



Bereaved Parents of the USA

Anne Arundel County Chapter

April 2011

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A Prayer for Spring

Like Springtime, let me unfold and grow fresh and anew from this cocoon of grief that has been spun around me. Help me face the harsh reality of sunshine and renewed life, as my bones still creak from the winter of my grief. Life has dared to go on around me. And as I recover from the insult of life's continuance, I readjust my focus to grief. But may I never forget it as the place where I grew my wings, because of my loss.

— Janis Heil, BP/USA, Ocala, FL

Holding Onto Love

Trees and flowers seem suddenly reborn,
As another spring arrives fresh and new.
Surrounded by such beauty,
My thoughts turn to you.
As another college graduation looms,
Great excitement fills the air,
Glancing at the smiling students,
I still search for strawberry blonde hair.
No matter what I do in life
You are always there.
I feel your presence constantly,
As each new experience we share.
Though physically you have left us,
Your love remains here to stay,
A bond so strong and nourishing,
It gets us through another day.

— Chuck Collins, TCF
Burke/Springfield/Fairfax, VA

Believe

Crocuses poke their head through the
Crusty snow to let us know the long
Bleak winter is ending and
Spring will come again.

So, too, the long bleak winter of your
Aching, breaking heart will end and
Spring will come again one day.

Be patient...but believe it...
Your spring will come again.

— Betty Stevens, TCF
Baltimore, MD



The printing and mailing of this newsletter has been donated by

Rose Marie Carnes in memory of her son

Walter H. Maynard IV

January 2, 1965 - April 14, 2006



Next Meeting: April 7, 2011

Doors open at 7:15 p.m.
Meeting begins at 7:30 p.m.

Hidden Connections with Our Children -- This month's presentation focuses on preparing the newly bereaved to realize and appreciate the many daily reminders there are of their deceased children -- reminders which appear most unexpectedly and unrelated to things they would anticipate.

Sharing groups – a key part of each Chapter meeting – will be held as usual for first-time attendees, and the newly and non-newly bereaved.

Calvary United Methodist Church
301 Rowe Boulevard
Annapolis, MD 21401

Meetings are held on the first Thursday of every month and are open to anyone grieving the death of a child. Come around to the back of the church—there is parking and an entrance directly into our meeting room.

We are a self-help support organization dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We provide information and education to extended family and friends. 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.

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. Sometimes we schedule a 30-minute presentation at the beginning of our meeting. When the speaker or panel has concluded the presentation, we introduce ourselves and say our child's name. We then take a short break before dividing into sharing groups.

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—focus on the issues facing participants today.



Submissions for the May newsletter due to the Newsletter Team by April 1.
Send an email to: newsletter@aacounty-md-bereavedparents.org.

Chapter Leader:	Terre Belt 410.721.1359 tbelt@nahbrc.com
Newsletter Team:	Clare Harig-Blaine Kathy Ireland Eryn Lowe
Treasurer:	Fran Palmer
Correspondence & Hospitality:	Carol Tomaszewski
Librarian:	Bob and Sandi Burash
Programs:	Paul Balasic



Would you like to sponsor the Chapter's
newsletter or website

(**www.aacounty-md-bereavedparents.org**)
for one month in memory of your child? It's a
wonderful way to honor your child's memory –
to say his or her name for all the world to hear

-- while providing financial support to the Chapter and its many activities offered
to all those mourning the loss of a child.

Newsletter sponsorship is \$75 and website sponsorship is \$25. Just send an
email to Chapter Leader Terre Belt (**tbelt@nahbrc.com**), or call her at
410-721-1359, or sign up at a monthly meeting.

Say Their Names!!! And help the Chapter, too!

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BPUSA/AA County Chapter
P.O. Box 6280
Annapolis, MD 21401-0280



Cortney, My Cortney

I bought you a card today.

Yes, I know, world – it has been 14 ½ years since Cortney died, and you surely think I've lost it.

But the card spoke my heart and I'm hoping that maybe, just maybe -- if my daughter is just beyond the veil, one breath away -- she'll know what's in my heart when I place the card beside her picture, light a candle in her memory, and weep softly.

Even before I held you in my arms,
I held you in my heart.
That is where you began
And where you always will be.

I love you.

— Terre Belt, BP/USA
Anne Arundel County, MD

To My Husband

Your tears flow within your heart,
Mine flow down my cheeks.
Your anger lies with thought and movements,
Mine gallops forward for all to see.

Your despair shows in your now dull eyes,
Mine shows in line after written line.
You grieve over the death of your son,
I grieve over the death of my baby.
But we're still the same, still one,
Only we grieve at different times
Over different memories
And at different lengths.
Yet we both realize
The death of our child.

— Pam Burden, TCF, August, GA

Panache

I spent January 25th crying, questioning, demanding. My wife and I don't understand why Matt isn't with us. How can there be life without Matt in it? How did this happen? We worked hard at being parents. Matt was loved. Matt was trained. Matt was educated. How can all his boundless energy be gone, how can the world move on, how can a broken heart keep beating?

Death day, angel day, going home day, heavenly birthday, they all mean on January 25th Matt left us. He just left. There were no good-byes, no promises.

Pain moved in, filling the gaping hole in my heart. Life became a shadow.

But then with time, hard work, patience, I realized Matt didn't leave. Matt is with me every day, every single day. This is not the life I would have chosen for us. I miss hugs and laughter. I miss the smell of his hair and the warmth of his embrace. Jean and I wanted grandkids. We wanted to grow old sharing Matt's life, his hopes, his dreams, his success.

On the 25th we cry for all we lost, but the 26th comes, the sun comes up, our son returns. Today I live to make Matt proud. I walk and talk and remember. I love fiercely without regret. Together we drink life to the fullest. Soon enough we'll walk arm in arm.

For now there is more to see.

— Keith Swett





This I Can Share

I have not experienced the death of my only child,
but some of you have.

I have not experienced a child dying by suicide,
but some of you have.

I have not watched my child fight a terminal illness,
but some of you have.

None of us would dare say, "I know just how
you feel."

Even if our experiences are similar, no two situations are exactly alike.

But I can say I remember the pain when my child died.

I remember the feelings of insanity.

I remember the feelings of aloneness.

I remember wishing I could die.

I remember wanting to share something with my child, but he wasn't there.

So, my friend, our experiences have parts in common.

And parts that are different!

So, why should we listen to each other?

Do we have anything to share?

Do you know what heartbreak feels like?

All of us do.

Do you know the numbness of grief?

All of us do.

Do you know what it's like to have empty arms?

All of us do.

So, let's learn what we can of our commonalities.

We loved a child but our child left too soon.

THIS WE CAN SHARE WITH YOU!

— Marilyn W. Heavlin

*from A JOURNEY TOGETHER, newsletter of the Bereaved Parents of the USA
(VOLUME X, No. 2, Spring 2005)*

Love...

In times of darkness, Love sees...

In times of silence, Love hears...

In times of doubt, Love hopes...

In times of sorrow, Love heals...

But in all things,

Love remembers.

— Author Unknown



From "Remembering with Love"

Many of us find ourselves repeating the same things again and again. It's as if our memory isn't quite working and our thinking isn't so clear. We have trouble recalling what we've just uttered, and so we repeat the same story or event over and over. Not only might we be embarrassed, but we might often feel exhausted from trying to concentrate and keep our thoughts straight.

This repetition can be a result of preoccupation. Our mind may be so engaged with thoughts of our loved one that we scarcely have time to consider other matters, let alone remember them. As time passes and thoughts of our loved one are less constant, our minds can return to other things. We will find it easier to concentrate and remember without repeating ourselves.

— Lizabeth Levang and Sherokee Ilse

SIBLING PAGE

My Best Friend

The fishing season's coming,
 But no more fishing for me,
 Because my best friend's not here,
 To share his hooks with me.
 We went fishing nearly every day.
 Never hooked a thing.
 But, oh, what fun we had,
 Talking about the one that got away.
 The garage holds all the fishing gear,
 But I've no desire to fish.
 It's not the same without him here.
 Oh! If I could have one wish.
 My wish would be
 To bring my brother back to me,
 So we could fish along the shore.
 We'd have fun together,
 And laugh once more.
 All that's left are memories,
 For me to think about.
 I won't say goodbye;
 I'll see you again.
 But I will miss you forever,
 My Best Friend.

— Ryan Auch, BP/USA, Augusta, GA



Denial

I live life in denial
 It's the only way to go
 If I had to live it honestly
 My feelings I must show
 In denial you're away from home
 On some secluded land
 Vacationing along the beach
 Enjoying sun and sand
 You are out on an adventure
 You are learning a career
 And until you've learned your lessons
 I continue to wait here
 In denial you have taken work
 And now live out of state
 And though I'm desperate to see you
 I can only sit and wait
 You're preparing for your future
 For your journey to begin
 But without communication
 I don't know where I fit in
 In denial you are busy
 There are many plans to make
 You'll come on holidays
 Or when you get a break
 But the months just keep on passing
 And the holidays come round
 And although I do expect you
 You are nowhere to be found
 Anniversaries to deal with
 The Beginning – when it ended
 No cards can come your way
 For I have nowhere to send them
 There are times when I see your picture
 And I forget that you are gone
 I have to stop and make it real
 You've been gone for so long
 When reality comes crashing in
 There's none of the above
 Just me still here just waiting
 Without you to share my love
 My denial is not permanent
 I've been there and I find
 It's a useful place to visit
 To protect my heart and mind.

— Laura Williams, in memory of John F. Campbell

My Sister Watches Over Me...

My sister's up in Heaven
 Not underneath this stone,
 Not buried in the ground
 All quiet and alone.

She's with the other angels
 As happy as can be.
 And from her lofty window
 She watches over me.

And so I bring her flowers
 She'll see them from above,
 For though I cannot see her
 My heart can feel her love.

— Jessica Bryan, BP/USA, Augusta, GA



Avalanche

Experiencing the death of someone you love is like being buried by an avalanche. One minute you are walking together – sharing, exploring, planning. The world is beautiful but often taken for granted in its ordinary routines. The next minute, that same world collapses on top of you and knocks you flat. You are physically, emotionally, and often even spiritually, frozen.

After the initial shock, the numbness begins to wear off. You sense the stillness, and the deafening silence rings in your ears. A huge weight presses upon your chest like a vise. You are crushed, broken. You've been knocked off your feet and have landed in absolute darkness. Which way is up? Minutes, hours, days pass, and you realize that you are still alive. Tentatively, you grope for other survivors. No! It can't be! Your beloved has died. The physical pain is nothing compared to the agony that now settles in your heart and soul. You cry out – not from the ache of your broken bones, but from the anguish of your broken heart.

The sound of rescue workers drifts to your ears...They are calling, digging, frantically trying to reach you. They don't understand that you must find your own way out of this black abyss, for they have no idea where you are.

You continue to lie there, vaguely deciding whether to make the effort to live, already realizing that the best medical attention might heal your wounds, but holds no power over the scars that will surely remain. Stirring slowly, you realize that there are others who have been hurt, too. Perhaps you can help them; perhaps they can help you. The voices and activity of the rescuers act as your beacon. Inching your way toward them, you extend your hand, and by reaching out a finger, you poke a hole in the snow. A pinhole of light – and then you emerge, blinded by the brightness. When your sight returns, you see all things differently.

Although you've "survived," most people still have no idea who you are – or rather, who you have become. They don't realize that you are now a different person, changed forever. What others can never understand, however, no longer matters. And, because this is something you can't explain, your attempts to do so eventually cease. Instead, you quietly go about helping others who are slowly tunneling a path out from under their own avalanche.

— Paula Staisiunas Schultz, BP/USA, Chicago, IL



American Foundation for Suicide Prevention

There is a new Maryland chapter of the American Foundation for Suicide Prevention, and a new program for which they are currently recruiting volunteers. The Survivor Outreach Program consists of a pair of trained volunteers who have lost a loved one to suicide and who would make a visit to newly bereaved suicide survivors, at their request, to provide support and connect them to resources

in their area. This is a free, statewide service. If anyone is interested in volunteering or learning more about the program,

visit http://www.afsp.org/files/Surviving/PDF_Info_Volunteer_Applicants.pdf

Resources for the Bereaved

As any grief-stricken parent knows, there are times when we sit down and need to feel that someone is out there who understands and supports how we feel. We can pick up the phone, write a letter, journal about our memories and feelings, and we can also find many websites that speak to our special loss. Some of the websites are listed below and you may find that visiting one of these websites touches your heart in a supportive and comforting way. These websites may also provide you with the inspiration to create your own website to honor and remember your child. As always, visit our websites for Bereaved Parents USA at www.bereavedparentsusa.org and the Anne Arundel County chapter site at www.aacounty-md-bereavedparents.org.

- **www.angelfire.com/or/angelhugs**: This site was constructed by a bereaved mom and author. There's a place to post your 'angel' story, as well as some information about her book.
- **www.journeyofhearts.org**: This site, created by physicians, is for anyone who has ever experienced a loss. It has plenty of information, as well as stories and poetry. It is a place for enhancing physical and mental well-being.
- **www.AngelChild.com**: We all leave a legacy. This is a compilation of the legacies of Angel Children who left their footprints on our earth and on our hearts.
- **www.misschildren.org**: Site called Mothers in Sympathy & Support (M.I.S.S.). Another great resource for bereaved parents.
- **www.Griefworks.com**: A site with several types of loss, resources, personal stories, etc. by a member of ADEC and also a bereaved parent.
- **www.Guidelinepub.com**: Site for parents who would like to acquire literature on how to explain death to their children.
- **<http://communities.msn.com/ChildreninHeaven>**: A support group site for anyone who has ever lost a loved one. Members express their feelings through writing, poetry and graphics. There is a relaxing music room and also a photo album to post pictures of our angels.
- **www.angelfire.com/mt2/grieving/index.html**: Arms of Love - An online, uniquely-Christian, support group for grieving moms. E-mail groups (currently two, but we are growing rapidly) maintained with 20 or fewer moms, to provide daily support and encouragement. Two online prayer sessions provided in our chat room each week, and considering a third to accommodate our moms in foreign countries.
- **www.TheBereavementJourney.com**: A support site for all bereaved parents with chat services, memorials and e-mail support.
- **www.compassionconnection.org**: We offer comfort and hope to the crushed, grieving and brokenhearted who have suffered loss. We also offer a wonderful Compassionate Links page.
- **www.babysteps.com**: The BabySteps Children's Fund - A site, beautifully put together, to offer support and services for parents who have lost a child. The BabySteps Children's Fund is devoted to raising funds to support research into childhood illnesses and their treatment.
- **www.angelfire.com/ms/DonorMoms**: "Our children have given the ultimate gift...THE GIFT OF LIFE. Scroll through our lives by visiting our websites, not only of our children, but the wonderful moms who are left behind to carry on our children's legacy."
- **www.childloss.com**: A grief support site for all types of child-loss. Do you have a prayer request? Do you need to talk to someone, new and raw in your grief, and would like someone to email you with support? This page is set up just for special requests that our families may be in need of.
- **www.angelfire.com/mo2/shoneskids**: A support group for parents facing heart defects in their child. This site is centered around Shones complex, but we offer support to any family affected by a heart defect in a child or infant....Shones Kids Heart Foundation.
- **www.goodgriefresources.com**: This is a grief referral directory only. It will provide you with complete contact information to find the products and services that will help you on your grief journey or, if you are a caregiver, to help you discover excellent support resources for all kinds of loss.
- **www.doorsofhope.com**: This site gives extensive support information for victims of child and adult abuse, domestic violence, sudden death, school bullying, etc.
- **www.angelfire.com/ga4/ffos/Suicide_Discussion_Board.html**: "It is our hope that you will find this board to be a good place to exchange information and theories relating to suicide. We also hope that you will find help if you seek healing after your loss of a friend or loved one to suicide. We are not counselors or professionals. All Board monitors are people walking the path to healing after our own personal losses. We offer you understanding and sympathy based on our own experiences."
- **www.MemoryTrees.org**: "This is a Christmas-time outreach to comfort those who grieve the loss of a loved one to suicide. Where there was once joy in celebrating the birth of Christ, many of us find it overshadowed with our sorrow. Visit this site to locate a Memory Tree Coordinator in your area."
- **www.healingafterloss.org**: This is a site dedicated to helping those who have lost a loved one to death. The site offers a safe, secure environment for people to share their thoughts and feelings. The site includes Chat rooms and Message boards for sharing.
- **<http://childsuicide.homestead.com>**: This supportive non-profit site is for those who have suffered the tragic and indescribably painful loss of a child to suicide. This site is also here to support young people who feel depressed or isolated in their problems and those who self-harm. You are not alone. Somebody cares very much.
- **www.groww.com**: "On GROWW, you will find your partners in pain sharing their experience and strength. We have message boards, resource listings and secure chat rooms hosted by the most loving people on the internet for all who are grieving."

Our Children Remembered

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

Jeff Baldwin
Son of Aurelia Ferraro
April 27, 1967 - April 26, 1991

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

Kaye Dee "K.D." Barrows
Daughter of Bart Barrows
April 19, 1988 - July 31, 2009

Aaden Lee Batista
Grandson of Jean Jenkins
May 2, 2008 - April 8, 2010

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

Travis Brandon Beyerle
Son of Maren O. Sheidy
April 17, 1981 - June 23, 1995

Alexandra Elizabeth Bolander
Daughter of Tom and Susan Bolander
April 1, 1996 - April 1, 1996

Wendy Jean Bolly
Daughter of Judith and Louie Bolly
April 6, 1977 - October 11, 2002

Paul Shane Brough
Son of Theresa and Steve Bleemke
May 18, 1982 - April 4, 2003

Faith Campbell
Daughter of John and Cathi Campbell
April 5, 1994 - April 5, 1994

John Christopher Campbell
Son of Kathy and Jeff Campbell
April 18, 1981 - October 9, 2002

William Frederick Carter Jr.
Son of Dot Carter
Brother of Janet Tyler
Brother of Lisa Beall
April 24, 1959 - August 16, 1992

John Scott Droege
Son of Teri Droege
April 30, 1984 - April 5, 2002

Isaac Paul Elliott
Son of Debbie and Paul Elliott
August 24, 1979 - April 27, 2003

Joseph Fredrick Errichiello Jr.
Son of Susan and Joe Errichiello
April 6, 1979 - May 29, 2004

Joseph A. Esterling Jr.
Son of Joe and Michelle Esterling
June 7, 1967 - April 27, 1990

Sherri Leigh Fant
Daughter of Vern Pierce
January 24, 1958 - April 1, 2003

Andrea Faith Fiscus
Daughter of Debby and Kenny Fiscus
April 27, 1982 - October 9, 1993

Donald Richard Forbes III
Son of Janet Lynn Hall
Brother of Carrie Forbes-Reitzel
August 3, 1975 - April 12, 2002

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

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

Christopher George Gilmour
Son of Carole and Paul Gilmour
October 17, 1997 - April 2, 2003

Christopher David Gipson
Son of Cynthia Gipson
April 3, 1987 - July 3, 2008

Andrew Thomas Gwaltney
Son of Hope Dorman
October 1, 1987 - April 6, 2004

Galen Andrew Harig-Blaine
Son of Clare and Stephen Blaine
November 14, 1989 - April 22, 2007

Mallory Heffernan
Daughter of Dianne and Edmund Heffernan
December 19, 1985 - April 18, 2003

Alison Marie Hylan
Daughter of Jan and Leo Hylan
April 24, 1986 - January 9, 2005

Our Children Remembered

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

Lilith "Lily" Sappho Kelm
Daughter of Kathy Kelm
April 4, 1973 - April 6, 1973

Steven J. Landis
Son of Edwin and Susan Landis
April 4, 1968 - October 10, 1991

Aaron Corban Lawson
Son of Loretta Lawson-Munsey and Matthew Munsey
July 8, 1978 - April 21, 2007

Zachary Laurence Luceti
Son of Linda Huey East
April 20, 1978 - July 4, 2003

Walter H. Maynard IV
Son of Rose Marie Carnes and Walter Maynard III
January 2, 1965 - April 14, 2006

Ryan Andrew Mcanulty
Son of Bernadette Galvin
April 12, 2007 - April 12, 2007

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

Robert Antonio Morgan Jr.
Son of Paul and Kathy Waters
April 23, 1984 - June 21, 2003

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

Craig Steven Nelson
Son of Karen Coulson
April 2, 1974 - January 31, 1995

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

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

Lee Ann Platts
Daughter of Sandy and Jeff Platts
April 21, 1999 - April 21, 1999

Solymar Rodriguez Torres
Daughter of José Rodriguez and Vanya Torres
August 27, 1993 - April 13, 2007

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

Anthony John Schaefer
Son of LuAnn Schaefer
July 13, 1979 - April 7, 2003

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

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

Heather Brooke Tepper
Daughter of Michelle Tepper
Granddaughter of LaVern Gippich
June 11, 1986 - April 3, 2005

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

Albert Wallace Whitby, Jr.
Son of Rita and Albert Whitby Sr.
April 25, 1951 - June 2, 1981

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

Austin Wolfe
Son of Bonnie and James Wolfe
April 3, 1999 - April 6, 1999

Samuel Kingsley Wood
Son of Melanie Loughry
April 14, 2003 - July 26, 2005

Donations may be made to offset the costs of our local Chapter's events and communications. We gratefully acknowledge the following donations made in the last month:

John and Terre Belt in memory of Cortney Michele Belt and Traci Jeanne Heincelman

Kenneth Smith in memory of Tracy Fotino

What Do We Wish Others Understood about the Loss of Our Child?

1. I wish you would not be afraid to speak my child's name. My child lived and was important and I need to hear his name.
2. If I cry or get emotional if we talk about my child, I wish you knew that it isn't because you have hurt me; the fact that my child died has caused my tears. You have allowed me to cry and thank you. Crying and emotional outbursts are healing.
3. I wish you wouldn't "kill" my child again by removing from your home his pictures, artwork, or other remembrances.
4. I will have emotional highs and lows, ups and downs. I wish you wouldn't think that if I have a good day my grief is all over, or that if I have a bad day I need psychiatric counseling.
5. I wish you knew that the death of a child is different from other losses and must be viewed separately. It is the ultimate tragedy and I wish you wouldn't compare it to your loss of a parent, spouse, or a pet.
6. Being a bereaved parent is not contagious, so I wish you wouldn't shy away from me.
7. I wish you knew all of the "crazy" grief reactions that I am having are in fact very normal. Depression, anger, frustration, hopelessness, and the questioning of values and beliefs are to be expected following the death of a child.
8. I wish you wouldn't expect my grief to be over in six months. The first few years are going to be exceedingly traumatic for us. As with alcoholics, I will never be "cured" or a "former bereaved parent," but will forevermore be a "recovering bereaved parent."
9. I wish you understood the physical reactions to grief. I may gain weight or lose weight, sleep all the time or not at all, develop a host of illnesses and be accident-prone, all of which may be related to my grief.
10. Our child's birthday, the anniversary of his death, and holidays are terrible times for us. I wish you would tell us that you are thinking about our child on these days, and if we get quiet and withdrawn, just know that we are thinking about our child and don't try to coerce us into being cheerful.
11. It is normal and good that most of us re-examine our faith, values, and beliefs after losing a child. We will question things we have been taught all our lives and hopefully come to some new understanding with our God. I wish you would let me tangle with my religion without making me feel guilty.
12. I wish you wouldn't offer me drinks or drugs. These are just temporary crutches, and the only way I can get through this grief is to experience it. I have to hurt before I can heal.
13. I wish you understood that grief changes people. I am not the same person I was before my child died and I never will be that person again. If you keep waiting for me to "get back to my old self," you will stay frustrated. I am a new creature with new thoughts, dreams, aspirations, values and beliefs. Please try to get to know the new me – maybe you'll still like me...

Instead of sitting around and waiting for our wishes to come true, we have an obligation to teach people some of the things we have learned about our grief. We can teach these lessons with great kindness, believing that people have good intentions and want to do what is right, but just don't know what to do with us, or we can sit and wait. I believe our children would want us to help the world understand.

— Elaine Grier, TCF, Atlanta, GA

Our MEMORY COOKBOOK

filled with memories, love and favorite recipes

The plans for the cookbook are coming together, and now we need your recipes and memories. Please contribute a recipe, or several, along with some special memories. Add a photo, too. We will also include memories and family stories related to food that may not include a recipe....like eating crabs, or going for ice cream.

Your submission should include

- Your Name: _____
- In memory of: _____
- Special Memory: (this can be a paragraph or two)
- Recipe:
- Photo: (optional)

We still need a cover designed and a name for our cookbook. Send us your suggestions and ideas.

The Cookbooks will cost \$10 each. We expect to have them available in October.

This project is being organized by Carol Tomaszewski, 410-519-8448, Kathy Ireland, 410-745-2361, and Sandi Burash, 410-551-5774.

You can send your submissions to the Chapter's mailing address (on page 2 of this newsletter).

Or, you can email your submission to memorycookbook@gmail.com.

We hope you will participate – this is going to be a very special cookbook!!!



Bereaved Parents of the USA -- National Gathering Monumental Journey of the Heart

July 29-31, 2011
Sheraton Reston Hotel
Reston, VA

Confirmed speakers include Darcie Sims, Rosemary Smith, Mitch Carmody, Drs. Gloria and Heidi Horsley, Ron Villano, Dave Roberts, and Becky Greer

There will also be a Thursday night "Kick Off" Program and a Sibling Program; meal packages are \$149 for seven meals.

Registration information will be available shortly.

Bereaved Parents of the USA

Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

www.aacounty-md-bereavedparents.org

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NEXT MEETING April 7, 2011



UPCOMING MEETINGS & EVENTS:

Hidden Connections with Our Children

Thursday, April 7, 2011

This month's presentation focuses on preparing the newly bereaved to realize and appreciate the many daily reminders there are of their deceased children -- reminders which appear most unexpectedly and unrelated to things they would anticipate.

A Mother's Grief

Thursday, May 5, 2011

A panel of bereaved mothers will talk about the special challenges they face and the way they have learned to cope since their children died.

National Conference of The Compassionate Friends

July 15 – 17

Minneapolis, MN

National Gathering – Bereaved Parents of the USA

July 29-31, 2011

Sheraton Reston Hotel

Reston, VA

RESOURCES:

Bereaved Parents of the USA

www.bereavedparentsusa.org or 708-748-7866

Hospice of the Chesapeake

www.hospicechesapeake.org or 410-987-2003

Maryland Crime Victims' Resource Center

www.mdcrimevictims.org or 410-234-9885

Suicide Support Group

410-647-2550; meets the first Tuesday of each month in Severna Park, MD

MIS Support Group (miscarriage, infant death or stillbirth)

443-481-6114; meets the first Monday of each month in Edgewater, MD

Grief Recovery After a Substance Passing (GRASP)

www.grasphelp.com or 843-705-2217

We appreciate feedback on our Chapter meetings. If you have suggestions for future topics of discussion, please contact our Program coordinator: Paul Balasic at pjbस्पmd@gmail.com or 443.566.0193.