



Bereaved Parents of the USA

Anne Arundel County Chapter

November, 2005

www.aacounty-md-bereavedparents.org

Editor's note: There are two items that I feel are worth mentioning on the front page:

Annual Service of Remembrance *Mark Your Calendar:* The Anne Arundel County Chapter will hold its Annual Service of Remembrance on Sunday, December 4, 2004, at 3:00 p.m. at St. Martins-in-the-Field Episcopal Church in Severna Park. An "invitation" with further information was mailed in early October. All are welcome to attend.

We have very tight deadlines for the printing of the program which is distributed at the service. To assure that your child's name will be included in the program, it is critical that you mail your RSVP form no later than Thursday, November 10th (note you can also RSVP on our website until Sunday, November 13.)

Also...at the **December 1st** monthly meeting, we invite attendees to bring a gift in memory of your child to be distributed to a needy child. Please note this is strictly voluntary. This will be the third year that we have done this and have found it to be a wonderful way to remember our children. During the sharing session we go around the table and each person displays what he/she bought and explains why it was bought...it may be something that their child would have enjoyed, or maybe something they wanted and never had a chance to receive. Hearing the stories that are told and sharing the laughter and tears at the same time make for a comforting time, and knowing that the gifts will be appreciated by those who receive them make this even more meaningful.

We hope this information will encourage you to attend...

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.

The printing and mailing of this newsletter has been donated
By Susan Eisel and Elizabeth & Barry Aikin in memory of her son and their grandson

Jon Russell Aikin

And by Lily and David Openshaw in memory of their son

John David "JD" Openshaw



Bereaved Parents of the USA
Anne Arundel Count Chapter
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Mailing and Thank you notes: Barbara Bessling
Treasurer: Fran Palmer - **Hospitality:** Carol Tomaszewski
Mailing List: Dave Alexander - **Programs:** VACANT
***note - as you can see we have several vacancies... we hope someone will consider helping!**

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.

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

December submissions are due by November 12th.

Library:

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.



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 information, contact Carol Tomaszewski at 410 519-8448.



MEETING INFORMATION

Next meeting: November 3, 2005

Doors open at 7:15 p.m.

Meeting begins at 7:30 p.m.

(Meetings usually held on first Thursday of month)

Calvary United Methodist Church

301 Rowe Blvd., Annapolis

Please park in the lot behind the church

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.

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

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

Sandy Platts, infant death. 410-721-6457

OTHER RESOURCES:

- * **Bereaved Parents of the USA, (BPUSA)**
National contact number (708-748-7866)
- * **Stephanie Roper Committee, for victims of violent crime, Anne Arundel County chapter**
representative is James Donnelly (410-544-1473).
- * **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,

Sponsor Our Monthly Newsletter or Website

You can help underwrite the costs of our newsletter or our website by sponsoring a monthly issue of the newsletter or by sponsoring a month of the website. To sponsor either one, contact Dave (dralex@sdalex.com) Newsletter printing costs \$150 and mailing is \$50 each month. Website sponsorship costs \$25.00 each month.

CHAPTER NEWS AND NOTES

HELP!! ZIP CODE CHANGES

If you are one of the ones in the Annapolis and Arnold areas whose zip code is changing, please call Dave Alexander at 410-544-3634 or send him an email at dralex@sdalex.com with your new zip code so we can update our mailing list.

PLEASE! PLEASE! PLEASE HELP US SAVE ON PRINTING AND POSTAGE

If you *move*, please let us know your new address. If you *don't want* to receive our newsletter any more, please let us know. If you would rather read the newsletter on our website, please let us know, and send us your email address, and we will send you a reminder each month when the newsletter is put on the website. (The newsletter is loaded on the website as soon as it has been produced — about 10 days before it is delivered in the mail.)

You can contact us by mail at our address at PO Box 6280, Annapolis, MD 21401-0280 or by sending us an email at ChapterLeader@sdalex.org.

Chapter Website

To place your child's name on our website, email Dave Alexander (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.

MEETING TOPICS—ANNAPOLIS

November 3: We'll Get by with a Little Help from Our Friends

Dr. Abbie Ellicott, Ph.D., a Clinical Psychologist, will talk with us about how we can get support when we are newly bereaved and about overcoming the obstacles that make it difficult for us to get the support we need.

December 1: Introducing Our Children

The focus of this evening will be on our deceased children, and on giving us a better sense of who these children were. There will not be a "Presenter"; the sharing groups are the focus. For the non-newly bereaved sharing group, each person brings a picture or some memento of his/her child. Each person then talks about the picture or memento and "introduces" his/her child, describing what the child was like, etc.

We also invite you to bring a gift in memory of your child to be distributed to a needy child (see article on pg. 1 for more information.)

Eastern Shore Bereaved Parents Group

The Queen Anne's County Bereaved Parents Group meets on the *First Wednesday of each month*. The next meeting will be on Wednesday, November 2, at 7:00 pm. The Group meets at the *Calvary United Methodist Church in Queenstown*. The Church is located at the intersection of Maryland Avenue and Steamboat Lane in Queenstown.

All are welcome to come. Please pass the word to other bereaved parents.

For more information, contact Joan Gray at 410-827-7471 or Dave Alexander at 410-544-3634 or send an email message to QueenstownGroup@sdalex.org

Prince Georges Chapter Revival

The Prince Georges County, MD, Chapter of the Compassionate Friends has recently been revived. They meet the second Thursday of the month at 7:00 pm, at the united Parish of Bowie Church, Mitchellville, and Mt. Oak Roads in Bowie.

For further information, contact either Marion Jones at 301-877-3484 or Jan Withers at 301-627-7315

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 "Our 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

Donations may be made to offset the cost of printing and mailing the newsletter, the chapter website, the annual Remembrance Service, the annual Conference of Hope and Healing, and books and other materials for the Chapter Library. We gratefully acknowledge the following donations made in the last month:

Thank You

Walt & Marlene Evans in memory of their son **Bill Evans**

Kathy Franklin in memory of her son **Tanager Ru Ricci**

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

Miles & Stockbridge Foundation, Inc., in memory of **Kevin Wengert**

Carol Paschall in memory of her daughter **Elizabeth Anne Paschall**

Juliet & Leonard Rothman in memory of their son **Daniel Maurice Rothman**

Ken Smith in memory of his niece **Tracy Ann Fotino**

Kathryn Tullier in memory of her son **Marshall Maurice Tullier**

Bereavement guidelines for loss of a child:

If you think you are going insane, THAT'S NORMAL

If all you can do is cry, THAT'S NORMAL

If you have trouble with the most minor decisions, THAT'S NORMAL

If you can't taste your food or have any semblance of an appetite, THAT'S NORMAL

If you have feelings of rage, denial and depression, THAT'S NORMAL

If you find yourself enjoying a funny moment and immediately feeling guilty,
THAT'S NORMAL

If your friends dwindle away and you feel like you have the plague, THAT'S NORMAL

If your blood boils and the hair in your nose curls when someone tells you

"It was God's will, THAT'S NORMAL

If you can't talk about it, but can smash dishes, shred old phone books or
kick the garbage can (preferably empty) down the lane, THAT'S NORMAL

If you can share your story, your feelings with an understanding listener???.
another bereaved parent, THAT'S A BEGINNING

If you can get a glimmer of your child's life rather than his/her death, THAT'S WONDERFUL

If you can remember your child with a smile, THAT'S HEALING

If you find your mirrors have become windows and you are able to reach out to
other bereaved parents, THAT'S GROWING

~ from CRUISE - bereavement Counselors in the UK



SIBLING PAGE



If you're old enough to love, You're old enough to grieve.

This Can't Be!

This is still such a shock to me
This really can't be...
I don't want to believe this is real
This is not something I want to feel!
You just came back...you can't leave for good
If I could change this all...I would.

You were the one that was always there
You were the one to always care.
Now a picture is the only way to see you
I really don't know what to do.

You'll always be my big sister, but life's not the same...
Life without you now seems so lame.
No more car rides, no more late nights,
No more singing and no more play fights.

Where are you? You should still be here.
Where are you? I can't find you anywhere.
I need you still...You just can't go away
I need you here...please come back and stay!

Useless to pray you'll come back, you're gone.
God took you with Him to call His own.
But you'll always be present here in our hearts
You always have been...right from the start.

This is still such a shock to me...this can't be!



Lillian Puch, 15, in loving memory of her sister
Mandi Puch, who was killed in an auto accident

What Luck

What good luck my brother's in heaven.
What bad luck I can't see him.
What good luck we don't fight.
What bad luck we can't make up.
What good luck I can dream about him.
What bad luck I can't touch him.
What good luck he's happy.
What bad luck I'm not.

Jane Griffen
TCF, Tulsa, OK
Janie's older brother, Jamy, died at age 15,
from an accidental shooting

I Heard My Father Cry

Feeling so helpless and sad,
Listening from the room next door,
Over my ears using every pillow I had
I couldn't take it anymore.
His pain came from inside
Cries turned into screams.
What he felt he could no longer hide.
The loss of his only son took away his dreams.
His sighs echoed off the walls.
He couldn't seem to pull himself together.
As our eyes met at the end of the hall,
I realize that his hurt will be with him forever.
With eyes so sad he looked right through me
Not knowing what to say, I didn't even try.
This is something I never expected to see,
But now I know that real men do cry.

Karen Keck, TCF
Sacramento Valley, CA Chapter

Siblings... There is a website for siblings from the Centering Corporation designed for bereaved teens to share stories, journal entries and other information that you write. It is in an anonymous environment. You can access it at www.fireinmyheart.com ... check it out... editor

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

Glori Arán
Daughter of Sandra Arán
July 26, 1989 - November 11, 2001

David A. Boss
Son of Ron and Sally Boss
January 6, 1968 - November 5, 2000

Linda Lou Boyce
Daughter of Cori Boyce
Sister of Lisa Shell
March 29, 1967 - November 30, 2004

Eric Reynolds Burns
Son of Beth Burns
October 20, 2000 - November 7, 2002

Kevin Machado Da Silva
Son of Susan Da Silva
November 18, 1995 - November 20, 2003

Michelle Marie Dyke
Daughter of Marie Dyke
May 19, 1975 - November 10, 1992

Christopher Joseph Galdi
Son of Kathy Galdi
November 14, 1985 - February 20, 2003

Jennifer Marie Garvey
Daughter of Mark and Cheryl Sylce
November 4, 1983 - October 18, 1999

Lauryn Beth Grapski
Daughter of Kathleen Grapski
September 17, 1980 - November 17, 2000

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

Jeffrey Andrew Grimm
Son of John and Linda Grimm
November 25, 1973 - September 28, 1989

Romana Alice Hale
Sister of Bobbi Remines
October 8, 1948 - November 5, 1976

James Michael Hall
Son of Pat and George Hall
November 4, 1965 - March 28, 1992

Devin Arthur Hall
Son of Cyndia Hall
November 10, 1985 - May 17, 1990

Lee Robert Hayden
Son of Terri Hayden-Molton
Grandson of Mary M. Senier
November 12, 1979 - February 19, 1990

Derra Jones
Daughter of Helen Jones
June 18, 1982 - November 24, 2001

Doray Delente Jones
Son of Margie Johnson
November 13, 1985 - August 20, 2004

Chloe Victoria Kimbrell
Daughter of Stephanie and Ben Kimbrell
August 18, 2004 - November 7, 2004

Jolene Dawn McKenna
Daughter of Charlene Kvech
February 8, 1967 - November 22, 1971

Paul Brian Michael
Son of Deborah Michael
November 23, 1971 - July 19, 1991

Julia Milesky
Daughter of Stanley Milesky
October 26, 1986 - November 22, 2003

Michael Dwayne Nokes
Son of Ellen Foxwell
November 9, 1963 - March 15, 1988

David Joseph Novak
Son of Arleen and Rudy Novak
December 29, 1960 - November 14, 1988

John David "JD" Openshaw
Son of David and Lily Openshaw
November 9, 1994 - February 21, 1997

Arthur Gordon Phillips
Son of Cheryl Alderdice
August 24, 1983 - November 26, 1999

Nicholas Grant Poe
Son of Karen and Michael Willey
Son of Nelson and Shirley Poe
November 9, 1982 - January 23, 2002

Joseph William Remines
Son of Bobbi Remines
November 16, 1980 - January 3, 1994

Christopher J. Rogers
Son of Louise G. Rogers
February 21, 1990 - November 4, 2003



OUR CHILDREN REMEMBERED (continued)

Karen Ann Scully
Daughter of Ann Boteler
June 30, 1970 - November 14, 2004

Phillip David Sharrow
Son of Sandra Sharrow
December 8, 1976 - November 17, 1995

Gary "Jake" David Spirt
Son of Dee Spirt-Rayment
November 19, 1962 - November 21, 2002

Luther "Scamp" Stowe II
Son of Agnes and Luther Stowe
August 27, 1963 - November 12, 2001

Shonto Taylor
Grandson of Stephen and Carolyn Tew
September 7, 1979 - November 7, 1994

Michelle Marie Tewey
Daughter of Michael and Marie Tewey
August 26, 1980 - November 15, 1998

Catie Lynne Thrift
Daughter of Sheila and John Thrift
July 24, 1995 - November 27, 2004

Marshall Maurice Tullier
Son of Martin and Kathryn Tullier
October 29, 1986 - November 10, 1986



Wayne Wilson Jr.
Son of Needra Gorman
November 22, 1968 - June 24, 2003

Ron Zseltvay Jr.
Son of Ron and Jeanie Zseltvay
August 24, 1979 - November 16, 1999

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



"It Is So Hard To Say Goodbye To Yesterday" - Boys II Men

How do I say goodbye to what we had?
The good times that made us laugh
Outweigh the bad.
I thought we'd get to see forever
But forever's gone away
It's so hard to say goodbye to yesterday.
I don't know where this road
Is going to lead
All I know is where we've been
And what we've been through.

If we get to see tomorrow
I hope it's worth all the wait
It's so hard to say goodbye to yesterday.
And I'll take with me the memories
To be my sunshine after the rain
It's so hard to say goodbye to yesterday.
And I'll take with me the memories
To be my sunshine after the rain
It's so hard to say goodbye to yesterday.





Memory



There is a place called memory,
Where we sometimes like to roam.
Through hills of love and laughter
A place we know as home.
A place that's free from all this pain
Where our hearts are light once more.
A place that lives forever,
Where life is, as it was before.
Our children live in memory.
They laugh and dance and sing.
Their lives are filled with a magic
That only Heaven can bring.
They feel no hurt or anger.
Their spirits are free as air.
And God's love will always protect them
In times when we aren't there.
Cherish this place called memory.
Feel the love that lives there.
Remember the joys, the warmth of the sun,
And the bond you will always share.
Smile at happy moments,
Laugh at times gone by.
Let the tears you cry be happy ones,
Know love will never die.
Have no fear of visiting, t
he joy will outweigh the pain.
Learn to treasure memory
for there is much that you will gain.
And though life is not as it was before,
And never will be again.
Our memories are much richer,
Than if love had never been.

Lovingly lifted from Brazosport, TX Chapter Web Site



Intentions

I intend to find peace and become whole again
I intend to live my life with grace
I intend to live life fully and in memory
of all that she was unable to do
I intend to cry less
I intend to laugh and forgive more
I intend to embrace all that is still good in my life
and recognize all the blessings that I have
I intend to make something of this terrible pain.

Jane Schindler,
Anne Arundel Chapter BP/USA Annapolis, MD
(in memory of Emily Schindler, 7-27-85 - 1-27-04)

Heartprints



Whatever our hands touch---
We leave fingerprints!
On walls, on furniture,
On doorknobs, dishes, books,
As we touch we leave our identity.
Oh please where ever I go today,
Help me leave heartprints!
Heartprints of compassion
Of understanding and love.
Heartprints of kindness
and genuine concern.
May my heart touch a lonely neighbor
Or a runaway daughter,
Or an anxious mother,
Or, perhaps, a dear friend!
I shall go out today
To leave heartprints,
And if someone should say
"I felt your touch,"
May that one sense be...
YOUR LOVE Touching through ME.

~author unknown

The Third Annual Memory walk held on October 1, 2005 at Quiet Waters Park was a truly healing event. We would like to extend a sincere *THANK YOU* to the following merchants for their generous support of our 2005 Memory Walk:

Graul's Food Store Mars Food Store Krispy Kreme Doughnuts Panera Bread

And appreciate the
2005 Memory Walk Individual Sponsors

In memory of

Jamie Alexander – Dave & Sue Alexander

Elizabeth Sinton Archard – Barbara Hale

Helen Armitt – Hazel Christoffersen

Carolyn Bailey – Venetta Costly, Sharl Gill

Cortney Belt – Terre & John Belt,

Ricky Bessling – Rick Anderson, Baltimore Freightliner, Keisha Belizairo, Robert & Barbara Bessling, Wayne & Wanda Bessling, Lora Bittinger, Sharon Clark, Diane Clawson, Carlton Gibson, Jean Huber, Dotti Lawson, Carl S. Lochte, Kassy Mattingly, Michael Moore, Patrick Nugent, Regina Rinehart, Ingrid Rivera, Doug Roop, Michele Rothe, Joe Schreyer, Barbara Schwartzman, Emma Sokelovskaya, Donald Talley, Dimiter Vassilev, Wanda Wardlaw, Athena Wells

Paul Share Brough – Theresa Bleemke, Carol Kositz

Clyde Bull – Sandy Smith

Paul J. Burash – Robert & Sandi Burash, the Campbell Family

Herbert John Buzby – Gerlinda Buzby Coleman

Tria Castiglia – Barbara Bailey, Ann & Noel Castiglia, Kay Chappell, Meredith & Liz Johnson, Paula Muehlhauser, Joyce Pflum, Bonnie Puskarich, Barbara Tucker, Liz Weston

Chad Cummings – Penny Holtz, Sharon Garcia, Shelby Holtz

Mike J. Dickens Jr. – Marla Dickens

Jason Easter – Janice & Chris Kunkel

Jennifer Frantz – Ann Frantz, James Small

Christopher George Gilmour – Paul, Carole & Sean Gilmour

Andrew "Drew" Gawthrop – Brenda Gawthrop, Amy Messina, Cindy & Lexie Tutwiler

Traci Heincelman – Terre & John Belt

Tom Huber – Jean Huber

Alison Hylan – Lanay Byers, Jennifer Farlow, Jan & Leo Hylan, Liz Posner, Toto Jost, Laura Senchak

Matthew Katz – Bob, Sue & Ryan Katz

Ronald Lark – John Patterson

Nick Liberatore – Larry & Pat Liberatore, Laura Liberatore Grayson, Barbara Scheib, Les Lupo

Timothy Mabe – Karen Willey

Brian Richard Melcher – Norma Jean & Donald Melcher, Cheryl & Shelby Lewis

Nicholas Poe – Lois Brockett, Bruce & Joreen Covington, Walter & Joyce Sackett, Earl & Amanda Walker, Karen Willey

Tanager Ru Ricci – Julia Andrysiak, Jennifer Bradfute, Jim Budd, Tony Collini, Dotty Gavins, Lea Ford, Butch Franklin, Kathy Franklin, Kathie Hemler, Sheila Keanson, Sharon Marcone, Dana Navarro, John Pappajohn, Vicki Reed, Ted Romans, Linda Sigler, Laura & David Smith, Anita Smith, Jaime Steward, Bev & Vince Vickers

Michael Rixham – Louis & Susan Rixham

Aaron Royer – Angie Biddinger, Brandon & Brett Bohonek, Rich & Denise Bohonek, Rosemarie Brigham, Brian Chapman, Keith Neal, Karen & Danny Pomerantz, Diane & Janine Royer

Anne Russell – Marion Elliott

Gary Ryon – Angela & Ed Dentz

Kelly Ann Schultz – Mr. & Mrs. Serafin Salgado, Pat & Jim Schultz, Mrs. Dorothy Wink

Timothy Shelton – Karen Willey

Christopher Smith – Debra Wilson-Smith

Kenny Sparenburg – Mary & Jim Sparenburg

Michelle Timchalk – Joanne & Michael Timchalk

Timmy Umbel – Kendra Beny, Alta Birkby, Lynn & Donna Brenneman, Kim, Randy & Trevor Butler, Ed Carr, Robin Carr, Lynn Coburn, Mary Ann Glotfelty, Renata Gloflety, Whitney Gloflety, Claudia Hook, Billie Jean Krupa, Shawa Manges, Rosemary McClintock, Shawn Nicklin, Joanna Ringer, Elsie Slagle, Terry Stough, Duane & Becky Stein, Christina Umbel, Dawn Umbel, Rick & Mary Ann Umbel, Meredith Vagnetti

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RETURN SERVICE REQUESTED

DATED MATERIAL



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.