



EPISODE 24 | HOPE GUIDE

Compassionate Care and Dignified Decisions
for Grieving Families with Rebekah Beresford

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EPISODE 24 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 24 WITH REBEKAH BERESFORD

Join us for a conversation with Rebekah Beresford about how she found hope and healing after a traumatic experience delivering her stillborn daughter, Eliana, at a hospital. She was not offered to hold or see her daughter and later realized that Eliana's ashes were taken as medical waste to a landfill.

Through her story of deep pain and sorrow, Rebekah shares why offering compassionate care and dignified decisions at the hospital is crucial for grieving families to have peace in their grieving journey. She shares practical advice for nurses and points them to pursue bereavement training through the organization Rachel's gift. Rebekah speaks to grieving moms about how Jesus' light can overcome the darkness of grief and trauma.

In this episode, we discussed:

- What is hospital disposition and why are babies being taken to landfills?
- The importance of bereavement training for nurses
- Why offering dignified decisions should be the standard of care at hospitals
- The victory of Jesus and how He will redeem and restore our pain
- How do we find justice in devastating experiences?
- God's presence in pain and how to feel Him when He feels far away
- How God loves us so personally and how much He loves our babies
- Rachel's gift organization and what they offer to hospitals
- Why there must be a distinction between human life and trash
- Serving others and being a voice for our babies in Heaven

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



LISTEN NOW

Show Notes



KEY VERSES FROM THE EPISODE

- The light shines in the darkness, and the darkness has not overcome it.
-John 1:5 NIV
- "The days are coming," declares the LORD, "when I will raise up for David a righteous Branch, a King who will reign wisely and do what is just and right in the land. **-Jeremiah 23:5 NIV**
- 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
- He chose to give birth to us by giving us His true Word. And we, out of all creation, became His prized possession. **-James 1:18 NLT**
- But thanks be to God, who gives us the victory through our Lord Jesus Christ.
-1 Corinthians 15:57 ESV
- 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**
- So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.
-Isaiah 41:10 NIV
- Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. **-John 14:27 NIV**
- She gave this name to the LORD who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me." **-Genesis 16:14 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 | REBEKAH BERESFORD



Rebekah Beresford is married to Montana and is a mother to three children: two on earth and one in Heaven. Rebekah lives with her family in Kentucky.

Rebekah discovered Bridget's Cradles in her search for bereavement resources after the loss of her daughter, Eliana Rose, in May of 2019. Rebekah has partnered with the organization, Rachel's Gift, to spread awareness about bereavement training and care.

Connect with Rachel's Gift

↖ these are clickable!

Web: 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 1,250 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

"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



DISCUSSION / APPLICATION QUESTIONS

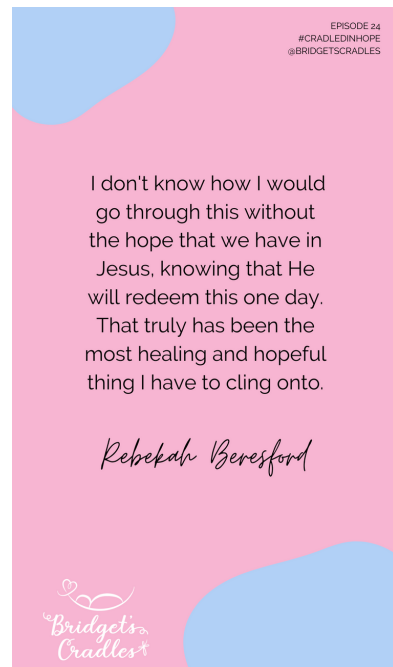
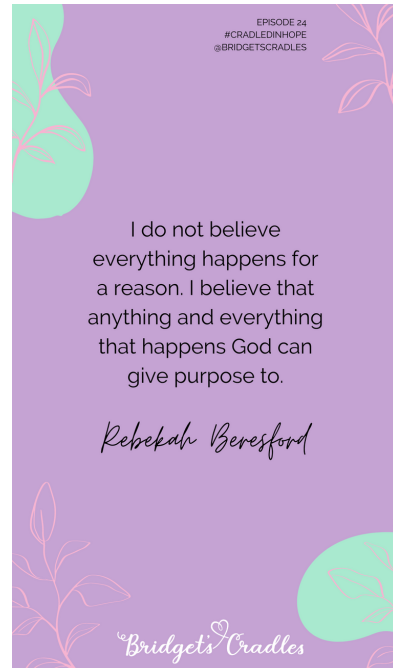
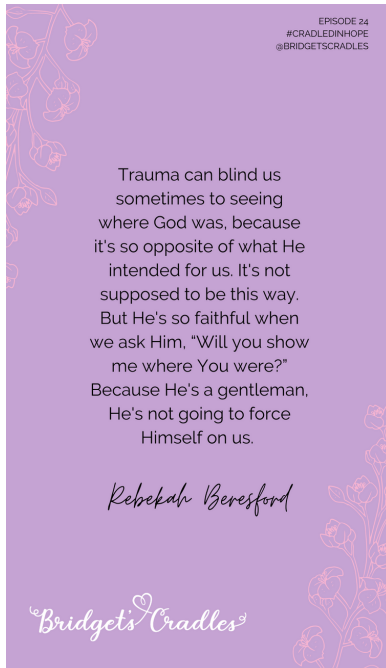
- Rebekah shares that she felt abandoned by God in the midst of her traumatic loss and initial months of grieving. However, later on, she asked Him to reveal where He was in those tragic moments, and she began to feel His presence. In what moments do you need to ask God: "Where were You?" Spend some time writing about your hardest moments and seeking Him for answers.

- Losing a baby is a traumatic experience whether your story is similar to Rebekah's or not. It's common to experience PTSD symptoms after losing a baby. What symptoms have you endured and has anyone validated your grief and pain? Spend some time acknowledging your pain below.

- Ashley shares that true justice will happen because God is just and Jesus is coming back. We will be with our babies for eternity. How does that hope comfort you now in the middle of your sorrow? Write out a prayer clinging to the hope that Jesus will one day wipe away your tears and resurrect your baby.



Pinnable Graphics



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

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.



JOIN OUR FACEBOOK GROUP

Join our Cradled in Hope community of Grieving Moms:



More Resources



CATCH UP ON PAST EPISODES



EPISODE 1:
Welcome to Cradled in Hope
with Ashley Opliger

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EPISODE 2:
Finding Peace After Miscarriage
with Alisha Illian

[LISTEN NOW](#)



EPISODE 3:
Navigating Pregnancy Loss
with Sarah Philpott

[LISTEN NOW](#)



EPISODE 4:
Grieving a Life-Limiting Diagnosis
with Amy Balentine

[LISTEN NOW](#)



EPISODE 5:
**Wrestling Well with God
through Recurrent Loss**
with Kristin Hernandez

[LISTEN NOW](#)



EPISODE 6:
**Raising a Rainbow Baby to
Remember Their Sibling in Heaven**
with Ashley & Branton Opliger

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EPISODE 7:
**Improving Hospital Experiences
for Grieving Families**
with Lori Beth Blaney

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EPISODE 8:
**How to Nurture a Grieving
Mother's Heart**
with Johanna Mutz & Denise Wolfe

[LISTEN NOW](#)



EPISODE 9:
**Anchored by the Gospel after
Losing My Baby to Cancer**
with Jess McClenahan

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More Resources



CATCH UP ON PAST EPISODES



EPISODE 10:
**Walking through the Valley of
the Shadow of Death**
with Avesha Stanley

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EPISODE 11:
**Pressing into the Pain
after Infant Loss**
with Lindsay Johnson

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EPISODE 12:
**Renewing Your Mind after
Pregnancy Loss**
with Alicia Michelle

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EPISODE 13:
**Coping with Hope
Through the Holidays**
with Ashley Opliger

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EPISODE 14:
**The Power of Community
for Grieving Mothers**
with foreknown Ministries

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EPISODE 15:
**Grieving with the
Gospel**
with Casey Nestor

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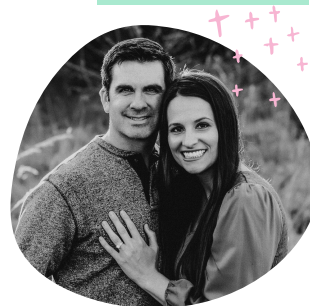
EPISODE 16:
**Courageously Expecting
After Loss**
with Jenny Albers

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EPISODE 17:
**Real Talk on
Pregnancy Loss**
with Rachel Lewis

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EPISODE 18:
**Strengthening Your Marriage
after Pregnancy Loss**
with Matt & Ashley Opliger

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More Resources



CATCH UP ON PAST EPISODES



EPISODE 19:

**When Wishes
Change**

with Tricia Roos

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EPISODE 20:

**Holding on to Love After
You've Lost a Baby**

with Candy McVicar

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EPISODE 21:

**Grieving Differently After
Pregnancy Loss**

with Moriah Rooney

[LISTEN NOW](#)



EPISODE 22:

**Bible Prophecy for
The Grieving Mother**

with Jessica Speas

[LISTEN NOW](#)



EPISODE 23:

**Expecting Loss &
Valuing Life**

with Labor of Hope

[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

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

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Bridget's Cradles

