



Bereaved Parents of the USA

Anne Arundel County Chapter

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We all must keep hope alive within ourselves,
even though everything seems like a chaos in life.
Ali Asghar



Cathryn Christiana Martha-Marie Tsu
May 27, 1997 - January 18, 2017

" Beloved daughter, sister, and friend "
" Faith, Hope, and Love - Romans 5:1-5 "

David William Tomaszewski
September 4, 1974 - February 6, 2001

Missing you, and loving you, Dave... today, tomorrow, on the
20th anniversary of your passing, and every other day.
Dad, Mom, Beth, Lara and Josh



CHAPTER GATHERINGS and MEETINGS

ZOOM Virtual Meetings on January 7 and February 4, 2021

The rise in 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.

Parents, invite and encourage your children to join our monthly gathering and participate in the **sibling sharing group**.

For more general information on using ZOOM and our monthly gatherings, see p. 20, or contact our ZOOM host, Bob Burash, 410-551-5774, bpaacntychapterleader@gmail.com

January 7 at 7:00 PM , Virtual Gathering: Watch for an email with details for joining with ZOOM, and information on the meeting topic and sharing groups.

February 4 at 7:00 Virtual Gathering

March 4 at 7:00 Virtual Gathering

Other important dates:

February 9 at 7:00 PM Core Group Virtual Meeting. Everyone is welcome. For information on the purpose of the Core Group and meetings, please see p. 20.



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

Over The Years by Rick Tomaszewski, Dave's Dad

1 year..... 5 years 10 years 20 years.....

We tend to look at these milestone years as special occasions. They are usually highlighted as birthdays, wedding anniversaries, reunions, years employed by a company, and even sobriety celebrations.

The 6th of February will mark 20 years since our only son David passed away.

Over the years, what I have come to realize is that as devastating as that event was in our lives, that day really doesn't matter much more or less than any other day. We have learned how to deal with the hurt and pain and to cope, as many people have with such a loss. However, daily reminders, whether a song, picture or random thoughts, can still evoke a smile, a good feeling, or a tear, regardless of the day.

Here's to missing you, and loving you, Dave, today, tomorrow, on the 20th anniversary of your passing, and every other day. Dad.



My Shooting Star

For years I have thought of Dave as my “Shooting Star”. He blazed through his life and mine, brought joy and light to many, and was gone far too soon. Following are some of the lyrics, and a link to listen to **Shooting Star**. Sung by Bad Company. Carol Tomaszewski, Dave’s Mom

<https://www.youtube.com/watch?v=0kEDa6bXnA8>

Well Johnny was a schoolboy
When he heard his first Beatles song
'Love Me Do' I think it was
From then it didn't take him long

Got himself a guitar
Used to play every night
Now he's in a rock 'n' roll outfit
And everything's alright

Don't you know? Don't you know?

Johnny told his Mama
"Hey, Mama, I'm goin' away
I'm gonna hit the big time
Gonna be a big star someday"

Mama came to the door
With a teardrop in her eye
Johnny said, "Don't cry Mama
Smile and wave goodbye"

Don't you know?
Everybody, wave!
Don't you know that you are a shooting star?
Goodbye baby, yeah
Don't you know that you are a shooting star?

Don't you know that you are a shooting star?
Gotta shine on now, forever now
Don't you know that you are a shooting star?
All the world will love you just as long
Long as you are
A shooting star

The Loneliest Seat

The loneliest seat in the world:
By my Nick’s ashes.
My son.
A dreary day.
A lonely bench in a cemetery.
By my son’s resting place.
My coffee’s cold again.
Too short. Too fast. Too soon.
Too many words I still want to tell him.
The deafening silence is broken by
A bird’s call on a branch nearby,



A plane through clouds above,
A car passing by.
How does life still go on??
A tiny flying insect lands on my pencil’s eraser,
Bringing connection with life at this moment,
Telling me that even the tiniest creature bears goodness.
This is God’s touch for now.
I sense a strange sense of peace. Somehow. For now.
A cloudy day, cold coffee, my lonely bench.

- Christina Delaney
Wednesday, October 28, 2020

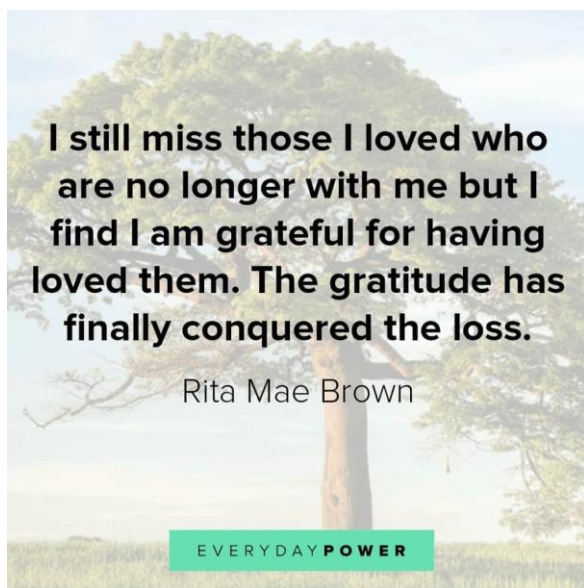
Happy New Year – Really?

January 1 marks a new day and the beginning of a new year. Wishes of Happy New Year are exchanged worldwide between friends, family, and loved ones. Many bereaved parents do not look forward to the beginning of a new year. For them, January 1 marks the beginning of another year without their child. What is happy about a new year? What indeed? How can anyone expect another year without our child to bring happiness? Throughout a year, we experience many feelings like anxiety, anger, disappointment, regret, affection, surprise, forgiveness, and gratitude.

If we cannot experience happiness, we all can experience gratitude.

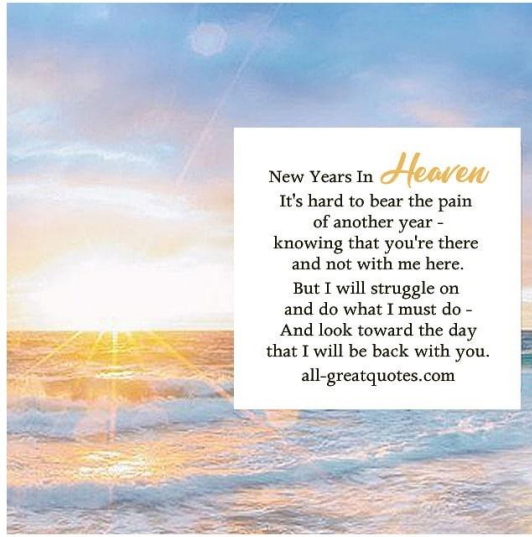
Gratitude for the beginning of a new day announced by a striking sun rise or the end of the day by a glorious sunset. Gratitude for family and friends. Most of all, gratitude for the gift that is our child. Our child, regardless of age, filled our lives and hearts with an immeasurable joy that can never ever be diminished. Each day, pause and be filled with the gift of your child, and be grateful for the handprint of love he or she left on your heart. This will bring happiness to you.

Bob Burash,
Paul's dad
Chapter Leader
(aabereavedparents@gmail.com)



8 NEW YEAR'S RESOLUTIONS FOR PEOPLE WHO ARE GRIEVING

1. Go easy on yourself
2. Spend time with people you like being around
3. Engage in one hobby or activity that makes you feel good
4. Be honest about how you feel
5. Speak your loved one's name
6. Support someone else
7. Plan opportunities for remembrance
8. Seek additional grief support



Facing the New Year when You are Bereaved

<https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/holidays-and-grief/facing-the-new-year-when-you-are-bereaved>

Accepting the New Year

When we are grieving, it is hard enough to live each day as it comes. It can be daunting to face a whole new year stretching out in front of us. We may be afraid of what the new year might bring. We may worry whether or not we can handle any more challenges. Our current experience of emptiness and loneliness may make us reluctant to face a new year.

We might say to ourselves, “I used to be so busy. I used to feel so needed, so useful. Now it seems there’s nothing but empty space and empty time.” It’s bad enough to wake in the morning not sure what we’ll do with the day; what will we do with a whole year?

Longing to recover the past can sometimes make us resistant to accepting the new year. The past was where we were comfortable, where we felt safe, felt good. Grief burdens us today and we fear the new year won’t hold anything different for us. We pine for the person we miss and the precious past we shared. We think about how it was, and wish we were back there.

Approach of a new year may mean different things for different mourners. Whether we welcome, dread or ignore a new year probably depends on where we are in our grief process. The question is not whether, but how grief will show up, and how we’ll work with it.

A Learning Process

If your loss was recent, sudden or unexpected, you might experience it as a shock, as if you're living a bad dream or someone else's life, trying desperately to get back to your “old” life. The last thing on your mind might be the challenge of a new year. Writing or talking repeatedly about the death of your loved one might make you feel numb or detached. Eventually, you might realize that your life is not what you thought it would be, that your world has changed.

Therese Rando, a noted grief therapist and author, describes grieving as a learning process. Each minute with a loved one created patterns of how to operate and what to expect. Each new challenge, like doing the taxes, fixing things, and going into a new year, becomes a fresh occasion to accept the absence of your loved one and find new ways to cope, even if new challenges bring fresh pain.

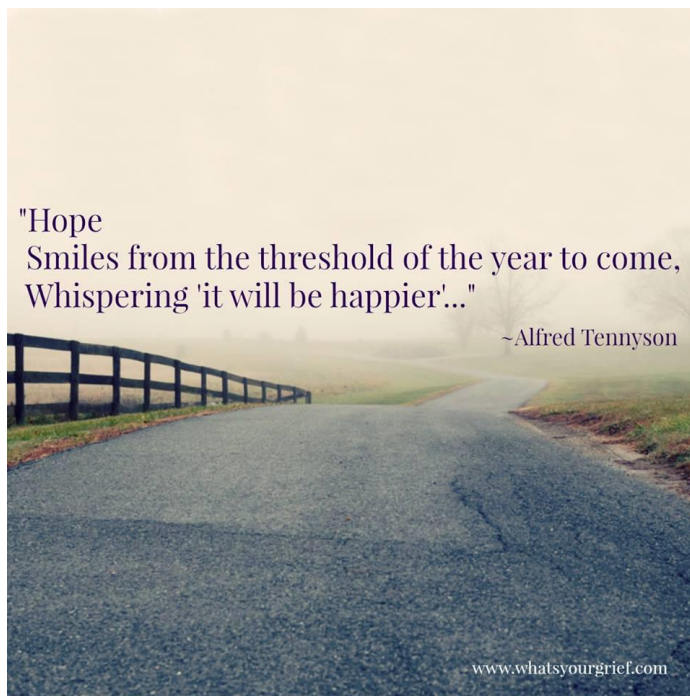
As you courageously work through your grief over time, you eventually will find the strength to look to the new year with interest and wonder about what it might hold. Maybe you'll feel eager to welcome change, now that your grief has started to ease.

You might find comfort and joy in knowing that you did all that you could and loved well. Enriched by the love you once enjoyed, you can now show deeper compassion for all who suffer. You eventually will recognize life as a gift to enjoy with whomever crosses your path. In time, you might want to do on your own what you both once hoped to accomplish together.

Even if you're scared and lonely, and even if you long for the past, you can still open the door a crack to this new year.

Tips to face the new year:

- Begin by getting needed rest. If you're still exhausted from caregiving or from acute grieving, focus on physical recovery. Considering talking with your doctor about how to rebuild yourself physically.
- Give yourself a mental rest. Replace negative thoughts with positive affirmations about yourself, and soothe yourself with music, prayer, uplifting literature, tears and laughter.
- Pay attention to hope and desire. Find small practical ways to give yourself new pleasure.
- Attend a support group or talk with friends and family members who can list and share memories.
- Seek spiritual support from a local minister, rabbi, priest, imam.
- Find courage to live into the future by living in the present, one day at a time. Do the best you can to care for yourself and others today.





I Heard Your Voice In The Wind Today

I Heard Your Voice In The Wind Today - Unknown

I heard your voice in the wind today
and I turned to see your face;
The warmth of the wind caressed me
as I stood silently in place.

I felt your touch in the sun today
as its warmth filled the sky;
I closed my eyes for your embrace
and my spirit soared high.

I saw your eyes in the window pane
as I watched the falling rain;
It seemed as each raindrop fell
it quietly said your name.

I held you close in my heart today
it made me feel complete;
You may have died...but you are not gone
you will always be a part of me.

As long as the sun shines...
the wind blows...
the rain falls...
You will live on inside of me forever
for that is all my heart knows.

When you long to hear their voice...

by [Gary Roe](#) |

<https://www.garyroe.com/2020/10/15/when-you-long-to-hear-their-voice/>

When a loved one departs, we miss their hearing their voice. As we go through our days, there may be times when we can swear we hear them calling us. Our hearts can still hear and see them. This post, taken from [Comfort for the Grieving Parent's Heart](#), delves into this longing. No matter what your loss, I'll bet you can relate to the Grieving Heart below...

FROM THE GRIEVING HEART:

I woke up in the middle of the night. I could hear you calling me.

Maybe I was dreaming, but it seemed so real. I've heard that call many times. I jumped up and started to head for your room. Then I realized I wasn't in the same house anymore – that you weren't

here anymore. I slumped back onto the bed and buried my head in my hands.

Losing you is torture. My mind can't seem to let go. My heart won't and probably never will. We're connected, so how does this separation thing work?

How many times did you call me, and I didn't hear you? How many times did you need me, and I wasn't there?

I wish I could hear your voice. It was good to hear you in my dream, or whatever it was. And you were calling me. That's special. You're special.

If I close my eyes, I can almost hear you calling me now. It's like you live somewhere inside me. I hear you in my heart.

My heart is broken over losing you, my child. There was no one like you. One of a kind. Unique. Priceless. You were mine, and I was yours.

How did this happen? What do I do with this?

Their Voice is One of a Kind

Our loved one's voice is special. We've heard it so many times that it has taken up residence in our hearts. It echoes inside us. We think we hear them calling.

Our job as parents is to love and meet our child's needs. When a child dies, our hearts naturally wonder what we could have done to prevent this. Was there a need we didn't meet? Did they call and we didn't hear them? What did we miss?

The incessant internal questioning can be torturous. Our minds spin. Our broken hearts desperately cling to our child in any way we can.

There is such deep connection in the parent-child bond. There is no other relationship like it. Our child is a part of us. Now they're gone. What does that mean? How can we survive this?

We need to talk. We need to say their name and share our memories. We need to air our questions, frustrations, and confusion. We need to get what's happening inside us out somehow.

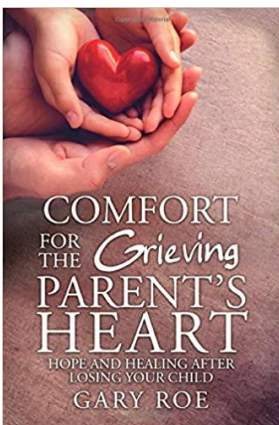
We need people who are trustworthy and accepting to listen and be with us in this. We don't need fixes. There are none. We don't need advice we haven't asked for. We need open hearts and listening ears to exist with us in this turmoil, if only for a little while.

When we're hurt, we tend to isolate. Our hearts warn us that this is not the thing to do. We're relational creatures. Our response to this loss proves that. We need solid, loving relationships right now. Where do we find them?

Perhaps we already have them? Maybe these people have yet to show up in our lives. We look around us. We trust that the safe souls we need are out there. On the one hand, we trust they will appear at the right time. On the other hand, we search for them. Our hearts matter. We can't afford to go this alone.

Affirmation: Even though I'm hurting, I can't afford to isolate. I trust that the people I need to walk with me in this are out there. I will find ways to express this grief, as best I can.

Taken from [*Comfort for the Grieving Parent's Heart: Hope and Healing After Losing Your Child.*](#)



Multiple award-winning author, hospice chaplain, and grief counselor Gary Roe is a trusted voice who has been helping wounded, grieving parents and grandparents find hope and healing for more than three decades. Written with heartfelt compassion, this warm, easy-to-read, and practical book reads like a caring conversation with a close friend.

Comfort for the Grieving Parent's Heart will meet you in your grief and walk with you there. Your shattered heart will resonate with these pages. Composed of brief chapters, you will find yourself digesting bite-sized bits of comfort, encouragement, and healing over time. This book will become a comforting, refreshing companion as you navigate the turbulent waters of intense grief.

.....

There are friendships imprinted on our hearts that will never be diminished by time or distance. --- Dodinsky

Questions

"The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing... not healing, not curing... that is a friend who cares."

~ Henri Nouwen

Prompt 1.30 📷 #wygriefphoto



“What I wish more people understood about losing a child”

Adapted and edited by Carol Tomaszewski

The complete article can be found at: http://www.mindbodygreen.com/0-17928/what-i-wish-more-people-understood-about-losing-a-child.html?utm_source=mbg&utm_medium=email&utm_campaign=emailafriend

By Paula Stephens March 23, 2015

Four and a half years after the death of my oldest son, I finally went to a grief support group for parents who have lost children. I went to support a friend who recently lost her son. I'm not sure I would've gone except that when I was in her shoes, four years ago, I wish I'd had a friend to go with me. Losing a child is the loneliest, most desolate journey a person can take, and the only people who can come close to appreciating it are those who share the experience.

The support group was part of a larger organization solely dedicated to providing support for those who have lost children, grandchildren, or siblings. The facilitator opened the meeting by saying that dues to belong to the club are more than anyone would ever want to pay. Well, he couldn't be more correct: No one *wants* to belong to this group. When hearing the stories from other parents, I had a visceral reaction to being part of this "club" but was also humbled by the greatness of these mothers and fathers.

The loss of children is a pain all bereaved parents share, and it is a degree of suffering that is impossible to grasp without experiencing it firsthand. Often, when we know someone else is experiencing grief, our discomfort keeps us from approaching it head-on. But we want the world to remember our child or children, no matter how young or old our child was.

An out-of-order death such as child loss breaks a person (especially a parent) in a way that is not fixable or solvable. We will learn to pick up the pieces and move forward, but our lives will never be the same. Every grieving parent must find a way to continue to live with loss, and it's a solitary journey.

We still count birthdays and fantasize about what our child would be like if he or she were still living. Birthdays are especially hard for us. Our hearts ache to celebrate our child's arrival into this world, but we are left becoming intensely aware of the hole in our hearts instead. Some parents create rituals or have parties while others prefer solitude. Either way, we are likely going to need time to process the marking of another year without our child.

Then there's the anniversary of the date our child became an angel. This is a remarkable process similar to a parent of a newborn, first counting the days, then months, then the one-year anniversary, marking the time on the other side of that crevasse in our lives.

No matter how many years go by, the anniversary date of when our child died brings back deeply emotional memories and painful feelings (particularly if there is trauma associated with the child's death). The days leading up to that day can feel like impending doom or like it's hard to breathe.

It's an ongoing battle to balance the pain and guilt of outliving your child with the desire to live in a way that honors them and their time on this earth. I remember going on a family cruise 18 months after Brandon died. On the first day, I stood at the back of the ship and bawled that I wasn't sharing this experience with him. Then I had to steady myself and recognize that I was also creating memories with my surviving sons, and enjoy the time with them in the present moment. As bereaved parents, we are constantly balancing holding grief in one hand and a happy life after loss in the other.

Our loss is unnatural, out of order. We will never forget our child. And, in fact, our loss is always right under the surface of other emotions, even happiness.

Grief is the pendulum swing of love. The stronger and deeper the love, the more grief will be created on the other side. Consider it a sacred opportunity to stand shoulder to shoulder with someone who has endured one of life's most frightening events. Rise up with us.

Paula Stephens, M.A. the Muse behind Crazy Good Grief. Crazy Good Grief supports the courage to use healthy habits and radical self-care to empower us through grief recovery. Paula is an adjunct professor in Human Performance & Sport in Denver, CO, a Yoga Instructor and Certified Wellness Coach.



Valentine's Day

<https://thegriefftoolbox.com/article/valentine-s-day>

[Glen Lord](#) February 11, 2014 - 5:09pm

When some one we love dies, days on the calendar take on a new meaning. Days that once were full of joyful anticipation can now be a cause for dread and fear. Knowing that we can no longer celebrate special days without our loved ones has changed every holiday and other special days. Some of these days like Christmas, Thanksgiving or birthdays are clearly going to be triggers, and the anticipation of them allows us and others to prepare a bit for them. Other holidays may take us by surprise. Maybe they were not significant when our loved ones were alive so we don't initially associate the holiday to the pain of missing them that we are now feeling.

Valentine's Day can be one of these days. The pain of the holiday is clear to those who have lost a spouse. Most often thought of as a romantic holiday for spouses and couples, this holiday can be very painful for people missing others as well. We begin celebrating Valentine's Day as children when we struggle to put our names to our classmate's valentines. The day is filled with heart shaped candy, class parties and homemade valentines for our parents. It is a day to celebrate love, and as a society we have embraced the day to celebrate the love we feel for our parents, children, spouses, grandparents, siblings, and other family and friends. The day can bring up the pangs of grief because someone we love is now missing from this celebration.

With the death of our loved one, some control has been stripped from our lives. What we thought would be forever is suddenly taken from us. Just the same as we do not have control over the days that come along every year, we wish there was a way for them to just disappear-- to have "special" days that cause pain, to just forever be taken from the calendar.

Unfortunately, time moves forward without our permission and these days will come every year. We are left to decide how to make them bearable. This will be different for each day, but Valentine's Day invites us to remember the love. We can decide to focus on the memories. We can decide to focus on the love. The goal is not to take away the pain or to make everything okay, rather to allow us to share the love that always and will forever be there.

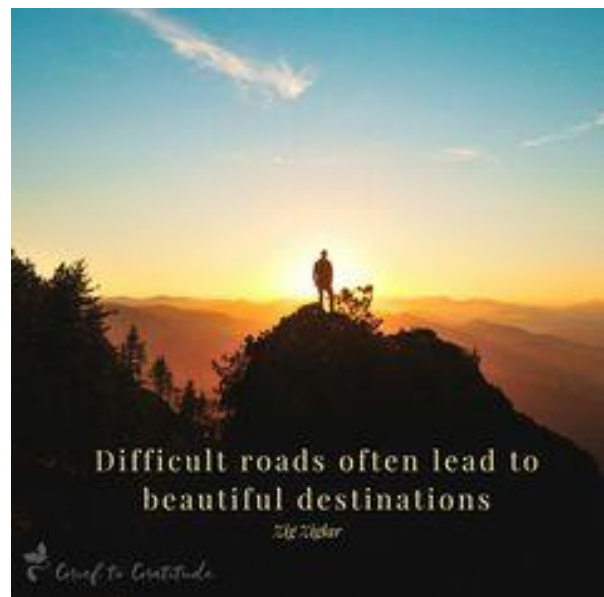
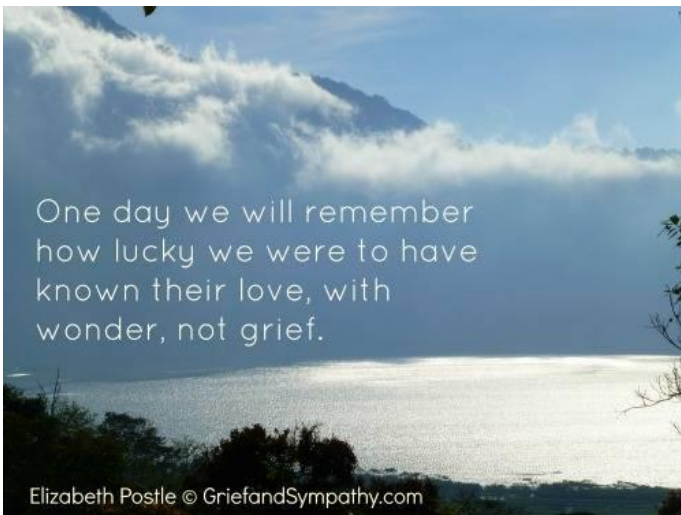
Some things that you can do on Valentine's Day to share that love:

- Light a candle in honor of your loved one.
- Bring Valentine's Day cards to people who may not get any.
- Write a love letter to them and read it aloud and share it with the universe.
- Make a donation in their name to a homeless shelter or donate a book in their name to a library.
- Plant a tree or a plant in their memory and place a memorial plaque beside it.
- Post their picture on Facebook and ask others to share their memories or photos with you.
- Go shopping for a Valentine's card, and look for the perfect one---the one that they would have purchased for you and buy it as a gift for you from them.
- Go to a favorite place and spend time with your memories.
- Make their favorite meal and invite others to come share in love and memories.

These are just a few ideas. Open your mind and your heart. Do what feels right to you. Try one thing, if it does not work for you then try something else.

Valentine's Day is different, but it is still Valentine's Day. Our loved ones are forever a part of us. They have changed us forever and their love lives on in us. This Valentine's Day, allow space for the joy of their memories and the power of their love to share space with the pain of them not being with you.

Happy Valentine's Day, LOVE NEVER DIES!



Our Children Remembered January 2021

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

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

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

Emily Ann Blazejewski
Daughter of Lee Ann and Doug Blazejewski
January 27, 1997 - January 2, 2004

Charlotte O'Brien Boone
Daughter of Eve Boone
July 23, 2006 - January 19, 2015

Wes Paul Boone
Son of Eve Boone
October 9, 2008 - January 19, 2015

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

Thomas Ryan Broderick, Jr
Grandson of Mary Jo and Ed Broderick
January 6, 2018 - January 6, 2018

Paul John Burash
Son of Robert and Sandra Burash
January 18, 1972 - August 8, 1992

Andrew Leland Carlson
Son of Eric and Lois Carlson
January 14, 1991 - July 14, 2016

Emily Christina Davidson
Daughter of Fran Smith
July 24, 1972 - January 13, 2011

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

Jason T. Easter
Son of Janice and Chris Kunkel
January 30, 1973 - September 9, 1999

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

Edward Allen Funkhouser
Son of Sam and Maureen Funkhouser
September 3, 1971 - January 23, 2018

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

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

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

Robert Adam "Robby" Ostrowski
Son of Denise Crouse
January 30, 1995 - September 11, 2010

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

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

Daniel Maurice Rothman
Son of Juliet and Leonard Rothman
January 20, 1971 - September 17, 1992

Thomas Jeffrey Schall
Son of Tom and Joyce Schall
January 16, 1963 - January 7, 2002

Emily Ann Schindler
Daughter of Charles and Jane Schindler
July 27, 1985 - January 27, 2004

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

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

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

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

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

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

Daniel Alfred Whitby
Brother of Susan Lovett
January 10, 1959 - August 15, 1974

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 February 2021

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

Susan Lawrence Barr
Daughter of Bryant and Missy Lawrence
July 14, 1961 - February 16, 1991

Christopher Ryan Boslet
Grandson of Carol N. Boslet
October 23, 1985 - February 20, 2003

Amber Marie Calistro
Daughter of Patti and John DiMiceli
February 28, 1976 - October 30, 1980

Chrystal Marie Clifford
Fiance of son of Marilyn Mabe
July 16, 1978 - February 17, 2001

John Mario DeMichiei Jr.
Son of John and Linda DeMichiei
February 24, 1979 - October 23, 2008

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

Jenna Leigh Erickson
Daughter of June and Jed Erickson
February 12, 1988 - February 5, 2011

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

Triniti Marquelle Fleming
Daughter of Brittany Boone and Marcus Fleming
February 12, 2020 - October 17, 2020

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

Katie Fritz
Daughter of Carol Fritz
October 29, 1977 - February 27, 1993

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

Richard Arland Jackson
Son of Margaret Jackson
February 9, 1990 - October 22, 2010

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

Lemuel Andrew Kane
Son of Grace Marie Watkins
February 22, 1966 - August 3, 2017

Timothy Jarrett Mabe
Son of Marilyn Mabe
October 29, 1977 - February 18, 2001

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

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

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

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

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

Stefanie Remines
Daughter of Bobbi Remines
Daughter of Jim Remines
February 20, 1979 - August 16, 2020

Tanager Rú Ricci
Son of Kathy Franklin
October 19, 1977 - February 16, 2004

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

David William Tomaszewski
Son of Richard and Carol Tomaszewski
September 4, 1974 - February 6, 2001

Timothy Allen Umbel
Son of Richard and Mary Ann Umbel
February 16, 1982 - September 15, 2002

Evyn Bryce Wygal
Son of Pam and Bill Wygal
February 15, 1991 - February 24, 1994



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:

Sponsorship Donations – Newsletter and Website

Horace and Cynthia Tsu in memory of Cathryn Christiana Martha-Marie Tsu
Rick & Carol Tomaszewski in memory of Dave Tomaszewski

Donations for the Memory Walk on Oct 3

Robert & Barbara Bessling in memory of Richard Allen Bessling
John & Cathi Campbell in memory of Hannah Lindley Campbell & Faith Campbell
Janice & Robert Kennedy in memory of their Grandchild

36th Annual Service of Remembrance

127 families attended our virtual service of remembrance program, Keep Hope Alive. We hope you heard or saw something during the service that was meaningful to you and brought you comfort.

A sincere and heartfelt thank you to our service of remembrance planning committee who spent countless hours to make this year's Service of Remembrance special and memorable. A special thank you to Fr. Erik Arnold for his message of hope, Michaela Trnkova for her healing and comforting harp music and Lisa Beall and Tom Delaney for their vocal and instrumental gifts. Special thanks to the readers who generously contributed their time and talent – Noel, Sandi, Mary, Jonathan and Jessica, Carol and Bill, and Janet. And of note, to Carol Tomaszewski for her inspiration and creativity that resulted in our beautiful, printed program; and to Zancan Printing for their generous support to our chapter by printing our programs. Finally, to Alina Antonenko for her skill and understanding of what we wanted and created a moving video.

Everyone contributed to a most beautiful Service of Remembrance. It was an incredibly wonderful way to honor the memories of our children and know they are at our side.

Our heartfelt gratitude and thank you for the generous donations received in memory of your children.

Donations for the 2020 Service of Remembrance

Steven & Beverly Ambrozewicz in memory of Jordan Edward Ambrozewicz
Paul & Claudia Balasic in memory of Bethan Ann Balasic
Doris Berg in memory of Melissa Nicole Hackley
Robert & Barbara Bessling in memory of Richard Allen Bessling
Robert & Barbara Bessling in memory of James Edward Bessling
Doug Blazejewski in memory of Emily Ann Blazejewski
Susan & Tom Bolander in memory of Alexandra Elizabeth Bolander
Judy & Louie Bolly in memory of Wendy Jean Bolly
Larry & Linda Brannon in memory of Sean J Brannon
Larry & Linda Brannon in memory of Taylor Nicole Brannon
Bob & Sandi Burash in memory of Paul John Burash
John & Cathi Campbell in memory of Hannah Lindley Campbell
John & Cathi Campbell in memory of Faith Campbell
Linda Sue Cantu in memory of Matthey Allan Cantu
Rose Marie & Gerald Carnes in memory of Walter H Maynard IV
Dot Carter in memory of William Frederick Carter Jr
Dot Carter in memory of Brittany Nicole Tyler
Noel & An Castiglia in memory of Tria Marie Castiglia
Karen & Don Coulson in memory of Craig Steven Nelson
Denise Crouse in memory of Robert "Robby" Adam Ostrowski
Mary Louise deSarran in memory of Elizabeth deSarran
Tina & Tom Delaney in memory of Nicholas Delaney
Tina & Tom Delaney in memory of Jackson King
Marla & Michael Dickens in memory of Michael James Dickens Jr
Holly & Alli Enders in memory of Christine Kelly Enders
Lorraine Fassett in memory of JoAnne Lorraine Vernon
Aurelia Ferraro in memory of Dora Baldwin
Aurelia Ferraro in memory of Jeff Baldwin
Ellen Foxwell in memory of Michael Dwayne Nokes
Kathy Franklin in memory of Tanager Ru Ricci
Rhonda & Norman French in memory of Brandon Robert French
Karen Gale in memory of Thomas Richard Short
Peggy & Gordon Haines in memory of Matthew Gordon Haines
Jacqueline J Jones in memory of Darryl Lamar Jones
Jacqueline J Jones in memory of Wayne Scott Jones
Leroy & Jeanne Jones in memory of Brian Keith Jones
Leroy & Jeanne Jones in memory of Jeremy Scott Jones
Leroy & Jeanne Jones in memory of Dustin Alan Jones
Yoosef & Linda Khadem in memory of William Mirza Khadem
Charlene Kvech in memory of Jolene Dawn McKenna
Charlene Kvech in memory of Charles Lee Holmes
Katherine Lawrence in memory of Susan Lawrence Barr
Judith & John Leese in memory of Jim Leese
Judith & John Leese in memory of Karen Stevens
Jennifer Lucke in memory of Suzanne Boyer Hyatt
Elvira & Tom McCormick in memory of John Thomas "Tommy" McCormick III
Robin Moczulski in memory of Cody Thomas Moczulski

Rev Marguerite Morris in memory of Katherine Sarah Morris
Carla & Ed Morrow in memory of Matthew Joseph Morrow
John & Suzanne Mulloy in memory of Ryan John Mulloy
Barbara Orndorf in memory of David Brian Clutter Sr
Frances Palmer in memory of Scott Thomas Palmer
Frances Palmer in memory of O. Steven Cooper
Edana Perry in memory of Kayla Ross Perry
Mary & Joe Redmiles in memory of Thomas Hubert Redmiles
Bill Regan in memory of William "Kyle" Regan
Suzette Reid in memory of Kenneth "Chuckie" Jones
Bobbi Remines in memory of Joseph "Joey" William Remines
Bobbi Remines in memory of Stefanie Lynn Remines
Bobbi Remines in memory of Romana Alice Hale
Patricia Rogers in memory of Gabrielle "Gabby" Alexis Berryman
Dennis & Joan Rohrback in memory of Dennis Richard Rohrback
Ronald & Aljuana Saunders in memory of Wendy Dawn Saunders
Kathleen Savage in memory of Robert M White
Tom & Joyce Schall in memory of Thomas Jeffery Schall
Margie Schwartz in memory of Zachary Schwartz
Edward & Evelyn Seto in memory of Benjamin W Seto
Molly Simms in memory of Michael Elliott Simms
Molly Simms in memory of Ji'Aire Donnell Lee
Ben & Sharon Skarzynski in memory of Jason Edward Skarzynski
Carol A Smith in memory of Gerald H Smith III
Linda Snead in memory of Scott Andrew Katsikas
Scott & Jeanette Stangle in memory of Matthew Ryan Stangle
Scott & Jeanette Stangle in memory of Leo Channing Harvey
Barbara & Bob Stern in memory of Hal Benjamin Stern
Lewis & Peggy Strader in memory of Christopher Lewis Strader
Rick & Carol Tomaszewski in memory of David William Tomaszewski
Horace & Cynthia Tsu in memory of Cathryn Christiana Martha-Marie Tsu
Marta Williams in memory of Matthew Tyler Williams
Debra Wilson-Smith in memory of Christopher John Smith
Debra Wilson-Smith in memory of Grace Lily Swanek
N. Lee Wolff-Silver in memory of Ariel C Silver
Mary Ellen Young in memory of Zachary Daniel Robertson



CHAPTER GATHERINGS and MEETINGS

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.

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 in-person 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

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. February 9 Core Group – ZOOM**

Virtual Meeting starting at 7:00 PM. Anyone interested in participating, contact Bob Burash at

bpaacntychapterleader@gmail.com to be included on the email invitation.

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

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 February 15 for the March/April Newsletter

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 short memorial no later than the 15th of the month prior to publication. Forward this to ctomaszewski74@gmail.comon February 15 for the March/April Newsletter. Also consider submitting something to be included in the section **THOUGHTS AND ARTICLES FROM....AND ABOUT.... CHAPTER MEMBERS.**
- 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.

LIBRARY: ANNUAL BOOK SEARCH – Please look at the books on your shelves and if any belong to the chapter, consider returning them. You can mail them to Anne Arundel County Chapter BP/USA, P.O. Box 6280, Annapolis, MD 21041 or contact Sandi and Bob at abereavedparents@gmail.com and we can arrange to meet.

AMAZON SMILE – 2020 has seen a nice increase in online shopping and many people are using Amazon. Consider shopping at smile.amazon.com or with AmazonSmile turned on in your Amazon Smile app. Do not forget to select your charity as "Anne Arundel County Chapter of the Bereaved Parents of the USA". When you use smile.amazon.com or with AmazonSmile turned on, Amazon donates 0.5% of the price of your eligible AmazonSmile purchase to our chapter. There is no extra cost to you to support our chapter.

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. Although we have not been able to actively pursue these during the pandemic, we expect to continue these efforts in the future. 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, 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.



Somewhere over the Rainbow - Israel "IZ" Kamakawiwo'ole

<https://www.youtube.com/watch?v=DPHM3yXVPSA>

This song, and in particular this version, holds a lot of meaning for our family. Dave was born in Hawaii, and was 8 years old when we left there. He told his new Maryland friends that he was truly Hawaiian and many believed him, especially with his summer tan and his love for the ocean.

Rainbows are almost an everyday occurrence in Hawaii.



Wishing you the peace and healing in the beauty of rainbows during the cold months of winter, as we face the grief we all share and the trying times resulting from the pandemic.

Blessings to you all, Carol Tomaszewski, Dave's Mom.