



# Bereaved Parents of the USA Anne Arundel County Chapter

JULY 2015

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## Seasons of Healing

The Bereaved Parents of the USA National Gathering will take place on July 24 - 26, 2015 at the Sheraton Hartford Hotel at Bradley Airport, Hartford, Connecticut. If you've never been to one of these BP-USA Conferences, it's a wonderfully healing weekend. Our own Paul Balasic will be presenting three workshops at the Gathering:

1. The grief equation
2. Music and grief
3. Grief and the poets

Learn more about the conference: [bereavedparentsusa.org/Gathering.html](http://bereavedparentsusa.org/Gathering.html)



Bereaved Parents of the USA  
2015 NATIONAL GATHERING  
HARTFORD, CT • JULY 24 - 26

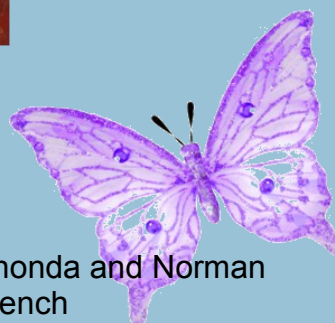
Sponsorship of this newsletter has been made by the following families:

Charles and Jane Schindler  
In memory of their daughter  
**Emily Ann Schindler**  
**July 27, 1985 - January 27, 2004**

Dear Sweet Emily,  
Your dance was far too short  
for this lifetime. Know that others  
continue to dance for you  
and you dance on in the hearts  
of all who know and love you.  
Dance, dance wherever you may be. Happy 30th  
birthday. Love, Mom, Dad, Claire and Charlie



Rose Marie Carnes  
In memory of her son  
**Walter H. Maynard IV**  
**January 2, 1965 - April 14, 2006**



Noel and Ann Castiglia  
In memory of their daughter  
**Tria Marie Castiglia**  
**July 6, 1963 - October 14, 1984**

Tria's birthday is July 6. She  
was 21 when she went to  
Heaven. She would be 52  
this July. Miss her and love  
her forever.

Love, Dad, Mom, Carla,  
Danielle and Tony

Rhonda and Norman  
French  
In memory of their son  
**Brandon Robert French**  
**October 8, 1983 - July 29, 2006**

In loving memory of our  
son, brother, grandson,  
and friend... You will for-  
ever be in our hearts.



## Summer Memories

Summertime is a happy time for most people in this country: vacations, holidays, family reunions, relaxed days at the pool, evenings in the backyard talking with family and friends, the smell of a fresh rain, the long days, the cooling nights, fresh mown grass and flowers that bloom profusely.

Despite Houston's heat, summer has become a treasured time for me. My son was a child of summer. Born in May, he loved the summer sun on his face and the wind in his hair as he first rode a tricycle, then a bicycle, then drove a car. Those were wonderful times for him. The summer solstice on June 21 was a favorite day for us both. Since the summer solstice is the longest day of the year, Todd particularly loved to watch the sunrise and sunset. I found myself doing that again this year. As I looked at the sun directly overhead at noon (1:00 pm DST)\*should that be DST?\*, I made the comment that this is the one perfectly balanced day of the year. Later as I watched a beautiful solstice sunset, I remarked to my husband about the light... the gorgeous light. I was seeing Todd in that light. He was laughing, chasing lightning bugs, running and spinning and turning, filled with the joy of summer. He was happy.

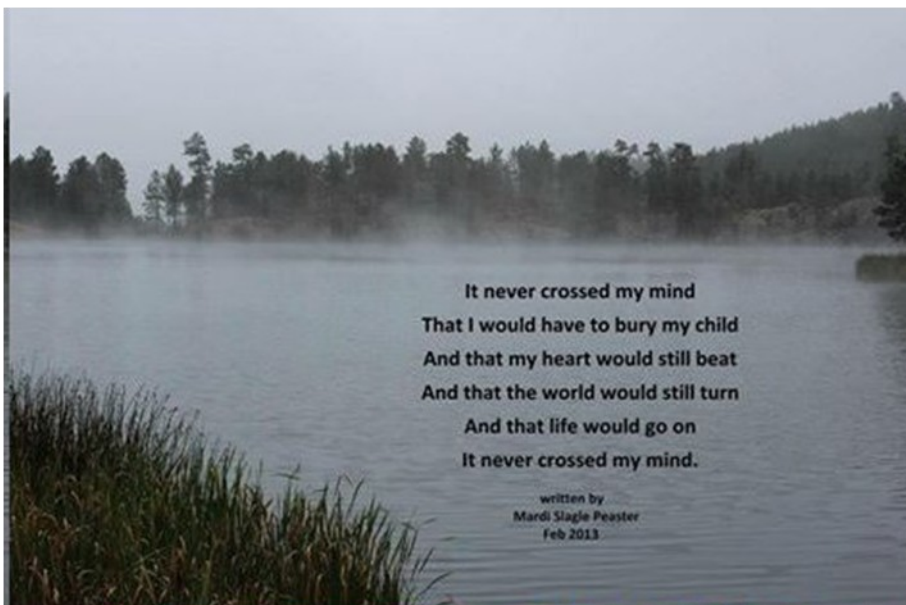
I listened to the neighbors' children playing, and I thought about all the wonderful summer days I had spent with my son. I am thankful that I had that time. I am thankful that my child was a son of summer. He found much joy in nature, in the outdoors, in activities that took him out of the ordinary and into the sublime.

That's how it is for bereaved parents. We eventually come to a place where we realize that our joyful memories have overtaken the pain of the loss of our child to death. We wouldn't trade the time we shared with our children for anything or any other experience. We have many relationships in our lives, but the unique nature of the parent-child relationship is so special, so deep, so life changing, that we endure and even embrace the pain because we had, for that time in our lives, a relationship of pure love and pure joy with our child. There is no way to measure the depth, width or volume of a parent's love. It exceeds every other human relationship. Yes, we miss them terribly. We weep silently into our pillows at night. We light candles, take flowers to the

cemetery, wear their favorite colors, treasure pictures of our children and keep them forever in our hearts. This is a big part of life for every bereaved parent.

Somehow, on the summer solstice, I felt my child's presence in the light of the day and the beautiful rose color of the solstice sunset. I could hear his voice, see his smile and feel his emotions. Peace slips into our hearts in extraordinary ways.

~Annette Mennen Baldwin, TCF,



## Chesapeake Life Center Offers Grief Support

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By Carol Tomaszewski, Chapter Leader and Dave's Mom

At our June meeting, Susan Coale, LCSW-C, Clinical Specialist with the Chesapeake Life Center, talked to us about grief following the loss of a child from substance abuse. It seems that more and more of our families are touched by substance abuse in some way, and the statistics are getting worse.

Although she was speaking on a specific topic, I wanted to pass along some of her thoughts as she touched my heart as it related to my son, Dave, who struggled with addiction for 10 years. And also because no matter how your child died, there is always something relevant to you and your family discussed at our meetings.

Susan mentioned the following myths and/or truths:

- Social Stigma/Misunderstanding – substance abuse implies our child was “bad”, or we were “bad” parents. Nothing could be farther from the truth.
- Preventable – this should have been preventable.... really?
- Police/Legal implications – substance abuse often involves police and the legal system, and is often not a compassionate situation.
- Blame – we look for someone to blame, and that's most often our child's friend.
- Relief – (for the lack of a better word) \*removed a space\* may follow because there is no longer the stress and chaos resulting from addiction. “Sorrowful blessing” was suggested as a better description of this feeling.

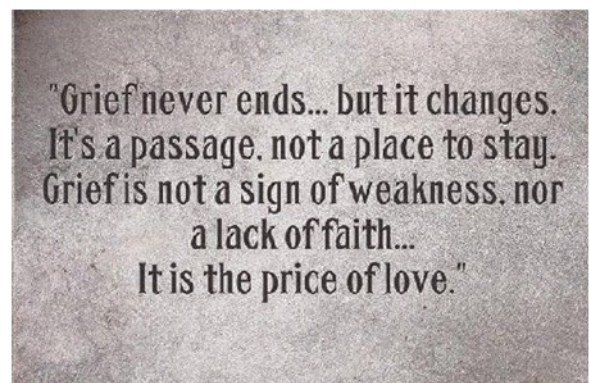
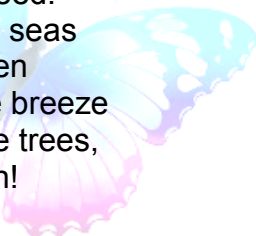
We should remember that the loss of our child from substance abuse does not define our child's life. Think of our child's life as a sentence, filled with words related to their life, and the small period at the end as their death. Their life was not made up of a string of periods, but rather many words of love and experiences, and memories for us.

The Life Center offers a drop-in meeting for those dealing with a death from substance abuse on the third Monday of each month. The Chesapeake Life Center is a very good local resource for grief education and management support. You can find more information on their web site <http://www.chesapeakelifecenter.org/> or call 888.501.7077.

### To A Butterfly

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I've watched you now a full half-hour;  
 Self-poised upon that yellow flower  
 And, little Butterfly! indeed  
 I know not if you sleep or feed.  
 How motionless!--not frozen seas  
 More motionless! and then  
 What joy awaits you, when the breeze  
 Hath found you out among the trees,  
 And calls you forth again!  
 ~ William Wordsworth





### Next Meeting: Thursday, July 2, 2015 at 7:30 p.m.

Summer Gathering! Please come join us in a more relaxed setting. You are encouraged to bring a covered dish that is meaningful in some way to your child or your family, or is just an easy one to bring. We will begin our meeting with the smorgasbord, spend time chatting with other members, and, as always, have sharing groups.

Calvary United Methodist Church • 301 Rowe Boulevard • Annapolis, MD 21401

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. **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 August newsletter are due to the Newsletter Team by July 10th.  
Send an email to: [newsletter@aacounty-md-bereavedparents.org](mailto:newsletter@aacounty-md-bereavedparents.org).



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Librarian: Bob and Sandi Burash  
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#### **Do You Use Amazon.com?**

If you enter Amazon through our Chapter's website ([www.aacounty-md-bereavedparents.org](http://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](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 Mary Redmiles ([mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)) or call her at 410-721-6671, or sign up at a monthly meeting. Say Their Names!!! And help the Chapter, too!

**REPRINT POLICY:** Material in this newsletter of the Anne Arundel County Chapter/ BPUSA may be copied only: 1) if the article is copied in its entirety; 2) if the person writing the article is identified as noted in the newsletter; 3) if it is clearly stated that it was taken from the newsletter of the Anne Arundel County Chapter/ BPUSA; 4) if our website is cited in the credits. This material is to be used and given to help persons with the grieving process and may not be sold or become a part of something being sold for profit, unless first obtaining the permission of the author of the article and/or the current Editor or Chapter leader as noted in this newsletter.

## Choosing Hope

Robert Frost once wrote, "You have freedom when you're easy in your harness." I believe I read that in junior high school. It had no real meaning to me at that time. But many years and many tears later, I have come to realize what Frost was referencing.

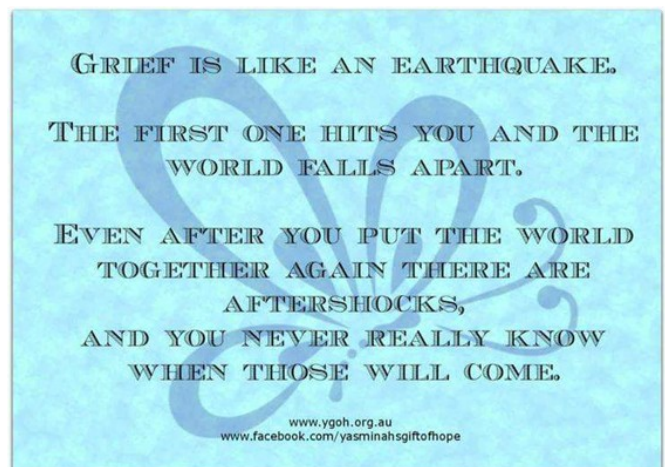
Soon I will be marking the seventh anniversary of death of my own child, Todd Mennen. Seven years seems, perhaps to some, a milestone. But it's not really. There are no "milestones" on this journey of grief after the death of our children. But we do change. We have no choice. We weep, we evolve, we change, we grow, we learn, we share, we ask for help, we give help, we reach out and finally we become someone different than we once were. That is the reality of this grief.

Becoming easy in my harness was no small task, nor did it happen in magical stages with epiphanies proclaiming, "here is a milestone, a moment you can remember for the wisdom you found." Wisdom doesn't arrive with fanfare; wisdom seeps slowly into one's mind, forming an ever-changing perspective until, at last, we have come to accept our "harness". Our harness is the death of our child. Once we accept this fact, we move forward into the light of hope and we begin to feel hope and a different type of freedom.

Am I "easy in my harness?" Finally, I can say that I probably am most of the time. There are days when I find it chokingly restrictive and cruel in its pain. But these days are fewer as time passes. I have found a new kind of "freedom in my harness." It isn't the joyful freedom from the days before my child died, but it is a freedom nonetheless. My freedom is the light of hope that shines from deep within my soul as I now hold my child in my mind and heart. My child is with me in my harness as I continue on the balance of my life's journey.

For this mother, hope is knowing that death does not restrict me from my child's life. Death changes only the plane of our relationship, for I am his mother and he is my son. We will love our children for all eternity. That is the freedom in our harness that comes with consciously choosing hope.

~Annette Mennen Baldwin, TCF Katy, TX, in memory of her son, Todd Mennen



## Connect With Us on Facebook

We are on Facebook. It is a closed group where we can continue our discussions in private. Your other Facebook friends will not be able to see what you post there, and you will not be able to share postings by others. You have to join Facebook first before you can become a member. Please go to <https://www.facebook.com/groups/BPUSAAAC/> and ask to join. You will be approved within 24 hours. If you have any questions or problems, please contact June Erickson at [JuneErickson@aol.com](mailto:JuneErickson@aol.com).



## Our Children Remembered

Glorimar Arán  
Daughter of Sandra Arán  
July 26, 1989 - November 11, 2001

Cito Arán  
Son of Sandra Arán  
December 2, 1978 - July 11, 2000

Susan Lawrence Barr  
Daughter of Bryant and Missy Lawrence  
July 14, 1961 - February 16, 1991

Cortney Michele Belt  
Daughter of Terre and John Belt  
Sister of Eryn Belt  
August 26, 1979 - July 9, 1996

Charlotte O'Brien Boone  
Daughter of Eve Boone  
July 23, 2006 - January 19, 2015

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

Chrystal Marie Clifford  
Marilyn Mabe's son's fiancé  
July 16, 1978 - February 17, 2001

David Brian Clutter, Sr  
Son of Barbara Orndorf  
July 23, 1968 - December 25, 2000

Olivia Rachel Constants  
Daughter of Stephen and Dorothy Constants  
July 28, 1996 - June 23, 2011

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

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

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

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

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

Lahna Lynn Gordon  
Daughter of Tiffany and Daniel Gordon  
July 3, 2007 - August 30, 2007

Matthew Gordon Haines  
Son of Gordon and Peggy Haines  
May 3, 1977 - July 4, 1996

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

Roger Wallace Johnson  
Brother of Leroy and Jeanne Jones  
July 10, 1947 - August 23, 1986

Kenneth "Chuckie" Jones  
Son of Suzzelle Reid  
July 13, 1976 - May 26, 2010

James Arthur Leese  
Son of Judith and John Leese  
July 27, 1960 - June 25, 2013

Michael Robert Legér  
Son of Daryl and Elizabeth Legér  
July 11, 1986 - December 29, 2000

Eric Eugene Maier  
Son of Gene and Marlen Maier  
August 8, 1961 - July 5, 1984

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

Daniel "Dan" Michael Milord  
Son of Mike Milord  
July 15, 1982 - May 5, 2004

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

Kyle Thomas O'Connor  
Son of Robyn and Kevin O'Connor  
November 10, 1986 - July 13, 2013

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

Megan Frances Richardson  
Daughter of Karen Richardson  
July 24, 1983 - December 4, 2004

Dennis Richard Rohrback  
Son of Dennis and Joan Rohrback  
April 8, 1964 - July 3, 1988

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

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

Karen Leese Stevens  
Daughter of Judith and John Leese  
July 19, 1962 - November 17, 2009

Derrick Antonio Stevens  
Son of Lillian and Ernest Stevens  
January 16, 1982 - July 21, 2004

*Continued on next page.*



Jason William Tarr  
Son of Lorraine A. Tarr  
July 8, 1969 - February 20, 2012

David William Whitby  
Son of Rita and Albert Whitby Sr.  
Brother of Susan Lovett  
July 14, 1954 - July 4, 1987

Alisa Joy Withers  
Daughter of Jan Withers  
July 7, 1976 - April 16, 1992

Jeffrey Kevin Withers  
Son of Jan Withers  
July 30, 1975 - September 28,  
1975

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

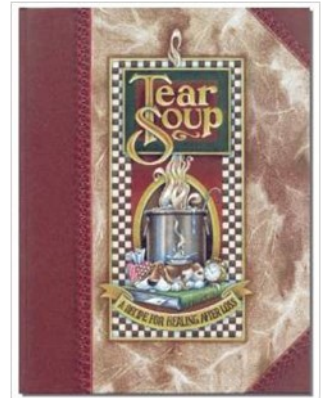
*This is for all the caterpillars that never became butterflies. All the butterflies that never caught the wind in their wings. And all the hearts that had hopes and dreams of a wondrous flight together.*



### Book Review

Tear Soup: A Recipe for Healing After Loss  
by Pat Schwiebert, Chuck DeKlyen and Taylor Bills

If you are going to buy only one book on grief, this is the one to get! It will validate your grief experience, and you can share it with your children. You can leave it on the coffee table so others will pick it up, read it, and then better appreciate your grieving time. Grand's Cooking Tips section at the back of the book is rich with wisdom and concrete recommendations. Better than a casserole!



### I Don't Think I'm Getting Any Better

I have heard those words from virtually every bereaved parent I have ever talked to. Bereaved parents don't see their own grief improve because they are with it 24 hours per day. Answer the following questions to see if you are "getting better."

Have I gotten through one hour without crying?  
Have I gotten through the morning without screaming?  
Have I slept at least two hours without waking?  
Have I caught myself smiling instead of crying when I think of my child?

We have to remember to take our grief one step at a time. If you answered "yes" to at least one of the questions, then you are making progress — you have just taken another step.

~Pam Duke, TCF San Antonio, TX

### Summerwind

The one who owns the summer is not  
here,  
not here to know the tender summer  
\*should there be a space here ?\*wind,  
not here to share the glowing and the  
song.  
The one who owns the summer did not  
live,  
not live to touch the richness of this day,  
this day in summer when you are alone.  
Weep to the summer wind, weep and love  
Again the one you remember.

~By Sascha Wagner

## The Language of Grief

Once I lived the American Dream. And then, as it happened to you and so many, it all ended. No longer the American Dream, we became the American Nightmare. We were bereaved. We needed help. We needed understanding. We needed someone who could speak our language... the language of grief.

But as the years went, I noticed that we, and all the other bereaved people we began to know, were still struggling with something. I couldn't quite put my finger on it, until one day, I listened to the words we were all using to describe our grief journey. As I listened to my own words, and those of fellow strugglers, I began to realize it was not the journey we were having trouble with... it was the language we used.

So, I want to create a NEW LANGUAGE! Can we speak in terms of HOPE instead of sorrow? I want to create a new language where Denial is a river in Egypt, not a sign in grieving. Maybe denial isn't really denial but Postponement. Sometimes I'm just not ready to deal with reality. Before you can deny anything, you have to acknowledge it and once you acknowledge it, then you can postpone it until you are ready or able to cope. Postponement just seems to be a more accurate and usable word.

Perhaps we can replace Acceptance with Acknowledgement. Acceptance to me means agree with and I Will Never Agree with what has happened to us! But I can work towards Acknowledgement of what has happened.

Maybe we can change the words we use. Change the Language of Grief into the Language of Hope. Let's get rid of the word LOST and find the word FOUND. People die, but we do not lose them. They are forever threads in our fabric, memories, in our heart, love in our being. They are now and always will be a living and loving part of who we are.

And then, perhaps we can change one more word in the Language of Grief. Can we use the word Healing instead of Recovery? Recovery is a medical word, designed to describe broken bones, not hearts. We recover from a broken arm or the chicken pox. But recover or get over the death of someone I love...? We get THROUGH IT, one moment, one hour, one day, one hurt at a time. Healing is a hopeful word and I want to be hopeful in my journey.

And let's get rid of Closure as well! There is no such thing as closure! YOU DON'T STOP LOVING SOMEONE JUST BECAUSE THEY DIED. We grieve because we loved someone! And we WILL CONTINUE TO LOVE THEM FOREVER!

If I could just see HOPE, Hope isn't a place or a thing. Hope isn't the absence of pain, fear, or sadness. Hope is the possibility of renewed joy. It is the memory of love given and received. Hope is you and me and the person next to you and across the room, down the street and in your dreams.

We are each other's hope and we need a new language to reflect our hopefulness, not our despair. If we could just change these few words, I believe we might be able to make some progress towards healing.





I want a new language, a language of hope and healing instead of denial and death. I want to remember my child's LIFE first! And that is the new language of love!  
May love be what you remember the most!

~Darcie Sims

## Vacations

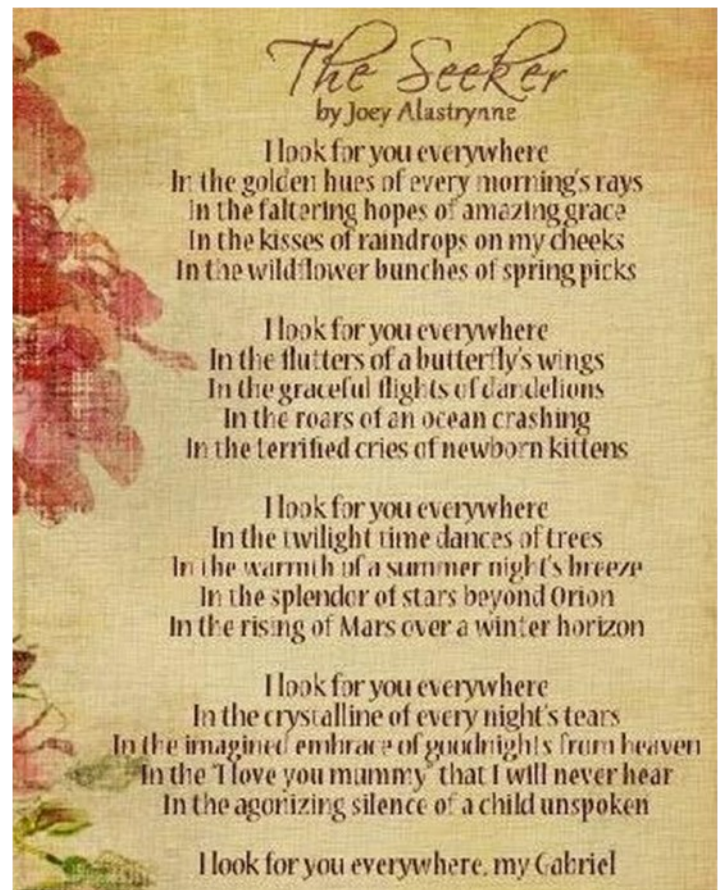
Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the "take it easy" kind at a hideaway, tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobbled streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after Tricia's death, we found fast-paced vacations at places we had never been before to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something, or saw something that Tricia would have enjoyed, we didn't mention her. We did, but it seemed less painful than at home.

One caution: Do allow enough time for sleep; otherwise, an exhausted body can depress you. We've said it many times: YOU HAVE TO FIND YOUR OWN WAY, YOUR OWN PEACE. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don't be afraid of change-it can help with your re-evaluation of life.

~Elizabeth Estes, TCF Augusta, GA, In Memory of Tricia



## Chapter Notes: Upcoming Meetings & Announcements

### Angel Gown Project

Because of the overwhelming response we've received, we are now looking into extending our Angel Gown Project to Walter Reed National Military Medical Center and Johns Hopkins Hospital in Baltimore. More premie gowns are needed, so please come out and help at our next Angel Gown gathering in the Fall. You don't need to know how to use a sewing machine, we need people to cut out patterns, iron and hand sew embellishments.

### July Chapter Meeting – Thursday, July 2, 2015

7:00 p.m. at Calvary United Methodist Church, 301, Rowe Blvd., Annapolis, MD

Summer Gathering! Please come join us in a more relaxed setting. You are encouraged to bring a covered dish that is meaningful in some way to your child or your family, or is just an easy one to bring. We will begin our meeting with the smorgasbord, spend time chatting with other members, and, as always, have sharing groups.

### Newsletter Submissions – by July 10, 2015

If anyone has a story to tell, a poem to share, a bereavement book they read, an upcoming grief conference, a photo they took of an event, or an article they thought was particularly helpful in their grief journey, please pass them on to others through our Newsletter. These personal submissions will make the newsletter more interesting for everyone. NOTE: All submissions should be made by the 10th of each month for the following month's newsletter. That includes those sponsoring the newsletter in memory of their child. Sponsorship submissions should include a photo, poem/saying, parents' name, child's full name, birthday and angel date. Please email all of these directly to [JuneErickson@aol.com](mailto:JuneErickson@aol.com).

### The Compassionate Friends National Conference – July 10 - 12, 2015

The 38th TCF National Conference, "Hope Shines Bright ... Deep in the Heart", is the theme of next year's event. The 2015 Conference will be held at the Hyatt Regency Downtown Dallas. Visit their website at ---> [http://www.compassionatefriends.org/News/Events/Conferences/National\\_Conferences.aspx](http://www.compassionatefriends.org/News/Events/Conferences/National_Conferences.aspx)

### Bereaved Parents of the USA National Gathering - July 24 - 26, 2015

Sheraton Hartford Hotel at Bradley Airport, Hartford, Connecticut.

### Core Group Meeting – Tuesday, August 11, 2015

7:00 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD. Please come join us. Enter through the front of the church and find room number on electronic board.

### August Chapter Meeting – Thursday, August 6, 2015

7:30 p.m. at Calvary United Methodist Church, 301, Rowe Blvd., Annapolis, MD

In August, the doors will open at 5:00 for a drop-in craft session prior to the regular meeting. Come when you can. We will have several creative crafts available for you to choose to work on:



## Chapter Notes: Upcoming Meetings & Announcements

- TU-TUs: We will be making tu-tus from the netting found in the wedding gowns used in our Angel Gown Project. This is a cut & tie project, so they are not complicated to make. We plan to donate these to a worthy cause.
- SCRAPBOOKing: The scrapbook supplies will be there for you to create a page in memory of your child. You can make a page for our Chapter Scrapbook, or one for yourself to take home. So bring your photos and ideas.
- T-SHIRTS: If you would like to create a T-Shirt with your child's photo, these can be completed at the craft session. Prior to the meeting, please email your photo to [chapterleaderaacountynd@gmail.com](mailto:chapterleaderaacountynd@gmail.com). The transfer will be printed and ready for you to iron-on. Other decorations will also be available to embellish your T-Shirt. You will need to bring your own T-Shirt.

### **Core Group Meeting – Tuesday, August 11, 2015**

7:00 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD. Please come join us. Enter through the front of the church and find room number on electronic board.

### **September Chapter Meeting – Thursday, September 4, 2015**

7:30 p.m. at Calvary United Methodist Church, 301, Rowe Blvd., Annapolis, MD

The speaker for the Sept. meeting is Margo Murray. She is a certified yoga and meditation instructor, trained at the Himalayan Institute. She will speak on the benefits of yoga and meditation in healing. If you have a question for Margo that you'd like discussed at the meeting, please contact Mary in advance.

### **October Memory Walk – Saturday, October 3, 2015**

Our annual Memory Walk will be held on Saturday October 3, 2015, at Quiet Waters Park, Dogwood Pavilion, Annapolis. A continental breakfast will be served, followed by a leisurely walk along the designated trail. Sometimes nature offers the utmost healing to our hearts and souls. Family and friends are welcome to join us, and sponsorships and/or donations are accepted. More information to follow in upcoming newsletters.

### **In Loving Memory Conference – April 7 to April 10, 2016**

This four-day conference is for bereaved parents who have lost their only child or all their children. Glen and Linda Nielsen have organized these 'Now Childless' conferences for 12 years. Due to previous health problems, they had to quit planning these for the last few years, but they are ready to start again. Their tax exempt status has been reinstated and the first conference in 14 years will be held at the Hyatt Fairfax Hotel in Fairfax, VA.

Mark your calendars now as this is the **ONLY GATHERING** that focuses **ENTIRELY** on the needs of parents who have no surviving children. Kay Bevington, from Alive Alone will be participating, as will many other speakers and workshops to be announced. Visit the Conference website at

[www.InLovingMemoryOrganization.org](http://www.InLovingMemoryOrganization.org)





## ADDITIONAL RESOURCES:

For Grief Resources, please visit our Chapter website at <http://www.aacounty-md-bereavedparents.org/HTML/Resources.htm>

Also try this useful website at <http://grievingparents.net>



“Understanding” is much deeper than  
“Knowledge”  
There are many people who know us.  
But very few who actually understand us.  
We are Grieving Parents!

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