

2008 Holiday Service of Remembrance Registration and Order Forms

To have a child's name listed in the program, please have this form to the IRIS office by November 24, 2008

Parents Name: _____

Your Name if not parent: _____

Your Address: _____

City/State/Zip: _____

Phone: _____ Cell: _____

Your E-mail Address: _____

- I / We will be attending this year's service. Family & friends are welcome.
- Sadly I / We will not be able to attend this year (if your plans change, you are always welcome to attend)
- Please add my child's name to the IRIS cross-stitched memorial quilt.
- I / We would like to take part in the Holiday Service of Remembrance by:
 - Reading a poem – please send in a copy of the poem with this form.
 - Reading a Scripture – Scripture number and verse: _____
 - Singing – Title and Author: _____
 - Playing an instrument – Instrument and song: _____
 - Bringing my pictures, keepsakes and/or holiday items to decorate the chapel windows (This is highly encouraged, please read description for more info. No flames or water please)
 - Bringing cookies/bars for the reception following the service
 - Set up on Saturday afternoon
 - Clean up on Sunday afternoon
 - Other: _____
- I / We would like to have the following child / children remembered during the service.

Child's full name	Phonetic pronunciation	Date of Birth & Death
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Child's full name	Phonetic pronunciation	Date of Birth & Death
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Child's full name	Phonetic pronunciation	Date of Birth & Death
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Child's full name	Phonetic pronunciation	Date of Birth & Death
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2008 Memorial Ornament / Sun Catcher

The 2008 Memorial Stained Glass Ornament Sun Catcher are pastel pink, blue, green, or yellow Angels. These beautiful Angels are 4" X 4 1/2" and perfect for hanging in your tree and year round in your window. Angels can be personalized!

- I would like to order the 2008 IRIS Stained Glass Angel (They make excellent gifts.) \$12 each
- I would like to personalize the ornament
- I would like to order a Poinsettia for the service. \$12 each

Ornament 1. _____ Ornament 2. _____
Please personalize my ornament #1 Please personalize my ornament #2

Ornament 3. _____ Ornament 4. _____
Please personalize my ornament #3 Please personalize my ornament #4

Poinsettia 1. _____ Poinsettia 2. _____
In memory of In memory of

Poinsettia 3. _____ Poinsettia 4. _____
In memory of In memory of

- I will pick up the 2008 ornament following the Holiday Service Reception
- I will be unable to attend the Holiday Service and would like the 2008 ornament/sun catcher mail to:

Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ E-Mail: _____



NEW for 2008, anyone making a memorial donation to IRIS in the amount of \$10 or more will have this lovely 9" White String of Bells with Crystal Glitter hung outside of the chapel during the Holiday Service of Remembrance. Memorial names will be with each set of bells that are yours to keep following the service. Bells can be shipped, please see order form below.

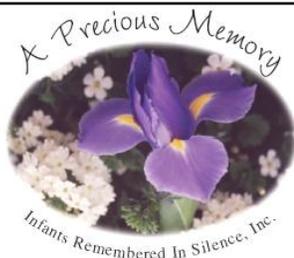
- I / We would like to make a tax-deductible donation in Memory of:

	Item	#	Price	Total
1	Pink Stained Glass Angel		\$12.00	
2	Blue Stained Glass Angel			
3	Yellow Stained Glass Angel			
4	Green Stain Glass Angel			
5	Red Poinsettia		\$12.00	
6	White Poinsettia		\$12.00	
			Subtotal	
			6.5% Tax	
			Donation	
			Shipping \$5.00	
			Total Due	

Tax **Must** be included!

Mail To:
 IRIS
 101 NW Third St.
 Faribault, MN 55021

Or visit
www.irisRemembers.com.



Infants Remembered In Silence, Inc.

Whispers of the Heart Newsletter

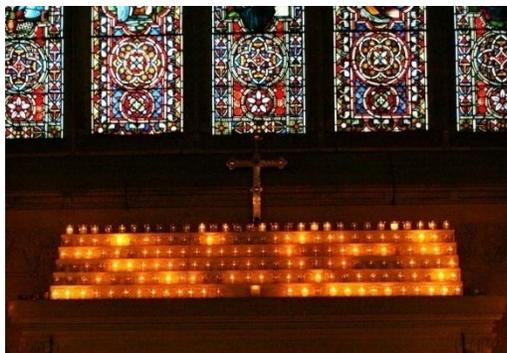
November 2008

101 Third Street NW, Faribault MN 55021

Phone: (507) 334-4748

Website: www.irisRemembers.com

E-mail Address: iris@qwestoffice.net



IRIS

Holiday Service of Remembrance

“Remembering With Love”

The Infants Remembered In Silence, Inc. (IRIS) Holiday Service of Remembrance “Remembering With Love” has been held annually since 1994. We all know that the holidays are a very special time for children, and seem to be geared for them, but as a parent whose child has died, how do we navigate the holiday season?

The IRIS Holiday Service of Remembrance is a unique, special service that can help with the emotions, fears, frustrations, and anxiety of the season. Many parents who attend stated “I need to remember and honor my child first, so that I can survive the holidays.” You are encouraged to attend the service and are welcome to invite your family and friends to attend with you. This special service will be held on:

Sunday December 7th, 2008

2 pm

Chapel of the Good Shepherd

On Shattuck Campus

1000 Shumway Ave. in NE Faribault, MN

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 or from stillbirth, neo-natal death, birth defects, sudden infant death syndrome (SIDS), illness,

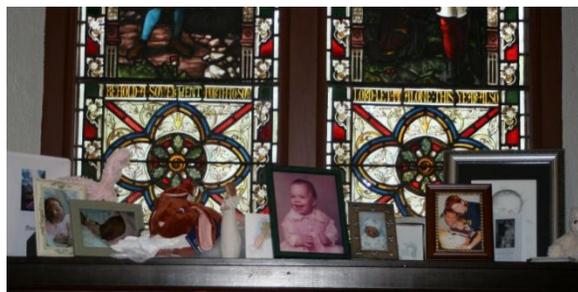
accidents and all other types of infant or early childhood death. Everyone is welcome regardless of how long ago the child died or the cause of death.

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 24th. Names that are received after the 24th 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 sharing the window area and 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, 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.



You're Participation Is Needed!

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

Memorial Poinsettias



IRIS will again be selling 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 24th. **NEW** this year: Poinsettias will be available in red or white.



Sharing Information on the Holiday Service

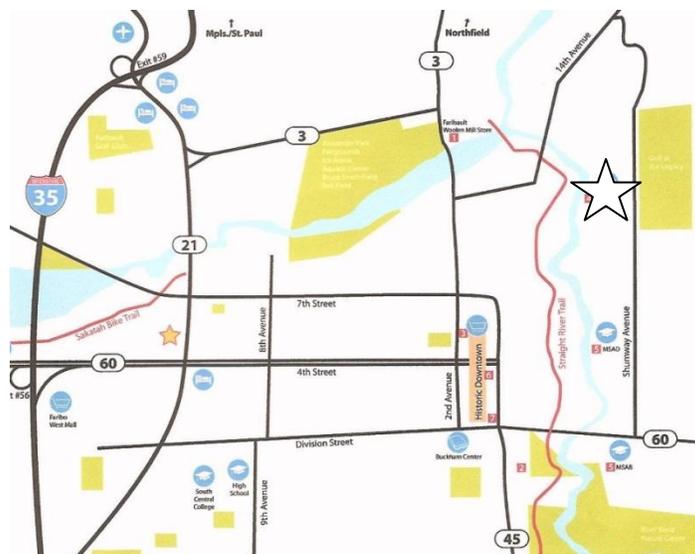
Please feel free to share the information on the Holiday Service Remembrance with other bereaved parents. You are welcome to invite your family and friends to the service and are encouraged to ask your local churches, newspapers, TV and radio stations to run information about the service. If you would 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 to attend 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 have questions, concerns or would like to discuss the issue please feel free to call Diana Sundwall at the IRIS office (507) 334-4748.

Directions and Map To the Holiday Service



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) 1000 Shumway Ave.
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.

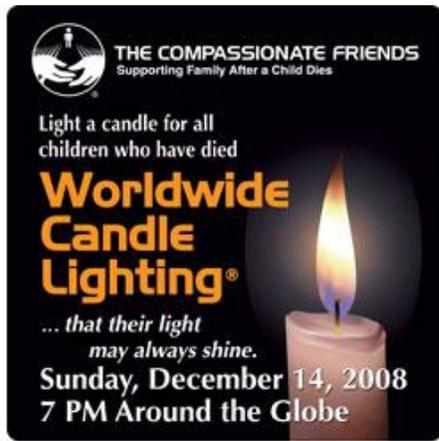


Sunday December 7th, 2008

2 pm

Chapel of the Good Shepherd

On Shattuck Campus
1000 Shumway Ave. in NE Faribault, MN



Infants Remembered In Silence, Inc. (IRIS) endorses and encourages you to take part in this wonderful event. It takes only you, and one candle, to join hearts with other bereaved parents around the world!



Drew & his son Emerson.
Photo by Heather Rivlin,
Used with permission.

Capturing A Short Life

Last week I had the great privilege and honor of previewing a new film call "Capturing A Short Life" by Sheona McDonald of Toronto, Ontario Canada. This wonderful film will broadcast nationally in Canada on Tuesday December 9th, 2008 at 10 pm on CBC Newsworld.

By early December there will be a trailer for the film on the website www.capturingashortlife.com if you have the opportunity to see this new film please take the time, it is definitely worth the hour to learn more about how we as bereaved parents have many feelings and emotions in common. For family and friends it is a great opportunity to witness many of the difficult decisions that are faced by parents and how those decisions impact their lives.

This is also a great opportunity for you to contact your local PBS TV stations to ask about the possible broadcast of Capturing A Short Life in the United States.

Diana Sundwall
IRIS Founder & Executive Director



Notes of Thanks to IRIS Volunteers

Verse on the card written by Amanda Bradley

Some people seem to specialize
In doing thoughtful deeds.
Before you ask, they understand
Your problems and your needs.
They help because they want to,
They find joy in being kind,
And making other happy
Is the first thing on their mind.
They make this world a better place
By practicing the art
Of reaching out to others
And my giving from the heart.

Dear IRIS Volunteer,

It is impossible to put in words what you and your ministry meant to our family. Ever since then when I tell people about our loss I have to tell them about this Angel that appeared very early on that morning when everyone was numb. This Angel that never left our side until we turned our grandson's very precious little body over to our Lord. I tell them about all the very special things you did with our baby endlessly throughout the day and how you seemed to always be there helping us through our sorrow. Even more amazing was your angel like ability to know just when to be available and when to be involved, but more remarkable was your sense to be almost invisible at time for our sakes. We cannot thank you enough for showing us the way to begin the healing process. God has blessed you with a unique and precious gift. God Bless you!

God Bless you
Sincerely Sandy & Jim



To all at IRIS:

We would like to express our gratitude to you all for the wonderful work you do. Our son Lucas James was diagnosed with trisomy 13 and died at 20 weeks gestation on July 1, 2008. Your organization made it possible for him to have clothes to wear and a teddy bear at his side. Please know that while we have never met, you hold a special place in our hearts.

Thank You
Mark, Andrea & Hailey



Memorials



Happy Birthday Lily! In loving memory of Lily Dietz
Mommy & Daddy (Cara & Jim Dietz)



In loving memory of Thomas N. Mies
J. and D. Jenner



In loving memory of Joshua Neubauer
October 13 – December. 8, 2000
Love Shannon and Kevin Holicky



In loving memory of William Wagner
Loving and missing you, Mom and Dad
(Sheri and Tim Wagner)



In loving memory of our beloved son
Logan Kempenich
Mommy and Daddy
(Megan & Chris Kempenich)



In loving memory of Dillon and Logan
Mommy and Daddy
(Rochelle & Justin Zembo)



We love and miss you! Happy Birthday! In
loving memory of Catherine Rose Allen
Love Mommy & Daddy
(Christine & Scott Allen)



In memory of Arianna Trotman
Owatonna Hospital Birth Center Staff



In loving memory of our precious little
boy, Trevor Richard Pint, who was
recently joined in Heaven by his Grandpa
Pint. We love and miss you both.
Love Grandma Cyrilla Pint
Mommy & Daddy (Kristy and Joe Pint)



Memorials



In loving remembrance of our precious
sons Noah Ethan Priebe June 23, 2004 and
Samuel Ethan Priebe March 1, 2003.

Love Mommy and Daddy
(Michele and John Priebe)



In loving memory of our beloved
grandson, Jimi Brown IV
Loving and missing you Grandma and
Grandpa (Nancy & Gary DuPont)



In memory of our precious son, Lukas
Rylan Springer-Akbar
Mommy and Daddy
(Kristie Springer & Sakib Akbar)



In loving memory of Mrs James Loomis
With much love Mommy and Daddy
Andrea and Mark Loomis



In memory of Jayden Curtis Henderson
Grace Werner



Forever in our hearts ~ In Loving Memory
of our Granddaughters
Grace Johnson and Lizzy Sammon Dienst
Love Grandma and Grandpa
(Tom and Linda Sammon)



In loving memory of Lizzy on her 3rd
Birthday (May 18th)
Love Mommy & Daddy
(Beth & Nick Dienst)



In loving memory of Derek Joseph
Sundwall. Happy 23rd Heavenly Birthday
on October 12, 1985
Your loving family



Adult Memorials

- ♥ In memory of Ruth Pelinka ~
From Julie & Larry Kriesel
- ♥ In memory of
Dennis Steckelberg
From Gaylene Steckelberg
- ♥ In memory of Betty Schwarty
From Julie & Larry Kriesel

♥ In remembrance of Richard Pint
I love and miss you Richard ~ Love Cyrilla Pint
We love and miss you Dad!
Love Kristy and Joe Pint family
Family and Friends of Richard Pint

♥ In remembrance of Betty Lynn Boerner, mother of
Betty Boerner and Grandmother of Mariah Grance
Boerner
We love and miss you Mom!
Lisa and Joel Boerner
Susan Wesely-Carmichael
Roxanne Bieterfield
Family and Friends of Betty Lynn Boerner



Thank You for Your Donation

- St. Luke's Church ~ Faribault for Milk Moola
- Barbara Molby, Anna Kincade, Lois Charbonneau, Judy Conroy, Lucy Fuechtmann, Libby Schmit, Carol Underferth, Sally Schnakenburg, and Judy Smith, for making blankets and hat. These women are from St. Peter, Owatonna, Elysian, New Prague, Webster, Veseli, Faribault, and surrounding area.
- Rita DeWerd and her Home Economic Group from Owatonna for hand painted wooden keepsake boxes used in the Owatonna Hospital.
- Faribault Rental for the portable restroom for the balloon release.
- Steve and Misae Gare, Brandi Petricka, and Margaret and JD Walker for storage space during the IRIS office flood and building repair
- Deanna and Allyn Kuennen for the wonderful new storage shelf for the clothing and blankets.
- Melissa Conner, Emily Schuenke, Jenny Mikeworth, Karen Kath, Lindsay Hacker, Adije (Addie) Edwards, Angie Miner, Vane Nyahunas, Shelley Aase, and Shelby McClurie. All are RN Nursing Students and South Central Collage and have volunteered a total of over 200's for IRIS both in the office, at events, & from home.



GoodSearch for IRIS

The GoodSearch and GoodShop option you have for searching on the internet and shopping on the internet will bring benefits to IRIS

1. Infants Remembered In Silence, Inc. (IRIS) earns a penny every time you searched the Internet and a percentage of every purchase you make online using GoodSearch and GoodShop.
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 of 3% - 20%! Just go to www.goodsearch.com and enter Infants Remembered In Silence, Inc. as the charity you want to support. 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!



Hopes and Dreams So Early Lost

My dear, dear grandchild,
Brought together at such a cost,
Hopes and dreams so early lost.
The moon and stars belong to you,
But I don't know what to do.
Heaven shines your resilient love,
As I look for you above.
Wait for me by the garden gate,
I promise I won't be late.
Our memories will be my guide,
Your bright love will be my light.
Remember, the one I adore,
Together, we'll be once more.

by Nana's Corner, 2008

IRIS Golf Tournament



We had a wonderful day for the IRIS Golf Tournament and were able to raised just over \$4,000 for IRIS. Special Thanks to the Golf Sponsors:

1st United Bank (Faribault, MN) - \$100
 Boldt Funeral Home (Faribault, MN)
 Cates & Ohme Associates (Faribault, MN)
 Cedar Chiropractic Office (Owatonna, MN)
 College City Beverage Inc. (Dundas, MN)
 Community CO-OP Oil Association (Faribault, MN)
 Donahues Greenhouse, Inc. (Faribault, MN)
 Elks Club of Faribault
 Faribault Rental
 Federated Insurance (Owatonna, MN)
 Foldcraft Co./Plymold Seating (Kenyon, MN)
 Home Town Credit Union (Faribault, MN)
 Kenyon Firemen's Relief Association
 Lake Country Community Bank (Faribault, Morristown, Nerstrand, MN)
 Morristown's Relief Association
 Parker-Kohl Funeral Home (Faribault, MN)
 Rice County Deputies Association
 State Bank of Faribault
 Wottreng Family Dental (Owatonna, MN)

We would also like to thank all of those that golfed in the tournament, joined us for dinner, and/or took part in the butterfly release. Special thank you to Kelly Velandar for chairing the 2008 IRIS Golf Tournament and all of the golf tournament volunteers and Butterfly Release volunteers who helped make the day special.



Katie reacts as Ben's butterfly takes flight after about 25 minutes of rest.

Butterflies Released In Memory of

Brice Alec Anderson	Dr. Gerald Heideman
Abigail & Noah Brandt	Corey Lyn Creger
Hope Brandt	Preston Hugh Crooks
Faith Brandt	Nikolas Michael Fischer
Grace Brandt	Lukas Dimitrios Fischer
Amelia Marie Bluhm-Howie	Lisa Chappuis
William Robert DeGrood	Luke Ryan Sowers
Bethany Agnes DeGrood	Jacob Donald Peterson
Kilian Richard Donahue	Derek Joseph Sundwall
Chyanne Rose Kuschel	Ben Timothy Tonjum
Hope Kuennen	Alyssa Grace Trotter
Augustus Michael Kuennen	Finley Rae LaCanne
Nicholas Joseph Moravec	Chase Douglas LaCanne
Paige Emily Schoenbauer	

Fly

By Jean-Jacques Goldman & Phil Gladston

Fly, fly lite wing
 Fly beyond imagining
 The softest cloud the whitest dove
 Upon the wind of Heaven's love
 Past the planets and the stars
 Leave this lovely world of ours
 Escape the sorrow and the pain
 And fly again
 Fly, fly precious one
 Your endless journey has begun
 Take your gentle happiness
 Far too beautiful for this
 Cross over to the other shore
 There is peace forevermore
 But hold this mem'ry bittersweet
 Until we meet
 Fly, fly do not fear
 Don't waste a breath don't shed a tear
 Your heart is pure, your soul is free
 Be on your way don't wait for me
 Above the universe you'll climb
 On byond the hands of time
 The moon will rise the will set
 But I won't forget
 Fly, fly little wing
 Fly where only angels sing
 Fly away, the time is right
 Go now, find the light.



Butterfly Bushes in Memory of:

- Brice Alec Anderson
- Abigail & Noah Brandt
- Hope, Faith, & Grace Brandt
- Amelia Marie Bluhm-Howie
- Kilian Richard Donahue
- Kayla Jamie Dusek
- Weston Bradley Germundson
- Halen Kelly
- Finley Rae LaCanne
- Chase Douglas LaCanne
- Nicholas Joseph Moravec
- Derek Joseph Sundwall
- Ben Timothy Tonjum
- Preston Hugh Crooks



Katie reacts as the butterfly she released in memory of her son Ben stayed awhile longer





Thank You For Your Financial Contribution

- ☞ AquaEden Pond Tour
- ☞ Bruzek Funeral Home (New Prague, MN)
- ☞ Ceneidigh, Inc. (Faribault, MN)
- ☞ Center for Philanthropy – Distbursement Account
- ☞ Community Shares of Minnesota – Matching Donation
- ☞ Dennis and Jean McBride
- ☞ Dr. Ben and Pat Tuma
- ☞ Eagles – Ladies Auxiliary (Faribault, MN)
- ☞ Faribault Moose Lodge
- ☞ Just Give online donation
- ☞ Kettering Properties (6/16/08), (7/9/08), (8/5/08), (9/16/08), (10/5/08)
- ☞ LaCanne's Marine 1st Annual Golf Tournament (Faribault, MN) - \$ 6,871.50
- ☞ Locked and Loaded Concert Tour (Faribault Stop - Alex Anderson & Chad Roehrick)
- ☞ McBride Family
- ☞ Mike and Chris Petricka
- ☞ St. Dominic Church (Northfield, MN)
- ☞ St. Michael's CCW (Kenyon, MN)
- ☞ State Bank of Faribault – Matching Donation
- ☞ Wells Fargo Community Support Campaign (Donor Designation Faribault, MN) (3/31/08), (4/21/08), (7/23/08)



United Way Financial Contributions

- ☞ Dodge County United Way– 1st half Allocation \$3,000
- ☞ United Way Donor Designation Blue Cross/ Blue Shield of MN
- ☞ United Way of Faribault, Inc. 1st Qtr. Allocation \$1,000
- ☞ United Way of Faribault, Inc. 4th Qtr. Allocation \$750
- ☞ Waseca Area United Way 2007 Allocation \$2,500
- ☞ United Way Donor Designation from UPS (5/26/08), (6/23/08), (7/28/08), (8/28/08), (9/29/08)
- ☞ Northfield United Way 4th Qtr. Allocation 07/08 \$1,000
- ☞ Northfield United Way 1st Qtr. Allocation 9/22/08 \$1,000

"They may forget what you said, but they will never forget how you made them feel."

Anonymous



IRIS Wish List

- ♥ Baby lotion (sample size)
- ♥ Baby blankets & cap sizes 3,4,5
- ♥ Blue (boy) Baby Yarn ~ Sport Weight yarn pastel colors
- ♥ Stamps and Shipping / Postal Scale
- ♥ CD-R's
- ♥ Printer Inc (HP 57, 56,58, 93, and 98)
- ♥ Kleenex/Puffs (non-lotion)
- ♥ Silent Auction items for IRIS Charity Weekend in February 7 & 8, 2009
- ♥ Volunteers
- ♥ Prayers for IRIS Parents and Volunteers

Calendar of Events



November

- 24th Holiday Service Program Info Due
- 25th Evening Support Group Meeting
7 – 8:30 pm at the IRIS Office



December

- 7th Holiday Service of Remembrance
2 pm ~ Chapel of the Good Shepherd
1000 Shumway Ave in NE Faribault MN
- 10th Mid-day Support Group Meeting
11 am – 1 pm at the IRIS Office
- 23rd No Evening Support Group Meeting



January

- 13th IRIS Board Meeting ~ 7 pm IRIS office
- 14th Mid-day Support Group Meeting
11 am – 1 pm at the IRIS Office
- 27th Evening Support Group Meeting
7 – 8:30 pm at the IRIS Office



February

- 7th IRIS Charity Weekend
Family Fun Night ~ more info to follow
- 8th IRIS Charity Weekend
Breakfast & Bingo ~ more info to follow
- 11th Mid-day Support Group Meeting
11 am – 1 pm at the IRIS Office
- 24th Evening Support Group Meeting
7 – 8:30 pm at the IRIS Office



March

- 10th IRIS Training Conference in Faribault
- 11th Mid-day Support Group Meeting
11 am – 1 pm at the IRIS Office
- 24th Evening Support Group Meeting
7 – 8:30 pm at the IRIS Office



Excerpts from Handling the Holiday Hurts ©

By Diana Sundwall

The holidays are often difficult for anyone who has experienced the death of a loved one. This statement is especially true for parents who have had a child die. For some parents the holiday with all of its rich traditions brings extra stress and pressure. Instead of being a time of comfort, togetherness, and joy, the sights, sounds, smells and holiday gatherings can bring feelings of defeat, unhappiness, meaninglessness, & worthlessness. Still for others Holiday Traditions and Rituals offer a way to remember their child and offers them permission to comfortably express their emotions.

Parents often talk about the expectations others have for them; the requirements placed on them, and the demands to “be back to normal” before the holidays. One mother stated, “It’s like everyone ‘needs’ me to be ok. How can I be? My daughter died on Christmas day, I’m going to be spending my holiday thinking of her and visiting the cemetery. How can that be normal? Why would I want to go to a party that day?”

Another mother tearfully said, “The holidays are intended for children. Toy commercials and ads are everywhere. People are talking about the gifts they are going to give to their children and others. One even went so far as to ask me to find a play gym for her new baby! I find it surprising that everyone expects me to smile and never cry. They expect me to help them, and to be understanding of their wants and needs and now both families expect me to make Christmas cookies and take my turn hosting the Thanksgiving and Christmas meals. How can I be kind when they don’t even say our son’s name, they don’t talk about him, they don’t ask how we are doing, and they don’t take our feelings into consideration.”

Overcoming these types of frustrations is not easy. Parents often have difficulty making decisions regarding the holidays. Everything from holiday baking to family gatherings has changed. Be gentle with yourself, and allow yourself to do what feels right, even if others disapprove.

- ☞ Give Yourself Permission to Express Your Feelings.
- ☞ Talk about your feeling and grief
- ☞ Talk about your child
- ☞ Spend time looking at pictures and other keepsakes
- ☞ Play music that you find comfort in.
- ☞ Do what is right for You not someone else.
- ☞ Participate in carefully selected functions
- ☞ Tailor your activities
- ☞ Acknowledge your feeling
- ☞ Seek Professional Help

- ☞ Change Your Home’s Environment
- ☞ Accept Help
- ☞ Memorialize Your Child
 - ❖ Hang a stocking
 - ❖ Light a special candle
 - ❖ Say a prayer, blessing or toast at the start of the family meal or gathering mentioning your precious child and if appropriate, offering other thanks for their support
 - ❖ Purchase a special flower, plant, tree or wreath for your home, holiday table, church/synagogue, memorial service or cemetery
 - ❖ Decorate your child’s grave or special area
 - ❖ Send holiday cards and include information about your child
 - ❖ Purchase or make a special ornament
 - ❖ **Attend a remembrance ceremony such as the IRIS Holiday Service of Remembrance “Remembering With Love”. This remembrance service has been held annually since 1993 on the First Sunday in December at 2 PM in the Chapel of the Good Shepherd on Shattuck Campus, 1000 Sumway Ave in NE Faribault Minnesota**
 - ❖ Write a letter, a song or poem to your child telling him/her how much you love and miss them
 - ❖ Keep a journal
 - ❖ Take pictures of everything you do to remember your child. The pictures become a part of your child’s keepsakes
- ☞ Give someone who has helped you a gift or special card
- ☞ Create and maintain a new ritual or tradition ~ whatever that feels right
- ☞ Make a donation to a special cause or organization that has helped you in memory of your child
- ☞ Understand that there is no right or wrong way to deal with the holidays, anniversary dates, birth dates, etc. You have to do what feels right to you, regardless of others personal feelings

Take Care of Yourself

You may feel emotionally exhausted, stressed, weak, fragile, helpless, or like a failure. Taking care of yourself physically and emotionally will help. If you don’t no one else will.

Weather Conditions

Cold, snowy, and rainy weather can bring anyone down. Take a walk in the snow or rain and remember how much fun it was when you were a child. If it’s sunny out, sit in it and enjoy it.

Anticipation

As with many things, anticipation is worse than the actual event. Take your time and be gentle with yourself.



IRIS Charity Weekend

Infants Remembered In
Silence, Inc. (IRIS) will be
holding its annual Charity

Weekend in February. Plan to join us!

February 7th is Family Fun Night planned for the
Faribault Community Center

February 8th at the American Legion in Faribault:

Pancake Breakfast from 8 - 12

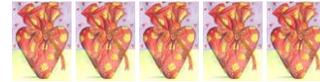
Bingo from 1 – 3

Bake Sale 8 am – 2:30 pm

Silent Auction 8 am – 2:30 pm

Your help with planning the events is welcomed!

Service Gift Certificates and other assorted items for the
Silent Auction Items are currently being accepted.



When death come at Christmastime

By Dimitri Shostakovich. Sequenced by J. Marques.

When death must come at Christmastime,

There is a special grief,
A mourning that must mix with joy,
A pain that must be brief.

There is an anguish underneath

The labyrinth of light
That longs for simple emptiness
To contemplate the night.

But life must bubble on its way

And pleasure be put on,
For neither sorrow nor delight

Is ever left alone.

And, like the Virgin, we must smile

With enigmatic grace

As we receive the fragile gift

That nothing can replace.



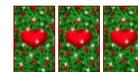
Christmas Will Never Be Quiet The Same

By Marie Teague

The Christmas tree will never be quite as straight and tall. The cookies always seem just the tiniest bit burnt. The laughter at parties just isn't quite as hearty. The crowds at the stores are annoying, and I rush through my shopping, passing up the gift that would be "just right" for one which will "just do". The songs of chestnuts and open fires and snow and love leave me weepy, not warm. But late at night, all by myself, I hold your blanket close to my heart, and my eyes catch glimpses of your angels on the tree, your candle, and your stocking (with a rose from Daddy's garden peeking out of the top!), and I feel your baby hand on my cheek, and smell the sweetness of your velvet-skin. Then the sadness leaves my face, and I am filled with my love for you.

Merry Christmas, Brian Christopher.

Merry Christmas, Little Man.



"Remembering You"

We will be remembering you when the
Flowers bloom in early spring.

We will be remembering you in the fall
As we walk through the leaves of gold.

We will be remembering you on sunny hot days,
And in the depth of winters snow.

But most of all,

We will remember you

Each day right from the start,

And we know that you will be

Forever near

For you live within our hearts.



LaCanne's Marine 1st Annual Golf Tournament

The LaCanne's Marine Golf
Tournament was held in July
at the Legacy in Faribault MN

with the meal being prepared by the Silkey's and held at
the Faribault Moose Lodge. Thanks to the LaCanne
Family, many of LaCanne's Marine vendors, golf
participants, the Moose Lodge, and the Silkey's IRIS
received a donation of \$ 6,871.50



AquaEden Pond Tour

Special thanks to Jake Langeslag of
AquaEden for sponsoring a Pond Tour
and donating the proceeds to IRIS. It
was a very special weekend with many
wonderful ponds on the tour. We would
also like to thank all of those who
opened up their homes and ponds to

the many visitors. Also thanks to Anne Pientka and
Jessie Donahue for the delicious cookies that were at
several sites and to Mary O'Conner for playing her harp
during the event.



6th Annual Balloon Release

The IRIS Pot Luck and Balloon
Release was held on October 5,
2008 at Kinder Park (the IRIS
Park) in NW Faribault MN. The

event was attended by 80 people with approx. 200
balloons being released. Several balloons were found in
WI within a few hours of the release. If you have been
notified that a balloon you released has been found
please let us know.

Infants Remembered In Silence, Inc.

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

Non-profit
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Holiday Service of
Remembrance
December 7, 2008



15th Annual
Holiday Service of Remembrance

Sunday, December 7, 2008

2 P.M.

Chapel of the Good Shepherd
Shattuck Campus
1000 Shumway Ave in NE Faribault Minnesota

For more information or to have your child remembered during
this special service contact the IRIS office at (507) 334-4748 or
visit www.irisremembers.com