



# Bereaved Parents of the USA

## Anne Arundel County Chapter

February 2007

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

### FEBRUARY

When February comes, there is finally an end in sight to the long winter. Sometimes melting snow reveals the green tips of an early crocus or even an exquisite blossom itself, a soft flower of hope invading a harsh landscape of graying snow, biting wind and an ominous sky – a small promise of new life to come.

My heart, grieving for my son who died, was like that image of winter. For somehow, even during the darkest, coldest moments, an unexpected sign of hope would intrude. And as the hours and days and month dragged on, my heart finally learned once again to be open to the promise of new life. Painful memories melted into loving ones. Life that seemed forever dormant once again sprang forth from my heart. In living hopefully and lovingly, the seasons of the heart can change. The living memories of your special child, like the flower in the snow, can be the beginning of the end of winter.

Maryann Kramer, TCF.Arlington Heights, IL

### FEBRUARY

Let this cool and gentle  
Month of the heart  
Remind you not only  
Of lost treasures,  
But also of riches  
(past and present)  
Of your life.

Sascha Wagner

These two writings reflect my feelings regarding  
February, the month of hearts and changes.

Rick Tomaszewski  
Anne Arundel County Chapter BPUA

### 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 Kathy Franklin in memory of her son  
Tanager Rú Ricci**

and

**by Rick and Mary Ann Umbel and Dawn and Christine Umbel  
In memory of their son and brother  
Timothy Allen Umbel**



**Anne Arundel County Chapter  
Bereaved Parents of the USA  
P.O. Box 6280  
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443-572-7872**

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**Programs:** Paul Balasic and Jane Schindler

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.

**March submissions are due by February 10.**

**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: February 1, 2007**

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**

**New Chapter Answer Line:**

We are pleased to announce the establishment of a new Telephone Message Line for our Chapter. The number is:

443-57-BPUSA or 443-572-7872

Information about Chapter activities such as meeting time and locations, our website, monthly meeting topics, upcoming special activities and meeting cancellation announcements is provided by the service. You can also leave a message and someone from the Chapter will get back with you to discuss any issues or concerns you may have.

Check it out and let us know what you think! Hopefully you will find this an easy way to keep in touch with "What's Happening" with the Chapter.

## CHAPTER NEWS AND NOTES

### 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). **For the Newsletter**, in 2007 full sponsorship of an issue of the newsletter is \$200.00. Up to two people or families can sponsor an issue, and the cost will be divided equally - \$100 each. If someone has already signed up for full sponsorship of a month, and another member would like to share in that month, they will be allowed to do so. Where there are more than two members or families wishing to sponsor an issue, preference will be given to members who did not sponsor an issue the previous year, otherwise it will be on a "first-come-first-serve" basis.

**For the Website**, sponsorship is \$25.00 each month.

### We Can Always Use the Help!

There are dozens of tasks that go into running our chapter and our special events, from helping set up the chairs...to greeting new members when they first come in the door...to facilitating sharing groups...to identifying potential articles and poems for the newsletter...to mailing out invitations to one of our events...to working on public relations.... We can always use the help. If you feel you are now in a place in your grief journey where you can help and give back to the chapter in little or large ways, please contact Dave at 410-544-3634. Most of us find that when we reach a point of giving back to those who come after us, we gain far more than we give.

**Kindly patronize** Homestead Gardens at

743 W. Central Avenue in Davidsonville, MD.

They donated the lovely poinsettias at our Service of Remembrance in December



### Upcoming Meeting Topics

**February 1: No program scheduled**

**March 1: Using Music in Dealing with Grief**

Some bereaved parents find music can be helpful in dealing with their grief. Paul Balasic will relate his experiences with music in his grief journey and talk about the role he believes music can play in the grief process. Members are urged to bring CDs or cassette tapes with music they have found particularly meaningful and helpful as they deal with their grief. We will use these as part of the discussion in some of our Sharing Groups.

### MEETING TOPICS NOTE:

Each of our monthly meetings follow the same basic format. We first have a general session attended by everyone. During this first one-half hour we usually have a speaker or panel addressing a topic of interest and value to families mourning the death of a child. Following the general session, we break up into sharing groups. We always have the sharing groups, and the topics they discuss -- particularly for the newly bereaved groups -- do not necessarily focus on the program topic unless it is relevant to the members in the sharing group. We try to cover a range of topics in the programs we schedule, so that over the year we will have covered many topics which are of value to a broad range of members.

### DO YOU USE AMAZON.COM?

We have a link to Amazon.com on the home page of our website. Amazon.com gives our chapter a commission of 5% of any purchases which are made *through* that link. Using the link does not increase the cost to the purchaser. Alert your friends, relatives, and colleagues to the link and suggest they use it as well.

You can access the site at:

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

Click on the butterflies on the welcome page to enter our site, and then scroll down the first page to the bottom. On the bottom left corner is the Amazon.com graphic. Clicking on the graphic takes you to Amazon.com's site. When it does so, it links information relevant to our chapter to the visit to the site. If a purchase is made, it will be credited to our site

### **Donations: THANK YOU!**

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, books and other materials for the Chapter Library.

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

#### General:

Kathy Franklin in memory of her son Tanager Rú Ricci  
Bill and Aimée Kilian in memory of their son Stephen William Kilian  
Virginia and Gordon Schmier in memory of their son David C. Schmier  
Ken Smith in memory of his niece Tracy Ann Fotino

#### Service of Remembrance

Barry and Elizabeth Aikin in memory of their grandson Jon R. Aikin	Kisses, Mom, Dad, and Brothers Chuckie and Rod"
Jack and Audrey Bagby in memory of their daughter Deneen Leigh	Susan and Robert Mawhinney in memory of their son Timothy
Bagby-Lins and their grandson Nicholas Allen Bowling	David Easton
Theresa and Steven Bleemke in memory of their son Paul Shane	Peggy McAllister in memory of her son Daniel Robert McAllister
Brough	Kathleen McGlew in memory of her daughter Jennifer Lynn
Bonita Boone-Adamecz in memory of her daughter Traci Lynn	Hamilton
Boone	Rosemary Mild in memory of her daughter Miriam Luby Wolfe
Carol Boslet in memory of her grandson Christopher Ryan Boslet	Mike Milord in memory of his son Daniel Michael Milord
Cori Boyce in memory of her daughter Linda Lou Boyce	Patricia and John Miller in memory of their son Jordan Daniel Miller
Donna Buono in memory of her daughter Leslie Donn Whitman	Ruth and Lowell Minor in memory of their daughter Susan Blair
Ruth Cann in memory of her son David Norton Cann	Minor
Ann and Noel Castiglia in memory of their daughter Tria Maria	Bill and Paula Muehlhauser in memory of their son Chad William
Castiglia	Muehlhauser
Fran Cease in memory of her son Richard C. Watts	Fran Palmer in memory of her son Scott Thomas Palmer and her
Gerlinda Coleman in memory of her son Herbert John Buzby	cousin O. Steven Cooper
Marie Dyke in memory of her daughter Michelle Marie Dyke	Joan Persetic in memory of her son Michael Alfred Persetic
Debbie and Paul Elliott in memory of their son Isaac Paul Elliott	Sharon Poe in memory of her son John Christopher Poe
Karen and Steve Facemire in memory of their son Justin Romberger	Linda and Robert Rasmussen in memory of their son Steven Craig
Dorothy and Donald Farley in memory of their son Ronald Wesley	Rasmussen
Farley	Carol and Karl Reichardt in memory of their son Kevin Eric
Catherine and Ray Fennessey in memory of their daughter Barbara	Reichardt
Jean Fennessey	Susan and Louis Rixham in memory of their son Michael Louis
Aurelia Ferraro in memory of her son Jeff Baldwin	Rixham
Susan Galyon-Pyle in memory of her son Carig Robert Galyon	Jeff and Teri Saff in meory of their son Philip Francisco Saff
Nedra Gorman in memory of her son Wayne Wilson Jr.	Joyce and Thomas Schall in memory of their son Thomas Jeffrey
Pam and Jerry Haley in memory of their son Brian Jeffrey Haley	Schall
Betty and John Hodges in memory of their son Charles "Chip"	Lisa Schell in memory of her sister Linda Lou Boyce
Marshall Hodges	Sharon and Ben Skarzynski in memory of their son Jason Edward
Donald and Karen Hohne in memory of his daughter Sara Elizabeth	Skarzynski
Hohne	Glenda and John Skuletich in memory of their daughter Abigail
Dawn Johnson in memory of her daughter Maranda Machele	Helen Skuletich
Callender	Robin Stallings in memory of her son Roderick William Stallings
Terri Johnson in memory of her son Jeffrey "J.C." Cecil Jaeklein	Lewis and Peggy Strader in memory of their son Christopher Lewis
LeRoy and Jeanne Jones in memory of their sons Jeremy Scott Jones	Strader
and Brian Keith Jones, and her brother Roger Wallace Johnson	Lorraine Tarr in memory of her son Russell J. Tarr
Twanda and Gil Kilton in memory of their son Darin Michael Kilton	Karen and James Temple in memory of Matthew Jason Temple
Paul and Charlette Koehler in memory of their son Stephen Aaron	Michelle Tepper in memory of her daughter Heather Brooke Tepper
Luck	Dawn Watkinson in memory of her son Sidney Mark Hardesty Jr.
Bryant and Missy Lawrence in memory of their daughter Susan	Rita Whitby in memory of her sons Albert Wallace "Wally" Whitby,
Lawrence Barr	Daniel "Danny" A.S. Whitby, and David William Whitby
Marlen and Gene Maier in memory of their son Eric Eugene Maier	Karen Willey in memory of her son Nicolas Grant Poe
Chuck and Issy Mattis in memory of their dearly devoted son and	
brother Donald L. Severe Jr. – "It's been 22 years since we last	
saw you. We love and miss you so very much. Love, Hugs and	





## SIBLING PAGE



### COMPASSIONATE SIBLINGS

I had a prayer answered today,  
One I'd like to share.  
I found I'm not alone in my grief,  
I found someone to care!  
I've been in pain for quite awhile,  
But kept it deep inside.  
But now I know there are people in  
Whom I can confide.

They'll let me cry or scream or yell,  
And they know just how I feel;  
You see they also know that pain  
And know it's very real.  
Each one has suffered a loss,  
One like I have known;  
Yet now we stand together.  
This unique group of siblings is  
Bonded, you might say.  
And strength to carry on is for  
What each one must pray.

One by one we keep going,  
Although painful it might be,  
And the emptiness we feel,  
Many will never see;  
Because we choose what face to  
Show the world and courage keeps us going,  
We have a constant ache inside;  
No matter what the outside is showing.

And whether it takes me a year or two,  
Time is all that can heal;  
So I have been sent some  
"Compassionate Siblings"  
Who know just how I feel.

Bless those who need to be understood  
When tears come and go without warning.  
May we help heal the wounds so deep  
That are hurting all the hearts left  
Empty by the death of a sibling.

Stacie Gilliam  
Oklahoma City, OK

### The Butterfly in Our Lives

Most often we hear, in our circles, of the butterfly representing the lives of our children who have died. Their spirit lives on and our memories live on, often in fleeting moments. But I think the butterfly's life cycle - metamorphosis - could just as easily represent our own lives. We seem to fit the four stages of that cycle.

THE EGG: when we are small, we are protected, changing, and living in a somewhat small and safe world - much like the butterfly egg attached to a leaf somewhere.

THE CATERPILLAR: the caterpillar is much like our lives before the death of our child or children. We go through the day doing what we need to do. We grow a lot and we change somewhat slowly. We devour many things in daily life - work, church, Little League. And then the child is gone. We change!

THE COCOON: after the death of our child, we shut ourselves off from so much because of our grief. We often encase ourselves in the blanket of grief and depression that is what protects us from the horrible pain. We don't want to be a part of life because of all the painful memories. There are reminders out there which cause pain.

THE BUTTERFLY: the pain lessens and we begin to heal as we work through the grief process, and we begin to see a ray of light - a little color. Some of the weight is removed. We break open our cocoon and begin to reach out ever so slightly and touch life again, just to see if it will hurt too much. As we discover the brighter days and brilliant colors of life, we become more like the butterfly. We are free to once again be a part of life and we can move about more easily and begin to take some of the nectar from life.

Dave Tallant, Tulane, CA

## OUR CHILDREN REMEMBERED

Please remember the following families this month.

Bethany Anne Balasic  
Daughter of Paul and Claudia Balasic  
February 13, 1981 - April 5, 1996

Michael Allen Barker  
Son of Diane and Seth Barker  
January 18, 1990 - February 10, 1999

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

Alex Blake  
Son of Bob and Veronica Blake  
February 1, 1982 - September 25, 2004

Darius JoVan Brown  
Son of Victoria and Robert Brown  
February 1, 1992 - May 30, 2004

David Norton Cann  
Son of Ruth Cann  
August 21, 1956 - February 4, 2004

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

Owen F. Carr IV  
Son of Peggy Carr  
June 29, 1978 - February 18, 2003

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

Ashlea Marie Cranston  
Daughter of Thomas and Mary Cranston  
July 4, 1985 - February 24, 1986

Kevin Michael Crine  
Son of John and Jean Crine  
January 30, 1974 - February 8, 2006

Robert Michael Davidson  
Son of Donna and Kevin Davidson  
August 17, 1981 - February 21, 2004

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

Zachary Jay Forman  
Son of Marge Forman  
February 11, 1977 - April 10, 2005

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

Christopher Joseph Galdi  
Son of Kathy Galdi  
November 14, 1985 - February 20, 2003

Kimberly Judith Gardner  
Daughter of Joan F. Gardner  
February 6, 1968 - August 16, 1992

Steven Joseph Garvey  
Son of Mark and Cheryl Sylce  
January 21, 1985 - February 1, 1985

Lee Robert Hayden  
Son of Terri Hayden-Molton  
Grandson of Mary M. Senier  
November 12, 1979 - February 19, 1990

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

Thomas "Tommy" Michael Howard  
Son of Thomas and Donna Howard  
May 27, 1984 - February 10, 2000

Sandrine J. Ingulia  
Daughter of Michele Ingulia  
January 17, 1965 - February 14, 2003

Chrystal Lynn Isaacs  
Daughter of Tish and Darrel Isaacs  
April 12, 1984 - February 1, 2003

Traykia Melisa Jones  
Daughter of Rochelle Kennedy  
February 19, 1988 - May 11, 2004

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

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

Ethan Matthew MacPherson  
Son of Kim and Scott MacPherson  
January 22, 1994 - February 13, 1995

Kyle Patrick McDonough  
Son of Judy McDonough  
February 25, 1982 - May 15, 2005

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

Richard McKinney Jr.  
Son of Richard and Ellen McKinney  
March 6, 1975 - February 19, 1998



## OUR CHILDREN REMEMBERED (continued)

Graham Kendall Miller  
Son of Ken and Abby Miller  
February 3, 1981 - May 4, 1999

Jennifer Margaret Neafsey  
Daughter of Beth Neafsey  
March 20, 1969 - February 25, 1984

Jonathan Michael Noon  
Son of John Noon  
February 3, 1982 - April 18, 2004

John David "JD" Openshaw  
Son of David and Lily Openshaw  
November 9, 1994 - February 21, 1997

Adrian Bernard Andrew Ortega  
Son of Rachael Hand  
August 28, 1964 - February 17, 2005

Brian James Para  
Son of Joan Para  
February 19, 1970 - March 19, 1991

Mackenzie Jean Payne  
Daughter of Karyn and Eric Payne  
February 2, 2003 - February 2, 2003

Jackson Platts  
Son of Sandy and Jeff Platts  
February 7, 1998 - February 10, 1998

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

Zachary James Rich  
Son of Peter and Tracy Rich  
February 25, 1999 - February 11, 2001

Christopher J. Rogers  
Son of Louise G. Rogers  
February 21, 1990 - November 4, 2003

David C. Schmier  
Son of Gordon and Virginia Schmier  
June 26, 1964 - February 10, 1992

Donna Jean Shrodes  
Daughter of Lydia Shrodes  
February 5, 1974 - May 23, 2002

Frank Spencer Spurr  
Brother of Terri Tuono  
January 27, 1966 - February 1, 2002

Roderick "Rod" William Stallings  
Son of Robin Stallings  
February 7, 1967 - September 14, 1996

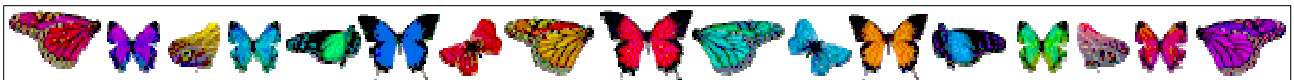
David William Tomaszewski  
Son of Richard and Carol Tomaszewski  
September 4, 1974 - February 6, 2001

Timothy Allen Umbel  
Son of Richard and Mary Ann Umbel  
Brother of Christina Umbel  
Brother of Dawn Umbel  
February 16, 1982 - September 15, 2002

Justin James Watts  
Son of Jan and Jim Watts  
February 15, 1985 - January 14, 2006

Evyn Bryce Wygal  
Son of Pam and Bill Wygal  
February 15, 1991 - February 24, 1994

*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)*



Dearest Michael,

You're just a picture on the wall – that's all. No! Not at all!  
My number one son, my "super-son," my firstborn one.  
Twenty years with you was not enough; fifteen without you is way too much.  
Through all these years, and all the tears – you still mean the world to me.



Your loving mother,  
On this, your fifteenth anniversary

— Written by Margie O'Malley  
Anne Arundel County Chapter/BPUSA  
In loving memory of her son Michael Henry O'Malley  
August 25, 1971 – December 7, 1991

#### VALENTINE WISHES

I thought I heard your laugh today,  
While watching children run and play.  
You chuckled in that special way,  
And then you were gone.

I thought I saw your gentle face,  
That look which time cannot erase.  
Then it was gone without a trace,  
And then I was alone.



I thought I heard your voice today,  
And suddenly my world was gay.  
I thought I heard you softly say,  
"I love you, Mom, Happy Valentine's Day."

Oh how I wish.....

TCF/North Hollywood, CA

Grief is not the enemy -  
Grief is the  
Ceremony  
Of lost treasure.  
Grief is the homage  
You pay to the love  
You were once blessed to share.

Sasha Wagner

#### REMEMBER ME

Remember me in quiet days  
When raindrops whisper on your pane,  
But in your memories have not grief  
Let just the joy remain.

Remember me when evening stars  
Look down on you with steadfast eyes;  
Remember me if once you wake  
To catch a glimpse of a red sunrise.

And when your thoughts do turn to me,  
Know that I would not have you cry;  
But live for me & laugh for me  
When you are happy, so am I.

Remember an old joke we shared;  
Remember me when spring walks by;  
Thank of me when you are glad,  
And while you live, I shall not die.

By Lyn Bryant  
TCF, Baytown, Texas



## SOME PEOPLE SAY

By Margaret Gerner  
St. Louis, MO BP/USA

"I wouldn't go to one of those grief meetings. It's morbid – people sitting around talking about the dead." How wrong those people are.

In so many ways, those who attend are saying, "I am hurting now, but I want to go on with my life." They are saying, "I am crying now, but I want to laugh again." They are saying, "I am sick in body and soul, help me get well." I see these things as healthy, not morbid.

It is not easy to walk into a meeting of any kind alone, especially one where the subject is very emotional, but once there it takes only a few minutes to find out we are not alone, that there are those who care about us and want to help us. We see others hurting and suddenly we want to help them. I don't see that as morbid.

A grieving parent wants to talk about his beloved child who is no longer physically part of his life. That child has died with a tragic suddenness or as a result of an illness that usually takes older people. We want to know why or find a reason or some meaning in our child's death. I don't see any morbidity in trying to understand.

Memories of our child are all we have left. We have a driving need to hang on to those memories lest we lose that small bit of our child. It is not morbid to want to keep that small part alive forever, at least in our hearts and minds.

To walk into a support group meeting is a loud shout – "I want to live and be happy again." It is a cry that "My child is dead, but I know he would want me to go on and be a better person for the suffering." It is a confirmation that even though part of life is gone, there is a reason to go on. There is nothing morbid about doing what is necessary in order to re-enter the mainstream of life.

## A President's Day – Another Look

Death does not discriminate between our Leaders and ourselves. At least eighteen Presidents experienced the heartache and loss of one or more children

John & Abigail Adams, a daughter, Suzanna, one year old  
Thomas & Martha Jefferson, five of their six children  
James & Elizabeth Monroe, a one year old son  
James Quincy & Louisa Adams, one year old daughter, Louisa  
William Henry & Anna Harrison, a baby boy  
John & Letitia Tyler, a baby girl  
Zachary & Margaret Taylor, two children, Octavia and Margaret  
Franklin & Jan Pierce, all three of their children  
Abraham & Mary Lincoln, three of four sons  
Rutherford & Lucy Hayes, three of eight children  
James & Lucretia Garfield, two of seven children  
Chester & Ellen Arthur, a two year old  
William & Ida McKinley, two daughters  
Calvin & Grace Coolidge, one of two sons  
Franklin & Eleanor Roosevelt, one son  
Dwight & Mamie Eisenhower, one son  
John & Jacqueline Kennedy, two sons  
George and Barbara Bush, one daughter



# Bereaved Parents of the USA

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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.**