



Bereaved Parents of the USA

Anne Arundel County Chapter

December, 2005

www.aacounty-md-bereavedparents.org

Annual Service of Remembrance

The Anne Arundel County Chapter will hold its Annual Service of Remembrance on Sunday, December 4, 2004, at 3:00 p.m. at St. Martins-in-the-Field Episcopal Church in Severna Park. All are welcome to attend.

Since it has already gone to press, it is too late to include any further children's names in the printed program. However, it may be possible to include your child's name the slide presentation at the end of the service. For further information on the service, please consult our website or call Dave Alexander on 410-544-3634.

As difficult as it is to deal with grief on any given day of the year, the Holiday Season is certainly a most difficult time for bereaved parents. It is our hope that regardless of what holidays you observe, that you accept our wishes for a holiday season that is peaceful and comforting. We also wish for you and yours, a new year that will bring a little more good time and a little less bad time in your day to day dealing with the loss of your loved one.

Most sincerely,
Rick Tomaszewski

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 Delores Shuey in memory of her son
Gary Wayne Keats



**Bereaved Parents of the USA
Anne Arundel County Chapter
P.O. Box 6280
Annapolis, Maryland 21401-0280**

This newsletter is published monthly
Copyright 2005 All Rights Reserved

Editor	Chapter Leader
Rick Tomaszewski	Dave Alexander
410-519-8448	410-544-3634
akuahi@aol.com	dralex@sdaalex.com

Mailing and Thank you notes: Barbara Bessling
Treasurer: Fran Palmer - **Hospitality:** Carol Tomaszewski
Mailing List: Dave Alexander - **Programs:** 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.

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

January submissions are due by December 12th.

Library:

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 information, contact Carol Tomaszewski at 410 519-8448.



MEETING INFORMATION

Next meeting: December 1, 2005

Doors open at 7:15 p.m.

Meeting begins at 7:30 p.m.

(Meetings usually held on first Thursday of month)

Calvary United Methodist Church

301 Rowe Blvd., Annapolis

Please park in the lot behind the church

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

Sponsor Our Monthly Newsletter or Website

You can help underwrite the costs of our newsletter or our website by sponsoring a monthly issue of the newsletter or by sponsoring a month of the website. To sponsor either one, contact Dave (dralex@sdaalex.com) Newsletter printing costs \$150 and mailing is \$50 each month. Website sponsorship costs \$25.00 each month.

CHAPTER NEWS AND NOTES

HELP!! ZIP CODE CHANGES

Annapolis and Arnold

If you are one of the ones in the Annapolis and Arnold areas whose zip code is changing, please call Dave Alexander at 410-544-3634 or send him an email at dralex@sdalex.com with your new zip code so we can update our mailing list.

PLEASE! PLEASE! PLEASE HELP US SAVE ON PRINTING AND POSTAGE

If you *move*, please let us know your new address. If you *don't want* to receive our newsletter any more, please let us know. If you would rather read the newsletter on our website, please let us know, and send us your email address, and we will send you a reminder each month when the newsletter is put on the website. (The newsletter is loaded on the website as soon as it has been produced — about 10 days before it is delivered in the mail.)

You can contact us by mail at our address at PO Box 6280, Annapolis, MD 21401-0280 or by sending us an email at ChapterLeader@sdalex.org.

Chapter Website

To place your child's name on our website, email Dave Alexander (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.

MEETING TOPICS—ANNAPOLIS

December 1: 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. For the NON-newly bereaved sharing group, each person brings a picture or some memento of his/her child. Each person then talks about the picture or memento and "introduces" his/her child, describing what the child was like, etc.

For the newly-bereaved, participants will focus on the immediate problems and issues they are facing in grieving the death of their children.

A reminder..We also invite you to bring a gift in memory of your child to be distributed to a needy child.

January 6: No Topic At This Time.

Eastern Shore Bereaved Parents Group

The Queen Anne's County Bereaved Parents Group meets on the *First Wednesday of each month*. The next meeting will be on Wednesday, December 7, at 7:00 pm. The Group meets 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

Prince Georges Chapter Revival

The Prince Georges County, MD, Chapter of the Compassionate Friends has recently been revived. They meet the second Thursday of the month at 7:00 pm, at the united Parish of Bowie Church, Mitchellville, and Mt. Oak Roads in Bowie.

For further information, contact either Marion Jones at 301-877-3484 or Jan Withers at 301-627-7315

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 "Our 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: Donations may be made to offset the cost of printing and mailing the newsletter, the chapter website, the annual Remembrance Service, the annual Conference of Hope and Healing, and books and other materials for the Chapter Library.

We gratefully acknowledge the following donations made in the last month: *Thank You*

Elizabeth & Barry Aikin in memory of their grandson Jon Russell Aikin
Susan Alexander "in loving memory of her nephew Jamie Alexander and in recognition of his birthday, October, 12 and the anniversary of his death seven years ago on October 26."
Sandra Arán in memory of her son Cito Arán and her daughter Glori Arán
Jack & Audrey Bagby in memory of their daughter Deneen Leigh Lins and Grandson Nicholas Allen Bowling
Dorothy Becker in memory of her daughter Julia Lyn Moore
Theresa Bleemke in memory of her son Paul Shane Brough
Bonnie Boone-Adamecz in memory of her daughter Traci Lynn Boone
Carol Boslet in memory of her grandson Christopher Ryan Boslet
Cora Boyce in memory of her daughter Linda Lou Boyce
Ruth Cann in memory of her son David Norton Cann
Ann & Noel Castiglia in memory of their daughter Tria Marie Castiglia
Gerlinda Coleman in memory of her son Herbert John Buzby
Fran Cease in memory of her son Richard C. Watts
Susan & Raul Da Silva in memory of their son Kevin Machado Da Silva.
Rebecca & Joseph De Meo in memory of their son Joseph R. De Meo Jr.
Mary Louise & Alain de Sarran in memory of their daughter Elizabeth de Sarran
Marie Dyke in memory of her daughter Michelle Marie Dyke
Debbie & Paul Elliott in memory of their son Isaac Paul Elliott
Debra & Ken Fiscus in memory of their daughter Andrea Faith Fiscus
Carol Fritz in memory of her daughter Katie Fritz
Susan Galyon-Pyle in memory of her son Craig Galyon
Dorothy & Norm Heincelman in memory of their granddaughters Cortney Belt and Traci Heincelman
Betty Hodges in memory of her son Charles "Chip" Marshall Hodges
Bryant & Missy Lawrence in memory of their daughter Susan Lawrence Barr
Chuck & Issy Mattis "in memory of our son and brother, Donald 'Donnie' L. Severe Jr., - Love and Miss You from Mom, Dad, and Brothers Chuckie and Rodney."
Gloria McDonald in memory of her grandson Christopher George Gilmour
Ella Mae McGinness in memory of her daughter Julie K. McGinness and her son Jeffrey R. McGinness
Norma & Donald Melcher in memory of their son Brian Richard Melcher
Rosemary & Larry Mild in memory of their daughter Miriam Luby Wolfe
Susan Millman in memory of her son Kyle Brenner Millman
Ruth & Lowell Minor in memory of their daughter Susan Blair Minor
Beth Neafsey in memory of her daughter Jennifer Margaret Neafsey
David & Lily Openshaw in memory of their son John David "JD" Openshaw
Sharon Poe in memory of her son John Christopher Poe
Linda and Robert Rasmussen in memory of their son Steven Craig Rasmussen
Carol and Karl Reichardt in loving memory of their son Kevin Eric Reichardt
Susan & Louis Rixham in memory of their son Michael Louis Rixham
Joyce & Tom Schall in memory of their son Thomas Jeffrey Schall
Karen Short in memory of her son Thomas "Tommy" Richard Short
Sharon and Benjamin Skarzynski in memory of their son Jason Edward Skarzynski
Kenneth Smith in memory of his niece Tracy Ann Fotino
Dee Spirt-Rayment in memory of her son Gary "Jake" David Spirt
Robin Stallings in memory of her son Roderick "Rod" William Stallings
Lorraine Tarr in memory of her son Russell "Rusty" J. Tarr
Karen and Jim Temple in memory of their son Matthew Jason Temple
Janet & Dan Tyler in memory of their daughter Brittany Nicole Tyler
Rita Whitby in loving memory of her sons Albert W. "Wally" Whitby, David W. Whitby, and Daniel A. "Danny" Whitby



Memory Walk:

Deb Bowling in memory of Aaron Sebastian Royer
Mary & Victor Casamento in memory of Aaron Sebastian Royer
Dorothy & Norm Heincelman in memory of their granddaughters Cortney Belt and Traci Heincelman





SIBLING PAGE



If you're old enough to love, You're old enough to grieve.



ANGEL



On the walk you see a girl.
She's just sitting there.
She has blue eyes, she has blonde hair.
Her favorite color is pink.
She looks like a normal girl,
But she's not.

She's the perfect little girl.
She loves to shop, she loves to play.
She just wants to have a good time.
As you watch she starts to grow up.
Her first word, her first step, her first soccer game.

Then she stops.
Something is wrong.
She's about to take a life test.
She stays strong.
She gives it her best shot
But it's too late.

Her parents start to cry.
They have to say goodbye.
She disappears.
She's gone.

She's an angel in Heaven with her Grandpa now.



Written by Janie Thrift (age 11)
In Loving Memory of her sister
Catie Lynne Thrift
July 24, 1995—November 27, 2004
BP/USA A.A. County Chapter,
Annapolis, MD

MISSING YOU TODAY

I feel you looking down on me
And I know you have a lot of big plans for me
Right now it's hard for me to see them
I'm trying to be strong for you
But if I cry, and if I break, don't worry.

I'm just missing you today
And I'll be missing you each and every day
Somehow I know you'll be okay
As long as you guide me
Through the rest of my days.

I'm not sure what to believe in,
Yet it helps me if I pray
Holding on to something is better than
Holding onto nothing at all
I know we'll be together again some day
But until that time comes, I'll miss you.

And I'm missing you today
I'll be missing you each and every day
Somehow I know I'll be okay
As long as you guide me
Through the rest of my days.

I will try not to be afraid
Yet I never imagined it could hurt this much
I will take it day by day
And today I'm missing you.



Tracey McRoberts for her sister
Tosha Marie Lamb
BP/USA Coeur d'Alene Chapter

Siblings... There is a website for siblings from the Centering Corporation designed for bereaved teens to share stories, journal entries and other information that you write. It is in an anonymous environment. You can access it at www.fireinmyheart.com ... check it out... editor

OUR CHILDREN REMEMBERED

Please remember the following families this month.

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

David Sheridan Astle
Son of John and Jayne Astle
October 21, 1974 - December 6, 1997

Christopher Lewis Borngesser
Son of Diane Borngesser
December 21, 1961 - May 28, 2001

Nicholas Allen Bowling
Grandson of Jack and Audrey Bagby
December 27, 1980 - July 31, 1985

Herbert John Buzby
Son of Gerlinda and Clark Coleman
December 31, 1961 - December 19, 2003

Chad D. Cummings
Son of Penny Holtz
Grandson of Shelby Holtz
October 29, 1982 - December 23, 2004

Tyler Dudley
Son of Julie Cremen
December 29, 2000 - February 23, 2001

Rebecca Lynn Faires
Daughter of Georgia Hughes
March 16, 1985 - December 18, 2003

Christina Ann Fisher
Daughter of Rick and Carol Wilson
December 17, 1985 - June 30, 2001

Phillip Wayne Gray Jr.
Son of Joan Gray
July 8, 1970 - December 22, 1986

Michael Thompson Heany
Son of Frank and Jean Heany
February 7, 1973 - December 23, 2004

Mallory Heffernan
Daughter of Dianne and Edmund Heffernan
December 19, 1985 - April 18, 2003

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

Gary Wayne Keats
Son of Delores Shuey
December 3, 1964 - March 8, 2004

Logan Robert Kugler
Son of Sherry Kugler
December 10, 2000 - December 10, 2000

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

John F. Marinelli
Son of William and Annette Marinelli
May 30, 1964 - December 19, 1986

Joseph A. Miller
Son of Mary J. Miller
Brother of Marlene Miller
December 13, 1956 - May 12, 1977

Kim Jonathan Nixon
Son of Stephen and Carolyn Tew
December 5, 1957 - December 16, 1984

David Joseph Novak
Son of Arleen and Rudy Novak
December 29, 1960 - November 14, 1988

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

Cedric John Peoples
Son of John and Lucille Peoples
September 5, 1968 - December 14, 1987

Phillip "PJ" Bernard Riek Jr.
Son of Pamela and Tracy Peterson
December 29, 1989 - January 17, 2000

Aaron Sebastian Royer
Son of Diane and Robert Royer
December 21, 1982 - July 5, 2001

Gary Lee Ryon Jr.
Son of Betty Ryon
August 24, 1989 - December 1, 2002

Timothy A. Scaggs
Son of Tim and Bette Scaggs
December 29, 1996 - March 23, 2005

Donald "Donnie" L. Severe Jr.
Son of Chuck and Issy Mattis
August 23, 1956 - December 13, 1984

Donald "Donny" Lee Seyfferth Jr.
Son of Jody Seyfferth
December 16, 1977 - May 8, 2000



OUR CHILDREN REMEMBERED (continued)

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



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

Victoria Shimonkevitz
Granddaughter of Jim and Margaret Williford
December 9, 1993 - December 12, 1993

Jason Edward Skarzynski
Son of Benjamin and Sharon Skarzynski
December 19, 1977 - December 14, 1995

Mark Edward Smeltzer
Son of Peggy Smeltzer
December 11, 1969 - March 15, 1997

Russell "Rusty" J. Tarr
Son of Lorraine A. Tarr
December 22, 1963 - May 12, 1994

Marie Rose Trehey
Daughter of Greg and Chere Trehey
December 21, 2000 - December 21, 2000

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

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



There's an service through the US Post Office where you can make personal photographs into legitimate postage stamps. The website is PhotoStamps.com. You can email them your scanned or jpeg photo and they make it into stamps for all denominations (envelopes, post cards, etc.). It does cost more than regular stamps and you have to buy at least one whole sheet of 20 stamps as a minimum, at about \$16.00 per sheet, plus s/h. We're going to be using them for our holiday cards this year and any other holidays in between. I'm actually looking forward to using them and seeing Christopher's picture go out on all of our Christmas cards....

Just thought I'd pass it along.

Take care,
Carole Gilmour,
Christopher's Mom
10/17/97- 4/2/03



Life is eternal;
and love is immortal;
and death is only
a horizon;
and the horizon is
nothing save the
limit of our sight.



Rossiter
Washington
Raymond



From One Who Knows

By Sascha

I promise you. My friend
I promise you
That you will feel
The warmth of spring again
That you will touch
The hands of children
And the lips of lovers
And the tenderness of Christmas again.
But here and now, my friend,
I promise you small consolation.
Some mornings you will see
Beauty in your sorrow,
Comfort in the wealth of love remembered,
Courage in the aching tide of days.
I promise you, my friend,
I promise you
That you will understand
Someday
Some day
This pain which taught you
What depth and height
And greatness
One life can hold.
YOUR LIFE, my friend.



From an article in
Bereavement Magazine
Nov/Dec 1988
By Dorothy Hanley

The candles can be reminders that, as time passes, what began as a view of a frighteningly dark future may finally be seen in the light of your own personal growth toward adjustment to the death of your loved one. Just as the rain passes and a single ray of sunlight at first illuminates only a tiny spot in the dark landscape, life will return to your life, bit by bit.

Take heart and try not to be too afraid of the dark. Look for the candles along the way to give you hope for a brighter new year.

HOLIDAYS...For those who think that Christmas and Hanukkah are just nice days to give and get presents, bereaved parents have another message. Mixed with joy is the knowledge of sadness. With the hope of birth comes the threat of death. We should not try to cover up our sadness in front of other people, for we have a lesson to teach them. But the holidays have a lesson for us, too. Yes, there is death. Yes, there is great bitterness in life. There is darkness. But there is hope. There is birth,. There is light.

In a society which works so hard to deny death, perhaps only bereaved parents and a few others can truly understand the depths of these holidays.

Dennis Klass
TCF St. Louis, MO

HELPING CHILDREN GRIEVE AT HOLIDAY TIME

Holidays are usually times of sharing and togetherness, but after a death in the family, the holiday season can be difficult to endure everyone—including the children.

Traditions that bring about memories of a deceased loved one may bring about a flood of emotions for a child. According to Alan Wolfelt, author of *Helping Children Cope With Grief*, some families mistakenly try to deny these feelings by avoiding certain holiday customs—like putting up a tree or exchanging gifts. *“Such avoidance is an impossible task in an environment that constantly reminds us of the holidays. The important question is ‘Will the children struggle alone through the holidays or work through problems in the loving presence of adults?’”*

While there is no easy formula, Wolfelt offers these suggestions for adults to consider:

- 1) **Be aware that your behavior influences a grieving child.** *“The child’s ability to cope with the problem depends on the ability of important adults to express their grief and convey to the child that it’s okay to express a full range of feeling.”* Adults must let children know that tears do not signal rejection but, rather, sadness. If a parent says “I feel sad because I miss _____,” the child will understand that emotions are an acceptable demonstration of grief.
- 2) **Provide children with special amounts of attention and emotional support.** Take an active role in helping children cope with grief. Children don’t always show sadness as openly as adults.
- 3) **Pay attention to a child’s cues.** Recognize that children need to talk and express their emotions—rather than just be talked to by an adult.

- 4) **Create a special time during the holiday to talk about the deceased family member.** Younger children might find it helpful to look at family photographs when they discuss their memories. Talking about good and bad memories give the child permission to be sincere about emotions.
- 5) **Don’t avoid all family traditions during the holidays.** Children might find comfort in such customs as decorating the tree or baking holiday cookies— *“Traditions provide a structure for the expressions of the child’s thoughts and feelings.”* - but you might consider withdrawing a little from excessive holiday activities. Holidays are very stressful, and, combined with the emotional of grieving, may drain the children,

Note: While helping children cope with the pain of their grief during the holidays is difficult, slow and wearing, the process can also be enriching and fulfilling for loving adults.

Excerpted from *Helping Children Cope With Grief*
By Alan Wolfelt, Accelerated Development, Inc.



I look around the table and see those
who mean the most to me.
So why are my eyes filled with tears?
Because I see those who are not there.

Lovingly Lifted from TCF of L.A. CA
11/97

Bereaved Parents of the USA

Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

www.aacounty-md-bereavedparents.org

RETURN SERVICE REQUESTED

DATED MATERIAL



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.