

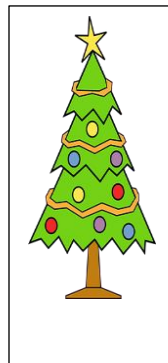
Death is simply a shedding of the physical body.

Elisabeth Kubler- Ross



Bereaved Parents of the USA

Anne Arundel County Chapter



Gabby, you were the joy of our lives, you were Daddy's "Stinks" and Mommy's "Buttercup". You taught us so much in your short life. Mommy and Daddy love you so much and miss your smiling face terribly.

Gabrielle Alexis Berryman

January 20, 2010 – November 26, 2017

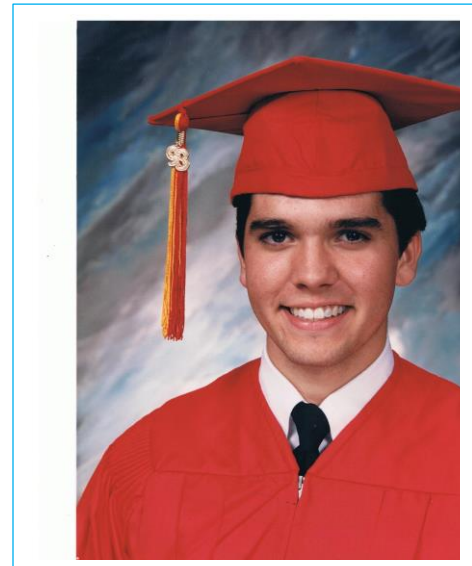
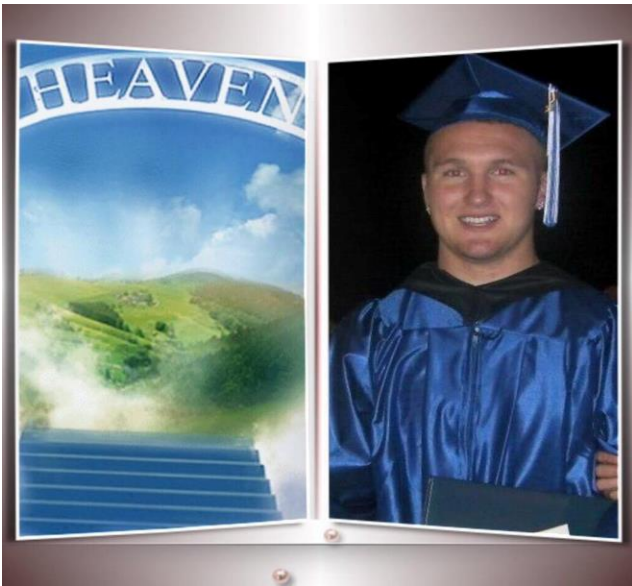


December 1st will be 3 years since you left us. I think about you every day and still find it hard to believe you are gone.

I will love you forever, my son. Mom Dukes

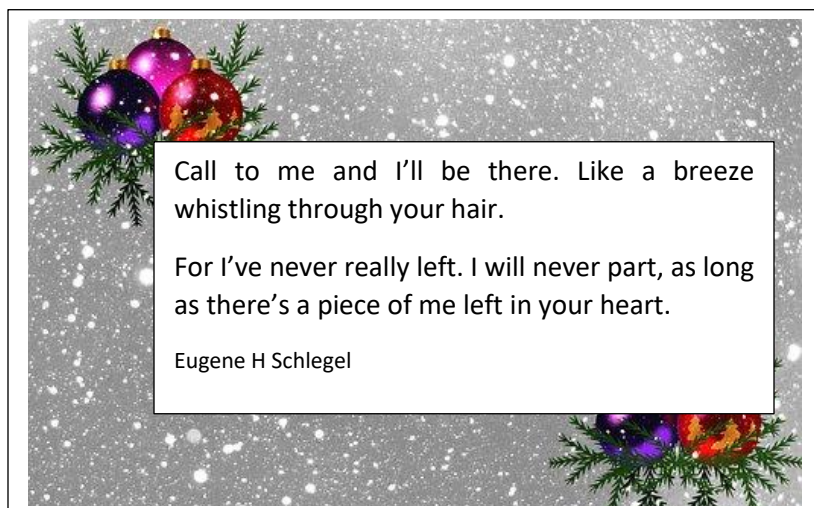
Sean Donald Long, Sr.

August 25, 1984 – December 1, 2016



Matty - Happy 29th Birthday it seems as if it was just yesterday although 7 years have passed you are always and forever in our hearts and on our minds.
Love and miss you, Mom Dad, Josh, Cody, Jeremy, Carly and Lily
Matthew Joseph Morrow
November 13, 1990 – October 13, 2012

My dearly beloved Joey. Light of my eyes, soul of my soul, my defining moment at birth and in death. Thank you for your life and for everything you were. Living for you and with you until we meet again. Papa, Mimi, Mom and Riley
Joey E Belcher, Jr.
April 21, 1975 – December 17, 2012





NEWS FROM OUR CHAPTER LEADER

A Memorial Walk in Quiet Waters Park

Saturday, 12 October saw us celebrate our children with our 17th Annual Memorial Walk in Quiet Waters. More than 75 bereaved parents, siblings, grandparents, family members, friends and our furry 4-legged friends enjoyed the coolness of the morning, the warmth of the sun, the tranquility of the trail, and a fellowship that is unique to bereaved parents. Thank you to all who joined us on such a lovely morning to remember our children. Thank you as well to Barb and Elvira for chairing and taking care of the multitude of details and the many volunteers who brought this walk together for all to enjoy.

Bob Burash, Chapter Leader



Left: Barbara Bessling - Ricky's mom.

Right: Elvira McCormick,- Tommy's mom.

Memory walk committee – 2019

Thank you, ladies!





It was a beautiful morning, attended by many special people. As we walked the path and embraced the names and pictures of our loving children, the quiet and beauty of nature helped calm the anxiety of the moment. The bubbles and angels also brought smiles to many faces.

So grateful for all of the participants, and to all who helped prepare for this wonderful event.

Thank you all for the generous monetary donations.

A special thanks to Graul's Supermarket in Annapolis and Giant Foot Stores (Severna Park and Glen Burnie (Crain Highway)), for their donations to the Memory Walk. Because of their generosity, we were able to provide a sweet and healthy variety of goodies!!

Memory Walk Committee 2019 (Barb and Elvira)

All BP/USA Anne Arundel County Chapter meetings, programs, and events are organized and staffed by volunteers!

You and your family are encouraged to volunteer!

PLEASE REMEMBER THAT VOLUNTEERS ARE THE BACKBONE OF EVERY BP/USA Anne Arundel County Chapter MEETINGS, PROGRAMS, AND EVENTS.

CURRENT VOLUNTEER OPPORTUNITIES:

Service of Remembrance - December 8 at St. Martin in the Field, Severna Park. There is a great need for help. We need several people to fill key positions to coordinate the service, to select and arrange the music, or to design the program and work with the printer. There are several minor tasks that need to be filled. If interested, please contact Bob Burash, at bpaacntychapterleader@gmail.com

Thank you for your consideration.



CHAPTER NEWS

CHAPTER CONTACTS:

Chapter leader: Bob Burash, 410-551-5774, 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

Newsletter: Joe and Irene Belcher belcherirene@gmail.com

NEWSLETTER ARTICLES: Please consider submitting an article, letter or poem for inclusion in the newsletter, provide this information no later than the 15th of the month prior to publication to belcherirene@gmail.com.

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 contact Mary Redmiles, Sponsorship Coordinator, at 301-704-8086 or mary.redmiles@gmail.com.

- For the newsletter, submit a photograph and a 2 or 3 line memorial no later than the 10th of the month prior to publication. Forward this to Irene Belcher at belcherirene@gmail.com.
- 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.

MONTHLY GATHERINGS:

November 7th. Panel discussion about preparing for the holidays. If you would like to be a member of the panel, please contact mary.redmiles@gmail.com.

December 5th. (Remembering our children and bringing a gift for a child in need.) At this meeting members are asked to bring a gift. The gift must be unwrapped. The gift can be one that reminds them of their child, or a toy they would have bought for their child for later donation to a needy child.

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.

CORE GROUP MEETINGS:

Tuesday, November 12, 2019 at Calvary United Methodist Church on Rowe Blvd in Annapolis. Meeting begins at 7:00 P.M.

WHAT TO EXPECT AT OUR CORE GROUP MEETINGS: Everyone is invited and encouraged to attend our core group meetings. We are always looking for new ideas and programs. A core group meeting typically meets from 7 pm until 9 pm. once a quarter. We discuss finances, upcoming activities, plan the annual walk, plan the service of remembrance, suggest programs for the monthly gatherings, and address any number of issues that may come before the group.

OTHER IMPORTANT DATES:

December 8th – Service of Remembrance. Since its beginning in 1985, the Anne Arundel County Chapter’s Annual Service has provided an opportunity for parents, grandparents, siblings, aunts and uncles, and friends to remember our precious children. Please join us in this celebration of our children’s lives as we face the Holiday Season with Love, Compassion, and Hope for all.

This year the Annual Service of Remembrance will be held at 3:00 p.m. on Sunday, December 8, 2019, at St. Martin’s-in-the-Field Episcopal Church, 375 Benfield Road, Severna Park, Maryland 21146.

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, bpaacntychapterleader@gmail.com**

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**, use subject: Privacy

ANGEL GOWN PROJECT: We can 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



SUPPLICATION

“My God, my God” that phrase embodies the summit of my every torturous descent into the dark cave of my distress. When words or thoughts are no longer possible; when unable to think or utter any other sound, that phrase comes out of me as an alien groan.

When there is no light in front of me and the thick bleakness of my life wraps its pitiless arms around me, I cry to You, My God, My God.

Dear God, this Christmas I ask You, please grant me Your peace.

In unquenchable grief and rage I first blamed You and walked away. Not realizing that without You I would not survive the agony of losing my beloved son. In the spasmodic aching of my wounded soul I wouldn’t call on You. And thus, I suffered -- I suffered alone.

Dear God, this Christmas I ask You, please grant me Your peace.

Once I understood that life is aimless, and that You don’t will catastrophes and loss, I threw myself into your unfathomably loving arms. And You, in absolute redemption, held me tightly assuaging my pain -- dusting it away.

My dear God now that I’ve accepted the mutilated reality of my soul, I ask not for happiness, nor restitution of what once was. Neither do I ask for miracles or life. I ask You for peace. That peace that You promised. The peace not given by the world. That peace that defies all understanding and permeates body and soul.

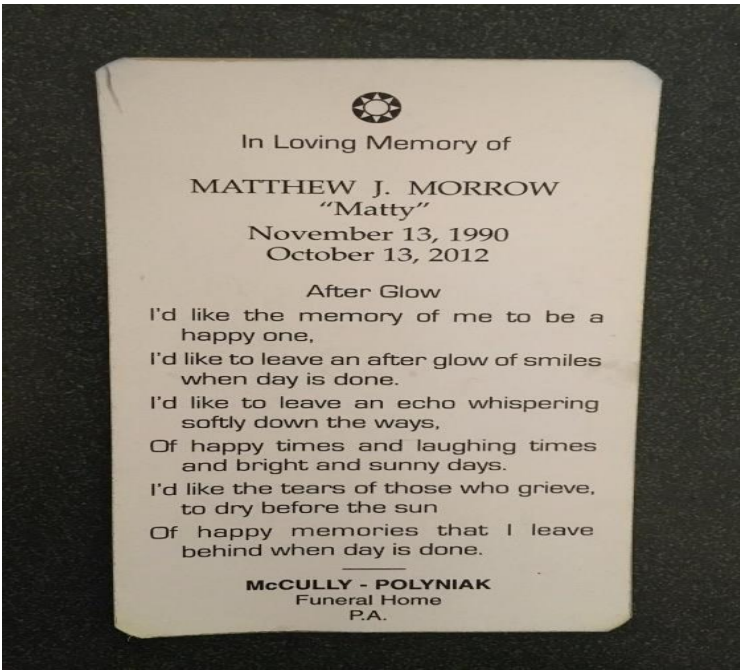
Dear God, this Christmas I ask You, please grant me Your peace.

In loving memory of my dearly beloved son, **Joey Belcher, Jr.**

Irene Belcher



I WOULD GIVE BACK ALL MY TOMORROWS FOR A
 YESTERDAY WITH YOU



Happy Birthday

How can we define a magnificent
 Innocent baby, or precious child,
 An adorable little girl
 An Angel called
 Gabrielle
 Gabby rings a silent
 Sweet bell
 Kindhearted, loving
 Soft-spirited
 Easily entreated
 The power of death
 Is now defeated
 A remarkable, memorable,
 Happy Birthday Number
 Seven

Jesus has welcomed her into heaven
 Now she's dressed in deity,
 She left too soon if defined
 By me
 The Angels escorted her
 To Heaven from this
 Old Earth
 God's transformation to
 A glorified brand new
 Birth
 Happy Birthday
 Gabby
Gabrielle Alexis Berryman

By: Edith Hines
 Great Grandmother

Remembering you...

My dear Sean.
 Memories of your childhood and early years flood to me every day. I remember how everything came so easy for you and how you always needed to be challenged. I remember you being at your happiest playing soccer, football and basketball in the innocence of your youth. My son, my forever 32 beloved son, my only son, I miss you terribly. Not one day goes by that I don't think of you.
 In memory of my beloved son *Sean Donald Long, Sr.*
 Cheryl Long, Mom "Dukes"



THANKSGIVING

The time draws near
And the calendar says
Thanksgiving is really here.
Time to reflect and time to gather
Thoughts of what to be thankful of.

Thankful? I think not.
My life is not full these days
And to be thankful is beyond my grasp.

But to give thanks? This, I believe, can be done.
Searching my soul deep within
Reasons to give thanks surface to the edge

Yes, I give thanks
For the memories of yesterdays,
The love, the laughter, the joy of each day when James was with us
The trials & tribulations of being an active parent,
The rewards & the challenges of raising a child,
The days of blissful ignorance when I thought tragedy would never visit our home,
The days when life was normal, even though I took it all for granted.
For the treasures of todays,
The sunrise, sunset, the changing of the seasons,
The new found friends along this journey I reluctantly travel
The tried & true friends who stand by me still,
The strong and everlasting love of my husband
The warmth of wet kisses from my canine companion & feline friend.

The encouragement & support, compassion & caring I give & receive as
I survive and help others survive.
For the hopes and possibilities of a peaceful tomorrow,
With faith, love, & perseverance as I struggle to move on
With James in my heart forevermore, spiritually guiding me with his new presence,
With sorrow and reluctance, each new day,
To yet, somehow, be open and loving,
Not to forsake what I've learned Because of what I've lost.

You see, it's not about keeping up with the Jones' having an SUV or two in the garage, having the largest beanie baby collection having so many CD's, video games, or the newest, most improved, latest and greatest new gadgets, not even being up to date with state of the art technology -

It's about love - it's about the gifts of yesterday, blended with the blessings of today to make meaning for tomorrow.

Meg Avery (James' mom)
TCF Lawrenceville, Ga



Grief During the Holiday Season

The [grieving process](#) is incredibly personal and unique to each individual. Your time experiencing symptoms of grief will depend on many factors. Keep in mind that there is no right or wrong way to grieve and you are entitled to take as much time to process and heal as you need. In general, grief will come in waves meaning one day you may feel fine, or numb, or completely destroyed, and that's okay. The holidays may bring up strong feelings of grief and pain for many individuals as it tends to be a time to focus on family and togetherness. This can feel excruciating and may cause symptoms of anxiety and depression as the holidays approach.

Be Open to Holiday Help

Sometimes asking for help can feel deflating especially if you were the one who threw holiday parties or tended to cook. Prioritize taking care of yourself and think about whether it is the emotionally healthiest choice to go through with prior to agreeing to take anything major on. If you end up feeling like you need some time for yourself and don't want to or are unable to do what you planned on doing, reach out to loved ones for help. Chances are your friends and family members will understand and know that it is okay to put your mental health first.

Practice Mindfulness to Ground Yourself During the Holidays

If you can, begin practicing mindfulness a bit before the holiday season so you can add it to your tool kit of ways to check in with and ground yourself during extra triggering times. Mindfulness is a great way to better connect with yourself and understand your emotional process. Although it can take some time to learn, it can be an incredibly helpful skill to have. Practicing a mindfulness exercise can come in handy if you're feeling overwhelmed or triggered at a holiday event and want to re ground yourself.

Join a Support Group During the Holiday Season

There are tons of choices when it comes to [support groups](#). This can be a great option for anyone who isn't interested or ready for one-on-one therapy and is looking for support throughout the holiday season. It may feel overwhelming at first to find one that fits your needs. Be sure that whoever is leading the group is a professional clinician and has experience working with those who are in the thick of the grieving process. This ensures that you will be receiving the highest level of care while also giving you the opportunity to process with individuals going through a somewhat similar experience. Joining a support group may help you move through the especially difficult aspects of the holiday season.

Write a Letter to Your Loved One and Honor Their Favorite Holiday

During your loved one's favorite holiday, it may feel good to write them a letter letting them know how much you miss them and what it's been like without them. Even though this may feel like an emotionally intense process to go through, it can feel like a weight has been lifted once you get out your thoughts and feelings. You can destroy your letter afterwards, read it aloud, or keep it in a journal as a way to remember them. Take time to do something special for them during their favorite holiday after you've written the letter.

Holiday Parties When You're Grieving

No matter what holiday is being celebrated, you're probably going to be invited to a few parties or get-togethers. Have a self-care and exit plan ready before you go out, whether this is your first holiday after your loved one has passed or your fifth, so you can continue to prioritize your wellbeing.

Confide in Someone Before Attending

If you have a friend or family member you can talk to, reach out when you feel ready. Sharing your thoughts and feelings can feel a bit relieving and can help you process your emotions. It may be helpful to do so prior to attending a holiday event so you don't feel like you're holding any aspect of your emotional process back. Sometimes when individuals hold in emotions, when they see a familiar face, it's almost as if the emotional floodgates open. Keep this in mind if you plan on attending or hosting holiday parties. It's totally okay to share your feelings with friends and family, and bubble ups may happen, but it may be nice to try to enjoy a small moment with your loved ones during the holiday parties.

Check in With Yourself During the Party

Think about how you will feel at a certain party or gathering prior to going. Know that someone close to you (or not) may ask about your loved one who passed away. Come up with a few prepared responses so you aren't caught off guard and keep in mind that it is okay to say you'd rather not talk about something. Check in with yourself throughout the night and notice if you feel any sadness, anxiety, or discomfort. If you feel like you need some alone time and aren't up to staying, make sure you have a few excuses lined up so you can leave quickly. You can also let the host or hostess know ahead of time that you may need to leave early just so they are prepared.

Comfort During the Holidays

The holiday season can put a lot of pressure on you to be okay and push through carrying on how you would have if your loved one was still with you. Be gentle with yourself and know that it's okay to take as much time as you need to [process and heal](#). Reach out for help and support from loved ones and consider speaking with a professional therapist if you feel uncomfortably overwhelmed. Be kind to yourself and enjoy small moments with friends and loved ones if possible. Author, Gabrielle Applebury

Holidays in Heaven

The Holiday Season is just not the same,
A smile is missing when saying one name.

For parents who've lost a daughter or son,
Nothing can bring back the delightful fun,
Of watching them talk, laugh, or just run.

The memories are all that we do have now,
We do go on.....only God knows how.

A New Year comes as midnight arrives,
Our Angels still a big part of our lives.

If only we could trade the presents we receive,
For one more day with those whom we grieve!

But nothing can bring back our beloved child,
The one that laughed, cried, and often smiled.

They are together in a much better place,
Watching us cry.....touching our face!

Although we miss them on Holidays to share,
Be assured their loving presence fills the air,
At home, in church, at New York's Times Square!

So, celebrating the Holidays are now hard to do,
But always remember they are thinking of you too,

Wishing you happiness and showing their love,
Not on this Earth, but from Heaven above!

Dan Bryl, Lawrenceville, GA TCF In memory of his daughter, **Jessica**.



Tears have a wisdom all their own.
They come when a person has
relaxed enough to let go
and to work through his (her)
sorrow.

They are the natural bleeding of
an emotional wound,
carrying the poison out of the
system.

Here lies the road to recovery.

~ F. Alexander Magoun

Why Nothing Is Impossible Now

This morning as I was drying my hair, I felt the all-too-familiar feeling of my heart lurching up into my throat. *Anxiety*— it's as normal to me now as breathing.

My littlest guy slept all night without a peep. I, of course, had to go in three (or maybe more) times between the hours of 7am and 8am. Just to make sure his little chest was moving up and down, breathing in and out, in and out. Just to make sure all was as it should be.

Never mind he simply could have been really tired and was showing me his new-found skill of sleeping twelve plus hours straight. Never mind he was safely comfy and cozy in his cocoon of a bed. Never mind it was still totally dark out— the perfect environment for more sleep. Never mind those pre-loss days of parenthood when I would've been counting my blessings for every extra hour of sleep. Never mind any normal assumption! Those died right along with my first-born son some time ago.

I used to be a super-chillaxed mama. To the nth degree.

Before.

I used to be the eternal optimist, not always thinking of every. Single. Possible. Worst. Case. Scenario.

Before.

I used to believe in the overall good of humanity and trust that most people had good intentions.

Before. I used to believe if someone was pregnant, it meant a dimply, rubber band rolled baby at the end of it.

Before.

I used to believe if I had a baby, he'd outlive me to be at least 100.

Before.

Now I know better. Now, I know there are absolutely no guarantees about anything in life. Since my bubble has been burst, I know that babies and children can die from all kinds of things. Things I never used to think about. Things that I thought would never affect my life. Things that were happening over *there*. In that *other place*. Far, far away from me.

Before, I might have tried to keep my distance from people like me, so I wouldn't become one of them, one of *us*. (I hope I didn't, but who knows, maybe I did?)

Now, some of my closest friends are those whose children soar with my own, in spaces and places we can't even fathom. And now, in addition to fears that are a part of most parent's psyche, mine also include an infinite number of other fears I could not have concocted before my loss. Every minute of parenting after loss feels like perpetually waiting for the other shoe to drop. For me, it looks a little something like this:

When my baby sleeps in a couple hours later than normal...

I think, *this is it— here we go again.*

When my toddler falls down and hits his head at the playground...

I think, *this is it— here we go again.*

When both my kids come down with a horrible cold...

I think, *this is it— here we go again.*

When my husband and kids arrive an hour (or who am I kidding, 10 minutes!) later than expected...

I think, *this is it— here we go again.*

When I'm pregnant, whether it's day 1 or week 41...
I think, *this is it— here we go again.*

I live in almost constant fear of something happening again. Anytime, anywhere I expect to find another dividing line— another *before* and *after*. Another potential shattering of *what is*.

Gone are the blissful days of being the kind of mom whose greatest worries are ear infections and keeping up with the onslaught of age appropriate *Baby Center* milestone emails spewed into my inbox. Gone are the days of being able to make casual small talk with other moms and actually feel like I fit in, like we could become good friends. Gone are the days of envisioning my children's entire lives before them— from birth, to their wedding day, to the day they have their own children. Gone are the days of worrying if my oldest is potty trained "on time," if his speaking skills are on par with others his age and if he'll get into our top preschool of choice. Gone is the innocence of being a non-bereaved parent. Gone is anything "normal."

After my son died, I became instantly childless. But I was still a parent, and still a mom, even though the world tried to tell me otherwise. The lack of acknowledgment that I was *still a mother* only added to my unspeakable suffering.

No matter what the world tries to tell you— *yes, you are still a parent!*

We are all *still* parenting our children, whether or not the world can see them, whether or not the world knows or acknowledges that we are parents. Don't let anyone ever tell you otherwise! Especially not those who cannot possibly understand what it is like to be us— bereaved parents— every minute of every day.

I'm certain there is no harder role on earth than being a parent of a dead child. None. Add to that also trying to parent living children, and we've just won an unofficial contest in *h-a-r-d*.

This is why I believe every bereaved parent in the world deserves a lifetime of recognition for their unending strength and courage and grit.

Carrying around the weight of what we carry, all day, every day, would be enough to make most people give up on life. The fact that we are still here, still standing, still fighting, still breathing, still loving, still getting out of bed every morning, still smiling, still laughing, still crying, still being real and true to our emotions, still grieving, still living, still surviving, still mothering and fathering our precious children is nothing short of amazing.

So, I'm here to remind you that you are a living miracle. Yes, *you* are. Every. Single. Day. Please remind yourself often, too.

Give yourself huge props for a job well done. Treat yourself every day! To a huge piece of cake. A long leisurely walk. A whole day to do anything you want. You deserve it (even if you don't think you do.) You are the definition of resilience. And courage. And strength. Be gentle and gracious and endlessly proud of yourself. Proud that you are a *survivor*. Proud of your immense strength to continue living in the face of the unthinkable.

Parenting after loss is over-seasoned with too much of everything that can destroy a person— too much fear, too much sadness, too much anxiety, too much bittersweet and much too much of that pervasive sick-to-your-stomach worry. And it's significantly under-seasoned with too little of all that could make it infinitely more bearable— ongoing support, compassion, understanding, unconditional love.

Being the parent of a dead child is the hardest. Job. On. Earth. Period.

And we're doing it. Which means there is absolutely nothing we can't do. **Nothing. Don't ever forget it!**

I am not gone

*I remain here beside you
Just in a different form
Look for me in your heart
And there you will find me
in our love which forever lives on
In those moments when you feel alone
Look for me in your thoughts
And there you will find me
in sweet memories that burn strong
Every time a tear
Forms in your beautiful eyes
Look up to the heavens
And there you will see me
Smiling down from God's glorious skies*

~ Injete Chesoni

A Candle for Your Child

Today you will light a little white candle
and say aloud your child's name.
For one fateful day, your life was changed.
The holidays will never be the same.

Today you will light a little white candle
and hang an ornament on a special tree.
Who would have thought you would be in this place?
Sharing your child as a memory.

Today you will light a little white candle,
a small gesture to some others.
Here we share the pain of our loss,
with Mothers, Fathers, Sisters & Brothers.

Today you will light a little white candle,
and as you gaze into the flame,
may comforting memories flood your mind,
as you proudly say your child's name.

Today you will light a little white candle,
With us your compassionate friends...
For all of us know that though they're not here,
our Love for Them NEVER ends.

Tammy Tobac for TCF service 1996
in memory of my brother Tommy Dolby

Meg Avery, in memory of James 7/15/83-9/22/97

Christmas cards --- to send or not to send, what to write, how to cope with sending a card and to include or not include our child's name in some way... That is a dilemma facing bereaved parents every year. The first couple of years after James died, we did not send any cards. Then when I wanted to send cards, it seemed impossible to sign just mine & my husband's name and leave James out. How to compromise and do something in between? Every year we've added some verse or quote or phrase that includes James in the card; usually on the other side of the card is something special for that year. This year I found cards that had three ornaments on the front - three is symbolic to me representing mom, dad & James. Beside the first red & silver ornament "Remembering the past", next to the second green and silver ornament "Celebrating the present" and next to the third blue & silver ornament "Believing in the future" - these quotes seem so especially appropriate to how far we've come, this is our 12th Christmas without James. Then I wanted to come up with a poem about ornaments. This is what I wrote opposite the card's inside greeting of - "Wishing you a delightful Christmas filled with joyful memories and bright hopes" which again is so perfect, what I savor the most about Christmas are memories.

Hoping everyone has a Christmas with treasured memories of years past, special new memories and treasured gifts of love,

Hope

joy

and

peace.

A Mother's Christmas Wish

I guess if I could make just one Christmas wish,
I would wish I could see you.
To hold, to snuggle, to just kiss,
This is something I'd really like to do.

My arms ache for my baby boy,
Who will always remain just that.
To never grow and experience joy,
I wish I knew where you were at.

Why is it God thought he needed you more
than I,
And why is it wishes can't come true?
I am just an aching heart who can only ask
why,
And a mother who can't let go of you.

Please God grant me this one Christmas wish,
If just for a minute, an hour or a day.
He is someone I really need & miss,
What more must I say?

Written By: Beckie/HeavensAngel

Merry Christmas and Happy New Year
Celebrate with joy and good cheer
But don't blame me if I can't comply
For if I did, it would all be a lie

Be glad that you're you and not me
because the holidays only bring pain you see
My thoughts are of a Christmas past
And only my heartache seems to last

My only son that I loved so dear
That grew into a man, That I saw so clear
Never did I think that he would leave me
especially with all the presents neatly under
the tree

I miss his laughter, his giggle, his smiles
For one of those, I would walk a million miles
His presence was a wondrous thing
And his absence has brought this poisonous
sting

My other kids just don't understand
why I can't seem to make a life plan
This, I won't get over and that won't change
I now know love on a different range

So, go, be happy and shout with glee
But please don't look with disappointment at
me
For my child is in Heaven and I miss him so
Just be on your merry way, but I can't go.

~by Judy Craig, West Memphis, AR
In Memory of her son Larry "Travis " Shaun
Carter
10/27/72 - 12/24/98

SAM

You lived your life between two worlds
The world of sadness and sorrow
and the world of joy and laughter.
Carefully you stepped on the tightrope
Between these worlds, balancing
Your mind and heart and body,
Crossing from one to the other,
Back and forth, many times each day.

In the world of sadness, you walked
On the hard and unforgiving grounds
Of schools and sports and games
Planting flowers that died too soon
Your body shaking with effort and hope
You watched them carefully, always hoping
Until they turned to dust. And you learned
Not to hop, and not to care too much.

In the world of joy, the ground was soft
You planted, and new flowers bloomed
Yellow and green and purples blossomed
And you smiled as you walked among them.
And you danced on the tall waves
And you played on the sand in the sunshine
And you sang your favorite songs
And you loved and were loved.

Back and forth, back and forth
You walked between them each day
Knowing this was your life for always
To move each day from one to the other.
And yet still trying, trying so hard
To stay forever in the world of joy.
Reaching out for your dreams
Stretching farther and farther

You left us, without a word, at peace
In the soft silence of the night
May you always and forever stay
Laughing, in a world of joy
And dance, and sing, and ride the waves
May the flowers always grow,
And the sun always shine
And know that you can love,
And are loved, forever.
By Juliet Rothman in memory of Sam.

'Twas the Night Before Christmas"

For Bereaved Parents ~

'Twas the month before Christmas and I dreaded the days,
That I knew I was facing - the holiday craze.
The stores were all filled with holiday lights,
In hopes of drawing customers by day and by night.

As others were making their holiday plans,
My heart was breaking - I couldn't understand.
I had lost my dear child a few years before,
And I knew what my holiday had in store.

When out of nowhere, there arose such a sound,
I sprang to my feet and was looking around,
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash

The sight that I saw took my breath away,
And my tears turned to smiles in the light of the day.
When what to my wondering eyes should appear,
But a cluster of butterflies fluttering near.
With beauty and grace they performed a dance,
I knew in a moment this wasn't by chance.

The hope that they gave me was a sign from above,
That my child was still near me and that I was loved.
The message they brought was my holiday gift,
And I cried when I saw them in spite of myself.

As I knelt closer to get a better view,
One allowed me to pet it - as if it knew -
That I needed the touch of its fragile wings,
To help me get through the holiday scene.

In the days that followed I carried the thought,
Of the message the butterflies left in my heart -
That no matter what happens or what days lie ahead,
Our children are with us - they're not really dead.

Yes, the message of the butterflies still rings in my ears,
A message of hope - a message so dear.
And I imagined they sang as they flew out of sight,
"To all bereaved parents - We love you tonight!"

-By Faye McCord - TCF, Jackson, MS
(the following poem is submitted in loving memory of my son,
Lane McCord (/26/65 - 9/13/98) and is dedicated to all bereaved
parents)

Our Children Remembered November 2019

Jon Russell Aikin
Grandson of Elizabeth and Barry Aikin
September 4, 1983 - November 19, 2001

Mariah Nicole Albee
Daughter of Valerie and Richard Albee
November 27, 1982 - September 7, 2012

Glorimar Arán
Daughter of Sandra Arán
July 26, 1989 - November 11, 2001

Douglas Lee Baer III
Grandson of Shirley Baer
August 21, 1983 - November 14, 2006

Gabrielle Alexis Berryman
Daughter of Patricia Rogers
January 20, 2010 - November 26, 2017

Makayla Gabrielle Carpenter
Daughter of Tarica Carpenter
November 10, 2008 - July 30, 2010

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

Michelle Marie Dyke
Daughter of Marie Dyke
May 19, 1975 - November 10, 1992

Alice Engleman
Daughter of Elizabeth Engleman
November 20, 1997 - June 21, 2011

Genevieve Marie French
Daughter of Tina French
September 25, 1995 - November 7, 2017

Thomas James Geoghegan
Son of Maureen Geoghegan
November 13, 1969 - June 30, 2013

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

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

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

Suzanne Boyer Hyatt
Daughter of Jenni Lucke
February 23, 1982 - November 6, 2017

Daniel Ryan Mayes
Son of Dale Mayes
December 5, 1984 - November 27, 2015

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

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

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

Kyle Thomas O'Connor
Son of Robyn and Kevin O'Connor
November 10, 1986 - July 13, 2013

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

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

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

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

Samantha Ann Rankin
Daughter of Vickie and Bart Rankin
November 19, 1988 - May 31, 2010

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

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

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

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

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

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

Nicole L Tresize
Daughter of Cathy Valentine
November 2, 1975 - November 12, 1975

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

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

Our Children Remembered December 2019

Cito Ar n
Son of Sandra Ar n
December 2, 1978 - July 11, 2000

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

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

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

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

Mark Joseph Curtis
Son of Sylvia Curtis
August 20, 1986 - December 20, 2006

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

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

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

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

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

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

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

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

Stuart Livingstone, Jr
Son of Lori Livingstone
Son of Stuart Livingstone
December 20, 1992 - January 25, 2018

Daniel Ryan Mayes
Son of Dale Mayes
December 5, 1984 - November 27, 2015

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

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

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

Christopher Gordon Pessano
Son of Claire and Roger Cole
December 18, 1971 - May 26, 2017

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

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

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

Katelynn Anne Sabo
Daughter of Mary Ann and Steve Sabo
December 28, 1989 - August 27, 2019

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

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

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

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

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

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

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

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

Lauren Nicole Zalouder
Daughter of Mike and Becky Zalouder
August 15, 1993 - December 25, 2017

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



Donations may be made in memory of your child to offset the costs of our local chapter's events and communications.

We gratefully acknowledge the following donations made recently:

Sponsorships – Newsletter and Web

**Ed and Carla Morrow in loving memory of their son, Matthew “Matty” Morrow.
David and Cheryl Long “Mom Dukes” in loving memory of their son, Sean Donald Long.
Omar and Patricia Rogers in loving memory of their daughter Gabrielle “Gabby” Rogers
Joe and Irene Belcher in loving memory of their son, Joey Belcher, Jr.**

DONATIONS FOR 2019 MEMORY WALK

Brenda Gawthrop and Family in memory of Andrew Gawthrop
Maurico, Molly and Carter Simms in memory of Michael E. Simms
Tom & Elvira McComick in memory of Tommy McCormick
Rachael Hand in memory of Adrian Bernard Andrew Ortega
Jeanette & Scott Stangle in memory of Matthew Ryan Stangle
Bill & Jeanne Wise in memory of Tom McCormick
Ed & Carla Morrow & Family in memory of Matthew Morrow
Tawny & Rafael Lopez in memory of Tori Stitely
Judy Bolly in memory of Wendy Bolly
Eric McMillan & Chris Langello
Sisler & Rodriguez Families in memory of Brandon Sisler
Maia Ruffin in memory of Gabby Berryman
Perry Dyck in memory of Gabby Berryman
Barbara & Bob Stern in memory of Benj Stern

Tara Stern in memory of Benji Stern
Leah Myers in memory of Gabby Berryman
Patricia Rogers in memory of Gabby Berryman
Sandi & Bob Burash in memory of Paul Burash
Robert & Barbara Bessling in memory of Ricky Bessling
Edna & Bernard Perry in memory of Kayla Ross Perry
Kelly McNeely in memory of Gabby Berryman
Noel & Ann Castiglia in memory of Tria Castiglia
Kathy Franklin in memory of Tanager
Amy Messina, Paul Gamble and Milton Hopkins
In loving memory of a child gone too soon!

GENERAL DONATIONS

Alban Cat awarded a grant through their Sponsorship Program.
Tom and Tina Delaney in loving memory of their son, Nicholas “Nick” Delaney
David and Cheryl Long in loving memory of their son, Sean David Long, Sr.
Denise Crouse in loving memory of her son, Robert “Robby” Adam Ostrowski

We make every effort to ensure the accurate spelling of your child’s name and his/her date of birth and date of death. If any of this information is incorrect or your child’s name does not appear in the newsletter, please let us know at belcherirene@gmail.com





*You are cordially invited to
The Bereaved Parents of Anne Arundel County*

Annual Service of Remembrance

Sunday, December 8, 2019 at 3 PM

St Martins-in-the-Field Episcopal Church

375 Benfield Road

Severna Park, Maryland 21146

RSVP by November 16, 2019

*Since its beginning in 1985, the Annual Service of Remembrance
has provided an opportunity for parents, siblings,
grandparents, aunts, uncles, and friends
to remember our precious children.*

*Please join us in this celebration of our children's lives,
as we face this Holiday Season with Love, Compassion and Hope.*

Reception immediately following the Service.

For more information, please call 410-551-5774, or email to
Srvcofrem19@gmail.com

Annual Service of Remembrance RSVP



Printed Program - To ensure that your child's name is included in the printed program, please provide the information requested in the RSVP portion of this invitation below, detach, and mail back.

RETURN THIS RSVP BY MAIL NO LATER THAN SATURDAY, NOVEMBER 16, 2019.

Slide Show Presentation – During the Service, we project a slide for each of our children. The slide will give the child's name and the dates of his/her life. Please indicate below if you wish to have your child's name included in the slide presentation. A photo of your child can be included on the slide as well.

Donations – Our Annual Service of Remembrance, bi-monthly newsletter and monthly sharing meetings are made possible by the hard work of many volunteers and the generosity of friends and families of our Chapter. Your tax-deductible donations are important to the continued success of our Chapter in helping all of us face the loss of our precious children, rebuild our lives, and find hope for the future.

Please mail your RSVP early to: Attention: Service of Remembrance
BP/USA Anne Arundel County Chapter
PO Box 6280, Annapolis, MD 21401-0280

 *****detach here***** 

Annual Service of Remembrance RSVP

Will ATTEND _____ Number who plan to attend Can NOT ATTEND

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

Please PRINT the name(s) of your deceased child(ren) as you would like it to appear in the PRINTED PROGRAM and SLIDE SHOW PRESENTATION, and also provide the dates of birth and death.

CHILD'S NAME:	Date of BIRTH:	Date of DEATH:
_____	_____	_____
First Middle Last		
_____	_____	_____
First Middle Last		
_____	_____	_____
First Middle Last		

- I would like my child's NAME to appear in the SLIDE SHOW PRESENTATION.
- I will send an electronic file with a photo. Send an electronic photo to Srvcofrem19@gmail.com. Include the name of your child, his/her dates of birth and death, and your name and telephone number in the email.
- I am enclosing a COPY of a photo of my child. Print the name of your child, his/her dates of birth and death, and your name and telephone number on the back. Please leave it loose in the envelope.
- Use the photo which is on the website. Use the photo from last years' Service of Remembrance.

DONATIONS are important to the continued success of our Chapter, are tax-deductible, and may be included with your response to this invitation. Thank you for your consideration and generosity.

Donation included \$ _____



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