



Bereaved Parents of the USA

Anne Arundel County Chapter

July, 2005

www.aacounty-md-bereavedparents.org

This past March marked the 20th year that our chapter has been in place. On August, 7th our chapter will hold a 20th Anniversary celebration to recognize this milestone. Please make sure you check out page 4 of this issue to find out the details of this very special occasion.

It's worth noting that several of the individuals that help start this wonderful organization are still attending and contributing to the ongoing success of the chapter. Without the dedication and perseverance of some of the more senior members of this group, I can't imagine the chapter being as vibrant and strong as it is today.

As a relative newcomer to this organization, I really appreciate the guidance that has been provided to myself and other newcomers from our "veterans".

I could start naming a number of these fine individuals, but I'm hoping that I, along with a lot others, will be able to thank them personally at the celebration!!

Now that the summer season has begun, we hope everyone will have a safe and enjoyable summertime. And as we celebrate the 4th of July holiday honoring our Independence, let us hope that the troops defending our independence and freedom return safely to their parents, children and loved ones.

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 Terre and John Belt

In memory of their daughter

Cortney Michele Belt

And in memory of their niece

Traci Jeanne Heincelman



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

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

Mailing: Barbara Bessling - **Librarians:** Debra & Richard Kerr
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.

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.

August submissions are due by July 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 Dave Alexander at 410-544-3634



MEETING INFORMATION

Next meeting: July 7, 2005

Doors open at 7:15 p.m.

Meeting begins at 7:30 p.m.

(Meetings usually occur on first Thursday of the 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

HAS YOUR EMAIL ADDRESS CHANGED?

If you change your email address, please send a note with your new email address to WebMaster@sdalex.org so we can update our records

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, Severna Park (410-987-2129).

CHAPTER NEWS AND NOTES

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.

It costs us over 50¢ per copy to print and mail the newsletter. The Postal Service will not forward the newsletter since it is sent by Bulk Mail. However, for 37¢ a copy they will return any non-deliverable copies which are sent to an old address. That means we have spent 87¢ to find out someone has moved. Not much on a case by case basis, but it adds up. So please take a moment before you move or if you decide you no longer want to receive the newsletter, and let us know.

THANK YOU!

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.

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.

MEETING TOPICS—ANNAPOLIS

July 7: The Early Months in the New Life of a Grieving Parent

Dr. Carol Brothers, clinical psychologist, based on her experience as a therapist and as a bereaved parent, will discuss with us the challenges and problems we face as newly bereaved parents, exploring such issues as how we can discern the differences between deep and prolonged sorrow/grief and depression, how to discern when and if medication is needed and useful, how we stay alive when our child has died, etc., and will suggest ways for coping with these challenges and problems.

August 4: Coping Strategies for Bereaved Parents

The Center for Infant and Child Loss works with Maryland families and communities facing the sudden unexpected death of their infant or child as they learn to live with their loss. The Center's Director, Donna Becker, will join us to talk about Coping Strategies for bereaved parents – strategies that she has encountered, learned about, and encouraged through her many years of work with the Center and grieving families.

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, July 6th 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

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 Alexander (dralex@sdalex.com) Newsletter printing costs \$150 and mailing is \$50 each month. Website sponsorship costs \$25.00 each 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:

General

Ken Smith in memory of his niece Tracy Fotino

Dorothy & Norm Heincelman in memory of their granddaughters Courtney Belt and Traci Heincelman

MARK YOUR CALENDAR: AUGUST 7TH 20TH ANNIVERSARY CELEBRATION

For the last twenty years, the Anne Arundel County Chapter of Bereaved Parents of the USA (The Compassionate Friends of MD, Inc.) has been helping families grieving the death of a child. We are planning a twentieth-anniversary celebration and family picnic for the afternoon of August 7th.

We will have swimming (so bring your bathing suit and a towel), badminton, volleyball, croquet, horseshoes, and all those kinds of picnic things. The Chapter will provide hamburgers and hot-dogs, sodas, ice, and tableware. Come join this leisurely picnic and celebration. All you need to bring is your family and a side dish or dessert.

Date: Sunday, August 7th – Rain or Shine

Time: 2:00 p.m. to

Where: The Bealls' home
105 Dales Way
Pasadena, MD 21122

Please let us know if you are coming. Call Janet Tyler at 410-969-7597 or send her an email at Picnic@sdalex.org.

EMPTY PLACES

I drove the old way yesterday.
It'd been a while, you see.
And there without a warning,
the pain washed over me.

I drove the old way yesterday.
and sadness came on strong,
taken back by so much feeling,
since you've been gone so long.

Places seem to lie in wait
to summon up the tears,
to say remember yesterday,
those days when you were here.

Places where you laughed and played
are places where I cry.
These places hold the memories
That will live as long as I.

by Genesee Genty from her book
"Stars in the Deepest Night"

Window of My Soul

Sweet memories of yesteryears linger
As sorrow lines my windowsill
Through the haze of smudgy panes
I like to see the moments replayed
I have oft closed the shutters of my mind
Only to find the pain resides still -
And so I search the shadows
For a glimpse of your smile.

By Larissa Mulholland
From the July/August 2001
Bereavement Magazine
www.bereavementmag.com



SIBLING PAGE



A Place



There is a place
Beside my brother's grave
Where I kneel and cry
As memories flood my heart.
The grass is soft,
And the breeze dries my tears.
Then it comes: swings and sand,
Beaches and bikes,
Laughter and shouts.
We play in a different place,
A past that knows no hurt.
We are children
And then it goes,
As my eyes focus on the marble
That bears their names.
"Blessed are the poor in spirit..."
And I kneel and cry
At a place beside my brothers'
graves.



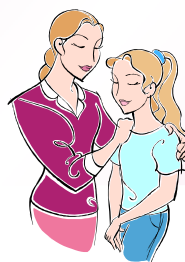
John Sundt
YCF, San Diego, CA
In memory of his brothers
Eric and Stephen



My Sister, My Friend

Within our hearts
You will ever 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 Harris
TCF, Hinsdale, IL

YOUR FACE.

I woke up this morning, finding everything in a haze.
Wiping tears from my eyes, I saw your smiling face.

I reached out and touched you, yet all I could feel was pain;
You felt nothing, from your life within a frame.

I spoke. Receiving no reply, I told you that I loved you,
And then I asked you, "Why?"

I'll never have another, no one to take your place.
All I have, little brother, are memories
and the picture of your face.



Lisa Angel
TCF, Citrus County, FL

OUR CHILDREN REMEMBERED

Please remember the following families this month.

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

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

Susan Lawrence Barr
Daughter of Bryant and Missy Lawrence
July 14, 1961 - February 16, 1991

Cortney Michele Belt
Daughter of John and Terre Belt
Granddaughter of Dorothy and Norm Heincelman
August 26, 1979 - July 9, 1996

Lisa Marie Bishop
Daughter of Diane and Michael Eye
January 29, 1966 - July 20, 2004

Edward Calvin Blakeney III
Son of Bonnie and George Hughes
July 2, 1976 - July 14, 2001

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

Elizabeth Caitlyn Carr
Daughter of Sandy and Bill Carr
July 13, 1989 - February 24, 2003

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

Chrystal M. Clifford
Marilyn Mabe's son's fiancé
July 17, 1978 - February 17, 2001

O. Steven Cooper
Nephew of Thomas and Ethel Cleary
July 5, 1954 - September 26, 1998

Ashlea Marie Cranston
Daughter of Thomas and Mary Cranston
July 4, 1984 - February 24, 1985

James Joseph Cranston
Son of Thomas and Mary Cranston
July 2, 1975 - July 2, 1975

James William Cranston
Son of Thomas and Mary Cranston
July 2, 1975 - July 2, 1975

Andrew Thomas Cutter
Son of Jim and Anne Marie Cutter
July 12, 1997

Michael J. Dickens Jr.
Son of Michael and Marla Dickens Sr.
July 7, 1968 - March 29, 1996

Theresa Karen Gardner
Daughter of Joan F. Gardner
July 28, 1962 - January 7, 1994

John Joseph Goetz Sr.
Son of John and Mary Goetz
May 6, 1958 - July 21, 1996

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

Matthew Gordon Haines
Son of Gordon and Peggy Haines
May 3, 1977 - July 4, 1996

McKayla Hall
Granddaughter of Mike and Julie Hall
July 22, 2000 - September 20, 2003

Roger Wallace Johnson
Son of Shirley and Walter Johnson
Brother of Jeanne Jones
July 10, 1947 - August 23, 1986

Charles William Kelm
Son of Kathy Kelm
July 17, 1974 - February 26, 1995

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

Alexis Michelle LoPinto
Daughter of Denise LoPinto
July 19, 2004 - January 14, 2005

Zachary Laurence Luceti
Son of Linda East
April 20, 1978 - July 5, 2003



OUR CHILDREN REMEMBERED (continued)

Eric Eugene Maier
Son of Gene and Marlen Maier
August 8, 1961 - July 5, 1984

Paul Brian Michael
Son of Deborah Michael
November 23, 1971 - July 19, 1991

Daniel "Dan" Michael Milord
Son of Mike Milord
July 15, 1982 - May 5, 2004

Kathleen "Katie" O'Connor
Daughter of Anne and Jim O'Connor
September 21, 1986 - July 11, 2003

Emily Marie Parker
Daughter of Valerie Nowak and Brian Parker
May 9, 2002 - July 18, 2002

Michael A. Persetic
Son of Joan Persetic
March 26, 1968 - July 2, 1986

Michael Louis Rixham
Son of Susan and Louis Rixham
July 5, 1977 - October 8, 2004

Dennis Richard Rohrback
Son of Dennis and Joan Rohrback
April 8, 1964 - July 3, 1988

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

Anthony John Schaefer
Son of LuAnn Schaefer
July 13, 1979 - September 26, 2003

Emily Ann Schindler
Daughter of Charles and Jane Schindler
July 27, 1985 - January 27, 2004

Kelly Ann Schultz
Daughter of Jim and Pat Schultz
July 19, 1964 - January 1, 1996

Laura Ann Smith
Daughter of Lois and Joel Smith
July 30, 1985 - June 7, 2003

Scott Talbott
Son of Deb and Stan Talbott
July 19, 1989 - August 3, 2003

Gregory Adam Thorowgood
Son of Margie Strong and Kenneth W. Wenk
July 24, 1975 - April 7, 2004

Catie Lynne Thrift
Daughter of Sheila and John Thrift
July 24, 1995 - November 27, 2004

Darin Lacey Valerio
Son of Sharie and Gerry Valerio
July 26, 1967 - March 18, 1991

John Kirkpatrick Wallace
Son of Catherine and James Wallace
March 3, 1953 - July 14, 1971

David W. Whitby
Son of Rita and Albert Whitby
July 14, 1954 - July 4, 1987

Alisa Joy Withers
Daughter of Jan Withers
July 7, 1976 - April 16, 1992

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

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





The Cherry Tree



Dad cut down the old cherry tree today
'It needs to come down,' I had to say
So he would notice it was true,
Diseased and riddled with bugs too.

Later that night, I started to cry...
I didn't quite understand why.
Tears spun like a tornado to my core
Leaving me crying an hour, two, then more.

Now there's an empty place in our yard
Where the cherry tree once stood guard.
But if I close my eyes I can still see
The four of you picking cherries from that tree.

Those were happier days...they went by so fast.
I always knew they couldn't last...
For the four of you grew much like the tree.
So beautiful...you mean the world to me.

Now, my lovely son, four years dead —
Thoughts of you always fill my head.
Your short lifetime...only eighteen years.
Not long enough say my endless tears.

You are so deeply mourned by your sisters and brother,
But I can't know their grief...only that of a mother.
A grief so unrelenting I can't move on —
So instead, I cry when a cherry tree's gone.



— Written by Diane Royer
In memory of Aaron S. Royer
December 21, 1982 - July 5, 2001

“Even if it’s a little thing, do something for those who have need of a man’s help, something for which you get no pay, but the privilege of doing it.
For remember, you don’t live in a world all your own. Your brothers are here too.”



Albert Schweitzer
Nobel Peace Prize winner, 1952

It's so hard to
watch your child
grow up
in
your mind

Jim Summersgill
TCF Houston, TX

The End of Summer

On the beach, cool breezes blow across the water, but the sun's rays feel warm upon my face. The ocean laps gently at the shore. I see one golden haired lad with shovel and pail filling the moat around his carefully constructed sand castle.

I remember another golden haired boy of years long past, wearing his bright red swimsuit, busy at his task and oblivious to all around him. Carefully, patiently, he fills and empties his pail again and again, molding and shaping the sand until he has it just right, until his perfect castle is completed. He runs to me, eyes aglow with pride, his dimpled smile stretched from ear to ear. He dances around me.

“Mommy, come see! It’s finished! It’s perfect!” We stand and admire it together. One bucket of sand turned upside down, a tiny trench encircling it. To us, it is a perfect castle.

But then it happens. A wave, much bigger than the rest, washes away his labor of love. His green eyes fill, his lip quivers momentarily and then he squares his shoulders and announces, “Oh well, I’ll begin again tomorrow.”

And now, recalling that other sunny summer day, my own eyes brimming with tears, my own lip quivers until I remember that I, too, can square my shoulders and begin again tomorrow.

By Betty Stevens, TCF Baltimore, MO



Memories can bring
sunshine to a cloudy
day and rainbows
after a storm.



Bonnie Harris
TCF Richmond, VA

An Angel Kiss

An Angel kissed my tears away
today when I was sad.
I wasn't feeling quite myself
my day had been so bad.

I felt a warmth brush by me
that quickly dried my tears,
a gentle, kind and loving touch
that seemed to hold me near.

Immediately I felt so much better
and the day seemed brighter, too.
I guess that's just the way you feel
when an Angel comforts you.



Unknown

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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.