



Bereaved Parents of the USA

Anne Arundel County Chapter

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“Grief, I’ve learned, is really just love. It’s all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest.

Grief is just love with no place to go.”

— Jamie Anderson



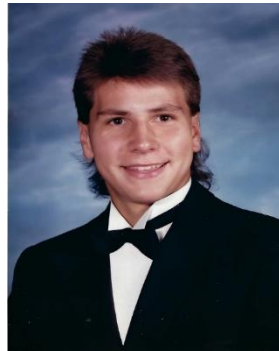
Tria Marie Castiglia
July 6, 1963 - October 14, 1984

Tria, always loved & always missed.
Dad, Mom, Carla, Danielle & Tony!

Paul John Burash
18 January 1972 – 8 August 1992

We miss your handsome face,
We miss your beautiful smile,
We miss your fun personality,
We miss what you may have accomplished in life,
But most of all we just miss you.

Love Mom and Dad



Sean Donald Long, Sr.
August 25, 1984 - December 1, 2016

My dearest Sean, It seems so hard to believe you would be turning 37 this August. I often wonder where your life would have taken you. You had such talent with your drawings and tattoos.... I miss the drawings. Your namesake is growing up – 14 now in 9th grade, been an A student all this time. He is into field and track now and did good this year. I so miss hearing “Mom Dukes” and I love you. I miss the sound of your voice, your laughter, your attempt at singing and silliness.

You are in my heart forever. Mom Dukes.



CHAPTER GATHERINGS and MEETINGS

Hybrid In-Person & Virtual meeting on July 1, 2021

We have made a decision to return to in-person monthly gatherings and to continue virtual gatherings at the same time.

The in-person gathering will be held in the **main floor PARLOR** at Calvary United Methodist Church. The church is operating under normal conditions, no mask or social distancing required. However, "if people want to wear a mask they are invited to but not required."

At the same time, a ZOOM virtual meeting will be included as part of the in-person gathering, using a large screen for the ZOOM display and a camera that can scan the entire room. We were successful in our first hybrid meeting in June, and have ironed out some of the minor issues. We are excited to be able to come together again, to get those wonderful hugs, and heartfelt personal words of compassion. Yet also virtually include others who live in other states or are unable to attend in person. Sharing Groups will always be part of our gatherings, both in-person and virtual.

July 1 at 7:00 Hybrid In-Person & Virtual Gathering: Some of us will be gathering in the **main floor PARLOR** at Calvary United Methodist Church, 301 Rowe Blvd, Annapolis, MD. And others can join through ZOOM as we have been doing for the past year. Details will be sent via email a few days before the meeting.

Sibling Sharing Group: Parents, invite and encourage your children to join our monthly gathering and participate.

Amanda Hughes, Sibling Support Coordinator, Anne Arundel County Chapter, BPUSA, will facilitate a Sibling Sharing Group during our monthly gatherings. Parents, please share this information with your family, and encourage grieving siblings to join and share with Amanda. For more information, please contact Amanda at alrhalbach@gmail.com, or Bob Burash, Chapter Leader, at aabereavedparents@gmail.com, 410-551-5774.

For more general information on using ZOOM and our monthly gatherings, see **p. 19**, or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, aabereavedparents@gmail.com

Other important dates:

August 5 at 7:00 Hybrid In-Person & Virtual Chapter Gathering

September 2 at 7:00 Hybrid In-Person & Virtual Chapter Gathering

July 13 at 7:00 CORE GROUP virtual meeting

October 2, 8:00 AM, MEMORY WALK at Quiet Waters Park. Put this on your calendar and plan to attend this opportunity to commune with nature and remember your child.

December 5, 3:00 PM, SERVICE OF REMEMBRANCE at St Martins-in-the-Field Episcopal Church, Severna Park.


THOUGHTS AND ARTICLES FROM CHAPTER MEMBERS

Movin' Forward

The June 3rd monthly gathering of our bereaved parents chapter saw us moving forward when we held our first hybrid gathering – virtual and in-person. It was successful. That does not mean we do not have work to do to make things run more smoothly. March 2020 was our last in-person gathering. COVID stopped us. We scrambled to figure out how we were going to hold gatherings if they could not be in-person. Luckily, or not, we found ZOOM and the world of virtual communications. We learned how to use ZOOM 'on the fly,' and in April 2020, we had our first virtual gathering. This past year was not without starts and stops, forward and backward progress, gains and losses, much like our grief journey, but in the end, we moved further forward and had more success than not. Along the way, we held our 18th annual Memory Walk and our 35th annual Service of Remembrance virtually. Our desire was to be able to continue offering help and hope. We, unfortunately, gained many newly bereaved parents. The virtual gatherings offered an opportunity for all of us to say our child's name, to share our story, and 'to heal.' The best part of the gatherings was that we were able to have the sharing groups, the most important part of what we do. This is where we begin to learn to breathe again, to move forward.

The moment you learned of your child's death, your life, as you knew it, came to a sudden and dramatic stop. Death stopped your life. You scrambled to find a way to breath, to understand what had happened, to make sense of your loss. You could not imagine moving forward. Like many of us, you wanted to, and you needed to be with people who had experienced the death of a child. To find out how to survive, how to move forward. If you found a bereaved parents support group, hopefully you found the answers to some of your questions. Those questions would have been answered in small part during the greeting time before the beginning of the gathering, but the sharing groups are the most important part of any gathering. You say our child's name, you share our story, you begin 'to heal,' and you move forward.

There is no comparison between the affect of COVID and the death of a child. The comparison only serves to illustrate that when we try, we can find the strength to find hope and to move forward.

It is extremely important to find time for yourself each day, even for a few minutes, to grieve, and to do your grief work. Remember, to suppress or ignore the pain of your loss is only to delay the healing.

Take the time to take care of yourself, to heal, and to move forward.

Bob Burash
Paul's dad
1/18/1972 - 8/8/1992
Chapter Leader
BP/USA Anne Arundel County Chapter

HELP OTHERS VOLUNTEER HELP YOURSELF VOLUNTEER HELP OTHERS

I know, I know... you've heard it before... we need volunteers... but don't stop reading this!

I have volunteered with other organizations much of my life, helping others. But it wasn't until I volunteered with Bereaved Parents that I realized that this time, I was also helping myself. I started small and signed up to bring refreshments, then took over organizing the refreshments each month. Then I helped with the newsletter, back when it was still snailmail, spending several hours folding and taping and then taking them to the post office....small steps during my early years of grief. Yet I was doing something that kept my son close in my thoughts and a current part of my life.

Over the years I have helped organize events, participate in the Core Group, was Chapter Leader, and now publish the newsletter. All of these activities have helped me personally heal as I am doing things that help other more newly bereaved parents understand this grief journey and move forward to find hope and healing also. And again, my son is close in my thoughts and a current part of my life.

So I encourage you to seriously consider volunteering with our Chapter. Start with something small, something that uses your life skills, something that you enjoy, because that something will also bring you healing.

Another big benefit is that the friendships and bonds you form through volunteering will stay with you forever.

There are a lot of opportunities and needs at this time... here are a few:

- Technology assistance (using ZOOM, hybrid meetings, AV set-up, etc)
- Snailmail help (getting copies and mailing)
- Library administration (oversee lending and purchasing)
- Refreshments at gatherings
- Greeters at gatherings
- Core Group members (chapter administration and planning for gatherings)
- Webmaster (update our website)
- Memory Walk assistance (refreshments, set-up & registration, etc)
- Service of Remembrance assistance (refreshments, readings, greeters, etc)

Please email or call to discuss how you can help in some way. *Help yourself while helping others.*

Contact Bob Burash, Chapter Leader, 410-519-5774, aabereavedparents@gmail.com .

Bereaved Parents Volunteer for life,
Carol Tomaszewski, Dave's Mom
Anne Arundel County Chapter, BPUSA

HELP OTHERS VOLUNTEER HELP YOURSELF VOLUNTEER HELP OTHERS



Unadulterated Joy

A most interesting occurrence happened last night. It was my husband's 69th birthday and my older son and only grandchild came over to celebrate. We ate cake, had light saber battles and all sorts of other wonderfully, glorious fun.

That is not unusual, my grandson is a funny, happy and very imaginative kid. My son is also particularly funny with a very positive demeanor.

What struck me was the next day, when I was talking with my grief counselor, I told him that not only did I experience joy the night before, but I felt I truly experienced unadulterated joy.

That totally caught me off guard! Was that possible? Could that really have happened? My younger son William, my whole reason for getting up in the morning, had died almost nine years earlier. How could it be possible after the death of my cherished son that I be so incredibly and joyously happy?

I had told many people that after the death of our children, that one day, when they least expected it, a smile would cross their lips. I told them that one day, when they least expected it, a happy tune would lift their spirits. I told them that one day, when they least expected it, they would indeed feel happiness, true happiness. But, I would always have to add, we were the victims of a most, THE most terrible of things. We were bereaved parents. Our beloved child or children had been tragically torn from us and that consequently, while we would one day be able to experience true happiness, we would never be able to be truly and completely, unadulteratedly happy - and yet, that was what I thought I felt yesterday.

I'm not normal. By that I mean I haven't dealt with William's death the same way most people have had to. William's death was so painful to me that I buried that pain. I buried it so deeply that after many months of agonizingly, torturous pain, I began to feel nothing. As a survivor of childhood sexual abuse, who has undergone years of therapy, I have learned that such a reaction is not unusual for survivors of that type of abuse. Trauma can be cumulative. To protect myself, I, most of the time, don't feel he's real. Even after nine years of him being gone, most of the time I don't feel my beloved son is real. That is why I asked a few friends their experience.

I asked them, bereaved parents who had thoroughly experienced their grief, if they, after the death of their child, had ever been able to experience unadulterated joy. The kind of joy I thought, but wasn't sure I had experienced. The reactions I got were affirming. My friends had indeed, in spite of their terrible reality, felt pure and real, unadulterated joy.

That is so amazing. It's almost a complete contradiction. It's almost a complete paradox and yet, it was true.

The seemingly impossibility of feeling true, unadulterated joy - even after the worst thing that can ever happen to a person, the death of their child- can truly happen. That is ASTOUNDING!!!

It took almost nine years for me to realize this wonderful fact. It makes me feel paradoxical emotions. It makes me feel extraordinarily happy that this gift is there for bereaved parents, but it makes me feel terribly sad and guilty that I told people earlier that complete and unadulterated happiness was impossible. I took away hope that, had I known better, I could have given them.

I will have to practice self-forgiveness to get over that guilt and hopefully the people I have misinformed will read this and learn of my new and wonderful realization. Hopefully that will help them in their times of greatest grief. Hopefully it will help lift them out of the darkness and pain and take them to a place where they can begin to experience some of that joy. Hopefully it will take them to a place where they can remember that, although they are the most grievously wounded because they lost their child, that also, they are the most greatly blessed because they got to have them.

When I look back on it, I realize William told me this would happen. I had dreams where at first I saw nothing but death, destruction and disconsolation. There was abject pain and seemingly unrelenting grief. At first it appeared there was nothing but death, darkness, unadulterated and unrelenting pain ever to be found. But, in one dream, which was typical of the others, at the end, over to the left, I saw the most brilliant and dazzling sunset. Such Beauty as I saw in that sunset is not possible in sunsets here on Earth. So vibrant, vivid and sublime was it. It was so utterly magnificent and otherworldly.

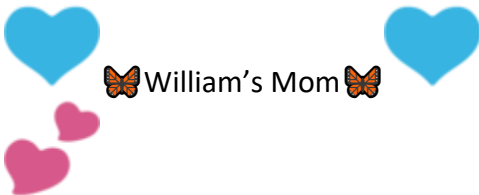
What I realized was that William was telling me that my pain and my misery was real, but in spite of that, there was hope. There was, in the midst of our horrific pain, the possibility of great happiness and tremendous beauty. There was, in spite of indescribable pain, the possibility of complete and unadulterated joy. As I said before, I could not say this, if my precious William hadn't shown me.

I wish you peace, love, the gifts of gratitude and forgiveness and the ability to experience your own unadulterated joy.

In our children's memory, I thank you.

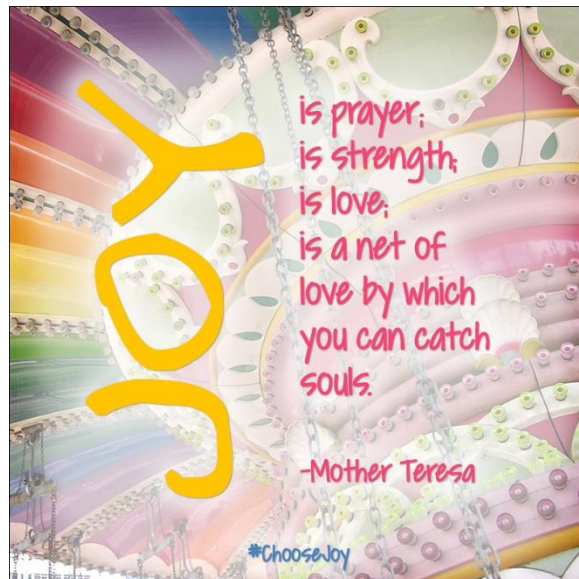
Most sincerely,

🦋 Linda Khadem 🦋



🦋 William's Mom 🦋

Anne Arundel County Chapter, BPUSA





Continuing Bonds,

Signs from our Children



For many of us the bond with our children began before they were born, possibly even before they were conceived. We imagined what our life would look like and created a scenario with children in that life. The death of our child did not end that bond, or that relationship. One way in which the bond continues with our child or children is through signs that appear to us through unexplainable sources.

These signs may be seen as a psychic event, or a form of post death contact, but one does not need to be a psychic to experience these signs, only to be open to the possibility and acknowledge that it is a sign from your child.

My own opinion is that energy remains after the body stops functioning, that energy form is part of the mystery of life and death. This is how, I believe psychics can read the energy of those who have died. I do not have scientific evidence as to why these experiences occur, only that I am not alone in experiencing unusual coincidences or events that had no human explanation. Like radio waves, we know they are there, we cannot see or hold them.

Signs from our children and other deceased loved ones have become more discussed and documented. A confirmation that we are not just imagining this or want it to be so! There are patterns or themes which represent commonly seen signs. I have combined some of the themes as I believe they are appearing from similar sources. You may have experienced other signs, but I have tried to summarize those that I have experienced or been told about.

Small objects: Metal objects: coins, stones - Finding beautiful or uniquely shaped stones, finding coins and your loved one spoke of “pennies from heaven” when there were with you.



Dreams Dreams – Your child appears in a dream only to say “hi mom”. Even if you are not dreaming about your child, others may be, and I hope they will share that story with you.

Sensing their presence through smells, touch - The smell of their perfume, cologne, or pipe, but no one nearby, a “need to search” for something and finding a letter they had written but never shared. Feeling the light touch of their hand on your back as you rest.

Animal messengers - A horse running to the fence, just watching you. Your child’s high school mascot appearing in your yard.

Butterflies, feathers, wings, birds (cardinals), dragonflies -Winged animals, that are free to fly, land quietly on you or are waiting for you in the front yard when you come home from work. Butterflies and dragonflies represent transition and change. They do not stay how they began.

Unexpected electrical activity/phone call, songs, photography. - The ice maker spewing out ice when no one is near it on the eve of a funeral. The smoke detector going off in the middle of the night before a big event, the phone call with no one on the other end, or the wrong number, but there is something about that call. A message appearing as a text message but coming from “no one”. Songs are one of my favorite signs. Listen to the words and know there is a message in there from your child that represents your time together. A recent photo with your child’s image in the picture. A computer being turned on when you know you turned it off.



Clouds, rainbows, numbers - Look up in the sky, see what might be coming your way to make you smile. Random numbers that correlate to birthdates or anniversaries show themselves to you more than usual.

Synchronistic Meetings of People - People put into your life because of your child or knew your child and you are now meeting them.



Movement of objects: Keys disappearing from the key rack, only to appear days later after everyone has searched for them, yet no one found them. Painting or photographs falling off the wall, a picture of the “other” child falling. Glass dropping to the floor and knowing their favorite song was “walking on broken glass”. The noise created by this movement may mean someone is trying to get your attention.

Each sign is unique to you and your child. You may have received a sign and were not aware what it was. If you experience an unusual event, research the “sign” a bit more to learn what it symbolizes and how it is significant to your relationship with your child. It is up to you to interpret and find the meaning. Sometimes the meaning is very evident to you and those around you, other times you may need to consider what it represents.

Do not put undue pressure on yourself or your loved one to receive a sign. The sign will present when they are meant to present. Our children will always be a part of our life. They are with us, whether we see their signs or not. If you are given a sign, may it give you peace as you struggle through the terrible pain of grief. If you do not see signs, that is okay too! You and your child continue to maintain your own bond.

A final word, a letter written for a driver’s ed assignment, a reminder sent from all our children but written by my daughter *“do not spend the rest of your life missing me, remember when you had me.”*

Jane Schindler, Emily’s Mom
LCSW-C, BC-TMH, Clinical Instructor
University of Maryland School of Social Work
Anne Arundel County Chapter, BPUSA

Editors Note: If you have any signs you would like to share, or any comments on your experiences please send them to Carol at ctomaszewski74@gmail.com . Here are two of my favorites:



A dime by my chair



an iris blooming in October

Pacing ourselves while grieving...

by Gary Roe - Amazon Bestselling Author, Speaker, Grief Specialist & Coach
<https://www.garyroe.com/>



Grief is a more like a marathon than a sprint. The process is arduous, painful, and exhausting.

Those of us who are grieving know this all too well.

When we lose someone special, our worlds are altered forever. We bump into more loss and change almost every day.

Grief is ongoing.

“I’m glad that’s done,” Rebecca sighed as she climbed into the car. “The service was wonderful. It honored Rick in every way.”

Rebecca sighed again before continuing. “The funeral is over, but the loss isn’t. The grief is just beginning.”

Rebecca was right. The loss is permanent. Rick cannot be replaced. He occupied a unique space on the planet and in Rebecca’s heart.

The memorial service may be over, but your grief isn’t. Not by a long shot. And everything counts: memorial services, anniversaries, and birthdays; candles lit, letters written, and balloons released; memories shared, photos posted, and stories composed. These add up, and help heal your heart over time.

This isn’t a sprint, but a marathon. Pace yourself. Take your heart seriously. Breathe.

“Grief is a marathon. I’ll remember you, and pace myself well.”

Grief has its own timetable.

It’s different for each person.

Grief will not be rushed.



<http://grasphelp.org/about-us/>

Anyone who has lost a loved one through substance use knows that society treats this loss differently than a death from any other cause. There is the belief that the one who died must have somehow been a bad person. And for those of us left behind, that we too must have somehow been a bad person. We must have been a bad parent, a bad spouse, a bad partner, a bad sibling, a bad friend, or the person we love wouldn't have died. But we are not bad people. The one we lost was not a bad person. There is no blame here. For them or for you. They did their best. They struggled with their disease but, ultimately, this disease took their life. And however you tried to save them, you did your best. Because that's what love does.

Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose. Too many times we suffer not only the death of the person we love, but we become isolated in our grief. We feel, and too many times it is true, that no one understands our pain. But at GRASP, we do. We have suffered this same kind of loss and we have found the love and connection that only those who have lived this loss can give another. And while the pain of this loss will always be with us, we have found through GRASP that we don't have to walk the road that is our pain alone. We walk it together; hand in hand and heart to heart.

Please come, join us. And become a part of the healing community that is GRASP.

Howard County GRASP Chapter

Contact Person: Anita Braden Ivey

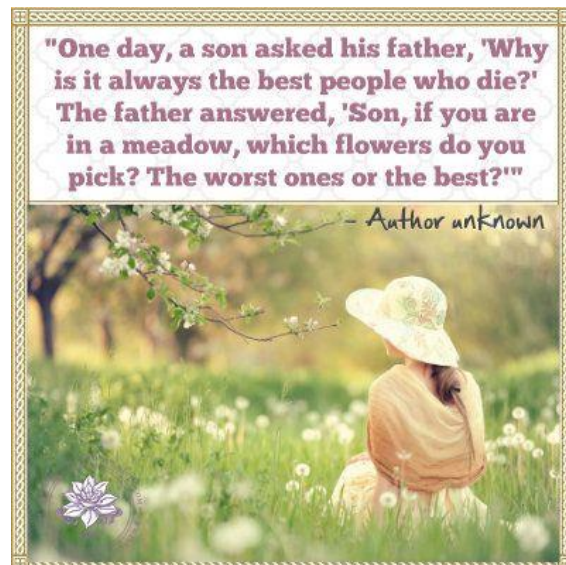
Email Address: bradenivey@verizon.net

Primary Phone Number: (410) 925-4253

Meeting Location Columbia, MD Please contact facilitator for exact location.

Pre-registration is required for new attendees! Please contact chapter facilitator to register.

Meeting Specifics: First Monday of Each Month, 7:00-8:30 pm





<https://christicenter.org/>

Summertime and reading often go hand-in-hand. While it might be a good time for some escapist novel, adding to your knowledge bases, or a good old cathartic cry might be just what you're looking for this summer. To help inspire you, we collected some of the books our Christi Center team find inspiring, helpful, or resonant.

[For Kids](#)

Lifetimes: The Beautiful Way to Explain Death to Children, by Bryan Mellonie. The crux of the book explains in a beautiful way about beginnings, ending, and living in between!

Not the End: A Child's Journey Through Grief, by Mari Dombkowski. This book is special to me because the local author came and read the book to our Kids Who Kare group a couple of years ago, and recently stopped by to give us a few copies of her latest Spanish version of the book. Based on a true story, this book describes a family's journey through loss, providing insight and hope to the fact that as painful as loss can be, it is not the end of a family's story, but rather, a very important chapter.

The Invisible String, by Patrice Karst. My all-time favorite, this bestseller is touching and comforting for all ages, because it describes the heart-to-heart connection that we never lose even when people become separated or when they die....the binding connection of love.

[For Young Adults](#)

My current favorite book is, **I Am Not Your Perfect Mexican Daughter** by Erika Sanchez

This book follows a young Mexican-American girl named Julia, who is searching for meaning after her older sister's death. The story shows the struggles with that a family can have after their family is impacted by losing a loved one.

Sisterhood Everlasting by Ann Brashares SPOILER ALERT: Part of The Sisterhood of the Traveling Pants series, this book is about the bonds of young sisterhood changing as the characters become adults. Dealing with careers, boyfriends, marriage, moves, the young women of this novel must navigate those challenges while also learning to navigate the sudden loss of a friend.

The Abhorsen Series by Garth Nix. Couched within an action-packed, fantasy setting, a teenage girl learns that her father, The Abhorsen, keeper of the dead, is missing and has passed into death. The series explores themes of loss, grief, and how we mourn our loved ones, as life continues around us. The protagonists in the series are all teenagers, and struggle with identity, fitting in and growing up. I appreciate this series for addressing a young adult audience and it's non-stigmatizing approach to death and loss.

The Book of Lost Things by John Connolly – A young adult novel about mourning, not only of a loved one, but mourning the life we no longer have.

For Adults

Why is God Laughing: The Path to Joy and Spiritual Optimism by Deepak Chopra. A slightly irreverent, sarcastic and funny look at how to not only be okay with the obstacles we face in life, but how to grow from them.

Transcending Loss: Understanding the Lifelong Impact of Grief and How to Make It Meaningful by Ashley Davis Prend, ACSW – Making meaning in grief and how to grow into your “new normal”

The Year of Magical Thinking by Joan Didion – A clear and unflinching account of the changes, sometimes minute by minute, that can happen as we journey through grief.

How to Go On Living When Someone You Love Dies by Therese A. Rando, PhD – a primer on what to expect from grief, the effects of grief and potential triggers. While written by a clinician, the language is easily accessible and thorough.

Wild by Cheryl Strayed – Author’s recollections of the lengths we will go to go find ourselves after loss.

Stitches: A Handbook on Meaning, Hope and Repair, by Anne Lamott. Anne Lamott, one of my favorite authors, writes about real stuff for real people! This book poses the question, how do we stitch back the fabric of our lives after it has been shredded by catastrophe? In her unique style of down to earth humor and witty wisdom, she explores how we find meaning in dark times, how we recapture spiritual wholeness after loss.....one stitch at a time.

Continuing Bonds, by Dennis Klass. Though written by a prominent researcher in the field of bereavement, this book is written for the lay person....for anyone who has experienced a loss and finds it unnaturally difficult to simply “let go”. It quietly questions previously dominant models of grief, and suggests that instead of detaching from our deceased loved ones, it may be more healing to find healthy ways to continue a relationship with them, as other cultures often do.

Healing into Life and Death, by Steven Levine. Steven Levine’s writings have long been a shining light to me in the dark nights of my soul. He and his wife have worked closely throughout past decades with Elisabeth Kubler-Ross, as well as Ram Dass and many others who have left valuable footprints in the field of death and dying, and the field of spirituality and consciousness. This book offers original ways of bringing in loving kindness to ourselves while working with our pain.

When Children Grieve, by John James, Russell Friedman, and Leslie Landon Matthews. This book offers adults innovative ways of helping children with experiences with loss. Leslie Landon is the late Michael Landon’s daughter.

I remember really liking **A Grief Observed** by C. S. Lewis because of its raw honesty.

Good Grief by Granger E. Westberg is for the person who is limited in concentration, this one is a step-by-step walk-through of grief. The easiest tool for someone who is having a hard concentration block. It’s a layman’s book for grief, and this short book ends on a positive note.

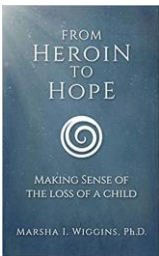
OTHER READING SUGGESTIONS:



When a Child Dies From Drugs: Practical help for Parents in Bereavement.

by Pat Wittberger (Author), Russ Wittberger (Author) Paperback – August 4, 2004

"When a Child Dies From Drugs" is written by parents to help other parents who are experiencing the ultimate tragedy of their child's death from drugs or alcohol - parents who find themselves isolated in a fathomless dark void wondering whether they will ever resurface into the real world again. This book offers strength, practical advice and an aid in grief recovery for parents and families, gleaned not only from personal experiences but also from meeting with many parents through their out-reach program, "G.R.A.S.P." (Grief Recovery After Substance Passing) Subjects covered range from the emotional trauma of learning of the child's demise and on through the guilt, denial, anger, "what-if's" and, finally, acceptance and to suggestions of how to cope daily and into a future which will never be the same. It is also illuminating to all those who know someone who has lost a loved one through drugs -What to say and do? What NOT to say and do? There is advice here for those who want to support families in grief. With personal insights this book is very much like friends reaching out to friends in compassion and kindness - friends who understand because, quite simply, the writers continue to be on the same journey as those they will comfort.



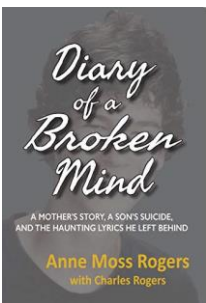
From Heroin to Hope: Making Sense of the Loss of a Child

by Marsha Wiggins (Author) Paperback – September 7, 2018

Are you reeling from a child's drug-overdose death? Are you worried you will never bounce back from this devastating loss? Do you wonder how to live in the "new normal"? In From Heroin to Hope: Making Sense of the Loss of a Child, professional counselor Dr. Marsha Wiggins describes the unique aspects of grieving a child lost to drugs, and offers compelling insights into how to navigate grief. A professor emerita of counseling at the University of Colorado Denver and retired ordained clergywoman, Dr. Wiggins shares her experience of losing her son to a heroin overdose, and relates ways she coped with this heart-breaking loss. Using grief and loss research and personal vignettes, Dr. Wiggins opens the door to healing for those suffering the agony of losing a child to addiction. In this book you will discover:

- How to recognize the normal aspects of grieving
- How to cultivate resilience in the midst of emotional pain
- How to make sense of this life-changing loss

Heroin has claimed countless young people leaving their loved ones lost in the abyss of grief. If you need help finding your way forward in the dark, this book is for you.



Diary of a Broken Mind: A Mother's Story, a Son's Suicide, and the Haunting Lyrics He Left Behind

by Anne Moss Rogers (Author), Charles Rogers (Author)

THE FUNNIEST, MOST POPULAR KID IN SCHOOL, Charles Aubrey Rogers suffered from depression and later addiction, then ultimately died by suicide.

"Diary of a Broken Mind" focuses on the relatable story of what led to his suicide at age twenty and answers the why behind his addiction and this cause of death, revealed through a mother's story and years of Charles' published and unpublished song lyrics. The closing chapters focus on hope and healing—and how the author found her purpose and forgave herself.

"Diary of a Broken Mind" is a poignant and powerful story written with telling detail and searing honesty—and hope. It is an inside look at the issues of depression, addiction, and suicide affecting so many families. It is a book that won't easily be forgotten.

How We Survive

© Mark Rickerby

If we are fortunate,
we are given a warning.

If not,
there is only the sudden horror,
the wrench of being torn apart;
of being reminded
that nothing is permanent,
not even the ones we love,
the ones our lives revolve around.

Life is a fragile affair.
We are all dancing
on the edge of a precipice,
a dizzying cliff so high
we can't see the bottom.

One by one,
we lose those we love most
into the dark ravine.

So we must cherish them
without reservation.
Now.
Today.
This minute.

We will lose them
or they will lose us
someday.
This is certain.
There is no time for bickering.
And their loss
will leave a great pit in our hearts;
a pit we struggle to avoid
during the day
and fall into at night.

Some,
unable to accept this loss,
unable to determine
the worth of life without them,
jump into that black pit
spiritually or physically,
hoping to find them there.

And some survive
the shock,
the denial,
the horror,
the bargaining,
the barren, empty aching,
the unanswered prayers,
the sleepless nights
when their breath is crushed
under the weight of silence
and all that it means.

Somehow, some survive all that and,
like a flower opening after a storm,
they slowly begin to remember
the one they lost
in a different way...

The laughter,
the irrepressible spirit,
the generous heart,
the way their smile made them feel,
the encouragement they gave
even as their own dreams were dying.

And in time, they fill the pit
with other memories
the only memories that really matter.

We will still cry.
We will always cry.
But with loving reflection
more than hopeless longing.

And that is how we survive.



Our Children Remembered July 2021

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

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

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

Cortney Michele Belt
Daughter of Terre and John Belt
August 26, 1979 - July 9, 1996

Margaret Samantha Bohlman
Daughter of Samantha and Cory Bohlman
July 27, 2020 - November 4, 2020

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

Sean J. Brannon
Son of Larry and Linda Brannon
July 6, 1968 - July 28, 2013

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

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

Tria Marie Castiglia
Daughter of Noel and Ann Castiglia
Sister of Carla Castiglia
July 6, 1963 - October 14, 1984

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

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

O. Steven Cooper
Cousin of Frances Palmer
July 5, 1954 - September 26, 1998

Amber Marie Danowski
Daughter of Donna Danowski
August 26, 1998 - July 10, 2017

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

Michael J. Dickens Jr.
Son of Marla and Michael Dickens Sr.
July 7, 1968 - March 29, 1996

Brandon Robert French
Son of Rhonda and Norman French
October 8, 1983 - July 29, 2006

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

Kerry Elizabeth Hambleton
Daughter of Bob and Ellen Hambleton
September 14, 1983 - July 26, 2011

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

Roger Wallace Johnson
Brother of Leroy and Jeanne Jones
July 10, 1947 - August 23, 1986

Kenneth "Chuckie" Jones
Son of Suzzelle Reid
July 13, 1976 - May 26, 2010

Ryan John Karl
Son of Leona and Bob Karl
July 17, 2006 - October 4, 2020

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

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

Tanner Glen Henry Lenox
Son of Lynn and Mark Lenox
July 3, 2006 - March 13, 2018

Brandon James Lima
Son of Lisa Lima
July 30, 1998 - September 19, 2018

Christopher Maxie
Son of Lucille Oliver
July 19, 1969 - August 25, 2019

Bradley James McMillan
Son of Eric McMillan
Grandson of Jean Hutchinson
July 26, 1996 - July 1, 2019

Michael Riley Millard
Son of Patti Davis
July 21, 1993 - March 17, 2019

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

Edwin Brandon Molina Jr.
Son of Carole and Edwin Molina
July 6, 2005 - March 3, 2007

Gavin Alexander Payne
Son of Lisa and Scott Payne
July 31, 2003 - September 29, 2019

Sienna Monet Potter
Daughter of Trisha Potter
July 23, 2002 - February 27, 2021

Steven Craig Rasmussen
Son of Robert and Linda Rasmussen
July 15, 1961 - September 24, 1997

William "Kyle" Regan
Son of Bill Regan
July 19, 1988 - July 20, 2016

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

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

Dennis Richard Rohrback
Son of Dennis and Joan Rohrback
April 8, 1964 - July 3, 1988

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

Gregory Panagiotis Skaltsis
Son of Cynthia L Skaltsis
September 9, 1991 - July 28, 2017

Joseph Claude Smith
Son of Gary and Desirae Smith
March 19, 2005 - July 11, 2006

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

David William Whitby
Brother of Susan Lovett
July 14, 1954 - July 4, 1987

Alisa Joy Withers
Daughter of Jan Withers
July 7, 1976 - April 16, 1992

Jeffrey Kevin Withers
Son of Jan Withers
July 30, 1975 - September 28, 1975

Sienna Blue Water Zertuche
Daughter of Karen Samaras
September 5, 1976 - July 31, 2008



Our Children Remembered August 2021

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

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

Cortney Michele Belt
Daughter of Terre and John Belt
August 26, 1979 - July 9, 1996

Traci Lynn Boone
Daughter of Bonita Boone-Adamecz
September 17, 1964 - August 17, 1986

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

Bryan Ray Cannon
Son of Ray and Barb Cannon
August 14, 1984 - August 11, 2011

William Frederick Carter Jr.
Son of Dot Carter
Brother of Janet Tyler
Brother of Lisa Beall
April 24, 1959 - August 16, 1992

Mark Joseph Curtis
Son of Sylvia Curtis
August 20, 1986 - 12, 20, 2006

Joshua "Josh" William Sims Dale
Son of Jody and Bill Dale
August 30, 1980 - August 30, 2007

Amber Marie Danowski
Daughter of Donna Danowski
August 26, 1998 - July 10, 2017

Barbara Jean Fennessey
Daughter of Ray and Kay Fennessey
August 30, 1960 - August 4, 1989

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

Roger Wallace Johnson
Brother of Leroy and Jeanne Jones
July 10, 1947 - August 23, 1986

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

Jeremy Scott Jones
Son of Leroy and Jeanne Jones
August 4, 1976 - August 21, 1986

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

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

Christopher Maxie
Son of Lucille Oliver
July 19, 1969 - August 25, 2019

John T McCormick
Son of Elvira and Tom McCormick
March 5, 1981 - August 9, 2016

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

Ryan John Mulloy
Son of John and Suzanne Mulloy
August 19, 1975 - August 12, 1993

Kevin M Nichols
Son of Bob and Deb Nichols
April 12, 1982 - August 21, 2017

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

Scott Thomas Palmer
Son of Frances Palmer
Grandson of Ethel Cleary
August 3, 1983 - September 1, 1996

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

James Ryan Rohrbaugh
Son of Doug and Donna Rohrbaugh
August 30, 1983 - September 5, 1983

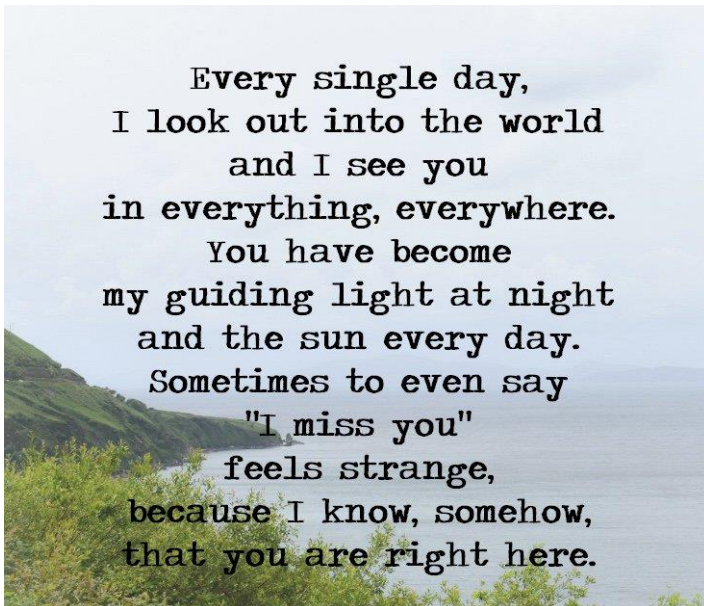
Katelynn Anne Sabo
Daughter of Mary Ann and Steve Sabo
December 28, 1989 - August 27, 2019

Michael Edward Shannon
Son of Karen Shannon
September 10, 1965 - August 13, 2013

Brittany Nicole Tyler
Daughter of Janet and Dan Tyler
Granddaughter of Dot Carter
October 12, 1986 - August 23, 1992

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

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



DONATIONS

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

Newsletter and Website Sponsorship Donations:

Barbara and Robert Bessling in memory of Ricky.

Ann and Noel Castiglia in memory of Tria.

Bob & Sandi Burash in memory of Paul.

Cheryl Long in memory of Sean.

CHAPTER GATHERINGS and MEETINGS

We have made a decision to return to in-person and to continue virtual gatherings. This is doable, but requires a lot of work, more facilitators, and others getting smart on the ins-and-outs of running a virtual gathering and blending it with the in-person gathering. We are still in the learning process and will stumble along the way, but we make it work. During the course of this past year, because we have been virtual, many newly bereaved have joined us and many 'old timers' have returned because there is not a chapter in their area, we are the best chapter of those other chapters they have attended, we were their chapter before they moved away and now they are back with 'family.' How can we abandon virtual gatherings? We serve many folks out-of-state, out-of-area, those who are no longer able to or comfortable driving at night or live too far away and for many other reasons.

CHAPTER GATHERING SUMMARY: In-person gatherings have returned! And ZOOM Virtual Gatherings are being scheduled at the same time as our in-person gatherings.

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 held a hybrid in-person and virtual gathering. The virtual gathering will be incorporated with 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 as desired for first-time attendees, and the newly and non-newly bereaved.

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, and to participate via ZOOM, please contact our ZOOM host and Chapter Leader, Bob Burash, 410-551-5774, aabereavedparents@gmail.com

WHAT TO EXPECT AT OUR CHAPTER GATHERINGS: *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.

Our Chapter gathers one evening a month to address topics and offer support to those who are mourning the death of a child. Our meetings last for approximately 2-3 hours. Sometimes we schedule a 30-minute presentation at the beginning of our meeting. When the speaker or panel has concluded the presentation, we introduce ourselves and say our child’s name. We then take a short break before dividing into sharing groups. Sharing groups are facilitated by fellow Chapter members and are completely confidential. During this time, the issues that are discussed—particularly for the newly bereaved—focus on the issues facing participants today.

CORE GROUP MEETINGS: 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.**

July 13 Core Group: Virtual Meeting starting at 7:00 PM. Anyone interested in participating, contact Bob Burash at aabereavedparents@gmail.com to be included on the email invitation. *We are in need of Core Group Members.*

Newsletter and Website Information

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 to ctomaszewski74@gmail.com on **August 15 for the September / October 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 to ctomaszewski74@gmail.com ... on **Aug 15 for the Sept / Oct Newsletter**.
- 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.

COPYRIGHT: We reserve the right to limit distribution of the newsletter and/or specific articles. Distribution to family and friends is permitted. Please contact our Editor at ctomaszewski74@gmail.com or Chapter Leader at aabereavedparents@gmail.com before widely distributing the newsletter or using any content in any manner.

CHAPTER CONTACTS:

Chapter leader: Bob Burash, 410-551-5774, aabereavedparents@gmail.com

Treasurer: Joe Belcher

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

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. *We are in need of a WebMaster.*

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 aabereavedparents@gmail.com and we can arrange to meet. *We are in need of a librarian.*

AMAZON SMILE – 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.

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.

National **BPUSA** also provides a list of resources on their website: <https://www.bereavedparentsusa.org>

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, aabereavedparents@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.

Our Anne Arundel County Chapter, Bereaved Parents USA, 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

Email: aabereavedparents@gmail.com

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

