



# Bereaved Parents of the USA

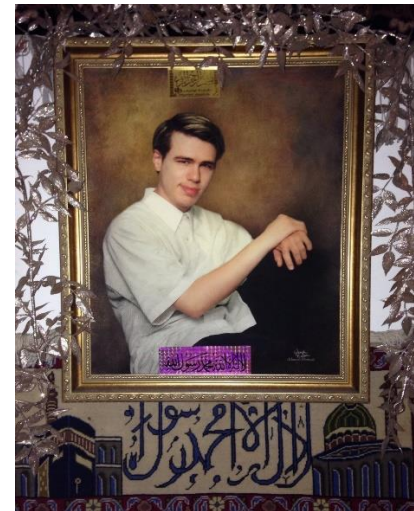
## Anne Arundel County Chapter

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Regardless of how or when a child dies, it always happens too soon and leaves a sea of grief.



Dear Tommy,  
Your wings were ready,  
but our hearts were not.  
Love and miss you,  
as always.  
Mom and Dad



*William Mirza Khadem*  
*October 24, 1984 – April 6, 2012*

*Thomas H. Redmiles*  
*February 22, 1985 – March 14, 2011*

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



*John T. "Tommy McCormick – March 5, 1981 – August 9, 2016*

Tommy,

You are celebrating your third birthday in Heaven and we wish so much you were here to celebrate it with us. You are missed beyond words. Until we see you again...



Love, Mom and Dad



**Matthew Ryan Stangle --- April 5, 1989 – January 14, 2017**

Happy 30th Birthday Matt! There are no words to express how much we miss you, Matthew. Missing you on your birthday and everyday.

Love, Mom and Dad



We miss seeing your beautiful face & lovely voice, but you are in our minds & hearts forever.

Love Mom, Dad, Brian



**Wendy Jean Bolly**  
**April 6, 1977 – October 11, 2002**

## Our Chapter Column

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**Our Chapter Column** is where you will find articles....poems...lyrics...thoughts, submitted by our chapter members, in memory of their loved ones. If you are doing any type of writing, I hope you will consider sharing your efforts with others in this forum. 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:  
[belcherirene@gmail.com](mailto:belcherirene@gmail.com), or mail to PO Box 6280, Annapolis, MD 21401.

Newsletter article submission deadline is the 15<sup>th</sup> of the month prior to publication.

### TheBubble

They left us behind. They took their happy families and just left us behind to drown in our misery. All alone in our dark, gray bubble where there is no light or joy, where the only emotions are of heartbreak and despair. The feeling: terrible, seemingly endless pain.

We, of the bubble, are drenched in sorrow. It invades our every pore. It has saturated the very air we breathe. It has permeated our bodies down to our marrow and deep, deep into our souls. Every breath we take is labored, so heavy with grief. Every move we make is in slow motion, as if our limbs are weighted with anvils of iron. Every thought related to misery and despondency.

They have moved beyond our bubble. A bubble in which we feel forever trapped. Outside of our bubble the sky is a glorious blue. The sun is shining, the grass is growing. Flowers are blooming. Children dance and sing with laughter in their hearts.

But we of the bubble are impervious to their joy. We can only witness it, never believing we can again partake in their pleasure. Maybe not wanting to.

It is as if the people outside our bubble are beings from another planet. A planet of which we were once but are now no longer a part.

Those of us who dwell within the bubble are much older than our years. We have gained a wisdom the cause of which we would give anything to have lived without.

The outsiders (seem to) live lives of ignorant and blissful innocence. Even those burned by other tragedies - no matter

how painful - remain oblivious. Their blessed ignorance is their gift. Our wisdom, a by-product of a tragedy beyond comprehension.

There is no other way one can accumulate or attain this terrible wisdom. The price to pay is far too great. The price: the death of their child.

But this is not the end. If you choose to not take the final alternative, there is a way out. It won't feel like it. It doesn't feel like it, but there is hope.

I wrote this shortly after William died. I was leaving my other son's house where I saw my daughter-in-law dancing in the yard with my very young grandson. I felt truly like I was in the bubble I described above. I felt like I would never be a part of their world or if I was permitted to participate, it would only be for a very short while and then the bubble - that disconsolate bubble - would suck all the joy from me and envelope me once again.

It's been several years since then. Though not so long as you might think. I can say that, with the help of some very dear friends, fellow bereaved parents, and a wonderful grief counselor, I now live on the other side of the bubble. Most of the time, anyway.

The bubble is still there, only it is a thin membrane. When I am unfortunate enough to slip or be dashed back in there, it is not so bleak and hopeless, and I do not stay as long.

Most of the time I am not drowned or engulfed by my stay. No, most of the time, it is more like a visit. A sad and terrible visit. Where I previously thought I would never escape, I find the once impenetrable membrane now dissolves almost on its own, if I give it time and let it.

I am now able to watch my grandson, or the happy children of other people laugh and sing and dance with joy. I can now dance with joy. I am now able, with the help of the other bereaved parents and a Wonderful grief counselor, to see with joy what I once had and to see with joy what I have now.

I know the bubble is there. The bubble will always be there, but it isn't my whole existence.

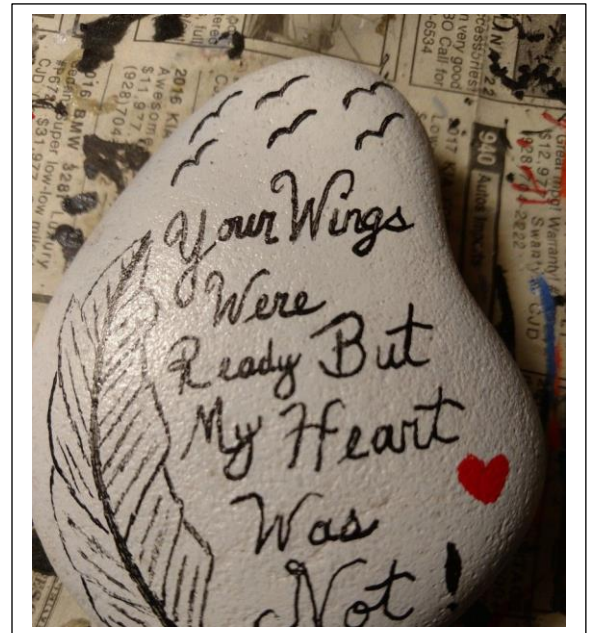
It doesn't have to be your whole existence, either. If you let it, your solid bubble will begin to dissolve. The sunlight will come in. The cold will turn to warmth and the memories of your child will change from grief that they are no longer, to joy that they once were.

Written in loving memory of my Sweet William.

Linda Khadem

Love and miss you so terribly much





*Lovingly submitted by Tom and Elvira McCormick in memory of Tommy.*



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### **SPECIAL CHAPTER LEADER ANNOUNCEMENT**

#### **“Introductory Facilitator, Co-facilitator, Greeter Training”**

An introductory facilitator, co-facilitator, greeter training program will be offered during our **JUNE 6<sup>TH</sup>** monthly gathering. We want to introduce volunteers, who might be interested, to the role of sharing group facilitator, co-facilitator, or greeter. We will review the basics and provide information to improve or hone skills you may already possess to facilitate, co-facilitate or greet the newly bereaved. We will highlight what skills and information are most important to develop - **“the forest”**, and briefly address key detailed techniques, and aspects of providing support to members - **“the trees”**. For your convenience we plan to offer this first short session simultaneously with our **Thursday JUNE 6<sup>TH</sup>** monthly gathering.

Our training program will focus on the **“top of the road”** information to help grow your facilitation skills to help lighten the grief journey for the bereaved participating in our group.

If you are interest in training as a facilitator, co-facilitator or greeter, please reply to Noel Castiglia <[ncastiglia@hotmail.com](mailto:ncastiglia@hotmail.com)> or Sandi Burash <[burash@verizon.net](mailto:burash@verizon.net)> so that we may better allocate our training resources and integrate this training opportunity into our **JUNE** meeting schedule.



### ***Disaster Falls***

On a day like any other, on a rafting trip down Utah’s Green River, Stéphane Gerson’s eight-year-old son, Owen, drowned in a spot known as Disaster Falls. That night, as darkness fell, Stéphane huddled in a tent with his wife, Alison, and their older son, Julian, trying to understand what seemed inconceivable. “It’s just the three of us now,” Alison said over the sounds of a light rain and, nearby, the rushing river. “We cannot do it alone. We have to stick together.”

*Disaster Falls* chronicles the aftermath of that day and their shared determination to stay true to Alison’s resolution. At the heart of the book is an unflinching portrait of a marriage tested. Husband and wife grieve in radically different ways that threaten to isolate each of them in their post-Owen worlds. (“He feels so far,” Stéphane says when Alison shows him a selfie Owen had taken. “He feels so close,” she says.) With beautiful specificity, Stéphane shows how they resist that isolation and reconfigure their marriage from within.

As Stéphane navigates his grief, the memoir expands to explore how society reacts to the death of a child. He depicts the “good death” of his father, which reveals an altogether different perspective on mortality. He excavates the history of the Green River—rife with hazards not mentioned in the rafting company’s brochures. He explores how stories can both memorialize and obscure a person’s life—and how they can rescue us.

*Disaster Falls* is a powerful account of a life cleaved in two—raw, truthful, and unexpectedly consoling.

***Book review submitted by Mary Redmiles, in memory of Tommy Redmiles.***



***My grief in a bag.***

I was at a grief support meeting with about sixty parents that lost their child in so many different ways. We had spent hours sharing and caring about each other. It was one of those evenings when each story would grab your soul and not let go. There were stories shared by the parent that could not be there with their child and then the parents that were there for the last breath!

These were gut wrenching, heart stopping, and unforgettable stories. In the meeting, we could see the body language and facial expressions, and each voice told a story in itself!

Then, some incredibly wise words rang out:

“Let’s pretend that you could put your grief into a bag and place it in the middle of the room. Once everyone put their bag in this mountain of grief, what bag would you trade your grief with?”

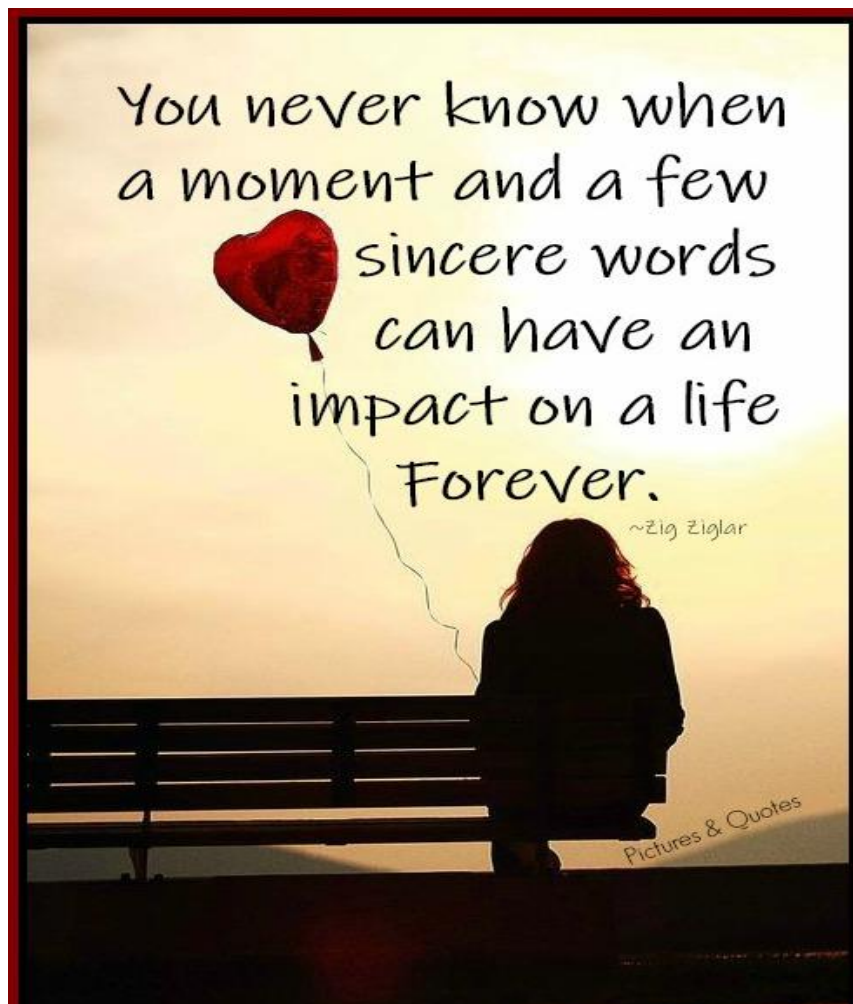
Parents sat there stunned, thinking about each story. Some parents had lost multiple children, four of five, and at different times! They thought about this and some even packed an imaginary bag and placed it in the middle of the room, sat back down, and waited for the next step.

We had time to think about each story and looked at the faces around the room. Each face held the very story they shared that evening. Everyone had blank looks as they thought about who they would trade their story with.

That evening, sixty parents walked out of that room with their own bag of grief, their own story! Not one traded their grief for another’s! Not one!

POWERFUL!!!

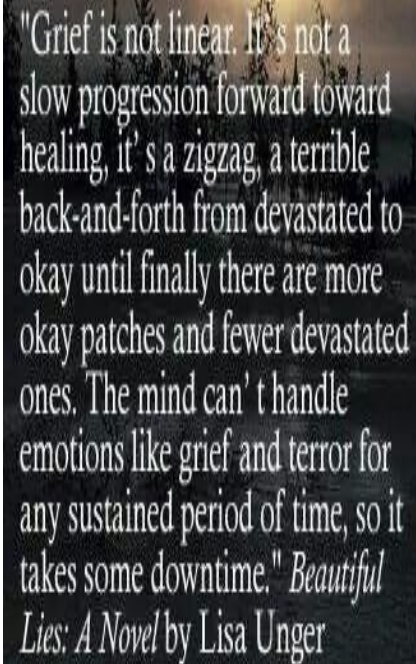
Story by Dean Synan



## You Were Not Meant To Save Me

Submitted by [figbso](#) | June 27, 2016 - 3:37pm

You were not meant to save me  
I wasn't meant to stay  
So please stop blaming yourself  
Since I have gone away  
My time on Earth was over  
There's something you should know  
My soul had reached its Growth there  
It was my time to go  
Don't cry for all the Could Have's  
The What If's and If Only  
Let go of all the guilt you hold  
Then you won't feel so lonely  
I Graduated life there  
And into Heaven's light  
I live within God's peace here  
My soul is perfectly Bright  
Life there is but a chapter  
Of a book that carries on  
I'm just on the next page now  
I really am not gone  
The Angels up in Heaven  
Help me watch you as you live  
Your life there isn't over yet  
You have so much to give  
Your life there will touch others  
Just as my life there touched you  
So be sure to touch them softly  
And place love within their view  
Just know this will make sense someday  
We will look back and smile  
You are just merely passing through  
We only stay there for a while  
So please hold on to my love  
As you walk through life each day  
And know that I am right here  
And Right here, I'll always stay



"Grief is not linear. It's not a slow progression forward toward healing, it's a zigzag, a terrible back-and-forth from devastated to okay until finally there are more okay patches and fewer devastated ones. The mind can't handle emotions like grief and terror for any sustained period of time, so it takes some downtime." *Beautiful Lies: A Novel* by Lisa Unger

RestMinistries.com

**Submitted by Jane Schindler in memory of Emily Ann Schindler.**

**July 27, 1985 – January 27, 2004**





Dear newly bereaved mother,

Welcome to the sisterhood of the wailing tent. With profound condolences, I know this greeting will soon be forgotten, for your heart and soul have sustained a terrible blow. The shock known as The Fog will accompany you for some time, greatly impacting your memory. So, I offer you this written welcome to refer to when your recollection falters.

The wailing tent is an honored place where only mothers with a broken spirit can enter. Admittance is gained not with an ID card bearing your name, but with the profound sorrow freshly etched on your heart. Membership is free, for you have already paid the unfathomable price. The directions to the wailing tent are secret, available only to mothers who speak our loss language of everlasting grief. No rules are posted, no hours are noted. There is no hierarchy, no governing body. Your membership has no expiration date—it is lifelong. The refuge offered within its walls does not judge members based on age, religious belief, or social status. You can hang your camouflage and mask outside, and if you can't make it past the door, we will surround you with love right where you lay.

The wailing tent is a shelter where mothers shed anguished tears among her newfound sisters, a haven where all forms of wailing are honored, understood, and accepted. In the beginning, you will be very afraid and will hate the wailing tent and everything it stands for. You will flail, thrash about, and spew vile words in protest. You will fight to be free of the walls, wishing desperately to offer a plea bargain for a different tent, learn a different language. Those emotions will last for some time.

Your family and friends cannot accompany you here. The needs of the wailing tent are invisible to them and though they will try, they simply cannot comprehend the language nor fathom the disembodied, guttural howls heard within.

In the beginning, your stays here will seem endless. Over time, the need for your visits will change and eventually you will observe some mothers talking, even smiling, rather than wailing. Those are the mothers who have learned to balance

profound anguish with moments of peace, though they still need to seek refuge among us from time to time. Do not judge those mothers as callused or strong, for they have endured profound heartache to attain the peace they have found. Their visits here are greatly valued, for their hard-earned wisdom offers hope that we, too, will learn to balance the sadness in our hearts.

Lastly, you need not flash your ID card or introduce yourself each time you visit, for we know who you are. You are one of us, an honorary lifelong sister of the wailing tent. Welcome, my wailing sister.

Fondly,

The Sisterhood of the Wailing Tent



By: Jen Eclipse

***Did you perceive the unimaginable?***

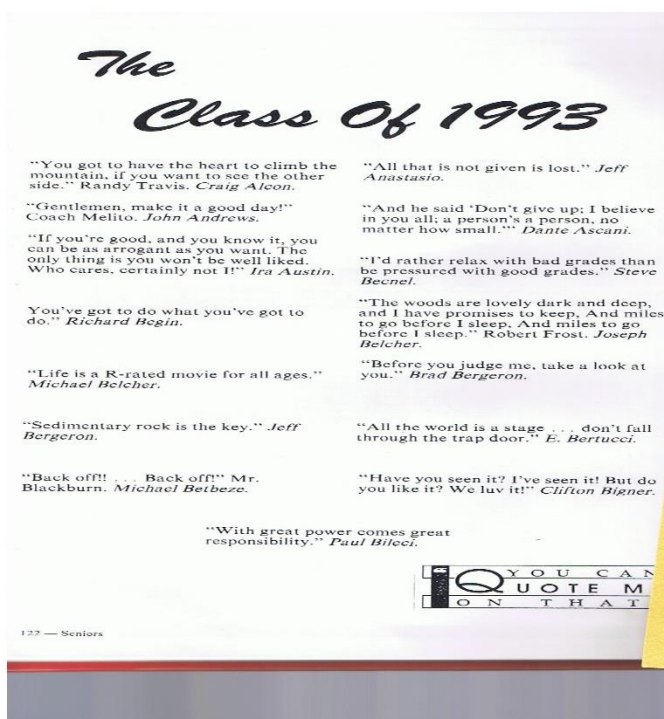
My dearly beloved son, Joey, went to heaven on December 17, 2012. Suddenly, inexplicably and as abruptly as a whiff of winter’s wind. You all know the journey, the numbness, the rage, the desolation, the first meal that actually tastes good and the intermittent moments which, in spite of many years, the pain leaves us again in a heap on the floor.

For the last six years I have collected all the memories that were part of his essence – always seeking refuge in the love and comfort of his friends. The way they have chosen to remember Joey is the highlight of our lives and we participate in every occasion, every memorial, everything that is done for love of him by his friends.

This past December we went to a Mass given during Christmas time by his graduating High School Class. This time we met the dean of Admissions and we mentioned to him we’d been trying to get Joey’s Senior year book without success. We had the rest of the books, but that one. He said he had a couple of them, and he’d be glad to mail one of them to us.

When the package arrived and I saw my Joey’s picture in the book, a flood of memories came to me in a rush of immense sorrow and joy. My boy! My precious boy! A couple of days later I opened the book again and, on the page, where his picture is, he was chosen to write something in it. He paraphrases a few lines of Robert Frost’s poem “Stopping by Woods on a Snowy Evening” I have read it, time and time again. I have wondered what would make a 17-year-old boy choose such a profound, lofty poem as a goodbye to his teenage years? How or why did he identify with it? What meaning did he give to the phrase, “before I sleep”?

This, along with many other questions will accompany me to my last day on earth – unanswered. It is our lot. We will never find the reason. A reason that assuages the nagging of our hearts – why? Why him/her? Why me?



“The woods are lovely, dark and deep. But I have promises to keep. And miles to go before I sleep. And miles to go before I sleep”

Robert Frost

Joseph Belcher

Submitted in loving memory of Joey by Mom

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Chesapeake Life Center invites the community to the 14<sup>th</sup> annual **Emily Schindler Memorial Lecture**, “Here But Not Here, Not Here But Here: Understanding and Managing Ambiguous Losses,” presented by Dr. Carla Dahl, of St. Paul, Minnesota. The lecture will be held from 9 a.m. to 12:15 p.m. Wednesday, May 1, at Johns Hopkins Bayview Medical Center in the Asthma & Allergy Center’s Richard A. Grossi Auditorium, 5501 Hopkins Bayview Circle, Baltimore.

Ambiguous losses are perhaps the most challenging kind of loss, because it is not marked by a physical death. Examples of conditions that might cause this kind of loss include loved ones dealing with substance misuse, dementia, depression and other conditions where their identity changes before their death. When a person is physically absent yet psychologically present, or physically present yet psychologically absent, loved ones cannot get clarity about the loss. Family processes become complicated and grief may become frozen. Understanding the effects of this ambiguity can help us better support families and caregivers in maintaining hope and resilience. In this workshop, Dahl will explore research-based guidelines for working with families experiencing ambiguous loss.

This annual lecture was created in 2005 through a gift to the Schindler family from the Saint Agnes Cancer Center. Emily Schindler was an 18-year-old freshman at Frostburg State University and a member of the SPY swim team in Severna Park, Maryland, when she was tragically killed in a car accident in 2004.

Registration begins at 8:30 a.m. and a light breakfast will be provided. Maryland Board social workers can earn three Category 1 continuing education credits. Preregistration is required and can be completed at [hospicechesapeake.org/event/schindler-lecture-2019](http://hospicechesapeake.org/event/schindler-lecture-2019). The cost is \$40, plus a \$2.99 online fee.

For details, call 888-501-7077 or email [griefinfo@hospicechesapeake.org](mailto:griefinfo@hospicechesapeake.org).

#### **About the presenter:**

Dr. Carla Dahl is professor of Congregational and Community Care at Luther Seminary in St. Paul, Minnesota. She has trained therapists and clergy since 1993 and has a private counseling and consulting practice, working with individuals, couples and groups around issues of grief, spirituality, relationships and life transitions. Dahl has studied the effects of ambiguous loss for 30 years and has coauthored several chapters on how to support individuals and families in dealing with this stressful experience.

Jane Schindler, LCSW-C ACHP-SW  
Palliative Care Social Worker  
Johns Hopkins Bayview Medical Center

## SIGNS

In mid December of 2018 our daughter Heather who was expecting her first child and our first grandchild went for a sonogram. She was in her second trimester, about 18 weeks at the time. While having the sonogram she was informed that her baby (a little boy) no longer had a heartbeat. This was just devastating news for Heather and her husband Nate, and Scott and I. A few days after this Scott's mom (my mother in law, Donna) who lives in Florida received a phone call on her cell phone. When she answered the voice on the other end said " Hi grandma this is Matthew." Being a person that is very practical and skeptical she immediately hung up and called Scott. She left a message on his voicemail that said to call her back she had just gotten a very disturbing phone call. When Scott heard the message he thought maybe she was calling about Heather losing the baby because she hadn't been told yet so he called her back thinking that was what it was about. Upon calling her back she told him what had happened and they were both stunned. She gave us the number that she received the call from and we tried calling it back but it was a non working number. We tried looking up the area code to see where it was from and that area code doesn't exist. We truly believe that this was a sign from our son Matthew. We feel Matt wanted to make his presence known during this very difficult time. He had always looked forward to becoming an uncle. Erin one of Heather's longtime friends, when sending her condolences, told Heather that she liked to think that "her little guy is hanging out with his Uncle Matt doing whatever it is that boys do."

*Submitted by Scott and Jeannette Stangle in memory of Matthew.*

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*I would give back all my tomorrows for a yesterday with you!*



### **My Son Died, But He Is Still Here**

I am a grieving mother. My son died. I know he is physically gone from this world. Yet I assure you he is not gone.

Let me also say; he is not “looking down, watching over us.”

Don’t tell me he “will always be in our hearts.”

He is not in some faraway place waiting for us to be reunited. He is right here in the same room where I stand.

When I say that, it is not in the sense of remembering him or keeping his memory alive. Nor is it wishful thinking. I promise you it is no grief hallucination.

*My son is still very present in our lives.*

I know because he actively sends signs. Things some would write off as coincidence are pure synchronicity.

His train book blowing a whistle in the backseat, alone. The lamp in his bedroom was going off and on — his shadow against the wall. Then there was the time a medium told me about my trip to the airport when the air conditioning went out. I was alone in the car...or so I thought.

There are so many more. We could spend the entire day talking about it. This isn’t a topic commonly discussed. Quite honestly, we can sound a little crazy. Until you’ve experienced it, it’s hard to comprehend.

I understand how it sounds when I say I felt his hands on my shoulder, the way he always woke me up in the night. You think I’m nuts when I tell you he communicates with me using the number 12. I assure you it is all true.

People wonder how I survive a loss like this. I can’t give you that answer because I don’t know. This has become my life and it’s so very different than it used to be.

However, I can certainly tell you I’m not doing it alone. He is helping me on this journey.

While it may seem to the world like my son is gone, they are wrong. He is still here.

By Emily Graham



## ***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

### March 2019

James William Aikin  
Grandson of Elizabeth and Barry Aikin  
June 5, 1982 - March 18, 2008

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

Richard Allen Bessling  
Son of Robert and Barbara Bessling  
March 18, 1982 - March 15, 1995

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

Anthony Raymond Cesario  
Son of Lisa Cesario  
March 25, 1989 - May 1, 2017

Ryan Corr  
Son of Pam Corr  
March 2, 2003 - June 4, 2011

Robert "Bo" William DePaola  
Son of Jill and John DePaola  
March 22, 1995 - May 23, 2015

Michael J. Dickens Jr.  
Son of Marla and Michael Dickens Sr.  
July 7, 1968 - March 29, 1996

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

Jeffrey Arthur Elder, Jr.  
Son of Kymn and Brendan Burns McFetridge  
May 17, 1986 - March 22, 2018

Manuel Junior Esparza

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

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

Duane Heard  
Son of Euwana and Clayton Heard  
March 12, 1976 - May 23, 2016

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

Brian Michael Hendricks  
Son of Jeannine Hendricks  
March 4, 1991 - April 22, 2012

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

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

Quintin Andrew Kane  
Son of Grace Marie Watkins  
March 18, 1965 - March 1, 1988

Bryan Adam Krouse  
Son of James and Judy Krouse  
March 11, 1965 - June 29, 2007

Tanner Glen Henry Lenox  
Son of Lynn and Mark Lenox  
July 3, 2006 - March 13, 2018



Giertler Lukasz  
Brother of Edyta & Bruce Dulski  
April 17, 1989- March 15, 2015

Jerry Mason Jr.  
Son of Mary and Jerry Mason  
May 6, 1968 - March 23, 2005

John T McCormick  
Son of Elvira and Tom McCormick  
March 5, 1981 - August 9, 2016

Edwin Brandon Molina Jr.  
Son of Carole and Edwin Molina  
July 6, 2005 - March 3, 2007

Katherine Sarah Morris  
Daughter of Marguerite Morris  
March 11, 1990 - May 6, 2012

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

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

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

Sydney Elaine Patronik  
Daughter of Holly and Michael Patronik  
March 26, 2002 - May 11, 2002

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

Zachary Daniel Robertson  
Son of Mary Ellen and Jim Young  
Erin Michelle Shannon

Daughter of Karen Shannon  
November 21, 1979 - March 18, 2009

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

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

Abigail Helen "Abbey" Skuletich  
Daughter of John and Glenda Skuletich  
March 9, 1984 - May 12, 1992

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

Joseph Claude Smith  
Son of Gary and Desirae Smith  
March 19, 2005 - July 11, 2006

Christopher John Smith  
Son of Debi Wilson-Smith  
March 27, 1981 - June 30, 2000

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

Shardeh Danielle Callis Watkins  
Daughter of Lori Norris  
April 30, 1989 - March 2, 2013

## **APRIL 2019**

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

Jeff Baldwin  
Son of Aurelia Ferraro  
April 27, 1967 - April 26, 1991

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

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

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

Paul Shane Brough  
 Son of Theresa and Steve Bleemke  
 May 18, 1982 - April 4, 2003

Faith Campbell  
 Daughter of John and Cathi Campbell  
 April 5, 1994 - April 5, 1994

William Frederick Carter Jr.  
 Son of Dot Carter  
 Brother of Janet Tyler  
 Brother of Lisa Beall  
 April 24, 1959 - August 16, 1992

Jasmine Aliyah Corria  
 Daughter of Diran & Mila Corria  
 April 14, 2015 – April 16, 2016

Joseph Fredrick Errichiello Jr.  
 Son of Susan and Joe Errichiello  
 April 6, 1979 - May 29, 2004

Joseph A. Esterling Jr.  
 Son of Joe and Michelle Esterling  
 June 7, 1967 - April 27, 1990

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

Brian Michael Hendricks  
 Son of Jeannine Hendricks  
 March 4, 1991 - April 22, 2012

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

David A Lombardo  
 Son of David D. and Maryann Lombardo  
 April 11, 1976 - April 9, 2011

Giertler Lukasz  
 Brother of Edyta & Bruce Dulski

April 17, 1989 – March 15, 2015

Aaron Gene Marshall  
 Son of Alycia Marshall  
 May 26, 1996 - April 11, 2016

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

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

Kevin M Nichols  
 Son of Bob and Deb Nichols  
 April 12, 1982 - August 21, 2017

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

Samantha Nicole Prouty  
 Daughter of Carmen Skarlupka  
 June 28, 1991 - April 14, 2018

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

Dennis Richard Rohrback  
 Son of Dennis and Joan Rohrback  
 April 8, 1964 - July 3, 1988

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

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

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

Shardeh Danielle Callis Watkins  
Daughter of Lori Norris  
April 30, 1989 - March 2, 2013

Albert Wallace Whitby, Jr  
Brother of Susan Lovett  
April 25, 1951 - June 2, 1981

Alisa Joy Withers  
Daughter of Jan Withers  
July 7, 1976 - April 16, 1992



## **CHAPTER NEWS**

**Inclement weather** on a meeting night - Meeting cancelled if Phase 1 of the Snow Emergency Plan is in effect at 5:00 p.m. Please check email as we will try to alert everyone if a meeting is cancelled.

**CHAPTER NEWS SUBMISSION:** Please consider submitting something to be printed in this column to: [bpaacntychapterleader@gmail.com](mailto:bpaacntychapterleader@gmail.com), or mail to PO Box 6280, Annapolis, MD 21401.

**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. Contact me if you have questions or will volunteer in any capacity. Thank you. [Bob Burash, 410-551-5774](tel:410-551-5774), [bpaacntychapterleader@gmail.com](mailto:bpaacntychapterleader@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.

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

### **Monthly Gatherings:**

**MARCH Gathering:** Thursday March 7, 2019. Guest speaker is, Jane Schindler, on the topic of: **Signs from our children.**

Jane is the mother of Emily, Charlie and Claire. Emily died in January 2004 on a snow-covered road. She is a social worker at Johns Hopkins Bayview Medical Center and is certified in Hospice and Palliative Care.

**APRIL Gathering:** Thursday April 4, 2019. Guest speaker is, Paul Balasic, on the topic of: **An engineer's view of grief.**

Is there a Rational Way to look at Grief??? Paul thinks so. He has looked back on his grief journey and tried to analyze/understand it. As an engineer he utilized several different analytical methods and finally settled on a "Grief Equation" with "factors" which have helped and hurt him on his journey, Come see if you think the approach makes



sense. No math required

I am a bereaved parent. I've been involved with BPUSA and TCF since approximately 1 year after my daughter's death. I have been a Core Member of our local Chapter (Anne Arundel County MD) for the last 15 years. I served as Program Manager for 10 years for our chapter and as such was responsible for our monthly meeting programs. Additionally, I have been a Committee Member for our Annual Holiday Memorial Service, Memory Walk and Chapter Conferences for the last 10 years. These are all Annual events (except for the conference) our chapter sponsors. I served as the Workshop Coordinator for the BPUSA National Gathering that was held in Washington DC several years ago. I have been a workshop presenter at the Chicago, Little Rock, St. Louis, and NYC BPUSA National Gatherings. BPUSA saved my life when my daughter was killed. I have been proud and honored to participate in their activities. I'm a firm believer in Helping is the Best Way to Heal.

**MAY Gathering:** Thursday May 2, 2019

**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.

**Core Group Meetings:**

**Tuesday, May 21, 2019**

**Tuesday, August 8, 2019**

**Tuesday, November 14, 2019**

**MAY CORE GROUP MEETING:** **Tuesday, May 21, 2019.** The Core Group meets quarterly to discuss the administrative and planning aspects of our Chapter. At the May meeting we will be reviewing 2019 activities and finances, planning the monthly meeting programs for the rest of 2019, and discussing special events for 2019. Everyone is welcome and encouraged to come to our Core Group meeting. **We meet from 7-9 PM, room 119 at Calvary United Methodist Church • 301 Rowe Boulevard • Annapolis, MD 21401.**

**OUR WEBSITE:** <http://www.aacounty-md-bereavedparents.org/HTML/Home.htm>

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. **Bob Burash, 410-551-5774, [bpaacntychapterleader@gmail.com](mailto:bpaacntychapterleader@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.

## PHONE NUMBERS TO CALL IF YOU NEED TO TALK IN BETWEEN MEETINGS.

Barbara Bessling (410) 761-9017    Mary Redmiles (301) 704-8086    Janet Tyler (410)960-8759

### CHAPTER VOLUNTEER CONTACTS:

**Chapter leader:** Bob Burash, 410-551-5774, [bpaacntychapterleader@gmail.com](mailto:bpaacntychapterleader@gmail.com)

**Treasurer:** Fran Palmer

**Refreshments:** Sandi Burash, 410-551-5774

**Librarian:** Bob and Sandi Burash

**Programs/Sponsorships:** Mary Redmiles 301-704-8086 [mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)

**Newsletter:** Joe and Irene Belcher [belcherirene@gmail.com](mailto:belcherirene@gmail.com)

**NEWSLETTER ARTICLES:** If you are submitting an article, letter or poem for inclusion in the newsletter, please provide this information no later than the 15<sup>th</sup> of the month prior to publication.

**SPONSORSHIP of newsletter and website:** You can honor your child's memory by sponsoring our newsletter and/or website. The donation for sponsoring the newsletter is \$75.00 and the website is \$25.00. Either sign up at a meeting or call Mary Redmiles, Sponsorship Coordinator.

For the newsletter, submit a photograph and a 2 or 3 line memorial no later than the 10<sup>th</sup> of the month prior to publication. Forward this to Irene Belcher.

For the website, a sponsor's link will be put on the home page that will open your child's photo from the Our Children section of the website, if you have given permission to include a photo on our website. If no photo is available, your child's name will still be included on the website home page.



# Hope & Healing Conference

Join us for a day of inspiring speakers, music and friendship.



*We are not alone.*

*We walk together with*

*Hope*

*In our hearts.*

April 27, 2019, 8 – 4:30

Calvary United Methodist Church

301 Rowe Blvd, Annapolis, MD 21401

## Planned speakers and topics:

Session 1: Kelly Buckley – “The Path from Pain to Purpose.”

Session 2: Litsa Williams of *Whats Your Grief* – “A Balanced Approach to Coping with Grief”

Session 3: Alan Pedersen – “Healing Guilt and Regret”

Session 4: Panel of Chapter members- “Honoring and Remembering Our Children”

Session 5: Bob and Sandi Burash – “Do Men and Women Grieve Differently?”

Session 6: Juli Richardson – “Signs and Symbols From the Other Side”

Registration fee: \$35 per person. Continental breakfast and lunch included.

Donations of gift items and gently used books are requested for our sales area.

Email or call to donate sales items, pre-register, provide suggestions for the day’s activities, or to volunteer in some way. We welcome your input and help.

Plan to Attend and Spread the word. Family and Friends are welcome.

POCs: Carol Tomaszewski, 410-519-8448, [AnnapolisConference@gmail.com](mailto:AnnapolisConference@gmail.com)

Paul Balasic, 443-566-0193

## HOPE AND HEALING CONFERENCE

### DURING THE DAY

**REFLECTION ROOM:** The Parlor, Room 103, is reserved for the day as a QUIET ROOM. This room is available during the day, from 9:00 – 4:00, for you to have a place to relax and regroup if you find the need. We are all deeply affected by the loss of our child, and the Conference may be emotionally overwhelming. Feel free to go to this room at any time during the day and spend as much time as you want.

**SHARING ROOM:** The Library, Room 104, is open during the day, from 9:00 – 4:00, for anyone to stop in and talk and share with a member of our Chapter and other conference attendees. Quite often sharing our thoughts, cares and emotions is healing for ourselves and others also. Feel free to go to this room at any time during the day and spend as much time as you want.

**RESOURCE TABLE:** Brochures, business cards, handouts and other information is available to you.

**The SHOPS at HOPE'S CORNER:** Visit our shops during the day. They will be open all day.

*Angel, Butterfly & Love Gift Shop* – Here you will find a wide variety of items to purchase that may remind you of the Angels, Butterflies & Love in our lives.

Cash and Checks only are accepted.

*Used Book Shop* – This year we are offering gently used books for sale on topics related to grief, angels, heaven, encouragement and other topics that may be of interest.

Cash and Checks only are accepted.

*Button Works* – Have a button made using a picture of your loved one. Please provide a COPY of a photo, not the original, or email a photo to [AnnapolisConference@gmail.com](mailto:AnnapolisConference@gmail.com). The buttons are 2 ¼ inches wide. Do NOT cut the picture, we will do that for you. You can leave your picture(s) at the table and return during the day to pick up your finished picture button. A donation of \$2 is requested for each button.

Cash and Checks only are accepted.

**KELLY BUCKLEY Sales** -- Books, journals and other materials spreading the JOLT message will be available for purchase. All proceeds go back into providing help to fellow bereaved parents as they journey through their own path from pain to purpose following the loss of a child.



Cash, Check and Credit Cards accepted.

**ALAN PEDERSEN "Angels Across America" Sales** -- Purchase CDs or Sponsor a Butterfly Decal on the *Angels Across the USA* Van. Your angel will travel with Alan as he strives to bring hope to those in grief across this country. Sponsorships are \$100.00. Dec will be placed on the van during Lunch & Mingle time, following an announcement.



Cash, Check and Credit Cards accepted.

**CREATION CORNER:** Visit the Creation Corner during the day and participate in hands-on crafts.

**HONORING AND REMEMBERING OUR CHILDREN DISPLAY** – Browse this display presented by Chapter members, showing many different ways we honor and remember our children.

**MEMORIAL PHOTO WALL** – Bring a photo of your child and post it on our Memorial Wall. Attach a love note using provided supplies.

# HOPE AND HEALING CONFERENCE

## REGISTRATION DUE APRIL 15, 2019

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Enter first and last names, as you would like them to appear on your name tag. This form may be used to register more than one person. Multiple lines are provided for multiple registrations. Additional names may be written on back.

1. \_\_\_\_\_

2. \_\_\_\_\_

Please list your loved one's first name(s) as you want it to appear on your name tag, and age(s) at death.

1. Name \_\_\_\_\_ Age \_\_\_\_\_

2. Name \_\_\_\_\_ Age \_\_\_\_\_

LUNCH: Are there any special dietary needs/vegetarian, and for how many? \_\_\_\_\_

ACCESSIBILITY: The church is handicap accessible but are there any accessibility concerns we should be aware of? \_\_\_\_\_

MEMORIAL WALL DISPLAY: Please bring a photo of your child(children) with you to display in the Friendship Hall.

PICTURE BUTTONS: Include a copy of a photo to be cut and a button made, bring a copy of a photo to the conference, or email a photo by April 15. Buttons are about 2 1/4 inches in diameter. Donation \$2 each.

SESSION SPONSORS: You may sponsor a session in memory of your child. Indicate which session(s) and include a photo with registration or email one by April 15. Donation \$50 per session. Multiple sponsors are accepted for each session.

Session 1 The Path From Pain to Purpose

Session 2 A Balanced Approach to Coping With Grief

Session 3 Healing Guilt & Regret

Session 4 Honoring & Remembering Our Children

Session 5 Do Men & Women Grieve Differently

Session 6 Signs & Symbols from the Other Side.

**REGISTRATION FEE: Number Attending \_\_\_\_\_ @ \$35 each = ..... \$ \_\_\_\_\_**

**SESSION SPONSOR: Number of Sessions \_\_\_\_\_ @ \$50 per session = \$ \_\_\_\_\_**

**SESSION CHOICE(S): \_\_\_\_\_**

**BUTTONS: How Many \_\_\_\_\_ @ \$2 each =..... \$ \_\_\_\_\_**

**TOTAL DUE: .....\$ \_\_\_\_\_**

Payable by **CHECK TO : BPUSA, Anne Arundel County Chapter**

And mailed to: BPUSA/ AA Co, PO Box 6280, Annapolis MD 21401

Financial Assistance Grants available. Request deadline is April 7.

Contact Noel Castiglia [Best] 410-757-5129 (H); [Alt] 410-974-1626 (C)

Email: AnnapolisConference@gmail.com with photos and/or questions.



## SAVE THE DATE

It's never too early to start making plans to attend the 2019 National Gathering Conference. We hope you will join us for an uplifting and inspiring weekend.

Our Annual Gathering Conference provides an opportunity to hear some of the best speakers and workshop presenters in the nation who are experts on many topics related to grief and loss. They will inspire you with their messages of HOPE. They will offer you the tools you need to continue to HEAL as you transition from mourning to living again after the loss of your child, sibling or grandchild.

The camaraderie and connections created, as you get to know parents and siblings from across the United States who have experienced similar losses, will touch you in a profound way. You will benefit from sharing stories, tears, hugs, laughter and more as you bond during workshop sessions, shared meals, remembrance ceremonies and creative activities. Let the "Spirit of Love" fill your heart in 2019.

## NATIONAL GATHERING 2019



## Bereaved Parents USA

August 2-4 ♥ St. Louis, Missouri

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Note to Chapter Leaders: Please share *Chapter Chat* with your chapter members.



Anne Arundel County Chapter BPUSA  
P.O . Box 6280  
Annapolis, MD 21401