



# Bereaved Parents of the USA

## Anne Arundel County Chapter

November 2012

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### How Can We Celebrate Thanksgiving?

One family, trying to avoid Thanksgiving, which was the deceased child's birthday as well, decided that family gatherings were no longer for them. They would travel or simply ignore the festivities. One day the mother came upon her ten-year-old daughter crying and asked what was wrong. She was sobbing, reported the mother, because "All the children in school had told of their plans and made table decorations for the holiday and Lynn felt completely removed from her classmates. She cried that she was not only deprived of her brother who had died, but she couldn't even have Thanksgiving dinner and a turkey!" I listened and held her in my arms and cried. They also mattered. That night I talked to my husband and we decided that no matter how bleak and empty it would be, we would have a traditional Thanksgiving dinner.

The family sat around the table, very quietly at first. The father said grace and thanked the Lord for a bountiful meal. When he was through, their ten-year-old said she had something to add. "I want to thank Mommy and Daddy for making this very special dinner for our family. And most of all I want to thank you God for having let us have my brother Eric for six years." The mother, who will never forget what her daughter said, told me there was not a dry eye at the table for a few minutes. But gradually, as the meal progressed, they made an effort to discuss why the holiday was celebrated. From there, the parents told of amusing experiences at Thanksgiving dinners in their younger years. The mother said she planned to tell the stories to lighten the atmosphere just as carefully as she planned the menu. By the time the meal was over, the parents discovered what had built up in their minds as un-survivable had become just another turning point.

There may be many such turning points as you work your way forward. You have already survived what you were certain you could not live through – the death of your child. Turning points, plateaus, are merely steps in coping and nothing more. As you go through each holiday, each season, each happy/sad occasion, you will gain strength from having passed beyond another painful event.

— Harriett Schiff, "The Bereaved Parent"

*The November 1st Chapter meeting will take place in the Sanctuary of the church instead of the lower level of the church. Enter through the front door and come into the sanctuary on the left.*

### Announcing the Chapter's Gift Giving

For many mourning the loss of a child, holidays are difficult days, and gift giving loses its luster. This year, consider buying a gift in memory of your child and bringing it to our monthly meeting in DECEMBER. We'll donate these "love gifts" to children in need through local charities. Doing good deeds in memory of your child lets you stay connected to them while providing for children who have very little.

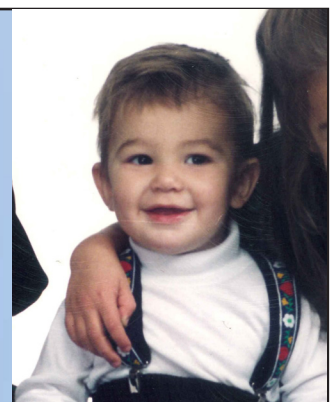
### 2012 Service of Remembrance

Throughout the year...we remember them. Please join us for this special Service sponsored by the Anne Arundel County Chapter of the Bereaved Parents of the USA 3 p.m., Sunday, December 2, 2012 St. Martin's-in-the-Field Episcopal Church Severna Park, MD



The printing and mailing of this newsletter have been donated by Dave and Lily Openshaw in memory of their son **John David "JD" Openshaw** November 9, 1994 - February 21, 1997

JD, we lost you almost 16 years ago. We still don't know how it happened or understand why we couldn't fix it. This birthday is a tough one - 18, high school, senior year. All the could have beens that should have been. We miss you so much, still.



## Next Meeting: November 1, 2012

**Holidays and Special Days** – A panel of bereaved parents will offer suggestions for preparing for and dealing with the holidays, which can be very challenging for bereaved parents, especially the holidays in November and December.

**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.

**The meeting this month will be held in the sanctuary.**

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 December newsletter due to the Newsletter Team by November 1.

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

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### 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

## I'm Going to See My Son Today

I'm going to see my son today  
 He's gone, you see, so far away.  
 Some say that it's a waste of time  
 Going to see that boy of mine.  
 But, I think of him every day.  
 I've missed him since he went away.  
 That silly grin, infectious laugh,  
 That larceny and bit of graft;  
 He makes me fume, yet all the while  
 He finds a way to make me smile.  
 And even though he's not here now  
 I see and hear and feel somehow  
 He'll know when I come by today  
 To see my son where he lay.



— Richard Berman, BP/USA, Baltimore, MD

## A Silent Scream

A silent scream escaped my lips,  
 I saw you slipping away.  
 I wonder if I cried out loud,  
 If that could make you stay?

A silent scream escaped my lips,  
 You slipped beyond my touch.  
 How was I to know the pain  
 Would hurt so very much?

A silent scream and mournful tears,  
 I weep for you each night,  
 And know it would be wrong for me  
 To deny your spiritual flight.

A silent scream still echoes  
 Throughout this empty home,  
 I know I must face the truth  
 And learn to live alone.

This silent scream still remains,  
 I could not make you stay.  
 So patiently I'll await the day  
 When I will come your way.

And when we meet again  
 And our spirits soar away,  
 That silent scream will shatter  
 For I'll know I've found my way.

— Crystal Moore, BP/USA, Marion County, FL



## On Losing an Only Child

I would like to put into perspective the subject of losing a child, as compared to losing an only child. It is said that comparisons are odious, but sometimes a different perspective can be helpful.

The pain of losing a child is excruciating, whether that child has siblings or not. That's incontrovertible. However, it has to be admitted that the particular relationship with the lost child, the involvement, the constancy, and the intimacy, are all factors that affect the degree of pain.

For those who have remaining children, there is resentment when they are told that they are fortunate to have other children. Someone said that when a person loses a leg, he doesn't say how lucky he is that he has another leg. He is distraught that he has lost a leg; his whole focus is on that last leg. The observer, however, can see that to lose both legs is more difficult.

We look to our children for a variety of reasons. They provide us with companionship of a unique sort. They lend continuity to our lives – a form of immortality. They create the role of parent for us, with the immeasurable possibilities inherent therein. They provide that comfort that comes from knowing someone very close will be concerned with us.

Though the pain suffered by any bereaved parent is just as great, it must be admitted that those who have other children can have the benefit of all of the above, whereas the person who has lost an only child (and especially one who can never bear another) has had – in one fell stroke – all of the above wiped out.

— Kay Bevington, Editor, *Alive Alone* newsletter

## Still Standing

People say  
 "Oh, you are doing so well,  
 You are so strong,  
 You are an inspiration!"

We do not feel strong.  
 We feel shaken to the core,  
 Saddened beyond belief,  
 Pain beyond comprehension,  
 Forever changed.

What do they see that we cannot see?  
 "That a horrible storm  
 Unexpectedly ripped through  
 Our lives, and  
 We are still standing."

They are amazed  
 We are paralyzed  
 Still Standing.

— Julie Short, TCF, Southeastern Illinois







## Find Those Loving People...Understanding Your Grief

When you are grieving, it takes ten times the amount of energy to get through a day. So, you don't have extra energy to spar with relatives or friends who attempt to put you on a time schedule or give you very definite directions on how to mourn. It's hard enough to get up in the morning, much less march to a drummer that is "foreign" to you. So, pamper yourself, be good to yourself, do what you need to do; not what others demand or pressure you to do. Listen to your heart. Learn that in pampering yourself, it's not out of selfishness, but out of wisdom. You are no good to anybody, including yourself, if you are a mess. So take care of yourself. A little step at a time. Do as much as you can do and don't feel guilty.

When my two eldest children, 21-year-old Denis and 19-year-old Peggy, were killed in an automobile accident, I had to learn how to make a new life without them. The most helpful lesson I learned was to surround myself with loving, compassionate people who did not try to "take my grief away," but rather were "just there" caring about me and not pushing me. My heart said, "I don't want you to fix my sadness. I only want you near me."

When you feel comfortable and relaxed with people, you can be yourself and you can give yourself permission to cry. You can talk about your loved one, look at pictures, share stories – all important steps in grieving. Your whole body feels a sense of peace when you are surrounded by loving people who give you time to walk through your grief and to heal.

You don't have to "disown" relatives and friends who are hard to deal with right now, no matter how well meaning they are. Just wait until you feel stronger to be in their presence, when you can tell them what you need. It takes time to learn what you need; and strength to inform others what you have learned. Grieving is an education and not everyone has studied GRIEF 101!

Most people feel satisfied when they have paid you a visit, attended the wake or funeral, sent a Mass card, a sympathy card, or a note, sent flowers or food, or a donation to a desired fund or charity. They don't realize that the pain goes on and on and that you really need "follow-up." Friendly notes, cards and phone calls help us grieving folks as we put one foot in front of the other, walking through the "Valley of the Shadow." Sensitive people can give your heart a lift when you're having a down day or a rough season. The mailman can brighten your day when you know someone is thinking of you. Unexpressed words or quiet thinking-of-you thoughts do little to lift your spirits when you need a boost.

When my children died, a total stranger wrote to me to express her sympathy on my tragic loss. She never missed sending little notes for each "Hallmark" holiday and in between, not only to me, but also to my daughter, Annie, my one remaining child who had just gone away to college. Although Catherine never knew my Denis and Peggy, she never forgot their birthdays and anniversaries, or Mother's Day, always remembering them with her beautiful words and special Masses and telling me she feels she knows them. We have become best friends and I am walking testimony that a caring person can hasten your healing.

— Elaine Stillwell

## 5 Simple Ways to Help Someone Who's Grieving

**1. Listen.** There's no need to rush in with words of comfort, especially if they don't come naturally.

**Better:** Simply make a space, with your companionable silence, for the bereaved to express herself if she chooses.

**2. Don't hurry an emotional moment.** A common impulse when someone gets choked up with grief is to change the subject and try to shift to safe emotional ground.

**Better:** See the moment through. Pause. Offer a hug. Share your own comment about the person who died, if it feels appropriate.

**3. Talk about the person who died.** Don't avoid mentioning the person who died; he or she is still very much in the minds of grieving family and friends.

**Better:** Reminisce or mention how the person inspired you or made you happy. When they naturally come to mind, don't be afraid to say things like, "Wouldn't Susan have loved these flowers?" or, "I can just hear Bill saying, 'It's a great day for golf!'"

**4. Stick to honesty over platitudes.** There's no "right" thing to say to a survivor, but there are plenty of wrong things.

**Better:** If you're tongue-tied, acknowledge it. Try, "I don't know what to say. Please know that I'm thinking about you." Or, "I can't imagine what each day is like for you now. I'm here for you."

**5. Don't ask how you can help; just do.** Asking even simple questions ("What do you want to eat?") puts an added burden on the bereaved. Especially soon after a death, someone who's mourning may be physically and emotionally incapable of such decision making.

**Better:** Simply step in when you see a need – Furnish a meal, organize regular meal delivery, pick up milk or eggs or fresh bread when you're at the store and leave them in a cooler on the porch, mow the lawn, take care of the car pool, stop by to walk and feed the dog. Think of essential tasks that can be handled unobtrusively.

— Paula Spencer Scott, *Caring.com*

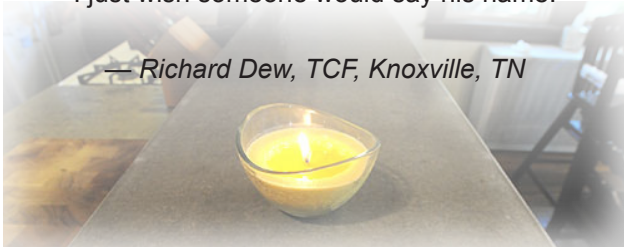


# SIBLING PAGE

## Awkward Silence

I wish that someone would say his name.  
 I know my feelings they're trying to spare,  
 And so we go through the charade, the game,  
 Of dancing around the ghost that is there,  
 Trying to avoid evoking a tear,  
 Or stirring emotions too painful to bear.  
 That he be forgotten is what I fear,  
 That no one will even his presence miss,  
 As if there were no trace that he was here.  
 By referring to him, my purpose is  
 Not to stir pity or keep things the same,  
 But my heart will simply break if his  
 Memory will die like a flickering flame.  
 I just wish someone would say his name.

— Richard Dew, TCF, Knoxville, TN



## My Thoughts of You

Another holiday without you  
 Another wedding without you  
 Another birthday without you  
 Another day without you.

I miss your goofy laugh  
 I miss your temper tantrums  
 I miss your bugging me for money  
 I miss your punches in my arm  
 But most of all I miss you.

So I will remember  
 Our good and bad times and  
 Share them with others  
 So that I can keep you  
 Alive in my heart.

— DeAnn Krouse, Louisville, KY



## Loving for One More Day

When we lose someone we love  
 It seems that time stands still.  
 What moves through us is a silence...  
 A quiet sadness...  
 A longing for one more day...  
 One more word...  
 One more touch...  
 We may not understand why  
 You left this earth so soon,  
 Or why you left before we were  
 Ready to say good-bye,  
 But little by little,

We begin to remember  
 Not just that you died,  
 But that you lived.  
 And that your life gave us memories  
 Too beautiful to forget.  
 We will see you again some day,  
 In a heavenly place where  
 There is no parting.  
 A place where there are  
 No words that mean good-bye.

— Author Unknown

## Siblings



When my parents lost their son, I lost my twin brother (when I was 30). I could not share my loss with my parents, yet their loss was the same as mine. The fear, despair and anger I felt ran deep.

My parents were already suffering from the deepest wounds themselves, and simply did not realize my feelings. I was old enough to understand, but for younger children, one crisis may pile upon another causing a separation between parent and child. Everyone in the family has changed. The struggle to survive when everyone is so unsure of their footing, takes a total effort. And that effort must begin with yourself.

Finding someone outside the family who understands is a beginning. It was the beginning for me. I could confront the emotional crisis with the care and the concern of others.

I won't live in the past, but the past will live in me. My life is no longer entirely my own. That part of my brother that is within me will live on, too.

— Denise Schoo, Dallas, TX



## When a Grandchild Dies

No one expects to outlive their own children, much less experience the loss of a much-loved, much-wanted grandchild. It is so difficult to raise a family, see your children do the same and see the cycle broken in this out-of-order way. No one is prepared for the grief that follows. As a grandparent, you have a double grief. You grieve for your grandchild who has died, as well as for your own child who is now a bereaved parent. You not only feel your own pain and sadness, but also feel helpless and frustrated at not being able to help your bereaved child.

It helps to remember that there is no timetable for grief. Don't expect too much of your child, his or her spouse or of yourself. At first, no one believes it. When the reality "hits," everyone feels even more devastated. It is important to consider your needs as well as those of your bereaved child.

Acknowledging and working on your grief will help you and, indirectly, your grieving child. Don't be surprised if at first you can't reach out to your grieving child. Remember that you are grieving. Be patient with yourself. Eventually you may be able to talk, listen and help. If you find that you can't help specifically with the grief, you can send cards, tell them that you love them, etc. Explain that you wish that you could be of more help but that you don't know what to do.

Suggestions for Helping Yourself and Your Grieving Child (the Parents):

- Read about grief. It is important to understand what you and your child are experiencing.
- It helps to be open and share your feelings. Your openness sets a good example for your child. Share the good memories and the good days as well as the pain of grief and the bad days.
- Talk about your dead grandchild. Mention his or her name.
- Find someone with whom you can talk freely — a friend, support group member, clergy or counselor.
- Be available to LISTEN frequently to your child. Respect your child's way of handling the pain and expressing the grief. Don't tell your child how he or she should react.
- At special times (anniversary of death, holidays) write and/or call your bereaved child. Mention that you realize what day it is. You are calling to say you love them and you wish that you could take some of their pain away.
- When adults are grieving, the child's siblings often feel neglected — plus they don't understand the grief that they themselves are experiencing. Try to spend extra time with your other bereaved grandchildren, offering to listen and reminding them that they are very important and much loved.
- If possible, offer to take surviving grandchildren for an afternoon or a day; help with practical matters, such as preparing food, doing laundry, shopping; spend time alone with your child.
- Most of us need hugs, even if we don't recognize that we do. It helps to hug and hold your child if you both are comfortable doing so.
- Allow yourself and encourage your child to cry when needed. Crying offers relief.
- Let the family know that you care; that you love them.
- Hold on to HOPE that eventually you all will enjoy life again. Offer HOPE to your grieving child and family.

*From Hope Bereaved Handbook, available from HOPE FOR BEREAVED; 1342 Lancaster Avenue; Syracuse, New York 13210; (315) 472-6754; Adapted from the website of the Alliance of Grandparents, A Support in Tragedy, 2004.*

## The Gift of Someone Who Listens

Those of us who have traveled a while  
Along this path called Grief  
Need to stop and remember that mile —  
The first mile with no relief.

It wasn't the person with answers  
Who told us of ways to deal.  
It wasn't the one who talked and talked  
That helped us start to heal.



Think of the friends who quietly sat  
And held our hands in theirs,  
The ones who let us talk and talk  
And hugged away our tears.  
We need to always remember  
That more than words can speak,  
It's the gift of someone who listens  
That most of us desperately seek.

— Nancy Myerholts, TCF, Toledo, OH

**Dear Janell**

If I had known that our first hello  
Would also be good-bye  
I would have tried a little hard  
To keep you by my side.



I wish your perfect face  
Filled more of my memories.

But, as everyone keeps saying,  
It just wasn't meant to be.

How is it that a little life  
Can just be taken away?

I'll never get over it,  
No matter what they say.

You used to make your Daddy smile  
Even though you were never born.

And now, when I think of those times,  
It feels like my heart is torn.

Sometimes I wish I'd died with you,  
Just so you'd always be there.

But I could never leave your Daddy,  
It just wouldn't be fair.

I know you're always with us,  
Always watching what we do.



But this is not how  
It's supposed to be,  
We were supposed to  
Watch over you.

— Elizabeth Allen, TCF, "We Need Not Walk Alone"

**The Dark Night of the Soul**

You are in the dark night of the Soul... experiencing hell...  
your feelings of deep despair... You ask... Tell me... My love...  
is there a way out... is there a chance for me... to ever get  
happy again... or am I doomed to be here forever???

Dear One... the paradox is that the darkness... the hell...  
all the feelings of despair... being lost... is such a deep  
experience... giving us the ability to create true compassion  
for ourselves... Through our compassion we will be able to  
help ourselves and others to go through the dark night of the  
soul...

In all of us... the spark... the willingness... the desire... to  
come back to light... to love... to feel joyous... is there...  
and yes... in you... the choice is already made... this is your  
desire. You seek a way out... yes... and I tell you... there  
are many ways... some faster... some slower... and yes...  
your willingness... to embrace all what you are... with your  
conscious intent to bring awareness and love... into areas  
where there is darkness... will greatly speed up the process...  
the process of Healing... bringing light into the dark...

It can be done... and it will require all of your strength...  
commitment... and the courage to face the fears... the wound  
within... the emotions of loneliness...

One of the fastest ways to get out of it is to arrange a setting where you can get support to go through what is needed... with the help of people who have gone through their own hell... coming out on the other side... They have real experience from their own lives...

You see my friend... in you... your healing will help you... and on the other side... you will be able to help others... We are... here to first of all help ourselves... then help others... Because others are us... So helping others... after the healing of ourselves... brings in a greater healing... to all of us... Who is you...

Yes... it is all beautiful... so magnificent... so Divine...

— By Sannanda



## Our Children Remembered

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

Mariah Nicole Albee  
Daughter of Valerie and Richard Albee  
November 27, 1982 - September 7, 2012

Glorimar Arán  
Daughter of Sandra Arán  
July 26, 1989 - November 11, 2001

Douglas Lee Baer III  
Grandson of Shirley Baer  
August 21, 1983 - November 14, 2006

Linda Lou Boyce  
Daughter of Cora Boyce  
March 29, 1967 - November 30, 2004

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

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

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

Romana Alice Hale  
Sister of Bobbi Remines  
October 8, 1948 - November 5, 1976

Galen Andrew Harig-Blaine  
Son of Clare and Stephen Blaine  
November 14, 1989 - April 22, 2007

Jolene Dawn McKenna  
Daughter of Charlene Kvech  
February 8, 1967 - November 22, 1971

Michael Dwayne Nokes  
Son of Ellen Foxwell  
November 9, 1963 - March 15, 1988

John David "JD" Openshaw  
Son of David and Lily Openshaw  
November 9, 1994 - February 21, 1997

Marco Pena  
Nephew of Dianna McKinnon  
November 28, 1989 - February 14, 2012

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

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

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

André Marc Sanders  
Son of Karen Sanders  
April 8, 1968 - November 27, 2002

Gary "Jake" David Spirt  
Son of Dee Spirt-Rayment  
November 19, 1962 - November 21, 2002

Karen Leese Stevens  
Daughter of Judith and John Leese  
July 19, 1962 - November 17, 2009

Robert Matthew White  
Son of Kathleen Savage  
September 20, 1972 - November 13, 1993

Maraki Yemane  
Daughter of Patrizia Giorgio and Menelik Yemane  
April 1, 2006 - November 21, 2010

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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:

David and Lily Openshaw in memory of JD Openshaw

Kenneth Smith in memory of Tracy Fotino





### Chapter Note

There will be a meeting of our Chapter's "Core Group" on Tuesday, November 13, at 7:15 p.m. at Calvary United Methodist Church. Our room assignment is listed on the board in the foyer entrance to the church on the night of the meeting. All are welcome – it is the Core Group that keeps the Chapter running, so we talk about monthly meeting programs, our Memory Walk and Service of Remembrance plans, our financial position, our website and newsletter....and much more.

Please join us – "It is one of the most beautiful compensations of this life that you cannot sincerely try to help another without helping yourself." (*Ralph Waldo Emerson*)

*Wishing You  
A Peaceful  
Thanksgiving*



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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*NEXT MEETING: November 1, 2012*



**Time sensitive**  
**Must be delivered by October 29, 2012**

**UPCOMING MEETINGS & EVENTS:**

**Holidays and Special Days**

**Thursday, November 1, 2012**

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

A panel of bereaved parents will offer suggestions for preparing for and dealing with the holidays, which can be very challenging for bereaved parents, especially the holidays in November and December.

**Introducing Our Children (& Gift Giving - see page 1)**

**Thursday, December 6, 2012**

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

The focus will be on our deceased children, giving everyone the opportunity to tell others about who they were. There will not be a presenter; sharing groups will be the focus. For all who want to participate, bring a picture or memento of your child; each person will then show the picture or memento and introduce the child and describe what he or she was like. Sharing groups will be held for first-time attendees, the newly bereaved, and the non-newly bereaved.

**Service of Remembrance**

**Sunday, December 2, 2012 @ 3 p.m.**

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

**Worldwide Candle Lighting**

**Sunday, December 9, 2012 @ 7 p.m.**

**Sponsored by The Compassionate Friends  
www.compassionatefriends.org**

**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**.