



Bereaved Parents of the USA Anne Arundel County Chapter

August 2008

www.aacounty-md-bereavedparents.org

My favorite song to sing to my boys when each once was little was “You Are My Sunshine”. I’d cradle them in my arms when they were babies and sing softly, “You are my sunshine, my little sunshine. You make me happy when skies are grey....” Oh, I was so filled with love for each of my little boys as I held them, deeply feeling that together they were truly the light of my life, for the rest of my life. With every passing year, I would always think of this song when I would embrace my boys.

But then, after suffering from uncontrolled seizures since he was an infant, my youngest son Christopher died in the spring of 2003 when he was 5 and a half years old. Overnight my song of joy became a wail of despair. My sunshine was gone. The pain of losing my little boy was so deep, so utterly painful, that all I could feel was agony.

Pushing myself to stay upright through his funeral, I found myself thankful when it poured with rain that day since it seemed to symbolize my endless river of tears. From then on, rain was all I desired and I would try to avoid sunny days altogether. But I realized that I had another son to think about, to care for and to love. Slowly yet surely, I began to allow the clouds of my grief part in my forever changed life.

While I will always feel the deep pain of my younger son’s death, I now know that there needs to be room for light in my life again. My journey of grief is going to be life long and for me to get through it will take time, thoughtful support from others and, ultimately, my own desire for peace. The best thing I can do to survive the pain of losing my child will be for me to remember how both of my sons continue to shine in my life – my surviving child enriching my present moments while my angel child enriches my memories. In both ways they are still my sunshine, now and forever.

Carole Gilmour
Anne Arundel County Chapter/BPUSA

A note of farewell from the Editor,

I would like to extend my deepest thanks for your submissions, support and encouragement over the past year during which I have served as Editor for our Chapter newsletter. While creating each and every issue, your children’s names and faces have stayed with me, allowing me to feel as if I have met them in a profound and meaningful way. Hopefully you have found a source of validation, truth and comfort in my work. It’s been my greatest hope to have helped you all in some way and by attempting to do so I have had the opportunity to honor the life of my son - my angel - Christopher ~ CMG

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The printing and mailing of this newsletter has been donated by
Sandi and Bob Burash in memory of their son
Paul John Burash

**Anne Arundel County Chapter
Bereaved Parents of the USA**

P.O. Box 6280

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**Submissions for September newsletter
due to Chapter leader by August 1**

We are a non-denominational, self-help support organization that is dedicated to assisting parents, siblings, aunts, uncles and grandparents toward the positive resolution of grief following the death of a child. We also aim to provide information and education to extended family, friends and coworkers desirous of being supportive to our Chapter members. We gather to listen, to care, and to understand the process of grieving as we start our recovery process and attempt to heal. Our greatest strength as bereaved families is the unity we find in shared experiences which can lead us out of isolation, give us a place to "belong", and offer us hope that together -- we can make it.



Telephone Friends: Sometimes we may have the need to talk to someone who can understand our pain. If you feel the need to talk, have questions to ask, or just had a difficult day, these people will welcome your call and are willing to listen to you.

Bob Bramhall 410.867.4956 Daughter (19), drunk driver; men's grief.

Marie Dyke Daughter (17), single parent, only child; car accident.

Sandy Platts 410.721.6457 Infant death.

Tia Stinnett 410.360.1341 Miscarriages and infant death.

Janet Tyler 410.969.7597 Daughter (5) and brother (33); car accident.

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MEETING INFORMATION

Next Meeting: August 7, 2008

**Doors open at 7:15 P.M.
Meeting begins at 7:30 P.M.**

Calvary United Methodist Church*
301 Rowe Boulevard
Annapolis, MD 21401

***Please park in lower lot behind church**



Meetings are usually held on the **first Thursday of every month**. We meet on the lower level of the building in the assembly room which is accessible from the rear entrance. There is no cost to attend our monthly meetings.

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 please 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 our **post office box** listed above.

Inclement weather on a meeting night? Please check our Chapter's website or call our Message Line for information on possible cancellations.



By any chance, do you have one of our Chapter library's lost treasures? Please look around your home, office or car, and if you find you're finished with an item you can return it by either bringing it with you to our next **monthly meeting** or by mailing it to our **post office box** listed above.

The Cemetery

Are you one of those people who have a need to go to the cemetery often? The non-bereaved frown on that as a rule. Many people feel there is something morbid about those visits, that you are obsessing. Unless you know the pain of losing someone you love better than yourself, you can't understand that need.

Some people need to visit the cemetery everyday. Others go now and then. Still some never go back once the funeral is over. There are no rules. If it makes you uncomfortable when you make your cemetery visits – go alone. Don't feel you need anybody's permission for approval.

It is important for you to know that how often you go to the cemetery has absolutely nothing to do with the length and depth of your expression of your grief. It is also important to know that you have the right to do whatever comforts you. It may not seem right to your sister, your brother-in-law or your friends but that's their problem. If you try to please everybody by the things you do and say you'll find you are not taking care of your needs. And there aren't more important needs than yours right now. You won't always require visits this often and when you no longer feel this urge to go so often, don't feel guilty. It just means you are getting better. Accept it as that. For right now, do what makes you feel better.

Mary Cleckley
Atlanta, GA



Oh, the comfort, the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words, but pouring them all out, just as they are, chaff and grain together, certain that a faithful hand will take and sift them, keep what is worth keeping, and with a breath of kindness blow the rest away.

- George Eliot

English novelist, 1819 - 1880



MY LIFE

This is my life. This is not the life I envisioned, nor the life I wanted. But, nonetheless, it is my life and I am living it. Does living it mean I love you any less or have somehow forgotten? No, living it means I have made the choice to come out of the darkness. I knew I couldn't stay in the darkness forever and I knew you would not want me there.

So whenever I find myself in the light, living my life, I am reminded of you and all that you would want for me.

Jane Schindler
Anne Arundel County/BPUSA

VALUE YOUR CONNECTION TO CREATIVITY

.....For years, I had been storing my son's clothing, some of his favorite articles, in boxes in the garage. I didn't want to let go of the clothes, yet I had no use for them. One day an idea came. I was talking to a woman enthralled with quilting, with fabrics, textures, and the art of creating quilts. She was talking about how she was making a quilt out of her family's old blue jeans, because it created a use for the fabric and gave them a blanket that held the energy and memory of their experiences. It wasn't just a quilt. It became a special comfort quilt because of the energy the fabrics held.

That's when the idea came. My son had died years ago. His physical presence was no longer here. But the clothes held the memories of his physical presence and the energy of his spiritual presence. I could make them into a quilt, one that would cherish his memory and give me comfort. How do we get our ideas? From other people. From certain triggers in the world, the universe. From our imagination. We are connected to creativity. It's a force in the universe, an energy that runs through us. If we're connected to ourselves, our intuition will guide us as to what to do and when to do it. If we love ourselves, we'll trust ourselves enough to act confidently and joyfully on that guidance. Value your connection with creativity. Embrace your imagination. The universe will show you how, teach you how, help you along the way.

- Melody Beattie
Author, journalist and bereaved mother

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

- Dr. Seuss
Writer and cartoonist, 1904-1991

I Am Not Just A Number

I am not just a number!
 I am someone's daughter.
 I am someone's son.
 I am someone's sister.
 I am someone's brother
 I am someone's aunt.
 I am someone's uncle
 I am someone's granddaughter.
 I am someone's grandson.
 I am someone's wife.
 I am someone's husband.
 I am someone's mother.
 I am someone's father.
 I am someone's cousin.
 I am someone's girlfriend.
 I am someone's boyfriend.
 I am someone's friend.
 I am someone's neighbor.

I am *NOT* just a number!
 I am the *AMERICAN SOLDIER*
 who gave her or his all!
 I am an *AMERICAN HERO!*

Colleen Lemke
 A Gold Star Mother
 In loving memory of her son
 Corporal Jason F. Lemke
 July 22, 1977 – January 5, 2008
 killed in action in Iraq



To One in Sorrow

Let me come in where you are weeping, friend,
 And let me take your hand.
 I, who have known a sorrow such as yours,
 can understand.
 Let me come in--I would be very still
 beside you in your grief;
 I would not bid you cease your weeping, friend,
 Tears bring relief.
 Let me come in - and hold your hand,
 For I have known a sorrow such as yours,
 And understand.

- **Grace Noll Crowell**
 Author and poet, 1906-1969

VACATION -- In the Summer Sun

How many of us remember this early '60's song by Connie Francis? Thinking of summer, this song just popped into my head. Some of us are now enjoying vacations in the summer sun— we have lived in the past and sadness a very long time and have come to realize that life does go on. We understand that our child would want nothing other than our continued happiness and appreciation of every new day.

Thinking of vacations early after the death of our child is, we believe almost blasphemous. How can we possibly even think about seeking fun in the sun? We feel we are destined forever to stay home, mired in the muck of our grief and despondency.

Perhaps early on in your grief, forgetting the vacation may not be such a bad idea. There is a lot involved in vacation—from packing (we can't even decide what to wear today— how can we manage to pack for a week?) to the tiniest details. Our minds truly may not be capable of handling any or all of the plans. We are distracted and driving in unfamiliar towns could be unsafe. Traveling in perfect sanity is difficult. Let's not fool ourselves. It requires concentration of the kind we lack in our early grief. It may be better and safer for us to travel to our neighbors' houses and forget about going any further than a mile or two in our own neighborhoods.

Try going to a local park. Bring a comfy lounge chair, sunglasses, a book or music, something cool to drink and some fruit. Go alone—try to get someone to watch your children, if necessary. Kick off your shoes and let the grass wiggle up between your toes (remember what that feels like?). Let yourself relax and drift off into you own reveries.

If we must vacation, it does not mean that we love our children any less. We will not betray our love for them by enjoying a few days away from home. Expect to be sad occasionally— it goes with us, wherever we travel but so does the love.

You need not feel guilty (although you probably will) that you are having fun when your child is not with you. Try to welcome the distractions of being away from home. Try to see everything through your child's eyes—with excitement and anticipation. Try to have the fun they would have, even for a short time. And remember, your child lives in glory. Let him/her share their glory with you in the form of peaceful moments, happy memories and delightful days



in the summer sun.

Susan Pressler
 Western NY Chapter /BPUSA

SIBLING PAGE

Now I'm Older – Passing the Age of a Sibling's Death - Stephanie Fragge, MTS, CTS

When Robert's older brother Randy was killed in Iraq, his wife and family would have described him as "stoic". Having served a tour of duty himself, Robert knew the risks but also knew his older brother was doing work that he loved and had died a hero. Over the next two years Robert seemed to be coping well, had sought counseling, and was finding pleasure in going back to school to finish his degree. Shortly after graduation, even after landing a lucrative position in his field, things began to fall apart.

For Brandi and her family, the irony of her big brother surviving combat only to be killed in a motorcycle accident months after his return and just a few weeks away from his own wedding was an additional challenge to their own healing. His future had looked so promising and they had so much to be thankful for only to lose it all in the moment it took a car to run a stop sign. Three years later, as Brandi's own wedding came closer she became depressed and thought seriously about breaking off her engagement. Says Brandi, "I knew that a big part of it was that Dylan wasn't going to be there, but I also knew that he would have liked my fiancé, and wanted me to marry and have children. I just couldn't balance my joy and sorrow."

Both of these siblings began experiencing problems when they reached the age their sibling had been when he died. Reaching this milestone often triggers a variety of emotional responses. As the milestone may take place years after the actual death, many fail to make the connection.

Recalls another young woman, now in her 20s, "I didn't say anything to my parents, but I figured out that my older brother, Kyle, had been 21 years, 8 months, and 2 days old when he was killed by a sniper. The day I turned 21 years, 8 months and 2 days old was really weird. The first day I lived longer than he had was a hard one for me. And I really couldn't tell anyone about it".

Age-related events such as birthdays are just one of the triggers. The phenomena can occur anytime. Significant events such as: getting a driver's license; graduating from college; getting married; and having children are just a few of the milestones that turn bittersweet even after the death of an older sibling.

Even children can be impacted. Sarah worried that she might die when she reached the age her sister had been when she was killed in a drunk driving crash. Her parents reassured her that Lorien's death at age 9 was something very unusual and not likely to happen to Sarah. They also offered the option of being 10 for two years – in effect, skipping being 9. For the first few months when asked how old she was, Sarah would reply, "10". Toward the end of the year, however, the answer changed to "9 - but almost 10".

As with Sarah, same-age occasions can symbolically mark "safe passage" for bereaved siblings and their families. For Emily and her family, safe passage became linked with Emily's 18th birthday since older sister Elizabeth had been 17 at the time of her death.

Coping can be challenging because it's impossible to stop the clock – younger siblings will eventually become older than their deceased brother or sister. Families should talk about the significance of the milestones, because it is likely that other family members are aware of the event also. Rituals can be used effectively around significant milestones... Acknowledging "safe passage" may also be helpful.

(Condensed from the article, "Now I'm Older – Passing the Age of a Sibling's Death", T.A.P.S. Magazine, Vol. 13, Issue 1)

Pennies From Heaven

I found a penny today
laying on the ground,
but it is not just a penny
this little coin I have found.

Found pennies come from Heaven.
That's what my Grandpa, told me.
He said, Angels toss them down.
Oh, how I love that story.



He said when an Angel misses you
they toss a penny down, sometimes
just to cheer you up, to make a smile
from your frown.

So don't pass by that penny
when you are feeling blue,
it may be a Penny from Heaven
that an Angel tossed to you.

Charles Mashburn, Copyright © 1998

Our Children Remembered

Please remember the following families this month.

Karlee Marie Andrews
Daughter of Brian Andrews
November 15, 1992 - August 11, 2007

Elizabeth Sinton Archard
Daughter of Barbara Hale
September 25, 1964 - August 27, 1978

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

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

Cortney Michele Belt
Daughter of Terre and John Belt
Sister of Eryn Belt
Niece of Ed and Jeanne Heincelman
August 26, 1979 - July 9, 1996

Traci Lynn Boone
Daughter of Bonita Boone-Adamecz
September 17, 1964 - August 17, 1986

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

David Norton Cann
Son of Ruth Cann
August 21, 1956 - February 4, 2004

Mary Kathleen Carmody
Daughter of Mary Carmody
August 24, 1958 - September 17, 1998

William Frederick Carter Jr.
Son of Dot Carter
April 24, 1959 - August 16, 1992

Ronald Joel Copas
Son of Anne Copas
August 22, 2001 - February 11, 2004

Brenda Leeann Costello
Daughter of Tana and David Duley
August 29, 1983 - May 28, 2002

Robert Michael Davidson
Son of Donna and Kevin Davidson
August 17, 1981 - February 21, 2004

Alexandra "Allie" Ann Denevan
Daughter of Gregory J. Denevan
September 18, 1985 - August 21, 2002

Kathleen "Tink" Yvette Denevan
Daughter of Gregory J. Denevan
August 10, 1970 - May 13, 1971

Isaac Paul Elliott
Son of Debbie and Paul Elliott
August 24, 1979 - April 27, 2003

Andrew George Eser
Son of Karl and Linda Eser
August 12, 1982 - October 10, 2000

Barbara Jean Fennessey
Daughter of Ray and Kay Fennessey
August 30, 1960 - August 4, 1989

R. Daniel Ferrer
Son of Anna Ferrer Severn
May 25, 1972 - August 26, 1986

Donald Richard Forbes III
Son of Janet Lynn Hall
Brother of Carrie Forbes-Reitzel
August 3, 1975 - April 12, 2002

Tracy Ann Fotino
Daughter of Martha Murphy
Niece of Kenneth Smith
May 14, 1971 - August 25, 2000

Craig Robert Galyon
Son of Susan Galyon-Pyle
August 23, 1979 - October 11, 2001

Kimberly Judith Gardner
Daughter of Joan F. Gardner
February 6, 1968 - August 16, 1992

Andrew Thomas "Drew" Gawthrop
Son of Brenda Gawthrop
May 25, 1990 - August 12, 2002

Michael G. Hartline
Son of Kathleen Hartline
August 27, 1975 - August 16, 2001

Todd Stafford Henschen
Son of Linda Stafford
May 16, 1970 - August 31, 1988

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

Kurt Willard Johnson
Son of Willard and Marian Johnson
December 9, 1963 - August 11, 2003

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

Our Children Remembered

Please remember the following families this month.

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

Jeremy Scott Jones
Son of LeRoy and Jeanne Jones
Grandson of Walter and Shirley Johnson
August 4, 1976 - August 21, 1986

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

Stephen Aaron Luck
Son of Paul and Charlette Koehler
August 2, 1966 - May 27, 1985

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

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

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

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

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

Ryan John Mulloy
Son of John and Suzanne Mulloy
August 19, 1975 - August 12, 1993

Eric Richard Munz
Son of Barbara and Richard Munz
September 21, 1963 - August 14, 2002

Michael Henry O'Malley
Son of Margie and John O'Malley
August 25, 1971 - December 7, 1991

Adrian Bernard Andrew Ortega
Son of Rachael Hand
August 28, 1964 - February 17, 2005

Scott Thomas Palmer
Son of Frances Palmer
Grandson of Thomas and Ethel Cleary
August 3, 1983 - September 1, 1996

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

Solymar Rodriguez Torres
Daughter of José Rodriguez and Vanya Torres
August 27, 1993 - April 13, 2007

James Ryan Rohrbaugh
Son of Doug and Donna Rohrbaugh
August 30, 1983 - September 5, 1983

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

Gary Lee Ryon Jr.
Son of Betty Ryon
August 24, 1989 - December 1, 2002

Donald "Donnie" L. Severe Jr.
Son of Chuck and Issy Mattis
August 23, 1956 - December 13, 1984

Heather M. Spindler
Daughter of Rich Suess and Becky Spindler
Sister of Amber Faul
August 7, 1985 - September 3, 2006

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

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

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

Brittany Nicole Tyler
Daughter of Janet and Dan Tyler
October 12, 1986 - August 23, 1992

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

Andrew Wilcox
Son of Peter and Margaret Wilcox
August 30, 1985 - August 30, 1985

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

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

We gratefully acknowledge the following donations:

(Donations are gratefully accepted to offset the costs of our Chapter's events and communications.)

Sandi and Bob Burash in memory of their son Paul John Burash
 Linda East in memory of her son Zachary Laurence Luceti
 Mary Gray in memory of her son Brian Christopher Gray
 Ken Smith in memory of his niece Tracy Ann Fotino
 Mary Studham in memory of Eric William Herzberg and Kenneth Lee Merson



With additional thanks to:

Lisa and Chuck Beall for hosting our Annual Chapter Picnic held on July 27, 2008.
 Calvary United Methodist Church for use of their facilities during our Chapter meetings and events.
 All of our dedicated volunteers who help to organize and facilitate our Chapter's monthly meetings, mailings and special events.
 The donation of your time and talents are appreciated immensely, as you've bravely dedicated yourselves to helping your fellow bereaved families. THANK YOU.

You Can Sponsor our Newsletter or Website



If you are looking for a way to honor the life of a child who died, please consider sponsoring a month of our newsletter or website in their memory. Currently our Chapter newsletter is mailed to over 400 homes, locally and all around the country. Your sponsorship helps to underwrite the costs associated with the printing, labeling and mailing of our newsletter and maintaining our space on the World-wide web.

For the website, sponsorship is \$25.00 for the month. Your child's name will appear at the bottom of the home page on our Chapter's website (www.aacounty-md-bereavedparents.org). For the newsletter, full sponsorship of one issue is \$200. Two people or families can sponsor an issue and the cost will be divided equally.

We Can Always Use Your Help!



There are dozens of tasks that go into running our Chapter and 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 in little or large ways, please let us know.

OTHER RESOURCES

Bereaved Parents of the USA (National headquarters)
www.bereavedparentsusa.org or call 708.748.7866

Maryland Crime Victims' Resource Center, Inc. (formerly known as The Stephanie Roper Committee for Victims of Violent Crime)
 For more information go to www.mdcrimevictims.org or please call 410.234.9885. Located at 14750 Main Street, Suite 1B, Upper Marlboro, MD 20772.

S.O.S. (Survivors of Suicide)
 Meets 1st Tuesday of each month at Severna Park Methodist Church, 731 Benfield Road, Severna Park, MD 21146. For information call 410.987.2129.

G.R.A.S.P. (Grief Recovery After A Substance Passing)
 Provides help, compassion and understanding for families or individuals who have had a loved one die as a result of drugs. Go to: www.grasphelp.com; or contact founders Pat or Russ Wittberger at 843.705.2217. Email is mom@jennysjourney.org

T.A.P.S. (Tragedy Assistance Program for Survivors)
 Non-profit Veteran Service Organization offering hope, healing,

comfort and care to American Armed Forces families facing the death of a loved one. Magazine; grief camps for kids; online forums, chats. Go to: www.taps.org or call 800.858.TAPS.

Hospice of the Chesapeake, Maryland
 Serving A.A. and P.G. counties. Provides help for adults, teenagers, children who are grieving the loss of a loved one. Counseling; support group sessions; weekend camps for children, teens (summer) and adults (fall). Go to: www.hospicechesapeake.org or call 410.987.2003.

M I S Support Group
 For those who have experienced loss through miscarriage, infant death or stillbirth. Meets 1st Monday of every month from 7 P.M. to 8:30 P.M., St. Andrew's United Methodist Church, 4 Wallace Manor Road, Edgewater, MD. For information contact Ann O'Sullivan, R.N., at 443.481.6114.

Subsequent Pregnancy Support Group
 For those who have experienced a previous loss and are now pregnant. For more information, please call a Class Educator at Anne Arundel Medical Center's "askAAMC" Helpline at 443.481.4000, Monday - Friday, 8 A.M. to 8 P.M.

Bereaved Parents of the USA

Anne Arundel County Chapter

P.O. Box 6280

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NEXT MEETING AUGUST 7, 2008



RETURN SERVICE REQUESTED

DATED MATERIAL



UPCOMING MEETING TOPICS:

"A Little Help from My Friends..."

Thursday, August 7, 7:30 P.M

Chapter member Marlen Maier will discuss ways friends can help us as we cope with the loss of our children. She will also address her belief that bereaved parents helping other bereaved parents is a mutually beneficial experience. Looking back on her personal grief journey, Marlen says she found that in order to get "a little help from her friends", she had to give "a little help to her friends"!

Marlen, along with her husband Gene, was a founding member of the Anne Arundel Chapter for bereaved parents and their families over 20 years ago. Sharing groups will follow presentation.

Thursday, September 4, 7:30 P.M.

No topic scheduled; sharing groups.

We appreciate feedback on our Chapter meetings. If you have suggestions for future topics of discussion, please contact one of our Program coordinators: Paul Balasic at pjbspmd@gmail.com or 443.566.0193; Jane Schindler at cwschind@cablespeed.com.



WHAT TO EXPECT AT OUR CHAPTER MEETINGS

Our Chapter gathers one evening a month to address topics and offer support to those who are mourning the death of a child. Our meetings last for approximately 2 hours. At the beginning of our meeting, we regularly schedule a 30 minute presentation to address a topic that we hope is of interest and value to many of our Chapter members. When the speaker or panel has concluded their presentation, you will be invited to introduce yourself and then say your child's name - but only if you are able to participate in this manner. We then take a short break before dividing into sharing groups.

These sharing groups are facilitated by fellow Chapter members and are completely confidential. During this time the issues that are discussed - particularly for the newly bereaved - do not necessarily have to focus on the evening's topic, unless it is relevant to the group.

Please see page 2 of this newsletter for more details including our meeting location and other helpful information. If you have questions please contact our Chapter leader Dave Alexander (410.544.3634 or dalex@sdalex.com).