



Bereaved Parents of the USA

Anne Arundel County Chapter

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"Death leaves a heartache no one can heal; Love leaves a memory no one can steal."
 - Irish Proverb



William Mirza Khadem

October 24, 1984 - April 6, 2012

Sweet William, The joy you brought in life far exceeded anything we could have imagined or deserved. How could it be possible the same would be true after your death? You have given us the gifts of laughter and love, both before your death and after. We so truly do not deserve either, yet you gave and give them in abundance. Thank you so much, our darling treasure. Thank you so much.

Much, much love and appreciation,
 Mom, Dad, Seyed and Darling Hayden.

Wendy Jean Bolly

April 6, 1977 - October 11, 2002

"To live in hearts we leave behind, is not to die."
 (Thomas Campbell, poet)

Wendy, you live in our hearts still & always will, & for us, you have never died, for your life, spirit, beauty and talent remains in our memories!

All Our Love, Mom, Dad, Brian, Anne & Andrew



CHAPTER GATHERINGS and MEETINGS

**ZOOM Virtual Meetings
on March 4 and April 1, 2021**

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. 19, or contact our ZOOM host, Bob Burash, 410-551-5774, aabereavedparents@gmail.com

March 4 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.

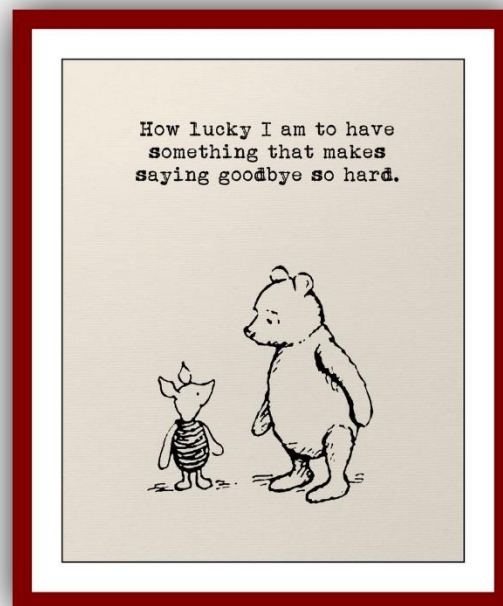
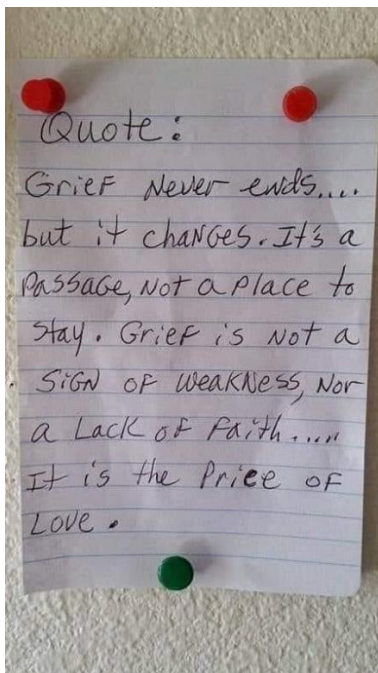
April 1 at 7:00 Virtual Gathering: Presentation by Paul Balasic, topic TBD.

May 6 at 7:00 Virtual Gathering

June 3 at 7:00 Virtual Gathering: Presentation by Mitch Carmody, topic TBD.

Other important dates:

May 11 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 CHAPTER MEMBERS**Guilt, Regret and Forgiveness**

By Linda Khadem, William's Mom
Anne Arundel County Chapter, BPUSA

Dear Kathy,

Guilt for what we did or didn't do for our children can cripple us. It can overwhelmingly haunt us and cause us to be blind to the blessings we still have. I know it did me and many of my fellow bereaved parents.

I learned to forgive myself when I realized I did the best I could at the time. It took a long time to accept that, but it was true. In addition to that, there have been so very many things that have happened that have proven to me that our kids love us very much and are very happy where they are.

My precious William had a mental illness, as did your son, as do I. On earth they were wounded. In Heaven they are whole. William is so much more powerful in death than he ever was on Earth. If I ever meet you, I'll tell you the many stories I have to prove it.

Your son may not have understood your actions when he was alive, but he does now. Not only does he forgive you, he understands. I can only say this because of the things that have happened to me in the almost 8 years since my precious William has been gone.

I pray you will be gentle to yourself. I didn't know your son, but I have had so many experiences with William and other bereaved parents' children that I know that regardless of whatever problems you may have had while he was alive, he is with Jesus now and he is whole. I know he wants you to forgive yourself. I know he wants you to be happy. Please forgive yourself.

*Most sincerely,
Linda Khadem*

I wrote this letter to my aunt's friend whose son had died some years earlier. She was severely burdened with guilt after having had to tell him to leave her house and possibly become homeless. She did not make that decision lightly. He had abused her and her finances over and over for years to the point where her other children demanded she evict him. Nonetheless, she blamed herself terribly when he died.

I did not have that exact situation, but I did feel forced to admit William to a psychiatric facility at one point. While I did not regret that, there were many other things that I did that I very deeply regretted. The guilt I experienced traumatized me even beyond the excruciating pain I felt for losing him. I definitely did not feel I deserved forgiveness, nor had the right to it, but William insisted I do so.

Through experience after experience, he showed me that, while I did not feel I deserved it, my precious son wanted me to be happy. That could only happen if I forgave myself. After years of torment, I learned forgiveness for oneself or another can be a long and arduous, but necessary and eventually welcome process. It takes time and repetition. You must and will have to practice it over and over again, but in the end, there is hope and the knowledge that our children love us and want us to be happy. In the end there is true happiness. This is a possibly never-ending process, though I am much further along than I was before. And, like grief and guilt, the effects of forgiveness come in waves. Certain times are better than others.

I said in the end there is happiness. Well, I think I stated it better when I said it comes in waves. The one constant, though I sometimes have a hard time accepting it, is that our children love us beyond anything we deserve. Their love for us in Heaven is infinite, like our Creator's. The love William has for me has given me the unexpected, never anticipated, absolutely undeserved gift of the ability to feel joy. This is in spite of having experienced the worst thing a person can, the death of a beloved child. That is a tremendous thing. It can only happen because William repeatedly shows me he wants me to forgive myself.

I believe this is true for those of you out there under the pressing encumbrance of guilt. Our children are free now. They are not burdened by the restraints of the Earthly world. They can see things clearly now. They now see us like God sees us. They see us as exquisite beings with faults for sure, but faults eclipsed by our beauty. We are here on Earth. We are burdened by earthly restraints. We cannot clearly see ourselves as God sees us, but our children can and do. They have no reason to hold on to preconceived or ill-conceived notions. They love us and forgive us. As I stated earlier, I can only say this because of what they have shown me since William died.

So, I urge you, take the gift your children have given you. Try to see it through their unadulterated vision. Ask yourself if, under all of the terrible circumstances you were experiencing at the time you committed your seemingly unforgivable act, if you weren't doing the best you could AT THE TIME and know that your child knows you were. Your child knows that, had you known something more, had your circumstances been even only slightly different, that you would have acted differently, that you would have made the right choice or choices. Your child knows this. I hope you grow to know it, too.

In loving memory of my precious William, I wish you peace, happiness and the ability to experience the joy of having been granted that most wonderful gift, the gift of the life of your child.

Grandma's Thoughts and Loving Memories

by Lura Hewett, William's Grandma ...November 2020

Faced with the possibility that unless a liver transplant does all we are praying for, I will face the trauma of losing my special first, little, great-granddaughter. She is 5 months old, always laughing, playing and the cutest little thing even when doctors are always poking her in the head with needles and all sorts of cords plugged into her. She is known as a "medical mystery" here in Nashville, TN. It just brings back memories of the loss of my grandson, William, at almost 27 years old, 9 years ago in Maryland.

As one ages, it just is hard to take when your youngsters are not living to be as old as you! I am 85, and lost my husband 7 years ago, but in terms of age that wasn't that hard to believe. I do remember my dear, little William when he was young, we had just had the funeral for his Grandma Lola on his Granddad's side. He was trying to tell my mother about it, and he got mixed up on what he was trying to say, something about the coffin and he just blurted out, "the Heaven Box." Did that bring tears to our eyes. I don't know why none of us had ever thought of that. A day or so later he comes to me and wants to know if I will send a letter for him to Grandma Lola. I was shocked and took a few lumps in my heart until I thought to say, "I do not think there is a mailbox where I could send the letter," so I suggested that he might go pray to God and tell him what he wanted to say to Grandma Lola, the message would get there faster. He was delighted with that, and part of me still is in disbelief that I thought of all this so quickly. I just have to say, "Thank you God, for giving me the answer."

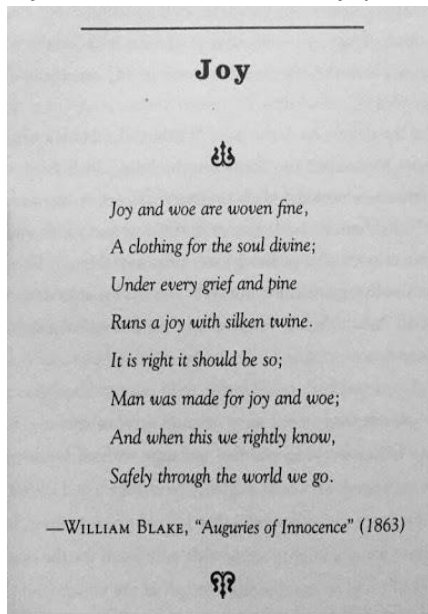
When we heard of William's death, it was really breaking our hearts, my husband was on chemo and he could not miss a day. We lived in North Carolina, they lived in Maryland. Linda, William's Mom sent a recording of the funeral service. It was not at first that I could listen to it, but after a few days, I soothed my feelings enough. So, I decided to try again. The message was so beautiful, as William had such childlike faith, even including what I had told him about saying to Grandma Lola, etc. Without prayer, I know I could not have made it through, and it is still the same with our darling little Autumn if we have to face her leaving us!

Grief Intertwined with Woe

By Linda Khadem, Williams' Mom
Anne Arundel County Chapter, BPUSA

I just found out our 7-month-old great niece Autumn got a new liver. She appears to be doing fine. If all goes well, she will live a long and healthy, albeit difficult, life.

At first, I was distraught that she had gotten so ill, I thought it was an emergency, but when I read about it, I found that was not the case. Which meant their, and our, joy is intertwined with tremendous grief. Another baby had to die in order that our baby would get to live. Another family would greatly mourn until their dying days and yet, we rejoice. Oh, the horror and joy of it all!



This poem was quoted to me only nights before. Little did I know it would be so prescient. We were talking about my son William's death and other terrible things that had happened to me and how I had learned that every bad thing had something equally good or better come from it. I added that I had to pray and ask that I might see the goodness or beauty in the tragedies. I added that, although sometimes it took a great while, God always, eventually, showed me my gift.

While precious Autumn's life was in limbo, I not only BEGGED that she be granted life, but I PROFUSELY thanked God for the short few months we had been given the gift of having her. From losing William I had learned so definitely that, while I am - as all bereaved parents are - the most unfortunate, that we are also the most greatly blessed because, while we had suffered the greatest pain by losing our children, we were also the most greatly blessed because we got to have them. Whether it be for 27 years, like I got to have William, or even a precious few minutes in the womb, like so many heartbroken, yet blessed mother's, we got to have them.

I pray now that the parents of the little baby, whose liver now holds life for precious Autumn, will soon be able, even in the midst of their horrific pain, to see the tremendous blessing they were given in the all too short life of their cherished, little baby. I pray the same for you. I pray that through the soul shattering pain of losing your treasured child, you are able to glimpse even a shred of the incomparable blessing God bestowed upon you and in that time of tremendous pain and insight, you will be able to sing with all your heart and mind and soul even one syllable of gratitude for that precious, precious gift.

Gratitude is one of the greatest blessings we were ever given in addition to our beloved children. It has the power to take us from the depths of torment and screeching agony to the hallowed halls of Heaven. It may not happen for you the first time you are searching for any kind of reprieve from your terrific, seemingly relentless pain, but it can get you a pinch further. In the beginning, to give thanks that I was able to have my son at all, was the only way I could survive from one minute to the next. In the beginning, it is all you can do. Now, when I realize how truly, amazingly, wonderfully, and greatly blessed I was to have had my precious William for even a minute, my soul soars to the Heavens with praise! Glory Hallelujah, I got to have my beautiful son! I pray you are able to receive this gift, as well.

*Thank you, God for giving us even one tiny minute with our precious children, whether they be born or not.
Thank you, God, thank you.*

Leonard's Memory Book

By Juliet Rothman, Daniel's Mom
Anne Arundel County Chapter, BPUSA



Leonard, Daniel's Dad, turned 80 yesterday, and I made him a big "Memory Book" with letters and photos and notes from family and friends. I felt awful leaving out Daniel, so I wrote a poem from him to Leonard to include in the book. I wanted to share it with you all. I hope that you find it meaningful in some way -

With love,
Juliet

Daniel M. Rothman
1971 - 1992

FROM DANIEL

*I never saw you getting old
Or watched your West Coast life unfold
But I'm here on your special day
With some special things to say.
You birthed me with your own two hands
There were no ifs, or buts, or ands,
While friends and nurses stood quietly by
And all then heard my first real cry.
You took us off to grass and trees
And birds and flowers and lots of bees
On our tree you hung ice cream
To watch our faces smile and beam.
You taught me how to ride and swim,
Your faith in me did never dim.
You came to all my plays at Key
Though your time was rarely free.
By my Bar Mitzvah I surely knew
My father was one of the rarest few.
You took us camping far and near
From Maine to Disney World so dear
Remember apricots in Italy
Washed in fountains for all to see?
On travels, roaming far and wide
Safaris and temples on the other side.*

*And all the people that I did see
Truly did much to inspire me
To be a doctor just like you
Was what I wanted most to do.
In high school I focused on a high GPA
Did ceramics and art most every day
Football was my favorite sport
They tell me it was really my forte
You'd take off from work to watch me play
"Go, run, Daniel" I'd hear you say
As down the field I ran so fast
I was really having a blast!
Then off to Rochester triumphantly went
To pursue my goals my efforts were bent.
But I did something stupid in my third year
Which changed everything I had held dear.
And changed your life too, this I know
To no longer be able to watch me grow.
Still, I have always walked along
Watched you be so wise and strong
With you still in this 80th year
Worry not - I shall always be near.*

With love,
Daniel

Lent this year, and the past 3 years.

By Tina Delaney, Nick's Mom
Anne Arundel County Chapter, BPUSA

Monday, March 9, 2020

We are 12 days into Lent. Normally, Christians select things to do or not do during this holy season, with the goal of growing closer to Jesus, and entering into the mystery of his passion. I remember years gone past when I was pretty good at keeping my personal promise to not drink Diet Coke (that year was miserable!), or give up chocolate, or give up wine (also difficult!).

For the past 4 years, however, I have turned my back to traditional Lenten practices. My dear son, Nick, passed away suddenly from a heart arrhythmia 4 years ago. I am sure that I will be living in a Lenten season the rest of my life, having to forcibly give up my son. Not voluntarily, but rather this heavy weight has been given me to bear. I'm living the Lenten season every day, entering into agony of the passion. Every day, not just 40 days.

If I continue to turn my back during these 40 days to welcome spring (origin of the word "Lent"), I will keep on wallowing in my grief, and miss out on experiencing the fruit of the season, alongside my fellow Christians. But, how else to live without my son? I no longer give up something for this season. Rather, I try to do something positive, such as write a letter a day to people who are special to me, or bite my tongue when it was ready to wag a snide remark. These seem more manageable. I think Nick would approve.

Feeling a bit left out in traditional circles of those giving up dessert or candy for Lent, I live my new hidden year-round season of pain, emptiness, and grief. For me, this is the new normal way to welcome spring. I hope Jesus understands.



"Those we love don't go away,
They walk beside us every day,
unseen, unheard,
but always near,
Still loved,
still missed
and very dear."

Sibling Grief and Support

By Amanda Hughes

Sibling Support Coordinator, Anne Arundel County Chapter, BPUSA

Four years ago, I was 27, had my first newborn baby, and had just moved back home with my husband to raise my child near my family. The prospects of everything and anything new ahead was unknown and exciting, until my husband woke me up from a nap one afternoon, panicked, telling me something was wrong and that I needed to call my parents. Suddenly the unknown and vast future filled me with entirely different feelings.

As a young mother I had already learned in my daughter's first two months of life, and all through pregnancy, how much I would always worry about her safety. Parents always worry for their children. We also all grow up knowing that at some point we will lose our parents. Friendships come and go. Our siblings have a special place in our lives, whether you get along, are close, consider them your built-in best friend, or have drifted apart, live far away, and experience different things, there is a sense that your sibling walks the earth with you throughout life, give or take a few years on each end. I learned quickly after my brother's passing that I wasn't just going to grieve him. I knew instantly my parents would never be the same. Their relationship with each other and with me had changed. My youngest brother, and our relationship, changed. Every holiday has been different. Losing a sibling, no matter your age, changes your world.

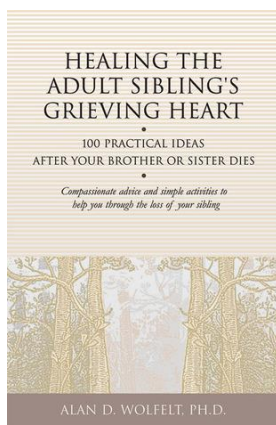
I was very fortunate to tag along with my mom to local bereaved parent groups, and to get a sense of extended family through them. Grief is a devastating experience that can still create beautiful and profound bonds. Still, while the grief of a sibling can never compare to the grief of a parent, it is unique and often overlooked on its own. For this reason, I invite any child, teen, or adult, who is new or years or decades into their grief, to join our newly formed bereaved Siblings Group, where we can cherish the fond (or not so fond) memories, wonder about the future, talk about the change in our parents and the new responsibilities we may choose or feel obligated to take on, together. Any feelings, emotions, venting, and wishes are welcome.

If anyone would like to connect but doesn't feel quite ready to join a group, or has questions, I'm happy to connect individually at another time as well.

Wishing you peace. Amanda Halbach Hughes

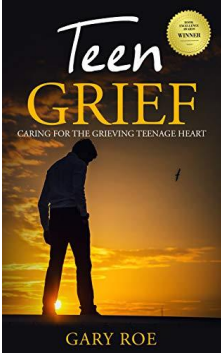
Editor's Note: Amanda is facilitating a Sibling Sharing Group during our monthly virtual gatherings. Parents, please share this information with your family, and encourage grieving siblings to join and share with Amanda. For more information, please contact Amanda at alrhalbach@gmail.com, or Bob Burash, Chapter Leader, at aabereavedparents@gmail.com, 410-551-5774.

Following are several book suggestions for siblings of different ages. Perhaps you can find some comfort from reading one of these, whether you are a bereaved sibling or a bereaved parent. – Editor



Healing the Adult Sibling's Grieving Heart: 100 Practical Ideas After Your Brother or Sister Dies by Alan D. Wolfelt

Compassionate and heartfelt, this collection offers 100 practical ideas to help understand and accept the passing of a sibling in order to practice self-healing. The principles of grief and mourning are clearly defined, accompanied by action-oriented tips for embracing bereavement. Whether a sibling has died as a young or older adult or the death was sudden or anticipated, this resource provides a healthy approach to dealing with the aftermath.



Teen Grief: Caring for the Grieving Teenage Heart

by [Gary Roe](#) (Author)

Teens are hurting. While trying to make sense of an increasingly confusing and troubled world, teens get hit - again and again - with moves, separations, divorces, rejections, substance abuse, domestic violence, sexual abuse, illness, disability, and death.

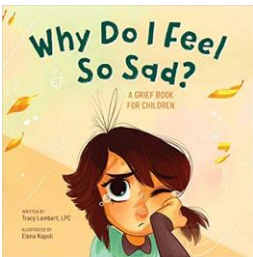
Edgy, fun-loving, tech-driven, and seemingly indestructible, teens' souls are shaking. Gnawing questions surface from deep inside: *"How did this happen? Why me? Is this my fault? What am I supposed to do? Who's next? Am I going to make it?"*

Teen hearts are at stake. Each one is a priceless treasure. We can't afford to allow pain and loss to get the better of them. What can we do?

Award-winning author and grief counselor Gary Roe wrote *Teen Grief* at the request of parents, teachers, coaches, and school counselors. Born of personal experience and more than three decades of interacting with grieving teens, this informative, practical handbook is replete with guidance, insight, and ideas for helping teens navigate the turbulent waters of loss. Though *Teen Grief* primarily focuses on losses due to death, the principles discussed can be applied to any loss a teen might be experiencing.

Teens are the future. If we can help them discover how to turn losses into gains and transform hardship into something productive, positive, and good, the ripple effects could be extraordinary. As they heal and grow, they can become the difference-makers this world so desperately needs.

Teens are hurting. They need us. They need you. It's time to help them heal.



Why Do I Feel So Sad?: A Grief Book for Children

by [Tracy Lambert-Prater LPC](#) (Author)

Find comfort and hope through the process of grief and loss—for kids ages 5 to 7

Why Do I Feel So Sad? is an inclusive, age-appropriate, illustrated kid's book designed to help young children understand their own grief. The examples and beautiful illustrations are rooted in real life, exploring the truth of loss and change, while remaining comforting and hopeful.

Broad enough to encompass many forms of grief, this book reassures kids that they are not alone in their feelings and even suggests simple things they can do to feel better, like drawing, dancing, and talking to friends and family.

Children don't have to go through grief alone; this book provides the tools to help them.



How a Texas winter storm reminded me of the grief process

By Gary Roe, Author • Speaker • Grief Specialist, February 18, 2021

Hi. I hope you are staying safe and doing well.

I live in south-central Texas. Right now, it's a mess. We're freezing. It hardly ever gets below freezing here. Shoot, I have two palm trees in my backyard. Over the last five days, we've had single digit temps with sub-zero wind chills.

Where you live, this might be the usual fare for this time of year. For us down here, this is unheard of.

You've probably heard of our power grid failures. As much as 80% of my county has been without power. Many have been without heat for days. Many do not have water either. Communities have set up "warming stations" where people can go (if they can get there) and escape the cold and darkness for a little while. This could be the worst winter storm in Texas history – and it's reminded me of the grief process.

The Storm We Weren't Prepared For

See if the following statements remind you of parts of your grief journey...

This situation has never happened before. We didn't expect this. We weren't prepared. Intensity of the storm stunned us.

Things we counted on failed – things that we had no control over. We were thrust into an unwanted, unwelcome, and difficult (even dangerous) situation.

We're dealing with this unexpected, harsh reality as best we can. Our usual routines are gone. For many, life has become about survival.

We're finding ways to communicate with those around us who are experiencing the same thing. We listen, attempt to encourage one another, and help each other as we can.

We get no assurances about when power will be restored. We do what we can, with our focus being to take care of ourselves and each other. We wait expectantly for warmer weather. We know this will not last forever.

Have you experienced any of these things in your grief journey? If so, feel free to share. Reply to this article.

(aabereavedparents@gmail.com) Vent. Ask questions. We all need to express how we're doing and what's happening inside us.

The Ongoing Grief Storm

Losing someone we love – and loss in general – can create a harsh, even debilitating storm. Unlike the current upheaval in Texas, our grief storms last far longer than a week.

Though our personal grief storms are all different, we're in this together. You are not alone, though many times I know it feels that way.

Be kind to yourself. Be patient with yourself and those around you. Do what you can to take good care of yourself. We need each other. We need you.

Warmly, Gary

Find free grief resources at www.garyroe.com.

Lean Into Spring

By Jennifer Stern, LISW|



Spring has sprung. The flowers are blooming. The birds are singing. The sun is shining. So why do you feel so dark? So stuck? So empty? So sad, overwhelmed, and angry? Why do you long for cold, rainy, dark days?

Because you are grieving.

Because Spring can feel like pressure. Pressure to be present and live life in spite of how you are feeling on the inside. Pressure to feel a semblance of normal. Pressure to believe in the possibility of new. Spring feels like a betrayal of your grief.

Grief is not predictable. It does not follow an order as the seasons do. It is personal. It is painful. It is messy. Grief can feel surprising, shocking, never ending.

Spring feels contrary to the realities of grief. To the experience of mourning. Sadness, anger, anxiety, loneliness, feeling overwhelmed.... those feelings do not match the sights and sounds of Spring. And yet there is much to be learned from the audacity of Spring. Those feelings of deep grief are the winter frost forcing us to lie dormant, to turn in, to be in (and of) our grief. Trust in time that your Spring will come. That you too will begin to thaw. That in time you can, and you will push through the bitter heaviness of grief.

You will bloom once again, new and different. You will begin to grow towards the sun and find respite and healing in its warmth.

Your Spring will come. In your time. In your way. Perhaps in the most trivial and unexpected ways...hearing the song of a bird and allowing that song to fill you. Noticing the crocus poking through the snow and experiencing a sense of awe at its resilience, strength and courage. Feeling the warmth of sunshine from the inside out. Moments previously not accessible now experienced with heightened awareness and even gratitude.

Lean into Spring. Go outside each day and write one sound in nature you hear. One new flower or growth you see. Add to this list daily. At the end of one week reflect on this experience. Were you able to find some comfort (and maybe even hope) noticing leaves on branches once barren, lying dormant under the weight of ice and snow? Nature provides a model for grieving, healing, and resilience. Nature teaches us that there is a season for everything.



<https://transformativegrief.com/2019/04/29/lean-into-spring/>

Transformative Grief is meant to provide encouragement, inspiration, and strategies for transformation. This blog is not intended to serve as, or replace, mental health care. Ask your primary care physician for recommendations of a therapist near you.

If you are having thoughts of suicide call the confidential Suicide Prevention Lifeline 1-800-273-TALK (8255) or call 911. There is help. You are not alone.



For the Newly Bereaved

The death of a child, sibling, or grandchild – at any age, from any circumstance – is indeed one of the cruelest blows that life has to offer. The journey through this grief is long and difficult. In the early moments, we may find ourselves in an all-consuming pain beyond description. It can be tough to live our everyday lives, challenging to think about anything other than our loss. Even happy memories may bring us pain for a time.

People do not “get over” the death of a child, sibling, or grandchild, nor “snap out of it” as the outside world often thinks we should. This loss is not an illness from which we recover. It is a life-altering change that forces us to build a new life for ourselves and our families, in a world that no longer includes our loved one.

Newly bereaved: You will experience a wide and often frightening variety of emotions after this loss. These feelings and experiences are natural and normal. Here are some you may encounter:

- Profound sadness.
- Crying all the time or at unexpected times.
- Extreme physical exhaustion, or a manic energy.
- Difficulty sleeping, or sleeping all the time.
- Lack of appetite, or overeating, often accompanied by weight loss or weight gain.
- Anxiety, often manifested in overprotective behavior toward surviving family members.
- Denial of the loss.
- Inability to concentrate, frequently misplacing items and forgetting things.
- A deep longing and emptiness, feeling that nothing has meaning.
- Intense questioning: “Why???” “If only I had....?” “Why didn’t I...?”
- Looking for blame, and blaming yourself or others.
- Anger with yourself, family members, medical personnel, God, even the deceased.
- Fearing that you are mentally ill or unstable.
- Physical symptoms such as heaviness in your chest, difficulty breathing, tightness in your throat, yawning, sighing, gasping, or even hyperventilating (do not hesitate to see a doctor for symptoms that concern you.)
- Inability to function at work.
- Increased intensity of, or sudden loss of, religious faith.
- Wanting to die (a feeling that usually subsides over time as you realize the value of staying present for other loved ones).
- Needing to tell and retell the story of your loved one’s death.
- Sensing the presence of your loved one in an odor or touch.
- Difficulty in everyday tasks that remind you of your loved one, such as seeing his or her favorite foods on the shelves when grocery shopping.
- Anger with yourself if you smile or laugh, and wondering how you can feel happy when your loved one is dead.
- Feeling as though your spouse or other family members don’t understand your grief or are not grieving as you think they should.
- Losing old friends who don’t seem to understand your pain and grief.
- Making new connections with people who have also experienced the death of a child, sibling, or grandchild.
- Feeling “stuck” in an aspect of grief such as denial or anger.
- Feeling as though your work through grief is “one step forward, two steps back” or proceeding in a completely random way.
- Frustration with others who expect you to be “over this” in a specific time frame – perhaps even frustration with yourself if you feel you should have “moved on.”

Hold these three important ideas in your mind as you walk this unfamiliar and challenging path:



There are no timetables for grief. The bereaved do not process through “stages” in an orderly and predictable fashion. No one will be “done” with grief; by contrast, you will process the grief individually and at your own pace, folding it into your life in a way that becomes more manageable over time.



Grief must be addressed. This grief cannot be avoided, ignored, or put away. You must go through it in order to emerge on the other side. As much as you may not be able to believe it now, your grief will shift and become less all-consuming as time goes by, and you will smile and find joy again. But right now, you must follow your instincts and allow your heart, mind, and body to grieve.



Grieving requires patience and acceptance. Grief work from the death of a child, sibling, or grandchild is a slow process. Be gentle and patient with yourself and your family. Allow yourself to cry, to grieve, and to retell stories as often as needed and for as long as you need to. You will never forget your loved one; he or she will be with you in your heart and memories for as long as you live.

*Remember that you are not the only one who has gone through this profound loss and grief. **Bereaved Parents of the USA** believes the grieving process can be made a little easier with support. We stand with you to listen to you, share with you, support you, increase your understanding of this grief, and help you as you work through it. We have been where you are today. We are surviving, and we are ready to help you.*

<https://www.bereavedparentsusa.org/about/for-the-newly-bereaved/>



*Helping grieving parents
and families rebuild their
lives following the
death of a child.*

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

Sandi Burash (443) 831 3960

Bob Burash (443) 306 9186

Email: aabereavedparents@gmail.com

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



Our Children Remembered March 2021

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

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

Richard Allen Bessling
Son of Robert and Barbara Bessling
March 18, 1982 - March 15, 1995

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

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

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

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

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

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

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

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

Cynthia Lynn Ferguson
Daughter of Doris and Charles Clair
September 4, 1952 - March 28, 2010

Traci Jeanne Heincelman
Niece of Terre and John Belt
October 6, 1980 - March 10, 2002

Brian Michael Hendricks
Son of Jeannine Hendricks
March 4, 1991 - April 22, 2012

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

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

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

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

Quintin Andrew Kane
Son of Grace Marie Watkins
March 18, 1965 - March 1, 1988

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

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

Giertler Lukasz
Brother of Edyta and Bruce Dulski
April 17, 1989 - March 15, 2015

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

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

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

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

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

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

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

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

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

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

Zachary Daniel Robertson
Son of Mary Ellen and Jim Young
March 3, 1978 - October 26, 2006

Michael Anthony Salek
Son of Victor and Veronica Salek
March 1, 1972 - January 11, 2015

March / April 2021

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

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

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

Vejay Singh
Son of Jessica and Hardeep Singh
October 12, 1992 - March 21, 2014

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

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

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

Christopher Thomas Trachy
Son of Tom and Chrys Trachy
September 3, 1986 - March 3, 2016

Shardeh Danielle Callis Watkins
Daughter of Lori Norris
April 30, 1989 - March 2, 2013





Our Children Remembered April 2021

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

Jeff Baldwin
Son of Aurelia Ferraro
April 27, 1967 - April 26, 1991

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

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

Wendy Jean Bolly
Daughter of Judith and Louie Bolly
April 6, 1977 - October 11, 2002

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

Faith Campbell
Daughter of John and Cathi Campbell
April 5, 1994 - April 5, 1994

William Frederick Carter Jr.
Son of Dot Carter
April 24, 1959 - August 16, 1992

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

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

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

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

Brian Michael Hendricks
Son of Jeannine Hendricks
March 4, 1991 - April 22, 2012

William Mirza Khadem
Son of Yoosef and Linda Khadem
October 24, 1984 - April 6, 2012

David A Lombardo
Son of Daid and Maryann Lombardo
April 11, 1976 - April 9, 2011
Giertler Lukasz
Brother of Edyta and Bruce Dulski
April 17, 1989 - March 15, 2015

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

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

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

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

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

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

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

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

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

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

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

Shardeh Danielle Callis Watkins
Daughter of Lori Norris
April 30, 1989 - March 2, 2013

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

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





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.

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/or Website

Linda and Yoosef Khadem in memory of William Mirza Khadem

Judy and Louie Bolly in memory of Wendy Jean Bolly

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, aabereavedparents@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.

Our virtual meetings will 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. May 11 Core Group – ZOOM 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.

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

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 April 15 for the May/June 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 **April 15 for the May/June Newsletter**. Also consider submitting something to be included in the section **THOUGHTS AND ARTICLES FROM 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.

COPYRIGHT: We reserve the right to limit distribution of this newsletter and/or specific articles. Please contact our editor at ctomaszewski74@gmail.com before using any content in any manner. Thank you.

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 aabereavedparents@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](https://www.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](https://www.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. National **BPUSA** provides a list of resources on their website:

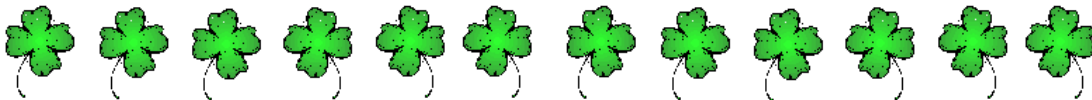
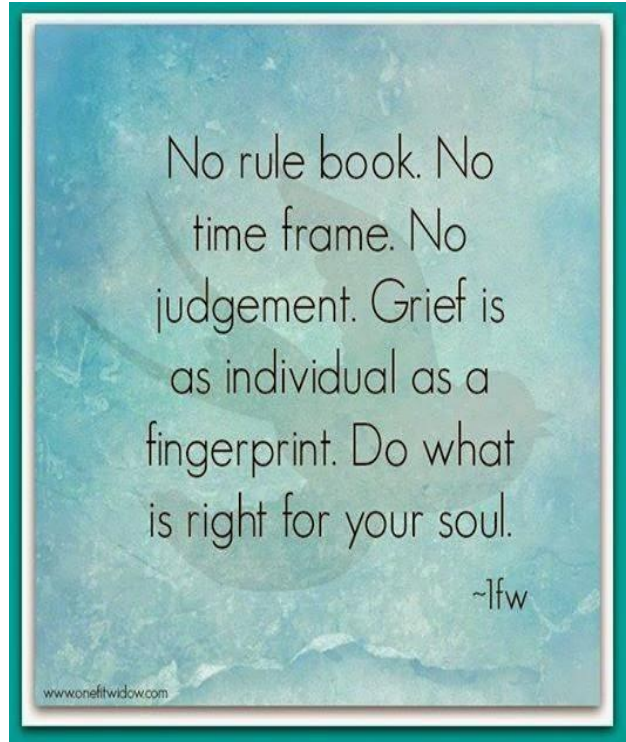
<https://www.bereavedparentsusa.org>

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.

How do you?

How do you love a person
who never got to be,
or try to envision a face
you never got to see?
How do you mourn the death of one
who never got to live.
When there's nothing to feel good about
and nothing to forgive?
I love you, my little baby,
my companion of the night.
Wandering through my lonely hours,
beautiful and bright.
What does it mean to die before
you ever were born,
to live the lovely night of life
and never see the dawn?
Ah! My little baby,
you lived like anyone!
Life's a burst of joy and pain.
And then like yours, it's done.
I love you, my little baby,
just as if you'd lived for years.
No more, no less, I think of you,
the Angel of my tears.
- Author Unknown



A country road in County Donegal

*May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields and
until we meet again,
may God hold you in the palm of His hand.*