jesus in my  
own little chair.

Love you always....My little  
Peanut!!  
Grandma R xoxo

# In Loving Memory of Gabriel Thom Clair

October 2, 2011

These are my footprints,  
so perfect and so small.  
These tiny footprints  
never touched the ground at all.  
Not one tiny footprint,  
for now I have wings.  
These tiny footprints were meant  
for other things.  
You will hear my tiny footprints,  
in the patter of the rain.  
Gentle drops like angel's tears,  
of joy and not from pain.  
You will see my tiny footprints,  
in each butterflies' lazy dance.  
I'll let you know I'm with you,  
if you just give me the chance.  
You will see my tiny footprints,  
in the rustle of the leaves.  
I will whisper names into the  
wind,  
and call each one that grieves.  
Most of all, these tiny footprints,  
are found on  
Mommy and Daddy's hearts.  
'Cause even though I'm gone now,  
We'll never truly part.

~Unknown

# Thank you!

- to Strathcona Family & Community Services for allowing us use of their meeting space.
- to Betty Dean for helping with our newsletter!
- to Allison Smith for her assistance with our website!

## and for the following donations:

- To Richard Barrowclough for the donation to Angel Whispers.
- To the following families for sharing their stories for our Annual General Meeting:
  - Kristen & Jaimes Rino
  - Anne Evans
  - Alyson Yablonski
  - Jane Slywka
  - Cara Richards
  - Amanda Williams
  - Candy Retson
- to the mom's who decorate our memory boxes and to all our volunteers!

Thank you to everyone for your generous donations which help to sustain the services provided by Angel Whispers.

Angel Whispers receives some funding from the Government of Alberta's Community Spirit Program, as well as from many generous individuals.

Thank you for your continued support.

**Government  
of Alberta**

# In Memory of our New Angels

Amber Rino  
May 18, 2012

Rowan Angel Skyler Noircent  
May 21, 2012

Emily Williams  
June 12, 2012

Carlee Rhetta Ann Storey  
June 15, 2012

Anthony Raphael Montero  
June 22, 2012

Jordan Charles Carotenuto  
June 25, 2012  
Baby Poloni  
July 2012

Angelica & Joshua Clark  
July 2012

Luciana Alvarez  
July 16, 2012

Alyssa Michelle Hurley  
July 24, 2012

Heaven Goodchild  
July 26, 2012

Baby Lawson  
July 30, 2012

"Peanut" Desmeules  
August 2, 2012

Camron Christen Clapp  
August 3, 2011 - December 30, 2011

Christian Zane White  
August 14, 2012

Clara Wetterauer  
August 14, 2012

Jay'Veonna Sa'Riyah Anita Hobson  
November 5, 2011 - November 6, 2011

All angels can be found on our website at:  
[www.angelwhispers.ca/angelwhispers](http://www.angelwhispers.ca/angelwhispers)

Please call or email us if you would like to submit your baby's name to be remembered. If we have forgotten to remember your baby on this page, or have misspelled your angel's name, please let us know.

## Brooklynn's Story

**A**fter thinking our family was complete with three daughters, we were shocked to discover we were expecting again. I had complications very early on in my pregnancy, and had several ultrasounds because I was hemorrhaging. It was after one of my ultrasounds that my doctor called and asked if I was sitting down—then told me that we were expecting twins!

At this point I was still hemorrhaging and through the next few weeks the bleeding became so heavy that I was convinced I was miscarrying our babies. Another doctor visit and ultrasound revealed one of our twins had died, but the other twin was still hanging on.

We found out that Brooklynn had died on December 23, 2002, and the bleeding was caused by a subchorionic hemorrhage, meaning that where the surviving twin's placenta attached to my uterus, it had hit a major blood vessel. Brooklynn was unable to survive the hemorrhaging. It was a very sad Christmas that year, having just discovered we had lost one of our babies.

Our other twin, Sydney, thrived despite the further complications I had during my pregnancy. My hemorrhaging lasted for 20 weeks and just as I thought I might have a chance to start enjoying this pregnancy, my mom passed away suddenly when I was only 24 weeks pregnant. The stress, combined with the preg-

nancy complications of the last five months, caused my water to break when I was only 30 weeks pregnant. I was admitted to the hospital on bed rest while they tried to stop my labor so that Sydney would be more likely to survive. Sydney entered the world at 32 weeks gestation weighing just over 4 pounds. She spent a month in the Neonatal Intensive Care Unit.

Sydney proved what a fighter she was by surviving the complications that took little Brooklynn so early. She was diagnosed with Cerebral Palsy when she was 2 1/2 but has overcome more challenges - being told she may never walk or talk, she runs and is the most talkative of our four daughters we have here with us. We believe she has something special to share with the world and that is why she has fought so hard to survive.

Sydney talks about her sister Brooklynn and her sister Loren, who we lost in 1998; she says they are angels who stay with her and protect her. I do wonder if Brooklynn was taken from us to ensure Sydney would always be taken care of by her own personal guardian angel. Sydney gives us a daily glimpse of what Brooklynn may have been like, her gentleness, her smile and her angelic spirit.

*Written by Lori-Ann & Rene Huot  
in memory of Brooklynn & Loren*

# Favorite Lyrics...

...try listening to these on YouTube - they speak so strongly of how many families feel.

## Fly

By: Celine Dion

Fly, fly little wing  
Fly beyond imagining  
The softest cloud, the whitest dove  
Upon the wind of heaven's love  
Past the planets and the stars  
Leave this lonely world of ours  
Escape the sorrow and the pain  
And fly again

Fly, fly precious one  
Your endless journey has begun  
Take your gentle happiness  
Far too beautiful for this  
Cross over to the other shore  
There is peace forevermore  
But hold this mem'ry bittersweet  
Until we meet

Fly, fly do not fear  
Don't waste a breath, don't shed a tear  
Your heart is pure, your soul is free  
Be on your way, don't wait for me  
Above the universe you'll climb  
On beyond the hands of time  
The moon will rise, the sun will set  
But I won't forget

Fly, fly little wing  
Fly where only angels sing  
Fly away, the time is right  
Go now, find the light

From: <http://www.elyrics.net/read/c/celine-dion-lyrics/fly-lyrics.html>

## Precious Child

By: Karen Taylor Good

In my dreams, you are alive and well  
Precious child, precious child

In my mind, I see you clear as a bell  
Precious child, precious child  
In my soul, there is a hole  
That can never be filled  
But in my heart, there is hope  
'Cause you are with me still

In my heart, you live on  
Always there never gone  
Precious child, you left too soon  
Tho' it may be true that we're apart  
You will live forever... in my heart

In my plans, I was the first to leave  
Precious child, precious child  
But in this world, I was left here to grieve

Precious child, my precious child  
In my soul, there is a hole  
That can never be filled  
But in my heart there is hope  
And you are with me still

In my heart you live on  
Always there, never gone  
Precious child, you left too soon,  
Tho' it may be true that we're apart  
You will live forever... in my heart

God knows I want to hold you,  
See you, touch you  
And maybe there's a heaven  
And someday I will again  
Please know you are not forgotten until then

In my heart you live on  
Always there never gone  
Precious child, you left too soon  
Tho' it may be true that we're apart  
You will live forever... in my heart

From: [http://www.lyricsmode.com/lyrics/k/karen\\_taylor\\_good/precious\\_child.html](http://www.lyricsmode.com/lyrics/k/karen_taylor_good/precious_child.html)

# Upcoming Healing Opportunities:

**Walk to Remember:** Sunday September 29, 2012 at noon at the Legislative Grounds.

Gather and walk to celebrate and honour the babies we carry in our hearts. We remember the joy they brought into our lives and the love they left there. Funds raised for the Lois Hole Hospital for Women to help other bereaved families begin their healing journey.

To register, go to  
[www.walktoremember.ca](http://www.walktoremember.ca).

**Yoga for Grief Support:** Yoga specifically designed for people who have suffered the death of a loved one.

Classes involve yoga postures, breathing and meditation along with educational and supportive topics related to bereavement support. Guided by Sandy Ayre, and Occupational Therapist and Certified Yoga Instructor. For more information & upcoming class dates, please visit -

[www.yogaforgriefsupport.com](http://www.yogaforgriefsupport.com).

## International Pregnancy & Infant Loss Remembrance Day

October 15 is *Pregnancy and Infant Loss Remembrance Day* – a day to honor and remember babies who die during pregnancy or after birth.

Participants around the world light a candle at 7:00 p.m. and keep it burning for at least an hour. Because of the different time zones, the result is a wave of light that spans the globe.

Please participate by lighting a candle at during this event.

## **Hi Mom and Dad,**

I miss you both so much. God and all my friends here in heaven must have known I was upset because they had a nice chat with me today and Grampa was kind enough to help me write this letter.

I need you to mourn me 'joyously' as I mourn the short time I had with my family 'joyously'. You see, Mom and Dad, time in heaven goes by very quickly. Weeks on earth are like seconds here, years like minutes, and decades like hours. So, Mom and Dad, If I don't see you or any of my family for 70 or 80 years, it will still be today in heaven. When God and my friends told me that, I felt so much better and I know you will too.

I have so much to say I just have to start at the beginning. You remember, Mom, when you and aunt Krisa started planning Joshua and I, what a great time that must have been. Don't feel sad Mom and Dad, God promised me before I was born that He would not give any of my friends or family more than they could handle.

You remember, Mom and Dad, the night I was conceived, what a great time that must have been, with the love you felt for each other and the love you were preparing yourselves for me. You remember, Mom and Dad, the day you found out you were going to have a baby, what a great time that must have been. You remember, Mom and Dad, when you found out I had a heart problem how sad everybody was. But that didn't stop anyone from playing the music I've come to love so much, the talks you, Mom and Dad, had with me everyday, the plans everyone had for me, and the help all my family, friends, doctors and nurses had for me.

I know and remember all these things. Remember, Mom and Dad, that God promised me before I was born he would not give my family and friends more than they could handle so he decided to bring me home now rather

than later when it would have been much harder for all of us to handle.

I'll be here when you need me, Mom and Dad, and I'll write letters, Mom and Dad, but I can't watch you all the time, as there is so much to do. Love each other forever the way you did the night I was conceived. You have so much love to give I pray to have brothers and sisters to talk with at night about their hopes and dreams, goals and fears, family and friends.

But remember, Mom and Dad, here in heaven, weeks are like seconds, years like minutes, and decades like hours. I will see everyone in what will seem like a very long time to you, but it will be today for me.

Remember on Monday, Mom and Dad, I'm already in heaven and be strong for each other. Keep this letter close to you, if it helps and forgive Grampa's spelling.

Love you always,

*Madison Louise Kondro  
Your loving daughter, always.*

*When my dad gave us this letter in the hospital he said for us to open it together and that he couldn't explain it. He didn't know what it said only that he wrote it. He had talked to my mom and said he didn't know what to do as Maddie kept talking to him and she wanted her parents to understand, but they weren't listening to her. So mom suggested he write what she was telling him, so he did. This is the letter he wrote. The neat part to know is that this isn't the way my dad would speak. This is not his language, and he wouldn't say things this way if it was him talking. This is such a gift for Madison to give us through her grandfather.*

## **An Angel Never Dies**

**Author Unknown**

Don't let them say I wasn't born,  
That something stopped my heart.  
I felt each tender squeeze you gave.  
I've loved you from the start.

Although my body you cannot hold,  
It doesn't mean I'm gone.  
This world was worthy not of me.  
God chose that I move on.

I know the pain that drowns your soul,  
What you are forced to face.  
You have my word, I'll find your arms,  
Someday we will embrace.

You'll hear that it was "meant to be"  
"God does not make mistakes".  
But that won't soften your worst blow,  
Or make your heart not ache.

There will come a time, I promise you,  
When you will hold my hand,  
Stroke my face and kiss my lips,  
And then you'll understand.

Although I've never breathed your air,  
Or gazed into your eyes,  
That doesn't mean I never "was",  
An angel never dies.

# In memory of Emily Williams

June 12, 2012

If tears could build a stairway,  
and memories a lane,  
I'd walk right up to Heaven  
and bring you back again.

No farewell words were spoken  
no time to say goodbye  
you were gone before I knew it,  
and only God knows why.

My heart still aches in sadness  
and secret tears still flow,  
what it meant to lose you,  
no one will ever know.

## Love in every tear

Author Unknown

O precious, tiny, sweet little one  
You will always be to me.  
So perfect, pure, and innocent  
Just as you were meant to be.  
We dreamed of you and of your life  
And all that it would be.  
We waited and longed for you to  
come.  
And join our family.  
We never had the chance to play,  
To laugh, to rock, to wiggle.  
We long to hold you, touch you now  
And listen to you giggle.  
I'll always be your mother,  
He'll always be your dad.  
You'll always be our child,  
The child that we had.  
But now you're gone...but yet you're  
here  
We'll sense you everywhere.  
You are our sorrow and our joy,  
There's love in every tear.  
Just know our love goes deep and  
strong,  
We'll forget you never--  
The child we had, but never had  
And yet will have forever!

# I Remember

I remember the astonishment we felt  
when we found you would come early  
so little, entering a big world  
We hoped only as parents do.

I remember the excitement we felt  
when we heard your tiny cry  
and seeing your baby blue eyes  
We rejoiced only as parents do.

I remember the warmth we felt  
when we saw your tiny face  
and touching your tiny head  
We loved only as parents do.

I remember the fear we felt  
when infection spread through  
changing your color and odds  
We worried only as parents do.

I remember the devastation we felt  
when we learned all had been done  
it was time to make a choice  
We cried only as parents do.

I remember the helplessness we felt  
watching you take your last breath  
in our arms for the first and last time  
We held you only as parents do.

I remember the emptiness we felt  
the next morning waking, knowing you were gone  
forever our little angel and our baby girl  
We mourn only as parents do.

Written by  
~Tiffanie Herne  
Kaitlin's and Sage's Mommy~

## You might also want to check out these web sites:

- [www.facesoffloss.com](http://www.facesoffloss.com)
- [www.grieveoutloud.org](http://www.grieveoutloud.org)
- [www.nationalshare.org/creating-memories.html](http://www.nationalshare.org/creating-memories.html) - nationalshare.org serves those who have experienced the death of a baby due to early pregnancy loss, stillbirth, or in the first few months of life.



# Angel Whispers

*Angel Whispers* was created by three moms in the Edmonton area who experienced the loss of their babies: one shortly after birth, one through miscarriage, and one through still birth.

It is a program of Families First Society of Fort Saskatchewan, a non-profit charity funded primarily through individual donations.

Donations, in memory of your baby, are acknowledged in our newsletter at your request. Charitable donation receipts are issued upon request.

## Angel Whispers provides:

- baby loss support group
- Healing Hands groups
- subsequent pregnancy support group
- resource lending library
- quarterly newsletter
- special care packages
- Memory Box program
- one-on-one and email support
- birthcertificate keepsakes
- website with memorial star page  
[www.angelwhispers.ca/angelwhispers](http://www.angelwhispers.ca/angelwhispers)

## Angel Whispers Care Packages

*Angel Whispers* sends out care packages to grieving families. Each package includes a special momento and strategies for coping. Birth Certificate keepsakes are also available.

If you would like to receive or send a care package, please call us.

## Pregnancy After Loss Support Group

For families who are joyfully & anxiously pregnant again after losing a baby. From 7:00 to 9:00 p.m. In Sherwood Park at the Strathcona County Health Center on the corner of Brower Drive & Baseline Road on the following evenings:

October 14, November 4, December 2

## Baby Loss Group

For families who have lost a baby during pregnancy or after birth. Meetings are held on the first Sunday of each month from 7-9 p.m. in Sherwood Park at the Family & Community Services offices at 2001 Sherwood Drive.

October 21, November 18, December 9

**Families First Society** is a non profit organization established in 1996. We are directed by a volunteer board and work in partnership with many community agencies to offer a variety of programs and services. Our programs promote positive parenting and early childhood development.

**Families First Society** offers parent education, programs for young children to learn and play, and family support services, as well as information and referral to other programs and services in the community.

*Fort Saskatchewan Families First Society (main office)*

10302A – 99 Avenue T8L 1Y2  
or Box 3285 T8L 2T3  
Fort Saskatchewan, AB  
Parent Link Centre

Phone: 780-998-5595

Fax: 780-998-5503

*For meeting information, or to receive our newsletter or a special care package, please call 780.998.5595, ext. 225.*