



# Bereaved Parents of the USA

## Anne Arundel County Chapter

May 2012

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### A Hug and a Kiss from Me

You carried me inside of you, for oh! so many a day,  
And now that I am gone, I have some things to say.

I'm with you as you wake, and all throughout the night,  
I wish that I could talk to you, reach out and hold you tight.

Now that I'm in Heaven, I have no pain or fear.  
I visit friends and family. Do you feel me near?

We share in all you say and do, so please remember this.  
Close your eyes and think of me, and I'll give you an Angel's kiss.

Please don't be too sad, for I am happy here.  
Even though when I think of you, I, too, shed a tear.

But always think about the day that we will meet again.  
Practice your hugs and smiles, until I see you then.

I'll ask God to send a special blessing, of this I have no doubt.  
For we who come here before our moms have some special clout.

And on this year's Mother's Day that is so soon to be.  
You'll feel a warmth from Heaven...a hug and a kiss from me.

— Dan Bryl, TCF

Our Monthly Meeting on Thursday, May 3, will be held in the Sanctuary at Calvary United Methodist Church, instead of the social hall where we normally meet. Same church, different room. Please join us.

See page 2 for more meeting details.



The printing and mailing of this newsletter have been donated by  
Larry and Rosemary Mild in memory of their daughter  
**Miriam Luby Wolfe**  
September 26, 1968 – December 21, 1988

In Loving Memory



## Next Meeting: May 3, 2012

Coping with Anxiety and Depression while Grieving – Darlene Goatley (of the Laurel Regional Hospital's PHP Psychiatry Program) will talk about how to get treatment for anxiety and depression while you are grieving and she will explain how effective treatment can be.

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. We will meet in the Sanctuary of the church on May 3, instead of where we normally meet in the social hall.**

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 June newsletter due to the Newsletter Team by May 1.  
Send an email to: [newsletter@aacounty-md-bereavedparents.org](mailto:newsletter@aacounty-md-bereavedparents.org).

Chapter Leader:	Terre Belt 410.721.1359 <a href="mailto:tbelt@nahbrc.com">tbelt@nahbrc.com</a>
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 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](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!**

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

## Alive Alone



The death of a child from any cause or at any age is the most devastating experience that a parent will ever encounter in one's lifetime. Parents are supposed to die before their children or at least that is what we are conditioned to believe in our society in the United States and many other countries. When our child/children die, it affects us emotionally, physically, psychologically, socially and spiritually. A child's death is so inconceivable that our friends, co-workers and family members are at a loss as to how they can assist us on the most difficult journey of our lives. This journey requires understanding and assistance from other bereaved parents like ourselves and often extra help from the professional community. My husband, Rodney, and I reluctantly joined this group known as 'bereaved parents' in 1980 when our only child, Rhonda, died unexpectedly of a capillary collapse due to an anesthetic, which was to have been a 'routine biopsy' according to the medical professionals.

Even though I credit Compassionate Friends for saving our marriage and lives, we still realized that having no surviving children made us significantly different than other bereaved parents, as we would never be active parents again, never be grandparents and there would be no immediate family to celebrate holidays, special events or anyone to be our advocate as we age. Issues such as - What do we do with our children's memorabilia when our child had no siblings? Who will want any of our personal family heirlooms when there are no children? How do we make certain that our estates are managed and distributed properly according to our wishes as we age or die? Who will be there as an advocate for us when one of us is ill and needs assistance? What happens when life events, such as storms, floods, fires, tornados and hurricanes devastate our property and no one comes to our assistance? Will anyone call, send us an email, card, letter or make a visit once in awhile to provide some friendship since we have no children or grandchildren? Will we spend each significant birthday, anniversary or holiday alone or must we always be the one to initiate making certain we are not alone? These and many other unique pertinent questions haunt those of us with no surviving children.

My husband, Rodney and I created Alive Alone in 1988 after our only child, Rhonda, died in 1980 just prior to her sixteenth birthday. Alive Alone, Inc. is a non-profit, tax deductible corporation, organized for such educational and charitable purposes as will benefit bereaved parents, whose only child or all children are deceased, by providing a self-help network and publications to promote communication and healing, to assist in resolving their grief, and a means to reinvest their lives for a positive future. We publish a periodical five times per year. Most of the material is original articles, poems, reinvestment ideas, book and music reviews that are written and/or suggested by bereaved parents now childless or by professionals for parents now childless. We wish to convey hope to the bereaved and a forum for the expression of the grief they experience as the result of the death of an only child or all of their children.

Alive Alone also networks now childless parents with others who have similar experiences. For example, If a parent had a teen die due to suicide and has no surviving children, we try to locate another parent with that same experience so they may email, write or phone one another for extra support and encouragement. Alive Alone has a database of thousands who have been or are currently on our mailing list that are willing to assist someone more newly bereaved. This 'networking' often is a lifeline to those who feel they are sinking in the sea of grief.

Alive Alone also provides seminars for bereaved parents at national bereavement gatherings such as Bereaved Parents of USA, Compassionate Friends, Parents of Murdered Children and other similar organizations throughout the year.

— Kay Bevington

**Editor's Note: Our guest speaker at our June 7th meeting will be Kathy Grapski, who often presents with Kay Bevington about the special issues that face parents with no surviving children.**



### Though You Are Gone

Though you are gone, every once in a while  
 You come back to me  
 And for a moment it's as though you never left  
 Your closeness overpowers me

And I feel as if I could stretch out my arms  
 To take your hand in mine  
 And hold you during these precious moments  
 Which logic cannot define

Sometimes it happens on the darkest of days  
 When my courage turns to bitter despair  
 As I contemplate the lonely years that I must face  
 Without you being here

...Then at some difficult moment  
 You reach out and send me a sign  
 To confirm that you're watching over me  
 That life will turn out just fine

Other times I feel you at unexpected moments  
 It's like you are simply "checking in"  
 Other times your signs flow to me in other ways  
 As natural as the tide comes rushing in

To me, these gifts are like glistening diamonds  
 On a shore of commonplace sand  
 Passed over by oblivious people  
 Who cannot see them...or hardly understand

But for my eyes, and heart, only  
 They are prisms that send forth the light  
 And reinforce the hope that I must carry.

— *From I Miss Those Close to Me Who  
 Are Now in Heaven as Beautiful Angels*

### Spring

Here you come again, Spring.  
 I'm used to dark clouds  
 and cold wind. I have come  
 to know both as part of me.

Now, Spring, you come  
 with daffodils breaking  
 through the black earth.  
 As I see your buds,  
 You make me gasp with a little joy,  
 just a little promise,  
 a tiny piece of tomorrow.

You push me out of the darkness  
 where I have felt the comfort  
 of barrenness. Now, I meet you,  
 Spring. And as I face the green  
 and gold, hope takes on more life  
 than what I thought I had.

— *Rebecca Pinker (Living with Loss Magazine)*



### Grief

When our loved one dies, there is  
 no Bargaining anymore, we have no  
 chips. Why is this even on the circle?

Acceptance knocks out Denial when  
 we admit the loss is real. Anger is our motivator for change; Guilt  
 our constant companion; Depression we may dance with on and off  
 the rest of our days. I guess that leaves me in Obsession and I will  
 be obsessed forever, because that is the love for my son, there is no  
 letting go.

— *Mitch Carmody*

# SIBLING PAGE



## Lonely Hurting Children

“How is your mom doing?” is the basic question asked.

Sometimes an inquiry about Dad, but so sadly, seldom do they ask the siblings. They must be so sad.

True the depth of our loss brings agony and pain. But the children, the dear children really do hurt again and again.

They lost a brother or a sis, their pain is just as real. Frustration, anger and fear.

They, too, go through such hell.

Who is there to comfort them,

To give a word of care?

Everyone is most concerned about the parent's welfare.

While the siblings drown in their hurt and pain

No one to hold them near, to let them know they're not to blame.

To uplift and ease their minds from fear.

— Linda J. Camper, Colorado

## I'm Sorry for the Things I Didn't Do

It's too late to say “I'm sorry”  
For the things I didn't do.

It's too late to say, “Forgive me,  
I'll make it up to you.”

For you're gone now, forever.

Oh, if you only knew.

“Kid Brother,” just how much I miss you.

No more teasing, no more pleasing.

No more borrowing the car.

No more promising to be careful,

No more sneaking in the pickle jar.

God in Heaven, please take care

Of that brother of mine.

He was so sweet, so tender, so kind.

Oh, Dear God, when you see him,

Please tell him for me

That I miss him something awful,

Though I have my memories.

And, Dear God, there is something

That I'm asking of you --

Ask Jimmi to please forgive me

For the things I didn't do.

— Laura Mae Martin, Grand Junction, CO



## Siblings Speak Out

Having a brother or sister die creates a family crisis. Some of us have extreme reactions, while others react as if we've never heard the news. Many things affect the way we behave, what we think, and how we feel. Some of us may know all the facts of what caused our sibling's death, while some of us may be confused by what we overheard. We may believe we were not included in what happened or feel overlooked by the adults.

We may wonder why this had to happen. We may even think we are to blame, even when others say we were not. All of us have thoughts and feelings we are afraid to share. Other siblings have probably felt very much the same way we do at times. Reading the thoughts below of other siblings may encourage us to talk with adults we trust, to attend a support group meeting or write feelings in a diary. Siblings, see if you can relate to any of the statements below:

- Children grieve, too, in our way, in our own time. We grieve differently from adults. Sometimes we appear not to be grieving at all.
- We do not want to be forgotten while our parents grieve. Parents often seem to emphasize the child that died instead of those of us who are living.
- We need to know we are loved as much as our brother or sister who died. Sometimes we wonder if we would be missed as much.
- We are afraid someone else will die. We want to be reassured, but we don't know what questions to ask.
- Our relationship with our dead brother or sister was different from the relationship we had with our parents. We will not grieve the same as our parents will.
- We know our sibling was not perfect. We know that he/she did things that were wrong. Please do not make an “angel” out of her or place him on a pedestal.
- Just because siblings are not grieving or speaking openly doesn't mean that they aren't grieving in private. Often we talk with our friends or other adults.
- We will grieve when we are ready. Please do not rush us or tell us we aren't doing it right. When we are not willing to talk about our dead brother or sister, it may be because we are trying to protect our parents. We do not want to make our parents cry or hurt more.
- We are different people since our sibling died. Our parents are different people now, too. We may think and act in new ways. Our personalities and values may not be the same as before they died.
- People may have told us to “be strong” for our parents. We may resent this or find this too difficult, so we may feel even worse.
- We may be overprotective of our parents after our sibling dies. Often, our parents are overprotective of us. We just want to be treated as “normal” kids.
- We are not the same person as our sibling who died. Please do not compare us to them. Comparing children harms our self-esteem.
- We are concerned when our parents bottle their grief inside and refuse to talk with us about it. It makes things more frightening.
- Some siblings like to visit the cemetery, some do not. Avoid forcing us to go if we don't want to.
- We may not be ready to attend a support group. Listen to our answers when we are asked about going.

— From the Southern Illinois Chapter newsletter (May/June 2009), BP/USA

## In Search of Lost Joy

Just as it happened in your life, a single moment changed everything and so here I am with you tonight. My son's death took with him all our hopes and dreams. All of us here know that loss, the emptiness that brings us here in search of something to stop the pain, something to stop the tears, something to dream about again. We came tonight as a family to share with each other, loving each other, protecting each other during the storm. 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 do was think about 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 today because of time and a commitment to rediscovering the joy of living.

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 not possible that one day sometime in the future, we will begin to understand that joy can return as 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 over 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 reinvest 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 fail, 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 bereaved parent support groups are all about: helping each other through the valley of the shadow, helping each other through the hurt, helping each other through the anger, the pain, the emptiness, the silence, helping each other rediscover life.

— Darcie Simms

### When I Must Leave

When I must leave you for a little while,  
Please do not grieve and shed wild tears  
And hug your sorrow to you through the years,  
But start out bravely with a gallant smile.

And for my sake and in my name  
Live on and do all things the same,  
Feed not your loneliness on empty days,  
But fill each waking hour in useful ways.  
Reach out your hand in comfort and in cheer  
And I in turn will comfort you and hold you near;  
And never, never be afraid to die,  
For I am waiting for you in the sky!

— *Helen Steiner Rice*

### To All Grieving Moms on Mother's Day

My thoughts and prayers are with you on this Mother's Day, for mothers who have lost a child by death or separation, this day will always be emotionally confusing and one forever marked by melancholy. Time spent with your child is qualitative and not quantitative. Thank God that as a mother raising your child, you knew that child best and had the most quality time with them than anyone else on the planet.

For mothers who have given birth, that stretched and contorted their bodies with months of discomfort and sacrifice, know that you have participated in a true miracle. A human life growing inside your body; no one can have a closer relationship to God than that. As a man, I am forever humbled by the purity and sanctity of a woman with child.

So in your melancholy, in your pain, through tears and through the years, remember you have ownership of your memories, your grief. You brought a special light to the world that no one else could. It is your great pride in being a mother that will bring an honest smile through your tears. Like a rainbow shining through the mist of a passing vernal storm, your smile peeks through, and for a moment your child can be seen in you.

— *Mitchell D.*



## Our Children Remembered

Jordan Edward Ambrozewicz  
Son of Steven and Beverly Ambrozewicz  
May 27, 1993 - May 10, 1995

Donald Gordon Barrett  
Son of Kathy and Don Barrett  
May 14, 1976 - May 3, 2002

Paul Shane Brough  
Son of Theresa and Steve Bleemke  
May 18, 1982 - April 4, 2003

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

Michelle Marie Dyke  
Daughter of Marie Dyke  
May 19, 1975 - November 10, 1992

Joseph Fredrick Errichiello Jr.  
Son of Susan and Joe Errichiello  
April 6, 1979 - May 29, 2004

Tracy Ann Fotino  
Daughter of Martha Murphy  
Niece of Kenneth Smith  
May 14, 1971 - August 25, 2000

Andrew Thomas "Drew" Gawthrop  
Son of Brenda Gawthrop  
May 25, 1990 - August 12, 2002

Matthew Gordon Haines  
Son of Gordon and Peggy Haines  
May 3, 1977 - July 4, 1996

Jennifer Lynn Hamilton  
Daughter of Kathleen and Donald McGlew  
May 2, 1980 - January 7, 1999

Brian Keith Jones  
Son of Leroy and Jeanne Jones  
May 22, 1974 - May 22, 1974

Kenneth "Chuckie" Jones  
Son of Suzzelle Reid  
July 13, 1976 - May 26, 2010

Graham Kendall Miller  
son of Ken & Abby Miller  
2/3/81 - 5/4/99

Daniel "Dan" Michael Milord  
Son of Mike Milord  
July 15, 1982 - May 5, 2004

Sydney Elaine Patronik  
Daughter of Holly and Michael Patronik  
March 26, 2002 - May 11, 2002

Samantha Ann Rankin  
Daughter of Vickie and Bart Rankin  
November 19, 1988 - May 31, 2010

Wendy Dawn Saunders  
Daughter of Ronald and Aljuana Saunders  
May 20, 1972 - May 14, 1998

Michelle Inez Scott  
Daughter of Charlotte and Donald Scott  
February 1, 1969 - May 1, 1987

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

Tenoch Bennett Sweeney  
Son of Richard Sweeney  
March 30, 2011 - May 21, 2011

Russell "Rusty" Joseph Tarr  
Son of Lorraine A. Tarr  
December 22, 1963 - May 12, 1994

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

Matthew Tyler Williams  
Son of Marta and Chuck Williams  
May 9, 1986 - January 13, 2011

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*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:

John and Terre Belt in memory of Cortney Belt and Traci Heincelman

Larry and Rosemary Mild in memory of Miriam Wolfe

Kenneth Smith in memory of Tracy Fotino

Lorraine Tarr in memory of Jason Tarr



*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



**Mother of Bombing Victim Chronicles Journey from Grief to Grace, Despite Justice Undone and Political Betrayal, in New Book Release: MIRIAM'S WORLD—AND MINE**

**Severna Park, Maryland** – Rosemary Mild, mother of Miriam Luby Wolfe, a victim of the terrorist bombing of Pan Am Flight 103 over Lockerbie, Scotland, shares a loving tribute to her daughter—in the face of international injustice and political betrayal—in a new book, MIRIAM'S WORLD—AND MINE (ISBN: 978-0-9838597-0-3, Trade Paper, 2012).

“I plan to sing and dance my way through life, become internationally famous and live happily ever after,” Miriam wrote in her high school yearbook. She had other talents, too: acting, directing, writing, teaching—and nurturing a zillion friendships. But Miriam’s dreams brutally

ended on December 21, 1988. Returning home from a Syracuse University semester in London, she died in the terrorist bombing of Pan Am 103.

Join Rosemary on her jagged journey from the grief of losing her only child to renewed courage inspired by Miriam’s legacy of love, humor and idealism. At age eleven she wrote to President Jimmy Carter, advising him on how to save the environment.

MIRIAM'S WORLD—AND MINE leads us through two decades up to the present. Rosemary reveals the saintly people of Lockerbie; the stalwart Pan Am families who spearheaded a law for improved airline security; the investigation by the CIA, FBI and Scotland Yard. And the harrowing trial of the two bombers. Most anguishing of all is the convicted Libyan bomber’s release, truly a betrayal of the 270 Flight 103 victims. And even today how can a mother let go of anger (or should she?), as governments value politics more than our innocent loved ones?

But wrapped around these nightmares, you’ll find comfort and joy—optimism undefeated—in the remarkable array of families’ memorials, including scholarships, sculptures, a baseball field, and the Syracuse University Remembrance Quilt. Finally, curl up with Miriam’s wisdom and wit as you read her entertaining stories, poems, diaries and essays.

###

*Rosemary Mild is an award-winning essayist and co-author of novels and short stories with her husband, Larry. Her essays have appeared in the Washington Post, Baltimore Sun, Washington Woman, Generations and elsewhere. A graduate of Smith College, she also gives talks on “From Hurt to Healing: Writing Your Personal Story” and “From Grief to Grace: A Mother’s Guide to Getting There.” Visit Rosemary and Larry Mild at [www.magicile.com](http://www.magicile.com).*

**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.



Dear Friend,

This year the **BP/USA National Gathering** will be in **Tampa, Florida** at the Wyndham Westshore Hotel, **June 29th to July 1st**.

The Bereaved Parents of the USA is like a family of bereaved parents, grandparents, and siblings coming together to offer support, help, encouragement, and hope to each other as we grieve the death of our children.

Every year BP/USA holds a national gathering of our "family" where we welcome newcomers and reunite with those family members we see only once a year. If you have been to one of our gatherings, you know how warm, comforting, and informative they are for those of us who are grieving the death of a child -- whether we are newly bereaved or several years on our voyage.

In addition to dozens of workshops on topics of interest and value to those of us grieving the death of a child, the gathering committee has put together a great set of not-to-be-missed speakers: Darcie Sims, Bruce Murakami, Alice Wisler, Jan Howard, Becky Russell and Donna Corrigan. Alan Pedersen will be returning with his inspiring and comforting music and song.

*If you would like more information about the gathering please go to our national website at [www.BereavedParentsUSA.org](http://www.BereavedParentsUSA.org).*

***You can also register for the gathering and make hotel reservations there as well.***

Sincerely,

The 2012 Gathering Committee

BPUSAGather@gmail.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)

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Permit No. 922  
Capitol Heights, MD

*NEXT MEETING: May 3, 2012*



**Time sensitive**  
**Must be delivered by April 27, 2012**

## UPCOMING MEETINGS & EVENTS:

### **Coping with Anxiety and Depression while Grieving** **Thursday, May 3, 2012**

Darlene Goatley (of the Laurel Regional Hospital's PHP Psychiatry Program) will talk about how to get treatment for anxiety and depression while you are grieving and she will explain how effective treatment can be.

### **Alive Alone** **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 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**.