



SEP/OCT 2016

Bereaved Parents of the USA

Anne Arundel County Chapter

COPYRIGHT © 2016 ALL RIGHTS RESERVED

Our Children Remembered

You will ALWAYS be the first thing I think of
when someone says make a wish...



THANK YOU, SON, FOR THE BEAUTY OF YOUR HEART,
FOR THE MEMORIES YOU LEFT,
FOR THE LESSONS IN COMPASSION, GENEROSITY AND LOVE OF MAN,
FOR THE PEOPLE LEFT IN OUR LIVES TO LOVE THROUGH YOU,
AND FOR THE TANGIBLE HOPE OF BEING WITH YOU AGAIN.

LIVING OUR LIVES FOR YOU AND WITH YOU FOREVER,

PAPA, MIMI, RILEY AND MOM

JOEY BELCHER
APRIL 21, 1975 - DECEMBER 17, 2012

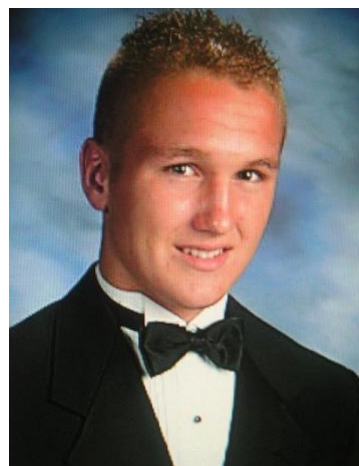
*We're sending a dove to Heaven with a parcel on its wings
be careful when you open it's full of beautiful things.*

*Inside are a million kisses wrapped up in a million hugs
to say how much we miss you and to send you all our love.*

*We hold you close within our hearts and there you will remain
to walk with us throughout our lives until we meet again.*

*WE LOVE AND MISS YOU EVERY SECOND OF THE DAY. FLY HIGH MATT.
LOVE, MOM, DAD, JOSH, CODY, JEREMY, CARLY, LILY
Matthew Joseph Morrow*

November 13, 1990 - October 13, 2012



Death of an Adult Child

The death of any child, regardless of cause or age, is overwhelming to parents, who can never be fully prepared for their child to die before them. Parental grief is intense, long-lasting, and complex. The grief and the healing process contain similar elements for all bereaved parents, but for those whose adult child has died, there are additional factors that may affect their grief. Others often assume that when the child who died was an adult, the parents' pain is less than if the child was young. Parents whose adult child has died often find their grief discounted or disallowed.

Discounted Grief

If an adult child dies as a result of an accident or illness, parents are frequently told by friends or family that they should be grateful their child lived as long as he or she did. Of course, you are grateful to have had your child for twenty or thirty years, or sometimes much longer, but that does not mean your grief is lessened.

Many parents have observed that their relationship with their adult child had evolved into one of friendship. Not only do they feel they have lost their child—they have lost a friend, often their best friend, as well.

Over time it is normal for the relationship between parents and older children to develop from parent child to a more mature relationship. Parents who have loved, reared, and encouraged their child's development into maturity and a full life of their own, feel a sense of pride and accomplishment as the adult child completes his or her education, establishes a career and develops adult relationships. By the time a child has reached adulthood, parents have made an immense emotional and financial investment in this person. When that life has not run its anticipated span, there is often a sense of abandonment combined with total futility. Parents often question their own purpose in life, since everything they invested in their child now seems for naught.

Discounted grief also occurs when the adult child dies from a cause that makes others uncomfortable or judgmental.

Guilt

Most bereaved parents experience guilt for having outlived their child. When adult children die as the result of suicide, drug use, driving drunk, AIDS, or other causes that carry a social stigma, many parents often experience an even more intense sense of guilt for not having realized that their child was having serious difficulties. Parents often wonder what they could have done differently to prevent the situations that may have caused their child's death.

Judgmental statements from others indicating that the child died as the result of his or her own actions only add to the intense pain and sense of isolation and defeat felt by the parents. When suicide is involved, others may ask why no one saw it coming, causing the parents to feel they should have been

able to see something often hidden deep within their child that not even experts in the field can always foresee.

Many times adult children live in a different area from the parents, and will have become established with their own homes, families, and careers. Thus, the parents have already dealt with the separation and adjusted to the changed routine or the empty nest syndrome. However, those who have not fully accepted the child leaving home, or the circumstances of their leaving, may find their grief greatly intensified.

Some parents were supporting their adult child due to a physical or mental illness, or when suffering difficulties with drugs or alcohol. This son or daughter may have become the focus of their lives, and the death leaves a huge void in the daily routine, which adds to their grief and feeling of loss.

Other Issues Often Faced by Parents When an Adult Child Dies

- If the adult child was married or had a family, the focus will usually be on the grief of the child's immediate family and not the parents.
- If the child was unmarried, there will be property, finances, estate, wills, and other legal issues with which the parents must contend.
- Grandchildren need comforting as the surviving spouse is usually exhausted physically and emotionally and may be unable to comfort the children, who are also grieving.
- The parents of an unmarried adult child may be the ones who have to notify the child's employer, pastor, and friends.
- Parents eventually may have to handle the emotions that will arise when the spouse dates or remarries.
- Parents, especially those who are elderly or whose only child has died, may experience fears and concerns regarding who will take care of them in later years or in the case of failing health.
- If the parent has been financially or emotionally dependent upon the adult child, decisions must be made regarding where to turn for support.

Facing the Future

Parents may feel they have nothing to live for and thus think about a release from the intense pain. Many parents do feel this way, but be assured that a sense of purpose and meaning does return. The pain does lessen. One of the most demanding challenges you will face is to refocus your life. The loss of purpose and the thought of living the rest of your life without your child can be frightening. Reexamining priorities and even questioning belief structures is not abnormal. If you are working outside the home, concentrate on arranging additional time off from work and plan ahead how you will handle special days such as anniversary dates and holidays. Often the day is easier than the dread that usually leads up to it.

With remaining family, talk about the death, the loss, and the pain. Revisit the good memories of your child, and not just the immediate memories of the death. Try to understand that every person within the family will be grieving in their own manner. It is better to express feelings than to internalize them; crying has been proved to be healthy and therapeutic.

Allow friends to help. When they ask what they can do for you, don't be afraid to tell them of your needs. This will also help them.

While professional help may be needed, many parents do turn to The Compassionate Friends for support, finding hope and comfort by sharing their story with others. In this way they may gain insights into their reactions and learn ways to cope. Sharing also eases loneliness and allows expression of grief in an atmosphere of acceptance and understanding.

Bereaved parents often want to do something constructive in memory of their sons or daughters. Many have established memorial funds, created scholarships, made donations to special charities, given books to libraries, planted trees, and become involved in helping others. For many, such acts keep the memories of their children alive and vibrant, giving them and others opportunities to feel the beauty of the life and love of their child. Not only are these activities a wonderful tribute, but they can also be very healing while providing a sense of purpose to the parent.

~https://www.compassionatefriends.org/brochures/death_of_an_adult_child.aspx



What I Wish More People Understood About Losing A Child

by Paula Stephen

Four and half years after the death of my oldest son, I finally went to a grief support group for parents who have lost children. I went to support a friend who recently lost her son. I'm not sure I would've gone except that when I was in her shoes, four years ago, I wish I would've had a friend to go with me. Losing a child is the loneliest, most desolate journey a person can take and the only people who can come close to appreciating it are those who share the experience.

The meeting was a local chapter of The Compassionate Friends, an organization solely dedicated to providing support for those who have lost children, grandchildren or siblings. The facilitator was a tall gentleman who had lost his 17 year old son eight years ago. He opened the meeting by saying that dues to belong to the club are more than anyone would ever want to pay. Well, he couldn't be more correct: no one *wants* to belong to this group.

The group of incredible survivors included parents whose children had been killed by drunk drivers, murdered, accidental overdose, alcoholism, suicide and freak accidents. The children's ages ranged from 6-38 years old. When hearing the stories, I had a visceral reaction to being part of this "club," but was also humbled by the greatness of these mothers and fathers.

Most of what I share in this article came from this meeting, but also from my own experience of having lost a child and being four years into that lifelong journey of healing from deep grief. The following five tips can be your compass to help you navigate how to give support to grieving parents on a sacred journey they never wanted to take.

***Remember our children.**

The loss of children is a pain all bereaved parents share, and it is a degree of suffering that is impossible to grasp without experiencing it first hand. Often, when we know someone else is experiencing grief, our discomfort keeps us from approaching it head on. But we want the world to remember our child or children, no matter how young or old our child was. If you see something that reminds you of my child, tell me. If you are reminded at the holidays or on his birthday that I am missing my son, please tell me you remember him. And when I speak his name or relive memories relive them with me, don't shrink away. If you never met my son, don't be afraid to ask about him. One of my greatest joys is talking about Brandon.

***Accept that you can't "fix" us.**

An out-of-order death such as child loss breaks a person (especially a parent) in a way that is not fixable or solvable — ever! We will learn to pick up the pieces and move forward, but our lives will never be the same.

Every grieving parent must find a way to continue to live with loss, and it's a solitary journey. We appreciate your support and hope you can be patient with us as we find our way.

Please: don't tell us it's time to get back to life, that's it's been long enough, or that time heals all wounds. We welcome your support and love, and we know sometimes it's hard to watch, but our sense of brokenness isn't going to go away. It is something to observe, recognize, accept.

*Know that there are at least two days a year we need a time out.

We still count birthdays and fantasize what our child would be like if he/she were still living.

Birthdays are especially hard for us. Our hearts ache to celebrate our child's arrival into this world, but we are left becoming intensely aware of the hole in our hearts instead. Some parents create rituals or have parties while others prefer solitude. Either way, we are likely going to need time to process the marking of another year without our child. Then there's the anniversary of the date our child became an angel. This is a remarkable process similar to a parent of a newborn, first counting the days, then months then the one year anniversary, marking the time on the other side of that crevasse in our lives. No matter how many years go by, the anniversary date of when our child died brings back deeply emotional memories and painful feelings (particularly if there is trauma associated with the child's death). The days leading up to that day can feel like impending doom or like it's hard to breathe. We may or may not share with you what's happening. This is where the process of remembrance will help. If you have heard me speak of my child or supported me in remembering him/her, you will be able to put the pieces together and know when these tough days are approaching.

*Realize that we struggle every day with happiness.

It's an ongoing battle to balance the pain and guilt of outliving your child with the desire to live in a way that honors them and their time on this earth. I remember going on a family cruise eighteen months after Brandon died. On the first day, I stood at the back of the ship and bawled that I wasn't sharing this experience with him. Then I had to steady myself, and recognize that I was also creating memories with my surviving sons, and enjoying the time with them in the present moment.

As bereaved parents, we are constantly balancing holding grief in one hand and a happy life after loss in the other. You might observe this when you are with us at a wedding, graduation or other milestone celebration. Don't walk away — witness it with us and be part of our process.

*Accept the fact that our loss might make you uncomfortable.

Our loss is unnatural, out-of-order; it challenges your sense of safety. You may not know what to say or do, and you're afraid you might make us lose it. We've learned all of this as part of what we're learning about grief. We will never forget our child. And in fact, our loss is always right under the surface of other emotions, even happiness. We would rather lose it because you spoke his/her name and remembered our child, than try and shield ourselves from the pain and live in denial.

Grief is the pendulum swing of love. The stronger and deeper the love the more grief will be created on the other side. Consider it a sacred opportunity to stand shoulder to shoulder with someone who have endured one of life's most frightening events. Rise up with us.

~<http://www.mindbodygreen.com/0-17928/what-i-wish-more-people-understood-about-losing-a-child.html>

Helping Yourself Heal When Your Child Dies

Allow Yourself to Mourn

Your Child has died. You are now faced with the difficult, but important, need to mourn. Mourning is the open expression of your thoughts and feelings regarding the death of your child. It is an essential part of healing.

With the death of your child, your hopes, dreams and plans for the future are turned upside down. You are beginning a journey that is often frightening, painful and overwhelming. The death of a child results in the most profound bereavement. In fact, sometimes your feelings of grief may be so intense that you do not understand what is happening. This brochure provides practical suggestions to help you move toward healing in your personal grief experience.

Realize Your Grief is Unique

Your grief is unique. The unique child you loved and cared for so deeply has died. No one, including your spouse, will grieve in exactly the same way you do. Your grief journey will be influenced not only by the relationship you had with your child, but also by the circumstances surrounding the death, your emotional support system and your cultural and your religious background.

As a result, you will grieve in your own unique way.

Don't try to compare your experience with that of others or adopt assumptions about just how long your grief should last. Consider taking a "one-day-at-a-time" approach that allows you to grieve at your own pace.

Allow Yourself to Feel Numb

Feeling dazed or numb when your child dies may well be a part of your early grief experience. You may feel as if the world has suddenly come to a halt. This numbness serves a valuable purpose: it gives your emotions time to catch up with what your mind has told you.

You may feel you are in a dream-like state and that you will wake up and none of this will be true. These feelings of numbness and disbelief help insulate you from the reality of the death until you are more able to tolerate what you don't want to believe.



This Death is Out of Order

Because the more natural order is for parents to precede their children in death, you must readapt to a new and seemingly illogical reality. This shocking reality says that even though you are older and have been the protector and provider, you have survived while your child has not. This can be so difficult to comprehend.

Not only has the death of your child violated nature's way, where the young grow up and replace the old, but your personal identity was tied to your child. You may feel impotent and wonder why you couldn't have protected your child from death.

Expect to Feel a Multitude of Emotions

The death of your child can result in a variety of emotions. Confusion, disorganisation, fear, guilt, anger and relief are just a few of the emotions you may feel. Sometimes these emotions will follow each other within a short period of time. Or they may occur simultaneously.

As strange as some of these emotions may seem, they are normal and healthy. Allow yourself to learn from these feelings. And don't be surprised if out of nowhere you suddenly experience surges of grief, even at the most unexpected times. These grief attacks can be frightening and leave you feeling overwhelmed. They are, however, a natural response to the death of your child. Find someone who understands your feelings and will allow you to talk about them.

Be Tolerant of Your Physical and Emotional Limits

Your feelings of loss and sadness will probably leave you fatigued. Your ability to think clearly and make decisions may be impaired. And your low energy level may naturally slow you down. Don't expect yourself to be as available to your spouse, surviving children, and friends as you might otherwise be.

Respect what your body and mind are telling you. Nurture yourself. Get daily rest. Eat balanced meals. Lighten your schedule as much as possible. Caring for yourself doesn't mean feeling sorry for yourself, it means you are using survival skills.

Talk About Your Grief

Express your grief openly. When you share your grief outside yourself, healing occurs. Ignoring your grief won't make it go away; talking about it often makes you feel better. Allow yourself to speak from your heart, not just your head. Doing so doesn't mean you are losing control or going "crazy". It is a normal part of your grief journey.

Watch Out for Cliches

Cliches - trite comments some people make in attempts to diminish your loss - can be extremely painful for you to hear. Comments like, "You are holding up so well", "Time heals all wounds", "Think of what you have to be thankful for" or "You have to be strong for others" are not constructive. While these comments may be well-intended, you do not have to accept them. You have every right to express your grief. No one has the right to take it away.

Develop a Support System

Reaching out to others and accepting support is often difficult, particularly when you hurt so much. But the most compassionate self-action you can do at this difficult time is to find a support system of caring friends and relatives who will provide the understanding you need. Seek out those people who encourage you to be yourself and acknowledge your feelings – both happy and sad.

A support group may be one of the best ways to help yourself. In a group, you can connect with other parents who have experienced the death of a child. You will be allowed and gently encouraged to talk about your child as much, and as often, as you like.

Sharing the pain won't make it disappear, but it can ease any thoughts that what you are experiencing is crazy, or somehow bad. Support comes in different forms for different people – find out what combinations work best for you and try to make use of them.

Embrace Your Treasure of Memories

Memories are one of the best legacies that exist after the death of your child. You will always remember. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories can be tinged with both happiness and sadness. If your memories bring laughter, smile. If your memories bring sadness, then it's all right to cry. Memories that were made in love – no one can take them away from you.

Gather Important Keepsakes

You may want to collect some important keepsakes that help you treasure your memories. You may want to create a memory book, which is a collection of photos that represent your child's life. Some people create memory boxes to keep special memories. Then, whenever you want, you can open up your memory box and embrace these special memories. The reality that your child has died does not diminish your need to have these objects. They are a tangible, lasting part of the special relationship you had with your child.

Embrace Your Spirituality

If faith is part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you are angry at God because of the death of your child, realize this feeling as a normal part of your grief work. Find someone to talk with who won't be critical of whatever thought and feelings you need to explore.

You may hear someone say, "With faith, you don't need to grieve". Don't believe it. Having your personal faith does not insulate you from needing to talk out and explore your thoughts and feelings. To deny your grief is to invite problems that build up inside you. Express your faith, but express your grief as well.

Move Toward Your Grief and Heal

To restore your capacity to love you must grieve when your child dies. You can't heal unless you openly express your grief. Denying your grief will only make it become more confusing and overwhelming. Embrace your grief and heal.

Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself. Never forget that the death of child changes your life forever.

"The experience of grief is powerful. So, too is your ability to help yourself heal. In doing the work of grieving, you are moving toward a renewed sense of meaning and purpose in your life".

Dr. Alan D. Wolfelt ~http://www.buddhanet.net/r_child.htm



There's no end to my
grief journey because
there's no end to my
love for you.

—J.S. Golubich

“Her absence is like the sky, spread over everything.”

— C.S. Lewis, *A Grief Observed*

I find it so confusing how grief can make time fly by, yet stand still forever.

—Sandra, Heavensbook Angels

**Crying is how your heart speaks ,
when your lips can't explain the pain you feel.**

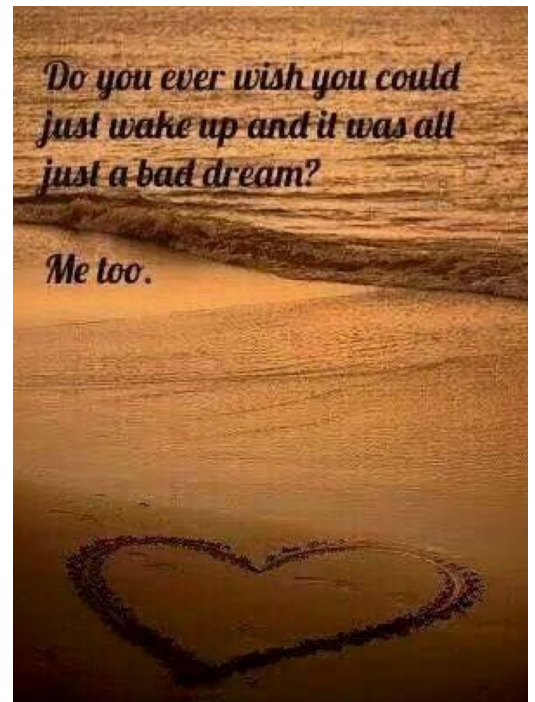
Your body is away from me, but
there is a window oen from my
heart to yours.

— Rumi



*Do you ever wish you could
just wake up and it was all
just a bad dream?*

Me too.



September and October are two months during the year that are designated as awareness months for several diseases, conditions and other ways many have lost their children.

#rememberingthosewehavelost



September Awareness

Brain Aneurysm Awareness - By some estimates, about 1 in 50 Americans has a brain aneurysm. That number surprises many people. When some people hear “brain aneurysm,” they think “*ruptured* brain aneurysm.” *Ruptured* brain aneurysms are rare—but they can be devastating. What’s the difference? An aneurysm is a bulging, weakened spot in the wall of a blood vessel. Many brain aneurysms are found incidentally while a doctor is scanning the brain for something else. Most are small. Often, they will never cause any kind of problem. Large brain aneurysms are more dangerous. They can cause symptoms because of the pressure they put on nearby areas of the brain or nerves. The symptoms may include severe localized headache, dilated pupils, double vision, pain above and behind the eye, or difficulty speaking. All of these symptoms are cause for careful evaluation by a physician.

~<http://www.columbianeurosurgery.org/2015/09/aneurysm-awareness-month/>

Histiocytosis Awareness Month - In medicine, histiocytosis refers to an excessive number of histiocytes,^[1] (*tissue macrophages*), and is typically used to refer to a group of rare diseases which share this as a characteristic. Occasionally and confusingly, the term "histiocytosis" is sometimes used to refer to individual diseases. According to the Histiocytosis Association of America, 1 in 200,000 children in the United States are born with histiocytosis each year.^[2] HAA also states that most of the people diagnosed with histiocytosis are children under the age of 10, although the disease can afflict adults. The University of California, San Francisco, states that the disease usually occurs from birth to age 15. ~<https://en.wikipedia.org/wiki/Histiocytosis>

World Suicide Prevention Day (Sept 10th) - World Suicide Prevention Day (WSPD) is an awareness day observed on 10 September every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world.^[1] The International Association for Suicide Prevention (IASP), collaborates with the World Health Organization (WHO) and the World Federation for Mental Health, to host World Suicide Prevention Day.^[2] In 2011 an estimated 40 countries held awareness events to mark the occasion.^[3] The United Nations issued 'National Policy for Suicide Prevention' in the 1990s which some countries use as a basis for their suicide policies.

~https://en.wikipedia.org/wiki/World_Suicide_Prevention_Day



National Day of Remembrance for Murder Victims (Sept 25th) - In 2007, Congress designated Sept. 25th as the National Day of Remembrance for Murder Victims. Robert and Charlotte Hullinger, of Cincinnati, formed Parents of Murdered Children following the 1978 murder of their 19-year-old daughter, Lisa, while she was studying in Germany. The annual day of observance is on the date Lisa was murdered. The annual National Day of Remembrance for Murder Victims gives us all the opportunity to remember those lost to homicide, and honor their memories. The purpose of this day of remembrance is to focus on the impact of murder on families, and communities, and ways to support and serve survivors. ~<http://victimssupportservices.org/national-day-of-remembrance-for-murder-victims/>

October Awareness

National Breast Cancer Awareness Month - Breast Cancer Awareness Month (BCAM), also referred to in America as National Breast Cancer Awareness Month (NBCAM), is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer. ~https://en.wikipedia.org/wiki/National_Breast_Cancer_Awareness_Month

Sudden Cardiac Arrest Awareness Month - Cardiac arrest is a sudden stop in effective blood circulation due to the failure of the heart to contract effectively or at all. A number of heart conditions and non-heart-related events can cause cardiac arrest; the most common cause is coronary artery disease. ~https://en.wikipedia.org/wiki/Cardiac_arrest

SIDS Awareness Month - Sudden infant death syndrome (SIDS), also known as cot death or crib death, is the sudden unexplained death of a child less than one year of age. The exact cause of SIDS is unknown. It is the most common cause of death between one month and one year of age. About 90% of cases happen before six months of age, with it being most frequent between two months and four months of age. It is more common in boys than girls. ~https://en.wikipedia.org/wiki/Sudden_infant_death_syndrome

Pregnancy and Infant Loss Remembrance Day (Oct 15th) - National Pregnancy and Infant Loss Remembrance Day is observed annually in the United States on October 15. It is a day of remembrance for pregnancy loss and infant death which includes, but is not limited to, miscarriage, still birth, SIDS or the death of a newborn. Each year this day is observed with remembrance ceremonies and candle lighting vigils. ~<http://www.nationaldaycalendar.com/national-pregnancy-and-infant-loss-remembrance-day-october-15/>





When The Bough Breaks: Forever After the Death of a Son or Daughter Paperback use pre formatted date that complies with legal requirement from media matrix

—by Ph.D. Judith R. Bernstein

"For every parent who loses a child, when one life ends another life is forever changed." --from *When the Bough Breaks*

When the Bough Breaks presents a breakthrough concept of mourning, documenting the process of evolution from initial grief to an altered outlook on life. Excerpts from interviews with 50 parents who lost a child from five to forty-five trace the road from utter devastation to a revised view of life, resulting in a work that is a tribute to resilience and the indomitable human spirit.

Author Judith R. Bernstein, Ph.D., speaks from the dual perspectives of bereaved parent and psychologist. She weaves keen psychological insight with the voices of parents to achieve an intelligent volume that is at once heartbreaking and heartwarming. The wisdom of her science and her heart combine to result in a book that teaches the psychology of bereavement with profound tenderness.

**Forever and Amen!
-by Judith Gilbreath**

An autobiographical journal, leading you through the grief and pain of losing a child, not once, but twice. The survival of family after a child dies and the fight to make it through each day. Helpful discussion of what works and what doesn't as you face the hurdles every grieving parent, sibling or grandparent faces. From the hospital to the funeral and beyond. Only a parent of a child who has died can truly relate to the trauma and issues it causes for families. Seeing how a family has survived the past six years may help others do what seems impossible. You can make it through the storm of grief and loss.



August Helping Hands



Making Angel Gown Tags



Tiny Hats for Tiny Babies



**Tutu from donated
Wedding Gown Tulle**



**Cutting Material for
Angel Gowns**

Anger: A Bridge Across the Abyss

~www.thegrievingheart.info

Anger surfaces once you are feeling safe enough to know you will probably survive whatever comes. At first, the fact you lived through the loss is probably surprising to you. Then more feelings hit, and anger is usually at the front of the line as feelings of sadness, panic, hurt and loneliness also appear.
David Kessler

When we are grieving, anger is another indicator of how much we loved the person who died. If you feel anger over your loved one's death, you owe no one an apology for your grief—or your anger. It is human to be angry and underneath your anger is your pain. Consider, too, that anger is not a “requirement” of grief because not every griever will feel its force.

There are many reasons to be angry when a loved one dies. You may be angry because: the medical professionals did not do their jobs correctly; friends and relatives say unhelpful things; the person who died left you alone with a legal mess or in a bad situation or caused his own death; someone is responsible for your loved one's death through reckless or violent behavior; God let you down and didn't answer your prayers; you didn't respond to a crisis the way you wanted; your finances have drastically changed; you have to go back to work; you must now assume the burden of added household responsibilities; you have lost control of your life; or you feel isolated from friends and family.

More reasons to be angry include: the rest of the world acts like nothing has happened; people continue to laugh and tell jokes; bills still need to be paid; night still follows day; the world hasn't stopped because of your grief; or fill in your own reasons here. You may even be angry that you are healthy and alive and can't join your loved one just yet.

Anger is a normal part of grief—a bridge of strength and energy (at a time when there is little of either) across the abyss of loss. Anger tells us that we are alive and we loved someone very much. We are angry because now that person is dead. Anger is progress because it means we are feeling the emotions of grief needed in order to heal. The more we honor our loss by allowing ourselves to feel anger, the more healing we will do.

People will criticize our anger because it is uncomfortable to be around. The problem is not anger. The problem arises when we misdirect anger—unfairly—at those around us or turn it towards ourselves. Anger turned inward can create physical and emotional problems such as ulcer, high blood pressure, heart attack, anxiety, depression and abuses of food, alcohol or drugs.

Lashing out unfairly at the people or pets around us, or engaging in reckless behavior, creates all sorts of chaos in our lives. We are already grieving. Anger can cause us to do or say things now that we will regret later, resulting in even more pain.

Unacknowledged anger grows larger and larger until it erupts. Suppression (ignoring it) never works. Angry energy will not go away. It must be released. The more you can understand your anger—how you react when you're mad—the more you can make changes that allow for your healing.

Anger is an important part of grief. It's yours, you earned it and no one can (or should) take it from you. Anger can also be a constructive force for good. Just ask the founder of Mothers Against Drunk Driving. (MADD) But when anger becomes the defining characteristic of your grief, a stuck place that causes you and everyone around you to suffer more, please seek professional help to gain a better understanding of it.

Never forget that you are angry because you deeply loved and now the one you loved is gone. You may be shocked when the intensity of your anger is in direct proportion to the intensity of your love for the one who has died. Explore your anger because the more you allow the feelings to surface the more of yourself you will find. Mostly, it will be the pain of loss and your grief will change form again, not in circles going nowhere round and round, but in upward spirals of healing.



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.

SEPTEMBER

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

Traci Lynn Boone
Daughter of Bonita Boone-Adamecz
September 17, 1964 - August 17, 1986

Allison (Alli) Leigh Cantrell
Daughter of Kristy Cantrell
January 19, 1982 - September 5, 2014

Jacquelyn D. Connolley
Daughter of Pat Donoho
October 3, 1969 - September 13, 1986

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

Dayden Alexander Dunn
Grandson of Beverley and Wayne Dunn
September 12, 2006 - June 1, 2008

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

Christine Kelly Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

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

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

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

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

Nicholas Paul Liberatore
Son of Larry and Pat Liberatore
September 27, 1980 - June 9, 1997

Cody Thomas Moczulski
Son of Robin Moczulski
September 19, 1993 - June 13, 2010

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

Scott Thomas Palmer
Son of Frances Palmer
Grandson of Ethel Cleary
August 3, 1983 - September 1, 1996

Sarah Elizabeth Patterson
Daughter of Cindy Patterson
June 28, 1987 - September 19, 2006

John Christopher Poe
Son of Sharon and Ben Poe
October 12, 1967 - September 24, 2001

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

Robert William Rey II
Friend of Peggy Smeltzer
September 14, 1965 - October 2, 2003

SEPTEMBER

Nathaneal Paul Rohan
Son of Andi Zolt
October 2, 1983 - September 14, 2013

James Ryan Rohrbaugh
Son of Doug and Donna Rohrbaugh
August 30, 1983 - September 5, 1983

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

Zachary B. Schwartz
Son of Margie Schwartz
April 16, 1987 - September 1, 2015

Michael Edward Shannon
Son of Karen Shannon
September 10, 1965 - August 13, 2013

Thomas "Tommy" Richard Short
Son of Karen Short
September 25, 1997 - October 16, 1997

Deonte Joseph Simms
Grandson of Deborah Simms
October 1, 1981 - September 9, 2001

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

David William Tomaszewski
Son of Richard and Carol Tomaszewski
September 4, 1974 - February 6, 2001

Timothy Allen Umbel
Son of Richard and Mary Ann Umbel
February 16, 1982 - September 15, 2002

Sarah Katherine Wheat
Daughter of Frances and Bill Wheat
September 22, 1989 - October 27, 2012

Robert Matthew White
Son of Kathleen Savage
September 20, 1972 - November 13, 1993

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

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

Ashley Jayné Younger
Daughter of Stephanie Younger
October 12, 1990 - September 28, 2008

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



OCTOBER

James "Jamie" William Henry Alexander
Son of Dave and Sue Alexander
October 12, 1970 - October 26, 1998

Wendy Jean Bolly
Daughter of Judith and Louie Bolly
April 6, 1977 - October 11, 2002

Wes Paul Boone
Son of Eve Boone
October 9, 2008 - January 19, 2015

Amber Marie Calistro
Daughter of Patti and John DiMiceli
February 28, 1976 - October 30, 1980

Hannah Lindley Campbell
Daughter of John and Cathi Campbell
October 10, 1992 - October 10, 1992

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

Jacquelyn D. Connolley
Daughter of Pat Donoho
October 3, 1969 - September 13, 1986

John Mario DeMichiei Jr.
Son of John and Linda DeMichiei
February 24, 1979 - October 23, 2008

Christine Kelly Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

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

Katie Fritz
Daughter of Carol Fritz
October 29, 1977 - February 27, 1993

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

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

Madison (Maddy) Bailey Hilbert
Daughter of Kati Borchelt
July 16, 2007 - October 14, 2007

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

Andrew Scott Hoffman
Son of Donna and Bryan Hoffman
March 6, 1986 - October 27, 2013

Richard Arland Jackson
Son of Margaret Jackson
February 9, 1990 - October 22, 2010

William Mirza Khadem
Son of Yoosef and Linda Khadem
October 24, 1984 - April 6, 2012

Timothy Jarrett Mabe
Son of Marilyn Mabe
October 29, 1977 - February 18, 2001

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

OCTOBER

Chad William Muehlhauser
Son of Paula and Bill Muehlhauser
October 3, 1983 - September 16, 1992

Krystal Brooke Pearce
Daughter of Douglas Pearce
June 1, 1995 - October 3, 2013

John Christopher Poe
Son of Sharon and Ben Poe
October 12, 1967 - September 24, 2001

Robert William Rey II
Friend of Peggy Smeltzer
September 14, 1965 - October 2, 2003

Tanager Rú Ricci
Son of Kathy Franklin
October 19, 1977 - February 16, 2004

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

Nathaneal Paul Rohan
Son of Andi Zolt
October 2, 1983 - September 14, 2013

Thomas "Tommy" Richard Short
Son of Karen Short
September 25, 1997 - October 16, 1997

Kelsey R Silva
Daughter of Kristen Silva
Daughter of Francisco Martins Silva
October 28, 1991 - June 16, 2011

Deonte Joseph Simms
Grandson of Deborah Simms
October 1, 1981 - September 9, 2001

Vejay Singh
Son of Jessica and Hardeep Singh
October 12, 1992 - March 21, 2014

Brandon Michael Sisler
Son of Laura Sisler
May 7, 1993 - October 15, 2011

Brittany Nicole Tyler
Daughter of Janet and Dan Tyler
Granddaughter of Dot Carter
October 12, 1986 - August 23, 1992

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

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

Samuel Mark Williams
Son of Mark and Randy Williams
October 25, 2000 - October 25, 2000

Grant Alan Williams
Son of Mark and Randy Williams
October 25, 2000 - October 25, 2000

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

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

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: September 1st and October 6th at 7:30 p.m. (please note below a special time for the July meeting)

- * September Monthly Meeting: Susan Coale, LCSW-C of the Chesapeake Life Center will be talking on the loss of a child from suicide.
- * October Monthly Meeting: Carol Fritz of the Chesapeake Life Center will speak on the services that the center offers.

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)) 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 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

Do You Use Amazon.com? If you enter Amazon through our Chapter's website (www.aacounty-md-bereavedparents.org), the Chapter will earn a commission of 5% on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter). It's an easy way to support our Chapter's activities. Go to the Chapter's home page, click on the butterflies on the welcome page, and scroll down the first page to the bottom where there is an Amazon.com graphic that takes you to Amazon's site. Entering Amazon's site through the Chapter's website credits the Chapter with the 5% commission on any purchases that follow. Thanks in advance for your help!

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

Newsletter POC: Tawny Stitely, 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

Telephone Friends:

Debbie Wilson Smith, 410 757-8280

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

Donations: Donations may be made to offset the costs of our local Chapter's events and communications. We gratefully acknowledge the following donations made recently: Kenneth Smith in memory of his niece Tracy Fotino and T.Rowe Price matching donation for Margie Schwartz in memory of Zachary Schwartz.

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.

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 Meeting

September 11, 2016

1pm, Jed and June Erickson's House, 1811 Regents Park Road East, Crofton

If you are interested in helping with the Memory Service please contact June Erickson at 410 451-8637.

SAVE THE DATE: Memory Walk

October 8, 2016

On Saturday, October 8, 2016, the Anne Arundel County Chapter of The Bereaved Parents of the USA is hosting its 14th annual Memory Walk to remember all of the children who died too soon but still walk in the hearts of our families and friends. We would like to take this opportunity to unite the families of our local area and to raise funds to support the mission of our chapter.

Whether you walk two miles or a hundred feet, or even make a pledge is not important. What matters is that you have taken the time to join with family and friends – new and old – who are walking the same journey as you. We hope to see you there.

If you would like to have your child's picture posted along the path, please email Barbara Bessling at bebessling@aol.com.

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. More details to follow in the coming months.

