



Bereaved Parents of the USA

Anne Arundel County Chapter

COPYRIGHT © 2017 ALL RIGHTS RESERVED

"If love could have saved you, you would have lived forever." -anonymous



Henry Ku'ualoha Giugni Halbach
December 9, 1991 - September 25, 2016

When you see Hanale by moonlight
You will be in heaven by the sea.
Every breeze, every wave will whisper
"You are mine, don't ever go away."
-- Hanalei Moon



Hanale

David W Tomaszewski

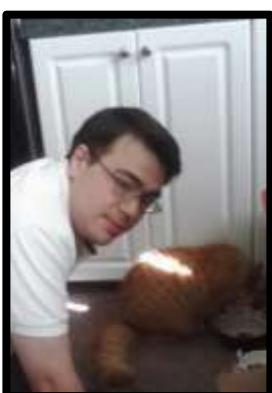
September 4, 1974 – February 6, 2001

We will always remember your sparkling blue eyes, your friendly smile, and your caring personality. You have blessed our lives in ways we could not have imagined, and you are always in our hearts.

Love, Mom, Dad, Beth, Lara and Josh



Dave



William Mirza Khadem
October 24, 1984 – April 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

Our Chapter Column

Our Chapter Column is where you will find articles....poems...lyrics...thoughts, submitted by our Chapter members, in memory of their loved ones. Creative writing and journaling are a therapeutic means for expressing your innermost thoughts and feelings, and providing self-healing. Some of us are prolific writers, some of us may write occasionally, and others may not be able to write a word. If you are doing any type of writing, I hope you will consider sharing your efforts with others in this forum. For as healing as it is for you to put your emotions into words, it is just as healing to others to see that someone has the same thoughts and emotions as them, especially at a time in our lives when we feel most alone and isolated because of our grief. It is often hard to believe that someone else could feel the intense depth of pain that comes with the loss of our child, and extremely comforting to know that we are not alone.

Please consider submitting something to be printed in this column to:

chapterleaderaaaccountymd@gmail.com, or mail to PO Box 6280, Annapolis, MD 21401.

Memories....good and bad....

As a bereaved father since February 6, 2001, I've had an opportunity to walk slowly through this grief journey. Thanks to the support of compassionate and caring friends that have also gone through this devastating experience, I have learned the value of positive thoughts.

I can think back to Dave's time as a young man and remember the struggles and problems he dealt with. Those issues caused heartbreakin pain, disruption and problems affecting our whole family. During those years, we sometimes felt that things would never get better. I will recall those times occasionally when I need to.

But through the years since Dave's death, I have chosen to remember the wonderful times that we shared with a caring son, father and brother.

Never --- never forget the good times.

Dave's Dad, Rick Tomaszewski



Our Chapter Column

I Give Thanks

By Linda Khadem, written in loving memory of my sweet son, William

I wish I could think of something that would fully convey the magnitude of the joy you brought to our lives. I wish I could think of something that would fully convey the magnitude of our love for you. I wish I could think of something that would fully convey the magnitude of our loss.

But I can't. I sit alone in a darkened room, tears streaming down my face. My heart feels as if it is going to burst. How can I go on? How can any of us go on? Then I think, these things are immeasurable. No matter how long or hard I tried, I could never find the words. There are not words.

The only thing I can think of is the phrase I used to say a hundred times a day for you: I give thanks. I can't say anything else. For you I give thanks.

I gave thanks for that little curve of a smile you had when you thought of something silly. I gave thanks for the stubble on your chin that scratched me when I hugged you. I gave thanks that you let me hug you.

I gave thanks for the twinkle in your eye. I gave thanks when you taught me new things about the wonders of Star Wars. I gave thanks when you sang the Katie Perry songs with a tin ear. I gave thanks for your deep baritone voice.

I gave thanks for your love of ancient China and Japan. I gave thanks for all the things you taught me. I gave thanks that I could also teach you. Every day we both learned something new. You and I both loved learning.

I gave thanks for being able to take you to Iaido. I gave thanks that you practiced with a wooden sword and not a real one.

I gave thanks when you washed the dishes while I made dinner. Those talks we had were so special. Every talk with you was so special.

I gave thanks that I was able to fix you scrambled eggs that you loved, even though you would rather have had them over-easy.

I gave thanks for your bed-head hair that was always terribly out of place when you woke in the morning. I gave thanks for your beautiful, hazel green eyes. I gave thanks for your thick black lashes that encircled them. I gave thanks for the mess you left everywhere you went. I gave thanks for the times you sat at your computer in the living room while I watched TV.

I gave thanks for every tiny, little thing I could think of about you when you were alive. I gave thanks for you hundreds of times a day. Every day.

After you died the only way I could survive was to give thanks for every minute I had with you. It was the only way I could keep myself together.

Since then I have hardly given thanks for anything. My motto used to be "For everything give thanks". First Paul 2:4, or something. It really helped me through some very dark times.

I don't know what to do about it now, though. How can you give thanks for everything, when one of the things is that your child is dead?

Then I think of what Tori's Mom told me one night when I was having a particularly difficult time. I asked her a ridiculous question. I asked her if she wanted Tori back. She said she missed her terribly, but wouldn't want to deprive Tori of Heaven.

That is how I will look at it from now on: that I don't want to deprive my precious you of glorious Heaven. And I will be so thankful for you and the beauty you add, that I won't want to deprive glorious Heaven of you.



2017 National Gathering

There were more than 25 Chapter Members at the National Gathering in August. It was an uplifting, encouraging weekend, filled with many activities, workshops and speakers. Being surrounded with love, compassion and understanding is very healing. The dove release at the closing was breathtaking!



Following are some thoughts that I heard throughout the weekend, that held meaning for me. They are in no particular order, are from the workshops that I attended, speakers I heard, and may not have meaning for you. But I hope some of them will touch your heart, mind and soul. ----- Carol

Create a safe, sacred space for you first, and then for everyone else.

Grief is the internal, automatic response to loss and expresses itself in many ways, often surprising and confusing.

Mourning is the external expression of grief, pushing feelings and emotions up and out.

Loss is an event.

Healing is a choice.

Challenge and adversity is an opportunity for growth.

Grief makes us restructure our lives, reshift our thinking.

Do, and continue to do, what works for you.

Words matter, even those spoken to yourself.

Say -- It can get better. And - I am not where I once was.

Sympathy has a short shelf life.

We come to a conference when it's the right time for us.

Sometimes bereaved parents get silence – not seen, heard, or acknowledged.

Healing does not mean leaving your child behind.

Closure is a crock. I want to be open to love, to hope.

Child loss is not a life sentence, it is a love sentence.

Keep memories alive by the way you live your life.

Kintsugi Art: Something broken can be made into something beautiful.

Mourning is the price we pay for having the courage to love others.

We change our brain with our behavior.

Some Thoughts... (cont.)

Gratitude is recognizing the good things, and acknowledging the source of the goodness.

Essential steps to gratitude: Focus on what you are grateful for; Feel the gratitude;
Express it in thoughts, writing or verbally.

Mindfulness and Gratitude: Slow down, pay attention, say thank you.

In the giving is the healing.

We can't control what happens to us in life. However, we are responsible for our response.

This is going to turn your lives upside-down.

I joined the club. The club none of us want to join. And began the journey that never ends.

Losing a child can kill our dreams. Give yourself permission to dream, and dream BIG.

The best lessons come when our hearts are broken open.

Your children are so close, that you don't know where you end and they begin.

Your child has no limit in how they connect with you.

Signs are often small subtle things. The message is always love.

Feathers are angels calling cards.

Time is such a strange thing. It can seem like forever or it can seem like yesterday.



At each National Gathering, our Board of Directors recognizes people who have supported others along their grief journey and helped others rebuild their lives. This year we are happy to announce that Sandi And Bob Burash were awarded the Humble Servant Award. Following is the write-up submitted by our Chapter. Since many of us know Sandi and Bob, and have surely felt their compassion and understanding, I wanted you to know of this honor. Congratulations are in order!

-Carol



Bereaved Parents of the USA Humble Servant Award



HUMBLE SERVANT AWARD nomination for SANDI and BOB BURASH

The Anne Arundel County, Maryland, Chapter nominates Sandi and Bob Burash for the Humble Servant Award. They epitomize the empathy, love, and hope for the future that each newly bereaved parent seeks. Sandi and Bob have been volunteering with our Chapter for over 20 years, attending almost every meeting and event, thus providing a stable foundation for everyone who attends our meetings.

HUMBLE SERVANT AWARD nomination (continued)

"Kindness, patience, understanding and compassion come immediately to mind when I think of Sandi and Bob. They are dedicated and focused on helping those new to this most painful of journeys, the loss of a child."

Sandi and Bob Burash are both essential to our mission of providing support to other bereaved parents.

- They greet new members with compassion and understanding, providing a first glance at our organization and what we offer to bereaved parents. Then follow up to contact new members providing additional support.

"Sandi's kindness becomes a balm to sooth their raw and shredded souls. Bob provides much of the same comfort."

- They facilitate sharing groups, listening to others' tragic losses and stories of their children, and adding words of empathy, encouragement and hope for each parent. Sandi regularly facilitates a small group of First-Time members, or a Newly Bereaved group of parents within the early years of their grief journey. Bob often facilitates our Further Along sharing group of those beyond the early years yet still working through their grief.

"We were once lost souls drowning in grief. Sandi and Bob have shown us such benevolence that our lives are now not just grief for the loss of our precious son, but joy for what we once had."

- They provide hope by example, often sharing their own grief journey and coping methods.

"I light a candle every day for my son after learning that Sandi and Bob have been doing this for their son Paul for so many years. I'll be forever grateful for their support and friendship."

- They are key participants in Chapter special events, such as our annual Memory Walk and Service of Remembrance, always showing their caring and support for everyone.

"They are grace and good will personified. They are magnanimous with both their time and compassion."

- Sandi and Bob researched and contributed to a presentation and workshop based on Men and Women's Grief, which was presented at two National Gatherings and at our 2014 Regional Hope and Healing Conference.

"My husband responded to our beloved son's death – by stoic silence and bitter tears... I witnessed his emergence from that immutable way of dealing with excruciating pain and respond to Bob's gentle prodding by speaking and sharing."

In addition, Sandi and Bob significantly contribute to the administration of our Chapter.

- You will find them arriving early and leaving last for most meetings so they can help set-up and clean-up.
- They organize and maintain our very large Chapter Grief Book Library.
- Bob is our Chapter E-mail administrator, distributing our e-newsletter and Chapter meeting reminders, along with other important announcements.
- Sandi and Bob maintain the candles used during our Service of Remembrance, provide coffee and drinks for our annual Memory Walk and Service of Remembrance. They both are always there to help in any way needed.
- Bob helps compile the Our Children Remembered Slide Show presented during our Service of Remembrance, which includes over 250 children.
- Bob is our Chapter "Button Man" making photographic memory buttons for many members.
- Sandi and Bob both faithfully participate in our Chapter Core Group, and have for many years. They are an essential element to the ongoing running of our Chapter.

"As Chapter Leader, I would be overwhelmed without the support and service they provide. Their input and guidance continue to be essential to reaching our mission and goals as part of BPUSA: To faithfully serve Bereaved Parents in the Annapolis, Maryland, Anne Arundel County region and help parents and families find hope for the future and rebuild their lives."

GRIEF RESOURCES

The National Gathering provided an abundance of resources based on the speakers and workshop presenters. Following is a listing of websites you might pursue for information, education, or inspiration. Also included is a list of books purchased at the National Gathering for our Chapter Library.

WEBSITES OF INTEREST from the National Gathering

Grant Art project by Kathryn Kohn. Your child's piece of clothing into a landscape picture. Her Facebook page is
<https://www.facebook.com/Grant-Art-by-Kathryn-Kohn-491096231088083/>

Wood Creations Inc., personalized and engraved chests for keepsakes, www.memorychests.com

Rock-It Creations, engraved rocks and stones, www.rockitcreations.com; Facebook: www.com/RockItCreations

Dr. Lynn Migdal, professional wellness expert and author, The Looking Up Foundation, www.lookingupfoundation.org,
www.migdalchiropractic.com

Rachel Pearson, Evidential Psychic Medium, www.rachelpearson.net

Anna Whitson-Donaldson, teacher, speaker and author of "Rare Bird" www.annawhistondonaldson.com

Claire Ann Stevenson, spoke on signs from our children, *author of "A Mother's Tears"*
www.amotherstears.blogspot.com

Rose Carlson, pregnancy and infant loss support, www.nationalshare.org

Annah Elizabeth, The Five Facets Philosophy, www.TheFiveFacets.com

Love In Motion, signing choir, Dr. Doug and BJ Jensen, Jensen2@san.rr.com

Ron Kelly, focuses on men's grief, and men's vs women's grief, speaker and author, "Sometimes I Cry in the Shower"
www.rglennkelly.com

Sarah Kravitz, sibling grief, www.lifewithoutjudgement

Tom Zuba, teaching a new way to do grief, www.tomzuba.com

Kelly Buckley, healing after loss with gratitude, www.kellybuckley.com

Gareth Williams, Fly-Hope-Dream, www.fly-hope-dream.org

"Families of children battling life-threatening medical conditions and those grieving the loss of a child can participate in a once-in-a-lifetime Dream Flight, that provides opportunity to see life from a new perspective and find hope for the future."

Beth Hewitt, local Grief Coach, Facilitator Trainer, Public Speaker, & Author, <http://goodwordsforgrieving.com>

Susan Coale, Chesapeake Life Center, www.chesapeakelifecenter.org

Chris Mulligan, an Intuitive Grief Guide and author, www.peaceaftergrief.com

Wendt Center for Loss and Healing, Connecticut Ave, Washington DC, www.wendtcenter.org

Stephanie Handel, Michelle Palmer

WEBSITES OF INTEREST from the National Gathering (cont.)

Sara Ruble, facilitator and author, www.deathteaches.com

Nisha Zenoff, psychotherapist, grief counselor, dance movement therapist, presenter, author
www.theunspeakableloss.com

Susan Toler Carr, Certified Grief Recovery Method Specialist, www.justincarrwantsworldpeace.org

Laura and Dave Diehl, founded GPS Hope (Grieving Parents Sharing Hope) www.gphope.org

Becky Russell, Arkansas Chapter Leader, local speaker, blog author, www.weepyseeds.blogspot.com

Pam Vredevelt, professional counselor, speaker, author, www.pamvredevelt.com

Dr. Peter Wilcox, local psychotherapist and author, www.petercwilcox.com

Joyal Mulheron, established EVERMORE to enhance support systems and resources for bereaved parents,
www.live-evermore.org/home

BOOKS purchased at the National Gathering for our Chapter Library.

The majority of the books are written by bereaved who either were key note speakers, presenters or both. Each told the story of their child and the circumstances of the child's death, and then how they have survived their grief journey and how they have thrived through honoring their child.

Title	Author	General impression
• <u>Loving Connections</u>	Bissler/Heiser	the healing power of after-death communications
• <u>Rare Birds</u>	Anna Whiston-Donaldson	a mother's story and the emotions
• <u>Surviving the Unthinkable</u>	Janice Belle Meisenhelder	grieving mothers/family/friends
• <u>There are No Right Answers to Wrong Questions</u>	Peter Wilcox	philosophical with spirituality. Addresses 16 emotions.
• <u>Sometimes I Cry in the Shower</u>	R Glenn Kelly	a father's/a man's perspective of grief
• <u>Permission to Mourn</u>	Tom Zuba	good for all, especially newly bereaved. All the emotions we experience and mention so often during our sharing groups

CREDO

OF THE ANNE ARUNDEL COUNTY CHAPTER OF THE BEREAVED PARENTS OF THE USA

We are not alone.

We are the parents whose children have died.

We are the grandparents who have buried grandchildren.

We are the siblings whose brothers and sisters no longer walk with us through life.

We are the aunts and uncles whose cherished nieces and nephews are gone.

We are here to support and care for each other.

We are united by the love we share for our children.

We have learned that children die at any age and from many causes.

Just as our children died at all ages, we too are all ages.

We share our pain, our lost dreams and our hopes for the future.

We are a diverse family.

We realize death does not discriminate against race, creed, color, income or social standing

We are at many stages of recovery, and sometimes fluctuate among them.

Some of us have a deep religious faith, some of us have lost our faith, while some of us are still adrift.

The emotions we share are anger, guilt and a deep abiding sadness.

But regardless of the emotions we bring to our meetings,

it is the sharing of grief and love for our children

that helps us to be better today than we were yesterday.

We reach for that inner peace as we touch each other's lives

and place our hand print on each other's hearts.

Our hope for today is to survive the day;

Our dream for tomorrow is gentle memories and perhaps to smile.

We are not alone

We walk together with hope in our hearts

Our Children Remembered - 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

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

Henry Ku'ualoha Giugni Halbach
Son of Gina Giugni and Dan Halbach
December 9, 1991 - September 25, 2016

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

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

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

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

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

Our Children Remembered - September

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

Christopher Thomas Trachy
Son of Tom and Chrys Trachy
September 3, 1986 - March 3, 2016

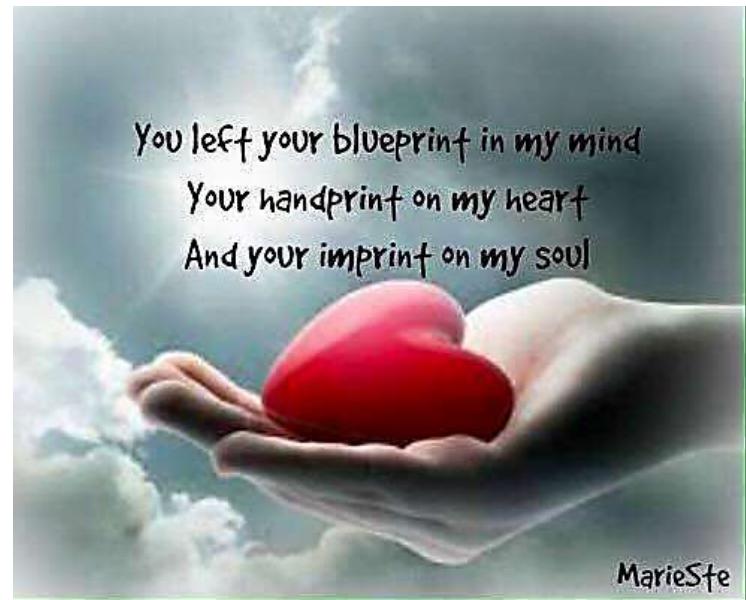
Timothy Allen Umbel
Son of Richard and Mary Ann Umbel
February 16, 1982 - September 15, 2002

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



You left your blueprint in my mind
Your handprint on my heart
And your imprint on my soul

Our Children Remembered - 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

Christopher Ryan Boslet
Grandson of Carol N. Boslet
October 23, 1985 - February 20, 2003

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
October 6, 1980 - March 10, 2002

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

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

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

Our Children Remembered – October

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 Randye Williams
October 25, 2000 - October 25, 2000

Grant Alan Williams
Son of Mark and Randye 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 Yukanovich
Son of Delight (Nick) Yukanovich
November 22, 1979 - October 30, 2013

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

♥ ♥ ♥ ☯ ☯ ☯

Grief is like a ball of string, you start at one end and wind. Then the ball slips through your fingers and rolls across the floor. Some of your work is undone but not all. You pick it up and start over again, but you never have to begin again at the end of the string. The ball never completely unwinds. You've made some progress. -Author Unknown

♥ ♥ ♥ ☯ ☯ ☯

VOLUNTEERS REQUESTED

Memory Walk – Our annual Memory Walk will be on October 7 at Quiet Waters Park. If you would like to help put up signs, make mementos, register walkers, do a reading, etc., please contact Barbara Bessling, bebessling@aol.com 410-761-9017.

Service of Remembrance – Planning has started for our annual Service of Remembrance, to be held on December 3, 3 PM, at St Martins-in-the-Field Episcopal Church, Benfield Blvd, Severna Park. If you are interested in helping in any way, please contact Carol Tomaszewski, chapterleaderacountymd@gmail.com, 410-519-8448. There are things to be done ahead of time... music selection, program design, reading selection, etc. And things to do at the Service... set-up, reading, ushering, and of course clean-up.

And as always, DESSERTS for the reception are requested.

Newsletter Publisher -- Our Chapter needs a volunteer, or two, to be our Newsletter Publisher. Please seriously consider taking on this invaluable effort. The Newsletter is a very important resource to all our Chapter families, as it provides a forum for honoring our children, finding learning and solace in poems and articles, and providing Chapter information.

General Volunteering with our Chapter -- Giving of yourself is always healing, and being instrumental in providing resources to other Bereaved Parents can only be a positive step in your journey as you extend a helping hand to so many others. If you feel you would like to do something, but don't know what you can possibly do, please talk to me. We can work together to find an opportunity that fits for you.

Contact me if you have questions or will volunteer in any capacity. Thank you.

Carol Tomaszewski, 410-519-8448, chapterleaderacountymd@gmail.com

CHAPTER 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 7:00) 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.

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 2-3 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.

SEPTEMBER MEETING is Thursday, Sept 7. We will have a drop-in craft session from 5-7 PM, when you can create a memento of your child. Come anytime you can to the craft session, and a light dinner will be available. You are welcome to come to the craft session even if you can't stay for the regular meeting.

The regular meeting will start at 7:30

At our craft session, you can make:

T-Shirt with your child's picture: Before the meeting, send a picture to Carol, chapterleaderaacountymd@gmail.com, to have a transfer made and then bring your T-Shirt to the meeting and iron on the transfer.

Scrapbook Page: Bring some photos to work with. Supplies will be available for you to work on there, or take home to create a page. Create a page with a single photo, or one with multiple photos. Linda Khadem and Barbara Bessling will be available to help with your design.

Candle Holder and/or Rock: Create a unique memorial with paint, paper, glitter, pictures, ModPodge, etc. Supplies will be available, including the candle holders and rocks. Bring a small picture, or several pictures, to use if you like, even printed on plain paper.

Knotted Fleece Blankets: Material will be available to make blankets to be donated to a local hospital. Or bring your own (2 pieces about 1 ½ yds. each) and make one for yourself or a loved one.

Memory Buttons: Bob will also be making buttons for us. So, bring a copy of a photo for each button you want made.

Note on Pictures: If you need pictures printed for the crafts, you can forward them to Carol and say how many you want, what size, and for which craft or for buttons. chapterleaderaacountymd@gmail.com

OCTOBER MEETING: On October 5, Fran Palmer will speak on "What you can do with your child's belongings". A display of items will be provided by Fran and several other Chapter Members.

NOVEMBER MEETING: November 2, we will host a panel of our members to discuss "Coping with Holidays".

DECEMBER MEETING: December 7, join us and introduce your child with photos and stories, and a meaningful gift, if you would like. Since we no longer have our loved one to give gifts to, many of us bring a gift in their memory. These gifts will be donated to a local charity for children in need.

OUR WEBSITE: www.aacounty-md-bereavedparents.org Visit our website for information about our Chapter, Our Children, the Newsletter, upcoming events, and many other resources.

FACEBOOK: Join our private, members only, Chapter forum. In Facebook, search for "Anne Arundel County Chapter of the Bereaved Parents of the USA". Our moderator will respond to requests to be included as a friend.

PRIVACY POLICY: Our Chapter is cognizant of privacy concerns related to our children. We ask that each family provide written consent to include your child's name, photo, birth date and death date in our newsletter, on our website and other published listings of Our Children, such as for the Service of Remembrance. If you don't see your child's name included in our publications, and would like them to be included, please contact me.

Carol Tomaszewski, 410-519-8448, email chapterleaderaacountymd@gmail.com, use subject: Privacy