



UNITE Notes

Spring 2026

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P.O. Box 21715, Philadelphia, PA 19346,
www.unitegriefsupport.org, 484-758-0002



LOOK FOR ME IN RAINBOWS

Author Unknown

Time for me to go now, I won't say goodbye;
Look for me in rainbows, way up in the sky.

In the morning sunrise when all the world is new,
Just look for me and love me, as you know I loved you.

Time for me to leave you, I won't say goodbye;
Look for me in rainbows, high up in the sky.

In the evening sunset, when all the world is through,
Just look for me and love me, and I'll be close to you.

It won't be forever, the day will come and then
My loving arms will hold you, when we meet again.

Time for us to part now, we won't say goodbye;
Look for me in rainbows, shining in the sky.

Every waking moment, and all your whole life through
Just look for me and love me, as you know I loved you.

Just wish me to be near you,
And I'll be there with you.

Professionally Speaking...

by Denise M. Paul MA, CT, CPLC

MONA LISA'S SMILE

Mona Lisa's smile has captivated viewers with its mysterious allure for centuries. The painting is visited in the Louvre Museum in Paris by an estimated 10 million people each year. Many have speculated about what lies beneath her subtle expression. Some suggest it hints at hidden sorrow - perhaps the pain of loss. Imagine if she had lost a baby. Her gentle smile might mask deep grief, reflecting a story untold behind her eyes. I once read that Mona Lisa had indeed lost a baby. Art experts and historians believe that she was pregnant when this painting was created, as suggested by the garments that she is wearing, and the placement of her hands. Let's imagine that she did lose a baby, and that she was pregnant with another baby in this photo.

This would explain her indifferent facial expression. She didn't know whether to be happy or sad. She wondered if people would judge her for being happy after having lost a baby. Conversely, would people judge her for being sad while pregnant with a new baby? I have facilitated over one hundred Subsequent Pregnancy Support groups with women who are pregnant again following a loss. These women feel both joy at being pregnant again, and sorrow from their previous loss. Managing the complex emotions that come after a baby's death is a difficult task, and this becomes even more complicated when they are expecting a Rainbow Baby. Some mothers choose not to use the term 'Rainbow Baby' because it may imply that everything is now fine, or that the new child will take away the pain of their loss. The mothers I've supported emphatically state that their Rainbow Baby is not a replacement, despite what some outsiders might assume. As a Certified Grief Counselor, I support bereaved mothers in recognizing both joy and sorrow. Many parents are more intentional in their grieving during subsequent pregnancies, as they honor the memory of their lost baby and ensure that they are not forgotten. I often share the expression, 'God gave us two hands- one to hold our joy, and one to hold our sorrow.' This is meant to help mothers balance their emotions. It's important to mourn the loss, while also finding happiness and bonding with the baby that they are expecting.

Some mothers need encouragement and permission to feel happiness during a later pregnancy. They often describe themselves as 'cautiously optimistic,' acknowledging their fear of not carrying a healthy baby to term. Though I empathize with their concerns, my wish is that every baby be anticipated and welcomed with genuine joy.

Mona Lisa may have been holding many feelings behind that expression. Each of us can probably relate to this photo in some way. If you have suffered a huge loss of any kind, but you still have much to be grateful for, perhaps this photo portrays your feelings. If you have lost a baby, but are blessed with other children, perhaps this photo speaks to you too!

Leonardo da Vinci may be the only one who could answer the question, 'Was she happy or was she sad?' Perhaps she was both.



EMPTY ARMS, FULL HEARTS: REMEMBERING MARC & GIVING BACK SUPPORTING UNITE SINCE 1987

Hannah Dougherty Campbell

May 4, 1987, I leave the hospital with an empty baby blanket in my arms and passersby stopping to peak into my arms to see the baby that was left for the funeral director and burial to come.

Nurses gave me Marc's picture, baptismal certificate, baby bracelet, and a book "Empty Arms."

I remembered my Aunt Hannah who had 2 stillborn baby boys in the 40's, who never saw them, named them, and I felt blessed that times had changed. A paper slip in the book noted Grieving Groups in our area. Me? I didn't need a grieving group. I had too much to do with 3 young children at home and a husband never home due to his job. Busy, busy would keep my loss at bay, right?

When no one mentioned Marc after 3 months and his actual August due date arrived, I knew I needed help. It took all the courage I had to walk into the former Booth Maternity Home near St. Josephs to find a circle of parents with tissues and a facilitator named Pat Christenson. I felt safe, understood, heard. We cried for our babies, we laughed at weird happenings, we healed, kind of.

The Booth Maternity Home was closing, and our group was about to end, until I approached Lankenau Hospital with signature petition to offer the meetings held there to which they agreed.

Every other Monday night there were books supplied/purchased by UNITE for us to borrow. Facilitators like Gerri Wismer, Rob O' Brien, Paris Margarita, Don and Joanne Porrecca gave THEIR time, used their TRAINING and waited for those who needed comfort to arrive. They put their family time on hold for us. All on a voluntary basis...no checks for them to cash, no perks, no meals, no free parking- nothing...all for OUR needs as bereaved parents.

I've remembered Marc every year with a donation to UNITE. I've remembered facilitators on occasions with a donation. UNITE's operations cost money as does everything else in this life.

I've written articles for the UNITE newspaper to help others and read what others have written, which has helped me.

If we have been helped by UNITE's services, it is only right that we pay it forward for other bereaved parents. What is \$20.00 in today's times?

I ask that all those reading this help UNITE with a monetary donation made in memory of your baby/ies.

Do it every year on his/her birthday.

No one at UNITE should have to ask for help,it's our turn to help them, before UNITE can no longer operate.

We owe it to them.

We cannot keep taking, using.....without showing gratitude.

GRIEF

Jim Carrey

Grief is not just an emotion—it's an unraveling, a space where something once lived but is now gone. It carves through you, leaving a hollow ache where love once resided. In the beginning, it feels unbearable, like a wound that will never close. But over time, the raw edges begin to mend. The pain softens, but the imprint remains—a quiet reminder of what once was. The truth is, you never truly 'move on.' You move with it. The love you had does not disappear; it transforms. It lingers in the echoes of laughter, in the warmth of old memories, in the silent moments where you still reach for what is no longer there. And that's okay. Grief is not a burden to be hidden. It is not a weakness to be ashamed of. It is the deepest proof that love existed, that something beautiful once touched your life. So let yourself feel it. Let yourself mourn. Let yourself remember. There is no timeline, no 'right' way to grieve. Some days will be heavy, and some will feel lighter. Some moments will bring unexpected waves of sadness, while others will fill you with gratitude for the love you were lucky enough to experience. Honor your grief, for it is sacred. It is a testament to the depth of your heart. And in time, through the pain, you will find healing—not because you have forgotten, but because you have learned how to carry both love and loss together.

SPRING BABY

Devin Hanson

I MAY FORGET AS SEASONS PASS
BUT MY BODY DOES NOT.
EVERY SPRING
IT WEEPS
FOR THE ONE WHO
NEVER CAME.

SPRING BABY, YOU ARE MISSED
AMBIGUOUS LOSS,

ONCE FELT AS AN ABYSS.
NOW A FAINT KISS
OF ABSENCE ...

SPRING BABY
YOU ARE MISSED
EVEN WHEN MY ARMS
ARE FULL.



Spring 2026 Donations

We Are So Grateful for Donations Given Throughout the Year

Nancy & Steven Sklar

Marissa Michelle Litman

Melissa Kirsch – In Memory of Paul Austin Kirsch

Linda Nuccitelli

2025 Walk to Remember

We raised an amazing **\$21,529!!**

UNITE offers a number of services to grieving parents and their caregivers

including the following: Peer to Peer Grief Support Groups

- * Literature
- * Educational Programs
- * Training Workshops
- * Group Development Assistance

Without Your Most Generous Donations, UNITE Would Not Be Able To Continue These Services



News

Mailing Address and Phone Number

Please note our new mailing address:

P.O. Box 21715, Philadelphia, PA 19346

Phone Number

Please note our new phone number:

484-758-0002

Safe Arrivals

We would love to hear about your safe arrival so we all can celebrate in your joy. So we can put it in the newsletter, please send information on your new bundle of joy to cedeprinzi0725@gmail.com.

Home Page Info

www.unitegriefsupport.org

Virtual Butterflies: The donation cost for placing one of these virtual items on the page is \$25 and will be in memory of your baby. You may donate through PayPal by clicking on the Buy Now icon. Note: On the PayPal page, where it states, "Instructions to the Merchant," type in your baby's name, etc.

Newsletter Submissions

Please send your original poetry, short stories, articles, and letters to UNITE Notes at cedeprinzi0725@gmail.com. The beautiful writings that we receive from UNITE's bereaved parents are what make our newsletter so special. If you have written poems, articles, etc. that you would like to share with other parents, please send them soon. Note that the newsletter is now being uploaded to the UNITE website which allows all who are searching for comfort and support due to the loss of their child(ren) to see your written story.

Acknowledgments

If anyone has not received an acknowledgment for their donation, please contact the boardchair@unitegriefsupport.org, or call the UNITE line at 484-758-0002. Please leave your name, phone number, and the best time to return your call.

Fundraisers Wanted

We are looking for some fresh ideas in fund raising! Do you have an idea to share? We'd love to hear about it. Please contact UNITE at boardchair@unitegriefsupport.org.

Support Groups

For information about the group nearest you, please contact UNITE, Inc. at 484-758-0002 (leave a message), write to UNITE Inc. at P.O. Box 21715, Philadelphia, PA 19346, or email boardchair@unitegriefsupport.org. New members must contact the group coordinator before attending their first meeting. **All UNITE Meetings, except for Riddle Memorial Hospital, are virtual and are by Invitation only. Please call 484-758-0002 if you would like to attend a UNITE Support Group.** UNITE, Inc. does not discriminate on the basis of gender, age, marital status, religious belief, race, sexual orientation or economic status.

Pennsylvania

UNITE Redeemer Health- IN-PERSON
(Formerly Holy Redeemer Hospital) Huntingdon
Valley, PA
Meets 3rd Thursday, 7:00 PM – 8:30 PM

Facilitators:

Denise Zukowski Thomas
Shannon Szrankowski Mumper

UNITE, Riddle Memorial Hospital – IN-PERSON
Media, PA
Meets 2nd Thursday, 7:00 PM – 8:30 PM

Facilitators:

Regina Fazio
Sheila McCabe

UNITE, Paoli

Facilitators:

Sue McAndrew
Lisa Natalizio

UNITE, Pennsylvania Hospital

Philadelphia, PA

Meets 1st Tuesday, 7:00 PM - 8:00 PM **Facilitators:**

Karen Donnelly
Kelly Colby

UNITE, Chester County Hospital

West Chester, PA

Meets 2nd Monday, 7:00 PM – 8:30 PM **Facilitator:**

Ryan Olivere

New Jersey

UNITE, Penn Medicine Princeton Health

Meets 1st Wednesday, 7:00 PM - 8:00 PM

Facilitator:

Bernadette Flynn-Kelton BSN, RN

UNITE, Virtua at Voorhees

Barry D. Brown Health Education Center

Meets 1st & 3rd Monday 8:30 PM -10:00 PM

Facilitator:

Ann Coyle, RN

Specialty Groups

Subsequent Pregnancy Group

Meets 1st Monday 7:00 PM – 8:00 PM

Facilitators:

Denise Paul
Sandy Smith

Father's Group, Dads Only

Meets 2nd Tuesday, 7:00 PM – 8:30 PM

Facilitators:

Matthew Sklar
Simon Hindle

Grieving Grandparents Group

Meets 2nd Tuesday of Each Month, 7:00 PM – 8:00 PM

Facilitators:

Nancy and Steven Sklar

UNITE Parenting After Loss Group

Meets 2nd Wednesday, 7:30 PM – 9:00 PM

Facilitators:

Cathy Plaisted
Hali Sklar

UNITE, Loving Choices (Termination for Medical Reasons)

Meets 4th Monday, 8:00 PM – 9:30 PM

Facilitator:

Ann Coyle

UNITE Notes Staff

Editor: Caitlin DePrinzio

Submissions: We welcome your original poetry and articles. Your contributions are important to UNITE's work of reaching out to bereaved parents. We reserve the right to edit and select from submissions. Please send all submissions to:

UNITE Inc.

P.O. Box 21715

Philadelphia, PA 19346

484-758-0002

or email boardchair@unitegriefsupport.org

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