



# Bereaved Parents of the USA

## Anne Arundel County Chapter

January, 2006

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

I don't ask why.  
I'll never know why.  
I don't have to know why.  
I don't like it.

I don't have to like it,  
What I do have to do is make a  
Choice about my living.

What I do want to do is accept it and  
Go on living. The choice is mine.

I can go on living, valuing every moment in  
A way I never did before,

Or I can be destroyed by it and,  
In turn, destroy others.

I thought I was immortal.

That my family and my children were also.

That tragedy happened only to others.

But I know now that life is tenuous and valuable.

So I am choosing to go on living,  
Making the most of the time I have,  
Valuing my family and friends  
In a way never possible before.

From the book "My Son, My Son"  
By Iris Bolton

In the new year, as we think of resolutions, we can choose to go on living and resolve to remember our sons and daughters. We can choose to take care of ourselves and our families. So make the most of this new year and the time it brings us, valuing your families and friends in a way never possible before. The choices are ours to make.

Rick Tomaszewski

### 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 of this newsletter has been donated  
By Kathy Franklin in memory of her son

**Tanager Rú Ricci**

The mailing of this newsletter has been donated  
By Sandi and Bob Burash in memory of their son

**Paul J. Burash**



**Bereaved Parents of the USA**  
**Anne Arundel County Chapter**  
**P.O. Box 6280**  
**Annapolis, Maryland 21401-0280**

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**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.

**February submissions are due by January 13.**

#### **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: January 5, 2006**

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](mailto: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](mailto:ChapterLeader@sdalex.org).

### 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.

### MEETING TOPICS—ANNAPOLIS

#### January 5: Blessings that Our Children Brought to Us

As we grieve the death of our child, particularly in the early days, weeks, and months, all we can feel and experience is the dreadful loss and pain from the death. Marlen Maier will talk about how, In dealing with that grief, it can be helpful to remember the blessings we received by having that child.

#### February 2: Using Music in Dealing with Grief

Some bereaved parents find music can be helpful in dealing with their grief. Paul Balasic will relate his experiences with music in his grief journey and talk about the role he believes music can play in the grief process. Members are urged to bring CDs or cassette tapes with music they have found particularly meaningful and helpful as they deal with their grief. We will use these as part of the discussion in our non-newly bereaved sharing group.

### 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, January 4, 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](mailto: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*

#### Memory Walk:

Helen & Dan Sale in memory of Nicholas Grant Poe

#### General:

Virginia Barnett in memory of her son Jay Barnett

Ann & Don Boteler in memory of their daughter Karen Ann Scully

Bob and Sandi Burash in memory of their son Paul J. Burash

Ethel & Tom Cleary in memory of their grandson Scott Thomas Palmer and their nephew O. Steven Cooper

Mary and Tom DiLego in memory of their son Andrew Thomas DiLego and daughter Alexandra DiLego

Dorothy and Don Farley in memory of their son Ronald Wesley Farley

Kathy Franklin in memory of her son Tanager R  Ricci

Cyndia Hall in memory of her son Devin Arthur Hall

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

Linda and John Grimm in memory of their son Jeffrey Grimm

Penny & Shelby Holtz in memory of her son Chad D. Cummings

Shirley & and Walt Johnson in memory of their son Roger Wallace Johnson

Jeanne and Roy Jones in memory of their sons Jeremy Scott Jones and Brian Keith Jones

Charlette Koehler in memory of her son Stephen Aaron Luck

Janice & Chris Kunkel in memory of their son Jason T. Easter

Elizabeth and Daryl Leger in memory of their son Michael Robert Leger

Marlen & Gene Maier in memory of their son Eric Eugene Maier

Mary Jo and Jack Martin in memory of their daughter Kimberly Jo Clarke

Katheleen McGlew in memory of their daughter Jennifer Lynn Hamilton

Mike Milord in memory of his son Daniel Michael Milord

Bob, Diane, Nikole, Nathan, & Janine Royer in memory of their son and brother Aaron Sebastian Royer

Diane & Bob Royer in memory of their son Aaron Sebastian Royer

Ken Smith in memory of his niece Tracy Ann Fotino

Peggy and Lewis Strader in memory of their son Christopher Lewis Strader

Michelle Tepper in memory of her daughter Heather Brooke Tepper

Karen Willey in memory of her son Nicholas Grant Poe

Margaret & James Williford in memory of their granddaughter Victoria Shimonkevitz

Annual Service of Remembrance: "We need not walk alone" sheet cake was donated in memory of Katie Fritz by Carol Fritz... it's always nice to "say her name"

### **Annual Service of Remembrance**

It's hard to put into words what the Annual Service of Remembrance means to each of us. But to many of us, this day for remembering our loved ones has become a holiday tradition that is now a significant part of our lives. Special thank you to Janice Kunkel for coordinating the Annual Service of Remembrance. And thank you to everyone who had a role in presenting the program and those who worked behind the scenes. Through all of your efforts the day was once again a very memorable and healing event.



# SIBLING PAGE



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

## Questions and Answers for Bereaved Siblings

**“All of a sudden I burst into tears and cannot control my crying”**

You have the freedom to cry when you need to—and to leave the room when you wish.

**“I feel so guilty that I yelled at my brother. We would fight about the silliest things. I'll never be able to tell him how sorry I am.”**

Brothers and sisters in every family quarrel and don't apologize after every argument. Even though you fought, you still loved your brother and he loved you.

**“I can't concentrate. I can't think and I can't remember a thing. I think I am losing my mind.”**

You have not lost your mind, although it may feel that way. Your mind is probably just overloaded. Not only do you have to continue to go through your daily routine, but your mind is flooded with thoughts and feelings for your brother or sister. This is temporary. Your memory and concentration will return.

**“I can't remember exactly how she looks. Does this mean I am forgetting her?”**

No, even if your sister was still alive you wouldn't be able to recall everything about her. It is natural to forget some details, but many gestures and memories will be in your heart forever.

**“Why am I so mad at my sister for dying? She left me all alone. I know it wasn't her fault. I feel so guilty about being angry.”**

At some time, everyone is angry at the person who died - just as when they were alive. Anger does not mean that you loved them less. It means the loss is so great you want the terrible pain to end.

From the TCF National Sibling Newsletter  
Contributed by Ontario, Canada TCF Chapter

## TO MY LITTLE BROTHER

Now we lay you down to sleep  
I know the Lord your soul will keep

And so far as heaven goes  
You'll keep the angels on their toes

And I shall live another day  
Knowing you're not far away

But when I die, make no mistake  
Your hand will be the first I take

And arm in arm we'll walk again  
God gave this gift. Love has no end.



Julie Harding - Portland, OR TCF  
In memory of her brother,  
E. Ronald Harding



**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](http://www.fireinmyheart.com) ... check it out... editor

## OUR CHILDREN REMEMBERED

Please remember the following families this month.

William P. Anthony Jr.  
Son of Bill and Linda Anthony  
June 1, 1965 - January 2, 1999

Merwede Baker  
Son of Anna Baker and Paul Reid  
January 15, 1978 - June 24, 2004

Michael Allen Barker  
Son of Diane and Seth Barker  
January 18, 1990 - February 10, 1999

Lisa Marie Bishop  
Daughter of Diane and Michael Eye  
January 29, 1966 - July 20, 2004

Emily Ann Blazejewski  
Daughter of Lee Ann and Doug Blazejewski  
January 27, 1999 - January 2, 2004

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

Paul J. Burash  
Son of Robert and Sandra Burash  
January 18, 1972 - August 8, 1992

David Ronnie Cain III  
Son of Ginny and Donald Bussink  
March 17, 1983 - January 31, 2003

David Michael Copeland  
Son of Jay and Lois Copeland  
March 27, 1978 - January 30, 2000

Mark Allen Craft  
Son of Marika Bates  
January 24, 1961 - January 20, 2004

Kevin Crawford  
Son of Loretta Crawford  
January 21, 1959 - March 10, 2004

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

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

Sherri Leigh Fant  
Daughter of Vern Pierce  
January 24, 1958 - April 1, 2003

Theresa Karen Gardner  
Daughter of Joan F. Gardner  
July 28, 1962 - January 7, 1994

Steven Joseph Garvey  
Son of Mark and Cheryl Sylce  
January 21, 1985 - February 1, 1985

Sara Elizabeth Hohne  
Daughter of Donald and Karen Hohne  
January 2, 1980 - June 13, 2003

Alison Marie Hylan  
Daughter of Jan and Leo Hylan  
April 24, 1986 - January 9, 2005

Sandrine J. Ingulia  
Daughter of Michele Ingulia  
January 17, 1965 - February 14, 2003

Deborah Ann Jackson  
Daughter of Barbara Quillen  
January 27, 1953 - January 2, 2005

Mark Edward Keefe  
Son of Debra and Mark Keefe  
September 13, 1974 - January 8, 1991

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

Andrea Jean Loatman  
Daughter of Janet and John Hewitt  
January 12, 1980 - October 5, 1999

Alexis Michelle LoPinto  
Daughter of Denise LoPinto  
July 19, 2004 - January 14, 2005

Ethan Matthew MacPherson  
Son of Kim and Scott MacPherson  
January 22, 1994 - February 13, 1995

Christopher "Chris" Logan McFeely  
Son of Samantha and Darell SisteK  
Brother of Taylor SisteK  
June 27, 1987 - January 15, 2005

James Allen McGrady  
Son of David and Shirley McGrady  
January 15, 1968 - August 10, 1987

Michele Noble McKinley  
Daughter of Louisa and Sheldon Noble  
August 25, 1956 - January 29, 2005

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



## OUR CHILDREN REMEMBERED (continued)

Craig Steven Nelson  
Son of Karen Coulson  
April 2, 1974 - January 31, 1995

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

Alvin Rehn  
Son of Geni and Alvin Rehn  
January 7, 1953 - July 13, 2005

Kevin Eric Reichardt  
Son of Carol and Karl Reichardt  
January 20, 1975 - January 26, 1995

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

Charles "Charlie" Hubner Rice  
Son of Doug and Stephanie Rice  
January 12, 2002 - January 11, 2002

Phillip "PJ" Bernard Riek Jr.  
Son of Pamela and Tracy Peterson  
December 29, 1989 - January 17, 2000

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

Thomas Jeffrey Schall  
Son of Tom and Joyce Schall  
January 16, 1963 - January 7, 2002

Emily Ann Schindler  
Daughter of Charles and Jane Schindler  
July 27, 1985 - January 27, 2004

Kelly Ann Schultz  
Daughter of Jim and Pat Schultz  
July 19, 1964 - January 1, 1996

Jonathan Miles Schuppe  
Son of Martha and Jim Schuppe  
January 18, 1982 - January 3, 2005

Misty Dawn Smith  
Daughter of Anne and DeWitt Wilcox  
March 15, 1976 - January 12, 1997

Frank Spencer Spurr  
Brother of Terri Tuono  
January 27, 1966 - February 1, 2002

Michael Shane Wheeler  
Son of Lita L. Volcjak  
June 22, 1976 - January 11, 1997

Daniel A. "Danny" Whitby  
Son of Rita and Albert Whitby  
January 10, 1959 - August 15, 1974

Carole Anne Wilford  
Sister of Aljuana Saunders  
January 7, 1944 - May 4, 1998

Faith Jordan Williams  
Daughter of Nicole Hawkins  
September 26, 1998 - January 11, 1999

Roy James "Jay" Wyrick  
Son of Patricia Wyrick  
August 8, 1962 - January 10, 2002



*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)*



Be who you are and say what you feel  
Because those who mind don't matter  
And those who matter don't mind.

*Dr. Suess*



## THE GROUP

I tell myself I no longer need the group  
and yet I still remain.

I tell myself I'm over the grief  
and yet I still feel the pain.

I tell myself no one can possibly know  
how I feel, and then that caring voice  
from across the table says,  
"We'll give you time to heal."

I tell myself I can't possibly contribute  
anything worthwhile by coming to this place.  
And then I see the pain and suffering  
on each new member's face.

I tell myself if something that you say  
in group tonight helps even one person in  
need, then your coming here is not a loss,  
but a tremendous gain indeed.

I tell myself to stop listening to the  
voice inside who doubts.

I tell myself it is the other voice who  
knows what the group is all about.

I tell myself I still need the group.  
I can't deny it's true.

I tell myself it's quite all right,  
because the group still needs me too.

Allison Nevarez TCF/Orange City, CA



### Editor's note

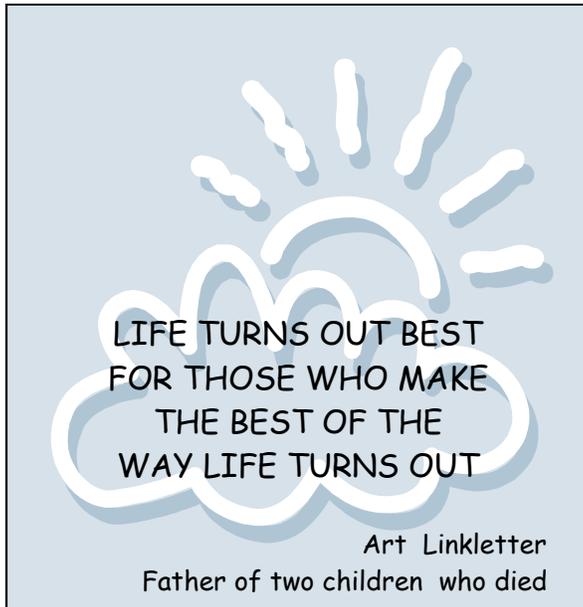
Won't you give yourself a "gift" during this new year? Try a meeting if you've never been to one before. At least three meetings are recommended before you decide whether or not "the group" is for you. I know being with others who care and understand was a lifesaver for me and so many others, and the best gift I ever gave myself.

## It's Okay

It's ok to cry, to not cry,  
To feel guilty. To not feel guilty.  
To be angry, to stop feeling angry,  
To seek answers,  
To stop seeking answers,  
To feel responsible,  
To feel sorry for yourself,  
To feel mad at your child,  
To feel misunderstood,  
To reach out for help,  
To let out the pain,  
To care what others think,  
To not care what others think,  
To let go of your child's death,  
To embrace your child's life,  
To lose your expectations,  
To grieve any way you want,  
To give yourself a break,  
To believe in signs,  
To stop hating,  
To forgive,  
To smile without guilt,  
To find joy,  
To heal,  
To begin to live again,  
To laugh,  
To love yourself,  
It's okay,  
It's all okay.

Bob Anderson, Brandon's dad  
Reprinted from TCF National Magazine





### When Words Begin To Feel You

When words begin to feel you  
A simple hug will do  
To lighten someone's burden  
And give them hope anew



Heartaches often leave us speechless  
With nothing wise to say  
Just "being there" speaks volumes  
And friends can save the day

We can cry with those in mourning  
And hold each other tight  
For joy comes in the morning  
If we can make it through the night

Tears shared are not as bitter  
As teardrops cried alone,  
For friendships' soil is fertile  
For seeds of kindness sown

By Clay Harrison  
BPUSA, Bridgeport, WV



Grief never ends.  
But it never changes.  
It's a passage,  
Not a place to stay.  
The sense of loss  
Must give way  
If we're to value  
The life that was lived.  
Grief is not a sign of weakness,  
Nor lack of faith,  
It is the price of love.

unknown

You gain strength, courage, and confidence by every experience in which you *really* stop to look fear in the face.

You are able to say to yourself: "I have lived through the horror. I can take the next thing that comes along...."

You must do the thing you think you cannot do.

Eleanor Roosevelt

# Bereaved Parents of the USA

## Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

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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.**