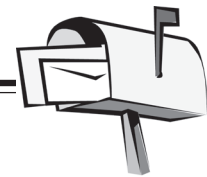


# Letters From The MISS Mailbox...



Dear MISS,

My name is Kathy Cromwell, and I am coordinating the Angel Babies Program in Fresno, California. I am looking forward to meeting you at the conference in the spring. I will be presenting on our hospice program with Angela, and am honored that she is having us present

on our program again. We are working on our first Angel Babies newsletter

and I would like to include your poem "Wings", if possible. It is so beautiful, and I would love to share it with our Angel Babies families. I am also including a suggested links area in the newsletter that will include the MISS site. I will look forward to hearing from you, and to meeting you! Your work is incredible!

Sincerely,

Kathy Cromwell, MSW

Angel Babies Program Coordinator

Hinds Hospice - Angel Babies

Dear MISS,

I would like to ask for your permission to print a copy of the book on PDF called, What Color is Death Daddy?

It is for personal use only. I lost my father when I was 4 and still deal with it each day. I am much older now and a physician and this book gives a great way of dealing with the death of someone close to you.

Thank you for your time.

Sincerely,

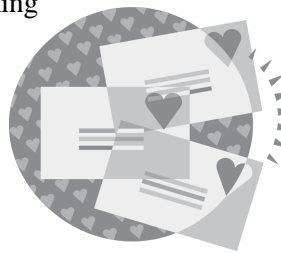
Elizabeth S. Ackerman

Dearest Elizabeth,

We are truly sorry for the death of your beloved father so long ago. What a tragedy to lose him at such a young age.

We are honored to be able to help you in your grief journey.

In their memory,



Joanne

Dear MISS,

I am attaching a poem that I recently wrote for my son Nathan.

Nathan just recently turned 6 years old. My youngest son Trenton Elijah was born still on April 29, 2003. My son Nathan is still very heartbroken over the loss of his brother and often asks

about whether he is still a big brother.

Thank you.

Denise Phillips

## *I'm a Big Brother*

*I'm a big brother*

*Oh, can't you see.*

*My baby brother*

*looked a lot like me.*

*He had ten little*

*fingers*

*And ten little toes,*

*And even a cute little*

*button nose.*

*The hairs on his head were the same*

*color as mine,*

*He lay there sleeping peacefully as if everything was fine.*

*My little brother wasn't able to stay,*

*An angel took him to heaven straight*

*away.*

*My mom and my dad cried an awful lot,*

*And friends and family gathered at the spot,*

*Where my baby brother was buried that day.*

*He was born late in April,*

*But buried in May.*

*He was truly wanted*

*It was quite a shock,*

*I wanted my baby brother*

*A whole heck of a lot.*

*My friends just don't get it*

*They don't understand,*

*The pain in my heart*



*When I held him in my hands.*

*My little brother Trenton was already gone,*

*I wouldn't get to play catch on the lawn,*

*Or do the other things that big brothers do,*

*I'm terribly sad about all of this too.*

*But please don't tell me I'm not a big brother.*

*I have a little brother that's not like any other.*

*He's in heaven with Jesus and I hope that he'll say,*

*I'm a big brother too one day.*

*But try to remember as you*

*see me each day,*

*My baby brother is simply far away.*

*By Denise Phillips*

Dear MISS,

You've...touched my heart. It's almost been one year, but to say that I'm a mother of an angels, it's all worth it. I thank you for your strength and the strength you give others. The holidays are the hardest of all. How can we not want our children here with us, but to know my daughter and all your children are in heaven is really so beautiful. They will never do without or ever be sad or hurt...I know our children will be there when it's our time and I just can't wait. This whole experience has made me a different person- for the better- I appreciate life and I don't fear death because I know...in heaven, we will be together forever.

Thank you MISS Foundation, Shanna, Manuel, Little Manuel, and Baby Maiya Angel Romero



# Journaling: A Tool for the Spirit

by Susie Cortright

The fountain of personal wisdom may be as close as your nearest pen.

That's because keeping a personal journal can be a powerful way to ease anxiety and nurture your spirit.

The word "journal" may mean 100 different things to 100 different people. For a psychologist, it denotes a tool for a patient's self-analysis. For the writer, it may be a notebook of ideas and ramblings. For most of us, the word denotes a day-to-day diary, a log of action and reaction.

For me, a journal is a notebook of ideas and solutions that I have discovered using my conscious and subconscious mind.

Journaling is a remarkable device for easing worry and obsession, for identifying hopes and fears, and for allowing your creative self to expand.

Journaling harnesses the power to tap into successively deeper layers of your subconscious mind while it zaps the nervous, passive energy that ties your

## Special Baby Blankets

Dear MISS,  
I am a volunteer at Baby Steps in Boise, Idaho. Our program received a gift of blankets recently from MISS with special dedications. I just wanted you to know that the participants in our program appreciated the blankets. The women in Baby Steps are low-income women who have enrolled in a program that stresses good prenatal care and parenting skills. The women are given incentive points for doctor visits, classes, etc. that they can then use in the Baby Steps "store". Many women must use most of their points for diapers but we have new and gently used baby items as well. The blankets caused quite a stir the day they arrived in the shop. Some girls heard about the touching dedications but others responded to their beauty and softness. It seemed a little bit like Christmas. It seemed a special gift, I think, from mother to mother. There was a special spirit in the room that day. Thanks to the makers of those special blankets. Thanks for sharing. I just wanted you to know.

Joan Nielson



## In Loving Memory of Corinne Alexandra Brown 12-17-02 to 2-15-03

Beautiful Corinne,  
You are so sweet and will always be our angel. God called you home the very same day Mommy was born. February 15th is the day we'll always share. Some day I hope to understand this connection. For now I want to thank you for choosing to be part of our family. You were only with us for two short months but taught us so much about life and what it means to be a fighter. For this we are eternally grateful. We love and miss you sweet baby, but know we'll be with you again. Continue to light up the sky for us!

Love,  
Mommy and Daddy



stomach in knots and leads to more guilt and worry.

Journals are tools to help you discover the wisdom you already possess. Sometimes, this wisdom will surprise you. Other times, it will challenge you. Always, it will come directly from you, empowering you to trust yourself and to take action by giving you the deep-seated knowledge that you know more than you think you do.

In addition to revealing your personal insight and wisdom, the journaling process can help dispel feelings of loneliness and confusion by helping you discover a unity within yourself.

As your conscious and subconscious mind work together to solve problems in black-and-white, the ideas are validated and more easily applied, even if you never share these ideas with a soul.

## Writing for Insight

The act of writing has tremendous potential to tap the subconscious and to arrange conscious thoughts in a clear pattern as words flow from your mind down your arm, into your hand and across the page.

But first you must banish your internal editor by:

- Writing quickly, allowing the words to freefall from your subconscious.
- Writing continuously. Don't erase or cross-out any words.

Date each entry in your journal. Note the time, place, and any details regarding your mood and emotions that will be necessary for context when you read back on your work.

After you've finished a journal entry, take a walk or get up for a glass of water before you reread your entry, and remember to reread your writing with compassion.

Then, write an Insight Line—a sentence

or two about what you think the piece is trying to tell you.

## Journaling Techniques

There are as many journaling techniques as there are people who practice the craft. The important thing is to explore the underlying layers of your mind—using whatever conduit works for you.

Get creative with the techniques you use. We all have a subconscious mind that communicates to us in a different way.

If you are stuck and have nothing to write, try recording snippets of conversations, facts, feelings, fantasies, descriptions, impressions, quotes, images, and ideas. Draw pictures. Make a collage from a magazine.

Use the technique that best suits the way in which you express yourself. You know your own mind and how it best communicates with the world.

Clustering is one method that works well when the ideas don't flow on their own. Put the central idea in the center of the page and circle it. Then, without pause, make associations, placing them in new bubbles and tying them to the main idea.

The result is a complex matrix of ideas, many of which you didn't even know you had. If you wish, compose these thoughts later into a cohesive essay that says exactly what you want to say. Or simply move on.

## What You Need to Begin Journaling

• **Paper.** The only thing you need is a notebook, so your ideas don't get lost. Some journal-writers swear by the loose-leaf notebooks so they can insert pages, but I'm always afraid of losing some of the more personal pages, and I don't want anything to inhibit my ability to write freely and honestly.

Other journal-writers opt for the expensive, hard-bound journals,

*Editors Note: Journaling is an amazing way to help yourself heal after the death of a child. While this article is not specific to grief, there are some helpful tools that grieving families can use here. The MISS Foundation often recommends daily journaling, especially for those struggling with feelings of guilt or shame. Please contact us for more information: [info@missfoundation.org](mailto:info@missfoundation.org).*

reasoning that the journal will be a keepsake. These work just fine, as long as you are able to write freely in such a formal book. Some of the things you will be writing will not be pretty. If you are afraid of making mistakes or you feel inhibited with this kind of notebook, you're better off with a plain old spiral bound from Wal-Mart (my personal favorite.)

Some of you will be creating more drawings than essays. If that's you, consider a wire-bound sketch pad.

• **Pen.** Treat yourself to just the right pen. Test some of the expensive pens. See how they feel in your hand and how the ink rolls across the page. The best choice is one that allows you to write quickly and smoothly.

I personally love the easy-flow fountain pens because the color comes out so bold that it makes me feel more confident. And it practically glides itself across the page.

• **Environment.** Your journal should always be there when you need it. Write on the bus, in the office, or late at night when insomnia strikes. If you have the time, a regular writing ritual can be very soothing.

If you do wish to write in the same place and at the same time every day,

# MISS Foundation Chapters & Global Peer Contacts

## California, Arcadia

3rd Thursday of each month, 7:00 p.m.  
Church of the Good Shepherd, Lounge  
400 W. Duarte Rd. (Holly & Duarte)  
626-963-9120 Kristin Jared  
[kristin@missfoundation.org](mailto:kristin@missfoundation.org)

## California, Huntington Beach

1st Thursday of each month, 6:30p.m.  
8161 Taylor Drive, Huntington Beach  
Facilitator, Katie Hodge 714-585-3614  
[Katie@missfoundation.org](mailto:Katie@missfoundation.org)

## California, Merced

1st Tuesday of every month, 7:00p.m.  
St. Luke's Episcopal Church, 350 W.  
Yosemite Ave. Facilitator: Kim Lotz 209-725-  
9241, [Kim@missfoundation.org](mailto:Kim@missfoundation.org)

## California, Ocean Side

For information on this group contact  
Alisa Detwiler at 760-806-9812  
[alisa@missfoundation.org](mailto:alisa@missfoundation.org)

## California, San Diego

For information on this group contact Keny  
Marie Leepier at [keny@missfoundation.org](mailto:keny@missfoundation.org)

## California, West Hills

Contact Heather Lipari for location and  
details at 818-999-5888  
[Heather\\_Lipari@missfoundation.org](mailto:Heather_Lipari@missfoundation.org)

## Connecticut Group Coming soon!

[Heather@missfoundation.org](mailto:Heather@missfoundation.org)

## Colorado, Denver

1st Tuesday of each month, 6:30p.m.  
Stonegate Community Center, Parker  
Leslie Clemenson 303-841-4152  
[Leslie@missfoundation.org](mailto:Leslie@missfoundation.org)

## Florida, Trenton

2nd Tuesday of each month at the Trenton  
Public Library, on U.S. 129. 7:00 p.m.  
Valerie 352-463-3986  
[vlgsml@missfoundation.org](mailto:vlgsml@missfoundation.org)

## Florida, Palm Beach

2nd Thursday of the month, St. Lukes  
Methodist Church in Worth (exit 93 off  
Florida Turnpike) 7:00 p.m. Rusti 561-642-  
6464 or email [rusti@missfoundation.org](mailto:rusti@missfoundation.org)

## Georgia, Douglas

3rd Monday of each month, Coffee Regional  
Medical Center, 7:00 p.m., Contact Ricky  
Wildes at 912-384-1900

## Idaho, Boise

1st Monday of month, 6:30p.m. (except for  
January & July) at New Heights Christian  
Church, 9950 W. Ustick Road. Contact  
Nancy & Peter Grayson to confirm dates at:  
208-861-2407 [Nancy@missfoundation.org](mailto:Nancy@missfoundation.org)

## Illinois, Roselle

1st Monday of each month. St. Walter  
Parish House Basement, 130 W. Pine  
Street, Roselle, IL. Contact Mary at 630-  
582-0874. [Mary@missfoundation.org](mailto:Mary@missfoundation.org)

## Illinois, Sandwich

Email Angie Farley for more information  
at: [Angie\\_Farley@missfoundation.org](mailto:Angie_Farley@missfoundation.org)

## Illinois, Wheaton

3rd Monday of each month, Central  
DuPage Hospital, Danada Convenient  
Care Center, 7 Blanchard Circle, Wheaton,  
IL. Contact Mary at 630-852-0874 or  
[Mary@missfoundation.org](mailto:Mary@missfoundation.org)

## Indiana

3rd Wed. of each month, 7:00p.m.  
IU Campus, Ruth Lily Medical Research  
Library, 4th Floor Atrium. Contact Crissy  
Tohm & Katie Irby  
[crissy@missfoundation.org](mailto:crissy@missfoundation.org) or  
[katie\\_irby@missfoundation.org](mailto:katie_irby@missfoundation.org)

## Kansas, Wichita \*NEW\*

3rd Thursday of each month at 7 p.m.  
Gloria Dei Lutheran Church  
1101 N. River Blvd., Wichita, KS 67203  
Contact Alan & Karen Wondra at 316-721-  
8284 or [wondra@missfoundation.org](mailto:wondra@missfoundation.org)

## Kentucky

1st Thursday of each month, 6:30p.m.  
Heartland Worship Center  
4777 Alben Barkley Drive, Pacucah  
Kelly Nicholls 270-395-7668  
[Knicholls@missfoundation.org](mailto:Knicholls@missfoundation.org)

## Maryland, Westminster

1st Monday of month, 7:00p.m.  
Church of the Bretheren in Westminster  
Lisa 443-677-5904 or 410-833-2592  
[Lisa@missfoundation.org](mailto:Lisa@missfoundation.org)

## Massachusetts, West Medford \*NEW\*

1st Thursday of the month  
6:30 p.m. - 8:00 p.m. (if meeting falls on a  
holiday or there is inclement weather,  
please call for alternative meeting date.)  
Congregational Church of West Medford,  
400 High Street, West Medford, MA (*Use*

*entrance on Allston Street, next to the  
office.>)* Facilitator - Lynne Barberian  
781-488-3546 [lynne@missfoundation.org](mailto:lynne@missfoundation.org)

## Minnesota, Alexandria

2nd Tuesday of each month 6:30-8:30 p.m.  
First Congregational UCC Church  
221 7th Ave., West in Alexandria  
Heidi Ciepielinski 320-859-5660

## New Jersey, Somers Point

Call Kathy Evans for more information at  
609-601-0563 or [kathy@missfoundation.org](mailto:kathy@missfoundation.org)

## New York, Yonkers

Call or email for times/dates  
The Plymouth House, 1730 Central Park  
Ave., Jennine Jo Shull 914-423-5204 or  
[Jennie@missfoundation.org](mailto:Jennie@missfoundation.org)

## Ohio, Liverpool

1st Thursday of the month, 7:00 p.m.,  
16195 State Rt. 170, East Liverpool, OH.  
Contact Kym Smith 330-385-8774 or  
[Kym@missfoundation.org](mailto:Kym@missfoundation.org)

## Pennsylvania

For more information contact Jessica  
Finnegan at: [jessica@missfoundation.org](mailto:jessica@missfoundation.org)

## National Peer Contacts:

### Connecticut

Heather Farrier 203-895-2138

### Maryland

Lisa D'Argenio 410-833-2592

### Indiana

Crissy Tohm 317-826-7913  
Katie Irby 317-878-4937

### California

Kim Lotz 209-725-9241  
Marsela Angel 209-723-1010 (*spanish*)  
Kristen Jared 626-963-9120  
Keny Leepier 619-801-1726  
Katie Hodge 714-585-3614 or  
714-442-3669 (*Experience with  
Accidental Toddler Death*)  
Kim St.Laurent 714 965-8883

### Minnesota

Heidi Ciepielinski 320-859-5660  
Trina Charles 320-763-6317

### Missouri

Gregg Carder 816-690-6273

# Arizona MISS Foundation Chapters

## Tennessee, Memphis \*NEW\*

2nd Thursday of the month, 6:30 p.m., 1st meeting November 11th, 2003 at Highland Street Church of Christ, Room 128, 443 S. Highland Street, Memphis, TN. Contact Rex & Laura Butts 901-523-7549 or [Laura@missfoundation.org](mailto:Laura@missfoundation.org) or [Rex@missfoundation.org](mailto:Rex@missfoundation.org)

## Virginia, Washington DC & Maryland

1st Wednesday of the month 7:30p.m. Fairfax County Government Center 12000 Government Center Parkway Fairfax, Virginia. Contact Tara Pitts at [tara@missfoundation.org](mailto:tara@missfoundation.org) or Dionna Williams 703-748-9678 or [Dionne@missfoundation.org](mailto:Dionne@missfoundation.org)

## Virginia, Richmond

For more information contact Twyla Powell at [Twyla@missfoundation.org](mailto:Twyla@missfoundation.org)

## Washington, D.C.

Contact Antoinette Ayers for meeting information at [Toni@missfoundation.org](mailto:Toni@missfoundation.org)

## Washington, West Seattle \*NEW\*

Delridge Library Meeting Room 5423 Delridge Way, S.W., 1:00to 2:30 pm Contact Kara Jones for dates at 206-251-6706 or [ladyh@kotapress.com](mailto:ladyh@kotapress.com)

## Washington, Vashon Island

3rd Monday of each month, 7:30 p.m., Library meeting room or Member Household, call Kara Jones for more info at 206-251-6706 or [ladyh@kotapress.com](mailto:ladyh@kotapress.com)

## International Contacts:

### Mexico City

FUNDACIÓN ESPERANZA's Support Group, 2nd Tuesday of each month, 9:30a.m. Contact Carla at (5255)5579 1327 for location [carlah@missfoundation.org](mailto:carlah@missfoundation.org)

### Ireland

Sinead Williamson email [sinead@missfoundation.org](mailto:sinead@missfoundation.org)

### London England

2nd Sunday of each month, 1:30 p.m. Room 4, Northfields Community Centre 71A Northcroft Road, London W13 Phone: 07932 812931 Contact: Cathie Shipton 07932 812931 [cathie@missfoundation.org](mailto:cathie@missfoundation.org)

*more to come...*

## Phoenix Monthly Meetings

3rd Thursday of each month, Community Church of Joy 21000 N. 75th Avenue Portable 6 behind the chapel 6:30 p.m. 623-979-1000 (24 hours)

## Peoria - MISS - Inner Peace Support Group - Interfaith based

2nd Thursday of the month, at Peace Lutheran Church, in the church library 18265 N. 89th Ave., Peoria, AZ 6:30p.m. Contact: Deborah Brooks [Deborah@missfoundation.org](mailto:Deborah@missfoundation.org) (623) 487-4275

## Tempe - East Valley Support Group

1st Thursday of the month, DaySpring United Methodist Church, 1365 E. Elliot Rd, Room #201, Tempe, AA 6:30 p.m. Contact: *Lee Ann Morlan* [Leeann@missfoundation.org](mailto:Leeann@missfoundation.org) 480-963-9844

## Child Drowning Support Group

1st Thursday of each month, 7:00 p.m. St. Francis Xavier Church Parish Office Building, 4715 N. Central Ave., Phoenix, AZ, Contact: *Asena* 602-367-4626 [Asena@missfoundation.org](mailto:Asena@missfoundation.org)

## Arizona Peer Contacts:

If you need one-on-one support and friendship contact one of your Peer Contacts.

Angela Iverson	623-572-0334
Lee Ann Morlan	480-963-9844
Debra Brooks	623-487-4275
Linda Schmidt	623-362-8838
Ed & Robin Kennedy ( <i>Kids</i> )	602-547-1244
Anne Rumps ( <i>Tucson</i> )	520-795-4712
Heidi & Doug Cass	928-778-2528
Mindy Runyan ( <i>Kingman</i> )	928-757-2348
Joanne Cacciatore	623-979-1000

### Subsequent Pregnancy & Family Planning:

Anna Kennedy	602-439-9025
Patrice Hedman	480-857-9792
Gennie Contreras	602-999-0226

### Drowning/Accidents:

Asena Nicolosi	602-367-4626
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## Tempe - East Valley

**Subsequent Pregnancy Support Group**  
First Saturday of each month, 2:00 p.m. DaySpring United Methodist Church 1365 E. Elliot Rd., Room #201 (on Elliot, between McClintock and Rural), Tempe, AZ. Contact: *Patrice Hedman*, 480-857-9792. Babies are welcome!

## Phoenix - KISS—Kids In Sympathy & Support For Kids in Grief - Northwest Valley.

*Please email us for time/dates* Community Church of Joy, 21000 N. 75th Avenue, Peoria, AZ. Portable 6 behind the chapel. Contact: *Robin and Ed Kennedy* at 602-547-1244 or email [123believe@msn.com](mailto:123believe@msn.com)

## Spanish-Speaking Support Group

2nd Thursday of each month, Immaculate Heart of Mary Church, west entrance of church hall. 909 E Washington, Phoenix, AZ  
Contact: *Alicia LICHITA31@aol.com*

## Phoenix - Central Valley Support Group

1st Thursday of each month, Saint Francis Xavier Church 4715 N. Central, 7:00 - 9:00 p.m. Will meet in the Parish office which is two story building next to main church. Facilitators: *Angela Iverson* and *Asena Nicolosi*. Email: [Angela@missfoundation.org](mailto:Angela@missfoundation.org) or 623-572-0334 for more information.

## Prescott

1st Thursday of each month, 5:30 p.m. Prescott Public Library, 3rd Floor Meeting Room, 215 E. Goodwin St. (At the intersection of Goodwin & Marina Streets) Contact: *Heidi and Douglas Cass*. Email: [Cass@missfoundation.org](mailto:Cass@missfoundation.org) (928) 778-2528



## Journaling: A Tool for the Spirit

*continued from page 21*

create the ideal writing space for you. Maybe you're most comfortable in a rocking chair surrounded by pillows and candles and Schubert tunes. Or maybe you prefer silence and a cherry wood desk or a gentle breeze and a rickety porch swing.

Whether you set a time for writing each day, or you do it on the fly, make sure the time you spend writing in your journal is time solely devoted to you and your task.

**About the author:** Susie Michelle Cortright is an author and founder of the award-winning Momscape.com, a website and on-line store dedicated to nurturing busy women.

Visit [www.momscape.com](http://www.momscape.com).

*I tried to imagine what your grief is like...I imagined a storm and you showed me a flood. I imagined emptiness and you showed me endless expanses of the universe. I tried to imagine but could not understand until you showed me.*

**Lt. Aaron Espy, Firefighter,  
Seattle, Washington**

*The morning glory blooms but for one hour and yet it differs not at heart from the giant pine that lives one thousand years.*

**Teitoku Matsunaga**

*The longest journey of any person is the journey inward.*

**Dag Hammarskjvld**

*Believing is seeing.*

**Joanne Cacciatore-Garard**



**M.I.S.S. Foundation**

P.O. Box 5333

Peoria, Arizona 85385

Phone: 623-979-1000

Fax: 623-979-1001

Email: [info@missfoundation.org](mailto:info@missfoundation.org)

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*"The only thing worse than enduring the death of a child is enduring the death of a child alone."*

*~ Joanne Cacciatore-Garard*