



EPISODE 1 | HOPE GUIDE

Welcome to Cradled in Hope
with Ashley Opliger

LISTEN NOW



EPISODE 1 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 1 WITH ASHLEY OPLIGER

This first episode is an opening message from our Founder and Bridget's mom, Ashley Opliger. Ashley shares her heart behind starting the Cradled in Hope podcast and welcomes grieving moms to this sacred space.

She reads the first chapter of the book she is writing which is also titled Cradled in Hope. This chapter is a letter to grieving moms letting them know they are loved and not alone in their grief.

Ashley welcomes brokenhearted moms to meet her in spirit at the blue barn building that Bridget's Cradles calls their headquarters. Here, she wants to sit in your sadness with you and hear your baby's story. Together, we will find hope and healing through faith in Jesus.

This is the heart behind the podcast, and we pray this first episode points you to our hope in Jesus! We have many more wonderful episodes to come, so we hope you'll sign up for updates and stay awhile. Come as you are. Your grief is welcome here. Though we may grieve, we do not grieve without hope. Welcome to Cradled in Hope!



LISTEN NOW



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 HOST | ASHLEY OPLIGER



Ashley is the Executive Director of Bridget's Cradles, a nonprofit organization based in Wichita, Kansas that donates cradles to over 1,090 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](https://www.facebook.com/ashleyoplinger)
Instagram: [@ashleyoplinger](https://www.instagram.com/ashleyoplinger)

+ MORE FROM ASHLEY

Writing & Videos

- [Bridget's Cradles Blog](#)
- [Grotto Network Documentary](#)
- [Living Loved Today](#)
- [SHARE Pregnancy & Infant Loss](#)
- [Women \(re\)Purposed](#)

Podcasts (as a guest)

- [Bless It or Block It](#)
- [Coffee & Bible Time](#)
- [Devoted Dreamers](#)
- [Do The Thing Movement](#)
- [It Is For Freedom](#)
- [Millennial Mission](#)
- [Mimosas with Moms](#)
- [Ready to Thrive](#)
- [Straight Talk with Hope](#)
- [Truth Be Told in 10](#)

Show Notes



DISCUSSION / APPLICATION QUESTIONS

- Ashley invites you to meet her at a blue barn building in Kechi, Kansas (at the headquarters of Bridget's Cradles). She wants to hear your baby's story and talk to you about your grief. How does this make you feel? Are you ready to open up to someone about your baby and grief? Have you ever written out your baby's story? If not, open up a blank journal or Word document and start writing it out.

- Ashley shares that she wants you to come as you are. You don't have to be at a certain place in your grief, your grief is welcome here. Where would you say you are at right now in your grief? Write down the predominant emotions you are feeling on a daily basis (e.g., anger, sadness, anxiety, hopelessness, etc).

- In this episode, Ashley tells you that there is hope. God will bring you out of this pit of despair. He will restore your joy and use your grief for good. Do you believe this can happen for you? What would that look like for you?

- Optional: In a journal, write a prayer to God and share your heart with Him. Be honest with how you're feeling and ask for Him to lead you to healing.



Pinnable Graphics

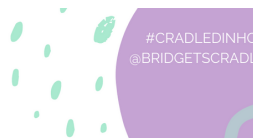
Bridget's Cradles
Cradled in Hope



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@BRIDGETSCRADLES

I know there are no perfect words that I could say to take your pain away, so I'd simply say **I'm so very sorry for your loss**, and **I'm here for you.**

ASHLEY OPLIGER



GOD HAS CRADLED US IN HOPE FOR THE JOURNEY AHEAD.

-Ashley Opliger



GOD HAS A WONDERFUL PLAN FOR YOUR LIFE EVEN DESPITE THIS HORRIBLE TRAGEDY YOU HAVE EXPERIENCED.

ashley opliger

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God gave us each other to carry one another through our grief. You do not have to go through this alone.

ASHLEY OPLIGER



No matter if you lost your baby at eight weeks or eight months into your pregnancy, or eight days or eight months after their birth, I grieve with you for your beloved baby.

-Ashley Opliger

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“

I KNOW THAT NO MATTER HOW MUCH TIME HAS PASSED SINCE YOUR BABY WENT TO HEAVEN THAT YOU WILL ALWAYS MISS AND GRIEVE YOUR BABY.

ASHLEY OPLIGER

Bridget's Cradles



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

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.

✚ ✚ ✚
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TO READ
MORE ✚



Grieving & Healing

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

✚ ✚ ✚
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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

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



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 1,065 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

