



Bereaved Parents of the USA Anne Arundel County Chapter

November 2008

www.aacounty-md-bereavedparents.org

Holidays

November, December and January – some of the toughest months to get through when you’re newly bereaved (and sometimes when you’re not so newly bereaved). Changing seasons. A sense of foreboding about the dreaded march toward the cold winds of winter. And around every corner, the signs and sounds and smells of the family holidays to come. For some, the signs may be comforting, but in the beginning of a grief journey, for most, they seem to make an already challenging life even more challenging.

During the 12 holiday seasons that I have lived without my daughter, I have been fortunate to have been a part of our support group, where other bereaved parents have shared their “holiday lessons” with me:

- ◆ It’s going to be tough. (For a few, it will not.) Sometimes acknowledging that right up front seems to help. Make some plans – they seem to help many get through the special days. But, feel free to abandon the plans if you can’t go through with them when the time comes.
- ◆ You CAN and WILL make it through. As we all know, when our worlds stopped, everyone else’s kept right on moving. And so it is with holidays and seasons. While they may seem to last forever, they won’t. For many of us, the anticipation of the special days is sometimes far worse than the days themselves.
- ◆ Allow yourself to feel whatever you feel. Friends in our group repeat this message often because as bereaved parents we feel certain that we must be “losing it” when we experience such a wide range of emotions during the holidays. But many have said that we need to acknowledge, not deny or judge, our feelings – whatever they are – and let them flow.
- ◆ Take care of yourself and do only what you can do. Don’t let others set your schedule or detail your day’s activities. As hard as it is for a parent to do, you may need to put yourself first this time around. Your world has changed, and you are allowed to establish new “ground rules.”
- ◆ Bring your deceased children with you into the holiday season. From lighting special candles on special holidays in memory of your children, to giving special gifts that you think your child may have given to siblings or grandparents – or gifts that are in memory of or have a connection to your child. Including and remembering our children in the holidays can be quite comforting before and after the holidays.

Good luck to each of you as enter this holiday season! Our support group welcomes you to our meetings in November, December and January – we understand how you feel and want to hear how you’re doing.

— Terre Belt
Chapter Leader

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*The printing and mailing of this newsletter has been donated
By Janice and Chris Kunkel in memory of their son
Jason T. Easter*

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

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**Submissions for December newsletter
due to Newsletter Team by November 1**
newsletter@aacounty-md-bereavedparents.org

We are a self-help support organization that is dedicated to assisting parents, grandparents, aunts, uncles and siblings 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: November 6, 2008

Doors open at 7:15 P.M.

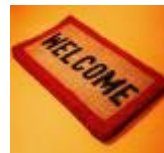
Meeting begins at 7:30 P.M.

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 fellowship 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.

Lost & Found

Did you leave something at our Annual Picnic in July? We found several items, including a Tupperware Deviled Egg Carrier, 2 Umbrellas, a Flowered Plate, and a Spatula.

If any of these items are yours, please contact Janet Tyler at 410.969.7597 or by email to djtyles@cablespeed.com

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. Send an email to Volunteer@aacounty-md-BereavedParents.org

Journaling—*A Tool for the Spirit ~ insight with a pen*

Keeping a journal can be a powerful way to ease anxiety and soothe sad spirits. Journals help reveal insight and wisdom. Journaling has become an important way for me to express myself, but it took encouragement from others, as well as experience, for me to develop my personal style of journaling.



The following are just a few of the many existing techniques used to inspire and engage in the writing process:

- * Date each entry in your journal—note the time, place and other important details.
- * Write quickly—allow words to freefall from your subconscious.
- * Write continuously. Don't erase words.
- * Try recording snippets of conversations, facts, feelings, quotes, images and ideas. Draw pictures. Make a collage from a magazine.
- * Clustering is a method that works well to break writer's block. Write your main thought in the middle of your paper; it will lead to many associations and connections.
- * After you've completed a journal entry, take a walk or a quick break before rereading your entry. When you do reread, be kind to yourself and what you have written.
- * Finally, reflect upon your piece—what insights, if any, did you gain from this entry?

What you need to begin journaling ~

- * **Paper** ~ You need to get some sort of notebook— composition books, three-ring binders, spiral notebook, or a fancy leather-bound journal—it really doesn't matter. You need anything that will allow you to write freely and honestly.
- * **Pen** ~ Treat yourself to the right pen. Test different pens. See how they feel across the page. The best choice is one that allows you to write quickly and smoothly.
- * **Environment** ~ Your journal should always be there when you need it. Write on the bus, on the couch, or even when insomnia strikes. If you are one of the very lucky few who has the time for a regular writing time, you can sit in a comfortable place each day for writing in your journal.

Remember, there is no right or wrong way to journal. Whether you have a set time for writing each day, or you do it on the fly, journaling can be a powerful way to help you in your grieving process..

On The Memory Walk Of Love

They came with their hearts broken in pain We came to share our love again On the memory walk of love	They came for a sense of renewal We brought the coping for a life cruel On the memory walk of love
They came with unanswered questions We came with a new life's direction On the memory walk of love	Our eyes welled in the shadow of trees Looking at photos knowing the never "be's" On the memory walk of love
They came alone in melancholily We came with friends and family On the memory walk of love	Holding hands together, sharing our love Singing our hearts to our children above On the memory walk of love
They brought unbearable sadness Diminished by sharing moments of gladness On the memory walk of love	Leaving warmly together, despite all the tears Happy, this day, our children in heaven Ever near

They came hoping for assurance
We came tempered by aggrievance
 On the memory walk of love

— Bob Katz
*On the occasion of the Annual Chapter Memory Walk
In memory of his son Matthew James Katz
March 13, 1982 – September 7, 2003*

Native American Prayer

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

~~ Author Unknown ~~



Thanksgiving Thoughts: Thankfulness in Times of Trouble

Thanksgiving is a time for food, celebration, and fun. Every year on Thanksgiving, families gather around the table to enjoy a meal and give thanks. But for some folks, Thanksgiving can be a lonely time. Many adults spend the holidays feeling isolated and depressed.

Today as we celebrate this Thanksgiving, it is important to remember that it's about more than being thankful for one day, it is an entire lifetime. Today is the day to be thankful for all the things in your life, no matter how big they are, or how small. Even in our deepest sorrow, we can find things to be thankful for.

Holidays bring out emotional pain. This time of year can be difficult for any one who has suffered a loss. Should you be missing loved ones this holiday, rejoice in the knowledge that they are with God. Don't push yourself today; allow yourself that time to grieve.

For those who may be feeling depressed this Thanksgiving holiday, open your heart to giving. Helping other people in need is a wonderful way to celebrate the day and may make you feel less alone. Check out communities in your area that may need volunteers during the holidays — example: soup kitchens, shelters, hospitals or reach out to your local church.

Life is full of unexpected changes. Death is very much a part of life. Whatever you do today, don't cover up your feelings of depression and isolation. Own up to those feelings and know that you're not alone. Somewhere today, someone is feeling the same way that you are.

Today on this Thanksgiving Day please remember, though the harvest might not always be plentiful, family and friends may be few, God has given us each a great deal to be thankful for. It's my experience that it's much easier to thank God for our blessing than to find a way to be thankful in the midst of our troubles.

I'm thankful that I have the strength to meet the challenges that come with life. I'm thankful for each memory that family and friends have given me. I'm thankful for having a profound understanding that it is more important to give than to receive. This Thanksgiving I have much to be thankful for.

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving. ~W.T. Purkiser

Today be thankful for what you have to give, not just what you have received.

Happy Thanksgiving.



Rose DesRochers
Founder of Today's Woman Writing Community
<http://www.todays-woman.net>

SIBLING PAGE

Siblings have their own method of grieving. Parents have lost a child, but they have lost a sibling, and the relationship is completely different. Many times siblings will experience a loss of identity as their self-image is inter-related with the person lost. Siblings may experience varied emotions including anger, guilt, grief, and abandonment.

They may attempt to deal with these powerful feelings through denial or suppression. Sometimes siblings experiences are further complicated by the failure of others to recognize their loss. They may be coping not only with the loss of a sibling, but also with the loss of functional parents.

HELPFUL:

Accept your child's feelings. Allow them to grieve in their own way and encourage the expression of feelings.

HELPFUL:

Work on your own grief. Express sadness anger and frustration. Parents and children may be drawn together by sharing each other's grief.

HELPFUL:

Spend time regularly with each child. This will offer assurance that they are loved. Show them that they are as important as the lost sibling.

HELPFUL:

Find healthy ways to remember.. There are ways to cherish their memory. Some suggestions: writing down memories in a journal, organizing photos in a special album, or framing special artwork or writings.

NOT HELPFUL:

Don't judge. Don't tell them not to cry, or suggest they be strong. Their loss needs to be recognized.

NOT HELPFUL:

Don't avoid them. This will make them feel rejected and abandoned. Don't make them feel that they have become a burden.

NOT HELPFUL:

Don't keep feelings to yourself. Withholding your emotions from the rest of the family may inhibit others.

NOT HELPFUL:

Don't take down family pictures. This may be interpreted by the sibling as a loss of family and may be devastating.

“...when he shall die,
Take him and cut him out in little stars,
And he will make the face of heaven so fine
That all the world will be in love with night
And pay no worship to the garish sun.”

— William Shakespeare
Romeo and Juliet, Act 3 Scene 2

A helpful internet site for grieving siblings:

**The Sibling Connection
counselingstlouis.net**

Do not feel guilty to begin the healing process. Doing fun things or experiencing happiness might feel like betrayal. Your loved one wants you to be happy. Moving on is not betrayal.

~~ Amanda Smith ~~

Our Children Remembered

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

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

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
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

Stanley E. Bright
Sister of Keya Belt
May 21, 1970 - November 24, 1998

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

Maranda Machele 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

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

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

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

Our Children Remembered

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

John Carl Moreland
Son of Debbie and Fred Moreland
November 7, 1981 - October 28, 2007

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

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 Zselvay Jr.
Son of Ron and Jeanie Zselvay
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@sdaalex.com

10th Annual National Survivors of Suicide Day

On Saturday, November 22, 2008, the American Foundation for Suicide Prevention will sponsor its tenth annual National Survivors of Suicide Day, reaching out to tens of thousands of people who have lost a loved one to suicide. The day of local conferences in cities throughout the U.S. and the world connects survivors of suicide loss through a 90-minute broadcast, allowing them to share their experiences of loss. The broadcast features a panel of experienced survivors and mental health professionals and offers emotional support and information about resources for healing after the loss of a loved one to suicide. Visit www.afsp.org/survivorday to learn more and to find a conference site near you.

6th ANNUAL MEMORY WALK

Over 100 bereaved parents, family, and friends gathered together on Saturday, October 11, 2008, for our 6th Annual Memory Walk. The weather cooperated this year with a beautiful, warm, fall day, as we walked through the woods, over the open fields, and by the water, remembering our children, laughing a little, crying a little. Special thanks go to Barbara Bessling and her committee of volunteers for taking care of all the details that made this a successful event again this year.

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

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.

Debra Ahern in memory of Timothy Allen Umbel
 David Alexander in memory of Jamie Alexander
 Daramola Ayoadle in memory of Edwin Molina Jr.
 Terre and John Belt in memory of Courtney Belt and Traci Heincelman
 Kendra Berry in memory of Timothy Allen Umbel
 April and Steven Bessling in memory of Ricky Bessling
 Barbara and Robert Bessling in memory of Ricky Bessling
 Ronnie and Diane Bessling in memory of Ricky Bessling
 Eileen Blaine in memory of Galen Harig-Blaine
 Judy Bolly in memory of Wendy Bolly
 Cori Boyce in memory of Linda Lou Boyce
 Tracy Brenneman in memory of Timothy Allen Umbel
 Bob and Sandi Burash in memory of Paul J. Burash
 Lisa Carr in memory of Timothy Allen Umbel
 Maureen P. Carr in memory of Owen Francis Carr IV
 Peggy Carr in memory of Owen Francis Carr IV
 Noel and Ann Castiglia in memory of Tria Marie Castiglia
 Michelle Chaires in memory of Tanager Rú Ricci
 Ethel Cleary in memory of Scott Thomas Palmer and Steven Cooper
 John Coats in memory of Edwin Molina Jr.
 Lynn Coburn in memory of Timothy Allen Umbel
 Kelly Colliflower in memory of Edwin Molina Jr.
 Tony Collins in memory of Tanager Rú Ricci
 Mary Beth Cook in memory of Stephen Kilian
 Elsie Cooper in memory of Steven Cooper and Scott Thomas Palmer
 Karen Coulson in memory of Craig Steven Nelson
 Annette Crim in memory of Tanager Rú Ricci
 Christine Davis in memory of Dayden Alexander Dunn
 Maureen Dempsey in memory of Stephen Kilian
 Marla and Mike Dickens Sr. in memory Mike J. Dickens Jr.
 DeAndré Diggs in memory of Krey J. Green
 Debbie Diggs in memory of Galen Harig-Blaine
 Ida C. Diggs in memory of Krey J. Green
 Beth Doerr in memory of Timothy Allen Umbel
 Beverly Dunn in memory of Dayden Alexander Dunn
 Nolan Dunn in memory of Dayden Alexander Dunn
 Agnes Eromanna in memory of Edwin Molina Jr.
 Donna Etgen in memory of Dayden Alexander Dunn
 Motunrayo Eteyit in memory of Edwin Molina Jr.
 Pam Fayer in memory of Edwin Molina Jr.
 Connie Fell in memory of Tanager Rú Ricci
 Mark Fernando in memory of Edwin Molina Jr.
 Lea Ford in memory of Tanager Rú Ricci
 Kathy Franklin in memory of Tanager Rú Ricci

Tracy Fratz in memory of Timothy Allen Umbel
 Carol Fritz in memory of Katie Fritz
 Brenda Gawthrop in memory of Andrew Gawthrop
 Charnise Greezt in memory of Edwin Molina Jr.
 Teresa K. Griffin in memory of Aimee Lynn Griffin
 Bill Haddaway III in memory of Tanager Rú Ricci
 Clare Harig-Blaine in memory of Galen Harig-Blaine
 Elisha Harig-Blaine in memory of Galen Harig-Blaine
 Shannon Harig-Blaine in memory of Galen Harig-Blaine
 Jackie Hawkins in memory of Timothy Allen Umbel
 Jean Hines in memory of Owen Francis Carr IV
 Kelli Hull in memory of Tanager Rú Ricci
 Kathy and George Ireland in memory of Melissa Ireland Frainie
 Mildred Johns in memory of Edwin Molina Jr.
 Bob Katz in memory of Matthew James Katz
 Ryan Kemp in memory of Stephen Kilian
 Janice and Chris Kunkel in memory of Jason T. Easter
 Barb Law in memory of Timothy Allen Umbel
 Cheryl, Dale, and Shelby Lewis in memory of Brian Melcher
 Sharon Maroni in memory of Tanager Rú Ricci
 Shannon Mazzochi in memory of Stephen Kilian
 Jodi McClintock in memory of Timothy Allen Umbel
 Shawn McLain in memory of Timothy Allen Umbel
 Donald and Norma Jean Melcher in memory of Brian Richard Melcher
 Kerri Miller in memory of Ricky Bessling and Dimitri Adamopoulos
 Medhet Moghis in memory of Stephen Kilian
 Aaron Molina in memory of Edwin Molina Jr.
 Carole and Edwin Molina in memory of Edwin Brandon Molina Jr.
 Mary C. Molina in memory of Edwin B. Molina Jr.
 Teresa Moore in memory of Edwin Molina Jr.
 Ron Opel in memory of Timothy Allen Umbel
 Kathy P in memory of Tanager Rú Ricci
 Frances Palmer and Rich O'Donnell in memory of Scott Thomas Palmer and Steve Cooper
 Joan Persetic in memory of Michael Alfred Persetic
 Dorothy and Dennis Phillips in memory of Stephen Kilian
 Phoebe Plowden in memory of Tanager Rú Ricci
 Megan Pumphrey and Thomas Freelove in memory of Edwin Molina Jr.
 Vicki Reed in memory of Tanager Rú Ricci
 Vernita Regier in memory of Edwin Molina Jr.
 Gary Reichenbecher in memory of Timothy Allen Umbel
 Lois S in memory of Tanager Rú Ricci
 Tom and Joyce Schall in memory of Thomas Jeffrey Schall
 Lisa Schell in memory of Linda Boyce

6th Annual Memory Walk Donations (Cont'd)

Carolyn Schwenke in memory of Stephen Kilian
 Madeleine Schwenke in memory of Stephen Kilian
 Mason Schwenke in memory of Stephen Kilian
 Cynthia Scott in memory of Edwin Molina Jr.
 Linda Signal in memory of Tanager Rú Ricci
 Sharon and Ben Skarzynski in memory of Jason Edward Skarzynski
 Jeannemarie Smiroldo in memory of Galen Harig-Blaine
 Linda Smith in memory of Tanager Rú Ricci

Mary Studham in memory of Nickolai MacDaniel Spice
 Monique Thomas in memory of Edwin Molina Jr.
 Allison Tyler in memory of Brittany Tyler
 Rick and Mary Ann Umbel in memory of Timothy Allen Umbel
 Debbie Vandevort in memory of Stephen Kilian
 Rhonda Weihle in memory of Edwin Molina Jr.
 Kalindi Wilson in memory of Tanager Rú Ricci
 Ned Wright in memory of Katie Fritz

A Special Thanks To Graul's Markets, Krispy Kreme of Glen Burnie, and Starbuck's at Harbour Center
 for their generous donations of refreshments for our Annual Memory Walk

We gratefully acknowledge the following donations:



Fran Cease in memory of her son Richard C. Watts
 Kathy and George Ireland in memory of their daughter Melissa Ireland Frainie
 Judy and Jim Krouse in memory of their son Bryan Adam Krouse
 Janice and Chris Kunkel in memory of their son Jason T. Easter
 Ken Smith in memory of his niece Tracy Ann Fotino

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



ANNE ARUNDEL CHAPTER
 BEREAVED PARENTS OF THE USA
24th Annual Service of Remembrance
Sunday, December 7, 2008
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

Your invitation was mailed October 10th.
 To ensure your child's name will appear in our service's program,
 please mail your RSVP by November 13, 2008

OTHER RESOURCES

Bereaved Parents of the USA (National headquarters)

www.bereavedparentsusa.org 708.748.7866

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

410.234.9885. 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.

Hospice of the Chesapeake, Maryland

Serving A.A. and P.G. counties. Help for adults, teenagers,
 children grieving the loss of a loved one. Counseling; support
 group sessions; weekend camps for children, teens and adults.
 www.hospicechesapeake.org or 410.987.2003.

M I S Support Group

For those who have experienced loss through miscarriage, infant
 death or stillbirth. Meets 1st Monday each month from 7:00 to
 8:30 pm, St. Andrew's United Methodist Church, 4 Wallace
 Manor Road, Edgewater, MD. 443.481.6114

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 6, 2008



RETURN SERVICE REQUESTED
DATED MATERIAL



UPCOMING MEETINGS & EVENTS :

“What Do I Have To Be Thankful For?!”
Thursday, November 6, 7:30 P.M

Thanksgiving is the day we tend to “count our blessings” and take note of those things in our life for which we are thankful. After our child dies, it is hard to think of anything for which to be thankful. A panel of our members will relate their own experiences and what they have found in their lives for which they are thankful.

Introducing Our Children
Thursday, December 4, 7:30 P.M

Twenty-Fourth Annual Service of Remembrance
Sunday, December 7, 3:00 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, or
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. We occasionally schedule a 30 minute presentation at the beginning of our meeting 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 the 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 Terre Belt (410.761.1359) or tbelt@nahbrc.org.