

Angel Whispers

SUMMER, 2013

Hello to all of our Angel Whispers families,

*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

It's hard to believe that 2013 is half over...summer is finally here, at least in our area of the world. Many families in our province have been affected by massive floods over the last several days as we have endured record rainfalls; we are desperately needing some hot dry weather to help families start the process of rebuilding their lives after losing so much.

All of our Angel Whispers families understand what it's like to start over and rebuild their lives, in a different way through a different tragedy, the devastating loss of a child. For some of you, it's been years; for myself it's been almost 15 years since we lost Loren and 10 years since we lost Brooklynn. For some of you, your loss is recent and those emotions are still very raw. Please know that you are not alone and that there are others that have walked the grief journey before you and sadly many others that will walk it for years to come. We are here to provide the support you need

to help you rebuild your life and with time learn to integrate the loss of your precious baby into your life and find that new normal. Will that journey be easy, absolutely not. Will there be days you wonder how you can face the future without your baby, absolutely. But I do assure you that by facing the future one moment at a time, one day at a time you will find happiness again. Our co-founder Melissa Kondro beautifully expresses that journey for you in Part 2 of Madison's story that you will find in this edition of our Angel Whispers newsletter.

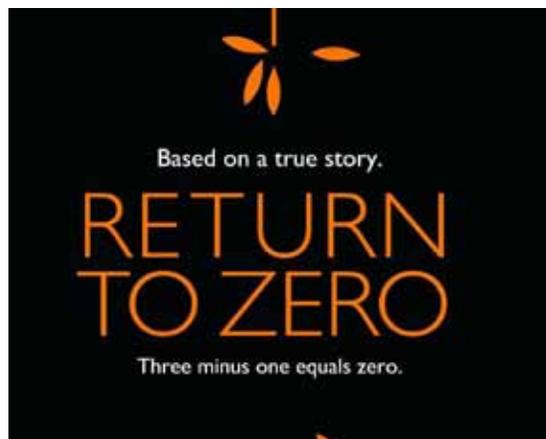
You will also find more information on

our Angel Whispers fundraiser, the **4th Annual Madison Memorial Golf Tournament** in memory of Melissa and Blair's baby girl, Madison Louise Kondro. We invite you to join us to golf in memory of your little one. If golf isn't your thing, we would love to have you help out as a volunteer! We are also in need of silent auction items, sponsors, and donations or prizes and funds. Angel Whispers does not receive government funding to run our program, we rely primarily on the golf tournament, grants and private donations to sustain the services we provide to grieving families. If you are able to help in any way, please contact myself at angelwhispers@familiesfirstsociety.ca

or Melissa at melkondro@shaw.ca. Thank you for helping us to ensure that no family grieves alone!

Lastly, I wanted to share that I have been very involved with another project as well. Some of you may have heard about a new movie called 'Return to Zero', a true story of one families ex-

perience with the full term loss of their baby boy and the devastating affect that it has on their relationship. I have become a Local Leader along with many others around the world to help to bring this movie to local theatres. As an independent film tackling such a sensitive topic, there was no guarantee that it would be released to theatres. We have been working hard to show Hollywood that there is an audience for this movie. Our goal was to receive 100,000 pledges by June



Continued on page 2

Continued from page 1

20th and I am proud to say that we received 113,712 pledges worldwide! I am excited that our city, Edmonton, Alberta was amongst the top 25 cities worldwide to receive the most pledges and is the only Canadian city to receive that honor! The next step is ensuring 150,000 pledges by July 12th, if you have not yet pledged there is still time to help! Visit <http://bit.ly/16H3uNz> to pledge your commitment to see this movie when it comes to theatres. If you do not have a local leader, please enter my name, Lori-Ann Huot as your local leader. Watch the movie trailer at this link: <http://www.youtube.com/watch?v=gJnz5Gtdg9w&feature=share>. Thank you for your support!

Wishing you all a wonderful summer, may the warmth of summer fill your heart with peace, love and hope for the future. Allow yourself some moments of smiles and laughter, your angels do want you to experience joy and happiness.

With love and understanding,

Lori-Ann

*Lori-Ann Huot
Program Coordinator
Angel Whispers Baby Loss Support
Program
(780)998-5595 ext. 225
angelwhispers@familiesfirstsociety.ca*



Maddie's Story

(Continued from Spring newsletter)

by Melissa Kondro

As I look back over the past 14 years I find it hard to believe all that has transpired. Honestly on June 7, 1999, I wasn't sure life would ever hold any happiness or meaning for me again. I remember waking up on the 8th and many days after that wondering how the sun rose, how people went on with their lives, how people laughed and experienced joy. For me it was very dark.

The hospital staff were as wonderful as they could be in helping us through our grief. After returning to the Royal Alexandra Hospital from the University Hospital where Maddie passed away, we spent a couple days. It is a bit of a blur and all I remember is a lot of visitors and a lot of tears. Because they don't keep you long in the hospital, our family doctor admitted me to the Fort Saskatchewan hospital for a few more days to monitor how we were doing.

I remember vividly the day my milk came in. What an absolutely horrible slap in the face that felt like. Here I was a loving mom who did all the right things to make a healthy baby only to have that baby taken away 5 ½ hours after she was born. Then the cruel reality of having my body produce milk for the baby I would never feed. I was in shock; this being my first child I had no idea that this was going to happen. I assumed when a baby suckled, milk would be produced. But unfortunately I quickly became aware that was not the case and baby or no baby, your body produces. The pain was excruciating, probably more so because it was a constant reminder of the baby I didn't have. Eventually the pain subsided and the only constant reminders on my body were the stretch marks and the incision from the C-section.

I'm not sure what other mothers do when they lose a child, or how they get through it, but I was blessed with

an amazing husband and family who never left me alone. Blair planned the funeral and shopped for a dress for our little princess. He did everything that needed to be done as well as took care of me. Blair slept with me every night at the hospital and we just held each other and cried. There was never a time when we questioned our love for each other, or the idea that we were destined to be together.

I remember one night while I was still in the hospital my dad came in to see me. Blair was out getting pictures of Maddie developed. He brought me a letter. It was sealed in an envelope and "Mommy and Daddy" was written on the front. He told me not to open it until Blair was back and explained that he has had this little voice in his head since the day after Maddie died. He shared that we may think he is crazy, but she said that we weren't listening to her so she kept coming to Grandpa. He said that he told my mom about it and she suggested he write down what he was hearing. So he said this is a letter from Madison, he has no idea what it says as he was just the writer through what he heard and he put it in an envelope and sealed it.

Yes, I know what you are thinking.....is my dad a little touched?????

Well I have to say no. He is a man's man. I can say now these were not his words. This is not how my dad speaks. He would never have come up with this letter on his own, because it just isn't him. Prior to this I would say he probably didn't believe in spirits and angels and would have told me I was crazy if I had suggested I believed in them. Here is the letter that he gave us.

Continued on page 3

*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, and 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. 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. The music I've come to love so much, the talks you, Mom and Dad, had with me every day, the plans everyone had for me, 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 that 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

Hard to believe that came from my dad, but it did. I still treasure that letter and read it every once in a while. I asked him this morning if he minded if I shared it with the Angel Whispers families. His response was “I think the letter served its purpose for you and maybe it can help someone else. Go ahead.”

The letter gave me a lot of peace and comfort at a time when one of my biggest struggles was worrying about who was going to take care of Madison in Heaven. Who was going to feed her, rock her to sleep and just cuddle her? I felt like a horrible mother and thought I must've done something to make this happen and now my child was on her own.

The first year held many struggles for us. We were blessed that my husband Blair had a wonderful employer who gave him as much time off as he needed as long as he attended counselling. That was a gift. We knew we loved each other and supported one another but we had no idea how different our grieving processes would be.

Everyone grieves in their own way and in their own time. Our counsellor helped us to see the differences and that even though we struggled at different times we were going through the same thing. At our last counselling session, our counsellor was holding our subse-

There was never a time when we questioned our love for each other, or the idea that we were destined to be together.

quent baby girl. I can honestly say that without her help and support, Blair and I may not be together today. As many of you know that have attended meetings that I facilitate, that is my little “soap box”. You have already lost a child. . . . don't lose each other too.

Each first was a challenge for us. All the holidays didn't seem to hold joy anymore. There was part of us missing and nothing was going to replace it. That was something that we had to learn to live with. No matter where our lives were going to go, or what path we were going to take, there would be a piece that would never be there. There was nothing wrong with thinking that way that was and still to this day is a fact. Things will never be the same; you have a new “normal”.

We often say, along with many other parents who have lost children, that we now belong to a club we never wished to sign up for and would never wish on

any person. I had a husband who loved me dearly, and a four-legged “daughter” who was confused and didn’t know what was going on. She would go from Blair to I and lick the tears off our faces continually. Right away we decided that we were happy with our little dog, and didn’t want to risk going through the pain of losing another child. We would have each other and that was enough. Those thoughts didn’t last long though.

By the time the first couple weeks passed we had decided that as soon as the doctor gave us the go ahead we would try again. We spent the summer together, supporting one another, grieving, talking, sharing our fears and trying slowly to allow ourselves to dream of the future.

I remember the first Christmas like it was yesterday. The pain was unbearable. We were supposed to have a little baby to share this wonderful holiday with. We should have been excited anticipating Santa’s arrival but instead we were wallowing in what we were missing.

Shortly after Christmas we found out we were pregnant again. It was with great anticipation and a lot of fear that we shared our news with our family and friends. A lot of people meant well and wanted us “better” so were very excited about our news. Many times we heard that now we could move on, that now we would be good, that this baby would make everything better. What they didn’t understand was that nothing could make it better. Only time could heal our wounds. This new baby gave us hope for the future definitely, but no baby would ever replace Madison or make us move on with our lives. Madison was and always will be our first daughter. Any children that come after this would have an older sister in Heaven that would be forever remembered and cherished as our first child. This next pregnancy was followed closely with a lot of ultrasounds and fe-

tal echocardiograms. Around 20 weeks along we found out that we were having another girl and that her heart was healthy. We decided to find out what we were having mainly because we found it very hard to connect and bond with this baby growing in my belly. We still associated this child with Madison and couldn’t differentiate between the two. Once we found out this baby was a girl it was very bittersweet. In some ways I wanted Maddie to be my only little girl and in other ways I was excited to be having another little girl.



We decided to name this little princess right away so that we could start bonding with her and make sure that she had her own little place in our hearts. Slowly we became excited and let our guard down a bit as the pregnancy progressed. Our grief was still overwhelming at times but we tried desperately to find a balance between remembering our angel and preparing for our little girl to come into the world safely.

June 7, 2000 came with much dread. The buildup to the anniversary of Madison’s birth and death was much worse than the actual day. I had no idea what to expect. We planned to go to the cemetery and have a little party for her with our immediate families. We have always been blessed to have the support of both of our sets of parents and siblings that share in our journey with us. They joined us that day for cake, and a balloon release. The day was a day of reflection. I lived each

moment over again. From the moment she was born to having her transferred between hospitals to me arriving at the University hospital excited to see my little Maddie and ready to go through a long healing journey with her to being told that she was about to die and having her put in my arms. Then the remembrance of the moments spent holding her, cuddling her, and eventually needing to leave her with the nurses and saying good-bye for the first and last time. We relived each moment and shed many tears.

The little peanut developing in my belly gave comfort and joy but also was a great source of anxiety and fear. But alas the day passed and we went on to many more firsts that were difficult.

On October 13, 2000, we welcomed our second daughter Darby Jenna Kondro into the world. What a beautiful little girl she was. That was a day filled with many

mixed emotions. So excited to meet her, ensure that she was healthy and enjoy holding a baby in our arms. At the same time we went through the grief process in a different way. We were grieving the little girl we lost while at the same time being thankful for this little healthy bundle we were given.

The first year was fraught with so many different emotions. It was a roller coaster that we couldn’t get off. Some days were good, some were bad and some were worse. I can honestly say that the bad outnumbered the good for the first 6 months at least. Then slowly I started to realize I was having days when I didn’t cry. Then the guilt would settle in. How could I not cry? How could I not be sad? How did I make it through a day without tears? Did I actually smile and laugh at a joke? How was this possible? Had I forgot-

Continued on page 5

ten her? This was my biggest fear. If I could be happy again, smile and enjoy my new baby then I must be forgetting Madison. How wrong I could be.

*Your grief will lessen,
your pain will ebb but
your memory will never
betray you.*

Please know as you read this, if your grief is fresh, or if you are coming up on a milestone.....you will never ever forget your baby. Your grief will lessen, your pain will ebb but your memory will never betray you. Your baby is your baby. They will always live in your heart and have a special place. There is nothing and no one that will replace them. But you will get through this. I can tell you that after 14 years I am happier than I have ever been. I am so blessed to have 3 beautiful girls in my life and a husband who is my rock. Madison would have turned 14 on June 7, which is also my and Blair's 16th wedding anniversary. Madison watches over me and forever lives in my heart. She is my angel and I have two "earth angels", Darby who is 12 ½ and Morgan who will turn 10 in a couple of weeks.

Do I wish I had Madison in my life, here with me each day? Sure. But she came for a reason and I can honestly say she has taught our family so much and continues to teach and inspire people every day with her spirit. If Madison hadn't come and left I wouldn't have co-founded Angel Whispers. I wouldn't be able to share in each of your grief journeys. I wouldn't be the person I am today. I can't wish my angel back; she had a purpose and continues to have her legacy carried on in all the people's lives she touches.

Life is short and I pray that each of you reading this story is inspired to live your life to the fullest. There are so many regrets we have and so much time spent on "what ifs". I am trying to live my life in a way that would

make Maddie proud and help as many people as I can. Part of my journey is to share my grief with you and allow you in to my heart so that I may leave a piece of Madison with you to help heal your heart.

Madison was an amazing, beautiful little girl who will forever be remembered.

I have so much to share; my journey has been 14 years and continues. Will I ever be completely whole? Never. Would I ever want to be considered whole without my child with me? Never. Am I complete though? Yes I am. Am I happy and at peace? You bet. Maddie is a piece of the puzzle that is my life. Our puzzles are never complete until our lives come to an end. At that time my final puzzle piece will be put in place and I will be whole. Remember you don't have to be 100% whole to be happy. Some parts of the puzzle are missing for reason's we can't explain.

Until then I wish you all a journey filled eventually with peace. You may be at a point in your grief where this doesn't seem possible, and believe me, I have been where you are. But from the bottom of my heart.....you will be okay. That is my promise to you.

Madison's mommy,

Melissa Kondro

P.S. Part of our healing journey is co-founding and facilitating Angel Whispers. This is a program that unfortunately does not receive funding. So it is up to us to raise funds so that we may send out these newsletters, care packages, and birth certificate keepsakes. As well as have an amazing co-ordinator Lori-Ann to be the first contact and really a life line to many families. But all of this takes money.

One of the ways we raise money is through our memorial golf tournament. We are so excited to be planning the **4th Annual Madison Memorial Golf Tournament**. This year's tournament will be held on September 6 at Goose Hummock Golf Resort. This is our biggest fundraiser of the year and we do

all that we can to raise lots of money so that we can continue to support grieving families. We would love if you could come out and golf with us!!!

We realize that a lot of you are not in the Edmonton area and can't join us but please know that we would appreciate any support that you can give. We are looking for silent auction prizes, hole sponsorships and to be honest.....just plain old cash is good too!!!!!! It is called the Madison Memorial but it is an event in memory of all the babies!!!

Check it out at www.madisonmemorialgolftournament.com you can sign up there or donate on line!!!! And if you have a prize you need us to pick up give me a call at 780-952-1835 or contact Lori-Ann at 780-998-5595 ext. 225

Thank you from the bottom of our hearts!!!!!!

Donations

AngelWhispers accepts donations.

A \$10 donation will sponsor a care package for an Angel Whispers family.

Donations can be made through the Canada Helps website - www.canadahelps.org

Find us under Fort Saskatchewan Families First Society, find Angel Whispers under Fund Designation.

Our Birth Letter

My name is Melissa and my husband is Blair. I want to thank you for taking the time to read our birth letter. We have thought about this day with great excitement, anticipation as well as fear for a very long time. I thank you for being part of this beautiful day with us. My health has been very good throughout this pregnancy, and there have been no complications. This has to do with the excellent support from my doctor, Dr. Boulton, and both of my doula's, Lori Ann and Cheryl, who will continue to provide nurturance and guidance during labour and delivery. Also Blair and I have been reading and learning a lot over the past few months in an attempt to provide our baby with the best care and to explore our options available in creating a positive birthing experience. As I labour through the moments that will lead to my second child's birth, I ask that you share in our joy, but also to understand our fear.

Our daughter Madison was born on June 7th, 1999. What an absolutely joyous day, as well as the saddest day of our lives. Our Maddie was born at 39 weeks, 1 day gestation, weighing 8lbs. 30z. and measured 19 inches long. Maddie unfortunately was born with Hypoplastic Left Heart Syndrome and a restrictive atrial septum. Madison lived for approximately 5 hours and passed away in my arms with her Daddy looking on. Maddie was our gift to God, and this little gift from God is our second child, so we hope you can understand our joy as well as our sorrow. We know this little one's heart is healthy, but will still not be able to relax until baby is safe in our arms.

In advance, I want to thank you for your knowledge of labour and birth and your expertise in this area, which will help you to support us during this time. I look forward to your suggestions, reminding me of my options and your reassurance. Unless medically necessary, Blair and I prefer to allow the natural process of labour and birth to take its course. We know that you will understand and respect our desire for as little intervention as possible. However, as this is my first time labouring, as I had a planned c-section with Madison, and I am not sure how I will react, I realize I should not hold steadfast to my expectations. If problems develop, I understand that we may have to let go of some of our preferences, but knowing that you are working with us as a team to realize our dream of taking home a healthy baby and of a positive birthing experience means so much to us.

We will also be more comfortable if you do not invite medical interns, residents and/or nursing students to join us, as we are unsure as to how we will react to the arrival of our second child. We are extremely excited, but are also aware that we will be mourning for our Maddie. As Darby or Tyler gently enters this world, please help me to watch and feel him/her emerge. As much as possible, please support my perineal area with massage, hot oil compresses, and your expertise of encouraging controlled pushing and positions which promote stretching.

After our little one is born, we would appreciate having him/her be immediately put in my arms and also to allow Blair to cut the umbilical cord. Unless medically necessary we would prefer that Darby or Tyler remain in the room with us at all times so that we can get to know each other quickly.

Thank you SO much for taking the time to learn what would truly make this a positive birthing experience for us.

Sincerely,

Blair and Melissa

In Loving Memory Of Emily Williams June 12, 2012

by: Amanda Williams

Baby Emily I miss you every day.....today marks a year since I held you.

My baby girl, you were due in Oct
Excitement was upon us,
For you were created out of love,
Much wanted, planned and thought of

But sadness was to strike too soon
And at the scan there was something wrong on the ultrasound
My precious girl you were too sick
For this life, how it tore us

For Arthogryposis had evolved,
Your heart was so strong but you had
fluid on your lungs, and multiple other thing wrong
Our paths they'd never meet

Decisions made would change our lives
But you were not to suffer,
Your body weak and precious small weighing 680g
Why you, we did so wonder?

And on that day you were delivered
Asleep, my angel one
With arms petite and legs alike
Your life never begun

For Twenty-four weeks I carried you
Encased with my pure love
Then held you in my arms so tight,
The pain it was so tough

This world for you was not to be
And taken by the hand....
By God, who wrote your life for you,
"An angel as I had planned"

Love Mommy

Thank you!

- to Strathcona Family and 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!
- to the mommies who decorate our memory boxes and to all our volunteers!

and for the following donations:

- Shelley and Kevin MacKay for the generous donation in memory of Letley David MacKay
- Courtney and Tye Barnes for the donation of Angel Wings
- Brenda and Raymond LaCroix in memory of Stella Gilkyson
- Tracey Mighell in memory of Jamiee Soar
- Mary Starchuk

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

In Loving Memory of Sophie

For all those of you whose children live in your hearts and not in your arms, imagine this letter being sent from them to you Much love, light and blessings to all of you and hugs and kisses on angel wings to all of our precious angels.

Momma/Daddy,

Do not weep for me. I am not gone; I am in your heart always. I know you thought of me today just as I know you think of me every day. I know there are times that you feel happy, that you experience joy and I know that is hard for you. I feel your guilt over being happy and I want to tell you that you don't have to feel guilty. I want you to be happy and I want for you to experience joy. If you feel that you cannot do it for yourself then do it for me. Feel all the joy and happiness in the world that I am not there to feel. I know happiness and I know joy but it is different to that which you feel. So Momma, Daddy, feel it for me, experience it for me, live it for me. Until you are able to do it for yourself, do it for me. As you carry me in your heart, feel it, experience it and live it WITH me. You hurt, I hurt. You are happy, I am happy. I am the wind on the trees; I am the bird in the sky. I am the heat of the sun, the rain on your face. I am the feather in your path, the butterfly in your sight. I am the smile of a friend, the hug of a loved one. I am the laughter of a child. I am all that you see, feel and hear.....

All my love, always

Your precious little angel

March 29, 2013

For more information:
Bonnie Goss, Companion Press
(970) 226-6050

**** FOR IMMEDIATE RELEASE ****

New Book by Dr. Alan Wolfelt Helps Mourners with Stillbirth

Fort Collins, CO...Companion Press announces the publication of a new book by renowned grief counselor and educator Alan D. Wolfelt, Ph.D.:

**Healing Your Grieving Heart After Stillbirth:
100 Practical Ideas for Parents and Families**

In *Healing Your Grieving Heart After Stillbirth*, Dr. Wolfelt and psychologist coauthor Dr. Raelynn Maloney explore the common feelings of shock, anger, guilt, and sadness that accompany a stillborn baby, offering suggestions for expressing feelings, remembering the child, and healing as a family. This new addition to Dr. Wolfelt's popular 100 Ideas series is a healing companion to families when they need it most.

Author, educator, and grief counselor Dr. Alan Wolfelt serves as Director of the Center for Loss and Life Transition in Fort Collins, Colorado. Appearances on the Oprah Winfrey Show, The Larry King Show, and the NBC Today Show offer further evidence of Dr. Wolfelt's leadership in grief education.

Companion Press is dedicated to the education and support of both the bereaved and bereavement caregivers. It specializes in publishing resources for mourners and grief caregivers, including books, pamphlets, and videotapes. Companion Press is the publishing imprint of the Center for Loss and Life Transition.

Healing Your Grieving Heart After Stillbirth is published in softcover and is priced at \$11.95. To schedule an interview with Dr. Wolfelt, please call the Center for Loss at (970) 226-6050 or e-mail DrWolfelt@centerforloss.com.

All Companion Press titles are distributed to the trade by Independent Publishers Group (IPG) and are available through local and online bookstores or directly from the publisher at (970) 226-6050 or www.centerforloss.com.

Congratulations!

*Zofia Alexandra Reed
Born on March 29, 2012 to proud parents Iwona and
David Reed. Big brother Sammy is celebrating with the angels!*

*Clayton Jaimes Rino
Born on June 6, 2013 weighing 7lbs 10oz to proud
parents Kristen and Jaimes Rino and big sister Julianna - big sister Amber is
celebrating his safe arrival from heaven!*

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 and Community Services offices at 2001 Sherwood Drive. July 7, August 11, September 8

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 and Community Services offices at 2001 Sherwood Drive, Sherwood Park. July 14, August 18, September 15

Healing Hands Workshop - an opportunity to remember your baby through healing activities such as scrapbooking, card making and other crafts. From 1-3 p.m. September 21 at the FCSS offices in Sherwood Park.

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

Healing Opportunities

4th Annual Madison Memorial Golf Tournament

Friday September 6, 2013

Goose Hummock Golf Resort - Gibbons, AB

Please join us & golf in memory of your baby. All proceeds support the Angel Whispers Baby Loss Support Program! For details visit the tournament website - www.madisonmemorialgolftournament.com.

If you are not a golfer, there are other ways to get involved! We are also looking for volunteers, sponsors & donations.

Walk to Remember

Saturday, September 21, 2013

Registration and activities begin at 12 noon

Alberta Legislature grounds, Edmonton, Alberta

Visit walktoremember.ca for more details

An annual event 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. We understand the sadness we feel for children lost decades ago, and grief of parents whose loss is more recent.

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.

Peace Country Walk to Remember

A day to remember those little ones lost - through miscarriage, stillbirth, neonatal and infant death and SIDS. They have touched our hearts forever.

First annual Peace Country Walk to Remember is Sunday, October 6, 2013 at Muskoseepi Park. For more information visit the Walk to Remember website - www.peacecountrywalktoremember.com



4th Annual

Madison Memorial Golf Tournament

Friday September 6, 2013 • Registration at Noon
Shotgun start at 1:00 pm
Goose Hummock Golf Resort, Gibbons, AB

*Tournament proceeds go towards Angel Whispers. A program that provides help and support to grieving families who have lost a baby during pregnancy or birth.
For more information please contact one of the following..*

www.familiesfirstsociety.ca
Phone 780-998-5595



www.madisonmemorialgolftournament.com
Blair & Melissa Kondro at 780-952-1835



www.angelwhispers.ca/angelwhispers
Phone 780-998-5595 ext.225



4th ANNUAL MADISON MEMORIAL GOLF TOURNAMENT

~an opportunity to golf in memory of your baby~

Friday, September 6, 2013

All proceeds will go directly to Angel Whispers Baby Loss Support Program. For updated information on the Madison Memorial or to get information on sponsorship and donation opportunities, please visit www.angelwhispers.ca/angelwhispers.

ABOUT MADISON

Madison Louise Kondro was born on June 7, 1999. For loving first-time parents Blair and Melissa Kondro, this was both an incredibly joyous day, as well as the saddest day of their lives. Unfortunately, Maddie was born with a critical heart defect. She lived for only 5 ½ hours before she passed away peacefully in her parents' arms. Maddie's mommy is cofounder of Angel Whispers, and both Blair and Melissa are avid golfers. So to celebrate Maddie's 10th birthday they began hosting an annual golf tournament at the beautiful Goose Hummock Golf Resort! All proceeds from this event will fund the programs of Angel Whispers, under the umbrella of Fort Saskatchewan Families First Society.



You might want to check out these web sites:

- www.facesofloss.com
- www.grieveoutloud.org
- 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.
- www.angelwhispers.ca/angelwhispers - find information on worldwide baby loss support programs and resources under the support tab.

In Memory of our New Angels

*Etaly Sukl
May 11, 2013*

*Emily Jade Loper
Stevell Loper-Honebrink*

*Ruby-Leigh
Kayde Kjemhus*

*Parker Hooper
January 30, 2010*

*Lily Belle Badger
February 1, 2011*

*Ashton Rae Breag
February 20, 2010*

*Talyn Andrew
February 13, 2006*

*Baby Wozimirsky
March 2013*

*Stella Marie Gilkyson
April 6, 2013*

*Harleigh Knaption
April 15, 2013*

*Sophia Marie Maldonado
April 26, 2013*

*Michael Aaron Maldonado
April 26, 2013*

*Katelyn Marie McCartney
May 23-31, 2013*

*Baby Jones
May 26, 2013*

*"Raisin" Donald
May 29, 2013*

*Baby Christie
June 11, 2013*

*Abel Romeo Johnson
August 2, 2012*

*Maddison Marier
August 21, 2012*

*William Mullins
October 14, 2011 -
February 14, 2012*

*Tanner Catherine Green
October 22, 2009*

*Isaiah Noel Breag
October 23, 2010*

*Eli Derek Breag
October 23, 2010*

*Ella Marie Badger
November 9, 2011*

*Joey Mark Garrington
November 26, 2012*

*Nevaeh Jones
December 10, 2012*

*Colden Mitchell Smith
December 17, 2009*

*Sophie Monaghan
December 22-27, 2006*

*Ethan Smith
December 23, 2012*

*Noah Smith
December 23, 2012*

*All angels can be found on our website at:
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.

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 or <http://www.facebook.com/loriannangelwhispers>

or like our new Angel Whispers Facebook page at:

www.facebook.com/angelwhispersbabylosssupport

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.

NOW like our new Madison memorial Golf tournament Facebook page at:
www.facebook.com/madisonmemorialgolftournament



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

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

Angel Whispers Care Packages

Angel Whispers sends out care packages to grieving families. Each package includes a special memento 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 and anxiously pregnant again after losing a baby. Meetings are on the 2nd Sunday of each month from 7-9 p.m. at the Family and Community Services offices at 2001 Sherwood Drive, Sherwood Park.

July 14, August 18, September 15

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 andCommunity Services offices at 2001 Sherwood Drive.

July 7, August 11, September 8

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

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