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Upcoming Events

Thursday, October 18th

Celebrating Life:
Essence Through Art
Opening Reception 5-7 p.m.
Twin Rivers Council for the Arts
523 S. 2nd St., Mankato
Art Exhibit will run Oct. 18th-Nov. 9th

Tuesday, October 23rd

Comfort Coffee
9-10 a.m.
Courtyard by Marriott Starbucks
901 Raintree Rd., Mankato

Save the Date

Friday, November 2nd

Trivia Night!
7-9 p.m.
Loose Moose Saloon
119 S. Front St., Mankato

Thursday, November 8th

Community Conversation:
bereavement + how to help
6-7 p.m.
Twin Rivers Council for the Arts
523 S. 2nd St., Mankato

Contact Us:

Phone: (507) 345-1920
P.O. Box 1084
Mankato, MN 56002
onebrightstar.org



Remembering Children Gone Too Soon



Johnathan Möeller & Garrett Steinberg played beautiful music during our service.



White doves were released at the end of our Memorial Service.

On Sunday, September 30th, we had the Children's Memorial Service at our Memorial Site at Erlandson Park. It was a chilly, but lovely day. About 300 people attended our event, and 57 children's names were read. Families came forward after their child's name was read, and received a rose. They were invited to place their rose at the Memorial Site. Families also had the option to write a



Our fall themed angel overlooking our Children's Memorial site.

message to their child on dissolvable rice paper, which they could then place in our Children's Memorial pond. We'd like to thank all of the volunteers and board members who made the day possible, all of the wonderful families who attended the event to remember their child, and also to our sponsors, Mayo Clinic Health System and Northview- North Mankato Mortuary and Mankato Mortuary.

Please join the City of Mankato and the Janavaras family for the:
John Janavaras Park Dedication
20 Glen Court, Southview Heights, Mankato, MN
Sunday, October 21, 2018 at 1:00 pm



Please come to share memories of John with us in celebration of our beloved son's short but beautiful and memorable life.

Opening Reception! Thursday, October 18th 5-7 p.m.

One Bright Star and Twin Rivers Council for the Arts are partnering to present a special exhibition.



COMING! A SPECIAL REMEMBRANCE ISSUE

In our December newsletter, we will have a Children's Remembrance section, in honor of National Children's Memorial Day, which is observed on the 2nd Sunday of December. This year that date is December 9th. If you are interested in having your child's information in our December newsletter, please email his/her name, birth date, death date, photo (optional) and a brief paragraph or poem about your child to director@onebrightstar.org by November 1st. Thank you!

JOIN OUR BOARD!

We are currently looking for people to help serve on our One Bright Star Board of Directors. If this is something you would be interested in, please review the form at this [link](#) for responsibilities and commitment information. This is a great way to help families in our community and make a difference! If interested, please submit the form, your resume and a paragraph as to why you'd like to join our board to: director@onebrightstar.org or mail to: One Bright Star, P.O. Box 1084, Mankato, MN 56002. Deadline to submit your interest is Nov. 1, 2018.

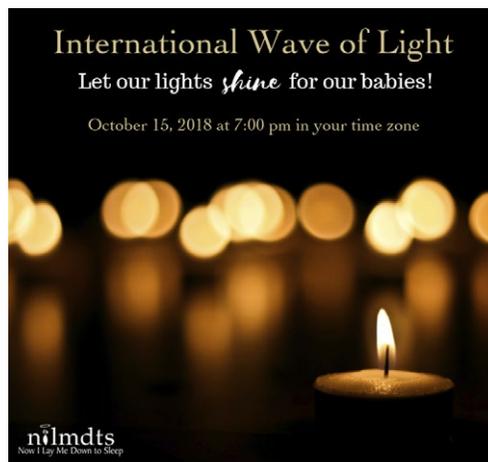
October is Pregnancy and Infant Loss Awareness Month

When a baby dies before it is born or soon after birth, parents are burdened with the task of saying goodbye to someone they barely had a chance to know. They must accept that a life has ended, even though it barely began.

Pregnancy brings with it a number of expectations, dreams and fantasies – parents spend months planning not just the birth of their child, but also his or her life in all the years to come. Now, just as both parents are emotionally preparing to welcome a child into the world, they must instead accept the loss of both the baby and all of their expectations for their future.

For parents of infants, their home may be filled with baby clothes, bottles and a crib. Even before one can accept their baby's death, they must accept his or her life — their existence as a person.

No matter how brief a baby's life, parents have just as much right to grieve as any other bereaved parent. In fact, it is an integral part of the mourning and healing process.



President Ronald Reagan officially announced October as National Pregnancy and Infant Loss Awareness Month and at 7pm on October 15th, one can join the worldwide Wave of Light by lighting a candle and keeping it burning bright.

"When a child loses his parent, they are called an orphan. When a spouse loses her or his partner, they are called a widow or widower. When parents lose their child, there isn't a word to describe them. This month recognizes the loss so many parents experience across the United States and around the world. It is also meant to inform and provide resources for parents who have lost children due to miscarriage, ectopic pregnancy, molar pregnancy, stillbirths, birth defects, SIDS, and other causes.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim the month of October as Pregnancy and Infant Loss Awareness Month. I call upon the people of the United States to observe this month with appropriate programs, ceremonies, and activities."

Say Their Name Challenge by Faith's Lodge

In honor of Child Loss Awareness Month this October, we created the #SayTheirNameChallenge to empower people to talk about children that have passed away, keep their memory alive and ensure no child's name is ever forgotten. You probably know someone who has lost a child. You can do something. Today is the day! SAY THEIR NAME!

Through this challenge we will say

thousands of children's names from across the nation. We encourage you to participate!

"While people may think that bringing up the name of a deceased child is insensitive, for parents of child loss, it's actually the complete opposite. As the days, months, and years go by, the loss of a child becomes lost in everyday life. There isn't a day that goes by when my family doesn't think about Abby and

Parker. But, while living with grief can put our lives at a standstill, the rest of the world continues to live." - Stacey Skrysak #SayTheirNameChallenge





INVITES YOU TO

Couples TRIVIA NIGHT

Support One Bright Star's mission of being a resource to families who've lost a child.

**ALL are
welcome!**

WHERE?

Loose Moose Saloon
119 S. Front St., Mankato

Register online at:
www.onebrightstar.org
Pre-registration is encouraged, but not required.

FRIDAY
NOV 2nd
7-9pm

\$20 per person
FREE for
Parents who've
lost a child.

Appetizers
included in price

Invite your friends and family out for a night of fun!

This is a 21+ event