



# Bereaved Parents of the USA Anne Arundel County Chapter

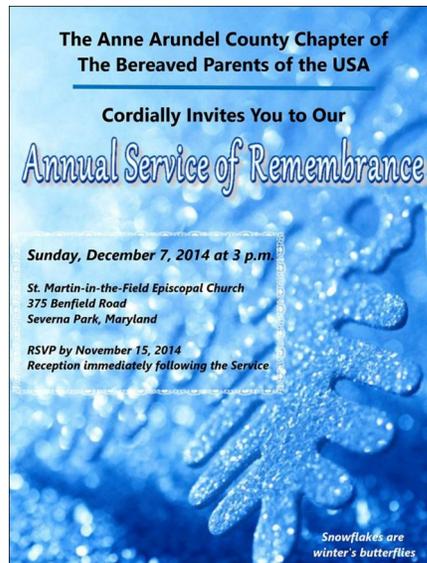
DECEMBER 2014

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## Annual Service of Remembrance

Since its beginning in 1985, the Anne Arundel County Chapter's Annual Service of Remembrance has provided an opportunity for parents, grandparents, siblings, aunts and uncles, and friends to remember our precious children. For these past 30 years, Ann Castiglia, Tria's Mom, has been the Memorial Service chairwoman and has done a beautiful job each and every year. This will be Ann's last year putting on the Memorial Service, which for many is the highlight of the holiday season remembering their children. What a beautiful service you have provided all these years Ann, thank you very much!

Please join us in this celebration of our children's lives. The Annual Service of Remembrance will be held at 3:00 p.m. on Sunday, December 7, 2014, at St. Martin's-in-the-Field Episcopal Church, 375 Benfield Road, Severna Park, Maryland 21146. Please come join us...



Sponsorship of this newsletter has been made by the following families:

Irene and Joe Belcher  
In memory of their son  
**Joey Edward Belcher**  
April 21, 1975 - December 17, 2012

OUR JOEY  
Exemplar of endless generosity  
and compassion.  
Standard of excellence to love and  
to forgive.  
Catalyst of dreams come true.  
Symbol of humility and messenger  
of peace.  
Cause of our dearest memories;  
and Life of our broken hearts.  
All our love forever,  
Papa, Mimi, Riley and Mom



George and Kathy Ireland  
In memory of their daughter  
**Melissa Ireland Frainie**  
December 12, 1971—February 12, 2007

Happy Birthday to  
you in heaven,  
Missy.  
We are sending  
you birthday  
wishes and  
remembering your  
bright beautiful  
smiles and that  
remarkable spirit of  
yours. We love you  
so much and miss you more and  
more every day. You are always in our  
hearts. Love, Mom, Dad and Lisa.



Phyllis and Bob Sinex  
In memory of their son  
**Owen Sinex**  
September 2, 1993 -  
December 20, 2012

When no more a child nor quite a man  
The angels called him home  
We praise the Lord and bear the grief  
And try to understand

## Holiday Help

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This is a very difficult time of year for everyone who has lost a child, because often we just want to curl up and cry, and it's hard to put on the happy face that others expect. So take care of yourself, physically, mentally and emotionally. And if you need a helping hand doing this, please call one of our Chapter volunteers:

Noel Castiglia 410-757-5129

Barbara Bessling 410-761-9017

Debi Wilson-Smith 410-757-8280

## Handling the Holidays

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By Darcie D. Sims, PhD, CHT, CT, GMS

It's holiday time and the world is filled with music, tinsel and glitter. Everything seems to sparkle and there is always so much to do! It is a festive time of year, filled with joyous occasions and family gatherings. But when your family circle has been broken by death, the holidays may only serve to remind you of the empty space at the table, the hole in your heart.

The holidays are a time when the past and the present collide. We either try to recreate the wonderful memories of our past or to clean the slate completely and start all over again. When the family fabric has been torn apart by death, the holiday season becomes one of the most difficult experiences the bereaved must endure. From Halloween to New Year's, it's a season often filled with despair and renewed grief. Yet, the holiday season can also be a time of reflection and renewal, of recollection and reconnection.

No one can grieve for you. We each must walk that path one footstep at a time. Handling the holidays isn't a matter of eliminating the pain, but rather how we manage the pain we experience. The most important thing to remember is that this is YOUR TIME and YOUR GRIEF and DO WHATEVER IS COMFORTABLE AND "RIGHT" FOR YOU. Your family and friends want to help and perhaps the best gift they could give you is the love and patience you need to help you through this season of despair.

The following are offered as suggestions for handling your holiday grief:

### **Become Aware Of Your Feelings And Acknowledge Them.**

Tears, depression, anger, guilt and loneliness are all a natural part of grief. These feelings may return again and again during the holiday season as well as other "earlier symptoms" you may have experienced. Once you can acknowledge them and embrace them, they will dissipate more quickly. Do not be afraid or ashamed of your emotions.

**Be Gentle With Yourself.** Grief hurts! Be kind and patient. Let go of the *oughts* and *shoulds*. Try to forgive yourself for surviving the death of your loved one. Let go of the guilt you may experience if you happen to find yourself enjoying a moment or two of the holiday season. Your loved one enjoyed the holidays *with* you, let those memories surround you now.

**Make Lists.** The bereaved often can't remember things, so make lists of everything you have to do. Ask yourself the following questions about everything on your list:

Do you **really enjoy** doing this?  
 Do others **expect** me to do this?  
 Can **someone else** do this?  
 Will it still be the holidays without this?  
 What would happen if it didn't get done?

**Change Things.** See what happens if you would:

Have dinner at a different time or place  
 Attend a different church service  
 Open presents at a different time  
 Ask others to help or take over hosting the holidays  
 Send a New Year's note instead of holiday cards

**Work At Lifting Depression.** Take responsibility for yourself. We cannot wait for someone else to give us joy. Think of things you enjoy and give yourself a treat. Create your own healing environment. (Hot Chocolate, Soup, Cookies, No Veg-gies!)

**Share Your Holidays**

Visit a nursing home or day care center  
 Volunteer at a soup kitchen or shelter  
 Invite a child to go for a walk or sledding  
 Take a friend shopping

**Take Care Of Yourself.** Eat right. Exercise (at least watch someone else). Gift wrap some broccoli. Get plenty of rest. Be nice to yourself. If nothing else, JOG YOUR MEMORY

**Pass On Family Treasures** If you have special items of your loved one's that other family members would treasure, wrap them up and give them this holiday season. Pass on the treasures rather than keep them locked away in a box.

**Buy Your Loved One a Gift.** Give it away to someone who would not otherwise have a gift. When love is shared, it grows.

**Shop If You Must**

You can survive holiday shopping if you:

Make out the entire list ahead of time  
 Go on one of your "good" days  
 Take a friend along  
 Shop when the stores are the least busy  
 Try catalog shopping or give Holiday IUO certificates

**Plan a Special Moment or Memorial** for your loved one. Order a special bouquet for your church altar or donate a poinsettia to a nursing home in your loved one's memory. Plant a living Christmas tree in the yard or place a favorite flower on your breakfast table or mantle. Keep your loved one's picture where you can see it often. Include your loved one in your table blessing as your family gathers to celebrate the season.

**Decorate something.** Don't toss out the entire season! If you don't feel like decorating the whole house, try doing just a room or a corner or perhaps just a table. Decorate the grave if the cemetery allows that. Do whatever feels "right" for you and your family.

**Be thankful for something.** Think of all the things your loved shared with you...love, happiness, joy, laughter. Write these "gifts" on pieces of paper and keep them someplace close to you. Some put these "notes" in the stocking or hang them on the tree or place them in a special box. Some place them in a memory book while others keep them under the pillow or in a secret place. Wherever you place them, know that these small pieces of paper are tangible evidence that someone lived and loved us and that we are rich beyond measure because of the gifts they shared with us!

**Light a candle.** Light a special candle in celebration and gratitude of your loved one's life. Know that you carry this light within you always. **No light that was born in love can ever be extinguished.**



## Next Meeting: Thursday, December 4th at 7:30 p.m.

“Introducing our Children.” ~ The focus of this meeting will be on our deceased children, giving everyone the opportunity to tell others about who they were. For all who want to participate, bring a picture or memento and introduce your child and describe what he or she was like. Also during this giving season, if you can, please bring a new toy/gift that will be donated to a needy child in our county.

Calvary United Methodist Church • 301 Rowe Boulevard • Annapolis, MD 21401

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. **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 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 January newsletter are due to the Newsletter Team by December 10.  
Send an email to: [newsletter@aacounty-md-bereavedparents.org](mailto:newsletter@aacounty-md-bereavedparents.org).



Chapter Leader: Carol Tomaszewski  
Newsletter Team:  
June Erickson, Linda Khadem, Katie Redmiles  
Treasurer: Fran Palmer  
Correspondence & Hospitality: Tawny Stitely  
Librarian: Bob and Sandi Burash  
Programs: Mary Redmiles  
[mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)

### **Do You Use Amazon.com?**

If you enter Amazon through our Chapter’s website ([www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)), the Chapter will earn a commission of 5% on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter). It’s an easy way to support our Chapter’s activities. Go to the Chapter’s home page, click on the butterflies on the welcome page, and 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 through the Chapter’s website credits the Chapter with the 5% 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 Mary Redmiles ([mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)) or call her at 410-721-6671, 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.

## Thanks for the Little While

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By Darcie Sims

Thank you for life. For its good times and bad  
Thank you for love, even when I can't feel it.  
Thank you for the love I used to share,  
For the arms that held me tight.  
Thank you for my family  
In faraway places, in different times  
Thank you for the songs we sang,  
For the dreams we saved  
For the smiles we shared  
Thank you for the strength that eludes me just now  
Thank you for the weakness that sends me to my knees  
Thank you for the searching, the reaching, the hoping  
Thank you for the bonds of memory that hold me in place in this universe, even when I don't believe in it anymore or forget what it is all about.  
Thank you, most of all, for having been blessed with the love I have known, even now when I fear I will forget it.  
Thank you for memory and for filling it full measure for me. It wasn't nearly long enough, but it will have to do.  
Thanks for the moments we danced.  
Thanks for the little while...

To hear Alan Pedersen's song version he sang to Darcie Sims at our BP-USA 2011 Conference, click here: <https://www.youtube.com/watch?v=TENkpZ-ogFE>



### Connect With Us on Facebook

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We are now on Facebook. It is a closed group where we can continue our discussions in private. Your other Facebook friends will not be able to see what you post there, and you will not be able to share postings by others. You have to join Facebook first before you can become a member. Please go to <https://www.facebook.com/groups/BPUSAAAC/> and ask to join. You will be approved within 24 hours. If you have any questions or problems, please contact June Erickson at [JuneErickson@aol.com](mailto:JuneErickson@aol.com).



## Our Children Remembered

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

Dora Baldwin  
Daughter of Aurelia Ferraro  
December 11, 1964 - May 2, 2012

Stephanie Noell Banchemo  
Daughter of Bill Banchemo  
December 16, 1985 - April 9, 2012

Joey E Belcher  
Son of Joseph and Irene Belcher  
April 21, 1975 - December 17,  
2012

Aris T. Carpenter  
Son of Kim Carpenter  
November 20, 1985 - December 4,  
2013

David Brian Clutter, Sr.  
Son of Barbara Orndorf  
July 23, 1968 - December 25,  
2000

Melissa Ireland Frainie  
Daughter of Kathy and George  
Ireland  
December 12, 1971 - February 12,  
2007

Kole William Hoffman  
Son of Erin and Jim McKinney  
McDonald  
December 23, 2007 - March 7,  
2010

Kurt Willard Johnson  
Son of Willard and Marian Johnson  
December 9, 1963 - August 11,  
2003

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

David M Murnane  
Son of Jennifer Murnane  
March 7, 1987 - December 9,  
2008

Kevin Alan O'Brien  
Son of Lorrie and Keith O'Brien  
December 24, 1986 - June 29,  
2012

Michael Henry O'Malley  
Son of Margie and John  
O'Malley  
August 25, 1971 - December 7,  
1991

Joshua Aaron Prosper  
Son of Theresa Prosper  
August 30, 1986 - December 16,  
2011

Megan Frances Richardson  
Daughter of Karen Richardson  
July 24, 1983 - December 4,  
2004

Gregory Robert Sears  
Son of Rob and Marilyn Sears  
December 11, 1975 - January 6,  
2012

Owen Robert Sinex  
Son of Phyllis and Bob Sinex  
September 2, 1993 - December  
20, 2012

Mark Edward Smeltzer  
Son of Peggy Smeltzer  
December 11, 1969 -  
March 15, 1997

Joseph (Joey) Scott Sudo  
Son of Joe and Suzanne  
Sudo  
December 3, 1999 -  
April 23, 2012

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

Richard C. Watts  
Son of Tom and Fran  
Cease  
December 28, 1966 -  
October 28, 1998

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

*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:

Kenneth Smith in memory of his niece Tracy Fotino  
Barbara & Robert Bessling in memory of their son Richard Allen (Ricky) Bessling



## Book Review

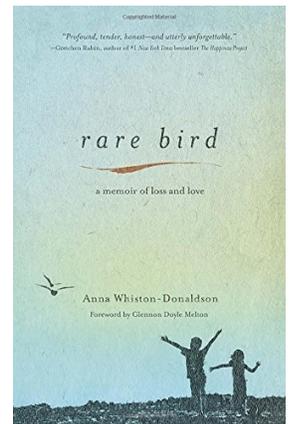
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### **Rare Bird: A Memoir of Loss and Love**

By Mary Redmiles, Tommy's Mom

"Rare Bird: A Memoir of Loss and Love" by Anna Whitson-Donaldson is a heart-wrenching account of the tragic loss of Anna's 12 year old son Jack in a freak flash flood in Vienna, Virginia in 2011.

Anna bravely shares her regret in allowing her children to play in the rain that fateful day, an activity that should have been fun and safe. Anna's writing is raw and honest. She does not hold back and painfully recalls the darkness, anger and overwhelming pain that engulfed her family when only one of her children returns home that evening.



With this unforgettable account of a family's love and longing, Anna will draw you deeper into a divine goodness that keeps us—beyond all earthly circumstances—safe. She recalls feeling the presence of God and her son in the days, weeks and months following the accident. Her children were being raised as Christians and Bible study was a regular occurrence in their home and school. However she shares her struggles as she questions a God who would allow this to happen to her son and family.

This is a book about facing impossible circumstances and wanting to turn back the clock. It is about the flicker of hope in realizing that in times of heartbreak, God is closer than your own skin. It is about discovering that you're braver than you think. At the time of this horrific loss Anna had a blog where she discussed ordinary life events, such as child rearing and home decorating. She had always known she would one day write a book but knew the subject matter would be decorating on a budget, a DIY guide for Moms like herself. A book about child loss was unimaginable. With grace and hope she bravely forges ahead to tell the story of her family's struggles to survive after such a tremendous loss. She takes us into her home where we meet her husband, daughter Margaret and her precious son Jack and we are never the same.

View on Amazon: [http://www.amazon.com/dp/B00J1ISMNO/ref=cm\\_sw\\_su\\_dp](http://www.amazon.com/dp/B00J1ISMNO/ref=cm_sw_su_dp)

## Signs

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By Carol Tomaszewski, David's mom

I believe that our children are with us forever, in our hearts, our minds, and our souls.

And they leave signs for us to let us know they are with us.

And every sign warms my heart and makes me smile as I remember the love I shared with my son.

The first signs I noticed were dimes found in many different places, and of course butterflies flying close.

However, recently I got a sign that I definitely know came from my son David.

I was watching a college volleyball match. My daughter is the Assistant Coach. And between games I went to the snack bar to buy a Coke. When I got back to my seat, I turned the bottle around as I opened it.....and my breath caught, and my heart skipped a beat....and I smiled....and remembered my son.



## The Rose

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Actor Glenn Ford tells this story: The Indian statesman, Nehru, gave Ford a rose and said, "Keep this rose and look at it for a long time."

When the two men met again a year later, Nehru asked whether Ford had kept the rose and looked at it. Glen Ford said, yes, he had. "And what did you think?" asked Nehru. The actor answered, "I kept seeing the rose. Even after it faded and lost its petals, I kept seeing the rose." Nehru nodded and said, "That is the secret of love. If you love something, you will see its beauty. Even if it fades and goes away, you will always see its beauty."

TFC Newsletter Van Wert, Ohio

*As long as I can I will look at this world for both of us. As long as I can I will laugh with the birds, I will sing with the flowers, I will pray to the stars, for both of us. ~ Sascha Wagner*

For Siblings

“When you close your eyes and remember, don’t forget that your sibling rests yet in you, in your heart and in your thoughts, in everything you do. They will never leave you alone. You have a listener at your beck and call. What a gift!” - From a sibling

<p><b>For the mothers and fathers Forever so broken hearted When a life came to a stop Before it really even started</b></p> <p><i>I wrote this poem for you</i></p> <p><b>For the grieving siblings Sadly and quietly left behind Whose place now in this life Is not so well defined</b></p> <p><i>I wrote this poem for you</i></p> <p><b>For the loving spouse Whose heart breaks a new When today and always They have to live for two</b></p> <p><i>I wrote this poem for you</i></p> <p><b>For the son and daughter Whose hand reaches for the phone Forgetting for the moment There will be nobody home</b></p> <p><i>I wrote this poem for you</i></p>	<p><b>For the grieving friends And family living so far away Whose lives returned to normal But still remember day to day</b></p> <p><i>I wrote this poem for you</i></p> <p><b>To all the hearts that struggle With a grief difficult to explain Who work to make sense And to remember beyond the pain</b></p> <p><i>I wrote this poem for you</i></p> <p><b>For all those who reach out To gently touch a grieving heart To remind them of the memories And the love there from the start</b></p> <p><i>I wrote this poem for you</i></p> <p><b>For everyone who is missing Someone special today Who holds on to the truth That love can never fade away</b></p> <p><i>I wrote this poem for you</i></p>
<p>By Tanya Lord © 2014 <a href="http://www.TheGriefToolbox.com">www.TheGriefToolbox.com</a></p>	



## An Angel's Christmas Wish

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Submitted by Donna Leslie to Alive Alone Newsletter

I looked through the clouds and what did I see,  
 The face of my mother, and her thoughts were of me.  
 Her eyes filled with tears and her face looked so sad,  
 My wings fluttered softly and I felt so bad;  
 For I could do nothing to change how she felt,  
 Nor could I alter the hand fate had dealt.  
 My tears fell like raindrops, my heart felt so tight,  
 I lifted my face to heaven, and told God of my plight,  
 For I can never be free just to fly,  
 As long as there's one lonely tear in your eye.  
 My years on earth were spent to please you,  
 But causing you sadness, I can't bear to do,  
 And though what has happened was not my own choice,  
 The plan my dear mother, came from a much higher voice.  
 As the birthday of our Savior and Lord draws so near,  
 I have a small plan I would like you to hear.  
 Remember me Mom with happiness and smiles,  
 And know when you do my soul will soar miles.  
 My wings will be light and my heart will be free,  
 In the brightest sunshine is where you'll see me.




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### Chapter Notes: Upcoming Meetings & Announcements

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**New Chapter Leader** - Drum roll please! We have a new Chapter Leader for the new year – Carol Tomaszewski, David's Mom. Much thanks to her for stepping up to lead our Chapter in the coming year(s).

A Message from Carol: "I have volunteered to be our Chapter Leader, starting in January. It's a big step for me, but I know that I have a lot of support from other Chapter members. I look forward to seeing many of you at our Service of Remembrance, when we focus on our wonderful children. I cherish this Service as the singular holiday time with my son and all our children. And because of this time, I find some peace and comfort in my heart. During the holidays, I hope you are able to find some peace in your heart and soul. And that you can open your mind to remembering happy times and not be overwhelmed by your grief. Remember to make a plan for the holidays, even if the plan is to do nothing. Do what feels right for you, not what others expect of you. And always know that you can find support and understanding from other Chapter members. You are never alone."

**Angel Gown Project** – Because of the busy holiday season, we will be announcing the next Angel Gown sewing group next month. All are welcome even if you don't know how to sew, there is still plenty to do, so please join us. We would like to thank Carol Tomaszewski (David's Mom), June Erickson (Jenna's Mom), and Nancy DiMauro (June Erickson's cousin) for creating these beautiful angel gowns made from donated wedding dresses. Tawny Stitley (Tori's Mom) and June Erickson will be making our Chapter's delivery of these angel gowns to the Anne Arundel Medical Center NICU in December. Thank you to all who have made this project such a worthy success. See you all in the new year....



**Newsletter Submissions** – If anyone has a story to tell, a poem to share, a bereavement book they read, an upcoming grief conference, a photo they took of an event, or an article they thought was particularly helpful in their grief journey, please pass them on through our Newsletter. These personal submissions will make the newsletter more interesting for everyone. **NOTE:** All submissions should be made by the 10<sup>th</sup> of each month for the next month's newsletter. That includes those sponsoring the newsletter in memory of their child that coming month. Sponsorship submissions should include a photo, poem/saying, Parents' name, Child's full name, birthday and angel date. Please email all these directly to [JuneErickson@aol.com](mailto:JuneErickson@aol.com).

## Chapter Notes: Upcoming Meetings & Announcements

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### **December Chapter Meeting - Thursday, December 4, 2014**

7:15 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD

"Introducing our Children." - The focus will be on our deceased children, giving everyone the opportunity to tell others about who they were. For all who want to participate, bring a picture or memento and introduce your child and describe what he or she was like. Sharing groups will be the focus. Also during this giving season, if you can, please buy a new toy/gift that will be donated to a needy child in our county.

### **Annual Service of Remembrance - Sunday, December 7, 2014**

3 p.m. at St. Martin-in-the-Field Episcopal Church, 375 Benfield Road, Severna Park, MD

Since its beginning in 1985, the Anne Arundel County Chapter's Annual Service has provided an opportunity for parents, grandparents, siblings, aunts and uncles, and friends to remember our precious children. Please join us in this celebration of our children's lives as we face the Holiday Season with Love, Compassion, and Hope for all. The Service is normally held on the first Sunday in December. A reception is immediately following the Service. RSVP by November 15, 2014

### **Worldwide Candle Lighting - Sunday, December 14, 2014 (DATE CORRECTION)**

At 7:00 p.m. every year, on the second Sunday in December, group candle lightings are held around the globe. Intense darkness of grief gives way to light as hundreds of thousands of candles spread their flickering flames to light the night in unison as all of the children who died are remembered and honored. The first candles are lit in New Zealand, and for the next 24 hours a virtual wave of light spreads around the world.



## **2015**

### **Chapter Meeting - Thursday, January 8, 2015**

7:15 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD

Our new Chapter Leader, Carol Tomaszewski will speak on her journey through the years since her son David's death.

**The Compassionate Friends National Conference –  
July 10 - 12, 2015**

The 38th TCF National Conference, "Hope Shines Bright ... Deep in the Heart", is the theme of next year's event. The 2015 Conference will be held at the Hyatt Regency Downtown Dallas. Visit their website at ---> [http://www.compassionatefriends.org/News\\_Events/Conferences/National\\_Conferences.aspx](http://www.compassionatefriends.org/News_Events/Conferences/National_Conferences.aspx)



**Bereaved Parents of the USA National Gathering -  
July 24 - 26, 2015**

Hartford, Connecticut

Visit their website at ---> <http://www.bereavedparentsusa.org/Gathering.html>

**TCF Regional Conference - October 2-4, 2015  
Rochester, MN**

*"Hope and Healing for Our Broken Hearts"*

Kahler Grand Hotel, Rochester, MN

Speakers Mitch Carmody, speaker, author and bereaved dad and sibling; Executive Director of TCF and bereaved dad, Alan Pedersen; Dr. Heidi Horsley, TCF National Board Member and Executive Director of "Open to Hope" and bereaved sibling; and Glen Lord; vice president of the TCF Board of Directors and The Grief Toolbox, and bereaved dad. Special Friday Night program with Carla Blowey of "Dreaming Kevin" and Mitch Carmody of "Letters to My Son" on signs from our children and dream work. If you would like to further information, would like to volunteer or donate to our conference in some way, please call Cathy at 651.459.9341 or email at [peachy3536@comcast.net](mailto:peachy3536@comcast.net) or Mary and Darwyn at 651-923-4922 or Tri at [dntri@sleepyeyetel.net](mailto:dntri@sleepyeyetel.net)

**TCF Regional Conference - October 9 - 11, 2015**

*"From a Broken Heart....Emerges Hope and Healing"*

Radisson Hotel Valley Forge, King of Prussia, PA

Please contact Bobbi Milne at [mcfly423@aol.com](mailto:mcfly423@aol.com) or Ann Walsh at [tcfeastrc@yahoo.com](mailto:tcfeastrc@yahoo.com) if you would like to volunteer, be a sponsor or send a donation. More details to come later.



## Resources

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### **Hospice of the Chesapeake Life Center**

90 Richie Highway

Pasadena, MD 21122

410-987-2129

Toll Free: 888-501-7077

Website: <http://chesapeakelifecenter.org/programs-and-services/groups>

#### **1) Child Loss Group**

Monthly support group for parents experiencing the loss of a son or daughter of any age. Saturday: November 1 from 10 a.m. to Noon. Saturday, December 6 from 9:30 a.m. to 12:30 p.m.

#### **2) Suicide Grievors**

Monthly Support Group with a professional facilitator for those 18 years and over who are grieving the death of a loved one by suicide - Tuesday: November 11, and December 9 – Evening. Please call 410-987-2129 for further information.

#### **3) Support Group for those Grieving a Loss Due to Substance Abuse**

This monthly drop-in/open support group is designed for those who have lost a loved one due to substance abuse and will address issues common to this particular type of loss. Monday: November 3, and December 1 from 6 p.m. to 7:30 p.m.

#### **4) Perinatal Scrap-N-Share Group**

This group is designed for individuals or couples coping with a difficult pregnancy diagnosis or infant loss. Participants can make a scrapbook, collage, or shadow box or just come for support with others who have experienced a similar loss. Group meets bi-monthly in the evening.

#### **5) Career-Aged Widow and Widowers Support Group**

#### **Groups for career-aged adults who are grieving the death of a spouse or a life partner.**

Wednesday: November 19, and December 17 from 6 p.m. to 7:30 p.m.

Tuesdays: November 11 to December 16 from 2 p.m. to 3:30 p.m.

#### **Grief Counseling**

Website: <http://www.chesapeakelifecenter.org/programs-and-services/ind-counseling>

#### **Complementary Therapies**

Website: <http://www.chesapeakelifecenter.org/programs-and-services/complementary-therapies>

### **Maryland Crime Victims' Resource Center**

Website: <http://www.mdcrimevictims.org> or call 410-234-9885

### **Suicide Support Group**

Meets the first Tuesday of each month in Severna Park, MD. Call 410-647-2550

### **MIS Support Group**

(miscarriage, infant death or stillbirth)

Meets the first Monday of each month in Edgewater, MD. Call 443-481-6114

### **Grief Recovery After a Substance Passing (GRASP)**

Website: [www.grasphelp.com](http://www.grasphelp.com) or call 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

## Resources

### **The Compassionate Friends, Reston Satellite Group**

(for parents with no surviving children)

North County Government Center, Reston District Police Station, 12000 Bowman Towne Drive, Reston, VA. Meetings on the second Saturday of each month from 2 p.m. to 4 p.m.

### **Gilchrist Grief Services**

Registration is required for all services - Online at [gilchristhospice.org/grief\\_registration](http://gilchristhospice.org/grief_registration)

For Hunt Valley, Gilchrist Center, Forest Hill and Dundalk events call 443-849-8251 or email [GHC\\_bereavement@gilchristhospice.org](mailto:GHC_bereavement@gilchristhospice.org)

For Howard County events call 443-539-4086 or email [GHC\\_bereavement@gilchristhospice.org](mailto:GHC_bereavement@gilchristhospice.org)

#### **Hunt Valley:**

11311 McCormick Road, Suite 350

Hunt Valley, MD 21031

Support Groups:

#### **Widowed Persons/Life Partner Support Group (all Ages) evening**

Tuesdays - TBA

#### **Widowed Persons/Life Partner Support Group (all Ages) daytime**

Wednesdays, Oct. 15 - Nov. 19 from 1:30-3pm

#### **Adults with Parental Loss**

Tuesdays, Oct. 21 - Nov. 25 from 6:30-8pm

#### **Widowed Persons/Life Partner Support Group (ages 50 & under)**

Tuesdays, Nov. 11 - Dec. 16 from 6:30-8pm

#### **Learn to Meditate**

Saturday, Oct. 18 & December 20 from 10am-Noon

Workshops:

#### **Craft Night: 6:30-8pm, Monthly**

A social time of friendship, fun and creativity

Thursdays, Nov. 6, Dec. 4

#### **When a Father Grieves**

A gathering for men who have lost adult children

Thursday, Oct. 16 from 6:30-8pm

#### **Finding Hope as the Journey Continues**

Thursday, TBA

#### **Understanding Grief**

Wednesday, Nov. 5 from 6:30-8pm

#### **Coping with the Holidays**

Monday, Dec. 15 from 6:30-8pm

#### **In Forest Hill:**

Hooper House

2007 Klein Plaza Drive

Forest Hill, MD 21050

Workshops:

#### **Understanding Grief**

TBA

#### **In Towson:**

Gilchrist Center - 555 W. Towsontown Blvd.

Towson, MD 21204

Support Groups:

#### **Mother's Grief: 3-4:30pm, Monthly**

For mothers who have lost adult children

Wednesday: Nov. 19, Dec. 17

#### **Coping Creatively: The Expressive Arts Workshop Series**

#### **In Columbia:**

5537 Twin Knolls Road, Suite 434

Columbia, MD 21045

Support Groups:

#### **Men's Support Group: 10am-Noon, Monthly**

For men who have lost a spouse/significant other

Saturday: Nov. 1

#### **Widowed Persons/Life Partner Support Group (all ages) morning**

Thursdays, TBA

#### **Adults with Parental Loss**

Tuesdays, Oct. 7-Nov. 11 from 6:30-8pm

#### **Widowed Persons/Life Partner Support Group (all ages) evening**

Mondays, Oct. 20-Nov. 24 from 6:30-8pm

Workshops:

#### **Understanding Grief**

Tuesday, TBA

## Resources:



### **In Columbia (continued):**

#### **Finding Hope as the Journey Continues**

Thursday, TBA

#### **Coping with the Holidays**

Tuesday, Dec. 9 from 6:30-8pm

### **In Dundalk:**

Mosaic Community Services in the Dundalk Professional Building, near the intersection of Dundalk Avenue and Center Place.

40 S. Dundalk Ave, Dundalk, MD 21222

Workshops:

#### **Coping with the Holidays**

Wednesday, TBA

### **Mental Health Crisis Hotline Numbers**

Maryland Hotline – Call 800-422-0009

Anne Arundel County Suicide Hotline – Call 911 (emergency) or 410-768-5522

Baltimore City – Call 410-931-2214

Baltimore County – Call 410-752-7272

Calvert County – Call 800-422-0009

Charles County – Call 800-422-0009

Frederick County – Call 301-662-2252

Howard County – Call 410-531-6677

Montgomery County – Call 240-777-4000

Prince Georges County Suicide Hotline – Call 911 (emergency) or 301-864-7130 / 301-429-2185

St. Mary's County – Call 800-422-0009

Veterans Hotline – Call 800-273-8255

[www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)

*Wishing all our members and their families Love,  
Compassion, Hope and much Peace for the  
Holiday Season and coming New Year...*



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