



Bereaved Parents of the USA

Anne Arundel County Chapter

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“Lean on Me”

https://www.youtube.com/watch?v=2YapAxPfRyI&list=RD2YapAxPfRyI&start_radio=1&t=0

Sometimes in our lives, we all have pain, we all have sorrow. But if we are wise, we know that there's always tomorrow.

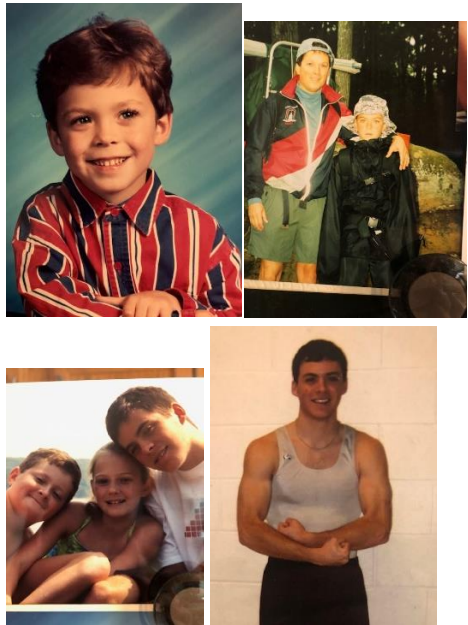


Matthew Gordon Haines
May 3, 1977 – July 4, 1996

Love you and miss you everyday!
You are always in our hearts!
We share your stories with your nieces and nephews
and they have come to know you story by story.
Love,
Mom & Dad, Sarah & Daniel, Janine & Luis
Ella, Leon, Aleece and Mateo

William “Kyle” Regan
July 19, 1988 – July 20, 2016

Kyle, We miss you everyday and
you are always a part of our life!
Love Always,
Dad



ZOOM Virtual Meeting on May 7 Regular meeting at Church Cancelled.

CHAPTER GATHERINGS and MEETINGS

COVID-19 Leaves us ZOOMing into MAY Gathering

The COVID-19 virus has turned our world upside down, reminiscent in an odd way to our world when we learned that our child had died. We face many challenges that become triggers, bringing us back to those early days of our raw grief. At a time when many of us seek bereaved parents groups, looking for someone to share our journey with, we are denied that chance. We are asked to stay at home. Stay at least 6 feet away from one another. Wear masks and gloves in public. No social gatherings. The impact of this guidance forced our chapter to cancel our March and April Gatherings. We had just put out the word that we cancelled the May Gathering.

Over the past 2 weeks, myself and several core group members have been 'playing' around with ZOOM, a virtual social network application. We are still learning and will hold a few more training sessions before our May gathering. We believe by 7 May we will be ready to ZOOM. There is some concern about ZOOM's ability to protect identities and the privacy of individuals participating in a meeting. Some of their meetings have been hacked. According to ZOOM CEO Eric Yuan, fixes have been made and tighter security has been put into place. Every meeting now is password protected and the waiting room is always on, which means that in order for you to enter the session, the host must admit you to the session. The host can also exit people once they are in the session.

With a bit of hesitancy, but excitement, I am proposing that we **hold our 7 May gathering and make it virtual using ZOOM.**

Once I schedule the meeting, you will receive an email with the invitation and a link to join. The meeting will have the same feel as our normal gatherings. We will have an opening, a guest speaker, we will say our children's names and read the credo. After the general opening, we will hold our normal 3 sharing groups.

Please consider joining us on **7 May at 7:00 p.m.** We look forward to seeing you.

-- Bob Burash, Anne Arundel County Chapter Leader

May 7 MEETING at Church CANCELLED. ZOOM Virtual Meeting Scheduled . "Grief in the face of Covid-19" will be presented by Susan Coale, LCSW-C, Director of Chesapeake Life Center. Susan has extensive experience and education on many aspects of grief. Her talks are always informative and often provide new perspectives.

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. See her article on p. 7.

July 9 **NOTE THE DATE CHANGE due to the holiday.** This is our Chapter Summer Gathering and we hope to be able to hold a meeting at Calvary United Methodist Church. 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.

Scheduled Chapter Meetings: August 6, September 3, October1, November 5, and December3

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.
Registration is on hold pending resolution of issues surrounding the coronavirus outbreak.

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: ZOOM Virtual Meetings are being scheduled. Virtual meetings will continue as long as necessary to adhere to state guidelines and Calvary United Methodist Church policy.

We will continue to have a general meeting, followed by sharing groups as desired for first-time attendees, and the newly and non-newly bereaved. Our first virtual meeting will be on Thursday, May 7, beginning at 7:15 p.m. (ZOOM meeting access opens at 7:00 to allow for connection time and greeting time). Meetings are open to anyone grieving the death of a child. 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.

We expect our virtual meetings to basically follow the same format.

CORE GROUP MEETINGS:

May 12, August 11, November 10, 2020, from 7:00 P.M. – 9:00 P.M. These will also be ZOOM virtual meetings as long as necessary.

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.

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

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. ... on June 15, Aug 15, Oct 15, Dec 15.

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. ...on June 10, Aug 10, Oct 10, Dec 10
- 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.

RESOURCE INFORMATION: Any and all resource information provided in our Newsletter, Website or Emails, is for your information and reference. Our Chapter does not necessarily endorse the views, recommendations, guidance, or advertising associated with these resources.

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.

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:

Tom and Tina Delaney in memory of Nick Delaney
 Bob and Sandi Burash in memory of Paul Burash
 Carol Tomaszewski in memory of William Mirza Khadem
 United Way of Central Maryland

Sponsorships – Newsletter and Website

Peggy Haines May/June newsletter in memory of Matthew Haines
 Bill Regan May/June newsletter in memory of Kyle Regan

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

LETTER TO KYLE 4/8/2020

Kyle,

How are you my son? I think about you daily often multiple times a day. Your sister, brother and I talk about you and struggle with the fact that you are not with us to share daily life. Maura had a panic attack that she would forget you or that you will be forgotten. You know that will never happen, we celebrate you every day and you are a part of every Holiday celebration.

I feel your energy with us when we are visiting family and always want to talk about you when the chance arises. I want people to feel comfortable talking about you and for them to know that you are a permanent part of our world.

Had dinner with one of your High School friends recently and we share stories and he let me know what he is doing and what some of the gang is doing too. I cannot help but wonder where in life's journey you would be if you were with us.

We continually look for signs from you and feel amazing when a sign appears. We celebrated Easter and had you present with us as your place setting was there. Your sister made sure you were next to her.

I want you to know that your many movies are being watched by a young boy in the neighborhood who's living with their Grandmother while his parent works through recovery. You put so much energy into keeping those movies in order and now we know why. You knew there was a bigger plan for them.

Kyle, we miss you everyday and you are always a part of our life!

Love Always,

Dad

-- written by Bill Regan



I hear your broken, bleeding heart
and I'm sorry that life is so hard at times.

My bleeding heart plants are really lovely this year. And I thought of all of us who have broken hearts when I was outside today looking at them. Think of this flower as it shows all of our Bereaved Parents friends standing together with their broken, bleeding hearts. See that we are strong and supporting each other. And remember that we walk together with hope in our hearts.

Take care and stay healthy.
Carol Tomaszewski,

From Patti Di Micelli:

The Power of Pebbles & Angels!

From the moment I was born, I have longed to reconnect. And every single one of us—every human being—is doing the exact same thing. We are all trying to reconnect.

My Portal to this Earth was the Queen of Angels Hospital, in Los Angeles, California, the City of Angels, on October 30th. It is the same date Amber died. The reason I am here is to elevate and inspire others by sharing Amber's message of "Hope, Heaven, and the miracle of Life *and* Death." Both are miracles to savor.

Who am I and why am I doing this?

I am a Student of Life, a Messenger from the Other Side, a human being, simply BEing human. I've learned to cherish my childlike curiosity and to seek out the details in life. For it's in those details... in the smallest acts of loving kindness, that the secret to reconnect waits to be discovered.

For me, it takes one tiny "Pebble"... one pewter coin... one beloved Angel to change a life. I am humbled and blessed to have given birth to Amber, my Angel, and to bear witness to the thousands of lives she has transformed through these "Pebbles" around the world!

And it all begins with a "Knowing..." a small nudge inside me to offer Amber's gift to another human being. "I am a Pebble Thrower in the still Pond of Life," I say as I hold open the small blue and gold Heavenly pouch that resides in my purse "and these are my Pebbles. You can choose one."

They peer into the pouch then quickly search my face as our eyes... our souls connect. They ask themselves, "*What???*" With childlike curiosity, the silent questions begin. "What is this? Is she selling something? Trying to convert me? Is she crazy? *Who does this?* Should I... or... *shouldn't I?* What will happen if I do? Can I trust her???"

They choose their card, which has these powerful words from Luciano de Crescenzo on the front: "We are each of us Angels with only one wing and we can only fly by embracing each other" and the book cover of "Embrace the Angel." Amber is holding the Key to Heaven, the tangible, tactile symbol she asked for when she was dying so that so could open the Golden Gates.

They turn the card over and over searching for answers. I don't let them wait. "This is a book I wrote and that is my daughter, Amber. She died when she was 4½ and she is now an Angel. Her life *and* her death were both miracles."

Now connected, they feel the power of my pain and my joy. I feel theirs, too. "On the back of the Pebble / Coin, there is a special word for you. Peel it off and let's see what it is!" Carefully, but eagerly, they peel it off to reveal one of 5 words: Love, Peace, Hope, Courage, or Faith etched into the back of the Pebble. On the front of the Pebble is a Guardian Angel.

They openly tell me their stories of loss, courage, unexpected joy, signs from the Other Side, how they are coping with their own pain and grief and Power. They share the most human... most intimate part of themselves. Some have told me that this is the exact word they need in their life right now; some have fallen to the ground sobbing; some have cried as they recounted the story of their Angel; some have smiled through tears. All have embraced me with tenderness and love.

These little "Pebbles" are Powerful! This simple one-to-one exchange has shown me and thousands of others that all of us are connected. We are not only connected by love, but by grief, and the Power that is present when we share these heartfelt parts of our Life Stories has incredible impact.

Many times, I ease their grief... their sense of losing connection with their loved one by sharing one of Amber's most profound revelations, the answer to the question, "What happens after we die?"

A few days before she died, she called me to her side. "Mom, when I die, I'll still be Amber, I'll just be *different*." I explain that I didn't "lose a daughter," she didn't "pass away," she simply changed. She is still with me—with us—and I "see" her every day. "She is here now," I say.

My Life Task is to "throw these Pebbles into the still Pond of Life," connecting with one human being at time. I never know what "Shores" the Ripples will touch, nor am I meant to know. My job is to throw them when moved by The Divine. And I obey.

I believe in miracles, Providence, and the Life Path I am on. I am here to elevate and inspire others by sharing Amber's message of "Hope, Heaven, and the miracle of Life *and* Death," leaving them with a tiny, but Powerful, Guardian Angel Pebble to remind them that we are all connected by tiny acts of loving kindness.

The Anne Arundel County Chapter of BPUSA has been my Rock... my loving, caring, Circle of Angels for over 30 years. Being with people who "get it" and give of themselves to share and lift others up means the world to me. I don't know where I would be today if I didn't have this loving Rock to return to again and again. I am always welcomed with open arms and hearts.

This October 30th—my 67th birthday and Amber's 40th "Angel Anniversary"—I will honor our Journey by "taking a leap of faith" and placing my trust and my future in The Divine. I will embark on the "first day of the rest of my Life Path."

My "Power of Pebbles & Angels!" nationwide tour in the Fall of 2020 will take me places and connect me with people who I've yet to discover. Moving into a C Class RV full time, I will drive a year long loop around America, starting in Annapolis. My first stop will be the "Angel Factory," Danforth Pewter in Middlebury, VT. They create these Pebbles for us.

I'll film our Journey and post it on YouTube, Facebook, Instagram and other media if you'd like to follow and contribute your thoughts, feelings, ideas, connections, etc. As my Circle of Angels expands, the Power of Connection gets stronger and my Life Path is revealed with clarity and equanimity. I look forward to returning to Annapolis, my home... to the people and the place that I love!

Warm embrace... Patti



Thoughts on Spring and Memories

By Dr. Alycia Marshall, Aaron (AG)'s mom

Aaron Marshall (AG) May 26, 1996-April 11, 2016

This spring I celebrate many significant events post my son Aaron's death. It has now been four years and I truly feel fortunate to have had my son here with me on earth for almost 20 years before he died instantly in a single car accident a month before his 20th birthday. Like many bereaved parents, particularly within the first few years following the loss of our children, I tended to think of my life in terms of before and after. I liken it to the old and the new testament in the bible, before and after Christ. The lives we had before the tragic death of our beloved children were so much better than the lives we live now. In that life, we could touch, feel, hear and see our beautiful children. For those of us who were fortunate enough to have had our children into their teenage years, we may have wonderful memories of spring events that are forever etched in our hearts and souls. One of my favorite pictures of my beloved Aaron was taken the day of one of the three proms he attended. Yes, my son was extremely



handsome, popular and well-liked by the girls. In this picture, he is flashing his beautiful smile and the background shows the greenery of the trees, the sun and the essence of what was a beautiful spring day which served as the backdrop behind beautiful children all dressed up for what would be one of their fondest memories for years to come. As I enjoyed the excitement and joy, I saw on my beloved son's face that day, I never imagined that he would never grow old to reminisce with his friends from high school about his prom night. That amazing day was one of countless days that I fondly remember looking upon my son, marveling at his charm, his presence, his manhood and so proud of the young man he had become and was becoming. These are the very memories I hold dear and close to my heart offering comfort, peace and feelings of gratefulness.

As I continue through this never-ending journey of grief, I have learned to be thankful for these precious times and the wonderful memories. Perhaps you too are remembering your own child's prom, graduation, their spring wedding, or your last Mother's Day with your child. Although at times these memories may be a bit painful, I ask you to smile through the tears. Your child may no longer be here in the physical sense with you in the present, but they are and will always be with you. The joyful times you spent with your children are very much real and tangible and do not disappear with their deaths. In fact, I argue that these moments become precious gifts that you can regift yourself over and over again. Your child lived, your child loved and yes, your child died but the memories and love never will.

This spring I ask you to consider along with the birth of new life a rebirth of a new life for you as well. If our children were here, they would want to see us happy and joyful. My beloved Aaron is not able to enjoy the change of seasons here on earth, but I can enjoy them for and with him in spirit. When you are missing your child during this time, try to remember that special spring memory you had with them. Let yourself go there and stay for a while. The best thing about having memories of our children is that we can go there and visit them, in our minds anytime we want.

For those of us who may be struggling this season, particularly in light of such challenging times in the midst of a pandemic, we may find that we are thinking of our children now more than ever. The tears may come more readily when we take the time out to remember. This is ok because what I have learned throughout this journey is that joy and sadness can and do coexist in the same day, hour and even minute. When the laughter comes, when the joy comes and when the tears come through that beautiful spring memory, close your eyes for a minute and take your hand and cover your heart. Quiet your mind to feel and listen to the rhythm of its beating. That steady beat of your heart affirms that you are indeed alive. So too is your child whose heartbeat is now your own.

In the days following the death of our children we tend to seek them out over and over again. We see the young man or young woman that has similar hair or features that reminds us of our child and our heart skips a beat until we feel that all too familiar pain of remembering that our child no longer walks with us in the physical. Might I suggest that we are all looking in the wrong places? Our beautiful children have never left us, they have only become a part of us once again as they were so many years before when they were growing inside of us. You are now again one with your child who lives in and through you. This may seem to be a heavy burden for a bereaved parent to carry, but is there not anything we wouldn't do for our children? Haven't you not been carrying the heaviest burden of all since the day you lost your child? I challenge you this spring to begin a new life. Consider living your life as if it is your child's. Enjoy the season changes, smell the flowers, and make every effort to fully experience and take in this gift of life as only you can, one who knows all too well that life is too short.



Information on STRESS and related resources

-- provided by Randye Williams

The Loss of a child may cause psychological changes such as is required in the Grief process. We can also have physical and behavioral changes that left untreated can cause permanent harm to our bodies and minds. Our families, our extended families and community of family and friends can also experience changes.

When an individual or community has experienced a traumatic event or crisis such as the current State of Emergency in Maryland due to the COVID-19 virus, those affected may feel significant fear, anxiety and stress. This impact may be felt by those who were directly involved in the event (such as victims, witnesses, responders) as well as others who may not have been indirectly involved.

This stress response may cause physical symptoms or illness in the body, emotional distress, and/or behavioral changes. Sometimes adults or children will show symptoms right away, or sometimes it may take much longer for symptoms to appear.

*******Here are some common signs and signals of stress reaction:**

Physical:

Chills, thirst, fatigue, nausea, fainting, twitches, vomiting, dizziness, weakness, chest pain, headaches, elevated BP, rapid heart rate, muscle tremors, shock symptoms, grinding of teeth, visual difficulties, profuse sweating, difficulty breathing, etc...

Cognitive:

Confusion, nightmares, uncertainty, hyper-vigilance, suspiciousness, intrusive images, blaming someone, poor problem solving, poor abstract thinking, poor attention/decisions, poor concentration/memory, disorientation of time, place or person, difficulty identifying objects or people, heightened or lowered alertness, increased or decreased awareness of surroundings, etc...

Emotional:

Fear, guilt, grief, panic, denial, anxiety, agitation, irritability, depression, intense anger, apprehension, emotional shock, emotional outbursts, feeling overwhelmed, loss of emotional control, inappropriate emotional response, etc...

Behavioral:

Withdrawal, antisocial acts, inability to rest, intensified pacing, erratic movements, change in social activity, change in speech patterns, loss or increase of appetite, hyper alert to environment, increased alcohol consumption, change in usual communications, etc...

*******Any of these symptoms may indicate the need for medical evaluation. When in doubt, contact a physician**

Being involved in a traumatic event such as a loss of a child or even hearing about it via media reports may cause people to feel distress by reminding them of past events in their lives.

Here are some resources to help with crisis: Ongoing Mental Health Support in Anne Arundel County:

Anne Arundel County Department of Health at (410) 222-0117

Anne Arundel County Mental Health Agency at (410) 222-7858 during business hours for help with connecting with local resources.

For 24/7 access to resources: Anne Arundel Co Anne Arundel County Department of Health Crisis Response System warmline at (410) 768-5522.

Help for a teen grieving a sibling or other significant person

Maryland Youth Crisis Hotline 1-800-422-0009 24 hours a day, 7 days a week
National Suicide Prevention Hotlines 1-800-SUICIDE (784-2433) 1-800-273-TALK (8255)

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.

A Mother's Chorus: Grieving a Child on Mother's Day

This letter is not written by one bereaved mother, but an entire chorus of mothers. Their words are not at all the same, but their message blends together to create a mournful, harmonious, and beautiful song.

Dear Friend,

I miss my child every day. This grief of mine will never leave me, and honestly, why should it? I love my child more than I ever could have imagined, and yes, I do mean present tense *"love"*. It is excruciating knowing that my child will never return to my arms. However, a mother's love for her child doesn't require physical presence; this can be proven by the fact that most mothers love their children well before they are even born. I will love my child forever, and therefore, I will grieve my child forever. This is just how it goes. I know it's difficult for some people to understand my ongoing grief, I guess because they want me to *"get better"* or return to *"normal."* However, I actually *am* normal. I'm just different now. I believe those who say they want to support me on difficult days like Mother's Day, but part of this is accepting me as a grieving mother who will always love her deceased child. Again, this is just how it goes.

My grief is like the weather. Some days it's calm, quiet, maybe even a little sunny. Other days it's a devastating storm that makes me feel angry, exhausted, raw, and empty. I wake up in the morning and wonder – *"Am I even alive at all? And if so, how am I supposed to make it through this day?"* This is why when you ask me how I feel about Mother's Day, all I can say that it depends. Of course, I'm going to try my best to cope with the day, but while you're hoping that your Mother's Day picnic doesn't get spoiled by actual rain, I'll be praying that the grief storms stay at bay.

Like many things in a grieving mother's life, Mother's Day is bittersweet to the nth degree. On the one hand, I feel immense joy because I was blessed with my child and I feel gratitude for every moment I was given with them. On the other hand, the pain of missing my child – my greatest happiness, my life's purpose, and my best friend – is intense.

Bereaved mothers live with so many of these confusing contrasts. They are like undercurrents that tug at and toss about our hearts and minds. I am the mother of a child who is not alive. Perhaps a child who you've never met. You can't ask me about their school year, or how they're liking piano lessons, or whether they've chosen a major in college. In my mind, I've imagined my child doing all these things. People don't realize that I grieve each of my child's milestones, knowing they didn't get the opportunity to experience these special days.

Most people don't know how to validate my child's place in the world or my ongoing role as my child's mother. This is a difficult concept for others to grasp. Heck, sometimes even I grapple with the answers to questions like *"Do you have children?"* and *"How many?"* I know many bereaved mothers, like me, long for these questions to have straightforward answers.

Sadly, mothers who have experienced the death of their *only* child may even wonder whether they get to call themselves a mother at all in broader society. So, in addition to the pain of grief, these mothers have to cope with a sense of being left out, forgotten, and ignored. Can you imagine how that might feel? I think it must be like being stabbed through the heart and when you turn to others for help they say *"What blood?"* *"What knife?"*

Then, for mothers who have surviving children, there is this gem of a comment – *"Don't forget, you're lucky to have other children."* Please let me assure you, a mother does not forget *any* of her children. This mother loves each and every one of her unique and special children in unique and special ways, but one of her children has died and so her love for this child looks a little untraditional. Mothers do not have a finite amount of love to be shifted, divided, and spread around depending on the number of children they have on this Earth. So please be careful with your comments, because it's difficult enough for grieving mothers who often feel torn between feeling joy and happiness for their living children and grief for the child who has died.

All that said, you asked me what it's like to grieve a child on Mother's Day, so here's what I have to say:

This day will forever be hard for me. I live with an emptiness that no one can fill; so I may be sad, I may be unsociable, and I may need to take a break to be by myself in a quiet place. Whatever shape my grief takes on this day, please allow me to feel the way I feel and please follow my lead. Beyond that, acknowledge me as a mother. It makes me feel forgotten and as though my child has been forgotten when people act as though my child never existed. Also, I can sense that people feel uncomfortable talking about my child and I constantly feel like the elephant in the room, but it doesn't have to be this way. Honestly, I find it really comforting when someone talks about my child. I love hearing their name spoken out loud! I love hearing stories about them. Maybe you know a story I've never heard, or maybe I've heard it a hundred times before, but it really doesn't matter to me. Your acknowledgment alone is one of the greatest Mother's Day gifts you could give me.

I guess while I'm offering my two cents, I also have something to say to my fellow bereaved mothers. No one has it all figured out, but I've learned a few lessons along the way. If you're worried about Mother's Day, you're not alone. Try not to get overwhelmed or wrapped up in anxiety. You may actually find that the anticipation of the day is worse than the day itself. You may want to plan a whole day of activities just to stay busy, or you may feel like doing nothing at all. There is no "right" way to handle Mother's Day – but do try to plan ahead a little. You may want to reach out to others who are struggling with the day and, if you can, it always helps to face the day with people who love and support you.

Whatever you do, believe you will make it through the day. With time, the grief storms will grow smaller and less frequent and you will find a little more balance and room to breathe. Believe you will be okay and have hope that in the future you will find yourself in a place where you can grieve and celebrate on Mother's Day all at the same time. Let's take care of each other, M <https://whatsyourgrief.com/grieving-a-child/>

Ask My Dad How He Is

My Dad, he tells a lot of lies, he never did before.
But from now until he dies; he'll tell a whole lot more.

Ask my Dad how he is, and because he can't explain,
He will tell a little lie, because he can't describe the pain.

Ask my Dad how he is, and he'll say "I'm alright".
If that's the truth, then tell me; why does he cry each night?


Ask my Dad how he is, he seems to cope so well.
He didn't have a choice you see, nor the strength to yell.

Ask my Dad how he is, "I'm fine, I'm well, I'm coping."
For God's sake Dad, just tell the truth.
Just say your heart is broken.

He'll love me all his life, I loved him all of mine.
But if you ask him how he is, he'll lie and say he's fine.

I am here in Heaven. I cannot hug from here.
If he lies to you, don't listen. Hug him and hold him near.

On the day we meet again, we'll smile and I'll be bold.
I'll say "You're lucky to get in here, Dad, with all the lies you told!"



Credits: Author unknown, poem altered for "dad". Picture is the "New Dad" figurine by Willow Tree


Whispers

Dear daddy, please try to remember
that I love you more than anything.
The moment I came to your heart
I heard the Angels softly sing.

I went to them to have a listen
to their lullabies so sweet,
and wrapped in gentle wings of tender
my dearest daddy: I fell asleep.

I wish that I could dry your tears
each day, as I watch over you.
And when you say my name at night
I whisper:

Dad, I love you too



For Fathers, Loss of a Child Carries Special Burdens

by: [Clara Hinton](#)

<https://www.opentohope.com/for-fathers-loss-of-a-child-carries-special-burdens/>

Men go through all kinds of identity changes when they experience the loss of a child, especially a child who is older and has lived long enough to create established memories with his or her father.

A man identifies himself by mainly two things: the job he has and the family he has. When a child is taken away by death, a man suddenly loses the largest, most important part of his identity. A real crises situation has been created, not just for the father, but also for role the father plays with the family. Fathers love to feel needed, and they love to feel like they are the one responsible for the happiness of the entire family.

Men are far less verbal than women by nature, and it makes it much more difficult for family members and friends to understand the changes that are taking place with a father loses a child. He often feels like a failure because he was unable to prevent the death or to fix the death once it took place. This is especially true if the child's life was lost due to an illness.

Fathers often believe their role is to fix things that are broken or in need of repair, and when they cannot fix their child's illness and the end result is death, a father goes through a deep grieving period of feeling tremendous guilt and failure.

A father who loses a child also loses such a large part of his dreams. Fathers don't always openly talk about their dreams of hunting and fishing with their children, or of taking bike rides together, going to ball games together or of tossing a ball in the backyard, but they think about these events all of the time.

Fathers of girls daydream about walking their daughter down the aisle and dancing that first dance at the wedding. They dream about taking care of all of their child's hurts, wiping their tears away, and being called "hero" for all of the ways they show their strength to their son or daughter.

Child loss, in a father's eyes, often represents weakness. Men believe fathers are to be strong and in charge, not at a loss for knowing what to do when death turns life upside down. Child loss is such a helpless feeling, and often this is a foreign emotion for fathers who have been a tower of strength for their children.

What is a father to do? How can a father go on and feel whole once again?

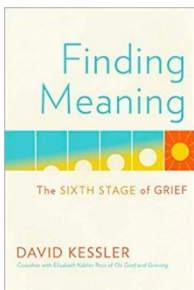
It takes time to work through the pain of loss. It takes a long time to build back a feeling of belonging as a father. It will often take years for a father to be able to reclaim his identity of a father. It will take lots of working through feelings of failure and loss to feel like a man who can always proudly wear the name father.

Take it a day at a time, a step at a time. Begin by telling yourself over and over that you will always be a father. Nothing can change that—not even death. Remind yourself often that some things cannot be fixed by you. Remember often that lost dreams are part of the pain every parent feels when a child dies. It takes a lot of tears and years to work past the milestone markers of such things as dreams of your child playing ball, driving a car, dating, getting married, and having children.

These are not easy dreams to release, but with time you will be able to more vividly remember the times you had with your child than to sorrow over the time you never had. Be patient with yourself. Be kind to yourself. And, when you fall into the emotional pain of feeling like a failure, remind yourself that you will always be a father and nothing can take away that badge of honor, not even death.



Book Suggestion: *Finding Meaning, The Sixth Stage of Grief*, by David Kessler



In this groundbreaking new work, David Kessler—an expert on grief and the coauthor with Elisabeth Kübler-Ross of the iconic *On Grief and Grieving*—journeys beyond the classic five stages to discover a sixth stage: meaning.

In 1969, Elisabeth Kübler-Ross first identified the stages of dying in her transformative book *On Death and Dying*. Decades later, she and David Kessler wrote the classic *On Grief and Grieving*, introducing the stages of grief with the same transformative pragmatism and compassion. Now, based on hard-earned personal experiences, as well as knowledge and wisdom earned through decades of work with the grieving, Kessler introduces a critical sixth stage.

Many people look for “closure” after a loss. Kessler argues that it’s finding meaning beyond the stages of grief most of us are familiar with—denial, anger, bargaining, depression, and acceptance—that can transform grief into a more peaceful and hopeful experience.

In this book, Kessler gives readers a roadmap to remembering those who have died with more love than pain; he shows us how to move forward in a way that honors our loved ones. Kessler’s insight is both professional and intensely personal. His journey with grief began when, as a child, he witnessed a mass shooting at the same time his mother was dying. For most of his life, Kessler taught physicians, nurses, counselors, police, and first responders about end of life, trauma, and grief, as well as leading talks and retreats for those experiencing grief. Despite his knowledge, his life was upended by the sudden death of his twenty-one-year-old son.

How does the grief expert handle such a tragic loss? He knew he had to find a way through this unexpected, devastating loss, a way that would honor his son. That, ultimately, was the sixth state of grief—meaning. In *Finding Meaning*, Kessler shares the insights, collective wisdom, and powerful tools that will help those experiencing loss.

Finding Meaning is a necessary addition to grief literature and a vital guide to healing from tremendous loss. This is an inspiring, deeply intelligent must-read for anyone looking to journey away from suffering, through loss, and towards meaning.

Grieving the Loss of a Child

Source: www.cancer.net/coping-with-cancer/managing-emotions/grief-and-loss/grieving-loss-child

Editor's Note: Although this article is provided by cancer.net, and mentions loss through cancer, the information and guidance is relevant to every child loss and dealing with your grief.

No parent is prepared for a child's death. Parents are simply not supposed to outlive their children. It is important to remember that how long your child lived does not determine the size of your loss. The loss of a child is profound at every age.

- Parents of young children are intimately involved in their daily lives. Death changes every aspect of family life, often leaving an enormous emptiness.
- The death of an older child or adolescent is difficult because children at this age are beginning to reach their potential and become independent individuals.
- When an adult child dies, you lose not only a child but often a close friend, a link to grandchildren, and an irreplaceable source of emotional and practical support.

You may find that you also grieve for the hopes and dreams you had for your child, the potential that will never be realized, and the experiences you will never share. If you lost your only child, you may also feel that you have lost your identity as a parent and perhaps the possibility of grandchildren. The pain of these losses will always be a part of you. Yet with time, most parents find a way forward and begin to experience happiness and meaning in life once again.

Common grief reactions

Grief reactions after the death of a child are similar to those after other losses. But, they are often more intense and last longer. You may experience the following grief reactions:

- Intense shock, confusion, disbelief, and denial, even if your child's death was expected
- Overwhelming sadness and despair, such that facing daily tasks or even getting out of bed can seem impossible
- Extreme guilt or a feeling that you have failed as your child's protector and could have done something differently
- Intense anger and feelings of bitterness and unfairness at a life left unfulfilled
- Fear or dread of being alone and overprotecting your surviving children
- Resentment toward parents with healthy children
- Feeling that life has no meaning and wishing to be released from the pain or to join your child
- Questioning or losing faith or spiritual beliefs
- Dreaming about your child or feeling your child's presence nearby
- Intense loneliness and isolation, even when around other people, and feeling that no one can truly understand how you feel

Although grief is always profound when a child dies, some parents have an especially difficult time. Even as time passes, their grief remains intense, and they feel it is impossible to return to normal life. Some parents may even think about hurting themselves to escape from the pain. If you are having these feelings, talk with a professional such as a doctor or [counselor](#) right away. You can find help to move past this intense grief.

Timing of your grief reactions

Some people expect that grief should be resolved over a specific time, such as a year. But this is not true. The initial severe and intense grief you feel will not be continuous. Periods of intense grief often come and go over 18 months or longer. Over time, your grief may come in waves that are gradually less intense and less frequent. But you will likely always have some feelings of sadness and loss.

Even years after your child's death, important events and milestones in the lives of other children can trigger grief. Significant days such as graduations, weddings, or the first day of a new school year are common triggers. At these times, you may find yourself thinking about how old your child would be or what he or she would look like or be doing if still alive.

Differences in how parents grieve

Parents may grieve in different ways depending on their gender and their daily role in a child's life. One parent may find that talking helps, while the other may need quiet time to grieve alone. Cultural expectations and role differences also affect how parents grieve. Men are often expected to control their emotions, be strong, and take charge of the family. Women may be expected to cry openly and want to talk about their grief.

If you are a working parent, you may become more involved in your job to escape the sadness and daily reminders at home. A stay-at-home parent may be surrounded by constant reminders and may feel a lack of purpose now that his or her job as caregiver has abruptly ended. This is especially true for a parent who spent months or even years caring for a child with cancer.

Differences in grieving can cause relationship difficulties at a time when parents need each other's support the most. One parent may believe that the other is not grieving properly or that a lack of open grief means he or she loved the child less. Talk openly about your grief with your partner. Work to understand and accept each other's coping styles.

Helping siblings who are grieving

Parents are the focus of attention when a child dies, and the grief of siblings is sometimes overlooked. The death of a sibling is a tremendous loss for a child. They lose a family member, a confidant, and a life-long friend.

When your child developed cancer, you were likely completely focused on the needs of your sick child. You now may be overwhelmed with your own grief. Your surviving children may misinterpret your grief as a message that they are not as valued as much as the sibling who died.

You can help your children during this time of grief in several ways:

- Make grief a shared family experience. Include children in discussions about memorial plans.
- Spend as much time as possible with your children, talking about their sibling or playing together.
- Make sure children understand that they are not responsible for a sibling's death, and help them let go of regrets and guilt.
- Never compare siblings to your child who died. Make sure your child knows that you don't expect them to "fill in" for him or her.
- Set reasonable limits on their behavior. But try not to be either overprotective or overly permissive. It is normal to feel protective of surviving children.
- Ask a close family member or friend to spend extra time with siblings if your own grief prevents you from giving them the attention they need.

Learn more about how to [help a child or teenager who is grieving](#) and [how to cope with losing a sibling to cancer](#).

Helping yourself grieve

As much as it hurts, it is natural and normal to grieve. You may find the following suggestions helpful while grieving:

- Talk about your child often and use his or her name.
- Ask family and friends for help with housework, errands, and caring for other children. This will give you important time to think, remember, and grieve.
- Take time deciding what to do with your child's belongings. Don't rush to pack up your child's room or to give away toys and clothes.
- Prepare ahead of time for how to respond to difficult questions like, "How many children do you have?" or comments like, "At least you have other children." Remember that people aren't trying to hurt you; they just don't know what to say.
- Prepare for how you want to spend significant days, such as your child's birthday or the anniversary of your child's death. You may want to spend the day looking at photos and sharing memories or start a family tradition, such as planting flowers.
- Because of the intensity and isolation of parental grief, parents may especially benefit from a support group where they can share their experiences with other parents who understand their grief and can offer hope.

Learn more about [coping strategies for when you are grieving](#).

Finding meaning in life

THE DEFINITION OF GRIEF

Grief has many definitions but here are the ones that we've found most helpful for grieving people



Grief is the normal and natural emotional reaction to loss or change of any kind. Of itself, grief is neither a pathological condition nor a personality disorder.



"Grief is the conflicting feelings caused by the end of or change in a familiar pattern of behavior."



"Grief is the feeling of reaching out for someone who's always been there, only to discover when I need her [or him] one more time, she's no longer there."



"Grief is the feeling of reaching out for someone who has never been there for me, only to discover when I need them one more time, they still aren't there for me."

Following a significant emotional loss, your life **IS** forever changed but sadness and pain does **NOT** have to be your "new normal."

www.griefrecoverymethod.com



You should expect that you will never really "get over" the death of your child. But you will learn to live with the loss, making it a part of who you are. Your child's death may make you rethink your priorities and the meaning of life. It may seem impossible, but you can find happiness and purpose in life again.

For some parents, an important step may be creating a legacy for your child. You may choose to honor your child by volunteering at a local hospital or a cancer support organization. Or you may work to support interests your child once had, start a memorial fund, or plant trees in your child's memory. It is important to remember that it is never disloyal to your child to reengage in life and to enjoy new experiences. Each of your children changes your life. They show you new ways to love, new things to find joy in, and new ways to look at the world. A part of each child's legacy is that the changes he or she brings to your family continue after death. The memories of joyful moments you spent with your child and the love you shared will live on and always be part of you.

**Sometimes it is the simple things
That make us stumble and fall
When grieving, the easy
Is no easy thing at all**

**Waking, bathing, dressing
Eating, walking, working
Talking, shopping, driving
So many things, no shirking**

**Brushing, washing, cleaning
Cooking, typing, sleeping
Listening, banking, raking
So many things, and weeping**

**When grief attacks a heart
The easy is made tough
So be easy on yourself
Until the easy is not so rough**

-Tanya Lord

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www.facebook.com/grieftoolbox



Our Children Remembered May 2020

Jordan Edward Ambrozewicz
Son of Steven and Beverly Ambrozewicz
May 27, 1993 - May 10, 1995

Jonathan David Aorilio
Son of Tracie Aorilio
May 18, 1996 - August 28, 2018

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

Donald Gordon Barrett
Son of Kathy and Don Barrett
May 14, 1976 - May 3, 2002

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

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

Pamela Grace Clair
Daughter of Doris and Charles Clair
June 3, 1954 - May 11, 1984

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

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

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

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

Tracy Ann Fotino
Niece of Kenneth Smith
May 14, 1971 - August 25, 2000

Andrew Thomas "Drew" Gawthrop
Son of Brenda Gawthrop
May 25, 1990 - August 12, 2002

Matthew Gordon Haines
Son of Gordon and Peggy Haines
May 3, 1977 - July 4, 1996

Charles Lee Holmes. Sr
Son of Charlene Kvech
July 4, 1958 - May 22, 2019

Michael Warren "Mikey" Hugel, Jr.
Son of Theresa Sheehan
May 22, 1986 - May 18, 2016

Brian Keith Jones
Son of Leroy and Jeanne Jones
May 22, 1974 - May 22, 1974

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

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

Daniel "Dan" Michael Milord
Son of Mike Milord
July 15, 1982 - May 5, 2004

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

Shane Aaron Morris II
Son of Michelle and Shane Morris
June 16, 1992 - May 10, 2015

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

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

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

Wendy Dawn Saunders
Daughter of Ronald and Aljuana Saunders
May 20, 1972 - May 14, 1998

James Benjamin Scheff
Son of James and Gail Scheff
May 9, 1979 - June 1, 2012

Brandon Michael Sisler
Son of Laura Sisler
May 7, 1993 - October 15, 2011

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

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

Christopher Lewis Strader
Son of Lewis and Peggy Strader
May 27, 1979 - June 21, 1997

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

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

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

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

Our Children Remembered June 2020

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

Stokely Malcolm Andrews
Son of Mari and Malcolm Andrews
June 23, 2015 - June 13, 2017

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

Oscar William Atha-Nicholls
Son of Richard and Amy Atha-Nicholls
June 2, 2018 - June 2, 2018

Johnny Sivert Brungot
Son of Christine and George Brungot
June 28, 1990 - June 29, 2011

Sherry Crouch Burford
Daughter of Jerry and Lorraine Crouch
June 4, 1954 - August 21, 2014

Pamela Grace Clair
Daughter of Doris and Charles Clair
June 3, 1954 - May 11, 1984

Olivia Rachel Constants
Daughter of Stephen and Dorothy Constants
July 28, 1996 - June 23, 2011

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

Jack Turner Dumont
Son of Jill and Dave Dumont
June 26, 2003 - June 26, 2003

Jonathan David Elkins
Son of Viki Foster
June 16, 1987 - June 5, 2017

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

BPUSA Anne Arundel County Chapter Newsletter

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

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

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

Scott Andrew Katsikas
Son of Linda Snead
June 9, 1980 - August 13, 2004

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

James Arthur Leese
Son of Judith and John Leese
July 27, 1960 - June 25, 2013

Deana Jean Marie Lenz
Daughter of Patricia and James Lenz
June 5, 2009 - June 6, 2009

Nicholas Paul Liberatore
Son of Larry and Pat Liberatore
September 27, 1980 - June 9, 1997

Brian Richard Melcher
Son of Norma and Donald Melcher
Brother of Cheryl Lewis
August 30, 1960 - June 14, 2002

Cody Thomas Moczulski
Son of Robin Moczulski
September 19, 1993 - June 13, 2010

Shane Aaron Morris II
Son of Michelle and Shane Morris
June 16, 1992 - May 10, 2015

Shannon Marie Nuth
Daughter of Patty and Joe Nuth
Sister of Bridget Rice
June 25, 1991 - June 20, 2016

May/June2020

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

Sarah Elizabeth Patterson
Daughter of Cindy Patterson
June 28, 1987 - September 19, 2006

Krystal Brooke Pearce
Daughter of Douglas Pearce
June 1, 1995 - October 3, 2013

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

James Benjamin Scheff
Son of James and Gail Scheff
May 9, 1979 - June 1, 2012

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

Kelsey R Silva
Daughter of Kristen Silva
Daughter of Francisco Martins Silva
October 28, 1991 - June 16, 2011

Patrick F. Smith
Son of Fran Smith
February 20, 1978 - June 23, 2000

Daniel John Sohovich II
Son of Vera Sohovich
January 26, 1988 - June 9, 2011


Christopher Lewis Strader
Son of Lewis and Peggy Strader
May 27, 1979 - June 21, 1997

Cindy Sue Walker
Daughter of Edward and Phyllis Frazier-James
June 22, 1959 - June 21, 2010

Michael Shane Wheeler
Son of Lita L. Ciaccio
June 22, 1976 - January 11, 1997

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

More from BPUSA National -----



HOPE
is not cancelled


- Hope is not canceled
- Love is not canceled
- Coping is not canceled
- Growth is not canceled
- Integrity is not canceled
- Learning is not canceled
- Gratitude is not canceled
- Kindness is not canceled
- Laughter is not canceled
- Connection is not canceled

During these unprecedented times, it's hard not to dwell on the fear and anxiety that surrounds us, especially, if we are already grieving the loss of a loved one. We are well aware that the worst can happen; we know that children can die; we know that siblings can die; we know the devastating pain and terror that can overcome us with that kind of loss.

But we also know that we have learned to live with that loss; we know that we are able to dig deep and come through the darkest of times; we know we are survivors and have discovered that joy and sadness can coexist. And we know that we have the stamina and resources to get through what lies ahead.

Please join our Facebook page to help you stay connected:
<https://www.facebook.com/BereavedParentsUSA/>

Here's a great article with suggestions for staying sane, safe and healthy over the next several weeks:
<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>



BPUSA where grief meets hope and healing...

Our Anne Arundel County Chapter is always here for you too.
Do not hesitate to call one of our phone friends, email someone, or go on Facebook.

- Phone friends to call if you need to talk:
- Barbara Bessling (410) 761-9017
 - Mary Redmiles (301) 704-8086
 - Noel Castiglia (410) 974 1626
 - Ann Castiglia (410) 757-5129
 - Paul Balasic (443) 566 0193
 - Sandi Burash (443) 831 3960
 - Bob Burash (443) 306 9186

Email: bpaacntychapterleader@gmail.com

On Facebook: search for "Anne Arundel County Chapter of the Bereaved Parents of the USA"



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