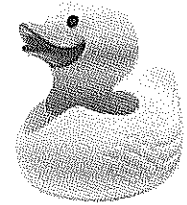


"Grieving The Child I Never Knew"



Other Helpful Resources

W.A. Edwards
Family Centre

333 4th Avenue North
Saskatoon, SK
(306) 244-5577

- bereavement resource library
- grief support groups

www.babygrief.com

- encouragement for moms, dads,
and others who have experienced
miscarriage or stillbirth

www.mommypleasedontcry.com

- one mom's story of hope

namesinthesand.blogspot.com

- a beach memorial

www.myforeverchild.com

- personalized memorial jewellery

**The Hope Support and Recovery Group follows the book,
"Grieving the Child I Never Knew" by Kathe Wunnenberg.
These are some excerpts from her book:**

"I never knew this child fully, so why do I grieve so deeply? I never held this tiny baby, never saw the sleeping face, never locked eyes and gazed into the soul of this little person. Yet, I feel as if a part of me died and left a void in my being. Most people don't seem to understand and minimize my loss instead of validating my pain from losing this nameless child. Will I always feel so lonely and misunderstood? Is it normal to mourn someone I never knew or lost so long ago? How can I move beyond the hurt and begin to hope again? Only when I gave myself permission to grieve the loss of my child did I begin to pick up the pieces of my broken heart and start to heal."

"We all need "Kleenex & Candle" friends when we suffer loss. Compassionate companions who give us permission to cry and offer a Kleenex or their tears. When the darkness of discouragement comes they encircle us. Our heroes of hope light the way to brighter tomorrows and to the One who is truth and our eternal encouragement. And at the right season, we can pass on what we have received to others. . . a Kleenex & a candle."

"It's a baby bird! Sobbed Jake, as he knelt on the ground beneath the ladder. I stepped closer and then I saw the spoon-sized, featherless creature lying next to a clump of twigs. My husband's eyes dimmed with disappointment. "I had no idea a baby bird was in the nest!" he said. Jake looked up at me. Tears streamed down his face. "Mom, can we save him'?" How I longed to tell my son at that moment what he desired to hear; that I could miraculously heal this baby bird—but I could not. As traumatic as this moment was, I knew I must tell him the truth. "No. Jake, I'm sorry. The baby bird is dead." I solemnly replied. Then I knelt down, wrapped my arms around my son, and cried with him. The baby bird was Jake's first encounter with death. I couldn't minimize this experience or the pain he was feeling, so I met him where he was and joined him in his grief encounter. Together, our family buried the baby bird and thanked God for its brief life. Ironically, three weeks later, we stood together once again, but this time at a cemetery, where we thanked God for the brief life of our child. Was this a coincidence or was this God's way of meeting us where we were to relate to us?"

Hope

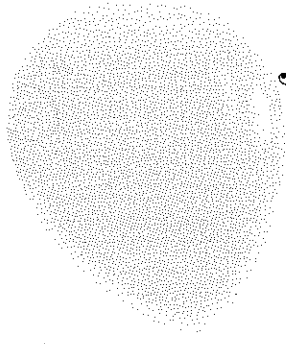
Some children come into
our lives and go quickly,
some children come into
our lives and stay a while,

All our children
leave footprints
Some oh so small;
Some a little larger;
Some larger still;
But all have their
footprints on our lives;
in our hearts, And we will
never be the same.

Doreen Sexton



If you have lost
a child recently
or many years ago,
If you want to talk
with others on
the same path,
If you want to heal and
continue your journey
with hope and peace,
Hope may be for you.



Hope is a support and
recovery group for
those who have lost
children through mis-
carriage, stillbirth or
infant death.

The facilitators are
mothers who have ex-
perienced this loss in
their own lives.

General topics include:
Hiding, Suffering, Questioning,
Forgiving, Relating, and Seeking.

For more information call
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or email: hopesaskatoon@shaw.ca
Facebook: Hope Saskatoon