



Bereaved Parents of the USA

Anne Arundel County Chapter

November, 2004

www.aacounty-md-bereavedparents.org

WHEN ALL YOU CAN DO IS BUY FLOWERS

One of the many hurdles that I faced after my son Matthew died was not being able, during the holiday season, to buy him anything ever again. When the holidays rolled around, I had such an empty feeling. I was buying gifts for my surviving children and all I could get Matthew was flowers for his grave. That just wasn't enough! Shopping was such a chore because I didn't have the energy and the Christmas spirit just wasn't there. Not being able to buy anything for my Matthew was just unbearable.

What has helped me so much throughout the years, is our St. Peters BP/USA support group meeting. **At our December Potluck Picture and Gift night, we are asked to bring a gift. The gift is something that we would have bought for our child if he/she were alive.** This is not mandatory, but the majority of the group does participate. We go around the table and each person displays what he/she bought and explains why it was bought. Hearing the funny stories that are told is just wonderful. I hear laughter and see tears at the same time. The gifts are later taken to a local children's home. At first, the gifts that were taken to the children's home consisted of a couple of bags. However, the generosity has grown more and more every year. The parents that don't attend meetings anymore throughout the year will come to the meeting in December, just to bring a gift for their child. **On Christmas morning when my surviving children are opening their gifts, I sit back and picture a child that probably would not have gotten a gift at Christmas, opening the gift that I bought Matthew. That gives me such peace.**

I will not wish you joy this holiday season. That is something that will come later. But I will say this: do as much or as little as you can handle; don't push yourself too much. I will, however, wish you peace.

Sabra Penrod, BP/USA, St. Louis, MO

(SEE PAGE 3 FOR DECEMBER MEETING INFORMATION)

GOALS OF BEREAVED PARENTS OF THE USA

- to educate families about the grief process and all its complexities as it applies to the death of a child at any age and from any cause.
- to aid and support those who are suffering such a loss, regardless of race, creed or financial situation.
- to provide a library at each meeting place where members may borrow books with up-to-date information about the grief process.
- to supply the telephone numbers of other bereaved parents, siblings and grandparents who are able to offer support to other more newly bereaved families.
- to inform and educate members of the helping professions who interact with bereaved parents as to the nature and duration of parent/sibling/grandparent bereavement.
- to provide monthly meetings with sharing groups and occasional informative programs.



The printing and mailing of this newsletter has been donated
by Kenneth Smith in memory of his niece
Tracy Fotino



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Anne Arundel County Chapter
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Hospitality: VACANT *note - as you can see we have several vacancies... we hope someone will consider helping!

It is our sincere hope that you will find comfort somewhere in this newsletter. It is our intention to offer you hope in knowing that you are not alone. We encourage you to write about your feelings and to share your feelings with others who understand...your compassionate friends.

Material to be printed "in memory of" must be sent to the editors 6-8 weeks in advance of the newsletter in which you wish the item to be printed.

December submissions are due by November 15th.



Our **lending library** is available to help you understand and deal with your grief. Most of our materials have been donated in memory of a child. When you have finished with them, please return them at our monthly meeting or mail them to the post office box listed above. Thank you.

Refreshments at our monthly meetings:

A sign-up sheet is on the refreshment table at the meeting. Drinks, ice, and paper products are provided by the chapter. For questions, contact Dave Alexander at 410-544-3634

**Inclement weather on a meeting night :**

Meeting canceled if Phase 1 of the Snow Emergency Plan is in effect at 5:00 p.m. You can also check our website on the day of the meeting for an announcement about cancellations.

MEETING INFORMATION

Next meeting: November 4, 2004 Doors open at 7:15 p.m.
Meeting begins at 7:30 p.m.
(Meetings usually occur on first Thursday of month)
Calvary United Methodist Church
301 Rowe Blvd., Annapolis
Please park in the back of the church

PROGRAM: Looking Back on the Grief Journey

NEXT MONTH: December 2, 2004

PROGRAM: Introducing Our Children

TELEPHONE FRIENDS

Sometimes we feel the need to talk to someone who understands the pain we feel and will listen to us. When you have questions to ask, a need to talk, or have a difficult day, these people welcome your call.

Marie Dyke, single parent, daughter, 17, only child, car accident .

Janet Tyler, daughter, 5 and brother, 33, car accident. 410-969-7597

Tia Stinnett, miscarriages and infant death. 410-360-1341

Sandy Platts, infant death. 410-721-6457

OTHER RESOURCES:

* **Bereaved Parents of the USA, (BPUSA)**
National contact number (708-748-7866)

* **Baltimore-metro area of The Compassionate Friends of Maryland, Inc. and Bereaved Parents of the USA, (410-321-7053).**

* **Stephanie Roper Committee, for victims of violent crime, Anne Arundel County chapter** representative is James Donnelly (410-544-1473).

* **The Compassionate Friends, Reston Satellite Group** (support group for parents who are now childless), second Saturday of the month, 1:00 p.m. at North County Government Center, Reston District Police Station, 12000 Bowman Town Drive, Reston, VA. For info., contact Linda Nielsen (703-435-0608, InLvMemory@Comcast.net); Harriet Evenson (703-525-9311); Sharon Skarzynski in MD (410-757-5049); website - www.inlovingmemoryonline.org

* **Survivors of Suicide Group (SOS)** meets the 1st Tuesday of each month from 7:30 p.m. - 9:00 p.m., at Severna Park United Methodist Church, 731 Benfield Road, Severna Park (410-987-2129).

CHAPTER NEWS AND NOTES

Upcoming Meeting Topics

November 4: Looking Back on the Grief Journey

Marlen Maier and Noel Castiglia, two of our chapter's founders will look back on their grief journeys over the last 20 years since their children died, and reflect on the "mileposts," provide insights into the issues and problems they have faced over the years, and discuss ideas on dealing with these issues and problems.

December 2: Introducing Our Children

The focus of this evening will be on our deceased children, and on giving us a better sense of who these children were. There will not be a "Presenter"; the sharing groups are the focus. Each person brings a picture or some memento of his/her lost child. In the sharing groups each person holds the picture or memento facing the rest of the group and "introduces" his/her child, describing what the child was like, etc.

We also invite you to bring a gift in memory of your child to be distributed to a needy child (see article on pg. 1 for more information.)

Sponsoring a monthly newsletter in your child's name can be arranged through Lisa Beall (bealls@erols.com). Newsletter printing costs \$150 and mailing is \$50 each month.

Thank you!



ANNUAL SERVICE OF REMEMBRANCE

The Anne Arundel County Chapter will hold its 19th Annual Service of Remembrance on Sunday, December 5, 2004, at 3:00 p.m. at St. Martins-in-the-Field Episcopal Church in Severna Park. All are welcome to attend. An "invitation" with further information was sent out in early-October. *Please RSVP by Friday, November 12, 2004.* Further information can be found on our website www.aacounty-md-bereavedparents.org.

If anyone would like to make a donation of baked goods for the refreshment table at the Memorial Service, please call Pat Schultz at 410 255-7760.

EASTERN SHORE BEREAVED PARENTS GROUP ***NEW MEETING DAY and LOCATION ***

Starting in November, the Bereaved Parents Group meeting in Queenstown is changing its meeting day and location. The Group will now meet on the ***First Wednesday of each month***. The next meeting will be on Wednesday, November 3rd, at 7:00 pm. In addition, the Group will now meet ***at the Calvary United Methodist Church in Queenstown***. The Church is located at the intersection of Maryland Avenue and Steamboat Lane in Queenstown.

All are welcome to come. Please pass the word to other bereaved parents.

For more information, contact Joan Gray at 410-827-7471 or Dave Alexander at 410-544-3634 or send an email message to QueenstownGroup@sdalex.org

What Books Helped You?

From time to time, we are asked by newly bereaved parents to recommend books or other materials they might read that could help them deal with their grief. We thought it would be helpful to survey our members to see what books they would recommend.

If there are some books which you found particularly helpful and which you would recommend to newly bereaved parents, we would appreciate your sending an email to Books@sdalex.org, or a note to our postal box, addressed to Books - BPUSA/AA County, P.O. Box 6280, Annapolis, MD 21401-0280. Include in the email or note the **title(s)** of the book(s), the **author(s)**, and any comments you have about the book and why you would particularly recommend it (them).

Many of you who receive our **newsletter** were referred by a friend, physician, or clergy. You may have never attended a meeting. In this case, it is likely that your child's name does not appear in our **monthly list of "Children Remembered"**. This is because we require your permission to do so. If you would like your child's name added, please send a note to our post office box. List your child's name, your name(s), and the dates of your child's birth and death. Please allow 6 weeks to be sure it arrives in time for the appropriate month.

Donations may be made to offset the cost of printing and mailing the newsletter, the memorial service, library books, and other literature. We gratefully acknowledge the following donations:

Dorothy & Norm Heincelman in memory of Cortney Belt and Traci Heincelman
 Stella & Roy Waters in memory of John Leroy Waters Jr.
 Shirley & David McGrady in memory of James Allen Mc Grady
 Charlotte & Donald Scott in memory of Michele Inez Scott
 Rita Whitby in memory of Albert, Daniel, and David Betty Ryon in memory of Gary Lee Ryon Jr.
 Susan Millman in memory of Kyle Brenner Millman
 Ethel & Tom Cleary in memory of Scott Thomas Palmer and O. Steven Cooper

2004 MEMORY WALK SPONSERS

In memory of

Cito & Glori Aran - Sandra Aran, Angelica Monroig

Michelle Marie Dyke - Marie Dyke, Pat Dorr, Henry Shade, Benjamin Cadwalader, Beverly Campbell

Jordan Edward Ambrozewicz - Ann Zimmerman, Chris Hearne, Patti Tacks, Vincent and Beverly Campbell, Katie & Jacob Ambrozewicz, Steven & Beverly Ambrozewicz

Brittany Tyler and Fred Carter -

Dot Carter, Janet & Allison Tyler, Janet, Lisa Beall, Gloria Beall

Kelly Ann Schultz - Jim & Pat Schultz, Matt & Darlene Hentzman, Melanie Freeburger, Serafin & Joanne Salgado, Dorothy Wink, Lee Anne Wilson, Michele Bechtel, Dorothy Seelman, Carole Listortiz Michael Weeks

Nicholas Poe - Gail Anarino, Terri Shannon, Deb

orah Neal, Jan Aisquith, Toni Miller, Gina Coleman, Joanne Heller, Nancy Hurman, Sander Voith, William

Grant, Amanda & Earl Walker, Stacy Wright, Thomas Cherry, Jerry & Doris Wise, Karen Willey, Bruce Covington, Joreen Covington, Roger & Pat Barly, Ronald & Joyce Renoff, Lois & Ward Brockett, Jacy Covington

William Eckerl - Jerry & Doris Wise

Shelton Timothy - Karen Willey

Mary Sackett - Joy & Walt Sackett

Anita West & Will Schroeder - Mr. & Mrs. Luther



West

Jesse Williams - Mr. & Mrs. Henry Williams

Richard Bessling - Jean Huber, Larisa Amirova, Lora Bittinger, Jean Carlton, Edith Gibson, Wanda Wardlaw, Cherl Delguidice, Sandy Smith, Christina Vassileva, Michael Dairson, Tyrone Griffin, Donna Price, Tim, Pepe, Donald Talley, Geoffrey Gilbert, Linda Collins, Anna Emma, Mark Tidwell,



Louis Grosby, Michele Rothe, Sally Hendler, Mike Moore, Steve Starr, Kassy Mattingly, Damion Mitchell, Linda Adcocic, Sharon Clark, Carl, Douglas, Hazel Christofferson, Barbara Schwartzman, Ingrid Rivera, Pat Nugent, Diane Clawson, Larry Coleman, Wayne Bessling, James & Mary Sparenberg, Ron and Diane Bessling, Steve Tobin, Wayne & Wanda Bessling, Brian & Kathy Bessling, Barbara & Robert Bessling, Samantha Fountain

Richard Bessling and Tommy Huber - Jean Huber

Carolyn Bailey - Sharl, Castley, & Venetta Gill

Mary Augustus - Yvette Prowell

Adam Parr - Bob McFarland

Katie Fritz - Carol Fritz, Grey Custer, Bill York, Robert Klebahn, Debbie Bullen, Mr. E. Wright, Kevin & Patricia Fritz, Mailyn Lewis

Tanager Ricci - Kathy Franklin, Laura Smith, Vince & Bev Vickers, Catherine Stevinson, Jen Symms, Georgie Collins, Julie Andrysiak, James Franklin

Cortney Belt and Traci Heincelman - Terre & John Belt,

Eryn Belt, Norm & Dorothy Heincelman, Shari Stine

Cortney Belt - Maria Rex Matere, Caitlin McElheny, Katie Wilhelm, Jason Trimmer, Joshua Rankin, Jeff Miller, Thomas Lowe, Shannon Russell, Chris Ditch, Crystal Bassford

Cortney Belt and Robert Ball - Jonathan Harrison, Kerri Duignan, Christina Cizek

Andrew Gawthrop - Cindy & Haley Tutwiler, Amy Messina, Brenda Gawthrop

Emily Schindler - Charles, Jane & Claire Schindler

David Johnston - Bonnie Rohrbaugh

James Ryan Rohrbaugh - Donna Rohrbaugh

Anthony Schaefer - Michele Rolf, LuAnn Schaefer

Scott Thomas Palmer - Ethel & Tom Cleary, Frances Palmer, O'Donnell

(continued on page 8)

SIBLING PAGE



'BYE FOR NOW

My love for you will never end-
 Even if you are not here to receive it.
 I wish you could receive this letter
 So you would know how I feel-
 I miss you much and love you so.
 That fatal call I remember in fear.
 That last time I saw you
 I cherished so dear.
 I wish I could hear your sweet voice once more.
 I wish I could see that sweet smile
 To brighten up my day.
 I miss you much and love you so-
 Good-bye, my friend, until we meet again.
 This Healing Journey

ANGELA McKENNEY DIES

We are saddened to report that Angela "Angie" McKenney died on October 7th. She was 46 years old. Angie was active in the early days of the Anne Arundel County Chapter and was a leader in the establishment of a chapter on the Eastern Shore in the late 1980s. She was a leader in developing and producing several regional conferences for bereaved parents. She was involved in creating a memorial to children who have died in the 4H Park in Queen Anne's County. Angie also served as Regional Coordinator for the Compassionate Friends in the early 1990s.



It's the Music That Bonds the Soul

The room you once lived in
 Doesn't look the same.
 The people who used to call you
 Never mention your name.

The car you used to drive,
 They may not make them anymore;
 And all the things you once treasured
 Are boxed beyond closet doors.

The clothes you set the trends by
 Are surely out of date.
 The people you owed money to
 Have wiped away the slate.

Things have changed and changed again
 Since you went away,
 But some things have remained the same
 Each and every day...

Like this aching in my heart-
 A scar that just won't heal-
 Or the way a special song
 Can change the way I feel.

Brother, you must know that the music
 Bonds us and will keep us close;
 Because secretly I know deep in my heart
 It's the music you miss the most.

So let the world keep on turning,
 And time can take its toll.
 For as long as the music keeps playing
 You'll be alive and dancing in my soul.

Stacie Gilliam
 TCF, N. Oklahoma City, OK

OUR CHILDREN REMEMBERED

Jon Russell Aikin
Son of Susan Eisel
Grandson of Elizabeth and Barry Aiken
September 4, 1983 – November 19, 2001

Joseph Benjamin Antonelli
Son of Carole Antonelli
November 6, 1961 – September 9, 2003

Glori Arán
Daughter of Sandra Arán
July 26, 1989 – November 11, 2001

David A. Boss
Son of Ron and Sally Boss
January 6, 1968 – November 5, 2000

Eric Reynolds Burns
Son of Beth Burns
October 20, 2000 – November 7, 2002

Michelle Marie Dyke
Daughter of Marie Dyke
May 19, 1975 – November 10, 1992

Jennifer Marie Garvey
Daughter of Mark and Cheryl Sylce
November 4, 1983 – October 18, 1999

Lauryn Beth Grapski
Daughter of Kathleen Grapski
September 17, 1980 – November 17, 2000

Sarah McSweeney Gray
Daughter of Kathy and Bob Gray
November 12, 1983 – September 21, 2003

Jeffery Andrew Grimm
Son of Linda and John Grimm
November 25, 1973 – September 28, 1989

Romana Alice Hale
Sister of Bobbi Remines
October 8, 1948 – November 5, 1976

Sgt. James Michael Hall
Son of Patricia and George Hall
November 4, 1965 – March 28, 1992



Abigail Lex Jones
Daughter of Sandy and Topper Jones
November 28, 2000 – November 28, 2000

Caroline Kirkland Jones
Daughter of Sandy and Topper Jones
November 28, 2000 – November 28, 2000

Jolene Dawn McKenna
Daughter of Charlene Kvech
February 8, 1967 – November 22, 1971

Paul Brian Michael
Son of Debbie and Paul Michael
November 23, 1971 – July 19, 1991

Julia Milesky
Daughter of Stanley J. Milesky
October 26, 1986 – November 22, 2003

Michael D. Nokes
Son of Ellen Foxwell
November 9, 1963 – March 15, 1988

Nicholas Grant Poe
Son of Karen and Mike Willey
Son of Nelson and Shirley Poe
November 9, 1982 – January 23, 2002

Joseph William Remines
Son of Jim and Bobbi Remines
November 16, 1980 – January 3, 1994

Phillip David Sharrow
Son of Sandra Sharrow
December 8, 1976 – November 17, 1995

Gary Spirt
Son of Dee Spirt-Rayment
November 19, 1962 – November 21, 2002

Luther Stowe II
Son of Agnes and Luther Stowe
August 27, 1963 – November 12, 2001

Shanto Taylor
Grandson of Stephen and Marie Tewey
September 7, 1979 – November 7, 1984



OUR CHILDREN REMEMBERED (cont)

Michelle Marie Tewey
Daughter of Michael and Marie Tewey
August 26, 1980 – November 15, 1998

Marshall Maurice Tullier
Son of Kathy and Martin Tullier
October 29, 1986 – November 10, 1986

Wayne Wilson Jr.
Son of Needra Gorman
November 22, 1968 – June 24, 2003

Note: If your child's name appears in the printed version of our newsletter but does not appear in this online version, it is because we have not received explicit permission from you to list it online. If you would like your child's name to also appear in future online editions of the newsletter, please send an email to dralex@sdalex.com



MEMORY WALK SPONSERS (cont)**In memory of -**

Brian Melcher - Cheryl, Jeff, Shelby & Dale Lewis,
Norma & Don Melcher

Jolene Dawn McKenna - Chuck Holmes, Charlene
Kvech

Darryl L. Jones - Jacqueline Jones

Rebecca Faires - Georgia Hughes

Christopher Gilmour - Paul Gilmour

Michael J. Dickens, Jr. - Michael & Marla Dickens

Allie Denevan - Dana Denevan

Kathleen Denevan - Greg Denevan

Bethany Balasic - Paul Balasic

Jamie Alexander - David Alexander

Tommy Schall - Tom & Joyce Schall

Sean Wilcox & Misty Smith - Anne & DeWitt Wilcox

Merwede Baker - Anna, Reid, & Paul Baker

Daniel M. Rothman - Juliet Rothman

Everyone's Child - Cindy Barnes

**WHAT'D I MISS LAST MONTH?**

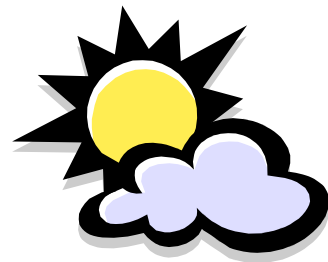
Loss of a child with special needs – Sandra Aran told us about her two children with special needs, Cito and Glori. Caring for them required a lot of time and attention, along with difficult life decisions. Without them, Sandra is left with empty rooms and time on her hands. She is now volunteering at Johns Hopkins with critically ill children. Sandra believes that nobody's an accident...everyone is here for a reason...and her children have left her a better person. In closing, we listened to "Angels In Waiting" – many of us with tears in our eyes as we remembered our children and grieved for them. The lyrics to this moving song are printed here in memory of Cito and Glori.

Angels In Waiting (by Tammy Cochran)

We camped out on the living room floor
In our old sleeping bags by a make believe fire
In a tent made of covers we'd talk for hours
My two brothers and me.

Keeping the faith, racing with destiny.

They always knew they'd never grow old
Sometimes the body is weaker than the soul
In their darkest hour I made a promise
I will always keep.
I'll give them life.
I'll let them live through me.



They were angels in waiting
Waiting for wings to fly from this world
Away from their pain.
Treasuring time 'til time came to leave
Leaving behind sweet memories
Angels in waiting
Angels in waiting for wings.

Carol Tomaszewski
Anne Arundel County Chapter

The Bereaved - The Largest Company in the World By Helen Keller

We bereaved are not alone. We belong to the largest company in the world - the company of those who have known suffering. When it seems that our sorrow is too great to be borne, let us think of the great family of the heavy-hearted into which our grief has given us entrance and, inevitably, we will feel about us their arms, their sympathy, their understanding.

Believe, when you are most unhappy, that there is something for you in the world. So long as you can sweeten another's pain, life is not in vain...

Robbed of joy, of courage, of the very desire to live, the newly bereaved frequently avoid companionship, feeling himself so limp with misery and so empty of vitality that he is ill-suited for human contacts. And yet no one is so bereaved, so miserable, that he cannot find someone else to succor, someone who needs friendship, understanding more than he. The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.

In everyone
There is a secret place
Where the sorrow of a lifetime
Tries to hid
From the painful touch
Of recognition.

Good friend,
If you share
Your secret place,
What will you find?

And when we have
Remembered everything,
We grow afraid
Of what we may forget.
A face, a voice, a smile?
A birthday? Anniversary?

No need to fear forgetting,
Because the heart remembers always.

Sascha Wagner, from The Sorrow and the Light



THANKSGIVING

As Thanksgiving approaches, is it still possible - is it still realistic - to be genuinely thankful? Without minimizing the depth of your loss, you can be thankful, as difficult as that may seem. Most likely a tearful thankfulness, but that's okay.

These come to mind. I can be thankful for the gift I was privileged to have and hold for a period of time. My child was in fact a gift, not a possession. When that begins to dawn on me, I'm able to slowly, so painfully, let go and quietly thank God for the gift of that special person who was entrusted to me. Second, though the gift is no longer here, the memories do remain. Fond memories. Warm recollections. A touching comment. A humorous antic. Even the painful memories are often preferred over no memories. Thank you Lord for the memories. Third, if you are somehow coping and managing to keep your head and heart above water, it is likely because you have a dear friend who has born your burden with you. Thank the one who loves you for the friends that have stood with you. Last, can you thank God simply for your desire to be thankful? If that desire is within you, no matter how small, it signals that you are progressing, you are working through your grief. You are moving from clenched fist to offering an open hand - and that is something that makes us want to say "Thank you".

Steve Harris, Pekin, IL. TCF



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Bereaved Parents of the USA CREDO

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 come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort, and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or our affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family. We are the Bereaved Parents of the USA.

We welcome you.