

2020 Wave of Light

Welcome

In October of 1988, President Ronald Reagan proclaimed the month of October as National Pregnancy and Infant Loss Awareness Month. President Reagan was himself a bereaved father, losing a daughter at just one day old in 1947. He knew firsthand how it felt to lose a child and he recognized how important it was to honor, remember and bring awareness to this tragedy that spans across time and generations. On October 15th, every year since then, people around the world have lit candles to create a wave of light in remembrance of the millions of babies who die every year. Grieving parents, siblings, family and friends light candles in the comfort of their own home and communities gather at candlelight ceremonies. Normally, we would be a community gathering together to honor and remember our forever loved babies in person. However, due to COVID, we are remembering in smaller gatherings, with limited family and friends, or even alone. If you are alone during this time, know that our hearts are with you and we remember your beloved child alongside you.

Our hope for Wave of Light 2020, is that you will find a quiet space to reflect, remember, and honor the baby or babies that have brought you to this space. Whether your loss has been in recent days or decades ago, whether your loss came from miscarriage, stillbirth or infant death, whether the loss was your own or of someone you hold dear, we welcome you to participate in Wave of Light 2020.

In the pages that follow, you will find materials to help you create your own Wave of Light. Use them as you feel comfortable or use them as a guide to create or find the materials that fit you best. Step outside and watch the sunset, turn down the lights inside and light a candle. Gather with family, friends, neighbors, or reflect alone. There is no right or wrong way to participate in Wave of Light 2020.

Sample order:

- *Play a song from the Spotify playlist*
- *Read the Wave of Light Reflection*
- *Have a moment of silence: say the names of those you are remembering*
- *Play a song from the Spotify playlist*
- *Read a poem*

- *End with another song or poem*

You will also find other resources in the Wave of Light materials:

- *Pregnancy & Infant Loss Support Groups*
- *Reading/Book list*
- *Suggested song list*
- *Color sheet*

Use these resources as needed or pass on to someone who you feel would benefit from them.

Lastly, while this is not the way we envisioned the 2020 Wave of Light, we are encouraged by the awareness that we can bring to pregnancy and infant loss. Post your color sheet on your front door or on a bulletin board at work. Take pictures of your lit candle and/or color sheet and share on social media using #kyleighsgift and #waveoflight. Share these resources with others who need support. We might not be together in the same space, but we are a community brought together by our beloved babies...

We are a community

Not by choice

But by circumstances;

We reach out

To each other

In love and understanding,

With tolerance and patience;

We are a community,

We do not grieve alone.

May we all remember the life, the love and the loss that so many women and men experience through miscarriage, stillbirth and infant loss.

~Kyleigh's Gift

Wave of Light Reflection

*We are in the midst of change,
As we navigate uncharted waters,
Coping with many losses on many shores.
We miss being able to gather in numbers,
To offer each other support and comfort in familiar ways.
We are coping with physical isolation and geographical separation
In this age of COVID which has disrupted our life patterns.
Although we cannot gather in person with the many who are grieving,
We are still safely together in spirit,
Connected to each other regardless of this pandemic.
May we continue to reach out to one another,
Sharing our hearts, thoughts, time and transitions,
Making new patterns of mutual comfort and strength,
Over the pathways of virtual visits, phone calls, social media,
Cards and notes, prayers and blessings.
We are all connected, all together, even in these times.
May we find peace, connection, hope and love
As we live into a changed future.*

*Rev. Dr. Carmen Lile-Henley, OSL,CT, BCC
Liberty Hospital Chaplaincy Services*

Wave of Light Poems

We Remember Them...

In the rising of the sun and in its going down, We remember them;
In the blowing of the wind and in the chill of winter, We remember them;
In the opening of buds and in the warmth of summer, We remember them;
In the rustling of the leaves and the beauty of autumn, We remember them;
In the beginning of the year and when it ends, We remember them;
When we are weary and in need of strength, We remember them;
When we are lost and sick at heart, We remember them;
When we have joys we yearn to share, We remember them;
So long as we live, they too shall live. For they are now a part of us as ...
We Remember Them.

-Sylvan Kamens and Rabbi Jack Riemer

Journey of the Survivor

There will come a day, when the tears of
sorrow will flow into tears of
remembrance, and your heart will begin to
heal. The grieving will be interrupted by
moments of joy, and whispers of hope.
There will come a day, when you will
welcome the tears of remembrance, as a
rainbow of the soul, a turning of the tide, a
promise of peace.
There will come a day, when you will
begin to live forward, finding your new
normal, and treasuring each tear.

-author unknown

I Will Love You

As long as I can dream, as long as I can think,
As long as I have a memory...I will love you.
As long as I have eyes to see, and ears to hear,
And lips to speak...I will love you.
As long as I have a heart to feel, a soul stirring inside me,
And imagination to hold you...I will love you.
As long as there is a time, as long as there is a love,
As long as I have breath to speak your name,
I will love you.

-author unknown

Wave of Light Poems (cont.)

Twinkle, Twinkle Little Star

Twinkle, twinkle little star,
up in Heaven is where you are.

Flying high and twinkling bright,
My guiding star, my shining light.

Twinkle, twinkle little star,
My perfect angel is who you are.

-Miscarriage & Pregnancy Loss FB

Whispers

Dear Daddy, please try to remember

that I love you more than anything.
The moment I came to your heart
I heard the angels softly sing.

I went to them to have a listen
to their lullabies so sweet,
and wrapped in gentle wings of tender
my dearest daddy: I fell asleep.

I wish that I could dry your tears
each day, as I watch over you.
And when you say my name at night
I whisper:

Dad, I love you too

-Miscarriage & Pregnancy Loss FB

Pregnancy & Infant Loss Song List

- *The Promise*, by Tracy Chapman
- *Winter Bear*, by Coby Grant
- *I Will Carry You*, by Selah
- *I Will Not Say Goodbye*, by Danny Gokey
- *Hope in Front of Me*, by Danny Gokey
- *Oh, My Soul*, by Casting Crowns
- *Somewhere Over the Rainbow*, by Israel Kamakawiwo'ole
- *Come As You Are*, by Crowder
- *Dancing in the Sky*, by Dani & Lizzi
- *Your Hands*, by JJ Heller
- *Still*, by Gerrit Hofsink
- *Until Heaven*, by Sarah Ann
- *Olivianna*, by JJ Heller
- *Precious Child*, by Karen Taylor-Good
- *Glory Baby*, by Watermark

Spotify Playlist:

<https://open.spotify.com/playlist/7tLzYJIC5PmH47kPaQkNu7?si=OLpNUWTaQEWqnevLWTkmYg>

Pregnancy and Infant Loss Support Groups and Counseling Resources

Alexandra's House –

A community based, peer led program that provides support for pregnancy and infant loss.

Contact: (816) 931-2539 or care@alexandrashouse.com

www.alexandrashouse.com

<https://www.facebook.com/Alexandras-House-245823338223>

KC HOPE Ministries –

Meets the first Thursday of the month at 7:00 p.m. at Antioch Bible Baptist Church in Gladstone, MO. Providing support and healing for those who have lost babies through miscarriage, stillbirth and infant loss.

Contact: 816-436-1649

<https://www.facebook.com/KC-HOPE-Ministries-150410678348598>

Shawnee Mission Pregnancy and Infant Loss Support -

This group is open to those who have suffered a loss regardless of their stage in the grieving process. Meets the first and third Thursday of every month from 7:00-8:30 p.m. at the Center for Women's Health, Shawnee Mission Medical Center.

Contact: 913-632-4223

<http://supportgroupsinkansas.org/node/1715>

Solace House –

Center for Grief and Healing in Prairie Village, KS, that offers individual counseling and support groups for children and adults in any grief and loss situation.

Contact: 913-341-0318

<http://www.solacehouse.org>

The Compassionate Friends – TCF of North Metro

Provides comfort, hope and support to families experiencing the death of a child or grandchild at any age. Meets at Pleasant Valley Baptist Church in Liberty, MO.

Contact: Michele (816) 436-5034 or Cindy (816) 296-3667 libertymotcf@yahoo.com

<https://www.compassionatefriends.org>

Unforgotten –

Supporting mothers of living children who have lost babies in pregnancy or Infancy. Meets at a Mission, KS home the third Monday of each month.

Contact: Michelle Beasley, 913-808-7031, unforgotten.michelle@gmail.com

<http://www.unforgottensupport.com>

You Made Me Mom –

Serves any woman who has lost a child due to miscarriage, stillbirth or infant death; faith-based group. Meets the third Thursday of the month, 7:00-9:00 p.m., in-person or virtual.

Contact: Amy Balentine, amy@youmadememom.com

www.youmadememom.com <https://www.facebook.com/youmadememom>

On-Line Support:

**There are several on-line organizations and support programs available, here are a few popular ones:*

- **Share Pregnancy and Infant Loss Support:** <http://www.nationalshare.org>
- **The Compassionate Friends:** www.compassionatefriends.org
- **babycenter Community:** Miscarriage, Stillbirth & Infant Loss Support: <http://community.babycenter.com/groups/a15155>
- **Stillbirthday:** www.stillbirthday.com
- **Grieving Dads –** www.grievingdads.com

This is not an all-inclusive list of support groups in the area. We encourage you to confirm meeting dates/times before attending. For more information, changes, or to share additional community resources please contact the Liberty Hospital Birthing Center Social Worker by calling 816-792-7229.

Updated September 2020

Pregnancy and Infant Loss Books

General:

- Empty Arms: Coping with Miscarriage, Stillbirth and Infant Death, *by Sherokee Ilse*
- Empty Cradle, Broken Heart: Surviving the Death of Your Baby, *by Deborah L. Davis*
- Grace Like Scarlett: Grieving with Hope After Miscarriage and Loss, *by Adriel Booker*
- When Hello Means Goodbye, *by Pat Schwiebert and Paul Kirk*

Mothers:

- Sunshine After the Storm: A Survival Guide for Grieving Mothers, *by Alexa Bigwarfe*
- You Are Not Alone: Love Letters from Loss Mom to Loss Mom, *by Emily R. Long*

Fathers:

- From Father to Father: Letters from Loss Dad to Loss Dad, *by Emily R. Long*
- Grieving Dads: To the Brink and Back, *by Kelly Farley*

Couples:

- Grieving Parents: Surviving Loss as a Couple, *by Nathalie Himmelrich*
- Holding on to Love After You've Lost a Baby: The Five Love Languages for Grieving Parents, *by Gary Chapman and Candy McVicar*

Devotionals:

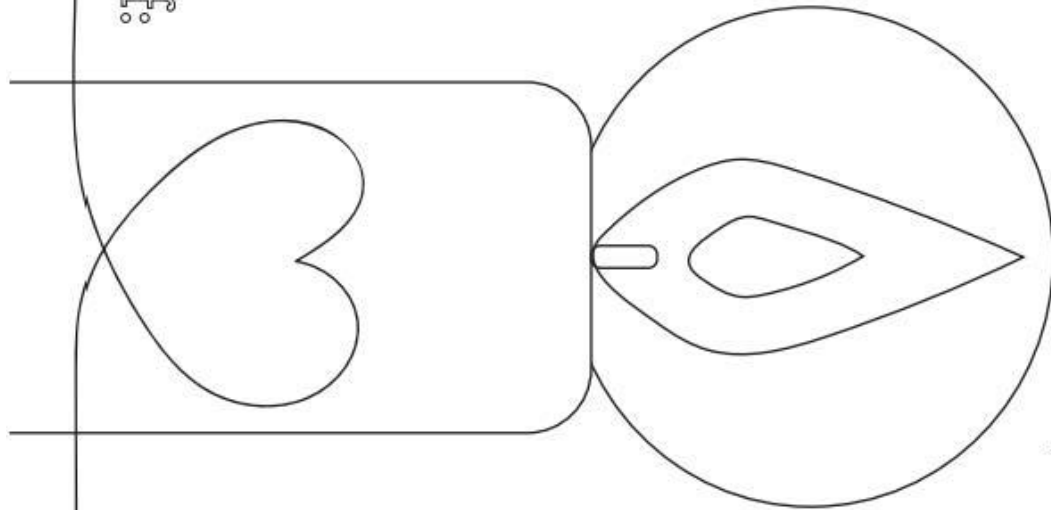
- Grieving the Child I Never Knew: A Devotional for Comfort in the Loss of Your Unborn or Newly Born Child, *by Kathe Wunnenberg*
- Loved Baby: 31 Devotions Helping You Grieve and Cherish Your Child After Pregnancy Loss, *by Sarah Philpott*

Siblings (Children's Books):

- My Sibling Still: for those who've lost a sibling to miscarriage, stillbirth and infant death, *by Megan Lacourge*
- Our Heaven Baby: a book on miscarriage and the hope of Heaven, *by Leah Vis*
- Something Happened, *by Cathy Blanford*
- The Invisible String, *by Patrice Karst*
- We Were Gonna Have a Baby, But We had an Angel Instead, *by Pat Schwiebert*

*This is not an all-inclusive list of pregnancy and infant loss books. We encourage you to use your local library to preview a variety of books. Liberty Hospital Foundation and Kyleigh's Gift do not endorse any of the above titles; this list is shared for resource purposes only. For further assistance or additional grief resources please contact the Liberty Hospital Birthing Center Social Worker by calling 816-792-7229.
Updated September 2020*

Moments of Light
PREGNANCY & INFANT LOSS AWARENESS



In Memory Of:

(name)

Image credit: fullcircle.org