



## Bereaved Parents of the USA

### Anne Arundel County Chapter

COPYRIGHT © 2021 ALL RIGHTS RESERVED

It's impossible to forget someone who gave you so much to remember.



***Sean Donald Long, Sr.***

***August 15, 1984 - December 1, 2016***

To my son -

I can't believe we are now at the 5 year mark of your passing. Unreal to say the least. Never thought I would be in this club - never wanted to be but here I am nonetheless.

You are always just a thought away. I'm not the same person I was nor should I be. The enjoyment in those things that made me so happy are slowly returning but with a hint of despair knowing you won't be here to share in them. I haven't decorated the house for halloween or Christmas since you passed. I have decided I will do a little decorating this

year for Christmas but not like in years past. It's still too painful. Sean Jr. is turning out to be quite a handsome young man. You would be proud of him. He has a passion for shoes - wonder where that came from?

Dana makes sure I am not alone on your birthday and this year she had a cake and everyone sang you happy birthday - even your Dad. I miss you most of all and my heart will never be the same. I look to the sky for signs and watch for the cardinals which always make me smile. Sometimes I will hear a song or smell a cologne or even cigarette smoke and will think of you.

I love you Sean always and forever.

Mom Dukés

***Brittany Nicole Tyler***

***October 12, 1986 - August 23, 1992***

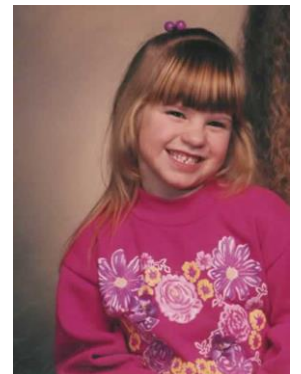
To our beautiful daughter Brittany Nicole Tyler,

It's hard to believe that we just celebrated your 35th birthday, when the last one we celebrated with you was 5. I think about who you would have been and what you would have been doing with your life all the time...that never gets easier. You may have only been on this earth for a short time, but your impact was mighty, Little Miss Sunshine was the nickname given to you by Aunt Lilly and it described your outlook on life so well.

Your smile, your laugh, your hugs and the way that you shared with everyone how much you loved Jesus and thought they should too. Dad and I just knew you would become a missionary and make an impact in the lives of people in need. We will never understand things that have happened in our lives, but we promise we will continue to carry on your legacy to the best of our ability.

We will love and miss you forever but we know that we will see you again.

*Mom and Dad*



**William Mirza Khadem**  
**October 24, 1984 - April 6, 2012**



Thank you for being my son. Thank you for finally letting me breathe without pain. I thought that would never be possible again. Thank you for letting me see beauty in spite of the tragedy of losing you. Thank you for giving me the ability to once again appreciate the joy of a child's sweet, innocent smile. Thank you for once again giving me the ability to think of something besides the pain of losing you. Thank you for letting me be something other than just the heart-broken mother of a lost child.

I could have never believed in the beginning that there would ever be a moment without pain, but by your grace, I not only don't hurt all the time, but there are times when I experience actual moments of unadulterated joy.

I still don't understand how that can be. I don't understand how a mother can lose her whole reason for living and ever not experience ceaseless, indescribable, unimaginable pain, but you have let me. You have given me that most tremendous of gifts. For that I thank you. For that we thank you.

Rest In Peace, our beloved son, grandson, brother and uncle.

Much love,

Mom, Dad, Grandma, Seyed, Susan and darling, little Hayden

\*\*\*\*\*

**I'm tired.**

Tired of crying. Tired of telling myself that this can't be true.

Tired of looking at pictures of you and asking why you're not here.

Tired of looking at family pictures without you and thinking you should be here.

I'm tired of looking at your empty place at the dinner table.

I'm tired of pretending that I'm okay.

I'm tired of watching the world go on as if nothing has changed.

I'm tired of myself going on as if nothing has changed.

I'm tired of asking God why this happened. And tired of not getting an answer.

But you know what I'm not tired of? Hearing someone mention your name.

Listening to stories about you, even though I've heard them many times before.

Meeting someone who tells me he knew you and then tells me a funny story about you.

I'm still tired. But maybe one of these good things will happen today and I wouldn't want to miss it, so I'm going to go about my day to be ready for it. Just in case.

Missing you, Nick, today and every day. Love, Mom & Dad

Written by Tom Delaney, Anne Arundel County Chapter BPUSA

## CHAPTER GATHERINGS and MEETINGS

# Nov 4, 2021 Hybrid In-Person & Virtual meeting

We are able to hold in-person monthly gatherings and also continue virtual gatherings at the same time.

The in-person gathering will be held in the *main floor PARLOR* at Calvary United Methodist Church.

***Masks are required and social distancing is encouraged.***

At the same time, a ZOOM virtual meeting will be included as part of the in-person gathering. 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.

For more general information on our monthly gatherings and using ZOOM, see p 21 or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com)

**Sibling Sharing Group:** Parents, invite and encourage your children to join our monthly gathering and participate either in-person or virtual. The Sibling Sharing Group is separate from the general meeting for parents. 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. Amanda Hughes, Sibling Support Coordinator, Anne Arundel County Chapter, BPUSA, and bereaved sister, will facilitate a Sibling Sharing Group during our monthly gatherings.

For more information, please contact Amanda at [alrhalbach@gmail.com](mailto:alrhalbach@gmail.com), or Bob Burash, Chapter Leader, at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com), 410-551-5774.

### **Other important dates:**

**December 2 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.

**December 5, 3:00 PM, SERVICE OF REMEMBRANCE** at St Martins-in-the-Field Episcopal Church, 375 Benfield Road, Severna Park MD 21146. *See page 24 for more information.*

**January 6, 2022: Monthly gathering**

**January 11, 2022: Core Group Meeting**

**February 3, 2022: Monthly Gathering**

**March 3, 2022: Monthly Gathering**

**MORE THOUGHTS AND ARTICLES FROM CHAPTER MEMBERS****An Embarrassment of Riches**

To quote John Ozell, each of us have an “embarrassment of riches”. That originally meant too much of a good thing. What I mean by it is an over abundance of amazing things that could still never be enough.

Maybe where you are now, so close in your grieving process that you are unable to realize it, you cannot see, but we have been given an embarrassment of riches. We were dealt the most grievous of blows. Our children were taken from us, many believe stolen from us. Our hearts were broken, shattered and torn almost beyond repair and yet, we are the wealthiest of souls.

What may be too terribly difficult to realize in this time of tremendous pain is that we are wealthier than the richest of kings. We are more fortunate than the luckiest of gamblers.

Even in the darkest, loneliest, most desolate of times, we are the most gloried of beings.

It does not matter how long we were graced by the presence of our child or children, we got to have them. Even if it were only a single quickening in our womb, we were blessed beyond measure. That may not seem so to a bereaved mother who never got to lay eyes on her stillborn child, but ask a father whose son died at the age of 65 years if he had had his son long enough. The answer would be a resounding NO! NO! NO! NO! NO! Just ask John McCain’s beloved mother.

No, there is never a “long enough” time to have a child. There is never a long enough time to bask in the love of your child. No matter how much time we had with our precious children or how ever little, it was never - could never- be enough.

I am not talking about sugar-coating their misdeeds or romanticizing the past but look at what you had. Look realistically at what you had. You were given the greatest gift anyone could ever have been given: You were given the gift of a child, no matter how long or short you got to have them. That is a gift beyond description. That is the greatest treasure ever possible.

Do not let this rosy outlook fool you. I lost my beloved son. I lost my reason for getting up in the morning. I lost my sweet, beautiful, hazel-green eyed, 27-year-old baby boy. If I dwell on that, or even sometimes out of the blue, I can be thrown into the depths of despair. If I look at what I lost, I want to kill myself. I do not want to be here. I do not want to exist, but if I look at what I have and had, I see that I have been gloriously graced. If I can focus on the beauty I have been given, I can walk the emotional tightrope that is the life of a bereaved parent, as if I am walking on solid ground. At least most of the time.

No, it is more than that. Much, much more than that. If I can look at the tremendous treasures I have been given, I can break free from this prison of despair. My heart can soar, my soul can fly.

You might think I can be so happy because nothing bad ever happened to me. You would be so very wrong. I have had many terrible things happen to me. I was suicidal most of my youth. I made several very serious attempts. Things got much better when I had my children. I started to find beauty in the most extraordinary places.

I told my grandson the other day, when his little heart was hurting, that at any given moment in time, he could look at what he had and become happy or he could focus on what he did not have and dwell in the land of sorrow.

That is the thing. How you look at your life and circumstances is a choice. It is always your choice.

It does not always feel that way. Much of the time we feel powerless to overcome our seemingly insurmountable agony, but it is not true. It takes time. It takes practice. It certainly will not happen overnight, but with effort, with months and perhaps years of wretched struggling, you can live in joy despite suffering the greatest of tragedies.

I am living proof of this. I spent many years in the land of abject sorrow and suffering. I tortured myself not only by self mutilation and alcohol abuse, but other detrimental behavior, as well. Irrationally, I used this self destructive behavior as a way to ease my horrific pain.

I do not want to live in the land of abject sorrow and suffering any longer. I choose not to live there any longer. I choose to glow in the treasures I have been given and only to glide over what I have lost. I am not perfect at it, but I try. I have certainly gotten better at it over time.

I am under no great illusion that I came up with this gem of wisdom on my own. I am fully aware it came from my precious William and my Higher Power. I know they enlightened me because their love for me is overwhelming. I believe that is true for you, as well.

I know you are hurting. Your beloved child or children know you are hurting, but they are out there. They are out there and they love you beyond measure. It does not matter if they were extremely happy when they were here on earth or if they were hurting and struggling, they are in Heaven now and they see clearly. They see the infinite love we had for them when they were first placed lovingly in our arms, or when we mother's felt the first quickening in our wombs, and their love for us is infinite.

I was inspired to write this because our children do love us so much and want us to be happy. I was meant to write this for you as a message from your child. If you are reading this, you were meant to see it. Your child sent this message to you in hopes that despite your suffering, you might find peace and hopefully joy.

I urge you, despite your horrendous and searing pain, to do your best to look toward the light. I urge you to look at the incredible embarrassment of riches we were blessed with. I urge you to look not at what you lost, but rather at the bountiful blessings you were given.

I can say this only because William has proven it to me over and over and over again: our children love us and want us to be happy. I urge you to honor your child's wishes and dwell in the glory of your embarrassment of riches.

I wish you hope, healing and the realization that you were and are blessed with an embarrassment of riches.

Most sincerely,



Linda Khadem



Anne Arundel County Chapter, BPUSA



William's Mom



## We Are Here for Each Other

I finished the previous article and then, within two weeks, found myself absolutely debilitated by depression. It was more than a month before William's birthday and his 10th Heaven Anniversary and try as I might, I could not function. I could not get out of my bed.

I felt all my previous words of wisdom were for nought. All my words of positivity and sagacity were rendered false in the presence of my own overwhelming anguish. How could I possibly ask any other bereaved parent to be happy or exultant when I was doubled over in the pool of my own despair?

Then I had a dream. It wasn't just any old dream. It was a very happy dream.

While I was sleeping, I had no idea of the import of the dream, but something kept telling me to get up and write. Similar to the "Push" dreams I had shortly after William died, where William or my guardian angel would seemingly physically push me to get up and write and thereafter explain the dream, I felt the impetus to "get up and write". After several unsuccessful attempts of trying to tell this entity that I didn't need to, that I would remember, I got up and started clicking away on my phone.

It wasn't until after I had finished the first sentence that I began to realize the reason for the dream. As I said, it was a happy dream. It was full of fellow bereaved parents all enjoying each other's company.

When I started to write I began to understand his message was that you were there to help me. However, I did not understand or question why I did not recognize any particular bereaved parent my precious William or my guardian angel had put in my dream.

It wasn't until after I started to write that I realized William was telling me ALL of you are available to me for help. He was telling me that you were each so amazing that I could reach out to any one of you to find solace and comfort. William was reminding me that he had sent you, the Anne Arundel County Chapter of the Bereaved Parents of the USA, to me to help me through these most torturous of times.

He reminded me that I could call on any one of you to relieve myself of my despair. He reminded me that you were all there for me, that we were all here for each other. He reminded me that all I had to do to be relieved of my suffering, was to call. He reminded me that his love for me, that our children's love for us, was so great that they brought us together.

It reinforced something I'd known for years, but in the midst of my newest round of pain, had forgotten. We were all meant to be there for each other. We were all meant to render aid and comfort to each other. That is why we are here. We are in our particular group to receive solace from one another.

My beloved William loved me so much he sent you for me. Our beloved children love us so much that they gave us to each other. You are here, we are here, to set each other free from this prison of despair. We are here to let each other's hearts soar. We are here to let each other's souls fly.

For that I thank them. For that, I thank you.

God bless you, precious kids. God bless you, dear friends.



Linda Khadem



William's Mom



## Breathe Into This New Day

By Parry Kaufmann, Anne Arundel County Chapter, BPUSA  
in memory of her brother Joshua William Sims Dale, August 30, 1980 – August 30, 2007

It was supposed to rain yesterday. I had hoped to drive my convertible to work and feel the freedom of being under the morning light at play overhead, experience the wind whipping against my face, and play the music at level 40, as loud as it would go. It was my brother's birthday, he would have turned 41. It was also the day he died - 14 years ago.

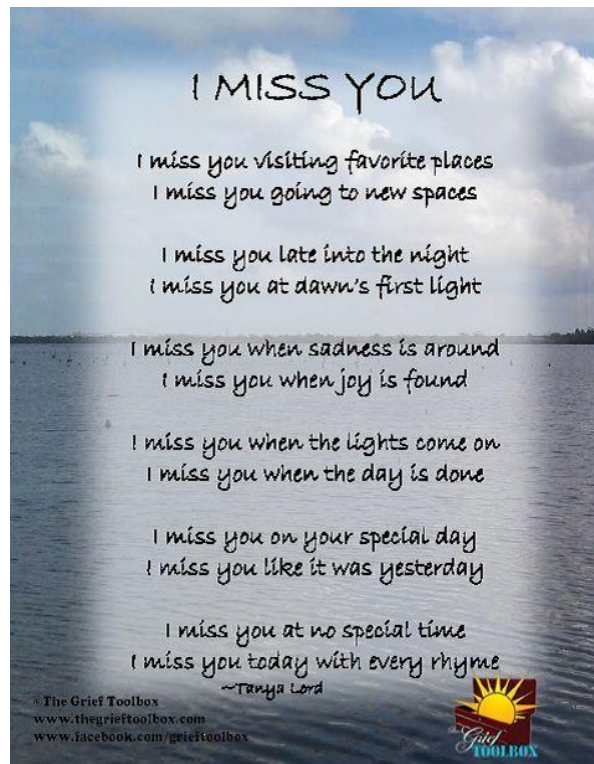
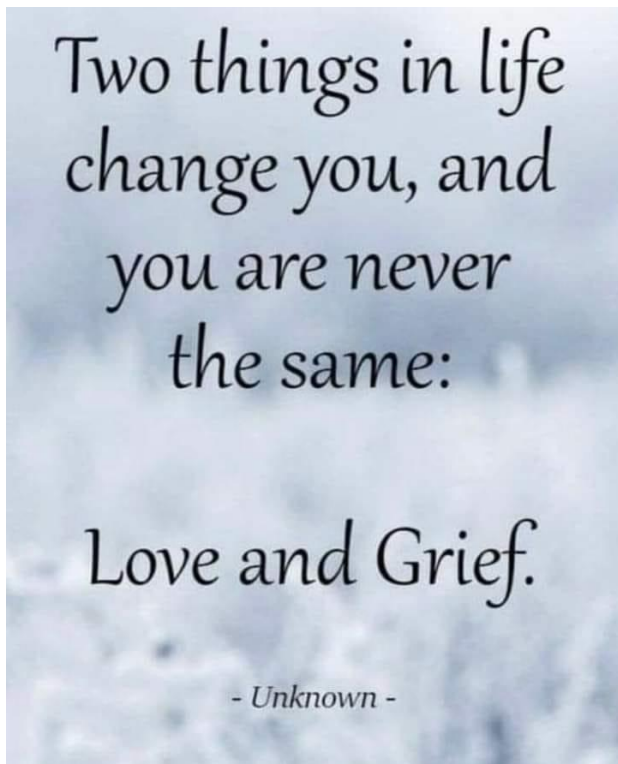
I dread the day when at the doorstep of August, even the months before. Truthfully, I would rather stay home - but school beckons. I started the day with new students chattering, coloring, easing into this new school year as I always do around this time. It has become familiar to me, this dark anniversary yet a new beginning.

Eager to be at home at the time of your passing, I crawl onto my mat. Yoga is my solace this day, my saving grace. At the closure of my practice, which I always dedicate to him, I thought of my brother. From the moving magical meditative dance of asana, I find a moment of pause in my seat. With my eyes closed, I meditate. My mind is racing with so many thoughts of what this day holds - the happiest for our parents yet the saddest at the same time. I open my eyes. How will my parents be and what can I do to ease this heartache for them?

I hear the voice of my teacher echoing in the space around me, sounds of cars passing by in the distance. The feeling of the vibrating hum of my home working is palpable under my seat. I see the sun, brilliant against the sky outside the window, blurred into the clouds, that become fainter the farther from the sun my eye follows into the muted gray hue of evening. I watch the movement of the trees, sense the energy of the wind moving through them.

It would have been a beautiful day to have turned 41.

It was a magnificent day to be alive.



## Enjoying the Holidays in a Different Way ... Without My Brother

*Dr Heidi Horsley, Posted on December 15th, 2020*

I was shocked and stunned when I received the news that my brother Scott had died in a car accident. I thought my brother was going to be in my life forever. We grew up together, experienced a shared history, and knew things about each other that no one else will ever know. I always assumed we'd raise kids together, grow old together, and share many more holidays together.

So how did I not only survive the holidays, but eventually learn how to enjoy them again without my brother. It was a rocky, painful journey, with pain that hit like waves, sometimes when I least expected it. The holidays brought back so many memories; every song, smell, and tradition was bittersweet.

Initially, joy made me feel guilty. I worried that if I let go of the pain, I would be letting go of my brother's memory. It felt disloyal to experience positive feelings when I missed my brother so much. Well-meaning friends told me that my brother would want me to have a happy holiday, and while I knew this on an intellectual level, my heart wasn't ready to accept it yet.

There were some relatives who tried to recreate a typical Christmas, with family traditions, as if my brother had never died. Not acknowledging my brother was the worst thing anyone could do. The pretense was that everything needed to return back to normal. However, things in my life were forever changed and I needed to figure out how to create a "new holiday normal." For me, this meant finding a way to honor the memory of my brother while at the same time reinvesting in my new life.

Here are some of the things that have helped me during the holidays. I hope they will help you as well. However, everybody who is grieving must decide what works best for them:

### **Holiday Survival Tips:**

- Plan in advance how you are going to spend the holidays, and be able to say no if you need to.
- Take a break from holiday traditions that are too painful –create new traditions.
- Connect with others.
- Share stories of past holidays and spend time reflecting back. Keep your loved one's memory alive for those who were too young to remember the person.
- Include memories of your loved one in your celebration (e.g., light a candle, display pictures, make a toast in honor of the person).

My brother played many roles during the holidays. I can fill some of these roles but there are many more that will never be filled, and I fill those with all the memories that he left behind. Although we are poorer for having lost our loved ones, we are richer for having known them. I hope you will be able to celebrate the happiness, laughter, and memories that your brother brought into your life by enjoying this holiday in a new and different way!

*Dr. Heidi Horsley is a grief expert and the Executive Director and Co-Founder of Open to Hope, an international organization committed to providing hope.*





## ***18 THINGS I WISH SOMEONE HAD TOLD ME ABOUT GRIEF***

by Lisa K. Boehm <https://www.lisakboehm.com>

Up until the day my 17-year-old daughter died, I hadn't experienced intense grief. I had lost elderly grandparents, whom I felt sadness for, but never have I experienced grief that rips your heart in half and nearly tears your family apart. While it is a fact that none of us will live forever, death always comes as a shock whether it follows illness or happens suddenly. Before we lost Katie in a car accident, I had all kinds of pre-conceived ideas about what grief was all about. Like most people who haven't endured the pain of losing a child, I think I had it all wrong.

### **Here are 18 things I wish I had known:**

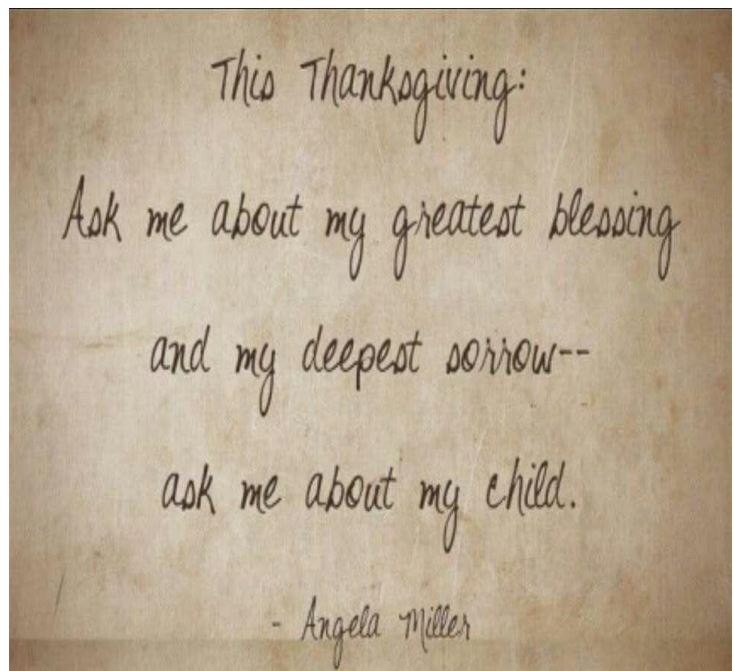
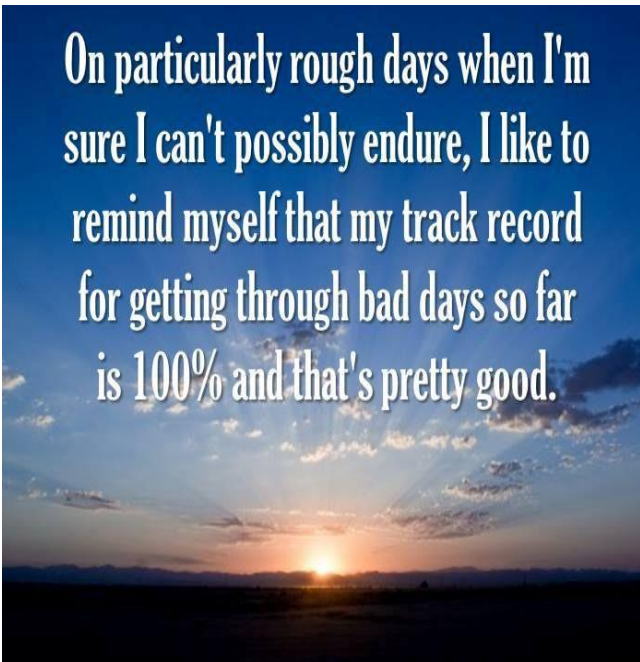
1. Grief is not five neat, little stages that has an end point. It's more like a bowl of spaghetti that is confusing, ugly, and messy.
2. Grief is for life. I will love Katie forever, therefore I will grieve Katie forever too. While my grief may change with time it will always be with me and a part of me.
3. Grief is painful – REALLY painful. It hurts physically just as much as it hurts emotionally. Symptoms can range from chest pain to body aches, and exhaustion. This can last a very long time.
4. Guilt, anger, and fear are normal feelings. So are bitterness, jealousy, and blame. Just be cautious of lashing out at others, especially your spouse or immediate family member. Likely they are just as broken as you are and lashing out can push people away and destroy relationships.
5. Your old self is gone forever. I've often said that child loss is like an amputation. I have learned to live my life in spite of my loss but there is a part of me that is gone forever. I have learned how to breathe, exist, and continue without my daughter. It's like learning everything over again.
6. Healing, or managing grief, isn't linear. It doesn't get a little bit better each day. Grief comes in waves and sometimes it may feel like you are right back to the day your loved one died.
7. There is no right or wrong way to manage grief. We are all unique in our personalities and our coping mechanisms, therefore our grieving will be different too. Although you may not agree or understand someone else's ways, try to be respectful.
8. You are not going crazy. It may feel like you are, but this is a normal feeling when it comes to grief because everything feels out of control, including our feelings.
9. Questions like 'why' or 'what if' are unanswerable. No matter how much time you spend trying to figure these things out, you will not. As hard as it is, we must learn how to live with 'what is' knowing we will never have those answers. I admit this might be the hardest part.
10. People will say the dumbest things. Guaranteed. Death makes people awkward, so they end up saying things that will make you crazy. I have gotten through this by acknowledging that no one sets out to hurt us. People just don't know what to say because they don't know our pain. I remind myself that I probably said some heartless things before I lost Katie and try to give people some grace.
11. All the 'firsts' after loss will knock the breath out of you and it's not always the big days like Christmas or birthdays. Sometimes it can be hearing your child's favorite song for the first time or going to the shopping mall without them for the first time.
12. The seconds and thirds and fourths....continue to be hard. I thought this part would get easier because I had the firsts behind me. I was wrong.
13. Let people help you. Again, people say and do things that will make you shake your head but truly most are walking on eggshells around us, not knowing how to help us. Before the phone rings or someone asks, have a list ready of helpful tasks they could do to help you.
14. There is no such thing as closure or being 'healed'. We don't wake up one day and say "there, now I'm done grieving." I know some people don't like the word 'healing' either but it's the word I use because to me it's a reflection of working on my grief even though I will never reach an end point.

15. Triggers are everywhere and so unpredictable. Some things may really hurt one day and be more tolerable another day. This is normal.
16. It's ok to laugh and do things that make you smile. The first time this happens you may catch yourself off-guard and feel guilty. I know I did. But please try not to feel guilty. I truly believe this is what our children want for us.
17. The question "how many kids do you have?" will bring you to your knees the first time you are asked. If you haven't already encountered this, prepare now. Say what feels right for you. I always answer two. I answered 'one' only once. I felt so horrible afterwards, so I always say 'two' now. If the person asks about ages or wants to know more, I will say that my daughter is in Heaven now. It's an answer that feels right for me. Take a few minutes to prepare what you will say because it will come up at some point.
18. Connection with other bereaved parents is a must, whether it is online or in-person. No one can ever know exactly how you feel unless they have endured the loss of a child. Reach out, talk, hug, share, cry, and maybe even laugh.

*Despite all that I have learned, I am learning more every day.*

*I'm so glad that I have others to walk with.*

*We are in this together.*



## So...Yeah, The Holidays.

<https://thelifeididntchoose.com> © Melanie DeSimone, 2015-2021



*I will confess: I'm no better at this than the first set of holidays after Dominic ran ahead to Heaven. Every. Single. Year. has brought changes and challenges on top of the empty chair round the family table.*

*But when your family story includes profound loss, a mama often has additional hoops to jump through. Surviving siblings bring their own grief to the table and what that looks like can change over time. So something that worked one year might be rejected this season.*

*I wish I had some magical insight that could guide every wounded heart through these next, treacherous months.*

**I don't.**



**What I can tell you is that it's better to start earlier rather than later. Nothing falls into place without some planning. *Old habits are hard to break and traditions are well-worn habits so don't expect anyone to give them up easily.***

No one can read your mind (*are YOU telepathic?*). Tell your friends and family what you need (*even if it is that you have NO idea what you need!*).

***And then make space in your celebrations for times when you can grieve the absence of your child. It may***

***be a shared moment or it may be you remember in solitude.***

*If you have surviving children, remember they are grieving too. They have lost a sibling, their innocence regarding death's ability to steal even the young and the family they once knew.*

***Extend grace to others when you can.***

*Extend grace to yourself when you must.*

**Be honest and do the best you can.**

*Then remember that even these days are only twenty-four hours long. They will pass.*

***The sun will rise and you will, undoubtedly find out you survived.***





### **Holidays in Heaven**

The Holiday Season is just not the same,  
A smile is missing when saying one name.

For parents who've lost a daughter or son,  
Nothing can bring back the delightful fun,  
Of watching them talk, laugh, or just run.

The memories are all that we do have now,  
We do go on.....only God knows how.

A New Year comes as midnight arrives,  
Our Angels still a big part of our lives.

If only we could trade the presents we receive,  
For one more day with those whom we  
grieve!

But nothing can bring back our beloved child,  
The one that laughed, cried, and often smiled.

They are together in a much better place,  
Watching us cry.....touching our face!

Although we miss them on Holidays to share,  
Be assured their loving presence fills the air,  
At home, in church, at New York's Times  
Square!

So celebrating the Holidays are now hard to  
do,  
But always remember they are thinking of you  
too,

Wishing you happiness and showing their  
love,  
Not on this Earth, but from Heaven above!

-Dan Bryl, Lawrenceville, GA TCF  
In Memory of his daughter, Jessica

The Compassionate Friends of Maryland  
Anne Arundel County

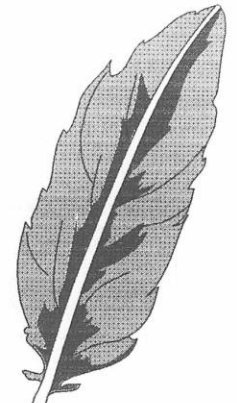
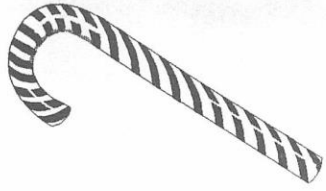
**A LETTER TO MY FAMILY AND FRIENDS**

Thank you for not expecting too much from me this holiday season. It will be our first Christmas without our child and I have all I can do coping with the 'spirit' of the holiday on the radio, tv, in the newspapers and stores. We do not feel joyous, and trying to pretend this Christmas is going to be like the last one will be impossible because we are missing one.  
Please allow me to talk about my child if I feel a need. Don't be uncomfortable with my tears. My heart is breaking and the tears are a way of letting out my sadness.

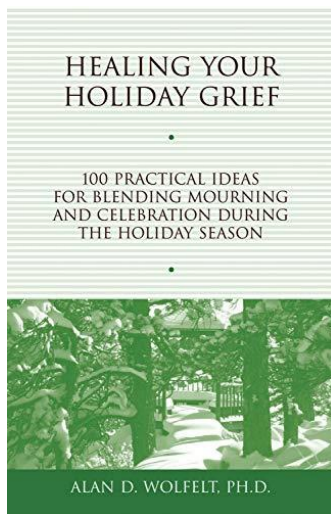
I plan to do something special in memory of my child. Please recognize my need to do this in order to keep our memories alive. My fear is not that I'll forget, but that you will.

Please don't criticize me if I do something that you may take a long time before this different person now and it reaches an acceptance of my child's death. As I survive the stages of grief, I will need your patience and support, especially during these holiday times and the 'special' days throughout the year.  
Thank you for not expecting too much from me this holiday season.

Love,  
A bereaved parent  
TCF, Madison, WI



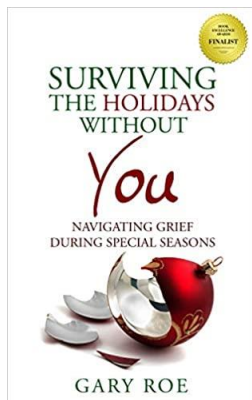
Editor's note: This is a vintage item from a past newsletter... probably 15-20 years ago, when we mailed out hard copies of our newsletter. The technology has changed the way we communicate, but the message of dealing with grief during the holidays remains the same.



## Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season (Healing Your Grieving Heart series)

by [Alan D. Wolfelt](#) (Author)

With compassionate insight, this handbook helps those in mourning through what can be the hardest time of year—the holiday season. Mourners will better understand their complex emotions after reading about such topics as honoring thoughts and feelings, creating new traditions, finding ways to de-stress, and incorporating healing rituals into the holiday season. This book's practical wisdom also covers issues such as decision-making during the holidays and coping with the blending of mourning and celebration. All of the answers and advice in this guide are provided in the popular 100 ideas format that features one idea per page, allowing readers to fully absorb each suggestion.



## Surviving the Holidays Without You: Navigating Grief During Special Seasons (Good Grief Series)

You've lost someone you love. Your heart is broken, and a holiday is coming.

*How are you going to manage this? What can you do?*

Bestselling author, hospice chaplain, and grief specialist Gary Roe has given you a **grief survival kit designed for holidays**. Speaking from both personal and professional grief experiences, he will empower you to navigate special days seasons with new confidence.

Use holidays instead of letting them use you!

**In this book, you will learn how to...**

- deal with unspoken yet powerful expectations, your own and others'
- handle continual memories and reminders of your loved one
- face feeling misunderstood, lonely, and isolated
- process unpredictable emotions and feeling vulnerable
- take yourself and your own heart seriously
- make good choices -what to do, how, and with whom

Finding your way to grieve well over the holidays can be overwhelming without a trusted guide. Gary knows your pain and will walk beside you, offering effective tools to help you face the holidays with hope rather than apprehension.

Healing from loss is challenging. Facing a holiday while grieving the loss of a spouse, child, parent, or someone close is tough duty. Use holidays to help you grieve, honor your loved one, and love those around you.

## Our Children Remembered November 2021

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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





## Our Children Remembered December 2021

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

BPUSA Anne Arundel County Chapter Newsletter

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

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

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

Tyler John Orsulak  
Son of Richard and Sandra Orsulak  
December 19, 1989 - May 14, 2021

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

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

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

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

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

November / December 2021

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

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

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

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

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

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

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

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

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



**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.***

## 2021 Memory WALK donations

The 2021 Memorial Walk was a wonderful success, even the weather cooperated with sunshine and cool temperatures. Families and friends arrived and seemed quite happy to be outside socializing and most importantly, honoring and sharing their children. The readings from our chapter members and the music by Tom Delaney, were a beautiful way to start off the walk. The peaceful and healing journey through the park, seeing our children's pictures and watching others view the pictures, was so touching. We would like to thank everyone that helped make the walk a success and we hope to see everyone next year!

Desirae & Gary Smith in memory of Joseph Smith,  
which included donations raised for our chapter through a car show held by Gary Smith.

The Redmiles family in memory of Tommy Redmiles

The Tyler family in memory of Brittany Tyler & Fred Carter

The Morrow family in memory of Matthew Morrow

Gina Giugni in memory of Henry Halbach

The McCormick family in memory of Tommy McCormick

Judy Bolly in memory of Wendy Bolly

Patricia Rogers in memory of Gabby Berryman

The Groves family in memory of Thomas Groves

The Bessling family in memory of Ricky & Jamie Bessling

Horace Tsu in memory of Cathryn Tsu

Steve & Irene Knott in memory of Michael Knott

Steve & MaryAnn Sabo in memory of Katie Sabo

The Stern family in memory of Ben Stern

Bob & Sandi Burash in memory of Paul Burash

Ann & Noel Castiglia in memory of Tria Castiglia

Other cash donations received in memory of our children

### Newsletter and Website Sponsorship Donations:

Cheryl Long in memory of Sean Long

Linda and Yoosef Khadem in memory of William Mirza Khadem

Janey and Danny Tyler in memory of Brittany Nicole Tyler

Fran Palmer in memory of Scott Thomas Palmer

## CHAPTER GATHERINGS and MEETINGS

**CHAPTER GATHERING SUMMARY:** In-person gatherings have returned! And ZOOM Virtual Gatherings are being scheduled at the same time as our in-person gatherings. Our Chapter gatherings will be combined in-person and 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 need help running and blending the meetings If you will be attending in-person, please volunteer..**

From June 2020 – June 2021, our meetings were only virtual. Many newly bereaved have joined us and many 'old timers' have returned for different reasons: 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'. 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. So we will continue to hold virtual meetings at the same time as the in-person meetings.

**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.

**Sibling Sharing Group:** Parents, invite and encourage your children to join our monthly gathering and participate in the Sibling sharing group 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](mailto:alrhalbach@gmail.com) , or Bob Burash, Chapter Leader, at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) , 410-551-5774.

**For more information** on our Chapter Gatherings, and/or to participate via ZOOM, please contact our ZOOM host and Chapter Leader, Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com)

**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->

**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. We are in need of Core Group Members.***

**January 11, 2022 Core Group: Virtual Meeting starting at 7:00 PM.** Anyone interested in participating, contact Bob Burash at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) to be included on the email invitation.

### 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](mailto:ctomaszewski74@gmail.com) . ... on **December 15 for the January/February 2022 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](mailto:mary.redmiles@gmail.com)

- For the newsletter, submit a photograph and a short memorial to [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com) ... on **December 15 for the January/February 2022 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](mailto:ctomaszewski74@gmail.com) or Chapter Leader at [aabereavedparents@gmail.com](mailto: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](mailto: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](mailto:mary.redmiles@gmail.com)

Newsletter: Carol and Rick Tomaszewski, 410-519-8448, [ctomaszewski74@gmail.com](mailto: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](mailto:aabereavedparents@gmail.com) and we can arrange to meet. ***We are in need of a librarian.***

**AMAZON SMILE** – Consider shopping at [smile.amazon.com](http://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](http://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](mailto: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.

***WE ARE IN NEED ...Please volunteer to help in some way. When you lift up someone else, you also lift up yourself.***  
Contact Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) to discuss the opportunities to help others and in turn, help yourself. A small amount of your time will make a difference for another bereaved parent.

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

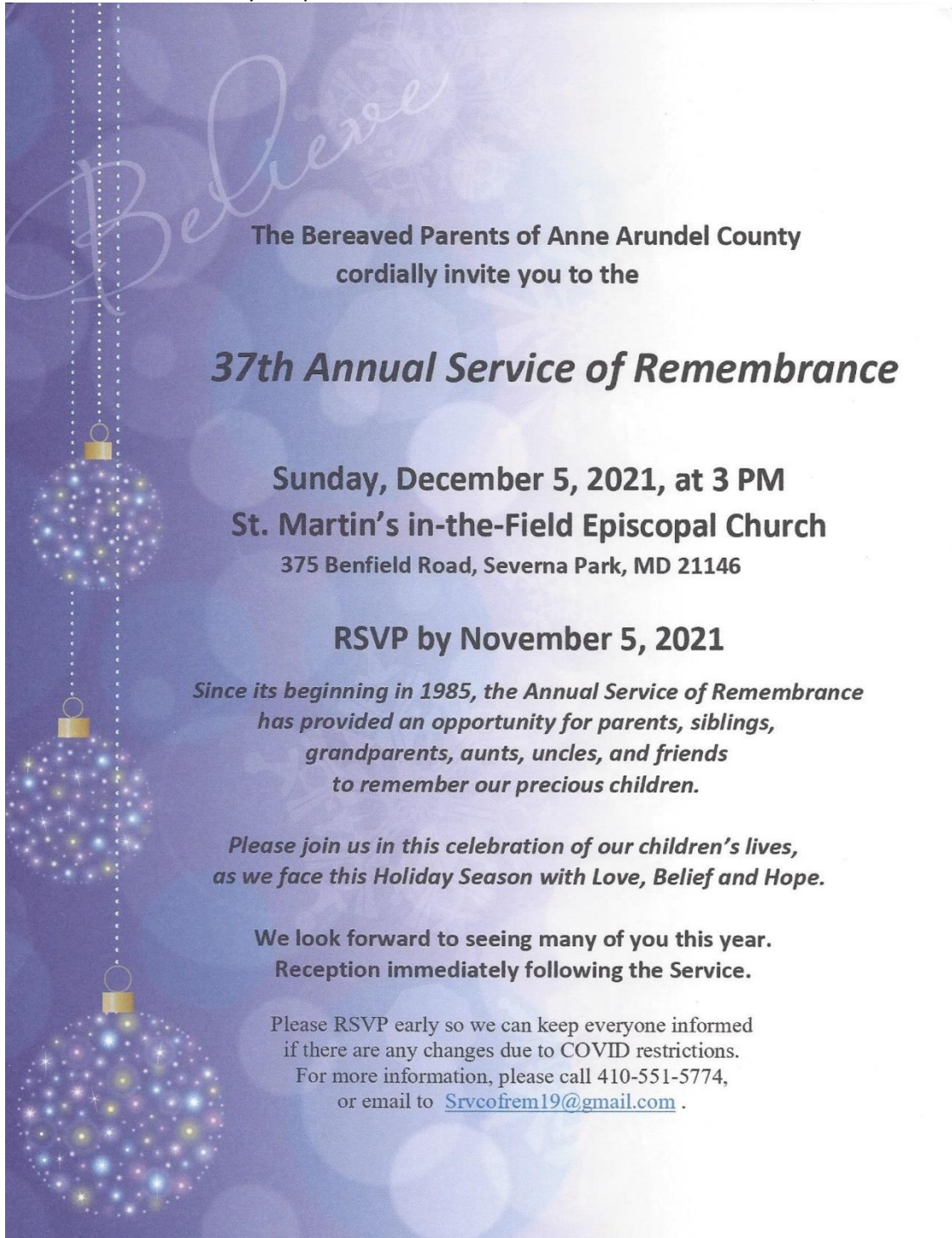
Noel Castiglia (410) 974 1626

Ann Castiglia (410) 757-5129

Paul Balasic (443) 566 0193

Email: [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com)

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



*Believe*

The Bereaved Parents of Anne Arundel County  
cordially invite you to the

***37th Annual Service of Remembrance***

**Sunday, December 5, 2021, at 3 PM**  
**St. Martin's in-the-Field Episcopal Church**  
375 Benfield Road, Severna Park, MD 21146

**RSVP by November 5, 2021**

*Since its beginning in 1985, the Annual Service of Remembrance  
has provided an opportunity for parents, siblings,  
grandparents, aunts, uncles, and friends  
to remember our precious children.*

*Please join us in this celebration of our children's lives,  
as we face this Holiday Season with Love, Belief and Hope.*

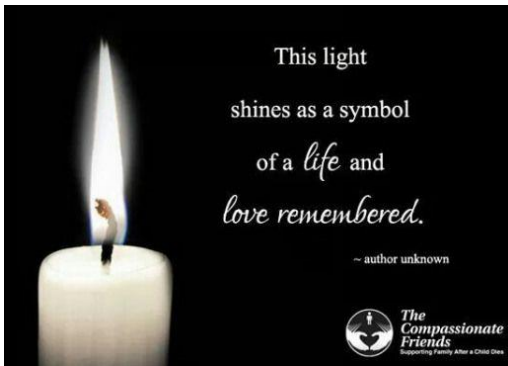
**We look forward to seeing many of you this year.  
Reception immediately following the Service.**

Please RSVP early so we can keep everyone informed  
if there are any changes due to COVID restrictions.  
For more information, please call 410-551-5774,  
or email to [Srvcofrem19@gmail.com](mailto:Srvcofrem19@gmail.com) .

**Editors Note:** At the time of publication of this newsletter no changes have been made to plans for the Service of Remembrance. However in early November, discussions with the Church and our Core Group will be addressing the uncertainty and restrictions associated with COVID. ***Watch for email on this topic.***



## Worldwide Candle Lighting Memorial Service



The Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit on December 12th, 2020 at 7:00 pm local time, hundreds of thousands of people commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting (WCL), creates a virtual 24-hour wave of light as it moves from time zone to time zone. This started in the United States in 1997 as a small internet observance and has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held, and thousands of informal candle lightings are conducted in homes, as families gather in quiet remembrance of children who have died and will never be forgotten.

For hundreds of years, lighting a candle has been a way to show respect for those that have died. This beautiful gesture shows that although someone may be gone from this world, their memory will endure, and the light of their flame will continue to inspire and guide others.

Worldwide Candle Lighting Day is a celebration of solidarity and memory. It's a day on which people around the world gather to light candles for children who have died and to show that they will always be loved and never forgotten.

The candles are lit at the same time in every time zone, meaning that a consistent warm glow passes around the planet for a full 24-hour day.

Light a candle in memory of your precious child on December 12 at 7:00 PM.

