



EPISODE 10 | HOPE GUIDE

Walking through the Valley of the Shadow of
Death with Anesha Stanley

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EPISODE 10 HOPE GUIDE

Welcome!

Hello sweet momma. Oh, how I wish you didn't need to be listening to a podcast on finding hope after pregnancy or infant loss. My heart breaks for you that you've experienced the loss of a baby.

I am so incredibly sorry for your loss.

I wish I could give you a big hug right now and tell you that you're not alone in your grief. I am here to walk this heartbreaking journey with you. I know firsthand how devastating, life-changing, and sorrowful it is to lose a baby.

My sweet daughter, Bridget Faith, was born into Heaven at 24 weeks into my first pregnancy in 2014. In my deep grief and sadness, I questioned how a good God could allow this to happen to me. As I wrestled with my faith, I came to a place of absolute surrender.

It's a long story (one you'll hear throughout our podcast episodes), but I learned to trust God and allow Him to heal my heart. In doing so, He led me to start a nonprofit ministry called Bridget's Cradles.

You can read more about what we do on our website (and in this Hope Guide), but our mission is to provide comfort, hope, and healing to families grieving the loss of a baby in Heaven. The Cradled in Hope Podcast is an extension of our ministry with the same mission.

We firmly believe that surrendering our suffering to God will allow us to find joy again. He can heal our hearts and use our grief for good. And most importantly, through faith in His son, Jesus, we have the hope to see our babies again in Heaven. Jesus has defeated death and He promises us eternal life with Him and our babies. Though we may grieve, we do not grieve without hope.

With Hope,

Ashley Opliger



Show Notes



EPISODE 10 WITH ANESHA STANLEY

Join us for a conversation with Anesha Stanley, founder of [Keys of Hope Foundation](#), about walking through the valley of the shadow of death after recurrent pregnancy loss. Anesha shares how she struggled with suicidal thoughts after losing five babies to miscarriage and life-threatening ectopic pregnancies.

As she walked this painful road of depression, God began to guide her out of the valley and renew her joy. In this episode, Anesha shares her triumphant testimony of overcoming the darkness of grief and how God led her to start a nonprofit to serve grieving mothers in her community.

In this episode, we discussed:

- Anxiety, depression, PTSD, and nightmares after pregnancy loss
- Suicide ideation in grief and how to find the right counselor
- What does "justice" look like for a grieving mother?
- How to rely on God in your weakness and surrender your children to Him
- The power of worship music in the middle of grief
- Scripture that came to life for Anesha in her darkest days
- Self-care routines and how they can bring peace to your mind and body
- How to strengthen friendships after loss
- The six "Keys of Hope" that are the foundation of Anesha's Hope Classes

Find the full episode transcript [here](#).



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Show Notes



KEY VERSES FROM THE EPISODE

- Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. **-Psalm 23:4 ESV**
- You have taken account of my miseries; Put my tears in Your bottle. Are they not in Your book? **-Psalm 56:8 NASB**
- For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ ..." **-2 Corinthians 10:4-5a NKJV**
- My flesh and my heart may fail, but God is the strength of my heart and my portion forever. **-Psalm 73:26 NIV**
- He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God.
-Psalm 62:6-7 ESV
- As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.
-Genesis 50:20 ESV
- You have turned my mourning into dancing for me; You have untied my sackcloth and encircled me with joy. **-Psalm 30:11 NASB**
- The name of the LORD is a strong tower; the righteous man runs into it and is safe. **-Proverbs 18:10 ESV**



BLESS GRIEVING MOMS WITH A REVIEW

If you've been encouraged by our podcast, would you [write a quick review on iTunes](#)? Think of it as spending two minutes of your time to invite a grieving mom to listen in on the message of hope you've just heard. We would be so grateful for your review and 5-star rating. Click [here](#) for instructions/videos on how to leave a review in case you haven't left one before. Thank you so much!

LEAVE A REVIEW

Show Notes



+ OUR GUEST | ANESHA STANLEY



Anesha Stanley is the founder of [Keys of Hope Foundation](#), a faith-based nonprofit with a mission dedicated to breaking the silence, supporting families, and promoting awareness of pregnancy and infant loss.

A survivor of two life-threatening ectopic pregnancies and three miscarriages, Anesha is passionate about equipping women with support and resources of hope after loss.

Connect with Anesha

Web:
www.keysofhopefoundation.com

Facebook: [/keysofhopefoundation](#)
Instagram: [@keysofhopefoundation](#)

+ OUR HOST | ASHLEY OPLIGER



Ashley is the Executive Director of Bridget's Cradles, a nonprofit organization based in Wichita, Kansas that donates cradles to over 1,100 hospitals in all 50 states and comforts over 26,000 bereaved families a year.

Ashley is married to Matt and they have three children: Bridget (in Heaven), and two sons. She is a follower of Christ who desires to share the hope of Heaven with families grieving the loss of a baby.

Connect with Ashley

Web: www.ashleyoplinger.com
www.bridgetscradles.com

Facebook: [/ashleyoplinger](#)
Instagram: [@ashleyoplinger](#)

Show Notes



KEYS OF HOPE FOUNDATION



About The Keys of Hope Foundation

Founded by Anesha and her husband, Ron, [The Keys of Hope Foundation](#) was created in April 2019 to break the silence of pregnancy loss and infertility within the Great Lakes Bay Region.

The organization exists to inspire hope in those trying to conceive, dealing with infertility and suffering through loss, miscarriage and ectopic pregnancy. The organization supports bereaved families by providing compassionate doula services/bereavement support, in-person support groups for women and couples, virtual support groups, and online resources for both women and men.

[READ MORE >>>](#)

KEYS OF HOPE™ Resources:

- [Live Video Encouragement](#)
- [FAQ's](#)
- [Statements of Faith](#)
- [Worship Song List](#) 
- [Peer Support Group](#) (Saginaw area)
- [Fundraising Events](#)
- [Infertility, Miscarriage and Ectopic Pregnancy Support](#)
- [Hope Self-Care Packages](#)
- [Blog](#)
- [Virtual Support Group](#)
- [Transparent Social Media Posts](#)
- [Growing Online Library of Testimonies](#)



Show Notes



DISCUSSION / APPLICATION QUESTIONS

- Anesha talks about how she experienced PTSD symptoms and severe anxiety and depression after her losses. Have you experienced this in your own grief? What resources that Anesha spoke about have you already tried and which ones can you try in the future (e.g., counseling, worship, support groups, self-care, etc)? Write down an action plan of ideas and commit to one this week.

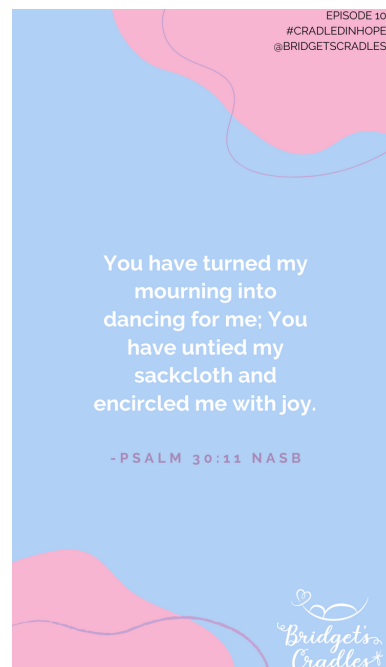
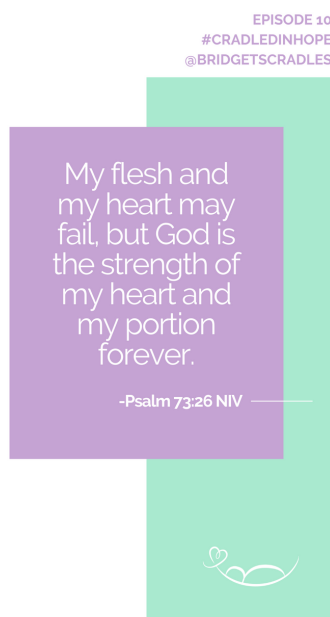
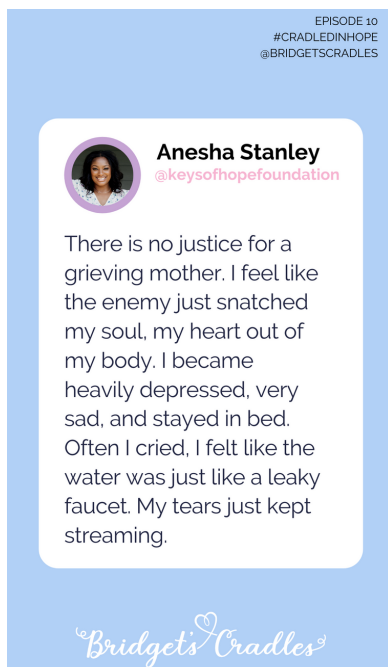
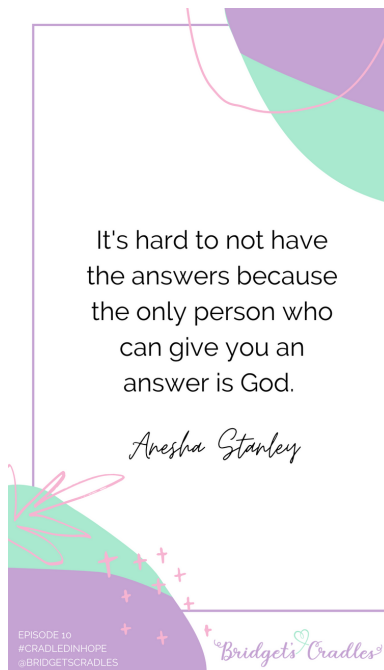
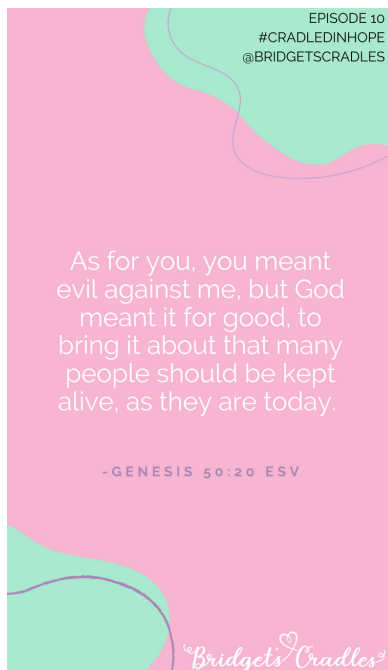
- In this episode, Anesha says that worship music played a significant role in her healing journey. Worshipping God in the middle of her pain was a powerful source of hope and joy. What worship song(s) have spoken to you? Spend time in worship and journal about what God did in your heart below:

- The sixth and final "key of hope" that Anesha shares is VISION. She recommends that moms create a vision board and dream about their future. Listen to this part of the episode again [57 min mark] and create your own vision board of hopes, dreams, and ideas for your life. How is this helpful to you in moving forward and honoring your baby(ies) in Heaven?



Pinnable Graphics

Bridget's Cradles
Cradled in Hope



View and pin episode graphics from our Pinterest board [here](#).

More Resources



CATCH UP ON PAST EPISODES



EPISODE 1:

Welcome to Cradled in Hope

with Ashley Opliger

Ashley shares her heart behind starting the Cradled in Hope podcast and reads the first chapter of her book.

**LISTEN
NOW**



EPISODE 2:

Finding Peace After Miscarriage

with Alisha Illian

Alisha discusses how she learned to rely on God, surrender her plans for her life, and find peace after miscarriage.

**LISTEN
NOW**



EPISODE 3:

Navigating Pregnancy Loss

with Sarah Philpott

Sarah shares how she grieved with hope and found joy in the perfection of Heaven, even after experiencing multiple miscarriages.

**LISTEN
NOW**



EPISODE 4:

Grieving a Life-Limiting Diagnosis

with Amy Balentine

Amy shares her journey of receiving a life-limiting diagnosis for her son, Simon. She discusses how grieving Simon and her other three babies shaped her faith journey.

**LISTEN
NOW**

More Resources



CATCH UP ON PAST EPISODES



EPISODE 5:

Wrestling Well with God through Recurrent Loss

with Kristin Hernandez

Kristin shares her story of losing five babies and how she turned to her faith in God and embraced the suffering.

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EPISODE 6:

Raising a Rainbow Baby to Remember Their Sibling in Heaven

with Ashley & Branton Opliger

Ashley shares four practical ways you can help your living children honor their sibling in Heaven.

LISTEN
NOW



EPISODE 7:

Improving Hospital Experiences for Grieving Families

with Lori Beth Blaney

Lori Beth shares her story of losing her daughter, Rachel, choosing forgiveness, and why she started a nonprofit to support grieving families and train hospital staff on bereavement care.

LISTEN
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EPISODE 8:

How to Nurture a Grieving Mother's Heart

Johanna Mutz & Denise Wolfe

Johanna and Denise share their story of starting a company to offer beautiful gifts for women who have experienced loss.

LISTEN
NOW

More Resources



✚ FIND HOPE + HEALING

Please visit www.bridgetscradles.com to find resources for hope and healing after the loss of a baby. We pray that something there will be helpful to you and provide hope as you grieve and remember your precious baby in Heaven.



Memorial Ideas

Ways to honor your baby in Heaven by remembering them in your home and daily life.

✚ ✚ ✚
CLICK HERE
TO READ
MORE ✚ ✚



Important Dates & Holidays

How to face difficult milestones and holidays in ways that bring peace and remembrance.

✚ ✚ ✚
CLICK HERE
TO READ
MORE ✚ ✚



Grieving & Healing

Ashley shares practical ideas that she found helpful in her grieving and healing journey.

✚ ✚ ✚
CLICK HERE
TO READ
MORE ✚ ✚

More Resources



✝ FIND HOPE + HEALING



Recommended Books

Christ-centered books that provide hope and healing after the loss of a baby

CLICK HERE
TO READ
MORE



Quotes & Bible Verses

A list of quotes and Bible verses to offer hope and healing for families who have experienced pregnancy or infant loss

CLICK HERE
TO READ
MORE



Helpful Resources

A list of organizations and websites focused on providing healing to families grieving the loss of a baby

CLICK HERE
TO READ
MORE

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+ PODCAST UPDATES + FREE RESOURCES

SIGN UP NOW

WWW.BRIDGETSCRADLES.COM/PODCAST | #CRADLEDINHOPE

More Resources



HOPE GATHERINGS ONLINE



Join our Christ-centered monthly online support group led by Ashley Opliger, Bridget's mom and Executive Director of Bridget's Cradles. The group is focused on finding hope and healing through God in community with each other and is open to any mom in the United States who has lost a baby due to miscarriage, stillbirth, or infant loss. For upcoming dates, please visit

www.bridgetscradles.com/hopeonline.



JOIN OUR FACEBOOK GROUP

Join our Cradled in Hope community of Grieving Moms:



Our Organization



with
**ASHLEY
OPLIGER**



ABOUT BRIDGET'S CRADLES



Bridget's Cradles is a 501c3 nonprofit organization based in Wichita, Kansas. It was founded after Matt and Ashley Opliger's daughter, Bridget Faith, was born into Heaven on October 22, 2014. Ashley's mom, Teresa, had knit a small cradle for Bridget, and it allowed them to hold her in a special and dignified way.

Since then, Ashley and a team of amazing volunteers have been passionate about comforting bereaved families across the country. Bridget's Cradles now donates cradles to over 1,100 hospitals in all 50 states, hosts support groups & remembrance events, and provides hope-filled resources online.



WHAT WE DO



**DONATE CRADLES
TO HOSPITALS**



**PROVIDE SUPPORT
& RAISE AWARENESS**



**HOPE GATHERINGS
SUPPORT GROUPS**



**WAVE OF LIGHT
OCTOBER 15TH EVENT**



GIVE HOPE

Together, we can provide comfort and hope to more grieving families. Your support will allow us to carry out critical program services so that together we can comfort bereaved families now and in the future. Visit www.bridgetscradles.com/givehope.



Let's Connect

CONTACT

If you'd like to be in touch, please email us directly at:

info@bridgetscradles.com

FOLLOW US

Be sure to follow us on Facebook and Instagram so you'll stay up to date on podcast and ministry updates!

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[@ashleyopliger](#)
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Bridget's Cradles

