



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

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**“Gratitude is when memory is stored in the heart and not in the mind.”
 ~ Lionel Hampton**

**Andrew Smith
 December 1, 1985 – August 3, 2021**



Andrew was a die-hard Ravens, Orioles, and Baltimore fan. In many ways he was larger than life - you knew when he entered the room. He was funny (so funny!), kind, sentimental (although he'd never admit to it), and loved to be the life of the party. When he hugged you, you knew that you'd been hugged! After he passed away, his sister, Lindsay, set up a fund in his name with an organization in Baltimore that provides sports equipment to various kids' programs because so many people wanted to “do something.” Over \$4,000 was donated to this cause in his name. It's been three years since he passed and Lindsay and I still hear from his friends. Andrew is missed every day, and every day I make a point to say his name.

We miss you Andrew,
 Love,
 Mom and Lindsay



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UPCOMING MEETINGS

November 7, 2024 In-person meeting

7 PM in the parlor of Calvary United Methodist Church,
301 Rowe Blvd, Annapolis, MD 21401.

Linda Triplett will discuss . The physical aspects of grief on our body.

Virtual ZOOM meeting also.

The **ZOOM virtual gathering** will be held at 7:00 PM.

Plan to join this meeting using the link sent in email.

December 5, 2024 In-person meeting

Virtual ZOOM meeting also.

The meetings will focus on remembering our children and telling their stories.
Bring a photo to share, and if you would like, bring an unwrapped gift or donation
that will be collected and given to local children.

January 2, 2025 In-person meeting

Virtual ZOOM meeting also.

We welcome Melanie De Simone, who is the administrator of a
Facebook group called Heartache and Hope: Life after losing a child.
Her topic will be “Moving Forward and Bringing Our Children With Us.

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

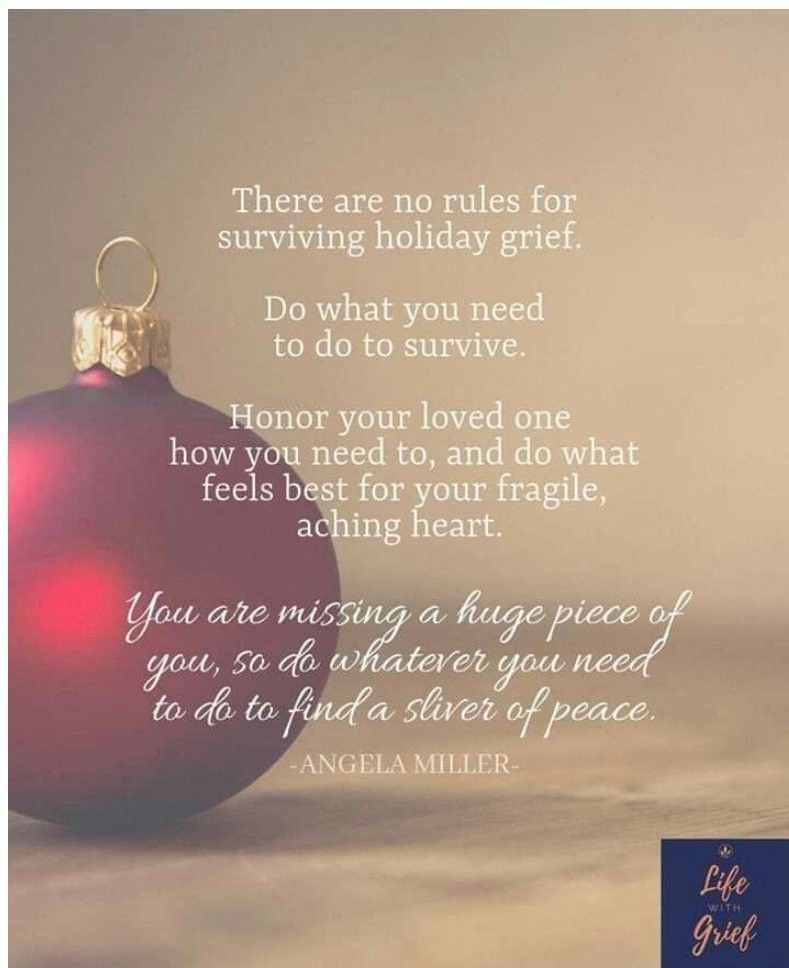
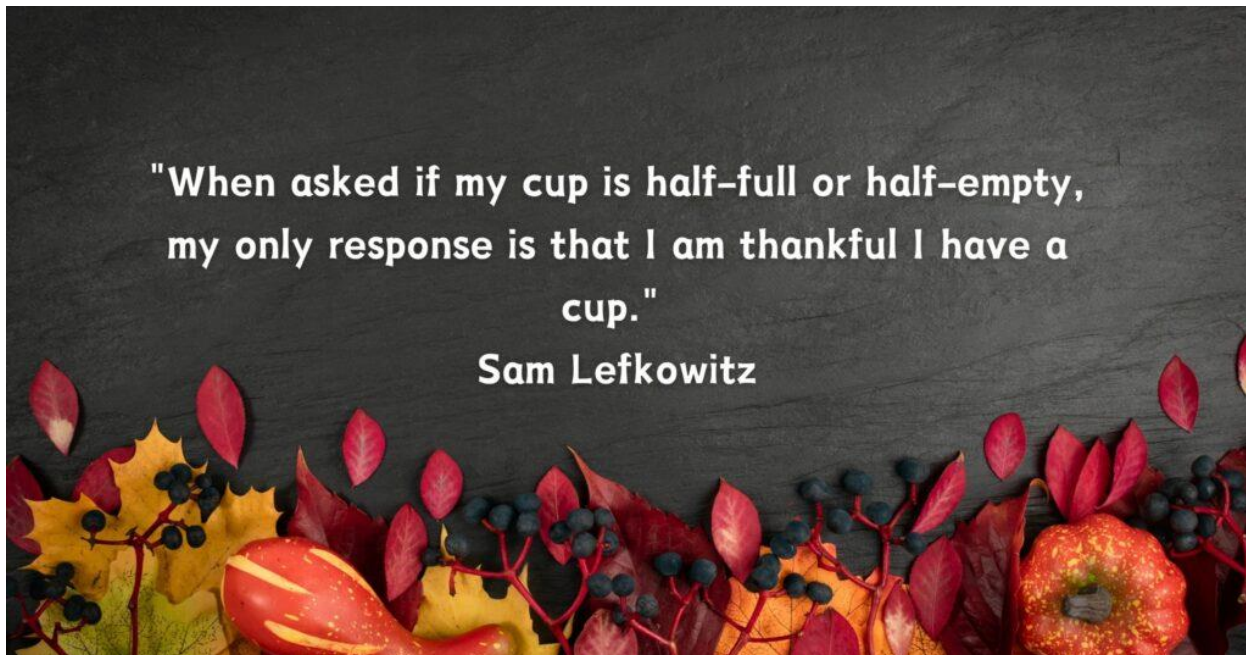
Other important dates:

December 8, 2024: Annual Service of Remembrance, St Martins in-the-field Episcopal
Church, Benfield Blvd, Severna Park, 3:00 PM

Volunteers needed, contact Bob Burash, at svcofrem19@gmail.com , 410-551-5774.

January 14, 2024 Core Group Quarterly Virtual Meeting.7:00 PM

New participants welcome, contact Bob Burash, 410-551-5774, aabereavedparents@gmail.com



A Practical Plan for Dealing with Grief During the Holidays

[Holidays and Special Days](#) / Holidays and Special Days : Eleanor Haley
https://whatsyourgrief.com/?s=holiday+grief&post_type=post

For further articles on these topics:

[Planning for the Holidays](#), [Holiday Tradition](#), [Holiday Season](#)



The main tenant of our *Practical Guide for Grieving During the Holidays* is the thought that one of the best ways to make it through the holidays after a loss is to plan ahead. Regardless of what you do, there is no way to avoid having to deal with pain and the sadness; no one can offer you a way around this. So as difficult as it is, we recommend you accept right now that parts of the holidays are going to be hard.

But, by thinking about the elements that will be the hardest for you this holiday season, you can minimize stress and lessen the likelihood of being caught off guard by difficult situations. Try and complete the plan with those you will be spending the holidays with, this will open the lines of communication about worries and anxieties and it will allow for discussion about how to support one another.

1. Identify which individuals you will be spending the holidays with. Who will be present for events, traditions, and celebrations?

- Make a list of the individuals you may want to plan with.
- Often times these individuals will be dealing with the same loss.
- If you will be spending the holidays alone or with people far removed from your loss, grab a journal or a notebook and complete the plan on your own.

2. If you decide to involve family and friends in making a plan, call a family meeting

- Plan the meeting date early enough so people can think, process, and plan.
- Try and have everyone present. If individuals can't make it you can have them on speakerphone or Skype.
- You could also start a Facebook group, private blog, or e-mail chain for group conversations and updates.
- Don't overlook the children. Even the youngest family members need to have a chance to express feelings and concerns. It's also good for children to feel heard

3. Decide what to do about tradition

- Identify the rituals and traditions that will be the hardest.
- Allow each member of the group to discuss what will be hardest about these identified moments.
- Brainstorm ways to make these elements of the holidays easier. Also discuss ways you can support one another during these times. In the end you may decide to keep the event or tradition the same, change it, or skip it until next year.

4. Discuss roles and responsibilities

- Your loved one may have held several roles and responsibilities during the holiday season.
- Take a little time to make sure there aren't any roles, big or small, that will need to be filled or changed (i.e. Who will plan the holiday meal, who will get the tree this year? Who will plan the holiday gift budget?)
- Some people may not feel comfortable stepping into their deceased loved ones shoes to fill these roles, respect their feeling and don't push.
- Make sure the roles and responsibilities don't fall too heavily on one person.

5. Finalize your plan

- You may need some time to think about the plan so schedule follow up time to finalize if needed.
- Brainstorm or discuss support needs you think you will have (i.e. I may need someone to help me decorate the tree) and discuss how you can offer support to others (i.e. I will help you buy the grandchildren gifts this year).
- Let others know the things you just can't muster up the energy to do this year, like shop for gifts or attend holiday parties. Small things can take a lot of energy when you are grieving so give each other permission to opt out of things.
- Make a plan to follow up with those who aren't present.

6. Communicate with children affected by the loss

- The holidays are hard for children because, although they are sad about the loss, they still may be excited for the same reasons we all were as children. Let them know they don't need to feel guilty about enjoying themselves.
- Ask them to let you know if they start to feel sad.
- Make a special code word they can use if they need a break or some space.

7. If you haven't already, take time to think about you and how you will take care of yourself during the holidays

- Make a plan for how you will cope when things get really tough. Will you go to a support group, call a friend, go to church, exercise, journal, etc?
- Give yourself permission to cry, even in public. Don't feel bad when you find yourself sobbing in the middle of JCPenny because you saw a gift they would have liked or their favorite song came on over the loud speaker.
- Set aside time for self-care. Preventatively schedule an hour here and there for 'mental health' time.

8. Find ways to incorporate your love one in the holidays. This is the best way to feel close to your loved one and fill their absence. You may want to find at least one or two ways to incorporate your loved one in each tradition and event that you identified as potentially being difficult.

December 4, 2013

Published with permission of What's Your Grief





Litsa Williams, MA, LCSW-C and Eleanor Haley, MS
<https://whatsyourgrief.com/>

Dear Grief Friend,

This December, What's Your Grief will turn 12.

Most of you haven't been with us since the beginning, but Litsa and I look back on that time fondly. When we started, we had no clue what WYG would become. We only knew we wanted to help fill the voids we saw in grief support and education. Everything we did was workarounds, DIY, homemade — and always with a touch of self-deprecation. Case in point, our message to our readers on our first birthday in 2013:

"This Sunday marks our one year blogiversary! We can hardly believe it. Don't worry if you didn't get us anything, your tolerance for our long-winded, occasionally snarky, occasionally emotional, always typo-laden posts means more than anything you could have sent us."

To be honest, we'd probably still say the same today. Just as we'd repeat the sentiment we shared on our year-two birthday:

What's Your Grief was started because we had a hunch there were people like us who wanted candid, genuine, and practical grief support, and we hoped, above all hopes, that our content would reach that mark. We didn't know at the time how incredible it would feel to form a kinship with griever and grief professionals who've had similar struggles and who have similar hopes for grief support and healing. It's because of you that we've lasted two years, and because of you, we're still excited about the next two years."

Here we are, on the verge of 12, and it seems like the more things change, the more they stay the same. Our mission has remained steadfast: to leave no stone unturned in promoting grief education, exploration, and expression in practical and creative ways. But the *hows* have changed—specifically *how* we fulfill this mission, which is constantly evolving and growing, and *how* we find ways to fund and support these efforts.

Ways to support What's Your Grief:

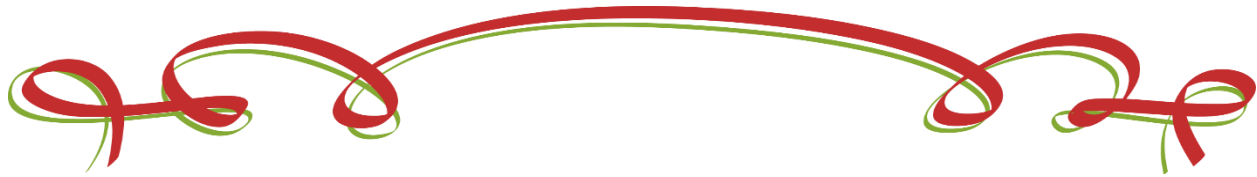
1. Join the WYG Hub for Grief Learning and Community
2. Take a Self-Paced Online Course
3. Buy our book: What's Your Grief? Lists to help you through any loss
4. Professionals: Take a Continuing Education Workshop

4 ways to support What's Your Grief for free:

1. Forward our newsletter to someone who might find it helpful
2. Share our articles, podcasts, or general website on social media or by word-of-mouth
3. Rate and review our podcast on [Apple Podcasts](#)
4. [Rate and review our book on Amazon](#)

Published with permission of What's Your Grief

EDITORS COMMENT: "What's Your Grief" is a Baltimore-based online grief support organization. Our Chapter has used their resources over the years by inviting Litsa and Eleanor to participate in chapter meetings, speak at our past conferences, and I often post their articles in our newsletters. I encourage you to find a way to support them: go to their website, browse their content, listen to their podcasts, take a course, make a donation. And subscribe to their newsletter. *You will also be helping yourself along your grief journey.*



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Other Online Articles on Dealing with Holidays and the New Year

<https://www.aarp.org/home-family/friends-family/info-2020/grief-loss-during-holidays.html>

Dealing With Grief During the Holiday Season

<https://www.verywellmind.com/holiday-grief-how-to-cope-with-loss-during-a-joyous-time-6503042>

Holiday Grief: How to Cope With Loss During a Joyous Time

<https://mindfulnessandgrief.com/>



[Grief Help](#), [Holiday Grief](#)

Grief In The New Year: 5 Mindful Tips To Cope

<https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/holidays-and-grief/facing-the-new-year-when-you-are-bereaved>

VITAS Healthcare

Facing the New Year when You are Bereaved

Say Their Names, Tell Their Story, Live Their Legacy **From Gary Roe**

Hi . I hope you are well.

Here's another Grief Affirmation for you.

**I'll find ways to speak my loved one's name, tell their story, and live their legacy.
Their influence lives on in and through me.**

Each of us are incredibly special. We are created in the image of God. Wanted by God. Planned by Him. Personally fashioned by Him in our mother's womb.

The same is of course true of our loved ones who are no longer with us.
Special. Unique. Of priceless, eternal value.

Your relationship with your loved one was unique to the two of you. It is important - and crucial to healing and recovery - that we honor our loved ones by intentionally remembering them and celebrating their lives. We can do this by speaking their names, telling their stories, and living their legacies.

Speak your loved one's name. Go ahead. Say it now. Say it again. Speak their name often.

Tell their stories - the stories that are dear to your heart. Tell them to anyone who will listen.

What legacy did they leave you? How have they influenced you? What are you grateful for? How can you continue their legacy?

As we remember and honor our loved ones, let us give thanks to the Lord who thought of them, planned them, made them, and placed them in our lives. Every good gift comes from Him.

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:17)

Lord, thank you for my loved ones. Thank you for all the ways you have blessed me through them. Enable me to remember and honor them in ways that glorify and exalt You. Fill me with gratitude. Comfort me. Be my strength. Help me to trust You.

Be kind to yourself today.

Until next time,
Gary

Gary Roe - Author, Speaker, Grief Specialist

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

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

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Our Children Remembered November 2024

Jon Russell Aikin
Grandson of Elizabeth and Barry Aikin
9/4/1983 - 11/19/2001

Mariah Nicole Albee
Daughter of Valerie and Richard Albee
11/27/1982 - 9/7/2012

Jonathan Edward Ambrose
Son of Leslie Ambrose
11/17/1997 - 3/9/2024

Glorimar Arán
Daughter of Sandra Arán
7/26/1989 - 11/11/2001

Douglas Lee Baer III
Grandson of Shirley Baer
8/21/1983 - 11/14/2006

Gabrielle Alexis Berryman
Daughter of Patricia Rogers
1/20/2010 - 11/26/2017

Margaret Samantha Bohlman
Daughter of Samantha and Cory Bohlman
7/27/2020 - 11/4/2020

Aris T. Carpenter
Son of Kim Carpenter
11/20/1985 - 12/4/2013

Makayla Gabrielle Carpenter
Daughter of Tarica Carpenter
11/10/2008 - 7/30/2010

Sophie Rose DiVincenzo
Daughter of Tori and Anthony DiVincenzo
11/20/2021 - 11/20/2021

Michelle Marie Dyke
Daughter of Marie Dyke
5/19/1975 - 11/10/1992

Alice Engleman
Daughter of Elizabeth Engleman
11/20/1997 - 6/21/2011

Genevieve Marie French
Daughter of Tina French
9/25/1995 - 11/7/2017

Thomas James Geoghegan
Son of Maureen Geoghegan
11/13/1969 - 6/30/2013

Jeffrey Andrew Grimm
Son of John and Linda Grimm
11/25/1973 - 9/28/1989

Galen Andrew Harig-Blaine
Son of Clare and Stephen Blaine
11/14/1989 - 4/22/2007

James Stephen Haupt
Son of Lori Bruther
11/10/1983 - 9/21/2023

Suzanne Boyer Hyatt
Daughter of Jenni Lucke
2/23/1982 - 11/6/2017

Jolene Dawn McKenna
Daughter of Charlene Kvech
2/8/1967 - 11/22/1971

Charles Steven Miller
Son of Steve and Caroline Miller
11/3/2000 - 8/23/2023

Matthew Joseph Morrow
Son of Carla and Ed Morrow
11/13/1990 - 10/13/2012

John David "JD" Openshaw
Son of David and Lily Openshaw
11/9/1994 - 2/21/1997

Paul Robert Overton
Son of Steve and Paula Overton
11/19/1988 - 3/29/2021

Jessica Price Parsons
Daughter of Patricia and James Price
11/24/1984 - 4/8/2016

Marco Pena
Nephew of Dianna McKinnon
11/28/1989 - 2/14/2012

Celeste Emelia Perry
Daughter of Erica Truske
11/13/2017 - 5/2/2023

Nicholas Grant Poe
Son of Karen and Michael Willey
11/9/1982 - 1/23/2002

Samantha Ann Rankin
Daughter of Vickie and Bart Rankin
11/19/1988 - 5/31/2010

Andr  Marc Sanders
Son of Karen Sanders
4/8/1968 - 11/27/2002

Kurtis Joseph Sigler
Son of Barbara and Rich Sigler
3/24/1996 - 11/14/2019

Michael Elliott Simms
Son of Molly Simms
11/12/1996 - 3/29/2016

Gary "Jake" David Spirt
Son of Dee Spirt-Rayment
11/19/1962 - 11/21/2002

Karen Leese Stevens
Daughter of Judith and John Leese
7/19/1962 - 11/17/2009

Tori Danielle Stitely
Daughter of Tawny Stitely-Lopez
5/21/1985 - 11/26/2012

Nicole L Tresize
Daughter of Cathy Valentine
11/2/1975 - 11/12/1975

Charles E Valentine, III
Son of Cathy Valentine
11/29/1974 - 10/21/2011

Tracy Woodfork, Jr
Grandchild of Julie Bergmeier
11/28/1989 - 10/8/2012

Tracy Woodfork, Jr.
Son of Jennifer Woodfork
11/28/1989 - 10/8/2012

Alex Paul Yokanovich
Son of Delight (Nick) Yokanovich
11/22/1979 - 10/30/2013



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Our Children Remembered December 2024

Cito Arán
Son of Sandra Arán
12/2/1978 - 7/11/2000

Dora Baldwin
Daughter of Aurelia Ferraro
12/11/1964 - 5/2/2012

Stephanie Noell Banchemo
Daughter of Bill Banchemo
12/16/1985 - 4/9/2012

Joey E Belcher
Son of Joseph and Irene Belcher
4/21/1975 - 12/17/2012

Aris T. Carpenter
Son of Kim Carpenter
11/20/1985 - 12/4/2013

David Brian Clutter, Sr
Son of Barbara Orndorf
7/23/1968 - 12/25/2000

Jason Tyler Crawford
Son of Jennifer Michelle and Jason Crawford
6/11/1999 - 12/15/2022

Mark Joseph Curtis
Son of Sylvia Curtis
8/20/1986 - 12/20/2006

Nicholas Delaney
Son of Tina and Tom Delaney
12/29/1981 - 1/19/2016

Clay Edward Derderian
Son of Mary Bannon and James Derderian
12/14/2005 - 5/16/2021

Thomas Dash Ertter
Son of Helen Akerley
12/25/1985 - 2/10/2021

Melissa Ireland Frainie
Daughter of Kathy and George Ireland
12/12/1971 - 2/12/2007

Henry Ku'ualoha Giugni Halbach
Son of Gina Giugni and Dan Halbach
12/9/1991 - 9/25/2016

Abby Megan Hoyt
Daughter of Barb and Andy Hoyt
12/22/1995 - 9/1/2022

Kurt Willard Johnson
Son of Willard and Marian Johnson
12/9/1963 - 8/11/2003

Carlester Wilmore Kane
Son of Grace Marie Watkins
2/22/1964 - 12/18/1998

Charlotte Belinda Lauren
Daughter of Peter and Robin Lauren
6/19/1987 - 12/19/2021

Michael Robert Legér
Son of Daryl and Elizabeth Legér
7/11/1986 - 12/29/2000

Stuart Livingstone, Jr
Son of Lori Livingstone
12/20/1992 - 1/25/2018

Stuart Livingstone, Jr
Son of Stuart Livingstone
12/20/1992 - 1/25/2018

Tyler Luke Martin
Son of Kelly Bostic
12/17/1992 - 5/27/2022

David M Murnane
Son of Jennifer Murnane
3/7/1987 - 12/9/2008

Kevin Alan O'Brien
Son of Lorrie and Keith O'Brien
12/24/1986 - 6/29/2012

Michael Henry O'Malley
Son of Margie and John O'Malley
8/25/1971 - 12/7/1991

Tyler John Orsulak
Son of Richard and Sandra Orsulak
12/19/1989 - 5/14/2021

Christopher Gordon Pessano
Son of Claire and Roger Cole
12/18/1971 - 4/26/2017

Joshua Aaron Prosper
Son of Terre Prosper
8/30/1986 - 12/16/2011

Megan Frances Richardson
Daughter of Karen Richardson
7/24/1983 - 12/4/2004

Katelynn Anne Sabo
Daughter of Mary Ann and Steve Sabo
12/28/1989 - 8/27/2019

Gregory Robert Sears
Son of Rob and Marilyn Sears
12/11/1975 - 1/6/2012

Dominique Ryan Shaw-Morton
Son of Renita Shaw and Marcel Freeman
12/1/1997 - 8/8/2022

Owen Robert Sinex
Son of Phyllis and Bob Sinex
9/2/1993 - 12/20/2012

Jason Edward Skarzynski
Son of Benjamin and Sharon Skarzynski
12/19/1977 - 12/14/1995

Matthew Albert Skube
Son of Diana and Matthew Skube
10/4/2004 - 12/9/2021

Mark Edward Smeltzer
Son of Peggy Smeltzer
12/11/1969 - 3/15/1997

Andrew Burton Smith
Son of Sherrie Smith
12/1/1985 - 8/3/2021

Edward Charles Sousa
Brother of Jessica Arcoraci
12/25/1978 - 3/4/2022

Joseph (Joey) Scott Sudo
Son of Joe and Suzanne Sudo
12/3/1999 - 4/23/2012

Daniel Alonso Vela
Son of Marisol and Fausto Vela
10/4/2001 - 12/2/2022

Richard C. Watts
Son of Tom and Fran Cease
12/28/1966 - 10/28/1998

Nariyah Gabrielle Wheeler
Daughter of Tarica Carpenter
12/26/2006 - 1/2/2007

Miriam Luby Wolfe
Daughter of Larry and Rosemary Mild
9/26/1968 - 12/21/1988

Lauren Nicole Zaloudek
Daughter of Mike and Becky Zaloudek
8/15/1993 - 12/25/2017



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 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.

Newsletter & Website Sponsor Donations

Linda and Yoosef Khadem in memory of William Khadem

Gina Guigni in memory of Henry Halbach

Memory Walk Donations

Kathy Franklin in memory of Tanager Ru' Ricci

Patricia Rogers in memory of Gabby Berryman

Rosemary Mild in memory of Miriam Wolfe

Noel and Ann Castiglia in memory of Tria Castiglia

Scott and Jeanette Stangle in memory of Matthew Ryan Stangle

John and Elvira McCormick in memory of John "Tommy" McCormick

Judy and Louis Bolly in memory of Wendy J. Bolly

Mary and Joseph Redmiles in memory of Thomas "Tommy" Redmiles

Edana and Bernard Perry in memory of Kayla Ross Perry

Gina Guigni and Daniel Halbach in memory of Henry Halbach

Brenda Gawthrop in memory of Andrew "Drew" Gawthrop

Alison Clare Sugrowe in memory of Eric M. Sugrowe

Carla and Ed Morrow in memory of Matthew Joseph Morrow

Molly and Maurico Simms in memory of Michael Simms

Elizabeth Eagney in memory of Kyle Eagney and Steve Eagney

Barbara and Bernie Stern in memory of Benji Stern

Amy Messina in memory of Andrew "Drew" Gawthrop

Joan Caperones in memory of Chris Caperones

Denise Christenson in memory of Danielle "Dani" Christenson

Irene and Steve Knott in memory of Michael Knott

Carolyn Allahrakha in memory of Anton Dillon

Donna Morgan in memory of Elizabeth Ann Morgan

Kelly McNeely and Mala Ruffin in memory of Gabrielle Berryman

Jody Seyffreth in memory of Donald "Donny" Lee Seyffreth, Jr

Sherrie Smith in memory of Andrew Smith

George Durr in memory of Michael Durr

Sandi and Bob Burash in memory of Paul Burash

Robert and Barbara Bessling in memory of Ricky Bessling

Donation box in memory of all our children

Digital Donations can now be make through ZELLE.

Using ZELLE for donations

Send Money with Zelle®

Scan in your banking app to pay.

Bereaved Parents Of The Usa



zelle®

You can scan this QR code, search for and choose your bank. You will be directed to your bank and then you can log into your account and continue setting up Zelle. Follow your bank's instructions.

Add our Chapter as a RECIPIENT by using the Chapter email aabereavedparents@gmail.com. This email is the transfer link between your account and our Chapter account. You may also have the option to title/name this recipient when adding the email. Then when wanting to send money you can choose the title you gave as your recipient. (I chose BP Anne Arundel)

During set up of Zelle, and each time you send money, you should receive an email to your email account that is associated with your bank account.

After initial set up of Zelle through your bank, you should not need to use the QR code, but should be able to access Zelle directly through your bank's app or online banking. Zelle is considered a money transfer action.

When sending money, you will select the RECIPIENT, provide the amount, and may be able to add a reference note. This information will be included in the email you receive from your bank regarding the Zelle transfer.

Our Chapter Treasurer also receives an email with your donation information. And of course the transaction appears in the account activity statement.

NOTE: The Chapter Zelle Account at our Chapter Bank, PNC, is titled
BEREAVED PARENTS OF THE USA
Anne Arundel County Chapter.

Be assured that if you use our Chapter email as the RECIPIENT, the money you transfer is going to our Chapter account, NOT the National Bereaved Parents of the USA account.

I hope this removes some of the confusion for new users of Zelle. Once set up it's pretty straight forward, and efficient. I encourage you to try using Zelle ---- Carol

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.

January 14, 2025 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 meeting content and format will be primary topics.

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

Newsletter and Website Information

NEWSLETTER EDITOR NEEDED for 2025.

In 2025 the newsletter will be published quarterly, and focus on honoring our children through a back-to-basics format. Sponsorships are integral to our focus. Lengthy informative articles may not be published in total, rather the link provided for access due to copyright concerns. Articles and information provided by our membership will still be included. Please consider becoming the editor.

Contact Carol at 410-519-8448, ctomaszewski74@gmail.com for more information.

NEWSLETTER ARTICLES: *I 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 **December 15 for the Jan/Feb/Mar 2025 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 **December 15 for the Jan/Feb/Mar 2025 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*

ZOOM Meetings: *Technical support, Presenter*

New Member Liaison – *oversee intake forms*

Website Master- *update the website monthly*

Annual Memory Walk Chairperson and volunteers – *organize with Quiet Waters Park*

Service of Remembrance Chairperson and participants – *organize the Service*

Service of Remembrance Graphics Design – *design invitation and program*

Hospitality Coordinator – *coordinate refreshments for meetings*

Core Group Member – *participate in Chapter planning*

Newsletter Editor – *create, and format for publication*

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.

TRANSITION to 2025

In the July/August newsletter, I appealed to you to step forward and be a member of the Chapter Steering Committee/Core Group and lead the chapter in our effort to offer hope to the newly bereaved parents that look to us for help. I am happy to share with you that we have several new Core Group members who will fill key positions beginning in 2025.

Allow me to introduce the new Core Group leadership members:

- Tina Delaney – Chapter Leader
- Sherrie Smith – Chapter Administrative Assistant
- Janet Tyler – Treasurer
- Gina Giugni – Data Base Manager
- Jody Seyffertth – Virtual Meetings Coordinator
- Beth Mucciacciaro - Librarian

Volunteers are still needed in other key positions such as newsletter editor, initial contact chair/new member liaison, hospitality chair, website assistance, 2025 Memory Walk coordinator, and 2025 Service of Remembrance coordinator. Contact Bob at aabereavedparents@gmail.com and ask about these positions and other opportunities.

Please volunteer to help in some way. Most of these positions can be done at your leisure from home and require little time on your part.

A small amount of your time will make a big difference to another bereaved parent.

Sincerely,
Bob Burash, Chapter Leader

The Bereaved Parents of Anne Arundel County
cordially invite you to the

40th Annual Service of Remembrance

Sunday, December 8, 2024, at 3 PM

St. Martin's in-the-Field Episcopal Church

375 Benfield Road, Severna Park, MD 21146

Keeping Hope Alive

Since its beginning in 1985, the Annual Service of Remembrance has provided an opportunity for parents, siblings, grandparents, aunts, uncles, and friends to remember our precious children.

Please join us in this celebration of our children's lives, as we face this Holiday Season with Love and Hope in our hearts.

We look forward to seeing many of you this year.
Reception immediately following the Service.

RSVP by November 8, 2024

For more information, please call 410-551-5774,
or email to svcofrem19@gmail.com

RSVP Annual Service of Remembrance RSVP

RETURN THIS RSVP BY MAIL [NO LATER THAN](#) FRIDAY, NOVEMBER 8, 2024.

Printed Program – To ensure that your child’s name is included in the printed program, please provide the information requested below, and mail back by the deadline, Friday, November 8, 2024..

Slide Show Presentation – During the Service, we project a picture/slide for each of our children. The slide will give the child’s name and the dates of his/her life. Please indicate below if you wish to have your child’s name included in the slide presentation, and if you also want to include a photo of your child.

Please mail your RSVP early to: Attention: Service of Remembrance
BPUSA Anne Arundel County Chapter
PO Box 6280
Annapolis, MD 21401-0280

YOUR NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

NUMBER ATTENDING: _____ NOT ATTENDING but please include my child

Please PRINT the name(s) of your deceased child(ren) as you would like it to appear in the PRINTED PROGRAM and SLIDE SHOW PRESENTATION, and also provide the dates of birth and death.

CHILD’S NAME:			Date of BIRTH:	Date of DEATH:
_____	_____	_____	_____	_____
First	Middle	Last		
_____	_____	_____	_____	_____
First	Middle	Last		

- I would like my child’s NAME and dates to appear in the SLIDE SHOW PRESENTATION
- I will send an electronic file with a photo. Send an electronic photo to svcofrem19@gmail.com. Include the name of your child, his/her dates of birth and death, and your name and telephone number.
- I am enclosing a COPY of a photo of my child. Print the name of your child, his/her dates of birth and death, and your name and telephone number on the back. Please leave it loose in the envelope.
- Use the photo which is on the website.
- Use the photo from last years’ Service of Remembrance

COST = \$0. DONATIONS are truly appreciated. Donations are important to the continued success of our Chapter, are tax-deductible, and may be included with your response at this time. Thank you for your consideration and generosity.

Donation included \$_____ Check payable to: BPUSA Anne Arundel County Chapter
Or use ZELLE to aabereavedparents@gmail.com and note Service of Remembrance.



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