



# Bereaved Parents of the USA Anne Arundel County Chapter

February 2009

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

## *Faces of Grief*

Though winter's delicate, lacy snowflakes may remind us of the lace-trimmed hearts of February's Valentines, the "mourning" heart seems frozen in time. The bitter winds of loneliness blow mournfully through our souls. Death has tapped us on the shoulder, introducing his brother, Grief, who has moved into our hearts to take up unwelcome residence. Wearied and exhausted by our pain, we have little energy to evict the intruder. It's hard for us to remember that the sun still faithfully shines behind the clouds that have obscured our vision.

"Love" is apparently the thought for the season, and we are reminded of its tenderness at every turn. But a piece of the fiber of our lives has been torn away, and love seems a vague and unfulfilled promise that belongs only to others. Hearts and flowers, lace and love, romantic verse and melody seem to have abandoned us as we grope in the darkness of our beloved's absence. Will the pain every end? Will the hope of joy and renewal once again warm the frozen places in our hearts? Gradually, as the hurt begins to soften, and the thawing relief of healing slowly begins to melt the icy grip of our pain, hope does begin to "spring eternal."

Roses, traditional in February's favorite holiday, remind us that summer will return (even if it is not on the traditional calendar's schedule!). It's unlikely that we will ever again perceive the usual symbols of love in quite the same way as before, but in many ways our concepts of *genuine* love will be stronger, richer and less assailable. Frivolous and shallow affection are absent from our thoughts. Deeper commitments and more demonstrative attention have become our new marching orders.

In costly lessons, we've learned firsthand how fragile and fleeting life can be, and we are now resolute in our determination to announce to our remaining dear ones the importance of our bonds with them. We abandon the intimidation of "limits" such as the archaic notions that a "man" mustn't cry or say, "I love you," or that we're too busy just now to pay better attention to someone's needs.

As little by little our pain softens and recedes, and we learn that suffering is but for a season, we also learn that LOVE doesn't die.

In our emotional lives, Valentines can now take on a new significance as precious reminders of the love that still exists on *both* sides of life. Love lives within our hearts, and even Grief cannot steal it away. Love is our bridge over the rainbow.

— Andrea Gambill  
BEREAVEMENT MAGAZINE  
4765 Carefree Drive  
Colorado Springs, CO 80917

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The printing and mailing of this newsletter has been donated  
by Kathy and George Ireland and Lisa Willingham  
in memory of their daughter and sister Melissa Ireland Frainie  
and

by Lily and David Openshaw in memory of their son  
John David "JD" Openshaw



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

P.O. Box 6280

Annapolis, Maryland 21401-0280

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**Submissions for March newsletter  
due to Newsletter Team by February 1**  
[newsletter@aacounty-md-bereavedparents.org](mailto: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: February 5, 2009*

**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.

**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. Please check our Chapter's website or call our Message Line for information on possible cancellations. 

### *We Are Looking for Articles that Touched You*

*Do you have a poem, article, or quote that you like or something that you have read that you found particularly helpful? Maybe it's something that you wrote in memory of your child. Something that touched you, that made you smile or perhaps brought tears to your eyes. Something that you think would help others grieving the death of a child.*

*Send the poem, article, or quote to us or give us the citation where we can find it. You can email it to us at:*

*[newsletter@aacounty-md-bereavedparents.org](mailto:newsletter@aacounty-md-bereavedparents.org)  
or*

*mail it to PO Box 6280, Annapolis, MD 21401*

## *But It Hurts ... Differently*

There is no way to predict how you will feel.

The reactions of grief are not like recipes, with given ingredients, and certain results.

You may cry hysterically or you may remain outwardly controlled, showing little emotion.

You may lash out in anger against your family and friends or you may express your gratitude for their concern and dedication.

You may be calm one moment – in turmoil the next.

Reactions are varied and contradictory.

Grief is universal  
At the same time it  
Is extremely personal  
Heal in your own way.

— Rabbi Earl Grollman  
*“Living When a Loved One Has Died*

*There was no love more genuine than mine;  
in giving and receiving it was pure.  
Grieve not, for my legacy is love, pure and true,  
each memory a gift that will endure,  
returning you to moments fair and fine*

— Author Unknown

## *Just for a Moment*

Just for a moment  
we held in our hands  
a gift so precious, so rare.

Just for a moment  
we beheld with our eyes  
her face so lovely, so fair.

Just for a moment  
her sensitive touch;  
just for a moment  
her lyrical songs;  
just for a moment  
she really was here  
with us, where she belongs

Just for a moment  
we heard with our ears  
her laughter thrilling the air.  
The echoes are lingering still;  
they always will.  
Now, just for a moment  
she lives in our hearts  
cherished with tenderest care.

For as long as we live,  
for as long as we love,  
she will always be there.

— Philip Jones  
Calgary, Canada



## *A Valentine For My Daughter*

My precious daughter, do you know that Valentine's Day has changed for me forever? Is it possible to love you even more deeply since you died, or is it just that the true meaning of love is clearer to me now; what it means to love, what it means to be loved? How I miss those heart-shaped cards with the lacy white doilies, and the phone calls ending with the sweet "I love you, Mom". How ironic that you left us so broken-hearted, so devastated, on a cold February night in the month of love. You left me with an acute sudden awareness of the depth of the love we shared, and how fortunate I was to be blessed with such a devoted and loving daughter and friend. My valentine to you this year is my solemn promise to keep my heart full of love, full of your spirit. Mahatma Gandhi said "Where there is love, there is life"...your life my precious daughter...our love.

— Kathy Ireland  
Anne Arundel County Chapter – BP/USA  
In Memory of Melissa Ireland Frainie  
December 12, 1971 – February 12, 2007



We carry within us the love we have received long after the source of that love has departed from our lives. Gandhi stated that grief is perhaps our greatest delusion, for we retain within us the essential character of that relationship. It is only form, not substance which is lost.

— John Schneider, PhD

### *About Being Strong*

Many people are convinced that being strong and brave means trying to think and talk about “something else.” But we know that being strong and brave means thinking and talking about our Child until our grief begins to be bearable.

That is **strength**.

That is **courage**.

And only thus can “being strong and brave” help us to heal.

— Sascha

If I can I'll come again, mother, from out my resting-place;  
Tho' you'll not see me, mother, I shall look upon your face;  
Tho' I cannot speak a word, I shall harken what you say,  
And be often, often with you when you think I'm far away.

— Alfred Lord Tennyson  
From “For I'm to be Queen of May, Mother”

### *The Veteran*

When the veteran bereaved parent comes to a meeting, he is the hope for the newly bereaved because he has survived.

— Unknown Author

“The death of a child is so painful, both emotionally and spiritually, that I truly wondered if my own heart and spirit would ever heal...I soon learned that I could help myself best by helping others...It wasn't until Robin died that I truly threw myself into volunteer work. That precious little girl left our family a great legacy: I know George and I care more for every living person because of her. We learned firsthand the importance of reaching out to help because others had reached out to us during that crucial time.”

—Barbara Bush  
Former First Lady

### *January Warmth*

Like a tree in winter  
which has lost its  
leaves,  
we look ahead to  
spring  
for new growth  
and the  
warmth of the sun to heal  
the pain in our hearts.  
Let us make January a time  
to reach out to each other  
and find that warmth from our  
hearts, and in return,  
We will all show new growth.

— Pat Dodge  
TCF/Sacramento Valley CA

### *Snowflakes*

There's something special about a snowflake. Rumor has it that there are not two snowflakes alike, not in the entire world! Each one is an original work of art. I haven't quite figured out yet who determined this to be true, but it's not something I'm going to set out to disprove!

Just like those snowflakes, there is not one duplicate of the child we have lost. He or she is a one of a kind, and that's one of the reasons losing that child is so terribly devastating.

As we head into winter, and the snow is bound to show up sooner or later... imagine your child to be like the snowflake. Original in look and personality, that child was probably the most beautiful baby in the nursery, the brightest child in the kindergarten class at school, the most talented child in the junior high band...need we go on?

Well, just because that child has been taken from you, it doesn't make his or her special-ness any less than when living. You are still the parents of that child. That child is still the best child ever. Just like the snowflake, you cannot hold it in your hand forever. But to treasure the memory of that snowflake forever is indeed a wonderful gift!

So, brag on your child! Continue to consider him or her the best of all children. Don't let the memory go. Hang onto that memory forever.

— Ted Jackson  
Atlanta, GA

# SIBLING PAGE

## *A Brother's Dream*

One night I had a dream. It was an ordinary dream. It started before I was even asleep though, and that made it very unusual to me. It started on a mountain I used to go to when I was little. I would go there with my mom, Aunt Margaret, my sister Jacie and my three cousins. We used to have great times up there.

In my dream, I relived a time when we were up there and heard cow bells. Thinking a stampede was coming, we hid in some oak brush. They turned out to be horses. These weren't ordinary horses though. These were the horses that would take us to Heaven when we died, all in our own time.

I remember actually thinking this as I watch my mom pet my certain horse...the horse that was destined to take my sister to Heaven when her time came. Maybe, just

maybe, I thought, my mom was making sure that when my sister did make her journey later on in life, this steed would be the one to take her.

The dream kept fast forwarding and wrapping up all my memories. It fast forwarded before I could tell Jacie thanks for the fun and good times...and before I could tell her I loved her.

My dream ended there, but sometimes I see the horse, the gray horse that took my sister to Heaven. I see him in my dreams sometimes, only for a moment, but long enough to see my sister on the other side of his eyes.

— *Brandon Taylor (1995)*  
*TCF, Mesa Co., CO*

*Brandon's only sibling, Jacie, died from murder on June 4, 1994.*

## *The Sibling Poem*

Will we ever meet again? And what will be our first reaction? Will we hug? Or will we cry? Will we laugh? Or will we just hold each other? Will you remember me as the last time you saw me? Or will you try to imagine how I have changed? Will we reminisce about the good old days? And cry about all of the bad days? The ultimate question is: Will we ever meet again?

— *Jenny McDermott*  
*in loving memory of her sister*  
*Meggan McDermott (1976-1991)*

## *I Want to Say...*

I want to say I'm sorry for many reasons left unsaid  
I want to say I miss you and the life that we once led  
I want to be forgiven and forgive myself as well  
I want to hold my head up high and no longer sit and dwell  
How do you learn to love yourself after perfecting self-hate?  
I want to shout "I miss you so" yet knowing I'm too late  
So much time has already passed but one thing remains  
The thought of you brings warmth to me and that will never change  
We all make mistakes in life, Lord knows I've made a few  
Please know that doesn't change the fact I truly cared for you  
The love we shared may have been brief, and now it's just our past  
But the impact that you have left on me will forever last  
No matter where we go from here, no matter where we've been  
What I miss most of all, is not my lover, it's my friend.

— *Lisa M. Tate*

*In Memory of Her Sister April*



## Our Children Remembered

Bethany Anne Balasic  
Daughter of Paul and Claudia Balasic  
February 13, 1981 - April 5, 1996

Michael Allen Barker  
Son of Diane and Seth Barker  
January 18, 1990 - February 10, 1999

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

Alex Blake  
Son of Bob and Veronica Blake  
February 1, 1982 - September 25, 2004

Darius JoVan Brown  
Son of Victoria and Robert Brown  
February 1, 1992 - May 30, 2004

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

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

Owen F. Carr IV  
Son of Peggy Carr  
June 29, 1978 - February 18, 2003

Chrystal M. Clifford  
Timothy Mabe's fiancé  
July 16, 1978 - February 17, 2001

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

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

Kevin Michael Crine  
Son of John and Jean Crine  
January 30, 1974 - February 8, 2006

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

Thomas Barnard Doyle  
Son of Timothy and Kathleen Doyle  
February 19, 1999 - February 2, 2007

Tyler Dudley  
Son of Julie Cremen  
December 29, 2000 - February 23, 2001

Zachary Jay Forman  
Son of Marge Forman  
February 11, 1977 - April 10, 2005

Melissa Ireland Frainie  
Daughter of Kathy and George Ireland  
December 12, 1971 - February 12, 2007

Katie Fritz  
Daughter of Carol Fritz  
October 29, 1977 - February 27, 1993

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

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

Steven Joseph Garvey  
Son of Mark and Cheryl Sylce  
January 21, 1985 - February 1, 1985

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

Michael Thompson Heany  
Son of Frank and Jean Heany  
February 7, 1973 - December 23, 2004

Thomas "Tommy" Michael Howard  
Son of Thomas and Donna Howard  
May 27, 1984 - February 10, 2000

Sandrine J. Ingulia  
Daughter of Michele Ingulia  
January 17, 1965 - February 14, 2003

Chrystal Lynn Isaacs  
Daughter of Tish and Darrel Isaacs  
April 12, 1984 - February 1, 2003

Traykia Melisa Jones  
Daughter of Rochelle Kennedy  
February 19, 1988 - May 11, 2004

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

Timothy Jarrett Mabe  
Son of Marilyn Mabe  
October 29, 1977 - February 18, 2001

## Our Children Remembered

Ethan Matthew MacPherson  
Son of Kim and Scott MacPherson  
January 22, 1994 - February 13, 1995

Kyle Patrick McDonough  
Son of Judy McDonough  
February 25, 1982 - May 15, 2005

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

Richard McKinney Jr.  
Son of Richard and Ellen McKinney  
March 6, 1975 - February 19, 1998

Graham Kendall Miller  
Son of Ken and Abby Miller  
February 3, 1981 - May 4, 1999

Jennifer Margaret Neafsey  
Daughter of Beth Neafsey  
March 20, 1969 - February 25, 1984

Jonathan Michael Noon  
Son of John Noon  
February 3, 1982 - April 18, 2004

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

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

Brian James Para  
Son of Joan Para  
February 19, 1970 - March 19, 1991

Mackenzie Jean Payne  
Daughter of Karyn and Eric Payne  
February 2, 2003 - February 2, 2003

Jackson Platts  
Son of Sandy and Jeff Platts  
February 7, 1998 - February 10, 1998

Tanager Rú Ricci  
Son of Kathy Franklin  
October 19, 1977 - February 16, 2004

Zachary James Rich  
Son of Peter and Tracy Rich  
February 25, 1999 - February 11, 2001

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

David C. Schmier  
Son of Gordon and Virginia Schmier  
June 26, 1964 - February 10, 1992

Donna Jean Shrodes  
Daughter of Lydia Shrodes  
February 5, 1974 - May 23, 2002

Roderick "Rod" William Stallings  
Son of Robin Stallings  
February 7, 1967 - September 14, 1996

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

David William Tomaszewski  
Son of Richard and Carol Tomaszewski  
September 4, 1974 - February 6, 2001

Timothy Allen Umbel  
Son of Richard and Mary Ann Umbel  
Brother of Christina Umbel  
Brother of Dawn Umbel  
February 16, 1982 - September 15, 2002

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

Justin James Watts  
Son of Jan and Jim Watts  
February 15, 1985 - January 14, 2006

Evyn Bryce Wygal  
Son of Pam and Bill Wygal  
February 15, 1991 - February 24, 1994

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

## *Despair*

It must be time to go back to school because I find myself watching more and more of the History Channel. I've really enjoyed the series on *The Seven Deadly Sins*. I never knew there were originally eight vices. The program explains how Christians came to view each trait as a sin, and then explores how the world's major religions see this vice. Yah, I know, I know I'm a geek.

I was fascinated by sloth. Like most Americans, I saw sloth as being lazy and withdrawing from the world. The original English settlements in the New World suffered greatly from sloth; but they defined it as despairing the world, lacking hope, contemplating suicide. No wonder they suffered from sloth. They were isolated, starving, surrounded by death, and lacking social support. But I never had considered what we call depression as sloth.

Today sloth is epidemic. My wife, a nurse, says we could just save time by putting antidepressants in the water supply. But even in these tough times, we are rich compared to those Colonists. We won't starve; we have medical care, at least for our children; and we have extensive social support. Why are we so depressed?

For me, January is depressing because Matt was both born and died in January. His birthday and death day sharpen my awareness of how much I miss him. So exploring myself I can explore the cause of sloth.

First, I feel powerless. I am in pain, and I can neither fight nor run away. I can not bargain or beg. I've been hurt and there is no one to retaliate against.

Second, my situation doesn't change. Of course I'm in pain less often than 2003; but when the pain comes, it is just as real and hard as it every was.

Third, it is easier to give up than to struggle. I feel like a snagged fish. I can run under logs, through weeds, among rocks; but I'm still being reeled in by depression.

My theory is that people hurt, feel helpless, and are too tired to struggle. I have great empathy. Having said that, get up!! Like Emily from *Our Town*, recognize that "life is just too beautiful for words."

Matt had an unmistakable passion for life. He dropped on his belly to study ants, explored France with nothing but a backpack, read and studied philosophy and religion, looking not only for answers but for better questions. By despairing life, I reject Matt's life, and I won't reject the wonder and beauty of life because it comes with pain.

So how can one press back when smothered by pain?

1. Exercise. Trade mental pain for physical pain, which you can control. They promise endorphins come but even if they don't, I can control and thus defeat pain.
2. Get outside. Play in the snow, walk by a stream, laugh at the stars.
3. Cry. It releases a chemical that makes you feel better. If people are uncomfortable because you cry that is their problem.
4. Talk. I talk to Matt, God, Jean, students, rabbits, trees. I have lots to say, and I need to get it out.
5. Remember. I had Matt for 24 years, and if I'm quiet, those years come back in detail. I also invite Matt to go places with me. I invited him to the Lux-Casco match this year, and I bet he was as excited as I was. I also asked him to come with me when I stopped Mom's medical treatment. It helped me to think Matt was there to meet Mom.
6. Hope. I've been ill enough to look death in the eye more than once. Coming back seemed impossible. You start out so weak that you need help standing, walking, going to the bathroom. Then little by little you come back. First you sit up, then you stand, then walk, then hike, then jog. But first you have to sit up.
7. Fake It. Yeah, fake it. Go someplace that was fun in the past. Go to a comedy, a concert, a game. Do things that were once fun. They will be again. If they aren't fun, go again, then again. They will be fun again.

I tell my wrestlers all the time to push through the pain. Get up, keep moving, win; or you can lie there and die! I recommend getting up.

— Keith Swett  
BP/USA Hinsdale IL  
Wrestling Couch  
Seymour Community High School  
January 12, 2009

We gratefully acknowledge the following donations:

Lily and David Openshaw in memory of their son John David "JD" Openshaw  
 Ken Smith in memory of his niece Tracy Ann Fotino  
 Karen Willey in memory of her son Nicholas Grant Poe



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

ANNE ARUNDEL CHAPTER  
 BEREAVED PARENTS OF THE USA  
**10th Annual Conference of Hope and Healing**  
**Saturday, May 16, 2009, 7:30 a.m. - 5:00 p.m.**

**Would You Like to Help?** There is a wide range of roles and tasks — both large and small — that go into organizing and producing the Conference, including finding workshop presenters, setting up the workshop rooms, stuffing envelopes and mailing out the announcements, assembling conference folders, helping with registration, and, of course, helping clean up after the conference.

If you would be interested in helping, please contact *Debi Wilson-Smith*.

410.757.8280 — [debiws@verizon.net](mailto:debiws@verizon.net)

**Bereaved Parents of the USA**  
**2009 National Gathering**

*Light My Way*

New York City

Friday through Sunday, July 10 - 12th, 2009

To register for the Gathering go to [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

**Crowne Plaza Laguardia Airport Hotel**

104-04 Ditmars Blvd., East Elmhurst, NY

Reservations BP/USA

Discounted room rate (Double/Single) \$115 w/taxes \$133.88

Call toll free 1-888-233-9527 or go to [www.cplaguardia.com](http://www.cplaguardia.com)

The Annual BP/USA Gathering this year will be in New York City — easily reachable by car or train. If you haven't attended a Gathering, we encourage you to make this one your first. The Gathering promises to be an uplifting, healing, informative and comforting experience. There will be bereaved parents and families from all over the country gathering to hear the speakers, attend the workshops and sharing sessions, and learn more about the complexities of the grief process and that survival is possible.

**OTHER RESOURCES**

**Bereaved Parents of the USA (National headquarters)**

[www.bereavedparentsusa.org](http://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](http://www.mdcrimevictims.org)

410.234.9885. 14750 Main Street, Suite 1B, Upper Marlboro, MD 20772.

**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](http://www.hospicechesapeake.org) or 410.987.2003.

**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.

**MIS 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

**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. [www.grasphelp.com](http://www.grasphelp.com); [mom@jennysjourney.org](mailto:mom@jennysjourney.org)  
 Call Pat or Russ Wittberger at 843.705.2217.

# Bereaved Parents of the USA

## Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

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***NEXT MEETING FEBRUARY 5, 2009***



### **RETURN SERVICE REQUESTED**

DATED MATERIAL



#### **UPCOMING MEETINGS & EVENTS:**

##### **Using Music in Dealing with Grief**

**Thursday, February 5, 7:30 P.M.**

Some bereaved parents find music can be helpful in dealing with their grief. Paul Balasic will relate his experiences with music in his grief journey and talk about the role he believes music can play in the grief process. Members may bring CDs or cassette tapes with music they have found meaningful and helpful as they deal with their grief. We will use these as part of the discussion in some of our sharing groups.

##### **Helping Your Surviving Children**

**Thursday, March 5, 7:30 P.M.**

The surviving children in our families often have issues of their own. These issues can be vastly different depending on the age of the surviving child, his/her location in the order of the family, etc. Alice Baij, a bereavement counselor and a bereaved sibling, will talk about her experience in dealing with the issues faced by the siblings of deceased children, and offer ideas on how we might help them.

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](mailto:pjbspmd@gmail.com) or 443.566.0193, or  
Jane Schindler at [cwschind@cablespeed.com](mailto: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, if you wish, to say your child's name. 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](mailto:tbelt@nahbrc.org).