



IRIS INFANTS REMEMBERED IN SILENCE

©

218 NW 3rd Ave.

Faribault, MN 55021

Phone: (507) 334-4748

e-mail: support@irisRemembers.com
www.irisRemembers.org

Offering parents, families, friends and professionals support, education and resources on the death of a child in early pregnancy, or from premature birth, stillbirth, neo-natal death, birth defects, sudden infant death syndrome (SIDS), illness, accidents, and all other types of infant and early childhood death.

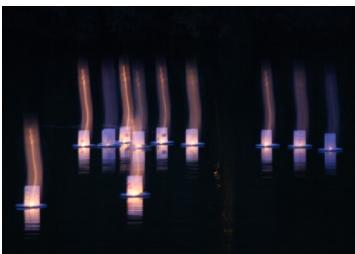
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Founder and Executive Director

Diana Sundwall

Founded in 1987



Whispers of the Heart Newsletter

Memorial Water Lantern Release



For decades, remembering loved ones by lighting a lantern and floating on water has been a ritual filled with emotion and provided a sensation of peace. Please join Infants Remembered In Silence, Inc. © in remembering your precious child at the Memorial Water Lantern Release on Saturday August 29, 2015.

Ordering Memorial Water Lanterns:

- ♥ Lanterns can be ordered in memory of your child regardless of where you live, when the child died, or the cause of death at www.irisRemembers.org or by returning the enclosed order form.
- ♥ Lanterns can be picked up at the IRIS Office, ordered online or by returning the order form by August 21st.
- ♥ Memorial Lanterns can be decorated in advance & returned to the IRIS Office, decorated and

brought with you to the release, or they can be decorated the day of the Release.

- ♥ A Limited Number of Memorial Water Lanterns will be for sale at the event. Order now to guarantee yours.
- ♥ If you are unable to join us on August 29th we will be honored to release your Memorial Lantern for you. Decorating service is also available. Pictures will be posted on Facebook and on the IRIS website.
- ♥ To order Lanterns & view pictures of past events visit: www.irisRemembers.org

Decorating Memorial Water Lanterns:

- ♥ Be creative with your Water Lantern! You have four (4) sides of the rice paper Lantern to decorate. You can include personal messages, poems, pictures, rub-ons, stickers, or anything else



Memorial Water Lantern Release Timeline:

9:00 am -11:00 pm	Both Pavilions at South Alexander Park have been reserved by IRIS for your enjoyment. Feel free to invite your family and friends to join you
3:00 pm - 7:30 pm	Memorial Water Lantern Decorating Area Opens
5:00 pm	IRIS Picnic - bring your own picnic supper and join with others in the park or find your own secluded area to reflect while you eat
7:30 pm	Memorial Water Lantern Ceremonial Program
7:45 pm	Memorial Water Lantern Launch
7:56 pm	Sunset
9:00 pm	Dessert - provided by IRIS

Those wishing to keep their Memorial Water Lantern can pick them up September 1st - 4th at the IRIS office.

What to Bring:

Items to decorate your lantern(s), footware for the lake, camera/video equipment, lawn chairs, blankets, picnic supper, your own plates, silverware, and beverages. Bug spray, suntan lotion, outside games (there are horseshoe pits at this park), etc. IRIS will provide bottled water throughout the day. Dessert will be served at 9 pm. Cameras are welcome.

FAQ:

Can I pick up my Lantern early and decorate it at home?

Yes, you can stop into the IRIS office and pick up the rice paper to decorate at home.

Can I order more than one lantern?

Yes, you can order as many as you would like.

Can I order a Lantern in memory of someone other than my child/children?

We are all someone's child; you can remember whoever you would like.

I can't attend on August 29, 2015 but would like a lantern; can you help me with that?

If you order a lantern(s) we would be honored to decorate and launch it for you.

If you want to decorate it yourself please stop in and pick it/them up.

Lanterns must be returned to the IRIS Office or ordered by Monday August 24th at 5 pm.

Can I have the Lantern following the event?

Yes, however it will depend on the weather and condition of the lanterns when the candles burn out. Lanterns can be picked up at the event or at the IRIS office from September 1 - 4. Lanterns remaining in the office will be relit on October 15th. National Infant Loss Remembrance Day.

Memorial Water Lanterns

Order Form / Order online www.irisRemembers.com

Your Name:

Address: _____ City: _____ State: _____ Zip: _____

Cell/Home Phone: _____ **E-mail:** _____

- I/we will pick up and decorate the lantern on August 29th
Please Decorate the Water Lantern for me/us
Please list Name(s) and other info, poem, etc. you would like on the lantern. (Additional paper welcome)

# of Lanterns	Price	Total Due
	\$10 per Lantern	

Return by August 24th to:

IRIS
218 NW 3rd Ave.
Faribault, MN 55021

Poems

Bereaved Birthdays

Author unknown

Birthdays are a time for celebration
Not a time for tears
But what happens when the birthdays
No longer mark the year
A birthday marks the moment
A spirit enters earthly life
To share its special love and joy
And learn from earthly strife
Before a spirit comes to us,
It knows when and how it must depart
It chooses its path carefully,
We are honored from the start
The sadness we now feel on such a joyous day
Is longing for our loved one's touch
It's natural to feel this way
For even though the birthdays
No longer marked a spirit's stay
Love continues on forever
To touch us everyday I hug my precious memories
Close to my heart
And honor my beloved spirit child
Who chose me from the start.

My Little Angel

By Crystal Morgan

Mommy, Please don't be so sad,
I miss you so much too.
It's beautiful here where I am,
But I worry a lot about you.

I sleep with the angels
Watching over me.
There's only love up here.
I'm never lonely or afraid
'cause God's so very near.

I walk with Jesus every day.
He's very kind and sweet.
Don't worry mommy he holds my hand
When we cross the golden street.

I never cry or hurt myself
I see our family every day.
I play, laugh and sing a lot.
I hear you when you pray.

Please don't be mad at God you see...
He loves me, too.
Even though your not with me,
I'm really still with you...

He Only Took My Hand

Author unknown

Last night while I was trying to sleep,
My son's voice I did hear
I opened my eyes and looked around
but he did not appear.
He said "mom you've go to listen,
You've go to understand
God didn't take me from you, Mom
He only took my hand.
When I called out in pain that night,
The instant that I died,
He reached down and took my hand,
And pulled me to his side.
He pulled me up and saved me
From the misery and pain
My body was hurt so badly inside,
I could never be the same.
My search is really over now,
I've found happiness within,
All the answers to my empty dreams
And all that might have been.
I love you and miss you so,
And I'll always be nearby.
My body's gone forever,
But my spirit will never die!
And so, you must go on now,
Live one day at a time.
Just understand –
God did not take me from you,
He only took my hand.
I see our family every day.
I play, laugh and sing a lot.
I hear you when you pray.
Please don't be mad at God you see...
He loves me, too.
Even though your not with me,
I'm really still with you...

A Little Piece of us in Heaven

By Pam Bortner

There is a little piece of us in Heaven,
Part of us has already made it there.
Daddy's nose, Daddy's Cheeks, Daddy's feet,
My hands. Does he have curly hair?
Our best parts are already in Heaven,
For he was beautiful.
You see, it is our son who is in Heaven.
He had a short, but special, life here on earth,
But God chose to have a little piece of us
Up in Heaven with Him.
We know you will do all the things that his
parents cannot do.
We know you are holding him.

Save the Date

IRIS
Presents the 7th Annual
Turkey Trot
**5K & 10K Run,
 5K Walk,
 Tot Trot & Gobble Wobble**

Thanksgiving Morning ~ November 26, 2015

Faribault Middle School
 704 17th St. SW - Faribault, MN

Registration and Information: www.irisRemembers.org

100% of proceeds benefit Infants Remembered In Silence, Inc. ©
 a 501(c)3 non-profit organization

Chip Timed by Anderson Race Management

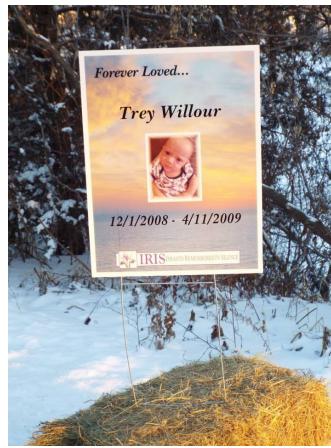
Participants are encouraged to have a second piece of pie at their Thanksgiving meal... guilt free!



The 7th Annual
 IRIS Turkey Trot
 Thanksgiving morning
 November 26, 2015
 Online Registration is open!
 Held Regardless of Weather!

-13°F

2014 Race time
 the temp was
 -13
 With 11" of new
 snow!



Yes it was a little chilly at the 2014
 IRIS Turkey Trot, but it was so worth
 it! 2015 promises to be warmer...
 much warmer!



Pregnancy & Infant Loss Remembrance Day

October 15th

Proclamations & Lightings

Do you remember this picture? IRIS has been preparing for Pregnancy and Infant Loss Remembrance Day - October 15, 2015 for months!

Last year Infants Remembered In Silence, Inc. © (IRIS), a 501(c)3 non-profit in good standing with the state, filed the appropriate paperwork and was able to arrange for the lighting of the Lowry Ave Bridge in Mpls. MN in baby pink and baby blue. We have been prepping for months for this very special day and we are now at a point where we NEED YOUR HELP!

Many bridges and other locations across the state have been contacted about light in pink and blue the evening of Oct. 15th. Some take a great deal of time to file the paperwork, some require government proclamations, some need a Non-profit Org. in charge, some have fees. Do you have any suggestions on locations we may have missed? If it lights up in colors, we would like to know about. If we have not contacted them already, we will be happy to do so.

Many communities have been contacted regarding a proclamation making Oct. 15th Pregnancy and Infant Loss Remembrance Day in that community. There are many communities that need a local contact, a local person to file the request, most can be done by email or by dropping off at your city hall. If you are willing to help in your community please let us know ASAP. This will not include any public speaking so don't worry about that. Please do not contact your local government without checking with IRIS first to see if we have something already in place. Please call Diana Sundwall at IRIS 507-334-4748 or email: support@irisRemembers.org. We will keep you posted as to proclamations and bridge/building lightings via Facebook, Twitter, and email.

"Healing Takes Time" Religious Retreat

September 18th - 20th, 2015

You are invited to the fall retreat, *Healing Takes Time*, sponsored by Hope United Grief Group. This retreat will focus on five different types of grief – Loss of Spouse; Loss of Child; Loss through Suicide; Pregnancy & Infant Loss and Loss of Sibling/Parent. There will be main speakers with breakout sessions that will be facilitated by those who have experienced similar losses. Diana Sundwall IRIS Founder and Executive Director will be facilitating the Infant Loss section.

The retreat will be held Friday, Saturday, and Sunday, September 18 – 20, 2015 at The Franciscan Retreat and Spirituality Center in Prior Lake, Minnesota. This nondenominational retreat is meant to be a *Gift from God* to remind the grieving that there *is* hope after the loss of a loved one, no matter where they may be on their journey of grief. It will be a safe place for one to come and be in the company of others who can offer their love and support.

Special features included:

- ♥ Bob Labat – Keynote Speaker - "**Making a Choice**" Bob and his wife, Dixie, chose to become 'Better vs Bitter' after the loss of four of their five children at different times.
- ♥ You will have the opportunity to visit privately with a certified, experienced spiritual director during the weekend.
- ♥ Included in the cost of the retreat are two nights lodging and four meals.
- ♥ This retreat is meant to be a spiritual and healing experience. The retreat center has beautiful, groomed walking trails where you may choose to meditate, pray or just enjoy the beauty of nature.
- ♥ There will be one main conference with several breakout sessions throughout the retreat weekend.
- ♥ There will be an optional Catholic Mass on Saturday evening for all in attendance.
- ♥ The weekend will begin on Friday, with check-in starting at 5:00 p.m. The retreat will begin at 7:00 p.m.
- ♥ Fee: \$150.00 for a semi-private room, \$300.00 for married couples



Please Note: There are confidential partial scholarships available. For more information or to register for the retreat please contact Marlene Hunt with Hope United Grief Group at 507-381-1177 or email: marlenehunt53@gmail.com



Infant Memorials Given in Loving Memory Of . . .

- ♥ **Korbin Allan Lemieux**
Dixie Wakeman
- ♥ **Derek Sundwall**
Grandma Helen Kelley
- ♥ **Arlo & Job Gustafson**
Mary and Ryan Gustafson,
- ♥ **James Brown IV**
Nancy Dupont Charitable Fund
- ♥ **Kelly Jean Vandereide**
Marianne & Jay Vandereide
- ♥ **Erica Kay Vandereide**
Marianne & Jay Vandereide
- ♥ **Jase Douglas Simon**
Bruzek Funeral Home
- ♥ **Alexa Kay Gergen**
Lorri & Paul Gergen,
Cheryl & Al Gutierrez
- ♥ **Samuel Noah Priebe**
Priebe, Michele
- ♥ **Korbin Allan LeMieux**
Becky & Allan Baker
- ♥ **Maren Elise Kolbeck Schieck**
Kirsten & Bruce Wilder
- ♥ **Karson Curtis Concannon**
Rachel & Cody Concannon,
- ♥ **Lucas James**
Andrea and Mark Loomis
- Sarah Pagal**
Karen Ohmann



Adult Memorials Given in Loving Memory of

- ♥ My Mother-in-Law, Mary Hunt
Marlene Hunt
- ♥ My Husband, Jamie Schaffran
Cheryl Schaffran
- ♥ My Mother, Ceola Sullivan
Dixie Wakeman



A Life So Brief

" A Life so Brief, A child so small.
You had the power to touch us all "

Support Group Meetings

Midday Meetings are held the second Wednesday of the month from 11 am —1 pm

Evening Meetings are held the fourth Tuesday of the month from 7— 8 pm

All IRIS Support Group Meetings are held at the IRIS House 218 NW 3rd Ave. in Faribault, MN. Everyone is welcome regardless of your delivery location or when the child passed away. We all need to talk to others who understand because they are also walking the same journey.



- ♥ Security System
- ♥ Cleaning supplies for bathrooms, dusting, swiffer refills, etc.
- ♥ Stamps
- ♥ Thank You Cards & Sympathy Cards
- ♥ Lawn Mulch

IRIS Wish List

- ♥ Avery Labels 5160
- ♥ Trash Bags, Tall can and lawn/leaf bags
- ♥ Baby Yarn for baby blankets
- ♥ Regular Yarn for prayer shawls
- ♥ Volunteers to finish the basement



The IRIS Mothers Day Brunch was held the weekend before Mothers Day and offered an opportunity to visit with other grieving mothers while remembering and respecting that "You Are A Mother". A very Special Thank You to Jean Silkey, Kelly & Ron Landsverk, & Lynn Lahd for all of your hard work with planning, preparing food, and all of the keepsakes from the brunch.

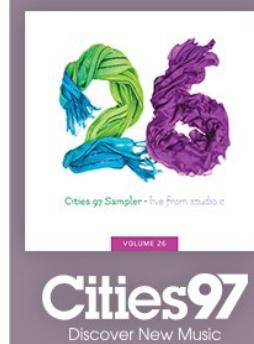


Thank You for Your In-Kind Donations and Volunteer Services

- ♥ Joan and Randy Paulson - Preemie outfit
- ♥ Jane and Steve Cross - 20 boxes of Kleenex
- ♥ Anna and Dick Kettering - paid Expo booth fee
- ♥ Carol Bertrand - pens, markers, note pads, post it notes, and writing paper
- ♥ Angie Sundwall - Subscription to Smithsonian Magazine
- ♥ Kelly & Ron Landsverk - 8 patio chairs
- ♥ Cedar Chiropractic (Brian Gfrerer) - cases of paper
- ♥ Siro Amerson;Artist - Angel painting
- ♥ Tammy Rischmiller - Burial blankets and caps
- ♥ Milt's Lawn Service - Weed control & fertilizing
- ♥ Jean Silkey, Kelly & Ron Landsverk - hosting & furnishing the Mother's Day Brunch, food, & decorations
- ♥ Tom Schuette, Tom's Lock & Key - Repair of locks
- ♥ Laura Knopik (Images 4 life Photography) - Coffee Table
- ♥ Our Savior's Lutheran Church, Faribault MN, and 1st Christian Church, Lawrence KS Youth Groups (4 days - 377 hours of Mission Trip work at IRIS) - yard work, painted kitchen & cupboards, entryway, & closet, staining ADA ramp, installed washer & dryer, landscaping, planting, watering flowers, cleaning the garage, and more.
- ♥ YMCA Camp (Service to Community - approx 40 youth volunteered 80 hours) - help with yard work, planting hostas & clematis, moved boxes and chairs to attic, cleaned garage, shoveled & moved landscape rock
- ♥ Jim Trotman (and sons) - 12 wooden keepsake boxes
- ♥ To the women who have donated wedding dresses to be used for assorted keepsakes
- ♥ To all of those who have donated Milk Moola
- ♥ STORM - Methodist Youth Mission Trip (2 days—192 hours) of work at IRIS moving rock under the new ADA Ramp and back deck, planting flowers, yard work, milk moola cutting/counting, & general clean up.

- | |
|---|
| <ul style="list-style-type: none"> ♥ United Way Faribault - \$625 ♥ Northfield United Way - \$1,000 ♥ United Way of Dodge County - \$2,250 |
|---|

United Way Contributions



THANK YOU MUSIC FANS!

WE'RE PROUD TO ANNOUNCE THAT WE HAVE BEEN SELECTED TO SHARE IN THE \$764,400 RAISED FROM THE SALE OF CITIES 97 SAMPLER VOLUME 26!

@CITIES97RADIO #CITIES97SAMPLER

Thank You for Your Donation

Donations over \$2,000

- ♥ Legacy of Angels Foundation

Donations \$1,000 - 1,999

- ♥ Northfield Hospital

Donations \$500 - \$999

- ♥ Church of St. Dominic - Northfield, MN

Donations \$250 - \$499

- ♥ Sertoma Club of Faribault
- ♥ Thrivent Financial
- ♥ Gemini, Inc

Donations Under \$250

- ♥ VFW Faribault
- ♥ Catholic Daughters, Court Sacred Heart
- ♥ Lutheran Women's Missionary League
- ♥ Anonymous Donation
- ♥ Amazon Smiles
- ♥ Wells Fargo Community Support

Personal Donations

- ♥ Fr. Kevin Finnegan – Edina, MN
- ♥ Dr. Steve & Mary Marquard
- ♥ Patrick & Barb Haberman
- ♥ Deborah Greising
- ♥ JD & Margaret Walker
- ♥ Angie Sundwall - United Way Donor Designation

Capital Campaign

- ♥ 2014 Suzy's Smile Shines Golf Tournament - \$3,500



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Inside this newsletter:

- ♥ Memorial Water Lanterns
- ♥ Calendar of events
- ♥ October 15th Remembrance Day
- ♥ Poems



2015 Calendar of Events

AUGUST

- 21 Memorial Water Lanterns Order deadline
25 Evening Support Group
29 Memorial Water Lantern Release

SEPTEMBER

- 9 Midday Support Group
18-20 Healing Takes Time Retreat
22 Evening Support Group

OCTOBER

- 4 Balloon Release
14 Midday Support Group
15 Burning of Heavenly Notes Ceremony
15 Pregnancy & Infant Loss Remembrance Day
27 Evening Support Group

NOVEMBER

- 11 Midday Support Group
24 Evening Support Group
25 Turkey Trot Early Check-in
26 Turkey Trot
27 Office Closed

DECEMBER

- 5 Set Up For Holiday Service
6 Holiday Service
9 Midday Support Group
22 No Evening Support Group

Please visit the IRIS website for more information and details on upcoming events. www.irisRemembers.org



There's This Place

By: Gretchen Kemp

"There's this place in me where your fingerprints still rest, your kisses still linger, and your whispers softly echo. It's the place where a part of you will forever be a part of me."