



Bereaved Parents of the USA

Anne Arundel County Chapter

March, 2006

www.aacounty-md-bereavedparents.org

Believe

Believe.

Crocuses poke their heads through the crusty snow to let us know the long, bleak winter is ending and spring will come again.

So, too, the long bleak winter of your aching, breaking heart will end and spring will come again one day.

Be patient ~ but believe it~ Your spring will come again.

Betty Stevens, TCF Baltimore, MD

As I read those words, I was thinking that my wife had just pointed out last week that the daffodils were poking up in front of our house. Next thing you know, we had a foot of snow.

For those of you who are newly bereaved, be aware that we also have setbacks even when things slowly seem to be getting better.

The good news is...

Be patient ~ but believe it~ Your spring will come again.

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 Nancy and Jaren Doherty in memory of their son

Eric Paul Haynal

The mailing of this newsletter has been donated
By Juliet and Leonard Rothman in memory of their son

Daniel Maurice Rothman



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

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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.

April submissions are due by March 12.

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: March 2, 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,

Conference of Hope and Healing

Saturday, May 20, 2006

For information: Pat Schultz, Chair
410-255-7760

jim.n.pat4@juno.com

Debi Wilson-Smith, Co-Chair

410-757-8280

dwsmith@pgcps.org

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.

MEETING TOPICS—ANNAPOLIS

March 2: The Early Years

Noel Castiglia, one of the founders of our chapter, will focus his presentation on the different experiences of newly bereaved parents from the beginning of their losses through the first few years, with emphasis on useful coping mechanisms.

April 6: How Men and Women Grieve Differently

We all grieve differently. The differences between men and women can introduce new stresses into a couple's relationship. As we anticipate Mother's Day and Father's Day in the coming months, understanding these differences (and the similarities) can be helpful. During the general session we will listen to an audio tape focused on how men grieve. In addition to the First-Timers Sharing Group and the Newly Bereaved Sharing Group, there will be a separate 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, March 1, 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

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.

Notice: St. Agnes Hospital Offers Bereavement Lecture to honor Emily Schindler

THE HOSPICE CENTER FOR BEREAVEMENT CARE of St. Agnes HealthCare presents the **Second Annual Emily Schindler Memorial Lecture on Death and Dying, Grief and Loss** to be held on March 17, 2006 9:00am till noon.

For details, please go to our chapter website: www.aacounty-md-bereavedparents.org and click the "Special Events" button or call Christy Bullman at 410 368-3353

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***

Paul & Claudia Balasic in memory of their daughter **Bethany Anne Balasic**

Nancy & Jaren Doherty in memory of their son **Eric Paul Haynal**

Lois Ebelein in memory of **Ken Duncan Jr.**

Carol Fritz in memory of her daughter **Katie Fritz**

Rachel Hand in memory of her son **Adrian Bernard Andrew Ortega**

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

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

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

WHEN ANGELS CRY

When someone who was too young to die
Is taken away without a reason why
The angels sing, the angels cry.
The tears that fall are not tears at all
But memories that will never die
When angels cry there is no pain
Just a never-ending rain
Suffering, there is no more
Just glory and safety to all
When angels cry the whole world knows
They gather the tears up like
Delicate petals from a rose
The scent from each one destroys all fears
When angels cry people try to understand
How someone too young could
Be placed under the great Creator's hand
The answer to this question may never be
known
When angels cry crystal tears
We glance up and have no fears
For that person who was too young to die
Is now an angel
Singing their songs of mourning
And crying their tears of memory
up in the sky.

In memory of Blaine Charles Turrell,
Infant son of Diana & Erik Turrell
Coeur d' Alene, ID BP/USA



I'LL PAINT YOU A RAINBOW

I'll paint you a rainbow to hang on the wall
To brighten your heart when the shadows fall
On a canvass of joy outlasting the years,
With a soft brush of sweetness to dry
all your tears.
I'll paint you a rainbow with colors of smiles
With glow with sincerity over the miles.
On a palette of words I will tenderly blend
Tones into treasures of sunlight and wind.
I'll paint you a rainbow that reaches so wide,
Your sights and your sorrows will vanish inside.
And deep in the center of each different hue,
A memory fashioned especially for you.
So lift up your eyes, for suspended above,
A rainbow designed by the fingers of love.

Submitted by Mildred Slagle,
In memory of her son, Stephen Jay Slagle



SIBLING PAGE



My Sibling

At night, as I sleep,
I wonder if my brother will wander
the streets of my dreams
In the morning when I rise

Sometimes all I can see is the rain.
It seems so lonely without him
There're days I feel pain
and some nights I lie awake in sorrow.
It's just not the same anymore
Without him it's hard to face tomorrow

My friendships aren't what they used to be
It's hard to explain,, **Oh I know!!!**
it's because he's not standing next to me

As crazy as this may sound
At times, I try to talk to my sibling,
Hoping to see his face in a crowd
I'll be honest, I miss my loved one
The bond between a brother or sister
is as strong as they come

My heart goes out today,
To all of you who came
It's nothing, but respectful
for us to light a candle, in their name

I've learned a big lesson in my life,
It does hurt to grieve...
And, a blessing can come
Even in the misery of a tragedy...

The pain is written on our faces
From all the places memories were made
The valuable times we shared together
are now the reasons that we're afraid

Every year brings tear after tear,
our struggles grow, they know no limit
Grief doesn't show favoritism

The hurt is on the inside
it's never finished,
It won't one day feel better
it's not supposed to
you won't wake up changed forever
This is something you go through

Your loss has a name, so speak that name
Because what you find from here on out
will never be the same
as the body you had to bury and you're left with out

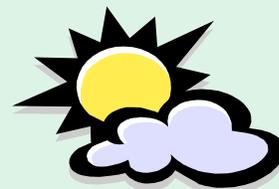
Your knees will be weak and your eyes will flow
Your heart will ache as you speak that name
You'll see the face of the one you knew and hope to know
You'll believe in faith,

So speak that name every day
for your peace remains in how you release the pain

One day we will see our purpose
as we spread love through what hurts us
We see long faces leave us
and we depend on the one and only Jesus
To break free, what we can't seem to just let be

Here let me speak that name: ***Ryan Michael Sheahy***
that's who matters to me...

— Michael Joseph Sheahy
Anne Arundel County Chapter/BPUSA
In Memory of his brother, Ryan Michael Sheahy
May 4, 1977 - March 16, 2001



OUR CHILDREN REMEMBERED

Please remember the following families this month.

Hope Barber
Daughter of Douglass and Vonda Barber
March 11, 2003 - April 25, 2003

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

Richard Allen Bessling
Son of Robert and Barbara Bessling
March 18, 1982 - March 15, 1995

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

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

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

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

Michael J. Dickens Jr.
Son of Michael and Marla Dickens Sr.
July 7, 1968 - March 29, 1996

Rebecca Lynn Faires
Daughter of Georgia Hughes
March 16, 1985 - December 18, 2003

Brian Jeffrey Haley
Son of Jerry and Pam Haley
October 26, 1973 - March 4, 1990

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

Sidney Mark Hardesty Jr.
Son of Dawn Watkinson
March 10, 1979 - May 17, 2003

Eric Paul Haynal
Son of Nancy Doherty
March 7, 1969 - September 13, 2005



Traci Jeanne Heincelman
Daughter of Ed and Jeanne Heincelman
Granddaughter of Dorothy and Norm Heincelman
Niece of Terre and John Belt
Cousin of Eryn Belt
October 6, 1980 - March 10, 2002

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

Charles "Chip" Marshall Hodges
Son of Betty and John Hodges
October 24, 1954 - March 14, 2005

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

Gary Wayne Keats
Son of Delores Shuey
December 3, 1964 - March 8, 2004

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

Troy Matthew Kotsol
Son of Kathy and Bill Boob
March 2, 1971 - September 3, 2005

Matthew Louis Lupero
Son of Barbara and Guy Lupero
March 24, 1965 - February 16, 1991

Richard McKinney Jr.
Son of Richard and Ellen McKinney
March 6, 1975 - February 19, 1998

Matthew David Miles
Son of David and Donna Miles
March 24, 2000 - April 7, 2000

Jennifer Margaret Neafsey
Daughter of Beth Neafsey
March 20, 1969 - February 25, 1984

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

Brian James Para
Son of Joan Para
February 19, 1970 - March 19, 1991



OUR CHILDREN REMEMBERED (continued)

Sydney Elaine Patronik
Daughter of Holly and Michael Patronik
March 26, 2002 - May 11, 2002

Michael A. Persetic
Son of Joan Persetic
March 26, 1968 - July 2, 1986

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

Philip Francisco Saff
Son of Jeff and Teri Saff
March 12, 2001 - March 16, 2001

Timothy A. Scaggs
Son of Bette and Tim Scaggs
December 29, 1996 - March 23, 2005

David Michael Schell Jr.
Son of Betty and Joseph Jones
April 7, 1981 - March 20, 2005

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

Ryan Michael Sheahy
Son of Deborah Sheahy
May 4, 1977 - March 16, 2001

Mark Edward Smeltzer
Son of Peggy Smeltzer
December 11, 1969 - March 15, 1997



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

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

Darin Lacey Valerio
Son of Gerry and Sharie Valerio
July 26, 1967 - March 18, 1991

John Kirkpatrick Wallace
Son of Catherine and James Wallace
March 3, 1953 - July 14, 1971

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 drallex@sdalex.com



Not This Time

Put it behind you is your advice. Please don't say it, my friend, not this time....

I dropped and broke my favorite pitcher, I was so upset I cried. I went to every store looking for another, not finding one. I asked the department manager where I usually shop to look for another one when she went to market. She said she couldn't guarantee it would be exactly the same... I put it behind me.

I lost my favorite pen and was totally undone. Writing every day the way I do, pens become like friends and you do have your favorite ones. I bought another... and put it behind me.

I lost one earring and ruined the pair, lost a diamond from my wedding ring, wrecked the car beyond repair. All were losses, all produced degrees of grief reaction. All of these I could put behind me eventually...

But not this time, my friend—don't ask me. Don't tell me or even suggest that I put it behind me—my child's death.

Unknown

Finding My Way

The newness of the pain fills my today and tomorrows,
The loss of a child must be the most painful of sorrows.

I struggle to find the strength to face another day,
I look at pictures, remember his face, fall on my knees and pray.

I hear the same question over and over in my mind, "why"?
I hide my face in my pillow, think of my son, heartbreaking as I cry.

I search for answers from books as well as from God Above,
I try to reach out to friends for comfort and for love.

My arms once held this wonderful little boy,
Oh, what I wouldn't give for just a few more seconds of joy.

How could I know that he would leave before me,
This just isn't the way Life is supposed to be.

I will keep working through this new experience of Grief,
He will always be my sunshine, his life was too brief.

I don't know how long this journey can last,
I try to look to the future, but long to stay in my past.

As time goes on, I pray the pain will become familiar to me,
Until I can rejoin my beautiful son, Eric, for all Eternity.

—Nancy A. Doherty
Anne Arundel County Chapter BP/USA
In loving memory of her son, Eric Paul Haynal
March 7, 1969 – September 13, 2005



Grief is like a bucket of water. You can start out with a full bucket, but when you find it is too heavy to carry, you can bump it a little, so some spills, and you can carry it a little further. As you continue, you bump it again so it becomes a little lighter to carry for a longer distance. You do the same with grief. To keep the burden from becoming intolerable, you must bump the bucket a little and let some of your grief spill out from time to time so that you can continue.

TCF,
Austin, TX

I always knew I'd look back at the tears and laugh, but I never thought that I'd look back at the laughs and cry.

Rita Haulsey
Burlington ,CO
TCF Newsletter

THIS I CAN SHARE

By Marilyn W. Heavlin

I have not experienced the death of my only child,
but some of us have.
I have not experienced a child dying by suicide,
but some of us have.
I have not watched my child fight a terminal illness,
but some of us have.
None of us would dare say "I know just how you feel."
Even if our experiences are similar,
No two situations are exactly alike.
But I can say
I remember the pain when my child died.
I remember the feelings of insanity.
I remember the feelings of aloneness.
I remember wishing I could die.
I remember wanting to share something with my child,
but he wasn't there.

So, my friend, our experiences have parts in common
and parts that are different!
So, why should we listen to each other?
Do we have anything to share?
Do we know what heartbreak feels like?
All of us do
Do you know the numbness of grief?
All of us do.
Do you know what it's like to have empty arms?
All of us do.
So, let's learn what we can from our commonalities.
We loved a child, but our child left too soon.

THIS WE CAN SHARE WITH YOU

Bereaved Parents, USA

Bereaved Parents of the USA

Anne Arundel County Chapter

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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.