

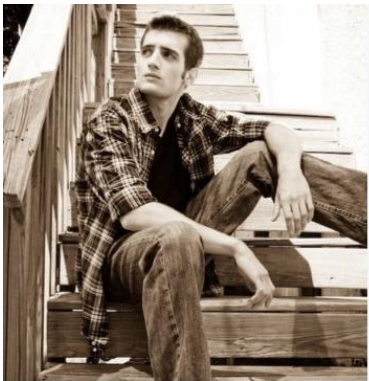


Bereaved Parents of the USA

Anne Arundel County Chapter

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Say their names. Tell their stories. Celebrate their lives. And remember their love.



Matthew Ryan Stangle

April 5, 1989 – January 14, 2017

Matt, we love you and miss you.

You are forever in our hearts.

Love, Mom, Dad and Heather

So Far Away From Where You Are

Sung by "Lifehouse" (lyrics on p.4)

https://www.youtube.com/watch?v=ToXrwIKQI_c

Nick Delaney

December 29, 1981 – January 19, 2016

My hope, our hope, is that one day we will be together again.

But until that time, I'll continue to ask: how could you go before me?

Love, Mom & Dad, Lisa & Dan



Tom Redmiles

February 22, 1985 – March 14, 2011



Dear Tom,
My mind still speaks to you
My heart still looks for you
My entire being still misses you
My soul knows you are at peace,

Happy birthday sweet son,
Love, Mom and Dad

Paul John Burash

January 18, 1972 – August 8, 1992

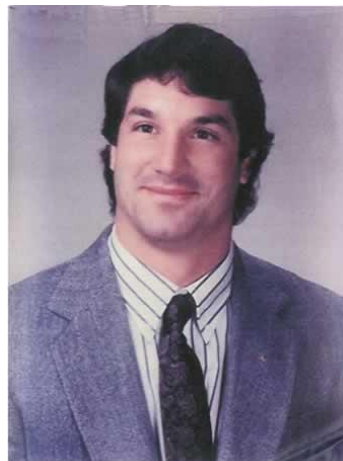


Paul, there has been no greater pain then losing you, and we have never gotten over your loss, but we have gone on. Mom keeps you and the memory of you alive for your nieces and nephews, great nieces and great nephews. Your mischievous behavior and your acts of thoughtfulness and kindness are told to them so that they know their uncle Paul. We, all, are saddened by your death, but rejoice in having had you as part of our lives, even if for a short time. You touched and still touch many hearts, and make lives better. With all our love, Mom and Dad

Daniel M. Rothman

January 20, 1971 - September 17, 1992

My beloved child
It is 25 years ago
Yet, it is still today
That you have left us.
Your light shines in our hearts and souls
Your spirit lives within us.
As clear today as it was in the light
That shone from your eyes.
And will live on in all of us
Forever



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.

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

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

The Most Unnatural Thing

How could you go before me? It's not right and it's not fair. I taught you how to ride a bike, play guitar, to drive. But this – how could you do it before me?

I never knew how much pain I could feel – until now. It's overwhelming, unbearable, and unimaginable. But I still get up every day and go about doing the things I usually do. I think I look the same as before, but I know I am forever changed.

I think about you – every day, all the time. I wonder how you felt when it happened. What would you tell me about it? I wonder where you are. I believe we have a consciousness that transcends death. Can you hear me – or feel me – when I talk to you?

Yes, I talk to you, sometimes out loud. I'm that crazy guy at the cemetery that everyone else steers clear of. I don't care. If there is something I can do so that you can hear me, then I'll do it.

We all miss you – your brother, your sister, Mom. We all have times when the pain gets to be too much. We break down, usually in quiet places where we can be alone, and we ask, how can you be gone? You're supposed to be here. With us. Together. You get mentioned like you used to: Nick would have liked this, or Nick went there once, or Nick told me that. But these are just memories. There is nothing new.

Holidays pass, your birthday, family days. We mark the milestones that you are supposed to be here for. We still shake our heads in disbelief.

This is all very strange to us. And it is the most unnatural thing in life. The only thing I am glad about is that you will never know this pain.

My hope, our hope, is that one day we will be together again. But until that time, I'll continue to ask: how could you go before me?

Love,

Mom & Dad, Lisa & Dan

Submitted by the Delaney family, in memory of Nick

Dear Daniel,

This will be our 25th year without you – a long, long time. Some days, it feels like the very day we lost you, and other days we know our lives have changed so completely that you might not recognize us.

But truly – you would – because there is a part of you, a part of the very essence of you, in each person in your family that you would surely know well. Your father and I still carry our love of you each day in our hearts, along with our commitment to social justice and to peace globally, our joie de vivre, and our love of the outdoors. Your sisters think of you all the time, and remember all the special times you shared. We light candles for you at family celebrations, so that the light of your soul is always with us.

We all knew you. But, to me, one of the most wonderful, remarkable, and unexpected things that have happened in these years has been the many parts of you that live and are developing anew in your eight nieces and nephews. Two bear your name – a Daniel, and a Danielle. Three play the guitar, like you did, and sing songs you knew (they sing all the Grateful Dead songs you did). Two are medical school bound, returning to the family tradition that you were unable to complete (remember your pre-med days?) Three others have taken their interest in social justice to a global level by going to law school studying constitutional law, by wanting to work in Africa, and by addressing global environmental and sustainability issues. (remember you wanted to “take good medicine to third world countries?”). Each plays, and loves, and follows sports (remember how you loved the Orioles and played football at Severn?). They have become great hikers and campers (remember our family hikes?) and have traveled overseas, just like you did. Your spirit, your soul, is a part of them. It lives and grows and shines within them.

You are gone. Yet, you are here, and your life, and your ideals, and your spirit, lives on in each of our three generations forever.

Love, Mom

Submitted by Juliet Rothman, in memory of her son Daniel

* * * * *

So Far Away From Where You Are

So far away from where you are
These miles have torn us worlds apart
And I miss you, yeah, I miss you

So far away from where you are
And standing underneath the stars
And I wish you were here

I miss the years that were erased
I miss the way the sunshine would light up your face

I miss all the little things
I never thought that they'd mean everything to me
Yeah, I miss you and I wish you were here

I feel the beating of your heart
I see the shadows of your face
Just know that wherever you are
Yeah, I miss you and I wish you were here

“by Lifehouse”

https://www.youtube.com/watch?v=ToXrwIKQI_c

Submitted by Scott and Jeanette Stangle, in memory of their son Matt

Snowflakes and Candle light = Grief and Hope

By Carol Tomaszewski, in memory of Dave

adapted from Opening and Closing Remarks at the 2017 Service of Remembrance

Even though it's a balmy, sunny day today, I assure you ... Winter is coming soon... the air will have a chill and there will be snow.....maybe just flurries, but possibly a winter storm.

Since my son died, I often feel like it's wintertime throughout the year. I often feel chilled to the soul. I want to stay home and snuggle in bed and ignore the rest of the world. I want to grumble and grouch at everyone.

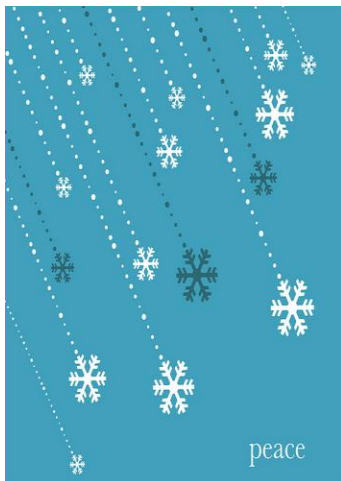
The other day my daughter reminded me that every snowflake is unique, even though we can't see the difference. She continued to say that snowflakes are like our grief. Each of us is unique, each of our precious children is unique, and each of us grieves differently, so it follows that our grief is unique. What looks like it's the same to everyone who has not experienced the loss of a child is really something very special and unique to each one of us.

And... sometimes it comes in light flurries or blows into huge drifts. Sometimes it lasts for days... or only minutes. Sometimes we're able to plan ahead and other times it takes us by surprise. But winter and snow always come back, year after year.... just like our grief.

This year, when the snow comes, I will try to change my perspective. I may even go outside and let the natural beauty of the snow fall around me as I remember and grieve for my son, and hope for moments of peace for all of us.

And throughout this year I plan to light candles.

Candles of joy despite all sadness,
Candles of hope where despair keeps watch,
Candles of courage for fears ever present,
Candles of peace for tempest-tossed day
Candles of grace to ease heavy burdens,
Candles of love to inspire all my living,
Candles that will burn all the year long. **



So, when the winter comes, and snow falls into your life,
I encourage you to light candles and remember our children.
And say their names.

Tell their stories.

Celebrate their lives.

Remember their love.

As our Credo says... "We are not alone."
Our children are with us, always and forever.
And you and I ... "Walk together with hope in our hearts."
May you find peace and comfort, healing, and hope for the future, my friends.

****From *I will Light Candles this Christmas*
by Howard Thurman**

Speaking from the Heart

One of my New Year's resolutions was that I was not going to take the easy road and write any of my January articles for publications about New Year's resolutions. Writing about the turning of one year into another takes very little creativity and certainly I can do better than that. As I sat and stared at my computer for nearly an hour without a single good idea for a topic, I decided to go back to basics.

I took a trip back in time to my creative writing class in college. My professor, Mrs. English (seriously, this was her name) would often advise us that when you feel stuck and lack creative ideas, pick a subject that you know something about. So, I am heeding her advice for this article and writing about something that I know a lot about ... football.

Football is a game that I love. Professional or college, it doesn't matter; I simply enjoy watching this sport. As I write this column, the NFL playoffs are getting ready to begin with a doubleheader today and tomorrow. On Monday night, Alabama and Clemson will battle it out for the NCAA championship to decide the top team in college football. When I am watching football, I can truly escape from the rest of the world for a little while.

Perhaps you are wondering what on earth football has to do with grief. In my world ... everything. Over the years, football was able to give me a much needed reprieve from the constant focus of my loss. I came to look at things I enjoy such as football, playing golf and following current events as a beautiful distraction. These things became my coping mechanism, the soft place I could rest and relax to take a break from the hard work of processing my grief.

Grief is an exhausting journey that requires navigation down our own unique path through a valley which we have never been without a compass to guide us. We each make progress at our own pace and arrive where we are supposed to be in our own way. While the work is difficult, we must also recognize that we need times of rest to reenergize and refresh ourselves for what lies ahead.

My hope for each of you is that you consider if there is an activity or hobby that you can participate in that takes you away from the daily struggle of grieving. My wife has taken up running, I have a friend who finds solace in gardening and another who took art classes and began painting. Each of them has found these endeavors to be very rewarding and beneficial in allowing them to have a place where they can shift gears and refocus their energy.

Our grief is part of who we are and will always be there, right below the surface waiting for us. As we grow in our grief we learn that it can be a great catalyst for change; it can also direct our lives into areas we never imagined we would go. The good news is we don't have to live in the valley of our grief every moment of every day ... grief can coexist with laughter, enjoyment, entertainment and stimulating activities. Well, I have to run; kick off is just moments away and I haven't made the popcorn yet.

Alan Pedersen

Posted on January 19th, 2017, <https://www.compassionatefriends.org/blog/speaking-from-the-heart-4/>

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

JANUARY

William P. Anthony Jr.
Son of Bill and Linda Anthony
June 1, 1965 - January 2, 1999

Melanie Suzanne Berkow
Daughter of Sandra Winans
January 2, 1956 - March 23, 2012

Emily Ann Blazejewski
Daughter of Lee Ann and Doug Blazejewski
January 27, 1997 - January 2, 2004

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

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

Taylor Brannon
Granddaughter of Larry and Linda Brannon
January 27, 1995 - March 29, 1995

Paul John Burash
Son of Robert and Sandra Burash
January 18, 1972 - August 8, 1992

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

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

Nicholas Delaney
Son of Tina and Tom Delaney
December 29, 1981 - January 19, 2016

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

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

Melissa Fernanda Garcia
Daughter of Claudia Hnatiw
January 25, 1993 - July 30, 1994

Theresa Karen Gardner
Daughter of Joan F. Gardner
July 28, 1962 - January 7, 1994

Jennifer Lynn Hamilton
Daughter of Kathleen and Donald McGlew
May 2, 1980 - January 7, 1999

Walter H. Maynard IV
Son of Rose Marie Carnes & Walter Maynard III
January 2, 1965 - April 14, 2006

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

Craig Steven Nelson
Son of Karen Coulson
April 2, 1974 - January 31, 1995

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

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

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

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

OUR CHILDREN REMEMBERED

JANUARY

Thomas Jeffrey Schall
Son of Tom and Joyce Schall
January 16, 1963 - January 7, 2002

Emily Ann Schindler
Daughter of Charles and Jane Schindler
July 27, 1985 - January 27, 2004

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

Daniel John Sohovich II
Son of Vera Sohovich
January 26, 1988 – January 18, 2017

Matthew Ryan Stangle
Son of Scott and Jeanette Stangle
April 5, 1989 – January 14, 2017

Cathryn Christiana Tsu
Daughter of Horace and Cynthia Tsu
May 27, 1997 - January 18, 2017

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

Daniel Alfred Whitby
Son of Rita and Albert Whitby Sr.
Brother of Susan Lovett
January 10, 1959 - August 15, 1974

Carole Anne Wilford
Sister of Aljuana Saunders
January 7, 1944 - May 4, 1998

Matthew Tyler Williams
Son of Marta and Chuck Williams
May 8, 1986 - January 13, 2011

* * * * *

I hope that
in this year to come,
you make mistakes.

Because
if you are making mistakes,
then you are
making new things,
trying new things,
learning,
living,
pushing yourself,
changing yourself,
changing your world.
You're doing things
you've never done before,
and more importantly,
you're doing something.

-Neil Gaiman

A New Year's Wish

*A New Year's wish of peace and love
As we honor those above
To hear of them can make us smile
Please say their names once in a while
We need to speak of them to you
And know that you remember too
They're gone from sight, but not from heart
And for this time that we're apart;
We'll always miss them, always care
It helps when memories you share
To speak of them does not bring pain
It brings them close to us again.
So if you have a memory
A thought that you can share with me
I'd love to hear it if you could
Please speak their name, I wish you would*

*kp©2013
Out of the Ashes/FB*

OUR CHILDREN REMEMBERED

FEBRUARY

Bethany Anne Balasic
Daughter of Paul and Claudia Balasic
February 13, 1981 - April 5, 1996

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

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

Chrystal Marie Clifford
Fiance of son of Marilyn Mabe
July 16, 1978 - February 17, 2001

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

Zachary Lee Dukes
Son of Cindy Dukes
February 12, 1989 - March 31, 2010

Jenna Leigh Erickson
Daughter of June and Jed Erickson
February 12, 1988 - February 5, 2011

Manuel Junior Esparza
Son of Dianna McKinnon
March 20, 1987 - February 14, 2012

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

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

Kimberly Judith Gardner
Daughter of Joan F. Gardner
February 6, 1968 - August 16, 1992

Carolyn A Griffin
Daughter of Rick and Jan Griffin
February 15, 1983 - June 1, 2011

Ryan Douglas Henson
Son of Debbie Jeffries
April 10, 1984 - February 2, 2017

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

Carlester Wilmore Kane
Son of Grace Marie Watkins
February 22, 1964 - December 18, 1998

Lemuel Andrew Kane
Son of Grace Marie Watkins
February 22, 1966 - August 3, 2017

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

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

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

Adrian Bernard Andrew Ortega
Son of Rachael Hand
August 28, 1964 - February 17, 2005

Brian James Para
Son of Joan Para
February 19, 1970 - March 19, 1991

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

Thomas H Redmiles
Son of Mary and Joe Redmiles
February 22, 1985 - March 14, 2011

OUR CHILDREN REMEMBERED

FEBRUARY

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


David C. Schmier
Son of Gordon and Virginia Schmier
June 26, 1964 - February 10, 1992

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

Evyn Bryce Wygal
Son of Pam and Bill Wygal
February 15, 1991 - February 24, 1994

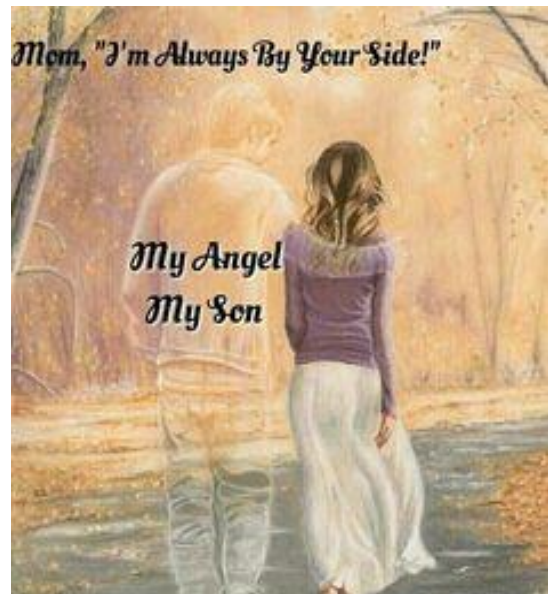
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She's in the sun,
the wind, the rain,
she's in the air you
breathe with every
breath you take.
She sings a song
of hope and cheer,
there's no more pain,
no more fear.
You'll see her in
the clouds above,
hear her whisper
words of love.
You'll be together
before long, until then
listen for her song.



-Christy Ann Martine



VOLUNTEERS REQUESTED

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 works for you.

Service of Remembrance Coordinator – Please consider volunteering to coordinate our annual Service of Remembrance.

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

Carol Tomaszewski, 410-519-8448, chapterleaderaacountymd@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 are 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.

CHAPTER MEETING PROGRAM TOPICS: Please let us know if you have a request for a meeting topic and/or a suggestion of a speaker.

JANUARY MEETING: January 4, 2018. If you attended the January 2017 meeting and wrote a letter, it will be mailed to you prior to this meeting. We will discuss your letters and have a program based on writing and journaling.

FEBRUARY MEETING: February 1, 2018. Paul Balasic will be presenting a program for us on anger and grief. Paul always has an entertaining way of presenting topics from his own perspective.

MARCH MEETING: March 1, 2018. Pastor Sammy Foster of Lighthouse Church will be our speaker.

FEBRUARY CORE GROUP MEETING: Tuesday, February 13, 7-9 PM, room 119. The Core Group meets quarterly to discuss the administrative and planning aspects of our Chapter. At the February meeting we will be reviewing 2017 activities and finances, planning the monthly meeting programs for the rest of 2018, and discussing special events for 2018. Everyone is welcome to come to our Core Group meeting.

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

ANGEL GOWN PROJECT: We are able to continue our Angel Gown Project thanks to the volunteers who are sewing the gowns and distributing them to the hospitals. We also continue to have wedding gowns donated. If you know of anyone who would like to contribute to this very healing, worthwhile project, either through sewing or donating gowns or trims or ribbon, please let us know.

CHILDRENS BLANKETS: We have started donating tied fleece blankets to the NICU and PICU units at Johns Hopkins Hospital and the National Military Medical Center at Bethesda. They are very appreciative of these blankets and will take any size or type of blanket we can give. We will continue to have the materials available at some of our meetings, so you can make the blankets at home.

Grief can never define us, only LOVE will define us,
in order to preserve our child’s memory!