



# Bereaved Parents of the USA

## Anne Arundel County Chapter

July 2007

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

### SUMMER HOLIDAYS ....my thoughts

We usually feel that summer starts with Memorial Day, the day we remember and honor American Veterans and Military. The pools open, the weather gets warmer, and flags are flown.

The following appears on a monument erected at the British military cemetery at Kohima, Assam, India, in memory of those who died near there during the World War II land battle in 1944.

"When you go home,  
Tell them of us and say,  
For their tomorrows,  
We gave our today."

Next, we celebrate July 4th, when our forefathers declared independence and fought for our freedom and civil liberties. A patriotic holiday that recognizes that many soldiers gave their lives for our todays. We celebrate with picnics, carnivals, perhaps a trip to the beach, and lots of fireworks.

We are now involved in a different type of war. Americans are fighting for the freedom of other people, and the safety of the world from terrorism.

Following is a quote from a soldier. "...but this is what we do. We fight for the country we love and the country so many great soldiers have already died for. We are soldiers and we defend our country at all costs even if that means paying the ultimate price."

Over the centuries, so many have paid the ultimate price for our todays.

This is a trying time for bereaved parents because we know what it is like to lose a son or daughter. And even though our children were not all soldiers, for me every day is a "memorial day." Every day is also a celebration of the lives of our children, remembering their yesterdays during our todays.

So if you can, this year have a picnic, go to the beach, light some sparklers, and go see fireworks....

...and remember ....and celebrate.

Carol Tomaszewski  
Anne Arundel County Chapter BPUA

### 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 Rhonda and Norman French in memory of their son

**Brandon Robert French**

and

By Jane and Charles Schindler in memory of their daughter

**Emily Ann Schindler**

**Anne Arundel County Chapter  
Bereaved Parents of the USA  
P.O. Box 6280  
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**Programs:** Paul Balasic and Jane Schindler

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.

**August submissions are due by July 18.**

#### **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: August 2, 2007**

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).
- ♦ **MADD Maryland "Family Forever"**  
**Weekly support group for family and friends of homicide victims and victims of drunk driving crashes**  
meets every Monday at 7:30 p.m.  
Contact Jan Withers at 301-627-1743



## CHAPTER NEWS AND NOTES

### 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). **For the Newsletter**, in 2007 full sponsorship of an issue of the newsletter is \$200.00. Up to two people or families can sponsor an issue, and the cost will be divided equally – \$100 each. If someone has already signed up for full sponsorship of a month, and another member would like to share in that month, they will be allowed to do so. When there are more than two members or families wishing to sponsor an issue, preference will be given to members who did not sponsor an issue the previous year, otherwise it will be on a “first-come-first-serve” basis. **For the Website**, sponsorship is \$25.00 each month.

### DO YOU USE AMAZON.COM?

We have a link to Amazon.com on the home page of our website. Amazon.com gives our chapter a commission of 5% of any purchases which are made *through* that link. Using the link does not increase the cost to the purchaser. Alert your friends, relatives, and colleagues to the link and suggest they use it as well.

You can access the site at:

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

Click on the butterflies on the welcome page to enter our site, and then scroll down the first page to the bottom. On the bottom left corner is the Amazon.com graphic. Clicking on the graphic takes you to Amazon.com's site. When it does so, it links information relevant to our chapter to the visit to the site. If a purchase is made, it will be credited to our site

### Anne Arundel Co. Chapter Answer Line:

443-57-BPUSA or 443-572-7872

Our chapter has a telephone message line to provide Information about Chapter activities such as meeting time and locations, our website, monthly meeting topics, upcoming special activities and meeting cancellation announcements. You can also leave a message and someone from the Chapter will get back to you to discuss any issues or concerns you may have. Hopefully you will find this an easy way to keep in touch with “What’s Happening” with the Chapter.

### Upcoming Meeting Topics

**July 5: No Program Scheduled**

**August 2: No Program Scheduled**

### Recommended Reading

Mom... Let's Talk by Robert and Jeanne Schaeberle

What does a first-born son do when he hears voices? Does he disconnect from the family? Does he drift into antisocial behavior? Or does he use his pen as a sword to defend himself against the voices? This story is told through his outlet poetry and his mom's soul searching cathartic memoir

Copies are available in the chapter library  
[www.lulu.com/content/392992](http://www.lulu.com/content/392992)

### MEETING TOPICS NOTE:

Each of our monthly meetings follow the same basic format. We first have a general session attended by everyone. During this first one-half hour we usually have a speaker or panel addressing a topic of interest and value to families mourning the death of a child. Following the general session, we break up into sharing groups. We always have the sharing groups, and the topics they discuss -- particularly for the newly bereaved groups -- do not necessarily focus on the program topic unless it is relevant to the members in the sharing group. We try to cover a range of topics in the programs we schedule, so that over the year we will have covered many topics which are of value to a broad range of members.

### We Can Always Use the Help!

There are dozens of tasks that go into running our chapter and our special events, from helping set up the chairs...to greeting new members when they first come in the door...to facilitating sharing groups...to identifying potential articles and poems for the newsletter...to mailing out invitations to one of our events...to working on public relations.... We can always use the help. If you feel you are now in a place in your grief journey where you can help and give back to the chapter in little or large ways, please contact Dave at 410-544-3634. Most of us find that when we reach a point of giving back to those who come after us, we gain far more than we give.



## Donations: THANK YOU!



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, books and other materials for the Chapter Library.

*We gratefully acknowledge the following donations made in the last month:*

**Paul Balasic** in memory of his daughter **Bethany Anne Balasic**  
**Carol Boslet** in memory of her grandson **Christopher Ryan Boslet**

**Denise Calo** in memory of her son **Russell Joseph Calo Jr.**

**Elsie Cooper** in memory of her son **O. Steven Cooper** and her nephew **Scott Thomas Palmer**

**Beverly and Bernie Elero** in memory of their son **Brian Elero**

**Eslyn Hinmon** in memory of her son **Timothy Hinmon**

**Aimée Kilian** in memory of her son **Stephen William Kilian**

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

**Lynn Landay Rosenberg** in memory of her son **Hane Richard Rosenberg**

When we have done all the work we were sent to Earth to do, we are allowed to shed our body, which imprisons our soul like a cocoon encloses a future butterfly. And when the time is right, we can let go of it and we will be free of pain, free of fears and worries \* free as a very beautiful butterfly, returning home to God...

\* from a letter to a child with cancer

Submitted by Jane Schindler, LCSW-C



## AN ANGEL KISS

An Angel kissed my tears away  
today when I was sad.  
I wasn't feeling quite myself  
my day had been so bad

I felt a warmth brush by me  
That quickly dried my tears,  
a gentle, kind, and loving touch  
that seemed to hold me near.

Immediately, I felt so much better  
and the day seemed brighter too.  
I guess that's just the way you feel  
when an Angel comforts you.

Author Unknown  
Lovingly lifted from the newsletter of  
TCF of Louisville, KY



## SIBLING PAGE



### My Memories with Stephen

My awesome cousin was a very cute and funny boy. His name is Stephen. Some of my special memories are my Aunt's Birthday, New Year's of 2005 and his 2nd birthday.

On my Aunt's Birthday, Stephen and I sang loudly, danced crazy together and of course, had so much fun. After we ate dinner, Stephen and I went up to the D.J. and asked him if he could play the song "Macarena" and he did! By that time we both were the center of attention. It was so fun. We went into the kitchen and helped cook and asked if anyone needed anything. When the celebration was over we went back to Stephen's house and just hung out and watched T.V.

On New Years Eve of '05 Stephen, his mom, dad and my friend Ashlyn came over to my house. When Stephen arrived we played down stairs for awhile and watched wrestling with the guys. Next, we popped popcorn and sat in my loud living room to watch music on the news for the New Year. We danced wildly, sang to the loud music and played with my brother's colorful toys. At 12:00 on January 1, 2006 everyone hugged and gave kisses and called our family wishing them a Happy New Year. For about 10 minutes it was just chaos. Then we danced for about 30 minutes and finished eating our pizza and finally went to bed.

At Stephen's birthday party we got to meet Chucky! It was at Chucky Cheese. Chucky gave us high fives and hugs. Stephen and I rode the flying bicycle together that made us go up and down and side to side. We also played tag in the tubes. It was fun until I got stuck in one of the small tubes. After that we had a Mickey Mouse cake and it was outstanding. It was a vanilla and chocolate mix cake. Very good and tasty. Then we did presents. Stephen got a huge pile of presents. After presents Chucky and his friends sang a song for him. It was kind of strange to see big, fuzzy, and fake animals dance to music!!

Stephen and I had terrific time at his last birthday party and these memories will be with me forever and ever.



Written by Morgan Denault,  
12 years old  
Anne Arundel County Chapter  
BPUSA

In loving memory of her cousin,  
Stephen William Kilian  
January 15, 2004 – March 18, 2006

### AN ADULT SIBLING GRIEVES

The death of a parent, I've often read, severs you from the past; the death of a spouse, from your present; and the death of a child from your future. Then does the death of an adult sibling sever you from all three? I think so.

An adult sibling is part of your past and your present. You expect him or her to be part of your future as well. In that sense, the death of a sibling can be the most difficult loss of all.

Siblings are a part of your whole life. You expect parents to die because they are older. A spouse does not enter your life until adulthood. And your children, though born by you, are also a part of your adult life. BUT A SIBLING — a brother like John — is SPECIAL. A SIBLING IS A GIFT.

Elsie K. Neufeld from Dancing in the Dark

## OUR CHILDREN REMEMBERED

Please remember the following families this month.

Cito Arán  
Son of Sandra Aran  
December 2, 1978 - July 11, 2000

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

Susan Lawrence Barr  
Daughter of Bryant and Missy Lawrence  
July 14, 1961 - February 16, 1991

Cortney Michele Belt  
Daughter of Terre and John Belt  
Granddaughter of Dorothy and Norm Heincelman  
Sister of Eryn Belt  
August 26, 1979 - July 9, 1996

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

Edward Calvin Blakeney III  
Son of Bonnie and George Hughes  
July 2, 1976 - July 14, 2001

Nicholas Allen Bowling  
Grandson of Jack and Audrey Bagby  
December 27, 1979 - July 31, 1985

Elizabeth Caitlyn Carr  
Daughter of Sandy and Bill Carr  
July 13, 1989 - February 24, 2003

Tria Marie Castiglia  
Daughter of Noel and Ann Castiglia  
Sister of Carla Castiglia  
July 6, 1963 - October 14, 1984

Chrystal M. Clifford  
Marilyn Mabe's son's fiancé  
July 17, 1978 - February 17, 2001

O. Steven Cooper  
Son of Elsie Cooper  
Nephew of Thomas and Ethel Cleary  
Cousin of Frances Palmer  
July 5, 1954 - September 26, 1998

Ashlea Marie Cranston  
Daughter of Thomas and Mary Cranston  
July 4, 1985 - February 24, 1986

James William Cranston  
Son of Thomas and Mary Cranston  
July 2, 1975 - July 2, 1975

John Joseph Cranston  
Son of Thomas and Mary Cranston  
July 2, 1975 - July 2, 1975

Andrew Thomas Cutter  
Son of Jim and Anne Marie Cutter  
July 12, 1997

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

Brian Edward Durner  
Son of Lynn and Bill Durner  
Brother of Jamie Durner  
March 24, 1983 - July 8, 2005

Brandon Robert French  
Son of Rhonda and Norman French  
October 8, 1983 - July 29, 2006

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

John Joseph Goetz Sr.  
Son of John and Mary Goetz  
May 6, 1958 - July 21, 1996

Phillip Wayne Gray Jr.  
Son of Joan Gray  
July 8, 1970 - December 22, 1986

Matthew Gordon Haines  
Son of Gordon and Peggy Haines  
May 3, 1977 - July 4, 1996

McKayla Raeanne Hall  
Daughter of Tammey Decker  
Granddaughter of Mike and Julie Hall  
July 22, 2000 - September 20, 2003

Ty'Lik De'Shawn Jenkins  
Son of Tonya Lyons  
July 28, 1999 - October 16, 2001

Roger Wallace Johnson  
Son of Walter and Shirley Johnson  
Brother of Jeanne Jones  
July 10, 1947 - August 23, 1986

Charles William Kelm  
Son of Kathy Kelm  
July 17, 1974 - February 26, 1995

Aaron Corban Lawson  
Son of Loretta Lawson-Munsey and Matthew Munsey  
July 8, 1978 - April 21, 2007

Michael Robert Leger  
Son of Daryl and Elizabeth Leger  
July 11, 1986 - December 29, 2000

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

## OUR CHILDREN REMEMBERED (continued)

Zachary Laurence Luceti  
Son of Linda East  
April 20, 1978 - July 4, 2003

Eric Eugene Maier  
Son of Gene and Marlen Maier  
August 8, 1961 - July 5, 1984

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

Daniel "Dan" Michael Milord  
Son of Mike Milord  
July 15, 1982 - May 5, 2004

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

Emily Marie Parker  
Daughter of Valerie Nowak and Brian Parker  
May 9, 2002 - July 18, 2002

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

Michael Louis Rixham  
Son of Susan and Louis Rixham  
July 5, 1977 - October 8, 2004

Dennis Richard Rohrback  
Son of Dennis and Joan Rohrback  
April 8, 1964 - July 3, 1988

Justin Michael Romberger  
Son of Karen and Steven Facemire  
July 29, 1985 - August 12, 2006

Aaron Sebastian Royer  
Son of Diane and Robert Royer  
December 21, 1982 - July 5, 2001

Anthony John Schaefer  
Son of LuAnn Schaefer  
July 13, 1979 - April 7, 2003

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

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

Scott Talbott  
Son of Deb and Stan Talbott  
July 19, 1989 - August 3, 2003

Gregory Adam Thorowgood  
Son of Margie Strong and Kenneth W. Wenk  
July 24, 1975 - April 7, 2004

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

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

Anthony Gerald Villella  
Son of Judy Villella  
July 3, 1987 - February 10, 2007

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

David William Whitby  
Son of Rita and Albert Whitby Sr.  
July 14, 1954 - July 4, 1987

Alisa Joy Withers  
Daughter of Jan Withers  
July 7, 1976 - April 16, 1992

Jeffrey Kevin Withers  
Son of Jan Withers  
July 30, 1975 - September 28, 1975

Samuel Kingsley Wood  
Son of Melanie Loughry  
April 14, 2003 - July 26, 2005

Eryn Noel Wright  
Daughter of Vincent and JoAnn Wright  
September 24, 1982 - July 5, 2001

*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)*

## Even after 11 Years

The eleventh July without my daughter Cortney is fast approaching...the black anniversary of the date of her passing...the date our family changed forever. After having endured a decade of these anniversaries now, it seems that much less preparing for the day is needed. In fact, in an odd sort of way, there's almost no way to prepare for it anymore.

What continues to amaze me – even after 11 years – are the issues that linger and that are still banging around the four walls of my life – some significant, some not so much. These issues aren't issues that can be mentioned to the "general public," because most have lost their patience with the tears and sad laments of a bereaved parent after 11 years. But, I know I can share them with you.

- The closet. Her closet. I've been working on it off and on for eleven years. I've made lots of plans to deal with it. I've expended a ton of emotional energy on it, with little to show for my efforts. Something in there always snags me despite my good intentions and derails my cleanup plans...her last soccer cleats...her favorite shorts...her driver's license...a cigarette? Pictures of friends. Her ratty tee shirt. Too many prom and homecoming dresses. Her magic markers. Her first heels. A picture of an astronaut? Can I ever finish this? Have I lost my mind? What's wrong with me?
- How do I incorporate my dead daughter into my life? She is as much a part of me now as she was in 1996, but very, very few understand. I don't want people to forget. I want her to be as alive for them as she is for me. What do I do about that? Or is that a silly, selfish notion?
- Dreaming about who she would be today. While I know it's absolutely pointless, I find myself doing it all the time. Thinking about the grandchildren I might be cuddling if only...about the career that never was...about the college graduation that didn't happen...about the friend with whom I can no longer share...about the daughter I long to embrace.
- I want to make sure that I don't shortchange what I have to be thankful for. I want to find the right balance between remembering and living in the present. There are large chunks of time the past 11 years that I just don't remember – it seems I took a respite from life while I journeyed through the deep fog of parental grief in the early years. I think I was on automatic pilot and I don't remember stopping to smell the roses. While Cortney's death is never far from my mind – and while her memory invades my mind at the best of times and at the worst of times – I want to enjoy and appreciate life and the lives of those around me. I don't want to regret not having lived and enjoyed life (and I don't want her to scold me when I get to the other side). This will require personal commitment and effort.
- Working through acceptance. Will I ever accept her death? "They" say it's a stage through which I must work. I don't know.
- Lots of questions are still too hard to answer. I've got to get better at making idle chatter. Every thing from the simple, "How are you?" can bring me to my knees if asked at the wrong time. And the introductory banter at social gatherings always includes, "And how many children do you have?" It still makes my heart pound a little faster and louder in my ears, and even though I practice answers, it never comes out smoothly. How do I fit all of the angels, butterflies and dragonflies into the house and garden year after year? And how many butterfly bushes are too many? (Smile.)

All in all, it doesn't seem that there's anything particularly distinctive about the 11<sup>th</sup> anniversary, except that as always, it's impossible to comprehend that so much time has passed. It seems like yesterday. It seems like forever ago. I guess I'll continue to learn and be enlightened (?) as I go along. Maybe there will always be nagging issues – maybe not. I'm here for the long haul. I'll just have to wait and see, and to make an effort to grow as I'm ready.

I love and miss my dear Cortney.

—Terre Belt, July 2007  
Anne Arundel County Chapter/BPUSA  
In loving memory of Cortney Michele Belt  
August 26, 1979 — July 9, 1996

Men and Women  
*He Said...She Said...And What They Did Not Say*

Grieving and mourning by men and women are often said to be different. At our June meeting, we separated into two sharing groups – one for men and one for women – to focus on gender grieving and communication. Each sharing group was given three questions to answer about themselves and their spouses/significant others. Each sharing group's responses, which were anonymous, were gathered and given to the other group. So the women read what the men wrote and vice versa.

The two groups thought that the answers to these questions were very helpful and asked that we share the responses in the July issue of our newsletter.

***1) What one or two things would you like your spouse or significant other to know about your grief or grieving that you have not told him/her?***

Answers from the Men:

Sometimes you are not listening to me when I hurt.  
Sometimes everything is going terrific and then I feel down, but do not want to spoil the moment.  
I do cry – not around you – in the car, at work, in the bathroom, in the yard.  
My grief is as great as yours. I have to work. Our world has gone away but the rest of the world hasn't.  
My grief cuts to the bone but I try to hide the hurt so you don't have to bear the burden of the death of our child, your grief *and* my grief.

Answers from the Women:

I need to be alone and do what I need to do to grieve and get a break from the routine.  
I would like to hear you mention our child more often.  
I do have my moments of crying; that I like to be by myself at time.  
I cry about the loss of my son almost every night just before I fall asleep but you are already asleep by then.  
I would like you to know that when I am sad or feeling down to just leave me alone and let me be sad.  
I think of our son every day.

***2) What keeps you from telling your spouse or significant other these one or two things?***

Answers from the Men:

Sometimes I think she doesn't want to hear about it. But I'm never sure.  
I want to enjoy the moment.  
Nothing. I have but I'm not sure it gets through. If I'm not as miserable as she is, I must not miss my child as much.  
I don't know how to approach the subject and not hurt her.

Answers from the Women:

I don't want to "bring him down" or make him think that he doesn't love our child because he's not grieving "the right way."  
Because I worry about him not being able to handle my grieving.  
Nothing – I just haven't mentioned it.  
He always thinks I should always be happy/upbeat, and he gets mad when I'm not.  
I can't find the way to say it and the time is never right.

***3) What would you like to know from your spouse or significant other about his or her grief or grieving?***

From the Men:

What's the most difficult part of your grief you are dealing with now?  
Are we both okay with our loss most of the time?  
How do you think I should grieve?  
What can I do to help you?  
I don't want to make things worse, but I seem to all the time. Help me make it better for you.  
What can I do to help you heal?  
What can I do to help you get through the tough times when they occur?

From the Women:

I want to know what he thinks about, what he remembers, how often he thinks about our child.  
When do you grieve?  
How is he really doing? When, where? Because you rarely show it.  
Do you think of him often? Do you ever think we should have done more to help him with addictions?  
How can I help?

# 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.**