

# Forever Angels



*Hello Everyone,*

*Some additions to last month's support list. A couple of members have shared resources which helped them. If you have a resource you would like to share, please let me know at [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org). I will be pleased to add it to the list.*

*Multiple Births Canada's Annual Conference takes place in Collingwood, Ontario 16-18 October, 2009. The focus will be Chapter Development coupled with the Annual General Meeting. We have two motivational speakers on hand, Jacques Brunet and Spencer Brennan. If you are uneasy about public speaking (and who isn't??) and would like to learn more about putting yourself and your audience at ease, then be sure and attend these enlightening sessions. There will also be some guidance with team building and keep your group on track. This information can also be applied to the work place, community projects, presentations, volunteer positions, religious projects and more. If you would like more information, check out the details at [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org).*

*If you change your e-mail address, don't forget to let me know. Or if you have any thing you would like to share, please don't hesitate to get in touch. Be gentle with yourselves.*

*Thinking of you,*

*Lynda*

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Share Corner.....

Further to the Loss Resource Listed in **Forever Angels**, #09-08, the following additional recommendations have been received:

sent in by Christina Kafkakis

An Exact Replica of a Figment of My Imagination: A Memoir by Elizabeth McCracken. She endured a stillbirth and subsequent birth of her 'Rainbow Baby'.

A Mother's Grief Observed by Rebecca Faber

Silent Grief by Clara Hinton.

~ and ~

Stephanie Azri, Clinical Social Worker and LSN member, has written a book, High Risk Pregnancy and Foetal Diagnosis. More information can be found on her Web Site at [www.stephanieazri.com](http://www.stephanieazri.com)

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Young Surviving Twin Looking for a Pen Pal.....

I have been contacted by the Mother of an 11-year old surviving twin whom would really like to connect with someone about her own age. If you, or someone you know, would like to connect with this Young Lady, please contact me and I will give you her co-ordinates.

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*When all is still and silent  
And sleep forsakes my eyes,  
My thoughts are in the silent grave  
Where my dear child lies.  
Too dearly loved to be forgotten.*

*~from an obituary*

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Loss of all Babies Through Multi-Fetal Pregnancy Reduction.....

I hope it's fine that I e-mailed you. I just read your article on multi-fetal reductions. I have had a multi-fetal reduction from 5 to 3 babies. I thought it would save my pregnancy but I was wrong. Two weeks after the reduction I started to dilate and delivered one of my surviving babies. A week later I had to be induced due to an infection and delivered the two surviving babies followed by the 2 reduced babies. I lost all my babies. How do I deal with my loss? I am really having a hard time understanding what went wrong. Please reply to this e-mail. Thank you, Vanessa.

Hello Vanessa,

Of course it is okay that you e-mailed me. I am so sorry to hear of your losses. I can't imagine how you are feeling and what you are going through, but I am so sorry that this has happened to you. Multifetal pregnancy reduction does have its risks, as does any intrusion into the uterus, e.g. amniocentesis. I wish I had a magic wand that I could use so that this would not have happened. I would even settle for some consoling and comforting words, but none are coming other than to say again, I am so sorry. It must seem like the end of the world.

What makes loss in this situation so difficult is the fact that reduction is difficult to talk to family and friends about and they made not understand the choice to reduce for a variety of reasons, e.g. religious, ethical, knowing about other successful outcomes and so on. it is hard to know where to turn for understanding and support.

If you are finding things very difficult, it may be worthwhile to join a bereavement support group or even one on one support. It may also be helpful to consider seeing a professional grief counsellor should you think that would help. Speaking to a trained individual can also be extremely helpful.

Please accept my sincere condolences on your losses, Vanessa. Nothing about this is fair at all.

Enclosing peace and comfort.

Hugs  
Lynda

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*Four years now you've been gone,  
But our "twinness" does not end  
You were more than just my sister,  
You were my soul mate, my best friend.  
Our life together was filled with  
Adventures and carefree play,*

Forever Angels #09-09

*These memories, they comfort me  
Even more than words can say.  
I'm privileged to have laughed with you.  
To have cried and shed some tears.  
You knew all my hopes and dreams  
As well as secret fears.  
I realize how blessed I am  
To have found a friend in you.  
At times your love was the difference  
That somehow got me through.  
I miss so much about you.  
You're such an influence in my life.  
You've made me want to be  
A better daughter, mom and wife.*

*~from an obituary*

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### Messy Moments in Grieving...

Grieving is not a very smooth process. It is not one of those dances that flows nicely from one movement to the next. The steps feel choppy at times and not so pretty.

The pain is intense and sometimes just plain hard to bear. One moment you are feeling quite ok and the next like the bottom has just dropped out of your world. This can happen many times a day without notice.

Other things in life get in the way of one being able to step freely. It is unpredictable at best. There is the stuff of dealing with family (sometimes it is impossible as others are hurting too). There is the stuff of longing for and missing loved people, that are now gone.

So you go from step to step, stumbling over the events of the days where even the smallest of things grabs you right where it hurts.

As the leaves fall off the trees, just be in the grieving moments as you move through them. Allow the steps to flow and unfold instead of fighting against things.

Open to the moments so you can breathe and be. The journey will bring you new life and order into your steps in it's own time.

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