

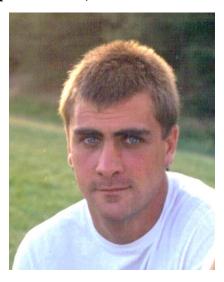
# Bereaved Parents of the USA Anne Arundel County Chapter Offering Support, Care and Compassion

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A single person is missing for you, and the whole world is empty.

--Joan Didion

# David William Tomaszewski September 4, 1974 – February 6, 2001



The one who leaves
A legacy of love
To generations that follow
Has lived a life worth remembering.

The one who leaves Gentle footprints On our hearts Has left a story worth telling.

The one who leaves
Happy memories
Dancing in our thoughts
Has given the gift of timeless moments
Worth holding in our hearts
Forever.

Dave, Your love, gentle footprints and happy memories are forever in our hearts. Love, Mom, Dad, Beth, Lara and Josh

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- Out of Darkness annual walk: page 27
- Annual Memory Walk information and forms page 28 -30

# Wendy Jean Bolly April 6, 1977 - October 11, 2002



What I Wish...

To hear your voice,
To hear you laugh,
To hear you play your flute,

I wish so much more for you, And for all of us here too.

I wish your nephew could know you,
And your brother could be soothed by your sounds.
But I know someday we'll all be together,
And wishes & dreams will abound!

Wishes do come true. . .

With love from Mom and Dad

# Tria Marie Castiglia July 6, 1963-October 14, 1984



We will miss you until we are reunited forever.

Love forever,

Mom and Dad

## William Khadem October 24, 1984 - April 6, 2012



Our precious baby boy, while we are devastated that you left us in bodily form, we are overwhelmed with joy that you are with us in spirit. We long to hug you. We long to kiss your sweet, sweet face. We long to be scratched by your stubbly beard. We long to hear your deep, baritone voice. We long to hear your explanation of the most arcane facts about your beloved Star Wars and Lord of the Rings. We long to watch you discuss little known facts about far off lands like China, Japan and Iran with people who are amazed that you know anything about them at all. We long to see you amaze professors you've never met before with the compilation of facts very few in the world have ever heard of, yet you know so well. We long to see you joyously embrace and delight in the antics of the ugliest dogs.

We miss holding you, our sweet, precious, brilliant, little Einstein. Despite having you with us in spirit, we miss having you to squeeze and kiss. We know you are elated where you are, and we wouldn't want to take that away from

you, yet we are still very selfish and want you with us. But being your parents, and loving you far greater than we care about our own happiness, we will try our best to accept our new reality and try to find happiness in the knowledge you are where you want to be, while still being here in spirit with us. Thank you for giving us 27 beautiful years.

Much, much love, Mom, Daddy, Seyed, Susan, Darling Hayden, Barb and Dakoda



# **UPCOMING MEETINGS**

# **September 5, 2024** In-person meeting

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

# 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.

# October 3, 2024 In-person meeting Virtual ZOOM meeting also.

**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:**

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

<u>Volunteers needed</u>, contact Barbara Bessling <u>bebessling@aol.com</u>, 410-761-9017

October 8, 2024 Core Group Quarterly Virtual Meeting.7:00 PM New participants welcome, contact Bob Burash, 410-551-5774, aabereavedparents@gmail.com

**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 <a href="mailto:aabereavedparents@gmail.com">aabereavedparents@gmail.com</a>, 410-551-5774.

## **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.

Allow me to introduce the new Core Group leadership members:

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

and thank the outgoing members for their years of service:

- Carol Tomaszewski Newsletter Editor
- Joe Belcher Treasurer
- Bobbi Remines Data Base manager

Volunteers are still needed in other key positions such as chapter co-leader, initial contact chair/new member liaison, hospitality chair, website assistance, Memory Walk coordinator, and Service of Remembrance coordinator. Contact Bob at <a href="mailto:aabereavedparents@gmail.com">aabereavedparents@gmail.com</a> and ask about these positions and the many other opportunities we have.

*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

PS: Read more on volunteering with our Chapter on page 26.

## **More Transition**

## I'm retiring...again.

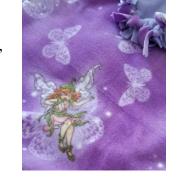
For about 20 years, I have given back to our Chapter in different ways as I forged through my grief and got stronger. Now I'm at another transition point in my life. I have been retired for 10 years now, and have now decided to "retire" from our Chapter at the end of this year. But I will still be around, and helping with the Core Group as much as I can. *I am a lifetime member of Bereaved Parents*.

For the past 5 years I have been the Newsletter Editor. I hope you have found the newsletter to be informative and useful for you and your families. It has been a labor of love and a time of being close to Dave as I always felt his presence and influence as I created the newsletter. I welcome our new Newsletter Editor, Sherrie Smith.

Over the years, our Chapter has had several creative efforts that provided solace to members, and support to other bereaved parents and children. Because of the pandemic and some members moving away, I took on the role of coordinator for our Angel Gown project (small gowns for babies made from donated wedding dresses), and the Linus Blankets project (mostly knotted fleece blankets). And before the pandemic, I was making T-shirt transfers for family members who often wore their shirts to the Memory Walk.

At this time, I have recently donated blankets to the Linus Project here in Anne Arundel County and do not plan on making any more blankets myself. However, they are always in need of blankets, so if you are interested in making blankets, please contact

Bev Nash, Project Linus Chapter Coordinator, Annapolis, MD, <a href="mailto:baylinusblankets@yahoo.com">baylinusblankets@yahoo.com</a>, > 410-279-7052......





I enjoy sewing and plan to continue making the Angel Gowns and will accept donations of wedding dresses to use in this effort. I have a contact at Johns Hopkins NICU, but am looking for a contact person at Luminus Healthcare Hospital (Annapolis) and Greater Baltimore Medical Center (Glen Burnie). Please let me know if you know someone I can talk to.

And lastly, I have some transfers left so am offering....one last time.... to make a T-Shirt transfer for anyone who would like one. All I need is a photo from you. I will print it and get the transfer back to you so you can iron it on your Tshirt. Please email the photo to <a href="mailto:ctomaszewski74@gmail.com">ctomaszewski74@gmail.com</a> Let me know if you are

using a white T-Shirt or not. If you want your T-Shirt for the Memory Walk in October, please send your photo as soon as possible.

Peace and blessings to all of you, Carol Tomaszewski, Dave's Mom

## A Million Years Ago I Lived in Africa

A million years ago, when I was a kid, I lived in Africa. I watched placid, Kenyan giraffes as they blended into the acacia trees, camouflaging themselves from the preying lions and leopards. My feet burned as I ran on the waves of the sunscorched sands of the Saharan Desert, to swim in the sparkling, clear waters of The Blue Nile. I saw razor-sharp toothed hyenas. I saw black and white-striped zebras. I saw golden-maned lions feasting on black and white-striped zebras. My brother got into arguments with monkeys. We had monkeys as friends. I was the only little, blonde- haired, blue-eyed girl for a hundred miles. Life was special. I was special.

That all changed when we moved back to The States. I became a nobody, living nowhere. My life was of no significance. I was of no significance.

Then I became a mother. We had no money. Times were rough. Times were wonderful. My life that had turned into nothing became Everything. I was a mother: My life was perfect. Time passed; my beautiful babies grew into beautiful men. We were happy. Our lives were perfect. And then, from out of nowhere, I was blindsided by a Mack Truck, a huge, hulking ten-ton, metaphorical Mack Truck.

One minute I was watching an Oriole pitch the first pitch on a beautiful Opening day and the next I was watching my precious son's lips turn blue.

I stood still as the world spun around me in slow motion. I was in "The Matrix." Was anything around me real? Was I real? Were things "surreal"? No, of course not. How could something that cannot possibly be real, be? A mother's child cannot die. My beautiful baby boy cannot be dead. That cannot happen. How could that happen? It cannot be real, so how could it be surreal?

My spinning world came to an abrupt halt when the paramedics finally lifted William into the ambulance. Until that moment I could breathe. At least I think I could.

We got into the car and drove to the hospital. We lived just a few short miles away, and had passed by hundreds of times, but could not remember how to get there that day.

What did we do when we got there? How much time elapsed before we got to go in and see him? It was a long time, I remember. But I cannot remember where we were or what we did while they were trying desperately to breathe life into his still body.

I remember being angry when they told me. I do not know what I was angry at or about because nothing was real.

I remember going to a bed where a beautiful, young man - a baby to me with a baby face- lay. I remember putting my arm under his head and saying sweet things to him, but it did not matter because none of it was real.

How did my life go from a world of elephants and hyenas and monkeys and zebras, to a life of nothing and nowhere, to a life of beauty and purpose, to a life where the surreal was not real, but in truth, my reality?

My life, my insignificant, little life gained import when I became a mother. Before that I was nothing. When I brought my babies into the world, I experienced a joy I could never have dreamed of. When William died, I experienced a pain no nightmare could ever begin to portray.

How can a life of beauty and joy turn into a terror more wretched than any horror show? How can that be my life? It cannot be real.

\*\*\*\*

I wrote that on February 5, 2018. Just short of 6 years after the death of my precious William. Even after all that time, the horror of his death felt too difficult to bear. It has been twelve years now and my life is vastly different. I went from a life where every breath was painfully labored, every waking minute was of tortuous pain. I stifled heaving, retching sobs in order to prevent my dear, broken husband from seeing my pain. Now, I live a life filled - mostly - with joy and happiness.

It was not an easy journey to get here.

No, the climb was very steep and treacherous.

Along the way, I have stumbled and fallen. My poor, torn heart has been shredded into millions of excruciatingly painful, little pieces over and over again. Sometimes by my own actions. Sometimes by the actions of others. But little by little, step by backward step, then forward step by step, my grievously wounded heart has begun to heal.

Never in that painfully tortuous time did I ever anticipate I would be able to smile again, much less laugh or feel joy. The first time I did, I was shocked. I immediately felt guilty. How could I smile when my reason for living was gone? That is a question commonly asked when a bereaved parent is just beginning to recover. Eventually, the guilt will dissipate, if you let it, and without realizing it, some of the pain will turn and, unbelievably, happiness will replace it.

That is what happened to me. My life is good now, though not perfect. I would still give any and everything to have my sweet William back. But is that what he wants?

That is the big question.

The answer he has sent me is no. No, he does not want to come back. As badly as my heart yearns to have him snuggling warmly next to me, he does not want to be here. As badly as I want him, he has let me know - in no uncertain terms- that he is where he is supposed to be and I am where I am supposed to be.

On three separate nights, each months apart, he has sent me dreams telling me of his wishes. In these dreams, I would beg him to come home with me. On at least one occasion, I was on my hands and knees. Each time I was drenched in tears. Each time I pleaded with the entirety of my being for him to please, please come home with me. And on each one of those occasions, so atypically of him, he would sternly tell me that he is where he is supposed to be and I am where I am supposed to be.

In life, my sweet William never once spoke harshly to me. I could not understand at the time, why he was then. It was only later that I realized it was so I would stop asking. My best friend, his second mother, cried every minute of every day for a month, until one night, when she had the most amazing dream. My sweet William was in a land far more magnificently beautiful than could ever exist here on earth, and he was happy...

My sweet William is joyously happy in the place he now dwells. As are all our children. They live happily in a land we can only dream of. As much as our hearts ache to hold them, they live lives free of pain and sorrow. They live lives unencumbered by the earthly things that limit us here. In Heaven, they know no bounds. I have often felt my sweet William is much more powerful in death, than he ever was in life. I have heard other bereaved parents say the same of their precious children.

Knowing this, how could I ask him to leave a land of exquisite beauty and joy just so I could hold him once again? In my seemingly limitless selfishness, I want him back, but the thing about mothers is... the thing about mothers is, we love our children infinitely more than we care about our own happiness and desires. It is, although highly painful and with buckets of tears drenching my cheeks and face, that I can set my beautiful, little butterfly free. Because and only because I have the infinite love of a parent, I can release my beloved son to the Heavens.

With this act, I can pick myself up, dust myself off and proceed to turn my horrendous tragedy into something beautiful. I can take the joy my beloved William brought me and send it back out into the world. I can share the brilliant and stunning beauty that is my love for my treasured gift out to the world for all to see and share. It is with that boundless love that I make the cards for beloved friends from not only me and my sweet William, but from their/your precious children, as well.

I put so much love into each hole I punch out, into each drop of glue I use to seal each picture I cut out. I put so much of the love I share with my sweet son, but your children put so much of their love for you in each one of the tiny details it takes to make their cards, as well.

I went from a golden haired, little princess in my beloved Africa to a nobody here in the States, to the greatest thing of all - a parent - to a grief-stricken shell of a human being, to a (mostly) happy, (mostly) joyous maker of cards and spreader of the love we all have for our beautiful children and the boundless love they have for us.

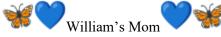
Wow, what a ride!

My Sweet William's death still does not seem real. I still cannot fathom how such a thing can happen, but now I can see, despite our horrendous tragedies, there is also tremendous beauty. There is tremendous beauty and infinite love, if only you are able to brush back the tears that can be blinding from your face, open your ever-so-swollen eyes, open your shredded heart, and see the beauty your children/our children have bestowed upon us.

Be kind to yourself if you are not there yet. For many of us, it takes years and years, but the beauty is out there. The infinite love is out there. It is just waiting for you to heal enough to be able to see, feel and grasp.

From our beloved children and me, we wish you peace, hope and healing and the knowledge that our children are out there and wish for us the joy that they themselves feel.

Most sincerely, Linda Khadem





## What The Newly Bereaved Should Know

<u>Understanding Grief</u> / Understanding Grief: Eleanor Haley

https://whatsyourgrief.com/what-the-newly-bereaved-should-know/

Hello to the newly bereaved. I'm sorry to meet you here in the place where loved ones leave you — a place where no one wants to be.

If this is your first time here, you may find it darker, foggier, and more frightening than you expected. If you've been here before, you'll probably notice that things look different than you remember. That's the nature of this place. It's always changing, depending on who you're saying goodbye to.

You may feel incredibly alone right now, so the first thing I want you to know is that there are people who want to help you find your way out of this place. Most people can only join you for parts of your journey, and those who you do and do not see along the way will probably surprise you. But they are out there.

There may be times when you feel let down by your support system, but try and remember, they aren't trained for this. Most likely, your friends and family have the same good intentions, but varying levels of tact and execution.

Though providing honest feedback sometimes feels awkward, you'll get more of what you need if you can tell people what is and is not helpful. Also, try and lean on your loved one's strengths and forgive their weaknesses at least once. And when all else fails, look for the grief safe havens in your community - the counselors, support groups, and grief centers.

The next thing you should know is, there's no trail of bread crumbs to lead you back to your old life. After someone you love dies, life changes. Joan Didion put it well when she said, "Life changes fast. Life changes in the instant. You sit down to dinner and life as you know it ends."

That's not to say *everything* familiar is lost. Some things about your old life are already gone, and some will necessarily change, but some parts will stay the same - you don't need to know which is which right now. Uncertainty is scary, but it's normal for things to be hazy. There are a lot of things you can't know right now, but they will become more evident over time.

Also, there's a lot that probably hasn't sunk in just yet. Many people say the days following their loved one's death were a blur. You won't always feel this way. Actually, for many of you, what you're experiencing is probably more akin to a temporary acute stress response than grief.

It's okay to be in shock.

It's okay to feel numb.

It's okay to feel all the things you're feeling.

Grief is a lot of overwhelming things, but it isn't dangerous. Grief, in and of itself, won't harm you - though it does mean experiencing some pretty painful things.

As you become more familiar with grief, throw away any preconceived notions about it following a set of stages. Or about grief having a timeline with a beginning, middle, and an end. It's so tempting to believe in something that makes grief seem manageable. But how could anything unique to you and your relationship with your loved one possibly be so uniform?

I'm sorry to say; grief can be unruly and unpredictable. Sometimes you hear the rumble of thunder before the grief storms hit, and sometimes they bubble up out of nowhere, but they do always subside. And it's through weathering these storms time and again that they incrementally become more bearable. Until eventually, you learn it's safe to go outside even though there's always the chance grief could cloud your day.

Yes, "always".

Your grief will forever be a part of you because your loved one is forever a part of you - and this is the last thing I want to tell you (for now). Your loved one is never really gone from this world. No, they aren't physically "here" to look at, talk to, or hold, and that hurts like hell. But in mind, heart, and spirit - as a part of the past, present, and future - they are here.

They are here as long as you remember them. Hold onto this truth and fight for it if you have to. It's the guiding light that will help you out of this place, and chances are it will be part of the foundation on which you build whatever comes next.

Published with permission of What's Your Grief.

# This honors your mind and body...

## Paul Denniston, Paul@griefyoga.com

Hi sweet friend,

A gentle reminder of how your mind and body are connected.

Your body follows your mind.

Within a meditation of life, your mind follows your breath.

Your physical response to grief and loss can have a huge impact on your emotions, thoughts and immune system.

When your immune system is weak - illness can happen.

Take good care of yourself while you're in grief.

Your heart, body, and mind matter. So do your loss and pain.

Grief, anger, and stress impact the heart, lungs, and kidneys.

The mind can get anxious and stressed with fear of the future or regrets of the past.

Our racing minds can create sleepless nights.

Our emotional state can create digestive problems as we overeat or lose our appetite.

The heart and chest can feel pain.

And grief brain can produce memory loss and forgetfulness.

It can be challenging to concentrate and you may feel confused as if you're losing your mind.

Your breath can be shallow and your heart can hurt.

Emotional changes of sadness, anger, weeping, and numbness can occur.

Perhaps you want to think your way out of the problem, yet we must feel it in our body.

Here are some things to focus on today to bring self-care to your mind and body:

- Breathe deeply and connect to your body.
- There is a wisdom within the body that must be honored.
- Honor your body and the power of the connection to your breath and feelings.
- Embrace self-care with water and good nutrition to help support you are key.
- Find a way to move Exercise, Walk, Yoga, Grief Yoga, Dance.
- Think of ways to create a connection between your mind and body.
- When you need to sleep Rest.
- Your body will tell you when it needs to rest listen within.
- Connect with a friend or group to help bring you support. You are not alone.
- Remember to be gentle with yourself during this time.
- This may be one of the most challenging times in your life.
- Treat yourself as you would treat someone you truly love with all your heart.
- You matter to the world.
- Your mind and body are connected.
- Honor what you need with kindness and grace.

Sending you love.

Warmly,

Paul Denniston

P.S. Join our tribe by following along on Facebook as I share helpful content.

## Who else am I going to lose?.

Who else am I going to lose?

Have you ever found yourself wondering this? I know I have.

One loss naturally leads us to dread another. After all, if this could happen, what else might?

The following is an excerpt from my book *The Grief Guidebook: Common Questions, Compassionate Answers, Practical Suggestions.* I hope you find this brief chapter helpful and comforting today.

I can't believe this happened.

If this can happen, then anything can happen to anyone, anywhere, anytime.

I find myself wondering, "Who's next?"

Who else am I going to lose?

One loss usually leads to fear of another. For some, this terror is obvious in our words and actions. For others, our fear of more loss lurks within our hearts and minds.

After the death of someone we love, we look at life and people differently. Life has become unpredictable. The world might seem less safe, more dangerous. We look at the people around us. We naturally begin to wonder what else might happen and to whom.

We become cautious and protective. We find ourselves wanting to take everyone we love and lock them away in a vault somewhere. We start marshaling our energies to make sure that nothing else bad happens to us or to anyone we care about. Instead of saying, "See you soon," we find ourselves admonishing them, "Be careful out there. Stay safe."

Fear is extremely common in grief. Famed writer and scholar C. S. Lewis put it this way after the death of his wife: "No one ever told me that grief felt so like fear."

After a heavy loss, most of us worry about more. We worry about people, finances, adverse circumstances, and potential "what if's." We worry about ourselves and our ability to handle all this. We worry about the future.

Worry naturally leads to fear. Fear in turn fuels worry. Worry sparks more fear, which can morph into terror.

Breathe deeply for a moment. Breathe in through your nose and then out through your mouth. Again. Do this for about a minute.

Now ask yourself the following questions and see which ones resonate best with you:

- What do I find myself focusing on and worrying about?
- What frightens or scares me right now?
- What terrifies me?

Do what you can to process these thoughts. Think about it. Be honest and open with yourself about your fears. Share with someone you trust. Write about these fears in a journal. Work on expressing what's inside you and get these lurking fears out into the open.

You've been hit hard. If you've been hit enough in life, it's natural to wonder when the next blow is coming. "Who else am I going to lose?" is a common question bouncing inside grieving hearts.

Affirmation: Fear is often a part of grief. I'll be honest with myself about my fears and work on expressing them in healthy ways.

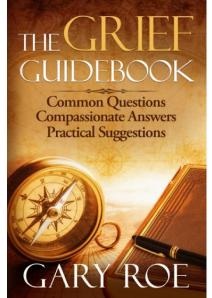
Be kind to yourself.

Until next time, Gary

Gary Roe - Author, Speaker, Grief Specialist

Website: <a href="https://www.garyroe.com/">https://www.garyroe.com/</a>

Bookstore: <a href="https://www.garyroe.com/books">https://www.garyroe.com/books</a>



# The Grief Guidebook: Common Questions, Compassionate Answers, Practical Suggestions.

by Gary Roe

"Help! How do I do this?"

Loss strikes. Your heart is stunned. Your world is shaken. Someone special is missing.

Life will never be the same. You will never be the same.

Questions surface in your mind and heart. You try to make sense of it all. You struggle with overwhelming emotions and troubling thoughts. You tussle with what to do and when.

You need answers. You need compassionate, practical direction. You need a guide for this journey - a companion to walk with you through all the questions, wonderings, fears, and obstacles.

Welcome to The Grief Guidebook.

## How Long Does Grief Last? An age old question.

https://whatsyourgrief.com/how-long-does-grief-last-an-age-old-question/



"How long does grief last?" is a logical, valid, and common question. Grief, especially early on, causes distress in many forms — mental anguish, emotional pain, physical depletion (etc., etc.). And all of these terrible things seem to happen at once, so it's only natural to want to know when the pain will end. For a little while, you may even believe that you can fully return to "before." You're used to waking up from nightmares to find you're the same old you, and all the fear and loss was a false alarm. In reality, you intellectually know everything has changed, but your brain is still playing catch up. And each time you remember that "before" is forever gone, you may experience another little mini-loss. It's not nearly as bad as when you first experienced the real thing, but it *does* feel like unthinkable despair

## So how long does grief last, then?

Deep down, you may suspect you already know the answer to the question, "How long does grief last," but you hope Google will prove you wrong. Though some people say things you want to hear — for example, that grief is predictable, time-limited, and something you can "get over" or "move on" from — most people who have experienced significant loss will tell you grief is unpredictable and not something that comes to a neat and tidy end.

If you find this notion scary, intimidating, or maddening, it may be helpful to know that grief usually starts off near its worst and de-escalates. I'm not saying things won't feel complicated, stressful, sad, and like many other loathsome adjectives for quite some time. And of course, there will always be ups and downs, and some downs, even years later, may feel *very down*. But bit by bit, as you learn to cope with your losses, forge new connections, and find some semblance of balance, the intensity and unmanageability of the early days will lessen overall.

To those asking "How long does grief last?" when they are further along in their grief. Perhaps you worried because months after loss, or maybe even years, you notice your grief is still a presence. Your pain and distress have likely gone through several iterations, but it hasn't completely dissipated. And didn't you hear somewhere that grief is *supposed* to go through some stages and then resolve? Hopefully, what we've already discussed has reassured you that it's normal to have difficult grief thoughts, emotions, secondary losses, and experiences long after loss. And it makes sense that grief would stay with you. Doesn't it?

Loss is a significant experience that becomes a part of your history and changes who you are both now and into the future. If you've experienced the loss of someone you love, they become a part of your past, present, and future. The person who died is no longer physically present, but plenty of bonds and attachments exist independent of one's physical presence. Death cannot break the bonds that live in your heart and mind.

# Our Children Remembered September 2024



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

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

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

Jacquelyn D. Connolley
Daughter of Pat Donoho
October 3, 1969 - September 13, 1986

O. Steven Cooper Cousin of Frances Palmer July 5. 1954 – September 13. 1998

Kyle Joseph Eagney Son of Beth Eagney July 30, 1991 - September 15, 2020

Jason T. Easter Son of Janice and Chris Kunkel January 30, 1973 - September 9, 1999

Christine Kelly Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

Cynthia Lynn Ferguson
Daughter of Doris and Charles Clair
September 4, 1952 - March 28, 2010

Genevieve Marie French Daughter of Tina French September 25, 1995 - November 7, 2017 Edward Allen Funkhouser Son of Sam and Maureen Funkhouser September 3, 1971 - January 23, 2018

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

Henry Ku'ualoha Giugni Halbach Son of Gina Giugni and Dan Halbach December 9, 1991 - September 25, 2016

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

James Stephen Haupt Son of Lori Bruther November 10, 1983 - September 21, 2023

Abby Megan Hoyt
Daughter of Barb and Andy Hoyt
December 22, 1995 - September 1, 2022

Nicholas Paul Liberator Son of Larry and Pat Liberatore September 27, 1980 - June 9, 1997

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

Dulaney Covington (Trip) Logan III Son of Cathy and Deke Logan September 10, 1996 - April 24, 2023

Cody Thomas Moczulski Son of Robin Moczulski September 19, 1993 - June 13, 2010

September October 2024 Newsletter

Chad William Muehlhauser Son of Paula and Bill Muehlhauser October 3, 1983 - September 16, 1992

Robert Adam "Robby" Ostrowski Son of Denise Crouse January 30, 1995 - September 11, 2010

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

Sarah Elizabeth Patterson Daughter of Cindy Patterson June 28, 1987 - September 19, 2006

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

John Christopher Poe Son of Sharon and Ben Poe October 12, 1967 - September 24, 2001

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

Robert William Rey II Friend of Peggy Smeltzer September 14, 1965 - October 2, 2003

Nathaneal Paul Rohan Son of Andi Zolt October 2, 1983 - September 14, 2013

James Ryan Rohrbaugh Son of Doug and Donna Rohrbaugh August 30, 1983 - September 5, 1983 Daniel Maurice Rothman Son of Juliet and Leonard Rothman January 20, 1971 - September 17, 1992

Thomas "Tommy" Richard Short Son of Karen Short September 25, 1997 - October 16, 1997

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

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

Andrew Graham Stough Son of Susan and Louis Stough September 5, 1990 - February 23, 2022

David William Tomaszewski Son of Richard and Carol Tomaszewski September 4, 1974 - February 6, 2001

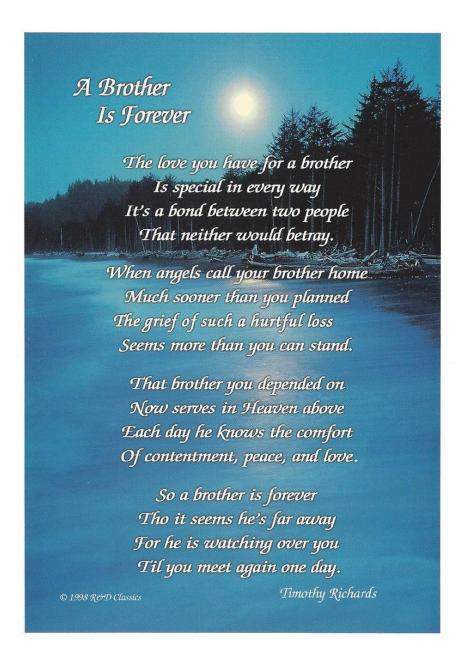
Christopher Thomas Trachy Son of Chrys and Tom Trachy September 3, 1986 - March 3, 2016

Timothy Allen Umbel Son of Richard and Mary Ann Umbel February 16, 1982 - September 15, 2002

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

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

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



# **Our Children Remembered October 2024**



James "Jamie" William Henry Alexander Son of Dave and Sue Alexander October 12, 1970 - October 26, 1998

Wendy Jean Bolly Daughter of Judith and Louie Bolly April 6, 1977 - October 11, 2002

Wes Paul Boone Son of Eve Boone October 9, 2008 - January 19, 2015

Christopher Ryan Boslet Grandson of Carol N. Boslet October 23, 1985 - February 20, 2003

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

Amber Marie Calistro Daughter of Patti DiMiceli February 28, 1976 - October 30, 1980

Hannah Lindley Campbell Daughter of Cathi and John Campbell October 10, 1992 - October 10, 1992

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

Jacquelyn D. Connolley
Daughter of Pat Donoho
October 3, 1969 - September 13, 1986

John Mario DeMichiei Jr. Son of John and Linda DeMichiei February 24, 1979 - October 23, 2008 Christine Kelly Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

Rowan Genevieve Ethridge Daughter of Kim and Jeff Ethridge October 8, 1995 - June 8, 2023

Triniti Marquelle Fleming

Daughter of Brittany Boone and Marcus Fleming
February 12, 2020 - October 17, 2020

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

Katie Fritz
Daughter of Carol Fritz
October 29, 1977 - February 27, 1993

Charles "Chip" Marshall Hodges Son of Betty and John Hodges October 24, 1954 - March 14, 2005

Andrew Scott Hoffman Son of Donna and Bryan Hoffman March 6, 1986 - October 27, 2013

Richard Arland Jackson Son of Margaret Jackson February 9, 1990 - October 22, 2010

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

William Mirza Khadem Son of Yoosef and Linda Khadem October 24, 1984 - April 6, 2012

September October 2024 Newsletter

Timothy Jarrett Mabe Son of Marilyn Mabe October 29, 1977 - February 18, 2001

Chad William Muehlhauser Son of Paula and Bill Muehlhauser October 3, 1983 - September 16, 1992

Matthew Joseph Morrow Son of Carla and Ed Morrow November 13, 1990 - October 13, 2012

> Krystal Brooke Pearce Daughter of Douglas Pearce June 1, 1995 - October 3, 2013

John Christopher Poe Son of Sharon and Ben Poe October 12, 1967 - September 24, 2001

Robert William Rey II Friend of Peggy Smeltzer September 14, 1965 - October 2, 2003

Tanager Rú Ricci Son of Kathy Franklin October 19, 1977 - February 16, 2004

Zachary Daniel Robertson Son of Mary Ellen and Jim Young March 3, 1978 - October 26, 2006

Nathaneal Paul Rohan Son of Andi Zolt October 2, 1983 - September 14, 2013

Terry James Schultz Son of Judith Schultz October 5, 1964 - March 24, 2023

Thomas "Tommy" Richard Short Son of Karen Short September 25, 1997 - October 16, 1997

Kelsey R Silva
Daughter of Kristen Silva
Daughter of Francisco Martins Silva
October 28, 1991 - June 16, 2011

Brandon Michael Sisler Son of Laura Sisler May 7, 1993 - October 15, 2011

Matthew Albert Skube Son of Diana and Matthew Skube October 4, 2004 - December 9, 2021

Hal Benjamin Stern Son of Barbara Stern October 30, 1970 - October 5, 2018

Vincenzo Turazzo Son of Tracey Turazzo February 22, 1999 - October 7, 2021

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

Charles E Valentine, III Son of Cathy Valentine November 29, 1974 - October 21, 2011

Daniel Alonso Vela Son of Marisol and Fausto Vela October 4, 2001 - December 2, 2022

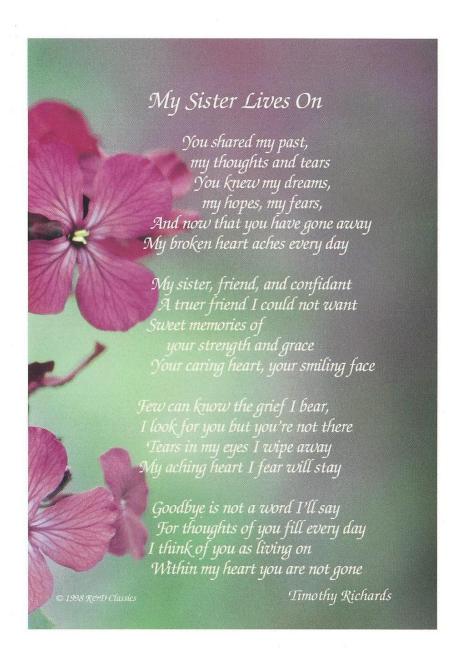
Richard C. Watts Son of Tom and Fran Cease December 28, 1966 - October 28, 1998

Grant Alan Williams Son of Mark and Randye Williams October 25, 2000 - October 25, 2000

Samuel Mark Williams Son of Mark and Randye Williams October 25, 2000 - October 25, 2000

Tracy Woodfork, Jr.
Son of Jennifer Woodfork
Grandchild of Julie Bergmeier
November 28, 1989 October 8, 2012

Alex Paul Yokanovich Son of Delight (Nick) Yokanovich November 22, 1979 - October 30, 2013



## **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.

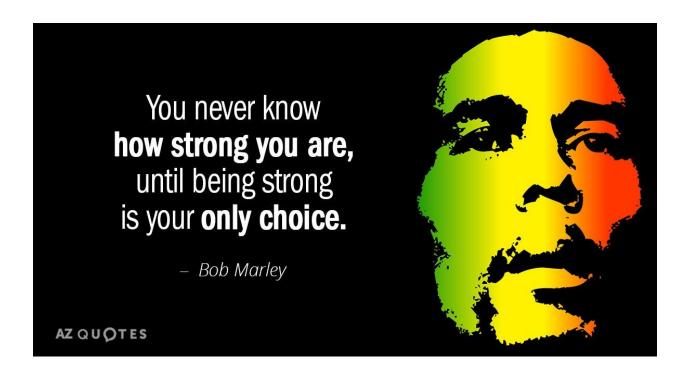
We reach for that inner peace as we touch each other's lives and place our handprint on each other's hearts.

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.

## Newsletter & Website Sponsor Donations

Joe and Mary Redmiles in memory of Tommy Redmiles Carol and Rick Tomaszewski in memory of David Tomaszewski Judy and Louie Bolly in memory of Wendy Bolly Noel and Ann Castiglia in memory of Tria Castiglia

# Digital Donations can now be make through ZELLE.

Access ZELLE through your bank, add our contact information and use email aabereavedparents@gmail.com.

## **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 <a href="mailto:aabereavedparents@gmail.com">aabereavedparents@gmail.com</a>, 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.

<u>Sibling Sharing Group</u>: 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 <a href="mailto:alrhalbach@gmail.com">alrhalbach@gmail.com</a> .

**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.

October 8, 2024 Core Group: Virtual ZOOM Meeting starting at 7:00 PM. Anyone interested in participating, contact Bob Burash at <a href="mailto:abereavedparents@gmail.com">abereavedparents@gmail.com</a> 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:**

<u>I encourage you to become a contributor</u>. 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 October 15 for the November/ December 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 <u>newsletter</u>, submit a <u>photograph and a short memorial</u> to <u>ctomaszewski74@gmail.com</u> to be included at the beginning of the newsletter, by **October 15 for the November/December newsletter**
- For the <u>website</u>, a sponsor's link will be put on the home page that will open your <u>child's photo</u> 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

<u>COPYRIGHT:</u> 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 <a href="mailto:ctomaszewski74@gmail.com">ctomaszewski74@gmail.com</a> or Chapter Leader, Bob at <a href="mailto:aabereavedparents@gmail.com">aabereavedparents@gmail.com</a> 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, <u>aabereavedparents@gmail.com</u>

Treasurer: Joe Belcher

Refreshments: Sandi Burash, 410-551-5774

Librarian: Beth Mucciaciaro.

Programs/Sponsorships: Mary Redmiles 301-704-8086, <a href="mary.redmiles@gmail.com">mary.redmiles@gmail.com</a>
Newsletter: Carol and Rick Tomaszewski, 410-519-8448, <a href="marcted-ctomaszewski74@gmail.com">ctomaszewski74@gmail.com</a>
Sibling Coordinator: Amanda Halbach Hughes, 443-994-3855, <a href="marcted-already-alre

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, <a href="mailto:lindakhadem@icloud.com">lindakhadem@icloud.com</a>

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 <u>private</u>, <u>members only</u>, 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

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**

\*

# American Foundation for Suicide Prevention Out of the Darkness Community Walk

https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=10249

**Annapolis Walk Information** 

Date: 09/28/2024

On-Site Registration Starts: 9:00 am

Program Starts: 10:00 am

Location: Navy-Marine Corp Memorial Stadium, Annapolis, MD

Contact: Jen Murphy

Contact Phone: 202-770-8973 Contact Email: jmurphy@afsp.org

If you or someone you know is in a crisis, dial 988 to reach the <u>988 Lifeline</u> or contact the <u>Crisis Text Line</u> by texting TALK to 741-741.

Celebrating Bereaved Parents of the USA 30 Year Anniversary

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

# PITTSBURGH, PA PITTSBURGH, PA

The 2025 BPUSA 30<sup>th</sup> Annual National Gathering Conference will be held in Pittsburgh, PA at the Pittsburgh Airport Marriott from July 25 to July 27. We recently concluded a successful Gathering Conference in Herdon, VA and now we are looking forward to 2025. The BPUSA Board of Directors and the Gathering Committee are working on next year's Gathering. The Gathering is a time of healing, making friends, and attending workshops that cover a wide variety of topics. Consider attending the conference and sharing your child with parents from across the country. Attending is an experience you will find totally rewarding, heartwarming and unforgettable.

Looking forward to seeing many familiar faces in Pittsburgh in 2025.

Everyone is Invited to our 22<sup>nd</sup> Annual

**Memory Walk** 

Bring your family and friends too



We will be holding our *Twenty-second Annual Memory Walk* at Quiet Waters Park on Saturday, *October 5, 2024 at the Dogwood Pavilion*. Tell the Guard that you are with Bereaved Parents Memory Walk and the parking fee will be waived.

The primary purpose of the Walk is to provide an opportunity to share our children with family and friends on a 2-mile walk through the park, to remember our children who died too soon, but still walk in our hearts.

We start registration at 8:30, light refreshments and a few moments of fellowship before we proceed on the walk at 9:00. There are pictures of our children posted on trees through one section and some nice spots for quiet reflection along the trail. There is also no requirement or time limit to walk the whole path or to walk at all, just join us for the fellowship.

The Walk is also a fund-raising event, but a donation is not required to participate. If you anticipate being at the walk and would like your child's picture included, please let us know. If we have your child's picture in the 2023 Service of Remembrance, we will use that picture. You could also email a picture to <a href="mailto:pjbspmd@gmail.com">pjbspmd@gmail.com</a> or <a href="mailto:bebssling@aol.com">bebssling@aol.com</a>. It also would be helpful to know if you will be attending so we can prepare for enough refreshments. Following are 2 forms. One is an information/registration form for participation in the Memory Walk, and the other is a sign-up for sponsor donations from family and friends. We accept cash or check payable to BPUSA Anne Arundel County Chapter, or through ZELLE to <a href="mailto:aabereavedparents@gmail.com">aabereavedparents@gmail.com</a>.

The Walk is open to anyone grieving the loss of a child.

If you have never attended one of the walks, you are encouraged to join us for a healing and peaceful gathering.

## **Volunteer Opportunities for the Memory Walk**

We need a little help. Contact Barbara, 410-761-9017, bebessling@aol.com,

- We need 2 helpers to hang pictures along the path starting about 7:30 7:45
- One person to assist at the registration table starting about 8:15
- A few people to set up tables and food in the morning starting about 8:00 8:15
- We would like to have 2 people to do readings (poem or story) and 1 to read the credo
- Need someone to bring a cooler and ice to put water in
- A few people to hang around and clean up after the walk (about 11:00 11:30)

## The Anne Arundel County Chapter of the Bereaved Parents of the USA Twenty-second Annual Memory Walk October 5, 2024 9:00am

This year's Memory Walk will be at Quiet Waters Park, Annapolis, MD. It will consist of an opening, readings and refreshments followed by a 2-mile walk. If you would like your child's picture included, please email it to <a href="mailto:pjbspmd@gmail.com">pjbspmd@gmail.com</a> or <a href="mailto:bebessling@aol.com">bebessling@aol.com</a>. If we have your child's picture from the 2023 Memory Walk or Service of Remembrance, we can use that one. If not, you can email or mail a picture to BPUSA/AA County, P. O. Box 6280, Annapolis, MD 21401-0280.

We will need forms and pictures by October 1, 2024.

COST: \$0 (But we would welcome your donation!)

If you have any questions about this event, please send an email to : <u>aabereavedparents@gmail.com</u> <u>or</u> <u>Contact Barbara: <u>bebessling@aol.com</u> <u>or</u> <u>410-761-9017</u></u>

CHILD'S NAME			
CHILD'S NAME			
YOUR NAME			
Street Address			
City, State, Zip Code			
Phone #	Email Address		
Donation Amount Do we have a picture?			
Discretification in the process of t		<del></del>	

**DISCLAIMER:** I hereby agree to the following:

PLEASE PRINT CLEARLY

To ensure the privacy and confidentiality of the BPUSA Anne Arundel County Chapter, MD Virtual Walk, please accept the following terms below to complete your registration. Participation in the walk using the online Zoom application could pose a chance of security being breached. I will not hold Bereaved Parents of the USA, Inc., Anne Arundel County Chapter, MD responsible in any way. Signature:

The Anne Arundel County Chapter of the Bereaved Parents of the USA, states that no goods or services were provided in exchange for your contribution. Your contribution is tax-deductible to the extent allowed by law. The Anne Arundel County Chapter of the Bereaved Parents of the USA, is a 501(c)3 tax-exempt not-for-profit organization. Our employer identification number is 36-4081249.

# The Anne Arundel County Chapter of The Bereaved Parents of the USA Memory Walk at Quiet Waters Park, Annapolis, Maryland

# **Sponsor List**

We like to acknowledge all donations, so please print your name and address neatly and completely

Name and Address	In Memory Of	Pledge Amount

For additional information please contact Barbara Bessling at <a href="mailto:aacountymemorywalk@gmail.com">aacountymemorywalk@gmail.com</a> or 410-761-9017or go to our website at <a href="http://www.aacounty-md-bereavedparents.org">http://www.aacounty-md-bereavedparents.org</a>