



Bereaved Parents of the USA

Anne Arundel County Chapter

November 2007

www.aacounty-md-bereavedparents.org



The printing and mailing of this newsletter
has been donated by Lily and David Openshaw
in memory of their son
John David "JD" Openshaw



As I finished last month's Memory Walk, I observed something that struck a chord with me as I work through my fourth year after the death of my son. It was a fleeting moment that seemed to perfectly illustrate the dual emotions we often grapple with in our daily lives, after the initial horror of losing our child has passed.

Coming up on the last big incline of the trail, I saw a man ahead of me who was holding a little girl's hand - obviously a father and his daughter. They too were approaching this same large hill, which looked like Mount Everest on a humid Maryland morning! After all the ups and downs of this day's journey, the little girl must have been tired from the all the effort she had already exerted on the hike. She took a few steps up the hill and seeing the rest of the incline looming in front of her, she suddenly stopped in distress. The little girl pulled away from her dad's grasp, folded her arms tightly across her chest, stomped her foot and loudly proclaimed, "But I don't want to keep going! I'm tired! I don't want to!" She was having a good, old-fashioned tantrum - and I could relate as a bereaved parent. I don't want to go on without my son! I'm tired and upset! I don't want to move!

The man let his daughter have her moment of tears and wailing and then, patiently and firmly, he took her hand and said, "C'mon now, let's go. I know you're tired but we have to finish". He knew they couldn't just stand there in the middle of the path going nowhere - and I could relate to that as well. My surviving child needs me to pick him up from school today. The bills need to be paid. I need to buy groceries since all we have in the refrigerator is ketchup and tonic water. Come on, let's go.

The dad and his little girl reached a truce and got back on the path again to finish the journey, along with the rest of us who were walking together. I smiled as I watched these two continue on the trail, hand in hand - never knowing how they were a living example to me of what my life is like as a bereaved parent. Finally, as I headed to my car to leave the park, I couldn't help but think about how lucky they were - she to have such a caring father and he for having his precious child beside him, tantrums and all.

Carole Gilmour
Anne Arundel County 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.

**Anne Arundel County Chapter
of Bereaved Parents of the USA
P.O. Box 6280
Annapolis, Maryland 21401-0280
443-572-7872**

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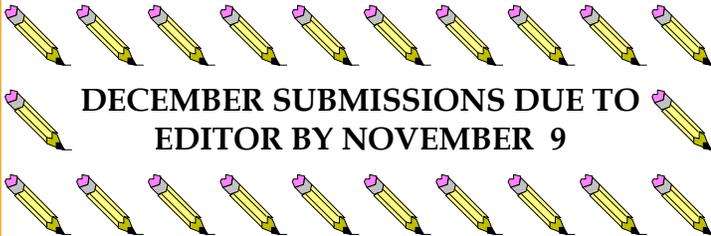
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Jane Schindler
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**DECEMBER SUBMISSIONS DUE TO
EDITOR BY NOVEMBER 9**

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.

Other Resources:

Bereaved Parents of the USA (BPUSA)
(708) 748-7866
www.bereavedparentsusa.org
National chapter

Living with Loss Magazine, (Bereavement Publications, Inc.)
(888) 604-4673 Toll free
www.bereavementmag.com
Publishes 4 times a year

GriefNet.org
Internet community of persons dealing with grief

SOS (Survivors of Suicide) Support Group
(410) 433-8861 Ext. 127
Serves Annapolis and Baltimore regions
Meetings held in Severna Park

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MEETING & CONTACT INFORMATION

NEXT MEETING: NOVEMBER 1, 2007

Doors open at 7:15 p.m; meeting begins at 7:30 p.m.
(Meetings usually held on 1st Thursday of each month)

Calvary United Methodist Church
301 Rowe Blvd., Annapolis, Maryland
Please park in lot behind the church

Refreshments at our monthly meetings are donated by Chapter members. To make a contribution, please see the sign-up sheet on the refreshment table (drinks, ice, and paper products are provided). For information contact Carol Tomaszewski at 410 519-8448.



At every monthly meeting we display materials from our **lending library** that are offered to help you understand and deal with your grief. Most of our materials have been donated in memory of a child. You are welcome to borrow them and when you are finished, please return them at our next monthly meeting or mail them to the post office box listed on page 2.

If there is **inclement weather** on a meeting night, our meeting is cancelled if Phase 1 of the Snow Emergency Plan is in effect that same day at 5:00pm.

**Telephone Friends:**

Sometimes we feel the need to talk to someone who understands the pain we feel. When you feel the need to talk, have questions to ask, or have just had a difficult day, these people welcome your call and are willing to listen to you.

Marie Dyke. Single parent, onlychild, 17 year old daughter; car accident.

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

Tia Stinnett 410-360-1341. Miscarriages and infant death.

Sandy Platts 410-721-6457. Infant death.

CHAPTER NEWS AND NOTES

Upcoming Meeting Topics & Events

November 1: Monthly meeting (Sharing Groups only)

December 2: Annual Memorial Service (see below)

December 6: Introducing Our Children and Sharing Groups for newly bereaved (no panel or presenter). The focus of this special evening will be to hear the stories of our children's lives. For the non-newly bereaved, please bring a picture or memento of your child for your sharing group. ** *For the holiday season, we also invite you to bring a gift in memory of your child to be distributed to local children in need.* **



ANNE ARUNDEL CHAPTER
BEREAVED PARENTS OF THE USA
23rd Annual Memorial Service
Sunday, December 2, 2007
Three o'clock to five o'clock in the afternoon
St. Martin's in the Field Episcopal Church
375 Benfield Road
Severna Park, Maryland 21146

Please submit your reply by November 8, 2007 for your child's name to appear in our service's program

We gratefully acknowledge the following donations

Editor's Note: Donations made for our Memory Walk are listed on pages 4 and 5 of this newsletter



Judy and Ed Bessling in memory of their son **Jamie Bessling**
Fran Cease in memory of her son **Richard C. Watts**
Kathy Franklin in memory of her son **Tanager Rú Ricci**
Carol Fritz in memory of her daughter **Katie Fritz**
Patricia Brightwell in memory of her nephew **Raymond Joseph "Ray" Day**
Ken Smith in memory of his niece **Tracy Ann Fotino**
Mary Ann and Richard Umbel in memory of their son **Timothy Allen Umbel**

Donations are gratefully accepted to offset the cost of: printing and mailing our Chapter's monthly newsletter; maintenance of our website; our annual events - Memory Walk, Remembrance Service, Conference of Hope and Healing; as well as books and other materials for our Chapter's library.

ANNUAL MEMORY WALK - HUGE SUCCESS!

After weeks of anticipation, the day of our 5th Annual Memory Walk arrived on October 6, 2007. The unusually warm Fall morning in Quiet Waters Park drew a large crowd of participants for the popular Chapter event. Many thanks to co-organizers Barbara Bessling (Ricky's Mom) and Aimée Kilian (Stephen's Mom) and their committee of energetic volunteers. They carefully laid out the path for this year's Walk and thought of everything our participants would need – a staff of friendly and helpful volunteers for check-in; coolers filled with bottled water; a tasty spread of continental breakfast food; delicious coffee on tap to name only a few of the thoughtful preparations made for the morning. This year the Walk committee created another thoughtful surprise by creating a garland of our children's photos that was hung inside the pavilion. It's wonderful that with each passing year a new meaningful idea comes to life to help us celebrate our children! If you're ever in downtown Annapolis, please be sure to visit our Chapter's tree that was dedicated and planted at the end of the Walk on the grounds of Eastport United Methodist Church.

The following is the list of names of individuals who donated funds for the Memory Walk in memory of a beloved child. While we hope that this list is complete and correct, we ask for your understanding if we have made a mistake in anyone's name or have omitted anyone. We apologize in advance if this has happened to you and ask that you advise us of corrections or additions which we will publish in our December issue. - Editor

With our deepest thanks, we would like to acknowledge: the following donations:

Carlos Adams in memory of Doray Jonesú
 Roland Adams in memory of Doray Jones
 Debra Ahern in memory of Tim Umbel
 Dave & Sue Alexander in memory of Jamie Alexander
 Becky & Kara Anderson in memory of Andrew Gawthrop
 Keith Anderson in memory of Doray Jones
 Rick Anderson in memory of Ricky Bessling
 Beth Anderson in memory of Stephen William Kilian
 Melady Baffer in memory of Doray Jones
 Keisha Beljaw in memory of Ricky Bessling
 Eryn Belt in memory of Cortney Belt, Traci Heincelman, Dorothy Heincelman and Skip Wilhelm
 Terre & John Belt in memory of Cortney Belt
 Arnel Bennett in memory of Doray Jones
 Kendra Berry in memory of Tim Umbel
 Robert & Barbara Bessling in memory of Ricky Bessling
 Wayne Bessling in memory of Ricky Bessling
 Elizabeth Blaylock in memory of Stephen William Kilian
 Kevin Bonner in memory of Barbara Bonner
 Cori Boyce in memory of Linda Boyce
 Ronnie Brown in memory of Doray Jones
 Robert & Sandi Burash in memory of Paul J. Burash
 Rose Marie Carnes in memory of Walter H. Maynard IV
 Robert Caster in memory of Andrew Gawthrop
 Ann & Noel Castiglia in memory of Tria Castiglia
 Carla Castiglia in memory of Tria Castiglia
 Stephen Cavan in memory of Ricky Bessling
 Hazel Christoffersen in memory of Ricky Bessling
 Sharon Clark in memory of Ricky Bessling
 Lynn Coburn in memory of Tim Umbel
 Venetta Costly in memory of Carolyn Bailey
 Grace Creek in memory of Doray Jones
 Sakinah Crouner in memory of Doray Jones
 Veronica Cyford in memory of Doray Jones

Kenneth Michael DeMesme Jr in memory of Andrew Gawthrop
 Maureen Dempsey in memory of Stephen William Kilian
 Morgan, Tucker, & Jack Denault in memory of Stephen William Kilian
 Anne & Andre Denault in memory of Stephen William Kilian
 Pat & Jen Denault in memory of Stephen William Kilian
 Nancy Dennis in memory of Edwin Brandon Molina Jr.
 Sharon Derlan in memory of Tim Umbel
 Laura Dinu in memory of Andrew Gawthrop
 Lynne Dorsey in memory of Stephen William Kilian
 Ashley Dorsey in memory of Doray Jones
 Nita Downs in memory of Darry Downs
 Marion Elliott in memory of Ricky Bessling
 Mark Evans in memory of Doray Jones
 Desiree Farr in memory of Willima Ragland
 Leonardo Faye in memory of Tanager Rú Ricci
 Margery Forman in memory of Zachary Forman
 Kathy Franklin in memory of Tanager Rú Ricci
 Ann Frantz in memory of Jennifer Frantz
 Ben Freedman in memory of Allen Freedman
 Steve Freedman in memory of Allen Freedman
 Margaret Galloway in memory of Doray Jones
 Brenda Gawthrop in memory of Andrew Gawthrop
 Mitch Gawthrop in memory of Andrew Gawthrop
 Barney Gidders in memory of Andrew Gawthrop
 Sharl Gill in memory of Carolyn Bailey
 Carole, Paul & Sean Gilmour in memory of Christopher Gilmour
 Mary Ann Gldfely in memory of Tim Umbel
 Benito Gonzalez, Jr. in memory of Benito Gonzalez, Sr. & Gary Gonzalez
 John Gray in memory of Doray Jones
 Dale Gross in memory of Doray Jones
 Karla Gross in memory of Doray Jones
 Susan Hamburg & Ron Schwartz in memory of Kristen Meske
 Jackie Hawkins in memory of Tim Umbel

Sally Hendler in memory of Ricky Bessling
 Tim Hine in memory of Ricky Bessling
 Amanda Holland in memory of Doray Jones
 Mary & Jim Holland in memory of Doray Jones
 Nancy Holland in memory of Doray Jones
 TaShick Holland in memory of Doray Jones
 Dewayne Hopkins in memory of Doray Jones
 Jean Huber in memory of Ricky Bessling & Tom Huber
 Kevin Hughes in memory of Stephen William Kilian
 Jan Hylan in memory of Alison Hylan
 Mary Jantz in memory of Doray Jones
 Mr. & Mrs. Carmichael Johnson in memory of Doray Jones
 Ike Johnson in memory of Doray Jones
 Marge Johnson in memory of Doray Jones
 Michael Johnson in memory of Doray Jones
 Sandra Johnson in memory of Doray Jones
 Yulonda Johnson in memory of Doray Jones
 Thomas Johnson in memory of Doray Jones
 B. Jones in memory of Doray Jones
 Willie Jones in memory of Doray Jones
 Deena Joyce in memory of Doray Jones
 Joanna & Serafin Kager in memory of Doray Jones
 Bob & Sue Katz in memory of Matthew Katz
 Kristin Kent in memory of Doray Jones
 Stephanie Kimbrell in memory of Chloe Kimbrell
 Nancy & Kenneth King in memory of Edwin Brandon Molina Jr.
 Ququy Knight in memory of Doray Jones
 Barb Law in memory of Tim Umbel
 Dotti Lawson in memory of Ricky Bessling
 Dena Leggett in memory of Doray Jones
 Luke C. Little IV in memory of Andrew Gawthrop
 Carl Lochte in memory of Ricky Bessling
 Pee Wee Long in memory of Doray Jones
 Marlen Maier in memory of Eric Maier & Becky Himmelman
 Sharon Maroni in memory of Tanager Rú Ricci
 Gail Matthews in memory of Doray Jones
 Kassy Mattingly in memory of Ricky Bessling
 Rosemary McClintock in memory of Tim Umbel
 Caitlin McElhenny-Pavon in memory of Cortney Belt
 Norma Jean & Donald Melcher in memory of Brian Richard Melcher
 Donna Day Mengele in memory of Raymond Joseph Day Jr.
 Amy Messina in memory of Andrew Gawthrop
 The Michie Family in memory of Stephen William Kilian
 Rosemary Mild in memory of Miriam Luby Wolfe
 Jackie Milledge in memory of Andrew Gawthrop
 Damion Mitchell in memory of Ricky Bessling
 Mary Molina in memory of Edwin Brandon Molina Jr.
 Carole & Edwin Molina in memory of Edwin Brandon Molina Jr.
 Michael Moore in memory of Ricky Bessling
 Carmela Moulden in memory of Doray Jones
 Holly Mullen in memory of Cortney Belt
 Jaime Myers in memory of Tanager Rú Ricci
 Julie Myers in memory of Edwin Brandon Molina Jr.
 Morris Nc in memory of Doray Jones
 Daole Newman in memory of Doray Jones
 Shawn Nicklin in memory of Tim Umbel
 Sheila Anne Nilsen in memory of Stephen William Kilian
 Pat Nugent in memory of Ricky Bessling
 Samantha Oates in memory of Doray Jones
 Ron Opel in memory of Tim Umbel
 Tino Owens in memory of Doray Jones
 Gwen Paghett in memory of Doray Jones
 The Parker Family in memory of Edwin Brandon Molina Jr.
 Dorothy & Dennis Phillips in memory of Stephen William Kilian
 Preston Phillips in memory of Doray Jones
 John Pickett in memory of Doray Jones
 Tommy Pinkert in memory of Doray Jones
 Phoebe Plowden in memory of Tanager Rú Ricci
 Leslie Pollock in memory of Tanager Rú Ricci
 Lisa Powers in memory of Tanager Rú Ricci
 Donna Price in memory of Ricky Bessling
 Vicki Reed in memory of Tanager Rú Ricci
 Ingrid Rivera in memory of Ricky Bessling
 William Rodgers Jr. in memory of Doray Jones
 Jon Rodman in memory of Ricky Bessling
 Ted Romans Jr. in memory of Tanager Rú Ricci
 Douglas Roop in memory of Ricky Bessling
 Joyce & Tom Schall in memory of Thomas Jeffrey Schall
 Joe Schreyer in memory of Ricky Bessling
 Barbara Schwartzman in memory of Ricky Bessling
 Kathleen Seitz in memory of Doray Jones
 Ricky Sellman in memory of Doray Jones
 Carl Sherman in memory of Ronnie Sherman
 Tina Shiflett in memory of Tanager Rú Ricci
 Linda Signal in memory of Tanager Rú Ricci
 Greg Sledge in memory of Doray Jones
 Tiny Smith in memory of Doray Jones
 Barbara Smith in memory of Doray Jones
 Pat Smith in memory of Doray Jones
 Terry Smith in memory of Doray Jones
 Chris Smoker in memory of Ricky Bessling
 Bob Starkey in memory of Doray Jones
 Steve Starr in memory of Ricky Bessling
 Dee Stewart in memory of Stephen William Kilian
 Lenwood Taylor in memory of Doray Jones
 Kevin Thomas in memory of Andrew Gawthrop
 Robin Thompson in memory of Doray Jones
 Luke Thompson in memory of Doray Jones
 Mark Tidwell in memory of Ricky Bessling
 Daisy Turner in memory of Stephen William Kilian
 Cindy, Haley & Lexie Tutwiler in memory of Andrew Gawthrop
 Rick & Mary Ann Umbel in memory of Tim Umbel
 Cory Compton Vandergrift in memory of Andrew Gawthrop
 Wanda Wardlaw in memory of Ricky Bessling
 Stacey Warehime in memory of Ricky Bessling
 Andrea Watts in memory of Doray Jones
 Elsie Watts in memory of Doray Jones
 Carmaleta White in memory of Doray Jones
 Kalindi Wilson in memory of Tanager Rú Ricci
 Debra Wilson-Smith in memory of Christopher Smith
 Norman Woolfork II in memory of Doray Jones
 Terra Wright in memory of Doray Jones & T.J. Watson
 Tony Zoet in memory of Tanager Rú Ricci

THANK YOU FOR YOUR SUPPORT

HUGGING

Hugging is healthy;
 It helps the body's immune system,
 It cures depression,
 It reduces stress,
 It induces sleep,
 It's invigorating,
 It's rejuvenating,
 It has no unpleasant side-effects,
 And hugging is nothing less than a miracle drug.

Hugging is all natural
 It's organic,
 Naturally sweet and 100% wholesome.
 It contains no pesticides,
 No preservatives,
 And no artificial ingredients.

Hugging is practically perfect;
 There are no movable parts,
 No batteries to wear out,
 No periodic check-ups,
 No insurance requirements,
 And no monthly payments.

It has low energy consumption
 And high energy yield.
 It is inflation-proof,
 Non-fattening,
 Theft-proof,
 Non-taxable
 Non-polluting,
 And, of course, fully returnable.



Author unknown
 Read at the National Gathering of Bereaved Parents of the
 USA, July 2007.

*What we have once enjoyed, we can
 never lose. All that we love deeply
 becomes a part of us.*

- Helen Keller

THE CIRCLE

How do you bear it all?
 The cry came from a mother whose son
 Had died only weeks before.
 We are in a circle looking at her,
 Looking around, looking away,
 Tears in our eyes, tears in our hearts.
 How do we bear it?
 I don't know,
 But the circle helps.

Eva Lager
 TCF, Western Australia



Richard Watts gave a truly incredible gift to his mother Fran Cease after he died at the age of 31. What was the gift? It was a clipping that he kept in his wallet which she found after his death. The paper said,

"I have a wonderful relationship with my mother. I bless her and thank her for nurturing me as I grew from childhood to adulthood."

In memory of Richard C. Watts
 December 28, 1966 – October 28, 1998
 BPUSA, Anne Arundel County Chapter





SIBLING PAGE



My Grief Rights

1. I have the right to have my own unique feelings about the death.
2. I have the right to talk about my grief whenever I feel like talking.
3. I have the right to show my feelings of grief in my own way.
4. I have the right to need other people to help me with my grief, especially grown ups who care about me.
5. I have the right to get upset about normal, everyday problems.
6. I have the right to have "griefbursts" when feelings of sadness hit me sometimes even long after the death.
7. I have the right to use my beliefs about my god to help me deal with my feelings of grief.
8. I have the right to figure out why the person I loved died.
9. I have the right to think and talk about my memories of the person who died.
10. I have the right to move toward and feel my grief and, over time, to heal.

(My Grief Rights is available as a 4 color poster through Companion Press. Call 970-226-6050 for information on how to order.)



*When you come to the edge of all the light you know
and are about to step off into the darkness of the unknown,
Faith is knowing one of two things will happen:
There will be something solid to stand on,
or you will be taught to fly.*

- Author Unknown

A Special Thanksgiving to Me

This Thanksgiving is different but special
And I want to make it clear
That we still must be very thankful
Because of the presence that is here

On the table there is food to eat
At our sides, are people we love
A warm house is under our feet
And our dear Bryan is right above

Although he's only here in spirit
At this special Thanksgiving meal
He should not be put out of our minds
For our memories are very real

Think of one wonderful moment
When Bryan made you smile
And be thankful for that memory
For that makes this time worthwhile

As I feel a tear form in my eye
I smile instead of cry
Because I know that is a tear
That will not be shed by Bry

For he now is in a place
Where he will be happy forever more
And we will all see him again
That is what I'm thankful for...

Bonnie Todd
In memory of her brother Bryan Todd
TCF/Burlington County, NJ



OUR CHILDREN REMEMBERED

Please remember the following families this month.

Jon Russell Aikin
Son of Susan Eisel
Grandson of Elizabeth and Barry Aikin
September 4, 1983 - November 19, 2001

Joseph Benjamin Antonelli
Son of Carole Antonelli
November 6, 1961 - September 9, 2003

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

Douglas Lee Baer III
Son of Douglas Lee Baer Jr.
Grandson of Shirley Baer
August 21, 1983 - November 14, 2006

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

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

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

Maranda Machel Callender
Daughter of Dean and Christina Callender
November 11, 1988 - June 2, 2006

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

Kevin Grady Davis
Son of Debbie Jasper
November 16, 1975 - November 16, 2006

Raymond Joseph "Ray" Day
Son of Donna Day
Grandson of Ruby Russell
Nephew of Patricia Brightwell
November 11, 1968 - October 22, 2005

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

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

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

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

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

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

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

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

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

Galen Andrew Harig-Blaine
Son of Clare and Stephen Blaine
November 14, 1989 - April 22, 2007

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

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

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

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

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

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

Michael Wesley Miller Jr.
Son of Michael Miller Sr.
November 11, 1981 - June 19, 1985

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

OUR CHILDREN REMEMBERED (continued)

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

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

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

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

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

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

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

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

William Henry Stevens
 Son of Peg and Lou Stevens
 February 26, 1965 - November 28, 2003

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

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

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

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

Reece Nelson Tolbert
 Son of Jamie Tolbert
 January 7, 2005 - November 6, 2005

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

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

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

Note: If your child's name appears in the printed version of our newsletter but does not appear in this online version, it is because we have not received explicit permission from you to list it online. If you would like your child's name to also appear in future online editions of the newsletter, please send an email to dralex@sdalex.com



I give you this one thought to keep -
 I am with you still - I do not sleep.

I am a thousand winds that blow,
 I am the diamond glints on snow,
 I am the sunlight on ripened grain,
 I am the gentle autumn rain.

When you awaken in the morning's hush,
 I am the swift, uplifting rush
 of quiet birds in circled flight.
 I am the soft stars that shine at night.

Do not think of me as gone -
 I am with you still - in each new dawn.

Native American Prayer

SURVIVING THE HOLIDAYS

By Mary Cleckley,

Former member of the Board of Directors of BP/USA

If this is your first year at surviving the holidays since your child died, it is important that you accept that there are no magic words to get you through November, December and January. I'm sure you already know these months will not be the fun days you have experienced in the past. Rather than fun days, let's try to at least make them no worse. Give yourself permission during these months to fall apart when you need to and you'll probably need to! That person you lost is very important and you have that right. Better still, you have that need.

Let's talk first about tears. When you need to cry, do it! Tears are healthy. They are a sign that you are doing well, for you are allowing your grief, rather than denying it. You can't move ahead through the grief process until you've become well acquainted with the normal signs of grief. The people who care about you may feel uncomfortable when you are obviously grieving. If they haven't experienced this loss themselves, they don't understand your needs now, any more than the old proverbial man on the street. Remember how unprepared you were for the deep pain of grief? It's important that you let those caring people know that you are profoundly changed by this tragedy.

It's the time of year when friends and neighbors plan parties. Some may invite you no matter if it's the last thing on your mind. If you do decide to attend, please leave the back door open in case you need to escape. Some may mistakenly think it's possible to keep you so busy that you'll forget that your child died. You know that's impossible. No matter how well intended these plans are, they are the wrong plans for your family. Don't worry about the impact on your friends.

Thanksgiving can cause problems if you aren't ready to sit around a turkey trying to act thankful! It probably is going to be awhile before you have that ability again. You may consider having pizza that day and just pretend it's just another day. Grief can make you do strange things! You may find you need to change lots of things that have been the ways you have observed the holidays in the past. For instance, you may decide not to have a Christmas tree this year. Some will see this as weird, but those of us who have made that same decision think it makes perfect sense. Maybe you'll ignore the holidays and run away to places where holidays aren't uppermost in most minds—maybe the beaches in Florida or California or the skiing in Colorado or a cabin in North Georgia. Maybe this is a good time to explore the treasures of New York City, Washington, D.C. or New Orleans.

You will survive the holidays better if you take control of them. Some think they have no control of anything but, if you feel that way, you probably haven't explored the possibilities that are available to you. Your brain is very curious. If someone suggests things that are different, it rushes around madly trying to come up with a few. Here's a plan for you. First, get input from your family members for their suggestions. You already know



that small children don't take too kindly to changing anything. Maybe they'll be happy about seeing what Santa brought. Afterwards, go to a nearby skating rink. Have hot dogs for all later. Also, consider some of the things in the previous paragraph.

Maybe your needs keep you at home. If so, plan to do it the easiest way. Can another member of your family have the meal? Can others bring favorite items of food to help with the meal? If not, can you have the meal on Christmas Eve? Some people do that instead of having it on Christmas Day. It leaves Christmas Day itself not so rushed. Any change seems to help. Go to a different place of worship. It's okay to cry. Sit in the back so you can either cry in peace or, if you feel a need to, you can leave.

If you feel Christmas cards are needed this year or a very few presents, could a relative or friend help with the addressing and shopping? If you must shop yourself, select a place where there is less atmosphere such as music and decorations. Take advantage of the discount stores. Things don't have to be perfect. Give up perfections this year. Everyone will understand. Don't over do. You're already tired. Grieving is exhausting. Next year or the one after that or whenever, you'll be ready to resume some of the old traditions. Maybe not! Some traditions may never be done again. It's up to your family.

Take care of yourself physically. If you are in a depressed state, don't make it worse by overdrinking or overeating or too much caffeine. Take time for you. Read in a quiet place. Exercise by running, walking or swimming. Rest. Eat nourishing food. Establish priorities and make a list of them. Check them off as you accomplish them. This helps to maintain control. Seek help if you need it. Call one of the telephone friends listed in your newsletter or call one of your friends. Seek professional help if you feel you need it. Whatever you do, don't isolate yourself! Withdrawal is not the answer. It's important to know that you are not alone. Others out here care and understand. I am one of them. We do not have to walk this lonely road alone.

Your attitude is important. You can/will survive. You have greater strength than you know. You have already survived the worse thing that can happen. Stay flexible. If the plans you made don't seem right now, dump them! Do something on the spur of the moment that does seem right. Care not if other people don't agree or that your brain isn't too excited about it. Out-smart them all!

The New Year is ahead. Let's hope for better days. The holidays will come again and one of these days you and your family will have figured out how to survive the holidays now that things have changed for the better. Know that there will be more peaceful days ahead for you and your family. Take it as a promise!

MEMORIALIZE YOUR CHILD WITH
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If you have access to the internet all you need do is go to any of the three websites noted below, upload your own photo, customize it and place your order. These stamps are available in different postage denominations ranging from 26 cent postcards to 41 cent regular first class to \$4.60 for packages to meet all your mailing needs. There is an additional fee for this service as well as shipping and handling.

www.photo.stamps.com

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I would like for the whole world to know about my wonderful son. I wish I could tell everyone of his kindness and goodness. I would like to build a memorial to him that would last for generations and make the world better, as he did.

I don't have the means to name a building for him or to endow a scholarship in his name. I can plant a tree or design a Web site, but I can also share his goodness with the world in everyday ways. When I have a particularly difficult task ahead of me, I offer my effort as a prayerful tribute and memorial to my son and as a prayer offering for his eternal happiness. I find that I do a better job on the tasks that I quietly do in his name. Sometimes this kind of prayer in action makes the task easier too. I am also beginning to offer good times as a memorial to him and prayer for him. I do this when we are having a great day on a family outing or when I see something that I'd like to share with him.

This kind of memorial won't let the world know his name or how good he was, but it is something that I can do every day to make the world better in his memory.

From the book, Longing for My Child
Reflections for parents and siblings after a child's death
by Christine O'Keeffe Lafser
Loyola Press, Copyright 2002

Suggested musical selections to help you heal:

Quiet music to calm anger -
Schindler's List soundtrack, John Williams

Washington Square, Michael Conway Butler

To relieve tension and hyperactivity -
Sophie's Choice soundtrack, Marvin Hamlisch



To relieve depression, fear and grief -
A River Runs Through It soundtrack,
Mark Isham

Music of Yosemite, Rick Erlien

Water Music, Handel

Bereaved Parents of the USA

Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

www.aacounty-md-bereavedparents.org

NEXT MEETING NOVEMBER 1, 2007

RSVP FOR MEMORIAL SERVICE IN MAIL BY NOVEMBER 8, 2007



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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 aunts and uncles whose cherished nieces and nephews are gone. 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.