



Bereaved Parents of the USA

Anne Arundel County Chapter

September 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.



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

In loving memory



Robin Moczulski in memory of her son

Cody Thomas Moczulski

September 19, 1983 – June 13, 2010

In loving memory



Next Meeting: September 5, 2013

T-Shirt Demonstration – Barbara Bessling will demonstrate how to make a “Memory T-Shirt” for the October Memory Walk.

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 October newsletter due to the Newsletter Team by September 1.

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

Chapter Leader: Terre Belt
410.721.1359
thbelt@comcast.net

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June Erickson
Eryn Lowe

Treasurer: Fran Palmer

Correspondence & Hospitality: Rick & Carol Tomaszewski

Librarian: Bob and Sandi Burash

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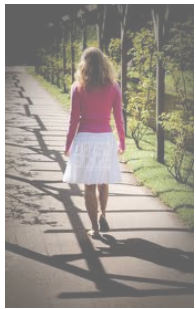
BPUSA/AA County Chapter
P.O. Box 6280
Annapolis, MD 21401-0280

September Song

"I wonder how many people think about what it's like for a parent not to have to pack a Snoopy lunch pail their child ever again." September marks the re-entry of kids into the world of academia...but for some parents it's the reminder that the excitement of the children that electrifies the air won't be the same in their homes this year. So many hopes and dreams...and memories...are wrapped up in what occupies a major part of a child's life – school time. Summer cushions us from having to be painfully aware that our child won't be walking to school with the other kids, or won't be trying out for the lead part in the school play, or won't fall in love with the girl he sits behind in math class.

Parents who never had the pleasure of "letting them go" to school for the first time know what they missed. They remember their own "first time" and would like to have relived it with their child. They would like to have made it really special and asked all the questions that their own parents asked them when they arrived home from school. Hopes and dreams for this child's future will never be realized. "I wonder if my neighbor remembers that if my baby had lived, this is the year he would have started kindergarten. I wanted him to have a Snoopy lunch box just like all the other kids.

— TCF, Portland, OR



A Beginning

One day you wake up and realize you must have survived because you are still here, alive and breathing. But you don't remember the infinitely small steps and decisions you took to get here. Your only awareness is that you have shed miles of tears on what seems to be an endless road of sorrow. One day, one glorious day, you wake up and feel your skin tingle again, and you forget just for an instant that your heart is broken...and it is a beginning.

— Susan Borrowman

Back to School

We've made it through the summer, and it's time to settle down for the winter. Everywhere you look, it's "back to school" sales and bargains. The mail and newspapers are full of ads about what your child needs. Great! But what if your child isn't going to school?

We found out about holidays soon after Jessica died. Valentine's Day, which is usually pretty inoffensive, came ten days after her death. She had been making plans for her pre-school party, and we quickly found out about holidays and what they are like after your child dies. After that came other holidays and a birthday.

But one did sneak up on us, and caught us with our guard down. I began to feel very uncomfortable about the notices for kindergarten registration in the papers. Then the back-to-school ads started. As the first day of school approached, I knew this was a day I hadn't expected to have to handle as part of my grieving. I hadn't even read about it in all the books I'd been poring through. Fortunately, I had two dear friends who felt my apprehension of the coming day. They were determined to keep me busy, but the agony was still there. It seemed like everywhere I looked there were school buses and excited children in their new clothes. I kept thinking how unfair it was. Jessica is in new clothes, but where is she? Certainly she wasn't one of those happy, excited children going off to school.

I heard the other moms saying they can't wait for school to start, so they'll feel free. This is the year I would have been "free." Jessica would have been in school all day, and my son is going into 7th grade. Free! If the other moms only knew. For the past 19 months, I've been so free I can't stand it.



— Peggy Miller, TCF, Seattle, WA

Kermit's Wisdom

Do you remember your child's favorite Aunt? And the special relationship they had?

My son Dave's favorite Aunt is my sister Diana. And as thoughts of Dave thread through my mind, memories will often lead to Diana, and vice versa.

Diana has a touch of a free spirit, bringing color, laughter, and loveand sometimes surprises... to our family gatherings. For instance, she has always loved and respected Kermit, and even has a Kermit who often travels with her when she visits. This year, Diana has retired. So I decided to get her some books to enjoy, as she's an avid reader, and I found the perfect book – ***“Before You Leap: A Frog's –Eye View of Life's Greatest Lessons”*** by Kermit the Frog.

But before I gave the book to my sister, I decided to browse through it and see what Kermit's thoughts were on Life's Greatest Lessons. What caught my eye was the section titled “When Bad Things Happen to Good People.”

Here's what Kermit says ... and a few of my own thoughts.

“Bad Things Hurt. *Sometimes the hurt is physical.....sometimes the hurt goes deeper. In either case, you must try to heal. Let time pass....”*

We all have experienced both the physical hurt and the deeper soul-wrenching hurt with the loss of our child. As time passes, the hurt becomes easier to deal with as our body and soul heal over, but we are left with a permanent scar.

“Attitude is Everything. *There are two ways to react to bad things. The easy way is to get angry, cast aspersions, and generally get in a bad mood about the world and everything in it. The other way to react takes a lot more work. The only way to deal with difficult times is to accept them and learn from the experience.”*

Many of us have known the anger, blaming, guilt, bad moods, depression, etc, that explode and encompass our lives when our child dies. You can stay in that frame of mind if you choose, or you can work hard to accept what has happened and learn to deal with it. We all know the loss of our child is something we will never get over, but it is something we must learn to incorporate into our lives, along with the memories and love.

“If It Were Easy, Everyone Would Be You. *Overcoming difficult times is what turns you into ‘you.’”*

I became a different person when Dave was born. And I am now another different person because he died.

“You can wake up each morning just trying to get to the end of the day, or you can do everything in your power to make this your best day ever. I'm not saying it's easy. I'm just saying it's worth trying.”

I have experienced those days when it was very hard to start the day and get through the day. Now, in honor and memory of my son, I keep trying to make each day the best day ever. As time passes, I am making progress.

And so once again, thoughts of Diana and Dave are intertwined in my mind... along with Kermit.

And that makes me smile.

— Carol Tomaszewski, BP/USA, Anne Arundel County, MD
In loving memory of David Tomaszewski



SIBLING PAGE

My Best Friend

The fishing season's coming,
But no more fishing for me,
Because my best friend's not here,
To share his hooks with me.

We went fishing nearly every day.
Never hooked a thing.
But oh, what fun we had,
Talking about the one that got away.

The garage still holds all the fishing gear,
But, I've no desire to fish.
It's not the same without him here.
Oh, if I could have one wish.

My wish would be,
To bring my brother back to me,
So we could fish along the shore.
We'd have fun together,
And laugh once more.

All that's left are memories,
For me to think about.
I won't say goodbye; I'll see you again.
But I'll miss you forever,
MY BEST FRIEND.

— Ryan Auch, BP/USA, Anne Arundel County, MD (1989)
In memory of Ronny Auch



People are forever changed by the experience of grief in their lives. We, as humans, do not 'get over' our grief, but work to reconcile ourselves to living with it. Anyone who attempts to prescribe a specific timeframe for the experience only creates another barrier to the healing process.

— Alan Wolfelt



I Know There Is a Heaven

I know that there's a Heaven
For I've seen it many times
Deep within my heart somewhere
And etched into my mind.

It's a field all filled with flowers
A warm, bright summer day
Just like the one behind the house
Where we used to play.

The summer breeze caresses me
And dances softly in my hair
As I stand and look across the field
And see you standing there.

We laugh and run through the tall grass
The day turns into dusk
And Mom and Dad, they call us home
As the moon smiles upon us.

You look just like you did when you left
But you're young and strong again
And my life is so complete
Just as it was back then.

My eyes may get old and tired one day
I may have children of my own
Or it may be tomorrow
For one can never know.

But I know when my days come to an end
And I open my eyes to see
If there's a God in Heaven
You'll be waiting there for me.

— Lisa O'Grady, TCF, Arlington, TX

Thanks for the Little While

I cursed God and I cursed fate – I told everyone that I couldn't wait – till I could go
It turned me inside out and upside down – I could barely breathe or get around – it hurt me so
It took some time but one day I knew – I'd spend the rest of my life – telling the world about you.

Chorus: Thanks for the hugs and all the kisses – and your sweet laughter everybody misses
Thanks for the joy and the M-E-M-O-R-I-E-S – I still cry – 'cause it ain't easy
But then again I have to smile – thanks for the little while.

I have learned it's up to me – to give you a voice for the world to see – so that's what I do
Your love has been my guiding light – so I hold on to it tight – it helps me through
I had to let that anger go – so I could let all my love for you show.

I have so much more love to give – you had so much more life to live and in my dreams that's just how it would be
Our story wasn't long enough – but every page was filled with love and you will always be a part of me
So I won't let tomorrow take away – all the beauty we shared yesterday.

— Words and music by Alan Pedersen (dedicated to Darcie Sims)



A New Year's Prayer



At the beginning of the Jewish New Year in September, there is a special service held in remembrance of loved ones. This is the prayer that is said:

I remember in this solemn hour, beloved child, the many joys you afforded me during your lifetime. I recall the days when I delighted in your physical and mental growth and planned for your future. Though death has taken you from me, you are not forgotten. Your spirit is enshrined in my heart. Oh, Heavenly Father, I thank thee for the precious gift which Thou did entrust to my keeping and which in Thine infinite wisdom Thou has called back unto Thyself. Though few were the years wherein I rejoiced with my child, many are the blessings that he brought into my household. Teach me to live more nobly and to extend my love and devotion to other children in thankfulness for the privilege of having had and loved this child, though but for a few brief years. Thus may his soul be bound up in the bond of life and his memory remain an inspiration to me. Amen.

Beginnings

A new baby is on the way.
Not just any baby
It is your brother or sister.

I am so afraid and angry and excited and sad.

Afraid that I will be hurt again.
Excited that I will have another child to give my love to.
Angry that you are gone.
And sad every moment wishing you were here.

All of these emotions sometimes make me feel crazy.
But I know that I am not.
I am just a grieving mother,
Missing what should have been.

— Joanne Cacciatore



Hope is Your Anchor

So unexpectedly, that dreadful news comes, and shatters all normal
 Hope will be your anchor to guide you through
 Waves of shock and numbness crash your heart with sorrow
 Hope will be your anchor to guide you through
 You can't understand why they had to leave this world before you
 Hope will be your anchor to guide you through
 As the hurricane of grief's pain threatens to consume
 Hope is your anchor to steady and steer you through
 When you're thrust into grief's boat, as swirling waves of pain loom
 Hope is your anchor and will steady you from drowning in doom
 Dear one, you're not in sorrow's boat on the sea of pain, all alone
 I cry with you in this loss, and I've been here all along
 I am Jesus, your hope and anchor to lead you through this season
 Even when you've lost all sense of hope and can't understand the reasons
 I am your hope, and I will hold you as you cry
 I am here to anchor you, when you are assaulted with the painful goodbyes
 I am your hope to walk out the next tender steps
 I am here dear one, never to leave you while you sit in the depths...
 My anchor of hope will sustain and pull you through
 You will get beyond the crippling grief, as my word is tried and true
 I am your anchor of hope that will heal your breaking heart
 Dear one, consistently call on my name and my help won't depart
 Glimmers of a hopeful future will begin to flood your soul
 For truly I am your anchor of hope and love alone

— Jean Johnson

Hope

When the road you're on is dark as night
 And you're feeling on your own
 It will shine a little light
 Just to say you're not alone

When all you see is rain
 And those clouds won't seem to break
 It will be the reason for
 The next breath that you take

It's hope, a little hope
 We all need it every now and then
 To keep our dreams afloat
 It's faith, a simple prayer
 It's believing that there's something more
 Waiting for us there
 It's a single step down a long, long road
 It's hope

There's no cloud it can't break through
 No burden it won't bear
 It will show up just in time
 You can find it everywhere

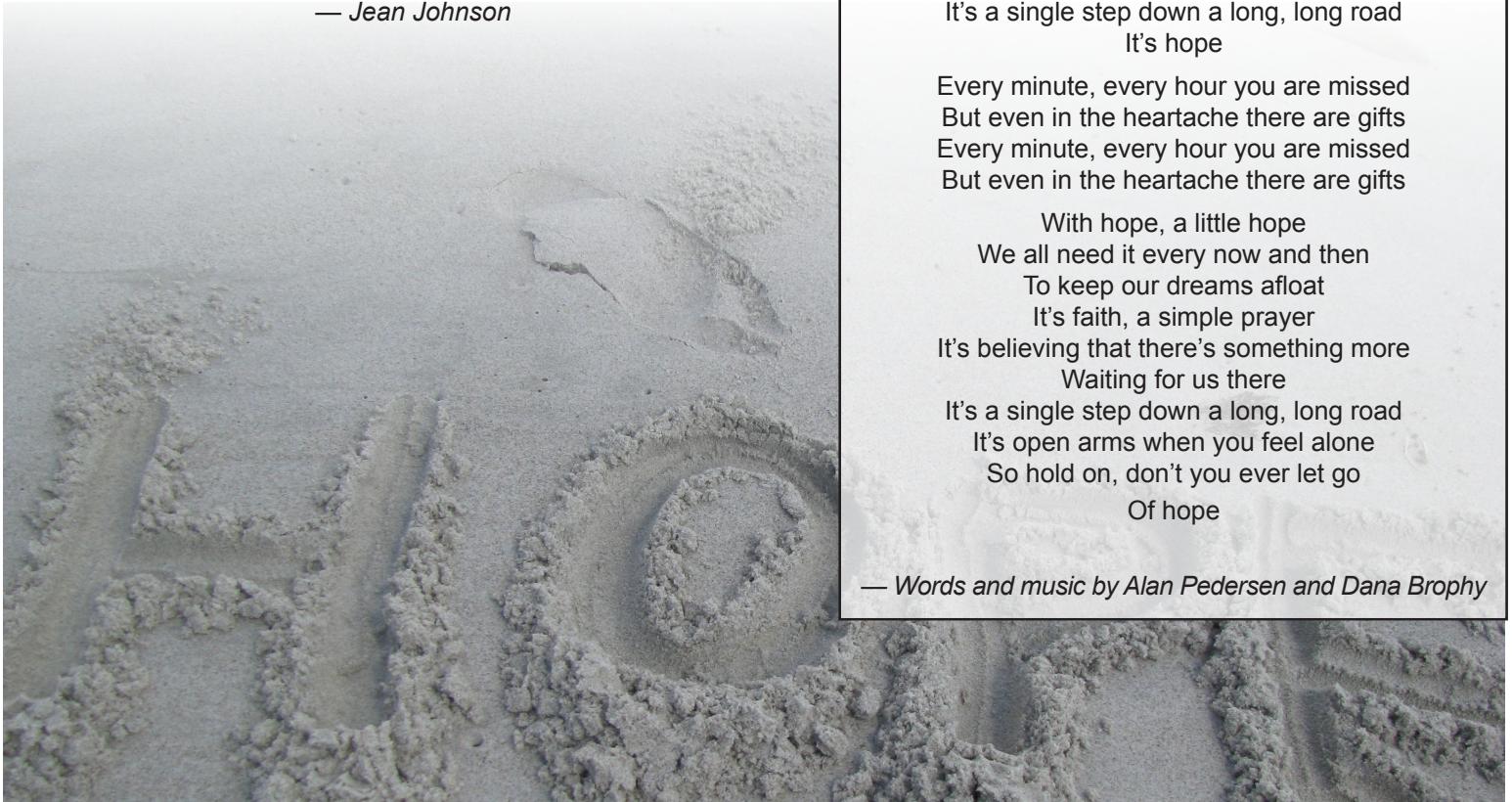
It's the kindness of a stranger
 In the comfort of a friend
 Hope always reminds us that
 Love is without end

It's hope, a little hope
 We all need it every now and then
 To keep our dreams afloat
 It's faith, a simple prayer
 It's believing that there's something more
 Waiting for us there
 It's a single step down a long, long road
 It's hope

Every minute, every hour you are missed
 But even in the heartache there are gifts
 Every minute, every hour you are missed
 But even in the heartache there are gifts

With hope, a little hope
 We all need it every now and then
 To keep our dreams afloat
 It's faith, a simple prayer
 It's believing that there's something more
 Waiting for us there
 It's a single step down a long, long road
 It's open arms when you feel alone
 So hold on, don't you ever let go
 Of hope

— Words and music by Alan Pedersen and Dana Brophy



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

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

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

Dayden Alexander Dunn
Grandson of Beverley and Wayne Dunn
September 12, 2006 - June 1, 2008

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

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

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

Cody Thomas Moczulski
Son of Robin Moczulski
September 19, 1993 - June 13, 2010

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

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

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

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

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

Owen Robert Sinex
Son of Phyllis and Bob Sinex
September 2, 1993 - December 20, 2012

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 recently:

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

Robin Moczulski in memory of
Cody Moczulski

Alli and Holly Enders in memory of
Christine Enders

Kenneth Smith in memory of
Tracy Fotino

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. 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, or go to our website at 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.

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

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NEXT MEETING: September 5, 2013



Time sensitive

Must be delivered by August 31, 2013

UPCOMING MEETINGS & EVENTS:

T-Shirt Demonstration

**Calvary United Methodist Church, Annapolis, MD
Thursday, September 5, 2013**

Barbara Bessling will demonstrate how to make a
"Memory T-Shirt" for the October Memory Walk.

Program TBD

**Calvary United Methodist Church, Annapolis, MD
Thursday, October 3, 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; www.KFIA.com.

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**.