



Bereaved Parents of the USA

Anne Arundel County Chapter

October, 2005

www.aacounty-md-bereavedparents.org

The following was graciously written by chapter member and former long-time Newsletter editor, Lisa Beall
Rick Tomaszewski

Life goes on! Yes, we all know that and we've all decided to move forward, even if only with baby steps, to see what else life has to offer. There remains some degree of hope, perhaps just a sliver, but we want to know what lies ahead. Self-help books tell us that we can't just wait for life to happen; we have to **make** life happen. Yes, the sun will rise and set on its own – we don't have to DO anything for that to happen. But it isn't enough to just wait and see what life brings us. Perhaps more than any other people, bereaved parents and siblings have to make something happen in their lives. Why should that be? I think it's because a huge part of our lives is out of our control – we can't bring back the one we love so much. The remaining part of our lives is for us to take hold of and bring to a place where WE decide how it is going to be, WE decide how much of ourselves to invest, WE decide to find contentment, WE decide to LIVE! Make the choice – you don't have to be a victim of what life sends your way. There remains much of your life that you can decide how to use – use it wisely and use it in memory of your beloved.

Blessings,
Lisa Beall

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 Noel and Ann Castiglia in memory of their daughter
Tria Marie Castiglia
And by Judy and Ed Bessling in memory of their son
Jamie Bessling



**Bereaved Parents of the USA
Anne Arundel County Chapter
P.O. Box 6280
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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.

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.

November submissions are due by October 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: October 6, 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, Severna Park (410-987-2129).

CHAPTER NEWS AND NOTES

HELP!! ZIP CODE CHANGES

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.

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

October 6: Forgiveness

There's a lot of talk about forgiveness – of ourselves, of others, of God, etc. But what is forgiveness and how do we do it? Ruth Dennison-Tedesco, a nationally certified counselor with a master of science in pastoral counseling, will discuss these issues based on her clinical experience with bereaved parents and others.

November 3: We'll Get by with a Little Help from Our Friends

Dr. Abbie Ellicott, Ph.D., a Clinical Psychologist, will talk with us about how we can get support when we are newly bereaved and about overcoming the obstacles that make it difficult for us to get the support we need.

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, October 5th, 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:

Dorothy and Norm Heincelman in memory of their granddaughters

Cortney Belt and Traci Heincelman

Ken Smith in memory of his niece **Tracy Fotino**

Judy & Ed Bessling in memory of their son **Jamie Bessling**



Thank You!

Please join us for our two-mile
Memory Walk at Quiet Waters Park
on **October 1st** at 8:30 a.m.

You can get registration and pledge forms from our website
or call Barbara Bessling at 410-608-3894 for more information.

Hope to see you there.



In Search Of: Annual Conference Leader

Pat Schultz, who has led the planning and running of our annual conference for many years, has asked that we recruit a new Conference Leader. Pat has offered to work closely with the new leader and to continue to handle many of the tasks that go into this effort. However, Pat strongly feels that for the conference to continue to grow and meet the needs of bereaved parents and families, we need to bring new leadership in with fresh perspectives and ideas.

The Conference Leader is supported by many other members who handle the myriad efforts that go into this event. The role of Conference Leader has also been performed successfully in the past by Co-Leaders.



If you are interested in exploring taking on this role, please give Pat a call on 410-255-7760 or Dave Alexander on 410-544-3634



They shall come back again
As long as the red earth rolls.
God never wasted a leaf on a tree;
Why should he squander a soul?



SIBLING PAGE



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

My Brother is Really Gone

The sky turns dark and gloomy,
My brother has gone away.
I know I'll never see him again,
Not another day.

Why, I ask a thousand times,
must all this happen to me
My family is left in sorrow,
Weeping like a willow tree.

I can vaguely remember
How he was before,
Yet still I sit and wait,
Wait for him to walk through my door.

Can this be some mistake?
He's not really gone.
Who am I trying to fool?
But still I must go on.

Another day begins!
I realize that I am wrong.
My brother is really dead...
He is really gone.



Teglene Burwell
TCF, Van Nuys, CA
The Healing Journey
TCF Sibling Anthology

LONELY

Up there where the clock
Never strikes midnight,
Is she lonely?

Up there where no
Worries are cast,
Is she lonely?

What does she do all day?
Does she have friends?
Up there in heaven,
Is she lonely?

Danette Archambault
National Stages Newsletter



REMEMBRANCE

In the light of day,
I awake with thoughts of you.
In the dark of the night,
I sleep with thoughts of you.
Is it grief or disbelief?

Evan Fillmore
TCF Huntington, UT

"One can complain because rose bushes have thorns.. Or rejoice because thorn bushes have roses."

Morley

OUR CHILDREN REMEMBERED

Please remember the following families this month.

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

David Sheridan Astle
Son of John and Jayne 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 Noel and Ann Castiglia
Sister of Carla Castiglia
July 6, 1963 - October 14, 1984

Andrew George Eser
Son of Karl and Linda Eser
August 12, 1982 - October 10, 2000

Bill Evans
Son of Walter and Marlene Evans
June 5, 1964 - October 12, 1990

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 George Gilmour
Son of Carole and Paul Gilmour
Brother of Sean 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 Jerry and Pam 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

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

Ty'Lik De'Shawn Jenkins
Son of Tonya Lyons
July 25, 1999 - October 16, 2001

Mark Charles Knepper
Son of Pat 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
Daughter of Tom and Betsy Leager
October 3, 1991 - October 3, 1991

Andrea Jean Loatman
Daughter of Janet and John 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 Milesky
October 26, 1986 - November 22, 2003



OUR CHILDREN REMEMBERED (continued)

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

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

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

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

Jack Osiecki III
Son of Linda and John McGuire
October 31, 1971 - September 26, 2001

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

Connor S. "Jag" Persons
Son of Deirdre Persons
June 19, 1990 - October 16, 2002

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

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

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

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

David John Rose
Son of Carol Rose McAuliffe
October 21, 1969 - September 1, 1988

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

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

Deonte Joseph Simms
Grandson of Deborah Simms
October 1, 1981 - September 8, 2001

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

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

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

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

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

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

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



Closure May Not be All It's Cracked Up To Be

I don't remember when the words first began to echo in the hollow aftermath of loss. But now it seems that every public or private death, every moment of mourning is followed by a call for "healing", a cry for "closure".

Last month, driving home in my car just 24 hours after three Kentucky students were shot to death in a school prayer meeting, I heard a Paducah minister talk about "healing". The three teenagers had yet to be buried, and he said it was time to begin the healing process, as if there were an antibiotic to be applied at the first sign of pain among the survivors.

Weeks later, at a Christmas party, a man offered up a worried sigh about a widowed mutual friend. "It's been two years", he said, "and she still hasn't achieved closure". The words pegged her as an underachiever who failed Mourning 201, who wouldn't graduate with her grief class.

The vocabulary of "healing" and "closure" has spread across the post-mortem landscape like a nail across my blackboard. It comes with an intonation of sympathy but an accent of impatience. It suggests after all, that death is something to be dealt with, that loss is something to get over—according to a prescribed emotional timetable.

I do not mean to suggest that (there are)... "typical" mourners or "typical" ways of death. I mean to suggest that grief is always atypical—as the death and the mourner.

The American way of dealing with it, however, has turned grieving into a set process with rules, stages, and, of course, deadlines. We have, in essence, tried to make a science of grief, to tuck messy emotions under neat clinical labels—like "survivor guilt" or "detachment".

Surely it is our own anxiety in the presence of pain, our own fear of loss and death, that makes us wish away another's grief or hide our own. But in every life, losses will accumulate like stones in a backpack. We will all be caught at times between remembrance and resilience.

So whatever our national passion for emotional efficiency...there are no one-minute mourners. Hearts heal faster from surgery than from loss. And when the center of someone's life has been blown out like the core of a building, is it any wonder if it takes so long even to find a door to close?

Ellen Goodman
Lovingly lifted from BP/Decatur TX

A Lesson In Grammar



I don't want anyone to quibble with me about whether my son's birthday is or was November 20th, because (a) it is, and (b) it was and (c) it always will be. And as to whether I have two children, (a) I do, and (b) I did, and (c) I always will have

Mary Cleckley
TCF Atlanta GA

My Daughter's Gift



I had forgotten the sweet smell of Spring
Rising from the warm earth, protected by
Winter snow.
I've hugged my sorrow
Like a protective cloak against the shining sun.
I know my sorrow over my daughter's death
Will never leave;
But now I hear her exhilarating laugh
Echoing with the Autumn breeze,
Telling me to enjoy life
As she enjoyed life. (author unknown)



Submitted in loving memory of my precious Katie,
(10/29/77 – 2/27/93) whose life brought me so much joy.
Carol Fritz BPUSA Anne Arundel County Chapter, Annapolis, MD

Happy Birthday to a Special Niece

Your birthday. Memories of so many of them flood my mind as I turn the calendar page to October. The games in the backyard. The cakes that reflected the latest favorite character of the year for little girls. The family celebrations. Your special 16th birthday. The stories of your 21st birthday.

So as the fall winds begin to blow, I think of your birthday and of you. I still celebrate the date of your birth, but the celebrations are a mix of tears and joy since your passing. It's just impossible not to think about what should have been.

I wonder over and over again about what you would have become, what you would be adding to society, now that you would be 25. You were absolutely brilliant – indeed, one of only 13 McNair scholars – and I just have to wonder what the world is going to miss out on without you in it.

I think about how your death changed the very fabric of life for so many of your friends. They mourn your loss deeply and they still honor and sustain your memory. It's amazing to me how they all describe you as their very best friend – you were so special to each of them. They say every day with you was an adventure.

I think of the gaping hole in our family. I know you wrote that trying times pull us all together, but I'm not sure you can imagine what it's like trying to overcome two tragedies. One empty seat at the family table was unbearable – I can't even describe what it's like with two empty seats.

And of course, on October 6, it always comes back to just remembering you and to longing for you. You were one of my life lines – lighting candles in Cortney's memory and sending birthday cards even after she was gone. You were the best big sister, and you were a daughter that most parents only dream of. You were a very special granddaughter, cousin and niece. You were ambitious and you were going places. You were so together. You were, as they sang at your memorial service...*More than words*. I hope you know all of that. I wish I had told you.

So as you can see, your birthday conjures up quite the wide array of feelings. I'm sure you understand – you always did.



Happy Birthday, **Traci**. I love you. I hope that Cortney sings for you and gives you a spiritual hug from all of us.



Terre Belt
BPUSA Anne Arundel County Chapter, Annapolis, MD

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.