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# Bereaved Parents of the USA

## Anne Arundel County Chapter

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**October, 2004**

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

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### *MEMORIES...*

The topic of memories is one that is quite appropriate for this month's newsletter. October 2nd the chapter will be holding its 2nd annual Memory walk. For those fortunate enough to have attended last year's walk, they have good memories of that day. Hope you have made plans to attend this year's walk.

Memories will also be a big part of the Annual Service of Remembrance on Sunday, December 5. Again, we hope you will consider joining us at this wonderful event where memories play such an important role.

Recently, a form was sent to newsletter recipients asking them to update some personal data, and asking whether they would prefer receiving a hardcopy newsletter or if the newsletter on our web site was sufficient. There was a great response but I would ask those that did not respond to please do so.

The responses included a generous outpouring of contributions to the chapter, as is shown on page 4. And... those contributions to the chapter and newsletter allow all of us to share our memories...special memories so important to help us cope with the loss of a child.

Wishing you happy and comforting memories ...

Rick Tomaszewski

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### **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 Carol Fritz in memory of her daughter

**Katie Fritz**



Bereaved Parents of the USA  
Anne Arundel County Chapter  
P.O. Box 6280  
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Thank you notes: Fran Palmer - Treasurer: Fran Palmer  
Mailing List: Dave Alexander - Programs: VACANT  
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.

**November submissions are due by October 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: October 7, 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: Loss of a Child with Special Needs**

**NEXT MONTH: November 4, 2004**

**PROGRAM: Looking Back on the Grief Journey**

**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](http://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

#### **October 7: Loss of a Child with Special Needs**

Parents who are grieving the death of a child who had special needs, often find themselves dealing with additional issues. Sandra Arán, a member of our chapter, will discuss the different problems faced by these parents, including grappling with insensitive comments, complicated feelings of guilt, the "gifts" the special child brought them, the impact of the death of the child on their own lives which were devoted to the child's care, etc.

#### **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.

**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**

*Mark Your Calendar:* The Anne Arundel County Chapter will hold its 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 will be sent out in mid-October.

### **Chapter Website**

To place your child's name on our website, email Dave Alexander ([dralex@sdalex.com](mailto:dralex@sdalex.com)), or send him a note, (PO box 6280, Annapolis, MD 21401). Include your name, your child's name as you would like it to appear, and your child's date of birth and date of death.

To have a picture of your child on the website, email a digital file with the picture or send a printed picture to Dave. (Photos will be returned.) If you have any questions, please call Dave at 410-544-3634.

### **EASTERN SHORE BEREAVED PARENTS GROUP**

Our Chapter has assisted some bereaved parents who live on the Eastern Shore to form a group there which now meets monthly. The next meeting will be on October 19th at 7:00 pm, at Queen Anne's Hospice, 300 Del Rhodes Avenue, in Queenstown. Subsequent meetings are held on the 3rd Tuesdays of the month starting at 7:00 pm.

Please pass the word since we are trying to increase the turnout which has been low for the initial sessions.

All are welcome to come! For more information, call Angie McKenney at 410-827-7887. or E-Mail to [steveandangiemckenney@msn.com](mailto:steveandangiemckenney@msn.com)

### *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](mailto: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**

Barbara M. Hale, in memory of  
**Elizabeth Sinton Archard**

Kenneth A. Smith, in memory of  
**Tracy Fotino**

Susan Eisel in memory of  
**Jon Russell Aikin**

Mary Jo and Jack Martin in memory of  
**Kimberly Jo Clarke**

Lucille and John Peoples in memory of  
**Cedric John Peoples**

La Vern E. Hampton in memory of  
**Susan Hampton Fedock**

Chere & Gregory Trehey in memory of  
**Marie Rose Trehey**

Lauri & Tom Rogers in memory of  
**Daniel Keith Rogers**

Joan Persetic in memory of  
**Michael A. Persetic**

Lillian Mueller in memory of  
**Leslie Gae Davis**

Marian & Willard Johnson in memory of  
**Kurt Johnson**

Marie Dyke in memory of  
**Michelle Marie Dyke**

Lois and Jay Copeland in memory of  
**David Michael Copeland**

Carol Boslet in memory of  
**Christopher Ryan Boslet**

Judy Bessling in memory of  
**Jamie Bessling**

Chuck & Issy Mattis in memory of  
**Donald "Donnie" L. Severe Jr.**

Sally & Ron Boss in memory of  
**David A. Boss**

Sonja A. Bell in memory of  
**Lacy "Danny" McDaniel**

Walter & Marlene Evens in memory of  
**Bill Evans**

Carol Fritz in memory of  
**Katie Fritz**

Stella & Roy Waters in memory of  
**John Leroy Waters Jr.**

Shirley & David McGrady in memory of  
**James Allen McGrady**

Charlotte & Donald Scott in memory of  
**Michelle Inez Scott**

Peggy Carr in memory of her son  
**Owen F. Carr IV**

Anna Severn in memory of  
**R. Daniel Ferrer**



Please join us for our two-mile  
**Memory Walk at Quiet Waters Park**  
on **October 2nd** at 8:30 a.m.  
**Hope to see you there.**



# SIBLING PAGE



## A SIBLING'S POINT OF VIEW

There are times when I see a sunset or the  
silver glow of the moon, and I see my  
brother, and feel the peace as if he still  
exists. But these times are few, and most of  
what I see is - that he is missing.

Cry now, my silent tears, quietly so no one  
hears. They don't know the pain I go  
through, day after day and through the years.

*Alissa Roeder, TCF, Pikes peak, CO*

## FOR MY BABY BROTHER

You came and went without a word.  
But I'll miss your loving cry.  
We barely got acquainted,  
And then it was goodbye.  
There was so much more  
You should have done.  
Your innocent eyes had barely opened,  
Your life had just begun.  
You never saw a sunset,  
Or a star in the night sky.  
You never saw a sunrise,  
Or a rainbow flying high.  
You never drew a picture,  
Or sang a nursery rhyme.  
You never took those first few steps,  
You should have had more time.  
You never hit a baseball  
To score the winning run.  
You never even had the chance  
To miss the things you've never done.  
Although you left so many things  
Undone, unseen, and unsaid,  
Their numbers never shall come close  
To the tears that I have shed.

*T.C Miami, FL*

## MY SISTER, MY FRIEND

Within our hearts  
You will always be.  
Our minds will be filled  
With sweet memories.

Your spirit and love  
Will never be gone.  
For each life you touched  
Will carry them on.

*Catherine Hall  
TCF, Hinsdale, IL*



**OUR CHILDREN REMEMBERED**

James W. H. Alexander  
Son of Sue and Dave Alexander  
October 12, 1970 - October 26, 1998

David Sheridan Astle  
Son of Senator and Mrs. John Astle  
October 21, 1974 - December 6, 1997

Lydia Suzanne Barr  
Daughter of Cyndi Barr  
October 15, 1996 - October 18, 1996

Jamie Bessling  
Son of Judy and Ed Bessling  
October 23, 1974 - September 23, 2002

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

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

John Christopher Campbell  
Son of Kathy and Jeff Campbell  
April 18, 1981 - October 9, 2002

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

Andrea Faith Fiscus  
Daughter of Debby and Kenny Fiscus  
April 27, 1982 - October 9, 1993

Lisa Michelle Foster  
Daughter of Audrey E. Foster  
October 17, 1979 - October 11, 2003

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

Craig Robert Galyon  
Son of Susan Galyon Pyle  
August 23, 1979 - October 11, 2001

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

Christopher G. Gilmour  
Son of Paul and Carole Gilmour  
October 17, 1997 - April 2, 2003

Andrew Thomas Gwaltney  
Son of Hope Dorman  
October 1, 1987 - April 6, 2004

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

Brian Jeffrey Haley  
Son of Pamela and Jerry Haley  
October 26, 1973 - March 4, 1990

Traci Jeanne Heincelman  
Daughter of Ed and Jeanne Heincelman  
Granddaughter of Dorothy and Norm Heincelman  
Niece of Terre and John Belt  
October 6, 1980 - March 10, 2002

Mark C. Knepper  
Son of Patricia and Joe Knepper  
June 28, 1968 - October 17, 1988

Steven J. Landis  
Son of Edwin and Susan Landis  
April 4, 1968 - October 10, 1991

Raymond Wilson Leager  
Son of Tom and Betsy Leager  
October 3, 1991 - October 3, 1991

Temple Sidney Leager  
Son of Tom and Betsy Leager  
October 3, 1991 - October 3, 1991

Andrea Jean Loatman  
Daughter of John and Janet Hewitt  
January 12, 1980 - October 5, 1999

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

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

Calvin Russell Miller  
Son of Laura and Curtis Miller  
October 11, 2003 - October 11, 2003





**OUR CHILDREN REMEMBERED (cont)**

Kyle Brenner Millman  
Son of Susan Millman  
October 27, 1976 - June 10, 1989

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

Melanie Carol Murphy  
Daughter of Fred and Phyl Murphy  
April 21, 1966 - October 17, 1985

Glynn Allen Owens  
Son of Michael Owens  
October 21, 1973 - April 2, 2003

Connor S. Persons  
Son of Dierdre Persons  
June 19, 1990 - October 16, 2002

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

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

Daniel R. Shockey  
Son of Sandra and Ed Shockey  
October 30, 1971 - April 1, 1998

Rachel Beth Showacre  
Daughter of Daynie Showacre  
May 7, 1980 - October 30, 2002

Jami Leigh Smith  
Daughter of Deannie and Gerry Smith  
October 19, 1977 - September 30, 1987

Matthew Jason Temple  
Son of Karen and Jim Temple  
October 6, 1987 - April 23, 1995

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

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

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

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

Hope Marie Williams  
Daughter of Nicole Hawkins  
September 26, 1998 - October 6, 1998

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



*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](mailto:dralex@sdalex.com)*

**OUR CHILDREN REMEMBERED (cont)****WHAT'D I MISS LAST MONTH?**

Thoughts & Summary by Carol Tomaszewski...

Every month we provide a program at our meeting that we hope will benefit many of us. But if you weren't at the meeting, then you don't reap this benefit. After some thought and discussion, I have decided to write a short summary of the previous month's program so that everyone who receives this newsletter will also receive a few thoughts from the programs every month. I hope this column will bring you some comfort, peace and hope along with the reassurance that we understand and are here to support you.

Holidays and Special Days, an interactive discussion with Carol Benjamin, included not only the traditional holidays but also the "sneaker" days. Following this summary is a 10 Steps list that Carol gave as a handout. One issue discussed was how others react to our grief and for instance, don't mention our children. Perhaps we need to give others "permission" to talk of our child since that would be the best gift we could receive. And assure friends and family that nothing they could say or do could make our grief any worse.

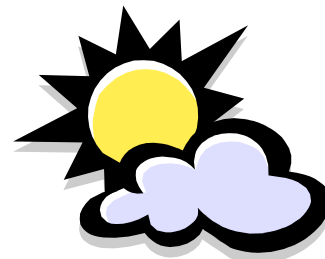
Plan ahead if you can. And if your plans include family and friends, then it may help to let them know your plans. Take care of yourself. It's important to do things that are meaningful to you. But be flexible with your plans and try to flow with the day.

Try to be ready for "sneaker" days & times. Those are the times when something triggers your grief and in a moment you can lose control. You can't really prepare and plan for these days because you can't be sure when they will happen. But don't be surprised when it happens because "sneakers" happen to all of us.

**10 STEPS ON GETTING THROUGH THE HOLIDAYS**

Adapted from James Miller's Work

1. Accept the likelihood of your pain.
2. Feel whatever it is you feel. (acknowledgement).
3. Express your emotions (release work).
4. Plan ahead.
5. Take charge where you can.
6. Turn to others for support.
7. Be gentle with yourself.
8. Remember to Remember.
9. Search out and count your blessings
10. Do something for others.





### What I've Learned Since I Last Held Your Hand

- ◆ Cemeteries don't scare me anymore.
  - ◆ As I live the best I can; I cannot expect to always be understood.
  - ◆ Life is too brief to not buy soft tissue.
  - ◆ I notice the eyes of those dear to me.
  - ◆ Making time to cry is important.
  - ◆ The stars seem closer to me now.
  - ◆ A friend who can cry with me is worth more than gold.
  - ◆ Remember to tell those you love, "I love you" often.
  - ◆ Butterflies are beautiful & calm and taking time to watch them brings comfort.
- A. Wisler in memory of Daniel Wisler 8/25/92– 2/2/97*

*"Though life is not as it was before,  
And never will be again,  
Our memories are much richer,  
Than if love has never been."*

*anon*

### REMEMBERING....

There are significant times and events in our lives that we will always remember.

I remember falling off a swing and breaking my shoulder.

I remember the day JFK was assassinated.

I remember my wedding day.

I remember my children's births

...and their weddings.

I remember 9/11/2001.



And I will always remember the day my son died.

Then there are fleeting memories that come back to us to remind us of times past, places past, and people past.

I remember working in the garden with my Dad

I remember learning to embroider at a Girl Scout meeting.

I remember having my Mother as my 5<sup>th</sup> grade teacher.

I remember sitting on the beach watching my children play in the ocean.

I remember cheering at softball, soccer, and volleyball games.

And I will always remember the day my son died.

Some of our memories are so sharp and searing that we have a hard time coping, and they can sneak up on us when we least expect it. We have all shared this sense of helplessness, despair and total loss because of our grief.

But these memories can be softened by remembering the sound of their laughter, how their hugs felt, the twinkle in their eyes, soft baby sounds or loud yells from the backyard, moments that made you proud of them....

And now we build new memories of our children.... Planting a tree or garden to honor them, sending balloons to heaven, the butterfly that landed next to you, the whisper of the wind in the trees as it caresses your cheek....

I cherish all of my memories. I welcome them into my days and nights. They are all part of me and who I am.

And I will always remember the day my son died.

*Carol Tomaszewski*

Anne Arundel County Chapter  
BPUSA, Annapolis, MD

*Author's Note: September is always a month of remembering for me because Dave was born on September 4, 1974. This September has been particularly full of memories because it's been 30 years since he started shaping me with his life and his memories.*



**The Compassionate Friends of Maryland, Inc.**

Bereaved Parents of the USA

Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

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



**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.**