

healing in times of loss



I HEAR YOU

I SEE YOU

I FEEL YOU

I HOLD SPACE FOR YOU

www.annieroo.com

WEBSITE RESOURCE FOR LOSS

[HTTPS://SUFFICIENTGRACEMINISTRIES.ORG/
FAMILIES](https://sufficientgraceministries.org/families)

WE BELIEVE LIFE BEGINS AT CONCEPTION
AND THAT EVERY INDIVIDUAL IS
“FEARFULLY AND WONDERFULLY MADE”
(PSALM 139:14)

AS A UNIQUE CREATION OF GOD,
WHETHER YOU HAVE FOUND YOUR WAY
TO OUR PAGE IN SEARCH OF SUPPORT
AFTER FINDING OUT THAT YOUR BABY
HAS NO HEARTBEAT OR YOU ARE FACING
A LIFE-LIMITING DIAGNOSIS FOR YOUR
LITTLE ONE, PLEASE KNOW THAT WE
LOVINGLY WELCOME YOU AND WOULD BE
HONORED TO PROVIDE SUPPORT AND
RESOURCES FOR YOUR JOURNEY.

AT SUFFICIENT GRACE MINISTRIES, WE
BELIEVE THAT EVERY LIFE MATTERS, NO
MATTER HOW BRIEF. WE OFFER A MYRIAD
OF IN-PERSON AND VIRTUAL SUPPORT
SERVICES AND RESOURCES FOR FAMILIES
WALKING THROUGH LOSS IN ANY
GESTATION OF PREGNANCY AND
THROUGHOUT INFANCY, AS WELL AS
THOSE WHO ARE NAVIGATING THE
UNKNOWN OF A LIFE-LIMITING
PRENATAL DIAGNOSIS. YOU ARE NOT
ALONE. WE ARE HERE TO WALK WITH
YOU.

WEBSITE RESOURCE FOR LOSS

[HTTPS://WWW.FACEBOOK.COM/LOSSHEART
INITIATIVE/](https://www.facebook.com/lossheartinitiative/)

WELCOME. I'M GLAD YOU ARE HERE.
THROUGHOUT TIME WOMEN HAVE GATHERED
TOGETHER TO LIFT EACH OTHER UP, TO HEAL, TO
THRIVE. WITH OPEN HEARTS AND CREATING HANDS,
LOVE HAS BEEN SEWN IN TO EACH LOSS HEART,
HONOURING A LIFE, NO MATTER HOW BRIEF.
NOTES WILL GUIDE YOU THROUGH THIS PAGE.

REQUEST A HEART, MAKE A HEART, ATTEND A LOSS
HEART GATHERING, READ ABOUT LIFE GIVING
PRACTICES TO SUPPORT YOUR LOSS JOURNEY.
("NOTES" HEADING HAS DISAPPEARED! ACCESS
THESE ON MY WEBSITE JOYFULJOURNEYS.CA) I
HOPE YOU FIND WHAT YOU ARE LOOKING FOR.

~LESLIE

'I PERSONALLY HAVE PARTICIPATED IN LESLIE'S
LOSS HEART INITIATIVE AND IT WAS EXTREMELY
HEALING TO BE ABLE TO CROCHET TINY HEARTS TO
MAIL TO HER, WHILE KNOWING ANOTHER LOSS
MAMA WAS SENDING HER OWN HEARTS TO ME VIA
THIS INCREDIBLE CONNECTION LESLIE HAS
CREATED.

- ANNIE ROO, IN MEMORY OF OUR TUGBOAT
SUGARLAND BABY 2018

“GRIEF IS ABOUT A BROKEN HEART, NOT A BROKEN
BRAIN. ALL EFFORTS TO HEAL THE HEART WITH
THE HEAD FAIL BECAUSE THE HEAD IS THE WRONG
TOOL FOR THE JOB. IT'S LIKE TRYING TO PAINT
WITH A HAMMER- IT ONLY MAKES A MESS.” -
JAMES AND FRIEDMAN

MATTHEW 5:4
"BLESSED ARE THOSE WHO MOURN, FOR
THEY SHALL BE COMFORTED."

ESSENTIAL OIL RESOURCES FOR LOSS

THE ONE AND ONLY ESSENTIAL OIL FOR RUBBING ALL
OVER YOUR BELLY, LEGS, ARMS, AND BREASTS (NOT
NIPPLES IF YOU ARE BREASTFEEDING A NURSLING)
AFTER A BIRTH LOSS

MYRRH

(PREGNANT MOTHERS ANOINTED THEMSELVES FOR PROTECTION AGAINST INFECTIOUS DISEASES AND TO ELEVATE FEELINGS OF WELL-BEING. PROTECT UNBORN CHILDREN FROM GENERATIONAL CURSES. EXODUS 20:5, 34:7, NUM 14:18, DEUT 5:9, DIFFUSED AND INHALED DURING LABOR TO REDUCE ANXIETY AND FACILITATE CALMNESS AND MASSAGED ON PERINEUM TO FACILITATE STRETCHING, USED AFTER CHILDBIRTH TO PREVENT OR REMOVE ABDOMINAL STRETCH MARKS, CUSTOMARILY USED ON UMBILICAL CORDS OF NEWBORNS TO PROTECT NAVEL FROM INFECTION, WHICH SYMBOLICALLY MEANT TO CUT OFF GENERATIONAL CURSES INHERITED FROM ANCESTORS.)

ANTISEPTIC, BALANCING TO THYROID & ENDOCRINE SYSTEM, SUPPORTS IMMUNE SYSTEM, EMOTIONALLY RELEASING, PROMOTES PERMANENT HEALING BY DEPROGRAMMING MISWRITTEN INFORMATION ON DNA AT CELLULAR LEVEL DUE TO SESQUITERPENE CONTENT, IN ANCIENT TIMES USED AS A FIXER TO EXTEND FRAGRANCE OF OTHER OILS AND SCENTS.)

(CONTAINS SESQUITERPENES WHICH STIMULAT THE LIMBIC SYSTEM OF THE BRAIN (THE CENTER OF MEMORY AND EMOTIONS)AND THE HYPOTHALAMUS, PINEAL, AND PITUITARY GLANDS. HYPOTHALAMUS IS MASTER GLAND OF THE HUMAN BODY, PRODUCING VITAL HORMONES, INCLUDING THYROID AND GROWTH HORMONES.)



ESSENTIAL OILS FOR BALANCING WELLNESS THROUGH
DEPRESSION / POSTPARTUM DEPRESSION
AFTER A BIRTH LOSS

WHITE ANGELICA

(RENEWS SENSE OF STRENGTH AND PROTECTION, CREATING A FEELING OF WHOLENESS IN THE REALM OF ONE'S OWN SPIRITUALITY)

GERMAN CHAMOMILE

(POWERFUL ANTIOXIDANT, DATES 78 AD, DISPELS ANGER, STABILIZES EMOTIONS LINKED TO PAST, SOOTHES MIND, IS BLUE!, BLOOD DETOXIFIER)

CLARY SAGE

(PHYTOESTROGEN, CIRCULATORY, MENSTRUAL USES)

ROMANS 8:18

"FOR I CONSIDER THAT THE SUFFERINGS OF THIS PRESENT TIME
ARE NOT WORTH COMPARING WITH THE GLORY THAT IS TO BE
REVEALED TO US."

LUKE 6:21

"BLESSED ARE YOU WHO ARE HUNGRY NOW, FOR YOU SHALL BE SATISFIED. BLESSED ARE YOU WHO WEEP NOW, FOR YOU SHALL LAUGH."

FLOWER ESSENCE RESOURCES FOR LOSS

BACH ORIGINAL FLOWER REMEDIES:

HOPE AND JOY COMFORT KIT:

INCLUDES STAR OF BETHELEM, GORSE, AND SWEET CHESTNUT

BACH ALSO MAKES RESCUE PASTILLES

THESE ARE HARD GUMMY FLOWER ESSENCES YOU SUCK ON

I CARRY A TIN IN MY DIAPER BAG/PURSE AT ALL TIMES AND WE HAVE A STASH IN MY KITCHEN

BLACK CURRANT PASTILLES (MY FAVORITE!)

I HAVE A TIN OF THESE IN MY PURSE/ BAG AT ALL TIMES

PROVERBS 3:5-6

'TRUST IN THE LORD WITH ALL YOUR HEART, AND DO NOT LEAN ON YOUR OWN UNDERSTANDING. IN ALL YOUR WAYS ACKNOWLEDGE HIM, AND HE WILL MAKE STRAIGHT YOUR PATHS.'

HERBAL ALLY RESOURCES FOR LOSS

MAKE SURE THAT ALL INGREDIENTS USED IN YOUR WOMB WELLNESS CARE ARE SAFE, CLEAN, & TOXIN FREE. MAKE YOUR OWN INFORMED CHOICES.

MY TUGBOAT SUGARLAND STORY

WE FOUND OUT WE WERE PREGNANT IN 2018 AND WAITED A FEW WEEKS BEFORE TELLING PEOPLE WE WERE EXPECTING. I HAD BEEN PLANNING ON ATTENDING A HOLISTIC DOULA TRAINING AND FLEW OUT TO CHICAGO FOR THE CERTIFICATION. I TOOK PICTURES OF MY BELLY, AND VISITED MY COUSIN FOR DINNER ONE NIGHT WHILE THERE. SHE WAS VERY PREGNANT AND DUE ANY MOMENT.

I ENDED UP ARRIVING AT HOME AFTER THE FLIGHT BACK AND BEGAN BLEEDING THAT EVENING. I NEVER HAD ANY PHYSICAL PAIN TO LET ME KNOW WHAT WAS HAPPENING, BUT IT WOULD BE 2 OF THE MOST INTENSELY EXHAUSTING, SPIRITUALLY & PHYSICALLY DEMANDING WEEKS FROM THAT NIGHT - UNTIL WE BIRTHED OUR TUGBOAT SUGARLAND BABY - I HAVE EVER EXPERIENCED IN MY LIFE TO DATE.

THE ER STAFF GUESSED THE BABY STOPPED GROWING AROUND 9 WEEKS BUT IT WAS HARD TO TELL. I FREEBIRTHED AT HOME AROUND 12 WEEKS. WE THEN BECAME PREGNANT 5 MONTHS LATER WITH OUR RAINBOW BABY WHO IS VERY MUCH ALIVE. SHE IS A MIRACLE FROM GOD IN EVERY SENSE. HERE IS HER STORY.

LISTEN TO MY FREE BIRTH HOME MISCARRIAGE AND RAINBOW BABY FREEBIRTH HERE ON INDIE BIRTH'S "BIRTH WARRIOR" PODCAST PROJECT

I RESEARCHED AND CREATED THIS BLEND SPECIFICALLY FOR MY WOMB TEA AND WOMB STEAM DURING THE MISCARRIAGE AND POSTPARTUM RECOVERY FOR OUR LOSS. IT MUST BE A FERTILE BLEND AS WELL BECAUSE I ONLY HAVE ONE OVARY!

I HOPE THAT YOU ENJOY MY FERTILITY, PEACE, SPIRITUAL HEALING, EMOTIONAL RELEASE, AND PHYSICAL WELLNESS TEA.

PLEASE MAKE IT FOR SOMEONE YOU LOVE.

JOHN 14:27

"PEACE I LEAVE WITH YOU; MY PEACE I GIVE TO YOU. NOT AS THE WORLD GIVES DO I GIVE TO YOU. LET NOT YOUR HEARTS BE TROUBLED, NEITHER LET THEM BE AFRAID."

HERBAL ALLY RESOURCES FOR LOSS

PART OF MY TUGBOAT SUGARLAND BLEND



CALENDULA

HIBISCUS

MARSHMALLOW ROOT

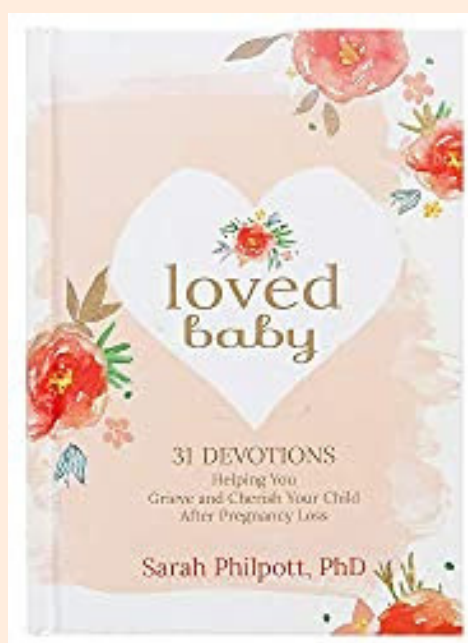
RED RASPBERRY LEAF

www.anniejoo.com

~ MY FAVORITE PICK ~

I PERSONALLY HAVE SENT THIS BOOK ALL OVER THE WORLD TO FRIENDS AND CLIENTS. IT IS THE MOST COMPREHENSIVE AND UNIQUE BOOK THAT I HAVE FOUND. BASED IN GODLY SCRIPTURE, IT GIVES GOOD CONCRETE IDEAS FOR THE GRIEF STRICKEN COUPLE TO ACTUALLY DO INSTEAD OF FLUFF THAT DOESN'T HELP PEOPLE WHO NEED ACTION.

BOOK RESOURCES FOR LOSS



"LOVED BABY IS A SELAH AWARD WINNER FOR NONFICTION BOOK OF THE YEAR AND BEST BOOK IN THE CATEGORY OF INSPIRATION AND GIFT. CLOSE TO ONE IN FOUR AMERICAN WOMEN EXPERIENCE THE SILENT GRIEF OF PREGNANCY LOSS. LOVED BABY OFFERS MUCH-NEEDED SUPPORT TO WOMEN IN THE MIDDLE OF PSYCHOLOGICAL AND PHYSIOLOGICAL GRIEF AS A RESULT OF LOSING AN UNBORN CHILD THROUGH MISCARRIAGE, STILLBIRTH, OR ECTOPIC PREGNANCY LOSS.

IN LOVED BABY , AUTHOR SARAH PHILPOTT GENTLY WALKS ALONGSIDE WOMEN AS THEY EXPERIENCE THE MISGUIDED SHAME, ISOLATION, AND CRUSHING DESPAIR THAT ACCOMPANY THE TURMOIL OF LOSS. WITH BRAVE VULNERABILITY SARAH SHARES HER OWN STORY OF LOSS AND THE STORIES OF OTHERS, OFFERING CHRIST-FILLED HOPE AND SUPPORT TO WOMEN NAVIGATING GRIEF.

THIS FRESH AND COMPASSIONATE DEVOTIONAL OFFERS:

- REAL TALK ABOUT LOSS
- CHRIST-FILLED COMFORT
- TIPS TO MANAGE SOCIAL MEDIA, RECONNECT WITH YOUR PARTNER, AND NOURISH YOUR SOUL
- KNOWLEDGE THAT YOUR CHILD IS IN HEAVEN
- STRATEGIES TO WALK THROUGH GRIEF
- WAYS TO MEMORIALIZE YOUR LOSS

WHETHER YOUR LOSS IS RECENT OR NOT, LOVED BABY CAN BE YOUR COMPANION AS YOU MOVE FROM THE DARKNESS OF GRIEF TOWARD THE LIGHT OF HOPE.

OTHER BOOK FEATURES:

- 31 BEAUTIFULLY WRITTEN DEVOTIONALS TO HELP WOMEN COPE, MOURN AND HEAL AFTER LOSING A BABY"

REST

I SPENT SOME TIME RESEARCHING AND LOOKING UP BIBLE VERSES ABOUT REST.

RIGHT NOW I'M UP TO 56 VERSES. THEY'RE ALL ABOUT - BIRTH. DEATH. SABBATH. WITH OUR FATHERS. RESTORING MY SOUL. CHILD AND MOTHER.

WE UNDERESTIMATE THE POWER OF REST AS A PEOPLE. AS A SOCIETY, LIVING IN THE WORLD IN THE 21ST CENTURY, SOME CULTURES EMBRACE REST, BUT IT IS STEEPED IN TRADITION, CEREMONY, AND HAS VALUE. THE PEOPLES WHO HAVE THE MOST DIFFICULT TIMES LACK THE SUPPORTIVE CIRCLES, THE TRIBES, EXTENDED FAMILIES, AND ENCOURAGING FRIENDS THAT THE ONES WHO FLOURISH IN THEIR GRIEF ARE INUNDATED WITH -WHY?

THE DIFFERENCE BETWEEN RESTING AND NOT ISN'T A SIMPLE QUESTION OF ABILITY - IT'S DESIRE. ANYONE CAN. NOT EVERYONE WILL.

CAN YOU EVEN IMAGINE WHAT YOUR BODY AND HEART IS WORTH? GOD CAN. HE DOES. EVERYDAY. EVERY MOMENT. EVERY SECOND.

EVERYTHING IS DO-ABLE.

TO NOT REST WILL LEAVE A HOLE. DIG A BIGGER DEEPER CAVERN, A CHASM, AND LEAVE YOU EVEN MORE DEPLETED.

HERE IS MY PRAYER FOR YOU.

REST.

WHATEVER IT LOOKS LIKE TO YOU. REST. AT HOME. OUT. WITH FRIENDS. REST. IN BED. IN THE SHOWER. EATING. REST. ON THE COUCH. IN THE CAR. REST. AT CHURCH. REST.

GOD DESIGNED US TO REST. AT NIGHT. IN LIFE. IN SORROW. IN JOY. TO CELEBRATE. TO GRIEVE. HE CREATED IN OUR VERY CELLS THE NEED TO REST.

DO IT. AND FEEL GOOD ABOUT IT. HEAL WITHIN THE REST. LET IT FLOW. REST. SIT. BE. IN SILENCE REST. IN CHEERS REST. IN THE SCREAMS REST. IN THE SOBBING REST. THERE IS HEALING IN THE STILLNESS.

BIBLE SCRIPTURES

PSALM 139:13

13 FOR YOU CREATED MY INMOST BEING;
YOU KNIT ME TOGETHER IN MY MOTHER'S WOMB.

HOSEA 9:14

14 GIVE THEM, LORD—
WHAT WILL YOU GIVE THEM?
GIVE THEM WOMBS THAT MISCARRY
AND BREASTS THAT ARE DRY.

EXODUS 23:26

26 NO ONE SHALL SUFFER MISCARRIAGE OR BE BARREN IN
YOUR LAND; I WILL FULFILL THE NUMBER OF YOUR DAYS.

LUKE 23:29

29 FOR INDEED THE DAYS ARE COMING IN WHICH THEY
WILL SAY, 'BLESSED ARE THE BARREN, WOMBS THAT NEVER
BORE, AND BREASTS WHICH NEVER NURSED!'

GENESIS 49:25

25 BY THE GOD OF YOUR FATHER WHO WILL HELP YOU,
AND BY THE ALMIGHTY WHO WILL BLESS YOU
WITH BLESSINGS OF HEAVEN ABOVE,
BLESSINGS OF THE DEEP THAT LIES BENEATH,
BLESSINGS OF THE BREASTS AND OF THE WOMB.

1 SAMUEL 1:5

5 BUT TO HANNAH HE WOULD GIVE A DOUBLE PORTION, FOR
HE LOVED HANNAH, ALTHOUGH THE LORD HAD CLOSED HER
WOMB.

LUKE 11:27

27 AND IT HAPPENED, AS HE SPOKE THESE THINGS, THAT A
CERTAIN WOMAN FROM THE CROWD RAISED HER VOICE AND
SAID TO HIM, "BLESSED IS THE WOMB THAT BORE YOU, AND
THE BREASTS WHICH NURSED YOU!"

GENESIS 30:22

22 THEN GOD REMEMBERED RACHEL, AND GOD LISTENED TO
HER AND OPENED HER WOMB.

BIBLE SCRIPTURES

JOB 1:21

21 AND HE SAID:

“NAKED I CAME FROM MY MOTHER’S WOMB,
AND NAKED SHALL I RETURN THERE.
THE LORD GAVE, AND THE LORD HAS TAKEN AWAY;
BLESSED BE THE NAME OF THE LORD.”

PSALM 71:5-7

5 FOR YOU ARE MY HOPE, O LORD GOD;
YOU ARE MY TRUST FROM MY YOUTH.
6 BY YOU I HAVE BEEN [A]UPHELD FROM BIRTH;
YOU ARE HE WHO TOOK ME OUT OF MY MOTHER’S WOMB.
MY PRAISE SHALL BE CONTINUALLY OF YOU.
7 I HAVE BECOME AS A WONDER TO MANY,
BUT YOU ARE MY STRONG REFUGE.

PSALM 110:3

3 YOUR PEOPLE SHALL BE VOLUNTEERS
IN THE DAY OF YOUR POWER;
IN THE BEAUTIES OF HOLINESS, FROM THE WOMB OF THE
MORNING,
YOU HAVE THE DEW OF YOUR YOUTH.

ISAIAH 44:24

24 THUS SAYS THE LORD, YOUR REDEEMER,
AND HE WHO FORMED YOU FROM THE WOMB:
“I AM THE LORD, WHO MAKES ALL THINGS,
WHO STRETCHES OUT THE HEAVENS [A]ALL ALONE,
WHO SPREADS ABROAD THE EARTH BY MYSELF;

ISAIAH 49:1

49 “LISTEN, O COASTLANDS, TO ME,
AND TAKE HEED, YOU PEOPLES FROM AFAR!
THE LORD HAS CALLED ME FROM THE WOMB;
FROM THE [A]MATRIX OF MY MOTHER HE HAS MADE
MENTION OF MY NAME.

ECCLESIASTES 11:5

5 AS YOU DO NOT KNOW WHAT IS THE WAY OF THE
[A]WIND,
OR HOW THE BONES GROW IN THE WOMB OF HER WHO IS
WITH CHILD,
SO YOU DO NOT KNOW THE WORKS OF GOD WHO MAKES
EVERYTHING.

BIBLE SCRIPTURES

JEREMIAH 1:5

5 “BEFORE I FORMED YOU IN THE WOMB I KNEW YOU;
BEFORE YOU WERE BORN I SANCTIFIED[A] YOU;
I [B]ORDAINED YOU A PROPHET TO THE NATIONS.”

LUKE 1:31

31 AND BEHOLD, YOU WILL CONCEIVE IN YOUR WOMB AND
BRING FORTH A SON, AND SHALL CALL HIS NAME JESUS.

PROVERBS 30:16

16 THE[A] GRAVE,
THE BARREN WOMB,
THE EARTH THAT IS NOT SATISFIED WITH WATER—
AND THE FIRE NEVER SAYS, “ENOUGH!”

PSALM 127:3

3 BEHOLD, CHILDREN ARE A HERITAGE FROM THE LORD,
THE FRUIT OF THE WOMB IS A REWARD.

LUKE 1:41

41 AND IT HAPPENED, WHEN ELIZABETH HEARD THE
GREETING OF MARY, THAT THE BABE LEAPED IN HER WOMB;
AND ELIZABETH WAS FILLED WITH THE HOLY SPIRIT.

LUKE 1:42

42 THEN SHE SPOKE OUT WITH A LOUD VOICE AND SAID,
“BLESSED ARE YOU AMONG WOMEN, AND BLESSED IS THE
FRUIT OF YOUR WOMB!”

GALATIANS 1:15

15 BUT WHEN IT PLEASSED GOD, WHO SEPARATED ME FROM
MY MOTHER’S WOMB AND CALLED ME THROUGH HIS GRACE,

BIBLE SCRIPTURES

2 CORINTHIANS 1:3-4

"BLESSED BE THE GOD AND FATHER OF OUR LORD JESUS CHRIST, THE FATHER OF MERCIES AND GOD OF ALL COMFORT, WHO COMFORTS US IN ALL OUR AFFLICTION, SO THAT WE MAY BE ABLE TO COMFORT THOSE WHO ARE IN ANY AFFLICTION, WITH THE COMFORT WITH WHICH WE OURSELVES ARE COMFORTED BY GOD."

PSALM 34:18

"THE LORD IS NEAR TO THE BROKENHEARTED AND SAVES THE CRUSHED IN SPIRIT."

REVELATION 21:4

"HE WILL WIPE AWAY EVERY TEAR FROM THEIR EYES, AND DEATH SHALL BE NO MORE, NEITHER SHALL THERE BE MOURNING, NOR CRYING, NOR PAIN ANYMORE, FOR THE FORMER THINGS HAVE PASSED AWAY."

ISAIAH 53:4

"SURELY HE HAS BORNE OUR GRIEFS AND CARRIED OUR SORROWS; YET WE ESTEEMED HIM STRICKEN, SMITTEN BY GOD, AND AFFLICTED."

BIBLE SCRIPTURES

PSALM 23:3

3 HE REFRESHES MY SOUL.
HE GUIDES ME ALONG THE RIGHT PATHS
FOR HIS NAME'S SAKE.

ROMANS 15:13

"MAY THE GOD OF HOPE FILL YOU WITH ALL JOY
AND PEACE IN BELIEVING, SO THAT BY THE POWER
OF THE HOLY SPIRIT YOU MAY ABOUND IN HOPE."

2 TIMOTHY 4:7-8

"I HAVE FOUGHT THE GOOD FIGHT, I HAVE
FINISHED THE RACE, I HAVE KEPT THE FAITH.
HENCEFORTH THERE IS LAID UP FOR ME THE
CROWN OF RIGHTEOUSNESS, WHICH THE LORD, THE
RIGHTEOUS JUDGE, WILL AWARD TO ME ON THAT
DAY, AND NOT ONLY TO ME BUT ALSO TO ALL WHO
HAVE LOVED HIS APPEARING."

"LUKE 23:56

56 THEN THEY WENT HOME AND PREPARED SPICES
AND PERFUMES. BUT THEY RESTED ON THE
SABBATH IN OBEDIENCE TO THE COMMANDMENT.

BIBLE SCRIPTURES

1 JOHN 3:2

2 DEAR FRIENDS, NOW WE ARE CHILDREN OF GOD, AND WHAT WE WILL BE HAS NOT YET BEEN MADE KNOWN. BUT WE KNOW THAT WHEN CHRIST APPEARS, [A] WE SHALL BE LIKE HIM, FOR WE SHALL SEE HIM AS HE IS.

ROMANS 8:16

16 THE SPIRIT HIMSELF TESTIFIES WITH OUR SPIRIT THAT WE ARE GOD'S CHILDREN.

GENESIS 2:2

2 BY THE SEVENTH DAY GOD HAD FINISHED THE WORK HE HAD BEEN DOING; SO ON THE SEVENTH DAY HE RESTED FROM ALL HIS WORK.

"WHEN WE SEPARATE THE CREATIVE PROCESS FROM A NEED TO SOLVE OR FIX THINGS, IT BECOMES AN ALLY, A WAY TO WITHSTAND GRIEF, TO REDUCE SUFFERING, EVEN AS IT CAN'T CHANGE THE PAIN." MEGAN DEVINE

SOURCES

HEALING OILS OF THE BIBLE, BY DAVID STEWART,
CARE PUBLICATIONS, 2007.

LIFE SCIENCE PUBLISHING. (2019). IN ESSENTIAL
OILS: POCKET REFERENCE.

TROPHORESTORATIVE. THE NATUROPATHIC
HERBALIST. (2014, MAY 14).

[HTTPS://THENATUROPATHICHERBALIST.COM/HERBAL-
ACTIONS/S-Z/TROPHORESTORATIVES/.](https://thenaturopathicherbalist.com/herbal-actions/s-z/trophorestoratives/)

YOUNG LIVING ESSENTIAL OILS: WORLD LEADER IN
ESSENTIAL OILS. YOUNG LIVING ESSENTIAL OILS |
WORLD LEADER IN ESSENTIAL OILS. (N.D.).

[HTTP://WWW.YOUNGLIVING.COM/.](http://www.youngliving.com/)

PRINTABLE

In times of grief it may be easier to point than to talk or explain. some families print off multiples - give to helpers who will be coordinating meals.

Feel free to customize this and make it your own.

An excellent online food coordinating website -

"Organize meals for a friend after a birth, surgery or illness"

<https://www.mealtrain.com/>

Ideas:

X what you don't want
star/circle what you do

My favorites are...

We're allergic to...

Please bring me...

We don't like...

.....
.....
.....

.....
.....
.....



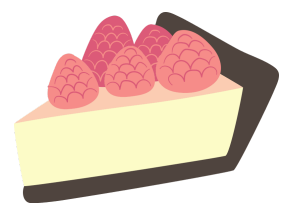
baked goods



pastries



veggies



desserts



cold drinks



hot drinks



soup



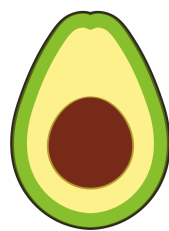
cereal



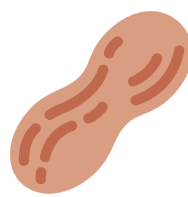
ice cream/
sorbet



eggs



avocado



peanuts



cheese



dairy



jello



chips



chocolate



popcorn

PRINTABLE

In times of grief it may be easier to point than to talk or explain. some families print off multiples - give to helpers who will be coordinating meals. Feel free to customize this and make it your own.

Ideas:

X what you don't want
star/circle what you do

My favorites are...

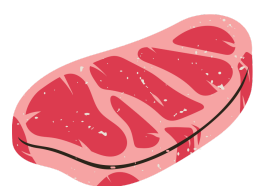
Please bring me...

.....
.....
.....

We're allergic to...

We don't like...

.....
.....
.....



red meat



chicken



seafood



fish



gluten

with these fixings:

with these fixings:

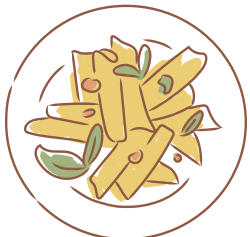
pizza



potatoes



pasta



rice



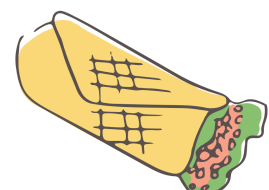
salad



smoothies



tacos/burritos



fruits



PRINTABLE

I NEED:

COMPANY / TO NOT BE LEFT ALONE

TO BE LEFT ALONE

A HUG

FOOD

DRINK

----- FROM THE STORE

A SHOWER

SOME QUIET TIME

A PARTY

A MASSAGE

GOOD MUSIC

A BABYSITTER

FOR YOU TO CALL ----- AND HAVE THEM COME OVER IMMEDIATELY.

THEIR # IS ----- (IN MY PHONE)

TO SCREAM

TO GO FOR A WALK/ BE IN NATURE

TO SLEEP

NEW CLOTHES

A PUPPY/KITTEN

(YOU CAN GO TO THE SHELTER AND PLAY WITH THEM FOR FREE!)

SOMEONE TO CLEAN THE HOUSE FOR ME

TO GO FOR A DRIVE

CHOCOLATE

TO TALK TO A PROFESSIONAL

FOR A CONVERSATION ABOUT HOPE AND FAITH VISIT:
CHATABOUTFAITH.COM

FOR GRIEF SUPPORT PLEASE CALL
1-800-HELP-4-ME

DAILY WELLNESS QUESTIONS/ JOURNAL PROMPTS

HOW AM I TENDING TO MY PHYSICAL BODY
TODAY?

.....

HOW CAN I TEND TO MY EMOTIONAL SELF
TODAY?

.....

WHAT DO I NEED TO DO TO CONNECT
SPIRITUALLY WITH GOD TODAY?

.....

TO BE A WELL BALANCED MENTALLY
FULFILLED WOMAN TODAY I WILL...

.....

I FEEL GOOD WHEN I AM...

.....

I NOTICE MY BODY IS OUT OF ALIGNMENT IF I
FORGET TO...

.....

DAILY WELLNESS QUESTIONS/ JOURNAL PROMPTS

I NOTICE MY BODY IS IN ALIGNMENT WHEN I
MAKE SURE TO...

.....

I AM AT MY MOST FULFILLED WHEN I
REMEMBER TO ASK FOR...

.....

TO ME, WELLNESS MEANS...

.....

TO ME, BALANCED MEANS...

.....

I LIKE...

.....

I GIVE MYSELF PERMISSION TO CHOOSE...

.....

I CHOOSE TO GIVE MYSELF PERMISSION TO...

.....

PERSONAL PRIVATE WELLNESS
SUPPORT SESSIONS ARE MY
SPECIALTY

REACH OUT TO ME FOR
YOUR OWN GRIEF LOSS
DOULA SUPPORT

ANNIEROOGURU@GMAIL.COM

I OFFER MY
CLASSES
INDIVIDUALLY
OR
AS A BUNDLE



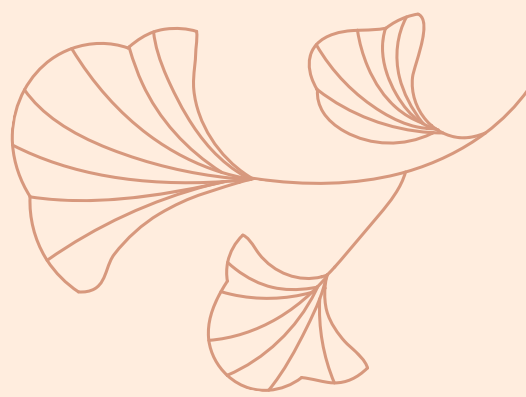
SEARCHING FOR
MORE?
APPLY FOR MY
HEIRLOOM
WOMEN'S SCHOOL
TODAY

FERTILITY MICROSCOPE CLASS

WOMB TEA CLASS

WOMB STEAMING CLASS

SNEEZE PEE NO MORE CLASS



IF YOU WOULD LIKE TO PURCHASE AN
HERBAL BLEND, I HANDCRAFT EACH ONE
FOR YOUR BODY AND YOUR NEEDS.

I INVITE YOU TO HAVE A CONSULT WITH
ME IF YOU WOULD LIKE SUPPORT.

healing in times of loss



IF YOU NEED TO REACH ME

ANNIEROO.COM

ANNIEROOGURU@GMAIL.COM

I HOLD SPACE FOR YOU

**LISTEN TO YOUR BODY,
IT WILL TELL YOU WHAT TO DO
-ANNIE ROO**

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