



The Miscarriage Association

OF IRELAND

Carmichael Centre, North Brunswick Street, Dublin 7.

Telephone: 8735702/8725550

Registered Charity Number CHY9738

WINTER
2004



NEWSLETTER

Welcome

We welcome you to our Winter Newsletter. Again this was another year of change for our Association. We have changed our monthly support group venue from Griffith College to Buswells Hotel, Molesworth Street and we have also held a very successful Service of Remembrance in November.

For some of you, this newsletter may be the first insight you may have into the work of the Miscarriage Association of Ireland. Sadly, for some of you, this may be because you have had the very sad experience of losing your baby through miscarriage. The Committee of the Association wish to assure you that we are here in a supportive and caring capacity.

Our phone line is available to you whether you suffered your loss recently or many years ago.

Maggie O'Neill & Mary Lawson

December 2004

Mount Carmel Rose Garden Burial Plot

Sadly, we need to inform you the "Rose Garden" plot in the grounds of Mount Carmel Hospital in Braemor Park, Churchtown, Dublin, 14 has now been moved to Kilmashogue Cemetery, Rathfarnham.

The Rose Garden was a very special plot provided by the Little Company of Mary since the early 1960's for parents to bury their babies lost in early pregnancy and was much appreciated by bereaved parents.

However, the Sisters needed to build accommodation for their older Sisters. They have sought and received planning permission to do this. They are in the course of building at the moment. They have told us that they wanted to leave the plot where it was and looked, with their architects, at every possible option in order to make that happen but it just wasn't feasible.

The plot has been moved to Kilmashogue Cemetery in Rathfarnham recently and it is hoped that parents and families who have suffered through miscarriage will have another gentle and special place of contemplation and reflection.

Although the whole project was handled very sensitively, we really feel that the plot should have been allowed to stay where it was. We find it distressing that what parents felt was their baby's final resting place has now been disturbed and relocated. Our Association was extremely upset about this move and could not condone it because of the hurt it may cause to women and their partners whose babies are buried there.

Representatives from the Association were in Kilmashogue Cemetery for the day on Friday 30th July 2004 for the transfer of the plot. The Committee members stood by and watched as fifteen full size coffins containing the remains of the babies who had been buried in the Rose Garden were laid to rest.

The Association was upset that so little time was made available for all parents involved to be notified of this. Our Association did

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Miscarriage Association of Ireland Committee

Maggie O'Neill
Chairperson

Karen Gilligan
Secretary

Mary Lawson
Treasurer

June O'Toole
Committee Member

Cathy Lynch
Committee Member

Angela Grace
Committee Member

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inform our own members although we realise that parents affected might not currently be members.

We feel that David Fanagan, as Funeral Director, and the Staff of Mount Carmel Hospital handled the proceedings on the day with great sensitivity and respect.

It was an extremely emotional day carrying the pain and the emotion of parents who could not be there on the day.

For those parents, who were there, they watched as their tiny babies were laid to rest for the second time; first time they had been gently laid to rest in the Rose Garden, some many years previously, by Gardener Michael Reed. Their final resting place in Kilmashogue Cemetery is a place now where the parents can go regularly and place a flower and be with their memories.

There was a very moving and thoughtful graveside Service involving parents, religious, Hospital Staff and representatives of the Miscarriage Association of Ireland.

Annual Services of Remembrance 2004

This years service was held in St. Theresa's Church, Donore Avenue at 3pm on 7th November. For many who have begun to attend our service every year it has become a special place for them to come and remember their babies and spend time with their thoughts alongside others who have shared similar experiences of loss through miscarriage.

For others who attended for the first time, it offered them comfort in their grief and left them feeling less isolated.

Being able to stay awhile after the service to fill in the Book of Remembrance or just sit awhile with their thoughts and memories meant so much to them.

Everyone's life has become so busy lately that it feels so good to be able to stop the rush for a while and spend quiet time in memory of our precious babies.

Maggie O'Neill

Yvonne's Story

We had been trying for a baby for a year and a half. Then one day in February I did a test and was over the moon when I saw the positive sign. I made an appointment with my doctor, and my husband came with me, when she confirmed that we were going to have a baby. Well what can I say. I have never seen Mark (my husband) cry with delight. I did everything I was supposed to do, no drinking, watch what I eat, I did everything. When my ten week check-up came around, I went to my doctor, she did an ultra sound and said that she couldn't find a heartbeat but said that her machine was old and that I had nothing to worry about. So I went home and did whatever I had to do and got myself ready for work the next morning. I was working on Thursday the 8th April 2004. I was in at 10 a.m. I woke at 8.30 a.m. and found blood on the sheet. I got such a fright. I rang Mark who was in town and then I rang my Mam (who lives next door) and she came over right away and told me to go straight to the doctor. I rang Mark back and told him that I would meet him in town at the doctors. When I went in, she sent me straight to the hospital and told me it was probably nothing as sometimes it happens. When I went to the hospital, it was awful. When I told them that I was bleeding, they did a scan and told me that if I was still bleeding the next week that I was to go back and because I have a rare blood type, I had to get an anti-D shot and would I come back

another day to get it. I said that I was had a journey to make to the hospital, that if they could do it that day that I would go back so they agreed. As I was leaving the hospital (after getting my anti-D shot) I could feel a warm glow coming out of me. When I went back into the hospital, and told the nurse what had happened, she was strange with me, like feeling sorry for me, but not feeling sorry for me. I was in hospital for two days and saw four different doctors who all had a different take on what they were doing. One doctor called my miscarriage a missed abortion, which I couldn't and still can't handle. The doctors kept calling our baby a foetus and to us it was our baby. Our baby was growing inside of me and I knew our baby was real and not just a thing. Every doctor did an internal examination. I had four internal examinations and four ultra sounds. Each doctor said that we were either seven or eight weeks pregnant when we knew that we were just eleven weeks. Then I saw a doctor on Saturday morning, who told me I was ten and a half weeks pregnant. I never had a D and C as they said our baby passed through my body and that I didn't need one. But I went into hospital with some dignity and respect for my body and baby and came out feeling humiliated, scared and a lack of respect for myself after what they have done and I still have no baby at the end of it all. I hope my story will help someone else and that you are not alone.

Yvonne Lowry O'Meara

Service of Remembrance – Portlaoise

A Service of Remembrance for babies lost either during pregnancy or early in their short lives was held in St. Peter & Paul Cathedral, Portlaoise on Sunday 19th September 2004 at 3.00 p.m. It was organised by the Staff of the Maternity Unit in Portlaoise General Hospital. Although there was a very big attendance, there was a lovely intimate and moving feel to the Service. Maggie O'Neill, Mary Lawson and Cathy Lynch represented the Miscarriage Association of Ireland. Those who attended were given snowdrops to plant in memory of their babies. Many of those who attended completed our Book of Remembrance on the day. The Hospital are in the course of organising their own Book of Remembrance and we have no doubt that it will bring great consolation to those who have lost babies in the Portlaoise Hospital.

Sad Farewells

Our darling Baby.
Miscarried – 29th May
2004, Due Date – 6th January 2005
Dearly missed and lovingly remembered forever by Mammy and Daddy
Margaret and Damian Dunlea

In memory of our treasured babies,
Padraig, Sinead and Aoibheann.
Sadly missed by Mum and Dad, Janice and Tony McGrath, big brother, Sean and little brother, Tadhg.

Lost baby Naoise – October 14th 2003
to Ronan and Sinead Egan.

Welcome Babies

A special welcome
for our beautiful son, Tadhg,
born on 27th August 2003.
We love you and treasure you.
Love Mum, Dad and big brother, Sean
XXX.

Welcome to baby Christian, born on
26th July 2004. A very welcome son
for Yvonne and Donall Shiels and a
lovely little brother for Luke.

Baby Riona, born 13th September
2004 to Ronan and Sinead Egan –
little sister to Bronwyn.

Evening Echo Mini Marathon 2004 – 19th September, 2004

The Evening Echo Women's Mini Marathon took place on 19th September 2004 in Cork. Pictured here are, left to right Margaret, Gertie, Veronica and Mairead who took part. Margaret would like to thank most sincerely Damian, Gertie, Mairead, Paul, Teresa and Veronica for all their help in raising sponsorship for the Miscarriage Association of Ireland; a total of €856.70 was raised.

The Miscarriage Association of Ireland wish to thank most sincerely Margaret and her pals who put a great deal of effort into raising money for our Association.

A big thanks to you all!!!



Poetry Corner

*I am empty
Empty and abandoned in this no man's land
Every cell in my battered body shrieks, aches, sheer utter
devastation
My brain is bursting, replaying every second.
Reliving, rewinding to find a clue an answer, which it
knows, is not there.
My womb lies desolate left with only the echoes of your
souls
My babies my four beautiful babies are gone, gone but
never forgotten.*

Sheena Flynn

MY PRECIOUS ANGEL

*My Precious Murray,
For thirteen weeks I had your life inside of me,
I had so many hopes and dreams;
Love and a bond that cannot be seen.
Thirteen weeks of joy,
Thinking I bet I'll have another baby boy.*

*When I saw you on the scan;
I felt so proud of you my tiny baby
Love was there at the start,
Of your life in my womb
You already had a place deep in my heart
You were my precious tiny baby
Murray you had your own heart and soul.
Two years ago today
You left my womb
You were born twenty seven weeks too soon
Words can never convey
The heartache I your Mammy felt that day
Mammy thinks about you every day
I don't understand why you did not stay
Now you're my Angel in heaven above,
Murray you always send me down lots of love.
Thank you God for giving me a precious gift
Of having met an angel and I held him too
God please mind Murray until I reach heaven above
MY PRECIOUS MURRAY ALWAYS KNOW AND FEEL
MAMMY'S LOVE.*

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.

Service of Remembrance in Castlebar

A Service of Remembrance will be held on the 14th January, 2005 at 8 p.m. in the Church of the Holy Rosary, Castlebar, Co. Mayo. It is being organized by the Gynae Ward in Mayo General Hospital. For any enquiries, please contact Emma Lawlor at Mayo General Hospital, phone number 094 9021733.

Pins

The main part of our logo is a tree, which symbolizes 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.

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.

Monthly Meetings :

Our Support Group Meetings now take place in Buswell's Hotel, Molesworth Street, Dublin at 8 p.m. on the first Thursday of each month except July and August.

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.

People go through different stages in their grief, particularly coming up to the time their baby was due. If it is a difficult time for you, please remember that you are always welcome to come to our meetings.

CHRISTMAS CARDS

Please support the Miscarriage Association of Ireland.

Orders for Christmas Cards:

Prices (Including Postage)

■ €7 each per pack of 12 cards

■ €24 for 4 packs



Please contact **Cathy Lynch, Aughanrush, Killeigh, Tullamore, Co. Offaly**, Telephone **0506-44438**.

Please order early to avoid disappointment.

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. We reserve the right to amend or abridge any contribution if we deem it necessary to do so.

Closing date for contributions to the next Newsletter – 1st March 2005

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.