



Bereaved Parents of the USA

Anne Arundel County Chapter

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“All I ask of you is forever to remember me as loving you.”
-- Gregory Norbet (also see page 3)



Your Hazel-Green Eyes

Oh, how I wish I had a picture that caught the exquisite beauty of your hazel-green eyes. It was as if God had captured the stars and trapped them in your irises, your eyes were so beautiful. To top that off, you inherited Daddy’s thick, black lashes. Your eyes were gorgeous, as was your face. We miss them both ever so much, but mostly we miss your sweet, kind, loving disposition.

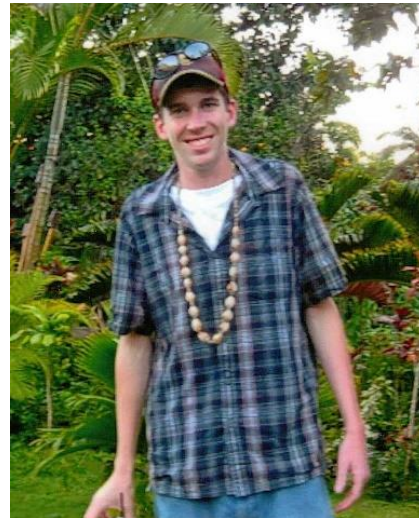
You were our angel here on Earth. You are our angel now in Heaven. We miss you, darling boy. Oh, how we miss you

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



“ We only miss you when we’re breathing.
Until we meet again Tom, our sweet, caring son.”

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



ZOOM Virtual Meetings on November 5 and December 3

CHAPTER GATHERINGS and MEETINGS

COVID-19 Still leaves us ZOOMing for our monthly Gatherings.

We are all looking forward to the time when we can come together and see each other face-to-face and give and receive those wonderful hugs. But for now, we continue our ZOOM virtual meetings, and stay home, and stay safe.

Using ZOOM is easier than you may think. You can use your smart phone, iPad, or PC. You will receive an email with the link to the meeting, and when it's time for the meeting just click on the link. You will be in a "waiting room" and the host will let you "in". Our meetings are private so only those who receive the email with the link can participate.

Here's a link for a tutorial on how to join a meeting:

<https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting->

We have successfully had 25-35 people in our monthly virtual gathering and then break out into smaller groups for sharing. The virtual gathering will have the same feel as our normal gatherings. We will have an opening, and possibly a guest speaker or video program. We will say our children's names and read the credo. After the general opening, we will hold smaller sharing groups.

Parents, invite and encourage your children to join our monthly gathering and participate in the **sibling sharing group**. Siblings often neglect their grief and healing needs as they help their parents work through their grief. But sibling needs are different from parents. This is a chance for siblings to share their feelings with other bereaved siblings.

For more information, please contact our ZOOM host, Bob Burash, 410-551-5774,
bpaacntychapterleader@gmail.com

November 5, 7:00 virtual meeting: Watch for an email with details for joining with ZOOM, and information on the meeting topic and sharing groups.

December 3, 7:00 virtual meeting: Watch for an email with details for joining with ZOOM, and information on the meeting topic and sharing groups

Other important dates:

Annual Service of Remembrance: December 6, 3:00, virtual gathering. More information see p.3

Worldwide Candle Lighting Day: December 13, 7:00. More information see p. 4



December 6, 3:00: Our Annual Service of Remembrance will be a **virtual gathering**. We plan to keep the format very similar to past services, with music, readings, candle lighting, and a photo slide show. The theme for the Service is “Keep HOPE Alive.” Many of you have attended this annual event for years, as we remember our children during the holiday season. Please plan to join us this year also. The invitations have been mailed, along with the RSVP form.

You must respond by Nov 2 to assure your child’s name is included in the **printed program**. Even though this is a virtual Service of Remembrance, we are still providing a printed program. Everyone who returns the RSVP will receive one program at no cost, and may request more at \$5 each. We plan to have the programs mailed in time for you to have it during the virtual Service of Remembrance.

If your RSVP is received after Nov 2, your child may still be included in the **photo slide show**, however we DO need the waiver acknowledged on a signed RSVP form.

Always part of our Service of Remembrance, candle lighting will be an integral part again this year so be prepared to light a candle at home and say your child’s name. Also, a favorite of many of us, “All I Ask Of You”, will be sung by Lisa Beall. Enjoy this version today, and plan to join us on Dec 6 to sing the refrain.

All I Ask of You sung by Weston Priory

<https://www.youtube.com/watch?v=NNrvdh8bIB0>

All I ask of you is forever
To remember me as loving you.

Deep the joy of being together in one heart
And for me that’s just where it is.
*But all I ask of you is forever
to remember me as loving you.*

As we make our way through
all the joys and pain,
Can we sense our younger, truer selves?
*But all I ask of you is forever
to remember me as loving you.*

Someone will be calling you to be
there for a while.
Can you hear their cry from deep within?
*But all I ask of you is forever
to remember me as loving you.*

Laughter, joy and presence:
the only gifts you are!
Have you time? I’d like to be with you.
*But all I ask of you is forever
to remember me as loving you.*

Persons come into the fiber of our lives
And then their shadow fades
and disappears.
*But all I ask of you is forever
to remember me as loving you.*

December 13 at 7:00 Worldwide Candle Lighting: Worldwide Candle Lighting Day is a day where friends and family come together to remember children who have left this world too soon. There is no greater loss than that of a child, and this day brings together everyone who has experienced the heartbreak of losing a child. It is a day of understanding, support, and friendship. While it may be a sad day, it is also a day of hope, helping people to realize that there is still life after losing a child too soon.



Every year, at 7 PM on the second Sunday in December, individual and group candle lightings are held around the globe. The intense darkness of grief gives way to light as thousands of candles spread their flickering flames to light the night in unison as all the children who died are remembered and honored. The first candles are lit in New Zealand, and for the next 24 hours a virtual wave of light spreads around the world.

This year, light a candle, remember your child and help spread light around the world.



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

Memory Walk 2020

By Fran Palmer



It was a beautiful, crisp autumn morning much like many of our Walks before, but we headed down a slightly different path – this was our first attempt at a virtual walk. The presentation path was slightly bumpy, but we have endured so much, we didn't really notice.

The virtual walk allowed us all to connect on a personal level, not only seeing the faces, but giving everyone a chance to meet each person and learn a snippet of their child's life. We also learned how creative our friends are at decorating a butterfly in memory of their child. And while they were all different, as we are different, they were all distinctive, beautiful, and

meaningful. It was a great way to see friends that might not have been able to travel out to the park and allowed us all to hear the songs, readings, and stories. The ability to have sharing groups at the end was a welcomed differentiator from the past and gave many more time to socialize.

Even a virtual walk takes team effort and lots of work -- thank you to all who helped make this such a rewarding experience under unfortunate circumstances. Thank you to all who participated in the planning, invitations, rsvp tracking, to Bob & Paul for making the virtual walk possible, to those participating in the readings and Tom for the beautiful music!

A special thanks to Matthew Groves for his exceptional video editing skills. Many of us don't know Matthew so I would like to take this opportunity to introduce the Groves family. Matthew and Melanie call West Virginia their home. They have a daughter, Jordan and son, Thomas. Thomas died in 2011 at age 12. Melanie had been the chair for the National Gathering 2020, the editor for National's generic newsletter. Matthew has been the go-to guy for audio visual and tech issues. In 2019, he was recognized for his work when he was presented with the Roy and Juanita Peterson award for dedicated service at both the local and national level.

As with all of our gatherings, this walk was very meaningful for our hearts and souls. It was a great day and great way to honor our children and keep their memories alive. If you were unable to join us this year, know that your child was remembered as we watched the video clips of our children.

We hope that next year we will again be able to meet in the great outdoors, share fellowship and hugs along our grief walk. We look forward to connecting with you at the upcoming Service of Remembrance and the 2021 events.

“Rain or Shine”

A Thank You from Bob Burash

A huge expression of gratitude and thanks to Barb, the walk chair, Noel and Ann, Tom and Tina, Mary, Paul, Kathy, Carol, Janet, Linda, Elvira, and Sandi and Bob, who spent many hours planning and designing our virtual walk, ensuring it resembled, as closely as possible, our annual Quiet Waters Park walk. We also enlisted the help of our friend from West Virginia, Matthew Groves, bereaved father of Thomas, to work his editing magic and produce several short clips of a reflective stroll in the woods which were interspersed throughout the slide presentation. Thank you, Matthew.

Barbara, our annual memory walk chair, has declared steadfastly and with great conviction for the past 17 years, we walk “Rain or Shine”. We have been faithful to that with one near miss in 2015 when the Maryland Governor declared a state of emergency in expectation of hurricane Joaquin. His declaration shut down the state and our walk. This did not stop us; we rescheduled the walk for the following month.

Our 18th annual memory walk in 2020 faced a similar fate of being shut down because of our new ‘friend’ COVID-19, but the above recognized group of parents selected readings, songs, and assembled a photo slide presentation of our children. We were ready to go, but something was missing. The feel of walking along the wooded path. This is where Matthew got involved and helped with the walk videos. What a success!

I want to personally recognize and humbly thank each of the talented folks who made this walk happen and preserve ‘Rain or Shine’. They are now working on creating the Service of Remembrance program.

My Child and My Tree --

Christina Delaney, September 7, 2020, read at the Memory Walk



I see a tree, its branches bare,
 I think of you most everywhere.
 The tree has died, or so it seems,
 But God has more planned in His Dreams.
 For, though the trunk looks void of giving,
 Its purpose now helps others living.
 See, leaves grow up its lofty stance
 From those around, from other plants.
 You are that tree, we are the greens,
 We cling to you in memories.
 Our life goes on, your presence gone,
 We're different now, we're holding on
 To all the times we laughed and cried,
 We hold you now so deep inside.
 Stand firmly, so plants in nature's wild
 Can cling to you, my precious Child.
 Your body's gone, it did depart,
 But as before, you're in my heart.
 I miss you so, I cling to you,
 As vines grow up the bark anew.
 I'll stop and look at every tree,
 And marvel in its mystery.
 The lessons learned from nature's way
 Are teaching me to stop and pray.
 You're still with me, with every stride,



A LETTER TO THE NEWLY BEREAVED MOTHER

<https://www.facebook.com/grievingmother>



From one grieving mother's heart to another, I'm sending you love and so much strength... There are no rules for grieving and time becomes insignificant in so many ways now.

I'm not going to lie to you. It will never be okay. It will never become easy. And the sorrow of losing your son or daughter will never lessen. What I can tell you is that it will change. You will learn to survive and live around the pain and emptiness. It will not always be as suffocating and debilitating as it is right now.

If you refuse to give up, you will find life again, in your own time. The colors will never be as vivid as they once were; however, they will return to your world one day... Time will never be your friend but rather your teacher.

Follow your heart. No one else knows what you need. It is so raw right now so simply breathe and do whatever it is that will get you to the next moment. Nothing more. It is breath by breath and moment by moment right now and for some time to come. There is no time limit, no right or wrong and no matter what you may think sometimes, you are NOT crazy or going insane. It is simply your new normal.

You also are NOT alone. There are many of us traveling this road ahead of you and many more will arrive to follow behind you. When you are ready, reach out to the hands that journey ahead of you and allow them to pull you up and forward when you fall. They are waiting, and they are infused with the strength of a million broken hearts connected throughout time and space by a pain and sorrow that is hermetically sealed off from the rest of the world and all other experiences. And if you refuse to give up, if you remember that you alone are the keeper of your son's or daughter's memory, you will one day find yourself taking hold of a desperate hand reaching out for help from behind you and you will realize that you too have been infused with the strength needed to pull another mother or father up and forward.

But for today and for as many tomorrows as your heart says is needed, simply breathe and grieve my sister... Breathe and grieve for your child. And do it in absolutely any way that feels right to you. Simply breathe and grieve.

Because for as long as you breathe, your son or daughter will be.





Thanksgiving Grief: Finding Gratitude When You're Anything but Grateful

By Litsa Williams, Co-Founder, What's Your Grief, <https://whatsyourgrief.com/>

Up until now, I have been in full-on denial about the holidays approaching. But Halloween has come and gone. My job started a holiday food drive last week. My mom called me yesterday to start talking logistics about Thanksgiving. And today, I noticed all the stores had their holiday displays out in full force.

The time has come to acknowledge, the holidays are coming. There, I said it. It's official. This is my public acknowledgment that the holidays are going to be here sooner rather than later, along with my Thanksgiving grief.

Last month we posted [64 Things I Wish Someone Had Told Me About Grief](#), and on that list, we said: "holidays will be hard forever." I was struck by the number of people who commented, saying they could relate to that item specifically.

On social media, someone said, "*I deluded myself into thinking that after the first year, the holidays would go back to being normal and happy. 7 years later, I now realize the holidays will always have some pain, and, just like everything else, nothing goes back to normal.*" I couldn't have said it better myself.

The holidays are a reminder of the people who are missing from our holiday celebrations. Their absence is always felt, even as the years pass. Sure it gets easier...or maybe we just get used to the sadness.

We see images everywhere of what the holidays are supposed to look like – perfect families full of perfect holiday cheer. Yet our reality looks so different. Someone important is missing, the family is changed, traditions have been lost, sometimes there's a financial strain, pain, and conflict.

Thanksgiving grief can color the lens through which we see things, keeping us fixated on loss and pain above all else. I know I am looking through a gray, dingy lens these days, and I have a strong feeling I am not alone. So today, the plan is simple: find gratitude.

It only seems appropriate, with Thanksgiving around the corner, we should at least try to adjust our frame of mind by looking for some good. It may sound cheesy, but here is what I'm going to do to get my holiday season off to a better start:

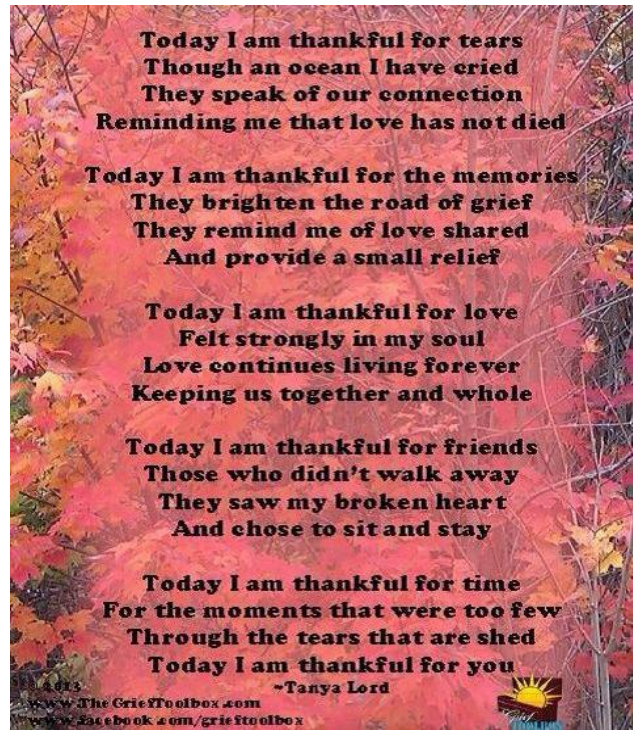
I'm going to find one thing I am grateful for every day.

I know there will be moments when I'm overwhelmed by stress and generalized holiday gloom. Still, from tomorrow until Thanksgiving, I commit to take at least a few minutes every day to reflect on the things I am thankful for.

This isn't a big undertaking. It's attainable, and it works. Humans have an incredible ability to fixate on the negative. So breaking up all that negativity with positive thoughts about the people, places, and things we love can be a refreshing and much-needed shift in thinking.

Plus, looking for gratitude slows us down. Instead of rushing past the little things, it encourages us to take the time to appreciate and savor them. It helps us re-frame things for ourselves – looking at the positive instead of the negative, even though this can seem impossible when you feel crushed under the weight of the negative *I'm going to find one thing I am grateful for every day.*

So I'm going to find one thing I am grateful for every day.



GRIEF & THE HOLIDAYS

By David Kessler <https://grief.com/grief-the-holidays/>

“The holidays are times spent with our loved ones.” This has been imprinted on our psyche from a young age. Holidays mark the passage of time in our lives. They are part of the milestones we share with each other and they generally represent time spent with family. But since holidays are for being with those we love the most, how on earth can anyone be expected to cope with them when a loved one has died? For many people, this is the hardest part of grieving, when we miss our loved ones even more than usual. How can we celebrate togetherness when there is none?

When you lose someone special, your world lacks its celebratory qualities. Holidays magnify that loss. The sadness deepens and the loneliness can feel isolating. The need for support may be the greatest during the holidays. Pretending you don't hurt and/or it isn't a harder time of the year is just not the truth for you. But you can – and will – get through the holidays. Rather than avoiding the feelings of grief, lean into them. It is not the grief you want to avoid, it is the pain. No one can take that pain away, but grief is not just pain, grief is love. Here is a video that may help you www.HolidayGrief.com (see Editor's note below)

There are a number of ways to incorporate your loved one and your loss into the holidays.

Thanksgiving, Christmas, Chanukah, New Years

These are the biggest and usually most challenging of all. You can and will get through the Holidays. Rather than avoiding the feelings of grief, lean into them. It is not the grief you want to avoid, it is the pain. Grief is the way out of the pain. Grief is our internal feelings and mourning is our external expressions.

Ways to externalize the loss – give it a time and a place

- A prayer before the Holiday dinner, about your loved one.
- Light a candle for your loved one.
- Create an online tribute for them.
- Share a favorite story about your loved one.
- Have everyone tell a funny story about your loved one.
- At your place of worship remember them in a prayer.
- Chat online about them.

Ways to Cope

Have a Plan A/Plan B – Plan A is you go to that holiday dinner with family and friends and if it doesn't feel right, have your plan B ready. Plan B may be watching a movie you both liked, or looking through a photo album, or going to a special place you went to together. Many people find that when they have Plan B in place, just knowing it is there is enough.

Cancel the holiday altogether. Yes, you can cancel the holiday. If you are going through the motions and feel nothing, cancel them. Take a year off. The holidays will come around again and will always be there. For other people, staying involved with the holidays is a symbol of life continuing. Let the holiday routine give you a framework during these tough times, and lean on a holiday support system.

Try the holidays in a new way. Grief has a unique way of giving us permission to evaluate what parts of the holidays we enjoy and what parts we don't. Remember, there is no right or wrong way to handle the holidays in grief. You have to decide what is right for you and do it. You have every right to change your mind, even a few times. Friends and family members may not have a clue how to help you through this time of year, and you may not either.

It is very natural to feel you may never enjoy this time of year again. They will certainly never be the same as before your loved one's death. However, in time, most people are able to find meaning again in the traditions as a new form of the holiday spirit grows inside of them. Even without grief, our friends and relatives often think they know how our holidays should look, what "the family" should and shouldn't do.

Do's and Don'ts

- Do be gentle with yourself and protect yourself.
- Don't do more than you want, and don't do anything that does not serve your soul and your loss.
- Do allow time for the feelings.
- Don't keep feelings bottled up. If you have 500 tears to cry don't stop at 250.
- Do allow others to help. We all need help at certain times in our lives.
- Don't ask if you can help or should help a friend in grief. Just help. Find ways; invite them to group events or just out for coffee.
- Do, in grief, pay extra attention to the children. Children are too often the forgotten grievers.

Just Remember

Holidays are clearly some of the roughest terrains we navigate after a loss. Finding meaning in the loss is as individual as we are. We often say a part of us died with them, but finding meaning is also realizing a part of them still lives within us. What is vitally important is that we be present for the loss in whatever form the holidays do or don't take. These holidays are part of the grieving journey that we must fully feel. They are usually very sad, but sometimes we may catch ourselves doing okay, and we may even have a brief moment of laughter. Now more than ever, be gentle with yourself. Don't do more than you want, and don't do anything that does not serve your soul, your loss, or the meaning that still lives within you.

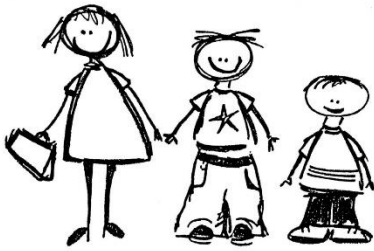
Editor's Note: David Kessler of grief.com presents a free video, although you must provide your email to receive the link. The video is an hour long, with the first 20 minutes giving thoughts and tips by David Kessler. This is followed by a question and answer session on a myriad of topics, not all related to the holidays, but all related to grief. The resources available at grief.com are mentioned.



Holidays and Grief: Surviving Siblings

© Melanie DeSimone, 2015-2020

[thelifeididntchoose Blog at WordPress.com.](http://thelifeididntchoose.com)



I have never wanted to make my life journey with blinders on. I realized young that **MY** perspective is not the only one. *I understand that more clearly now.* So I try hard to think about, acknowledge and accommodate the feelings and needs of others.

But it's especially challenging since Dominic left us. And doubly so this time of year when every sight, smell and song screams, "It's the holidays and **HE IS NOT HERE!**"

*I may not be as thoughtful to some in my circle as I want to be, but I will expend every ounce of energy and effort I can muster to **make space for my living children's needs** during this season.*

I promised them the day Dominic ran ahead to heaven our family would not be defined by what we have lost. I committed right then and there we would not sanctify Dominic, wouldn't whitewash his ornery ways and would not put him on a pedestal against which they would be measured for the rest of their lives.

What I didn't say, but proposed in my heart, was that I would not allow my own feelings of grief, sorrow, missing and despair to rob them of the mother they deserve. I would not stop being there for **THEM**-because, let's face it-Dominic didn't need me anymore. He is safe in his eternal home.

THEY are here with me in this less-than-perfect, messy and painful world we have to navigate together.

So when I'm working on holiday plans, the first thing I do is ask them what they need from me. I want them to have a safe space to express what's hard for **THEM** this year. I welcome ideas, frustrations, hopes and dreams.

I will not shut them down because my heart is hurting.

*I know what I think---I have to listen to know what **THEY** think.*

I don't conduct a sit down interview but over the course of a few days or weeks, I ask probing questions, offer potential scenarios and try to hear the heart behind their words when they answer.

Here are some of the things I ask my kids. Maybe they will be helpful for your family as well:



- What's your work schedule for Thanksgiving/Christmas?
- Do you have any other major commitments that we need to work around?
- How do you feel about what we did last year? What worked for you, what didn't work?
- Is there something special you really want to do this year?
- Is there something you absolutely do NOT want to do this year?
- How's your head going into the holidays? What are you struggling with? What's easier than this time last year?
- Do you need something from me to make the holidays easier?
- When would you rather have the main meal? Do you want/need to invite friends or co-workers?
- What would the ideal Christmas Eve/Christmas Day look like for you?

There are dozens of corollaries to each of these questions. As my children share, I try to explore the edges of the conversation and probe a little further to get at what is really going on. *I am open about my own feelings and fears for the season.* I'm honest about where we can compromise and where, because of trying to manage everyone's needs, we can't.

I always assure them we will continue to work together, to adjust and to muddle through the best we can.

Humans are flawed and fragile and hearts are unpredictable.

Frustration is inevitable at some point.

Don't apologize for tears.

We will not have thought of everything.

And that's OK.



Coping With Grief During the Holidays

Talk about your grief. Don't worry about bringing anyone down. You're allowed to grieve and talk about it.

Create boundaries with your time. If you need to take some time for you, do it.

Find a way to honor them. Start a new tradition that honors their memory.

Set realistic expectations. You will probably be sad or maybe cranky and that's okay.

Allow yourself to feel all of your feelings. Resentment and anger are normal.

Practice self-care. Check-in with yourself on a regular basis and meet those needs.

BlessingManifesting

Our Children Remembered November 2020

Jon Russell Aikin

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

Mariah Nicole Albee

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

Glorimar Arán

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

Douglas Lee Baer III

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

Gabrielle Alexis Berryman

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

Makayla Gabrielle Carpenter

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

Aris T Carpenter

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

Michelle Marie Dyke

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

Alice Engleman

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

Genevieve Marie French

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

Thomas James Geoghegan

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

Jeffrey Andrew Grimm

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

Romana Alice Hale

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

Galen Andrew Harig-Blaine

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

Suzanne Boyer Hyatt

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

Daniel Ryan Mayes

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

Jolene Dawn McKenna

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

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

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

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

Ryan Patrick O'Connor
Son of Robyn and Kevin O'Connor
November 9, 1986 - December 22, 2014

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Tracy Woodfork, Jr
Son of Jennifer Woodfork
Grandchild of Julie Bergmeie
November 28, 1989 - October 8, 2012

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



Our Children Remembered December 2020

Cito Arán
Son of Sandra Arán
December 2, 1978 - July 11, 2000

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

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

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

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

Susan Egan
Daughter of Fran Egan
December 1, 1968 - February 12, 2015

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

Jean-Marc Faubert
Son of Pat St. Aubin
December 15, 1989 - May 25, 2018

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

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

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

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

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

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

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

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

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

Stuart Livingstone, Jr
 Son of Stuart and Lori Livingstone
 December 20, 1992 – January 25, 201

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

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

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

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

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

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

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

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

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

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

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

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

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

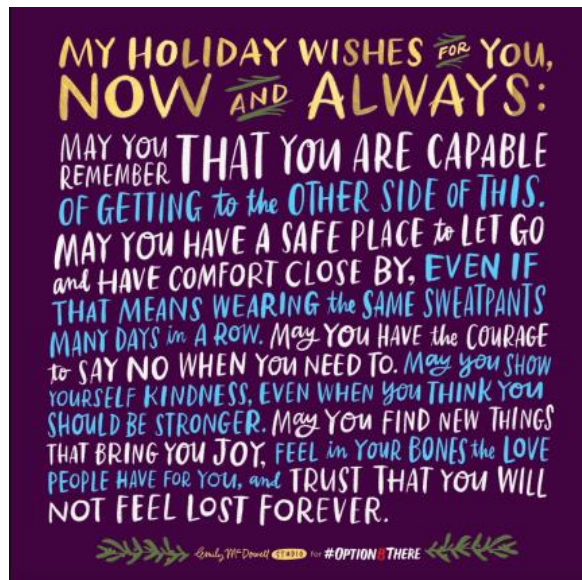
Nariyah Gabrielle Wheeler
Daughter of Tarica Carpenter
December 26, 2006 - January 2, 2007

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

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

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

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



TEARS www.KeyserCarr.com

Crying is an important, and misunderstood, aspect of the healing process. Some people worry that if they cry it shows weakness. Others are afraid that if they start crying, they will be unable to stop. Still others are wondering why they are *unable* to cry, even while they experience grief.

"There are many misconceptions about the pain associated with significant emotional loss. Some relate to the relationship of others, for example: "It's not fair to burden them with my pain," or "You have to be strong for others" [mom, dad, kids, etc.]. Some relate to how we think we should be reacting to the loss, for example: "I should be over it by now," or "I have to keep busy."



One of the most hidden and dangerous fears is that if I ever let myself feel the pain that I sense, I will start crying and never be able to stop. It is precisely this kind of incorrect assumption that can keep us locked into a position of unresolved grief, forever. And yet, based on what we have been taught in our society, it is a most logical extension of everything we have ever learned." From www.griefrecoverymethod.com

Here's another relevant take describing why it's ok, and oftentimes critical, to cry:

Crying, lamenting, sobbing and wailing — all of these allow us to discharge our pain so we can heal. The sadness and despair, when repressed, don't just disappear. Instead, they go underground in your psyche where the pain, unfortunately, intensifies. The feelings are not gone, they are merely buried alive. They then re-emerge at a later time and can cause chronic stress, depression, stomach ulcers, and even a nervous breakdown.

One of the unexpectedly wonderful aspects of crying is that expressing our grief allows us to experience the strength of our aliveness. Our tears let us know we were truly connected to another and that the love we felt was real. Crying releases us from our grief and reaffirms our ability to love and be loved.

You may find some people in your life trying to discourage you from crying. We have all grown up with warnings about not being a "crybaby" or that "real men don't cry." However, crying is the most natural thing in the world for humans to do. Studies show that real healing takes place when we give ourselves permission to cry. I'm sure you've often heard people say they needed a good cry and how much better they felt afterward.

If the people in your life are making you feel uncomfortable about crying, here are a few tips I have tried in order to feel safe shedding tears.

Get in the car. Alone. Take a drive. Find a nice safe place to park and cry. You can cry all you like in private. You can play music on the radio or your favorite CDs. Get in the shower. Turn on the hot water. You can cry and no one will hear you under the sound of the water running. Get outside. Take a walk by yourself. Wear sunglasses. You can cry while you walk and no one will be the wiser. Get in the pool. Start swimming. You can cry underwater and no one will figure it out.

From "It's Okay To Cry" by Catherine Greenleaf

Even Shakespeare has offered perspective on the importance of crying as form a recovery.

"To weep is to make less the depth of grief." ~ William Shakespeare

So, no matter how your emotions affect your crying, please remember that your tears (or lack of tears) are warranted and ok. Please don't let others pressure you to feel otherwise.



CREDO

**OF THE ANNE ARUNDEL COUNTY CHAPTER
OF THE BEREAVED PARENTS OF THE USA**

We are not alone.

We are the parents whose children have died.

We are the grandparents who have buried grandchildren.

We are the siblings whose brothers and sisters no longer walk with us through life.

We are the aunts and uncles whose cherished nieces and nephews are gone.

We are here to support and care for each other.

We are united by the love we share for our children.

We have learned that children die at any age and from many causes.

Just as our children died at all ages, we too are all ages.

We share our pain, our lost dreams and our hopes for the future.

We are a diverse family.

We realize death does not discriminate against race, creed, color, income or social standing

We are at many stages of recovery, and sometimes fluctuate among them.

Some of us have a deep religious faith, some of us have lost our faith, while some of us are still adrift.

The emotions we share are anger, guilt and a deep abiding sadness.

But regardless of the emotions we bring to our meetings,

it is the sharing of grief and love for our children that helps us to

be better today than we were yesterday.

We reach for that inner peace as we touch each other's

lives and place our hand print on each other's hearts.

Our hope for today is to survive the day;

Our dream for tomorrow is gentle memories and perhaps to smile.

We are not alone

We walk together with hope in our hearts.



Our Anne Arundel County Chapter is always here for you.
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

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:

General Donation

Janice Kennedy

Donations for the Memory Walk on Oct 3

Rosemary Mild in memory of Miriam Luby Wolfe
Kathleen Franklin in memory of Tanager Ru Ricci
Noel and Ann Castiglia in memory of Tria Castiglia
Tom and Tina Delaney in memory of Nick Delaney
Carol Fritz in memory of Katie Fritz
Barbara Stern in memory of Ben Stern

Wayne and Wanda Bessling in memory of Ricky Bessling and Carol Ann Bessling
Mary Redmiles in memory of Thomas Redmiles
Sandi and Bob Burash in memory of Paul Burash
Charlene Kvech in memory of Jolene McKenna and Charles (Chuck) Holmes

Sponsorship Donations – Newsletter and Website

Mary and Tom Redmiles in memory of Thomas Redmiles
Yoosef and Linda Khadem in memory of William Mirza Khadem



CHAPTER GATHERING SUMMARY: ZOOM Virtual Gatherings are being scheduled. These virtual gatherings 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. ZOOM meeting access opens at 7:00 to allow for connection time and greeting time. The meeting will start shortly after. Gatherings 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: WHAT IS THE CORE GROUP: 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. These will also be ZOOM virtual meetings as long as necessary. **Please consider joining us. November 10 Core Group – ZOOM Virtual Meeting starting at 7:00 PM.** Anyone interested in participating, contact Bob Burash at bpacntychapterleader@gmail.com to be included on the email invitation.

CHAPTER CONTACTS:

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

Newsletter Publication:

NEWSLETTER ARTICLES: Please consider submitting an article, letter, poem or graphic for inclusion in the newsletter. Words that are meaningful to you will also be meaningful to others. Provide this no later than the 15th of the month prior to publication to ctomaszewski74@gmail.com. ... on 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 15th of the month prior to publication. Forward this to ctomaszewski74@gmail.com. ...on Dec 15.
- 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, Angel Gowns and Knotted Blankets, that may provide you a means of using your hands to make something for other bereaved parents and children. If interested in participating, please contact Carol Tomaszewski, ctomaszewski74@gmail.com.

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 [Bob Burash, 410-551-5774](tel: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.



*May you find moments of peace, reflections of loving memories,
and hope for your future during this holiday season.*

