



# Bereaved Parents of the USA

## Anne Arundel County Chapter

June 2012

Copyright © 2012 All Rights Reserved

### From a Father to Other Fathers

Come, let me take your hand. For where you must walk, I, too, have walked. The road that we must walk is not one that we would choose to walk. It is a difficult road, full of many obstacles.

Yes, we are still fathers. We love and remember our sons and our daughters who have died. Their death has left us with a hole in our heart, an ache in our stomach, a pain in our chest, and eyes that cannot see, as they are filled with tears.

We must grieve because we dared to love, and it is through grief that we will recover. We may never have the life that we once had, but we can build another life. Our heart will heal, our pain will lessen and we will be able to talk about our son and daughter without tears. There will come a day when we dare to laugh again.

— Paul Kinney, BP/USA, Louisville, KY

*Remembering with love on this Father's Day  
The fathers of our children,  
Our children who were fathers, and  
Our children who will never be fathers.*

The printing and mailing of this newsletter have been donated by  
W. Edward and Phyllis Frazier-James in memory of their daughter  
**Cindy Sue Walker**  
June 22, 1959 – June 21, 2010

WE WILL ALWAYS MISS YOU AND WE WILL ALWAYS LOVE YOU  
MOM & DAD AND FAMILY



## Next Meeting: June 7, 2012

**Alive Alone** - Kathy Grapski will speak about the special issues that confront parents with no surviving children. Kathy has presented numerous workshops on this topic over the years, and attendees will learn from her many experiences.

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 July newsletter due to the Newsletter Team by June 1.

Send an email to: [newsletter@aacounty-md-bereavedparents.org](mailto:newsletter@aacounty-md-bereavedparents.org).

Chapter Leader: Terre Belt  
410.721.1359  
tbelt@nahbrc.com

Newsletter Team: Terre Belt  
June Erickson  
Eryn Lowe

Treasurer: Fran Palmer

Correspondence & Hospitality: Rick & Carol Tomaszewski

Librarian: Bob and Sandi Burash

Programs: Paul Balasic

### Do You Use Amazon.com?

If so, AND you enter through our Chapter’s website ([www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)), the Chapter will earn a commission of five percent on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter), but it does earn the Chapter a commission from Amazon. It’s an easy way for you to support our Chapter’s activities.

Go to the Chapter’s home page, click on the butterflies on the welcome page, and then scroll down the first page to the bottom, where there is an Amazon.com graphic that takes you to Amazon’s site. Entering Amazon’s site in this manner – through the Chapter’s website – ultimately credits the Chapter with the five percent commission on any purchases that follow.

Thanks in advance for your help!



Would you like to sponsor the Chapter’s newsletter or website ([www.aacounty-md-bereavedparents.org](http://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 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](mailto: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!

REPRINT POLICY: Material in this newsletter of the Anne Arundel County Chapter/ BPUSA may be copied only: 1) if the article is copied in its entirety; 2) if the person writing the article is identified as noted in the newsletter; 3) if it is clearly stated that it was taken from the newsletter of the Anne Arundel County Chapter/ BPUSA; 4) if our website is cited in the credits. This material is to be used and given to help persons with the grieving process and may not be sold or become a part of something being sold for profit, unless first obtaining the permission of the author of the article and/or the current Editor or Chapter leader as noted in this newsletter.

BPUSA/AA County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280



### Father's Day Revisited

Now I can look back upon that first Father's Day, the first after the death of our son, Jeff. I was a mess, a man without hope, with little or no reason to continue living, deep in my own depressive grief. I could not share any joy with others.

I look back now, wondering how I could have treated my wife and children as I did while they were trying to celebrate in my honor. Inside I was crying out, "What are these useless gifts? Don't you know the only gift I want is to have my son back?"

But it was the love, caring, understanding and nurturing of those loved ones which has brought me so far from that first Father's Day. Now I can enjoy the joy of others. I can laugh once again. There is a life worth living.

For all those fathers for whom this is the first Father's Day without your child, have the best day that you can, with the understanding other fathers are with you on this day. One day, you, too, will be able to revisit this first Father's Day.

— Paul Kinney, BP/USA, Louisville, KY

### The Butterfly

A man sat on a pier watching a butterfly emerge from a cocoon. The man sat and watched intently for hours as the butterfly struggled to be free of his cocoon. The beauty of the newly formed wings was breathtaking. After watching three to four hours, to see only the top half of the lovely Monarch, and knowing hours of painful struggling were left, he could not stand it any longer – he took his fishing knife and opened the cocoon. Sadly, and much to his surprise, he saw the rest of the Monarch was yet under-developed, so the butterfly soon died.



He then understood – it was the struggle of emergence from the cocoon that produced both the strength for survival and the beauty of the fully developed butterfly. Sometimes when we think we need to be relieved of our struggles and problems, what we really need is only someone to watch and encourage, providing support and love. Some struggles may cause us to reach out to people we otherwise wouldn't, or to accept love and support we would otherwise have not needed, realizing that those giving the kindness are enriched by their giving. Some experiences can make us more compassionate people, AND, hopefully, all our struggles will do for us what the butterfly's did for him – made him strong enough to survive and beautiful to behold.

— Author Unknown

### Summer Thoughts

Summer is a time when things naturally slow down, a time when many are waiting for the orderly routine of their lives to begin again. For those of us in grief whose lives are already in limbo, it can seem endless if we let it. Seeing children, babies and teenagers is not easy for us, and we see them everywhere from shopping centers to beaches. Everyone is out living, loving, enjoying carefree activities with their children, and we want to scream, "It's not fair!" I was sitting on my patio one evening at dusk recently, listening to the shouts of children playing, and I was crying as I remembered the sounds that my child used to make. I became very depressed as I thought what a long summer this was going to be.

In my reverie, I was reminded of a recent comment I had heard at a bereaved parents' support group: "My child was such a loving, giving person. He would not want me to waste my life being bitter." I also remember a good friend telling me to count my blessings, and naming all the things I had to be grateful for. I was furious at the time. Nothing I had to be grateful for could compensate for the fact that my child had died. Now, sitting in the twilight of this early summer evening, I began to see things differently. I determined that this summer would not be an eternity: I would not let it be. I decided first of all to stay busy.

I am also going to try to enjoy the simple things that used to give me so much pleasure, like flowers, and working in my garden. I then decided to try to be truly grateful for the blessings that I have, like my husband, my friends, my job, etc. It has been almost five years for me, and I know that last year this would not have worked. Of course, I still have times of sadness; I know I always will. But I have decided that in the process of grieving, we close so many doors, the only way to recovery is to reopen them gradually at our own pace.

I know I will never be the same person I was before the death of my child, but I hope eventually in some ways, I will be a better person because suffering can be beneficial if we learn and grow through it. A year ago I didn't feel that way, and I know I still have a long way to go, but in the meantime, I know the greatest tribute to my child will be to enjoy this summer as he would have done.

— Libby Gonzales, TCF, Huntsville, AL





## About Being 'Strong'

Many people are convinced that being strong and brave means trying to think and talk about "something else." But, we know that being strong and brave means thinking and talking about your dead loved one, until your grief begins to be bearable. This is strength. This is courage. And, only this kind of "being strong and brave" will help you heal.

— *From The Sorrow and The Light*



## Tools for Finding Hope along the Journey: Knowing Where You Are

We have heard before that a journey of a million miles begins with a single step. So it is with grief. This is a life long journey. There is no destination where we can finally sit down, wipe the sweat from our brow and declare ourselves finished. There are different places on the grief journey where we are able to look back and see how far we have come. We are no longer paralyzed by the pain, we are able to care for ourselves and others and we can laugh and smile without guilt. We will forever remember the people who held our hands or supported us when we first stepped into this journey. When we are ready, we have that same gift to give others. That is part of our healing and our hope. Remember wherever you are on this journey is right where you are supposed to be.

— *From The Grief Tool Box*

## Determining Their Legacy

There was a day shortly after our son died that I climbed off the couch and looked at myself in the mirror. I had not showered or changed my clothes in days. I wasn't eating right, answering the phone or paying the bills. I felt dead inside and truly did not care. I looked in the mirror and had a thought: "Is this going to be his legacy? That his death ruined me?" I wanted him to be remembered for more than that. His life is worth me fighting to survive his death. It was that day that I began the long journey toward home. I miss him every day, even almost 13 years later, but I have and continue to survive and that is worthy of who he is.

I do not want your legacy  
To be that your death  
Permanently broke me  
Your life, your love and  
My love for you  
Will sustain my  
Survival.

— *Douglas Kruse*



## I Know

You don't need to say you're sorry

It's written in your face.

I know you share my sadness

By the warmth of your embrace.

Don't try to justify the "why"

Or "how" this came to be.

Or explain away the mystery

Of death's reality.

Just know that more than any words

The thing I hold most dear

Is the friendship in your handshake

And your hug and that you're here.



— *Bruce Conley, BP/USA, Columbia, MD*

# SIBLING PAGE

## Do Not Overprotect Me...Let Me Be Me...

When you are consumed with grief, don't forget about me.

Let me be me...

I grieve, too, but different from you, I miss my brother/sister, too.

Let me be me...

Tell me I can't fix your pain. Don't tell me I won't understand. Please don't overwhelm me with your grief. Just like the real world, I don't always want to talk about a dead sister/brother.

Let me be me...

Tell me often that you love me for being me. Ask me about my goals and dreams for the future.

Let me be me...

Don't break my spirit with your grief.

Let me be me...

Let me follow my dreams. Now they will include some of my sister's/brother's dreams.

Let me be me...

Don't overprotect me.

Let me be me...

Please don't fill every spare moment I have with basketball, baseball, soccer, music or dance classes, just so you can fill your spare time and fall exhausted into bed at night. I need free time to explore who I am.

Let me be me...

Don't forget to continue to teach me to celebrate life. I need to know that through all this pain there is hope...for my future.

Let me be me...

As young as I am, please don't overprotect me...Love me, guide me, teach me.

Let me be me...



— Colleen, TCF, Saskatoon



## Graduation – A Time to Remember

I was driving down the road the other day, thinking of how the retail market makes any event an opportunity for revenue. Graduation seems to fall into that category, with cards and gifts for every graduate. This time of year reminds me that my graduation from high school was a bittersweet time.

Really, it was the first time I had "surpassed" my older brother, David, in anything significant. I turned the age that he was when he died, 18, in the beginning of my senior year of high school. That year was difficult for me, as I felt that I was getting to move past where he had been cut short. Graduation Day was no exception. I was happy to be getting out of high school, and looking forward to that coming August when I would go to college. But why was I getting to do these things, and not David? What made me so special that I got to stay here and experience these things? I still am not quite sure of the answer to those questions.

Graduation from high school was really just the first of many events which I have gotten to experience that David never will. College graduation, my wedding, and the birth of my two children are examples. And for me, each event has been a bit bittersweet.

The good news is this: that while time does make it easier to bear day-to-day activities without your sibling, each major event in your life presents itself as a new opportunity to remember your brother, or sister, as well.

For me, figuring this out was a huge relief, as it meant that my fear of forgetting David was not something I needed to worry about any more. His memory is just as alive for me today, 15 ½ years later, as it was when I took that walk across the stage to accept my high school diploma.

— Amy Baker Ferry, TCF, Longwood, FL

## In Loving Memory of Joel

I sometimes sit and wonder how  
Life can go on without you now  
Somehow this month it will be five years  
Yet many nights I still shed tears

Siblings we were, that much is true  
But friends as well, that's hard to do



Sometimes you're missed, more now than ever  
The shock has worn off, the pain forever

Although for now, our journeys apart  
Forever in my mind, my soul, my heart

— Robyn, in memory of her brother  
Joel Mather, British Columbia



## Summertime, and The Livin' is Easy

The lazy, hazy days of summer....

What does summertime bring to your mind? I think of the beach with the waves softly washing ashore. Walking along with the sand between my toes. Finding "treasure" along the shoreline. The sound of the ocean is calming. The sun is warm on my face. Life seems good.

And then I realize that being at the beach is forever changed for me. The memories of times past at the beach with my family come flooding back. Lots of good memories.

I stare at the ocean and think...the ocean is like my grief. Sometimes it seems wild and black with rage and almost impossible to manage. Riptides, currents and storm surges.

Sometimes it's like rough waves hitting the shore, continually pounding. And sometimes the waves are smaller and are enjoyable to play in. Then sometimes it is unusually calm and I can wade in and let the cool water surround me.

So now I go to the beach to remember. And let the sun warm my heart. Let the sound of the waves calm my soul. And get sand between my toes.

— Carol Tomaszewski, BP/USA, Anne Arundel County, MD

## Signs

A mother shared this story with me at a TAPS seminar. Her son had died. She asked for one more kiss, one single kiss. She went to work soon after and on her desk was a Hershey's kiss. She asked her co-workers who put it there, and nobody knew. She asked her boss. He said, "I did. And this is really weird."



"I was at home last night. My three-year-old daughter went and got a chair, pulled it over to the counter, climbed up on the counter and reached up to the shelf and got down her mom's chocolate jar. We didn't even know she knew there was a jar. She took out the Hershey's kiss, gave it to me, and told me to take it to work and give it to the lady that sits at the first desk. So I did."

— Sandy Goodman

## They Say There is a Reason

They say there is a reason,  
They say that time will heal,  
But neither time nor reason,  
Will change the way I feel,  
For no one knows the heartache,  
That lies behind our smiles,  
No one knows how many times,  
We have broken down and cried,  
We want to tell you something  
So there won't be any doubt,  
You're so wonderful to think of,  
But so hard to be without.

— Author Unknown, TCF

If you know someone who has lost a child and you're afraid to mention them because you think you might make them sad by reminding them that they died – you're not reminding them. They didn't forget they died. What you're reminding them of is that you remembered that they lived, and that is a great gift.

— Elizabeth Edwards



## 10 Signs That Deceased Loved Ones Give To Let Us Know They Are Around

After our loved ones cross over, they are very anxious to let us know they are okay and are aware of what is going on in our lives. If we are not able to feel them around us, they will often give us signs that we cannot ignore. The person who is given the sign usually knows he or she is receiving a message from the other side. I always tell my clients that they do not have to look for signs - the signs will come to them. The signs our loved ones give us most often are:

They come through as an animal. Our loved ones are able to use their energy to go inside of an animal, such as a butterfly, ladybug, bird, or dragonfly - for a brief period of time. The animal does something it usually would not do, such as land on us, peck at our window, scream at us, etc.

They place common objects such as feathers, coins, or rocks in our path. Our loved ones like to place things over and over again in our path that were significant to them. I have had clients come to me who have had jars filled with feathers, coins, and objects they have found in the most unusual places.

They give off fragrances. We can often tell our deceased loved ones are around us when we smell their perfume, flowers, cigar or cigarette smoke, or any other familiar smell they had. There is usually no logical explanation of why the smell is there. They make songs come on at the perfect time. We know they are around when their favorite songs come on at the right time with the exact words we need to hear. Often the same song is played in many different places.

They come to us in dreams. One of the easiest ways for them to come through to us is in our dreams. All we need to do is to ask them to come, and they will. However, we should ask them to wake us up after they come, or else we will not remember the dream. A dream that is a true visitation will be very peaceful and we will know it is truly our loved one. We will remember this type of dream in detail many years later. (On the other hand, a subconscious dream may be frightening or feel bad. This type of dream is not your loved one.)

They show us the same numbers over and over. They loved to give us numbers that are relevant to them or you, such as birth-dates, anniversaries - or repeating numbers, such as 1111, 2222, 3333, etc. These numbers may appear on clocks, billboards, or any other familiar place.

They allow us to feel peaceful for no reason. When our loved ones are in the room, they usually make us feel so loved and at peace. It usually happens at the most unsuspecting time, so there is no logical explanation for our sudden bliss.

They place thoughts in our head. Because they are in spirit form, our loved ones don't have an audible voice. Therefore, they give us messages telepathically. Pay attention to thoughts that just "pop" into your head. We can tell the difference between our thoughts and theirs by back tracking our thoughts. If you can find the thought that triggered the thought of your loved one, it is probably your thought. If something your loved one would say just pops in your head for no reason, it is probably him or her speaking directly to you!

They love to play with electricity. They turn electricity on and off. They like to flicker lights, turn the television and radio on and off, and make appliances beep for no apparent reason.

They make buzzing noises in our ears. Because our loved ones speak to us on a different, higher frequency, we may hear ringing in our ears when they are trying to get our attention. This is a sign telling you to listen to what they are saying.

The list can go on and on, but these are the most common ways they let us know they are around. If you haven't received any of these signs, simply ask your loved ones to come to you to let you know they are okay. Tell them to come to you in a dream and to wake you up after the dream. The more you are aware of the messages they are giving you, the more they will continue to allow you to know they are present. Be patient and persistent, and I promise that they will give you the signs you have always wanted. They really are okay and want you to be, too!

Karen Noe is a psychic medium, the author of "The Rainbow Follows the Storm - How to Obtain Inner Peace by Connecting with Angels and Deceased Loved Ones," "Through the Eyes of Another: A Medium's Guide To Creating Heaven on Earth...", and is the founder of the Angel Quest Center in Ramsey, NJ. Learn more at <http://www.ThroughTheEyesOfAnother.com>.

## Our Children Remembered

James William Aikin  
Grandson of Elizabeth and Barry Aikin  
June 5, 1982 - March 18, 2008

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

Johnny Sivert Brungot  
Son of Christine and George Brungot  
June 28, 1990 - June 29, 2011

Pamela Grace Clair  
Daughter of Doris and Charles Clair  
June 3, 1954 - May 15, 1984

Olivia Rachel Constants  
Daughter of Stephen and Dorothy Constants  
July 28, 1996 - June 23, 2011

Ryan Corr  
Son of Pam Corr  
March 2, 2003 - June 4, 2011

Jack Turner Dumont  
Son of Jill and Dave Dumont  
June 26, 2003 - June 26, 2003

Dayden Alexander Dunn  
Son of Ryan Dunn and Amanda Guinn  
September 12, 2006 - June 1, 2008

Alice Engleman  
Daughter of Elizabeth Engleman  
November 20, 1997 - June 21, 2011

Joseph A. Esterling Jr.  
Son of Joe and Michelle Esterling  
June 7, 1967 - April 27, 1990

Carolyn A Griffin  
Daughter of Rick and Jan Griffin  
February 15, 1983 - June 1, 2011

Bryan Adam Krouse  
Son of James and Judy Krouse  
March 11, 1965 - June 29, 2007

Deana Jean Marie Lenz  
Daughter of Patricia and James Lenz  
June 5, 2009 - June 6, 2009

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

Brian Richard Melcher  
Son of Norma and Donald Melcher  
Brother of Cheryl Lewis  
August 30, 1960 - June 14, 2002

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

Kelsey R Silva  
Daughter of Kristen Silva  
Daughter of Francisco Martins Silva  
October 28, 1991 - June 16, 2011

Christopher John Smith  
Son of Debi Wilson-Smith  
March 27, 1981 - June 30, 2000

Christopher Lewis Strader  
Son of Lewis and Peggy Strader  
May 27, 1979 - June 21, 1997

Cindy Sue Walker  
Daughter of Edward and Phyllis Frazier-James  
June 22, 1959 - June 21, 2010

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

Albert Wallace Whitby, Jr.  
Son of Rita and Albert Whitby Sr.  
Brother of Susan Lovett  
April 25, 1951 - June 2, 1981

---

*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:

Kenneth Smith in memory of Tracy Fotino  
Phyllis James in memory of Cindy Walker





## Memories

When you need to...  
Reach deep inside and take one of your precious memories.  
Wipe away the cobwebs; lay it out in front of you  
And let the sunshine and the sounds engulf you.

Revel in the experience of it...  
Re-live each precious moment,  
Be overwhelmed by them  
And taste the wonderful sweet tears that are their gift.

When your needs have been almost satisfied  
Pause for one more second  
Then gently fold it back up, give it a big hug  
And a tender kiss  
And return the treasure to where you found it.

Then to make the experience complete,  
Find someone special and share the feelings with them...  
For surely something as wonderful as this  
Is meant to be shared.

Don't be afraid of using them – that's what memories are for,  
You will never lose them...  
For as certain as the sun will rise tomorrow,  
Love once attained is never lost.

— *Steve Channing, TCF, Miami, OH*



## **Bereaved Parents' Mixer & Sharing Groups**

**Calvary United Methodist Church, Annapolis, MD**

**Thursday, July 5, 2012**



A "mixer" for bereaved parents will be the focus for July's meeting, instead of our usual program. We're hoping to see both old and new friends as we get together to "break bread" and enjoy each other's company. Please bring one of your child's favorite dishes to share - hors d'oeuvres, desserts, salads, hot dishes, whatever - and we'll spend our meeting this month getting to know each other and each other's children in a less structured setting. Sharing groups will also be held as usual.

*Angel Food and Special Memories*  
**Our Memory Cookbook**

Our memory cookbook was a wonderful project, thanks to many of you. Thank you so much for contributing your recipes and very special memories. It was a blessing for us to work with your photos and special memories of your loved ones.

We also want to let everyone know that page 50 is blank, so you could add a recipe, or personalize that page. We know that some of you were not able to participate, for one of those many reasons that are relevant to bereaved parents, and are totally understood by us all. If so, you may want to consider using page 50 for your loved one.

Thank you for supporting the sales of the cookbook. We had 300 copies printed, and have sold out already. We never thought that sales would be so successful.

**It is possible to run a second printing, so we are trying to determine if there is enough interest to do this.**

We know that many of you came back to buy more after friends and family saw the cookbook. And perhaps there are others who thought about buying a cookbook and just never got around to it. So please let us know if any of you think you would like to buy some cookbooks.

Send the following information: Name, Address, Phone, email address, and Number of cookbooks ordered.

Send NO MONEY now. We will be in touch with you to let you know if we are doing a second printing, determine final orders, and when cookbooks will be available.

**Send this information by email to: [memorycookbook@gmail.com](mailto:memorycookbook@gmail.com)**

**Or by snail mail to: BP/USA, Anne Arundel County Chapter**

**PO Box 6280, Annapolis, MD 21401-0280**

**Or call Carol 410-519-8448, or Sandi 410-551-5774.**

Again, thanks so much for your participation and support for our memory cookbook.

— Carol Tomaszewski, Sandi Burash, and Kathy Ireland

PHONE FRIENDS – Need someone to talk with who really understands what you're going through?  
Call one of us – we're more than willing to listen.

Debi Wilson-Smith at 410-757-8280

Barbara Bessling at 410-761-9017

Noel Castiglia at 410-757-5129

## Announcements



Christine Denhup, Doctoral Nursing Student at Seton Hall University, is conducting a parental bereavement study. The aim is to describe the experiences of parental bereavement. The study is open to mothers and fathers who have experienced the death of a child, 18 years or younger, due to cancer at least one year ago. If you are interested in helping Ms. Denhup, please contact her via email ([Christine.denhup@student.shu.edu](mailto:Christine.denhup@student.shu.edu)) or phone (203-257-6202).



**Camp Nabi and Phoenix Rising  
Bringing Grieving Children and Teens Together  
August 10 – 12  
Arlington Echo Outdoor Education Center**

A weekend camp for children and teens grieving the death of a loved one...last summer we celebrated our 20th anniversary helping children learn about grief and share their stories by participating in facilitated groups, as well as fun camp activities. In the words of a 13-year-old, "I learned that grief is a heavy burden, but it can get lighter, and eventually you learn to cope." Please call the Life Center at 410-987-2129 to request a camper application or if you are interested in volunteering.



**The Life Center at Hospice of the Chesapeake** offers a Child Loss Group that is held the first Saturday of each month from 10 a.m. to Noon at 445 Defense Highway, Annapolis, MD 21401.

This group seeks to provide gentle social and emotional support to parents grieving the death of a child, regardless of age or circumstance.

This Drop-in Support group is offered to Non-Hospice families for \$10.00/session. Hospice of the Chesapeake families may attend at no charge for up to 13 months after the death of their loved one.

Please call 410-987-2129 to pre-register or to learn more about the group.



# 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)

Presorted Standard  
U.S. Postage  
PAID  
Permit No. 922  
Capitol Heights, MD

*NEXT MEETING: June 7, 2012*



**Time sensitive  
Must be delivered by May 30, 2012**

## UPCOMING MEETINGS & EVENTS:

### Alive Alone

**Calvary United Methodist Church, Annapolis, MD  
Thursday, June 7, 2012**

Kathy Grapski will speak about the special issues that confront parents with no surviving children. Kathy has presented numerous workshops on this topic over the years, and attendees will learn from her many experiences.

### Bereaved Parents' Mixer & Sharing Groups

**Calvary United Methodist Church, Annapolis, MD  
Thursday, July 5, 2012**

A "mixer" for bereaved parents will be the focus for July's meeting, instead of our usual program. We're hoping to see both old and new friends as we get together to "break bread" and enjoy each other's company. Please bring one of your child's favorite dishes to share - hors d'oeuvres, desserts, salads, hot dishes, whatever - and we'll spend our meeting this month getting to know each other and each other's children in a less structured setting. Sharing groups will also be held as usual.

### Bereaved Parents of the USA National Gathering

**June 29 - July 1, 2012  
Tampa, FL**

### The Compassionate Friends National Conference

**July 20 - 22, 2012  
Costa Mesa, CA**

## RESOURCES:

### **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

### **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

### **The Compassionate Friends, Reston Satellite Group (for no surviving children)**

North County Government Center  
Reston District Police Station  
12000 Bowman Towne Drive  
Reston, VA  
Second Saturday of each month; 2pm - 4pm

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](mailto:pjbspmd@gmail.com) or **443.566.0193**.