



NOV/DEC 2016

# Bereaved Parents of the USA

## Anne Arundel County Chapter

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### Our Children Remembered

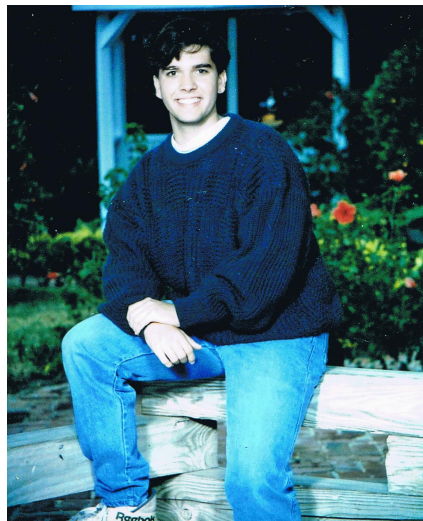
The hardest part of losing a child is living every day afterwards...



**Joey Belcher, Jr**  
**4.21.1975 - 12.17.2012**

Dearly Beloved Joey,  
You will continue to be bitterly and  
unceasingly missed in our earthly  
journey until we meet again.

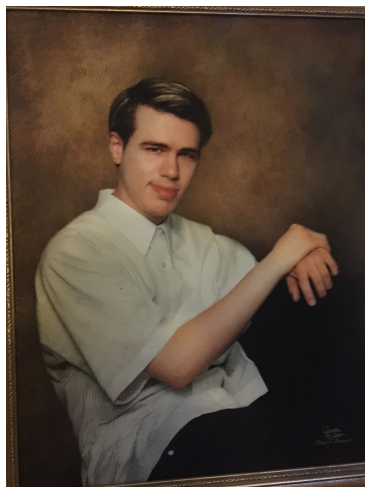
Papa, Mom, Mimi & Riley



**William Mirza Khadem**  
**10.24.1984 - 4.6.2012**

There aren't enough tears in the world, nor smiles, nor  
hugs, nor kisses -no matter how many- to show the  
magnitude of our  
love for you. We  
miss you terribly,  
Sweet William.

Love,  
Mom and Dad



**Tori Danielle Stitely**  
**5.21.1985 - 11.26.2012**

There's a feeling I get when look to the west, and my spirit is  
crying for leaving. In my thoughts I have seen rings of  
smoke through the trees, and the voices of those who stand  
looking. ~Led Zeppelin

I'm not sure of the actual meaning of these lyrics, but in my  
mind it's the intense yearning I have to be with Tori.  
Some day Tori, some day. Missing you... ~Love Mommy

***To Joey my precious only son.***

*Today I thanked my mother for my faith in God - -  
learned at her knee so many years ago.  
Never imagining she bestowed life in me, not only once  
but again when you left and my heart went with you.*

*A faith I never knew would sustain me and keep me alive.  
A faith that, like a shadow in the night, ran when despair reclaimed my soul.  
A faith frozen and numb, lying dormant in the deepest recesses of my brain.  
A faith that mercifully and quietly picked up the broken pieces of my life.*

*A solid faith which knows no excuses, neither false illusions.  
A faith that allows me to live each day, basking in your essence;  
in the memories of yore - - A faith that whispers hope.*

*With all my heart and soul forever my son.*

*Mom*



## Book Reviews

*Child Loss: The Heartbreak and the Hope* by Clara Hinton. Clara Hinton is a mom whose life has been blessed beyond measure, but has also been broken into a million pieces. She knows both the unmatched miracle of birth and the deep, unrelenting grief of child loss. Clara has been writing for twenty years, beginning with her first book, *Silent Grief*, which continues to serve as a daily companion to those suffering the loss of a child. In her most recent book, *Child Loss: The Heartbreak and the Hope*, Clara takes a deeper look into the complex, ongoing pain of child loss and walks those grieving the loss of a child through the foggy abyss of grief into a place of learning how to live within the ongoing pain of loss. This book is a reflection of her own heart following the sudden, unexpected loss of her son Mike, coupled with the experience of working with grieving parents for over twenty years. *The Heartbreak and the Hope* sheds new light and insights on the most misunderstood grief of all – the grief of child loss. You will never view child loss the same after reading this book! You will understand that your job is not to fix the broken heart, but rather learn how to rewrite your life story from the deep love that can only be found in brokenness.

Clara is a national speaker, certified bereavement facilitator, workshop leader, author, blogger, and grief coach. She has led workshops coast-to-coast over the past twenty years, encouraging thousands of families of child loss. You can find Clara on Facebook at *Silent Grief – Child Loss Support*, where her daily posts encourage hundreds of thousands every week. She can also be found on the web at [ClaraHinton.com](http://ClaraHinton.com), [SilentGrief.com](http://SilentGrief.com), and [SilentGriefSupport.com](http://SilentGriefSupport.com).



*Defining Moments: Coping With the Loss of a Child* by Melanie Warner and Dr Sherman Smith.

Melanie Warner is an author, speaker, writer, and a publisher of magazines and newspapers for over 25 years. She is the founder of the new *Defining Moments* book series that offer positive stories of hope and inspiration from people who have overcome extreme challenges in life. As a writer, Warner has a collective readership of over 3 million readers a month. Warner lost her own son, which inspired her to write this book as a resource for hospitals, doctors, non-profits, hospices, family therapists, grief experts, and other organizations that are the first responders to parents who have experienced the loss of a child.



**Bereavement guidelines for loss of a child:**

If you think you are going insane, THAT'S NORMAL

If all you can do is cry, THAT'S NORMAL

If you have trouble with the most minor decisions, THAT'S NORMAL

If you can't taste your food or have any semblance of an appetite, THAT'S NORMAL If you have feelings of rage, denial and depression, THAT'S NORMAL

If you find yourself enjoying a funny moment and immediately feeling guilty, THAT'S NORMAL

If your friends dwindle away and you feel like you have the plague, THAT'S NORMAL

If your blood boils and the hair in your nose curls when someone tells you

"It was God's will, THAT'S NORMAL

If you can't talk about it, but can smash dishes, shred old phone books or kick the garbage can (preferably empty) down the lane, THAT'S NORMAL

If you can share your story, your feelings with an understanding listener...  
another bereaved parent, THAT'S A BEGINNING

If you can get a glimmer of your child's life rather than his/her death, THAT'S WONDERFUL

If you can remember your child with a smile, THAT'S HEALING

If you find your mirrors have become windows and you are able to reach out to  
other bereaved parents, THAT'S GROWING

~ from CRUISE - Bereavement Counselors in the UK



## **SURVIVING THE HOLIDAYS**

**By Mary Cleckley,**

**Former member of the Board of Directors of BP/USA**

If this is your first year at surviving the holidays since your child died, it is important that you accept that there are no magic words to get you through November, December and January. I'm sure you already know these months will not be the fun days you have experienced in the past. Rather than fun days, let's try to at least make them no worse. Give yourself permission during these months to fall apart when you need to and you'll probably need to! That person you lost is very important and you have that right. Better still, you have that need.

Let's talk first about tears. When you need to cry, do it! Tears are healthy. They are a sign that you are doing well, for you are allowing your grief, rather than denying it. You can't move ahead through the grief process until you've become well acquainted with the normal signs of grief. The people who care about you may feel uncomfortable when you are obviously grieving. If they haven't experienced this loss themselves, they don't understand your needs now, any more than the old proverbial man on the street. Remember how unprepared you were for the deep pain of grief? It's important that you let those caring people know that you are profoundly changed by this tragedy.

It's the time of year when friends and neighbors plan parties. Some may invite you no matter if it's the last thing on your mind. If you do decide to attend, please leave the back door open in case you need to escape. Some may mistakenly think it's possible to keep you so busy that you'll forget that your child died. You know that's impossible. No matter how well intended these plans are, they are the wrong plans for your family. Don't worry about the impact on your friends.

Thanksgiving can cause problems if you aren't ready to sit around a turkey trying to act thankful! It probably is going to be awhile before you have that ability again. You may consider having pizza that day and just pretend it's just another day. Grief can make you do strange things! You may find you need to change lots of things that have been the ways you have observed the holidays in the past. For instance, you may decide not to have a Christmas tree this year. Some will see this as weird, but those of us who have made that same decision think it makes perfect sense. Maybe you'll ignore the holidays and run away to places where holidays aren't uppermost in most minds—maybe the beaches in Florida or California or the skiing in Colorado or a cabin in North Georgia. Maybe this is a good time to explore the treasures of New York City, Washington, D.C. or New Orleans.

You will survive the holidays better if you take control of them. Some think they have no control of anything but, if you feel that way, you probably haven't explored the possibilities that are available to you. Your brain is very curious. If someone suggests things that are different, it rushes around madly trying to come up with a few. Here's a plan for you. First, get input from your family members for their suggestions. You already know that small children don't take too kindly to changing anything. Maybe they'll be happy about seeing what Santa brought. Afterwards, go to a nearby skating rink. Have hot dogs for all later.

Also, consider some of the things in the previous paragraph.

Maybe your needs keep you at home. If so, plan to do it the easiest way. Can another member of your family have the meal? Can others bring favorite items of food to help with the meal? If not, can you have the meal on Christmas Eve? Some people do that instead of having it on Christmas Day. It leaves Christmas Day itself not so rushed. Any change seems to help. Go to a different place of worship. It's okay to cry. Sit in the back so you can either cry in peace or, if you feel a need to, you can leave.

If you feel Christmas cards are needed this year or a very few presents, could a relative or friend help with the addressing and shopping? If you must shop yourself, select a place where there is less atmosphere such as music and decorations. Take advantage of the discount stores. Things don't have to be perfect. Give up perfections this year. Everyone will understand. Don't over do. You're already tired. Grieving is exhausting. Next year or the one after that or whenever, you'll be ready to resume some of the old traditions. Maybe not! Some traditions may never be done again. It's up to your family.



## **BEREAVEMENT DURING THE HOLIDAYS: 5 TIPS ON COPING WITH GRIEF**

**December 21, 2012 | by Hiu Chung So**

The loss of a loved one is extraordinarily painful regardless of the time of year, but the grief can seem almost impossible to bear during the holidays. Whether the death was unexpected or the result of a long illness such as cancer, those left behind aren't focused on enjoying the holidays – they simply want to get through them.

To do so, they must acknowledge that intense grief is normal, while also keeping at least part of their mind on recovery, said Jeanelle Folbrecht, Ph.D., interim director of psychology at City of Hope's Department of Supportive Care Medicine.

"The holidays, especially the first one after a patient's death, can be extra tough for the griever since it brings to mind the once-shared traditions that are permanently changed," Folbrecht said. Grief-stricken loved ones will always feel an extra sense of sadness and loss during the holidays, Folbrecht said, but emotions that become overwhelming can lead to long-term, disabling depression. She offers the following advice on how to mourn without being controlled by the associated grief.

Grieve together. "There is a tendency for those grieving to withdraw from social interactions to mourn alone," Folbrecht said. "But by sharing this experience with others, they will know that they are not alone in this ordeal and are better able to share, and ultimately work through, their feelings."

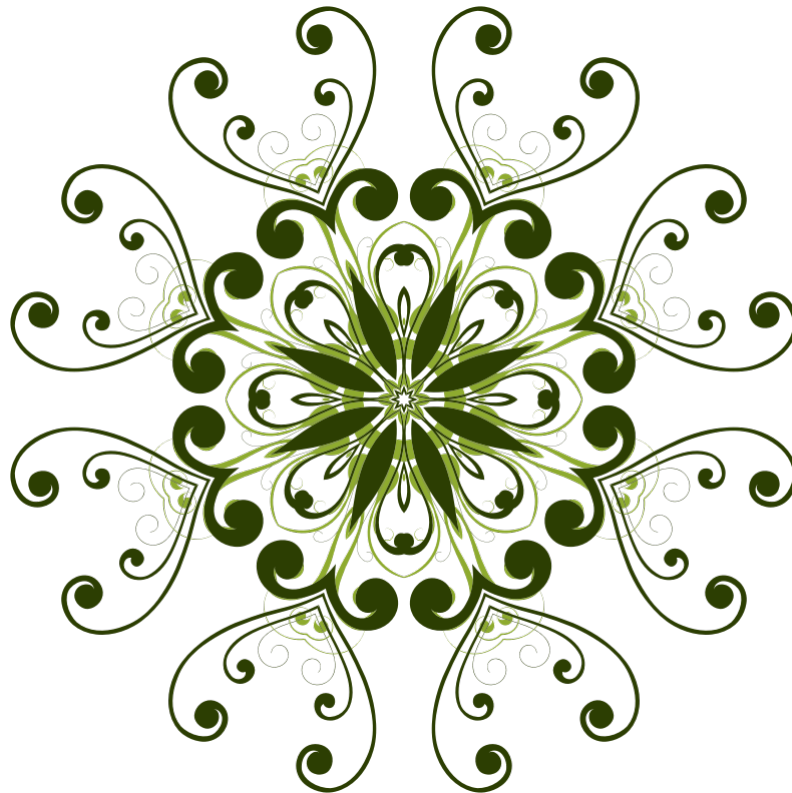
Be prepared for interactions. "Mourners may also avoid socializing because they are afraid to burden others with their grief, a feeling that is amplified over the holidays since they may meet people they do not regularly see throughout the year," Folbrecht said. To address that, Folbrecht suggests mentally preparing with how much (or little) they want to disclose about the situation to various social circles. Finally, mourners should not be afraid to say "no" or "later" if the situation becomes too overwhelming.

Consider your traditions. One reason the holidays can intensify sadness is because cherished activities become a source of pain. Rather than focus on the loss, Folbrecht suggests mourners should examine what traditions they want to keep and practice to remember their loved ones. "Some traditions may be difficult to continue after the loss, so loved ones should consider replacing them with new activities that honors the death while helping loved ones through the grieving process," Folbrecht said.



Don't forget self care. "Grieving is a very exhausting process for both the mind and body, so it's important to take a break for self care," Folbrecht said. The holidays offer numerous opportunities for mourners to take their minds off bereavement, she added, suggesting that they volunteer at a food and clothing drive, write greeting cards to loved ones or simply check out the festive decorations in their neighborhoods. Activities like exercising, meditating and enjoying a massage will also help reduce the stress of the holidays.

Continue honoring commitments, when possible. In addition to grieving with others, Folbrecht advised, mourners should make an effort to continue with everyday activities, whether casual get-togethers, religious functions or planned excursions, when it is comfortable to do so. Not only do such activities help re-establish a sense of normalcy after a loved one's death, they reinforce the social safety net that will be needed during moments of overwhelming grief.





## Heartprints

Whatever our hands touch---  
We leave fingerprints!  
On walls, on furniture,  
On doorknobs, dishes, books, As  
we touch we leave our identity. Oh  
please where ever I go today,  
Help me leave heartprints! Heartprints of  
compassion Of understanding and love.  
Heartprints of kindness  
and genuine concern.  
May my heart touch a lonely neighbor  
Or a runaway daughter, Or an anxious  
mother, Or, perhaps, a dear friend! I shall go  
out today  
To leave heartprints,  
And if someone should say "I felt your touch,"  
May that one sense be...  
YOUR LOVE Touching through ME.  
~Author Unknown



*Perhaps our children  
are like the stars in  
the daytime...*

*They are still there, but we  
can't see them right now.*

## A Special Thanksgiving to Me

This Thanksgiving is different but special And I want to make it  
clear  
That we still must be very thankful Because of the presence that  
is here  
On the table there is food to eat At our sides, are people we love  
A warm house is under our feet And our dear Bryan is right above  
Although he's only here in spirit  
At this special Thanksgiving meal  
He should not be put out of our minds For our memories are very  
real  
Think of one wonderful moment When Bryan made you smile  
And be thankful for that memory For that makes this time  
worthwhile  
As I feel a tear form in my eye I smile  
instead of cry  
Because I know that is a tear That  
will not be shed by Bry  
For he now is in a place  
Where he will be happy forever  
more And we will all see him again  
That is what I'm thankful for...



Bonnie Todd In memory of her brother Bryan Todd TCF/  
Burlington County, NJ

## Our Children Remembered

*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.*

### NOVEMBER

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

Makayla Gabrielle Carpenter  
Daughter of Tarica Carpenter  
November October 2008 - July 30, 2010

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

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

Jessica Price Parsons  
Daughter of Patricia and James Price  
November 24, 1984 - April 8, 2016

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

*NOVEMBER continued..*

Andr  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

Michael Elliott Simms  
Son of Molly Simms  
November 12, 1996 - March 29, 2016

Gary "Jake" David Spirt  
Son of Dee Spirt-Rayment  
November 19, 1962 - November 21, 2002

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

Tori Danielle Stitely  
Daughter of Tawny Stitely  
May 21, 1985 - November 26, 2012

Nicole L Tresize  
Daughter of Cathy Valentine  
November 2, 1975 - November 11, 1975

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

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

Alex Paul Yokanovich  
Son of Delight (Nick) Yokanovich  
November 22, 1979 - October 30, 2013

**DECEMBER**

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

Dora Baldwin  
 Daughter of Aurelia Ferraro  
 December 11, 1964 - May 2, 2012

Stephanie Noell Banchero  
 Daughter of Bill Banchero  
 December 16, 1985 - April 9, 2012

Joey E Belcher  
 Son of Joseph and Irene Belcher  
 April 21, 1975 - December 17, 2012

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

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

Jackie Cheyenne Foy  
 Daughter of Mike and Cat Foy  
 January 21, 1999 - December 24, 2008

Melissa Ireland Frainie  
 Daughter of Kathy and George Ireland  
 December 12, 1971 - February 12, 2007

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

Kurt Willard Johnson  
 Son of Willard and Marian Johnson  
 December 9, 1963 - August 11, 2003

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

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

Kevin Alan O'Brien  
 Son of Lorrie and Keith O'Brien  
 December 24, 1986 - June 29, 2012

Michael Henry O'Malley  
 Son of Margie and John O'Malley  
 August 25, 1971 - December 7, 1991

Joshua Aaron Prosper  
 Son of Terre Prosper  
 August 30, 1986 - December 16, 2011

Lynda Jo Quigley  
 Daughter of Betty Quigley  
 April 2, 1967 - December 13, 2011

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

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

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

Jason Edward Skarzynski  
 Son of Benjamin and Sharon Skarzynski  
 December 19, 1977 - December 14, 1995

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

Joseph (Joey) Scott Sudo  
 Son of Joe and Suzanne Sudo  
 December 3, 1999 - April 23, 2012

Richard C. Watts  
 Son of Tom and Fran Cease  
 December 28, 1966 - October 28, 1998

Nariyah Gabrielle Wheeler  
 Daughter of Tarica Carpenter  
 December 26, 2006 - January 2, 2007

Miriam Luby Wolfe  
 Daughter of Larry and Rosemary Mild  
 September 26, 1968 - December 21, 1988



## 2016 MEMORY WALK

The day started out dry for our 14<sup>th</sup> Annual Memory Walk. Around 10:00 the rain came, but it didn't dampen the spirits of love we have for our children or the large turnout of family and friends who came together to honor our children. Some walked quickly, some slowly, some came alone and joined in with others. There were several families that had large groups with matching t-shirts. Janet Tyler's family was one of the large groups who walked to celebrate Brittany's 30<sup>th</sup> birthday. What a wonderful way to honor our children and to raise funds to support our chapter.

Thanks to all who worked so hard to help make the day special. Even the smallest task is so meaningful. A special thanks to Paul Balasic who sets up signs, is responsible for pictures along the path and most important, is Bethany's dad.



## Memory Walk Donations

### Donated by

Brenda & Mitchell Gawthrop  
Amy & Maddie Messina  
Becky & K Anderson  
Keven Thomas  
Laura Sisler & Aidan Rodriguez  
Donald, Norma & Cheryl Melcher  
Lisa & Melvin Beall  
William & Cheryl Hession  
Dorothy Carter  
Gloria Beall  
Jodi Demansky  
Becky Hood  
Janet, Danny & Allison Tyler  
Doris Clair  
Randy & Mark Williams  
Annabelle Belcher & Sergi Ferre  
Joseph & Irene Belcher  
The Morrow Family  
Rosemary & Larry Mild  
William & Deborah Kissinger  
Bob & Sandi Burash  
Wayne & Wanda Bessling  
Denise Crouse & Joseph Chavis  
Frances Palmer

### In Memory of

Andrew Gawthrop  
Andrew Gawthrop  
Andrew Gawthrop  
Andrew Gawthrop  
Brandon Sisler  
Brian R Melcher  
Brittany Tyler  
Brittany Tyler  
Brittany Tyler  
Brittany Tyler  
Brittany Tyler  
Brittany Tyler  
Brittany Tyler  
Cynthia Ferguson & Pamela Clair  
Grant & Samuel Williams  
Joey Belcher  
Joey Belcher  
Matthew Morrow  
Miriam Luby Wolfe  
Paul Burash  
Paul Burash  
Ricky & Jamie Bessling  
Robby Ostrowski  
Scott T Palmer & Steven Cooper



Joan & Edward Craver  
John & Kathryn Nangle  
Melissa & Aaron Walker  
Rosemarie Ritchey  
Rosemary & Dean Krebs  
Brittany Johnson & Whatta Blast  
Alexceya Meyer  
Patty & Ronnie Griffin  
John Nangle  
Kieran Nangle  
Jadyn Smith  
Elyse Jankowski  
Michele Jankowski  
Ellie & Lisa Greger  
Tori Landerkin  
Brian Berger  
Cass & Bobby  
Ginny & Bob  
Pamela Foster  
Demetra Trachy & Mark Roe  
Marilyn Mabe  
Mary Redmiles  
Judy & Louie Bolly  
Linda & Yoosef Khadem  
Margie Schwartz  
Graul's Supermarket

Sydney Krebs  
Sydney Krebs  
Sydney Krebs  
Sydney Krebs  
Sydney Krebs  
Sydney Krebs  
Sydney Krebs  
Sydney Krebs  
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Sydney Krebs  
Sydney Krebs  
Sydney Krebs  
Sydney Krebs  
Sydney Krebs  
Sydney Krebs & Brittany Tyler  
Thomas Trachy  
Timothy Mabe  
Tommy Redmiles  
Wendy Bolly  
William Khadem  
Zachary Schwartz  
All of our Children





**Meeting Summary:** 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. (Doors open at 7:15) 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.

**Next Meetings: November 3rd and December 1st at 7:30 p.m.**

- \* November Monthly Meeting: Preparing for the Holidays.
- \* December Monthly Meeting: Bring a gift to donate in memory of your child. We will donate to a worthy group for children.

**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.

**Newsletter Submissions** – 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:* Newsletters have changed to bi-monthly and all submissions should be submitted no later than the 15th of the month prior to newsletter publication (i.e. submit by Feb 15th for the Mar/Apr 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. 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 (([www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)) ) is \$25. Just send an email to Mary Redmiles (Say Their Names!!! And help the Chapter, too! Please email all of these directly to [mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com) or call her at 410-721-6671 or sign up at a monthly meeting. Submissions for the MONTH newsletter are due to Tawny Stitely. Send an email to: [TWSbpaac@gmail.com](mailto:TWSbpaac@gmail.com)

**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!

**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.

**Library:** Everyone is welcome to check out books from our free lending library. Keep them as long as you need and return when you are ready. Books are set out at each meeting. We are very grateful to Jan Withers, former TCF Prince George's County and National MADD President, for her donation of books to the library.

**Chapter Points of Contact:**

Chapter Leader: Carol Tomaszewski, [chapterleaderaacountymd@gmail.com](mailto:chapterleaderaacountymd@gmail.com)

Newsletter POC: Tawny Stitely, [TWSbpaac@gmail.com](mailto:TWSbpaac@gmail.com)

Treasurer: Fran Palmer

Hospitality: Sandra Winans

Angel Gowns: Carol Tomaszewski

Librarian: Bob and Sandi Burash

Programs: Mary Redmiles, [mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)

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Barbara Blessing, 410 761-9017

Noel Castiglia, 410 757-5129

**Chapter Web Site:** <http://www.aacounty-md-bereavedparents.org/>

**Chapter Address:**

BPUSA/AA County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

**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).

**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>

**SAVE THE DATE: Annual Memory Service**

**December 4, 2016**

Our annual Memory Service will be held at St Martins-In-The-Field Episcopal Church in Severna Park. Since its beginning in 1985, the Anne Arundel County Chapter's Annual Service of Remembrance has provided an opportunity for parents, grandparents, siblings, aunt 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. Deadline to include your child/children's picture in the slide presentation is November 10.

This year the Annual Service of Remembrance will be held at 3:00pm on Sunday, December 4, 2016, at St Martin's-in-the-Field Episcopal Church, 375 Benfield Road, Severna Park, Maryland 21146. Reception immediately following the Service.

