

This book contains excerpts written after my third miscarriage in October 2009. Throughout the entire experience I shared my experiences on my blog and now I use what I've written to visually help you relate to my journey through this loss.

*More written in October through this loss can be found online :  
<http://www.amandakern.com/blog/my-miscarriage-experiences/>*

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*Our Loss is Heaven's Gain*  
October 2, 2009



The last few weeks I've been keeping a pretty

**BIG SECRET** hopes

from everyone in

to have shared great news today that

**OUR FAMILY WAS**

expecting our

**3<sup>rd</sup>** CHILD.

However, after going to the doctor for the 4th time in just over two weeks

**it was CONFIRMED**

**TODAY THAT THE**

does **NOT** have a

**HEARTBEAT.**

that I've been carrying for nearly seven weeks

It's extremely **TOUGH** to accept, but for the

**THIRD** TIME IN JUST OVER 10 YEARS

**I have miscarried**  
**ANOTHER BABY.**

DURING THESE TOUGH TIMES I AM REMINDED THAT OUR LOSS IS HEAVEN'S GAIN.

October 2<sup>nd</sup>, 2009

As I have experienced just about EVERY RANGE of

*emotions*  
these last few weeks, even more so today

THE TOUGHEST PART HAS BEEN **TELLING**

**HOPE.**

When we first found out that we were expecting 3 weeks ago Jason and I decided we would inform Hope of the good news, **DESPITE MY HISTORY OF MISCARRIAGES.**

She has heard over the years of our losses so we knew she understood the risks when we told her the good news a couple weeks ago.

However, now that I have miscarried  
ONE OF THE  
**HARDEST**  
PARTS IS KNOWING HOW MUCH MY

Baby Girl,

MY **HOPE,**

IS *hurting*  
inside.

All I could do was hold my baby girl as both  
OUR HEARTS BEGAN TO HURT A LITTLE MORE  
knowing there was **NOTHING**

Save this **BABY**  
we could do to  
we had come to both want so much.

As I held her today and we both cried,

I was reminded of the first two miscarriages  
before having Hope and how just like now, "hope"

was about all  
I had left within.





I am **Blessed**

There really isn't anything that will make the upcoming days, weeks, and months ahead any easier,  
but the one thing that will see me through all the moments ahead is reminding myself just how blessed I am already.

The first two times I miscarried **I REMEMBER HOW MUCH IT HURT,**  
not just to lose a baby but to wonder if I would ever be blessed with a child.

**I FEEL SO LUCKY THAT I DO NOW HAVE TWO CHILDREN.**  
I really thought that my history of miscarriages was behind me, but apparently not.

But having two beautiful, healthy children reminds me that through these trying times

***I have been blessed.***

Just as with the past miscarriages and I am so thankful to have this amazing man standing behind me and loving me so dearly.  
Jason has been that strength I have needed and once again I am so appreciative he is here through these trying times.

He has had to **MY EMOTIONS** these last  
endure so many of few weeks.

**HE HELPED REMIND ME OF ALL THOSE IMPORTANT THINGS THAT LIFE HAS AHEAD FOR ME.**

I'm even more appreciative because as I will likely be taking time to rest and recover he has and will continue to be

**MY STRENGTH**

as he has had to make countless phone calls to inform those closest to us who did know the news.



I don't know how many times people have referred to me as  
"SUPER WOMAN." If only the world knew just  
how much this SOUL of mine has hurt they'd know

I struggle <sup>so HARD</sup>  
to hold on to  
the STRENGTH

to get through painful moments like these and that

I am far from  
"super woman"



The emotions I feel right now are so connected  
to many of the words Whitney Houston sings  
in the song I feel has held me through the  
last few weeks

"I didn't know my own  
strength"

"There were so many times I  
wondered how I'd get through the  
night. I thought I took all I  
could take. I didn't know my own strength.  
And I crashed and Tumbled, But I did not  
crumble. I got through all the pain. I didn't  
know my own strength. Survived my darkest  
hour. MY FAITH KEPT ME ALIVE. I picked myself  
back up. Hold my head up high.  
I was not built to break  
I didn't know my own strength."





You will have many friends  
when you need them.

Just shortly after learning I was pregnant I got this fortune and found it so fitting.

At the time, though I feared the thoughts of a miscarriage, I was almost more overwhelmed with the thoughts of how I'd juggle teaching fulltime, pursuing my masters at Savannah College of Art & Design, continuing with my photography, and adding one more child to my family.

I was told time and time again by the few that I did tell early on that if there was anyone who could do it, it would be me.

Now as I sit here and experience all the emotions that follow miscarrying,

**I'M REMINDED THAT THERE ARE SO MANY OF YOU WHO DO CARE DEARLY AND ARE THERE.**

I hope not to sound rude, but there are only a very small number of people who I have allowed into this circle of mine during this grieving process and as much as I know you all care...

right now I sincerely appreciate the much needed space and continued prayers

As it takes so much to tell you all this news, I must tell you from my experiences in the past,  
that I likely will not care to talk about it often.

**JUST THE THOUGHTS OF THIS LOSS BRINGS ME TO TEARS,**  
and likely will for days, weeks and months ahead.

## *Where we go from here*

Monday morning I will be undergoing a D&C surgery.

Though I did have a choice to wait to see if the miscarriage would occur naturally, I personally did not want to wait any longer than needed.

**I AM SURE I WILL BE GRIEVING FOR A WHILE,**  
but I am confident that the quicker I can put the physical factors of miscarrying behind me  
that it will enable me to accept and let go a little easier so that

**I MAY MOVE ON WITH LIFE**

and hopefully resume some normalcy in my life.

I will likely be taking the next week or more off of work in order to rest and recover.

## *It will get better in time*

Of those who have asked how they could help, I really can only tell you that "time"  
is the only thing that will help us get past the moments ahead.

I can't say thank you enough to everyone for their warm wishes and prayers.

As I spend time ahead getting past these moments, I am once again reminded:

*"God didn't promise days without pain, laughter without sorrow,  
sun without rain, but He did promise strength for the day,  
comfort for the tears and light for the way."*



## *Your wonderful thoughts...*

I have typed and deleted so many times now. I was conflicted about calling you earlier when I heard. I am so sorry. I didn't want to burden you with another call as I can only imagine like you said that space is the only thing you need right now. I just wanted to let you know that my heart is with you right now and although I'm not really much of the praying type I will say one now for you and everyone else in the house.

**Amanda** 10.2.2009 6:00PM

oh amanda i am so sorry to hear that i know what you have been through and i love you more than i have probably ever shown it i wish that my words could find you some comfort however i know that is probably not the case. Please know that you and Jason and dear sweet Hope are in my prayers (i know jaylen is prob too young to realize) I know that you probably wouldnt think to but if you do ever need me im here i love you guys and squeeze Hope for me love you sis!

**Joleen** 10.2.2009 6:01PM

Oh and i know i told you before but i feel the need to tell you again I LOVE YOU GUYS!

**Joleen** 10.2.2009 6:02PM

So very sorry to hear of your loss... The last words my brother said to me were "keep the faith". I keep those words very close to me and they have reminded and sustained me through a lot of very difficult times in the last several years. I know your faith will carry you through these difficult times ahead as well. Please know that I will be keeping you and your family in my prayers and in his healing light in hopes that you find peace soon. God bless you all.

**Phyllis** 10.2.2009 6:12PM

i'm so sorry :( i really don't know what else to say, other than the years i've come to know you, you ARE a strong woman and no words can describe your pain but you do have a lot of people that truly do care ::hugs::

**Joanna** 10.2.2009 6:48PM

You know you've become like another daughter to me, Amanda. So words can't express how sad we are for you and your beautiful family. Keep the faith and remember you are loved. The hole is big right now but I know they — and maybe some of us too will help fill it a bit over time.

**Barbara Peterson** 10.2.2009 7:21PM

I am so sorry! I am sure this is so hard for you and I'm sad that you had to go through this. My prayers are with you and your family.

**Ann O'Keefe** 10.2.2009 9:11PM

your children and family are beautiful, and we see their beauty through your eyes in your pictures. the photo of you and Hope comforting each other speaks volumes. be well. my heart goes out to you.

**Ki.P** 10.2.2009 10:29PM

Amanda ~ no words from anyone can stop you and your family's sorrow. So we won't try to tell you anything. Just know that you all are encircled with love, support and prayers from so many. We are all around you now; feel it and draw strength from it. We gladly give it. Love always, Rick and Barbara

**Barbara** 10.3.2009 4:47PM

Stay strong A! We'll be here when you need us. HUGS

**Daissy Linares** 10.3.2009 11:49PM



There aren't words to adequately express what your family will be enduring in the days to come. You are an amazing, gifted, strong woman. God has blessed you with a beautiful spirit, a generous heart, and a beautiful family as shown through your dear husband, Hope and Jaylen. You more than anyone understand what a precious gift your family is. As I will respect your wishes not to ask or speak of this most grievous pain, please know that you will be in the heartfelt prayers of my family in the weeks to come and that if you should need anything you need only ask and I'll be there. There is healing in tears and allowing yourself this time to grieve. Cry like pouring rain when sadness takes you over. Instead of straining to keep a facade of peace, Cry alone until tears run dry... Cry, cry and cry... Tears are there to protect your heart. When tears finally run dry, your heart will be calm and quiet. Feeling clear inside, You will be left with the transpicuous sense of being blessed with life. So, look for beautiful things around you, And you will find a hope, a hope to move on and remember that you are blessed.

**Angelique** 10.2.2009 10:58PM

I am sorry for your loss. We, too had two miscarriages before I gave birth to my kids and I understand how painful it can be.

**Lily** 10.3.2009 3:31PM

I am so sorry. I know there is not anything I can say to take away your pain, but I pray that you and your family experience God's peace and comfort and hope during this time.

**Jaime Scott** 10.3.2009 7:50PM

Amanda, I'm so sorry to hear of your loss. I know that many of my close friends are trying without success... but they can't give up. God has a purpose for each of us. I wish your family much happiness and comfort.

**Wendy** 10.4.2009 2:34AM

Amanda, I knew you would express your feelings with writing and photography. It is a gift and talent God gave you and as you can tell, we all appreciate you letting us in that way. I can only say that I love you all and will be there in any way that you need me. I am so proud of you and Jason. You are beautiful parents. And Hope is such a great big sister. I don't know why this would happen to you again, but I know that only God could love that baby more. It's as you said, "Our loss is Heaven's gain". I told Hope the baby was a tiny little angel that will be flickering around, watching over you all now. Keep your hearts open. You are surrounded by love.

**Connie** 10.4.2009 11:26AM

You must be blessed to have such good and precious children as well as those who were too good to be put on this earth. I wish your family well as you move through these trying times.

**Roody** 10.4.2009 2:21PM

I can't even begin to understand the pain you must feel. The strength you must have is amazing. You clearly have great support on earth and in heaven. My heart and prayers goes out to you and your family.

**Chris** 10.4.2009 2:50PM

Sending you love and strength.... x

**Michelle DuPont** 10.4.2009 10:27PM

I am so sorry to learn this. I wish there was something to say or do to remove this hurt from your heart... or the tears from my eyes. I can't find words strong enough to satisfy myself, let alone you. Honestly, i don't think think such words exist. I would like for you to know that at the very least, I am aware and I care. Please continue to be strong.

**Dacoup Howell** 10.5.2009 1:09AM

I am in tears right now as I reply to you...I can't begin to write even half of what you have put together in ...  
wow a wonderful self expression of feelings. I can say I have been where you are now, but without the courage to tell anyone. Just know even though we are not super close if you need a shoulder I am here for you.

**Ann LaPietra** 10.5.2009 9:50AM

Amanda, Jason, Hope and Jaylen God Bless you.

**Aida** 10.2.2009 1:25PM

Hi ma'am, I'm sorry about your loss, but always remember that there is a God looking over us, and He sometimes allows his children go through certain experiences, so that they can grow stronger. God will not fail you, have faith, because He has faith in you. Seek the Lord and everything else will come added. May God Bless you and your home. :)

**Angel Vazquez** 10.5.2009 5:17PM

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***Looking Back at the last week  
and looking ahead at the next***

*October 4, 2009*



October 4, 2009

I found myself *Desperately* **HOPING TO PASS TIME**  
by catching up on editing over a  
week's worth of 365 photos.

I've somehow managed to keep up with this project for this long that

I haven't let this hurdle of this pregnancy, and now it's loss, to keep me from allowing

**365** to be something to help me **REMEMBER**  
so many little moments with my family.  
I looked back at this past week's photos

and was thankful that despite how tired, sick and dizzy I felt that all those pregnancy symptoms

I've been **STRUGGLING** with  
didn't keep me from capturing some very special moments.

So as I get ready to move forward through such *challenging* moments ahead,

I look back and share some **SPECIAL MOMENTS**  
that have reminded me how special this family of mine is and just how *loved* they remind me that I am.

If you haven't heard Jason recently began umpiring little league.

Saturday while I was feel very fatigued and sick Jason and Hope

went to the little league field for most of the afternoon.

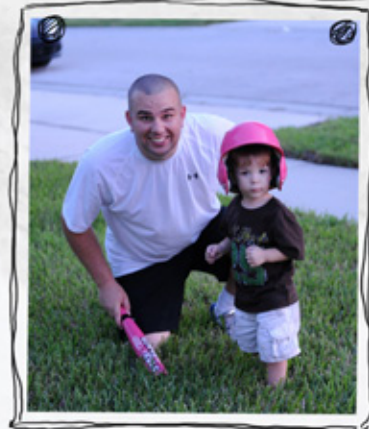
**HOPE RETURNED SO EXCITED**

and with an interest in playing softball in the future.

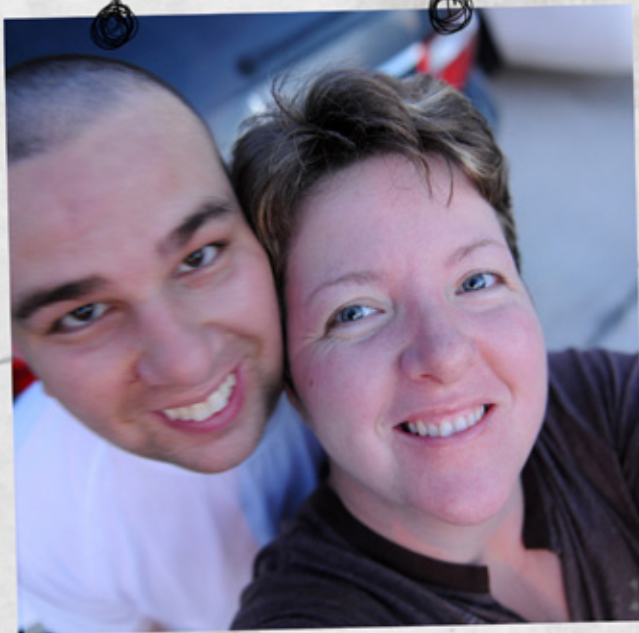
I remember *admiring*  
seeing Jason's happiness Saturday  
thinking he was so thrilled to have so much going his way —  
being a little league umpire, spending time with his kids  
and playing ball, and yes, knowing  
**ANOTHER LITTLE ONE WAS ON THE WAY.**

Jaylen loves to play ball  
but he was equally as thrilled to wear his big sister's helmet,  
even if it was pink.

FLASHBACK  
SATURDAY  
9.26.2009







I remember Saturday night asking Jason to stand beside me to take my picture for the day,  
 so it could help me remember how much I adored how **SUPPORTIVE**  
 he had been the few weeks since finding out I was pregnant, and more to remember how much  
 I just adored how he held our family together as I was **STRUGGLING**  
 so hard to just keep the energy to make it through the weeks ahead.



There aren't many times I see them together  
 I'm not somehow reminded how much  
**HOPE REMINDS GRANDMA OF JASON'S MOTHER**  
 As I took this photo that's all I could think.  
 Now a week later I find myself trying to comfort myself  
 in knowing that this time tomorrow  
**ANGELS WILL BE ABOVE** like Jason's mother,  
*ready to greet this little one I've been expecting.*



Sunday we were invited to visit at Connie's  
 to have dinner with both Grandma Bristow and Connie.  
 Hope loves every moment she gets to spend with them  
 and seeing her and Grandma Bristow together was just too cute.

FLASHBACK  
 SUNDAY  
 9.27.2009





Grandma usually finds away to make me smile.

This photo still makes me smile knowing I was just eager to put the camera down and rest thinking if I just stole a quick shot it would work for the day. As grandma saw me taking pictures she said,

**“Honey are you taking a picture of me?”**

My response, **“Yes”** and I laugh — because I’m known to just take the pictures giving others no options in whether or not their in the photo just so I can take my picture for the day.

The first few hours we were there we were

**RELUCTANT**

to tell them the news of the baby,  
**still fearing what would inevitably happen.**

Looking back, it was sooooo obvious.  
I began feeling so many of the symptoms that evening  
from feeling sick, cold, and fatigued.  
One of the worst symptoms I’ve had during this  
pregnancy is that I’ve been so cold I’d get  
chills, goose bumps and  
I’d feel as though I was living in the arctic.

They both at first thought I was beginning to  
come down with some illness.

It was only a matter of time before

**we broke the news.**

But before we did I thought it was so cute  
seeing them bundle me up with a blanket next to Grandma  
and the kids joined us a moment later for a few photos.





FLASHBACK  
MONDAY  
9.28.2009

Here's Jason  
and Jaylen  
as cute as ever.



Monday's have definitely been tough for me this semester.

Typically they wouldn't phase me but on an average week I go from doing homework all weekend for SCAD  
to teaching all Monday afternoon and evening.

**I always arrive home greeted with smiles by the kids**

and to see how much they've enjoyed their time with Jason while I was away.

**THE KIDS DEFINITELY HAVE THE BEST DADDY EVER.**

We took our 365 photos for the day in less than a minute  
during those first few moments I was home.

I tell you all

**I HAVE BEEN FEELING AWFUL**

and it's only fitting that my photo capture that.  
Honestly, after I first arrived home I laid right down  
and curled up freezing and so tired and remembered

I still had photos to take for the day.  
So I asked Hope to take my photo for the day.

A day where I was sooooo cold.

This evening I went from being so cold with chills  
to running a low grade fever which has happened  
several times over the last few weeks.

It brings me to a **screeching halt**  
and makes me rest and usually afterwards I do feel better.

Just before I fell asleep I remember telling Hope  
to hand the camera to me after she had taken my photo  
and I snapped this quick shot,  
**one of the last things I remembered**  
from the evening  
**was seeing my baby girl's beautiful smile.**





FLASHBACK  
TUESDAY  
9.29.2009

Here's Hope on the phone  
with my mother telling her  
I was pregnant



Sunday and Monday Jason began telling many of his closest family the news of the baby.

Though we did fear we might miscarry, **WE WERE SO OPTIMISTIC**, especially after how awful I have been feeling. In all five times I've been pregnant, this has been by far the worst.

Those closest to me that had learned of the news who knew how nervous

I was just kept reminding me that being so sick, tired, and more was a good sign.

So Tuesday I decided we'd tell my own mother. **I'VE ALWAYS FELT GUILTY**

because I've never enjoyed telling anyone in person or over the phone myself after miscarrying the first time.

**I have always been so fearful of hurting the ones I love most**

and would much rather write than call or talk about news like this.

When I was pregnant with Jaylen I told everyone by email and through my blog and I know it was hard for some of my own family to accept that I couldn't even find it within myself to call.

Thanks to Hope's help we were able to do that.

By Tuesday evening

**TIME HAD ESCAPED US**

and we still had errands to run.

With being so busy, tired, and sick these last few weeks I found myself Tuesday night out of so many of the essential things our household needed to function on a daily basis so I took the kids out after

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AT NIGHT  
to get what  
we needed.

Jaylen was very **CRANKY**

for some reason and insisted on standing and holding onto me the first few minutes in the store.





FLASHBACK  
WEDNESDAY  
9.30.2009



Wednesday left me feeling so sick and tired, like many days before.

So much so that I only took photos with my iPhone.

***Yes, there's a surprise –***

that's only happened a few times this year that I haven't taken out my nikon for photos.

Wednesday Hope has piano lessons so beforehand we found ourselves taking care of a few errands and stopping by Panera for a snack before piano lessons.

***Jaylen was doing what I had wished I was doing***

(if it isn't obvious from my expression), napping.

He napped the entire time we were at Panera.



Before piano lessons we also stopped by Orlando Metro Gymnastics and signed Hope up for gymnastics lessons.

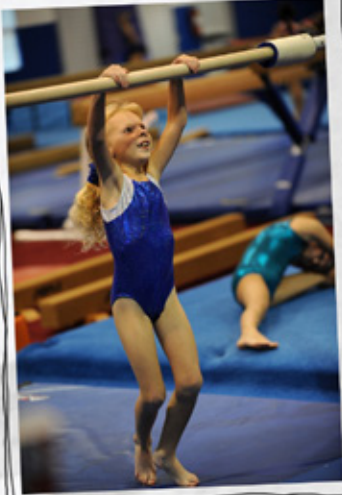
It's been over a year since she was last in gymnastics so

***I enjoyed seeing her excitement.***

She was a little more excited though to pick out a gymnastics outfit.



FLASHBACK  
THURSDAY  
10.1.2009



Hope began gymnastics lessons on Thursday evening.

Because she will be turning eight next month they let us sign her up for the eight and up group.

On the way to lessons she told me, **"I hope I'm the biggest in my class".**

I told Hope that I highly doubted it, she's never the biggest kid in any class, even for her age group.

**She's usually the smallest.** And knowing she was starting in an older age group I knew she'd be the smallest.

Her instructor met her for the first time before lessons said how "tiny" she was.

I had to remind Hope a few times that the best gymnasts are actually very small and petite.

She had so much fun and seemed to smile through just about every thing she did during lessons.



Jaylen was especially cute part of the time we were at lessons.

**But really, half of our time there this is what he was crying.**

To be honest, Jaylen just really wanted to play with Hope.

He saw all the gymnastics mats, balls, and more and got so excited and wanted to go back and play with his sister.

**At his age it's tough to explain that he must wait.**

I'm sure in a year we'll likely sign him up for something like gymnastics too,

but for now he and I must wait while his sister is in lessons.

During his little **tantrums** I admit they leave me feeling very *helpless*

especially knowing **THERE WAS A LITTLE ONE ON THE WAY.**

Thursday night I felt that way, **wondering how I'd juggle all THREE** through moments like this.

Now I just try to remind myself that **God has reasons for everything**

and maybe that time is needed.

**MORE TIME TO GIVE MY LITTLE BOY ALL THE LOVE I CAN GIVE.**





We took one more photo that evening, just so I would have mine out of the way.  
Hope agreed to take a photo with me, knowing I was in no mood to have my own photo taken.

I remember how badly I wished for the remainder of the night to pass so that  
the next day **WE'D HEAR THE GOOD NEWS WE HAD WAITED WEEKS FOR.**  
I didn't realize then **how much my life was about to change.**

## A Little Update

I have to admit this weekend has seemed as though it'd never end.  
Though I've enjoyed looking back at the last week and sharing these moments,  
when we were still **SO HOPEFUL** that this pregnancy would have more positive news to share,  
**I realize many of you are left wondering so much.**

So I thought I'd share a little update to hopefully help reassure you all that  
**this family of mine is going to make it through these moments, somehow.**

**I thank you all** for your kind comments, emails, and messages.

I can't tell you how much your sincerity and care have meant during these moments of uncertainty and loss.

I have found myself resting as much as possible this weekend,  
though at times visiting my blog, facebook, twitter, and email to discover so many thoughtful messages  
that have all brought me to tears knowing how much **everyone cares.**





Last night I managed to get rest early and woke up in the middle of the night to find that Hope had made such a special artistic note for me on a paper plate.

Every time I begin to regather these emotions and build my composure I see something special like this or all the messages you all have left online.

**I can't help but feel so loved** despite how **empty hearted** I feel at the moment.

Other than being understandably emotional the last few days,

I have continued to experience all the typical pregnancy symptoms that still make me feel very pregnant.

In fact, if I hadn't been told the doctor that there was no heartbeat

**I'd still truly believe I was carrying a perfectly healthy baby**

by how **AWFUL** I have been feeling.

I've had some of you ask how I've been feeling physically and really other than those inconvenient symptoms I am okay.

I'm really not in any physical pain from miscarrying, though I know

**surgery tomorrow may bring on more discomfort than I'm ready for.**

(I had no idea when I wrote this just how many challenges would follow.) ↗



## **My decision to share such personal moments**

I know I have many of you wondering why I've elected to write and share so many personal moments when really at the moment **disappear & hide from the world** until the worst has passed.

I have come to realize how many friends, family, colleagues, co-workers, students, teachers and classmates we all have who do truly care and are sincerely interested in knowing how our family is.

**I did elect to keep this pregnancy a secret** the first few weeks because

I didn't want the **constant reminders** as everyone congratulated us of

**HOW WORRIED I GET DURING THE FIRST TRIMESTER.**

But now that the worst has happened I realize this will affect my entire family so much.

**I will be out of work.**

**I will fall behind with homework and grading.**

**Jason will likely miss some work**

to help keep our family together as I recover.

**We all will be coping emotionally in our own ways.**

So for me to keep this a secret any longer and not share the news of our loss would only make it harder for me because I know somehow everyone would find out.

**I would much rather the world hear this news directly from me**

rather than through rumors which I know spread rapidly.

To be absolutely honest, **writing helps me cope** through so many things in life.

So I am unsure how much you all will hear from me these next few days.

I have been known to bounce back from things quickly, though at the same time, this is so much tougher for me than many of you might realize.

I assure you all that if I am unable to update you all that Jason will find a way to share the news of how surgery has went **so that you all aren't left worrying.**

**I do ask that you please not call or text message us, unless you are asked to call.**

One of the toughest things for me Friday and Saturday was that as everyone

began to discover the news of our loss that **my phone never stopped ringing.**

It was so tough for me to get rest that first night and **I slept maybe a total of 3 hours**

those first 24 hours after learning the news and even the following day all of

**OUR PHONE RANG AND RANG AND RANG**

and text messages went off continuously. So I went from feeling so helpless emotionally because of our loss

to feeling so helpless emotionally because I was so fatigued and could not sleep

**as our phones continued to wake me up every time I fell asleep.**

**We know you all care** but please out of respect for me and my recovery these next few days

I ask that you **PLEASE** leave any of your sincere thoughts and messages by email, facebook, or our blog.

**I promise** we'll receive them in time.



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*The calm before the storm*  
October 4, 2009

I find myself so thankful that this weekend is nearing an end  
and that soon we may move past these moments that

**I would prefer to erase from my memory.**

The one thing that has helped this weekend is all the support from everyone,  
but mostly from my immediate family.

**Yesterday Hope brought me this little note**

she said she had made in her reading class earlier in the week.

It helped remind me how much

**this little girl of mine adores me.**



I've felt so fortunate to have Jason continue to give me so much support.

He's let me do very little this weekend, asking that I continue to rest and

**reassuring me that he'll take care of everything else.**

It's tough for me because I know just how much he too is hurting inside, but

**HE REMAINS THAT STRENGTH I NEED**

to see me through all of this. He's allowed me the space to reflect, rest and cope these last few days.

Today when Jaylen awoke from his nap crying it was instinctual for me to go into grab my baby boy  
and comfort him, but Jason insisted he'd take care of him.

Seeing these two together just warmed my heart, knowing that

**I have two beautiful children** who have an **AMAZING FATHER.**  
that has done so much to hold this family together during these tough times.



I awoke from my afternoon nap to find that

**Hope made a panda bear mask.**



Many of you may be aware, but for those who aren't  
panda's hold a very **SPECIAL CONNECTION**

Though I remember growing up being *teased*

because **PANDA** rhymed with my name,  
it wasn't until I was much older when some of my  
closest friends and family helped remind me how pandas  
would grow to be something

***I HOLD SO CLOSE TO MY HEART.***

Now **after all my troubles conceiving** and

**MISCARRYING**

OVER THE YEARS I SOMETIMES WONDER IF  
**MAYBE I REALLY AM PART PANDA**

because that's *Definitely* something I have in  
common with them.



The last few weeks I must admit that I've been in **DISBELIEF** to learn I was pregnant.

Though we had made the decision to have another little one before getting pregnant,

it has **NEVER** happened so easily for us.

Both of our children are a result of about **3 YEARS** of trying

for each of them, encountering two miscarriages prior to Hope.

I felt so relieved that I wouldn't have live through the equally challenging moments

of just trying to conceive but I remember thinking when

I first tested positive for being pregnant a few weeks ago that

**IT JUST SEEMED TOO GOOD TO BE TRUE.**

Now I know it is. And I still find myself filled with so much **UNCERTAINTY**

of whether or not I can endure this another time, not that we don't still long for another child,

*but we fear putting our family through this ever again.*

Most of today my emotions have settled as *I've spent a lot of time reflecting*

and trying to mentally prepare myself for surgery.

I know somehow I will find a way to see myself  
through the challenging moments ahead.

*I'm still not sure how, but I will.*



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*In the Arms of an Angel*  
October 4, 2009



I find myself awake once again in the midst of the night while most others are resting  
and while I'm left just a few hours before surgery wondering so much still.

There's a part of me that feels as though **THIS IS SOME AWFUL DREAM**  
that I just wish I'd wake up from. A part of me wishes this was some **BIG MISTAKE**  
and that when we arrive at the hospital that they send us home and tell us **everything will be okay**  
and that this baby will still arrive in my arms next May.  
**BUT IT WILL NOT.**

I know that **there is nothing I could do** to *save* this little one  
from escaping this world to soon find itself **IN THE ARMS OF AN** *Angel*

## searching for strength

As I continue to ask myself **"Why?"**

so much this weekend I continue to be reassured by so many of you how  
**I must try to search for the light** somewhere at the end of this long long road ahead.  
You all have helped so much reassuring me in so many ways and continuing to tell me over and over that  
these emotions I have been feeling are merely **MOMENTS OF WEAKNESS** leaving me.  
I find myself more tearful at times knowing just how many think of me as **"strong"**

and I still have a tough time accepting this loss knowing that no matter how strong I remain,  
**THERE WAS NOTHING I COULD DO TO PREVENT THIS FROM HAPPENING.**

I continue to wonder **why God allows ONE person...**  
**ONE FAMILY...**

TO **HURT** SO MUCH.

Lord knows we are strong but

**NO ONE SHOULD HAVE TO ENDURE THIS MUCH PAIN.**



## The **OVERWHELMING** emotions

As I write and write and write my way through so many emotions I have experienced,  
I realize so many of you probably think **I'm a little crazy** for sharing so many personal emotions.  
However, for me **the words that flow through my mind** that I find it within myself to type have somehow  
**help heal this heart of mine** these last few days.

I realize there may be some that have a tough time understanding why this has once  
again come to hurt me so much. You'd think God would leave me feeling **INVINCIBILITY**  
from such pain after being through it two times before and after being now blessed with two beautiful children.

But what I'm sure some may never realize is that the moment  
a person learns they are expecting a child an **AMAZING BOND** is created so early  
in pregnancy that even a loss this soon after conception is especially challenging for any parent.  
Even after having two children, **THIS LOSS IS NO EASIER THAN THE TIMES BEFORE.**

I remember those first few weeks that I had suspected and then learned I was pregnant that  
I tried so hard not to cling too closely to all the motherly feelings and hopes  
that begin so early in pregnancy in fears that this might happen.

**But it's tough not to allow such a strong bond to happen.**

I had come to hope for so many moments of joy, just as I had  
remembered experiencing with my two children before.  
But I'm now reminded that I will NEVER get the opportunity to **hear this child's heartbeat,**  
**feel it kick, or see it's sweet face.**

Never will the day come that my family will see it live through so many memorable first moments.  
Never will my children have this little one to call their brother or sister.

## *It's time for heaven, my love.*

As unfair as I feel this loss is, I continue to try to **FIND PEACE**  
knowing not only how much this little one is loved by so many but that  
we have so many special people waiting in heaven to hold this child of mine.  
I find my self confronted with the realization that in just a few short hours  
**I will be put to sleep to go through surgery**  
so that we may **TERMINATE THIS PREGNANCY** that is no longer viable.  
With this thought comes the understanding that I will soon awake, feeling

**empty hearted & hurt**

both physically and emotionally. And though I know I will  
awake from surgery feeling the same pain I have in the past,  
feeling as though someone has **RIPPED MY OWN CHILD**

***I have come to love so much from within,***

I have reminded myself these last few days that  
**soon this baby will be on it's way to heaven**  
to be alongside all the other special people in our lives  
that have been taken from us and that it will be *protected*  
from experiencing all the hurt this world can bring.

