



In memory of Abigail Raine 2/04/11.

Stages of Grief

There are 5 stages of loss and grief:

1. Denial and Isolation
2. Anger
3. Bargaining
4. Depression
5. Acceptance

These stages do not necessarily occur in order, and you may even go back and forth between them—like an emotional roller coaster.

Hospice Foundation of America explains it like this, *“Grief is a roller coaster, not a series of stages...Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss.”*

Heartstrings Ministries

About Heartstrings Ministries

Heartstrings Ministries was founded by Crystal Niehoff, SBD, a credentialed Birth & Bereavement Chaplain through Stillbirthday; photographer who volunteers her time for Now I Lay Me Down to Sleep; workshop speaker, writer, Army chaplain’s wife, biological and adoptive mother of 5, grandmother of 2 step-grandchildren, and, herself, a grandmother of 3 butterfly babies.

Heartstrings prays over each Butterfly Box and each family that receives it. Please contact us if you have a specific prayer request.

Contact Crystal Niehoff, SBD, Chaplain

Heartstrings Ministries

Email: CrystalNiehoff.SBD@stillbirthday.com

Web: www.HeartstringsMinistries.net



BUTTERFLY BOXES FOR BEREAVED MOMS

A ministry of
Heartstrings Ministries



BUTTERFLY BOXES FOR BEREAVED MOMS

A gift for bereaved mothers who have recently experienced a pregnancy loss in any trimester.



My condolences...

Please accept my sincerest condolences on the loss of your baby. No words I can offer you can possibly take away the pain and sorrow you are carrying. No gift, no matter how large or small, can replace the tiny baby you wish so dearly you could hold in your arms. I do pray that the contents within this Butterfly Box will bring you some measure of comfort, some help in healing, and the knowledge that you are loved. Each Butterfly Box is lovingly prayed over for the mother who will receive it. In the days and weeks to come, you will continue to be lifted in prayer daily. May the God of all comfort bless you with peace as you journey through this season of bereavement.

***“The LORD is near to the
brokenhearted and saves the
crushed in spirit.”***

~Psalm 34:18

The Meaning of Each Gift

Each gift within the Butterfly Box is chosen with a special meaning in mind.

Use of Color Purple—The color purple, past and present, is considered to hold many meanings, and is thought to stir more feelings than any other color. Among these are: spirituality, dignity and royalty.

Butterfly Pin—Butterflies for centuries have been a symbol of loved ones who have died, particularly babies and children. Butterflies are also symbolic of rebirth after death. “Jesus said to her, ‘I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live.’” (John 11:25)

Cuddle Bunny/Bear—Something to hold as you remember your Butterfly Baby.

Candle—The ritual of lighting a candle to pay tribute to a life that has ‘passed’ has long been a part of our culture. The lit candle signifies that the memory of the person still lives on and shines brightly. “The light shines in the darkness, and the darkness has not overcome it.” (John 1:5)

During your time of bereavement, it is important to remember that you need to take care of yourself. So, also included inside the box is:

Personal Care Product—Something to nurture your body.

Journal—Something to nurture your spirit.



In memory of Isabella Faith 2/09/12 & Isaiah Nathaniel 2/10/12.

Precious Little One

I’m just a precious little one
Who didn’t make it there.
I went straight to be with Jesus,
But I’m waiting for you here.
Many dwelling here where I live,
Waited years to enter in.
Struggled through a world of sorrow,
A world marred with pain and sin.
Thank you for the life you gave me,
it was brief but don’t complain.
I have all Heaven’s Glory,
suffered none of earth’s great pain.
Thank you for the name you gave me.
I’d have loved to bring it fame.
But if I’d lingered in earth’s shadows,
I would have suffered just the same.
So sweet family-don’t you sorrow.
Wipe those tears and chase the gloom.
I went straight to Jesus’ arms
from my loving Mother’s womb.
~Author Unknown