



# Bereaved Parents of the USA

## Anne Arundel County Chapter

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September, 2004

[www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)

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### MEMORIAL T-SHIRT WORKSHOP

At the monthly meeting on September 2nd, we will hold a T-shirt-making workshop. The workshop, which will take place during the sharing group time of the meeting, will help members make Memorial Shirts for the Memorial Walk that will be held on October 2nd at Quiet Waters Park..

Here's what you will need if you would like to make a shirt: 1) a photograph of your child, 2) a T-shirt (or sweat shirt, short-sleeved or long-sleeved) -- white or very light gray works best, and 3) butterfly fabric or other fabric of your choosing that represents your child to be ironed on the shirt. You can iron wonder-under (available at any fabric store) on the fabric and cut out your designs ahead of time.

We will provide the transfer sheets and will have some butterfly fabric ready to cut at the meeting. (If you wish to put the photo onto transfer paper before coming to the meeting, please use Avery 8938.) Samples of last year's shirts will be there for ideas. Please see photo on page 9.

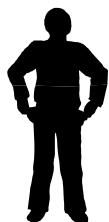
Bring your imagination and a pair of scissors.

We hope that you can join us... Rick Tomaszewski

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### GOALS OF BEREAVED PARENTS OF THE USA

- to educate families about the grief process and all its complexities as it applies to the death of a child at any age and from any cause.
  - to aid and support those who are suffering such a loss, regardless of race, creed or financial situation.
  - to provide a library at each meeting place where members may borrow books with up-to-date information about the grief process.
  - to supply the telephone numbers of other bereaved parents, siblings and grandparents who are able to offer support to other more newly bereaved families.
  - to inform and educate members of the helping professions who interact with bereaved parents as to the nature and duration of parent/sibling/grandparent bereavement.
  - to provide monthly meetings with sharing groups and occasional informative programs.
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The printing and mailing of this months newsletter has been donated  
by Janice & Chris Kunkel in memory of their son

*Jason T. Easter*



Bereaved Parents of the USA  
Anne Arundel County Chapter  
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It is our sincere hope that you will find comfort somewhere in this newsletter. It is our intention to offer you hope in knowing that you are not alone. We encourage you to write about your feelings and to share your feelings with others who understand...your compassionate friends.

Material to be printed "in memory of" must be sent to the editors 6-8 weeks in advance of the newsletter in which you wish the item to be printed.

**October submissions are due by September 15th.**



Our **lending library** is available to help you understand and deal with your grief. Most of our materials have been donated in memory of a child. When you have finished with them, please return them at our monthly meeting or mail them to the post office box listed above. Thank you.

\* **September meeting note:** Fran Palmer will be organizing a T-Shirt activity at the September meeting, in time for the Annual Memory Walk in October. She suggested we also have the button machine at that meeting since members will be bringing in pictures for the T-Shirts. More info will be in next month's newsletter.

**Refreshments at our monthly meetings:**

A sign-up sheet is on the refreshment table at the meeting. Drinks, ice, and paper products are provided by the chapter. For questions, contact Dave Alexander at 410-544-3634

**Inclement weather on a meeting night :**

Meeting canceled if Phase 1 of the Snow Emergency Plan is in effect at 5:00 p.m. You can also check our website on the day of the meeting for an announcement about cancellations.

**MEETING INFORMATION**

Next meeting: Sep. 2, 2004; Doors open at 7:15 p.m.  
Meeting begins at 7:30 p.m.  
(Meetings usually occur on first Thursday of month)  
Calvary United Methodist Church  
301 Rowe Blvd., Annapolis  
Please park in the back of the church

**PROGRAM: Holidays and Special Days**

**NEXT MONTH: October 7, 2004**

**PROGRAM: Loss of a Child with Special Needs**

**TELEPHONE FRIENDS**

Sometimes we feel the need to talk to someone who understands the pain we feel and will listen to us. When you have questions to ask, a need to talk, or have a difficult day, these people welcome your call.

**Marie Dyke, single parent, daughter, 17, only child, car accident**

**410-969-7597 Janet Tyler, daughter, 5 and brother, 33, car accident**

**410-360-1341 Tia Stinnett, miscarriages and infant death**

**410-721-6457 Sandy Platts, infant death**

**OTHER RESOURCES:**

\* **Bereaved Parents of the USA, (BPUSA)**  
National contact number (708-748-7866)

\* **Baltimore-metro area of The Compassionate Friends of Maryland, Inc. and Bereaved Parents of the USA, (410-321-7053).**

\* **Stephanie Roper Committee, for victims of violent crime,** Anne Arundel County chapter representative is James Donnelly (410-544-1473).

\* **The Compassionate Friends, Reston Satellite Group (support group for parents who are now childless),** second Saturday of the month, 1:00 p.m. at North County Government Center, Reston District Police Station, 12000 Bowman Town Drive, Reston, VA. For info., contact Linda Nielsen (703-435-0608, InLvMemory@Comcast.net); Harriet Evenson (703-525-9311); Sharon Skarzynski in MD (410-757-5049); website - [www.inlovingmemoryonline.org](http://www.inlovingmemoryonline.org)

\* **Survivors of Suicide Group (SOS)** meets the 1st Tuesday of each month from 7:30 p.m. - 9:00 p.m., at Severna Park United Methodist Church, 731 Benfield Road, Severna Park (410-987-2129).

## CHAPTER NEWS AND NOTES

### Upcoming Meeting Topics

#### **September 2: Holidays and Special Days**

The holidays, particularly those in November and December, can be very difficult for bereaved parents. Carol Benjamin, a professional therapist, will discuss these issues and offer suggestions on preparing for and dealing with holidays and significant dates such as Thanksgiving, Christmas, Chanukah, Mother's Day, Father's Day, Valentines Day, the birthdate of the child, the deathdate of the child, the day the child would have first gone to school, etc.

#### **October 7: Loss of a Child with Special Needs**

Parents who are grieving the death of a child who had special needs, often find themselves dealing with additional issues. Sandra Arán, a member of our chapter, will discuss the different problems faced by these parents, including grappling with insensitive comments, complicated feelings of guilt, the "gifts" the special child brought them, the impact of the death of the child on their own lives which were devoted to the child's care, etc.

#### **Sponsoring a monthly newsletter in your child's name can be arranged through**

**Lisa Beall (bealls@erols.com).**

**Newsletter printing costs \$150 and mailing is \$50 each month.**

*Thank you!*



### **Chapter Website**

To place your child's name on our website, email Dave Alexander ([dralex@sdalex.com](mailto:dralex@sdalex.com)), or send him a note, (PO box 6280, Annapolis, MD 21401). Include your name, your child's name as you would like it to appear, and your child's date of birth and date of death.

To have a picture of your child on the website, email a digital file with the picture or send a printed picture to Dave. (Photos will be returned.) If you have any questions, please call Dave at 410-544-3634.



### **EASTERN SHORE BEREAVED PARENTS GROUP**

Our Chapter has assisted some bereaved parents who live on the Eastern Shore to form a group there which now meets monthly. The next meeting will be on September 21, at 7:00 pm, at Queen Anne's Hospice, 300 Del Rhodes Avenue, in Queenstown. Subsequent meetings are held on the 3rd Tuesdays of the month starting at 7:00 pm.

Please pass the word since we are trying to increase the turnout which has been low for the initial sessions.

All are welcome to come! For more information, call Angie McKenney at 410-827-7887. or E-Mail to [steveandangiemckenney@msn.com](mailto:steveandangiemckenney@msn.com)

### **AMAZON.COM BENEFITS OUR CHAPTER**

We have a link on the home page of our website which pays a commission of 5% of any purchases made through that link. (This does not increase the purchase price.) Tell your friends, relatives, and colleagues!

To access the site: go to [www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org), click on the butterflies on the welcome page, scroll down to the bottom. Find the Amazon.com graphic and click on it. This links our chapter to the site and if a purchase is made, it will be credited to our site. (Purchases made from Amazon.com without going through that link do not get credited.) Since our chapter is a not-for-profit organization and has no dues or fees, we are dependent on donations and fund raisers. We are hopeful these commissions will help fund some of our community outreach activities.

Many of you who receive our **newsletter** were referred by a friend, physician, or clergy. You may have never attended a meeting. In this case, it is likely that your child's name does not appear in our **monthly list of "Children Remembered"**. This is because we require your permission to do so. If you would like your child's name added, please send a note to our post office box. List your child's name, your name (s), and the dates of your child's birth and death. Please allow 6 weeks to be sure it arrives in time for the appropriate month.

Donations may be made to offset the cost of printing and mailing the newsletter, the memorial service, library books, and other literature. We gratefully acknowledge the following donations:

Dorothy & Norm Heincelman, in memory of  
**Cortney Belt and Traci Heincelman**

Ken A. Smith, in memory of  
**Tracy Fotino**



## WHAT CAN YOU DO TO HELP YOUR CHAPTER?!

- Serve as a greeter at monthly meetings
- Arrive early to help set up chairs and tables or make coffee
- Volunteer to bring refreshments for a meeting
- Arrive early to help put out the library books
- Stay after the meeting to help put things away
- Write an article for the newsletter or share a poem you have written
- Volunteer to help with the production and mailing of the newsletter
- Take the lead for coordinating the refreshments at the meetings
- Help plan the programs and presentations for the monthly meetings
- Take the facilitation training and help with facilitating the newly bereaved and non-newly bereaved sharing groups at the monthly meetings
- Join one of the planning committees for the Annual Conference, the Annual Memorial Service, the Annual Memory Walk, etc.
- Join the Core Group and help plan and support the direction of the chapter
- Take on one of the leadership roles
- Visit a newly bereaved parent, inform him or her about our support group, and bring him or her to a first meeting
- Make a donation to the Chapter in memory of your child on his or her birth date or death date
- Sponsor an issue of our newsletter in memory of your child
- Make a book donation to our library in memory of your child – if the book helped you, it may help others

*A good way to help yourself through your grief is to help others through theirs.  
If you would like to help or would like more information, call Dave Alexander at 410-544-3634*



Please join us for our two-mile  
**Memory Walk at Quiet Waters Park**  
on **October 2nd** at 8:30 a.m.

In addition to the form included with this month's newsletter, you can also  
get registration and pledge forms from our website  
or call Barbara Bessling at 410-761-9017 for more information.

**Hope to see you there.**



# SIBLING PAGE



*The following poem was written by Ryan Auch, 13, son of Bob and Joan Auch. He wrote it for school, in memory of his brother Ronny, who died at the age of 18. It shows not only a love for his brother, but a lot of talent. Thanks Ryan, for sharing this.*

## ***My Best Friend***

The fishing season's coming,  
but no more fishing for me,  
because my best friend's not here,  
to share his hooks with me.

We went fishing nearly every day.  
Never hooked a thing.  
But oh, what fun we had,  
talking about the one that got away.

The garage still holds all the fishing gear,  
but, I've no desire to fish.  
It's not the same without him here.  
Oh if I could have one wish.

My wish would be,  
to bring my brother back to me,  
so we could fish along the shore.  
We'd have fun together,  
and laugh once more.

All that's left are memories,  
for me to think about.  
I won't say goodbye; I'll see you again.  
But, I'll miss you forever,  
MY BEST FRIEND.

*By: Ryan Auch/1989*



*So long as we live, they, too, shall live, for they are now a part of us,  
As we remember them*



## OUR CHILDREN REMEMBERED

Please remember the following families this month.



Jon Russell Aikin  
Son of Susan Eisel  
Grandson of Elizabeth and Barry Aikin  
September 4, 1983 – November 19, 2001

Joseph Benjamin Antonelli  
Son of Carole Antonelli  
November 6, 1961 – September 9, 2003

Jamie Bessling  
Son of Judy and Ed Bessling  
October 23, 1974 – September 23, 2002

Preston Leon Bromley  
Son of Sandy and Leon Bromley  
March 30, 1982 – September 2, 2003

O. Steven Cooper  
Son of Elsie Cooper  
July 5, 1954 – September 26, 1998

David Michael Cutter  
Son of Jim and Anne Marie Cutter  
September 16, 2002 – January 2, 2003

Alexandra Ann Denevan  
Daughter of Gregory J. Denevan  
September 18, 1985 – August 21, 2002

Alexandra DiLego  
Daughter of Thomas and Mary DiLego  
September 20, 1999 – September 20, 1999

Andrew Thomas DiLego  
Son of Thomas and Mary DiLego  
September 20, 1999 – September 20, 1999

Jason T. Easter  
Son of Chris and Janice Kunkel  
January 30, 1973 – September 9, 1999

Ronald Wesley Farley  
Son of Dorothy and Donald Farley  
September 15, 1955 – June 28, 2000

Sarah McSweeney Gray  
Daughter of Kathy and Bob Gray  
November 12, 1983 – September 21, 2003

McKayla Hall  
Granddaughter of Mike and Julie Hall  
July 22, 2000 – September 20, 2003

Ronald Michael Hall  
Son of Mike and Julie Hall  
May 17, 1980 – September 20, 2003

Daniel Embert Hinton, Jr.  
Son of Pamela and Dan Hinton  
September 23, 1970 – March 7, 2003

Matthew James Katz  
Son of Bob and Sue Katz  
March 13, 1982 – September 7, 2003

Brice Charles Kelley  
Son of Hannah and Chris Kelley  
September 24, 2002 – May 31, 2004

Kevin Murray Kerr  
Son of Debra Ann and Richard Kerr  
January 19, 1980 – September 4, 2001

Nicholas Paul Liberatore  
Son of Pat and Larry Liberatore  
September 27, 1980 – June 9, 1997

William A. Miller  
Son of Mary J. Miller  
Brother of Marlene Miller  
September 1, 1964 – January 18, 2004

Chad William Muehlhauser  
Son of Paula and William Muehlhauser  
October 3, 1983 – September 16, 1992

Amelia Evans Mufson  
Daughter of Beth and Neil Mufson  
April 6, 1995 – September 28, 2002

Kathleen "Katie" O'Connor  
Daughter of Anne and Jim O'Connor  
September 21, 1986 – July 11, 2003

Scott Thomas Palmer  
Son of Frances A. Palmer  
August 3, 1983 – September 1, 1996

Cedric John Peoples  
Son of Lucille and John Peoples  
September 5, 1968 – December 14, 1987

John Christopher Poe  
Son of Sharon and Ben Poe  
October 12, 1967 – September 24, 2001

James Ryan Rohrbaugh  
Son of Donna and Doug Rohrbaugh  
August 30, 1983 – September 5, 1983





**OUR CHILDREN REMEMBERED (cont.)**

Daniel Maurice Rothman  
Son of Juliet and Leonard Rothman  
January 20, 1971 – September 17, 1992

Anthony John Schafer  
Son of Luann Schafer  
July 13, 1979 – September 26, 2003

Roderick William Stallings  
Son of Robin Stallings  
February 7, 1967 – September 14, 1996

Deon J. Summers  
Son of John E. Summers  
June 5, 1989 – September 2, 2003

David W. Tomaszewski  
Son of Rick and Carol Tomaszewski  
September 4, 1974 – February 6, 2001

Michael Lee Wallace II  
Son of Regina Offer  
February 16, 1969 – September 14, 2000

Miriam Luby Wolfe  
Daughter of Rosemary and Larry Mild  
September 26, 1968 – December 21, 1988

*Note: If your child's name appears in the printed version of our newsletter but does not appear in this online version, it is because we have not received explicit permission from you to list it online. If you would like your child's name to also appear in future online editions of the newsletter, please send an email to [dralex@sdalex.com](mailto:dralex@sdalex.com)*



## DO NOT STAND AT MY GRAVE AND WEEP

Do not stand at my grave and weep,  
I am not there, I do not sleep.

I am a thousand winds that blow.  
I am the diamond glint on the snow.  
I am the sunlight on ripened grain.  
I am the gentle autumn rain.

When you wake in the morning hush,  
I am the swift, uplifting rush  
Of quiet birds in circling flight.  
I am the soft starlight at night.

Do not stand by my grave and weep.  
I am not there, I do not sleep.  
Do not stand at my grave and cry.  
I am not there, I did not die!

Mary Frye (1932)

Do not stand at my grave and weep,  
I am not there, I do not sleep.

I am the song that will never end..  
I am the love of family and friend.  
I am the child who has come to rest.  
In the arms of the Father who knows him best.

When you see the sunset fair,  
I am the scented evening air.  
I am the joy of a task well done.  
I am the glow of the setting sun.

Do not stand by my grave and weep.  
I am not there, I do not sleep.  
Do not stand at my grave and cry.  
I am not there, I did not die!

Wilbur Skeels (1996)

“Quotes”



No time on earth is long enough to share with those we love,  
Or prepare our hearts for that last goodbye

*Author Unknown*

Before Donna's death, I found it hard to cry in front of others,  
But now I see that I have to stand up and cry like a man.

*Paul Sillman, TCF, Madison, WI*

### ***Pennies In Our Thoughts***

When we lost our son, our granddaughter was just 5 years old. Celisa was very close to her Uncle Jerry. We just didn't know how to explain this to her. Her Mom started telling her when she saw a penny to pick it up. It was her Uncle Jerry thinking of her. So we all started picking up pennies. Some old, some new, some shiny, some all beaten up. At the most unexpected times. Three years have gone by and we're still getting pennies from heaven. When my daughter started out to help Celisa, she didn't realize it would help us all. I always pick up a penny, and I know my Jer is thinking of me. And I have a Penny From Heaven.

*Pam Schisler May, 2004*

*In memory of her son Stanley "Jerry" Schisler  
May 31, 1980 - May 9, 2001*







The photo above was taken by Fran Palmer showing the back and front of shirts that she had done for last year's Memorial Walk. As you can see they are a great remembrance of not only the walk, but of our children.

Some miscellaneous quotes from not-so-



"You really shouldn't say 'I love you' unless you mean it. But if you do mean it, you should say it a lot. People forget"

Jessica, age 8



"Those who, living, fill the smallest space  
In death often leave the greatest void."

W.S. Landor



"For the caterpillar, it is the end of the world;  
for the butterfly, it is the beginning of life"

Anonymous

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## **Bereaved Parents of the USA CREDO**

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort, and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or our affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family. We are the Bereaved Parents of the USA.

**We welcome you.**