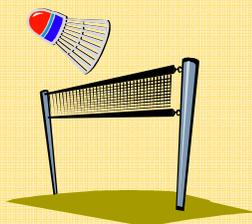




Bereaved Parents of the USA Anne Arundel County Chapter

July 2008

www.aacounty-md-bereavedparents.org



Come One ! Come All !!
To all of our friends and their families,
you are invited to join us for the

Annual Picnic for Bereaved Parents
2:00 PM, Sunday, July 27, 2008
(Rain or Shine)
at the home of



Lisa and Chuck Beall
105 Dales Way Drive, Pasadena, Maryland 21122
RSVP: Please call 410-969-7597 or Email: djtyles@cablespeed.com

We invite you to join us as we spend time together with friends with whom we share a very special bond. We meet at monthly meetings, but don't get to spend time socializing. We invite you to bring your family to meet our families and enjoy a fun-filled day. There will be swimming, volleyball, badminton and croquet.

The Chapter will provide the crabs, chicken, hotdogs, hamburgers, rolls, sodas and ice tea. We ask everyone to bring a side dish and/or dessert and anything special you would like to drink. Bring your bathing suit and a chair, and enjoy a relaxing day surrounded by friends.

We hope many of you will be able to join us. Even if you haven't been to a meeting for a very long time, we would love to see you. We've been through the bad times together, now let's enjoy some good times.

Janet Tyler, Picnic Chair
Anne Arundel County Chapter/BPUSA

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The printing and mailing of this newsletter has been donated by
Mary Gray
in memory of her son
Brian Christopher Gray

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

P.O. Box 6280

Annapolis, Maryland 21401-0280

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**Submissions for August newsletter
due by June 27**

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: July 3, 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.



There Are Still Pot Holes, Cortney

Today, like every day, I thought about you. Within a half hour of waking up, my thoughts always include you. It's as routine as breathing. It's just another day.

As I head out the door and get into the car, an uninvited thought forces its way into my mind: How different life is 12 years after your death! I try to replace the thought as quickly as I can with other thoughts – one of my “new” talents – as I have to go to work, you see, and I just can't go there right now. I'm sure you understand.

So, I hop in the car, reach for the radio knob, and am struck again with reflections from 1996 and how time does change things, how it does ease the pain. What prompted those thoughts was the simple act of turning on the radio to listen to music. For at least 10 years after your death, I didn't risk turning on the radio, as I was sure to hear a song that would involuntarily take me – really “take me” -- to a sadder time and place. Music played a big part in how your friends and family mourned you – we had so many “Cortney songs,” we should have catalogued them. Each was symbolic in some meaningful way, and we were sure you were the inspiration behind all of them. I have two full tapes – both sides – of “Cortney songs.”

I back the car out of the garage and point it toward work. And then, somewhere between here and there, one of those “Cortney songs” I had just been thinking about pops up on the radio. I listen but don't get absorbed. Whew – I make it through. That's different!

But then, another “Cortney song” comes on and yet another. Or, is it just that for some reason all songs this morning seem to have a connection to you? I don't know, but I do know that the assault is on – I'm helpless to fight it – I can't turn the radio off. I just give in. I can't resist the pull those songs have on my heart, and how they plant pictures of you and me together inside my head. I cry. I sob. I cry some more.

Thankfully, I'm at work now, but alas, as I look in the rear view mirror, I see that the damage is done. The make-up that I didn't wear for years after your death is running down my face – I used to call them the tracks of my tears until I finally gave up make-up. That hasn't happened in awhile. I'm sorry, Cortney, but I still can't stop thinking about all that I am missing without you physically in my life. I'll try to refocus. I know what I “should” be thinking...I'm just not always strong enough to make it happen.

But, being one of the good actresses and actors on the stage of life that we bereaved parents are, I grab a Kleenex out of the door and the powder from the bottom of my purse, wipe my face and begin to practice – “Hi, I'm fine, how are you?” – so no one will know I hit one of those “grief pot holes” on my way to work. They're just too hard to explain – in so many ways.

I've got to admit, though...the pot holes are fewer in number and they're rarely as deep as they used to be, but they're still out there, Cortney, because missing you is forever. I love you.

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

VACATIONS by Betty Ewart, Lewisburg, WV/BPUSA

There is not a lot written about vacation time even though this can be a very difficult time. I remember so well the first July vacation we took after Ruthie's death in April. I could not face going and “leaving her” and going to all the places we had been in the past with her. That is one of the “firsts.” Here are some hints that may help if you are dreading vacation time. By the way, there is never a time that you don't think of vacations past but the memories get less painful as you begin to forge new memories.

Where do we go? There is no good answer to that. Yes, if you go where you have always gone on vacations, memories will flood in. But if you choose a totally new place, we found that you just wonder how he/she would have liked it here, what would she have done, etc. So you take your choice and expect the feelings and plan for them.



(Continued on page 8)

My Dear Sweet Child,

Your death has left a gaping hole in my heart and my life, producing an emptiness that will never be filled. I miss your voice, the sound of your laughter, those funny endearing things you did, those moments I was infuriated with you. I miss the dreams I had for and with you. I miss the future we will never have and the past which will never be long enough.

I have wept for you as well as for myself. I have raged in anger at you, at God, at fate, at the world, at anything and everything that seemed to be an appropriate target. I have tried to understand why you are no longer with me; why I have to struggle through this world without you. Some people have reached out to help me; others have turned away, unable to bear the pain I carry. I do not ask them to share it with me, only to listen as I talk and cry. I have waited in the darkness for some sign that you are in a better, safer place, and even when I may have received it I could not help but question how it could be better if I am not there with you.

Through all of this turmoil and doubt, I have managed to come this far. I have not yet achieved my goal, but at least I can now recognize that I will continue to breathe. I am not sure how I will go on without you; you have always held a special place, and I can not imagine you not with me. I love you. I miss you. You will always be with me.

*Love,
Mom*

Adapted from Nan Kenron
Glendale, AZ

Submitted by Jane Schindler
Anne Arundel County Chapter/BPUSA

I Am Not Far Away



*I am not far away,
You only have to look.
Even though you can't see my face
Or hear my voice
Or feel my touch
I am around.*

*I am the cool breeze on your face,
The rainbow after the storm
The roses you smell when there are none.*

*Close your eyes and open your ears
You can hear my voice in the wind.
I am the sun that warms your heart and soul.
I am the eagle flying high.*

I am around.

Written by 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

A Walk on the Beach

Today I walked on the beach
The sun was shining
It felt warm on my face and chest
The water was cool on my feet
The waves glistened
The ocean breeze felt fine
A sand devil sprang up on the shore
Twisting, turning, jumping almost running along
It reminded me of you
The gulls cried
I cried too
I miss you Baby!



Paul Balasic
Anne Arundel County Chapter/BPUSA



SIBLING



From (The Best of) Ask Dr. Paulson

Q. It's been over 25 years since my brother was killed by lightning and my mother died by suicide after his death. My father remarried within two years, and it seemed that immediately the family unit was gone. I've been a functioning "Borderline" ever since. My ex-husband is emotionally detached and calls me "lost." My 18-year-old daughter is spiteful and says I'm weird and have mood swings. I have dreams of abandonment and loss. I manage my life on the edge of addiction. Good grief, could all this have stemmed from bereavement?

A. It sounds like you have experienced multiple losses over your lifetime, including some that occurred at an early age. It is amazing how our minds try to absorb the inconceivable! Each of us processes common stimuli in common ways. However, stimulus that is presented in an atypical manner—too fast, under extreme stress, in a traumatic manner, under extreme emotionally charged conditions, or well removed from all previous experience—must be processed differently. If an experience falls well outside what is typical, and is emotionally charged in nature, our minds must come up with a new way of handling the situation—figuring out a correct response, encoding it into memory with the aid of all five senses, and adapting to the chemicals released into our body as a response to the stimuli.

Experiencing the death of a loved one is a very traumatic and emotional event that overloads our systems, and each of us must develop coping mechanisms so that it does not paralyze our abilities to move forward. We must continue to create and maintain loving relationships, and continue to find joy and success in our lives.

One of the ways that we can continue to move forward in a positive direction is to search for meaning or to create meaning out of traumatic events. I have often heard siblings talk about wanting to feel like their loss would inspire them to become a better person, encourage them to be a blessing to others, or to bring about a sense of purpose. If the strength of our love can be channeled into bringing joy and success to our own lives, and to being a blessing to others, perhaps that can be the best possible tribute to our loved ones, and the strength of the relationship we had with them. What you have to realize is that you don't need an excuse right now to give yourself a little extra TLC—you've already got at least three that you mentioned in your question! Filling your tanks will make sure that you are able to meet the demands of what is now a very exhausting "everyday Life."

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Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question and answer column, aimed at bereaved siblings and the family that loves them, appears in the quarterly TCF national magazine, *We Need Not Walk Alone*.



A Lavender Butterfly

Brandon is a lavender butterfly

Soaring with the grace of God

Touching our hearts where angels play.

Brandon is a lavender butterfly

He fishes off the tan dock

The casual plaid shirts he wore.

Brandon is a lavender butterfly

His blue eyes look down from the clouds

A smile as bright as the sun.

Brandon is a lavender butterfly

He watches over his mom like a guardian angel

And will never be gone from her heart.

Brandon is a lavender butterfly

*by Brooke French
in memory of her brother*

Brandon Robert French

October 8, 1983 – July 29, 2006

written for her mother

Rhonda French

on Mother's Day 2008

Anne Arundel County Chapter/BPUSA



A BROTHER SPEAKS

It has been three years now since I received the news and was so amazingly stunned that my sister had been killed. I still relive that moment from time to time, although much less frequently now. Every now and then I think "I've got to tell Teri that" and then I'll catch myself and relive the anxiety that accompanies her loss. My loss, actually. I was counting on Teri's good memory and fun-loving spirit to keep my spirits up in old age.



Now I'll have to do it myself – or maybe my brother will help. I cannot look death in the eye and call it by its name. I choose to believe in the continuation of the spirit and believe that in love and in family, we will be together again.

Mac A. Johnson
Bereaved Brother
Denton, TX/BPUSA

Our Children Remembered...

Please remember the following families this month.

Cito Arán
Son of Sandra Arán
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
Sister of Eryn Belt
Niece of Ed and Jeanne Heincelman
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
Timothy's fiance of Marilyn Mabe
July 16, 1978 - February 17, 2001

O. Steven 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

John Cranston
Son of Thomas and Mary Cranston
July 2, 1974 - July 2, 1974

Joseph Cranston
Son of Thomas and Mary Cranston
July 2, 1974 - July 2, 1974

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

Michael J. Dickens Jr.
Son of Marla and Michael 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

Brian Christopher Gray
Son of Mary Gray
Grandson of Peggy Campbell
July 26, 1987 - December 10, 2007

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
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

Megan Kennedy
Daughter of Chris and Steve Bacon
July 8, 1974 - February 25, 2008

Scott E. Klima
Brother of Kristy Klima-Flower
July 20, 1984 - May 19, 2007

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

Our Children Remembered...

Please remember the following families this month.

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

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

Edwin Brandon Molina Jr.
Son of Carole and Edwin Molina
July 6, 2005 - March 3, 2007

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 Sharie and Gerry 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



Pictures

Are you a picture person? Some are and some aren't. Maybe it is something you hadn't even thought about – until an important person in your life died. It is then that pictures of the deceased take on an added importance and it can be of a positive or negative nature.

I realized after my son died that I am not a picture person but, after I thought about it, I never was. Maybe your family, like mine, had one member who turned out to be the official picture taker. Any occasion that documents my family's history is one where the designated member was always present. Otherwise, we would not have a pictorial history to look back on.

My oldest sister, whose only child died as the result of an accident just three months after my son died, was the one so designated in our family. As a result, she has many pictures of us all. She has found great comfort in having countless pictures of her son on display. There were a dozen or so of them on her den walls the last time I was in her home.

But what of those of us who find no comfort, just pain, in having pictures around of the person who died? If you realize that my sister and I have such differing needs, how about spouses who occupy the same household? Do you know, or have you even asked how your spouse reacts to the pictures of your child who died? When you're under great stress sometimes seemingly little things gnaw at the roots of a marriage. Survival often requires flexibility and sensitivity. It doesn't require major changes to meet both needs. It just requires a little cooperation.

A suggestion is that if the spouse who finds the pictures comforting can designate a spot in the house where the pictures will be displayed, the other spouse - knowing where they are - doesn't have to see them unless he or she wants to. It is important to recognize that not wanting to see the pictures doesn't mean that spouse doesn't care. It just means, and is true with most couples, signs of grieving differ. It is hoped that you both have made efforts not to make the pain of the loss of a child worse. Lord knows, grief is bad enough at its best and needs no help in making lives miserable. Noting and not blaming the differences in styles of grieving can be the beginning of understanding for both of you. That is what the survival of marriage is all about.

Mary Cleckley
Atlanta, GA/BPUSA

VACATIONS *(Continued from page 3)*

What do we do if we visit relatives? Talk to them. Tell them that it is hard and that it is alright to talk about your child – when they see that you welcome hearing the name and having them share memories they have, everyone can relax.

Will I forget her/him? Don't fear! You can never forget just because you are away from home memories. Don't be afraid to talk about her/him and let them be a part of things.

Traveling companion? Remember that you cannot really leave your grief at home when you go on vacation. It will go with you. Plan for it and pack for it. Don't over-schedule the days and activities. You won't feel like doing as much, perhaps, as usual and you may tire more easily. Take along some reading material – perhaps on grief. but some light reading too. Just remember that bereaved families and people need a respite from the daily stresses of work and of life and grief. Also know that often the anticipation is worse than the actual event. If you have been through Christmas, a birthday or a death anniversary, etc., you may remember that the weeks or days before may be worrisome and you may not be sure how you will get through it, but suddenly the day is there and over and it wasn't as bad as you expected, even if it was bad. So just decide when and where the vacation will be, plan ahead, and go. Allow yourself to enjoy it. Often we feel guilty if we have a good time. Remember how much your child enjoyed trips and life and know that she or he would want you to do the same.



Betty Ewart
Bereaved Mother
Lewisburg, WV/BPUSA

It's amazing – the love you have inside... You take it with you!

Patrick Swayze as Sam in the film, "Ghost"
Paramount Pictures, 1990

We gratefully acknowledge the following donations:



Clare and Stephen Blaine in memory of their son Galen Andrew Harig-Blaine
Denise, Russ and Nicholas Calo, in memory of their son and brother Russell Joseph Calo Jr.
Beverly and Bernie Elero in memory of their son Brian Elero
Janice and Chris Kunkel in memory of their son Jason Easter
Karen Fedor and Jerry Moore in memory of their son Gavin Alder Moore
Ken Smith in memory of his niece Tracy Ann Fotino

Donations are gratefully accepted to offset the costs of our Chapter's events and communications.
Please contact Chapter leader Dave Alexander for more information (see page 2).

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 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.

Contact Chapter leader Dave Alexander for information.



2008 NATIONAL CONFERENCES:

Bereaved Parents of the USA National Gathering

"Seeds of Hope"

July 11-13, 2008

Crowne Plaza Hotel at St. Louis Airport
11228 Lone Eagle Drive, St. Louis, Missouri
For more conference information call BPUSA Gathering
Chairman Martha Honn after 7:00 P.M. EST at 618.244.1203

The Compassionate Friends 31st National Conference

"Volunteers for Healing, Friends for the Future"

July 18-20, 2008 (pre-conference programs on July 17)

Sheraton Music City Hotel
777 McGavick Pike, Nashville, Tennessee
For more conference information call (toll free) 877.969.0010

OTHER RESOURCES

Bereaved Parents of the USA (National headquarters)

708.748.7866, www.bereavedparentsusa.org

Maryland Crime Victims' Resource Center, Inc. (formerly known as The Stephanie Roper Committee for Victims of Violent Crime)

For more information please call 410.234.9885 or go to their website, www.mdcrimevictims.org. Located at 14750 Main Street, Suite 1B in Upper Marlboro, Maryland, 20772.

S.O.S. (Survivors of Suicide)

Meets first Tuesday of each month at Severna Park Methodist Church located at 731 Benfield Road in Severna Park, Maryland 21146. For more 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. Website: 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. Website: www.taps.org or call (800) 858-TAPS.

Hospice of the Chesapeake

Serving Anne Arundel and Prince George's 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). Website: www.hospicechesapeake.org or call 410.987.2003.

MIS (Miscarriage, Infant Death, Stillbirth)

Support Group

For those who have experienced loss through miscarriage, infant death or stillbirth. Meets first Monday of every month from 7 P.M. to 8:30 P.M. at St. Andrew's United Methodist Church, 4 Wallace Manor Road, Edgewater, MD. For more 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. To find out locations, dates and times, call a Class Educator at Anne Arundel Medical Center's "askAAMC" Helpline at 443.481.4000, Monday through Friday from 8 A.M. to 8 P.M.

Bereaved Parents of the USA Anne Arundel County Chapter

P.O. Box 6280
Annapolis, MD 21401-0280
www.aacounty-md-bereavedparents.org



NEXT MEETING JULY 3, 2008



RETURN SERVICE REQUESTED
DATED MATERIAL



UPCOMING MEETING TOPICS and EVENTS for 2008:

Thursday, July 3, 7:30 P.M.

No program scheduled; sharing groups.

Annual Picnic

Sunday, July 27, 2:00 P.M.

(Please see page 1 for more information)

"A Little Help from my Friends..."

Thursday, August 7, 7:30 P.M.

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 dralex@sdalex.com).