



Bereaved Parents of the USA
 Anne Arundel County Chapter
Offering Support, Care and Compassion

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"Finding gratitude in grief can be challenging. For some it seems impossible and for others it seems pointless, we get it. However, we also feel that finding gratitude - big and small - can help you keep sight of hope, no matter how dark things seem." ~ What's Your Grief

Sean Donald Long, Sr.
August 15, 1984 - December 1, 2016



My dearest Sean,

Your 40th birthday is fast approaching and it caught me off guard the other day when I realized that. Of course, why would I think of you as 40 when time stood still on the day you died at the age of 32? Time is just slipping away – each year further from that day further from my seeing you, hugging you, telling you how much I loved you. It sucks Sean – really does. I have picked up some of the pieces of my life but the ones where you are supposed to be in them are hard. All the holidays, birthdays, get togethers, Mother's Day (that one is REALLY tough). I remember all the past ones with you in them and I have to struggle to get through them. Sean is interested in your tattoo pictures and is considering getting something small to memorialize you and Stephanie. He's a senior now – trade school will be right after. Got himself a girlfriend – she's super nice and they are good for each other. He even took her to the prom! Sometimes he does stuff that reminds me so much of you – just as hardheaded as you were. I had put your letters to him as well as your drawings for him in one of the cigar boxes you were collecting and finally gave them to him – he was a little choked up. Keep your wings around him – keep him safe will ya? I miss you all the time, think of you often and wonder what might have been.

Love you forever,
 Mom Dukes

Paul John Burash
18 January 1972 – 8 August 1992



Paul, our hearts were full of joy the day you were born -- you are our yellow rose of Texas. Everytime we see a yellow rose, we know it is from you. We had so much fun watching you grow from an infant to a teenager, and then, finally, a young man of 20 years. You loved playing soccer, fishing with your friends, and just having fun with family and friends. You graduated from Old Mill High School and then went on to attend Anne Arundel Community College where you graduated on the Dean's list. You were accepted at University of Maryland, but sadly you left us in August of 1992. Our hearts were broken the day you left us at the age of 20 1/2 -- so much pain and sadness in knowing we would never see you become the man we knew you would be, to see you get married and have children. Our hearts are now at peace, and we keep the beautiful memories of you in them -- we feel blessed that you were and still are a part of our lives. When you love someone as much as we love you, that love continues to live on within all of us.

Love, Mom and Dad

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UPCOMING MEETING CHANGES

**July 11, 2024 NOTE: 2nd Thursday
And NO in-person gathering**

August 1, 2024 NO in-person gathering

A **ZOOM virtual gathering WILL** be held at 7:00 PM July 11 and August 1.
Plan to join this meeting using the link sent in email.

In-person meetings will resume in September.

Sharing Groups will always be part of our gatherings, both in-person and virtual. We offer sharing groups for those attending for the First Time, the Newly Bereaved, those Further Along, Siblings, and Infant Loss.

For more general information on our monthly gatherings and using ZOOM, [see page 18](#) or contact our Chapter Leader Bob Burash, 410-551-5774, aabereavedparents@gmail.com

Other important dates:

July 9, 2024, Core Group Meeting via ZOOM. [See page 19](#) for more information.

July 26 – 28, 2024, BPUSA National Gathering

October 5, 2024, Annual Memory Walk at Quiet Waters Park, Annapolis.

December 8, 2024: Annual Service of Remembrance, St Martins in-the-field Episcopal Church, Benfield Blvd, Severna Park



An Appeal for Chapter Leadership

I am writing to appeal to you and to ask for your help by volunteering to become a member of our chapter leadership team. The leadership team significantly helps sustain our programs and countless other projects throughout the bereaved parent's community.

The Anne Arundel County Chapter of Bereaved Parents was founded in 1984. In the ensuing 40 years the chapter leadership has worked each day with one purpose in mind – to provide our bereaved parents with support, care, and compassion, not only in the first few days of their grief journey, but throughout their journey. Support, care, and compassion are essential to what we consistently offer the newly bereaved to navigate and understand their new life.

When our chapter was formed in 1984, we were a 'brick and mortar' organization. We held gatherings once a month and published a newsletter. A simpler time. As we have moved into the 'digital age,' contact with our bereaved parents increased and the services we provided increased. Covid forced us to evaluate how we could serve our community as the need for the chapter increased. We added virtual gatherings to our portfolio and gained members from across America - New Hampshire to Florida, Georgia to California, and states in between. Today, we continue the virtual along with the in-person gathering, straining our resources.

The impact of the chapter is far reaching, and it is worth highlighting: the monthly in-person gatherings, the monthly virtual gatherings, monthly gathering presenters, the newsletter, the website, the library, and personal contact on an as needed basis. We expanded our efforts and now we look to you to volunteer to help us sustain and enhance our initiatives. Your involvement contributes to the overall success of our chapter and other projects and activities – the Annual Walk, Service of Remembrance, Newsletter, Website, angel gown project, Linus blanket project, outreach, and heaven day cards as examples.

None of this will change with your help.

But, without your help, what we can offer will be cut back.

In our last two newsletters, appeals were published mentioning the need for a newsletter editor. Additionally, an article addressed to you to find purpose within your grief mentioned that there are other volunteer opportunities for you to support our Chapter, one by becoming an active chapter leadership team member. Sadly, no one responded to these opportunities.

We cannot continue to offer the same level of support going forward without you.

As a volunteer you will not only help the work of the chapter, but you will also strengthen the bereaved community, and most importantly, *you will help yourself.* Please consider volunteering for one of the positions on the chapter leadership team which will allow us to expand and reach more bereaved families within our community. Volunteers are needed in key positions for the chapter to function and to be able to offer support, care, and compassion.

Key chapter positions:

Chapter leader/co-leader, secretary, newsletter editor, web master, database manager, programs chair, initial contact chair/new member liaison, and hospitality chair.

Our goal will always be, as it has always been, to offer support to bereaved families.

We need your help to do that.

We hope you will join us in this important service and volunteer.

Contact Bob Burash, Chapter Leader, at aabereavedparents@gmail.com , 410-551-5774.

EDITORIAL

TRANSITION to 2025

Our Chapter Core Group (Leadership Team) is beginning to address the Chapter leadership transition. We will outline the critical efforts needed to maintain the personal support to our members, along with the chapter administration required to maintain our Chapter and provide meetings and activities.

This is an important and considerable task.

WE NEED YOUR HELP.

Please let us know what is important to you, and what is not.

What must we continue?

What can be tabled for now?

What has helped you?

Any other comments

Email us with your thoughts, ideas, concerns.

aabereavedparents@gmail.com or ctomaszewski74@gmail.com

AND MORE IMPORTANT, please consider participating in the Core Group meetings, even on a temporary basis, as we work through the transition process. There will be Special Core Group meetings along with the quarterly scheduled Core Group meetings, as needed, to complete the transition. The meetings are usually virtual ZOOM meetings, lasting about 2 hours. Join our discussions and provide your viewpoints.

The next scheduled Core Group meeting is July 9 at 7:00 PM.

YOU are the reason our Chapter is here.

YOU can help us continue to support those who will join us in the future.

We look forward to hearing from you.

Carol Tomaszewski, Dave's Mom
Newsletter Editor, Core Group Member
Ctomaszewski74@gmail.com



Grieving with Purpose

No one is prepared for grief. The rush of feelings, the thoughts, anxieties, and heartache can take us by surprise and drive us to our knees. Yet, when we choose to harness that power for self-growth, amazing things can happen. *Good can come from pain.*

Sigmund Freud first brought up the concept of grief work in 1917, and today the idea that bereavement is purpose-driven continues.

Dr. James Worden chose to see the work of bereavement as task-oriented:

1. *To accept the reality of the loss*
2. *To process the pain of grief*
3. *To adjust to a world without the deceased*
4. *To find an enduring connection with the deceased in the midst of embarking on a new life*

Your current job is to focus your attention on achieving each of those goals. It will not occur in any logical order; each of us is different and the path we walk in the bereavement journey is not a straight one.

Dealing with grief is hard work. It takes both courage and hard work to successfully adapt to the loss of a significant person in your life.

Six Signposts Along Your Journey

Dr. Stephen Joseph identifies what he calls six signposts to facilitate posttraumatic growth. He reminds readers too that "posttraumatic growth does not imply the absence of emotional distress and difficulties in living. It does imply that it is possible through the struggle to come out on the other side, stronger and more philosophical about life."

Before identifying these six signposts, Dr. Joseph reminds his readers of three very important things:

- *You are not on your own*
- *Trauma is a normal and natural process*
- *Growth is a journey*

He also provides a fundamental rule: don't do anything you might not be able to handle now. "If you experience intense emotions, become physically upset, or begin to panic...stop." He gently reminds readers that "having a sense of personal control over your recovery is important. There might be some things you do not feel ready to handle now, but in time, as you discover new strength and develop new coping skills, this will likely change."

Sign Post #1: Taking Stock

Are you physically well? Are you getting enough sleep and eating the right foods for optimum health? Have you received the kind of medical, legal, or psychological help you need? What is your current condition: physically, spiritually, and emotionally?

Sign Post #2: Harvesting Hope

People traumatized by loss often feel hopeless. It's hard to get up in the morning and thinking about the future sparks pessimism and negativity. Find inspiration in the stories of personal growth written by others; set goals and practice hope as you set out to achieve them.

Sign Post #3: Re-Authoring

Learn to tell your story differently. Take the victim mentality out of the story of loss you tell yourself and others and replace it with the word survivor to return to a sense of control over your life.

Sign Post #4: Identifying Change

Keeping a daily diary can help you to see the small changes within more easily. You can also track those moments when you feel at your best and identify the conditions that brought them about. Identify and nurture the positive changes in your life throughout your bereavement journey.

Sign Post #5: Valuing Change

Review these changes, identifying the ones that you'd like to continue to nurture. Personal transformation requires it. Growth is encouraged when we take time to think about what we have gained from loved ones and when we find a way to use what we have learned to give to others.

Sign Post #6: Expressing Change in Action

Express your growth in new behaviors or, more simply, put your growth into action. When you think in terms of concrete actions, it helps make the growth experienced within your bereavement real to you.

"By focusing on these six signposts," writes Dr. Joseph, "you will find that your posttraumatic growth is beginning to take root."

Sources:

Freud, Sigmund. *On the History of the Psycho-Analytic Movement Papers on Metaphysics and Other Works*.

Worden, James. *Grief Counseling & Grief Therapy: A Handbook for the Mental Health Practitioner*

Fleming, Stephen. *The Changing Face of Grief: From 'Going On to 'On-Going''*

Joseph, Stephen. *What Doesn't Kill Us: the New Psychology of Posttraumatic Growth*

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I Don't Understand This

When loss strikes, everything seems to change. Quite naturally, we many times say something like, "I don't understand this."

The following is an excerpt from "Comfort for Grieving Hearts." I hope this chapter will encourage your heart today.

FROM THE GRIEVING HEART:

Last night, I dreamed of you. We were walking through a meadow. A gentle breeze was blowing. Flowers were blooming, and there was a delightful fragrance in the air.

At first, we were side by side, and then you began walking a little ahead of me. We walked down a hill and arrived at a peaceful stream. It was so beautiful.

You walked into the water and then turned and looked at me. You smiled, and I could see the love in your eyes. Then you turned around and waded back in.

I tried to follow, but I couldn't move. I panicked. I called out to you, but you kept going. As you got closer to the other side, you began to slowly disappear. Then you were gone. I stood there, weeping.

When I woke up, I could feel the tears streaming down my face.

What was that? What does it mean?

Are you telling me you're okay? Was that a goodbye of some kind? Did I just get a little glimpse of heaven?

I was glad to see you, if only in a dream. I miss you so much.

Somehow, you feel less far away today. I know you're gone. And yet, I still have you somehow.

I don't understand this at all.

It's been said that we heal while we sleep. Our bodies rest and rejuvenate.

Our minds often grapple with what we can't consciously process during the day. Dreams can be an attempt to reconnect with our departed loved ones and to somehow make more sense of what happened.

Not everyone has dreams of their loved one, and not every dream is a positive or reassuring one.

For most of us, our minds don't rest well after a loss. Just as our worlds are shaken, our sleep is usually affected. If dreams of our loved one come, we naturally want to know what they mean. In most cases, the best place to look for an interpretation is our own hearts.

When we have dreams of our loved one, it is certainly related intimately to our grief process.

Some dreams might generate more questions. Others might reassure us and bring more peace to our hearts. Still others might stir or intensify our longings for our loved one.

We continue to practice breathing deeply. We will be patient with ourselves on this unpredictable journey. What we don't understand now might make more sense later. We should seriously consider what our heart is telling us and grieve as well as we know how at this point in our journey.

As we learn to live one moment, one day at a time, we'll be taking giant steps in understanding our grief.

Affirmation: There are many things I won't understand. I'll be patient with myself.

Be kind to yourself.

Until next time,
Gary

Excerpt from [Comfort for Grieving Hearts: Hope and Encouragement for Times of Loss.](#)

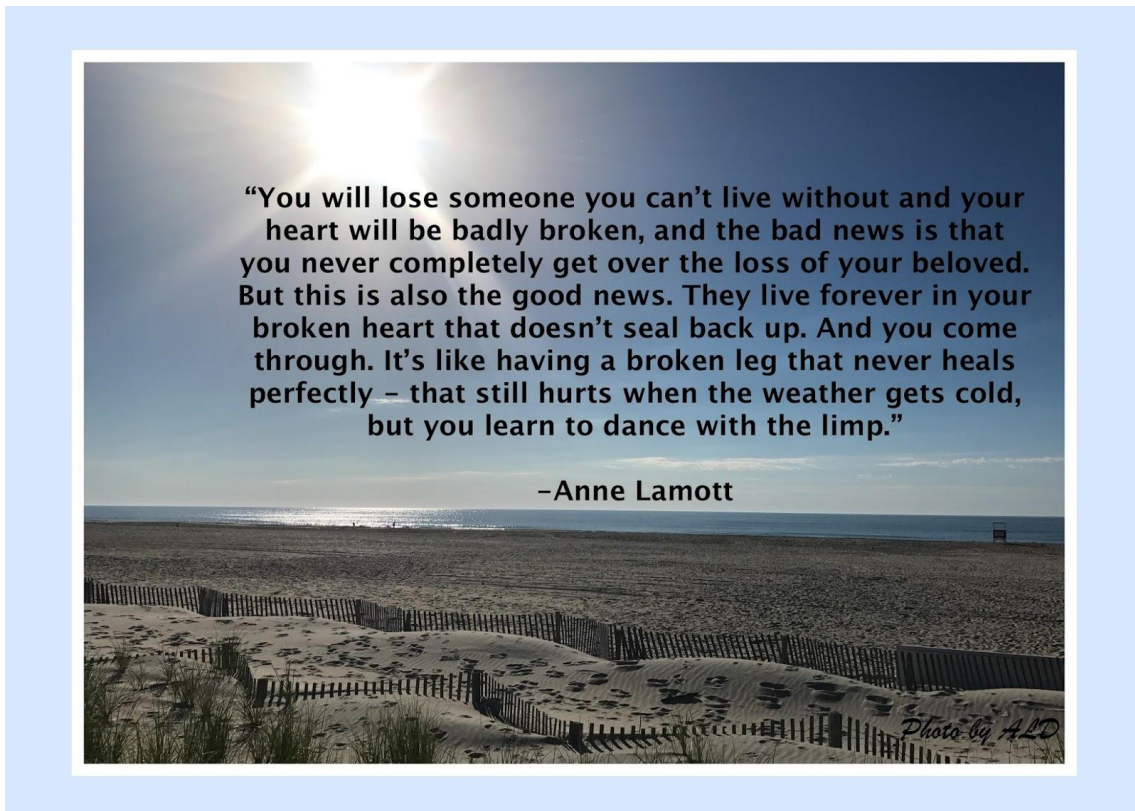
Comfort for Grieving Hearts has been revised and expanded into other books specifically for the loss of [a spouse](#), [a child](#), and [a parent](#). You can check out the entire [Comfort Series here](#).

Gary Roe - Author, Speaker, Grief Specialist

Website: <https://www.garyroe.com/>

Bookstore: <https://www.garyroe.com/books>

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Summertime Reading and Listening

Coping With Summer After Loss: How Seasons Affect Grief

stillstandingmag.com/2018/06/28/coping-with-summer-after-loss-how-seasons-affect-grief/

Liz Mannegren June 28, 2018

Liz is the proud mother of six precious children: one son in her arms and an extra five babies carried in her heart. Liz writes about motherhood, faith, and life after loss on her blog [MommyMannegren](https://mommymannegren.com). You can follow along on [Facebook](https://www.facebook.com/mommymannegren) or [Instagram](https://www.instagram.com/mommymannegren) for more of this messy, grief-filled but ever beautiful story.

<https://www.mommymannegren.com/category/pregnancy-loss/>

How to Take a Vacation While Grieving

<https://www.tourradar.com/days-to-come/>

Days to Come is the online travel magazine by TourRadar that inspires, guides and delights.

View all posts by [Maggie Soares](https://www.tourradar.com/days-to-come/)

Posted on [June 4, 2019](https://www.tourradar.com/days-to-come/)

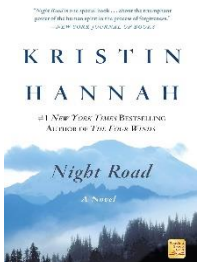
Maggie is a life-long traveler with a special affinity for the United Kingdom. When she's not reading, writing, or dreaming about her next trip, you can find her talking at length about her dog to anyone who'll listen.

What's Your Grief Podcasts

<https://www.youtube.com/@whatsyourgrief/podcasts>

We are two Baltimore-based mental health professionals with 25+ combined years of experience in grief. More importantly, we've both experienced multiple losses - both death and non-death - and have dealt with life after. Neither of us knew what resources were available to us at the time, and those we could find just didn't resonate with what we needed. We fumbled through the darkness alone but later found there were a lot of other people like us - people grieving who were looking for reliable, concrete, creative information for coping with grief, without all the pastel colors, butterflies, tilted heads and soft voices. For this reason, we started the website, What's Your Grief back in 2012. It's a place where we delve into anything and everything grief-related and where people can come to support and be supported. We call it 'grief support for the rest of us'. If you think you might be the rest of us, we hope you'll stick around.

Night Road: A Novel by Kristin Hannah



Vivid, universal, and emotionally complex, *Night Road* raises profound questions about motherhood, identity, love, and forgiveness. It is a luminous, heartbreaking novel that captures both the exquisite pain of loss and the stunning power of hope. This is Kristin Hannah at her very best, telling an unforgettable story about the longing for family, the resilience of the human heart, and the courage it takes to forgive the people we love.

Our Children Remembered July 2024

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

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

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

Margaret Samantha Bohlman
Daughter of Samantha and Cory Bohlman
July 27, 2020 - November 4, 2020

Charlotte O'Brien Boone
Daughter of Eve Boone
July 23, 2006 - January 19, 2015

Sean J. Brannon
Son of Larry and Linda Brannon
July 6, 1968 - July 28, 2013

Lakia Chimere Brown
Daughter of Patricia Watkins
March 20, 2001 – July 16, 2021

Andrew Leland Carlson
Son of Eric and Lois Carlson
January 14, 1991 - July 14, 2016

Makayla Gabrielle Carpenter
Daughter of Tarica Carpenter
November 10, 2008 - July 30, 2010

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

Chrystal Marie Clifford
Fiance of son of Marilyn Mabe
July 16, 1978 - February 17, 2001

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

Stephen Ray Collins
Son of Jean and Perry Martini
July 15, 1975 - August 21, 2021

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

Amber Marie Danowski
Daughter of Donna Danowski
August 26, 1998 - July 10, 2017

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

Steven Joseph Eagney
Son of Beth Eagney
July 27, 1994 – January 9, 2022

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

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

Charles Lee Holmes. Sr
Son of Charlene Kvech
July 4, 1958 - May 22, 2019

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

Ryan John Karl
Son of Leona and Bob Karl
July 17, 1996 - October 4, 2020

Adam Marcus Ladny
Son of Lois and Marcus Ladny
July 20, 1984 - February 24, 2020

James Arthur Leese
Son of Judith and John Leese
July 27, 1960 - June 25, 2013

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

Tanner Glen Henry Lenox
Son of Lynn and Mark Lenox
July 3, 2006 - March 13, 2018

Brandon James Lima
Son of Lisa Lima
July 30, 1998 - September 19, 2018

Christopher Maxie
Son of Lucille Oliver
July 19, 1969 - August 25, 2019

Bradley James McMillan
Son of Eric McMillan
Grandson of Jean Hutchinson
July 26, 1996 - July 1, 2019

Michael Riley Millard
Son of Patti Davis
July 21, 1993 - March 17, 2019

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
Kyle Thomas O'Connor
Son of Robyn and Kevin O'Connor
November 10, 1986 - July 13, 2013

Gavin Alexander Payne
Son of Lisa and Scott Payne
July 31, 2003 - September 29, 2019

Sienna Monet Potter
Daughter of Trisha Potter
July 23, 2002 - February 27, 2021

Steven Craig Rasmussen
Son of Robert and Linda Rasmussen
July 15, 1961 - September 24, 1997

William "Kyle" Regan
Son of Bill Regan
July 19, 1988 - July 20, 2016

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

Waverly K Roberts
Son of Waverly and Angela Roberts
April 9, 1993 - July 4, 2014

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

Ariel Carmen Silver
Daughter of Lee Wolff
July 20, 1986 - April 20, 2019

Gregory Panagiotis Skaltsis
Son of Cynthia L Skaltsis
September 9, 1991 - July 28, 2017

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

Derrick Antonio Stevens
Son of Lillian and Ernest Stevens
January 16, 1982 - July 21, 2004

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

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

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



Our Children Remembered August 2024

Jonathan David Aorilio
Son of Tracie Aorilio
May 18, 1996 - August 28, 2018

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

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

Traci Lynn Boone
Daughter of Bonita Boone-Adamecz
September 17, 1964 - August 17, 1986

Paul John Burash
Son of Robert and Sandra Burash
January 18, 1972 - August 8, 1992

Drew Caldwell
Son of Karen and Bob Caldwell
August 24, 1989 - October 9, 2019

Bryan Ray Cannon
Son of Ray and Barb Cannon
August 14, 1984 - August 11, 2011

William Frederick Carter Jr.
Son of Dot Carter
Brother of Janet Tyler
Brother of Lisa Beall
April 24, 1959 - August 16, 1992

Stephen Ray Collins
Son of Jean and Perry Martini
July 15, 1975 - August 21, 2021

Mark Joseph Curtis
Son of Sylvia Curtis
August 20, 1986 - December 20, 2006

Joshua "Josh" William Sims Dale
Son of Jody and Bill Dale
August 30, 1980 - August 30, 2007

Amber Marie Danowski
Daughter of Donna Danowski
August 26, 1998 - July 10, 2017

Barbara Jean Fennessey
Daughter of Ray and Kay Fennessey
August 30, 1960 - August 4, 1989

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

Ian David Guckes
Son of Stacey and Fred Guckes
May 18, 2000 - August 8, 2022

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

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

Jeremy Scott Jones
Son of Leroy and Jeanne Jones
August 4, 1976 - August 21, 1986

Lemuel Andrew Kane
Son of Grace Marie Watkins
February 22, 1966 - August 3, 2017

Scott Andrew Katsikas
Son of Linda Snead
June 9, 1980 - August 13, 2004

Christopher Maxie
Son of Lucille Oliver
July 19, 1969 - August 25, 2019

Alena Rose McCarthy
Daughter of John McCarthy
September 17, 1993 - August 4, 2021

John T McCormick
Son of Elvira and Tom McCormick
March 5, 1981 - August 9, 2016

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

Charles Steven Miller
Son of Steve and Caroline Miller
November 3, 2000 – August 23, 2023

Ryan John Mulloy
Son of John and Suzanne Mulloy
August 19, 1975 - August 12, 1993

Kevin M Nichols
Son of Bob Nichols
April 12, 1982 - August 21, 2017

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

Scott Thomas Palmer
Son of Frances Palmer
Grandson of Ethel Cleary
August 3, 1983 - September 1, 1996

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

James Ryan Rohrbaugh
Son of Doug and Donna Rohrbaugh
August 30, 1983 - September 5, 1983

Katelynn Anne Sabo
Daughter of Mary Ann and Steve Sabo
December 28, 1989 - August 27, 2019

Dominique Ryan Shaw-Morton
Son of Renita Shaw and Marcel Freeman
December 1, 1997 - August 8, 2022

Andrew Burton Smith
Son of Sherris Smith
December 1, 1985 - August 3, 2021

Brittany Nicole Tyler
Daughter of Janet and Dan Tyler
Granddaughter of Dot Carter
October 12, 1986 - August 23, 1992

Lauren Nicole Zaloudek
Daughter of Mike and Becky Zaloudek
August 15, 1993 - December 25, 2017



CREDO

OF THE ANNE ARUNDEL COUNTY CHAPTER OF THE BEREAVED PARENTS OF THE USA

We are not alone.

We are the parents whose children have died.

We are the grandparents who have buried grandchildren.

We are the siblings whose brothers and sisters no longer walk with us through life.

We are the aunts and uncles whose cherished nieces and nephews are gone.

We are here to support and care for each other.

We are united by the love we share for our children.

We have learned that children die at any age and from many causes.

Just as our children died at all ages, we too are all ages.

We share our pain, our lost dreams and our hopes for the future.

We are a diverse family.

We realize death does not discriminate against race, creed, color, income or social standing

We are at many stages of recovery, and sometimes fluctuate among them.

Some of us have a deep religious faith, some of us have lost our faith, while some of us are still adrift.

The emotions we share are anger, guilt and a deep abiding sadness.

But regardless of the emotions we bring to our meetings,

it is the sharing of grief and love for our children that helps us to

be better today than we were yesterday.

We reach for that inner peace as we touch each other's lives and place our handprint on each other's hearts.

Our hope for today is to survive the day;

Our dream for tomorrow is gentle memories and perhaps to smile.

We are not alone.

We walk together with hope in our hearts

DONATIONS

may be made in memory of your child

to offset the costs of our local chapter's events and communications.

Your donations provide the core resource, actually the only resource, for our Chapter.

Without your donations, we could not continue to provide the support that is so important to all of us as we travel along our grief journey.

Thank you for your thoughtful generosity.

General Donation

Deke and Cathy Logan in memory of Dulaney Covington 'Trip' Logan III

Newsletter & Website Sponsor Donations

Barbara Bessling in memory of Donny Seyffreth.

Cheryl Long in memory of Sean Long.

Bob and Sandi Burash in memory of Paul Burash

Digital Donations can now be make through ZELLE.

Send Money with Zelle®

Scan in your banking app to pay.

Bereaved Parents Of The Usa



Our Chapter can now accept donations through ZELLE. Scan this QR code, locate your bank and follow the directions to set up ZELLE with your bank.

If you already have ZELLE through your bank, add our contact information and use email aabereavedparents@gmail.com.

If you are new to ZELLE, you are welcome to try a very small donation to verify that this works for you. You should see the withdrawal in your account statement, and possibly get an email telling you the transfer was successful.

CHAPTER GATHERINGS and MEETINGS

CHAPTER GATHERING SUMMARY: In-person gatherings are scheduled for the first Thursday of each month at 7 PM in the parlor of Calvary United Methodist Church, 301 Rowe Blvd, Annapolis, MD 21401.

The ZOOM Virtual Gatherings are being scheduled at the same time, but will be separate from the in-person gathering. We serve many folks out-of-state, out-of-area, those who are no longer able to or comfortable driving at night or live too far away and for many other reasons.

Contact Bob Burash, Chapter Leader, at aabereavedparents@gmail.com , 410-551-5774.

WHAT TO EXPECT AT OUR CHAPTER GATHERINGS: *Gatherings are open to anyone grieving the death of a child.* 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 are 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 along this grief journey.

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 2-3 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 GROUP INFORMATION: Sharing groups are facilitated by fellow Chapter members and are completely confidential. We may offer the following sharing groups, depending on the number of attendees, facilitators and discussion requirements.

First Time Attendees Sharing Group: Coming to a Chapter Meeting for the first time can be daunting but listening and/or sharing will be helpful. This group is usually a smaller group to allow for more discussion of issues pertaining to very early grief and may include those attending for the first three times. We ask that you come to three meetings to truly grasp the benefit of learning, sharing and support from others.

Newly Bereaved Sharing Group: During the early years of grief, the issues that may be discussed will focus on the issues facing participants today. This group may include anyone who is feeling newly bereaved, regardless of the time on their grief journey.

Sibling Sharing Group: Parents, invite and encourage your children to join our monthly gathering and participate in the Sibling sharing group. Amanda Hughes, Sibling Support Coordinator, Anne Arundel County Chapter, BPUSA, will facilitate a Sibling Sharing Group during our monthly gatherings. Grieving siblings are encouraged to join and share with Amanda.

For more information, please contact Amanda at alrhalbach@gmail.com .

Spanish Speaking Support: Contact Irene Belcher, 443-824-2638, Belcherirene@yahoo.com .

For more information on our Chapter Gatherings, and/or to participate via ZOOM, please contact our Chapter Leader, Bob Burash, 410-551-5774, aabereavedparents@gmail.com

CORE GROUP MEETINGS:

WHAT IS THE CORE GROUP: The Core Group consists of anyone who is interested in the ongoing administration of our Chapter. Everyone is invited and encouraged to attend. We are always looking for new ideas and programs. A core group meeting typically meets from 7 pm until 9 pm, once a quarter. We discuss finances, upcoming activities, plan the annual walk, and service of remembrance, suggest programs for the monthly gatherings, and address any number of issues that may come before the group.

Please join us. We welcome new Core Group Members.

For the rest of 2024 we will be focusing on our Chapter Leadership transition.

July 9, 2024 Core Group: Virtual ZOOM Meeting starting at 7:00 PM. Anyone interested in participating, contact Bob Burash at aabereavedparents@gmail.com to be included on the email invitation.

Volunteer requirements, and special events will be primary topics.

Join us and help provide support to our grieving families..

Newsletter and Website Information

NEWSLETTER ARTICLES:

Encourage you to become a contributor. Writing, blogging, journaling has a way of cleansing your soul and helping you heal. Or when you come across a graphic, proverb or saying, that touches your heart, please forward them to me. Let me know what topics you would like to see addressed in our newsletter. *This newsletter is published for you, so I ask you to make it your own. Whatever you are feeling or thinking will be useful to someone else.* Please consider submitting an article, letter, poem or graphic for inclusion in the newsletter. *Words that are meaningful to you will also be meaningful to others.*

Provide this to Carol at ctomaszewski74@gmail.com by **August 15 for the September/October newsletter**

SPONSORSHIP of newsletter and website: *This is a wonderful way to honor your child's memory and share them with all of us, and at the same time contribute to our Chapter.* The donation for sponsoring the newsletter is \$75.00 and the website is \$25.00. Either sign up at a meeting or contact Mary Redmiles, Sponsorship Coordinator, at 301-704-8086 or mary.redmiles@gmail.com

- For the newsletter, submit a photograph and a short memorial to ctomaszewski74@gmail.com to be included at the beginning of the newsletter, by **August 15 for the September/October newsletter**
- For the website, a sponsor's link will be put on the home page that will open your child's photo from the Our Children section of the website, if you have given permission to include a photo on our website. If no photo is available, your child's name will still be included on the website home page.
- **Make check payable to Anne Arundel County Chapter, BPUSA.**
And mail to PO Box 6280, Annapolis MD 21401.
Or use ZELLE through your bank to aabereavedparents@gmail.com

COPYRIGHT: We reserve the right to limit distribution of the newsletter and/or specific articles. Distribution to family and friends is permitted and encouraged. Please contact our Editor, Carol at ctomaszewski74@gmail.com or Chapter Leader, Bob at aabereavedparents@gmail.com before widely distributing the newsletter or using any content in any manner.

PRIVACY POLICY: Our Chapter is cognizant of privacy concerns related to our children. We ask that each family provide written consent to include your child's name, photo, birth date and death date in our newsletter, on our website and other published listings of Our Children, such as for the Service of Remembrance. If you don't see your child's name included in our publications, and would like them to be included, please contact **Bob Burash, 410-551-5774, aabereavedparents@gmail.com**, use subject: Privacy

ACCURACY: We make every effort to ensure the accurate spelling of your child's name and his/her date of birth and date of death. If any of this information is incorrect or your child's name does not appear in the newsletter, let us know.

CHAPTER CONTACTS:

Chapter leader: Bob Burash, 410-551-5774, aabereavedparents@gmail.com

Treasurer: Joe Belcher

Refreshments: Sandi Burash, 410-551-5774

Librarian: Beth Mucciariaro.

Programs/Sponsorships: Mary Redmiles 301-704-8086, mary.redmiles@gmail.com

Newsletter: Carol and Rick Tomaszewski, 410-519-8448, ctomaszewski74@gmail.com

Sibling Coordinator: Amanda Halbach Hughes, 443-994-3855, alrhalbach@gmail.com

Facebook Administrators: June Erickson juneerickson@aol.com,

Tawny Lopez torismom444@gmail.com

Spanish Speaking Support: Irene Belcher, 443-824-2638, Belcherirene@yahoo.com .

Special Greeting Cards: Linda Khadem, lindakhadem@icloud.com

Our Anne Arundel County Chapter, Bereaved Parents USA, is always here for you.
Do not hesitate to call one of our phone friends, email someone, or go on Facebook.

Phone friends to call if you need to talk:

Barbara Bessling (410) 761-9017, bebessling@aol.com,

Mary Redmiles (301) 704-8086

Noel Castiglia (410) 974 1626

Ann Castiglia (410) 757-5129

Paul Balasic (443) 566 0193

Email: aabereavedparents@gmail.com

On **Facebook:** search for "Anne Arundel County Chapter of the Bereaved Parents of the USA"

CHAPTER RESOURCES:

OUR WEBSITE: <http://www.aacounty-md-bereavedparents.org/HTML/Home.htm>

Visit our website for information about our Chapter, Our Children, the Newsletter, upcoming events, and many other resources. ***We need a Web Master, someone to update the website monthly.***

FACEBOOK: Join our private, members only, Chapter forum. In Facebook, search for “Anne Arundel County Chapter of the Bereaved Parents of the USA”. Our administrator will respond to requests to be included as a friend.

RESOURCE INFORMATION: Any and all resource information provided in our Newsletter, Website or Emails, is for your information and reference. Our Chapter does not necessarily endorse the views, recommendations, guidance, or advertising associated with these resources.

Anne Arundel County Chapter, BPUSA resources:

<http://www.aacounty-md-bereavedparents.org/HTML/Resources.htm>

<http://www.aacounty-md-bereavedparents.org/HTML/OtherChapters/OtherChapterMap.htm>

<http://www.aacounty-md-bereavedparents.org/PDFPages/BPUSACHAPTERBROCHURE.pdf>

National **BPUSA** also provides a list of resources on their website: <https://www.bereavedparentsusa.org/>

LIBRARY: Our Chapter library is once again available during the in-person meetings. This is a wonderful resource with many titles available for you to borrow as long as you want. **BOOK DONATIONS** can be made in memory of your child.

VOLUNTEER OPPORTUNITIES:

In-Person Meetings: Greeter, Reader, Opening, Presenter, Facilitator, Refreshments

ZOOM Meetings: Technical support, Presenter, Facilitator

New Member Liaison

Newsletter Editor

Website Master

Database Manager

Annual Memory Walk Chairperson and volunteers

Service of Remembrance Chairperson and participants

Newsletter and Website Sponsorship Coordinator

Program Coordinator

Hospitality Coordinator

Core Group Member

Contact Bob Burash **410-551-5774**, aabereavedparents@gmail.com for more information

No matter how much or how little time and effort you can provide, we need your help. Many of our needs are “behind the scenes” and/or only once a year. We encourage you to seriously consider reaching out to discuss our needs and what you can offer. You will be helping our Chapter, other bereaved parents, and yourself.

BITS AND PIECES OF INFORMATION



Bereaved Parents of the USA
NATIONAL GATHERING CONFERENCE

July 26 – July 28

HERNDON, VIRGINIA

KEYNOTE SPEAKERS

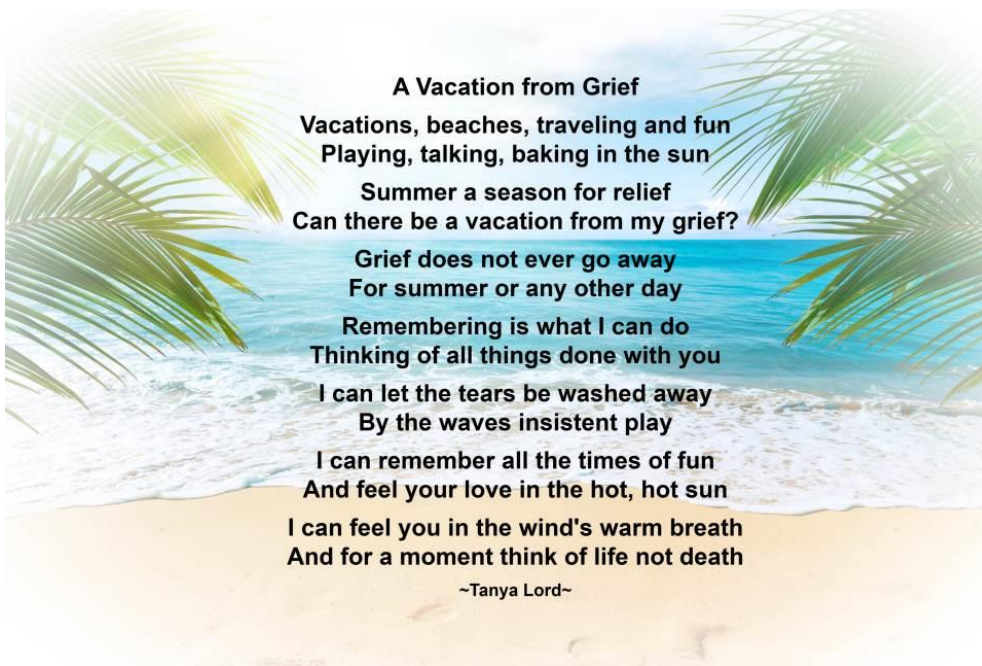
	
BECKY RUSSELL Weepyseeds	ROGER MORONEY Alive Alone
	
MICHELE BENYO Good Grief Parenting	MANDY EATON Adrienne's Fund

Bereaved Parents of the USA

<https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/>

Find information on registering online. Our Chapter will reimburse the \$75 early registration fee, just let Bob Burash know you are attending. There is also a link for Hotel accommodations at the Hilton Washington Dulles Airport at a rate of \$94 per night.

The National Gathering is a wonderful opportunity to come together with our extended community of bereaved parents. There will be keynote speakers and many workshops to choose from each day. The Gathering provides a forum for you to connect with other bereaved parents, attend workshops that are of interest to you, and hear keynote speakers who will touch your heart.



A Vacation from Grief

**Vacations, beaches, traveling and fun
Playing, talking, baking in the sun**

**Summer a season for relief
Can there be a vacation from my grief?**

**Grief does not ever go away
For summer or any other day**

**Remembering is what I can do
Thinking of all things done with you**

**I can let the tears be washed away
By the waves insistent play**

**I can remember all the times of fun
And feel your love in the hot, hot sun**

**I can feel you in the wind's warm breath
And for a moment think of life not death**

-Tanya Lord-



Giving In To Grief

What if you just allowed grief to do its very important work
in your heart, body, and soul, without trying to
hide from it or interfere?

RaeAnne Fredrickson
Still Standing Magazine