



The Miscarriage Association

OF IRELAND

Carmichael Centre, North Brunswick Street, Dublin 7.

Telephone: 8735702/8725550

Registered Charity Number CHY9738

SPRING/SUMMER 2003

NEWSLETTER

Welcome

We would like to welcome you to our Summer Newsletter.

To our regular readers, we would like to thank you for your continued support. We hope that this newsletter will offer some support if you are receiving it for the first time. We hope that reading it may help you feel less isolated in your grief following the loss of a baby through miscarriage.

We have often been asked about our logo so hopefully the item on this page will go some way towards explaining its origins.

Maggie O'Neill & Mary Lawson

May 2003



Our Logo

The tree symbolises all our family trees.

The falling leaf reminds us of the missing yet very precious members of our families.

Monthly Meetings – Change of Venue

From Thursday 4th September 2003 our Monthly Support Meetings will be held in Griffith College on the South Circular Road, Dublin 8.

The College is situated beside the National Boxing Stadium and is serviced by several bus routes. Off the road parking is also available within the College grounds.

Meetings start at 8.00 p.m. and finish at 9.45p.m.

Annual General Meeting

Thursday 12th June, 2003

All paid up members are welcome to our AGM which takes place on Thursday, 12th June, 2003 in Whitefriar Street Community Centre, Aungier Street, Dublin, 2 at 8 p.m.

Service of Remembrance

Sunday 9th November, 2003

Our Annual Service of Remembrance takes place on Sunday 9th November 2003 in St. Theresa's Church, Donore Avenue, SCR, Dublin, 8 at 3p.m. Parents, family members and friends are all welcome at this Service regardless of how long it is since the loss of the baby.

MAI Committee

Maggie O'Neill
Chairperson

Karen Gilligan
Secretary

Mary Lawson
Treasurer

June O'Toole
Committee Member

Cathy Lynch
Committee Member

Those Precious Days

Those precious days can be extremely painful for us as we remember our babies and think of what might have been.

Losing a baby through miscarriage is different from other anniversary days insofar as you have two days to remember: the date you lost your baby and your baby's due date which may be a few months down the road from when you lost your baby.

We often spend many painful hours or days wondering and worrying about how we are going to cope with this anniversary date. We often think of ways that may help to ease the pain on these days such as, maybe working hard that day and trying to blank it out altogether, hoping to be pregnant again by this date so that the pain won't be so intense, being totally upset by the isolation because others won't remember the significance of the day.

Many of us have agonised over these days and isolated ourselves in the hope that the pain would feel less if we spoke little about it.

The reality of it is these days cannot be avoided. Though painful to face into, often the dread of the day turns out to be more painful than the day itself. We are very aware of the isolation of losing a baby through miscarriage and would encourage you, through our experiences of our own babies' special days, to mark them in some meaningful way.

Some people find it helpful to plan a day off work so that they can remember their babies by visiting their baby's grave, if they have one, or our Memorial Stone, erected in memory of all babies lost through miscarriage. Others find comfort in going to nature to be with their thoughts while some may like to stay at home and cook a special meal.

Maybe you would like to talk to someone about your baby, your dreams and hope and yet may feel that too much time has passed. Please remember that you can call us regardless of how long it is since you lost your baby.

There are also other times of the year when you may find it difficult to cope with the loss of your baby such as Christmas, Mother's Day/Father's Day, which are totally geared towards children and their parents. We encourage you to use the support you have around and if you feel that it is no longer available to you, remember that we are.

Though there is great pain in remembering in these early years, in time, remembering your baby will become a very precious memory in your heart.

Miscarriage Awareness Day – Saturday 20th September 2003, Conference Centre, City West Hotel, Saggart, Co. Dublin

We feel that there is a huge need for an Awareness Day about losing a baby through miscarriage. We hope to gently offer healing to women and their partners following such a loss. The day will encompass information talks, understanding bereavement following the loss of a baby through miscarriage, plus an opportunity to experience complementary therapies.



We are delighted that Dr. Sean Daly, Master of the Coombe Women's Hospital, Dr. Michael Geary, Master of the Rotunda Hospital and Dr. Declan Keane, Master of the National Maternity Hospital will speak on a medical topic. Dr. Vincent Moloney, Consultant Psychiatrist will speak on bereavement and Majella Flanagan, Bereavement Liaison Officer, National

Maternity Hospital will talk about her role.

We will follow with a healing afternoon which will incorporate Aromatherapy, Reflexology, Reiki and Relaxation.

Our hope for the day is that we are caring for mind, body and spirit.

An application form will be forwarded at a later date which will give full details of the schedule for the day, cost etc.



Poetry Corner

To What Could've Been

Did you hear me laugh
Or did you hear me cry
I want to know how you felt
When you had to say goodbye.
Could you hear your Daddy's voice
Or me singing my favourite song
I hope you didn't suffer and
I hope it didn't take long.
You didn't know the meaning of sin
Never knew of the world we live in
Never saw colours so bright
Nor felt on your skin, the warm sunlight.
Where once your life started
As you developed in my womb
Now it's all over and
It has become your tomb.

Baby Tony, now you've gone
There's one thing I have to say
Mammy and Daddy will remember you
Forever n' a day.

*Niamh Lawton
28th November, 2002*

Baby Sky Scollard

In the greyest gloomiest sky you are the
minuscule piece of purest white
peeping through
On a freezing cold clear night you are
the brightest star

When the cruel winds howl and shriek
you sit on a fluffy puffed-up cloud,
surrounded by warm rays of sun, and
my perfect love

Heavy drops of muddy rain never touch
you, an umbrella of sparkling
sunbeams protect you

You are the vivid colours of a psychedelic
rainbow leaping through the sky

You are the tiniest sliver of silver new
moon

You are the most beautiful blue in a blue
sky

You are my sunrise and sunset.

Grainne Scollard

You Were

You lived your life in me
flesh of my flesh
You died inside of me
blood of my blood.

No name
No grave
No memories

You were
Somewhere you are
Some day I'll see
You.

M.A. Carolan

For the Love of Courtney Niamh Riordan R.I.P.

Died 26th February 2005

A million prayers won't bring you back
I know because I've tried
Neither will a million tears
I know because I've cried.

You left behind a broken heart
And precious memories too
But I never wanted memories Courtney
"I only wanted you".

Sometimes it's hard to understand
Why certain things must be
And the reason why they happen is
Very hard to see.

You left me with word unspoken
No words can tell no tears express
The love, The loss, The emptiness.

I often lie awake at night
When the world is fast asleep
Thinking about the child I lost
With tears upon my cheek.

I cannot get over losing you, Courtney
No matter how hard I try
I will always keep you in my heart
Until the day I die.

*I love you Courtney and miss you
very much baby
Lots of love,
Your Heartbroken Mammy.*

FUND-RAISING EVENTS

Mini Marathon – Monday 2nd June:

If you are taking part in the Mini-Marathon and can get sponsorship to support us, please contact Cathy Lynch on 0506 44438.

If you aren't taking part but could arrange sponsorship for Cathy, please give her a call for forms.

Pins: The main part of our logo is a tree which symbolises the family tree. The falling leaf reminds us of the very precious missing members of our families. Our logo is now available in the form of a gold lapel pin. They are available at a cost of €3 each or €3.50 including postage and packing.

Christmas Crib Raffle: We would like to thank Olive Smith for her kind donation of the Crib to our charity.

The raffle generated €613 of much needed funds. Thanks also to all who bought and sold tickets to support us.

Fashion Show: Thanks to Dorothy Daniels and her team, we had a great night out at the Show. We thoroughly enjoyed all her models and the children who put their hearts and souls into making this a night to remember. Dorothy donated €1,750 from the Fashion Show to our organisation – Thanks a million, Dorothy!!

Blessings: Our Remembrance Blessings are available by post or at our monthly support group meetings in Dublin. Relatives or friends often wish to give the bereaved parents a gift following the loss of their baby. These little Blessings will be treasured always. We request a donation of €1 per Blessing.

Renewal of Membership: If your membership is due for renewal, please fill in the enclosed membership form and return it to us. If you would consider becoming a member, we would be very grateful, as we are a totally voluntary organisation. Our annual subscription is €15.

Sad Farewells & Anniversaries

Baby Sky
Scollard Remembered
by Ciaran, Grainne and Theo.

Gabrielle McCormack Murray died
18th February, 2003 Remembered by
Mam and Dad (Siobhan and Sean)

Baby Burke lost on 12th January 2003
Sadly remembered by Mam and Dad
(Ann and Nicky Burke) and brothers
Reece and Stephen Burke

Murray,
I will never forget you, Murray
I held you in the palm of my hand
April 10th 2003 Your due date
You are always in my heart.
Love Mammy XXX.

Welcome Babies

Lorcan,
a very welcome
son to Gina Whelan and Shay
Maguire, a new brother for
Daire.

Baby Reece Burke born 20th
June 2002 son of Ann and
Nicky Burke and baby brother
for Stephen.

Baby Liam Murphy, his arrival
was much welcomed by his
Mam and Dad (Ann and Noel
Murphy) and his big sister
Aoife.

Diary Dates

Monday 2nd June 2003 – Mini Marathon

Thursday 12th June 2003 – Annual General Meeting 8 p.m. – Whitefriar Street
Community Centre, Aungier Street, Dublin, 2.

Saturday 20th September 2003 – Miscarriage Awareness Day – City West Hotel,
Saggart, Co. Dublin.

Sunday 9th November 2003 3p.m. Service of Remembrance, St Theresa's Church,
Donore Avenue, Dublin, 8.

Saturday 15th November 2003 – Street Collection Grafton Street

MONTHLY MEETINGS – Thursday, 5th June 2003; Thursday, 4th September,
2003; Thursday, 2nd October, 2003; Thursday, 6th November, 2003;
Thursday, 4th December, 2003

All Support Group Meetings take place in Whitefriar Street Community Centre,
Aungier Street, Dublin, 2 at 8 p.m.

Please note that our Book of Remembrance will be available at our March, June,
September and December meetings.

We don't have meetings in July or August but telephone support is available and you
are very welcome to call us.

Service of Remembrance – 27th April, 2003

The third Lucan Service of Remembrance took place in St. Mary's Church, Lucan on Sunday 27th April, 2003. Marie Peelo and Joy Moore together with Fr. Joe Coyne arranged a beautiful and thoughtful Service. I spoke of losing three babies through early miscarriage and how the experience has changed my life. You never forget the babies you've lost.

The tiny lighting candles on the altar steps were a strong reminder of our lost babies. The depth of emotion was tangible and the flow of tears visible.

"I will not forget you. I have carved you on the palm of my hand." was the theme and Fr. Coyne presented a beautiful carving of a baby in the palm of a hand to the Miscarriage Association of Ireland to be used at Services nation-wide. The Lucan Folk Group's choice of songs were perfect. Their angelic voices completed the solemn and memorable service dedicated to all our little angels.

Cathy Lynch

Opinion Page

Articles are very welcome for our Opinion Page. This page is used for people to state their opinions regarding miscarriage. This could mean:

- Treatment in hospital
- Aftercare
- Infertility problems
- Future pregnancies
- News that you wish to share with us about your miscarriage.

Though people may wish to talk about their worries and concerns on this page, we would also welcome any positive experiences you have had. You may wish to remain anonymous in the newsletter but your name and address should be submitted to the Miscarriage Association of Ireland along with your letter.

Closing Date for Next Newsletter – 10th September, 2003

Please let us have your stories, poetry, articles, coming events, sad farewell, welcome babies, anniversaries and anything you feel will help those who read our newsletter. Please mark all envelopes "Newsletter". Please include name address and a contact phone number. Your name does not have to be included in the article if you wish to remain anonymous.

PLEASE NOTE: Our newsletter is circulated to members, hospitals and other interested parties and is available on the Internet courtesy of the Coombe Women's Hospital. The opinions in this newsletter are those of the contributors and are not necessarily those of the Miscarriage Association of Ireland.