



Bereaved Parents of the USA

Anne Arundel County

March 2014

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A Yes for Spring

Crocuses, robins, light
breezes and warmth
Signal the coming of
spring.
Already my neighbor
measures his lawn
With the spreader to en-
courage green grass and
new life.
But not for me. No, not
for me.

How dare that robin build
A nest in my apple tree!
Can't she see that here
Winter still shrouds the
house –
That storms still howl
within?

I do not yearn for spring.
There is no new awaken-
ing
Or joy within my heart.

I cling to winter's
dreary cold
For it echoes the
cry of my soul.

And yet that bird
builds!
Now comes her mate to
add
A ribbon fallen from the
Christmas rubble.
Together they stack and
weave
Until a strong new nest
appears.

Was last year's nest torn
asunder
By winter's brutal wrath?
Were the nestlings
caught
By neighbor's greedy
cat?
Whatever...robin sits

Spring

upon the new nest.

I watch the robins and
long to stay in winter,
To postpone the pain of
rebuilding. But I cannot –
I must not.
Spring is coming even
here.

Crocuses grow in my
yard, too. And for me –
especially for me.

Marcia F. Alig, TCF,
Hightstown, NJ



**SAVE THE
DATE...for our
Hope and
Healing
Conference**

Plan to attend the
Hope and Healing
Conference **on
April 26, 2014** at
Calvary United
Methodist Church
in Annapolis. For
all of the details,
see pages ten and
eleven.

The printing and mailing of this newsletter have
been donated by

Judy Krause in memory of her son

Bryan Adam Krause

March 11, 1965 – June 29, 2007

In Loving Memory



www.aacounty-md-bereavedparents.org

Next Meeting: March 6, 2014

How to Make Blankets for Project Linus --

Vickie Rankin will demonstrate how to make blankets for the Linus Project (www.projectlinus.org). Attendees wishing to participate should bring two pieces of fleece fabric, each 1 ½ yards. Take a look at the Project Linus website for more information about the mission of this non-profit organization. Sharing groups – a key part of each Chapter meeting – will be held as desired 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 April newsletter due to the Newsletter Team by March 1.
Send an email to: newsletter@aacounty-md-bereavedparents.org.

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Do You Use Amazon.com?

If you enter Amazon through our Chapter's website (www.aacounty-md-bereavedparents.org), the Chapter will earn a commission of 5% on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter). It's an easy way to support our Chapter's activities. Go to the Chapter's home page, click on the butterflies on the welcome page, and 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 through the Chapter's website credits the Chapter with the 5% 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.

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Time for Spring Cleaning

The smell of spring is in the air. At your house it's probably lilacs, lilies and hollyhocks, but at my house, it's Lysol, Lemon Pledge and Clorox. These fragrances are the harbingers of my favorite secular celebration, spring cleaning. I admit it, friends; I love to clean.

I learned the joys of tidiness at my mother's (housemaid's) knee. She is Norwegian, and for centuries the women in her family have dedicated their lives to cleanliness. Early in my indoctrination, my mother taught me the old Norwegian expression, "Ingen kysten skogen mogen," which loosely translated means, "When in doubt, toss it out."

I'm pretty sentimental myself, but until recently, I was never a saver of things. That changed when Blake died. I found that I could not part with anything that his little hands may have touched, from his childish scribbling to lucky rocks to plastic dinosaurs.

Shortly after he died, I went through all of Blake's clothes

and gave away his newest and Sunday best. The things I saved were his play clothes – the shorts and shirts with mud and pizza stains that never quite came out, his favorite pajamas, his Charlie Brown underwear. My mother and I gently packed them away in tissue paper as if they were the finest silks and linens. Sometimes when I open that drawer, I think I catch a sniff of Blake's musky little-boy scent. The yearning it awakens in me is almost more than I can bear.

This spring, in conjunction with my usual cleaning frenzy, I'm thinking of getting rid of some of the junk I've accumulated since Blake died, stuff I've lugged around but really don't need any more. I'm going to call my favorite helpful hardware man and ask him to bring the biggest box in his warehouse. Into that box I'm going to chuck the following:

- That residual bitterness toward those who said or did the wrong thing, or worse, nothing.
- Vestiges of anger that surprise me when they still crop up from time to time.
- That awful anxiety about my surviving children and other

loved ones.

-That old bugaboo, guilt, for all I should have said or done or been.

Friends, this is going to have to be a gigantic box! I'm probably going to need a dolly to get it out to the street so the garbage man can pick it up. Maybe I'll just let it sit in the garage for a while so I can look in it from time to time and think about how far I've come. Better yet, perhaps I'll just dump everything into the recycling bin. Who knows? Something valuable might emerge from all that pain.

Pat Dyson, TCF, Beaumont, TX

My Child's Name

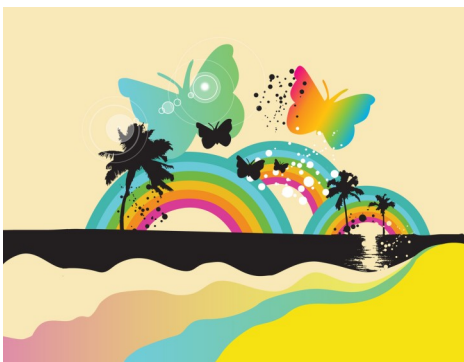
The mention of my child's name may bring tears to my eyes,
But it never fails to bring music to my ears.

If you are really my friend, let me hear the music of their name!
It soothes my broken heart and sings to my soul!

- Author Unknown



Expectations



Expectations play a large role in our grief. Certainly, expecting to feel better and to not always hurt is helpful, but other expectations can be hurtful. Some of these hurtful expectations are the expectations we have of those around us -- our friends and relatives.

We "expect" them to listen to us talk about our child and our pain. We "expect" them to be sensitive and aware that we are hurting more on a particular day or date. We "expect" that they will understand that it is normal to grieve for so long. We "expect" them to understand our mood swings. We "expect" and we "expect", and when our relatives and friends do not understand, or provide what we need, we are angry and hurt. *(Continued on next page)*

Expectations (continued from previous page)

To “expect” is to presume.

When we expect others to behave a certain way or say a particular thing, we presume they know what we want or need. This is rarely possible. Even if the other person is a bereaved parent, he/she cannot read our minds. What they needed in their grief may not be what you need in yours. If our friend or relative is not a bereaved parent it is even less likely they will have any idea of what we need at that particular time.

The problem with expecting understanding and help from others, is that we set ourselves up to be hurt. On page 449 of one of my favorite books, “Alcoholics Anonymous”, it says, “...my serenity is inversely proportional to my expectations.” Of course, serenity doesn’t exist for the bereaved parent, but the hurt we feel from others IS “inversely proportional to our expectations.”

If we expect others to do or say the right thing and they do not, we are hurt, but on the other hand, if we do not expect their reaction and they react as we would like them to, we will be pleased. I think it would be better to be pleased now and then, rather than be hurt almost every time.

We need to remind ourselves over and over, that others do not know how to help us. They are not being cruel, uncaring or indifferent, they simply do not know. Therefore, the responsibility to let them know of our needs lies with us. Not only must we tell them of our needs, but after we have done that, we must take this a step farther. If the individual does not react the way we asked them to in the future, we must try to accept this and consider that, for reasons only they can know, they are either unable or unwilling to do as we ask. We cannot know their inner-

most motivation anymore than they can know our innermost needs.

To eliminate the hurt we feel from others we must let go of our expectations of them. We can only be hurt if we ALLOW ourselves to be hurt, or if we take into ourselves as hurtful, something that was done or said (or not done or said) in ignorance. (Remember, we ourselves did not know of the needs of bereaved parents before our child died.) There will be times we must simply say “He/she doesn’t know” or we might ask ourselves “How important is it that that person is not supportive?”

It is up to us to protect ourselves from any more hurt than we already have. So if we stop expecting what others may not, or cannot give, we can stop some of the hurt.

Margaret H. Gerner, MSW

Yesterday

Yesterday, I heard your voice
Today that voice is still.
I yearn to hear it once again.
I guess I always will.

Yesterday, I touched your face
As you lay safe in bed.
If I could kiss you just once more
And stroke your precious head.

You touched my life so briefly,

And the magic lingers on.
It blesses me at twilight,
And it wakes me with the dawn.

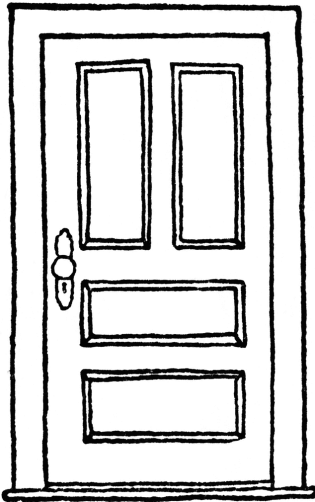
If I live until forever,
Til my eyes no longer see,
My mind will e’er remember
What you were, and are, to me.

Marcia Dyke, Bereavement magazine



Knock, Knock...Grief's Here

We must meet our grief. We must know him like a familiar neighbor. If we meet him,



know him, and get through to him, we will become victorious in our battle with him. Yes, the over-

whelming grief is frightening, angering, frustrating and relentless. But ultimately, he is our friend. Our grief knows that the life of our child is worth all of this pain.

SLEEP: Give yourself plenty of time to rest. Grief drains your emotional battery and you will need to recharge more often. If you simply don't want to get out of bed in those early stages of grief, then don't!

EXERCISE: Take walks or work out: jog, aerobics or a spring cleaning week will do as well. Physical exertion is a great stress reliever and may afford you some time alone to gather your thoughts in the process.

BE PATIENT WITH YOU: Grief plays funny tricks on the mind for months, years after the death of your child. You may be unpredictable and

your emotions unstable. It is completely normal to experience this. Know that you may be more irritable than normal. Concentration may be a difficult task. The way past the depth of early grief is straight through.

TALK WITH REAL FRIENDS: Some parents feel as if their friends have become strangers to them. Paradoxically, strangers become friends. Bereaved parents should seek out others -- through support groups, church groups, family or within the community -- who can relate to them. If you are uncomfortable in a group situation, take yourself out. This is your cross to carry and you must get through this pain however you are most comfortable.

KEEP A JOURNAL: This is self-therapy for the grieving.

CRY, CRY, CRY: Tears are very healing. You don't have to cry in front of others if it inhibits you. However, sometimes in the deepest of grief, it helps to cry with another person present. Not for the purpose of "saving" you, or comforting you, but merely as a witness to the depth of the pain. It is likely after visualizing the agony of your grief, they will be more understanding and supportive through this journey. Even though this deep grief is a death-like experience, when you cross to the other side of the pain, your fundamental attitude will be

healthier and more real.

CLAIM YOUR FEELINGS: Don't be afraid to admit your emotions. There will likely be a wide range of them, from anger to sorrow to hope. Feelings are not right or wrong: they just are. Have faith in yourself and trust your emotions. Value the grief work you are doing and learn to discover what methods are the most effective for self-therapy.

AVOID MAJOR CHANGES: This is not the time for environmental upheaval in your life. Wait until the first few months of grief have passed before making life-altering decisions.

DON'T EXPECT TO GET OVER IT: When people say, "Go on with your life," you may respond, "I'm still here, aren't I?" You do live on, you will be happy again and you will survive. But you probably will never get over it. It is a gentle and gradual acceptance that happens over many years. You learn skills necessary to help you handle the pain.

IF YOU NEED PRIVATE THERAPY, GO GET IT: If your grief has left you feeling suicidal, if you have prolonged periods of a change in sleep patterns or in appetite, if you have recurrent dreams which make it difficult for you to function daily, get professional help from a grief therapist.

(Continued on Next Page)

Knock, Knock...Grief's Here (Continued from previous page)

COMMEMORATE YOUR CHILD'S LIFE:

Remembering your child will help you to heal. Ideas to commemorate your child's life follow.

- Plant a tree in your yard or at a local park. Many parks and recreation programs will even include a bronze dedication plaque if dedicated in a local park.
- Adopt a street on behalf of your child.
- Have a family candlelight memorial service for your child on special occasions.
- Write letters to your child.
- Collect angels or another favorite item that has special meaning.
- Make a shadow box of your child and place it in a special area of your home where you will be able to share it with visitors.
- Create a special tape of songs which remind you of the love you have for your child, now and always.
- Have a video professionally done of photo-graphs of your child with your favorite songs in the background.
- Begin the tape with a letter or poem you wrote to your child.
- Decorate your child's grave and other children who are "neighbors" at the cemetery.
- Donate books on grief to local libraries and support groups.
- Take out an ad in your local paper for special days. Write a simple message commemorating your child and what he or she meant to our family.

From BP/USA, St. Louis Chapter, March/April 2013

Our Family Portrait

Having our family portrait taken now is a bittersweet experience. We are proud of our family, especially our new baby son. But you see only three of us in the picture, and we are a family of four. Our first son you

never see, but he is there with us in our hearts. The camera is limited and cruel; it only takes a picture of what it sees.



It cannot see our absent son or all the love we have for him; or our memories, our pain, or our longing.

I wish the camera could take a portrait of the heart, then other people would see Jonathan Andrew there. You only see one precious son – we always see two.

LouAnn Tennant, Share newsletter

Support

Come and lean on me a bit,
I know just how you feel.
I've felt your fear and loneliness,
I know your pain is real.
For I have been where you are now,
Walking that long, dark road.
Then someone came to comfort

They helped me find new courage
And hope when I had none
They let me lean on them awhile
Till my battle was won.

So come and lean on me a bit
Till your ordeal is through.
Then find someone who needs
your help
And let them lean
on you.

Martha J. Morrison



Living through Personal Crisis

The person who resists grieving may successfully ward off intense pain, but a nagging ache will likely take its place. Denied feelings of grief will be expressed in hidden ways...moodiness, irritability, restlessness, nervousness, abuse of alcohol or other drugs, conflicts in relations with others, physical ailments, accident-proneness, reckless spending, or general dissatisfaction with life. Grief doesn't go away just because it is ignored. Healing involves being willing to hurt more in order to hurt much less.

-Ann Kaiser Stearns, from Living through Personal Crisis

You Are With Me Still

You are with me still – with every Crosby, Stills and Nash song on the radio, you sit with me and sing.

You are with me still – as I wear your black leather jacket— you looked so cool in it.

You are with me still – at the Dairy Queen where we ordered a Blizzard with cherry nerds.

You are with me still – as I proudly wear the sweater you

gave me for Christmas. I remember what you said, “Tam, it’s you.”

You are with me still – as we cooked lobsters and melted butter, and you felt sorry for the lobsters.

You are with me still --- as the music surrounds us at a rock concert, with you and me picking out t-shirts together.

You are with me still – as I slip a

silver bracelet on my wrist that once was upon yours.

You are with me still – as I gaze down at your grave, yet I know you are truly not there – for you are with me always each and every day.



A Memory Hug

Your loss has left a hole in your heart

That hole never goes away...

You learn to live with it.

With acceptance of the loss

And changes in your life,

The pain lessens.

Eventually memories fill up the

space,
But it never goes away.

Then when you least expect it,
A memory spills out

Of the hole in your heart

And washes you clean again with tears

Think of it as a “MEMORY HUG.”

-Author Unknown



A Sister's Prayer

Dear Lord, please hug my brother
As I often long to do,
Kiss his cheek and tell him
“Your sister’s missing you.”

Tell him of the memories
That dominate each thought
Of he and I together
And of the love that he once brought.

Tell him of the tears
That pour from my heart
At the painful realization
That we’ll always be apart.

Tell him that I’m trying
As hard as it may be
To move ahead, love again
And live successfully.

And tell my precious brother
Just how much his short life meant
He gave me a deep understanding of life
That could only be heaven sent.

And lastly, loving God
Make sure Anthony can see
How much I’ll always love him
And how much he means to me.

-Johanna DeAngelis, TCF,
Austin, TX



Three Questions Why? Why? Why? After months of asking this question, I still don’t know why. I only know that asking “Why?” is normal; and that even if I knew the reason why, I would still cry. I would still hurt. I still wouldn’t like it. I haven’t noticed lately that the “Why” question is hardly ever running through my head (only on the very bad days). I have a new question now running through my mind...

What? What? What? What do I do with my life now? I think that moving from the “Why” question to the “What” question is part of the healing process (I hope). The “What” question occupies my mind often. It will take time to answer this one....

In the future, I imagine that a third question will need answering: How?

-Sally Burnell, TCF, Des Moines, IA

Our Children Remembered

James William Aikin
Grandson of Elizabeth and Barry Aikin
June 5, 1982 - March 18, 2008

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

Richard Allen Bessling
Son of Robert and Barbara Bessling
March 18, 1982 - March 15, 1995

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

Ryan Corr
Son of Pam Corr
March 2, 2003 - June 4, 2011

Michael J. Dickens Jr.
Son of Marla and Michael Dickens Sr.
July 7, 1968 - March 29, 1996

Zachary Lee Dukes
Son of Cindy Dukes
February 12, 1989 - March 31, 2010

Manuel Junior Esparza
Son of Dianna McKinnon
March 20, 1987 - February 14, 2012

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

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

Brian Michael Hendricks
Son of Jeannine Hendricks
March 4, 1991 - April 22, 2012

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

Kole William Hoffman
Son of Erin and Jim McKinney McDonald
December 23, 2007 - March 7, 2010

Emilio Juan Honesto
Son of Alexandra Honesto
June 29, 2010 - March 26, 2011

Matthew James Katz
Son of Bob and Sue Katz
March 13, 1982 - September 7, 2003

Bryan Adam Krouse
Son of James and Judy Krouse
March 11, 1965 - June 29, 2007

Jerry Mason Jr.
Son of Mary and Jerry Mason
May 6, 1968 - March 23, 2005

Edwin Brandon Molina Jr.
Son of Carole and Edwin Molina
July 6, 2005 - March 3, 2007

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

David M Murnane
Son of Jennifer Murnane
March 7, 1987 - December 9, 2008

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

Brian James Para
Son of Joan Para
February 19, 1970 - March 19, 1991

Sydney Elaine Patronik
Daughter of Holly and Michael Patronik
March 26, 2002 - May 11, 2002

Thomas H Redmiles
Son of Mary and Joe Redmiles
February 22, 1985 - March 14, 2011

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

Erin Michelle Shannon
Daughter of Karen Shannon
November 21, 1979 - March 18, 2009

Abigail Helen "Abbey" Skuletich
Daughter of John and Glenda Skuletich
March 9, 1984 - May 12, 1992

Mark Edward Smeltzer
Son of Peggy Smeltzer
December 11, 1969 - March 15, 1997

Christopher John Smith
Son of Debi Wilson-Smith
March 27, 1981 - June 30, 2000

Joseph Claude Smith
Son of Gary and Desirae Smith
March 19, 2005 - July 11, 2006

Jacob Stephen Sutton
Son of Janet Sutton
February 1, 2009 - March 1, 2009

Tenoch Bennett Sweeney
Son of Richard Sweeney
March 30, 2011 - May 21, 2011

Shardeh Danielle Callis Watkins
Daughter of Lori Norris
April 30, 1989 - March 2, 2013

*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
 Joseph and Mary Redmiles in memory of Thomas Redmiles
 George and Cathy Schindler in memory of Emily Schindler
 Marie Sims in memory of Joshua Dale
 Kenneth Smith in memory of Tracy Fotino

Seasons

The change of seasons is difficult. It reminds me that I must change if I am to live again. We can become stuck in our grief, full of self-pity and overwhelmed with pain. I do not believe our children would want us to live the rest of our lives in pain and misery. It is so easy to fall into the "black pit" and never have the strength or courage to crawl out – because crawl out we must – on our bellies.

We are different now, with different priorities and goals. We

must find a new purpose for going on, and we must accept the changes in our lives – including ourselves, for we are different now. We cannot go backward, though there are times we yearn to. We must go forward. If we don't, we stay stuck at the point our world changed. I used to say "ended."

Change is difficult. To accept the loss of our child is the most difficult of all. Our comfort comes from believing that the love we share will go on

for all eternity, and that we will be reunited again – and each day brings us closer. We must learn to live again, love again, feel joy and peace again – or our survival will be without value to ourselves or others.

Renee Little, TCF, Fort Collins, CO



Chapter Notes

Chapter's Core Group Meeting

The Core Group will meet on February 11th at 7 pm at Calvary United Methodist Church. Please park in the front of the church and check the bulletin board in the foyer for the specific room number. We will be discussing specifics for the upcoming conference and are in need of volunteers. This is a great way to honor your loved one and we hope to see you there.

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 chapter-leader@aacounty-md-bereavedparents.org or at aabereavedparents@gmail.com, or send us a note at PO Box 6280, Annapolis, MD 21401.

HOPE AND HEALING CONFERENCE (continued from Page One) on Saturday, April 26, 2014 at Calvary United Methodist Church, 301 Rowe Boulevard, Annapolis, MD 21401.

Join us for our Hope and Healing Conference. Our Anne Arundel County (MD) Chapter is sponsoring this Conference because we believe that conferences such as this one – which combine informative workshops and compassionate sharing – offer messages of hope and tools for coping.

Please join us to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve, as well as to grow.

The morning **Keynote Speaker** is **Kay Bevington**, a bereaved mother of an only child who died just prior to her sixteenth birthday. Kay has been active in the bereavement community since 1980. In 1990, the Bevington's founded Alive Alone, an international organization for parents with no surviving children. Alive Alone is an organization for bereaved parents, whose only child or all children are deceased, by providing a self-help network and publications to promote communication and healing, to assist in resolving their grief, and a means to reinvest their lives for a positive future.

The afternoon **Keynote Speaker**, **Beth L. Hewett**, has a Ph.D. in rhetoric and writing studies, and has been a college-level educator for more than thirty years. She holds a certificate in Death and Grief Studies from the Center for Loss and Life Transition and 150 CEUs through the Colorado State University in Ft. Collins, CO. Beth is an experienced public speaker; grief facilitator trainer; and facilitator of grief support groups, bereavement seminars and retreats, and grief-focused writing workshops since 2004. She provides bereavement coaching on a one-on-one basis.

Beth has written *More Good Words: Practical Activities for Mourning*, the *Good Words: Memorializing Through a Eulogy* book and booklets, "Practicality, Adaptability, Possibility in Grief" (*Grief Digest Magazine*, October 2011), and has co-authored *More Good Words: Grief and the Workplace*.
(continued on next page)

Chapter Notes

There are **20 WORKSHOPS** planned for the day on a wide variety of topics, and the schedule allows you to choose 4 to attend. Workshops can be sponsored in memory of your loved one, at a cost of \$25. A special sign will be created for the workshop that can include your child's picture if you would like.

A **HEALING and MEMORY GARDEN** will be created with pictures of your loved ones. They will be on view in the main hall during the day, and available for you to take home.

The **SHOPS at HOPE'S CORNER**, will include an Angel, Butterfly & Love Gift Shop, a Used Bookstore and a Picture Button kiosk so that you may have a picture button made of your loved one. (Cash and Checks only for purchases.)

Continental breakfast and hot lunch are included in the registration fee. Let us know if you have any special dietary needs.

And a **CIRCLE OF LIGHT GATHERING** will end our day together.

CONFERENCE-AT-A-GLANCE

- 7:30 Registration & Stores open. Continental breakfast available.
- 8:15 Opening Remarks/Introductions
- 8:30 Keynote Address – Kay Bevington
- 9:15 Workshop Session One
- 10:30 Workshop Session Two
- 11:45 Lunch
- 12:45 Keynote Address – Beth L Hewett, PhD
- 1:30 Workshop Session Three
- 2:45 Workshop Session Four
- 4:00 Circle of Light Gathering/Closing

REGISTRATION

Pre-Conference Registration Deadline is April 15, 2014. You will find the registration forms in our April Newsletter, sent to you via email, or you may download registration forms from our website, www.aacounty-md-bereavedparents.org.

Or contact us for registration forms via email at hopeandhealing2014@gmail.com, via phone (Carol Tomaszewski) at 410-519-8448 or by mail to BPUSA/AACo, PO Box 6280, Annapolis, MD 21401.

Registration FEE: \$35 per person, payable by check to BPUSA, Anne Arundel Co Chapter, and mailed to BPUSA / AACo, PO Box 6280, Annapolis, MD 21401 with the forms. If financial assistance to cover the fee is required, please contact Noel Castiglia, 410-757-5129.

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: March 6, 2014

Time Sensitive
Must be delivered by February 28, 2014

Upcoming Meetings & Events:

How to Make Blankets for Project Linus

7:15 pm @ Calvary United Methodist Church, Annapolis, MD • Thursday, March 6, 2014

Vickie Rankin will demonstrate how to make blankets for the Linus Project (www.projectlinus.org). Attendees wishing to participate should bring two pieces of fleece fabric, each 1 ½ yards. Take a look at the Project Linus website for more information about the mission of this non-profit organization.

Healing through Art

7:15 pm @ Calvary United Methodist Church, Annapolis, MD • Thursday, April 3, 2014

An art therapist and bereavement counselor will discuss how art can be healing in dealing with grief.

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 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

We appreciate your feedback on Chapter meetings. If you have suggestions for future topics of discussion, please contact our Program coordinator Mary Redmiles at mary.redmiles@gmail.com.