



Bereaved Parents of the USA

Anne Arundel County Chapter

December 2012

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We are the Rememberers

As long as we live, you will live
As long as we live, you will be remembered
As long as we live, you will be loved
We are the rememberers...the people left behind
To keep the one who's gone from us alive in heart and mind
The people left to cherish and preserve a legacy

Yes, we are the rememberers...and we always will be.

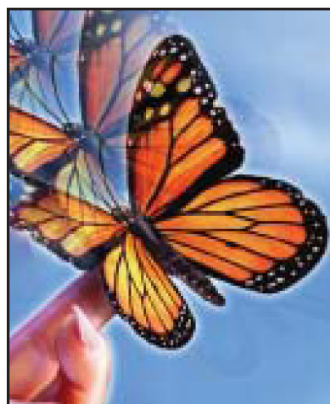
— Author unknown

Announcing the Chapter's Gift Giving

For many mourning the loss of a child, holidays are difficult days, and gift giving loses its luster. This year, consider buying a gift in memory of your child and bringing it to our monthly meeting in DECEMBER. We'll donate these "love gifts" to children in need through local charities. Doing good deeds in memory of your child lets you stay connected to them while providing for children who have very little.

2012 Service of Remembrance

Throughout the year...we remember them.
Please join us for this special Service sponsored by the Anne Arundel County Chapter of the Bereaved Parents of the USA at 3 p.m., Sunday, December 2, 2012
St. Martin's-in-the-Field Episcopal Church
Severna Park, MD



The printing and mailing of this newsletter have been donated by

Kenneth Smith in memory of his niece

Tracy Ann Fotino

May 14, 1971 – August 25, 2000



Next Meeting: December 6, 2012

Introducing Our Children -- The focus of our meeting will be on our deceased children, giving everyone the opportunity to tell others about who they were. There will not be a presenter; sharing groups will be the focus. For all who want to participate, bring a picture or memento of your child; each person will then show the picture or memento and introduce the child and describe what he or she was like.

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 January newsletter due to the Newsletter Team by December 1.

Send an email to: newsletter@aacounty-md-bereavedparents.org.

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Do You Use Amazon.com?

If so, AND you enter through our Chapter's website (www.aacounty-md-bereavedparents.org), the Chapter will earn a commission of five percent on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter), but it does earn the Chapter a commission from Amazon. It's an easy way for you to support our Chapter's activities.

Go to the Chapter's home page, click on the butterflies on the welcome page, and then scroll down the first page to the bottom, where there is an Amazon.com graphic that takes you to Amazon's site. Entering Amazon's site in this manner – through the Chapter's website – ultimately credits the Chapter with the five percent commission on any purchases that follow.

Thanks in advance for your help!

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

'Twas the Night before Christmas (For Bereaved Parents)

'Twas the month before Christmas and I dreaded the days,
That I knew I was facing - the holiday craze.
The stores were all filled with holiday lights,
In hopes of drawing customers by day and by night.
As others were making their holiday plans,
My heart was breaking - I couldn't understand.
I had lost my dear child a few years before,
And I knew what my holiday had in store.
When out of nowhere, there arose such a sound,
I sprang to my feet and was looking around,
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash,
The sight that I saw took my breath away,
And my tears turned to smiles in the light of the day.
When what to my wondering eyes should appear,
But a cluster of butterflies fluttering near.
With beauty and grace they performed a dance,
I knew in a moment this wasn't by chance.
The hope that they gave me was a sign from above,
That my child was still near me and that I was loved.
The message they brought was my holiday gift,
And I cried when I saw them in spite of myself.
As I knelt closer to get a better view,
One allowed me to pet it - as if it knew -
That I needed the touch of its fragile wings,
To help me get through the holiday scene.
In the days that followed I carried the thought,
Of the message the butterflies left in my heart -
That no matter what happens or what days lie ahead,
Our children are with us - they're not really dead.
Yes, the message of the butterflies still rings in my ears,
A message of hope - a message so dear.
And I imagined they sang as they flew out of sight,
"To all bereaved parents - We love you, goodnight!"

— Faye McCord, TCF, Jackson, MS



For Carrie



Daughter, once I thought I lost you.
So completely did I sorrow,
No light of hope could find my heart;
No vision of tomorrow.
In my grief, I only saw your loss,
The space where you had been.
When all the while, you were right here,
In a safer place within.
Now, you will never sorrow again,
For only love survives.
Within my heart your memory dwells
And shines out through my eyes.
The legacy of love you left
We will strive to carry on.
As long as I live, I'll remember you,
And you will not be gone.

— Brenda Penepent, Russellville, AR



What is Normal after Your Child Dies?

Normal is having tears waiting behind every smile when you realize someone important is missing from all the important events in your family's life.

Normal is trying to decide what to take to the cemetery for Birthdays, Christmas, Hanukkah, Thanksgiving, New Years, Valentine's Day, July 4th and Passover.

Normal is feeling like you can't sit another minute without getting up and screaming, because you just don't like to sit through anything anymore.

Normal is not sleeping very well because a thousand what if's & why didn't I's go through your head constantly.

Normal is reliving the accident continuously through your eyes and mind, holding your head to make it go away.

Normal is having the TV on the minute you walk into the house to have noise, because the silence is deafening.

Normal is staring at every boy who looks like he is Taylor's age. And then thinking of the age he would be now. Then wondering why it is even important to imagine it, because it will never happen.

Normal is every happy event in your life always being backed up with sadness lurking close behind, because of the hole in your heart.

Normal is telling the story of your child's death as if it were an everyday, commonplace activity, and then seeing the horror in someone's eyes at how awful it sounds. And yet realizing it has become a part of your "normal."

Normal is each year coming up with the difficult task of how to honor your child's memory and their birthdays and survive these days. And trying to find the balloon or flag that fits the occasion. Happy Birthday? Not really.

Normal is my heart warming and yet sinking at the sight of something special Taylor loved. Thinking how he would love it, but how he is not here to enjoy it.

Normal is having some people afraid to mention my son, Taylor. Normal is making sure that others remember him.

Normal is after the funeral is over everyone else goes on with their lives, but we continue to grieve our loss forever.

Normal is weeks, months, and years after the initial shock, the grieving gets worse, not better.

Normal is not listening to people compare anything in their life to this loss, unless they too have lost a child. Nothing compares. NOTHING. Even if your child is in the remotest part of the earth away from you - it doesn't compare.

Losing a parent is horrible, but having to bury your own child is unnatural.

Normal is taking pills, and trying not to cry all day, because you know your mental health depends on it.

Normal is realizing you do cry every day.

Normal is being impatient with everything and everyone but someone stricken with grief over the loss of their child.

Normal is sitting at the computer crying, sharing how you feel with chat buddies who have also lost a child.

Normal is not listening to people make excuses for God. "God may have done this because..."

I know Taylor is in "heaven," but hearing people trying to think up excuses as to why a fantastic young man was taken from this earth is not appreciated and makes absolutely no sense to this grieving mother.

Normal is being too tired to care if you paid the bills, cleaned the house, did the laundry or if there is any food.

Normal is wondering this time whether you are going to say you have two children or one child, because you will never see this person again and it is not worth explaining that Taylor is dead. And yet when you say you have one child to avoid that problem, you feel horrible as if you have betrayed the dead child.

Normal is asking God why he took your child's life instead of yours and asking if there even is a God.

Normal is knowing you will never get over this loss, not in a day nor a million years.

Normal is having therapists agree with you that you will never "really" get over the pain and that there is nothing they can do to help you because they know only bringing your child back from the dead could possibly make it "better."

Normal is learning to lie to everyone you meet and telling them you are fine. You lie because it makes others uncomfortable if you cry. You've learned it's easier to lie to them than to tell them the truth that you still feel empty and it's probably never going to get any better -- ever. And last of all...

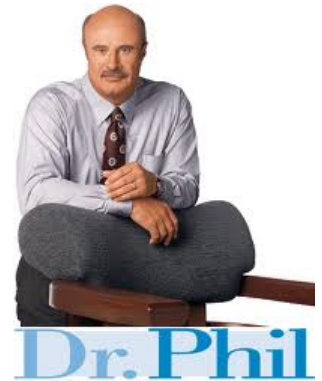
Normal is hiding all the things that have become "normal" for you to feel, so that everyone around you will think that you are "normal."

— Tara & Heath Carey

Forgiving Yourself after the Loss of a Loved One

If you are suffering from feelings of guilt after the loss of a loved one, even though the death was not your fault, Dr. Phil has advice on how to forgive yourself so that you can move on.

Know that it isn't uncommon to play the "What if?" game: "What if I could have stopped it? What if I had only known the accident would happen? What if I could trade places and it could have been me who died?" You may also find yourself feeling guilty if you catch yourself smiling, having a good time or simply enjoying life after your loss.



Although there is no set timetable for grieving, if a substantial period of time has passed and you are still not allowing yourself to move on past the grieving process, allowing yourself to be crippled with guilt for something that was not your fault, ask yourself why.

Understand that in any situation, even one like this, people don't engage in a behavior that they don't get a payoff for. Is the fact that you can't move forward a payoff in itself? If you feel the only connection that you have with the deceased is your grieving, could that be a payoff? Is the guilt a payoff? Are you punishing yourself because you feel you deserve to be punished for being a bad mother/sibling/friend/spouse because you let your loved one die?

If you won't move on past the grieving process because the grief is your current connection to the deceased, ask yourself how terrible it is that your precious loved one is being remembered as a legacy of pain that you choose to carry around. You're focusing on the moment he/she died instead of on the moments he/she lived and the joy that he/she brought to your life. Isn't that a terrible burden to place on your loved one?

If you want to forgive yourself, understand that guilt is all about intention. Is there a bone in your body that wished or intended for something bad to happen to your loved one? If not, why are you feeling guilty?

There comes a time when you have to say, 'Enough is enough. If I give up the pain, I'm not going to lose him/her.' How long you grieve or how deeply you hurt does not reflect how much you loved. The fact that it's been two, five or 10 years and you are allowing yourself to live life doesn't mean that you love him/her any less. It doesn't mean you've forgotten your loved one.

When you are ready to let go of your guilt and grief, it may help to speak out loud to your loved one, expressing your continued love for him/her while affirming your decision to let go of the grieving process: "I love you, but I have to let you go. I will love you until the day I die, but I'm going to let you go."

An Open Letter to the Non-Bereaved

Dear Friends, Co-Workers, Church Family, Extended family and "General Public,"

I am a bereaved parent. My child died. My world has been "turned upside down" and I have been "thrown" into a world of pain and grief that I never even imagined could exist.

The absolute "worst" has happened to me and my family. Our child, grandchild, brother or sister has died. Close your eyes for a minute and just try to imagine your world as you know and love it being totally and forever changed in one split second. Imagine that one of your beloved children that you kissed goodnight last night, talked to on the phone yesterday or said "I love you" today as they walked out the door to go to their every day regular activities DID NOT return home. Not today, not tomorrow or not ever! Just try to imagine getting a phone call or a knock on the door from the hospital, Highway Patrol, Sheriff Department or anyone telling you that your child is DEAD. I am sure that you cannot even begin to imagine the horror of it.

It did happen to me and my world that I knew and loved is no longer, I am no longer the same me that you once knew. I am no longer the same "me" that I once knew. I am faced with trying to learn to go on without my precious child. Where do I start, what do I do? Where do I turn? The pain is unbearable, the pain is constant in the first days, weeks, and months and, I am told even years. I am consumed with this pain my every awakening minute. I cannot sleep at night; I cannot function at home, work or any place. I may put on a "good face" and tell you "I am fine or OK" but this is far, far from the truth. I am NOT OK or fine. Quite frankly, I do not even have the energy to tell you how I really am and there are really no words in any language to adequately explain the horrendous pain, grief or longing for my child that I am feeling.

I am told by other more "seasoned grievers" who have also had a child die that "one day" I will not feel this constant all consuming pain, that I will find joy in my life again but that it is a very long and hard journey of grief to reach that point. I am on that long and hard grief journey right now. I am trying and please believe me when I say I want to see the day when I can breathe and not feel just this overpowering grief and pain.

I tell you all of this because you can help me so much by just trying to put yourself in my place and understanding what I and my family are now faced with. You don't have to have the "right words" to help me, for there are no "right words." But you can give me your hugs, your understanding, and your support by knowing that this "grief journey" takes a long, long time and is not something that I can "get over" (I don't have the measles) or "move on" from.....I have to go through this grief to get to the "other side" of it.

Thank you so much for understanding.

Pat Moser

Ocala, FL

SIBLING PAGE

Our Holiday Wish for You

May you look beyond your sorrow to the joy your memories hold. Love for your brothers and sisters does not die. As we remember them this holiday season, missing them and with thoughts of happy times past, we remember the love.

— Pat Pruss, TCF, Southern Maryland



A Brother's Dream



One night I had a dream. It was an ordinary dream. It started before I was even asleep though, and that made it very unusual to me. It started on a mountain I used to go to when I was little. I would go there with my mom, Aunt Margaret, my sister Jacie and my three cousins. We used to have great times up there. In my dream, I relived a time when we were up there and heard cow bells. Thinking a stampede was coming, we hid in some oak bush. They turned out to be horses; these weren't ordinary horses, though; these were the horses that would take us to Heaven when we died, all in our own time. I remember actually thinking this as I watched my mom pet my certain horse...the horse that was destined to take my sister to Heaven when her time came. Maybe, just maybe, I thought, my mom was making sure that when my sister did make her journey later on in life, this steed would be the one to take her. The dream kept fast forwarding and wrapping up all my memories. It fast forwarded before I could tell Jacie thanks for the fun and good times...and before I could tell her I loved her. My dream ended there, but sometimes I see the horse, the gray horse, that took my sister to Heaven. I see him in my dreams sometimes, only for a moment, but long enough to see my sister on the other side of his eyes.

— Brandon Taylor, TCF, Mesa, CO

As Long As

As long as there are stars above
And moonbeams on the sea
And just as long as there are songs
Of love and memory.

I shall remember you today
And dream of you tonight,
And look for you tomorrow when
The sun begins to light.
Whatever season, month or year,
This much will be the same,
The only sound of joy will be
The mention of your name.

I shall remember you for as long
As there are earth and sky,
And all eternity
May take to say goodbye.

— James Metcalfe, TCF, Queensland, Australia



A Star

There is a star at night,
That shines so big and very bright.
On clear and cloudy nights,
It's right there to guide our way
Each and every night,
To let us know you are watching over us.
That is your way to let us see that you love us,
To give us hope,
In that star we see at night,
That shines so big and very bright.

I never saw it before you were killed.
Then I saw it one cold and cloudy night.
It has been there ever since.
A sign to me, it seemed, from up above,
From God, with all your love,
In that star we see at night.

Your body was killed, but your spirit lives,
And I know it always will.
Your love, faith, and hope are there for all to see,
In a star that shines at night,
So big and very bright,
On clear and cloudy nights.

Sometimes it twinkles,
Sometimes it glows.
When I look in the sky at night,
I know we will never be alone.
Your spirit shines from up above
To let us know we will always be loved.

— June Keatts Wiggins

Our Children Remembered

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

Mariah Nicole Albee
Daughter of Valerie and Richard Albee
November 27, 1982 - September 7, 2012

Glorimar Arán
Daughter of Sandra Arán
July 26, 1989 - November 11, 2001

Douglas Lee Baer III
Grandson of Shirley Baer
August 21, 1983 - November 14, 2006

Linda Lou Boyce
Daughter of Cora Boyce
March 29, 1967 - November 30, 2004

Michelle Marie Dyke
Daughter of Marie Dyke
May 19, 1975 - November 10, 1992

Alice Engleman
Daughter of Elizabeth Engleman
November 20, 1997 - June 21, 2011

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

Romana Alice Hale
Sister of Bobbi Remines
October 8, 1948 - November 5, 1976

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

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

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

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

Marco Pena
Nephew of Dianna McKinnon
November 28, 1989 - February 14, 2012

Nicholas Grant Poe
Son of Karen and Michael Willey
November 9, 1982 - January 23, 2002

Samantha Ann Rankin
Daughter of Vickie and Bart Rankin
November 19, 1988 - May 31, 2010

Joseph William Remines
Son of Bobbi Remines
November 16, 1980 - January 3, 1994

André Marc Sanders
Son of Lydia Sanders
April 8, 1968 - November 27, 2002

Gary "Jake" David Spirt
Son of Dee Spirt-Rayment
November 19, 1962 - November 21, 2002

Karen Leese Stevens
Daughter of Judith and John Leese
July 19, 1962 - November 17, 2009

Robert Matthew White
Son of Kathleen Savage
September 20, 1972 - November 13, 1993

Maraki Yemane
Daughter of Patrizia Giorgio and Menelik Yemane
April 1, 2006 - November 21, 2010

*This is for all the caterpillars that never became butterflies.
All the butterflies that never caught the wind in their wings.
And all the hearts that had hopes and dreams of a
wondrous flight together.*

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

John Adamecz, Jr. and Bonita Boone-Adamecz in memory of Traci Lynn Boone
Barry and Elizabeth in memory of Jon Russell Aikin and James William Aikin
Phil and Madeline Ammon in memory of Christopher Ammon
Shirley Baer in memory of Douglas Baer III
Richard and Barbara Bessling in memory of Ricky Bessling
Carol Boslet in memory of C. Ryan Boslet
Cori Boyce in memory of Linda Lou Boyce
Bob and Sandi Burash in memory of Paul Burash
John and Cathi Campbell in memory of Hannah and Faith Campbell
Samantha Carlson in memory of Zachary Dukes
Rose Marie Carnes in memory of Walter Maynard IV

Noel and Ann Castiglia in memory of Tria Castiglia
Don and Karen Coulson in memory of Craig Nelson
Earl and Denise Crouse in memory of Robby Ostrowski
John and Mary DeMichiei in memory of John DeMichiei
Alain and Mary Louise deSarran
John and Patricia DiMiceli in memory of Amber Calistro
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Cindy Dukes in memory of Zachary Dukes
Marie Dyke in memory of Michelle Dyke
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LeRoy and Jeanne Jones in memory of Brian and Jeremy Jones and Roger Johnson
William and Deborah Kissinger in memory of Paul Burash
Katherine Lawrence in memory of Susan Lawrence Barr
John and Judy Leese in memory of Karen Leese Stevens
Jim and Patty Lenz in memory of Deana Jean Marie Lenz
Don and Kathleen McGlew in memory of Jennifer Hamilton
Donald and Norma Melcher and Cheryl Lewis in memory of Brian Melcher
Justin, Becky, Bryce and Baire Michael in memory of Samantha Rankin
Barbara Michaux in memory of Christine Enders
Lawrence and Rosemary Mild in memory of Miriam Luby Wolfe
Mike Milord in memory of Dan Milord
Robin Moczulski in memory of Cody Moczulski and Mary Smith
Bill and Paula Muehlhauser in memory of Chad William Muehlhauser
Kevin and Kellie Mueller in memory of Samantha Rankin
Rich O'Donnell and Fran Palmer in memory of Scott Palmer, Steve Cooper and Ricky Bessling
David and Tracie Parkinson in memory of Zachary Dukes
Josefina Patterson in memory of Zachary Dukes
Sharon Poe in memory of John Christopher Poe
Bart and Vickie Rankin in memory of Samantha Rankin
Linda Rasmussen in memory of Steven Craig Rasmussen
Mary Redmiles in memory of Tommy Redmiles
Bobbi Remines in memory of Joseph William Remines and Romana Alice Hale
Leonard and Juliet Rothman in memory of Daniel Rothman
Joanna Salgado in memory of Kelly Schultz
Lydia Sanders in memory of Andre Marc Sanders
Kathleen Savage in memory of Robert White
Tom and Joyce Schall in memory of Thomas Schall
Jim and Pat Schultz in memory of Kelly Ann Schultz
Benjamin and Sharon Skarzynski in memory of Jason Skarzynski
Laura Sisler and Kerssy and Aidan Rodriguez in memory of Brandon Sisler
Francesco and Kristin Silva in memory of Kelcey Silva
Gary, Desirae, Garrett and Jacob Smith in memory of Joseph Smith
Kenneth Smith in memory of Tracy Fotino
Debra Wilson-Smith in memory of Christopher
Dee Spirt-Rayment in memory of Gary David Spirt
Lewis and Peggy Strader in memory of Christopher Lewis Strader
Lorraine Tarr in memory of Russell and Jason Tarr
Vanya Torres in memory of Solymar Rodriguez-Torres
Tim, Cindy, Lexie and Haley Tutwiler in memory of Andrew Gawthrop
Chuck and Marta Williams in memory of Matthew Williams
The Williams family in memory of Sammy and Grant Williams
Mary Ellen Young in memory of Zachary Robertson

CHAPTER NOTES

The Memory Walk Was a Huge Success....Again

Many, many thanks to Barbara Bessling (and the many volunteers she enlists) for a great job of organizing and executing the Chapter's Tenth Annual Memory Walk. We are truly blessed that every year Barbara's hard work allows all of us the opportunity to walk with family and friends in memory of our beloved children. The Walk, the camaraderie, the closing ceremony...all so very special and memorable. Robert Bessling, Bob and Sandi Burash, Fran Palmer and Rich O'Donnell, Paul Balasic, Noel and Ann Castiglia, and others gave of their time to make the day special for so many of us.

A huge thank you – we're sure that Ricky, Paul, Scott, Bethany, Tria and all of our children are standing proud.



We Have a Library!

Our Chapter has a relatively extensive library covering a wide range of topics. You are always invited and welcome to take any book from the library and keep it for as long as it is useful to you. We always ask that when you have finished with the book, you return it so that someone else may benefit from the book. We did a scrub of the library books on hand in late 2008 and compiled a list of the books in our library. Since then, many books have been checked out and returned. Unfortunately, there are many books that have been checked out since 2009 and not returned.

Our plea is, if you have a book and have finished it, please return it to the Chapter. Thank you!!



We've Entered the Electronic Age!

Our Chapter – thanks to Bob and Sandi Burash!!! -- has begun using email technology to alert you to upcoming Chapter events. If you have provided an email address to the Chapter, you should be receiving email alerts. If you are not, it is possible the email address you provided has changed or there was an error in the address. The other possibility is that you never provided an email address. We ask that if you have not been receiving emails from us but would like to, please provide us with a good email address and send it to aabereavedparents@gmail.com.

What does this email technology mean to you? You will begin receiving periodic emails to alert you to Chapter events, such as monthly meetings, Core Group meetings, the newsletter as soon as it is available on our website (typically well in advance of the mailed version), special events such as the annual Memory Walk in October, the annual Service of Remembrance in December, and other announcements. Depending on the activity, you could receive an email alert as much as two months in advance of the event, one month in advance, two weeks, and the week of the event.

What does this email technology mean to the Chapter? The chapter is a non-profit, all volunteer organization. We work with a limited budget that gets tight from time to time. The Chapter is funded entirely through your generous donations, which provide for the publication of the newsletter, the website, refreshments, printing of flyers announcing special activities, and the programs for these activities, mailing costs, and other expenses the Chapter incurs throughout the year. When we use email, we will be able to reduce some of our expenditures, have more of your donations available to cover costs that cannot be handled through email, and you will receive information on a more timely basis....plus, we will be going green.

We look forward to your input with regard to the value of the emails. Is the information in the email helpful or bothersome? How can the email be better used? Improved? What additional information would you like to see? What would you NOT like to see? Please send your thoughts, comments, ideas, feedback to aabereavedparents@gmail.com. Thank you for your time and feedback.



May the spirit of the child who lives so deeply within your heart help you through this month and through every moment of re-establishing your life. And may the memories of this season come on gentle wings to bring you love and peace.



The Compassionate Friends
Worldwide Candle Lighting®
December 9, 2012 at 7 p.m.

"...that their light may always shine."

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Anne Arundel County Chapter
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Annapolis, MD 21401-0280
www.aacounty-md-bereavedparents.org

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Permit No. 922
Capitol Heights, MD

NEXT MEETING: December 6, 2012



Time sensitive
Must be delivered by November 30, 2012

UPCOMING MEETINGS & EVENTS:

Introducing Our Children

Thursday, December 6, 2012

Calvary United Methodist Church, Annapolis, MD

The focus will be on our deceased children, giving everyone the opportunity to tell others about who they were. There will not be a presenter; sharing groups will be the focus. For all who want to participate, bring a picture or memento of your child; each person will then show the picture or memento and introduce the child and describe what he or she was like.

Program To Be Determined

Thursday, January 3, 2013

Calvary United Methodist Church, Annapolis, MD

Service of Remembrance

Sunday, December 2, 2012 @ 3 p.m.

**St. Martin's-in-the-Field Episcopal Church
Severna Park, MD**

Worldwide Candle Lighting

Sunday, December 9, 2012 @ 7 p.m.

**Sponsored by The Compassionate Friends
www.compassionatefriends.org**

RESOURCES:

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.grasphehelp.com or 843-705-2217

The Compassionate Friends of Prince George's County

Meetings are on the second Thursday of each month at 7 p.m., United Parish of Bowie, 2515 Mitchellville Road, Bowie, MD

**The Compassionate Friends, Reston Satellite Group
(for no surviving children)**

North County Government Center
Reston District Police Station
12000 Bowman Towne Drive
Reston, VA
Second Saturday of each month; 2pm - 4pm

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