



Bereaved Parents of the USA

Anne Arundel County Chapter

July 2013

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July's Child

Fireworks race toward heaven
Brilliant colors in the sky.
Their splendor ends in seconds
On this evening in July.
"Her birthday is this Saturday,"
I whisper with a sigh.
She was born this month,
She loved this month
And she chose this month to die.
Like the bright and beautiful fireworks
Glowing briefly in the dark
They are gone too soon, and so was she
Having been, and left her mark.
A glorious incandescent life,

A catalyst, a spark...
Her being gently lit my path
And softened all things stark.
The July birth, the July death of my happy summer child
Marked a life too brief that ended
Without rancor, without guile.
Like the fireworks that leave images
On unprotected eyes...
Her lustrous life engraved my heart...
With love that never dies.

— Sally Migliaccio, TCF, Long Island, NY

THIS MONTH'S MEETING: Our annual "Angel Food Tasting" event 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 time in July (JULY 11) getting to know each other and each other's children in a less structured setting. WE WILL ALSO HAVE A SCRAPBOOKING SESSION FOR THOSE INTERESTED. BRING COPIES OF PICTURES OF YOUR CHILD AND WE'LL WORK TOGETHER ON A PROJECT. Sharing groups will also be held as usual.

CHAPTER NOTE: In July and August, the church where we meet is unavailable to us on our normal meeting dates -- the first Thursday of each month. Our July and August meetings will be held on the second Thursday in July (July 11) and on the second Thursday in August (August 8). Please make a note of this change for our July and August Chapter meetings.

The printing and mailing of this newsletter have been donated by

Charles and Jane Schindler in memory of their daughter

Emily Ann Schindler

July 27, 1985 – January 27, 2004



Remembering all the wonderful memories we had while you were here, and trying not to be sad remembering you are gone. There will always be a part of you that will be a part of us.
Happy 28th Birthday, Emily.
Love, Mom, Dad, Charlie and Claire

Norman and Rhonda French in memory of their son

Brandon Robert French

October 8, 1983 – July 29, 2006



In loving memory of our son,
brother, grandson
and friend...you
will forever be in
our hearts.



Next Meeting: July 11, 2013

Angel Food Tasting – 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 time this month getting to know each other and each other's children while breaking bread together. **WE WILL ALSO HAVE A SCRAPBOOKING SESSION FOR THOSE INTERESTED. BRING COPIES OF PICTURES OF YOUR CHILD AND WE'LL WORK TOGETHER ON A PROJECT.**

Sharing groups – a key part of each Chapter meeting – will be held as desired 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 beginning at 7:30 p.m. 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.
Doors open at 7:15 p.m.**

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 1/2 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 August newsletter due to the Newsletter Team by July 1.
Send an email to: newsletter@aacounty-md-bereavedparents.org.

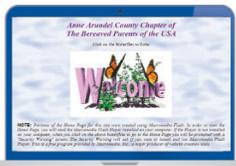
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Do You Use Amazon.com?

If so, AND you enter through our Chapter's website (www.aacounty-md-bereavedparents.org), 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) 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 (thbelt@comcast.net), 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



Loneliness and How to Overcome It

Why are there times when a bereaved parent feels lonely, even though surrounded by loving people and people the bereaved parent loves? Loneliness is the outgrowth of separation from one who has given meaning to life. Yes, other relationships offer meaning, but it is normal for the searing pain from the loss of one's child to supersede the pleasure from other experiences. Part of yourself had been invested in another person.

When that person has died, in a sense, you are lonely for that part of yourself that has been destroyed. At times you look around you and think that no one else is experiencing the pain you are feeling; that no one else's world has been shattered.

This self-centeredness is a natural part of the grief process. Do not deny it, but do not hold on to it as a way of life. Give yourself permission to accept help from others and then to reach out and help others. Although your child is not here to give continuity to your life, by having lived and having given purpose to your life, your child can be the bridge to your continuity with life as a thinking, loving and active person.

— Ruth Eiseman, TCF, Louisville, KY

A Moment in Time

I can't believe it's been two years
Since you left this world of mine.
It seems just like yesterday
I guess I've lost all concept of time.

Seven hundred and forty-seven days,
Five hours and nineteen minutes ago.
I lost a moment in time
I can't get it back, this I know.

It was in that moment that you took your last breath
And your heart surrendered its last beat.
It was in that moment that my world fell apart
A blow that knocked me to my knees.

For in that moment, I felt the pain
As I sat by your bed and cried.
And in that moment, I let you go
As a piece of my heart died.

Some have said that a moment passes
As fast as you can blink your eye.
Others compare it to that distant star
A single twinkle in the sky.

So although that moment has come and gone
Every day it still lingers in my mind.
It is that moment that I can never have back
That single moment in time.

I love you and miss you, baby!

— Mike Miller in loving memory of Maci



A Beautiful Day

My son Scott's death was followed by Hurricane Fran, which seemed appropriate to me, his mother, as my name is Fran. I can remember being unhappy that the sun had the nerve to shine. This is a great way to think about a beautiful day.

Today I looked into the sky and it was beautiful.
Then I realized it's because you are there.
You fly with the Angels now
But you will always be with us -- in our hearts.

— Fran Palmer, BP/USA, Anne Arundel County
In loving memory of Scott

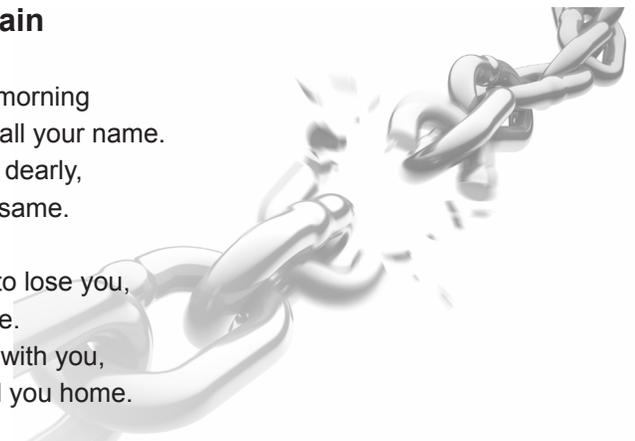
The Broken Chain

We knew little that morning
God was going to call your name.
In life we loved you dearly,
In death we do the same.

It broke our hearts to lose you,
You did not go alone.
For part of us went with you,
The day God called you home.

You left us beautiful memories,
Your love is still our guide.
And though we cannot see you,
You are always by our side.

— Ron Tranmer





Take Your Time

The one phrase we hear more than any other is “It’ll take time for you to get over your child’s death.” We know that this is spoken with care and love. But little do we know at the beginning of our grief just what time means: the first time, the day time, the night time, the last time, all of these times. The one thing we can say is “take it.” Take all the time you need. Grief is hard work, and we need to take the time for all of the aspects we talk so much about to really work through it.

When the shock finally gave way, I was angry at the whole world. I found that somehow people around me could readily accept my anger but not my grief. I needed to cry but simply refused to give myself permission.

The grief I needed to express for my son began to eat away at my insides. I held the lid down tighter and tighter, which took a tremendous amount of my energy. My health began to deteriorate. From month to month, I was always coming down with colds, backaches, and bouts of influenza. My personality took a downward plunge as well. I would lash out at people for the silliest reasons, sometimes for no reason at all. My work habits began to suffer, and I couldn’t do my job properly. This past year was so bad that I felt like the thin thread I was hanging onto was going to snap, and that really frightened me.

The turning point came when my wife and friends encouraged me to attend an Elisabeth Kubler-Ross “Life, Death and Transition” workshop. Elisabeth provided us with a safe place to get in touch with our emotions and enabled us to “let it out.” When I started to cry, it was as if someone opened a tap. I cried out four and a half years of unshed tears. After this pool was emptied, I felt very different. Somehow I felt lighter.

I’m no longer carrying around all that grief. My life is very different now. Relationships with those I love are more meaningful. I have learned the hard way that it’s okay to cry and be emotional. We are given emotions to make our lives richer and fuller, but we can turn them into monsters if we don’t provide for their healthy release.

My message to other dads is this: if you can’t cry and you find yourself saying over and over again that you’ve dealt with it, maybe you really haven’t. Find a safe place to face your tears and let them come. Each tear shed is one less to carry around inside.

— Len Fraser, TCF, Winnipeg, Canada



Continue to Let Others Help You

Determine what you need from friends and family and ask for these things.

Let friends know the special days or occasions you anticipate being difficult and plan ways with them to lessen the pain.

Don’t let others tell you what to think or feel. Explain that you have thoughts and feelings that may be different from theirs and that you want to share them.

Don’t let others tell you what you should or shouldn’t do. You know yourself and your needs the best.

Continue to share stories of your beloved and your relationship. Share them with those who will listen and allow you to tell the good and the bad parts.

Remember your beloved who died realistically, with his or her strengths and weaknesses and share both with those who can listen.

Tell people that you want to hear their memories of your beloved when you do. People will feel more comfortable talking about the deceased if you let them know it is okay.

Determine for yourself the right time to give away things of the deceased or to clean out closets of precious belongings. Only you, not others, know the right time for you to do these things. If you think it might be helpful to you, have a simple ritual with friends or family to mark the occasion and make it special.



The Good Old Summertime??

The good old summertime has arrived. The time when we usually plan vacations, family reunions, picnics, etc. There are many activities going on, such as ball games, golf, swimming, though for some of us a float on an Ozark stream is more enticing. Vacation bible schools and ice cream socials are held at churches. We usually adopt a more casual lifestyle, cook outdoors, and free ourselves of rigid schedules. Whatever our interests may be, this is the time for family togetherness. When our family is still intact, it can be a wonderful time...if not, it can be a very painful time.

If this is the first summer following the death of your child, you may not have much inclination or energy for the usual activities, although many parents find that doing something physically demanding helps release the tension and anger associated with grief. Some have found a measure of healing and peace in their yard or garden, or planting a flower garden in memory of their child. Others may feel obligated to attend family activities, and then they find that it does help to get involved.

If you don't feel able to get out and get involved in your usual activities, don't be concerned, just do what you feel like you can do now.

Many of us think going away on a vacation or short trip somewhere will help us get away from the painful reminders of our child's death, and though it may be less painful than it was at home, we soon learn that we take our memories and emotions with us wherever we go. However, a vacation can be an incentive for doing something relaxing and enjoyable, though most of us feel guilty if we enjoy ourselves very soon after our child has died.

When we made vacation plans for the summer following our son's death in February, I was a little apprehensive. We were going to visit our daughter, who had recently moved to Michigan, and invited our daughter-in-law (our son's widow) and her daughters, ages three and five, to accompany us on the vacation. From there, all of our group traveled upstate to stay a few days at a lake resort. Our little granddaughters kept the trip upbeat and lively, and we were able to enjoy ourselves for the first time that summer. It was helpful for all of us, even though there were several intense emotional moments. Now we realize that everyone in our family was still grieving, each in their own way, and it would have been helpful to have allowed each one some private time to rest every day.

As newly bereaved parents, we are the pioneers, charting our way through an unknown area to our new destination. We've been told that it is peaceful there, but we can't feel that peace until we arrive. Those who have already made the trip report that life is different, yet good, in that new place. But we find it difficult to believe, because we are still traveling that long, rugged trail, and the end is not yet in sight. "Don't be afraid," we are told, "we made it and you will make it, too." Those who have made the journey encourage us to believe that we'll make it through the wilderness of grief and find peace.

As one who has found peace at the end of the journey, I'm thankful to those who encouraged me during those dark days when I could not see the way. Their loving support, and my faith, gave me hope that life could be good and meaningful again, and now it truly is.

If you are still struggling along, unable to see a future without pain and confusions, please reach out to those of us who have been there.

— Lenora Sanders, TCF, Atlanta, GA

What a Ride

Summertime lends itself to much advertisement of exciting activities. Amusement parks in our tri-state area boast of having the "thrilling," the most "adventurous," or the most "horrifying" rides for those who dare.

Since I lost my daughter Nicole, I feel like I repeatedly, without warning, go on the wildest amusement ride the world has ever seen. In fact, all of us who have suffered the tragedy of losing a child take sudden rides on this blood-curdling machine. Physicists could never conjure up a ride such as this – in fact, they couldn't even come close.

The force takes us up, down, and tears us inside out. We get thrown sideways and experience sudden drops much greater than free fall. We spin at record speed mentally and internally, without ever lifting our feet off the ground. The ride is the fiercest, most frightening experience one could ever suffer through. It rages the emotions, leaving you breathless, with a feeling of urgency to share the uncontrollable adventure with those who are next. There is never a waiting line, and the park is always open.

The ticket for this ride is available only through an exclusive club. There is one catch, however – the price for this ticket is very expensive. It was our child's life, and there is absolutely no refund.

I don't want to go on any more rides.

— Cindy Pekarick, Camden County, NJ



Caring for Yourself is not an Option! It's Required

Take a little time for yourself each day and a big chunk of time at least once a week.

Give yourself some real relaxing moments through meditation, relaxation techniques, massage, beautiful music, etc.

Learn stress-reducing techniques and use them.

Recognize your own self worth.

Recognize your own needs and limitations.

Drop the need to be responsible for everyone else's happiness and well being.

Learn to conserve your vital energy and use it where you choose.

Pamper yourself once in a while, especially on "bad" days.

Be patient and considerate with yourself; you don't realize the stress you're under.

Nurture your spiritual side. Pursue those things which fill your soul.

Do the common sense things like eating right, drinking lots of water, exercising and getting plenty of rest.

Put into practice some of the good advice you give to those you love.

Develop that part of you that wants to laugh. Seek out humor in your life and above all, don't take yourself too seriously.

Pay attention to what your body is telling you. Is it tired? Stressed? Tense?

Create a private life for yourself apart from your grief and stress.

Develop a strong support network for yourself. Allow others to help you.

Set limits. This may mean having to say "no" at times.

Give yourself a break in more ways than one.

Do not have unrealistic expectations of yourself.

Don't hesitate to reach out for help either from a friend or a professional.

Caring for you is not being selfish. It is being self-nurturing.

Follow your "gut." If something doesn't feel right, don't do it. If it feels lighter, freer, easier...go for it.



— *From Montgomery County Hospice*



Forever

We do not recover from the death of a child...we heal.
 Part of the healing process is accepting that not only has our own life changed,
 But we are becoming different people.
 We may look the same as before our child died,
 But we look at life in a new way.
 We have more understanding and compassion.
 We cannot know why sad things happen.
 We can only know that nothing beautiful in the world is ever really lost
 Because all precious things live in our memory forever.
 May these words help to be an inspiration for all of those who suffer the loss of a child.

— *Author Unknown*

SIBLING PAGE

A Lavender Butterfly

Brandon is a lavender butterfly

Soaring with the grace of God
Touching our hearts where angels play.

Brandon is a lavender butterfly

He fishes off the tan dock
The casual plaid shirts he wore.

Brandon is a lavender butterfly

His blue eyes look down from the clouds
A smile as bright as the sun.

Brandon is a lavender butterfly

He watches over his mom like a guardian angel
And will never be gone from her heart.

Brandon is a lavender butterfly

— Brooke French, BP/USA, Anne Arundel County, MD
In loving memory of her brother Brandon



I Remember

I remember your smile and your frown.

I remember snowball fights and water fights.

I remember just plain fights.

I remember mornings when you made me breakfast in bed. (most of which you ate yourself)

I remember fishing trips you dragged me on,
Even though you had to bait my hook.

I remember your joy in rough-housing with little kids.

I remember my fear that you would hurt them, although you never did.

I remember baseball games, football games, and wrestling matches.

I remember looking down at a little boy caught in my room without permission.

I remember looking up at a teenager who needed a ride to the dance.

I remember all these things with joy, but little brother

I would dearly love to still have you and not just all these memories.

— Shannon Odessa Stiener, Lowell, IN

I Know Where You Are

Three years ago you left this earth
But I know where you are.

You are in my heart, in my breath.
You are in every part of my day.

You are in my dreams and my thoughts.

I know one day I will see you again
And, oh! What a day that will be.

We can laugh with each other again
And cry with each other again.

I may have to suffer many years before that glorious day.

But for now, it gives me hope.

For now
I know where you are.

— Debbie Trepanier, BP/USA, Springfield, IL

Grief

Grief is a tidal wave that overtakes you, smashes down upon you with unimaginable force, sweeps you up into its darkness, where you tumble and crash against unidentifiable surfaces, only to be thrown out on an unknown beach, bruised, reshaped...

Grief will make a new person out of you, if it doesn't kill you in the making.

— Stephanie Ericsson



Our Children Remembered

Cito Arán
Son of Sandra Arán
December 2, 1978 - July 11, 2000

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

Susan Lawrence Barr
Daughter of Bryant and Missy Lawrence
July 14, 1961 - February 16, 1991

Cortney Michele Belt
Daughter of Terre and John Belt
Sister of Eryn Lowe
August 26, 1979 - July 9, 1996

Tria Marie Castiglia
Daughter of Noel and Ann Castiglia
Sister of Carla Castiglia
July 6, 1963 - October 14, 1984

Chrystal Marie Clifford
Marilyn Mabe's son's fiancé
July 16, 1978 - February 17, 2001

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

O. Steven Cooper
Cousin of Frances Palmer
July 5, 1954 - September 26, 1998

Emily Christina Davidson
Daughter of Fran Smith
July 24, 1972 - January 13, 2011

Michael J. Dickens Jr.
Son of Marla and Michael Dickens Sr.
July 7, 1968 - March 29, 1996

Brandon Robert French
Son of Rhonda and Norman French
October 8, 1983 - July 29, 2006

Theresa Karen Gardner
Daughter of Joan F. Gardner
July 28, 1962 - January 7, 1994

Lahna Lynn Gordon
Daughter of James and Tiffany Gordon
July 3, 2007 - August 30, 2007

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

Kerry Elizabeth Hambleton
Daughter of Bob and Ellen Hambleton
September 14, 1983 - July 26, 2011

Roger Wallace Johnson
Son of Walter and Shirley Johnson
Brother of Leroy and Jeanne Jones
July 10, 1947 - August 23, 1986

Michael Robert Legér
Son of Daryl and Elizabeth Legér
July 11, 1986 - December 29, 2000

Zachary Laurence Luceti
Son of Linda Huey East
April 20, 1978 - July 4, 2003

Eric Eugene Maier
Son of Gene and Marlen Maier
August 8, 1961 - July 5, 1984

Sarah Anne McMahon
Daughter of Deborah and Daniel
McMahon
January 24, 1995 - July 13, 2012

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

Edwin Brandon Molina Jr.
Son of Carole and Edwin Molina
July 6, 2005 - March 3, 2007

Vanassa Ortiveros
Niece of Dianna McKinnon
July 27, 1985 - October 30, 2011

Dennis Richard Rohrback
Son of Dennis and Joan Rohrback
April 8, 1964 - July 3, 1988

Emily Ann Schindler
Daughter of Charles and Jane
Schindler
July 27, 1985 - January 27, 2004

Kelly Ann Schultz
Daughter of Jim and Pat Schultz
July 19, 1964 - January 1, 1996

Joseph Claude Smith
Son of Gary and Desirae Smith
March 19, 2005 - July 11, 2006

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

Jason William Tarr
Son of Lorraine A. Tarr
July 8, 1969 - February 20, 2012

David William Whitby
Son of Rita and Albert Whitby Sr.
Brother of Susan Lovett
July 14, 1954 - July 4, 1987

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

Alisa Joy Withers
Daughter of Jan Withers
July 7, 1976 - April 16, 1992

Sienna Blue Water Zertuche
Daughter of Karen Samaras
September 5, 1976 - July 31, 2008

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

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



Noel and Ann Castiglia in memory of Tria Castiglia

Norman and Rhonda French in memory of Brandon French

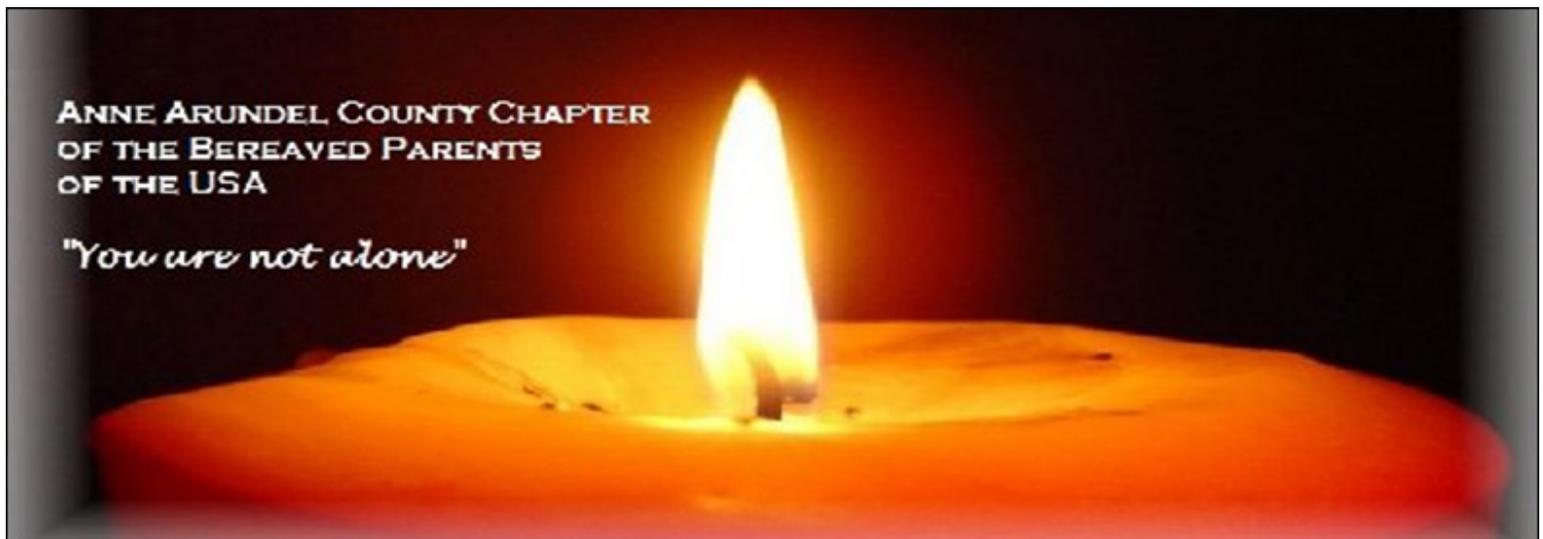
Kenneth Smith in memory of Tracy Fotino

CHAPTER NOTES

BP Library

The AA County Chapter of BP has a library, and it is available at our monthly meetings. You are encouraged to check out books and return them when you have finished reading them. We have had books checked out of our library which have not been returned. Please look through your collection of books and see if you have any. If the book was useful to you, it may be useful to others. If you cannot attend a monthly meeting, you can mail the books to 7704 Buckingham Nursery Ct, Severn, Md. 21144, or contact Bob or Sandi Burash at 410.551.5774 to make other arrangements. Thank you.

We are now on Facebook!



A Facebook page has now been set up for our Chapter. Members can join our group at <https://www.facebook.com/#!/groups/BPUSAAAC/>. Everyone must be a member of Facebook to join this group. We are a CLOSED group for privacy purposes, so nothing posted on our group's wall will go into your regular NEWS FEED to your regular FB friends - only other members of our group will be able to see what you posted there.

When you get to our page, you must request to JOIN the group and approval will be sent when the page is checked each day. Then you will have full access to read all postings, and post your own comments or pictures for other members to read and respond to 24/7. Like our meetings, please do not share postings outside of this group. AGAIN, this is a CLOSED group. If anyone has a question, suggestion, problem or just needs someone to walk them through the Facebook process, please contact June Erickson at 410-451-8637 or email juneErickson@aol.com.

Bereaved Parents of the USA Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

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NEXT MEETING: July 11, 2013



**Time sensitive
Must be delivered by July 5, 2013**

UPCOMING MEETINGS & EVENTS:

Angel Food Tasting

**Calvary United Methodist Church, Annapolis, MD
Thursday, July 11, 2013**

Instead of a speaker this month, we will spend extra time enjoying refreshments and sharing our memories. If you can, bring a dish that was a favorite of your loved one and share your Angel's favorite food with us. We're hoping to see both old and new friends as we get together to "break bread" and to enjoy each other's company. **WE WILL ALSO HAVE A SCRAPBOOKING SESSION FOR THOSE INTERESTED. BRING COPIES OF PICTURES OF YOUR CHILD AND WE'LL WORK TOGETHER ON A PROJECT.** Sharing groups will also be held as usual for those interested.

Program TBD

**Calvary United Methodist Church, Annapolis, MD
Thursday, August 8, 2013**

The Compassionate Friends National Conference

**Boston, MA
July 5 -- 7, 2013**

Bereaved Parents of the USA National Gathering

**Sacramento, CA
July 26 -- 28, 2013**

RESOURCES:

Hospice of the Chesapeake

www.hospicechesapeake.org or 410-987-2003

Maryland Crime Victims' Resource Center

www.mdcrimevictims.org or 410-234-9885

Suicide Support Group

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

MIS Support Group (miscarriage, infant death or stillbirth)

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

Grief Recovery After a Substance Passing (GRASP)

www.grasphelp.com or 843-705-2217

The Compassionate Friends of Prince George's County

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

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 or **443.566.0193**.