



Bereaved Parents of the USA Anne Arundel County Chapter

NOVEMBER 2015

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13th Annual Memory Walk Rescheduled

Saturday, November 7, 2015

Quiet Waters Park, 600 Quiet Waters Road, Annapolis, Maryland

8:30 a.m. Rain or Shine

The Anne Arundel County Chapter of the BPUSA was able to reschedule our annual Memory Walk for Saturday, November 7, 2015 at the Quiet Waters Park in Annapolis. This 2-mile walk is to remember our children who died too soon, but still live on in our hearts. This is a wonderful event that brings some peace and comfort to our hearts. We use this event to raise money to help with various chapter projects and other events by getting sponsors for our walk. But you do not need sponsors, or even to walk, to participate, you can come just for the fellowship. If you would like to help with this event, please email Barbara Bessling at aacountymemorywalk@gmail.com. Also, if you would like your child's photo to be posted, please let us know at aacountymemorywalk@gmail.com, so we can make sure we have it.

We hope to see you at Quiet Waters Park, Annapolis, MD on November 7, 2015 at 8:30 a.m., rain or shine. Let's hope we are not threatened by a second hurricane.

~ Carol Tomaszewski
BP-AAC Chapter Leader



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

Dave and Lily Openshaw
In memory of their son
John David "JD" Openshaw

November 9, 1994 — February 21, 1997

We mark another birthday – your 19th – with happy memories of our short time together. In



our quiet hearts,
when we mute the
daily grind of all the
little, unimportant
things, you are there,
waiting for us. We
miss you so much.
Love, Mom and Dad

Carla and Ed Morrow

In memory of their son

Matthew Morrow

November 13, 1990 - October 13, 2012



Read a poem titled *A Picture of You* submitted by Matthew's family on page 2.

A Picture of You

Submitted by Carla and Ed Morrow in memory of their son, Matthew.

We only have a picture now,
A frozen piece of time,
To remind us of how it was,
When you were here, to shine.

We see your smiling eyes,
Each morning when we wake,
We talk to you, and place a kiss,
Upon your lovely face.

How much we miss you being here,
we really cannot say,
The ache is deep inside our hearts,
And never goes away.

We hear it mentioned often,
That time will heal the pain,
But if we're being honest,
We hope it will remain.

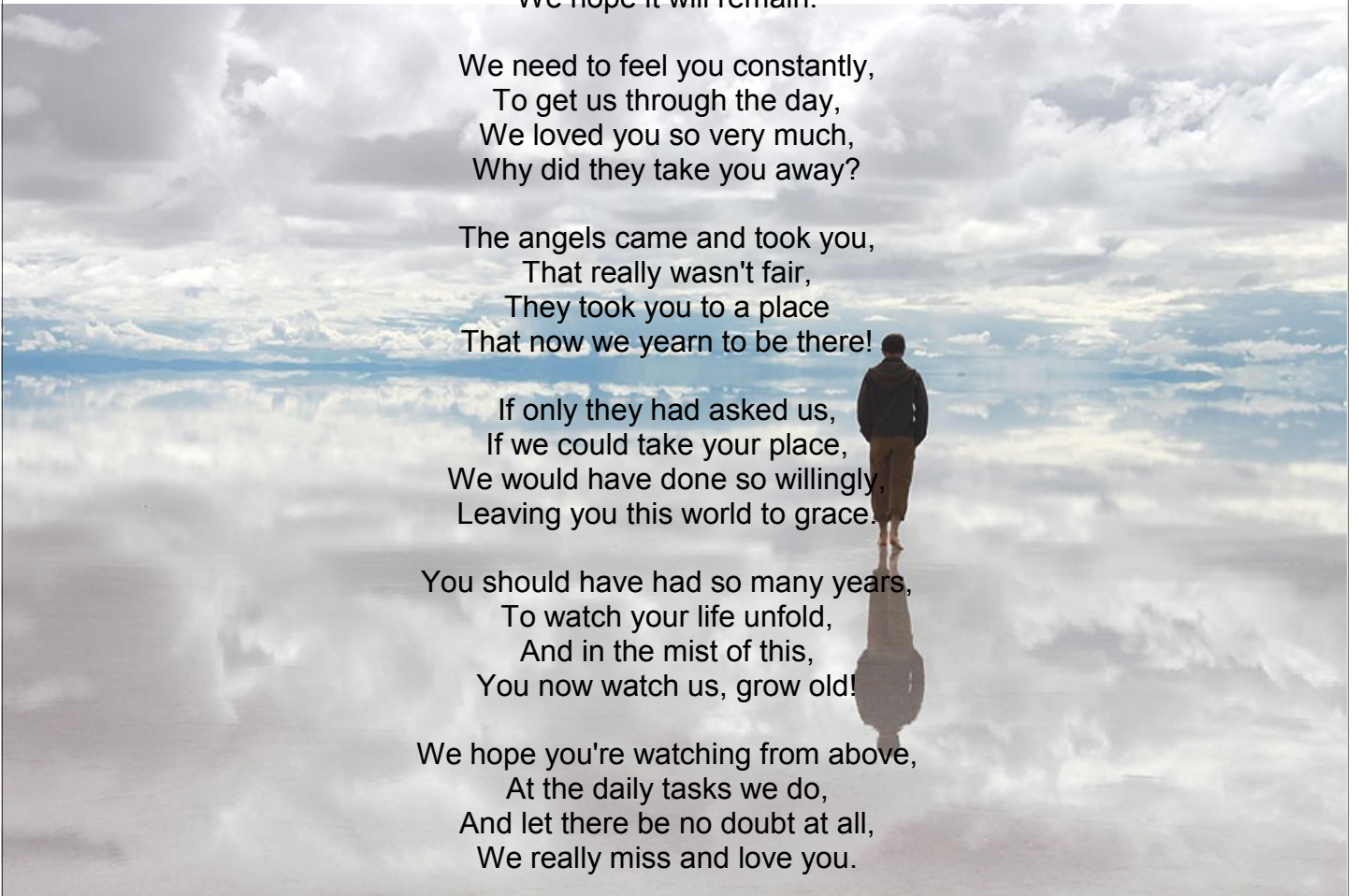
We need to feel you constantly,
To get us through the day,
We loved you so very much,
Why did they take you away?

The angels came and took you,
That really wasn't fair,
They took you to a place
That now we yearn to be there!

If only they had asked us,
If we could take your place,
We would have done so willingly,
Leaving you this world to grace.

You should have had so many years,
To watch your life unfold,
And in the mist of this,
You now watch us, grow old!

We hope you're watching from above,
At the daily tasks we do,
And let there be no doubt at all,
We really miss and love you.



From the November 2015 National Bereaved Parents Newsletter

One family, trying to avoid Thanksgiving, which was the deceased child's birthday, decided that family gatherings were no longer for them. They would travel or simply ignore the festivities.

One day the mother came upon her ten year old daughter crying and asked what was wrong. She was sobbing, reported the mother, because "All the children in school had told of their plans and made table decorations for the upcoming holiday and Lynn felt completely removed from her classmates. She cried that she was not only deprived of her brother who had died, but she couldn't even have Thanksgiving dinner and a turkey!" I listened and held her in my arms and cried. She also mattered. That night I talked to my husband and we decided that, no matter how bleak and empty it would be, we would have a traditional Thanksgiving dinner. The family sat around the table very quietly at first. The father said grace and thanked the Lord for a bountiful meal. When he was through, their ten year old said she had something to add. "I want to thank Mommy and Daddy for making this very special dinner for our family. And most of all I want to thank you God, for having let us have my brother Eric for six years."

The mother, who will never forget what her daughter said, told me there was not a dry eye at the table for a few minutes. But gradually, as the meal progressed, they made an effort to discuss why the holiday was celebrated. From there the parents told of amusing experiences at Thanksgiving dinners in their younger years. The mother said she planned to tell the stories to lighten the atmosphere just as carefully as she planned the menu. By the time the meal was over the parents discovered what had built up in their minds as unsurvivable had become just another turning point.

There may be many such turning points as you work your way forward. You have already survived what you were certain you could not live through —the death of your child. Turning points and plateaus are merely steps in coping and nothing more. As you go through each holiday, each happy/sad occasion, you will gain strength from having passed beyond another painful event.



By Harriet Schiff, author of "The Bereaved Parent"

Next Meeting: Thursday, November 5, 2015 at 7:30 p.m.

Group member Lary Doe is going to speak on his journey of healing through writing.

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 December newsletter are due to the Newsletter Team by November 10th.
Send an email to: newsletter@aacounty-md-bereavedparents.org.



Chapter Leader: Carol Tomaszewski,
chapterleaderaacountymd@gmail.com
Newsletter Team:
June Erickson & Katie Redmiles
Treasurer: Fran Palmer
Hospitality: Tawny Stitely
Librarian: Bob and Sandi Burash
Programs: Mary Redmiles
mary.redmiles@gmail.com

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 butterfly 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. Newsletter sponsorship is \$75 and website sponsorship is \$25. Just send an email to Mary Redmiles (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.

Detour of the Month: Thanksgiving

Well, here it is: Detour-time, again! And just when you were about to head back to the main road after Halloween. Some people call the months of October, November, and December the holiday season. Those of us who don't look upon them necessarily with glee have a different name for them: The Detour Season.

A few years ago, I had a really good laugh when a member wrote, among other things, that she, her husband, and her 3 young boys were heading for Florida for Thanksgiving. "We are not," she wrote, "going to sit around a turkey, pretending to be thankful." Now, that idea may suit **your** needs, particularly if you're a newcomer to this road called grief.



Do whatever it is you need to do this year, if you can't stand the thought of observing Thanksgiving in a traditional way. Explain to those who care for you that this year will, by necessity, be different. You can hope they will understand and support you. But if they don't, let it be **their** problem. Your needs are paramount right now.

One day, if you wish, you will again be able to observe holidays in a more conventional way, having traversed the detours until they are familiar. I hope you soon reach that place, if you haven't already. But in the meantime, I want to assure you that nowhere is it carved in stone that you must sit around a turkey, pretending.

~ Mary Cleckley

Former National Board Member of both The Compassionate Friends and Bereaved Parents of the USA

Veteran's Day - November 11, 2015

In Honor of all Past, Present, and Future Soldiers

When the security of our land is threatened,
We call on our soldier's might,
To go wherever they're needed,
To defend us day and night.
They leave their loves ones behind,
A great price our soldiers must pay.
Let us salute their courage and bravery,
May we remember them each time we pray.
Each time we spot "Old Glory"
Waving for all to see,
Let's think of all the soldiers that have
Kept it flying proud and free.

This great country is tolerant
Of cultures from other lands,
But, when they attack our precious freedom
We will punish with a heavy hand.
Our soldiers are tried and true,
Tempered like carbon steel,
Born of American Spirit;
Raised with American will.
Remember our fallen heroes that died,
So freedom may grow,
To nations around the world,
Wherever our warriors may go.



~ Author Unknown

Taken from Ourfallensoldier.com website

Our Children Remembered

Jon Russell Aikin
Grandson of Elizabeth and Barry Aikin
September 4. 1983 - November 19.
2001

Mariah Nicole Albee
Daughter of Valerie and Richard Albee
November 27. 1982 - September 7.
2012

Glorimar Arán
Daughter of Sandra Arán
July 26. 1989 – November 11. 2001

Douglas Lee Baer III
Grandson of Shirley Baer
August 21. 1983 - November 14. 2006

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

Aris T. Carpenter
Son of Kim Carpenter
November 20. 1985 - December 4.
2013

Michelle Marie Dyke
Daughter of Marie Dyke
May 19. 1975 - November 10. 1992

Alice Engleman
Daughter of Elizabeth Engleman
November 20. 1997 - June 21. 2011

Thomas James Geoghegan
Son of Maureen Geoghegan
November 13. 1969 - June 30. 2013

Jeffrey Andrew Grimm
Son of John and Linda Grimm
November 25. 1973 - September 28.
1989

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

Galen Andrew Harig-Blaine
Son of Clare and Stephen Blaine
November 14. 1989 - April 22. 2007

Jolene Dawn McKenna
Daughter of Charlene Kvech
February 8. 1967 - November 22.
1971

Matthew Joseph Morrow
Son of Carla and Ed Morrow
November 13. 1990 - October 13.
2012

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

Ryan Patrick O'Connor
Son of Robyn and Kevin O'Connor
November 9. 1986 - December 22.
2014

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

John David "JD" Openshaw
Son of David and Lily Openshaw
November 9. 1994 - February 21.
1997

Marco Pena
Nephew of Dianna McKinnon
November 28. 1989 - February 14.
2012

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

Samantha Ann Rankin
Daughter of Vickie and Bart Rankin
November 19. 1988 - May 31. 2010

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

André Marc Sanders
Son of Karen Sanders
April 8. 1968 - November 27. 2002

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

Gary "Jake" David Spirt
Son of Dee Spirt-Rayment
November 19. 1962 - Novem-
ber 21. 2002

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

Tori Danielle Stitely
Daughter of Tawny and Kevin
Stitely
May 21. 1985 - November 26.
2012

Nicole L Tresize
Daughter of Cathy Valentine
November 2. 1975 - Novem-
ber 11. 1975

Charles E Valentine, III
Son of Cathy Valentine
November 29. 1974 - October
21. 2011

Robert Matthew White
Son of Kathleen Savage
September 20. 1972 - No-
vember 13. 1993

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

Maraki Yemane
Daughter of Patrizia Giorgio
and Menelik Yemane
April 1. 2006 - November 21.
2010

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:

Memory Walk Donations:

Ellen Foxwell in memory of her son Michael Dwayne Nokes
 Joseph and Irene Belcher in memory of their son Joey
 Noel and Ann Castiglia in memory of their daughter Tria Marie
 Norma & Donald Melcher in memory of their son Brian Richard
 Louie & Judy Bolly their daughter Wendy Jean
 Tony Lucca, 1905 D.C. Restaurant, Bouche LLC in memory of Joey Belcher



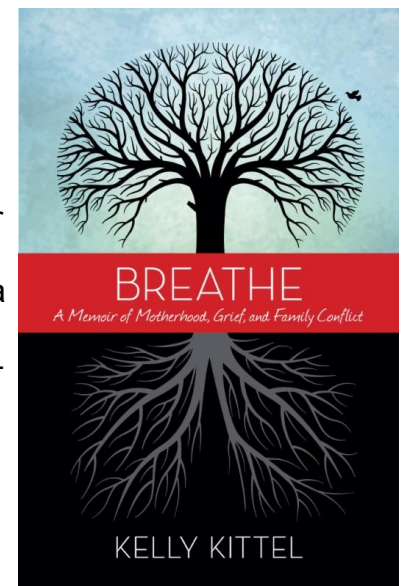
Book Review

BREATHE

By Kelly Kittel

Kelly Kittel never questioned her Mayflower Society mantra—"Family is the most important thing"—until the day her fifteen-month-old son was run over by her sixteen-year-old niece. Nine months later, Kittel's doctor made a terrible mistake during her subsequent pregnancy and she found herself burying yet another baby. Caught up in the maelstrom of a malpractice lawsuit, Kittel and her husband battle not only the medical system, but their own relatives, in the courtroom. As their family tree begins to topple, the Kittels struggle to nourish the roots of their young family and find healing. Aching raw and beautifully narrated, *Breathe* is a story of motherhood, death, and family in the face of unspeakable tragedy and, ultimately, how she learns to breathe again.

This book can be purchased at [Amazon.com](https://www.amazon.com).



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.



According to Psychologists, Coloring is the Best Alternative to Meditation

The Open Mind | October 9, 2015

Currently, [six of the top 20 selling books on Amazon are adult coloring books](#). The unlikely pastime for those of us who have successfully graduated from kindergarten has been gaining popularity of late, as an easy means to express oneself and de-stress along the way.

Coloring allows to unlock your creative potential. Perhaps more important, it helps relieve tension and anxiety. It unlocks memories of childhood and simpler times. As psychologist Antoni Martínez explains: "I recommend it as a relaxation technique. We can use it to enter a more creative, freer state. I recommend it in a quiet environment, even with chill music. Let the color and the lines flow."

Ben Michaelis, a psychologist, says, "There is a long history of people coloring for mental health reasons. Carl Jung used to try to get his patients to color in mandalas at the turn of the last century, as a way of getting people to focus and allow the subconscious to let go. Now we know it has a lot of other stress-busting qualities as well." Basically, if you are having a rough day at work or just a bad day in general, then feel free to take out some crayons or colored pencils and start coloring!

Sources: [Ayurveda Stars](#) | [Huffington Post](#) | [Jamolina Creative](#)



Being Stoic for Another's Sake Comes at A High Cost

Is Your Way of Grieving Working? Scientific Research Conducted At Utrecht University and VU University Amsterdam Gives Us A Look At A Specific Grief Process

Research results and article written by the Association for Psychological Science

In the wealth of studies about parental grief, little attention has been paid to precisely how couples relate to each other as they struggle to come to terms with the death of a child. A new study addresses this gap in bereavement research by focusing on the way that couples together process the grief of losing a child.

Among life's many tragedies, the death of a child is one that is perhaps the greatest for parents. No matter what the age of the child or the cause of death, the irrefutable fact of the loss is one that shatters the normal cycle of life, leaving parents traumatized and often incapacitated by grief.

Research on coping with bereavement has focused primarily on the individual, despite the fact that family and married relationships are all profoundly disrupted by the loss. But in the wealth of studies about parental grief, little attention has been paid precisely to how couples relate to each other as they struggle to come to terms with the death of a child.

A new research article published in *Psychological Science*, a journal of the Association for Psychological Science, addresses this gap in bereavement research by focusing on the way that couples together process the grief of losing a child.

"Scientific literature focused on individual rather than interdependent processes in coping with bereavement, despite the fact that bereaved people do not grieve alone and the way one person grieves likely influences another," says psychological scientist Margaret Stroebe, who conducted the research with her colleagues at the Utrecht University and VU University Amsterdam.

In this study, the researchers interviewed 219 couples that had lost a child. The parents were from 26 to 68 years old, and the causes of their children's death ranged from stillbirth, to illness, accident, SIDS, suicide or homicide. They were asked to rate how much they agreed with statements like, "I stay strong for my partner," "I hide my feelings for the sake of my partner," or "I try to spare my partner's feelings." The researchers collected the data at three different time points: six, thirteen and twenty months after the loss.

These questions examined a phenomenon they referred to as "Partner-Oriented Self-Regulation" (POSR), which captures the way in which couples either avoided discussion of their loss or attempted to remain strong for the sake of the partner. Many husbands and wives believe that these two strategies help to alleviate grief, but Stroebe and her colleagues found that the strategies actually exacerbated the problems of grieving. They found that POSR was not only associated with an increase in the person's own grief, but also with an increase in the partner's grief. Moreover, these relationships persisted over time.

There is a paradox, Stroebe says, "While parents seek to protect their partners through POSR, this effort has the opposite effect, and it is associated with worse adjustment over time. Surprisingly, our results suggest that POSR has costs, not benefits, and not only for the partner but also for the self."

These surprising results may be explained by the role of self-regulation in the grieving process. Our ability to self-regulate is essential for dealing with the world, but exerting excessive efforts to contain our emotions and regulate our feelings, thoughts, and behavior exact important interpersonal and individual costs. Like a muscle that becomes exhausted after exertion, too much self-regulation actually depletes our ability to self-regulate in various domains including physical health and goal accomplishment.

Ultimately, these attempts at self-regulation may prevent partners from coping with the loss of their child. Suppressing emotions can have adverse effects on grief between couples. One partner may think that painful feelings aren't accepted, for example, or a partner might misinterpret no apparent grief as a lack of actual grief.

"One important implication of this research is that, when appropriate, parents can move away from POSR and toward sharing their grief, thereby easing their suffering," Stroebe says.

1. Journal Reference:

M. Stroebe, C. Finkenauer, L. Wijngaards-de Meij, H. Schut, J. van den Bout, W. Stroebe. **Partner-Oriented Self-Regulation Among Bereaved Parents: The Costs of Holding in Grief for the Partner's Sake.** *Psychological Science*, 2013; DOI: [10.1177/0956797612457383](https://doi.org/10.1177/0956797612457383)

Picking Up the Pieces

by **Francesca Cox, Still Standing Magazine**

I used to think picking up the pieces meant having a faith that never asked “Why?”.

I used to think picking up the pieces meant getting over it (that didn’t last long — there is no ‘getting over it’).

I used to think that picking up the pieces meant that they would never fall again.

But Instead of beating myself up that none of the above have resonated with me at all, or for very long, I have decided to redefine what picking up the pieces means. After your world gets smashed to smithereens there are certainly pieces everywhere for a very, very long time and you find yourself in this endless quest to make sense of the mess and left to pick up the pieces that used to be whole.

Picking up the pieces is crying so much your face hurts.

Picking up the pieces is not kicking yourself for not crying “enough”.

Picking up the pieces is visiting the cemetery as often or as infrequent as you need to.

Picking up the pieces is realizing you cannot measure your love for your child by what you do or don’t do.

Picking up the pieces is believing you did everything you could.

Picking up the pieces is blasting Van Morrison or the Beach Boys when you just don’t want to cry.

Picking up the pieces is never forgetting the big and little things that made the world a friendlier place after grief stole so much.

Picking up the pieces is taking time for yourself.

Picking up the pieces is challenging yourself to find something to be thankful for.

Picking up the pieces is embracing grief however that might look at any given moment. The good, the bad and the ugly.

Picking up the pieces is understanding that this is only the beginning.

Picking up the pieces is understanding that you have a story with the power to make someone else feel less alone.

Picking up the pieces is ditching your mask.

Picking up the pieces is considering someone else’s broken world. Someone always has it worse. Always.

Picking up the pieces is taking risks.

Picking up the pieces is dancing with reckless abandon.

Picking up the pieces is taking a canvas and throwing paint at it til your hands hurt.

Picking up the pieces is breaking dishes, slamming the door or screaming as loud as you can.

Picking up the pieces is being okay with disappointing some people.

Picking up the pieces is taking responsibility for my own healing and happiness.

Picking up the pieces is accepting that the old me gone and never coming back.

Picking up the pieces is daring to live and breathe and smile without feeling guilty.

Picking up the pieces is embracing this wild and unpredictable emotion that has turned my world inside out, upside down and so many other ways as a lifelong companion.

Picking up the pieces is accepting grief as the product of love — because we cannot grieve over something we did not love.

Too often we underestimate the power of a touch,
A smile,
A kind word,
A listening ear,
An honest compliment,
Or the smallest act of caring, all of which
Have the potential to turn a life around.
~ Leo Buscaglia

Laughter

I want to tell you something about laughter; laughter is a huge healing tool. Most of you can probably remember where you were the first time you really laughed, after your child died. You immediately felt guilty, but you also felt alive. It took you by surprise. We have to laugh. It sometimes takes a while to do it without guilt tagging along. Short story from last year's gathering, going up in the elevator, Cindy was asked by a stranger "Your group down there seems to be really having fun, laughing and all, how can I join your group?" Cindy says "Well, you have to have one of your children die." The man never said a word, turned his back, got off at the next floor, I don't even think it was his floor.

We laugh and toasted our children. Believe me, laughter can bring some life back into you. It brings out some feelings you thought you tucked away for good. We each carry around so much sadness and homesickness; we don't think there is much room for anything else. But as we all find, as time passes, we learn to adjust our lives and our heart and soul, to live with these things, implement them into our lives, so that we are not weighed down with them. You will find eventually that laughter finds its way back in, makes itself at home with the sadness and homesickness. Oh I still cry and there are days that is all I want to do. I have those days because I need them.

This may sound harsh, my child died, a very large part of me did that day also, but as we each have found out, the sun came up the next day and we are still alive. My husband said early on, "I don't want to be the man shuffling down the street staring at his feet, with people saying "oh that's the man whose son died 20 years ago." We are still here and obviously there is a reason for us to be living now.

We have each found out just how short life is. We don't know when it will be taken away from us. Use each day to bring laughter into your lives and into someone else's. This journey is a rough one, we can shuffle along the whole time or we can bring some life into it, some laughter, some healing of our hearts.

My son had a saying, "When life brings you lemons, throw them at people, it's a lot more fun." My son brought so much laughter into our lives and everyone around him; I didn't want that to die also.

My signature everywhere I go is Always Laugh. It is tattooed on me, on my checks, on my truck, on my shirts....it's how I sign everything. I will continue to throw lemons at people, make them smile and help them realize laughter can help in their healing.

~ Lee Ann Hutson, from The Grief Toolbox

Chapter Notes: Upcoming Meetings & Announcements

13th Annual Memory Walk – RESCHEDULED – Saturday, November 7, 2015

The Anne Arundel County Chapter of the BPUSA was able to reschedule our annual Memory Walk for Saturday, November 7, 2015 at the Quiet Waters Park in Annapolis. This 2-mile walk is to remember our children who died too soon, but still live on in our hearts. This is a wonderful event that brings some peace and comfort to our hearts. We use this event to raise money to help with various chapter projects and other events by getting sponsors for our walk. But you do not need sponsors, or even to walk, to participate, you can come just for the fellowship. If you would like to help with this event, please email Barbara Bessling at aacountymemorywalk@gmail.com. Also, if you would like your child's photo to be posted, please let us know at aacountymemorywalk@gmail.com, so we can make sure we have it.

We hope to see you at Quiet Waters Park, Annapolis, MD on November 7, 2015 at 8:30 a.m., rain or shine.

November Chapter Meeting – Thursday, November 5, 2015

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

Group member Lary Doe is going to speak on his journey of healing through writing.

Newsletter Submissions – by November 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.

Core Group Meeting – Tuesday, November 10, 2015

7:00 p.m. to 9 p.m. at Calvary United Methodist Church, 301, Rowe Blvd., Annapolis, MD

Anyone who can help out with the December Memorial Service, please attend.

December Chapter Meeting – Thursday, December 3, 2015

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

We will have our 'Introducing Our Children' evening, through pictures and stories of our children, and gifts to be donated in their memory.


Annual Service of Remembrance – Sunday, December 6, 2015

3 p.m. at St. Martin's-in-the-Field Episcopal Church, 375 Benfield Road, Severna Park, Maryland 21146. Since its beginning in 1985, the Anne Arundel County Chapter's Annual Service of Remembrance has provided an opportunity for parents, grandparents, siblings, aunts and uncles, and friends to remember our precious children. Please join us in this celebration of our children's lives as we face the Holiday Season with Love, Compassion, and Hope for all. The Service is normally

held on the first Sunday in December and Invitations have now been mailed. Please fill out the form on the back of the invitation, and return it by November 10, 2015.

**The Anne Arundel County Chapter of the Bereaved Parents of the USA
Cordially invites you to the**

2015 Annual Service of Remembrance



*For every moment
you lose a little hope,
there is always an
Angel whispering
"I am with you."*

Sunday, December 6, 2015 at 3 p.m.
St. Martin's-in-the-Field Episcopal Church
375 Benfield Road, Severna Park, Maryland 21146
(Reception immediately following Service)

Annual Worldwide Candle Lighting - December 13, 2015

7 p.m. local time - Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.



Chapter Notes: Upcoming Meetings & Announcements

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

"Finding your Lifeline", Hyatt Fairfax Hotel, Fairfax, Virginia

This four-day conference is for bereaved parents who have lost their only child or all their children. Grandparents, bereaved parent support group chapter leaders, friends and the professionals, who assist parents in walking through their grief, are also encouraged to attend. Mark your calendars now as this is the only Conference 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. Register at <http://www.inlovingmemoryconference.org/>



Bereaved Parents of the USA 2016 National Gathering

June 29 – July 3, 2016

"Crossroads of Your Heart"

Wyndham Indianapolis West, 2544 Executive Drive, Indianapolis, IN 46241

39th TCF National Conference

July 8 – 10, 2016

"Hope Rises on the Wings of Love"

The Compassionate Friends is pleased to announce that Scottsdale, Arizona, will be the site of the 39th TCF National Conference on July 8-10, 2016. "Hope Rises on the Wings of Love" is the theme of next year's event, which promises more of this year's great national Conference experience. The 2016 Conference will be held at the The Fairmont Scottsdale Princess. We'll keep you updated with details here, on the national website as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience.



GRIEF 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>

NEW SUPPORT GROUPS STARTING

Chesapeake Life Center, a program service of Hospice of the Chesapeake, 90 Ritchie Highway in Pasadena, is offering a variety of support groups for children, youth and adults this fall. Groups include Pebbles, a play-based support group for 4- and 5-year-olds who have experienced the death of a special person; Phoenix Rising, a group for teens ages 13 to 18, who are grieving the loss of a loved one; Stepping Stones, a support group for children ages 6 to 14 grieving the loss of a loved one; child loss support group; substance abuse support group; suicide griever support group; and sibling loss support group. For support group details and to register, contact Chesapeake Life Center at 888-501-7077 or visit www.chesapeakelifecenter.org.

*Wishing you a
Peaceful Thanksgiving!*