



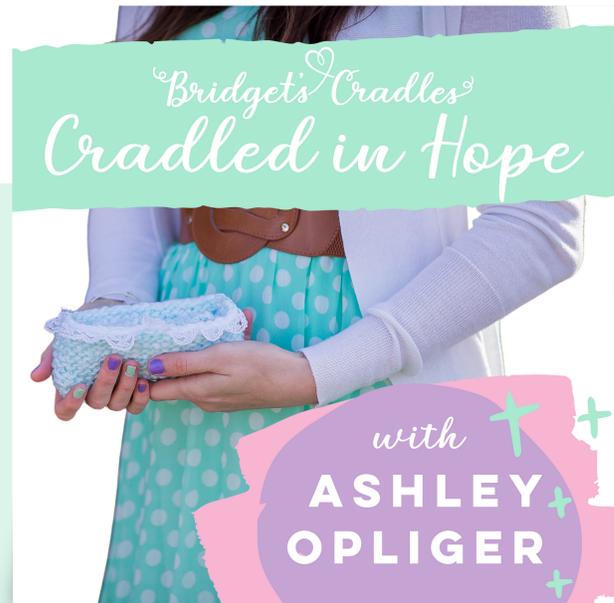
EPISODE 8 | HOPE GUIDE

How to Nurture a Grieving Mother's Heart with
laurelbox Founders, Johanna & Denise

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EPISODE 8 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 8 WITH LAURELBOX FOUNDERS

Join us for a conversation with Johanna Mutz and Denise Wolfe, founders of [laurelbox](#), about how to nurture the heart of a grieving mother. Johanna and Denise share their story of starting a company to offer beautiful gifts for women who have experienced loss.

After Denise's friend lost a baby and Johanna experienced a miscarriage herself, they knew there was a need to nourish broken hearts after loss. Starting [laurelbox](#) was their response to that need. Now they offer thoughtfully curated gift boxes to support women who want to support their loved ones through grief.

In this episode, we discussed:

- How to show up for someone who's grieving even if you don't know what to do or have the right words to say
- Why it's important to give ourselves and our loved ones permission to grieve
- How to cultivate a tender heart toward moms who have experienced loss
- Why it takes practice being a good grief supporter
- Misconceptions about grief and talking about the loss of our babies
- The love and care that goes into each laurelbox gift
- Tangible ways to support a bereaved mom during October Pregnancy and Infant Loss Remembrance Month
- Practical gifts and ideas to honor a baby in Heaven and nourish the heart of a grieving mom

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



LISTEN NOW

Show Notes



KEY VERSES FROM THE EPISODE

- Blessed are those who mourn, for they shall be comforted. **-Matthew 5:4 ESV**
- A man of many companions may come to ruin, but there is a friend who sticks closer than a brother. **-Proverbs 18:24 ESV**
- If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? **-1 John 3:17 NIV**
- A friend loves at all times, and a brother is born for a time of adversity. **-Proverbs 17:17 NIV**
- Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. **-1 Peter 3:8 NIV**
- Rejoice with those who rejoice, weep with those who weep. **-Romans 12:15 ESV**
- Let Your steadfast love comfort me according to Your promise to Your servant. **-Psalm 119:76 ESV**
- This is my comfort in my affliction, that Your promise gives me life. **-Psalm 119:50 ESV**
- Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. **-Colossians 3:12 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 | LAURELBOX



Johanna Mutz and Denise Wolfe are the founders of [laurelbox](http://laurelbox.com), a company that offers thoughtfully curated gift boxes designed to nourish the heart after loss.

Johanna and Denise are best friends and cousins who live in Florida and Ohio, respectively. They are passionate about helping women support their loved ones through grief.

Connect with laurelbox

Web: www.laurelbox.com

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

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

+ 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
www.bridgetscradles.com

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

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

Show Notes



OCTOBER AWARENESS GIFTS

laurelbox offers a wide variety of thoughtful and meaningful gifts that you can purchase in memory of your baby during the month of October. If you're wanting to support a grieving friend or family member, sending a gift to them in memory of their baby will mean so much. **Click the images below to view the item on the laurelbox website.**



Show Notes



DISCUSSION / APPLICATION QUESTIONS

- Johanna talks about how after her miscarriage, she fell apart because she didn't give herself the time or space to grieve. Can you relate to this statement and how so? What can you do differently to give yourself the gentleness and permission to grieve the loss of your baby?

- In this episode, Denise shares how God cultivated her heart to be tender to those who are grieving. And Johanna shares that being a good grief supporter comes with practice. In what ways do you feel that God is calling you to support a grieving friend or family member? What actionable steps can you take to acknowledge their loss and walk with them in their grief?

- We talk a lot about showing up for people when they're grieving and sometimes that means just listening to them and sitting with them in their pain. If you are grieving, who can you "let in" to sit with you? If you are not grieving, who can you "show up" for and be a source of comfort and support?

Pinnable Graphics



EPISODE 8
#CRADLEDINHOPE
@BRIDGETSCRADLES



Denise Wolfe
@laurelbox

I had a good friend who lost her baby and I wanted to say something, I wanted to do something, but I had never experienced that deep of a loss before. So I found myself almost frozen and not saying anything and not doing anything because I didn't want to say the wrong thing. And I knew that wasn't right either. I knew that wasn't going to show her that I loved her and that I was honoring her son and his life.

Bridget's Cradles

CRADLED IN HOPE PODCAST
EPISODE 8



“
Stuffing my story of loss never helped me find hope. It wasn't until I really started to own it and acknowledge it and give space for my heartache, that I was able to actually find hope.
Johanna Mutz

Bridget's Cradles

EPISODE 8
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@BRIDGETSCRADLES



Johanna Mutz
@laurelbox

If you've never experienced loss yourself, and even if you have, you are not automatically just a great grief supporter at the very start. It is really normal to not know what to say, to not know what to do, to feel so awkward and uncomfortable. That is a normal human response. But you do get better with practice.

Bridget's Cradles

Episode 1

“
This is the cornerstone of what we do: helping people who haven't gone through loss understand how important it is to acknowledge loss, honoring who you have lost and what you have gone through, and seeing how God can bring hope through it.
Johanna Mutz



CRADLED IN HOPE PODCAST

Bridget's Cradles

“
This is my comfort in my affliction, that Your promise gives me life.
-PSALM 119:50 ESV

”

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Rejoice with those who rejoice, weep with those who weep.
-Romans 12:15 ESV

Bridget's Cradles



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

More Resources

Bridget's Cradles
Cradled in Hope

with
ASHLEY
OPLIGER



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.

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More Resources

*"Bridget's Cradles"
Cradled in Hope*



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.

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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.

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More Resources

"Bridget's Cradles"
Cradled in Hope



with
**ASHLEY
OPLIGER**

✝ 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

Bridget's Cradles
Cradled in Hope



✝ FIND HOPE + HEALING



Recommended Books

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



Quotes & Bible Verses

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



Helpful Resources

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



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

SIGN UP NOW

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



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

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Bridget's Cradles

