

Infants Remembered In Silence, Inc.

Whispers of the Heart Newsletter

September 2011

Remembering and Honoring Your Precious Child

101 Third Street NW, Faribault MN 55021 . (507) 334-4748 . E-mail: iris@qwestoffice.net . Website: www.irisRemembers.com



2011 Balloon Release

In 1998 President Ronald Regan proclaimed October as Pregnancy and Infant Loss Awareness Month. In tribute of this proclamation, and in honor of all the children that have died, we would like to invite all IRIS parents, family, and friends to our annual Pot Luck and Balloon Release

Sunday October 2, 2011

Kinder Park

Located at the corner of 17th St. and 24th Ave. NW
Faribault, MN.

Pot Luck 12 noon

Balloon Release 2pm

What to Bring for the Pot Luck:

- Dish to pass
- Beverage
- Lawn Chair

What to Bring for the Balloon Release:

- Your own balloons -
Bring as many as you would like
- Do Not bring Mylar balloons latex balloons are biodegradable, Mylar balloons are not.
- Your camera – optional

Balloon Tags:

- It is helpful if you print your own balloon tags at home, laminate with clear contact paper or protect them in some manner, and tie them on to your balloon before you arrive. Please include the following info:

Your child's FULL NAME

If found please contact:

Infants Remembered In Silence

101 NW 3rd St., Faribault MN 55021

Phone: (507) 334-4748

E-mail: support@irisRemembers.com

- IRIS will have tags available for you if you are unable to do so.



October 15th Pregnancy & Infant Loss Remembrance Day

In 2001 the US House of Representatives approved October 15th as National Pregnancy and Infant Loss Remembrance Day. In an effort to honor and remember the infants that have died, Infants Remembered In Silence (IRIS) would like to invite you, your family and friends to take part in this special remembrance event.

The Healing Pumpkin

Come spend a few hours remembering and honoring your child with a special family tradition in the comfort and safety of those who understand.

Saturday October 15, 2011
Infants Remembered In Silence Office
101 NW Third Street
Faribault MN 55021

4 - 8 pm Memorial Pumpkin Carving
6 pm Dinner (pizza and beverages provided)
8:00 pm Lighting of Pumpkins

What You Need To Bring:

1. Bring your own pumpkin to carve in memory of your child/children (or your carved pumpkin)
2. Carving supplies (knives, spoons, special tools)
3. Pattern – remember that intricate designs may need to be started at home.
4. Dessert to pass - optional

IRIS Will Provide:

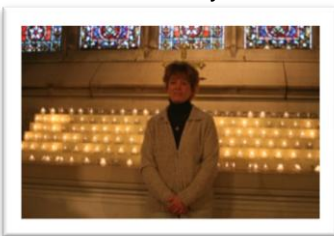
1. A location to carve pumpkins
2. Pizza
3. Beverages



From Diana's Desk

Over the years we have had parents memorialize their children in many creative ways. At your request this issue is dedicated to some of the ways that parents, family, and friends have chosen to remember and honor their precious child.

The IRIS Holiday Service; was started in 1994 when



Denise Moravec wanted a special service during the holidays where she could honor her son Nicholas Moravec. The first service was attended by approx. twenty-five people and was held at

the Bishop Whipple Chapel on St. Mary's Campus. In 2010 the service was attended by several hundred people, and for the last 15 year the service has been held at the Chapel of the Good Shepherd on Shattuck Campus, on the first Sunday in December. You, your family and friends are invited to attend on December 4, 2011.



The IRIS Turkey Trot was developed in Memory of Hope Kuennen (12/27/2005) and August Kuennen (11/24/06) by their mother, Deanna Kuennen. The First Turkey Trot was held on Thanksgiving Day 2009 with 500 people in attendance, the second was held in 2010 with approximately 1000 attending. The IRIS Turkey Trot Mascot, "Trot", is made real by Sue Reuvers. Sue plays "Trot" in memory of her daughter Angel

Alison Reuvers (9/10/06). The 2011 Turkey Trot will be held on Thanksgiving Day (November 24) at the Faribault Middle School, an event you will not want to miss! Many of the teams who walk/run in memory of a child dressed alike or found a way to be recognized as a team. Some by wearing matching scarves, shirts, hats, bells, pins etc. if you need ideas visit the IRIS Scrapbook on our website.



Angie and Dan Neubauer both help IRIS by doing fundraisers. Angie started "For the Love of Joshua" Co-Ed Softball tournament that raises funds for IRIS, the Le Center Elementary School and The Joshua Neubauer Memorial Fund. This tournament is held



in LeCenter, MN in August. The event has been very well attended over the years and offers everyone a chance to remember and honor a child in a fun festive way.

Dan also runs the IRIS Bingo that is held with our annual Pancake breakfast in February. He has been known to play "Trot" in area parades. The Neubauer's son Joshua was born 10/13/2000 and died from SIDS on 12/8/2000.



In 2008 Nick & Melanie LaCanne hosted a memorial Golf Tournament for IRIS. "The LaCanne's Memorial Golf Tournament" was started in memory of Finley and Chase LaCanne who were stillborn on 3/21/2006.



Over the last 4 years there have been over 900 people who have taken part in this wonderful fundraiser that consists of 18 holes of golf, boats and ATV's as

hole in one prizes, a gourmet meal, all followed by wonderful music.



Natalie Crooks started the IRIS Scrapbooking group following the death of her son Preston who was born 7/28/2002 and died from cancer on 1/7/2004.

This ongoing group has everything you need to create a beautiful scrapbook of your precious child, thanks to Natalie and her dedication to the event. The Next Scrapbooking Day will be September 24, 2011 from 9 am – 9 pm. You will find more information on the event in this newsletter.



Beth and Eric Brandt have a wonderful Holiday tradition that started the first Christmas following the birth and death of their twins Abigail and Noah (January 24 – 26, 2007). Beth and Eric asked family

and friends to do something kind for another person in memory of their twins. These Wonderful Kind Acts have been inspiring to many others and include: Volunteering for IRIS and other organizations, buying lunch for the person behind you at the drive thru, paying for a soldier's meal at a restaurant, giving vacation time to a coworker, donating hair to locks of love, opening countless doors for strangers and saying hello to every person met, paid for childbirth classes for mothers, made cookies for

others, picked up fallen branches in a cemetery, lawn care, care for flowers at a child's grave whose parents have moved, sent a card to newly bereaved parents so they would know they were not alone, said a pray for someone else, donated books to what would have been my child's school on special days. The list could go on forever.

Memorial Tattoos

Many parents have chosen Tattoos in memory of their child. There are many more tattoos on the IRIS website under creating memories. Do you have one that you would like to share with other please e-mail us a picture.



IRIS was founded in 1987 (24 ½ years ago) to assist parents, family, friends, and professionals who were touched by the death of a child. IRIS was started because of my son, Derek Joseph Sundwall, who was stillborn on 10/12/1985.



We all have our own ways of honoring and remembering. In this newsletter you are given many opportunities to create memories of your child, to take part in specially planned events that have been created by parents who really do understand. I encourage you to take part in some or all of these wonderful events. Finding a new sense of normal following your child's death is easier when you're not walking the road alone. Join us.

Take Care,

Diana



Angel Whispers

Author unknown

Dear Mommy,
 Before we said our first hello,
 the time had already passed.
 For when you held us in your arms,
 We had gone to heaven to rest.
 We felt angelic tears down our cheeks,
 and watched you as you wept.
 We wish we could have changed it all,
 Your tears touched our souls so deep.
 But Mommy when you are sad,
 please be assured we know.
 For death cannot take away your love,
 it will only continue to grow.
 Time and distance cannot erase,
 a love and bond so deep.
 There is no bond that can compare,
 and in your heart we'll keep.
 When you are feeling far away,
 and missing us so much,
 close your eyes and feel our wings,
 there soft and gentle touch.
 Or at night as you sleep,
 we'll join you in a dream.
 You will see us standing close to you,
 and we'll be lost within our wings.
 So dear Mommy,
 as you go from day to day.
 Find comfort in the knowledge,
 We are never that far away.



Sleep Well

Author unknown

We wish you a peaceful heart
 undisturbed by the day's pains
 or by the dread dreams of tomorrow's
 cuts and bruises

If possible unleash the bonds
 that tie you to the earth
 and sail outward to the stars
 just above our roof.

You are made of stardust....
 arranged in a way that delights us

To let their soft light quietly
 illuminate your dreams

IRIS Calendar of Events



- 14 Midday Support Group 11 – 1 pm
- 24 Scrapbooking 9 am – 9 pm
Our Saviors -1207 Prairie Ave. SW
Faribault, MN
- 27 Evening Support Group 7 – 8:30pm



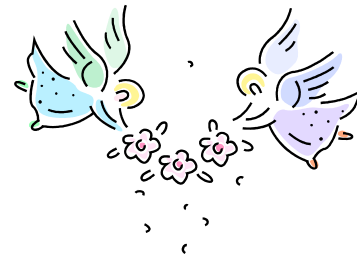
- Pregnancy & Infant Loss Awareness Month
- 2 Pot Luck 12 noon and Balloon Release 2 pm
Kinder Park (corner of 17th St. & 24th Ave. Faribault)
 - 11 Board Meeting 7 pm
 - 12 Midday Support Group 11 – 1 pm
 - 15 Pregnancy & Infant Loss Memorial Day
IRIS Pumpkin Memorial Lighting
4 - 8 pm Memorial Pumpkin Carving
6 pm Dinner (pizza and beverages provided)
8:00 pm Lighting of Pumpkins
 - 25 Evening Support Group 7 - 8:30pm



- 9 Midday Support Group 11 – 1 pm
- 22 Evening Support Group 7 –8:30pm
- 24 3rd Annual IRIS Turkey Trot (5k walk & run)
7:30 AM - Registration
8:00 AM - Kids events
8:30 AM - 5K Walk and Chipped Timed Run
704 17th St. SW
Faribault, MN



- 4 IRIS Holiday Service of Remembrance
2 pm
Chapel of the Good Shepherd
Shattuck Campus
1000 Shumway Ave NE
Faribault, MN
- 14 Midday Support Group 11 – 1 pm
- 27 NO Evening Support Group



Thank You

- ☛ Thank you to Marisa & Kevin Woitas, Braeden, Jaxen & Nolan, Grandma D'Rae and Jerry, Grand Laurie & Grandpa Denny, Great Grandma & Grandpa Barrie & Aunt Katie for the donation of Kleenex, stamps, bottled water, yarn and blankets in memory of Baby Grace Woitas.
- ☛ Thank you to Chantell Piepho for the hats that you made and the angel bears in memory of Daniel James Piepho.
- ☛ Nancy DuPont for yarn in memory of her grandson Jimi Brown.
- ☛ Thank you to Jim Glen for fixing the rocking chair in memory of Jayden Krohn.
- ☛ Thank you Jane Cross for the office supplies and Kleenex in memory of your precious granddaughter Grace Elizabeth Anderson
- ☛ Thank you to the friend of Marilyn Schema for the donation of yarn.
- ☛ Thank you to Daisy Donkers for the donation of yarn.
- ☛ Thank you to Bev Rand's family for the donations of 3 bags of yarn.
- ☛ Thank you to Judy Kunkel for the donation of blankets and hats.
- ☛ Thank you to Dan & Angie Neubauer for the donation of candy for the North Morristown Parade (\$200), 4-wheeler & trailer. Also thanks to Dan for dressing up as Trot in the heat and Angie & family for handing out candy.
- ☛ Thanks to Jessica and Jason Krohn, Sarah Lockerby, Tom Helgeson, Deanna and Allyn Kuennen and family, Stacy & Karly Chmelik, and Diana Sundwall for walking in the North Morristown Parade.
- ☛ Thank you to Anna Kincade, Gayle Reinke, and Kay Heiskari, Lorna Zubcke, and the women at the Waseca Federal Prison for making blankets, caps, and hat's for the precious children that we work with.
- ☛ Thank you to G.L.A.M. from River Valley Church Faribault for their donation of tied blankets.



Thank you for your Special Donations

In Honor of

- ∞ In Honor of Margaret Walker
From Connie Stanley

United Way

- | | |
|---|--------|
| ∞ Dodge County United Way | \$2500 |
| ∞ United Way of Faribault (3 rd Quarter) | \$1125 |
| ∞ Waseca United Way | \$3000 |
| ∞ United Way of Faribault (4 th Quarter) | \$1125 |
| ∞ United Way of Faribault (1 st Quarter) | \$1125 |

Corporate Donations

- | | |
|--|----------|
| ∞ Tastefully Simple | \$1000 |
| ∞ Wal-Mart | \$750 |
| ∞ Council of Catholic Women – St. Patrick's
Church – Shieldsville, MN | \$25 |
| ∞ Bethlehem Academy SADD | \$75 |
| ∞ Northfield Hospital | \$700 |
| ∞ Catholic Daughters of the Americas
Crookston, MN | \$847 |
| ∞ SBF- Donations received at Expo | \$42 |
| ∞ Legacy of Angels Foundation | \$10,000 |
| ∞ Faribault Eagles Ladies Auxillary | \$200 |
| ∞ Paul Swenson Photography | |
| ∞ Clear Channel (Cities 97 Sampler) | \$11,000 |
| ∞ MN BBQ Society | \$2025 |
| ∞ Ace Hardware | \$110 |
| ∞ Chalupsky Landscaping & Nursery, Inc.
Swisher Iowa | \$500 |

It Was Not

Judy Garland

"For it was not
into my ear you whispered,
but into my heart.
It was not
my lips you kissed,
but my soul."



Personal Donations

- ∞ Tim & Sheri Wagner
- ∞ Kerri Lagrange
- ∞ James D. & Margaret Walker
- ∞ Emily Velishek
- ∞ Father Kevin Clinton
- ∞ K & V Haekenkamp
- ∞ Julie A. Lewis
- ∞ Anonymous
- ∞ From an anonymous Aunt
- ∞ Jenelle & George Dow Jr.
- ∞ Andrea Valencia
- ∞ AJ Walker
- ∞ Gary & Jennifer Braun
- ∞ Kuresha Dolal
- ∞ Edward & Carol Terry



IRIS Continues Efforts for Paperless Newsletters

In an effort to save approximately \$5,000 per year, IRIS is asking everyone who currently receives our newsletter to provide us with an e-mail address. Being able to send you e-mail notes will eliminate the need for many of the smaller mailings that we are currently doing. This process **Will Not** completely eliminate the mailed newsletter but will allow for more complete notification and updates on events, meetings, etc. Please take a moment to send an e-mail to iris@gwestoffice.net Please include your e-mail address, Name changes and/or corrections, and your current mailing address.

IRIS Wish List

- ♥ Labels (Avery 8160)
- ♥ Stamps
- ♥ Bottled Water
- ♥ Baby yarn or sport weight yarn in pastel colors. We are very low on blue yarn.
- ♥ Books for the lending library - We accept books that you have read and would like to share with other bereaved parents, grandparents, and friends. Consider making a note in the book that it was given in memory of your child.
- ♥ Cash donations and memorials
- ♥ Printer Ink (HP 61 – black and color)
- ♥ Fabric Tote Bags for parents to take keepsakes home in.
- ♥ Sewing group or volunteers to make tote bags.
- ♥ Volunteers for Balloon Release, Turkey Trot, and Holiday Service.





Infant Memorials

- ☪ In loving memory of Weston Germundson
Mom & Dad (Shelly & Bradley)
- ☪ In loving memory of Christian Kriesel
Julie & Larry Kriesel
- ☪ In loving memory of Marilynn Lindell
Julie & Larry Kriesel
- ☪ In loving memory of Erin Grace Kriesel
Julie & Larry Kriesel
- ☪ In loving memory of Anthony Michael Zimprich
Mommy & Daddy (Vanessa & Jon)
Grandma & Grandpa McBride
(Jean & Dennis)
- ☪ In honor of Jayden Anne Krohn First Heavenly
Birthday.
Mommy & Daddy (Jessica & Jason)
Sharon Krohn
Becky Nelson
- ☪ In loving memory of William & Bethany DeGrood
Mom & Dad (Connie & Joe)
- ☪ In Loving memory of Hannah RySavy
Mommy & Daddy (Wendy & Ben)
- ☪ In loving memory of Griffin Jon Velishek
Mommy & Daddy (Sheri & Jon)
- ☪ In loving memory of Wyatt Joseph Borden
Mommy (Laura Jones)
- ☪ In loving memory of Nicholas Joseph Moravec
Mom (Denise Moravec)
- ☪ In loving memory of Mariah Grace Boerner
Mom & Dad (Lisa & Joel)
- ☪ In loving memory of all our children Hope, Faith,
Grace, Noah, Abigail and Baby Brandt
Mom & Dad (Beth & Eric)
- ☪ In loving memory of Scott Carver
Judy Carver



Infant Memorials

- ☪ In loving memory of Angel Alison Reuvers
McLane Company, Inc.
- ☪ In loving memory of precious Wyatt
Kassandra Carroll
- ☪ In loving memory of Blake Robert Stadler
Grandma Cheryl Armagost-Fleck
- ☪ In memory of precious Baby Lemke
Mommy (Tami Lemke)
- ☪ In Memory of Cashe Lonnie Berge
Great Grandma (Ruth Krull)
- ☪ In Memory of Cole Brent Krenzke
Great Grandma (Ruth Krull)
- ☪ In loving memory of William Thomas Wagner
Mom & Dad (Sheri & Tim)
- ☪ In loving memory of Tahirih Dimayuga
Mom & Dad (Michelle & Guadalupe)
- ☪ In loving memory of Baby Maas
Mom & Dad (Jeanne & Marvin)
- ☪ In loving memory of Jacob E. Hiller
Mommy & Daddy (Deanna & Scott)
- ☪ In loving Memory of Merisa Mueller
Gladys Barsness
- ☪ In loving memory of Alexis Brooke Kuglin
Mommy & Daddy (Kristine & James)
- ☪ In loving memory of Kilian Richard Donahue
Marge Morris
- ☪ In loving memory of Grace Elizabeth Anderson
Grandma (Jane Cross)
- ☪ In loving memory of J.J. Wolf
James & Amy
- ☪ In loving memory of Silas James Miller
Jeffrey & Paula Pridie



Infant Memorials

- ☪ In loving memory of Daniel James Piepho
Mommy & Daddy (Chantell & Charlie)
Great Grandparents
(Beverly & Marvin Stark)
- ☪ In loving memory of Sierra Jo Schounbauer
Great Grandparents
(Clifford & Helen Schoenfeld)
- ☪ In loving memory of J.T. Markman
Mom & Dad (Lori Jo & Todd Markman)
- ☪ In memory of Blake Wilson
Gerald & Cheryl Hanson
- ☪ In loving memory of Karnick Triplet's (Gabriel,
Kevin, Elizabeth on their 10th Heavenly birthday
Frances Karnick
Richard & Phyllis Berge
Michael & Melissa Karnick
Adam & Vicky Charon
Karen Meixner Lundholm
- ☪ In memory of Joseph Ervin Ziskovsky
Shannon & Emily Ziskovsky
- ☪ In loving memory of Lucas James Loomis
Andrea & Mark Loomis
- ☪ In loving memory of Baby Grace Woitas
Myron & Beverly Barrie
- ☪ In loving memory of Melvin Thorleif Crooks
The IRIS Board of Directors
- ☪ In loving memory of William & Bethany DeGrood
Mom & Dad (Connie & Joe)
- ☪ In loving memory of Derek Joseph Sundwall
Mom (Diana)
- ☪ In loving memory of our great niece, and other
infants from our extended families
Joan & Jim Chalupsky



Adult Memorials

- ☪ In loving memory of Dad
Margaret & JD Walker
- ☪ In loving memory of Lucy Pamsier and her infant
children lost during her life time
Sunshine Fund of Laura Baker Services
- ☪ In loving memory of Nancy Wesely
Lawrence & Nancy Baldwin
- ☪ In loving memory of my twin sister Diana Meyer
Wiens, my mother Elsie (Grohman) Meyer, and my
father John F. Meyer
Donna Meyer



Tears

By Doyle Alldredge, 2005

Never be ashamed to shed a tear
For the child you loved so dear,
Each teardrop holds unlimited love
For our precious child who's gone above.

With each tear comes a memory
That God has placed in your heart,
A cherished moment of a time gone by
That God placed lovingly to each teardrop.

Oh, we may wipe each tear away from our face
As each travels down to fall,
But the memories of our child
Can never be erased.

Do not be ashamed to shed a tear
For your child you loved so dear,
When one teardrop falls
Another will take its place;
One day our tears may disappear
Which sounds so really sad,
Our teardrop memories will change places
From our eyes to our heart, never to fade away.



I Sent You a Kiss Today

FROM CENTERING CORP. MAGAZINE
AUGUST 2011

By Darcie D. Sims

I sent you a kiss today. Did you get it? I sent it by air mail. I kissed my fingers and then opened them to the breeze and watched it go. I tucked in some hugs and well wishes, too. Did you get them?

I thought of you today. Did you know that? Could you feel my arms around you? My thoughts caressing your shoulders, my mind trying to reach yours.

I spoke to you today. Did you hear me? I spoke to you of everyday things. I talked about how the clouds moved across the sky, sending shadows whisking over the lawn that I had just raked. I told you how pretty it looked as the leaves swirled gently in the breeze. Do you remember the times when we would lay together in the grass and just watch the clouds make shapes in the sky? I told you about my remembering that today, too.

I talked to you about how the sun sparkles on the water in the pond and how the wind chime has the loveliest tones. I wonder if you can hear them? I told you about my day, the mundane little things that kept me busy. I ironed and dusted and vacuumed and moved some things around—mostly just re-arranging things. I cleaned the blinds and polished the silver—just regular things—nothing special, except I thought of you as I did them.

I told you about my Big Project and how far it seems to the end. I keep thinking of new ways to get it finished and that just makes the whole thing take longer...but of course, you know that about me, don't you?

I watched you today. Did you see me, too? I watched a puppy scamper across the yard, tugging its young owner. I watched a brand-new driver trying to fit into a parallel parking space and I laughed, remembering. Do you remember things?

I saw an old lady and an even older man holding hands as they crossed the street and the look they shared reminded me of us. That secret sharing of something just between them. I missed you today. Do you miss me, too?

I planned the menu for the family dinner today and I asked you what you wanted. Do you still like mashed potatoes and butter, green bean casserole and cranberry relish? I baked two pies and saved some dough for you, so you could pat it out and fill it with strawberry jam and then bake it, making a little "patty pan pie" just for you. Do you still do that, sometimes?

I counted the chairs and called a neighbor because I have to borrow two more. Or I guess two people could

stand, or maybe they won't come. I washed three loads of laundry and ironed the tablecloth and put the napkin rings out. I wished you were here to help, like you used to. You always put the napkins in the rings just so and made them look so special.

I wore your sweater today. I hope you don't mind. It turned cool, and the breeze turned into a wind and I had to take the wind chime in. The last bits of summer are gone now, packed away until the next time around.

I found your blanket today, tucked way down in the cedar chest. I was looking for the afghan to put over the back of the rocking chair and there it was...waiting for me. So I hugged it and wrapped myself in it like you used to do. It was only for a moment, but I thought I heard you in the next room so I went to look. It was only the timer on the dryer downstairs. But, for a moment, I thought it was you.

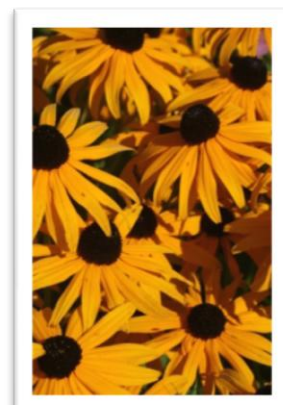
I saw you today...in a hundred places in the house, the yard, across the street, waiting in line at the bank and walking just ahead of me at the grocery store. Why didn't you turn around? Didn't you know I was there?

I sang to you today. I'm still not very good, but the choirmaster says I am "enthusiastic." Maybe it will be my ticket of admission—enthusiasm should be worth something somewhere.

I dreamed of you today and for just a little while, we were one again. Hand in hand, arm in arm, head to head, heart to heart, lives wrapped around and through each other, like two peas in a pod, two puppies in a basket, two people in love. I haven't stopped loving you—have you stopped loving me? I hope not.

I'll be okay. I am okay. It's just that sometimes, I want you here, right here with me, not just in my thoughts, my dreams, my prayers, my me. I want you here.... And then, you are. I only have to touch my heart to feel yours beating. I only have to whisper your name to hear mine spoken. I only have to count my blessings, count the moments we had, to know I am rich beyond any man's measure. We were and still are and that's all I need. It wasn't enough and it will never be enough, but it was something and for that, I am forever thankful...today, tomorrow and always.

I sent you a kiss today...and you sent one back.
Thanks...for the little while.





It's Halloween

By Sharon Bryant

It's Halloween again
and fall is in the air
I stopped by the store today
I saw costumes everywhere

I saw fairies and goblins
frogs and toads alike
and then there was the little ghost
I closed my eyes real tight

I felt the tightening in my chest
remembering that Halloween long ago
when you picked out the little ghost
the eyes had to be just so

I touched the fabric with my hand
memories came flooding through
of that last Halloween we had planned
when I was going to be a Goblin for you

I felt the tears start to sting
and knew I had to leave
Halloween always brings back
memories from grief unseen

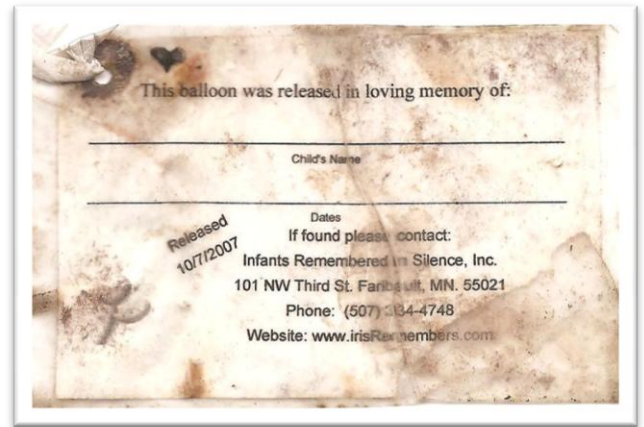
You left me a week before Halloween
your ghost suit is still in the box
sometimes I try and open it up
but something always makes me stop

Each year as I watch the children come by
I always look for a little ghost
thinking of how happy you'd been
wearing the costume you loved most

Maybe I'll just take a peek
if I'm up to it this year
and touch the fabric one more time
from that Halloween from yesteryear.



*In memory of Andy Dunbar
January 22, 1972 – October 24, 1977*



Found Balloons

The Annual October IRIS Balloon Release is always a touching experience, but some of the best stories come in the hours, days, and years that follow. Many of them leave you teary-eyed and speechless...

E-mail received Tue 6/21/11 at 6:18 PM

Dear IRIS,

I experienced a miracle today.

I walked to our mailbox and found your balloon card on the asphalt by my feet. It had been released on 10/7/2007!

And for the miracle: Today it is exactly 16 years ago, that we had to say our goodbye to our baby boy. He was born at 19 gestational weeks on midsummer's day in 1995.

I am speechless, touched by an angel, which you sent many years ago and it reached me now on this special day.

We have experienced three miscarriages; also we have had three live children and are very blessed indeed. I still quietly celebrate each of our unborn baby's "birthdays".

God bless all of you and your sacred work

Thank you
In tears, in awe
G.P.

Is this YOUR Child's Balloon Tag?

- ☛ The name is no longer visible
- ☛ The art work in the lower left is the teddy bear (shown below the tag)
- ☛ Notice the heart in the upper left corner by the ribbon holding the tag

Could it be your tag? Contact us if it is!



Kindred Souls Are We

By Veronica Partridge, 25 March 2006

Kindred souls are we, parents who have lost our child.
 Mothers bereaved and full of grief
 who know not what it is to smile.
 Fathers stand by still and so strong,
 Fear showing their feelings will leave their
 families forlorn.
 Hearts shattered, no piece left in sight.
 Breathing takes all of our strength and might.
 Caring not much for what we have left.
 Nothing else that could happen
 could take us to any further depths.
 How sad the same stories uttered over and again.
 Leaving us still with only memories writhing in pain.
 Our lives forever changed in just a moment's time.
 Now weighing in the balance are our hearts and minds.
 Who would have thought, even for a moment,
 that we'd ever lose our precious one?
 It's such an unnatural, out of order devastation
 it renders us all undone.
 Well wishers try their very best to understand and
 to offer advice,
 They tell us out of their well intended ignorance
 we need to get on with our lives.
 What do they know,
 meaning no disrespect or ungratefulness?
 Unless you're a member of this heart wrenching club you
 can't truly fathom its profound distress.
 If the truth to be told as realistic as I can be
 I wish the pain could stop right here ending with me.
 I wish other parents would never have to
 endure these very feelings have I.
 I wish for no others to have to miss their sweet angels
 and kiss them goodbye.
 For somewhere in heaven there is a place
 our children all play
 And it's this very hope that we'll all meet again
 on that very blessed day.
 Jesus hold us and keep u
 till when your Father calls us home.
 Keep our faith strong and hearts beating for
 it won't be too long.
 To us it may feel like an eternity here on Earth.
 Especially for us mothers who gave these
 precious angels birth.
 We believe in God's promises it's all that we have
 It's what keeps us going each day
 even when we feel so sad.
 Kindred souls are we, parents who have lost our child.
 Mothers bereaved and full of grief
 who know not what it is to smile.

Scrapbooking Event



Join with other IRIS parents for a day of scrapbooking!

**Saturday September 24th
9 am – 9 pm
Our Saviors Lutheran
Church**

1207 Prairie Ave. SW
Faribault MN

What to Bring:

- Your precious child's pictures
- Your scrapbooking supplies (if you have them)
- Your lunch / money for lunch
- Snack to share (if you can)
- IRIS will supply beverages

Don't have the supplies? IRIS has 12x12 scrapbooks, papers, stickers, and other scrapbooking supplies for you and they are free! We also have a Creative Memories consultant, Amber Warnemunde, who has offered to help you fix photos that may need a little fixing (compromised skin, tubes removed, etc.). Please call the office at (507) 334-4748 for more in on this service.

No RSVP needed! We would love to have you join us for the whole day or part of it! You are also welcome to come & share your scrapbooks or get some great ideas!



IRIS Holiday Service of Remembrance

We know it's early to be thinking about the holidays but we would like to invite you, your family and friends early so that you don't miss a wonderful Holiday Event !

IRIS Holiday Service of Remembrance
Sunday December 4, 2011
Chapel of the Good Shepherd
Located on Shattuck Campus
1000 Shumway Ave. NE
Faribault MN
2 pm

More info to come



IRIS Turkey Trot

5K

Run & Walk



Thanksgiving Morning

November 24, 2011

All proceeds benefit Infants Remembered In Silence, Inc. (IRIS), a 501(c)3 nonprofit organization offering parents, families, friends and professionals support, education, and resources on pregnancy loss, infant and early childhood death.

This event will be held regardless of weather conditions!

All runners/walkers are guaranteed a Turkey Trot T-shirt with paid registration received by Thursday, November 10th. Entrants registered after this date will have the opportunity to purchase a t-shirt at the event, please sign-up early to guarantee your t-shirt!!!

Start and finish will be at Faribault Middle School (704 17th St. SW) Routes will be posted on the IRIS website.

- **Day of race:** 7:30 am Check in and Registration begins at Faribault Middle School Gymnasium.
8:00 am Tot Trot & Kids Gobble Wobble
8:30 am 5K Timed Run and Walk

- **Entrance Fees:**

Event	Age	By November 10 th	After November 10 th
5K Run/Walk	Adult (ages 12+)	\$25	\$30 (No t-shirt)
5K Run/Walk	Youth (up to age 12)	\$20	\$25 (No t-shirt)
Gobble Wobble	Ages 5 – 10	\$15	\$20 (No t-shirt)
Tot Trot	Ages 0 – 4	Free (No t-shirt)	Free (No t-shirt)

Turkey Trot Registration

Entry fees are non-refundable

Name: _____ Birth date: ___/___/___ Age: _____ Gender: M F

Address: _____ City: _____ Zip: _____

Phone: _____ E-mail: _____

Choose one Event: Tot Trot Kids Gobble Wobble 5K Timed Run 5K Walk

Choose T-Shirt Size: Youth: S M L Adult: S M L XL XXL XXXL

Extra shirts for sale: Kids ~ \$10 Size/Qty _____ Adult ~ \$15 (Small through XXXL) Size/Qty _____

WAIVER AND RELEASE – PLEASE READ AND SIGN I know that running/walking are potentially harmful activities. I certify I am medically able and properly trained to participate in this 2011 IRIS Turkey Trot Run/Walk. I agree to abide by any decision of an event organizer as to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, conditions of the course, all such risks being known and appreciated by me. Having read this waiver and release, knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Infants Remembered in Silence, Inc. (IRIS) and Faribault Public Schools, together with their employees, agents, affiliates, race officials, event sponsors and volunteers, from any and all claims or liabilities of any kind arising out of my participation in this event, even though such claim or liability may arise from the negligence of these organizations, their employees, agents, affiliates, race officials, event sponsors or volunteers. I grant permission to IRIS, its employees, agents, affiliates, and event sponsors to use my name, likeness and identity in any photos, videos, or recordings of this event, in perpetuity, for legitimate promotional purposes.

Signature (Parent or Guardian if under 18) _____ Date: _____

Donations: I would like to make a donation to IRIS \$ _____

In memory of _____

- Online registration with PayPal payment: www.irisRemembers.com
- OR Make checks payable to: IRIS and mail/drop off registration: IRIS, 101 3rd St. NW, Faribault, MN 55021

For more information: contact the IRIS Office at (507)334-4748 or email: trot@irisremembers.com

Infants Remembered In Silence, Inc. (IRIS)

101 NW Third St.
Faribault, MN 55021
www.irisRemembers.com



Inside this Issue

- ♥ October 15th – Healing Pumpkin
- ♥ Balloon Release
- ♥ Turkey Trot Registration
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- ♥ Poems
- ♥ Advocate Training



National IRIS Advocate Training Conference

Infants Remembered in Silence, Inc. (IRIS) is excited to announce its 2012 Advocate Training Conference. IRIS will present a comprehensive, national training, geared towards bereaved parents and professionals who wish to assist newly bereaved parents and staff in a unique “Hands On” environment.

IRIS was founded in 1987 to meet the unique needs of families grieving the death of a child during all gestational stages of pregnancy through early childhood. In 2012, IRIS will celebrate 25 years of working directly with grieving parents and the child that has died in both the hospital and funeral home settings.

Our blueprint for success is simple:

Small class sizes, one-on-one attention, instructors with “Real-World” experiences in the field with a hands-on approach to learning.

Who Should Attend?

- Those who have experienced or been touched by an infant loss themselves and wish to improve the journey for those who currently grieve the death of a child
- Health care professionals
- Funeral directors
- Childbirth Educators & Doulas
- And others who wish to support grieving families

The April 20 – 22, 2012 Advocate Training Conference will be held at the beautiful Gainey Conference Center in Owatonna MN and promises to offer a new and fresh approach to infant loss services in your community.

For brochure and more information visit: www.irisRemembers.com, Online Registration coming soon!
e-mail: support@irisremembers.com or call (507) 334-4748.