



Bereaved Parents of the USA

Anne Arundel County Chapter

June, 2006

www.aacounty-md-bereavedparents.org

For those of you who have read the DaVinci Code, you'll understand my disappointment at getting to the end of the book and finding that the mystery was not really revealed. It seems the Priory of Sion felt the "truth" should never be made known, only protected from being destroyed. I thought about that message as I was preparing this article and decided that there is value in it for grieving people.

I remember trying to get to the bottom of my grief – that is, looking at it from every angle – how it affected my family, how it affected our future, how it affected my parenting practices... But now, even 13 years later, there remains a mystery. My grief at the deaths of my niece and brother has certainly changed

over the years, but it has not been fully revealed.

That's because as I go through stages of my life, my grief comes along with me. But because I continue to change, so too does my grief. I recognize it in whatever form it takes and I respect its place in my life.

Grief keeps me humble; it keeps me grounded – I value the mystery of grief.

We don't have all the answers, and we never will. Let's get comfortable with that fact and life will be so much easier to bear. Blessings!

Lisa Beall
Anne Arundel Co. MD Chapter BPUSA

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 Georgia Hughes
in memory of her daughter **Rebecca Lynn Faires**

The mailing of this newsletter has been donated by LuAnn Schaefer
In memory of her son **Anthony J. Schaefer**



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

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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.

July submissions are due by June 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: June 1, 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, Severna Park (410-987-2129).



CHAPTER NEWS AND NOTES

OUR CHILDREN REMEMBERED

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.

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.

MEETING TOPICS—ANNAPOLIS

June 1: Remembering Our Children Through Writing

For many members writing has proven to be helpful in dealing with the death of the children. This writing takes many forms from journaling to writing letters to writing articles for the newsletter. As part of the program, members will be given an opportunity to write a "time-letter" to their child, which will be held and then mailed to the member in June 2007.

July 6: Loss of an Only Child or All Children

This program will explore the special challenges presented to those bereaved parents who have lost an

EASTERN SHORE BEREAVED PARENTS GROUP CEASES MONTHLY MEETINGS

We regret to announce that the Queen Anne's County Bereaved Parents Group, which has been meeting in Queenstown, will no longer hold monthly meetings. Attendance has been sporadic and does not justify the effort it takes to organize and hold the meetings each month. Perhaps in the future there will be renewed interest and we can resume the meetings.

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

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:

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

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

OUR "CLUB"

Recently, I was filling out some of those dreaded personnel forms at work. One of the questions was.... Do you belong to any clubs or organizations?

Oh, yes.....My son & I belong to a very exclusive "CLUB". I have a full lifetime membership. The membership fee is astronomical. The cost is beyond compare. I am a Bereaved Parent

We lost our son, Dave, 5 years ago. We found OUR CLUB shortly after.

You'll find me at the meetings most months. And my son Dave joins me there. At first I went to find the care and understanding I needed, the acknowledgement of my loss and grief. In time, I found a new dimension to my life. I found new friends who will walk with me for the rest of my life.

At the beginning of my membership, I received the emotional support I needed, and I took every bit that was so freely offered. Now I am stronger and I hope that I can give a helping hand to our newer members. It took a while for me to reach this point. Over the years, I have brought refreshments or helped at the conference.... intermittent tasks. Now I have reached a point where I can rely on my physical stamina and emotional balance to assume a more regular role. So I have taken on the monthly responsibility of Hospitality. (You'll get a call from me if you volunteer to bring refreshments.) And I will be helping my husband, Rick, publish the Newsletter. I am making progress.

There is a lot of behind-the-scenes work done by many of our members in order to run the monthly meetings and chapter business, hold the annual Conference, plan the Memorial Walk, and provide the Service of Remembrance. Much of this is done by Core Group members...those a little farther through this journey who are now able to give of themselves. Everyone is welcome to become a Core Group member. And I believe all Core Group members will tell you that it is time & effort well spent because the personal benefit received is very healing itself.

My personal thanks to everyone who has helped OUR CLUB, and by doing so has helped me.

OUR CLUB will be going through a transition phase over the next 6 months. At a recent Core Group meeting we began to identify some of the services that need to be filled. We need a Chapter Leader, a Secretary, a Webmaster, a Facilitator Coordinator, and a Program Coordinator. There is also a need for help at monthly meetings and the annual events. These are volunteer positions filled by people like YOU and me.

When you are ready to take the next healing step, no matter how small, please consider helping YOUR CLUB to help others.

Oh yes.... My son & I belong to a very exclusive club.....OUR CLUB.

Carol Tomaszewski
Anne Arundel Co. MD Chapter BPUSA

NOTE: For information on helping YOUR CLUB, please contact:

Dave Alexander, 410 544-3634 - Carol Tomaszewski, 410 519-8448



SIBLING PAGE



SIBLING GRIEF: INSIDE

By BSF Member Carol Marino

My son inadvertently gave me a rare glimpse recently into the depth of sibling grief. Both of my sons, now in their 20s, rarely talk about how the death of their little sister two years ago really impacted them... despite our efforts to draw them out on the subject.

This is a common reaction in sibling grief. Siblings often keep their grief inside, not wanting to add any more grief to their parents. However, sibling grief can often surface at odd and unusual times and even many years after the loss.

One of my sons dropped by for a visit and I noticed the lining of his coat was falling out. Since he had the coat for quite a while, I suggested that it was time for a new one. I willingly agreed to buy it for him and he reluctantly agreed to go shopping with me.

With every coat that he tried on, he said it just didn't feel right. It didn't feel like his old coat. Nevertheless, he finally settled on a handsome black wool coat. As he put his old coat back on, I noticed the lining was actually in shreds. I commented that he should have gotten rid of the coat a long time ago or at least replace the lining.

Then he made a startling comment. He said, "You see Mom, I actually am very attached to my old coat because it has been symbolic of my life... it looks great on the outside but it is all torn up and a mess on the inside."

We continued to talk about going through daily life creating "normal" appearances to the outside world while suffering inside the effects of sudden and devastating grief. Parents who have lost a child believe you can't really understand it unless you have been through it. So too do siblings believe that unless you have experienced that kind of loss, you can't fully understand it either.

But one clear comment can often give great insight into just how profoundly it has affected them. It is good to talk about it, share feeling and try to understand the enormity of it all.



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

Veronica "Ronnie" Anne Arata
Daughter of Rick Arata
June 12, 1968 - May 25, 2000

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

Jay W. Barnett
Son of Virginia Barnett
March 13, 1988 - June 15, 2005

Travis Brandon Beyerle
Son of Maren O. Sheidy
April 17, 1981 - June 23, 1995

Owen F. Carr IV
Son of Peggy Carr
June 29, 1978 - February 18, 2003

Joseph William Cranston
Son of Thomas and Mary Cranston
June 11, 1971 - June 11, 1971

Vincent Mark DiBerardinis
Son of Laura and Mark DiBerardinis
October 16, 1996 - June 14, 2002

Jack Turner Dumont
Son of Jill and Dave Dumont
June 26, 2003 - June 26, 2003

Mary Senier Egan
Daughter of Mary M. Senier
Sister of Terri Hayden-Molton
May 8, 1951 - June 24, 1993

Joe A. Esterling Jr.
Son of Joe and Michelle Esterling
June 7, 1967 - April 27, 1990

Bill Evans
Son of Walter and Marlene Evans
June 5, 1964 - October 12, 1990

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

Christina Ann Fisher
Daughter of Rick and Carol Wilson
December 17, 1985 - June 30, 2001

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

Colin David Humphrey
Son of Robert and Julie Humphrey
August 23, 1998 - June 16, 2001

Allison Carol Jimenez
Daughter of Carol and Russell Fritz
June 29, 1973 - August 2, 2005

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

Darin Michael Kilton
Son of Gil and Twanda Kilton
March 21, 1974 - June 5, 1985

Mark Charles Knepper
Son of Pat and Joe Knepper
June 28, 1968 - October 17, 1988

Angela Dawn Leone
Daughter of Garnet and Roland Leone
July 26, 1974 - June 16, 2001

Michael Leone
Grandson of Garnet and Roland Leone
June 16, 2001 - June 16, 2001

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

Deneen Leigh Lins
Daughter of Jack and Audrey Bagby
June 21, 1957 - August 6, 1987

Michelle Anna Markey
Daughter of Shirley and Rick Markey
Sister of Robert Markey
June 19, 1992 - June 9, 2004

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

Brian Richard Melcher
Son of Norma and Donald Melcher
Brother of Cheryl Lewis
August 30, 1960 - June 14, 2002

Benjamin James Miller
Son of Laura and Curtis Miller
June 2, 2003 - June 6, 2003

Kyle Brenner Millman
Son of Susan Millman
October 27, 1976 - June 10, 1989



OUR CHILDREN REMEMBERED (continued)

Gavin Alder Moore
Son of Karen Fedor and Jerry Moore
June 11, 2004 - June 11, 2004

Julia Lyn Moore
Daughter of Dorothy Becker
August 22, 1973 - June 19, 2002

Robert Antonio Morgan Jr.
Son of Paul and Kathy Waters
April 23, 1984 - June 21, 2003

Connor "Jag" Persons
Son of Deirdre Persons
June 19, 1990 - October 16, 2002

Daniel Keith Rogers
Son of Thomas and Lauri Rogers
June 16, 1981 - March 18, 2000

David C. Schmier
Son of Gordon and Virginia Schmier
June 26, 1964 - February 10, 1992

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

Scott Christopher Shaffer
Son of Barbara Shaffer
March 17, 1967 - June 5, 2004

Jeffrey Steven Simpson
Son of Stephen and Linda Maszgay
June 3, 1972 - June 21, 2002

Christopher John Smith
Son of Debi Wilson-Smith
March 27, 1981 - June 30, 2000

Laura Ann Smith
Daughter of Lois and Joel Smith
July 30, 1985 - June 7, 2003

Christopher Lewis Strader
Son of Lewis and Peggy Strader
May 27, 1979 - June 21, 1997

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

Heather Brooke Tepper
Daughter of Michelle Tepper
Granddaughter of LaVern Gipprich
June 11, 1986 - April 3, 2005

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

Albert W. "Wally" Whitby Jr.
Son of Rita and Albert Whitby Sr.
April 25, 1951 - June 2, 1981

Sean Amaro Wilcox
Son of Anne and DeWitt Wilcox
June 25, 2003 - June 24, 2003

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

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



FATHER'S DAY

FATHER'S DAY.... Not a big holiday like Christmas or Thanksgiving, but one that holds a lot of meaning for those to whom it applies. For first-time fathers, that Sunday in June brings a feeling of joy and pride. For a long-time dad, it's a reminder of the fulfillment which children may have brought to his life.

For those men who have lost a child, it can be a painful time. For those who must endure their pain in secret and in silence, either through their own desire for that approach, or through society's expectations that they must be strong and controlled, it can become a horror.

But, we wish to acknowledge the day, because, as we noted during Mother's Day, the death of a child does not negate the parenthood of the mom and dad who loved him or her. Love for one's offsprings does not die when the child dies, and death does not succeed in robbing us of our parental identity.

We wish all of our bereaved fathers a day of peace. In the midst of grief and loss, may you experience a taste of good memories and remembered love for your child.



TCF Elgin, IL

HIS SHOES SPEAK TO ME

His shoes still sit on the closet floor
Tho' he's been gone a decade or more.

Some days my memory's a bit hazy,
Is it a nightmare or am I going crazy?
I go to the closet and there are his shoes
It's easy to see they were really used.
The prints of his feet are still inside.
He really did live but too soon he died.
Reality returns, with his shoes on the Floor.
How long will they be there?
"Till I need them no more."

His bronzed baby shoes sit on a shelf.
These baby shoes speak of a life just beginning.
The work shoes tell about
Life and its ending.
With the passing of years, some
Peace I've attained, but the
Happiness I knew cannot be regained.
Yet there's much about life I still want to live,
to my family and others,
I still yearn to give. I've cried many
tears, felt the guilt and the pain.
My grief has diminished and
I can laugh once again.



Ora Lewis
BP/USA Orange County, CA
In memory of son, Greg Lewis

Remembering Your Child's Room

Often parents are overwhelmed with cleaning up their child's room. Now the clothes in a pile, the soda cans left here and there, and the unfinished homework and books in piles take on a new meaning. If only your child were here to "clean up this mess."

Many parents have found taking pictures of the way their child's room was the last time they used it to be a comfort. The posters, the mess, the uniqueness of the room can be preserved on video or in pictures as a tangible reminder of the way it "used to be". Even if you never look at them again, the security of knowing you won't forget a little piece of your child's life can make a difference.



Lyn Vines, TCF, South Bay/L.A. CA



CREATE A BUTTERFLY RETREAT

Flowers and plants in your garden or window box may look lovely, but imagine the increased appeal if butterflies called your garden home. Making your garden inviting to these fluttering visitors involves just a little planning.

The basic needs of butterflies are relatively simple: Food, water, sunlight and shelter. A butterfly garden is best planted in the sun so that the nectar producing plants butterflies love will be able to flourish. The sun also regulates the temperature of a butterfly's body, enabling it to fly. However, shadier areas should be interspersed so that the butterflies don't overheat.

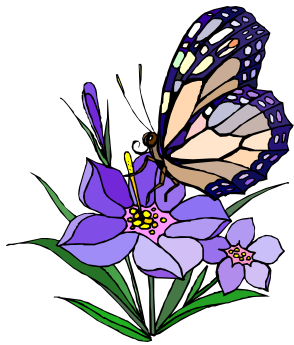


Nectar-Producing Plants

Nectar is the primary food for butterflies. Plants like Aster, Butterfly Bush, Daisy, Honeysuckle, Lilac, and Phlox are just some of the many nectar-producing plants.

Host Plants

Butterflies begin as caterpillars, and as such, the garden will also require host plants to nourish the growing larvae. Local "weeds", thistle, nettle, and tree leaves are popular food sources for the caterpillars.



Water

Butterflies need water, but cannot directly "drink" from open water sources. They prefer landing on moist soil, so place a shallow dish full of moistened sand at ground level.

THOUGHTS

So long as you can sweeten
another's pain, life is not in vain...

- Helen Keller

Truly, it is in darkness that one finds
the light, so when we are in sorrow
then this light is nearest to all of us.

- Meister Eckhart

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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.