



# Bereaved Parents of the USA

## Anne Arundel County Chapter

October 2013

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### Eleventh Annual Memory Walk

Our Anne Arundel County Chapter of the Bereaved Parents is sponsoring the Eleventh Annual Memory Walk on Saturday, October 5. 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.**



### *October is Pregnancy and Infant Loss Awareness Month*

They never left footprints in this world...  
But they left forever footprints in our hearts.

The printing and mailing of this newsletter have been donated by

Noel and Ann Castiglia in memory of their daughter

**Tria Marie Castiglia**

July 6, 1963 – October 14, 1984



We love and miss you, Tria. It's been 29 years since you went to heaven. We know you are at peace and we look to the time when we will all be reunited in heaven.

– Love Always, Dad, Mom & Carla.

Carol Fritz in memory of her daughter

**Kathryn “Katie” Fritz**

October 29, 1977 – February 27, 1993



Together forever, never apart...  
Maybe in distance, but never in heart.

– Forever Loved

## Next Meeting: October 3, 2013

**Holidays and Special Days – What Can I Do?** – Special days and holidays, particularly those in November, December and January can be very challenging for bereaved parents. Come and listen to other bereaved parents who will offer suggestions for preparing for and dealing with the holidays and other special days.

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 beginning at 7:30 p.m. 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.

*Doors open at 7:15 p.m.*

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 November newsletter due to the Newsletter Team by October 1.  
Send an email to: [newsletter@aacounty-md-bereavedparents.org](mailto: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](http://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](http://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 ([thbelt@comcast.net](mailto:thbelt@comcast.net)), 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

### I Will Love You, My Child

As long as I can dream,  
As long as I can think,  
As long as I have a memory...  
I will love you.

As long as I have eyes to see  
And ears to hear  
And lips to speak...  
I will love you.

And as long as I have a heart to feel,  
A soul stirring within me,  
An imagination to hold you...  
I will love you.

And as long as I have a breath to speak your  
name...  
I will love you.

— Author Unknown

### There Was a Day

There was a day,  
When shadows moved across my face,  
And a candle ceased to burn,  
When my gaze saw a darkness,  
And my world was wet with tears.

So fragile is my soul,  
As gentle as a wild flower,  
As fragile as the setting sun,  
That paints the heavens pink,  
But a single movement fades from sight,  
A shadow moved across my face,  
And a candle ceased to burn.

My love has gone and my world was wet with tears,  
But in the setting sun,  
I see a butterfly with wings of glorious pink,  
Wild flowers grow across my path,  
And a candle burns within my heart.



### How Do We Mark His Birthday?

How do we mark his birthday, this dear child of ours who's now gone? Do we ignore the day, pretend we're so busy that it slipped by unnoticed? As if that day could ever mean anything else to us, as if we could wipe out the significance of that day eight years ago when he was given to us, a birth that changed our lives so dramatically, adding a joy and a richness impossible to imagine before that special April day.

No, then we will mark the significance of this day. But how? In tears, swept up once more by the familiar tide of grief, floundering in all the "would have been...could have been" thoughts, sorrowing for all the lost possibilities?

Wrong, my heart says. A day filled only with grief would hardly be fitting the memory of a child so filled with joy and love. He was a fighter, that boy of ours, wrestling all the joy, all the good times he could out of his short life.

Better to celebrate his day his way, riding our bikes, going out for the pizza he loved, learning again to laugh and delight in the love and friendship we share, as he did.

Tears? Of course I'll shed some, but as he was never overwhelmed by his sickness, I'll try not to be engulfed in my sadness. We'll celebrate his birthday, remembering the precious times we've shared. We'll focus on the God-given gift that was ours, if only for a short time.

Our special son was born, he did live a rich life filled with love and sharing. Surely that is worth celebrating...in a bittersweet, but somehow triumphant way.

Happy Birthday, dear Bryce – we rejoice in your birth and the life and love we share with you.

— Joan Davis, Candlelight Newsletters



## What Does Time Have To Do with Grief?

Everything. Just consider how, in “normal life,” our lives are run by the clock and the calendar. Some of us have a clock in every room, so we can keep close track of the time. Few of us have the courage to live without wearing a watch, because we’re afraid we might be late for something. Time is precious to us. We live in a society that reminds us that every moment counts, and some of us are masters at cramming as much activity as possible into every moment. And when we are grieving, our experience still has much to do with time.

Time Stands Still. When we are grieving, we may feel like the rest of the world is going on as usual, while our life has stopped. Just last week, after my friend died, I passed a neighbor watering his lawn. He seemed totally unaffected by, and most likely unaware of, Sarah’s death. How could that be? He only lives a block away. Didn’t he feel the same shift in the universe that I felt when she died? Doesn’t he realize someone really special is missing?

Time’s Up. Most people will allow us about a one-month grace period where we are permitted to talk about our loss, and even to cry openly. During this time, our friends will probably seem to be attentive to our needs. But when the month is up, they may be thinking (if not actually telling us) that it’s time to move on, and we need to get over “it.” They want us to get back to normal. We may be surprised how many of our friends (and relatives, too) will become uncomfortable with our need to dwell on our sorrow. They may not appreciate that it takes time to readjust our life to the loss. Maybe what they are really saying is, “Time’s up for me to be able to be present for you in your grieving time.” Because of this, we may need to redefine what is normal for us and we may need to choose some new best friends – friends who are willing and able to walk alongside us on our personal journey of grief, and who will allow us to determine when our time’s up.

Doing Time. Grief may make us feel imprisoned in our own version of hell. We won’t like who we are. We won’t like it that our loved one is gone. We won’t like it that our friends can’t make us feel better. We just want out of here, and we’re not sure we want to do the work that grief requires in order to be set free from this bondage. Some of us will remain in this uncomfortable place for a short time, while others of us may feel like we have been given a longer sentence.

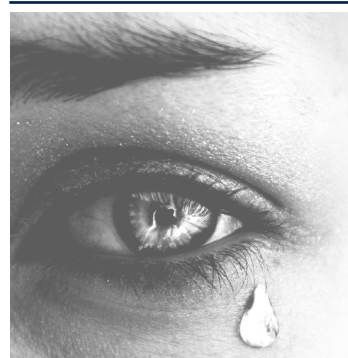
Wasting Time. Though in real life I pride myself on being a master at multi-tasking, in the land of grief, I’m much less sure of myself. I find it hard to make decisions because, in my new situation, I don’t trust myself to make the right choice. I want someone else to be responsible if something goes wrong. Sometimes my wasting time is about not having the energy to get started. I am physically exhausted, and my body refuses to make an effort to reclaim my former self. And I admit quite frankly that I’m not sure I even care enough about anything to make the effort. What’s the use, since it seems like everything I love sooner or later gets taken away from me.

Looking Back in Time. When we grieve, we spend most of our time (at least at first) looking back. It seems safer that way. That’s where our missing loved ones are. If we were to look forward, that would mean we would have to imagine our lives without those we have lost. And that’s what we aren’t ready to accept – not yet. So we spend a lot of time thinking how we should have been able to prevent their dying, or wondering if we used our time with them well, as we remember the good times, bad times, silly and sad times. We think we have to keep those memories in front of us, or surely we will forget those whom we have lost.

First Times. It is natural for us to gauge our life after a loss, as we anticipate and then go through the first times – the first day; the first week; the first month; the first time we venture out in public; the first time we go back to work, or school, or church; the first summer; the first Christmas; the first vacation; the first time we laugh. These first times are like benchmarks, notches in our belt that prove we are surviving when we weren’t sure we wanted to, or didn’t know we could.

Dinner Time. There’s an empty chair at the table. There’s the conversation that seems to be just noise, having little to do with the absent one about whom we are all thinking but not daring to speak. We still prepare more food than we now need, because we haven’t yet figured out how to cook for one less person. Sometimes the food seems to have no taste, and is not able to do what we want it to do: to fill that huge hole within us.

— Pat Schwiebert, Executive Director, GriefWatch.com



### The Gift of Tears

Persons who are grieving often find crying disturbing. Many times much effort goes into “not showing” the pain, or in judging tears and crying to be signs of weakness. “Adults don’t cry in public! Big boys (and men) don’t cry! I wish I weren’t so emotional! She’s holding up so well!!!” These are merely a few ways that our society devalues the gift of tears.

It might be helpful if we understood that tears are merely another form of language. Tears are the first form of language that we used upon entering this world. It is only the heartless individual who could ignore the cries of an infant or child. In our adult life we often shed tears when what we have to say is beyond the scope of ordinary language. Maybe tears are God’s gift to us when we cannot adequately express what we feel.

— Sr. Marilyn Welch, Hospice Foundation of America

# SIBLING PAGE

## Sibling Grief



I was a sophomore in high school when my little brother, Arthur, was killed. As a sad coincidence, the woman who killed him was the secretary at my school. I must have seen her at school that day he died, but I am not able to consciously remember it. I can't remember seeing Arthur lying in the street either, though I know I did. All I can recall is being horrified and needing to get away from there. I took my younger sister home and never saw Arthur again. It was the dreadful beginning of a very long and painful journey.

The pain of the grief is unavoidable, so is the family disruption. What can be changed, however, is the length of the grieving process. There are things that can be done that will help or hinder this process. Unfortunately for our family, we were given no help and we stayed a mess for a long time. I would like to share some of my experiences in the hope that they will help you to cope with your brother's or sister's death.

The first thing I remember is not knowing how to act or what to do. I felt terribly alone and awkward. I was shocked. One minute it was a nice, normal day and the next minute everything was changed. I didn't know how I was supposed to act at school. Part of me wanted to tell everyone what had happened and part of me didn't want to talk to anyone at all. I felt guilty for getting some comfort from the attention (I asked myself if this meant I was "glad" my brother died), but on the other hand, I felt that people would think I didn't care when I said nothing. It hurt either way. One way I dealt with my grief was by being sarcastic and laughing whenever something painful came up. I laughed outside, but I think my friends knew I was crying on the inside. Many people didn't know how to help us, but hopefully you will have someone you can talk to. If not, perhaps you will be able to talk at home about how you feel.

Home may become a pain-filled place. Our parents have been hurt badly. They aren't the same parents we knew before the death. The biggest mistake I made in my grief was trying to "fix" my parents' pain. I wished for and acted in ways that I hoped would change them back to happy, whole people again. I know that it was not my responsibility to do this. In fact, I couldn't do it, no matter how good I was or how much I tried to make our home pleasant, they were still sad. The bad thing was, by trying to make them better, I stuffed a lot of my own sadness, fears and worries inside. This added even more problems to my grief. In some ways, it felt better to worry about them instead of myself, but as I got older, those old painful memories wouldn't stay covered up anymore. It is like a splinter that gets covered up with skin and feels better until the infection sets in and then it hurts so much more when it comes out. We have to take care of ourselves and trust our parents to take care of themselves.

For years I rarely cried about my brother. I always thought that was strange. It was years before I was able to let the tears flow and then I cried for him and me. I cried for Arthur because he was dead and I missed him. I cried for myself because of all I had missed. I missed feeling happiness in myself and my family. I missed feeling safe and secure. I missed the attention my parents were no longer able to give me. I missed the years of carefree childhood that were ripped away. Those are all the losses a sibling grieves for besides the loss of a brother or sister.

I now realize that my feelings about my brother's death were not the same as my parent's feelings. I used to think that I didn't love my brother because I wasn't as sad as they were. They hated the holidays, but I wanted the fun of them. They couldn't be happy but I could, especially after the first terrible set of holidays. Parents have the right to feel sad, because it is how they are feeling. We have the right to be happy if that is how we are feeling.

My brother's death changed my life. It brought pain and unhappiness, but it also brought an awareness of other people's pain and the ability to understand and help others.

— Maggie Gerner, BP/USA, St. Louis, MO

## What to Say when There is Nothing to Say

I want to offer suggestions on how I think you can best convey your compassion to the grieving and suffering. It's a bit awkward to write this, fearing that I will seem to dictate the words my friends use to speak to me. But that, too, is not my intent. I know the feeling of desperately casting about for the right thing to say to people who were staring at me blankly from a cloud of pain. And, God forgive me, I am sure I said the wrong thing most every time. Now, to my sorrow, I know better. I also know what words have touched me like cool water on an angry burn—words that have made me weep with thankfulness; words I would feel privileged to someday bring to others in their own dark days.

So I offer what I have learned, in the hope that these thoughts may help some other aching souls to feel the touch of those who love them. If anything positive comes from what I share, it doesn't make the loss of my son worth it—but it's a small good thing nevertheless. It is only a pebble dropped into the edges of the ocean, but it makes some rings across the water.

I have 7 suggestions, which I have been turning over in my mind for months. I make these suggestions with some caution and more confidence. I would never claim to speak for every bereaved or broken person. Not everyone processes things the way I do. However, in the past couple of years I have heard and read quite a bit from people who have experienced catastrophic losses. And what I have gathered from them confirms what I think and feel myself. So I believe that my suggestions are broadly true for many of the people whose pain will cross your path.

### 1. Say something

In cases of tragic or devastating loss, there is nothing actually helpful to say. You can't help, in the deepest sense, because you can't change what happened. But that does not mean there is nothing to say. Saying something is almost always better than saying nothing. If you are physically present with the sufferer, and your own tears are flowing down your face, they can speak for you. But in any other circumstance, your bereaved friend will not know you are weeping with him unless you tell him so. Sometimes all you need to say is, "I am so sorry. I am crying with you." But those small words are utterly, infinitely better than silence.

If you are thinking of your hurting friend, text or email or write her a letter; tell her you remember her loss and you care. Invite your friend to join you for a fun activity (and give her an out in case she doesn't feel up for it). If you are going to be in the neighborhood, check to see if she feels like a short visit. She might not, but I think she will be grateful that you cared enough to ask.

People have sometimes said very hurtful things to me. I suppose that a few of those occasions could have been improved by mere silence. But in most cases, I can at least reflect that the person must care about me, or they would not have attempted to say anything at all. Silence, however, is more difficult to rationalize. Please let the hurting person know that you care; if you don't tell him so, he has no compelling reason to believe you do. Saying something is better than saying nothing.

### 2. Sympathy, not sermons

The most touching things that have been said to me have always been expressions of sympathy. When you enter into conversation with a person who has suffered a huge loss, you need to limit your expectations. Don't expect to help, comfort, or encourage. Simply aim to show the person that you care. This is not something that you can fix; there are no words that will work a magical change in the sufferer's mind and heart. Healing takes a very, very long time and will probably never be complete in this life. And in any case, it is not your job. The best gifts you can give your friend are your presence, your tears, and your words of sympathy and compassion: "I'm so sorry." "I am imagining what this must feel like for you and I don't fully understand, but I think it must be horrible." "I hate that this is happening to you." "I wish that I could change this but I know I can't. I just want to be here with you." Words like these are small and simple, but they speak more volumes about your care than you could probably guess.

I think it can be tempting to think that we know, outside of the situation, what we would want to hear if we were in our friend's shoes. I sometimes thought that in the past. But I have learned that it's dangerous to make that assumption if we have not walked that road. I believe that most people who are facing a tragedy do not want you to attempt to provide any answer, because they are painfully aware that there are no answers sufficient to ease the agony. Even if all wounds will be salved in the next life, no Bible verse can now fill the void where my baby should be.

There may be a time when the hurting person will want to hear a sermon. Let him decide when that time has come. If he wants to talk about the theology of suffering, let him ask you. He might; my husband sought that before I did, and still finds it more helpful than I do. But let your friend choose the time, and the topic, and the person he wants to engage with that conversation. Until then, show your sympathy. You may not be talking about Jesus, but you are acting like him, which in a way is the best kind of sermon.

### 3. Seek details, not evaluations

I beat this horse pretty sufficiently in my last post. I have explained that "How are you?" is a very difficult question to answer. But I would like to add some suggestions of how you can ask good, caring, detail-oriented questions.

Ask about your friend's feelings so that you can understand them a bit better: "What has been especially hard for you this week?" "What have you been thinking about?" "I have been imagining that you might feel x; is that how you feel, or is it different?" "Did it only make you sad to go/do x, or did you also have some fun?"

Ask about specific life events and activities: how the kids' activities are going, how she is sleeping and whether she's remembering to eat, if she went on vacation and what she did, if she's been reading anything good, what cute things her kids have said that week, what's happening at work, or what TV show she's enjoying. One of my friends asked recently if I was taking care of myself and painting my nails. That was a good and insightful question. The answer is that I felt up to it one day about a month ago, and now it's chipped almost to oblivion because I've never felt like taking it off and repainting. It's a small question about a small thing, but it was meaningful to me because she cared enough to think of what life might be like for me right now, and to turn that into a relevant and answerable question.

And don't be afraid, if your friend wants to talk, of asking about the loss. Has he been to the grave? Is it hard to go there? Does he like going, or dread it? Does he have bad dreams? Are there any places or things he's avoiding because they remind him too much of the loss? These are not easy questions to ask, and are appropriate at some times and not others, but in the right setting



they are thoughtful and compassionate. The experience of loss can be isolating; your sensitive questions about the details may make your friend feel just a little less alone.

#### 4. Specific offers

Many, many people have kindly told me, “If there’s ever anything I can do, please let me know!” I appreciate that offer greatly, but the trouble is that I don’t know exactly what the offer means. I don’t know if you mean that you would like to make a meal, babysit, pick something up at the grocery store, weed my flowerbeds, fold laundry, clean my bathroom floors, or just come over and sit with me. I am nervous that a specific request I make might be outside the realm of what you were thinking of doing, so I am unlikely to ask.

The most helpful offers are specific. If your friend is like me, she will probably be more helped by an offer like this: “I have two hours free on Wednesday afternoon. Can I...[come babysit while you run an errand or take a nap/go to the grocery store for you/clean your bathrooms/make dinner/help with homework/mow the lawn/help you take the kids somewhere fun/fill in the blank with the options you would like to offer]?” Giving a list of a few specific ways you would be interested in helping will clarify your offer and enable your friend to tell you what would help the most.

#### 5. Sensitivity to timing

This is key: sometimes your friend will feel like talking and sometimes he won’t. Give him the opportunity to make that choice. If you’re thinking of an impromptu visit, text or call first to see if it’s a good time. If you’re starting a conversation, first ask if your friend wants to talk about it just then. One of my friends said, “You mentioned before that this has been a hard week. What has made it particularly hard?—And you don’t have to talk about it right now if you don’t want to.”

The grieving person is likely always close to tears. Sometimes she wants to share those tears and the feelings behind them, but sometimes she needs to keep operating on the surface of her life so that she can make dinner or make it to a doctor appointment. Sometimes she may be able to talk fairly collectedly about her experience, but other times she is hanging on by a fragile thread—though it may not be evident visibly—and she doesn’t have the emotional energy required to discuss it. You can’t be sure, so when you ask a question, offer her an exit she can take if she chooses.

#### 6. Solidarity, not sameness

When we were awaiting Simon’s almost certain death, a woman who had experienced multiple miscarriages told me that she knew what I was going through. I appreciated her desire to empathize with me, but the words left me feeling isolated, with the true character of my suffering denied. I had already experienced two miscarriages, which were devastating—but this loss felt incalculably different, and, in the context of my life, much worse. I would never deny the pain of any miscarriage, let alone many. But this woman truly did not know what it was like for me to feel my baby stir and kick inside me, knowing all the while that his tiny heart beat under a sentence of death. She did not know what it would be like for me to labor and deliver exactly as I had with my three living children—only to bring forth a beautiful, perfectly formed, silent child. By leveling my pain with hers, she invalidated my unique experience.

There are many kinds of catastrophic loss, and I don’t suggest we attempt to rank them or engage in one-upmanship with our pain. But we should recognize that every experience of loss is different. Even if I talk with another mother who has lost a child, even if that child was lost to stillbirth, I cannot know exactly how she feels, because I am not living her life. But our profound fellow-feeling for each other transcends the difference between our losses. That solidarity can flow from a very similar experience, a quite different one, or mere unflinching imagination of how such a loss would feel. There is a touch of healing in the fact that while no one knows exactly what I feel, some people comprehend a part of it. Tell me that our sufferings are the same and I will feel misunderstood and terribly alone. But stand shoulder-to-shoulder with me and say, “I feel part of this with you. I understand some of what you are enduring. I hurt with you and here is why,” and I will feel that a hand has grabbed mine in the dark.

#### 7. Safety

If you want to be a friend to the hurting, make your conversation a safe place. I have found few things more painful than finding that, in addition to grief, the bereaved must sometimes bear the misjudgment and criticism of others. It is a ludicrous burden to put on the bereaved: the expectation that the way they process their grief must fit tidy categories established by people who have not suffered this loss themselves. That is not the face of compassion. That is not Jesus weeping outside the cold grave of Lazarus even though he knew that he would raise him from the dead—weeping because even if you could know the endings that none of us knows, death and similar sorrows are still horrible beyond comprehension or comfort. Jesus didn’t scold the mourners for their likely lavish display of grief; he wept with them, with lamentations probably just as loud. I think that is the model we should follow: listen to the grief of our friends and join it, rather than finding fault with the words they use.

It is a great, breath-restoring gift to the hurting to be in the presence of a person who will hear whatever you feel like saying without narrowed eyes or attempts to correct you. I have some friends like that, and they help make it possible, somehow, to daily bear what is unbearable. They say things like, “It is totally understandable that you feel that way.” “You can say whatever you want; I’m not going to be shocked or offended.” “It is valid to feel however you feel.” “You have not done anything wrong.” These friends are not looking for a theological imprecision around every corner. They know the context of loss is not the time for close philosophical scrutiny; this is the time for grief, and learning how to go on living in the midst of it. Safety to say exactly what you feel without fear of criticism is one of the great benefits of counseling. But why should that safety be found only with a professional, and not also with a friend? Let’s make our friendships places where it is safe to share our hearts.

This list of suggestions is not exhaustive—but these are the thoughts that swim to the surface as I look back over the past seven months and the conversations they have held. For very insightful, related suggestions, I highly recommend Molly Piper’s series on how to help your grieving friend. I wish no one else need ever face tragedy, but I know we live in a broken world where that wish cannot be fulfilled. I hope these words may find their way to touch others who are stranded in the valley of the shadow of death.

— Sarah (submitted by Paul Balasic, BP/USA, Anne Arundel County, MD)

## Our Children Remembered

James "Jamie" William Henry Alexander  
Son of Dave and Sue Alexander  
October 12, 1970 - October 26, 1998

Gregory Gerard Anderson, Jr.  
Son of Greg Anderson  
October 19, 1987 - August 23, 2012

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

Traci Lynn Boone  
Daughter of Bonita Boone-Adamecs  
September 17, 1964 - October 17, 1986

Christopher Ryan Boslet  
Grandson of Carol N. Boslet  
October 23, 1985 - February 20, 2003

Amber Marie Calistro  
Daughter of Patti and John DiMiceli  
February 28, 1976 - October 30, 1980

Hannah Lindley Campbell  
Daughter of John and Cathi Campbell  
October 10, 1992 - October 10, 1992

Tria Marie Castiglia  
Daughter of Noel and Ann Castiglia  
Sister of Carla Castiglia  
July 6, 1963 - October 14, 1984

John Mario DeMichiei Jr.  
Son of John and Linda DeMichiei  
February 24, 1979 - October 23, 2008

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

Brandon Robert French  
Son of Rhonda and Norman French  
October 8, 1983 - July 29, 2006

Katie Fritz  
Daughter of Carol Fritz  
October 29, 1977 - February 27, 1993

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

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

Traci Jeanne Heincelman  
Niece of Terre and John Belt  
Cousin of Eryn Belt Lowe  
October 6, 1980 - March 10, 2002

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

Richard Arland Jackson  
Son of Margaret Jackson  
February 9, 1990 - October 22, 2010

William Mirza Khadem  
Son of Yoosef and Linda Khadem  
October 24, 1984 - April 6, 2012

Timothy Jarrett Mabe  
Son of Marilyn Mabe  
October 29, 1977 - February 18, 2001

Kevin Michael Morris  
Son of Gayle and David Morris  
October 7, 1982 - March 30, 2007

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

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

Tanager Rú Ricci  
Son of Kathy Franklin  
October 19, 1977 - February 16, 2004

Zachary Daniel Robertson  
Son of Mary Ellen and Jim Young  
March 3, 1978 - October 26, 2006

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

Kelcey R Silva  
Daughter of Kristen Silva  
Daughter of Francisco Martins Silva  
October 28, 1991 - June 16, 2011

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

Brandon Michael Sisler  
Son of Laura Sisler  
May 7, 1993 - October 15, 2011

Adam Christopher Sutton  
Son of Janet Sutton  
February 1, 2009 - October 1, 2009

Brittany Nicole Tyler  
Daughter of Janet and Dan Tyler  
Granddaughter of Dot Carter  
October 12, 1986 - August 23, 1992

Richard C. Watts  
Son of Tom and Fran Cease  
December 28, 1966 - October 28, 1998

Grant Alan Williams  
Son of Mark and Randye Williams  
October 25, 2000 - October 25, 2000

Samuel Mark Williams  
Son of Mark and Randye Williams  
October 25, 2000 - October 25, 2000

Tracy Woodfork, Jr  
Grandchild of Julie Bergmeier  
November 28, 1989 - October 8, 2012

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

Noel and Ann Castiglia in memory of  
**Tria Castiglia**

Robin Moczulski in memory of  
**Cody Moczulski**

Kenneth Smith in memory of  
**Tracy Fotino**

John and Betty Hodges in memory of  
**Charles "Chip" Hodges**

Robert and Phyllis Sinex in memory of  
**Owen Sinex**



## ANNE ARUNDEL COUNTY CHAPTER Bereaved Parents of the USA

### *Memory Walk*

**Saturday, October 5, 2013 8:30 a.m.**

**Dogwood Pavilion at Quiet Waters Park**

**600 Quiet Waters Park Road**

**Annapolis, MD 21403**

**Rain or Shine!**



On Saturday, October 5, the Anne Arundel County Chapter of the Bereaved Parents of the USA is sponsoring the eleventh 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 [aacountymemorywalk@gmail.com](mailto:aacountymemorywalk@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 2012 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 or October meeting or to the Walk. The cost is \$2 per button. 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](mailto:BeBessling@aol.com), or go to our website at [www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org).

The Anne Arundel County Chapter of  
the Bereaved Parents of the USA  
Eleventh Annual Memory Walk  
Quiet Waters Park, Annapolis, MD  
October 5, 2013  
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  
Eleventh Annual Memory Walk  
Quiet Waters Park, Annapolis, Maryland  
October 5, 2013**

**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.

<b>Name and Address</b>	<b>In Memory Of</b>	<b>Pledge Amount</b>

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

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

*NEXT MEETING: October 3, 2013*



### Time sensitive

**Must be delivered by September 30, 2013**

#### UPCOMING MEETINGS & EVENTS:

**Holidays and Special Days – What Can I Do?**  
**Calvary United Methodist Church, Annapolis, MD**  
**Thursday, October 3, 2013**

Special days and holidays, particularly those in November, December and January can be very challenging for bereaved parents. Come and listen to other bereaved parents who will offer suggestions for preparing for and dealing with the holidays and other special days.

**Program TBD**  
**Calvary United Methodist Church, Annapolis, MD**  
**Thursday, November 7, 2013**

**Annual Memory Walk**  
**Quiet Waters Park, Annapolis, MD**  
**Saturday, October 5, 2013**

**Service of Remembrance**  
**St. Martin's-in-the-Field, Severna Park, MD**  
**Sunday, December 8, 2013**

**Saturday Afternoons**  
**2 pm – 3pm**

Hope, Healing and Help, a radio program designed to give hope for your future, healing for your grief and help on your journey. Listen from any location:  
[www.iheart.com](http://www.iheart.com); [www.KFIA.com](http://www.KFIA.com).

#### RESOURCES:

**Hospice of the Chesapeake**  
[www.hospicechesapeake.org](http://www.hospicechesapeake.org) or 410-987-2003

**Maryland Crime Victims' Resource Center**  
[www.mdcrimevictims.org](http://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](http://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](mailto:pjbspmd@gmail.com) or **443.566.0193**.