



Infants Remembered In Silence, Inc.

Whispers of the Heart Newsletter

November 2007

101 Third Street NW, Faribault MN 55021

Phone: (507) 334-4748

Website: www.irisRemembers.com

NEW E-mail Address: iris@qwestoffice.net



Be Content

By James A. Kisnerer.

Adapted by Krista Anderson In memory of Brice Alec Anderson

Standing by my baby's grave, here on Christmas Eve,
while other families are rejoicing, I can only grieve.

This Christmas it will be 15 years, since he's gone away,
my 3 month old son passed away on a very special day.

So while the world rejoices for a
Christ Child that was born,
Happiness eludes me for it is my time to mourn.

I think of other mothers with their babies at their breast,
but empty are my arms tonight, my baby's laid to rest.

I know there must be other mothers, who have felt this
awful pain,
And I wonder how they kept from going totally insane?

I thought about the Virgin's child so many years gone by,
the first time that she held Him,
She knew He was born to die.

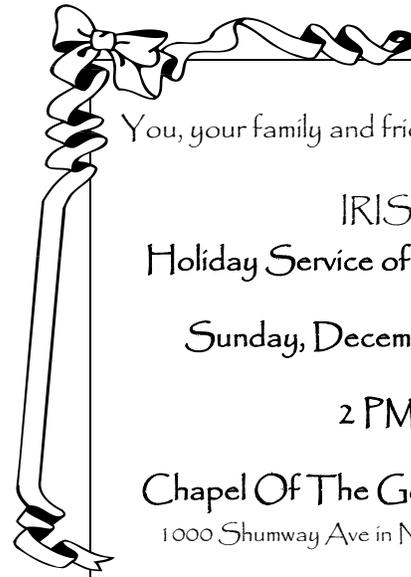
She was a special lady so the Christmas story reads;
But She had angels sent from God
That helped to soothe her needs.

I stand alone beside his grave in the Christmas snow,
the pain I suffer by myself, no one will ever know.

The hour's growing late, soon it will be Christmas Day,
I turn to walk away and quietly I hear a soft voice say.

"You're not alone. We Angels know your pain and
understand why you grieve.

Please be content and try to understand,
Your child is safe in our arms
This blessed Christmas Eve."



You, your family and friends are invited to

IRIS
Holiday Service of Remembrance

Sunday, December 2, 2007

2 PM

Chapel Of The Good Shepherd
1000 Shumway Ave in NE Faribault MN

IRIS Holiday Service of Remembrance "Remembering With Love"

Do the thoughts of the holidays make you uncomfortable? Is the anxiety and fear more than you can deal with? Are your emotions about to burst?

The Infants Remembered In Silence, Inc. (IRIS) Annual Holiday Service of Remembrance "Remembering With Love" can help with all of the emotions, fears, frustrations, and anxiety. This special service will be held on:

**December 2nd, 2007
2 pm**

Chapel of the Good Shepherd
On Shattuck Campus
1000 Shumway Ave. NE Faribault, MN

You are welcome to invite your family and friends to join you at this very special service. "It helps to honor and remember my child first, and then I feel like I can make it through the rest of the holidays," said an IRIS parent.

The IRIS Holiday Service of Remembrance is designed by and for parents, family and friends who have experienced or been touched by the death of a child in early pregnancy (miscarriage, ectopic pregnancy, molar pregnancy, etc.) or from stillbirth, neo-natal death, birth defects, sudden infant death syndrome (SIDS), illness, accidents and all other types of infant or early childhood death. Everyone is welcome regardless of how long ago the child died or the cause of death.

signup information on the registration form. Please help make this a very special service by sharing your time and talents.



Memorial Poinsettias

For your convenience, IRIS will again be selling red poinsettias from Donahue's Green House. Poinsettias will be labeled and delivered to the Chapel of the Good Shepherd. You will be able to take them home following the reception. If you would like to order a poinsettia for yourself or as a gift for family and friends please fill out the Holiday Service Registration Form and return it to the IRIS office along with \$14 per plant by November 19th



Having Your Child Remembered

If you would like to have your child/children remembered during the candle lighting part of the service, please complete the enclosed form and return to the IRIS office by November 19th. Names that are received after

the 19th will be listed on an insert to the program.



Decorating Chapel Windows

Decorating the Chapel Windows has become a very special tradition of the IRIS Holiday Service.

You are encouraged to bring any keepsake items that you would like to display in the windows. Keep in mind that you will be working with other parents to create a loving display. You will be in charge of placing your child's/children's keepsakes in a window and clearing the area when the reception is over. Suggested items for window displays include: scrapbooks, blankets, pictures, poems, holiday items, quilts, etc. There will be volunteers on hand to answer questions and help you however they can. No flames or water allowed in the displays. Due to the magnitude of this project, IRIS will not be able to return items sent to us. Everyone is welcome to visit the displays during the reception that follows the service.



Sharing Information on the Holiday Service

Please feel free to share the information on the Holiday Service Remembrance with other bereaved parents. You are welcome to invite your family and friends to the service and are encouraged to ask your local churches, newspapers, TV and radio stations to run information about the service. If you would like to hang posters for the Holiday Service please visit the website www.irisRemembers.com for printable poster or contact the IRIS office.



Siblings and Children at Memorial Service

This is a difficult topic to approach and brings up many emotions for everyone involved. Because of concerns voiced in previous years, parents with children under the age of 6 years are lovingly requested to sit in the back of the chapel close to the exit. Children who can sit quietly for two (2) hours are welcome at the service. Out of consideration and compassion for other grieving parents, you are asked to take children out of the Chapel if they are crying, talking, making noise of any kind, or disrupting others in any manner. If you are debating a child's ability to attend the service you may want to consider an alternative. For obvious reasons, children are not allowed to touch items on displays. If you have questions, concerns or would like to discuss the issue please feel free to call Diana Sundwall at the IRIS office (507) 334-4748.



Your Participation Is Needed!

One of the things that makes the Holiday Service so very special is the participation of parents, family and friends. We would love to have your help with the reading of poems, singing, playing an instrument, reading a scripture, decorating the chapel windows, and/or providing treats for the reception that follows the service. You will find

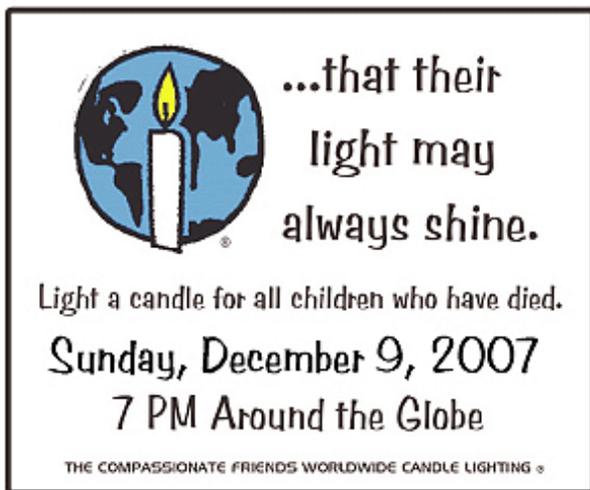
Directions and Map To the Holiday Service



Have you ordered your IRIS 20th Anniversary Holiday Ornament and/or Poinsettia's? Visit www.irisRemembers.com for more info, order forms or order with PayPal Place Your Order Today!

1. Highway 60 East to the North East side of Faribault, MN.
2. Turn North onto Shumway Ave.
3. Follow Shumway Ave. past MN State Academy for the Deaf to the main entrance of the Shattuck/Saint Mary's campus. (On your left)
4. As you enter the campus grounds, you will pass under the graceful Shattuck Arch and have full view of the campus.
5. Follow the "one way" circle drive to the right and the Chapel of the Good Shepherd.

You will be able to follow the lavender IRIS signs through Faribault to the Chapel.



*It takes only you,
and one candle,
to join hearts with the world!*



From Diana's Desk:

This issue of Whispers of the Heart is devoted to the holidays. There are many ways that you as a parent can remember your child, but sometimes we all need to be reminded that it's ok to remember, it's ok to honor, it's ok to cry, it's ok to still love. Please "make" time to remember, honor, cry, and love this holiday season because grieving is about remembering, not about forgetting.

Inside this issue you will find inspirational poems, coping ideas, and events that you are invited to take part in. I sincerely hope that you will adapt some of these ideas to fit your personal needs.

I would like to personally invite you to the IRIS Holiday Service of Remembrance ~ "Remembering with Love". This incredible service has been held annually since 1994 on the first Sunday in December, in the Chapel of the Good Shepherd on Shattuck Campus, Faribault, MN. This year's service will be held on December 2, 2007.

I think everyone would agree that the chapel which is dedicated to the glory of God and in loving memory of Eunice K. Shumway, who lived for 13 months and 18 days and died on April 19, 1859, is the perfect location for the service. Yes, that's right, the Chapel is 148 years old and is a wonderful tribute to a mother's love and need to remember and honor her precious child. We are no different than Augusta Johnson Shumway, mother of Eunice, its 148 years later, but we as parents still love, still remember, and still want to honor our child/ren. You are welcome to invite your family and friends to join you on December 2nd at this very special service; I am sure it will become a wonderful tradition and gentle way to start your holiday season.

~ Diana



Annual Golf Classic

The annual IRIS Golf Classic

was a wonderful success with over \$7,000 being raised!

Special thank you to all of the golfers who made wonderful and sometimes interesting shots, some having no problem finding the lily pads!

We would also like to thank the Golf Committee for all of their hard work. Kelly Velandier – Chairperson, Stacy Chmelik, Jessie & Jim Donahue, Natalie & Leif Crooks, Brad Germundson, Kathy Hanek, Deanna & Allyn Kuennen, Denise Moravec, Susan & Scott Peterson, Chris Petricka, Jennie Umbreit, Diana Sundwall, and Courtney Wolff.

Special Thank You to Connie DeGroot for her wonderful homemade carrot cake dessert, and to the Faribault Golf Club for the use of their facility.



Butterfly Release

IRIS hosted a Monarch Butterfly

Release during our 6th Annual Golf Classic on July 13, 2007.

Butterflies Where Released

In Memory of

Brice Alec Anderson
Baby A.
Tyler William Anderson
Amelia Marie Bluhm-Howie
Abigail & Noah Brandt
Faith Brandt
Grace Brandt
Hope Brandt
Lisa Chappuis
Preston Hugh Crooks
Lizzy Dienst
Kilian Richard Donahue
Kayla Jamie Dusek
Nikolas Michael Fischer
Jared Hope
Brian James Jacobson

August Kosfeld
Augustus Michael Kuennen
Hope Kuennen
Chase Douglas & Finley Rae
LaCanne
Art Mullenmeister
Nicholas Joseph Moravec
Danny Novak
Grandma Marcie
Grandpa Novak
Jacob Donald Peterson
Daniel James Piepho
Jackie Reichert
Angel Alison Reuvers
Hannah Rose Rysavy
Keith Shaffer
Garrett Robert Sterling
Derek Joseph Sundwall
Baby T.
Marnie Whillock-Becker
Danette Wierschem

Butterflies Were Released In Honor of

The Susan & Todd Rost Children

Memorial Stepping Stones

The stepping stones were located off the 18th fairway and were visited by golfers and guests throughout the day. For those of you who purchased memorial stones remember to bring it in during the winter months and keep it out of frost. The stones should be sealed with a water protector each year.

Memorial Stones Honoring

Nicholas Joseph Moravec
Abigail & Noah Brandt
Hannah Rose Rysavy
Jesse Halberd
Brice Alec Anderson
J.T. Markman
Patrick Hallin
Derek Joseph Sundwall
Emma Ward
Lizzy Dienst
Joshua Neubauer

IRIS Golf Classic Sponsors

Hole Sponsors:

- ❖ Douglas VanDam Family & Nicolás LaCanne Family
- ❖ LaCanne's Marine ~ Faribault

Deck Sponsors:

- ❖ Federated Insurance ~ Owatonna
- ❖ Faribault Elks

Tee Sponsors:

- ❖ Northfield Hospital
- ❖ Faribault Eagles (2 Tee's)
- ❖ Prairie Ridge Dental ~ Faribault & Owatonna
- ❖ Boldt Funeral Home ~ Faribault
- ❖ Morristown Volunteer Fire Dept.
- ❖ Faribault Elks

Hors d'oeuvres Sponsor:

- ❖ Faribault Elks

Cart Sponsors:

- ❖ Cedar Chiropractic ~ Owatonna
- ❖ Parker Kohl Funeral Homes
- ❖ State Bank of Faribault
- ❖ City Image Salon ~ Northfield
- ❖ McGregor Chiropractic ~ Owatonna
- ❖ Donahue's Greenhouse ~ Faribault
- ❖ Help-U-Sell ~ Owatonna
- ❖ Wottreng Dental ~ Owatonna
- ❖ Kenyon Volunteer Fire Dept. (in memory of Weston Bradley Germundson)

Dinner Sponsors:

- ❖ Edward Jones Investments ~ Owatonna
- ❖ Mick & Tammy Donahue Family

General Donations:

- ❖ Faribault Elks
- ❖ Floor to Ceiling ~ Faribault
- ❖ Northfield Eagles
- ❖ Pepsi-cola ~ Mankato
- ❖ Quaker Oats ~ Cedar Rapids, IA
- ❖ Target ~ Northfield
- ❖ Treadway Graphics ~ Faribault
- ❖ Wenger corporation ~ Owatonna
- ❖ Mega Bites ~ Faribault
- ❖ Cable Connection & Supply Co. Inc.

Thank you to the golfers, sponsors, donations, and volunteers we raised over \$7,000 for IRIS.



Retouching Your Treasured Photos

To retouch photos or not is a question that bothers many bereaved parents. There is no right or wrong answer to this question. It should be looked at as another option that you can say yes, or no to. If you are considering retouching a photo you need to think about what you are changing. Is it the total appearance of the child or taking away the owies? It can be anything from restoring delicate skin, removing bruising, adding clothing or people, to lightening the entire picture so you can see the child better. If you are unsure if it is something that you should do try one picture and see what the results are. You can take the picture to your local photographer, printer, or photo processing store and ask about their retouching services or you can do it yourself on your home computer.



Grief is Like a River

By Cynthia G. Kelley

My grief is like a river,
I have to let it flow,
But I myself determine,
Just where the banks will go.

Some day the current takes me in
waves of guilt and pain,
But there are always quiet pools
where I can rest again.

I crash on rocks and anger;
My faith seems faint indeed,

But there are other swimmers who
know that what I need are loving
hands to hold me when the waters
are too swift,
And someone kind to listen when I
just seem to drift.

Grief's river is a process of
relinquishing the past.
By swimming in hope's channels,
I'll reach the shore at last.

From spring 2007 e-letter: Wings-A Grief
Education Ministry



Introducing... GoodSearch

We at IRIS are very excited about the GoodSearch and GoodShop option you have for searching on the internet and shopping on the internet.

1. What if Infants Remembered In Silence, Inc. (IRIS) earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support IRIS? Well, now you can!
2. **GoodSearch.com** is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!
3. **GoodShop.com** is a new online shopping mall which donates up to 37 percent of each purchase to your favorite cause! Hundreds of great stores including Target, Gap, Best Buy, eBay, Macy's and Barnes & Noble have teamed up with GoodShop. You'll get the same great prices, but every time you place an order, you'll be supporting IRIS with donations that average around 3% of the sale but can exceed 20%!

Just go to www.goodsearch.com and be sure to enter Infants Remembered In Silence, Inc. as the charity you want to support. It's simple. No username or password required. Just designate Infants Remembered

In Silence as your favorite charity and you're ready to search or shop! The next time you're looking for a new book, computer, DVD, or Christmas gifts, go to GoodShop first.

Needless to say, we're really excited to offer you this new service and we hope you'll help spread the word!



IRIS Wish List

- ♥ Premie diapers
- ♥ Baby lotion (sample size)
- ♥ Baby blankets & cap sizes 3,4,& 5
- ♥ Blue (boy) Baby Yarn ~ Sport Weight yarn pastel colors
- ♥ Stamps
- ♥ Wooden shaker boxes – undecorated
- ♥ Mailing labels (size Avery 8160)
- ♥ Shipping / Postal Scale
- ♥ CD-R's
- ♥ Copy Toner
- ♥ Printer Inc (HP 93 & 98)
- ♥ Large plastic cafeteria size tables
- ♥ Cleaning supplies

Old Jewish Proverb

*A person can actually
die two deaths.*

*The first happens when your
physical body dies;
the second occurs when people stop
mentioning your name.*

Calendar of Events



November

- 14th Mid-day Support Group Meeting
11 am – 1 pm at the IRIS Office
- 18th IRIS 20th Anniversary Open House
2 – 4 pm
- 19th Holiday Service Program Info Due
- 27th Evening Support Group Meeting
7 – 8:30 pm at the IRIS Office



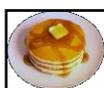
December

- 2nd Holiday Service of Remembrance
2 pm ~ Chapel of the Good Shepherd
1000 Shumway Ave in NE Faribault MN
- 12th Mid-day Support Group Meeting
11 am – 1 pm at the IRIS Office
- 25th No Evening Support Group Meeting



January

- 8th IRIS Board Meeting
7 pm IRIS office
- 9th Mid-day Support Group Meeting
11 am – 1 pm at the IRIS Office
- 22nd Evening Support Group Meeting
7 – 8:30 pm at the IRIS Office
- 26th Scrapbooking
10 am – 4 pm at the IRIS Office



February

- 9th IRIS Charity Weekend
Family Fun Night ~ more info to follow
- 10th IRIS Charity Weekend
Breakfast & Bingo ~ more info to follow
- 13th Mid-day Support Group Meeting
11 am – 1 pm at the IRIS Office
- 23rd Scrapbooking
10 am – 4 pm at the IRIS Office
- 26th Evening Support Group Meeting
7 – 8:30 pm at the IRIS Office



Join us for a Day of Scrapbooking

Is it hard to even thinking about working on a memorial scrapbook for your child? Don't know where to start? Do you know what you want but feeling overwhelmed? Do you need others around to inspire you? Don't have the supplies to do a scrapbook? IRIS can help! We have many scrapbooking supplies and scrapbooks that have been donated by individuals and professionals. Join us for a day of scrapping! We all need a safe place to begin, a comfortable place where others are willing to help, and a place to talk freely, cry, laugh, and cry again. Join Us!

Saturday January 26, 2008
Saturday February 23, 2008
10 am – 4 pm
Free of Charge!
RSVP to the IRIS office

Please bring a treat to share. IRIS will provide the beverages and scrapbooking supplies.



Thank You For Your Donation

- St. Luke's Church ~ Faribault for Milk Moola
- Susan Clark ~ File Cabinet
- Barbara Molby, Anna Kincade, Lois Charbonneau, Judy Conroy, Cathy Drabant, Alberta Erichson, Joy Clemmensen, Lucy Fuechtmann, Libby Schmit, Carol Underferth, Sally Schnakenburg, Judy Smith, & Carol Vande for making hundreds of blankets and hat. These women are from AZ, St. Peter, Owatonna, Elysian, New Prague, Webster, Veseli, Faribault, and surrounding area.
- Rita DeWerd and her Extension Group from Owatonna for hand painted wooden keepsake boxes.
- Connie DeGroot for making wonderful cookies for the Balloon Release and Cakes for the Golf Tournament.
- Dawn Braa and her students at Hastings Technical Collage for making over 100 memorial certificate holders.
- Anne Pientka for arranging for the IRIS Pizza Night Fundraiser. The pizza was wonderful and Godfather's gave a donation of \$214 to IRIS!
- Thank you very, very much to the First Baptist Church of Faribault for their donation of a new copy machine!!!!!!
- Thank you to Nancy Scherfenberg for making the IRIS Memorial Stepping Stones for the Golf Tournament.
- Faribault Rental for the portable restroom for the balloon release.



Memorials



Memorials



In Loving Memory of our precious children
Hope Kuennen ~ born still December 27, 2005
Augustus Michael Kuennen ~ Born still on
November 24, 2006

Mommy and Daddy
(Deanna & Allyn Kuennen)

With our thoughts & prayers

Justin, Kathleen Nemechek family
Steven & Kendra Taylor
Todd & Amy Schuesler
Jerry & Barbara Beckelhimer
Mrs. James Kuennen
James & Sheila Murphy
Bonnie Krenke
The Dorman's from Bell
Timothy & Kathleen Dorman
Richard & Gloria Fair
Lorenzo & Tammra Adam
Rae Ann Kolbet
Robert & Kay Patten
Gwendolyn Amstutz
Kirsten Tynch
Kathleen Feldbrugge



In Loving Memory of a precious little girl, Lily
Marcella Dietz

Mommy and Daddy
(Cara Spitzack & Jim Dietz)

Jill Fagerlund
Larry & Anne Will
Lakeside Food's Inc.
Richard & Betty Mikkelson
Michael & Cynthia Barta
Mark & Kris Kappes
Marlene Tiedeman

Patrick & Wendy O'Neil
Mr. & Mrst Lambert VanHarn
Don & Rilla O'Neil
Great Great Aunt Sharron Contney
Carol Ponto
2 Anonymous donations



In Loving Memory of our Granddaughter, Mara
Kolterman, on her birthday.

Grandma & Grandpa
(Anne & Doug Johnson)



In Loving Memory of Lukas Dimitrios Fischer,
born into heaven on September 14, 2007

Aunt Nicki & Uncle Jay (Hinker)



In Loving Memory of our son, Lukas Rylan
Springer-Akbar

Mommy and Daddy
(Kristie Springer & Sakib Akbar)



In Memory of a priceless child
Edgar & Margie Burmeister



In Memory of a priceless child
Lori & Robert Nordling



In Loving Memory of Derek Joseph Sundwall on
your 22nd Birthday October 12, 1985. I will love
you forever and ever!

Mom (Diana Sundwall)



In Loving Memory of Garrett Robert Sterling.
Loving you always & missing you every single
day. Happy 5th Birthday Garrett.
October 22nd – November 5, 2002

Mommy & Daddy
(Amy & Brad Sterling)



In Loving Memory of our precious little child,
Marie Therese LeBrun, We know you are safe
in the arms of Jesus ~ please remember your
family loves very much.

Kim & John LeBrun and Family



In Loving Memory of the babies we miss at the
Peace United Church in Morristown

Rob & Jessica Schwitchenberg
Gary & Jennifer Braun
Ira & Sandy Lucas
Andy & Helen Newman
Gene & Helen Morris
Chuck & Sharon Krenik



In Loving Memory of our son, Jacob Alexander
Agliata

Mommy & Daddy
(Carla & John Agliata)



In Memory of Lizzy Sammon Dienst on her 2nd
Birthday (May 18, 2007) We love and miss you
Lizzy!

Mommy & Daddy (Beth & Nick)



With Gratitude

We would like to thank you for financial contribution

- ❖ Dr. Brenda Hurtt ~ Cannon Valley Clinic, Faribault
- ❖ Dr. Brant Barr ~ Cannon Valley Clinic, Faribault
- ❖ Dr. Ben & Pat Tuma
- ❖ Blue Cross ~ Julie Lewis
- ❖ Theresa & Jeff Fehn
- ❖ Community Shares of Minnesota – Campaign Management ~ \$14
- ❖ Wells Fargo Community Support Campaign ~ two donations of \$60 each
- ❖ Ladies Auxiliary to Fraternal Order of Eagles ~ Faribault ~ \$250
- ❖ Wal-Mart – Grand Opening Donation ~ \$1,000
- ❖ Wal-Mart ~\$1,000
- ❖ The Minnesota Valley Electric Trust (MVEC) – Operation Round-up ~ \$2,000
- ❖ Owatonna Clinic Employees Club ~ \$211
- ❖ Godfathers Pizza of Faribault ~ IRIS Pizza Night Fundraiser ~ \$214
- ❖ Center for Philanthropy ~ \$275
- ❖ Gap Foundation Money for Time Program (Old Navy) ~ \$300 (employee volunteer hours)
- ❖ Vacation Bible School of Peace United Church, Morristown ~ \$190.15 In keeping with our tradition, the funds from children are used for “Bears for Babies”. Several years ago a Sunday school class asked us to use the money that they were donating to buy every baby we work with a bear, “because every kid needs a bear”. Recently a little boy told us that the bear will keep the baby safe on his way to Heaven.



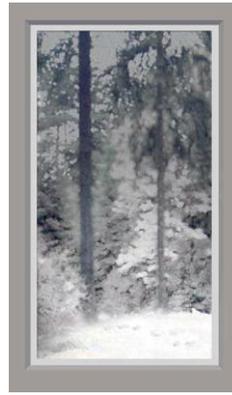
United Way

Thank you to the following United Way's for their allocations this summer and fall.

- Dodge County United Way ~ \$3,000
- Waseca Area United Way ~ \$2,000
- United Way of Faribault ~ \$500
- Northfield Area United Way ~ \$625
- United Way of Faribault ~ \$750
- Northfield Area United Way ~ \$1,000
-

Precious (presh`es) adj.

1. of great price or value; costly
2. much loved or cherished; dear
3. overrefined or affected
4. very great



New Year's Wishes For Bereaved Parents

To the newly bereaved: We wish you patience – patience with yourselves in the painful weeks, months, even years ahead.

To the bereaved siblings: we wish you and your parents a new understanding of each other's needs and the beginnings of good

communication.

To those who are single parents: We wish you the inner resources we know you will need to cope, often alone with your loss.

To those experiencing marital difficulties after the death of your child: We wish you a special willingness and ability to communicate with each other.

To those who have suffered the death of more than one child: We wish you the endurance you will need to fight your way back to a meaningful life once again.

To those of you who have experienced the death of an only child or of all your children: We offer you our eternal gratitude for serving as such an inspiration to the rest of us.

To those of you who are plagued with guilt: We wish you the reassurance that you did the very best you could under the circumstances, and that your child knew that.

To those of you who are deeply depressed: We wish you the first steps out of the “Valley of the Shadow”.

To all mothers, fathers, and those of you unable to cry: We wish you healing tears and the ability to express your grief.

To those of you who are exhausted from grieving: We wish you the strength to face just one more hour, just one more day.

To all others with special needs that we have not mentioned: we wish you the understanding you need , the assurance that you are not alone, and that you are loved.

We at IRIS wish you and your family a peaceful holiday season and a new year filled with hope and love.





Balloon Release

The 5th Annual IRIS Balloon Release and Pot Luck was held on Sunday October 7th at

Kinder Park (the IRIS Park) located in NW Faribault MN. Over 50 people ventured out in the rainy overcast weather to share a meal. By 2 pm the number in attendance had grown to approximately 90. Well over 225 balloons were released prior to a storm. Below you will find a list of where the balloons have been found. Keep in mind that the farthest anyone from IRIS has had a balloon go was in 2004 when there was a balloon found in Palms, MI over 525 miles away. That balloon was found within 24 hours.

- ❖ A balloon released Oct. 1, 2006 in memory of Max Jordan (6-30-05 to 8-13-06) was found on August 18, 2007 in Owen, WI. (10 months after its release)
- ❖ Sunday Oct. 7th at 3 pm a balloon released in Memory of Lizzy Sammon Dienst was found in Dundas, MN ~ 7 miles away
- ❖ Monday Oct 8th at 7:30 am 2 balloons released in memory of Derek Joseph Sundwall were found in Ishpeming, MI ~ 443 miles away
- ❖ Monday Oct. 8th a balloon released in memory of Derek Joseph Sundwall was found in Cottage Grove, MN ~ 60 miles away
- ❖ Tuesday Oct. 9th at 1:30 pm a balloon released in memory of Lizzy Sammon Dienst was found Selkirk, NY ~ 1224 miles away. The man who found it shares Lizzy's Birthday.
- ❖ Wednesday Oct. 10th another of Lizzy's Balloons was found in Athens, PA ~ 1,068 miles away.
- ❖ Saturday Oct. 20 a balloon released in memory of Lily Marcella Dietz was found in Hudson, WI ~ 65 miles away.

Please let us know if you have been contacted by someone who found a balloon that you released.

A Special Birthday

Unknown

A Special Birthday

Please, God, make them remember that
 Today is a special birthday
 Make them understand that
 The memories don't go away
 Bless them with ears to hear and hearts that care
 Enable them to listen while I share
 Shelter them that they may never know my pain
 Help them to help me know that my child's life was not in vain
 Help them to remember, Lord, that I wish
 That my child was here
 So we could still celebrate
 To understand that I still
 Feel the nearness of my child
 To see beyond my smile
 And the words "I'm okay"
 Please God, just let one remember
TODAY IS A SPECIAL BIRTHDAY!!!!



Balloons

By Candy Roe
Adapted by Diana Sundwall

They rise up in a loud whisper to greet the sky
 And everyone looks who passes by.
 They are unaware
 Of the hope, dreams, love, and despair
 That are held within each balloon floating here in the air.
 They go drifting right along catching your eye
 And those bright colors how they dress up the sky.
 They float about freely with gentleness and ease
 Up and down they move catching the breeze.
 It's an overwhelming sight to see those colorful balloons
 Filled with our hopes and dreams ...
 Especially for me.



~ Blessings ~

Standing by the door,
 a mother and her friend.
 Tears in my eyes~
 this pain will never end.
 A perfect healthy baby,
 sitting in the cart.
 Smiles & fun for everyone~
 for me~ a broken heart.
 I watched the happy mom,
 as she proudly showed her friend,
 her baby had a tooth~
 ...I had flowers in my hand.
 She continued with her shopping,
 her baby at her side.
 I had to leave the store~
 the tears I couldn't hide.
 I quickly drove away,
 ...the flowers in my hand.
 This broken heart will never mend~
 I'll never understand.
 A mom~ with her baby,
 holds such blessings from above.
 A smile, a cry, a tooth~
 a baby she can love.
 I hope she understands,
 the blessings Our Lord gave.
 ...I have these flowers~
 and a tiny little grave.

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Excerpts from:

Taming the Holiday Blues

By Nan Zastrow

Holiday stress happens to many people, not just the bereaved. We all have memories of the “perfect Christmas,” and each holiday we aspire to make this one better than the one that lingers in our minds. We create grand expectations and then beat ourselves up trying to meet them. Add the complications of grief to normal holiday stress, and you typically will find a very energy draining mood that borders on depression or serious anxiety. It’s called the holiday blues.

How do we know that what we are feeling is just the holiday blues and not something more serious? Do you get weepy when you see holiday decorations or hear holiday music? Do you feel rebellious and upset that others are having fun and planning celebrations which you can’t /won’t be a part of? Are you trying to avoid holiday parties and social get-togethers? Are you anxious about putting out holiday decorations or trimming a tree? Do you just want to run away until it’s all over?

Chances are these are your reactions to the coming holiday season. Physically, mentally, and spiritually, your body is telling you that you aren’t ready to cope with the stress. Ask others who have dealt with loss at the holidays and you will probably find they felt very much like you do right now. Whenever there is a doubt, obviously, it’s good to visit your family physician and have a thorough checkup, just to make sure your anxiety is temporary. Unchecked and uncontrolled anxiety can lead to dependency on things like alcohol, drugs, and other “take me aways.”

What causes holiday blues?

We all fantasize that holidays are a time of supreme happiness, good fellowship, family gatherings and plans for the New Year. We relate to seasonal television shows where everything that was “wrong” suddenly becomes “right”, and we expect that our lives should be just the same. We hope that we are “touched by angels” and can heroically accept misfortune and death as a fact of life. But many factors can contribute to holiday blues, and some are inescapable. Some of them include:

- Death of a loved one now or in years past
- Overwhelming demands, plans, finances , and expectations.
- Anticipating the death of someone who is seriously ill.
- Feeling cheated of enjoying life, like others.
- Disappointment in current life situations.
- Memories of past holidays and reality of current ones.
- Loneliness and/or isolation.
- Other life changes: health, job, relationship

Hold long do the holiday blues last?

Good question. For everyone it will be different. Many people begin feeling blue when the warm days of summer change to the brisk days of fall. The daylight becomes shorter and the coldness gives us the “hibernation” syndrome. Seasonal traditions can trigger memories like Halloween events/parties, fall hunting season, harvest time, and the blessings we remember at Thanksgiving. For some people, it’s only the Christmas holiday that bothers them the most. Unfortunately, that begins in October when the stores start displaying their holiday decorations and gifts. For most people, the great anxiety of the holidays tapers off and life settles down

once the New Year’s bell tolls ~ perhaps symbolic of a clean slate, a new beginning, and hope.

What can I do to help myself through the holiday blues?

Trust that the holiday blues are normal and they will pass. There isn’t any single recipe that works for everyone and probably none that will cure the blues completely. But here are some ideas for taming the holiday blues that I’ve used in the past years to help my family and me.

Taming the “Blues” #1: Cancel your expectations; traditions change. The pressure to be “happy” and “merry” over the holidays sometimes creates deeper sadness and loneliness. There are so many expectations to live up to - - everyone’s expectations but our own! Accept that it is difficult for family and friends to understand what and how you are feeling during this time. In most cases, it’s not intentional. They want us to be happy like they are, and they think they are doing us a favor by enticing us to join in the merriment. It may be necessary to “ask for understanding and support”.

Recognize that all family relationships change over time and so do traditions. So update your current situation to modify the traditions that will work for you. Your family and friends will also modify their holiday traditions at some time – and not necessarily because of the death of a loved one. While this death in your life is the immediate source of your emptiness and grief, soothe your pain by accepting that changes are inevitable for many reasons.

Taming the “Blues” #2: Communicate, but stand your ground. You know you are feeling anxious about the pending holiday. You know what your fears are and what your potential problems will be. The rest of your family

and friends don't know what your thinking or feeling. If you clue them into your fears, they may try to understand the reason for your actions and decisions and it will be easier for them to accept. It's important to stand your ground. Sometimes, your family and friends will try to coerce you into doing something you aren't able to handle. If you feel very firmly that this would not be good for you this year, simply say, "I'm sorry. Not this time (this year), but ask me again sometime."

Taming the "Blues" #3: Be socially flexible and escape. Don't make plans for social events too far in advance. But keep the option open to participate. Sometimes it's easier to say, "I'm not going to go to a church recital or to Grandma's for Christmas dinner", because you believe that it would be better to just be alone, but this isn't always true. Feel free to tell people that you are taking one day at a time or one hour at a time. Most family and friends will respect your need to reserve a last-minute decision. Also, build in an escape. Always drive your own car so when you are ready to leave, you can. Notify your host prior to coming, that you aren't certain how long you will stay. Prepare an excuse if you feel you need one to allow you to leave with no questions asked. Pre-planning makes the event bearable because you can control when you leave.

Taming the "Blues" #4: Decorate your heart first. If your heart tells you that decorating would be nice and would soothe the painful thoughts of the holidays, by all means decorate to your heart's content. If decorating and the thought of it scares you, don't put out any more decorations than your emotions will tolerate. Do only what makes "you" feel good.

Taming the "Blues" #5: Seek support, not sympathy. Rethinking your attitudes about the holiday season and be honest with yourself. Are you rebelling because you are feeling sorry for yourself? Or are you truly feeling helpless, blue and a need for quiet, private time to sort out your thoughts? Or do you need someone to talk to, give you a hug or spend some time with you?

Coping with and enjoying the holidays doesn't mean that you don't miss the person who was a special part of your life. Nor does it mean that you don't miss times the way they used to be. It means that you will continue to live after this difficult change. And you will honor the memory of your loved one in new ways. Surround yourself with people who understand that the holidays may increase your grief and you need support that honors your feelings and helps you express your grief as needed.

Taming the "Blues" #6: Forget words; find a ritual. Rituals can emphasize loving memories and give expression to feelings far beyond our vocabularies. As an individual or as a family, find a ritual that demonstrates your heartfelt feelings and do it! Memories are your keepsakes; treasure them. Take some time during the holidays to talk about good memories, share pictures, light a candle, place a wreath, contribute to a charity, or anything else that makes you feel good!

Taming the "Blues" #7: Seek Treasures of the soul. Going forward into the New Year is often difficult, but it can also be a time for cleansing and rejuvenation. Spend some time thinking about the experience you have been going through. What does it mean in your present and future life? Think about your purpose and assess yourself as an individual. How can you help others through difficult times? Think about positive things in your life and how you can use them to help you cope.

Taming the "Blues" #8: When the giving hurts, keep on giving. We are nurtured to believe that when something hurts, it's time to pull back, quit or change what we are doing. Not a holiday has passed since Chad's death in 1993 that hasn't caused me to hurt in some way. So we decided if it hurts anyway we may as well "give" until it hurts a little more. Giving of oneself to others is by far the best antidote for holiday blues. When you wipe away the tears, clear the frog in your throat and calm the racing of your heart, you know what love and true joy are all about. There is no louder message that speaks of infinite peace on earth, goodwill to men.

I know that Chad and my departed family members will be looking down on us – missing the good times we had together – but giving us the grandest "atta boy" of them all.

Published in the Wings magazine 2003



When God Delivers Angels

Author Unknown

When god delivers angels
He picks a special few
To guard the cherished infant
He sends with love to you.
Rainbows lean upon the clouds
When such a child arrives
Whose tenderness and beauty
Will change so many lives.
When God retrieves an angel
For reasons of his own
His goodness and his mercy
Seem distant and unknown.
But paradise is knowing
A child who never grew
Holds tightly to God's fingers
And watches over you.



Try to Imagine

By Aaron Espy

I try to imagine what your grief is like,
and then you show me
I imagine a storm, you show me a hurricane.
I imagine a river of tears, you show me a flood.
I imagine emptiness,
you show me endless expanses of the universe.
I tried to imagine, but could not understand
Until you showed me.



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101 NW Third Street
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Inside this issue:

- Holiday Service of Remembrance
- Taming the Holiday Blues
- Poems
- Balloons Found



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(Infants Remembered In Silence)
Holiday Service of Remembrance
"Remembering With Love"
Sunday; December 2nd , 2007
2 PM
Chapel of the Good Shepherd
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To have your child remembered during this special service please contact the
IRIS office at (507) 334-4748 or visit www.irisRemembers.com