



Bereaved Parents of the USA Anne Arundel County Chapter

September 2008

www.aacounty-md-bereavedparents.org

“GETTING ON WITH LIFE” — WHAT DOES IT MEAN??

Of all the statements and spiritual platitudes quoted to me since my son, Daniel's, death the phrase that I hear most frequently makes me squirm the most. “You have got to get on with your life.” Recently, I quit squirming long enough to ponder the meaning behind this phrase that is usually said to the bereaved in the form of a command. Exactly what does this phrase mean? What are people implying when they say it?

I was pregnant when Daniel died, and three months later I gave birth to a baby girl. Wasn't that getting on with my life? I nurtured my three children, took them to school, the park and birthday parties. Now wasn't that going on with my life? I even cooked dinner four times a week!

At first after Daniel's death, I would have liked to have had my life literally stopped and been buried next to my son, but I kept existing. Like the plastic bag tossed about by the wind, I was fluttering, being carried by the events of life. Seasons came and went. In the spring, I planted marigolds and tomato vines. In the autumn I jumped in fallen leaves with my children. I continued, and I am still continuing, to live.

Now, I may be bereaved but I am by no means a fool! As I ponder the meaning behind “getting on with life.” I am capable of knowing exactly what those who say this have in mind. “Forget about your dead child. Quit grieving. You make me uncomfortable.” Getting on with life means don't acknowledge August 25th, Daniel's birthday anymore. Forget how he slid down the snowy bank in the recycle bin, left sand in the van and ate gummy bears. Forget he had cancer, suffered and died at only age four. Don't see the empty chair at the dinner table, don't cry, just live!!!

Some who are more religious would like to believe that a bereaved parent can claim, “My child is safe and happy in Heaven. Therefore, why should I yearn for him?” Perhaps, I pose a threat to certain types because I let it be known I question God. I weep, I have been angry. I miss Daniel. Many old friends feel if they hang around me too long, I might convince them that a few of their illusions about life are just that, only illusions. As my cries of anguish are heard, there are those who can only think how to make me quiet. To stop my heartfelt sobs they say quite sternly, “You must get on with life.”

I am living. I do move on with life with Daniel in my mind and in my heart. Although he is not physically here as I continue to live, I continue to love. To sever his memory totally from my life would be creating destruction and damage that would ruin me. To push Daniel out of my life and not be able to freely mention his name or write and speak about who he was on earth, would only bring more pain to my life. I'd shrivel up. Comfort for me comes in remembering with smiles how he drew with a blue marker on his sister's wall, ran outside naked, and picked green tomatoes. For the reality is getting on with life means continuing to cherish Daniel.

— Alice Wisler, Daniel Wisler's mother
Alice's book *Rain Song* will be published October 2008
www.alicewisler.com

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*The printing and mailing of this newsletter has been donated
By Judy and Ed Bessling in memory of their son
James Edward “Jamie” Bessling
And
By Mary Ann and Richard Umbel in memory of their son
Timothy Allen Umbel*



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Bereaved Parents of the USA**

P.O. Box 6280

Annapolis, Maryland 21401-0280

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**Submissions for October newsletter
due to Newsletter Team by September 1**
newsletter@aacounty-md-bereavedparents.org

We are a non-denominational, self-help support organization that is dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We also aim to provide information and education to extended family, friends and coworkers desirous of being supportive to our Chapter members. We gather to listen, to care, and to understand the process of grieving as we start our recovery process and attempt to heal. Our greatest strength as bereaved families is the unity we find in shared experiences which can lead us out of isolation, give us a place to "belong", and offer us hope that together – we can make it.



Telephone Friends: Sometimes we may have the need to talk to someone who can understand our pain. If you feel the need to talk, have questions

to ask, or just had a difficult day, these people will welcome your call and are willing to listen to you.

Bob Bramhall 410.867.4956 Daughter (19), drunk driver; men's grief.

Marie Dyke Daughter (17), single parent, only child; car accident.

Sandy Platts 410.721.6457 Infant death.

Tia Stinnett 410.360.1341 Miscarriages and infant death.

Janet Tyler 410.969.7597 Daughter (5) and brother (33); car accident.

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MEETING INFORMATION

Next Meeting: September 4, 2008

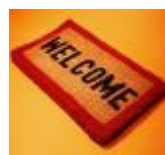
Doors open at 7:15 P.M.

Meeting begins at 7:30 P.M.

Calvary United Methodist Church*

301 Rowe Boulevard
Annapolis, MD 21401

***Please park in lower lot behind church**



Meetings are usually held on the **first Thursday of every month**. We meet on the lower level of the building in the fellowship room which is accessible from the rear entrance. There is no cost to attend our monthly meetings.

Refreshments at our monthly meetings are donated by Chapter members. To make a contribution, please see the sign-up sheet on the refreshment table (drinks, ice, and paper products are provided). For information please contact Carol Tomaszewski at 410.519.8448.



At every monthly meeting we display materials from our **lending library** that are offered to help you understand and deal with your grief. Most of our materials have been donated in memory of a child. You are welcome to borrow them, and when you are finished, please return them at our next **monthly meeting** or mail them to our **post office box** listed above.



We Are Looking for Articles that Touched You

Do you have a poem, article, or quote that you like or something that you have read that you found particularly helpful? Maybe it's something that you wrote in memory of your child. Something that touched you, that made you smile or perhaps brought tears to your eyes. Something that you think would help others grieving the death of a child.

Send the poem, article, or quote to us or give us the citation where we can find it. You can email it to us at newsletter@aacounty-md-bereavedparents.org or mail it to PO Box 6280, Annapolis, MD 21401. Or give us a call at 443.572.7872 (443.57BPUSA).

A GOOD VACATION!!!

As fall begins to set in and the leaves begin to change colors and fall and there is just a hint of crispness in the air, I began to reflect to myself on the summer that had just passed.

Much to my surprise, I was able to think to myself that Pete and I had had a great summer....yes a great summer. To most people being able to say they had a great summer is no big thing. Most people do have great summers, but to us, as bereaved parents who had had a precious son die, saying we had a great summer was indeed a big thing to be able to say.

Before our Joey's death every summer to us had been a great summer. We had shared many happy fun filled vacations with Joey and his sisters, Kelly and Stacy. Our life was great, but with Joey's death life was no longer great and summers and vacations were no longer fun.

Sure we tried, as each of you has or will try, to go on vacations. We tried to make life good again, but we found ourselves no longer interested in traveling or seeing any sights. We were so consumed with grief for our son. Short trips to the beach were our only vacations. There I found myself walking the beach and crying; crying at every sunrise, crying at every sunset, crying when I saw other families still intact, crying at every little blonde headed boy playing on the beach, and hurting beyond belief at the sight of a teenage boy having a good time.

Five very long, very sad and very hard years changed things for us. This year we made the big trip out west to the Grand Canyon that we had planned for the year that Joey died. We saw so much of the country and so many beautiful sights. I found to my great surprise that the Grand Canyon was indeed GRAND and that the beauty of the mountains in Colorado was overwhelming and made me feel the closest I have felt to my son since he died. I marveled at the nature and the beauty of it all.



I am not saying that I don't miss my son every day of my life, but time and a lot of hard grief work have made things better for us. I share our happiness with you in hopes that it gives you hope that you too will again find beauty and happiness in life.

— Pat Moser
Joey Starling's Mother
Marion County, FL Chapter, BP/USA

Annual BP/USA National Gathering 2008

From Friday, July 11 to Sunday July 13, The Bereaved Parents of the USA held its Annual National Gathering at the Crowne Plaza Hotel in St. Louis, MO. For three days we listened to keynote speakers, attended workshops, and participated in sharing groups. During meals and breaks we met and bonded with other bereaved parents. Paul and Claudia Balasic, Denise Calo, and Dave and I all attended the Gathering this year. In addition, Paul presented two workshops (*Music and Grief* and *An Engineer Looks at the Grief Process*) and Dave and I gave our workshop on how men and women mourn the death of a child.

Over 40 different workshops were presented over the three days. Participants could make butterflies, find pen pals, browse the gift store and have their child memorialized on buttons and shirts and in other ways.

Next year the Gathering will be in New York City, on Friday, July 10 to Sunday July 13. The Gathering leaders are planning on bringing more workshops, and excellent speakers – and they hope to again have the free massages for attendees. Since NYC is so close to Anne Arundel County, it may be easier for more of us to attend.

I went to the journaling workshop. After receiving clear and thoughtful instructions on how to journal about our children, we were asked to do an impromptu writing. In my attempt, I tried to catch the feeling of the Gathering and my thoughts of our son, Jamie.

Gathering of many people...

Searching for comfort & new windows to a future world.

Through slanted glass a bright sun spilling on water,

Creating shadows, allowing breath, freedom,

Place for thoughts to fly, to flutter, to still,

To gather strength & prepare to go on with our journey

Wisps of air, flecks of cloud shadows, bits of talk,

Bubbles of water, surround & flow.

Smiles & hugs, moments of care.

Papers and schedules, here & there, this & that.

Where is the room? Who is the speaker? What is the time?

Why did Jamie bring us here? Is he with the other kids?

Are they smiling & looking down at us?

— Sue Alexander
Anne Arundel County Chapter/BPUSA
In loving memory of James William Henry Alexander
October 12, 1970 – October 26, 1998

Letters to Words: My New Identity

My seventeen year old son, Galen, died. I need to state this whenever I am able. The words stun me and I pass into a silence tinged with both remorse and regret. Today, I listen to myself and as I go on to my next sentence, I have the ability to track what I am saying and what others then reply.

Before Galen died, I was always his mom. "I'm Galen's Mom... This is Galen's Mom calling... and Galen asked me to give you a call..." Whether volunteering, enjoying my role as part of the audience or engaging with other Moms and Dads, I never let go of this. I loved others, worked and socialized on my own. I always spoke to everyone who would listen about my love for my husband and all of my family. I always ended with a reminder that I was Galen's mom.

With two other children, beautiful adults, I seemed to forget. A mother to them but there was an added distance. I love them more than ever now and speak to them with my sincere and constant love. Our relationship is fresh, sometimes tentative. While my children speak a language that I only partially understand, I listen to them with gratitude. I comprehend that they know my love and offer their love to me the best way that they are able.

Today, I view myself with my husband, son and daughter as soldiers marching side by side. Forward, halt, command to the left or right. We're not in synchrony but we are together. Awhile ago, I dug myself a trench, expecting others to join me there. Instead, they peered in and waited, taking watch and noting my vital signs. I did climb out.

While there are still occasions where I think about jumping in the hole again, I crouch inside of the opening, denying myself the option of staying. Time and "head" work have their way with me today and I am the healthier for it. I claim that I am "more robust."



At this moment, I am me. I am not mother, nor am I a wife, daughter or sister in total. Just me. I'm feeling better about my life. While I remember my motherhood as the greatest of gifts, my purple hearts. I also accept that I am transformed by Galen's death, the facts I write of and others tucked away. I have time to contemplate, to reflect, pushing pen to paper, praying, listening. All combine to make me believe I am a wee bit wiser. Not an elder or matriarch yet. I think of who "was, is now and forever shall be" and I feel better.

— Clare Harig-Blaine

Anne Arundel County Chapter/BPUSA

In loving memory of Galen Andrew Harig-Blaine

November 14, 1989 – April 22, 2007

Grief

Grief is the price we pay for love.

We did not lose our children;
They died, taking with them
Our hopes and dreams for the future –
But never taking away their love.

Though death comes, Love will never go away.
Hold it tight, the love our children gave us.
Hold it tight through the storms of grief,
And bring it with you into today.

Love never goes away.

— Darcie Sims

Memories

Memories
Will Bring You
Love from the past
Courage in the
Present
Hope for the future

— Sascha
From *Wintersun*



SIBLING PAGE

SIBLING SURVIVORS

Gloria Carton

Baltimore Metropolitan Chapter/BPUSA

The Loss of a Brother or Sister Can Recast a Child's Destiny.. This was the title in the Washington Post Health section in January, 1993. A social worker whose sister died of a brain tumor when he was five now works with families of children who have cancer. Another surviving sibling is a laboratory chief at NIH who was driven to succeed after his sister died of leukemia.

The article explains how, many years ago a fourteen year old boy died of a brain hemorrhage. His mother stayed in her bed, refusing to accept a future without him. Her other son who was seven years of age began to write amusing stories to read to her. This son was James Barrie who went on to immortalize his brother by writing "Peter Pan", the Boy who Never Grew Up.

Surviving siblings know that their lives are shaped by the brother or sister who never grew up. Sometimes they overcompensate and try to live for two. Sometimes they build a protective wall so as not to feel the pain. Often the missing link in their lives is found after many, many years.

Such is the case of our daughter, Emily who responded to this article and last month decided that she was ready to let me read the following letter which was accepted and printed on the editorial page of the Washington Post in February, 1993.

Losing a Sibling

The article, "Sibling Survivors" (cover, Jan. 19), touched upon many issues that children face when they lose a brother or sister. My oldest sister, Isabel died of leukemia when she was 15. I was five years younger.

Besides the loss of someone I deeply loved and depended upon and who had been part of my constellation since birth, there was the loss of my parents to their grief.

Each day, I questioned the reason for her death and the reason for my survival. Secretly, I wondered if my parents had wished it had been me. Instead of compensating for my sibling's death by trying to live and to achieve for two as those described in the article did, I became paralyzed and lived below my potential. I could not overcome the feeling that to live and to embrace life fully would mean a betrayal of her memory.

Decades later, the birth of my children brought all my unresolved feelings to the surface. Loving my son and daughter with the intensity and abandonment with which I had once loved my sister opened the door to memory. Only now, 30 years after my sister's death am I able to acknowledge that my life had been formed by the experience and that most of my choices, including my social work profession have been in response to that event.

Through the hard and painful work of sifting through that time of life, I am able to forgive myself for surviving and to forgive my parents for the grief that paralyzed their own lives. I only wish that there had been someone in my life who understood what I was going through and could have helped me through the wrenching emotional odyssey that followed.

Emily Carton
Washington, D.C.

Someday

Someday, it won't hurt so bad and
I'll be able to smile again.

Someday, the tears won't flow quite
So freely whenever I think of what
Might have been.

Someday, the answers to "why" and
"what if" won't be quite as
Important.

Someday, I'll be able to use what
Your death has taught me to help
Others with their grief.

Someday, I'll be healed enough to
Celebrate your life as much as I now
Dwell on your death.

And someday, maybe tomorrow,
I'll learn to accept the things I
Cannot change...

But, for today...
I think I'll just be sad.

—Stephen L. Channing
TCF Winnipeg, Canada

Our Children Remembered

Jon Russell Aikin
Son of Susan Eisel
Grandson of Elizabeth and Barry Aikin
September 4, 1983 - November 19, 2001

Joseph Benjamin Antonelli
Son of Carole Antonelli
November 6, 1961 - September 9, 2003

Elizabeth Sinton Archard
Daughter of Barbara Hale
September 25, 1964 - August 27, 1978

Patrick John Bennett Jr.
Son of Patrick and Deborah Bennett
September 27, 1975 - April 15, 1999

Jamie Bessling
Son of Judy and Ed Bessling
October 23, 1974 - September 23, 2002

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

Traci Lynn Boone
Daughter of Bonita Boone-Adamecz
September 17, 1964 - August 17, 1986

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

Scott Eric Caplan
Son of Nancy Caplan
September 20, 1986 - January 6, 2006

Mary Kathleen Carmody
Daughter of Mary Carmody
August 24, 1958 - September 17, 1998

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

David Michael Cutter
Son of Jim and Anne Marie Cutter
September 16, 2002 - January 2, 2003

Alexandra "Allie" Ann Denevan
Daughter of Gregory J. Denevan
September 18, 1985 - August 21, 2002

Alexandra DiLego
Daughter of Tom and Mary Sue DiLego
September 20, 1999 - September 20, 1999

Andrew Thomas DiLego
Son of Tom and Mary Sue DiLego
September 20, 1999 - September 20, 1999

Jason T. Easter
Son of Janice and Chris Kunkel
January 30, 1973 - September 9, 1999

Ronald Wesley Farley
Son of Dorothy and Donald Farley
September 15, 1955 - June 28, 2000

David Jonathan Frame
Son of Carol Brothers
April 12, 1967 - September 11, 2001

Lauryn Beth Grapski
Daughter of Kathleen Grapski
September 17, 1980 - November 17, 2000

Sarah McSweeney Gray
Daughter of Kathy and Bob Gray
November 12, 1983 - September 21, 2003

Jeffrey Andrew Grimm
Son of John and Linda Grimm
November 25, 1973 - September 28, 1989

McKayla Raeanne Hall
Daughter of Tammey Decker
July 22, 2000 - September 20, 2003

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

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

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

Mark Edward Keefe
Son of Debra and Mark Keefe
September 13, 1974 - January 8, 1991

Brice Charles Kelley
Son of Hannah and Chris Kelley
September 24, 2002 - May 31, 2004

Kevin Murray Kerr
Son of Debra and Richard Kerr
January 19, 1980 - September 4, 2001

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

Nicholas Paul Liberatore
Son of Larry and Pat Liberatore
September 27, 1980 - June 9, 1997

Our Children Remembered

Kenneth Lee Merson
Son of Dottie Merson
September 1, 1960 - June 5, 2007

William A. Miller
Son of Mary J. Miller
Brother of Marlene Miller
September 1, 1964 - January 18, 2004

Richard "Todd" Mohr
Son of Jeannie and Ron Anderson
January 12, 1974 - September 25, 2007

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

Eric Richard Munz
Son of Barbara and Richard Munz
September 21, 1963 - August 14, 2002

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

Scott Thomas Palmer
Son of Frances Palmer
Grandson of Thomas and Ethel Cleary
August 3, 1983 - September 1, 1996

Sarah Elizabeth Patterson
Daughter of Cindy Patterson
June 28, 1987 - September 19, 2006

Michael Patrick Patterson
Son of Sylvia Simmons
September 6, 1965 - December 18, 2006

Patrick Michael Patterson
Son of Sylvia Simmons
September 6, 1965 - September 8, 1965

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

Jayla Monet Powell
Daughter of Dorie Powell
Granddaughter of Doris Powell
September 26, 1998 - October 22, 2005

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

James Ryan Rohrbaugh
Son of Doug and Donna Rohrbaugh
August 30, 1983 - September 5, 1983

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

Daniel Maurice Rothman
Son of Juliet and Leonard Rothman
January 20, 1971 - September 17, 1992

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

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

Heather M. Spindler
Daughter of Becky Spindler and Rich Sues
Sister of Amber Faul
August 7, 1985 - September 3, 2006

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

Deon J. Summers
Son of John E. Summers
June 5, 1989 - September 2, 2003

Shonto Taylor
Grandson of Stephen and Carolyn Tew
September 7, 1979 - November 7, 1994

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

Renetra "Nee" Lotrice Wallace-Connor
Daughter of Pamela Davis
Daughter of Vernon Wallace
December 22, 1972 - September 22, 2006

John Leroy Waters Jr.
Son of Stella and Roy Waters
September 19, 1970 - May 23, 2000

Kevin Michael Wengert
Son of Debbie and David Wengert
October 2, 1987 - September 3, 2005

Our Children Remembered

Faith Jordan Williams
Daughter of Nicole Hawkins
September 26, 1998 - January 11, 1999

Hope Marie Williams
Daughter of Nicole Hawkins
September 26, 1998 - October 6, 1998

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

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

Eryn Noel Wright
Daughter of Vincent and JoAnn Wright
September 24, 1982 - July 5, 2001

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@sdaalex.com

Just Over the Horizon

Dear Cortney,

In *Gone from My Sight*, Henry Van Dyke writes,

"I am standing upon the seashore. A ship spreads her white sails to the morning breeze and starts for the blue ocean. She is an object of beauty and strength. I stand and watch her until at length she hangs like a speck of white cloud just where the sea and sky come to mingle with each other.

Then someone at my side says, 'There, she is gone!'

Gone where?

Gone from my sight. That is all. She is just as large in mast and hull and spar as she was when she left my side, and she is just as able to bear her load of living freight to her destined port.

Her diminished size is in me, not in her. And just at the moment when someone at my side says, 'There, she is gone!' there are other eyes watching her coming, and other voices ready to take up the glad shout: 'Here she comes!'

And that is dying."

And that is the picture that I'll try to imagine when I stand next to the ocean on your 29th birthday...you, on the other side of the ocean, gazing back at me. I long to believe that you're just living in another dimension – just beyond the horizon, just barely gone from my sight. Sometimes I swear I can feel you near. Death will never break the love bond we share!

So, come August 26th, like the past 12 Augusts, I'll be in one of our special places sending very special wishes to a very special daughter whom I miss with all my heart and soul. Happy Birthday, dear Cortney.

PS – Please dance with us at the wedding – I know you'll be there with Grams and Traci.



— Terre Belt
Anne Arundel County Chapter/BPUSA
In loving memory of Cortney Michele Belt
August 26, 1979 – July 9, 1996

Annual Chapter Picnic Amidst Clouds and Sun



On Sunday, July 29th, this year's picnic, organized and co-hosted by Janet Tyler and Lisa Beall, began with threatening clouds and a brief downpour and then moved into bright sunshine with much good food and happy kids in the pool. No matter the weather, old and new friends visited in the spacious screened porch and hospitable home of Lisa and Chuck Beall.

Many thanks go to these host families who remembered the joy of Brittany (daughter of Lisa and Danny, niece of Lisa and Chuck) and Bill Carter (brother of Lisa and Janet), by sharing it with us. As you remember, for many years Janet served as our Chapter leader and Lisa as our Newsletter Editor.

Any kind of picnic food one might want was available, with the group enjoying those summer snacks, dishes and desserts that they particularly liked. Chuck and Danny were the grilling chefs and produced chicken, hamburgers, hot dogs and steamed crabs.

Danny caught the crabs that morning and donated them for our

eating pleasure. At the crab tables, the many crab-lovers pounded and picked away. The day was filled with visiting and sharing, remembering our children and enjoying the laughter, splashing and fun of kids ranging in age from 7 months to 19 and beyond

We received updates from Janet and Danny that the reconstruction of their house (which was seriously damaged in a fire earlier this summer) was coming along very well. And Carol Tomaszewski continued to sell the popular raffle tickets for a crab feast, the proceeds of which will go to assisting Janet and Danny. As someone mentioned, if you have lost a child, you can weather any storm. And the Tylers are a wonderful example of finding ways both to give and to cope. The outpouring of support of their friends and extended family of Anne Arundel County Bereaved Parents, I am sure, is gratifying and helpful to them. Now, we hope to hear soon who won that wonderful crab feast. More news to follow!

— Sue Alexander

OTHER RESOURCES

Bereaved Parents of the USA (National headquarters)
www.bereavedparentsusa.org or call 708.748.7866

Maryland Crime Victims' Resource Center, Inc.
(formerly known as The Stephanie Roper Committee for Victims of Violent Crime)

For more information go to www.mdcrimevictims.org or please call 410.234.9885. Located at 14750 Main Street, Suite 1B, Upper Marlboro, MD 20772.

S.O.S. (Survivors of Suicide)

Meets 1st Tuesday of each month at Severna Park Methodist Church, 731 Benfield Road, Severna Park, MD 21146. For information call 410.987.2129.

G.R.A.S.P. (Grief Recovery After A Substance Passing)

Provides help, compassion and understanding for families or individuals who have had a loved one die as a result of drugs. Go to: www.grasphelp.com; or contact founders Pat or Russ Wittberger at 843.705.2217. Email is mom@jennysjourney.org

T.A.P.S. (Tragedy Assistance Program for Survivors)

Non-profit Veteran Service Organization offering hope, healing,

comfort and care to American Armed Forces families facing the death of a loved one. Magazine; grief camps for kids; online forums, chats. Go to: www.taps.org or call 800.858.TAPS.

Hospice of the Chesapeake, Maryland

Serving A.A. and P.G. counties. Provides help for adults, teenagers, children who are grieving the loss of a loved one. Counseling; support group sessions; weekend camps for children, teens (summer) and adults (fall). Go to: www.hospicechesapeake.org or call 410.987.2003.

M I S Support Group

For those who have experienced loss through miscarriage, infant death or stillbirth. Meets 1st Monday of every month from 7 P.M. to 8:30 P.M., St. Andrew's United Methodist Church, 4 Wallace Manor Road, Edgewater, MD. For information contact Ann O'Sullivan, R.N., at 443.481.6114.

Subsequent Pregnancy Support Group

For those who have experienced a previous loss and are now pregnant. For more information, please call a Class Educator at Anne Arundel Medical Center's "askAAMC" Helpline at 443.481.4000, Monday - Friday, 8 A.M. to 8 P.M.

Bereaved Parents of the USA Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

www.aacounty-md-bereavedparents.org

NEXT MEETING SEPTEMBER 4, 2008



RETURN SERVICE REQUESTED
DATED MATERIAL



UPCOMING MEETING TOPICS:

Thursday, September 4, 7:30 P.M.
No topic scheduled; sharing groups.

"Making It Through Holidays and Special Days"
Thursday, October 2, 7:30 P.M.

The holidays, particularly those in November and December, can be very difficult for bereaved parents. A panel of chapter members will discuss these issues and offer suggestions on preparing for and dealing with holidays and significant dates such as Thanksgiving, Christmas, Chanukah, Mother's Day, Father's Day, Valentines Day, the birthdate of the child, the deathdate of the child, the day the child would have first gone to school, etc.

We appreciate feedback on our Chapter meetings. If you have suggestions for future topics of discussion, please contact one of our Program coordinators: Paul Balasic at pjbspmd@gmail.com or 443.566.0193; Jane Schindler at cwschind@cablespeed.com.



WHAT TO EXPECT AT OUR CHAPTER MEETINGS

Our Chapter gathers one evening a month to address topics and offer support to those who are mourning the death of a child. Our meetings last for approximately 2 hours. We occasionally schedule a 30 minute presentation at the beginning of our meeting to address a topic that we hope is of interest and value to many of our Chapter members. When the speaker or panel has concluded the presentation, you will be invited to introduce yourself and then say your child's name - but only if you are able to participate in this manner. We then take a short break before dividing into sharing groups.

These sharing groups are facilitated by fellow Chapter members and are completely confidential. During this time the issues that are discussed - particularly for the newly bereaved - do not necessarily have to focus on the evening's topic, unless it is relevant to the group.

Please see page 2 of this newsletter for more details including our meeting location and other helpful information. If you have questions please contact our Chapter leader Dave Alexander (410.544.3634 or dralex@sdalex.com).