



# Bereaved Parents of the USA

## Anne Arundel County Chapter

**March 2007**

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

### Winter to Spring

Here in Maryland, with Spring approaching, we have gone from the warmest January on record to, at the time of this newsletter, the second coldest February recorded in this area. March will most likely bring swings in weather... one day heavy jackets, next day short sleeves.

As grieving parents, we seem to go through the same types of swings ... from feeling cold and bitter as we ache with thoughts of losing our child, to warmer thoughts of the good times and love shared with our child.

For parents like myself who are further along with the grief process than those who have recently lost a child, we can offer some hope that the warmer times start coming ... gradually at first. Sometimes there are some surprising cold snaps that re-appear, but eventually, the warmer times last longer. I've also come to realize that I have to be ready for even those summer storms and bouts of nasty weather. I wish you all sunny and warm days!

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 Dawn and Terry Watkinson and Gregory Hardesty  
in memory of their son and brother,**

**Sidney Mark Hardesty Jr.**

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

**April submissions are due by March 12.**

#### **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: March 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

#### **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

### 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. When 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.

### 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

### Anne Arundel Co. Chapter Answer Line:

443-57-BPUSA or 443-572-7872

Our chapter has a telephone message line to provide Information about Chapter activities such as meeting time and locations, our website, monthly meeting topics, upcoming special activities and meeting cancellation announcements. 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. Hopefully you will find this an easy way to keep in touch with “What’s Happening” with the Chapter.

### Upcoming Meeting Topics

#### 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.

#### April 5: No program scheduled

### 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.

### 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.

### **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:*

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

### **The Hospice Center for Bereavement Care of St. Agnes Healthcare** presents the

#### **Third Annual Emily Schindler Memorial Lecture**

The Masculine Side of Grief by Thomas R. Golden, LCSW-C  
Author of *Swallowed by the Snake*



Wednesday, March 14, 2007 8:30 am till 12:20 pm

St. Agnes Hospital 900 S. Caton Ave - Alagia Auditorium  
Registration: \$15 before February 21<sup>st</sup> - \$25 at door  
Additional \$10 fee for Social Work CEU's Category I  
Register on-line at [www.stagnes.org](http://www.stagnes.org)  
Call 410-368-2840 for additional info.

### **MARK YOUR CALENDAR**

#### **Conference of Hope and Healing**

Saturday, May 19, 2007

#### **For information:**

Debi Wilson-Smith, Conference Leader  
410-757-8280  
[debiws@verizon.net](mailto:debiws@verizon.net)  
or  
Pat Schultz, Co-Leader  
410-255-7760  
[Jim.n.pat4@juno.com](mailto:Jim.n.pat4@juno.com)



# SIBLING PAGE

## BROTHER



Brother,  
If only  
For an instant  
I can catch you  
In my own eyes  
And in my  
Own smile.

For an instant  
I feel the  
Thickness of my hair  
And wonder if  
It isn't yours.

Study the  
Curve of my ear lobe

And remember childhood  
Whisper games  
We would play  
In church

Brother,  
If only  
For an instant  
I see you  
In me,  
I know you  
Live on.



Cynthia Dowd  
Bereavement magazine  
May 1990

## IT'S THE MUSIC THAT BONDS THE SOULS



The room you once lived in  
Doesn't look the same.  
The people who used to call you  
Never mention your name.

The car you used to drive,  
They may not make them anymore,  
And all the things you once treasured  
Are boxed behind the closet doors.  
The clothes you set the trends by  
Are surely out of date.

The people you owed money to  
Have wiped away the slate.  
Things have changed and changed again  
Since you went away,  
But some things have remained the same  
Each and every day...

Like this aching in my heart –  
A scar that just won't heal –  
Or the way a special song  
Can change the way I feel.

Brother, you must know that the music  
Bonds us and will keep us close;  
Because secretly I know deep in my heart  
It's the music you miss the most.

So let the world keep on turning,  
And time can take its toll.  
For as long as the music keeps playing  
You'll be alive and dancing in my soul.

By Stacie Gilliam, N. Oklahoma City, OK



## OUR CHILDREN REMEMBERED

Please remember the following families this month.

Hope Barber  
Daughter of Douglass and Vonda Barber  
March 11, 2003 - April 25, 2003

Jay W. Barnett  
Son of Virginia Barnett  
March 13, 1988 - June 15, 2005

Richard Allen Bessling  
Son of Robert and Barbara Bessling  
March 18, 1982 - March 15, 1995

Linda Lou Boyce  
Daughter of Cori Boyce  
Sister of Lisa Schell  
March 29, 1967 - November 30, 2004

Preston Leon Bromley  
Son of Sandy and Leon Bromley  
March 30, 1982 - September 2, 2003

David Ronnie Cain III  
Son of Ginny and Donald Bussink  
March 17, 1983 - January 31, 2003

David Michael Copeland  
Son of Jay and Lois Copeland  
March 27, 1978 - January 30, 2000

Kevin Crawford  
Son of Loretta Crawford  
January 21, 1959 - March 10, 2004

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

Brian Edward Durner  
Son of Lynn and Bill Durner  
Brother of Jamie Durner  
March 24, 1983 - July 8, 2005

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

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

James Michael Hall  
Son of Pat and George Hall  
November 4, 1965 - March 28, 1992

Sidney Mark Hardesty Jr.  
Son of Dawn Watkinson  
March 10, 1979 - May 17, 2003

Eric Paul Haynal  
Son of Nancy Doherty  
March 7, 1969 - September 13, 2005

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

Daniel Embert Hinton Jr.  
Son of Dan and Pam Hinton  
September 23, 1970 - March 7, 2003

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

Jeffrey Cecil "JC" Jaecklein  
Son of Terri Johnson  
September 4, 1977 - March 16, 2006

Matthew James Katz  
Son of Bob and Sue Katz  
March 13, 1982 - September 7, 2003

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

Stephen William Kilian  
Son of Billy and Aimée Killian  
Grandson of Andre and Anne Denault  
Grandson of Jay and Debbie Kilian  
January 15, 2004 - March 18, 2006

Darin Michael Kilton  
Son of Gil and Twanda Kilton  
March 21, 1974 - June 5, 1985

Troy Matthew Kotsol  
Son of Kathy and Bill Boob  
March 2, 1971 - September 3, 2005

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

Matthew David Miles  
Son of David and Donna Miles  
March 24, 2000 - April 7, 2000

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



## OUR CHILDREN REMEMBERED (continued)

Michael Dwayne Nokes  
Son of Ellen Foxwell  
November 9, 1963 - March 15, 1988

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

Sydney Elaine Patronik  
Daughter of Holly and Michael Patronik  
March 26, 2002 - May 11, 2002

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

Daniel Keith Rogers  
Son of Thomas and Lauri Rogers  
June 16, 1981 - March 18, 2000

Philip Francisco Saff  
Son of Jeff and Teri Saff  
March 12, 2001 - March 16, 2001

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

David Michael Schell Jr.  
Son of Betty and Joseph Jones  
April 7, 1981 - March 20, 2005

Scott Christopher Shaffer  
Son of Barbara Shaffer  
March 17, 1967 - June 5, 2004

Ryan Michael Sheahy  
Son of Deborah Sheahy  
May 4, 1977 - March 16, 2001

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

Christopher John Smith  
Son of Debi Wilson-Smith  
March 27, 1981 - June 30, 2000

Misty Dawn Smith  
Daughter of Anne and DeWitt Wilcox  
March 15, 1976 - January 12, 1997

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

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

*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)*



### GOAL

#### Goal in life?

Mine is to get through one day without crying because of thinking of you. Hey, don't knock it. It's a good goal: manageable, attainable, measurable. One day.

Donna Dawkins Shea, TCF, Columbia, SC

Sometimes our light goes out, but is blown into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light.

Albert Schweitzer



Some day, it won't hurt so bad, and I'll be able to smile again.  
Some day, the tears won't flow quite as freely whenever I think of what might have been.  
Some day, the answers to "why" and "what if" won't be quite as important.  
Some day, I'll be able to use what your death has taught me to help others with their grief.  
Some day, I'll be healed enough to celebrate your life as much as I know I dwell on your death.  
And some day, maybe tomorrow, I'll learn to accept the things I cannot change.....  
But for today.... I think I'll just be sad.

Steven L. Channing  
TCF, Winnipeg, Manitoba, Canada

## GRIEF

The mask I wear fits so well and so those who  
meet me rarely know  
That in my heart there dwells such pain that I  
often wonder, "Can I be sane?"  
I struggle on through months and years and  
slowly acceptance replaces tears.  
I vow to honor the life she led. Memories live  
on, though she is dead.  
How can this be? Please tell me why my  
daughter was the one to die?  
I find no answer, no relief to soothe this  
aspect of my grief.

Stephanie Hesse, TCF Rockland County, NY

*Grieving* is as natural as  
Crying when you are hurt,  
Sleeping when you are tired,  
Eating when you are hungry,  
or sneezing when your nose itches.

It is Nature's way  
Of healing  
A broken heart.



Doug Manning

## ADJUSTED

"It's been several years since your son died," they say,  
"Surely you must have adjusted by now."

Yes, I'm adjusted.....  
To feeling pain  
And sadness and grief  
And guilt and loss.



Adjusted to hurting and unexpected tears.  
Adjusted to seeing people made uncomfortable  
Upon hearing me say, "My son died."  
Adjusted to losing my best friend because  
I'm not always "up."  
Adjusted to people acting as if grief is contagious  
And TCF meetings are "morbid."

Adjusted? Oh yes, to many things.....  
Knowing I won't hear his voice,  
But listening for it still;  
Knowing I won't see him drive his Toronado,  
But staring at every one I see.

Adjusted to feeling empty on his birthday  
And wishing for just one more time with him.

Adjusted – as life goes on –  
To realizing I cannot expect everyone I meet  
To wear a bandage.....  
Just because I'm still bleeding.

Shirley Blakely Curle  
TCF, Central Arizona



A hug is a perfect gift...  
One size fits all,  
And nobody minds if  
You exchange it.

"When you are sorrowful, look again in your heart, and you shall see that in truth you are weeping for that which has been your delight."

...Kahil Gabran from The Prophet

### Remembrance

You can shed tears that she is gone,  
Or you can smile because she has lived.

You can close your eyes and pray that she'll come back.  
Or you can open your eyes and see all she has left.

Your heart can be empty because you can't see her,  
Or you can be full of the love you shared.

You can turn your back on tomorrow and live yesterday  
Or you can be happy for tomorrow because of yesterday.

You can remember her and only that she's gone,  
Or you can cherish her memory and let it live on.

You can cry and close your mind,  
Be empty and turn your back.  
Or you can do what she'd want:

Smile, Open Your Eyes, Love and Go On

In memory of Kimberly Darlene Clark  
9/21/1994 – 6/22/2004



### *To Ryan With Love*

I was your mother, I loved you so...  
You were my son, Your life, full of  
woes...  
We shared a bond, I watched you grow  
I saw your struggles, I sensed your fears.  
The day you died, I wept soft tears..

I am forever grateful for the years  
you were loaned to me  
Each day is a tender gift  
to be treasured and cherished  
I could not have known  
how soon you would perish.

Those of us who wait behind,  
are left to pick up the pieces, build  
Memories and to hope for the day the  
Bible refers to: I Thess. 4:17  
where I will see you again  
and we shall be reunited  
in the clouds of the air forever...

— Written by Deborah Sheahy  
Anne Arundel County Chapter/BPUSA  
In memory of her beloved son  
Ryan Michael Sheahy  
on the 6<sup>th</sup> anniversary of his untimely death  
May 4, 1977 – March 16, 2001

### BITTERSWEET

Bittersweet parents we are,  
Loving and giving still.  
We render what tears grief demands -  
Until, out of grieving darkness,  
We come to celebrate  
Our children's life.  
And our own.



Sascha

# Bereaved Parents of the USA

## Anne Arundel County Chapter

P.O. Box 6280

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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.**