



Bereaved Parents of the USA

Anne Arundel County Chapter

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"What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes part of us."
— **Helen Keller**



Tommy, March 5th is the fourth birthday we don't have you with us. You are missed beyond words. Until we meet again.
Love, Mom and Dad

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

" My mind still talks to you and my heart still looks for you,
but my soul knows you are at peace. I love you."
Mom

Walter H. Maynard IV
January 2, 1965 - April 14, 2006



We miss you every minute of every day, but know you are watching over all of us; especially that beautiful nephew that you did not meet in this life, but who I know you are enjoying from your heavenly place.
Love forever, Mom, Dad, Brian, Anne & Andrew

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

CHAPTER NEWS

Farewell and Welcome, from Bob Burash, Chapter Leader

A very special **THANK YOU** Irene for the love and compassion you poured into every newsletter as editor. I want to recognize you for your willingness to be our newsletter editor when there was a need and you became the editor to honor Joey in one more way. Irene got to know your children personally as she spent many hours searching for just the right images, quotes and poems that might help you on your grief journey. We will miss her compassionate and thought-provoking articles that reached so many of us and touched our hearts. While the accolades are going to Irene, I would be remiss if I did not mention the love and support she received from her husband Joe. What a team! Thanks to both of you for a wonderful newsletter for almost two years.

I find myself, once again, to be blessed by another amazing person I have gotten to know because I am part of a wonderful group of people. I want to welcome Carol who has offered to assemble and publish the newsletter. Carol had been our newsletter editor for several years, until she decided to become our chapter leader. Unfortunately, she had to step down for health reasons. Luckily for us, she now finds she has some free time and is looking for something to do - and we are her choice. I thank Carol for offering to assemble and publish the newsletter. At the same time, I must ask each of you to help with the newsletter. Carol will not be able to search for content. She needs you to find and send content to her - personal articles, poetry, thoughtful introspection, book reviews, or any item or graphic that has meaning for you. Your contribution will make the newsletter personal.

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: Carol and Rick Tomaszewski, 410-519-8448, ctomaszewski74@gmail.com

[Phone numbers to call if you need to talk in between meetings.](#)

Barbara Bessling (410) 761-9017 Mary Redmiles (301) 704-8086

CHAPTER GATHERINGS and MEETINGS

March 12 **NOTE THE DATE CHANGE due to the Church's Winter Relief Program.** Alycia Marshall, Aaron's Mom, will share with us her experience with being interviewed on the Open to Hope radio program and dealing with the loss of her only child.

April 2 Paul Balasic will speak. The topic may be announced in the email about the April meeting.

May 7 Susan Coale, LCSW-C, Director of Chesapeake Life Center, will present a talk on sibling loss. We welcome siblings to come to this meeting. Susan always provides insight into many aspects of grief.

"My Sibling has Died: Now Who Am I? Addressing the grief of our surviving children"

It makes sense that the death of a brother or sister at any age would profoundly change the lives of surviving siblings. Yet as the parent whose child has died, it can be overwhelming to contemplate both our own grief and that of our surviving children. Even the sibling may feel that their job is support their parents, putting their own grief on hold until they feel their parents are stable and ok. While parents and siblings are grieving for the same individual, they are two very different relationships and it is likely that they will grieve in very different ways. Both grieving parents and siblings are invited as we address some of the unique aspects of sibling grief, with the goals of learning more about how to support our children of any age, and for the siblings who attend to have their grief process normalized and affirmed.

June 4 Patti DiMicelli will speak on the latest aspect of her life journey, beginning a one year "Pebbles and Angels Tour" around the USA. Patti is an inspiring, compassionate person who has touched many along the way of her grief journey. Watch for more on her tour in our May/June Newsletter.

July 9 **NOTE THE DATE CHANGE due to the holiday.** This is our Chapter Summer Gathering. Plan to have dinner with us, bring a favorite dish of your child or family, or just something you grab on the go. We will spend time eating and talking with each other rather than have a presentation. This allows for time to chat with others in an informal setting.

August 6, September 3, October 1, November 5, and December 3

OTHER IMPORTANT DATES:

August 7 to 9, National Gathering in St. Louis, Mo. Go to <https://www.bereavedparentsusa.org/annual-conference/registration-forms/> for registration form and additional information about the National Gathering.

October 3, Annual Memory Walk at Quiet Waters Park, Annapolis.

December 6, Annual Service of Remembrance, St Martins-in-the-Field Episcopal Church, Severna Park.

CHAPTER GATHERING 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 GATHERINGS: 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:

May 12, August 11, November 10, 2020 at Calvary United Methodist Church on Rowe Blvd in Annapolis. Meetings are from 7:00 P.M. – 9:00 P.M. in room 119.

WHAT TO EXPECT AT OUR CORE GROUP MEETINGS: The Core Group consists of anyone who is interested in the ongoing administration of our Chapter. 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.

VOLUNTEERS REQUESTED:

Volunteering with our Chapter -- Giving of yourself is always healing and being instrumental in providing resources to other Bereaved Parents is a very positive step in your journey as you extend a helping hand to so many others. There are many ways you can help our Chapter continue to support others. What may seem like something insignificant, may actually be something very beneficial to 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**

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:

Provide Newsletter content

Provide book recommendations for inclusion in our library

Assist with the October Memory Walk

Participate in the Annual Service of Remembrance

Newsletter Publication:

NEWSLETTER ARTICLES: Please consider submitting an article, letter or poem for inclusion in the newsletter. Words that are meaningful to you will also be meaningful to others. Provide this information no later than the 15th of the month prior to publication to ctomaszewski74@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 ctomaszewski74@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.

CHAPTER RESOURCES:

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.

CREATIVE HANDS HEALING: Using your hands and being creative is often a very soothing way to work through your grief. Our Chapter has two projects that may provide you a means of using your hands to make something for other children. If interested in participating, please contact Carol Tomaszewski, ctomaszewski74@gmail.com.

ANGEL GOWN PROJECT: We continue our Angel Gown Project, donating gowns to families who have lost a child through stillbirth, miscarriage, or infant loss, thanks to the volunteers who are sewing the gowns and distributing them to the hospitals. We also continue to have wedding gowns donated. Consider contributing to this very healing, worthwhile project, either through sewing, donating gowns or trims or ribbon, or distribution.

KNOTTED BLANKETS and AFGHANS: This ongoing project doesn't require any skill other than being able to tie a knot. These blankets are being donated to the AAMC Pediatric Unit and given to children during their hospital stay. You can make these blankets at home and bring them to a meeting or arrange for pick-up.

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

ACCURACY: 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, let us know.



THOUGHTS AND ARTICLES FROM.... AND ABOUT.... CHAPTER MEMBERS

FROM Elvira McCormick, Tommy's Mom:

This is the link I would like to share. I find this website very helpful to me, and receive emails from her site daily. There are references to God, but this woman writes articles from the heart. She was a doubter as well. She lost her son in 2015. Thanks for letting me share. Elvira

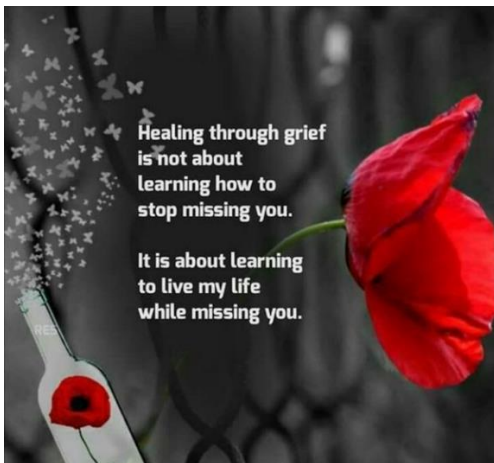
<https://thelifeididntchoose.com/2019/01/12/will-it-ever-get-better/>



[Will It Ever Get Better? – thelifeididntchoose](https://thelifeididntchoose.com/2019/01/12/will-it-ever-get-better/)

I know that when I first stumbled onto a bereaved parent group, it was one of the things I was looking for: evidence that the overwhelming pain of child loss would not last forever. Some days I was encouraged as those who had traveled farther down this path posted comments affirming that they could feel something...

thelifeididntchoose.com





Emily Schindler Lecture Series

Wednesday, April 29, 2020

9:00 a.m.-12:15 p.m.

Registration opens at 8:30 a.m.

~Light Breakfast will be provided~

Hosted by the Chesapeake Life Center

At Owen Brown Interfaith Center, 7246 Cradlerock Way, Columbia, MD 21045.

The Chesapeake Life Center invites you to attend the 15th annual **Emily Schindler Memorial Lecture**. This year's lecture will be given by Tashel C. Bordere, PhD, CT. Dr. Bordere is Assistant Professor of Human Development and Family Science and State Extension Specialist in Youth Development at the University of Missouri, Columbia where she teaches Childhood Death and Bereavement, Black Families, Adolescence and Young Adulthood, and Lifespan Development. She is past editor of *The Forum* (ADEC), past board member of the Association for Death Education and Counseling, and past Chair of the People of Color/Multicultural Committee.

Dr. Bordere has conducted numerous workshops, consultations, trainings and published works relating to diversity and resilience through loss, including her recent co-edited and co-written book (with Darcy Harris), *Handbook of Social Justice in Loss and Grief*. She was featured on NPR, "Teens and Grief", in a Hospice Foundation of America's Live National Webcast, "Living with Grief: Helping Adolescents Cope with Loss", and Open to Hope Cable Show, "Saving At-Risk Youth". Her research focuses on adolescent adjustment to death and loss, with emphasis on assaultive violence, homicidal death, coping and grief among African American youth.

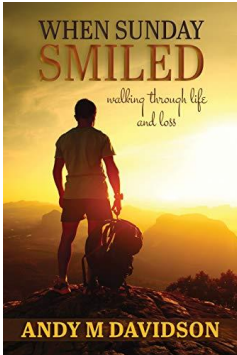


This annual lecture was created in 2005 through a gift to the Schindler family from the Saint Agnes Cancer Center. Emily Schindler was an 18-year-old Freshman at Frostburg University and a member of the SPY swim team in Severna Park, Maryland, when she was tragically killed in a car accident in 2004.

More details, including continuing education credits and registration are available from the Chesapeake Life Center, www.chesapeakelifecenter.org.



BOOK REVIEW



When Sunday Smiled: Walking Through Life With Loss by Andy M Davidson

Andy Davidson, a psychologist and retired Navy Captain, was living a peaceful life in North Carolina when a policeman walked up his driveway on a Sunday morning. The policeman was to deliver the worst news a parent can hear, that his eldest son Aaron had been involved in a motorcycle accident and had not survived. Andy then had to share this news with his wife and two other children.

After the memorial service, when their friends and family had returned to their lives, Andy was soon overwhelmed with thoughts that his life no longer mattered. All he knew of the world, especially his role as a psychologist, was shattered when he realized he knew nothing at all of the world.

While Andy's wife retreats to the water to be alone in her grief, Andy felt a need to do what he and Aaron had planned for several years, hike the Appalachian Trail. They had previously hiked together, but had not yet traversed the trail, or A.T. His son Aaron was a fearless risk taker, an extreme sports participant, who had given his parents multiple reasons over the years to be concerned for his safety.

Andy decides to hike the trail alone, to be a thru-hiker, one who traverses the entire trail from Georgia to Maine, over 2,000 miles. He sets his eyes on Katahdin Mountain, the end of the trail in Maine.

He soon discovers the extreme hardships the trail has to offer and questions his decision to undertake such a challenge. Many times he considers quitting and going home. As Andy travels the A.T., he is confronted with how to live with others, how to relate to God, and how to live with himself. He finds answers to some of his questions, and comes to the understanding that not all can be answered, and that's OK.

Note: This book review was submitted by Mary Redmiles. If you read a book and would like to share it with us, please email Carol, ctomaszewski74@gmail.com. Send us titles of books you feel have made a difference to you, or touched your heart in some way, and we will compile a list for our newsletter, and possibly purchase them for our library.

DONATIONS

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 Website

- Mary Redmiles for Feb and March website in memory of Tommy.
- Elvira McCormick for March/April newsletter and website in memory of Tommy.
- Judy Bolly for March/April newsletter in memory of Wendy.
- Rose Marie Carnes for March/April newsletter in memory of Walter.

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.

Ambushed

Ambushed by the news, I dropped the receiver from the pay phone. My knees buckled and I was on the ground. I might have screamed. I don't remember.

Susie is dead. My 8-week-old grand daughter is dead.

Over the next week I experienced an exponential dimension to grief. I grieved for our baby. I grieved for my son's loss and for my daughter-in-law. I grieved for the baby's uncle, my younger son, who was tasked with letting the family know what happened. I grieved for my mom, just diagnosed with dementia, who was almost derailed by the news. Our baby's death was totally unacceptable. I tried to explain to God that this wasn't right. I yelled and cried and whispered and mourned.

Forward twenty years.

My knees buckled and I crumpled into a chair nearly dropping my cell phone. I don't remember making a sound. My dog came and sat by me, her eyes full of questions. Carl is dead. My eighteen year old grandson is dead. Ambushed again by death, my breath and all consciousness of time and awareness of space collapsed into that moment.

My next breath came from a new timeline, some not-quite-parallel universe, not the world I had known before.

I grieved the loss of our young man. I grieved for my son's pain and for my daughter-in-law. I grieved for Carl's uncle who was tasked, again, with letting the family know what happened. I grieved for Carl's brother and sister. I grieved for his young cousins to whom suicide was no longer just a word.



Grief has settled into my being like the big maple tree in the yard. It's always there. It changes. It grows. No longer remarkable, just there.

Now, when my tears flow, I let them fall like the gold and orange leaves of the tree. Maybe they'll enrich the medium that nourishes renewed life.

Now, I avoid the tree. I look out at the world from beneath its branches, but I don't look at the tree itself.

Now, I set the table and benches in the shadow of the tree. We gather to picnic and tell stories and laugh at jokes.

Now, I sit and remember their broad grins so much like their father's, their boundless energy, and their eyes.

Now, I recriminate. Why didn't I take more time? Why did I ever let them leave my arms?

Now, I tell myself that they were never mine. They were visitors passing through. Their lives, their deaths, were theirs.

I miss them.

Now, it's Tuesday. I have to take the trash to the curb.

About the Author-----

Elaine Leet is a retired teacher now living in rural Pennsylvania where she grew up. Like most people who have been privileged to lead a long life, she has experienced many losses. None ripped into her like the unexpected loss of grandchildren. In retirement Elaine has begun taking her passion for writing seriously. In June 2019 she published a novella *Child of a Troubled Land*, dealing with child trafficking in Haiti. In 2020 her Reader Illustrated book *Chance's Diary* will offer young artists and older generations to illustrate their own coming of age experiences.

From <https://centering.org/grief-digest-articles/ambushed/>

The Healing Benefits of Writing for Grief

By Aimee Laurence

The death of someone close to us can be traumatic and devastating. It stays with us for months, years even and it can completely cripple us. Luckily, we have a great coping and healing mechanism at our fingertips, and that's writing. Research has shown that writing during the grieving process can improve a person's immune system and their emotional and mental health. It can be difficult to get started because of the powerful emotions it triggers, but in the end, there are therapeutic benefits of letting your emotions out.

It's important to realize that writing is not meant to replace professional therapy. It's simply a tool for self-expression, self-discovery, and creating a safe place to feel your emotions without judgment. It is especially helpful for people dealing with the death of a loved one where there is a lack of closure, or a feeling that things were left unsaid.



Writing and Healing

After experiencing a loss, writing how you feel and your thoughts is a good way to express yourself without barriers or judgment, which isn't always possible in the world today. You can also self-explore and slowly start to rebuild your inner strength. Writing when grieving allows healing because you can reflect in a safe space about life and death and put all your thoughts and emotions out there.

It's also good for sorting through emotions that may be conflicting, writing down thoughts about yourself and your relationship with the person who passed, share what you'd like to tell them, and eventually get closure. It's a possibility for a fresh start and to make space in your mind and heart for other feelings, and simply be yourself in private writing.

Types of Writing

There's more than just journaling as a writing form to help the grief healing process. Other types of writing can be useful depending on what you want to get from it, whether it's feeling, apologizing, reminiscing, or being creative. Don't judge yourself and your writing, just let the words come to you. These forms of writing include a letter, which can be very therapeutic in speaking directly to the person about what you want to express. This can also be difficult to write but in a healthy way, as you will be experiencing intense emotions.

You can also write a memoir and keep it private if it's for grieving purposes, or publish it if you want to share your thoughts about that person's life. This type of writing helps you remember all the special events and happy times you have together, and serves as a tribute for that person. There's also poetry or a Haiku which is a good way to express deep feelings without explicitly stating them, or a different point of view. For this option, don't feel any pressure and just write creatively from the heart so you can truly express what you want to.

You can also write a reflection about the person who passed and yourself and how you interpret life and death. Contemplate the concepts and write whatever crosses your mind, to better appreciate the fleetingness and fragility of life. You can also reflect on what the other person said or did that stick with you the most. What did they last say to you

and what wise words or advice did that person give you? This can be a good bridge to revisit some wisdom from your loved one.

Finally, you can write a fictional story about the two of you, a fictional world where you live together and associated stories where you're both there for each other instead of being grieving and sad. This is a great option if you're the kind of person with a vivid imagination and you've already made it through the reflective stage.

Tips for Writing Without Pressure

Writing therapeutically is a safe activity and must be done spontaneously, without fear. If you find that you often have to think things through before you write them, you should follow some fearless writing tips. Don't think, just feel and write. You need to remember that you're not writing for anyone else, so it doesn't need to make grammatical or coherent sense. You should write in one go without pauses to think or reflect. This gives your feelings a chance to come out without effort. Don't stop to reread what you've written or criticize it, just keep going forward. In the same vein, don't stop to edit or review your work – it won't be perfect so just accept what you've written as your emotional truth. You're allowed to cry, shout, and write whatever during the grieving process. It's about accepting your mistakes and your process.

Getting Started

You might be struggling to think of where to start. For some ideas and inspiration, think and write about what you loved most about that person and your relationship, what you miss the most about them, what they helped you learn, and how they influenced you. You can also write things you want to say, or wish that they would say or know, or even things you regret or wanted to do with them. Share your best memories, and how you remember them.

You need to give yourself time to grieve. There is no fixed calendar for grief and moving on, or a specific way that grief looks. Let yourself feel and heal at your own pace, and don't judge yourself. Write throughout the process, and you'll find that it helps you heal.

Source: www.thegrieftoolbox.com/index.php/article/2019-11-06-healing-benefits-writing-grief



*May the leprechauns be near you,
To spread luck along your way.
And may all the Irish angels
Smile on you St. Patrick's Day.
- Irish Blessing*

OTHER RESOURCES OF INTEREST

Included in this section are links to websites that pertain to grief and may be of interest to you. Publication here does not mean that our Chapter endorses the content, views or advertising of these organization.

<https://www.thegriefcruises.com/>

Tropical cruises that help you find hope and healing after the death of a loved one.





Open to Hope

<https://www.opentohope.com/>

Helping People Find Hope After Loss

Open to Hope® is a non-profit with the mission of helping people find hope after loss.

WHATS YOUR GRIEF <https://whatsyourgrief.com/>

To put it simply, this website is about *grief*. That probably sounds oversimplified, but *grief* is a complex, heavy, frustrating, scary, enormous...ahem, big topic.

Hospice of the Chesapeake, Chesapeake Life Center

<https://www.hospicechesapeake.org/family-support/grief-and-loss-support/>

Grief is a natural healthy response to a loss. While there are common elements of grief, each individual grieves at their own pace in their own way. You may be unsure of what to do or say, or even how to feel. Each person experiences grief differently, even if you and another person are grieving for the same person or relationship. Although there are many matters to attend to after a loss, some of which must follow particular guidelines, there is no set timetable or order of feelings to grief. No one person can dictate to another how they should grieve. Grief is an ongoing and dynamic process, unique to the individual.



CENTERING
AND
GRIEF DIGEST MAGAZINE

<https://centering.org/>

Centering is a 501 (c)(3) non-profit organization dedicated to providing education and resources for the bereaved. Centering was founded in 1977 by Joy and Dr. Marvin Johnson. Centering started with nine little coloring books for hospitalized children and two workshop offerings for nurses and families. In response to the need for support by families and caregivers while facing their grief experience we developed many new resources. Today we have over 500 grief resources for children and adults. Centering continues to provide educational resources and bookstore for caregivers and families.

BEREAVED PARENTS OF THE USA National Gathering Conference

ANNOUNCING OUR SPEAKERS!



BOBBY MORTON



ANNE MOSS ROGERS



JAY & KELLY KOVALESKI



SUSAN TOLER CARR

NATIONAL GATHERING 2020



Bereaved Parents USA

August 7-9 ♥ St. Louis, Missouri

25th Anniversary Year

August 7–9, 2020
St. Louis Missouri

Please join us as we commemorate 25 years of helping grieving parents and families rebuild their lives after the death of a child.

Our Anniversary theme “25 Years of Hope” says it all. BPUSA has been a beacon of hope for grieving families since its beginning in January 1995.

The Gathering Conference will be a three-day event with keynote speakers, workshops, meals, entertainment and memorial ceremonies all designed to help bereaved parents and their families understand that they are not alone in their grief. Our annual Gatherings have been praised as wonderfully meaningful experiences, life-changing in many ways. Participants come away feeling refreshed and revitalized, better informed about the grieving process, more aware of hope and promise and affirmed by meeting new friends who travel the same path. This year, our closing ceremony on Sunday morning will include a short bus trip to visit the [Angel of Hope Memorial](#) in Blanchett Park, St. Charles,

MO.

The Marriott-branded Sheraton Clayton Plaza Hotel is now undergoing a multi-million-dollar renovation that will be extensive. Inside, all 259 guest rooms will be renovated along with meeting spaces, public areas and the lobby. The renovation will also include a re-concepted three-meal restaurant, a state-of-the-art fitness center and an outdoor entertainment area featuring a large swimming pool. BPUSA is looking forward to hosting our Gathering in this brand-new setting. The hotel will, again, be offering special room rates to Gathering attendees.

Our Children Remembered March 2020

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

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

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

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

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

Emilio Juan Honesto
Son of Alexandra Honesto
June 29, 2010 - March 26, 2011

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 and 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
March 3, 1978 - October 26, 2006

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

Kurtis Joseph Sigler
Son of Barbara and Rich Sigler
March 24, 1996 - November 14, 2019

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

Tenoch Bennett Sweeney
Son of Richard Sweeney
March 30, 2011 - May 21, 2011

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



Our Children Remembered April 2020

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

Jasmin Aliyah Corria
Daughter of Diran and Mila Corria
April 14, 2015 - April 16, 1992

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

Giertler Lukasz
Brother of Edyta and 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
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

Waverly K Roberts
Son of Waverly and Angela Roberts
April 9, 1993 - July 4, 2014

Solymer Rodriguez Torres
Daughter of José Rodriguez and Vanya Torres
August 27, 1993 - April 13, 2007

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



**Time, by itself, heals nothing.
But time, plus the work grief requires,
brings a measure of healing.**



It's just fine to feel a little heavy, and it's just fine to sit here and catch my breath, and it's just fine to be a mess at times, and it's just fine to be relatively normal sometimes. It's just fine to miss them. It's just fine to let it all hit me, surrendering and succumbing.

And it's just fine to remember that grief has no rules, and that really, it will in many ways last as long as love does. Forever.

SCRIBBLES & CRUMBS