



# Infants Remembered In Silence, Inc.

## Whispers of the Heart Newsletter

May 2009

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### From Diana's Desk:

The snow is gone, the robins are back, and the flowers are starting to bloom. It's beautiful, but all of that does not change how much we love and miss our children. What others many not understand is that we still see the beauty in the world, but may not feel up to enjoying it. It's ok to

give yourself permission and time to enjoy your surroundings. Grieving is hard mental and physical work, breaks are truly needed! Take a break, go for a walk, listen to the birds, or plant some flowers, do it for yourself and to honor your precious child.

Many of you have found wonderful ways to honor and remember your child, for many of you that has been to volunteer for IRIS. I would like to offer my sincere thank you to all of you for your help and the countless hours that you have donated to IRIS. IRIS relies heavily on our 300+ volunteers who do everything from acting as an IRIS advocate, sewing, knitting, to every job you can think of. One of those very special jobs is done by the volunteers who work on the IRIS Website. For five years Joni & Tom Trotter have done just that. They have been very special IRIS volunteers who, improved on, developed, and updated the IRIS website all in honor and remembrance of their daughter Alyssa. We are very thankful for all of their hard work and dedication to IRIS and the website. On behalf of the over 30,000 bereaved parents, family, friends, and professionals who have visited the IRIS website I would like to say thank you. You have done a wonderful job and we are eternally grateful.

In April Joni and Tom turned the development and maintenance of the IRIS website over to Vanessa and Jon Zimprich who have added their own special touches and expertise to the IRIS site. We are very excited about their ideas and willingness to honor and remember their son Anthony by helping IRIS. If you have not been on the site in the last few weeks you should make the time to do so! As of today there are over 300 poems on the page, slide shows, updated informational calendar, and much more. Thank you Vanessa and Jon!

[www.irisRemembers.com](http://www.irisRemembers.com)

### IRIS Received Donation from Cities97



Cities 97 Sampler Charity Luncheon and Ceremonial Check Presentation was held in Celebration of Sampler Vol. 20 and the \$1,000,000 granted to 46 Minnesota Charities on April 24, 2009.

IRIS has received a donation of \$12,500 from the sale of the Cities 97 Sampler CD. Pictured are Cathy Maness - Market Traffic Director for Clear Channel of Minneapolis/St Paul, Diana Sundwall - IRIS Founder and Executive Director, Denise Dube` - IRIS Board of Directors, BT- Cities 97 Moring Show DJ.



### Let Me Come In Friend

By Grace Noll Crowell

Let me come in where you are weeping, friend  
and let me take your hand.

I, who have known a sorrow such as yours,  
can understand.

Let me come in ~

I would be very still beside you in your grief.

I would not bid you cease weeping, friend,  
tears bring relief.

Let me come in ~

I would only breathe a prayer, and hold your hand.  
For I have known a sorrow such as yours,  
and understand.



## Evening Prayer

(When at Night I Go To Sleep)

From "Hansel & Gretel (Engelbert Humperdinck)

Recorded by: Charlotte Church; Richard Kapp; Mary Van Arsdel

When at night I go to sleep  
 Fourteen angels watch do keep  
 Two my head are guarding  
 Two my feet are guiding  
 Two are on my right hand  
 Two are on my left hand  
 Two who warmly cover  
 Two who o'er me hover  
 Two to whom 'tis given  
 To guide my steps to heaven

Sleeping softly, then it seems  
 Heaven enters in my dreams;  
 Angels hover round me  
 Whispe'ring they have found me;  
 Two are sweetly singing,  
 Two are garlands bringing,  
 Strewing me with roses  
 As my soul reposes.  
 God will not forsake me  
 When dawn at last will wake me.



## Grieving Friends

By Joyce Yack / Matthews Mom 11/13/06

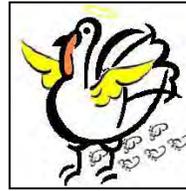
We all feel so alone,  
 Yet together on this site  
 We talk, we share,  
 And the candles we do lite.

We try to help each other,  
 Just get through another day  
 It might be what we write,  
 Or something special that we say.

To offer a shoulder,  
 Or to lend an ear  
 Isn't that why,  
 We all come here?

To get through this life,  
 To get hearts full of pain  
 To not be alone,  
 And to not go insane.

Our journey of the deepest pain,  
 This road that never ends  
 But here we stand with grieving friends,  
 Knowing we will never be the same.



## Reserve the date!

The **1<sup>st</sup> ANNUAL IRIS TURKEY TROT** will be held in Faribault on Thanksgiving morning. Runners and walkers of all skill levels and of all ages are invited to participate in this 5K walk/run. This very special "healthy" event will raise funds and awareness of IRIS and the support services and resources that IRIS provides to families. Form a team or walk/run alone – but please consider joining us as we honor our babies and walk/run for a good cause.

More information will be available soon on the IRIS website. In addition, please contact the IRIS office if you would like to participate on the planning committee.



## Your Memory Will Always Last

Friends may think we have forgotten,  
 when at times they see us smile.  
 Little do they know the heartaches,  
 that our smiles hide all the while.  
 Beautiful memories are wonderful things,  
 that last until the longest day.  
 They never wear out, they never get lost,  
 and can never be given away.  
 To some you may be forgotten,  
 to others a part of the past,  
 But to those who love you and lost you,  
 Your memory will always last.



## Taking your name off of mailing and phone lists:

- ❖ Direct Marketing Association  
**Mail Preference Service**  
 P.O. Box 9008  
 Farmingdale, NY 11735-9008
- ❖ Direct Marketing Association  
**Phone Preference Service**  
 P.O. Box 9014  
 Farmingdale, NY 11735-9014
- ❖ Direct Marketing Association Website:  
[www.the-dma.org](http://www.the-dma.org)
- ❖ Direct Marketing Association Phone Number:  
 1-888-382-1222

**Taking your name off of Formula Company Mailing lists please contact the IRIS office at (507) 334-4748 or [iris@qwestoffice.net](mailto:iris@qwestoffice.net)**

Children We Lovingly  
Remember  
During the 2008 IRIS  
Holiday Service

☞ Eunice K. Shumway  
This Chapel is dedicated  
in her memory  
☞ Michael Almendinger  
☞ Calvin Almendinger  
☞ Baby Anderson  
☞ Baby Anderson  
☞ Brice Alec Anderson  
☞ Grandbaby Bauer  
☞ Baby Bauer  
☞ Cashe Lonnie Berge  
☞ Cole Brent Krenzke  
☞ Amelia Marie Bluhm-Howie  
☞ Our Precious Baby  
☞ Mariah Grace Boerner  
☞ Betty Lynn Boerner  
☞ Baby B  
☞ Hope Brandt  
☞ Faith Brandt  
☞ Grace Brandt  
☞ Noah Roland Emil Brandt  
☞ Abigail Elizabeth Brandt  
☞ Hannah Busse  
☞ Our Precious Angel  
☞ Scott Arthur Carver  
☞ Avalon Lia Christopherson  
☞ Baby Boy  
☞ Baby Boy  
☞ Nathan Earl Cory  
☞ Baby Cory  
☞ Corey Lyn Creger  
☞ Preston Hugh Crooks  
☞ Baby Crooks  
☞ Annette Marie David  
☞ William Robert DeGrood  
☞ Bethany Agnes DeGrood  
☞ Lizzy Sammon Dienst  
☞ Lily Marcella Dietz  
☞ My Darling Daughter  
☞ My Beloved Son  
☞ Tàhirih Dimayuga  
☞ Kilian Richard Donahue  
☞ Declan Arthur Donahue  
☞ Malachi Donahue  
☞ Baby Donahue  
☞ Jerry Dougherty  
☞ Miley Ann Rose Dragonfly  
☞ Kayla Jamie Dusek  
☞ Keegan Blake Earls  
☞ Our Four Babies  
☞ Nikolas Michael Fischer  
☞ Lukas Dimitrios Fischer  
☞ Marcia Flim  
☞ Lauren Brooke Gefre

☞ Weston Bradley Germundson  
☞ Baby Gillen  
☞ Rachel Jean Gonstead  
☞ Victoria Ann Graves  
☞ Hannah Hevon Halla  
☞ Lindsay Rose Hermsen  
☞ Derek Joel Holicky  
☞ Ifeanyichukwu (Ify) Kennedy  
Ihionu  
☞ Hanna Ihrke  
☞ Brian James Jacobson  
☞ Grace Johnson  
☞ McKenzie Grace Johnson  
☞ Max Jordan  
☞ Baby  
☞ Baby Kelley  
☞ Baby Kelley  
☞ Baby Boy Kelley  
☞ Mary Kelley  
☞ Logan Leonard Kempenich  
☞ Precious Baby K  
☞ Hope Kuennen  
☞ Augustus Michael Kuennen  
☞ Chase Douglas LaCanne  
☞ Finley Rae LaCanne  
☞ Jacqueline Margaret Mae  
LaCanne  
☞ Joseph Robert Lake  
☞ Elle Mae lindenfelser  
☞ Isaac Eleazar Longest  
☞ Baby Maas  
☞ Jacob Connor Mack  
☞ Baby  
☞ Paul Richard Malecha  
☞ Joseph Thomas Markman  
☞ My three Children  
☞ Chester Mayo  
☞ Darby Parks Meier  
☞ Christian Bradley Meier  
☞ Aspen Meier  
☞ Baby M  
☞ Baby Meyer  
☞ Brooke Nicole Mier  
☞ Nicholas Joseph Moravec  
☞ Sara Jane Murray  
☞ Gracie Ann Narveson  
☞ Jonathan Norbert Narveson  
☞ Peter Vincent Narveson  
☞ Baby  
☞ Joshua Daniel Neubauer  
☞ Baby Girl  
☞ Daniel Robert Novak  
☞ Baby Boy N.  
☞ Zander James Nowak  
☞ Baby  
☞ Baby Girl  
☞ Jarrod Allen Olson  
☞ Ariel Payne  
☞ Gabriel Payne  
☞ Xavier James Payne  
☞ Jacob Donald Peterson

☞ Baby  
☞ Daniel James Piepho  
☞ Noah Ethan Priebe  
☞ Samuel Ethan Priebe  
☞ Owen Michael Puppe  
☞ Aiden Michael Puppe  
☞ Joey Lee Rank  
☞ Angel Twins  
☞ Bennett Lou-Jean  
Rassmussen-Terry  
☞ Angel Alison Reuvers  
☞ Sara Diane Rice  
☞ Jodi Lynn Rickaby  
☞ Jesse Davis Robinson  
☞ My First Grandson  
☞ Samantha Opal Rolstad  
☞ Phoenix Blaze Ryan  
☞ Baby R  
☞ Hannah Rose Rysavy  
☞ Baby St. Martin  
☞ Baby Moeller  
☞ Baby M  
☞ Zachary Andrew Schmit  
☞ Baby Bailey Schmit  
☞ Paige Emily Schoenbauer  
☞ Dakato Roy Shada  
☞ Blake Robert Stadler  
☞ Garrett Robert Sterling  
☞ Tristan Micallen Sticha  
☞ Michael Glenn Strampe  
☞ Sabrina Marie Strouth  
☞ Baby S.  
☞ Baby S.  
☞ Derek Joseph Sundwall  
☞ Precious Twins  
☞ Baby Boy  
☞ Dawn Thorson  
☞ Baby T  
☞ Ben Timothy Tonjum  
☞ Arianna Luella Trotman  
☞ Alyssa Grace Trotter  
☞ Baby  
☞ Kelly Jean Vandereide  
☞ Erica Kay Vandereide  
☞ Griffin Jon Velishek  
☞ William Thomas Wagner  
☞ Baby Wagner  
☞ Jay Wang  
☞ Emma Kaye Ward  
☞ Baby  
☞ J.J. Wolf  
☞ Baby GirlGrandma  
☞ Baby Dillon  
☞ Baby Z  
☞ Joshua Clarence Zak  
☞ Baby Zak  
☞ Anthony Michael Zimprich  
☞ Our Eleven Angels  
☞ Our Twelve Children

*And all the children Remembered in  
their parent's and loved one's hearts.*



## This Mother's Day, This Father's Day

By: Lisa Weber

I have a son.  
I have a daughter.  
I am a mother.  
I am a father.

I do not take my child to the park like some parents do ~  
but I take my baby everywhere in my heart.

She was denied this earthly existence.

I don't know why.

He will play catch in the stars, not on the ball field.

She will never shop for a prom dress at the mall,  
and he will never ask for the keys to my car.

But they are our children, nonetheless.

I will wear her birthstone around my neck.

I will think of him every day.

Acknowledge me on Mother's Day.

Wish me a pleasant Father's Day.

I need that support and acceptance as much as you.

I am a parent.

Mother's Day is to honor all mothers.

Father's Day is to honor all fathers.

As spring brings forth new life following the quiet healing  
of winter,

let us welcome a rebirth of hope in our own lives.

In recognition of childless parents,

and those who have loving children,

but also have felt the heartache of the death of a child,  
this Mother's Day and Father's Day.

My wish for you is one of peace, love, and to  
call to mind the dignity of parenthood.



### Thank You for Your Personal Donations

- ☞ Denise & Michael Dube`
- ☞ Teresa & Bernie Flintrop
- ☞ Douglas Hughs
- ☞ Jocelyn & Steve Lensing
- ☞ Molly & Tim Lenway
- ☞ Lisa Overn
- ☞ Michele & John Priebe
- ☞ Kathryn Raidt
- ☞ Carol & Andrew Rusinko
- ☞ Beverly & Marvin Stark
- ☞ Diana Sundwall
- ☞ Emily & Jerry Velishek
- ☞ Margaret & JD Walker
- ☞ Faribault Farm and Home/Mary and Michael Ford –  
"Please accept this donation, it is the Christmas gift  
that was given to us from our employees and we  
are honored to donate it to IRIS".
- ☞ Bethlehem Academy 8<sup>th</sup> Grade Girls Bake Sale \$152



### Donations in Honor of a Safe Arrival

In Honor of the birth of Bella, little sister of Avalon  
Christopherson from Mommy & Daddy (Daisy & Michael)  
and Nancy & Lael Schmidt



## LaCanne's 2<sup>nd</sup> Annual Golf Tournament

**Saturday August 29, 2009**

Faribault Golf Club

8 am & 1 pm tee times

Dinner, awards, and dance to follow

If you are interested in participating in this event, contact  
Nick LaCanne at LaCanne Marine (507) 334-6415. Men  
& women's teams are welcome, there are currently 52  
paid team registered! Come join the fun!

Funds raised by this event will be split equally by IRIS  
and a LaCanne family member who is dealing with  
cancer. Please watch for updates & lodging info on this  
event at [www.irisRemembers.com](http://www.irisRemembers.com)



### Corporate Donations

- 1<sup>st</sup> United Bank (Faribault) - \$250
- Ameriprise Financial Employee Matching Program - \$25
- Ameriprise Financial Employee Giving Campaign - \$25
- Boldt Funeral Home (Faribault) - \$250
- Bruzek Funeral Home (New Prague) - \$100, \$250
- Cable Connection & Supply Co., Inc. (Faribault) - \$500
- Cenneidigh, Inc. (Faribault) - \$100
- Cities97 / Clear Channel / Cities97 Sampler - \$12,500
- District One Hospital (Faribault) - \$250
- Faribault Area Childbirth Education Assoc. - \$200
- Fidelity Charitable Gift Fund - \$1,000
- Fraternal Order of Eagles Ladies Auxiliary (Fblt.) - \$200
- GoodSearch - \$20 (from internet searching)
- Kettering Properties (Faribault) - \$800, \$400
- Kwik Trip (Milk Moola donated to IRIS) - \$153
- McRaith Funeral Home (Waseca) - \$250
- Minnesota Community Foundation - \$500
- Northfield Hospital - \$800
- NRG Plumbing, LLC (Belle Plaine) - \$100
- Parker Kohl Funeral Home (Faribault) - \$250
- Premier Banks (Faribault) - \$25
- Rice County Child Care Assoc. - \$200
- Rice County VFW Auxiliary - \$25
- Schwan's Home Service, Inc. - \$61
- State Bank of Faribault (Matching donation) - \$25
- St. Patricks Church of Shieldsville CCW - \$25
- Wells Fargo Community Support Campaign (Faribault) -  
\$52, \$62, \$89 (Jan – April 09)
- BuyTheChange - \$50
- Divine Mercy Catholic Church (Soup Suppers) - \$250



**United Way Donations**

## Calendar of Events

May 26	Evening Support Meeting	
May 30	Common Burial Memorial Service – Maple Lawn Cemetery	11 am
June 10	Midday Support Meeting	11 am - 1 pm
June 23	Evening Support Meeting	7 - 8:30 pm
July 8	Midday Support Meeting	11 am - 1 pm
July 14	Board Meeting	7 pm
July 28	Evening Support Meeting	7 - 8:30 pm
July TBA	2nd Annual Aqua-Eden Pond Tour to benefit IRIS & Butterfly Release	TBA
Aug. 12	Midday Support Meeting	11 am - 1 pm
Aug. 25	Evening Support Meeting	7 - 8:30 pm
Aug. 29	2nd Annual LaCanne Marine Golf Tournament - benefit IRIS – Faribault Golf Club	8 am Tee 1pm Tee time
Sept. 9	Midday Support Meeting	11 am - 1 pm
Sept. 22	Evening Support Meeting	7 - 8:30 pm
<b>October</b>	<b>Pregnancy &amp; Infant Loss Awareness Month</b>	
Oct. 4	IRIS Balloon Release - Potluck Kinder Park located at the corner of 17 <sup>th</sup> St. and 24 <sup>th</sup> Ave. in NW Faribault, MN	12 Noon
Oct. 4	IRIS Balloon Release Kinder Park located at the corner of 17 <sup>th</sup> St. and 24 <sup>th</sup> Ave. in NW Faribault, MN	2 pm
Oct. 13	Board Meeting	7 pm
Oct. 14	Midday Support Meeting	11 am - 1 pm
Oct. 15	Pregnancy & Infant Loss Day	
Oct. 27	Evening Support Meeting	7 - 8:30 pm
Oct. TBA	Common Burial Memorial Service	TBA
Nov. 11	Midday Support Meeting	11 am - 1 pm
Nov. 24	Evening Support Meeting	7 - 8:30 pm
Nov. 26	Memorial Turkey Trot (Thanksgiving Day)	AM
Nov. 27	Closing Date IRIS Holiday Service Program, Poinsettia orders, Angel orders, and Heaven Notes (mail in)	5 pm
Dec. 6	IRIS Holiday Service of Remembrance. Chapel of the Good Shepherd on Shattuck Campus – 1000 Shumway Ave. in NE Faribault, MN (Setup of window display - keepsakes begins at 12:00 noon)	2 pm
Dec. 9	Midday Support Meeting	11 am - 1 pm
Dec. 13	Worldwide Candle lighting (Children's Memorial Day)	7 pm
Dec. 22	NO Evening Support Meeting	

- Greater Twin Cities United Way:  
Donor designation - Anonymous Giver - \$155
- United Way of Faribault:  
2<sup>nd</sup> Quarter Allocation - \$1,000  
3<sup>rd</sup> Quarter Allocation - \$1,000
- Northfield Area United Way:  
2<sup>nd</sup> Quarter 08/09 - \$1,000  
3<sup>rd</sup> Quarter 08/09 - \$1,000
- The Dodge County United Way, Inc.:  
1<sup>st</sup> Half Allocation 2009 - \$3,000
- United Way USA: UPS Special Distribution Account:  
12/08, 12/08, 1/09, 2/09



## Thank you For Your Kind Donations

- Baby Blankets, hat, baby lotions, baby soap from Eileen H.
- Baby Blankets, hats, etc. lovingly made by Joy Clemmensen, Anna Kincade, Allsita Erickson, and Eleanor Simon.
- 2 pkgs of Pampers in memory of Catherine Rose Allan ~ Love Mommy (Christine Allan)
- 2 Beanie Baby elephants in memory of **Liam Dale** From Mommy (Amy Quaintance)
- 12 Cases of copy paper – Cedar Chiropractic (Owatonna)/ Molly & Brian Gfrerer
- Prayer Shawls from Nancy Geren



“To our beloved daughter Miley Ann Rose Dragonfly, who went to be with our Lord and Savior and his Angels on November 20, 2008 and to her brother Levi Austin Dragonfly who joined her on March 23, 2009 ~ Even though we only knew you for a short time we love you very much and miss you both greatly”.

Love always,  
Mom, Dad

And your brothers & sisters  
Malachi, Jordyn, Ryan & Brandi



## Adult Memorials

- ⌘ In Loving memory of Donna Reese  
Julie & Larry Kriesel
- ⌘ In loving memory of our daughter Cory Creger  
Mom and Dad (Michelle & Trent Creger)
- ⌘ In loving memory of my husband Clifford Miller  
Elaine Miller





## Memorials

- ♥ In loving memory of **all the precious children**  
Terry Nuetzman
- ♥ Happy 5<sup>th</sup> Heavenly Birthday **Paige Emily Schoenbauer**  
Mommy & Daddy (Jackie & Jason)  
Auntie Robynne & Uncle Eric & Cousin  
Samantha Schoenbauer  
Auntie Kristen & Uncle Jeffrey Rickaby  
Diana Sundwall
- ♥ In loving memory of **Aubrev Corionna Dozark**  
Grandpa (Peter Dozark)
- ♥ In loving memory of **Noah E. Priebe** (3/1/03)  
Mommy and Daddy – Michele and John
- ♥ In loving memory of **Samuel E. Priebe** (6/23/04)  
Mommy and Daddy – Michele and John
- ♥ In memory of **my precious grandchild.**  
Grandma love's you.  
Grandma – Kathie Hanson
- ♥ In loving memory of our precious little **Luke Martin**  
Mom and Dad (Angela & Michael)
- ♥ In loving memory of **Michael Andrew Kinard**  
Grandma & Grandpa (Debra & John  
Timmers)
- ♥ In loving memory of our sweet precious little  
**Weston Bradley Germundson** (4/11/05 – 4/12/05)  
Mommy & Daddy (Shelly & Brad)
- ♥ In loving memory of our and God's very special  
angel, **Belle Jeanine Anna Christensen** (11/28/06)  
Mommy (Becky)
- ♥ In memory of our precious daughter **Kelly Jean Vandereide** (8/29/01 to 8/31/01)  
Mommy & Daddy (Marianne & Jay)
- ♥ I memory of our precious daughter **Erica K. Vandereide** (12/29/04 to 4/8/05)  
Mommy & Daddy (Marianne & Jay)



## Memorials

- ♥ In memory of our precious son **William Thomas Wagner** we love and miss you.  
Mommy and Daddy (Sheri and Tim)
- ♥ In memory of our precious **Joshuah Daniel Neubauer**  
Love Mommy and Daddy (Angie & Dan)  
Joseph Neubauer
- ♥ In loving memory of **Samuel Fuentes**  
Mommy & Daddy (Margaret & Nelson)
- ♥ In loving memory of our precious niece **Dawn Thorson**  
Auntie Dorothy & Uncle Bob Thorson
- ♥ In loving memory of **Zachary Andrew Schmit**  
Mommy & Daddy (Libby & Thomas)
- ♥ In loving memory of **Baby Bailey Schmit**  
Mommy & Daddy (Libby & Thomas)
- ♥ In loving memory of **Avalon Christopherson**  
Mommy & Daddy (Daisy & Michael)  
Nancy & Lael Schmidt
- ♥ In loving memory of **Katherine Marie Hoffman**  
Grandma & Grandpa (Sharon & Royce)  
Kathleen Dodds
- ♥ In loving memory of **Derek Joseph Sundwall**  
Mom (Diana Sundwall)  
Grandma & Grandpa Kelley  
Beth & Eric Brandt
- ♥ In loving memory of **Angel Alison Reuvers**  
Mommy & Daddy (Sue & Tony)
- ♥ In loving memory of my Great-grand Children **Cole Brent Krenzke** and **Cashe Lonnie Berge**  
I love and miss you both  
Your Great-grandma (Ruth Krull)
- ♥ In loving memory of our children **Finley Rae and Chase Douglas LaCanne**  
Mommy & Daddy (Melanie & Nick)
- ♥ In loving memory of **Nicholas Joseph Moravec**  
Mommy (Denise Moravec)



## Memorials

- ♥ In loving memory of a **special little one**  
Jackie & Craig Melchert
- ♥ In loving memory of **Abigail and Noah Brandt**  
Mommy & Daddy (Beth & Eric Brandt)  
Grandma (Pam Russell)
- ♥ In loving memory of **Hope Brandt, Faith Brandt, & Grace Brandt**  
Mommy & Daddy (Beth & Eric)
- ♥ In memory of **Kilian Richard Donahue**  
Beth and Eric Brandt
- ♥ In memory of **all the children from our support group**  
Beth and Eric Brandt
- ♥ In loving memory of **William Robert & Bethany Agnes DeGroot**  
Mommy & Daddy (Connie & Joe)
- ♥ In loving memory of our precious little **Hope Kuennen**  
Mommy & Daddy (Deanna & Allyn)  
Licia Swanson  
Beth & Eric Brandt
- ♥ In loving memory of our precious little **Augustus Michael Kuennen**  
Mommy & Daddy (Deanna & Allyn)  
Licia Swanson  
Beth & Eric Brandt
- ♥ In loving memory of **Lillian Christine Bedell**  
Auntie Margaret Pierce
- ♥ In loving memory of **Anthony Michael Zimprich**  
and in honor of his 1<sup>st</sup> Birthay  
Mommy & Daddy (Vanessa & Jon)  
Grandma & Grandpa (Jean & Dennis McBride)
- ♥ In loving memory and in honor of **Christian Joel Kriesel** 7<sup>th</sup> Birthday  
Grandma & Grandpa (Julie & Larry Kriesel)
- ♥ In loving of **Erin Grace Kriesel** (4/2/03)  
Grandma & Grandpa (Julie & Larry Kriesel)



## Memorials

- ♥ In loving memory of **Zander James Nowak**  
Mommy (Lesley Groshens)
- ♥ In loving memory of **Logan Leonard Kempenich**  
Mommy & Daddy (Megan & Chris)
- ♥ In loving memory of **Lizy Dienst**  
Mommy & Daddy (Beth & Nick)  
Grandma & Grandpa (Linda & Thomas Sammon)
- ♥ In loving memory of **Emma Kave Ward**  
Mommy & Daddy (Lisa & Nathan)
- ♥ In loving memory of **Griffin Jon Velishek**  
Mommy & Daddy (Sheri & Jon)
- ♥ In loving memory of **James Richard Brown IV**  
Mommy & Daddy (Laura & James Jr.) XOX  
Deborah Johnson-Schad & John Schad
- ♥ In loving memory of **Grace Johnson**  
Grandma & Grandpa (Linda & Thomas Sammon)
- ♥ In loving memory of **Daniel James Piepho**  
Grandma & Grandpa (Kathleen & Kenneth Ryks)
- ♥ In loving memory of **our precious child**  
Mommy & Daddy (Heidi & Bradley)
- ♥ In loving memory of **2 Baby Girl's, Baby Boy, and four Baby' s**  
Mommy & Daddy
- ♥ In loving memory of **Baby St. Martin**  
Mommy (Christine St. Martin)
- ♥ In loving memory of **Baby Moeller**  
Mommy (Christine St. Martin)
- ♥ In loving memory of **Haley Ryks**  
Anonymous
- ♥ In loving memory of **Danny Novak**  
Kathy Hanek
- ♥ In loving memory of **Cameron**  
A loved one



## Memorials

- ♥ Happy 5<sup>th</sup> Birthday **Baby Grace Woitas!!** We love and miss you more than you will ever know. There is not a day that goes by that we do not think of you and wish that you were here with us. You are forever in our hearts.  
Love Mom & Dad (Kevin and Marisa)  
Braden & Jaxon  
Grandma D'Rae  
Grandma & Grandpa Woitas  
Aunt Katie  
Great Grandma & Grandpa Barrie
- ♥ In memory of **Lily Marcella Dietz**  
Mommy & Daddy (Cara & Jim)  
Marcia Lips
- ♥ In loving memory of **Baby Z** (1/2001)  
Mommy
- ♥ Mommy in loving memory of Anna Christina (8/01)  
Mommy (Gail)
- ♥ In loving memory of **Isaac Eleazar Longest**  
Mommy & Daddy (Janelle & Bill)
- ♥ In loving memory of **Joshua Clarence Zak and Baby Zak**  
Mommy (LeeAnn & Robert)
- ♥ In loving memory of **Hannah Rose Rysavy**  
Mommy & Daddy (Wendy & Ben)
- ♥ In loving honor of **Gabrielle DenHartog** expected birthday 2/5/07  
Mommy & Daddy (Callie & Aaron)  
Grandma & Grandpa Kieger
- ♥ In loving memory of **Ariel Payne, Gabriel Payne, and Xavier James Payne**  
Mommy & Daddy (Cindy & James)
- ♥ In loving memory of **Trevor Richard Pint**. Happy 5<sup>th</sup> Birthday!  
Mommy & Daddy (Kristy & Joseph)  
Aunt Deb & Uncle Matthew Hoffer  
*"Trevor, we miss the opportunity to watch you grow, but look forward to seeing you in Heaven."*



## Memorials

- ♥ In loving memory of **Blake Robert Stadler**  
Grandma Cheryl Armagost
- ♥ In loving memory of **Mariah Grace Boerner**  
Mommy & Daddy (Lisa & Joel)
- ♥ In loving memory of **Thomas Mies**  
D. & J. Jenner
- ♥ In loving memory of **Joseph Thomas Markman**  
Mommy & Daddy (Lori Jo & Todd)  
Grandma Tonita & Harold Amundson
- ♥ In loving memory of **Tahirih Dimayuga**  
Mommy & Daddy (Michelle & Guadalupe)
- ♥ In loving memory of **Bennett Lou-Jean Rasmussen-Terry**  
Cecille & Randy Rasmussen
- ♥ In loving memory of **Sara Jane Murray**  
Grandma Tonita & Harold Amundson
- ♥ In loving memory of **Baby Wisdorf**  
Susan & John Wisdorf
- ♥ In loving memory of **Garrett Robert Sterling**  
Mommy & Daddy (Amy & Brad)
- ♥ In loving memory of our precious little Arianna Luella Trotman. Happy First Heavenly Birthday!  
Karen Tienter



## Can I Smile Without A Cry?

By Jacqueline Savageau

Today I smiled,  
Then I cried,  
Will it ever end?  
I want to be happy,  
To remember you with a smile...  
But you never got to cry,  
You never got to smile.

So I must learn to smile,  
I know I can cry.



## Inner Tempest Stilled

By Beenie Legato

Sometimes I sense a little flutter.  
Like a shadow swiftly slipping by.  
Or I hear a silent, gentle murmur,  
Like a soft whisper from out of the sky.

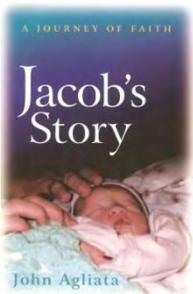
Sometimes, I hear you call my name,  
Or clearly see your face before me.  
And I feel that you are with me still.  
Then peacefully, I come to know.

As I am thinking happy thoughts of you  
You, my son, are thinking of me too.  
Loving memories fill my aching heart.  
As dreaming dreams of what could be...

Or might have been, if you were here.  
Until the piercing pain of losing you  
Comes tumbling down on trembling fear.  
And clearly once again I hear you say,

“But Mommy...  
What if I had never been?  
You could not then in Love remember me.”

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## Jacob's Story

Infants Remembered In Silence would like to thank John Agliata for his kind donation of multiple copies of the book he wrote following the death of his son Jacob.

“How long is a lifetime? For Jacob Alexander Agliata, a lifetime may not be as long as one would imagine, but long enough to accomplish God’s plan for his life. Jacob’s story is a journey of hope amidst heartache, perseverance amidst pain and joy amidst suffering. It is a journey that reveals how God can use even His tiniest servants to work all things together for His Glory”

IRIS has this book available in our lending library and for sale. Our online book store will be open soon.



Be still.  
Close your eyes.  
Breathe.  
Listen for my footfall in your heart.  
I am not gone but merely walk within you.

© Nicholas Evans, 2001



## IRIS Wish List

- ♥ Baby lotions (sample size)
- ♥ Baby yarn or sport weight yarn in pastel colors. We are very low on blue yarn.
- ♥ Postal scale
- ♥ Stamps
- ♥ Lables (Avery 8160)
- ♥ Printer ink (HP 56 black HP 57 color)
- ♥ Kleenex/Puffs (non-lotion)
- ♥ Bottled Water
- ♥ Hoover vacuum bags (Type A)
- ♥ Scrapbooking supplies including scrapbooks, scrapbooking papers (both printed and solids of all colors including black and red.), all types of photo tabs and/or items to hold pictures in place, embellishments, and stickers
- ♥ Volunteers to help paint, reseal office walls and clean after work is done
- ♥ Prayers of IRIS Parents and Volunteers
- ♥ Prayer shawls for moms, dads and sick children
- ♥ Cash donations and memorials
- ♥ Books for the lending library (we accept books that you have read and would like to share with other bereaved parents, grandparents, and friends)



Each year, dozens of nominations flood the Faribault Daily News with the names of people who make the lives of those around them better; quietly and without expecting recognition. Diana Sundwall is one of the eleven who were honored for their efforts.

From the loss of her son, Diana Sundwall gained a family. Sundwall, the founder and executive director of Infants Remembered in silence, has helped right upended families who lost children during pregnancy or infancy. “in her gentle way, she helped both my husband and I through our darkest times and helped us accept out new normal,” said nominator Deanna Kuennen. “We do not know where we would be without Diana, and we are only one family that has had our lives touched by her.”

Sundwall founded IRIS more than two decades ago after the death of her stillborn son, Derek. She’s combined that experience with compassion to help families mourn.

“She has helped hundreds and hundreds of people, never seeking recognition or accolades. But she deserves recognition and accolades.” Kuennen said.



# The ABC's of Grieving

by Rob Anderson

## **A**lways be good to yourself.

Only you can heal you, so it's very important that you be good to yourself and take care of your body, mind and spirit. You're the driver on this journey, drive carefully, but do keep driving by being good to yourself.

## **B**elieve in your courage and your power.

Courage you have. The testament to that is that you're reaching out for help by reading this. Believe in your courage and it can guide you to good places where you can use the power of your commitment to help yourself feel better.

## **C**onstantly reach out for ways to heal.

There are many, many ways and places to find avenues for your healing. Through books, support groups, friends, family, asking for help and being in the moment, healing can happen at any time.

## **D**o what's best for you.

To regain your smile, grieve and heal in ways that work best for you. Others may try to steer you down the path they want you to take, but always take the path that feels right to you, regardless of what others want. Listen to your heart.

## **E**xpress yourself in positive ways.

There are positive ways and negative ways to let out your pain. How you do that will determine your healing habits. Grieve positively and you can heal and find your smile and meaning again. Grieve negatively and life could be more difficult for you and those who love you.

## **F**ight for the life of your loved one.

Your loved one is much, much more than just his/her body. Your pain is deepest because of the loss of the physical, but she/he child can still live through your memories, their life force and your love. Death can never take those three things from you. Don't let death take it all.

## **G**ive yourself time.

This is a molasses-in-winter journey, be patient with your healing. It's slow, but it does move forward if you do your work. Don't expect your grief to ever completely leave you. After all, it tells you how much you loved.

## **H**eal at your pace, regardless of what others may expect.

"Are you over it?" is what others may think and say? Pay no attention to them. This is your journey to be walked at your pace. There is no logical conclusion or finish line to your process. Do it at your speed as you move further down your path. Be true to yourself.

## **I**t's okay to feel anything you want to feel.

No matter how scary or frightening your emotions are in the beginning, it's okay to feel ALL of them. Let them in, express them in positive ways and the negative ones can leave you. If they linger and become your comfort zone, reach out for help.

## **J**ump into a healing life with both feet.

The deep end of the pool may be scary, but for healing to begin, you must jump in with both feet and learn how to swim. Full commitment to your healing can see your return to a meaningful life where you can find your smile again.

## **K**eep on truckin'.

Keep your pedal to the metal and never stop searching for ways to heal. You may have failures and setbacks (those are normal) and your engine may stop working for a while, but to heal your heart, pop the hood, crank your engine back up and throw yourself into forward gear.

## **L**et your love keep you moving ahead.

It's in your love where you will find your greatest healing. There is no past tense to love. The love you have, you will always have. The love they give, they will always give. Love is the "Super Bowl" of healing.

### **M**ake the decision to heal.

Healing is a decision. Just like not to heal is a decision as well. Your broken heart will not mend, your smile will not return until you say, "I want to feel better, and I am determined to make that happen." Once that comes to your life, there will be no stopping you.

### **N**ever ever, ever, ever, ever give up. Read that again.

Winners never quit and quitters never win. Your life will be difficult, no way around that. If you give up on yourself, it will remain difficult. If you never give up; and I mean never give up on yourself, good things can come to your life in many, many ways.

### **O**ccasionally get away from your grief work.

It's also okay not to grieve and to get away from your work for a while. Taking a break and having fun doesn't mean you're forgetting or letting your loved one go. It means their life is returning to your life in positive ways. Express your healing by experiencing the many good things life has to offer. You won't be leaving your loved one behind, you'll be taking him/her with you.

### **P**atiently, but persistently push yourself.

There may come a time when you plateau in your journey and you'll wonder if you're healing has stopped. It has not stopped, but your expectations may set you up for failure because you think you should be further along in your journey. Drop your expectations of being at a certain place at a certain time and keep pushing forward.

### **QXZ** – No, you're not going crazy, you're grieving.

Just like these letters don't make sense, your life won't make sense for a long time and you might feel like you're going crazy. Your life is in a blender switched on high while you're working through the most difficult journey you've ever begun. Keep doing your work and the blender will slow down and eventually stop. Life can make sense again.

### **R**ealize that it's okay to heal; it's okay to feel better.

Losing your pain doesn't mean you're losing your loved one or forgetting them. Guilt is a destructive force with no upside. It's absolutely okay to heal, it's absolutely okay to smile; that's what the life of your loved one is telling you—listen!

### **S**tay on track, stay positive, stay strong.

Don't let grief win. Grief wants you down and thinking negative "I can't do this" thoughts. Give grief the boot by telling it, "I am strong, I can do this," and keep your eyes on the prize, right along with your smile and meaning.

### **T**ouch the lives of others through your healing.

You get when you give. You can't give your love directly anymore, but you still have all of it. Give that love away by helping others through volunteering, writing, speaking or just holding another bereaved person's hand. Give away your healing by giving away your love.

### **U**nderstand that your journey is survivable.

Look to other bereaved people who are further ahead on their path. Learn from them, listen to their healing stories and believe that you, too, can someday tell your healing story as well. This is a survivable journey where good things can actually come from the tragedy of your loved one's death. Sounds impossible I know, but it can be true. Keep working.

### **V**ictory can be yours.

As you do your work, you'll experience large and small victories along the way. Embrace them all, absorb them all and use them as a shield against your pain and suffering. Your ultimate victory will come when you think of your beloved and smile much, much more than you will cry.

### **W**indows of opportunity.

Healing is possible every single day if you pay attention to the opportunities that come your way. It may be a butterfly, it may be a song, it may be a memory or a feeling of hope. HOPE: Healing Opportunities are Possible Everyday.

### **Y**esterday, today and tomorrow.

It's called the past for a reason, it's time that has passed, never to return. If you try to live there (visiting is fine) your healing will suffer. As you know, tomorrow is unpredictable. No one knows what the new day will bring. If you pay attention to this moment and search for the healing in it, you can find it. Right here, right now is where you'll do your best work.

**Infants Remembered In Silence, Inc.**

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[www.irisRemembers.com](http://www.irisRemembers.com)



Remembering



**Pain**

By Lori Rud

I walked in...  
Everyone was crying.  
I couldn't face the fact  
Of a little child dying.  
I held my sister close  
And whispered, "I love you."  
I wanted to ease her pain,  
But didn't know how to.  
We walked up slowly  
To the coffin that laid ahead.  
We wanted to see Brock laughing,  
But he slept peacefully, instead.  
She place her hand gently  
On his sweet, innocent heart.  
He is her perfect angel,  
And angles never part.  
He will always be with her.  
He will always be there,  
If she just looks into her heart  
To find the memories they share.

In memory of Brock Aaron Slater  
August 27, 1993 – November 29, 1993



**IRIS Communication**

**Have you moved ? Are you moving ?  
Do you have e-mail ?**

- ♥ If you have moved or are planning on a move please let the IRIS offices know. Our newsletter is mailed by "bulk mail" and it will not be forwarded to you.
- ♥ Our current newsletter is always available online in color! Visit [www.irisRemembers.com](http://www.irisRemembers.com) for current updates and newsletter archives.
- ♥ Please take a few moments to send us an e-mail with your current e-mail address; you're missing a lot of information and events if you have the wrong address or no address for you! [iris@qwestoffice.net](mailto:iris@qwestoffice.net)