



# Bereaved Parents of the USA

## Anne Arundel County Chapter

January 2014

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### A New Year's Wish

I wish you gentle days and quiet nights.  
I wish you memories to keep you strong.  
I wish you time to smile and time for a song.

And then I wish you friends to give you love,  
When you are hurt and lost and life is blind.  
I wish you friends and love and peace of mind.

— Sascha Wagner

### Urgent News: We are going green!

In order to save time, money and waste, our Chapter has opted to move to electronic newsletters instead of paper copies beginning in May of 2014. If you would like to continue receiving your paper newsletter in the mail each month, or if you do not currently receive our newsletter in your e-mail each month, we need to hear from you.

Please feel free to email us at [chapterleader@aacounty-md-bereavedparents.org](mailto:chapterleader@aacounty-md-bereavedparents.org) or at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com), or send us a note at PO Box 6280, Annapolis, MD 21401.

Also please remember that you can help honor your child and sponsor the monthly newsletter for \$75, or sponsor the website for \$25 a month. Our Chapter is able to support the bereaved community thanks to you and your generous contributions.

— Tiffany Gordon, Chapter Leader

The printing and mailing of this newsletter have been donated by

Rhonda French in memory of

**Stacy L. Perry**

January 22, 1976 – January 1, 2009



Always on our minds, forever in  
our hearts.

— Mom of Alayna and Adin,  
sister of Sue Hannon and Sharon  
Price, and daughter of Glen Perry



Maurice and Juliet Rothman in memory of their son

**Daniel M. Rothman**

January 20, 1971 – September 17, 1992



Our son Daniel wanted to dedicate  
his life to healing those who were  
struggling and in pain. We  
dedicate this newsletter in his  
memory, that it may bring solace  
and healing to us all. He would  
have liked that.

## Next Meeting: January 2, 2014

**Happy New Year, or Is It?** For bereaved parents, going into a new year can present new and special challenges. Identifying and dealing with those challenges will be discussed, and those who wish to participate will be guided and encouraged to write letters to mark this moment in their grief journey, to be held confidential and shared with you one year later.

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 February newsletter due to the Newsletter Team by January 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!

Inclement weather on a meeting night? Our meeting is cancelled if Phase 1 of the Snow Emergency Plan is in effect that same day at 5 pm.



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 Newsletter Editor 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



### Happy New Year?

How can it ever be again? How will I ever make it through another year of this torment?

When we are hurting and so terribly depressed, it is hard to see any good in your new year, but we must try. First, we must hold on tightly to the idea that we will not always be this miserable, that we will someday feel good again. This is almost impossible to believe, but even if we don't believe it, we must tell ourselves, over and over again, that it is true – because it is. Many parents whose children have died some years in the past will attest to this. Remember also, no one can suffer indefinitely as you are suffering right now.

Secondly, we must face the new year with the knowledge that this year offers us a choice – whether we will be on our way to healing this time next year – or still be in the pit of intense grief. We must remind ourselves that if we choose to be on our way to healing by the following year, we must work to get there and that work entails allowing ourselves to go through our grief, to cry, to be angry, to talk about our guilt, to do whatever is necessary to move towards healing.

Thirdly, we must look for good in our lives and find reasons to go on, and accept the fact that our continued suffering will not bring our child back. Most of us have other children and a spouse for whom we must go on. More importantly we have our own lives that must be lived. Most of us know our dead children would want us to go on.

No, this coming year may not be a happy one, but it can be a constructive one. Through our grief we can grow and become more understanding, loving and compassionate, and more aware of the real values in life. Let us not waste this new year.

— Margaret Gerner, TCF, St. Louis, MO



### Snow

Every snowflake that falls is unique and has its own individual design. There are beautiful patterns in each snowflake and even the tiniest of flakes has its own markings. These patterns change again and again, even after the flake touches the ground. Each snowflake is a cause for wonder, each flake is one of a kind. No two are exactly alike. Like the snowflake, our beautiful children were each unique and special; some we only dreamed about and some danced upon the earth. They filled our lives with wonder and transformed our world. We held them too briefly, but we will hold them in our hearts forever. We shall remember them always. At this time of remembering, it may help to reflect upon how our lives have been enriched by the love we have given and the love we have received from our children. Our children leave treasures behind that time can never take away.

— Denise Falzon, TCF, Lake Area, MI



### The Waltz of Grief

We were walking, we were talking,  
We were living our bright lives  
Futures planning, seasons spanning,  
Families working to thrive.

"Have a good day," we would all say.  
"See you at dinner tonight."  
Normal-seeming, never dreaming,  
...You were last in our sight.

Sudden death can be violent,  
Or sometimes it's silent,  
But it's always a sorrow and a woe.

How we miss you, want to kiss you,  
Cuddle just one time more.  
Now we weep, cannot sleep,  
And our hearts they are sore.

— Laurretta Nagel



## New Year's Resolutions for Bereaved Parents

I resolve:

- That I will grieve as much and for as long as I feel like grieving and I will not let others put a timetable on my grief.
- That I will grieve in whatever way I feel like grieving and I will ignore those who try to tell me what I should or should not be feeling and how I should or should not be behaving.
- That I will cry whenever and wherever I feel like crying, and that I won't hold back my tears just because someone else feels I should be "brave" or "getting better" or "healing by now."
- That I will talk about my child as often as I want to, and that I will not let others turn me off just because they can't deal with their own feelings.
- That I will not expect family and friends to know how I feel, understanding that one who has not lost a child can't possibly know how it feels.
- That I will not blame myself for my child's death, and I will constantly remind myself that I did the best job of parenting I could possibly have done. But when feelings of guilt are overwhelming, I will remind myself that this is a normal part of the grief process and it will pass.
- That I will not be afraid or ashamed to seek professional help if I feel it is necessary.
- That I will commune with my child at least once a day in whatever way feels comfortable and natural to me, and I won't feel compelled to explain or justify this communion with others.
- That I will try to eat, sleep and exercise every day in order to give my body strength it will need to help me cope with my grief.
- To know that I am not losing my mind and I will remind myself that loss of memory, feelings of disorientation, lack of energy, and a sense of vulnerability are all normal parts of the grief process.
- To let myself heal and not to feel guilty about feeling better.
- To remind myself that the grief process is circuitous; that is, I will not make steady upward progress and when I find myself slipping back into the old moods of despair and depression, I will tell myself that "slipping backward" is also a normal part of the grief process and these moods, too, will pass.
- To try to be happy about something for some part of every day, knowing that, at first, I may have to force myself to think cheerful thoughts so that eventually they will become a habit.
- That I will reach out at times and try to help someone knowing that helping others will help me get over my depression.
- That even though my child is dead, I will opt for life, knowing that is what my child would have wanted for me.

— Nancy A. Mower, TCF, Honolulu, HI



## A New Year's Prayer

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

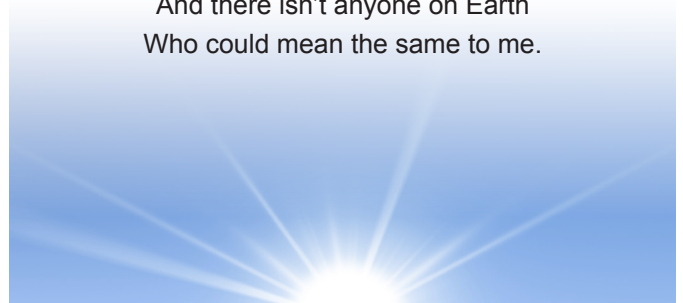
I remember in this solemn hour, beloved child, the many joys you afforded me during your lifetime. I recall the days when I delighted in your physical and mental growth, and planned for your future. Though death has taken you from me, you are not forgotten. Your spirit is enshrined in my heart. Oh, heavenly Father, I thank thee for the precious gift which Thou did entrust to my keeping, and which in Thine infinite wisdom hast called back onto Thyself.

Though few were the years wherein I rejoiced with my child, many were 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.



## Missing You

Now that you're not here  
To share my life each day  
I feel a sadness in my heart  
That just will not go away.  
When the sun goes down  
And evening starts to fall,  
Is when my arms long for you  
And I miss you most of all.  
For, when we were together  
We were as close as we could be  
And there isn't anyone on Earth  
Who could mean the same to me.



## Forever

Forever we will miss you...  
 Forever we will cry.  
 Why did you have to leave us  
 And gain your Wings to fly?

## I'm Still Here

Just because you cannot see me  
 Does not mean I am not there  
 Just because I am in heaven  
 Does not mean I do not care

I often see you crying  
 You often say my name  
 I want to hold you tight  
 I want to ease your pain

It's easy for me  
 For I know heaven real  
 If you knew the truth  
 How much better you would feel

One day we will meet again  
 But only when the time is right  
 When you step out of the darkness  
 I will be standing in the light.

— John F. Connor



## The Normal Family

If you think you are going insane – that's normal

If all you can do is cry – that's normal

If you have trouble with the most minor  
 decisions – that's normal

If you can't taste your food or have any  
 semblance of an appetite – that's normal

If you have feelings of rage, denial and depression – that's normal

If you find yourself enjoying a funny moment and immediately feel guilty – that's normal

If your friends dwindle away and you feel like you have the plague – that's normal

If your blood boils and the hair in your nose curls when someone tells you "it was  
 God's will" – that's normal

If you can't talk about it, but you can smash dishes, shred up old phone books or  
 kick the garbage can (preferably empty) down the lane – that's normal

If you can share your story and your feelings with an understanding listener –  
 another bereaved parent – that's a beginning

If you can get a glimmer of your child's life rather than his/her death – that's wonderful

If you can remember your child with a smile – that's healing

If you can find your mirrors have become windows and you are able to reach out to  
 other bereaved parents – that's growing.

— Edith Fraser, TCF, Winnipeg, Canada (excerpts from *The Normal Family*)



## Silent Tear

Each night we shed a silent tear,  
 As we speak to you in prayer.  
 To let you know we love you,  
 And just how much we care.

Take our million teardrops,  
 Wrap them up in love,  
 Then ask the wind to carry them,  
 To you in heaven above.

***Losing a child, no matter what age, makes your heart break in places that you never knew existed.***

### My Angel

To my dear angel in heaven  
I just want you to know  
That you are always in my thoughts  
And how much I love you so.

I know you are in God's care  
That is how it should be  
But when I get to heaven  
He will give you back to me.

— John F. Connor

### Thoughts about Progress

One thing that is frequently discussed at our meetings is the despair of thinking you are on the road to recovery, when all of a sudden you seem to be back to square one. But are you really?

Let's keep in mind that most of us have had no previous experience in "recovering" from the loss of a child. Therefore, we have no point of reference – it's all new to us. Actually, the "roller coaster" of emotions is perfectly normal. In the very beginning, most of us seem to vacillate between dead numbness and excruciating pain. Constant crying – until not a tear is left – just dried up and limp. We are actually living minute to minute.

After a couple of months, we might actually have a few hours when we have not cried or felt that deep overwhelming despair. Then – wham – back to where we started. We tend to panic and think something is wrong with us. Let's be realistic! There is something wrong – terribly wrong – we have each lost a child.

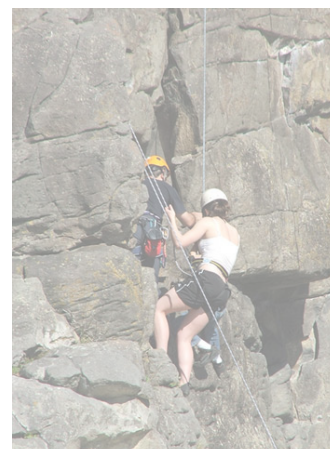
Let's be fair to ourselves. We have started to play roles in the outside world. Like the old song says, "laughing on the outside – crying on the inside." We want to be acceptable to society. "You are doing so well," we hear. If only they knew! We may feel we have to fool others, but let

us be really honest with our feelings. To deny our feelings, particularly to ourselves, is to block the road to recovery. Remember that recover, in this case, does not mean "getting over it," it means gaining control of our lives again.

So let's not worry about what other people think, say or expect. Our friends (well-meaning as they are), members of our families, even someone else who has lost a child, should not sit in judgment. Each person grieves differently due to that person's general make-up and the relationship with the dead child. Unless someone has withdrawn totally from everything and everybody over a long period of time, the chances are that all is in the realm of normality.

Only after we have walked down the long road of grief and can look back, remembering those early days and weeks, can we see that we really are not on square one again. We have just slipped backwards for a time. That is all. Allow yourself that, and then strive forward again. It takes time, a lot of time! We tend to expect too much from others, others expect too much from us, and therefore we tend to expect too much from ourselves.

— Mary Ehmann, TCF, Valley Forge, PA



### Leaving Tears

The mourning, misty oak leaves weep  
Warm dew drops falling from them sweep  
Across cold stones in salty streams  
Spent tears for Steven's broken dreams

Wolves howl under a death-pale moon  
Dark sirens from the forest gloom  
Black winds carry the raven's cry  
Steve's severed spirit crossed the sky

Strong oak forest groans and grieves  
For red drops dripping on its leaves  
From a son who lies beneath the sod  
In peaceful rest from loving God

The mourning oak tree sheds its tears  
For laughter it no longer hears  
Clear drops hang from limbs in sorrow  
Drowns all dreams of hope tomorrow

Each night a father hangs his head  
Against the dark, he cries eyes red  
While Steven's dreams, in still-heart sleep  
The oaks they haunt yet nightly weep

— Lawrence J. Bach





# SIBLING PAGE



## Reflections

With the death of my sister came some painful realizations: that life really isn't always fair or predictable; that sometimes even my best still isn't good enough; and that from the day of her death, the happy events in my life would always be tinged with sadness. Despite the pain and loss, death has also left me with some valuable lessons and precious gifts. As a result of my sister's death, I have a greater appreciation of life and a greater compassion for those who hurt. I have learned to be a survivor and to have a successful career and productive life in the face of tremendous grief and loss. I have been gifted with good friends and special people to help me through the rough times. But most of all I have been given the gift of time – time to heal and replace those painful memories of death with priceless memories of my sister's life.

— Cathy Schanberger

## Grief is Lonely

Grief is lonely. When my sister died two years ago, everyone knew about it and talked about it. Everyone was in shock - but now, two years later, the anniversary of her death came and went without even a card in the mail. No one at work remembered the day. No one called to say, "I am thinking of you." No one asked, "How are you feeling?"

My family has stayed in close contact and we talk about Susan all the time. But when it comes to grieving over Susan, everyone grieves alone. No one knows how I feel about my little sister and how it hurts me so deeply to know she is not here. Everything else in life can be shared with someone else, but not grieving. No one can fully understand the pain because everyone's pain is different. When the pain is the greatest, the loneliness is the greatest too. I never thought I could feel this much pain and still survive. I am alone in my grief. There is no one else here with me.

Susan was born when I was almost 11. She died by suicide when she was 16. The baby of the family, the youngest of four kids; our hearts are broken forever.

— Cherie Bagadiong, TCF, St. Mary's County



## Sometimes Memories Aren't Enough

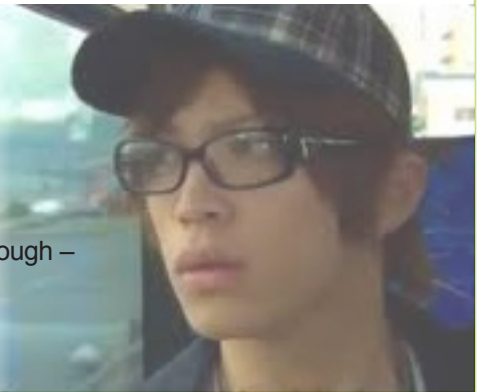
Sometimes memories aren't enough  
To hold the pain at bay.

Sometimes memories aren't enough  
And tears get in the way.  
Sometimes memories aren't all good;  
Then I feel hurt and misunderstood.

I feel lonely, sad, and bereft –  
It's not enough – only memories are left.  
In times when memories aren't enough,  
No need pretending I am so tough.  
My grief can show for some to see  
When memories aren't enough for me.

But I can hold on,  
Perhaps even smile,  
Knowing memories will again become enough –  
For awhile.

— Shirley Curle, TCF, Central AR



## A Poem for You

It's hard to think of you so far away,  
But I know wherever I go I hold you in my heart,  
My friends all know you as they know me so well,  
And they realize you are such a special part of me.

I miss you so much,  
And sometimes it scares me to think I'm all alone,  
But then I remember I carry you around with me always,  
You're in my mirror, my voice, my mind, my soul.

I wish you could experience everything I do,  
I wish you could hold my hand as I walk  
I know though that you're happy,  
And your happiness is what really counts.

But it makes me sad that I can't embrace you,  
And shout, "I love you so dearly" that you may hear,  
Remember, though, whenever you hear the words "I love you,"  
Those people are echoing my own thoughts to you.

— Kellie, TCF, Western Australia



## Our Children Remembered

William P. Anthony Jr.  
Son of Bill and Linda Anthony  
June 1, 1965 - January 2, 1999

Melanie Suzanne Berkow  
Daughter of Sandra Winans  
January 2, 1956 - March 23, 2012

Emily Ann Blazejewski  
Daughter of Lee Ann and Doug Blazejewski  
January 27, 1997 - January 2, 2004

Paul John Burash  
Son of Robert and Sandra Burash  
January 18, 1972 - August 8, 1992

Emily Christina Davidson  
Daughter of Fran Smith  
July 24, 1972 - January 13, 2011

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

Melissa Fernanda Garcia  
Daughter of Claudia Hnatiw  
January 25, 1993 - July 30, 1994

Theresa Karen Gardner  
Daughter of Joan F. Gardner  
July 28, 1962 - January 7, 1994

Jennifer Lynn Hamilton  
Daughter of Kathleen and Donald McGlew  
May 2, 1980 - January 7, 1999

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

Sarah Anne McMahon  
Daughter of Deborah and Daniel McMahon  
January 24, 1995 - July 13, 2012

Craig Steven Nelson  
Son of Karen Coulson  
April 2, 1974 - January 31, 1994

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

Stacy L. Perry  
Sister of Sue Hannon and Sharon Price  
Friend of Rhonda and Norman French  
January 22, 1976 - January 1, 2009

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

Kevin Eric Reichardt  
Son of Carol and Karl Reichardt  
January 20, 1975 - January 26, 1995

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

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

Thomas Jeffrey Schall  
Son of Tom and Joyce Schall  
January 16, 1963 - January 7, 2002

Emily Ann Schindler  
Daughter of Charles and Jane Schindler  
July 27, 1985 - January 27, 2004

Kelly Ann Schultz  
Daughter of Jim and Pat Schultz  
July 19, 1964 - January 1, 1996

Gregory Robert Sears  
Son of Rob and Marilyn Sears  
December 11, 1975 - January 6, 2012

Michael Shane Wheeler  
Son of Lita L. Ciaccio  
June 22, 1976 - January 11, 1997

Daniel Alfred Whitby  
Son of Rita and Albert Whitby Sr.  
Brother of Susan Lovett  
January 10, 1959 - August 15, 1974

Carole Anne Wilford  
Sister of Aljuana Saunders  
January 7, 1944 - May 4, 1998

*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:

Barry and Elizabeth Aikin in memory of John Russell Aikin and  
James William Aikin

Steven and Theresa Bleemke in memory of Paul Brough  
Norman and Rhonda French in memory of Brandon French  
Yossef and Linda Khadem in memory of William Khadem  
Michael Milord in memory of Daniel Dan Milord

Maurice and Juliet Rothman in memory of Daniel Rothman

Lydia Sanders in memory of Andre Marc Sanders

Tom and Joyce Schall in memory of Thomas Jeffrey Schall

Kenneth Smith in memory of Tracy Fotino

Karen Willey in memory of Nicholas Grant Poe





### When You Were Small

I often think of you  
When you were very small.  
You left your fingerprints  
On almost every wall.

Back when you were growing up  
They were such happy years.  
How you would smile and make up games  
I remember through my tears

Someday we will be together  
In heaven up above.  
But for now my little girl  
I send you all my love.

— Linda D. Cope

## Winter

I really don't like winter. You would think that having spent my whole life in the Midwest, I would have come to terms with the cold, often slushy, gray months of January and February. Each year I promise myself I will work on the negative attitude and follow it up with positive actions. Sometimes I succeed.

One of my constructive cold weather activities is driving through the Arboretum. Today the hills and valleys are covered with a blanket of snow; it has literally become a winter wonderland. Although the trees are bare of leaves, they don't seem barren...wrapped in a snowy covering of white; they don't seem lonely or cold. Instead of stark and forlorn, they seem almost snug and comfy.

Gradually, I realized that before me is not a sweeping valley at all, it is a frozen pond. On warmer days the sun would be reflecting on water and there would be fish and frogs and lily pads and all sorts of underwater growth. The peaceful scene I am experiencing is fleeting; beneath the snow is an entirely different countryside. Which encounter would best describe the landscape?

Circumstances may force us to temporarily surround our broken hearts with a happy countenance. Sometimes our jobs, our lives, our responsibilities, demand an upbeat appearance. We can manage it, in the short term, but underneath the thin veil of pleasantness is a hurting bereaved parent, struggling to survive. There is a danger when we (and others) mistakenly assume this veneer is the outward sign of inner healing.

You may already have discovered that many people assume that there is a timeline for grief and for "normal." We have learned otherwise; it is a very long, often overwhelming journey that takes us to a "new normal." We do not want to be cheered up or hurried; we want to grieve our losses.

Of course, people are relieved to see us smiling and seeming to be back to our regular routines. We like that, too. Grief is so physically and emotionally exhausting. Just be sure that you have a safe place to peel the smiley face off and be a bereaved parent.

— Donna Corrigan, BP/USA



## Conference News

The Hope and Healing Conference is scheduled for April 26, 2014. This is going to be a wonderful day filled with speakers and workshops, time to meet other bereaved parents, a Memory Board for photos, and gift, book and button sales.

We are currently lining up speakers and presenters for the day. If there are any topics that you would like us to consider, or if you know of someone you feel would be a good addition as a presenter, please let us know. We are looking for suggestions and confirmation that the topics we are considering are indeed ones that you are interested in.

Prior to the Conference, we will need volunteers to help with:

- Registration materials: typing, printing and collating
- Name Tags: layout, print and assemble
- Signs for the workshops & hallways: Design and printing
- Picture Memory Board: Design, set up & oversee display
- Request Donations: for paper goods, breakfast items, water, office supplies
- Gift Sales Donations: Items for resale with proceeds to our Chapter
- Book Sales Donations: Gently Used Books on relevant topics
- Give-Away Memento: suggestions for a small item for each attendee
- Centerpieces: suggestions for the lunch tables, then give away

There are many small jobs to be done, so please consider volunteering and together we will make the Conference a success. We can help ourselves by helping others. To volunteer, please call Carol, 410-519-8448, or email [hopeandhealing2014@gmail.com](mailto:hopeandhealing2014@gmail.com).

## We're On Facebook

Chapter Members can join our group at <https://www.facebook.com/#!/groups/BPUSAAAC/>. Everyone must be a member of Facebook to join this group. We are a CLOSED group for privacy purposes, so nothing posted on our group's wall will go into your regular NEWS FEED to your regular FB friends - only other members of our group will be able to see what you posted there.

When you get to our page, you must request to JOIN the group and approval will be sent when the page is checked each day. Then you will have full access to read all postings, and post your own comments or pictures for other members to read and respond to 24/7. Like our meetings, please do not share postings outside of this group. AGAIN, this is a CLOSED group. If anyone has a question, suggestion, problem or just needs someone to walk them through the Facebook process, please contact June Erickson at 410-451-8637 or email [juneErickson@aol.com](mailto:juneErickson@aol.com).





*Wishing you a peaceful New Year*





# 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)

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*NEXT MEETING: January 2, 2014*



## Time sensitive

**Must be delivered by December 29, 2013**

### UPCOMING MEETINGS & EVENTS:

#### Happy New Year, or Is It?

**7:15 pm @ Calvary United Methodist Church,  
Annapolis, MD**

**Thursday, January 2, 2014**

For bereaved parents, going into a new year can present new and special challenges. Identifying and dealing with those challenges will be discussed, and those who wish to participate will be guided and encouraged to write letters to mark this moment in their grief journey, to be held confidential and shared with you one year later.

#### Taking Care of Yourself While Grieving

**7:15 pm @ Calvary United Methodist Church,  
Annapolis, MD**

**Thursday, February 6, 2014**

Tips about how to deal with the unique challenges associated with grieving will be the topic of discussion.

#### The Compassionate Friends National Conference

**Chicago, IL**

**July 11 – 13, 2014**

#### BP/USA 2014 National Gathering

**Sheraton Clayton Plaza**

**St. Louis, MO**

**July 25 – 27, 2014**

### 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: Mary Redmiles at [Mary.Redmiles@gmail.com](mailto:Mary.Redmiles@gmail.com).