



Bereaved Parents of the USA

Anne Arundel County Chapter

September 2012

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Grandparents' Remembrance

We are the grieving grandparents, the shepherds of our children and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

— Susan Mackey, TCF, Rutland, VT



Tenth Annual Memory Walk

Our Anne Arundel County Chapter of the Bereaved Parents is sponsoring the Tenth Annual Memory Walk on Saturday, October 6. On page 9 of this newsletter, you'll find logistical details about the Walk, which is open to everyone grieving the loss of your child. It's a great venue for everyone to gather and remember. If you're interested in helping the Chapter by getting Walk sponsors, here's how to do it:

- **Getting Walk Sponsors** – Some who participate in the Walk get “sponsors” for their participation in and successful completion of the Walk; sponsors make donations to the Chapter in support of the Walk participant and in memory of their child. Donations help to cover the costs of the Walk and ongoing Chapter activities.
- **Sponsor Sign-Up** – Sheets are included in this newsletter (page 11). (Walker registration forms are also needed for all Walkers, see page 10.)

If you want to make a picture button for the Walk, see page 9.

The printing and mailing of this newsletter have been donated by

Alli and Holly Enders in memory of their daughter

Christine Kelly Enders

September 26, 1986 – October 15, 2008



Almost 4 years ago you went Home and yet life has gone on. Seems like yesterday we got that phone call that changed our family forever. We miss you every day, yet we feel you are always helping us to continue to live and make you proud. Your life cut short, we will live with you in our hearts as long as we breathe. Happy 26th Birthday to our forever young daughter and sister.

All our love,
Mom, Dad, Drew and Scooter

Rick and Carol Tomaszewski in memory of their son

David William Tomaszewski

September 4, 1974 – February 6, 2001

“When I look toward the sky, I am greeted with the smile of an angel.”
We will always miss your smile and the sound of your laughter.
Our love for you is forever.

Rick, Carol, Beth, Lara and Josh

Tomaszewski



Next Meeting: September 6, 2012

A Grief Journey and Keeping Their Memory Alive -- Mary Ellen Young, a bereaved parent, will share her personal experience, including how her family let others know what they needed and how they could be of help during such a devastating time, how they expressed their gratitude to them for their support and expressions of sympathy, and how they maintain those connections today, six years after their son's death. She will also describe her grief journey and the many ways her family celebrates and continues to keep Zachary's memory alive.

Sharing groups for first-time attendees, for the newly bereaved, and for the non-newly bereaved will be held as usual.

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 October newsletter due to the Newsletter Team by September 1.
Send an email to: newsletter@aacounty-md-bereavedparents.org.

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Programs:	Paul Balasic

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

The First Day of School

My heart ached for any parent whose child would have started school today. I looked around at the mothers and fathers TOO eager to drop their kids off, and I wondered if somewhere near a parent was crying because their child was not attending.

It has taken me many years to overcome the sadness of the first day of school. I never thought the overwhelming pain would ease. The "what-if's" still linger in my mind, but I can fade them out with happy thoughts of the day.

I am still aware that today Nadine would be skipping off to her grade one classroom and I can't help wondering which teacher she would have had. But, my heart does not ache for me as it did most other Septembers...

today I ache for the parents who have just begun their journey; the parents experiencing the first day of school without their child.

— Shannon Stevens, TCF
Powell River, British Columbia



Just Another Day

Today is not your birthday
Or an anniversary date either.
But today you are part of my day;
Just like every day before...every day after
Only another bereaved mom or dad
Can know that these words are true.

You were my yesterday...
our touching, hugging, laughing or talking.

You are my today...
Only my one-sided outreach can be observed
Yet my heart knows you hear and see.
It's the only way I can still be.

You were my yesterday...
Easy for everyone to see
You are my today...
As only you and I know.

You are my tomorrow...
As long as I must continue to grow.
What I say, what I do
Always measured by my love
And pride of you!
Because forever I will live reflected by my
hope
In your love and pride in me.

— Pamela Cousins, TCF
Greater Ozark Chapter, Springfield, MO



Celebrate the Life

Today marks the fourteenth anniversary of losing my son, Michael. But for me, this day began around his birthday in January.

Over these last few years I decided to gather my family and begin to think of the day not as a day of loss, but a day of celebrating our lives with Michael. We would come together, share stories, and enjoy time with each other. Each family member would embrace the day in their own way -- but we would share it together.

This year, right around Michael's birthday, January 19, I naturally began thinking about how my life would have been different if Skeeter was still around. But I also found myself asking new questions -- what about my life would be exactly the same? What about my life could and should be different regardless of having Mike at my side or not? Am I honoring his life by living my own to the fullest? The answer was a surprising no.

I found myself stepping out of my usual roles to take a look at things from the outside in. Habits which I wanted to change. Beliefs that I felt were no longer a part of my lifestyle. Relationships which I had that had somehow fallen off track while I wasn't looking. All the things I tell others to do I was now ready to do for myself, once again, now that I was feeling more at peace with the loss of my 17-year old son. Why? Because, just like life in general, the feelings which surround loss also evolve. The time was right for me to embrace change.

Naturally, any type of loss leaves a landmark along your journey. But so often, the loss itself can trigger a lot of buried feelings about things in general. Things like regret over bad choices. Or anger toward people. The basic lack of satisfaction about life in general. But here's where the lesson comes in ... most people usually associate this lack of "Zing" with the loss of a loved one. But, in all reality, most times the lack of Zing was already there... except it was being clouded by the misdirection and false sense of security that comes with the people, places and things we gather in our lives.

This past January, I found that the time had come for me to stop examining the evolution of the relationship between me and Michael and start taking a fresh look at all the other relationships, ideas, beliefs and values which were a part of my life right now. It was time to stop working on my loss and start working again on me. I had finally arrived at a new place and it was time for me to take a look at the things which were blocking my life from moving on.

Michael's anniversary will always be an enormous day of honor for a life lost way too soon. But for the first time, I will now see this day as a reminder to me that life, quite simply, evolves. And the best way to honor my son's life is to have the courage to face this constantly changing journey with courage, wisdom and, most of all, faith.

So this year, I will be taking a break from larger gatherings for the opportunity to get away and spend time at a simpler and slower pace with one goal in mind -- allowing myself to enjoy my life and see what happens next.

— Ron Villano



Forever Twenty

My husband just had open heart surgery. Twelve years ago, I had breast cancer. In 2001, my mother and brother died by suicide. And 21 years ago, we lost our older son, Michael, to suicide. (In August, he'd be 41.) Of course, of all these, the last was the worst.

What I've learned from all this is that life is so precious; you have to take one day at a time; you need to appreciate the small things; and realize what (and who) is really important. Maybe some of this will be of help to you.

— Margie O'Malley, Haymarket, VA
In loving memory of her son Michael



Rain

Rain. Rain. Rain. Rain teaches us that all seasons are necessary for the earth's seasons. Tears are part of our emotional seasons. Let yourself cry in the shower, cry in the car, cry with friends (with no apology). Tears are part of the human experience and will not drown you. No matter how many years have gone by, the tears will emerge at times. Let the tears fall.

— Author Unknown

Dear Parents...

I suspect you are wondering how you will ever make it through this loss. You feel an overwhelming load of grief. You wonder if you will be able to survive, or at least maintain your sanity. It is absolutely horrendous. I do not know of any experience that is as wrenching and tearing as the death of your child.

Death first visited me when I was eight years old. My father just fell over dead of a heart attack. My mother died a year and a half later. I have lost a stepfather, a stepmother, a father-in-law to death. But of all these experiences, none has been as profoundly grievous as the death of our son. Nothing in my life has ever caused me to feel so ripped apart as the death of our son.

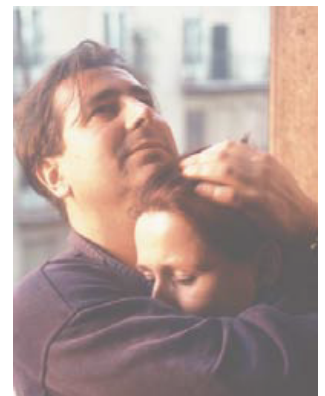
I remember driving home alone from the hospital the day he died. I remember only because I could not stop sobbing. I remember the burial; I could not stop sobbing there, either. I remember a year later attending the memorial service for the child of a friend of ours; Marilyn and I fell apart and went to pieces all over again. We said to each other, "Will we ever get over this?"

No. You don't ever get over it. You don't ever forget. In time you move beyond the pain, yes. In time you come to believe that you will survive and not lose your mind. In time you feel restored and whole again, yes. But you never forget the loss of your child. I think that is good. We can move beyond, but we cannot forget. We do not want to forget. I think that is the way it must be.

It also must be said that you wander sometimes aimlessly through the wilderness of anguish before you reach the promised land of peace and healing. It will take time. More time than we like to think. Each of us grievers needs to wrestle with the demons and dragons and despair of crazy thinking before we can begin to feel any kind of restoration and return to a sense of wellness and wholeness. Pay no attention to those who would have you "Get it over with" or "Pull yourself together" or "Get on with your life." Grieve your loss as you must, not as others dictate. God knows I feel with you in your loss. I want you to believe that the feelings you feel are normal, even though they may frighten you and cause you to think that you are losing your mind.

In all this, love yourself. Embrace yourself; and if you have a spouse, embrace each other. Share your feelings. Be patient with yourself and with each other. And you will slowly move through the valley of the shadows, and finally step into the sunlight once again. There are many of us who share in your feelings. And even though you may not know us, believe that we walk with you in spirit on your journey.

— Dr. William Miller, pastoral counselor and bereaved parent



SIBLING PAGE



Re-entering School after the Death of a Sibling

Going back to school after the death of your brother or sister is a hard thing to go through. At first there are three groups

of people to deal with: People who give you a lot of support, people who don't know what to say, and those who give you weird looks and stay away from you. This lasts for a little while.

After a short time, changes with each group occur. Those who didn't know what to say start to speak or begin to talk. The group who kept away stops ignoring you. The people who gave you a lot of support slowly return to their own affairs. After about a month and a half, everything goes back to normal and is over to everyone except you. This is very difficult to accept and makes you feel all the more alone.

After a long while, the shock for you goes away and it is then when you need the support from your friends, peers and teachers. This month is the first anniversary of the death of my brother. Most people will have forgotten and they think everything is right with the world. But it is not! Certainly not to my mother and me.

— Jordan Ely, BP/USA, Albany/Delmar Chapter

Hugs from Heaven

When you feel a gentle breeze
Caress you when you sigh
It's a hug sent from Heaven
From a loved one way up high.

If a soft and tender raindrop
Lands upon your nose
They've added a small kiss
As fragile as a rose.

If a song you hear fills you
With a feeling of sweet love
It's a hug sent from Heaven
From someone special up above.

If you awaken in the morning
To a bluebird's chirping song
It's music sent from Heaven
To cheer you all day long.

If tiny little snowflakes
Land upon your face
It's a hug sent from Heaven
Trimmed with Angel lace.

So keep the joy in your heart
If you're lonely my dear friend
Hugs that are sent from Heaven
A broken heart will mend.

— Charlotte Anselmo

Why?

When my sister died, I asked what every surviving sibling most likely asks himself. Why? For quite a while, this question gave me something to strive for, a purpose to fight for. But what I soon realized was that there was no use in asking. That question is irrelevant; the point is moot. It no longer matters why she died. The fact remains that she died, and there is nothing I can do to change that – including finding the answer to why. There is no such answer.

If perchance God would speak to me, would that change anything? If he would say, "I took your sister because I want her up here in heaven," what would that mean to me? I still lost her. I would still question God's decision.

What it comes down to, however, and although it is hard, we who have lost siblings must accept the fact that they are now gone. Put aside the fact of why or how they died, and remember that they once lived and will always be alive in your memory and heart. Bypass why they died and concentrate on how we should now live! Remember, they would have wanted it that way.

— Trey Martin, TCF, Hardin County, OH

Siblings

A child's life is changed when a brother or sister dies – and it is changed forever. If I had one piece of advice for parents, it would be to realize that your children have to grieve the same way you do. They probably won't, just because of the difference between sibling-sibling and parent-sibling relationships. Realizing this difference in perspective will help parents understand why their children sometimes do things that make them angry. I know it is asking a lot to consider your children's point of view when you are hurting so much, but sit down and talk about your perspective, too. Maybe children don't know why this thing they have done is upsetting you. During such an emotionally draining time as grieving for a lost child, don't leave anything to chance. Don't assume anything.

— Julie Peterson, TCF, Pawtucket, RI





The Shirt in the Clothes Hamper

The shirt was at the bottom of the dirty clothes hamper when he died. I found it when I got around to doing wash sometime after the funeral. Life must go on in spite of what happens to us, and the wash is part of ordinary day to day life.

It was natural for the shirt to be there. I'd done his wash since he was born twenty-one years before. I stood and looked at it and decided to leave it there.

Year after year, wash after wash, I left it there. This was a symbol of normal life. My life wasn't normal any more, and I left it there to sort of hang on to the past, I guess. It gave me comfort to see such an ordinary, normal thing as one of his shirts in the dirty clothes when my life was so extraordinary now.

One by one such "hangings on" are done away with as we slowly re-enter life's mainstream again. We know the time is right for

these habits to go when we don't grieve for them when they happen. And they happen, just as we must move on eventually.

One day in a fit of neatness, my daughter did the wash, and she washed the shirt. It must have been five years after her brother died. I felt a tiny surprise when I saw the shirt hanging clean in the closet, but I didn't feel the sorrow or even disappointment. The time seemed to be right for the shirt to leave the dirty clothes hamper. A simple thing, but this was a symbol of progress of sorts.

I'm so glad no one rushed me – I would have resented it. I was allowed this simple idiosyncrasy until it was natural to give it up. Left alone, I probably never would have removed the shirt, just left it there, never really knowing why. But when this happened, I knew I was getting better. Finally, I was letting go, and that was okay.

— *Fay Harden, TCF, Tuscaloosa, AL*

Butterflies Make Me Happy

Sometimes in our grief we truly believe we are going crazy. We hurt so bad we don't think we can manage to go on living without our precious child here with us. Part of the grieving process is learning how to do just that. Some parents need the reassurance that their child is okay. I think the human mind can only take so much pain and jumps at the chance to see signs from their children, reassuring them that they are okay...Are these signs real, or just in my imagination? Can I prove they are messages from my son? Does it even need to be proven? No, I can't scientifically prove it. But, I know that dreams, butterflies, signs and enjoyment in nature make me feel closer to Eric and therefore I will continue to enjoy them. It hurts no one, I'm not obsessive about it and anyone who chooses to think I'm nuts for believing in such things can think I'm nuts.

We've all heard how the butterfly is a symbol of rebirth. Whether it's our child moving from this world onto a higher plane, or a bereaved parent emerging from the cocoon of grief into a world without our child here with us, butterflies are a comfort for many. When I'm missing my son and see a butterfly flitting from flower to flower, I smile and feel better. When I'm in a happy mood and see a butterfly, I enjoy the beauty of such a delicate creature. Taking the time to slow down and watch such a fragile creature going about its business is calming and I don't think anyone should discount the benefits from having a calming moment.

About four months after Eric died, I had a dream about him. I woke myself up from tears of joy running down my face. I knew he was okay...what a relief that was. I still hurt terribly and missed him more than I thought I could endure, but I felt comforted by the dream. Some could say it was my subconscious trying to sort things out, but I choose to believe it was his way of trying to comfort me. Either way, it made me feel better.

Maybe it's because bereaved parents walk around in such a fog and function on automatic pilot that we are moving slow enough to notice the signs that are around us. Maybe dreams are one way for us to accept messages we need to hear and take into our hearts without logically trying to interpret them. Maybe faith is what we rely on when nothing else makes sense and we instinctively know we need something to hold on to. Whatever it is, just give me a second helping; I like feeling closer to my son!

— *Lynn Vines, TCF, South Bay, CA*

A Simple Thing



“You don’t know how much I miss having someone to throw the football with”... isn’t it odd how the simple things we say to one another can trigger

deep, deep sadness, how our whole world can seem to come to a complete stop, when we have lost someone very important to our lives? Or is it? Actually it is a natural response. It has been six and one-half years since our son died, and we have spent that time studying and actively working through our grief. We knew instinctively from the beginning that we must face it squarely. We discussed that day he died how we must deal as best we could with each problem, each emotion, when they arose, no matter how strange it may be or how difficult.

Right away we purchased all the books we could find on grief. Our desire to learn about these strange feelings we were having was strong, our appetites insatiable. And we have come far in these years and in our dedication to know what was happening to us and why. We have only recently discussed that we felt that we are no longer actively grieving for our son. We feel we have recovered from grief. Intellectually we know there will be periods of sadness sparked by memories. Our studies have taught us this. We feel we can not only deal with this but welcome it as a reminder of him and his value to us, for his death represents so much more than merely a person leaving our lives. The shock waves of loss will probably go on forever when we have moments of need of him. Perhaps the simple things cause us to miss him the most, like preparing for homecoming at our university and having no one to toss a football with...

I often think of throwing the ball away – it often needs air even though it’s only handled occasionally by my husband, but I know it would be a fruitless act because there are so many other reminders – musical instruments lying mute, the brown fedora collecting dust. We have learned to laugh again, to participate in life again. But today, oh today! How sad I felt, how quickly the tears came when my husband said, so sincerely, so quietly, “You don’t know how much I miss having someone to throw the football around with....” I felt my heart break again.

Tomorrow we will teach the dog to catch a Frisbee, but it will never be the same. It won’t ever be the same again.

— *Fay Harden, Tuscaloosa, AL*

are and where our life is right now. Our past with our child blends into the today that we have right here, at this moment. Our child has taught us that life is precious and often too short, and we have to make the most of each and every day. Each day includes ways we stay connected with our child and ways that we move forward to rediscover and reinvest in life, not just in memory of our child, but for our own healing process as well. Hopefully Compassionate Friends meetings are a part of your connection to your child. We all love talking about our kids, sharing our pictures and favorite stories.

May you have hope and healing, may your memories help you to smile, may the light of your child’s life glow and brighten your world with love. And always...stay connected with your child in whatever ways bring you comfort and blessings.



Connections

In the past two decades, modern technology has made great advancements toward keeping in touch with our friends, family & co-workers. An email address, a cell phone, a facebook page; these are just a few of the ways we can connect with those we love and care about. And we love keeping those connections going in many other ways; meeting friends for dinner, shopping, traveling, going to a movie with friends, holiday celebrations with family. There are countless opportunities and ways for us to keep those we love in our lives. Even if we can’t see each other, we’ve got skype, pictures on facebook, texts on a cell phone, and photo websites. And no one thinks anything unusual about all these varied and unique ways of keeping connected with each other. Quite the contrary, consider the rising popularity of facebook, not just for friends, but for businesses and non-profit organizations.

So if keeping connected is so popular and widely accepted, why are bereaved parents who need connections with their departed child, treated as unusual and told to “get over it”? It’s just as important for us to have a memorial website, wear our child’s clothes, have his/her photos displayed, listen to our child’s favorite music, read books about grief and bereavement, and yes, even continue to attend “those” support group meetings years later.

September 2010 marks 13 years since James left us. We still miss him each and every day and not one day has gone by that he hasn’t been thought about and remembered. We will never “get over it” – no bereaved parent ever will, but we do “get through it.” I have James’ denim shirt that I love to wear when we go camping, his soccer team shirt hangs in my closet (I’ve actually worn it a couple of times), and I sometimes listen to sad songs that bring me to tears, and I’m still involved with Compassionate Friends. His pictures are evident in our home and on my desk at work. I love to talk about James and value the times when friends ask questions about James. I don’t have the opportunity to create new memories with James, there won’t be any grandchildren to cherish, and I can’t buy him birthday or Christmas gifts anymore. But the connections I do have to James, whether it’s watching a sunset, seeing a butterfly or dolphin, watching a soccer game, making his favorite tuna casserole, or wearing his shirt, are very valuable and precious to me. I crave those connections because that is what’s left as a tangible way to keep James not just on my mind and in my heart, but right here beside me.

As bereaved parents, don’t rob yourself of whatever connections you have with your child in spite of other well-meaning friends/family/co-workers who tell you what you “should” do or how you “should” feel. We are moving on, we are carrying on with our lives, and yes, even though it’s sad to talk about our child, listen to his favorite songs, cook his favorite dishes, it’s all a part of whom we

Our Children Remembered

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

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

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

O. Steven Cooper
Cousin of Frances Palmer
July 5, 1954 - September 26, 1998

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

Christine Kelly Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

Cynthia Lynn Ferguson
Daughter of Doris and Charles Clair
September 4, 1952 - March 28, 2010

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

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

Kerry Elizabeth Hambleton
Daughter of Bob and Ellen Hambleton
September 14, 1983 - July 26, 2011

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

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

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

Robert Adam "Robby" Ostrowski
Son of Denise Crouse
January 30, 1995 - September 11, 2010

Scott Thomas Palmer
Son of Frances Palmer
August 3, 1983 - September 1, 1996

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

Steven Craig Rasmussen
Son of Robert and Linda Rasmussen
July 15, 1961 - September 24, 1997

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

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

Deonte Joseph Simms
Grandson of Deborah Simms
October 1, 1981 - September 9, 2001

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
February 16, 1982 - September 15, 2002

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

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

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

Ashley Jayné Younger
Daughter of Stephanie Younger
October 12, 1990 - September 28, 2008

Sienna Blue Water Zertuche
Daughter of Karen Samaras
September 5, 1976 - July 31, 2008

*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 in the last month:

Doris Clair in memory of Pamela Clair and Cynthia Ferguson
Denise Crouse in memory of Robbie Ostrowski
William and Jody Dale in memory of Joshua Dale
George and Kathy Ireland in memory of Melissa Ireland Frainie
Fran Palmer in memory of Scott Palmer
Bart and Vickie Rankin in memory of Samantha Rankin
Kenneth Smith in memory of Tracy Fotino
Rick and Carol Tomaszewski in memory of David Tomaszewski



TENTH ANNUAL

ANNE ARUNDEL COUNTY CHAPTER Bereaved Parents of the USA

Memory Walk

Saturday, October 6, 2012 • 8:30 a.m.

Dogwood Pavilion at Quiet Waters Park

600 Quiet Waters Park Road

Annapolis, MD 21403

Rain or Shine!



On Saturday, October 6, the Anne Arundel County Chapter of the Bereaved Parents of the USA is sponsoring the tenth annual Memory Walk...to remember all of our children who died too soon, but who still walk in our hearts and in the hearts of family and friends.

We will meet in the Dogwood Pavilion beginning at 8:30 a.m. for registration, light refreshments, and a few moments of fellowship before we proceed on the Walk.

Please come join us to remember.

Parking is free at Quiet Waters Park for those participating in the Chapter's Memory Walk. Indicate to the attendant at the entrance booth that you will be participating in the Walk. Once again we will be posting pictures of our children along the course of the Walk. **If you are going to join us at the Walk and would like your child's picture posted, please send an email to pjbspmd@gmail.com. Attach a digital picture to the email or send a photo to PO Box 6280, Annapolis, MD 21401-0280. If your child's photo was in the 2011 Service of Remembrance slide show, you don't need to submit an additional photo.**

Picture Buttons: Have a button made for the Walk using a picture of your loved one. Bring the picture to the September meeting or to the Walk. Note the size of the photo(s) you will need to bring:

This is the size of the
photo buttons to be offered.

Please bring a photo
to fit this size.

One photo per button.

For more information or to help with the Walk, call Barbara Bessling at 410-761-9017, or email BeBessling@aol.com, or go to our website at www.aacounty-md-bereavedparents.org.

**The Anne Arundel County Chapter of
the Bereaved Parents of the USA**

**Tenth Annual Memory Walk
Quiet Waters Park, Annapolis, MD**

October 6, 2012

8:30 a.m. Rain or Shine

REGISTRATION & WAIVER FORM

**A separate Registration & Waiver Form must be completed and signed
by each person participating in the Memory Walk**

I Am Walking In Memory Of

Name _____

Street Address _____

City, State Zip Code _____

Telephone _____ **Email Address** _____

Pledge Amount* _____ **Please make checks payable to: BP/USA – AA County*

The Anne Arundel County Chapter of The Bereaved Parents of the USA, states that no goods or services were provided in exchange for your contribution. Your contribution is tax-deductible to the extent allowed by law. The Anne Arundel County Chapter of The Bereaved Parents of the USA, is a 501(c)3 tax-exempt not-for-profit organization. Our employer identification number is 36-4081249.

A pledge is not required to participate in the Walk. If you cannot participate in the walk, but would like someone to walk in your child's memory, please print out and fill in this form and send it along with your pledge to:
BPUSA/AA County, P.O. Box 6280, Annapolis, MD 21401-0280

If you have any questions about this event, please send an email to: bebessling@aol.com
or go to our website at www.aacounty-md-bereavedparents.org

LIABILITY WAIVER MUST BE SIGNED BEFORE PARTICIPATING IN MEMORY WALK

WAIVER AND RELEASE: I recognize that participation in the Anne Arundel County Chapter Memory Walk may involve certain hazards. I understand that I should not participate unless medically able. I assume all risks associated with involvement in this activity, including but not limited to falls, contact with participants, the effects of weather, including high heat and humidity, the conditions of the track and/or road, traffic on the course, and all risks being known and appreciated by me. Having read this waiver or release, knowing these facts and in consideration of my acceptance into this Memory Walk, I, for myself and anyone entitled to act on my behalf, waive and release the Anne Arundel County Chapter of The Bereaved Parents of the USA, and all sponsors and hosts, and their representatives and successors from all claims or liabilities of any kind arising from involvement in this activity.

Signature (Parent or Guardian if under 18): _____ Date: _____

**The Anne Arundel County Chapter of
 The Bereaved Parents of the USA
 Tenth Annual Memory Walk
 Quiet Waters Park, Annapolis, Maryland
 October 6, 2012**

8:30 a.m. Rain or Shine

Additional Sponsor List

We like to acknowledge all donations, so please print your name and address neatly and completely.

Name and Address	In Memory Of	Pledge Amount

The Anne Arundel County Chapter of The Bereaved Parents of the USA, states that no goods or services were provided in exchange for your contribution. Your contribution is tax-deductible to the extent allowed by law. The Anne Arundel County Chapter of The Bereaved Parents of the USA, is a 501(c)3 tax-exempt not-for-profit organization. Our employer identification number is 36-4081249.

For additional information please contact Barbara Bessling at bebessling@aol.com or 410-761-9017 or go to our website at www.aacounty-md-bereavedparents.org.

Bereaved Parents of the USA
Anne Arundel County Chapter
P.O. Box 6280
Annapolis, MD 21401-0280
www.aacounty-md-bereavedparents.org

Presorted Standard
U.S. Postage
PAID
Permit No. 922
Capitol Heights, MD

NEXT MEETING: September 6, 2012



Time sensitive
Must be delivered by August 30, 2012

UPCOMING MEETINGS & EVENTS:

A Grief Journey and Keeping Their Memory Alive
Thursday, September 6, 2012
Calvary United Methodist Church, Annapolis, MD
Mary Ellen Young, a bereaved parent, will share her personal experience, including how her family let others know what they needed and how they could be of help during such a devastating time, how they expressed their gratitude to them for their support and expressions of sympathy, and how they maintain those connections today, six years after her son's death. She will also describe her grief journey and the many ways her family celebrates and continues to keep Zachary's memory alive. Sharing groups for first-time attendees, for the newly bereaved, and for the non-newly bereaved will be held as usual.

Embrace the Angel. A Journey from Hurt to Hope
Thursday, October 4, 2012
Calvary United Methodist Church, Annapolis, MD
Patricia DiMiceli, author of "Embrace the Angel," will take attendees on a journey from the depths of despair to the heights of heaven by sharing her life and her deceased daughter's life lessons. In the 31 years since her daughter's death, she has learned some pivotal lessons which have transformed her life and the lives of many others. Sharing groups for first-time attendees, for the newly bereaved and for the non-newly bereaved will be held as usual.

Anne Arundel County Chapter's Annual Memory Walk
Saturday, October 6, 2012
Quiet Waters Park, Annapolis, MD

Anne Arundel County Chapter's Annual Service of Remembrance
Sunday, December 2, 2012
St. Martin's-in-the-Field Episcopal Church, Severna Park, MD

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.grasphelp.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 pjbspmd@gmail.com or 443.566.0193.