



# Bereaved Parents of the USA Anne Arundel County Chapter

February 2010

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## The Beginning of the End of Winter

When February comes, there is finally an end in sight to the long winter. Sometimes, melting snow reveals the green tips of an early crocus or even the exquisite blossom itself, a soft flower of hope invading a harsh landscape of graying snow and biting wind and ominous sky. A small promise of new life to come.

My heart, grieving for my son who died, was like that image of winter. For somehow, even during the darkest, coldest moments, an unexpected sign of hope would intrude. And as the hours and days and months dragged on, my heart finally learned, once again, to be open to the promise of new life. Painful memories melted into loving ones. Life that seemed forever dormant once again sprang forth from my heart.

In living hopefully and lovingly, the seasons of the heart can change. The loving memories of your special child, like the flower in the snow, can be the beginning of the end of winter.

— *Maryann Kramer, TCF  
Arlington Heights, IL*

~ **MAY LOVE BE WHAT YOU  
REMEMBER MOST** ~



## Certainty

Last night, in the glow of freshly fallen snow,  
I felt for the first time in months a sense of peace.  
A feeling of wonder overcame me  
And I looked around to see if you were there.

Later, I thought to myself - "Why did I need to look?"

I know, as surely as I know how to breathe, that you are with me always.

You are closer to me now than ever before and the only difference is that instead of opening my eyes to see you, now I must open my heart.

— *Sandy Goodman*

## Library Update – You Can Help

For many who come to our Chapter's meetings, the Library that is always available there is an excellent resource for learning how to cope with the death of a child. Very recently, Bob and Sandi Burash assumed responsibility for the Library, and they are in the process of developing an accurate inventory of the books in the Library. If you have a book checked out, that is okay. Please keep it for as long as you feel it is necessary. However, please either call or email Bob and Sandi and provide them with the title and author of the book you are using, so that we can make sure it is part of our inventory. They can be contacted at 410-551-5774, or [burash@verizon.com](mailto:burash@verizon.com). Thanks for your help!



The printing and mailing of this newsletter has been donated by

Kathy and George Ireland in memory of their daughter

**Melissa Ireland Frainie**

December 12, 1971 – February 12, 2007

In memory of our spunky and determined daughter & sister, Melissa. She touched the lives of so many and stood heads above in her love and courage. The echoes of her laughter bring smiles to our life. She is ALWAYS in our hearts. We love and miss you so much!

Love, Mom, Dad & Lisa




**Next Meeting: February 4, 2010**

Doors open at 7:15 p.m.  
Meeting begins at 7:30 p.m.

Using Music in Dealing with Grief — Some bereaved parents find music can be helpful in dealing with their grief. A bereaved father 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.

Calvary United Methodist Church  
301 Rowe Boulevard  
Annapolis, MD 21401

Meetings are held on the first Thursday of every month and are open to anyone grieving the death of a child. Come around to the back of the church—there is parking and an entrance directly into our meeting room.

We are a self-help support organization dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We provide information and education to extended family and friends. 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.



### 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. Sometimes we schedule a 30-minute presentation at the beginning of our meeting. When the speaker or panel has concluded the presentation, we introduce ourselves and say our child's name. We then take a short break before dividing into sharing groups.

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—focus on the issues facing participants today.

**Chapter Leader:** Terre Belt  
410.721.1359  
tbelt@nahbrc.com

**Newsletter Team:** Clare Harig-Blaine  
Kathy Ireland  
Eryn Lowe

**Correspondence:** Barbara Bessling

**Treasurer:** Fran Palmer

**Hospitality:** Carol Tomaszewski

**Librarian:** Bob and Sandi Burash

**Programs:** Paul Balasic  
Jane Schindler

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 5:00 p.m. Please check our Chapter's website or call our Message Line for cancellation information.



**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.



Submissions for the March newsletter due to the Newsletter Team by February 1  
[newsletter@aacounty-md-bereavedparents.org](mailto:newsletter@aacounty-md-bereavedparents.org)

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BPUSA/AA County Chapter  
P.O. Box 6280  
Annapolis, MD 21401-0280



## Valentine Love – New Meaning for Bereaved Parents

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. Worn 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 of 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 ever end? Will the hope and joy and renewal once again warm the frozen places in our hearts?

Gradually, as the hurt begins to soften, 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.

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 "men" mustn't cry or say "I Love You" or that we're too busy just not to pay 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 Gambrill

Reprinted from *Bereavement magazine*  
[www.bereavementmagazine.com](http://www.bereavementmagazine.com)



## Winter

Winter can be the cruellest season of the year, cold and dreary, depressing and long. This can also be true of your grief in winter: the air feels raw, days grow tedious, nights go on forever. The shock and numbness that first shielded you have worn away. Now you must face the fact head-on about what lies all around you – all that you miss and all that you fear, all your sorrow and all your dread. There can be a piercing loneliness to winter grief. Not only are you separated from the one who died, you can also feel isolated from those around you, perhaps even alienated from yourself. People who do not understand how plodding grief can be may not be ready to bear all of your moods or all of your moans, and your world can appear so different, so silent, so stark, so empty.

This is exactly the world you need. The winter of your grief is a time to do what is best for you; a time to be, just to *be*. A part of you may wish to push ahead. Winter says, "Take your time." A part of you may wish to get this over with as quickly as possible. Winter says, "Be patient." Something within you may want to escape. Winter says, "This is what you need right now."

This time offers an opportunity to do what you may not often do – sit and be quiet, walk and be aware, write or talk and be reflective. You can spend time with yourself and make a close friend. You can immerse yourself in the stillness and let it inform you. You can open your eyes to the starkness that is around you and find unusual beauty. You can use this time of barrenness to begin healing.

— James E. Miller  
"Winter Grief Summer Grace"



### A Father's Thoughts

It is now nearly fifteen and a half years since our son Philip lived his short life. During the holidays, we traveled to Pennsylvania and while there stopped by Philip's grave. Jane voiced the question, "Why, after all this time, does it still hurt so?"

Part of the reason, we who have had children die know, is that we have lost a chunk of our future.

Jane and I have also been aware that we have so little of Philip's life. He was born prematurely and died three days later of respiratory complications. We have no pictures, not even a toy or blanket, no article of clothing that would have been his. His early birth preceded showers and other preparations. The most prominent object of our memories is the stone that marks his grave.

TCF has provided for me needed encouragement to get in touch with Philip's life. Because of the discomfort it causes in conversations, we don't often talk about Philip to others. We usually only mention our two living sons when talk turns to children. I received a form to be completed with biographical data about myself and family. There were spaces for my parent's names. On the appropriate line I wrote my father's name and in parenthesis "deceased." A little further on the form were lines for our children's names – three lines. I hesitated a moment as I always do, and then on the top line wrote "Philip Donald (deceased)." I felt sadness and tears as I often do when faced with listing our children. But there was also a good feeling as I affirmed that, though, dead like my father, Philip, too, had lived – however briefly. He had created life and has left his impact on us. He lived.

For a few very special moments, I flashed back to those moments we stood outside the hospital nursery. I remembered how we talked about his courage and fight as he struggled against insurmountable odds, and the handsome features of his tiny body. I remembered how our love and prayers penetrated the glass of the nursery window to him. And in those special moments of memory, I realized that while it had been all too short, we had a relationship with Philip and he has left a mark on our lives. And after all of this time, there were tears of joy mixed with the sorrow, and there was a touch of peace.

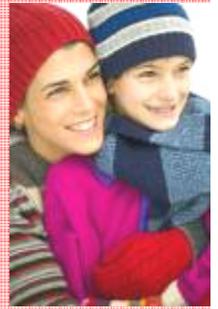
I still do not know the why of his death, but for me at last his life is no longer locked behind the gravestone. I still wish he had lived, even that we could have held him – touched him – in those brief hours of his life, that we had a picture to aid our memories. But the memories I have of his life are precious, and I feel love and pride for Philip even as I do for Joel and Matt. And with that feeling, a little more of the grief heals.

— Don Ray  
Jamestown, NY

### A Special Valentine

A touch of your hand  
A smile on your face  
Another time, another place.  
You were my girl,  
I was your mom.  
Together we met the world head on.  
Death cannot dim the memories so fine.  
Your place is there,  
This world is mine.  
But you will always be  
MY SPECIAL VALENTINE.

— Arlene Burroughs, TCF  
Pikes Peak, CO



***I dropped a single tear into the ocean;  
When you find it, that's when I'll stop missing you.***

### Tell Me

Tell me, what is it like when the  
bottom falls out of your world?  
When life ceases to have any meaning  
and your future is no more?  
When your heart breaks in two  
and there seems no reason to go on?  
How do you find motivation for tomorrow?  
Perhaps there is no answer  
And you ask "Why does God permit such tragedies?"  
You live your life as best you can  
You help others along the way  
and yet...  
You are rewarded with such pain.  
How do you face another day  
when half your life is no longer here?  
Do you give up and walk away  
with happiness a distant place?  
Or do you leave the door of your heart ajar  
so that healing will enter and life reborn?  
For God comes to those that weep  
It is He who will get you through  
Out of tragedy new life will come  
Out of darkness will come light  
Be brave, be strong and light the candle of tomorrow.

— D. Dobson





## SIBLING PAGE




### Letter to My Brother

Suddenly you're gone. I'm still here. Why? How can this be? Someone tell me the reason, the answer. How can I fill the void, the space once so full of life? What will I do? How will I be strong for others when the sting of pain is so real, so near? Though everyone seems calm, my soul screams at the injustice, the unfairness of losing you. I miss you. I think of you every day and feel you in my heart always. Whatever the reason for your leaving, I know your living had a reason. Despite the brevity of your life, you lived a lifetime's worth. You blessed us with your presence, your specialness. I have only to think of you to feel the joy you've left as a legacy. You shaped the purpose of my life. I can see the world through your eyes.

— Robin Holemon, TCF  
Tuscaloosa, AL

### Playing in the Shadows

We grew up together big sister, little brother. I took care of you until you were old enough to care for yourself. Though you didn't say, I knew you loved me.

We played in the sunlight, you and I. Remember the games of mother-may-I and hide and seek?

Sure we had our fights as all siblings do. But through it all we never lost our love for each other.

Now you're gone. I'll never see you again, except in the memories of those sunny days. You will forever be sixteen, far too young to die. You had your whole life to live. I'll always grieve, but I must go on. Still, without you, I play alone in the shadows.

— Cheryl Larson  
Pikes Peak, CO



### How Can They Move On?

How can they move on? Every day I realize that while my brother's death may have touched many people's lives, they seem to be able to just pick up where they left off and continue with their lives. For me, it has been so much harder.

I learned this week, that last year, my brother's girlfriend had gotten married. While I am very happy for her to have finally been able to love again, my happiness is also filled with a little jealousy. I think of my brother at some point every day. Does this mean that she has forgotten him? I have asked myself this question all week. I hope that she hasn't and at least remembers the good times that they had sometimes. I find it hard to think of her with someone else, but she was so miserable for so long, she deserves a little happiness. I was also told that she is pregnant and is having her baby soon. When I heard this I almost cried. I think that was harder than finding out that she was married. Then a real jealousy kicked in. I thought, "Hey, what about Sean's baby?" He'll never know the joy of being a parent.

After mulling this around for awhile, I realized that everyone must move on. Sometimes I feel as if I can't go on another day because I feel so much pain. That pain is not so strong as it was two or three years ago, but it does come back to visit now and then. When Sean first died, a few of his friends came over a lot. Over the past few years, that began to happen less and less until his friends stopped coming at all. One of his friends still comes by or at least calls my mom at Christmas. Another puts presents on his grave occasionally.

I know that a lot of people cared about my brother, but I think that knowing him for 19 years and being as close as we were has made it all the harder for me. I know that he watches over our family and is always with us. I know in my heart that moving on is not the same as forgetting. I hope with my heart that all who knew Sean still spare at least one thought for him once in awhile. While I wish every one of his friends much happiness in their lives, I hope that they will never forget.

— Traci Morlock, BP/USA  
St. Louis, MO

### 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 memory of her sister, Meggan McDermott

## What They Say

Easy to recall the often heard and meant to be consoling -- yet unsettling and sometimes thoughtless -- words spoken or written to grieving parents. I've noticed that over time, many bereaved parents begin to laugh, forgive and even understand the intent behind these comments:

"I know how you feel."

"God wanted him home, or God had his own reason, or it was meant to be so you have to accept it and move on."

"Some day you will have closure."

"Let's talk about something else since this is obviously upsetting you."

"At least he's with God. He's not suffering anymore. Or, at least he didn't suffer."

"Someday you'll be together."

"Time heals all wounds."

"You have other children or you can have another child."

Many will never know the loss of a child and for that I'm thankful. What we know would be best said is the simple but true, "I'm sorry." Finding a good listener is also a gift. Sometimes someone will ask, "What can I do to help?" I answer, "You can keep us in your thoughts and prayers and remember our son." I have been able to say to another when I'm feeling up for conversation, "You know, I don't feel that way. I feel...or I let my response hang when I don't know how to quite respond to what 'they' are expressing but they're trying hard. It really ends there usually when they're trying hard. I don't have to explain how I really do feel, why I feel, how I feel, or what it feels like. The education is mine alone. Simple enough to say, 'I can't really explain it to you.'"

— *Clare Harig-Blaine, BP/USA*  
*Anne Arundel County, MD*  
*In memory of Galen Andrew Harig-Blaine*



## 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 echos 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, BP/USA*  
*Calgary, Canada*

## Panache

While I was working out the other day, the pastor asked how I was doing with Matt's death. Raised in a German family who would say they were fine if their arm was falling off, I was of course fine. But the question raised some interesting thoughts. If you mean am I eating, sleeping, exercising more normally, I am. If you mean do I cry less and laugh more, I do. If you are asking if I've reached closure, the answer is another story.

Several years ago, I was teasing the quarterback that he should try softball. The girls could help his throwing motion. In response, he tossed me a pass. As the ball sped towards me, I raised my right hand to catch the pass. Bam, the ball hit me in the face. I'd forgotten that my right arm was frozen.

Now, I'm not crazy. If I'd been filling out forms in the doctor's office, I would have included a frozen right shoulder, but my actual reaction was to use the arm which wasn't there anymore.

That's where I am with Matt. I still get the urge to call and talk wrestling. I start to write him a note describing class. When we beat L-C, I had to share the night with him. When Laura passed her nursing test, I couldn't wait to share. Matt is very much a part of my daily life. I'm not crazy. The only hugs I get are from my memory, but Matt will always be a part of me. Buddhists understand. We all share multiple planes and although Matt's body is gone, we are joined at many overlapping levels. Frost said, "The grave is lovely, dark, and deep, but I have miles to go before I sleep, miles to go before I sleep." Someday we will share all planes. Today, I'm better.

## Rooms and Things

How many people have suggested to you, in subtle and not so subtle ways, that you'd be better off if you'd only go ahead and get rid of your child's things and redo the room? You see, they think that holding on to these things is morbid. These people who have never suffered the loss of their children really do not understand that you have to do your grief work and whether you do this sad task now or later really doesn't affect the length nor depth of your pain.

Some parents need to make the changes and decisions about personal belongings as soon as possible after the death. Having the chore ahead of them is more painful than the doing. These parents are advised, however, to go slowly when disposing of belongings. It may seem to you also that not seeing or having anything around to remind you of your dead child will somehow make your pain less. Later though, when your grief has softened, you may find you need that special something but, by then, it's too late.

On the other hand, you may try to keep everything and it may take many months and several acts of sorting through the belongings at intervals before you are able to decide on just the special things you want as mementos. As time goes by, you will be able to let go of the less important things without that having to rip you to pieces. Not everything will forever have the same value to you. You may change in how you feel and find that it comforts instead of hurts to see your subsequent child wearing some of the baby's clothes, or that catching a glimpse of an old familiar shirt on one of your teenagers brings a warm feeling.

Whether you've made changes or haven't been able to make changes, it's okay. There's no rule about when you do it and don't let well-meaning friends or relatives make you feel guilty because your needs don't meet their timetables. What we would like to suggest to you, though, is that there are no rules about when you do it, but that you do have as a goal eventually making the changes. Otherwise, the room and things become a shrine and if you have surviving children or a spouse, they may find it difficult to live in this atmosphere. If children could just be honest with you, many would tell you that they don't want their sibling punished; instead, bring the record player and records into the den or use the backpack and tent, or whatever, because it comforts them to feel that their sibling has once again become a part of the family and not relegated to the "room." I don't think I know of anyone who hasn't kept some belongings of their dead child, so that must be normal. What we learn after the death is that life is tenuous at best and, rather than hanging on to an unchanged room, we try to value the important people who are left in this life, be they family or friends, and savor them along with the memories of our dead child. For, when all is said and done, those memories are truly the important part of your dead child. That's a truth that doesn't need changing.

— Mary Cleckley, BP/USA  
Atlanta, GA

## Pennies from Heaven

I found a penny today  
Just laying on the ground  
But it's not just a penny  
This little coin I've found



"Found" pennies come from heaven  
That's what my Grandpa told me  
He said angels toss them down  
Oh, how I loved that story

He said when an angel misses you  
They toss a penny down  
Sometimes just to cheer you up  
Make a smile out of your frown

So don't pass by that penny  
When you're feeling blue  
It may be a penny from heaven  
That an angel tossed to you.

— C. Mashburn

## Dear Child of Mine

Dear child of mine, who died before your time

*I am grateful for your life.*

Though death brought the end of hopes and dreams

*Still I am grateful for your life.*

Through you I have known joy and sorrow, laughter and tears.  
Through you my life has been enriched, compassion heightened  
And I am more keenly aware of the grief of others.

*I am grateful for your life.*

Now I draw upon my memories of you – some happy and some sad.  
They are priceless, precious memories that help me bear the pain.  
Through them I will learn to live again.

*I am grateful for your life.*

I have been blessed by your life and left with your love.  
I will share that love and strive to live to be a blessing to others.  
Dear child of mine, though you died before your time, you are never far away from me.  
I have locked you in my secret heart of hearts and there I will love you through eternity.

*I am grateful for your life – dear child of mine.*

— Betty Stevens, BP/USA  
Baltimore, MD

## Unwelcome Grief

I miss my life, before grief walked in, and made itself at home.  
 Grief is something I wish would go away and forget how he found his way here.  
 Who does he think he is, just showing up unexpected, taking control.  
 I want him to go away, never to return.  
 Grief is so powerful, it causes so many emotions.  
 Grief can silence you, but can make you want to scream.  
 Grief will bring you to your knees, but also make you want to run as far away as you can.  
 Reading a good devotional can bring you comfort, and going into the woods and yelling at trees can be as soothing.  
 Grief is so powerful.  
 I want it to go away, but I also need it to stay.  
 It makes me numb, but also make me feel.  
 Grief is so confusing, but makes so much sense.  
 Grief can stay in my house.  
 Grief can be overpowering but can be contained.  
 Mature grief can be told when to go away and when it is needed.  
 Mature grief can be entwined in my life and lived with.  
 Grief. My life. Forever my enemy and my companion.

— Lee Ann Hutson BP/USA  
 Montgomery County, IN



## Sometimes

Sometimes something clicks  
 And with a tear  
 Remembrance of the pain  
 And the loneliness  
 Flood the heart.

Sometimes something clicks  
 And with a smile  
 Remembrance of the love  
 And the laughter  
 Flood the senses.

And there are times  
 When nothing clicks at all  
 And a voice echoes  
 Through the emptiness  
 And numbness  
 Never finding the person  
 Who used to fill that space.

And sometimes  
 The most special times of all  
 A feeling ripples through your  
 Body, heart, and soul  
 That tells you  
 That person never left you  
 And he's right here with you  
 Through it all.

— Kirsten Hansen

*My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations.*

— Michael J. Fox

## One Small Star

When I need to feel you near me  
 I stand in this quiet place  
 Where the silver light of countless stars  
 Falling on my face  
 Though they all shine so brightly  
 Somehow it comforts me to know  
 That some that burn the brightest  
 Died an eternity ago

But your light still shines  
 It's one small star to guide me  
 And it helps me to hold back the dark  
 Your light's still shining in my heart

I'm learning how to live without you  
 And I never thought I could  
 And even how to smile again  
 I thought I never would  
 And I cherish your heart's memories

Cause they bring you back to life  
 Some caress me gently  
 And some cut me like a knife

Can your soul be out there somewhere  
 Beyond the infinity of time  
 I guess you've found some answers now  
 I'll have to wait for mine  
 When my light joins with yours one day  
 We'll shine through time and space  
 And one day fall on a distant age  
 Upon some stranger's face

But your light still shines  
 It's one small star to guide me  
 And it helps me to hold back the dark  
 Your light's still shining in my heart

— John McDermott

## 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

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 Marie Clifford  
Marilyn Mabe's son'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

John Mario DeMichiei Jr.  
Son of John and Linda DeMichiei  
February 24, 1979 - October 23, 2008

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

Tyler A. 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

Robert Joseph Griffith III  
Son of Johnna Griffith  
February 17, 1978 - July 11, 2009

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

Kelly Lynn Hopkins  
Daughter of Denise Morin  
August 24, 1974 - February 11, 2009

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

Samuel Charles Mabeus  
Son of Mary and Jim Mabeus  
July 17, 2006 - February 29, 2008

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 Dawn Umbel  
Brother of Christina 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@sdaalex.com](mailto:dralex@sdaalex.com)*

# Bereaved Parents of the USA

## Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

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

### RETURN SERVICE REQUESTED

*NEXT MEETING February 4, 2010*



#### UPCOMING MEETINGS & EVENTS:

##### Using Music in Dealing with Grief

**Thursday, February 4, 2010**

Some bereaved parents find music can be helpful in dealing with their grief. A bereaved father 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.

##### Nothing Lasts Forever

**Thursday, March 4, 2010**

Father Godswill Agbagwa, from Holy Trinity Catholic Church, will offer attendees a message of hope. Join us as he shares his perspective for us to consider.

#### RESOURCES

Bereaved Parents of the USA

[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org) or 708-748-7866

Hospice of the Chesapeake

[www.hospicechesapeake.org](http://www.hospicechesapeake.org) or 410-987-2003

Maryland Crime Victims' Resource Center

[www.mdcrimevictims.org](http://www.mdcrimevictims.org) or 410-234-9885

Suicide Support Group

410-647-2550; meets the first Tuesday of each month in Severna Park, MD

MIS Support Group (miscarriage, infant death or stillbirth)

443-481-6114; meets the first Monday of each month in Edgewater, MD

Grief Recovery After a Substance Passing (GRASP)

[www.grasphelp.com](http://www.grasphelp.com) or 843-705-2217

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).