



Bereaved Parents of the USA

Anne Arundel County Chapter

September 2011

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CHAPTER NOTES

Our Anne Arundel County Chapter of the Bereaved Parents is sponsoring the Ninth Annual Memory Walk on Saturday, October 1. On page 9 of this newsletter, you'll find logistical details about the Walk, which is open to everyone grieving the loss of your child. It's a great venue for everyone to gather and remember. What follows are highlights about optional activities leading up to the Walk:

- **Getting Walk Sponsors** – Some who participate in the Walk get “sponsors” for their participation in and successful completion of the Walk; sponsors make donations to the Chapter in support of the Walk participant and in memory of their child. Donations help to cover the costs of the Walk and ongoing Chapter activities.
- **Sponsor Sign-Up** – Sheets are included in this newsletter (page 11). (Walker registration forms are also needed for all Walkers, see page 10.)
- **Making a Memory Walk T-shirt** – At our monthly Chapter meeting on Thursday, September 1, you will have the opportunity to make a special t-shirt for the Memory Walk. See page 2 of this newsletter for more information. Please email the picture you wish to use on the t-shirt in advance of the meeting to bebessling@aol.com, so that she can have the iron-transfer ready at the meeting, or bring your picture to the meeting.

Helping with the Walk – If you can help Barbara Bessling with the Walk (set-up, clean-up, food pick-up, etc.), see the bottom of page 9 for her contact information.



The printing and mailing of this newsletter has been donated by
Holly & Alli Enders in memory of their daughter
Christine Kelly Enders
September 26, 1986 – October 15, 2008

Happy 25th Birthday to our darling beautiful daughter and sister, Christy. You left us almost 3 years ago but it seems like just yesterday. We all wish you were still here with us to celebrate your life and our wonderful memories of you. Miss your presence everyday and can't wait to be reunited again someday.

All our love, Mom, Dad, Drew & Scooter



Next Meeting: September 1, 2011

Making Memorial Shirts for the Memory Walk — Following a short discussion about the emotional value of making a memorial, you will create your Memory Walk shirt. Bring the shirt (t-shirt, button down, etc.) you wish to decorate and the picture you would like to have copied and ironed onto your shirt. (OR, send your picture NOW via email to bebessling@aol.com, and she will have the iron-on transfer ready at the meeting.) Choose a picture close to the size (no larger than 8½ x 11) you would like to iron on; the sharper the photograph, the better the iron-on will come out. We will scan and create at least one photo for each person. (White or light-colored shirts work best; the fabric of the shirt should not be too stretchy, and it needs to accept a hot iron. We will have other supplies for you to use.) Join us in making memories and learning more about your children and ours.

Sharing groups – a key part of each Chapter meeting – will be held as usual for first-time attendees, and the newly and non-newly bereaved.

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.



Submissions for the October newsletter due to the Newsletter Team by September 1.
Send an email to: newsletter@aacounty-md-bereavedparents.org.

Chapter Leader:	Terre Belt 410.721.1359 tbelt@nahbrc.com
Newsletter Team:	Terre Belt Kathy Ireland Eryn Lowe
Treasurer:	Fran Palmer
Correspondence & Hospitality:	Carol Tomaszewski
Librarian:	Bob and Sandi Burash
Programs:	Paul Balasic



Would you like to sponsor the Chapter’s newsletter or website (www.aacounty-md-bereavedparents.org) for one month in memory of your child? It’s a wonderful way to honor your child’s memory – to say his or her name for all the world to hear -- while providing financial support to the Chapter and its many activities offered to all those mourning the loss of a child.

Newsletter sponsorship is \$75 and website sponsorship is \$25. Just send an email to Chapter Leader Terre Belt (tbelt@nahbrc.com), or call her at 410-721-1359, or sign up at a monthly meeting.

Say Their Names!!! And help the Chapter, too!

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

In Search of Lost Joy

I can't think of anything else I'd rather be doing right now than living. That wasn't always true. After my son's death, there were days when all I could think about was dying, to join my son or just to relieve my pain. Now there is a freshness about each day that I never understood before. I got to where I am because of time and a commitment to rediscovering the joy of life.

Time does help fade the fabric of our grief. As time stretches us away from the moment of our child's death, we may begin to grow away from our child. And so we cling to that which we know, even though it tears our heart again and again. Is it possible that one day sometime in the future, we will begin to understand that joy can return or we remember our child's life, not his death?

We once feared we would never be happy again, that only helplessness and darkness would prevail in our lives. But now ten years later, I can share with you the wonderful discovery that we can do more than survive.

Survival is not enough, I want to live. We cannot find words to soothe the hurt; there simply aren't any. We can, however, build supports and safety nets. Recovery from the death of a child is a matter of choice. Time does help heal open wounds. Scars form and serve as reminders. Gradually, however, we must learn to live with those scars and slowly let them sink in place.

Recovery begins to occur when we can learn to invest our energies, emotions and love rather than seek to replace it. When we completely understand we did not lose our child, recovery is possible. Our child died, but the love we shared between us can never be destroyed.

I cannot reach out alone. I need the love and strength of my new-found family to be a cheering section, and a safety network of caring individuals who will support me if I fall, and who believe strongly enough in me to put me back on track to go on again.

The human spirit has an infinite capacity to survive, endure, and grow. It requires both laughter and tears to thrive and flourish. It requires love and faith, strength and support as well. Hurt and pain have their lessons, too, and we cannot rob ourselves of the richness of the tapestry that hurt and love weave together. To eliminate one from the loom is to break the thread and steal away the fabric.

For those of you who are hurting too deeply, whose pain is too fresh, whose child's death is still too close to hear me, I want to give you the message: HOLD ON, HOLD ON TIGHT. Right now for you, there seems to be little sunshine, little hope and no energy to choose life. So hang on tight.

And if you know parents who are struggling just to hang on, reach out to them right now. Loan them some of your strength, knowing they will loan you some of theirs when you need it. That's what support groups are all about, helping each other through the valley of the shadow, helping each other through the hurt, and helping each other through the anger, the pain, the emptiness, and the silence, helping each other rediscover life.

We have to learn to dream new dreams and hope new hopes, and it is here, with the love and support of our new family of friends, that our new journey begins. We come here because our children died, because we hurt and grieve and ache with a loneliness that at times seems endless. I hope each of you will want to do more than survive the death of your child, and that is to want to live.

Grieving Grandparents

Reading the stories about grieving grandparents, I can't help but be reminded of something my mother told me about a year ago. I had just received several cards on Christopher's birthday and was telling her about every acknowledgement I received. She started to cry and told me how grateful she was to know others reached out to me in my sorrow and grief.

Then she said, "I wish someone would remember me in that way sometimes. Nobody thinks I hurt, but I do. I hurt so much for you and I miss Christopher so much, but my friends never acknowledge my grandson's birthday to me, or the anniversary of his death."

Then I realized that I, too, just like them, was one of those people who didn't understand her needs. She has always been so supportive and always, always talks about Christopher, yet even I had failed to ever send a card or note to her that just said, I know you hurt, too – for me and for Chris – and I know your life is different now, too. She so desperately needed to know that others understood her pain and she felt so alone in grief. She felt so out of place with her grief, therefore not entitled to be remembered in any special way. I think grandparents often really are the forgotten grievers. I can tell you without a doubt that my mother's pain is every bit as intense and devastating to her as my pain is to me. For every tear I shed, she sheds two...one for him and one for me.

Please remember your parents along this journey, too. Because all of those little acts of kindness that mean so much to us, mean equally as much to them as well. We can never assume they know that we understand their pain. We have to tell them. They'll need to be remembered, too.

— Mickey Crawford, TCF, Lawrenceville, GA





Water Bugs and Dragonflies

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple and comfortable life in the pond with few disturbances or interruptions.

Once in a while sadness came to their community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew, when this happened, their friend was dead – gone forever.

Then one day one little water beetle felt an irresistible urge to climb up that stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top.

When he reached the top and climbed out of the water onto the

surface of the lily pad, he was so tired and the sun felt so warm that he decided to take a nap. As he slept, his body changed, and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying. So, fly he did. And, as he soared, he saw the beauty of a whole new world and a far superior life to any he had known existed.

Then he remembered his beetle friends and how by now they were thinking he was dead. He wanted to go back and tell them – explain to them – he was now more alive than he had ever been before. His life had been fulfilled – not ended! But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then, he understood that their time would come, when they, too, would know what he now knew. So, he raised his wings and flew off to his joyous new life.

— Doris Stickney, *The Pilgrim Press*

Nine Years or Nine Hundred

Sometimes it seems that nobody understands the pain of losing your child.

“Well,” they say, “it’s been nine years, shouldn’t you be over it by now? My parents died (or my cousin, or my dog) and I did my grieving and got over it,” they say.

Nine years – It seems like only yesterday.

And I remember the horror:

- The police knocking at the door in the middle of the night
- Making funeral arrangements (funeral arrangements?) for my son
- Asking his best friends – boys who were just yesterday playing ball and laughing with him – to be his pallbearers
- That awful empty feeling in the pit of my stomach when the limousine from the funeral home drove up to our house
- Seeing his casket poised above the freshly-dug grave
- Being pulled away from the graveside when the eternity of services was done
- Waking up every morning for weeks and for a blessed split second thinking everything was right with the world, then the reality crashing in that he is dead
- Fumbling my way, somehow, through the days and nights.

Yes, my friends, it’s been nine years
 And still it hurts to say his name
 To think what he might have been doing now with his life
 To realize what a waste of a young life it was.
 So, please don’t expect me to be “over it” or “okay.”
 Not in nine years
 Or in ninety
 Or in nine hundred.



— Barbara Koontz Clarihew, TCF, Bucksmont, PA

SIBLING PAGE

Those We Love

Those we love remain with us,
For love itself lives on,
And cherished memories never fade
Because a loved one's gone.

Those we love can never be
More than a thought apart,
For as long as there is memory,
They'll live on in the heart.

— BP/USA, St. Louis, MO website



There is a Heaven

I know that there's a Heaven, for I've seen it many times,
Deep within my heart somewhere and etched into my mind.

It's a field all filled with flowers, a warm, bright summer day
Just like the one behind the house where we used to play.

The summer breeze caresses me and dances softly in my hair,
As I stand and look across the field and see you standing there.

We laugh and run through the tall grass; the day then turns into dusk.
And Mom and Dad, they call us home as the moon smiles down upon us.

You look just like you did when you left, but you're young and strong again.
And my life is so complete, just as it was back then.

My eyes may get old and tired one day; I may have children of my own.
Or it may be tomorrow, for one can never know.

But I know when my days come to an end and I open my eyes to see,
If there's a God in Heaven you'll be there waiting for me.

— Lisa O'Grady, TCF, Arlington, TX



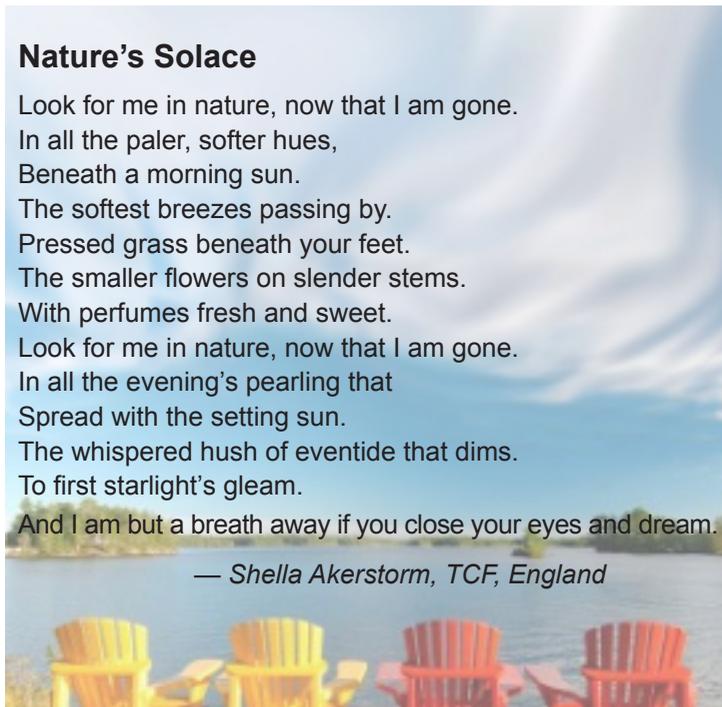
“There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief...and unspeakable love.”

—Washington Irving

Nature's Solace

Look for me in nature, now that I am gone.
In all the paler, softer hues,
Beneath a morning sun.
The softest breezes passing by.
Pressed grass beneath your feet.
The smaller flowers on slender stems.
With perfumes fresh and sweet.
Look for me in nature, now that I am gone.
In all the evening's pearling that
Spread with the setting sun.
The whispered hush of eventide that dims.
To first starlight's gleam.
And I am but a breath away if you close your eyes and dream.

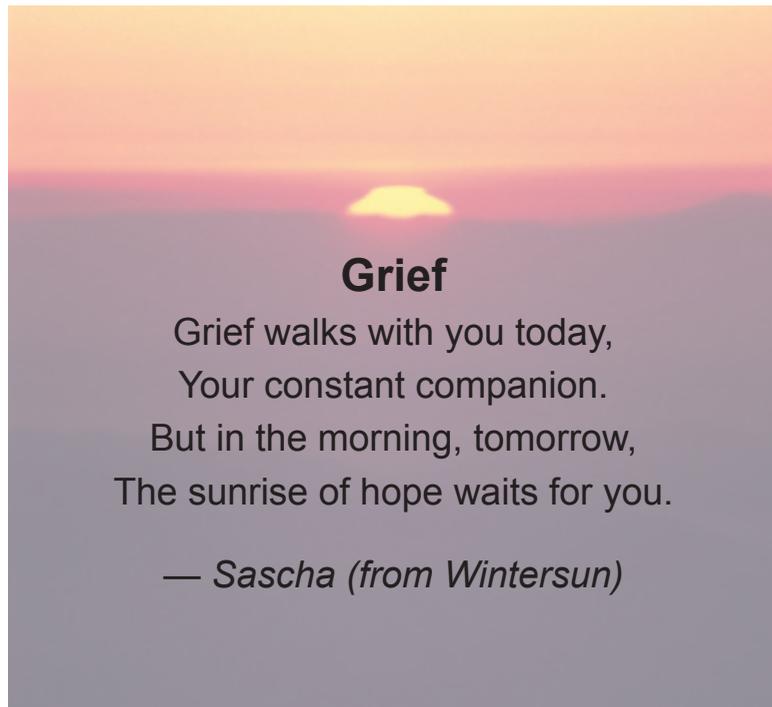
— Shella Akerstorm, TCF, England



Grief

Grief walks with you today,
Your constant companion.
But in the morning, tomorrow,
The sunrise of hope waits for you.

— Sascha (from Wintersun)



Our Children Remembered

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

Joseph Benjamin Antonelli
Son of Carole Antonelli
November 6, 1961 - September 9, 2003

Elizabeth Sinton Archard
Daughter of Barbara Hale
September 25, 1964 - August 27, 1978

Stephen Alexander Beck-Pawlikowski
Son of Jessica Beck
September 1, 2010 - September 1, 2010

Patrick John Bennett Jr.
Son of Patrick and Deborah Bennett
September 27, 1975 - April 15, 1999

Jamie Bessling
Son of Judy and Ed Bessling
October 23, 1974 - September 23, 2002

Amanda Susan Blackett
Daughter of Cindy and Jerry Blackett
May 2, 1988 - September 22, 2006

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

Traci Lynn Boone
Daughter of Bonita Boone-Adamecz
September 17, 1964 - August 17, 1986

Preston Leon Bromley
Son of Sandy and Leon Bromley
March 30, 1982 - September 2, 2003

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

Mary Kathleen Carmody
Daughter of Mary Carmody
August 24, 1958 - September 17, 1998

O. Steven Cooper
Nephew of Thomas and Ethel Cleary
Cousin of Frances Palmer
July 5, 1954 - September 26, 1998

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

Alexandra "Allie" Ann Denevan
Daughter of Gregory J. Denevan
September 18, 1985 - August 21, 2002

Alexandra DiLego
Daughter of Tom and Mary Sue DiLego
September 20, 1999 - September 20, 1999

Andrew Thomas DiLego
Son of Tom and Mary Sue DiLego
September 20, 1999 - September 20, 1999

Dayden Alexander Dunn
Son of Ryan Dunn and Amanda Guinn
Grandson of Beverley and Wayne Dunn
Grandnephew of Mary and Ron Miscavich
September 12, 2006 - June 1, 2008

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

Bryan Clinton-Duvall Edwards Jr.
Son of Jenny Bush
October 28, 1988 - September 16, 2007

Christine Kelly Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

Ronald Wesley Farley
Son of Dorothy and Donald Farley
September 15, 1955 - June 28, 2000

Cynthia Lynn Ferguson
Daughter of Doris and Charles Clair
September 4, 1952 - March 28, 2010

David Jonathan Frame
Son of Carol Brothers
April 12, 1967 - September 11, 2001

Lauryn Beth Grapski
Daughter of Kathleen Grapski
September 17, 1980 - November 17, 2000

Sarah McSweeney Gray
Daughter of Kathy and Bob Gray
November 12, 1983 - September 21, 2003

Jeffrey Andrew Grimm
Son of John and Linda Grimm
November 25, 1973 - September 28, 1989

McKayla Raeanne Hall
Daughter of Tammey Decker
July 22, 2000 - September 20, 2003

Eric Paul Haynal
Son of Nancy Doherty
March 7, 1969 - September 13, 2005

Daniel Embert Hinton Jr.
Son of Dan and Pam Hinton
September 23, 1970 - March 7, 2003

Damian Antwan Johnson
Son of Joycelyn Jones
September 21, 1986 - December 10, 2005

Matthew James Katz
Son of Bob and Sue Katz
March 13, 1982 - September 7, 2003

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

Brice Charles Kelley
Son of Hannah and Chris Kelley
September 24, 2002 - May 31, 2004

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

Nicholas Paul Liberatore
Son of Larry and Pat Liberatore
September 27, 1980 - June 9, 1997

Kenneth Lee Merson
Son of Dottie Merson
September 1, 1960 - June 5, 2007

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

Our Children Remembered

Chad William Muehlhauser
Son of Paula and Bill Muehlhauser
October 3, 1983 - September 16, 1992

Eric Richard Munz
Son of Barbara and Richard Munz
September 21, 1963 - August 14, 2002

Scott Thomas Palmer
Son of Frances Palmer
Grandson of Thomas and Ethel Cleary
August 3, 1983 - September 1, 1996

Sarah Elizabeth Patterson
Daughter of Cindy Patterson
June 28, 1987 - September 19, 2006

Patrick Michael Patterson
Son of Sylvia Simmons
September 6, 1965 - September 8, 1965

Michael Patrick Patterson
Son of Sylvia Simmons
September 6, 1965 - December 18, 2006

John Christopher Poe
Son of Sharon and Ben Poe
October 12, 1967 - September 24, 2001

Jayla Monet Powell
Daughter of Dorie Powell
Granddaughter of Doris Powell
September 26, 1998 - October 22, 2005

Robert William Rey II
Friend of Peggy Smeltzer
September 14, 1965 - October 2, 2003

James Ryan Rohrbaugh
Son of Doug and Donna Rohrbaugh
August 30, 1983 - September 5, 1983

David John Rose
Son of Carol Rose McAuliffe
October 21, 1969 - September 1, 1988

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

Thomas "Tommy" Richard Short
Son of Karen Short
September 25, 1997 - October 16, 1997

Deonte Joseph Simms
Grandson of Deborah Simms
October 1, 1981 - September 9, 2001

Jami Leigh Smith
Daughter of Deannie and Gerry Smith
October 19, 1977 - September 30, 1987

Heather M. Spindler
Daughter of Rich Suess and Becky Spindler
Sister of Amber Faul
August 7, 1985 - September 3, 2006

Deon J. Summers
Son of John E. Summers
June 5, 1989 - September 2, 2003

Shonto Taylor
Grandson of Stephen and Carolyn Tew
September 7, 1979 - November 7, 1994

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

Ralph Leroy Tongue Jr.
Son of Mary Jackson
September 22, 1985 - November 9, 2008

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

Renetra "Nee" Lotrice Wallace-Connor
Daughter of Vernon Wallace
Daughter of Pamela Davis
December 22, 1972 - September 22, 2006

Taylor Amanda Waltman
Granddaughter of Ann and Don Waltman
September 14, 1995 - September 4, 2008

John Leroy Waters Jr.
Son of Stella and Roy Waters
September 19, 1970 - May 23, 2000

Kevin Michael Wengert
Son of Debbie and David Wengert
October 2, 1987 - September 3, 2005

Hope Marie Williams
Daughter of Nicole Hawkins
September 26, 1998 - October 6, 1998

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

Jeffrey Kevin Withers
Son of Jan Withers
July 30, 1975 - September 28, 1975

Miriam Luby Wolfe
Daughter of Larry and Rosemary Mild
September 26, 1968 - December 21, 1988

Eryn Noel Wright
Daughter of Vincent and JoAnn Wright
September 24, 1982 - July 5, 2001

Ashley Jayné Younger
Daughter of Stephanie Younger
October 12, 1990 - September 28, 2008

*This is for all the caterpillars that never became butterflies.
All the butterflies that never caught the wind in their wings.
And all the hearts that had hopes and dreams of a
wondrous flight together.*

Donations may be made to offset the costs of our local Chapter's events and communications. We gratefully acknowledge the following donations made in the last month:

DONATIONS:

John & Terre Belt in memory of Cortney Belt and Traci Heincelman
Bob and Sandi Burash in memory of Paul Burash
Carol Fritz in memory of Katie Fritz
Kenneth A. Smith in memory of Tracy Fotino

Marking Grief

It was about seven years ago when singer and song writer Eric Clapton announced he would no longer sing "Tears in Heaven." I was driving the family van with the radio on and couldn't believe the rationale given for Clapton's decision. What did he mean? How could he convey that he was over the death of his young son? What kind of grief was that? What was he telling the world -- loss could be "gotten over?"



Later a friend who'd heard the whole story said it was not as it seemed -- Clapton was not stating he was over the death of his 4-year-old son. Rather, he did not want to go back to that raw ground zero place of his life. When he wrote "Tears in Heaven" in 1992, it'd been just months since his son Conner's death. Singing the song brought out the emotions from those raw days and now, years later, Clapton had made a move. He chose to no longer sing his Grammy-winning song in concert. He wasn't denying the magnitude of his loss; he didn't want those early emotions anymore. He'd spent a long season working past them.

I breathed relief. This rationale I could understand. For as time goes on, I realize I've worked through a multitude of emotions of my own grief.

Recently, a couple in our church lost a 19-year-old daughter to an accident where a drunk driver crossed the median and hit Sarah's car. Sarah died instantly. When I visited the couple in their home, I felt their heavy heartache. I knew what they were going through for the early days of Daniel's death manifested themselves. I saw the potted plants and flowers from florists and remembered our house after Daniel died. Dozens of vases of flowers sent by family and friends crowded the dusty dining room table. Meals brought over by friends were wedged into the refrigerator. And my heart was breaking, more and more each moment. For what I really wanted to appear at my front door was not a potted plant or a casserole, but my son. How would I live now?



As I hugged this newly-bereaved couple in their living room, I wondered how they would cope. I knew their hearts too well and I wanted to take away the intense sorrow and agony. I wanted to bring Sarah home to them, not just a meal. But I couldn't do that. They had to learn how to survive each day without their daughter.

Like channel markers in the sea, I realized how much I have healed and grown stronger over the last nine years. The things I did to get me through the beginning of this rocky path are not all needed now. Some things like constant journal-writing, attending support meetings, and turning the car radio up so that I could listen to "Tears in Heaven" and cry, are no longer necessary. A number of "whatever gets you through the night" aspects of early grief can, like a security blanket, be removed. And when we find that tear-stained blanket in a drawer years later, we don't want to hold the fabric anymore. It was too painful then -- those gut-wrenching days --and now, the old pain might be brought back and that's much too great to handle. So we keep the blanket hidden, but all the while, we know it's there. We can't forget early anguish anymore than we can forget our cherished child. Also we know the human body and mind can't live forever in the dismal state; in order to cope, we have to plod through day and night.

For like Clapton, it isn't time for us to be in Heaven with our child. We don't belong there yet. There is more living for us to do on Earth before we embrace our child in Heaven.

— Alice J. Wisler

What is Fall without You?

It is trees full of color and leaves on the ground.
It is morning air, crisp and cool with frost all around.
It is so beautiful, but it doesn't mean anything without you.
It is beautiful skies of blue and talk of winter, too.
But it is still not the same because I can't share it with you.
It doesn't seem to matter what the season we're in...
All I can do is wonder how can I enjoy the Fall

Without...

You...

Again...

— Jon Yeager, Pioneer, OH



It's Okay

It's okay,
To cry,
To not cry,
To feel guilty,
To not feel guilty,
To be angry,
To stop being angry,
To seek answers,
To stop seeking answers,
To feel responsible,
To feel sorry for yourself,
To be mad at your child,
To feel misunderstood,
To reach out for help,
To let out your pain,
To care what others think,
To not care what others think,
To let go of your child's death,
To embrace your child's life,
To lose your expectations,
To grieve anyway you want,
To give yourself a break,
To believe in signs,





NINTH ANNUAL

ANNE ARUNDEL COUNTY CHAPTER Bereaved Parents of the USA

Memory Walk

Saturday, October 1, 2011 • 8:30 a.m.
Dogwood Pavilion at Quiet Waters Park
600 Quiet Waters Park Road
Annapolis, MD 21403
Rain or Shine!



On Saturday, October 1, the Anne Arundel County Chapter of the Bereaved Parents of the USA is sponsoring the ninth annual Memory Walk...to remember all of our children who died too soon, but who still walk in our hearts and in the hearts of family and friends.

We will meet in the Dogwood Pavilion beginning at 8:30 a.m. for registration, light refreshments, and a few moments of fellowship before we proceed on the Walk.

Please come join us to remember.

Parking is free at Quiet Waters Park for those participating in the Chapter's Memory Walk. Indicate to the attendant at the entrance booth that you will be participating in the Walk. Once again we will be posting pictures of our children along the course of the Walk. If you are going to join us at the Walk and would like your child's picture posted, please send an email to pjbspmd@gmail.com. Attach a digital picture to the email or send a photo to PO Box 6280, Annapolis, MD 21401-0280. If your child's photo was in the 2010 Service of Remembrance slide show, you don't need to submit an additional photo.

For more information or to help with the Walk, call Barbara Bessling at 410-761-9017, or email BeBessling@aol.com, or go to our website at www.aacounty-md-bereavedparents.org.

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

**Ninth Annual Memory Walk
Quiet Waters Park, Annapolis, MD
October 1, 2011**

**8:30 a.m. Rain or Shine
REGISTRATION & WAIVER FORM**

**A separate Registration & Waiver Form must be completed and signed
by each person participating in the Memory Walk**

I Am Walking In Memory Of _____

Name _____

Street Address _____

City, State Zip Code _____

Telephone _____ Email Address _____

Pledge Amount* _____ **Please make checks payable to: BP/USA – AA County*

The Anne Arundel County Chapter of The Bereaved Parents of the USA, states that no goods or services were provided in exchange for your contribution. Your contribution is tax-deductible to the extent allowed by law. The Anne Arundel County Chapter of The Bereaved Parents of the USA, is a 501(c)3 tax-exempt not-for-profit organization. Our employer identification number is 36-4081249.

A pledge is not required to participate in the Walk. If you cannot participate in the walk, but would like someone to walk in your child's memory, please print out and fill in this form and send it along with your pledge to:

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

If you have any questions about this event, please send an email to: bebesslings@aol.com
or go to our website at www.aacounty-md-bereavedparents.org

LIABILITY WAIVER MUST BE SIGNED BEFORE PARTICIPATING IN MEMORY WALK

WAIVER AND RELEASE: I recognize that participation in the Anne Arundel County Chapter Memory Walk may involve certain hazards. I understand that I should not participate unless medically able. I assume all risks associated with involvement in this activity, including but not limited to falls, contact with participants, the effects of weather, including high heat and humidity, the conditions of the track and/or road, traffic on the course, and all risks being known and appreciated by me. Having read this waiver or release, knowing these facts and in consideration of my acceptance into this Memory Walk, I, for myself and anyone entitled to act on my behalf, waive and release the Anne Arundel County Chapter of The Bereaved Parents of the USA, and all sponsors and hosts, and their representatives and successors from all claims or liabilities of any kind arising from involvement in this activity.

Signature (Parent or Guardian if under 18): _____ **Date:** _____

Bereaved Parents of the USA Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

www.aacounty-md-bereavedparents.org

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Capitol Heights, MD

NEXT MEETING September 1, 2011



Time sensitive

Must be delivered by **AUGUST 25, 2011**

UPCOMING MEETINGS & EVENTS:

T-Shirt Making

Thursday, September 1, 2011

After a short discussion about the emotional value of making a memorial, attendees will create Memory Walk shirts. You bring the shirt (t-shirt, button down, etc.) you wish to decorate and the picture that you would like to have copied and ironed onto your shirt, and the Chapter will provide the supplies. Come join us in making memories and learning more about your children and ours.

Holidays and Special Days

Thursday, October 6, 2011

Special days and holidays, particularly those in November and December, can be very challenging for bereaved parents. Come and listen to other bereaved parents, who will offer suggestions for preparing for and dealing with the holidays and other special days.

Open House for Suicide Prevention

Friday, September 16, 2011 (4 p.m. to 7 p.m.)

Grassroots Crisis Intervention
6700 Freetown Road
Columbia, MD
410-531-6677 for more information

Service of Remembrance

Sunday, December 4, 2011

St. Martin's-in-the-Field
Severna Park, MD

RESOURCES:

Bereaved Parents of the USA

www.bereavedparentsusa.org or 708-748-7866

Hospice of the Chesapeake

www.hospicechesapeake.org or 410-987-2003

Maryland Crime Victims' Resource Center

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 or 843-705-2217

The Compassionate Friends of Prince George's County

Meetings are on the second Thursday of each month at 7 p.m., United Parish of Bowie, 2515 Mitchellville Road, Bowie, MD

We appreciate feedback on our Chapter meetings. If you have suggestions for future topics of discussion, please contact our Program coordinator: Paul Balasic at pjbspmd@gmail.com or **443.566.0193**.