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## EPISODE 7 | HOPE GUIDE

Improving Hospital Experiences for Grieving Families with Lori Beth Blaney

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## EPISODE 7 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 7 WITH LORI BETH BLANEY

**Join us for a conversation with Lori Beth Blaney, founder of [Rachel's Gift](#) about improving hospital experiences for grieving families.** Lori Beth shares her story of losing her daughter, Rachel, in a tragic car accident, and choosing to forgive the teenager who caused the crash.

Lori Beth discusses with Ashley why she started a nonprofit to support grieving families and train hospital staff on bereavement care. She is an advocate for families to have options and guidance while making decisions in the hospital.

### In this episode, we discussed:

- Why it's important to talk about your baby and tell your story
- Overcoming anger and bitterness with the power of forgiveness
- Not knowing what or how to pray when in deep grief
- Regrets of choices made at the hospital while in trauma/shock
- The need for nurses to be trained on bereavement care
- Why "time, space, and privacy" is not what grieving parents need
- The importance of consistent patient care
- Rachel's Gift services for hospitals and families
- Bridget's Cradles and complementing vs. competing with other resources
- How God will equip you if He calls you to ministry
- The partnership between Rachel's Gift and Bridget's Cradles

**National Suicide Prevention Line:** <http://www.suicidepreventionlifeline.org/>

If you or someone you know may be experiencing suicidal thoughts, please seek help as soon as possible by calling the National Suicide Prevention Line at 1 (800) 273-8255. The line is open 24/7, and you will be connected to a skilled, trained counselor at a crisis center in your area. It is our hope and prayer that you find the love and support that you need during this incredibly difficult time.

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



**LISTEN NOW**

# Show Notes



## KEY VERSES FROM THE EPISODE

- Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. **-Ephesians 4:32 NIV**
- For if you forgive other people when they sin against you, your Heavenly Father will also forgive you. **-Matthew 6:14 NIV**
- In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us through wordless groans, and He who searches our hearts knows the mind of the Spirit because the Spirit intercedes for God's people in accordance with the will of God. And we know that in all things, God works for the good of those who love Him, who have been called according to His purpose. **-Romans 8:26-28 NIV**
- The light shines in the darkness, and the darkness has not overcome it. **-John 1:5 NIV**
- The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. **-John 10:10 ESV**
- When Jesus spoke again to the people, He said, "I am the light of the world. Whoever follows Me will never walk in darkness, but will have the light of life." **-John 8:12 NIV**



## 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 | LORI BETH BLANEY



Lori Beth is the founder of [Rachel's Gift](http://www.rachelsgift.org), a 501c3 nonprofit organization based in Georgia.

She and her husband, Sam, have two sons on earth and a daughter in Heaven. In December of 2006, their only daughter, Rachel, passed away in a tragic car accident.

Lori Beth is passionate about serving grieving families and training hospitals on bereavement care.

### Connect with Lori Beth

**Web:** [www.rachelsgift.org](http://www.rachelsgift.org)

**Facebook:** [/rachelsgift06](https://www.facebook.com/rachelsgift06)

**Instagram:** [@rachels\\_gift](https://www.instagram.com/rachels_gift)

## + 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.ashleyopliger.com](http://www.ashleyopliger.com)  
[www.bridgetscradles.com](http://www.bridgetscradles.com)

**Facebook:** [/ashleyopliger](https://www.facebook.com/ashleyopliger)

**Instagram:** [@ashleyopliger](https://www.instagram.com/ashleyopliger)

# Show Notes

*"Bridget's Cradles"*  
*Cradled in Hope*



## RACHEL'S GIFT



### About Rachel's Gift:

Rachel's Gift is a 501c3 nonprofit organization based in Georgia. Since 2008, the organization has collaborated with hospitals to provide specialized care for parents who lose a child to miscarriage, stillbirth, or infant death.

Rachel's Gift assists parents through the initial phase of infant loss by providing grief assistance for the families and lifetime keepsakes of their child. The organization also provides a training program for nursing professionals and care givers on companioning patients through infant loss.

[READ MORE >>>](#)

### Family PROGRAMS

- ♥ Keepsake Boxes
- ♥ Pregnancy & Infant Loss Support Groups
- ♥ Follow Up Care
- ♥ Community Events

### Education PROGRAMS

- ♥ L&D/NICU/Support Staff
- ♥ Pediatric Cardiac Care
- ♥ Midwives
- ♥ Chaplains/Pastoral Services
- ♥ OB/GYN Offices
- ♥ ER/Emergency Departments





# Show Notes



## REQUEST A CRADLE OR KEEPSAKE



**If you did not receive a cradle or keepsake for your baby in Heaven at the hospital, we would be honored to send you one in their memory.**

Our hearts break that you did not receive anything for your baby, and we pray this small gesture would bring you hope and healing in your grieving process.

**Note: This form can only be filled out by bereaved mothers and will only be open for a limited amount of time, dependent on our inventory.**

**REQUEST HERE**



# Show Notes



## DISCUSSION / APPLICATION QUESTIONS

- Lori Beth shares the story of losing her daughter in a tragic car accident and choosing to forgive the teenager who caused the crash. Though your story of loss is probably different, you may have experienced pain from something someone else did (or didn't do) in your grief journey. This may have left you with feelings of anger and bitterness instead of peace. Who do you need to forgive? Write out a prayer asking God to help you forgive them.

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- In this episode, we talk a lot about hospital experiences during loss. Did you have a positive or negative experience at the hospital? Did you leave with any regrets? On a longer piece of paper (or in a journal), write out your experience and invite God in to help you process any trauma or negative feelings.

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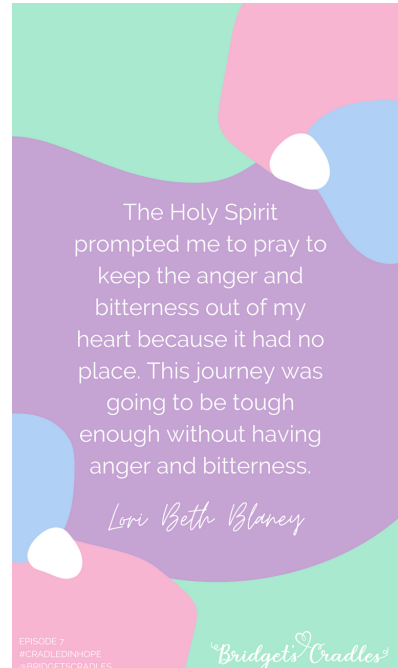
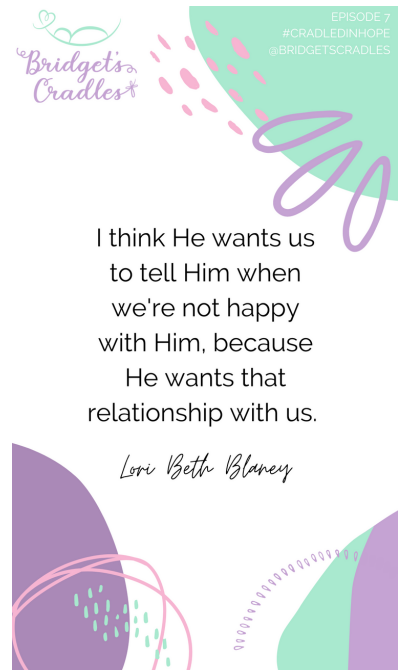
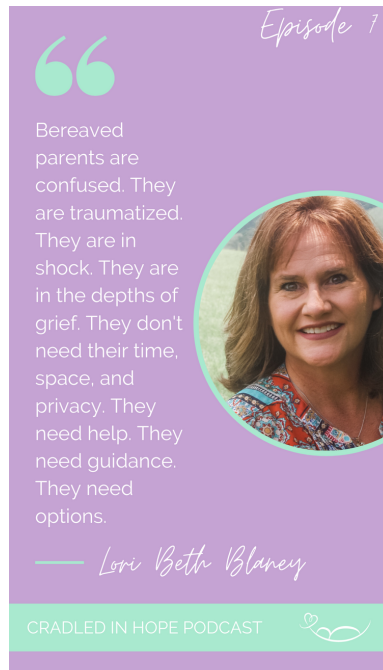
- Lori Beth spoke about a time when she couldn't find the words to pray, but that she could feel the prayers of others. Do you ever feel this way? When we are overcome with emotion, the Holy Spirit helps us in our weakness. He knows our hearts and minds and can intercede in prayer for us. Write out a few words or phrases of prayer requests and know that God hears you.

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# Pinnable Graphics



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



# More Resources



## CATCH UP ON PAST EPISODES



### 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



### 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.

LISTEN  
NOW

# More Resources



## ✚ FIND HOPE + HEALING

Please visit [www.bridgetscradles.com](http://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

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[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](#) ✝ ✝

**SIGN UP TO RECEIVE HOPE-FILLED EMAILS  
+ PODCAST UPDATES + FREE RESOURCES**

**SIGN UP NOW**

[WWW.BRIDGETSCRADLES.COM/PODCAST](http://WWW.BRIDGETSCRADLES.COM/PODCAST) | [#CRADLEDINHOPE](https://twitter.com/CRADLEDINHOPE)

# More Resources



## HOPE GATHERINGS ONLINE



Ashley Opliger  
BRIDGET'S CRADLES

**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](http://www.bridgetscradles.com/hopeonline).



## JOIN OUR FACEBOOK GROUP

**Join our Cradled in Hope community of Grieving Moms:**



# Our Organization



## 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](http://www.bridgetscradles.com/givehope).





# Let's Connect

## CONTACT

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

[info@bridgetscradles.com](mailto: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](#)  
[@cradledinhope](#)



*Bridget's Cradles*

