

BirthMom Buds Bulletin

BirthMom Buds



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Special Points of Interest

- Book Review of "Because I Loved You" by Patricia Dischler, beginning on page 1
- See You Again, in Inspiration, page 2
- Best of the Blog, page 5
- Retreat Invitation, page 6

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Announcements

2014 BMB Retreat – We are excitedly planning our 2014 Retreat. Details are now live; view them on page 6 of this newsletter or click here. We are still in need of sponsors as well as donations for door prizes and items for our Swag Bags. Please [email BMB](#) if you are interested in donating or check out this link to make a donation via Pay Pal [here](#).

Slideshow Submissions – We are now accepting submissions for the 2014 slideshow. Please view [this webpage](#) for more info on the types of photos we are looking for, the deadline, as well as links to past slideshows.

Weekly Hosted Chats - Don't forget about the weekly chats in our private chat room every Monday night at 10pm Eastern. You can find the chat room under "live chat" in [the forums](#).

Mentors Needed – We are in need of mentors for the Pregnant and Placing program. We are specifically looking for birthmoms who were over 25 years of age at the time of placement or birthmoms who were parenting another child at the time of placement. Must have good communication skills and be able to check email on a daily basis. For more information, please email

our Pregnant and Placing Coordinator, [Natasha](#).

Bloggers Needed – We are in need of weekly bloggers for the BirthMom Buds Blog. Please [email Coley](#) for more information.

BMB on Social Media – Check out BirthMom Buds on [Facebook](#) and [Twitter](#).

Chat Night – Don't forget about our chats every Monday night in the chat room at 10 pm eastern.

Adoption Spotlight

"Because I Loved You: A Birthmother's View of Open Adoption," by Patricia Dischler
Reviewed by Monika Zimmerman

Today I'm reviewing ["Because I Loved You: A Birthmother's View of Open Adoption"](#), by Patricia Dischler.

I would say this book would be best for expectant mothers considering adoption. The story begins from the moment she found out that she was pregnant and her circumstances at that point, so that's when the advice begins as well. Patricia describes her book the best at the very beginning of chapter one when she says, "This book is about being pregnant when you hadn't planned to be and about making a decision to keep your baby or place your baby with an adoptive family."



Adoption Spotlight continued from page 1...

She goes on to say, "This is one of the hardest decisions you will ever make in your life, and there is no single right decision for every woman or girl who faces an unplanned pregnancy." I very much appreciated the latter quote as society as a whole still tends to dump two choices in our laps when we're faced with an unplanned pregnancy – abortion or placement, and even those aren't compatible choices. There isn't one right choice when faced with an unplanned pregnancy, and I strongly believe society as a whole shouldn't ever force someone to make a decision like adoption if it's not the right choice for them. Adoption was the right choice for me, but I'm not assuming it is for everyone. On this, Patricia and I are in wholehearted agreement.

I particularly liked her analogy when speaking of beginning an open adoption. She brings to memory the game that a lot of counselors can make you play where you close your eyes and fall backwards into someone else's arms, trusting that the person will catch you and not let you fall. She

then says, "This is what open adoption can feel like in the beginning, except you have no reason to trust the person who is supposed to catch you because it's a stranger. They haven't done anything to gain your trust, and, likewise, you've done nothing to earn their trust. A birthmother blindly trusts strangers to love her child as their own, to let her know he's happy, and to never deny her existence. Likewise, adoptive parents trust a stranger to give up her child, to make them a family, and to never tear them apart." I truly appreciated that she not only brought in the birth mother's position, but also the adoptive parents' positions.

Patricia actually gave me not only the copy of her book that I read and am reviewing for you now, but she sent an extra copy for me to give to my daughter's parents. I thank her for her generosity! My daughter's mom just told me that she finished reading the book and that she agrees with my sentiment that it's definitely a book geared toward expectant moms that are considering the choice of adoption. I would add that brand new birth moms would benefit

from reading this as well to give them some idea of the road ahead, and potential adoptive parents and their families might also benefit if they'd like to see open adoption from a birth mom's point of view.

Thanks again, Patricia, for allowing me to read your book!

Ideas and Insights

Happy New Year! By Amanda S.

Well, it's that time again. A new year. For many of us, it's our 5th, 10th, 15th (or more) year in adoption-land. For others, this is their first New Year as a birthmom. I remember those first couple of years. The roller coaster emotions, the never ending questioning myself. The effect it had on my already wavering self esteem. Originally, this article was going to be a list of coping tools for us to get through the New Year. But I think I'm going to switch it up a bit. How about we do a list of things, a 'bucket list' if you will, that I, personally, am going to try to do this year to help build myself up, and hopefully some of you, whether old or new, can use some of them to help build YOUR self esteem! Call it New Year's Resolutions, Birth Mom Style!

So here we go!

- Do something out of my comfort zone. Maybe this year I'll participate in a flash mob! Or read one of my poems in public.
- Speaking of Poetry, start submitting some to publications.

Continued on page 3..

Ideas and Insights continued from page 2...

- Join a new group. Maybe one of those walking groups in the classifieds section. Or Curves!
- Get a makeover
- Work out more.
- Eat Healthier
- QUIT SMOKING (This one is so tough)
- Make a "What is great about me" list and put it up. Look at it EVERY day.
- Do something JUST for me.
- Take a class/course in something I've always wanted to, like photography

So that's MY list! What about you? What will you do for yourself this year to help build yourself up? Remember that you are worth it! We're all worth it! Happy New Year, ladies!

For Amanda's story and other writings, please read her blog: [The Forgotten Mom—My Journey](#)

Inspiration

See You Again

By Amy Schumaker

Music is one way that a person can express how they are feeling without having to cut straight to the point. Songwriters are very good about doing such that. Earlier this year, I was in a Birthmother's Day Celebration Planning meeting, the committee asked if there were any new songs they could add to their program. Since I was the youngest and/or newest birthmother on the committee they all looked at me to see if I knew of any songs. I went home and started to think of songs. Later in that same week I heard the song, "See You Again" by Carrie Underwood. The words to this song struck me so hard that I was almost sobbing by the end of the song. Yet another song that I now have to be careful about listening to as it is a trigger. The song though gives a pure depiction to what we as birthmothers say audibly or silently to our children on the day of relinquishment or after each time we have to leave our children to go back home. Below are the lyrics to the song. I encourage you to find the song on YouTube and listen to the song while looking at the lyrics. Meditate on them and know that you are not the only one who says these words to our birth children.

"See You Again"

Oh oh oh oh oh oh oh oh oh oh [2x]

*Said goodbye, turned around
And you were gone, gone, gone
Faded into the setting sun,
Slipped away
But I won't cry
Cause I know I'll never be lonely
For you are the stars to me,
You are the light I follow*

[Chorus:]

*I will see you again, whoa
This is not where it ends
I will carry you with me, oh
'Til I see you again*

Oh oh oh oh oh oh oh oh oh oh [2x]

Continued on page 4...

Inspiration continued from page 3...

*I can hear those echoes in the wind at night
 Calling me back in time
 Back to you
 In a place far away
 Where the water meets the sky
 The thought of it makes me smile
 You are my tomorrow*

[Chorus:]

*I will see you again, whoa
 This is not where it ends
 I will carry you with me, oh
 'Til I see you again*

[Bridge:]

*Sometimes I feel my heart is breaking
 But I stay strong and I hold on cause I know*

*I will see you again, whoa
 This is not where it ends
 I will carry you with me, yeah, yeah*

[Outro:]

*I will see you again, whoa
 This is not where it ends
 I will carry you with me, oh
 'Til I see you again.*

Oh oh oh oh oh oh oh oh oh oh [2x]

*'Til I see you again,
 Oh oh oh oh oh oh oh oh oh oh
 'Til I see you again, whoa
 'Til I see you again,*

*Said goodbye turned around
 And you were gone, gone, gone.*

Birthday Celebrations



*If you'd like yours or your
 (placed) child's birthday
 shared in a newsletter, please
 email it to*

bmbulletin@gmail.com.

January

1—Angela Norris
 4—Madisen Cook
 4—Shelby Young's son, Jonah
 5—Nicole Wright-Ellis' son,
 Joshua
 11—Alicia Moser's daughter
 12—Corky Vestal's son, Noah
 16—Tracy Parker's son
 19—Shelby Young
 19—Diane Parker's daughter,
 Lauren Alexis
 20—Brittany Fox's daughter,
 Karma
 24—Erin McCarthy's son
 26—Natalie (Avery) Vang's
 daughter, Ava
 27—Alicia Sappingfield

February

1—Cheri Trussler's daughter,
 Stella
 4—Kelly Archie
 6—Sonya Banks' daughter
 13—Allison Alexander's daughter,
 Anastasia
 15—Corky Vestal
 16—Ashley Winsett's daughter,
 Emmalie
 21—Nicole Wright-Ellis
 22—Amy Lofthouse's son, Luke
 28—Allyssa Gunn's twins, Katelyn
 and Kenzlee

March

1—Stephanie Dillon's daughter,
 Alena
 12—Lorinda Makinson
 15—Anne Bennett's son, Colin
 23—Kellie Shirek
 23—Christine Hively's daughter
 24—Kelsey Moore's son, Evan
 24—Alena Diaz' daughter,
 Makaela

Best of the Blog



The Main Thing: <http://birthmom-buds.blogspot.com/2014/01/the-main-thing.html>

written by Terri, published on January 31, 2014

Relationships After Placement: <http://birthmom-buds.blogspot.com/2013/12/relationships-after-placement.html> written by Annie, published on December 27, 2013

Founder's Corner

Dear Friends,

A couple of years ago, I (Coley) chose a "word of the year" in January with some blogging friends. I prayed and mediated about what word to choose and carefully chose a word I felt drawn too. That first year, I chose the word "[breathe](#)" and I repeated that word at least daily. That was a trying year for me and that word helped me make it through the tough days.

This year I have chosen the word "grow." I want to focus on growing in all areas of my life. I want to grow as a Christian, Mother, wife, sister, daughter, friend, confidant, and leader. I want to grow emotionally, spiritually, figuratively, and creatively. As people, I feel we are constantly evolving and learning lessons from all life has to throw at us and this year, I want to focus on growing during each obstacle and each moment of triumph.

The past two years, Lani has also chosen a word of the year. This year, she chose two words; now" and "grateful." Why did I choose these two words as my 2014 words of the year? She shares why she chose these words...

"First, let us look at the definition of now; it refers to this moment, not yesterday or the future but the present. I love the present; it reminds me of a gift and the older I get and the more loss I experience I learn just how great of a gift of NOW is. As for gratitude—along with now, today at this very moment we have so many things to be grateful for. I can breath on my own, I can see, hear, touch, and I have a great family and friends. My children may not all be with me but they are all in my heart and alive and well. I am forever blessed to have so much. As I write this, I'm super grateful I have heat in a home and my electric blanket."

Hope 2014 is great for each and everyone of you!

Hugs,

Coley and Lani



Celebrating 10 Years of Bringing Birthmothers Together

BIRTHMOM BUDS 2014 RETREAT

Hilton Garden Inn – Uptown Charlotte
508 East Martin Luther King Blvd.
Charlotte, NC 28202

We have a weekend full of activities planned and look forward to seeing you there!

Friday, May 2, 2014

1 PM – Sightseeing Scavenger Hunt

6:30 PM – BirthMom Buds Pajama Party Mixer

(Wear your favorite jammies! Prizes will be given for cutest and funniest pajamas!)

Saturday, May 3, 2014

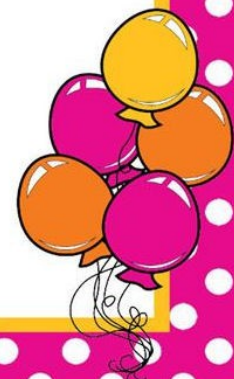
8:30 AM – BirthMom Buds Celebration

7:30 PM – Group Dinner

Sunday, May 4, 2014

9:00 AM - Farewell Breakfast

RSVP to Coley at (864) 205-7387
or email birthmombuds@gmail.com



For additional information about the 2014 BirthMom Buds Retreat, please click [here](#).