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EPILOGUE

Songs of Comfort

I wrote in the first letter that I had come to see the role of faith was not to answer the “why” (in this case explaining why the miscarriage happened). Rather, it was to help me find a voice to articulate my emotions. Articulating those emotions enabled me to face my despair and disappointment without letting it become the final word from the miscarriages. These songs represent that process for Kristine and me after the third miscarriage. Expressing our pain, despair, and confusion to each other through these songs helped us to grieve both alone and together. That commitment to grieve together was the foundation for how we responded to the third miscarriage, our decision to try and get pregnant again, and the uncertainty of Clare’s pregnancy. I have included these songs as a resource. Kristine and I have written short explanations for particular songs that are meaningful.

Psalm 35 - Contend (Sons of Korah)

I (Kristine) have listened to this a lot on my commute to work when it was difficult or I felt challenged by someone. God is the perfect person to complain to! He will always be just to each person.

Psalm 51 - A Broken Spirit and a Contrite Heart

(Sons of Korah)

Big Enough (Chris Rice)

The miscarriages were challenges that Kristine and I couldn't overcome by solving problems or answering questions. We needed the encouragement from this song that it is okay to live with unanswered questions.

Hear Me Calling, Great Redeemer (Fernando Ortega)

This is such a powerful lament. We can be honest about our own need because we have a great Redeemer who also suffered on the cross.

Sing Your Praise to the Lord (Rich Mullins)

This song was important after our second miscarriage. It was good for us to acknowledge God is God, with the right to be praised even when we are feeling sad. It was healing for me (Kristine) to play this song while lying face down on the floor in a physical act of worship.

Tear Out My Heart (Brother Sun)

Desert Rose (White Heart)

I (Kristine) listened to this song a lot in 7th grade! It helped as I tried to find my own identity and often felt lonely.

Lay It Down (White Heart)

I (Shawn) had an arrangement of this song from a group at my high school that I listened to many times during my lonely years at Purdue.

We Are Not As Strong As We Think We Are (Rich Mullins)

Again, this was helpful following our miscarriages. Truly, we are dust of the field. Each breath is from God. The next two songs reflect this theme.

Part the Waters Lord/ I Need Thee Every Hour (Selah)

Lord of Eternity (Fernando Ortega)

A Communion Blessing from St. Joseph's Square (Rich Mullins)

I (Kristine) listened to this song in my very, very stressful third year of pharmacy school. It always helped me feel a little calmer.

Lift Up Your Eyes (The Crossing)

This song was important for our family during our move to Indianapolis with the uncertainty regarding housing, a new pregnancy, finding a daycare, and adjusting to new jobs. It is Charis's song.

I Will Praise Him Still (Fernando Ortega)

Planting a Garden (The Crossing)

This writer wrote this song in response to her own miscarriage. It was inspired by a man with AIDS who planted a garden. The idea is that it is worth it to do something good even if you won't personally see the results.

Someone Who Knows Your Name (The Crossing)

I (Kristine) have such special memories of my year in Scotland. Such a beautiful land with quite the tragic history.

Mourning Into Dancing (The Crossing)

Healer of My Soul (John Michael Talbot)

The arrangement on *Brother to Brother* (with Michael Card) was another important song for me (Shawn) during my lonely years at Purdue. It became my prayer after our third miscarriage. The next four songs voice different themes on this need for healing and peace.

Jesus, King of Angels (Fernando Ortega)

Hold Me Jesus (Rich Mullins)

Jesus Draw Me Ever Nearer (Margaret Becker / Keith Getty)

This is Elise's song. We sang it a lot when faced with the uncertainty of childbirth and being new parents. We also sang it to her a lot when she wasn't sleeping much!

Sleepless Night (Fernando Ortega)

I Will Lie Down and Sleep (Steve Green)

We sing this song for Elise when she wakes up with bad dreams and for Charis every night before bed. With the next five songs, it builds on David Adam's images of Christ before, beneath, and behind us.

O the Deep, Deep Love of Jesus (Selah)

If I Stand (Rich Mullins)

Peace (Praise & Worship - Lionel Petersen)

Before the Throne of God Above (Selah)

In Christ Alone (Keith Getty / Stuart Townend)

This is Charis's baptism song

Voice of Truth (Casting Crowns)

This was a good song for me as I (Kristine) struggled to fill big shoes in my new position at St Vincent. Both of us tend to hear dominant voices about our inadequacies. We needed to hear the voice of truth during the miscarriages. We are also trying to speak that voice of truth into lives around us.

Joyful, Joyful, We Adore Thee (The African Children's Choir)

The joy of life from our living children has been important for both of us as we've faced our fears and inadequacies as parents, as well as the darkness of miscarriage and pregnancy. It was fitting to include this song, sung by children who have also faced into many of life's darkest areas.

Take Heart, My Friend (Fernando Ortega)

This is a current personal favorite. The words just seem written for me (Kristine). For me (Shawn), it is an anthem for walking forward from the third miscarriage together with Kristine instead of both alone.

New Day (Robbie Seay Band)

This is a song of hope when it is hard to find the courage to look for the positive in a new day.

Forever (Chris Tomlin)

Our church ensemble performed this song shortly after our third miscarriage. It was our family's rallying cry that we would not let the third miscarriage send us into a canyon of despair. It voiced our commitment not to live under the same cloud of fear during Clare's pregnancy that we had while pregnant with Elise and Charis. It is Clare's baptism song.

SOME RESOURCES

Writing this book has helped me find other resources for those who grieve. I've included a short list here of ones that I found particularly helpful.

BOOKS

- Brokering, H. *To Henry in Heaven*. Augsburg Fortress, 2005
- Cooney, A. T. and Gamino, L. A. *When Your Baby Dies: Through Miscarriage or Stillbirth*. Augsburg Books, 2002
- Gilbert, K. R. and Smart, L. S. *Coping With Infant or Fetal Loss: The Couple's Healing Process*. Brunner/Mazel Pub. Company, 1992
- Landsman, G. "Does God Give Special Kids to Special Parents?" in L. Layne (ed.), *Transformative Motherhood: On Giving and Getting in a Consumer Culture*. NYU Press, 1999.
- Layne, Linda. *Motherhood Lost: A Feminist Account of Pregnancy Loss in America*. Routledge, 2002
- O'Neill-White, Siobhan and White, David. *We Lost Our Baby*, Liffey Press, 2007
- Schwiebert, Pat. *We were gonna have a baby, but we had an angel instead*, Grief Watch, 2003
- Schwiebert, Pat and DeKlyen, Chuck. *Tear Soup: A Recipe for Healing After Loss*, Grief Watch, 1999
- Wolterstorff, Nicholas. *Lament for a Son*. Eerdman's Publishing Company, 1987

WEBSITES

<http://www.aplacetoremember.com>
<http://fathersgrievinginfantloss.blogspot.com>
<http://www.griefwatch.com>
<http://www.miscarriageassociation.org.uk/>
<http://www.nationalshare.org/>
<http://www.uk-sands.org/>
<http://www.silentgrief.com>
<http://step.bethany.org/>
<http://www.wintergreenpress.com>

SONGS

Selah (You Deliver Me)—I will Carry You;
Curb Records, 2009

Watermark (All Things New)—Glory Baby;
Rocketown Records, 2000

George Canyon (One Good Friend)—My Name;
Universal South, 2004