



Bereaved Parents of the USA Anne Arundel County Chapter

January 2009

www.aacounty-md-bereavedparents.org

Why Go to Those Meetings?!

Several times in recent months I have encountered a question that troubles me. Not so much because of the question itself, but because of the lack of understanding that prompts the question. But then again, how would “they” know? (“They” = someone who has never lost a child.)

The question, which comes in a couple of different forms but always arouses my defenses, is “Why would you go to a meeting where bereaved parents gather to talk about their dead children?” Or, “Why would you willingly subject yourself to the tears that are sure to come during an annual Service of Remembrance?” Or, “Why would you continue to go to ‘those meetings’ after all this time?”

My answer, which I give if there is any hope of educating the questioner, is easy. Let me count the reasons.

- * Losing my daughter was and is the most difficult challenge I have ever faced in my decades of living. I knew immediately that her death was “bigger than me” and that I would need help just to survive. For me, our support group was that help, that lifeline. My fellow bereaved parents offered me support and hope when I was far enough along to see it. They let me feel my pain, they let me express my pain, and they helped me learn to live with my pain.
- * The monthly meetings and special services help me. What “they” don’t know is that the tears flow in December whether I’m at our Service of Remembrance or somewhere else – let me share my memories of my deceased daughter with others, let me mourn her loss, and let me be with those who really know my pain. The shared tears are cleansing and healing, not depressing and morbid.
- * Coming to meetings is about helping yourself and about helping others. Compassionate and caring parents give of themselves to help others. Once you get out of the deep, dark hole of grief, you begin to look around and you see others who have just fallen into that hole of grief. It’s hard to walk away from a support group that you believe saved your life without looking back and reaching out to help those whose grief journey has just begun.
- * Asking for help is a sign of strength, not a sign of weakness. Wanting to learn to survive and then to live again is something to be rewarded, not questioned. It takes great courage to ask for help and to accept help.
- * My child will forever be a part of my life – the support group meetings and services provide a safe place to talk about her, and a place where others understand that including my Courtney in all aspects of my life will be something that I will do forever. They understand that my love for her never fades and that I did not bury her memory with her body, and they don’t ask me to do that.

Our grief is as unique as our child and as our relationship with our child, and the monthly meetings and special services aren’t for everyone. But, please – don’t judge me, or ask questions that imply judgment just because I am brave enough and strong enough to reach out to others like me and deal with the biggest loss in my life.

Please come to a meeting in the New Year – help yourself or help someone else.

— *Terre Belt*
Chapter Leader



The printing and mailing of this newsletter has been donated
by Rose Marie Carnes in memory of her son
Walter H. Maynard IV
and
by Juliet and Leonard Rothman in memory of their son
Daniel Maurice Rothman



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

P.O. Box 6280

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**Submissions for February newsletter
due to Newsletter Team by January 5**
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: January 8, 2009

*Note since the 1st Thursday is New Year's Day,
the meeting this month is on the 2nd Thursday*

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.** *Since the first Thursday in January is New Year's Day, we will meet on the second Thursday instead.* 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.



Laptop or PC Needed

We are looking for a laptop or PC running Windows XP or Vista for use by our newsletter editor. If you or your employer have a computer which could be donated to the Chapter, please contact our newsletter team by email at:

Newsletter@AACounty-MD-BereavedParents.org

or call Dave at 410-544-3634. Our chapter is designated a 501(c)3 organization by the IRS.

The Year Before Last

The holiday season is approaching,
and with it comes the New Year.
Although for me time passes slowly,
New Year's Day will ring in quickly.

I dread this New Year's Day
because they will look at me
in a terribly strange way
when I get misty-eyed,
and talk about something you had done.

After you first left me,
they reasoned when I cried,
"He's only been gone a few months."
And I would catch that look of
understanding in their eyes,
and found some comfort that they knew.

But on last New Year's Day,
my first thought upon awakening was,
Oh God, my son died last year,
not just a few months ago, not even this year,
but last year.
He will never live in this year.

They didn't understand, they didn't reason,
that last year, for me, the loss was still new.
They thought, "It happened last year,
so long ago, why does she still cry?"
I could see it in their eyes.

This New Year's Day, will it be different?
Will my first thought upon awakening be,
Oh God, my son died the year before last,
not a few months ago, not this year or even last year,
but the year before last?
He will never live in this year.

Will they even listen, should I not look them
in the eyes, for fear that I shall see,
"Why is she still crying? It happened so long ago.
It was the year before last."

Those words that we use
to describe the passage of time,
a few months, this year,
last year, the year before last.
They don't know that time stands still for me.

Will they understand that's why I cry?
Don't they know
my son just died ...the year before last?

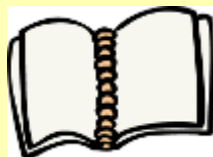
— Author Unknown



Another Year

Another year is starting. A new slate, fresh, nothing written on it, no joys, no new sorrows. It's an opportunity, and an obligation. What will it be like? What will it bring? There will be many events over which we can have no control. And there will be things over which we cannot exert our influence. What do we want from this new year? First, we need to remember that there is no magic. Tackle the solvable problems first. Take some time to discuss and identify a few things you can do to make this new year at least decent (*remember, you're allowed to be happy*). There is a song that includes in its lyrics, "All the people tell me so. What do the people know?" So you figure out what's realistic and possible for you. And try it. Don't be afraid to revise, revamp your schedule. It's not written in stone. Be good to yourself. Small pleasures can bring small joys. Small joys are better than none. The odd occasional treat flowers, calling a friend, a walk on a nice day - you know what pleases you. Don't be afraid to be kind to you. Help someone else. To reach out to another hurting heart in friendship, love, and caring, helps to heal our own wounds. A hug, a note, sharing something you've written, doing things for your chapter that helps others — *helps you too*. Another year is starting. With work and determination, together we can.

— Joan D. Schmidt, Central Jersey



January



January is the month when we reflect on the past year and look to the future. Many of us have traditionally made resolutions...this is the year we will stop smoking, lose weight, organize those closets, improve our lives.

But for bereaved parents, the New Year's promise is less enticing, and the resolutions feel hollow and trivial. All the things that once seemed so important fade as we realize this is a year our child will not see and a year we must move forward without them. It's hard to think about the future when it is the past we wish to embrace, the past when our loved one was alive.

But moving forward doesn't mean forgetting...it means moving with memory, carrying our love for our children with us, allowing their banner to flow our path as we continue to rebuild our lives.

The only resolution we need to make is a simple one: I will survive this year. As you face this New Year, remember, you are not alone. May we be nourished by memories and the knowledge that their love lives on through us all.

— Mary Clark
TCF Sugar Land/SW
Houston, TX

It Is True

"You will not always hurt like this."
These words are true.

If they do not reach
Your heart today,
Do not reject them:
Keep them in your mind.

One morning –
Not tomorrow perhaps,
But the day after tomorrow,
Or the month after next month.

One morning the dawn will wake you
With the inconceivable surprise:
Your grief will have lost
One small moment of its force.

Be ready for the time
When you can feel for yourself
That these words are true:

"You will not always hurt like this"

— Alexandra Sascha Wagner
For You From Sascha

On Memory

When you remember me, it means that you have carried something of who I am with you, that I have left some mark of who I am on who you are. It means that you can summon me back to your mind even though countless years and miles may stand between us. It means that, if we meet again, you will know me, and hear my voice and speak to me in your heart. For as long as you remember me, I am never entirely lost.

— Frederick Buechner
From the BP/USA Tampa Bay

Death's Aftermath (To a Newly Bereaved Parent)

Just a little while ago I walked
Where you are walking now.
Your child was special, too, I know,
And was quite different from mine.
Yet love is love and death is death
And pain is pain. Your pain is mine,
My pain is yours. Come, friend, let
Us search for hope together.

— Shirley Ottman
From The Slender Thread

SIBLING PAGE

My Grief Rights: Ten Healing Rights for Grieving Children

Author's note: This "bill of rights" for grieving children is intended to empower them to help themselves heal and to help direct the adults in their lives to be supportive as well.

Someone you love has died. You are probably having many hurtful and scary thoughts and feelings right now. Together those thoughts and feelings are called grief, which is a normal (though really difficult) thing everyone goes through after someone they love has died.

The following ten rights will help you understand your grief and eventually feel better about life again. Use the ideas that make sense to you. Post this list on your refrigerator or on your bedroom door or wall. Re-reading it often will help you stay on track as you move toward healing from your loss. You might also ask the grown-ups in your life to read this list so they will remember to help you in the best way they can.

1. I have the right to have my own unique feelings about the death. I may feel mad, sad or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No one will feel exactly like I do.
2. I have the right to talk about my grief whenever I feel like talking. When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it, that's okay, too.
3. I have the right to show my feelings of grief in my own way. When they are hurting, some kids like to play so they'll feel better for awhile. I can play or laugh, too. I might also get mad and scream. This does not mean I am bad, it just means I have scary feelings that I need help with.
4. I have the right to need other people to help me with my grief, especially grown-ups who care about me.

Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.

5. I have the right to get upset about normal, everyday problems. I might feel grumpy and have trouble getting along with others sometimes.
6. I have the right to have "grief-bursts." Grief-bursts are sudden, unexpected feelings of sadness that just hit me sometimes even long after the death. These feelings can be very strong and even scary. When this happens, I might feel afraid to be alone.
7. I have the right to use my beliefs about my God to help me deal with my feelings of grief. Praying might make me feel better and somehow closer to the person who died.
8. I have the right to try to figure out why the person I loved died. But it's okay if I don't find an answer. "Why" questions about life and death are the hardest questions in the world.
9. I have the right to think and talk about my memories of the person who died. Sometimes those memories will be happy and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died.
10. I have the right to move forward and feel my grief and, over time, to heal. I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss this special person.

— Alan D. Wolfelt, Ph.D.
Fort Collins, CO

My Grief Rights is available as a full color, oversized poster for \$10 plus shipping and handling from Companion Press. For ordering information, please call (970) 226-603

To My Sister

To my sister who saw through it all,
To my sister who wouldn't let me fall.
To my sister in heaven living a new life,
To my sister not living in a world of strife.
To my sister, my earth, wind, and sky,
To my sister fly hard, fly high.
To my sister who's my star shining bright,
To my sister good-bye and good-night.

— Laurie Dunham

Our Children Remembered

William P. Anthony Jr.
Son of Bill and Linda Anthony
June 1, 1965 - January 2, 1999

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

Lisa Marie Bishop
Daughter of Diane and Michael Eye
January 29, 1966 - July 20, 2004

Emily Ann Blazejewski
Daughter of Lee Ann and Doug Blazejewski
January 27, 1997 - January 2, 2004

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

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

David Ronnie Cain III
Son of Ginny and Donald Bussink
March 17, 1983 - January 31, 2003

Scott Eric Caplan
Son of Nancy Caplan
September 20, 1986 - January 6, 2006

David Michael Copeland
Son of Jay and Lois Copeland
March 27, 1978 - January 30, 2000

Mark Allen Craft
Son of Marika Bates
January 24, 1961 - January 20, 2004

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

David Michael Cutter
Son of Jim and Anne Marie Cutter
September 16, 2002 - January 2, 2003

Jason T. Easter
Son of Janice and Chris Kunkel
January 30, 1973 - September 9, 1999

Sherri Leigh Fant
Daughter of Vern Pierce
January 24, 1958 - April 1, 2003

Theresa Karen Gardner
Daughter of Joan F. Gardner
July 28, 1962 - January 7, 1994

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

Sara Elizabeth Hohne
Daughter of Donald and Karen Hohne
January 2, 1980 - June 13, 2003

Alison Marie Hylan
Daughter of Jan and Leo Hylan
April 24, 1986 - January 9, 2005

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

Mark Edward Keefe
Son of Debra and Mark Keefe
September 13, 1974 - January 8, 1991

Kevin Murray Kerr
Son of Debra and Richard Kerr
January 19, 1980 - September 4, 2001

Stephen William Kilian
Son of Billy and Aimée Kilian
Grandson of Andre and Anne Denault
Grandson of Jay and Debbie Kilian
January 15, 2004 - March 18, 2006

Donald Jerome "Jerry" Linsenmeyer Jr.
Son of Lucille Linsenmeyer
October 9, 1952 - January 24, 2003

Andrea Jean Loatman
Daughter of Janet and John Hewitt
January 12, 1980 - October 5, 1999

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

Walter H. Maynard IV
Son of Rose Marie Carnes and Walter Maynard III
January 2, 1965 - April 14, 2006

Christopher "Chris" Logan McFeely
Son of Samantha and Darell Sisteck
Brother of Taylor Sisteck
June 27, 1987 - January 15, 2005

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

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

Our Children Remembered

William A. Miller
Son of Mary J. Miller
Brother of Marlene Miller
September 1, 1964 - January 18, 2004

Richard "Todd" Mohr
Son of Jeannie and Ron Anderson
January 12, 1974 - September 25, 2007

Craig Steven Nelson
Son of Karen Coulson
April 2, 1974 - January 31, 1995

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

Kevin Eric Reichardt
Son of Carol and Karl Reichardt
January 20, 1975 - January 26, 1995

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

Charles "Charlie" Hubner Rice
Son of Doug and Stephanie Rice
January 12, 2002 - January 11, 2002

Phillip "PJ" Bernard Riek Jr.
Son of Pamela and Tracy Peterson
December 29, 1989 - January 17, 2000

Daniel Maurice Rothman
Son of Juliet and Leonard Rothman
January 20, 1971 - September 17, 1992

Thomas Jeffrey Schall
Son of Tom and Joyce Schall
January 16, 1963 - January 7, 2002

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

Jonathan Miles Schuppe
Son of Martha and Jim Schuppe
January 18, 1982 - January 3, 2005

Misty Dawn Smith
Daughter of Anne and DeWitt Wilcox
March 15, 1976 - January 12, 1997

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

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

Michael Shane Wheeler
Son of Lita L. Ciaccio
June 22, 1976 - January 11, 1997

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

Carole Anne Wilford
Sister of Aljuana Saunders
January 7, 1944 - May 4, 1998

Faith Jordan Williams
Daughter of Nicole Hawkins
September 26, 1998 - January 11, 1999

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

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



A Thousand-Piece Puzzle

Why am I a thousand-piece puzzle when everyone else is already put together? Why is the rest of the world a size 10? Why do their kites fly so high? Why does the grass grow greener next door? Because I am a thousand-piece puzzle.

Who am I Now? Who am I, now that my loved one has died? Who am I, now that I have survived the holiday season and find myself deep into the gloom of winter? Why do I feel so scattered? Why am I a thousand-piece puzzle when everyone else is so put together? Why does January seem so empty? Why do the seasons reflect my moods and why do I take on the cast of the weather outside? Just as the world is stiff and frozen outside my window, I feel dead and cold and scattered inside myself. Who Am I Now?

I managed to make it through the holiday season, though the "hows" of that feat are truly beyond my recollection. I can't even remember eating the holiday meals. In those glittering days I managed to smile and even to find a few moments of peace and joy; but here in the gloom of January, all I seem to see are the scattered pieces of my life cast before me on the card table, waiting for me to pick them up and make the picture. But what picture do all these pieces form? I used to think I knew. I used to know who I was and where I was going and how I was going to get there.

But now, now in the chill of January, I can't even remember where the puzzle begins and I end. I think I'm still grieving, and that surprises me. It's been ... (too long, regardless of the time frame you insert), and I should be getting better. Why do I still ache from a sunburn I got years ago when we were together on the beach? Why is there still sand in my shoes and why does your name still stick in my throat? Who am I now that the memories grow cold in January's chill?

Am I still a mother if there is no child to tuck in at night? Am I still a dad if there is no one to loan the car keys to? Am I still a wife if there is no one to snuggle up to in my bed? Am I still a husband if there is no one waiting at home for me at the end of the day? Am I still a sister or brother if there is no one to tease? Am I still a child if my parent has died? Am I still a human being, capable of loving and being loved, if the one person I loved more than anything has become frozen in time? Who am I now that my loved one has died?

The gloom has permeated even my toes, and my whole body seems icy. Why can't January be warm and gentle especially after the struggle of the holidays? I need some sunshine, some warmth, some help in turning over the puzzle pieces and putting them back together. I need some spring. But spring is a way off and I must (somehow) get through these days. If you're feeling like

I am, perhaps these few suggestions will help you find the pieces to your new puzzle.

1. Identify specific feelings. Do not generalize. Try to figure out exactly what's bothering you. Look for the tiny grains of sand that are still hiding in the bottom of your shoes. Acknowledge them. Be honest with those feelings, whatever they are. If you're angry, be angry. If you're sad, be sad. Be specific in your sadness!
2. Pick your worries. Focus on only one worry at a time. Give up being worried about being worried. Prioritize your worries. This helps combat feelings of being overwhelmed and you can decide which worries to keep and which to send to your: 1) mother; 2) children; 3) family; 4) neighbor; 5) enemy
3. Keep a picture or two of the sand castle where you can enjoy it every day. You may decide not to make a shrine out of your memories, but don't lose the joy that you had in making that marvelous moat! Keep the sand you found in the shoe - you just don't have to keep it there! That's what memories are for... A place to stash the important stuff that we need.
4. Become as informed and as knowledgeable as possible about this new world in which you live. We fear what we don't know, what we can't see, what we can't touch. Read, listen, and learn all you can about grief. It's not where you planned on being this winter, but it is where you are. Look around.
5. Listen to everyone. You will receive enough advice about how to do it (grief) to sink a fleet of battleships. Be grateful ... at least someone is talking with you! But, **FOLLOW YOUR OWN MUSIC.**
6. Be kind to yourself. You survived the holiday season, and now it is the beginning of another season, another way of living. Learn to forgive yourself for living.
7. Set small goals first. Accomplish them. Then, set bigger goals. Try starting with getting the garbage out on the RIGHT day. Then, open the closet ... The drawers ... the heart. Try going out. The next time you might be able to get farther than the driveway. **TAKE YOUR TIME.** It's a long way to the beach. You'll get there again ... someday.
8. Remember that life requires effort on your part. Make friends with the vacuum, the checkbook and the car. Become determined to learn to remove the box before microwaving the dinner.
9. Don't wait for happiness to find you again. Make it happen. Build another sandcastle, maybe on a different beach this time. Don't lose the memories just because

(Continued on page 9)

they hurt. Look at the pictures, listen to the song, remember the love ... you haven't lost that. How could you possibly lose the love you shared?

10. Keep turning the puzzle pieces over. But don't keep trying to put them back into the same picture. That picture is gone. There is a new picture to be made of those scattered pieces. Search for that scene. Search for the new you ... search for the new person you are becoming.

11. Don't forget how to dream, how to laugh, how to dance. The music is different but so is the season. The room may be empty, but the heart is not. The spirit may be filled with sand, but the shoes remember the steps. One day at a time is OK if you can manage it, but know that some days all you can manage is one minute at a time. But minutes add up to years, eventually, and each grain of sand adds to the strength of the castle. Build the

sandcastle again...If only in your memory. Just because it's January, doesn't mean the beach is closed forever. Build your new castle in the middle of the winter. Find the new occupant...the new you.

12. Be gentle this winter season. Turn the pieces over slowly, experiencing each piece as a newly found treasure. We can fill our days with bitterness and anger that the picture will never be the same. Or we can hope for the spring that will surely come if we let it. I know there are good things on the horizon. Winter can't last forever. If those things turn out to be less than we hoped, we will simply have to make whatever we get into something livable. Perhaps that is the secret to melting winter into spring: The challenge is to always carve out something beautiful from the icicle. There is joy in living ... if we allow time in the winter to reassemble the thousand-piece puzzle.

— Darcie Sims

We gratefully acknowledge the following donations:

Dave and Sue Alexander in memory of their son Jamie Alexander
 Rose Marie Carnes in memory of her son Walter H. Maynard IV
 Mike Milord in memory of his son Daniel "Dan" Michael Milord
 Joyce Pasquella in memory of her son Michael Eugene Burke
 Juliet and Leonard Rothman in memory of their son Daniel Maurice Rothman
 Virginia and Gordon Schmier in memory of their son David C. Schmier
 Ken Smith in memory of his niece Tracy Ann Fotino
 Dee Spirt-Rayment in memory of her son Gary "Jake" Spirt

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



Informal Support Group for the Holidays

Sylvia Simmons, a member of our chapter, will be sponsoring an informal support group to help those who are having a difficult time during the holidays. Anyone who feels alone during the holidays and would like to be with someone is welcome. The group will meet each Wednesday from November 26th through December 31st from 1:00 to 6:00 p.m. For further information and meeting location, contact Sylvia by email at Spsimmons@aol.com or by phone at 410-268-2020.

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

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NEXT MEETING THURSDAY JANUARY 8, 2009



RETURN SERVICE REQUESTED

DATED MATERIAL



UPCOMING MEETINGS & EVENTS:

Facing the New Year – Revisiting the Grief Process Again **Thursday, January 8, 7:30 P.M**

The January program will focus on looking ahead to the new year as we continue to deal with the loss of our children.

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 are urged to bring CDs or cassette tapes with music they have found particularly meaningful and helpful as they deal with their grief. We will use these as part of the discussion in some of our sharing groups.

We appreciate feedback on our Chapter meetings. If you have suggestions for future topics of discussion, please contact one of our Program coordinators:

Paul Balasic at pjbspmd@gmail.com or 443.566.0193, 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, 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.