



Bereaved Parents of the USA

Anne Arundel County Chapter

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*Our lives are a tapestry of things we've done and said
with memories of those we love outlined in golden thread.
-- Alarie Tennille*



Henry Ku'ualoha Giugni Halbach **December 9, 1991 - September 25, 2016**

Five years later, the dark clouds are still there,
but your light continues to shine through.
We still love and miss you every day.

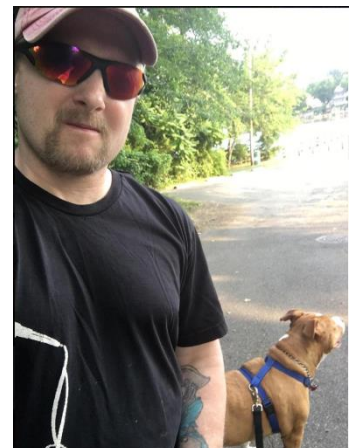
Mom, Dad, Amanda and Sam

"And when the night is cloudy there is still a
light that shines on me. Shine until tomorrow
Let it be." - the Beatles

Edward Allen Funkhouser **September 3, 1971** **January 23, 2018**

It was the 3rd of September, that day I'll always remember, because that was the day my Dwardo was born. I would sing that to Eddie everytime we met for breakfast or lunch to the tune of "Pappa was a Rolling Stone", and then we would both laugh. Eddie was the most thoughtful person you could imagine. He would do things out of kindness like take food and blankets to the homeless, which I didn't know about until after his death. Eddie cooked most meals for his mom and was always there when anyone needed him or just to comfort a friend.

We love and miss you Dwardo,



Broken Chain

We little knew that morning that
God was going to call your name.

In life we loved you dearly,
in death we do the same.

It broke our hearts to lose you,
you did not go alone;
for part of us went with you,
the day God called you home.

You left us peaceful memories,
your love is still our guide;
and though we cannot see you,
you are always at our side.

Our family chain is broken,
and nothing seems the same;
but as God calls us one by one,
the chain will link again.

Laura Finnegan

September 9, 1992 - April 26, 2021

You are forever in our hearts,
Mom, Dad, Kenny, Erin, Kathleen, Donnie, Bella, Loretta, KJ and
all the other many family members and friends whose lives you've touched.



Tria Marie Castiglia

July 6, 1963 - October 14, 1984

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

Tanager Rú Ricci

October 19, 1977 - February 16, 2004

To my son, Tanager Ru Ricci
I will miss you always,
I will love you forever,

I will cherish your memory till the end of time.

You're a shining star. Fly on my sweet angel. Forever I will be by your side.

Love, Mom



CHAPTER GATHERINGS and MEETINGS**Hybrid In-Person & Virtual meeting on Sept 2, 2021**

We are able to return to 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. The church is operating under normal conditions, no mask or social distancing required. However, "if people want to wear a mask they are invited to but not required."

At the same time, a ZOOM virtual meeting will be included as part of the in-person gathering, using a large screen for the ZOOM display and a camera that can scan the entire room. We 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.

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

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

For more general information on using ZOOM and our monthly gatherings, see p 27 or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, aabereavedparents@gmail.com

September 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.

Other important dates:

October 2, 8:30 AM, Annual **MEMORY WALK** at Quiet Waters Park. Put this on your calendar and plan to attend this opportunity to commune with nature and remember your child. See page 22 for more information.

October 7 at 7:00 Hybrid In-Person & Virtual Chapter Gathering **Guest speaker Alan Pedersen. See p. 27 & 30**

November 4 at 7:00 Hybrid In-Person & Virtual Chapter Gathering

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

December 5, 3:00 PM, **SERVICE OF REMEMBRANCE** at St Martins-in-the-Field Episcopal Church, Severna Park. See page 26 for more information.

THOUGHTS AND ARTICLES FROM CHAPTER MEMBERS

Our Chapter Leaders recognized at BPUSA National Gathering

Our Chapter is one of many in the BPUSA National organization, which supports us with resources, leader training, and the annual gathering, along with other administrative support. Most of you probably don't see beyond our local Chapter as you process your grief and move along your journey. And we are very fortunate to have a strong cadre of leaders and volunteers who are devoted to providing continuing, compassionate support to each and every one of us.



At the BPUSA National Gathering in August, our Chapter Leader, Bob Burash, and his very supportive wife Sandi were recognized as the ***Chapter Leaders of the Year for 2021***. We are extremely fortunate to have leaders who pour their heart and soul into our Chapter.

Following are a few excerpts from the nomination:

- Bob rapidly transitioned our monthly meetings and annual events to combined virtual and in person venues ... AA Cty-BPUSA serves not only our Maryland area first timers and newly bereaved but also additional members in several states across the USA and a few from Canada.
- He solved the logistics and online problems with implementing new virtual and real time experiences by enriching our Annual Service of Remembrance and our Annual Memory Walk via the Internet.
- Because of Bob's extensive efforts during the COVID-19 pandemic our chapter has continued to flourish and serve first time members, new members, and implement additional community outreaches including the establishment of a new Sibling Support Group which operates as an independent subdivision of our Chapter and an infant loss sharing group within our Chapter.
- Bob has been a "whirling dervish" for our chapter in terms of his leadership and has virtually been on call 24/7 for the good of BPUSA National and our AAC Chapter. He is a tireless selfless engaged leader.
- He is hardworking, diligent and devoted. He is the personification of kindness and humility. He is generous, loving and good. Bob Burash is magnanimous in the giving of his time and energy, heart and soul to so many of us so grievously wounded.

Also recognized with the ***Humble Servant Award***, was Paul Balasic. Everyone who has attended a virtual meeting has benefitted from Paul's devotion to our Chapter members. Not only does he facilitate sharing groups, but he also presents programs for meetings. And above all, he has been instrumental in providing the virtual platform for monthly meetings and annual events.



To paraphrase some of the nomination:

- Paul stepped up in the year of the COVID-19 pandemic and not only helped our chapter survive but thrive. Through his efforts, our first virtual gathering was in April 2020 and we have maintained an average of 20 to 30 attendees each month – attendees from across the U.S., who are grateful for the opportunity to reconnect with the chapter they had to leave behind when they moved out of state.
- He helped develop our 18th annual Memory Walk as a virtual event with attendee interaction, a slide presentation and short video clips. The walk was attended by more than 70 “walkers.”
- He put together a virtual edition of our 36th Annual Service of Remembrance. This required planning the logistics and technicalities of bringing the speakers to the church, videorecording the presentation, and presenting it to the 180 plus attendees.
- In March 2021, Paul began efforts that would allow us to present our monthly gathering as a hybrid presentation, combining the virtual and in-person meetings by June.
- Pauls efforts behind the scenes have helped the grief journey of many people. He is always there to help and offer comfort and hope. He gives to others without hesitation.

Our Anne Arundel County Chapter is truly blessed to have Bob, Sandi and Paul. They deserve this recognition for their tireless time, effort and dedication to our Chapter! We are so fortunate to have them for leaders!

*We have a remarkable chapter thanks to those who volunteer to serve.
We are blessed to have so many people to volunteer & help others.*

Compiled from numerous Chapter members
With Editorial License applied

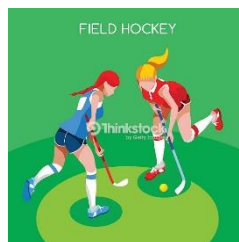
Daddy misses his little girl



Basketball games in the fall
Field hockey & LAX are far away
They bring no joy to me today

My baby, my baby, my little girl
Cute as a button

Seeing you run was such a joy
Watching you grow my pride did show
But now you are gone, at least from this world
But you will always be a part of my soul



Sharp as a tack
Pretty as a picture

Written by Paul Balasic
In memory of Bethany Anne Balasic
February 13, 1981 – April 5, 1999

My Tribe ... My Support ... My Inspiration ... My Circle of Angels

by Patti DiMiceli, Amber's Mom, Anne Arundel County Chapter MD, BPUSA

From the moment I walked into the meeting, I knew I belonged. Finally, I found my "Tribe."

It was the Spring of 1986. Amber died six years earlier. I'd been living aboard our 45' sailboat, "Stormalong," with my son, Toby, and his father for several years. We'd just arrived in Annapolis.

The previous January, I found myself standing on the bowsprit, bundled up and bracing against the frigid wind—boat hook in hand—chopping my way through the frozen Annapolis Harbor to get to our home for the Winter: Ego Alley, Slip #18. We survived our failed attempt to cross the Atlantic, heading for St. Croix in the Virgin Islands to live full time. This stop would be temporary. "Just until we work and save enough money to repair the engine and try again." That was over thirty-five years ago.

"They" say that living aboard—*especially in the Winter*—builds character. I believe that to be true. Lugging 25lb. blocks of ice down an icy dock (we didn't have an electric refrigerator), shoveling snow off the boat deck so we could see out of the portholes, and taking the dinghy across Ego Alley to what was the Hilton, now the Annapolis Waterfront Hotel, to get drinking water from their spigot, was all part of the "character building" for me. Finding work doing carpentry and varnishing boats was how I earned my living. It allowed me to stay and fall in love with the people of Annapolis, headquarters of my beloved Circle of Angels, home of my BPUSA Family, my Tribe.



My life with Toby and Gary was good, but my grief over Amber's death was simmering just under the surface of my happy smile... my optimistic outlook. At times, it filled my soul and dampened my spirit to the point of despair... of feeling isolated, alone, and wondering if the unbearable pain would ever go away. As much as he tried, Gary simply could not understand what it felt like to grow a child inside your body, nurture and love that child, and then have to say "Goodbye" to your child's body, if not their spirit. Her spirit never left me.

Shortly before Amber died, she told me what would happen. "Mom, when I die, I'll still be Amber. I'll just be *different*." And she was right. The moment she stopped breathing, I *physically* felt her pass through me and merge with The Divine. My whole body was tingling... buzzing with energy and light! It was an actual... a *physical* miracle! I feel her with me still. She didn't "pass away." I didn't "lose a child." She simply changed. And, Life = Change.

Though I lived with that miracle every day, I also knew I was oh, *so* human. I longed to hear her, touch her, smell her and have her in my life. It's the human, *physical* presence of Amber I longed for. And I needed to seek out other humans who understood—in their own way—the depths of my longing. That's when I found my Tribe, my BPUSA Family.

According to Dictionary.com, a "tribe" is "any aggregate of people united by ties of descent from a common ancestor; a community of customs and traditions; adherence to the same leaders; a division of some other people or nation; a company, group, or number of people; a group or class of people with strong common traits, values, or interests; *a large family.*"

Sharing the deepest part of myself, the truth about my painful experience, and the desperate longing I felt, with people who felt something similar was one of the most healing and helpful decisions I've ever made. Opening my heart to allow both the pain *and* the love to ebb and flow once again with other parents who "get it," returned me to the Land of the Living. I began to see the power and possibility that my pain was offering. "What can I *do* to ease the suffering of others

who are grieving?" I asked myself. "I can't change the fact that Amber is dead. But I *can* use the talents and tools God gave me to comfort others, if only a little bit."

In 2013, I learned to paint silk. As Noel and I facilitated a group of newly bereaved parents, I realized that I *could* do something to address the desperate physical longing so many of us feel when our child dies. "What if I could paint a silk scarf with Angels and uplifting quotes so that, when a bereaved mother is in the depths of despair, she can actually *feel* her child, read a few words of hope, and know she is not alone?" And so, I got to work.

I hand-painted many "Embrace the Angel" silk scarves to give to bereaved mothers but sadly, the demand was too great. I couldn't keep up. I began taking photos of Angels as I traveled the world as well as collecting inspirational quotes. For the next two years, I spent my time figuring out how to put them on silk, completing the artwork, and finding a manufacturer who would help me realize my vision at a cost I could afford.



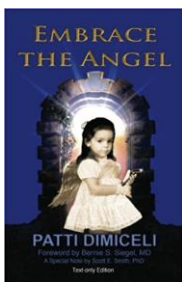
I also knew how precious it was that I still had a physical reminder that yes, Amber lived. It was sitting on the table in my studio: The Key to Heaven. She held this huge brass key when she died so she could open the Golden Gates. It was now our *physical* link. "What can I create that a dying child can hold and, once they cross over The Threshold, the family will have *their* physical link left behind? A silky pillow covered in Angels!" I spent the next several months collecting drawings of Angels from kids around the world and putting them on a silk satin pillow cover.

Without a doubt, I believe none of this would have happened if it wasn't for my Tribe... my BPUSA Family! Because of your tender, loving encouragement... your understanding of me and my pain... your inspiration to keep moving forward in the direction of my dreams, my vision was realized! I was able to create our "Be an Angel, Comfort an Angel" silk collection of scarves, ties, and pillow covers to donate to those who are dying and the Loved Ones they leave behind. It is the "Giving Back Division" of my company, Tobias & Co. LLC.



But I do nothing alone. It is not about "me." It *is* about "we." Everything I do, *we* do. My beloved Circle of Angels... my Tribe... my BPUSA Family is always at my side reminding me that we have each other—now and always—to ease our pain and realize our power to Live in the Light.

Editor's Note: Patti has touched many of our hearts over the years. She always offers a warm hug, words of comfort and compassion, and often a "pebble" token of love and healing. She has contributed to our newsletter and participates in meetings. Patti has also published a book relating more of Amber's story. As she says, "*It's been quite a Journey—filled with potholes and speed bumps and detours. But one thing I know: I am SO blessed to be a part of the lives of those who have been touched by the most painful experience a parent can imagine.*" Find Patti on social media.



Embrace the Angel

by [Patti DiMiceli](#) (Author), [Bernie Siegel](#) (Foreword), [Scott Smith](#) (Preface)

"Embrace the Angel" is a story like no other. Over 30 years in the making, this book is an intimate journal, an exposé, a transformational guide, a non-fiction novel. Through the eyes of a child, you will tap into your "Power Within," discover ways to heal your soul, and understand the meaning of life and death. How? The answers are in Amber's hands. And in her hands, The Key. With the Foreword written by Bernie Siegel, Amber's surgeon, you will learn how he collaborated with Patti to help Amber "cross over the threshold" and into Heaven. As a result, the rest of her life was magical and her death was miraculous. Embracing life AND embracing death is a powerful legacy that Amber left behind for us to treasure.

An Open Letter to Bereaved Parents

(adapted from Ann Landers, 1997)

I won't say, "I know how you feel" – because I don't. I've lost parents, grandparents, aunts, uncles and friends, but I've never lost a child. So how can I say I know how you feel?

I won't say, "You'll get over it" – because you never will. Life will however, have to go on...the washing, cooking, cleaning, the common routine. The chores may take your mind off your loved one, but the hurt will still be there.

I won't say, "Your other children will be a comfort to you" – because they may not be. Many parents I've talked to say that after the death of a child, they easily lose their temper with their remaining children. Some even feel resentful that they're alive and healthy, when the other child is not.

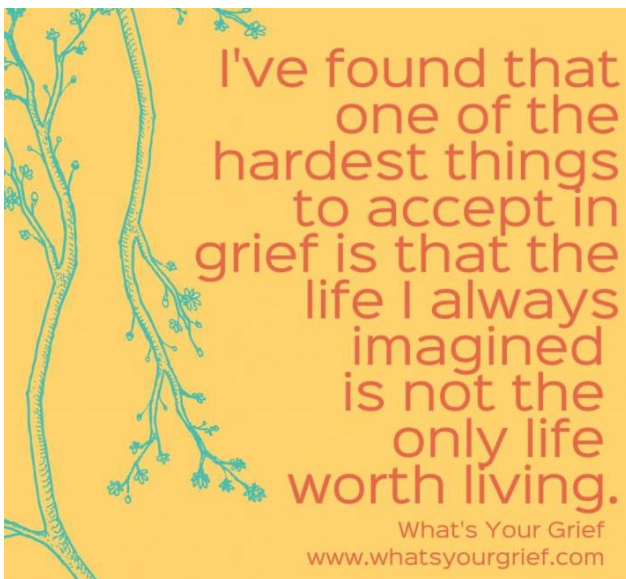
I won't say, "Never mind, you're young to have another baby" – because that won't help. A new baby cannot replace the child that has died. A new baby may fill your hours, keep you busy, give you sleepless nights. But it can never replace what you've lost.

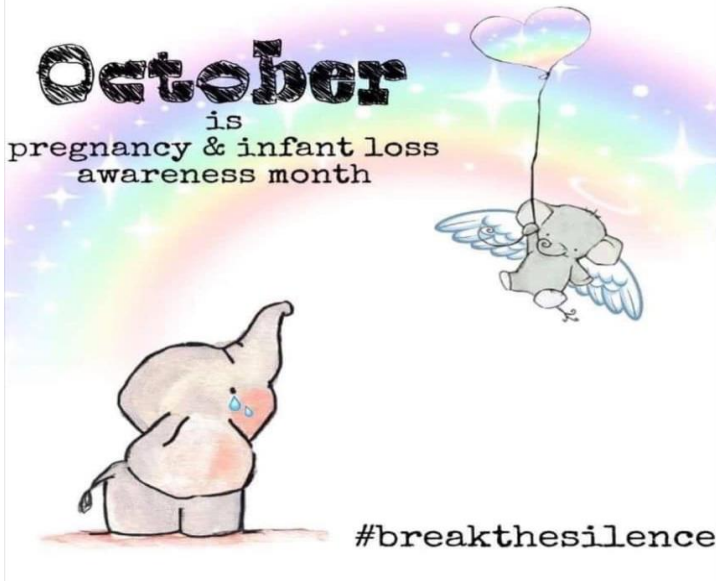
You may hear all these platitudes from your friends and relatives. They think they are helping. They don't know what else to say. You will find out who your true friends are at this time. Many will avoid you because they can't face you. Other will talk about the weather, the holidays and the school concert but never about your child. Never about how you are coping.

So what will I say?

I will say, "I'm here. I care. Anytime. Anywhere." I'll cry with you if need be. I'll talk about your child. We'll talk about the good memories. I won't mind how long you grieve. I won't tell you to pull yourself together.

No, I don't know how you feel – but with sharing, perhaps I will learn a little of what you are going through. And maybe you will feel comfortable with me and find your burden eased.





October 15th – World Pregnancy & Infant Loss Remembrance Day

On October 15th, participate in the **International Wave of Light** by lighting a candle at 7 pm local time to honor all babies gone too soon. Keep your candle lit for at least one hour to create a continuous “wave of light” across all time zones covering the entire globe!



Star Legacy Foundation: <https://starlegacyfoundation.org/support-groups/>

First Candle SIDS Alliance - <http://www.firstcandle.org>

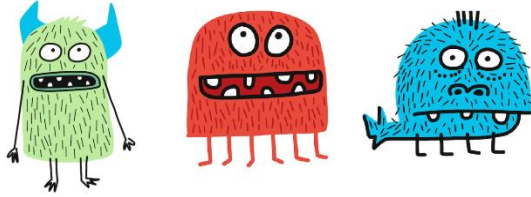
University of Maryland Department of Pediatrics Center for Infant and Child Loss
<http://www.infantandchildloss.org> 800-808-7437

Miscarriage, Infant Death and Stillbirth (MIS) Support Group 301-681-5784
 Silver Spring, MD

Anne Arundel Medical Center_Prenatal Loss Support Group
 Contact Ann O’Sullivan 410-570-2164

Five Tips for Living With a Grief Monster

Eleanor Haley , What's Your Grief: <https://whatsyourgrief.com/five-tips-for-living-with-a-grief-monster>



So, you've recently acquired a brand new grief monster. Not on purpose, of course. No one *willingly* invites a grief monster into their lives. They just show up—like a fly that snuck in through a crack in an open window—and no matter how much you flail and swat, you can't seem to make it go away. Except unlike a fly, grief monsters are more than just annoying. They're downright destructive as they drag their too-long limbs and massive tail through your life, destroying everything in their wake.

Anyway, I'm guessing you're here because you've tried everything you can think of to make your grief monster go away. You shut it in triple-locked closets. You opened all the windows and all the doors and tried shooping it away. You ignored it—figuring if you didn't give it attention, it would get bored and find someone else to torment. But none of it worked; every time you turn a corner, the monster is still there.

So now you're resigned to the fact that your grief monster is a permanent resident in your life. I'm sorry for the pain and distress you've already had to experience just to get to this place. I know it isn't easy because I have a grief monster myself. He came to me the day my mother died, and for a long time, I tried to keep him locked away. When I finally realized that he wasn't going anywhere, I decided to let him in and, this is what I learned.

Grief monsters are always scary at first: A big part of why grief monsters are frightening is their mystery. No colorfully told bedtime story or painstakingly written character description could have helped you understand what it would *really* feel like to be in a grief monster's presence. As a result, most people panic when they meet one because they don't know what the beast is capable of, and they aren't sure how to survive the encounter. Heck, even those who have met grief monsters feel unprepared.

What are grief monsters, really? Grief monsters come from the loss, but don't mistake them for the loss itself. They didn't cause the hole left in your life, and they don't relish in your pain. They're simply what happens when the chaotic jumble of thoughts, emotions, and memories about the past, present, and future come together.

They don't mean you harm: Grief monsters think and feel the same way you do – love, sorrow, guilt, anxiety, hope – but they are big and intense. And they live in a world 1/20th their size that plays by rules they don't understand, so they inevitably cause a little destruction.

They don't *want* to harm you, but sometimes they remind you of something sad at the worst possible time. Or they point out how your life is different when you're already feeling down. Maybe they say your darkest, deepest fears out loud. Or they bring on a storm of emotion much too intense for any tiny human to easily handle. So, in this way, they may cause you pain.

Five Tips for Living With a Grief Monster

Your grief monster has moved in and he isn't leaving, we've established that. Now, you have to figure out how to live with him.

Tip #1: Try not to panic. Contrary to grief monster mythology, they cannot make you lose your mind, and they cannot cause you physical harm. Nor do they want to. When people panic, however, they sometimes react in ways that can cause harm. For example, someone might use harmful substances to try and numb their pain. (Note: If you're experiencing stress and anxiety to a degree that makes you feel extreme physical discomfort, it may be helpful to speak to someone like a mental health counselor or your doctor.)

Tip #2: Stop running. As mentioned above, it's common to try and avoid your grief monster any way you can. When something seems scary and ugly on the outside, of course, your first instinct is to run. But with grief monsters, you have to ignore your first instinct and, instead, turn around and look them in the eye.

Hear this one truth if nothing else, grief monsters are scariest when forced to live in the darkness. It isn't until you finally stand face-to-face with your grief monster that you learn you can tolerate being in it's presence. And when you let them into the light of day, you find that they aren't as terrifying as you thought. They have some rough edges, yes, but they also have some good qualities.

It takes many people a long time to realize the more you avoid your grief monster, the worse it gets. It wants your attention, and it needs your help figuring out how to exist in this world in a way that *doesn't* cause you constant and intense pain. Though it may feel like your grief monster was sent to terrorize your life, with a little attention and guidance, he can actually become a tolerable member of your household.

Tip #3: Teach your grief monster: Your grief monster can take feedback and instruction. For example, if he's always bringing up memories of your loved one at the worst times, like when you're at school or work, tell him that. Say, "I will take time to think about my loved one when I get home from school, but I have to focus on my work right now." Or, if you're worried he's going to share your private thought or emotion, say, "I understand you feel the need to share, but I'd like to keep this between us and my journal, therapist, or close friend."

Tip #4: Find coping tools to help you tolerate the things your monster can't change: Though your grief monster means well, he is a monster after all. Some things about him can't be changed or tamed. For example, a rainstorm of emotion to him may feel like a hurricane to you. So you'll need coping tools to help you deal with your grief monsters trickier moments. For example, knowing who you can call for support, learning ways to calm yourself down, or having creative outlets can be helpful.

Tip #5: Notice what's good about your grief monster: As we mentioned, your grief monster feels a lot of the same things you do. For example, after a little while with my grief monster, I learned he just wanted to think about my mom and remember her. At first, it was hard for me to do these, but it became really comforting to remember her in time. After living with my monster for many years, he's actually a welcome companion. He's a place that I turn to when I want to connect with my mother. And sometimes, I even go to him for comfort when I feel sad.

How To Tame the Grief Monster



Posted on June 1, 2021 - by: [Linda Zelik](#)

Taming the Grief Monster

Having been a bereaved mother for over ten years, I am now able look back and see how I was able to get from, “I don’t think I can survive this all-consuming pain” to “I will always love and miss my son, but the memories and joy of having him for 24 years now outweigh the pain of losing him.” Trust me, you too can tame the grief monster.

Traversing through profound grief after losing a child will undoubtedly be the most difficult thing you will ever have to do. Unfortunately, there are no quick fixes; how could there be?

A parent’s love for their child is total and unconditional. This is unlike any other kind of love. Even if we didn’t always like our child’s actions or choices, our love for them never diminished.

Simple Things to Tame the Grief Monster

Each of us are unique individuals, and so was our relationship with our child. There can be no one “cookie cutter” way to grieve or heal. That being said, there are many simple things you can do to help tame the grief monster.

Here are some suggestions that have helped me and other parents make our journey through grief a little easier and less traumatic. Be prepared though: At times they can make you feel better, and then suddenly somethings knocks you over, like an enormous wave. Just know this is “normal” and you are neither alone, nor going crazy!

First and foremost you need to take care of yourself. Be as compassionate with yourself as you would with a dear friend going through a tragedy. Never feel guilty about taking time for yourself or asking for help. What each person might need varies greatly. Some are helped by staying busy, while others need solitude; some benefit by a bubble bath or massage, others prefer exercise while still others need to talk and/or cry with a good friend.

Good Health is Needed

No matter how you find respites from the agony of grief, there is one important constant – taking care of your health. One very important point is to stay hydrated. Dehydration puts an additional and unnecessary strain on your body. Water and juices are best, try to avoid excessive caffeine.

Alcohol is tempting and one glass of wine probably won’t hurt. However, alcohol is a depressant and will not take the grief away. Excessive drinking could also create additional problems and stresses on the rest of the family.

Regarding food; avoid under-eating or over-eating (especially with junk food.) Make yourself eat well balanced and healthy meals.

Sleep and Tears Can Help

Sleep is frequently a major problem, as it was for me. I needed prescription medication nightly for the first three years. Some people are helped by learning meditation techniques or even getting regular exercise. Talk to your doctor or psychiatrist if this is an issue for you. Sleep deprivation takes a major toll on both your mind and body.

Never underestimate the healing power of tears! They are the body's way to release toxins and the mind's way to express strong emotions. Allow yourself as much crying as you need. If it makes others uncomfortable, so be it. Obviously there are going to be times when it is inappropriate, like at work. Try to put the tears "on hold" until you can be alone, like in the car or at home. I feel lucky in that I cried easily, and excessively! After a good cry I would feel some relief from the pain and anxiety; I'd feel "spent."

Some people aren't able to cry or can only cry minimally. If this is the case you can use a prompt to bring on the tears, for instance a song or holding an item related to your child. Otherwise, try vigorous physical exercise to release some of those heavy emotions.

Using Your Anger

We can't deny our anger, it is almost always present, no matter the circumstances of the death. A parent is never supposed to lose a child, it is completely wrong! We want to lash out at someone or at God. How could He take our beautiful child from us?

No matter how irrational, we are often angry at ourselves, thinking that somehow we should have been able to prevent it. Usually this is not the case, but as a parent we have this irrational thought that we should always be responsible for keeping our children safe – no matter their age.

Most of us parents play the old "coulda, shoulda, woulda" game with ourselves. We obsess over thoughts like, "If only I would have...or wouldn't have... Although we all do it, it is not helpful, nor does it change the outcome. Try to let go of these kind of thoughts.

God and the Grief Monster

For those who believe in God (or a higher power), faith is almost always questioned in a life-altering tragedy. I remember screaming, "Why did Kevin have to die when bad people get to live? Eventually, as my anger subsided, I thought of a famous book by Rabbi Kushner, *When Bad Things Happen to Good People*. His theory was that God didn't cause the tragedy but he can be a source of strength and healing afterward. When I was finally able to pray again, I was rewarded with the comfort and strength I needed then, and still do.

Eventually, as I let go of the anger, I came to some realizations that helped me put things into a better perspective. These included: I appreciate all the many blessings and people who still exist in my life; the depth of the pain is not as great as the depth of the love; and, most especially, I will see Kevin again when it's my time to cross over.

Linda Zelik is a retired occupational therapist, living in Southern California. The above was adapted from her recently published book entitled, *From Despair to Hope, Survival Guide for Bereaved Parents*.

Read more from Linda Zelik at [Healing a Broken Heart After A Child-Loss – Open to Hope](https://www.opentohope.com/articles/).



<https://www.opentohope.com/articles/>

Grieving the Death of a Sibling

<https://healgrief.org/grieving-the-death-of-a-sibling/>



One of the great losses in life is the death of a brother or sister, and many of us will face the loss of a sibling more than once. Yet this is one of the most neglected types of grief, especially in adulthood. (For more information on how grief of all kinds affects children, please read how children are affected by sibling loss in a section of the website) Following a death, the focus of support is usually on the surviving spouse and children, or on the parents who have lost their child, rather than on the siblings. A sibling often has less input into the funeral, memorial service or other arrangements. Sentiments and condolences offered to them often lead with questions about how the deceased's "immediate" family or parents are faring. It should be remembered that this is a significant loss for a sibling, and they are dealing with their own deep grief or mourning.

As mentioned in the main Understanding Grief section (on the website), your grief will be individual and unique. How you grieve and for how long will be different than for anyone else, and you need to allow yourself to grieve in your own way.

Why sibling loss is unique



The loss of a sibling in adulthood can have many meanings. It is the loss of a brother or sister who shared a unique co-history with you. This person was an integral part of your formative past, for better or worse. Your brother or sister shared common memories, along with critical childhood experiences and family history. When death takes your brother or sister, it also takes away one of your connections to the past. That brother or sister knew you in a very special way, unlike those who know you now as an adult. Consequently, a constant is gone. This can make you feel insecure, for although you may or may not have had frequent contact with your sibling, at least you knew another member of your family was there. Your sibling holds a symbolic place

in your life even if your brother or sister did not have an impact on your current day-to-day activities. This brother or sister's death can make you feel older and indicate that your family is dwindling. Because you likely have the same genetic background, the death of a sibling may increase concerns about your own mortality. And in some cases, the death of a sibling may suddenly make you an only or the eldest child — creating a profound shift in the role you may have held for all or most of your life. This new role, when combined with your natural grief, can make it difficult to wade through the many complicated emotions that arise when a sibling dies. Some adults who have lost an adult sibling experience a change in their relationship with their parents. Since siblings often feel their grief isn't fully acknowledged and their parents are focused on overcoming their loss, they can feel abandoned by their parents. At a time when they need them the most, their parents are disabled by their own grief. It's critical that surviving siblings get the support they need from others in their family or community. This will help meet not only the surviving sibling's needs, but also temper any feelings of resentment or abandonment.

Why sibling grief can be complicated

Mourning after the loss of a sibling can be complicated for several reasons. The ambivalence that is normally present in a sibling relationship may give rise to guilt, and guilt is known to complicate mourning. You may have had a close relationship with your sibling or a distant one — either extreme and everything in between can affect your guilt or feelings of abandonment after your brother or sister's death. You may experience guilt, sadness and regret if the relationship was never what you ideally would have wanted it to be. Perhaps you had not spent as much time together since you became adults with your own careers and families. Your survival itself can be another source of guilt, especially if you recall the times when you wished your sibling would disappear. These are all normal reactions to sibling loss, and you shouldn't judge yourself if these feelings arise in you. Another factor that complicates sibling grief is the need to support your parents in their grief. This can draw on your energy and emotional reserves, making it harder to care for yourself. You may question if you have the "right" to mourn as deeply as they do, or as a surviving spouse or children do. Know that you do have the right and the need to mourn, and deserve the same support and care as others affected by your sibling's death.

There are some valuable ideas for coping with grief found within this site, as well as recommended readings in the column on the right. There are also online and local groups for those who have lost a sibling — being part of a community of people who have suffered a similar loss may be helpful.

How children are affected by sibling loss



The death of a brother or sister at any age profoundly changes the lives of surviving siblings. But children who lose a sibling often face long-term challenges that differ from those for adults who lose a sibling. Research shows that the death of a sibling adversely affects surviving children's health, behavior, schoolwork, self-esteem and development. Surviving siblings may be troubled throughout life by a vulnerability to loss and painful upsurges of grief around the date that the sibling died. They may develop distorted beliefs about hospitals, doctors and illness. Many bereaved siblings describe feeling sad, lonely and different from their peers. The impact of loss may be felt most by the brother or sister

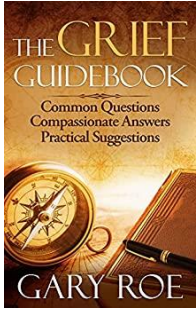
who shared the greatest amount of "life space" with the one who died. Siblings who shared a room or who played or spent their spare time together are likely to be those most profoundly affected. Just like adults, many children who lose a sibling can experience strong feelings of guilt. When a brother or sister dies, they remember all the fights and name-calling, seeing themselves in their memory as the bad child and the dead sibling as the good one. This can result in feeling that they are not good enough.

A child's experience of losing a sibling depends partly on their understanding of death, which is associated with age and developmental level. For more information about children and grief, you can learn more in the children and grief section (on the website).

Other topics that may be useful to you as you include the Mourner's Bill of Rights, as well as the recommended readings to the right and the related links to the left (on the website).

Grief is often a life-long journey. Know that additional support is there if you feel you might have the need to express yours with others who understand.

The Grief Guidebook: Common Questions, Compassionate Answers, Practical Suggestions



(Good Grief Series) By Gary Roe

"Help! How do I do this?"

- Loss strikes. Your heart is stunned. Your world is shaken. Someone special is missing.
- Life will never be the same. *You* will never be the same.
- Questions surface in your mind and heart. You try to make sense of it all. You struggle with overwhelming emotions and troubling thoughts. You tussle with what to do and when.
- You need answers. You need compassionate, practical direction. You need a guide for this journey - a companion to walk with you through all the questions, wonderings, fears, and obstacles. Welcome to *The Grief Guidebook*.

Last month Dave's Mom sent me a note saying I had been postponing my grief because I did not feel I grieved "right". That was so true. She offered me sage advice saying not to be scared to feel the pain as it is a natural part of learning to accommodate this tragedy. She also added not to be afraid to NOT feel the pain, because that was how I was dealing with it at this time. And that there was no guidebook on grief. *Then she turned around and gave me Gary Roe's "The Grief Guidebook".*

I was first introduced to Gary Roe at the National BPUSA conference of 2010. I have to admit, at first I was a bit prejudiced against him. He was not a bereaved parent. How could he possibly begin to understand my grief, or worse yet, give me advice on how to cope with it. Then I found out Gary was an abused child, like me... No, it's not the same thing. Nothing is remotely similar to losing your child, except suffering grievous trauma when one is just beginning to form one's own personality is life altering, as is losing a child. I had experienced both. Because I knew what it was like to experience childhood trauma and the devastating effects it could have on a person and how it could take you, like child loss, from the depths of Hell to a place where - in spite of the horrendous pain- to a place where one can experience true joy and unadulterated gratitude. In the case of our children, joy and gratitude that we ever got to have them. I wanted to hear what he had to say.

I found his book to be quite wonderful in many different ways. It is written in small chapters, each no more than three pages in length, that one can read at any time and in no particular order. Some of the chapters included are: "How Could It Happen?"; "What Do I Do To Deal With the Anger I Feel?"; and, "Is it Ok to Feel Numb?". There's even one on "What's Happening With My Memory? Am I Losing My Mind?". There's also one on feeling guilty because you feel better. There's another one on being angry with God. "The Grief Guidebook" seems to cover almost every question or problem one could come up with, with respect to grief.

Initially, I planned to read the parts most pertinent to me first, and then get to the others later. I found that when I started, I wanted to read all of them. Gary recommends you read whatever suits you, but to come back to it time after time to see how you've progressed. Gary is succinct, but he is not clinical. He packs a powerful punch, gently and in not a great deal of words. Each chapter is chock full of kindness, compassion and wisdom.

I loved the book and found it to be tremendously helpful. I loved it so much, I bought one for my best friend who was like a second mother to my precious William. She cried my tears for me, when I could not. I also bought one for my beloved sister-in-law's father. His wife died only a few short months ago and he was grieving terribly. That's one of the great things about the book, it is applicable to all forms of grief.

One common theme is accepting where you are right now. Acknowledging that and then..."acknowledge it, express it and accept it as part of your grief journey". That is powerful, yet compassionate and sage advice. It is not always easy to do, yet ever so important if one is ever going to be able to heal.

The book is so full of extremely deep and powerful advice, yet is very simple, light and easy to read. I highly recommend it to anyone who has lost someone dear to their heart, especially a bereaved parent.

With love to you all, I wish you hope and healing.

Most sincerely,

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

Our Children Remembered September 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

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

Jacquelyn D. Connolley
Daughter of Pat Donoho
October 3, 1969 - September 13, 1986

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

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

Christine Kelly Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

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

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

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

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

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

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

Nicholas Paul Liberatore
Son of Larry and Pat Liberatore
September 27, 1980 - June 9, 1997

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

Cody Thomas Moczulski
Son of Robin Moczulski
September 19, 1993 - June 13, 2010

Chad William Muehlhauser
Son of Paula and Bill Muehlhauser
October 3, 1983 - September 16, 1992

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

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

Sarah Elizabeth Patterson
Daughter of Cindy Patterson
June 28, 1987 - September 19, 2006

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

John Christopher Poe
Son of Sharon and Ben Poe
October 12, 1967 - September 24, 2001

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

Robert William Rey II
Friend of Peggy Smeltzer
September 14, 1965 - October 2, 2003

Nathaneal Paul Rohan
Son of Andi Zolt
October 2, 1983 - September 14, 2013

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

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

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

Thomas "Tommy" Richard Short
Son of Karen Short
September 25, 1997 - October 16, 1997

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

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

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

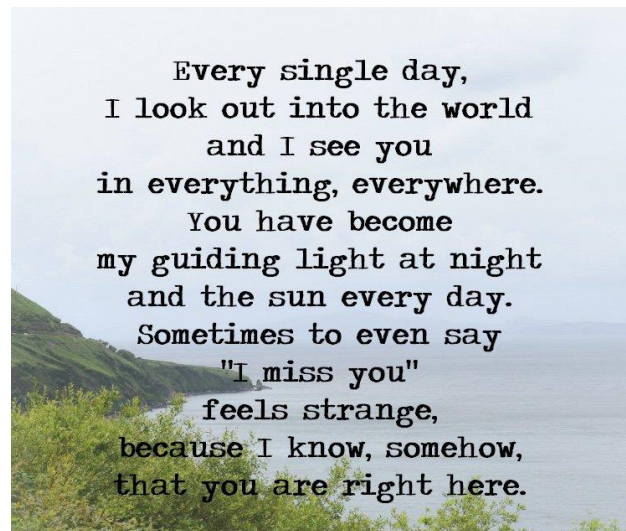
Christopher Thomas Trachy
Son of Tom and Chrys Trachy
September 3, 1986 - March 3, 2016

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

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

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

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



Our Children Remembered October 2021

James "Jamie" William Henry Alexander
Son of Dave and Sue Alexander
October 12, 1970 - October 26, 1998

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

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

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

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

Hannah Lindley Campbell
Daughter of John and Cathi Campbell
October 10, 1992 - October 10, 1992

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

Jacquelyn D. Connolley
Daughter of Pat Donoho
October 3, 1969 - September 13, 1986

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

Christine Kelly Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

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

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

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

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

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

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

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

Ryan John Karl
Son of Leona and Bob Karl
July 17, 1996 - October 4, 2020

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

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

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

Chad William Muehlhauser
Son of Paula and Bill Muehlhauser
October 3, 1983 - September 16, 1992

Krystal Brooke Pearce
Daughter of Douglas Pearce
June 1, 1995 - October 3, 2013

John Christopher Poe
Son of Sharon and Ben Poe
October 12, 1967 - September 24, 2001

Michael Ian Reilly
Son of Ian Reilly
February 19, 2000 - October 25, 2020

Robert William Rey II
Friend of Peggy Smeltzer
September 14, 1965 - October 2, 2003

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

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

Nathaneal Paul Rohan
Son of Andi Zolt
October 2, 1983 - September 14, 2013

Thomas "Tommy" Richard Short
Son of Karen Short
September 25, 1997 - October 16, 1997

Kelsey R Silva
Daughter of Kristen Silva
Daughter of Francisco Martins Silva
October 28, 1991 - June 16, 2011

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

Brandon Michael Sisler
Son of Laura Sisler
May 7, 1993 - October 15, 2011

Hal Benjamin Stern
Son of Barbara Stern
October 30, 1970 - October 5, 2018

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

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

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

Grant Alan Williams
Son of Mark and Randy Williams
October 25, 2000 - October 25, 2000

Samuel Mark Williams
Son of Mark and Randy Williams
October 25, 2000 - October 25, 2000

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

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



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.

You're All Invited to our 19th Annual Memory Walk

Bring your family and friends too



We will be holding our Nineteenth Annual Memory Walk at Quiet Waters Park on Saturday, October 2nd, 2021, at the Dogwood Pavilion. Tell the guard that you are with Bereaved Parents Memory Walk and the parking fee will be waived. The primary purpose of the Walk is to provide an opportunity to share our children with family and friends on a 2-mile walk through the park to remember our children who died to soon, but still walk in our hearts.

We start registration at 8:30, light refreshments and a few moments of fellowship before we proceed on the walk at 9:00. There are pictures of our children posted on trees through one section and some nice spots for quiet reflection along the trail. There is also no requirement or time limit to walk the whole path or to walk at all, just join us for the fellowship.

The Walk is also a fund-raising event, but a donation is not required to participate. If you anticipate being at the walk and would like your child's picture included, please let us know. If we have your child's picture in the 2020 Memorial Service, we will use that picture. You could also email a picture to pjbspmd@gmail.com or bebessling@aol.com. It would be helpful to know if you will be attending so we can prepare for enough refreshments.

Included below are 2 forms. One is an information form for participation in the Memory Walk, and the other is a sign-up for sponsor donations. We accept cash or check payable to BPUSA Anne Arundel County Chapter.

The Walk is open to anyone grieving the loss of a child.

If you have never attended one of the walks, you are encouraged to join us for a healing and peaceful gathering.

Volunteer Opportunities for the Memory Walk ... We need a little help.

- We need 2 helpers to hang pictures along the path starting about 7:30 – 7:45
- One person to assist at the registration table starting about 8:15
- A few people to set up tables and food in the morning starting about 8:00 – 8:15
- We would like to have 2 people to do readings (poem or story) and 1 to read the credo
- Suggestions for 1 or 2 songs, cd player needed for this
- In need of someone to bring a cooler and ice to put water in
- A few people to hang around a clean up after the walk (about 11:00 – 11:30)



**The Anne Arundel County Chapter of the Bereaved Parents of the USA
Nineteenth Annual Memory Walk**

October 2, 2021 9:00am

*****NOTE*** Due to the increased concern over the spread of COVID-19 please stay tuned*****

This year's Memory Walk will be in person at Quiet Waters Park, Annapolis, MD. It will consist of an opening, readings and refreshments followed by a 2 mile walk. If you would like your child's picture included, please email it to pjbspmd@gmail.com. If we have your child's picture from the 2020 Memory Walk or Service of Remembrance, we can use that one. You can also mail a picture to BPUSA/AA County, P. O. Box 6280, Annapolis, MD 21401-0280. We will need forms and pictures by September 27, 2021. You will find a large butterfly template attached. Please decorate, color any way you want in memory of your child and you will be able to share it with fellow participants.

COST: \$0 (But we would welcome your donation!)

If you have any questions about this event, please send an email to : abereavedparents@gmail.com or

Contact Barbara: bebessling@aol.com or 410-761-9017

PLEASE PRINT CLEARLY

CHILD'S NAME _____

CHILD'S NAME _____

YOUR NAME _____

Street Address _____

City, State, Zip Code _____

Phone # _____ Email Address _____

Donation Amount _____ Do we have a picture? _____

The Anne Arundel County Chapter of the Bereaved Parents of the USA, states that no goods or services were provided in exchange for your contribution. Your contribution is tax-deductible to the extent allowed by law. The Anne Arundel County Chapter of the Bereaved Parents of the USA, is a 501(c)3 tax-exempt not-for-profit organization. Our employer identification number is 36-4081249.

WAIVER AND RELEASE: I recognize that participation in the Anne Arundel County Chapter Memory Walk may involve certain hazards. I understand that I should not participate unless medically able. I assume all risks associated with involvement in this activity, including but not limited to falls, contact with participants, the effects of weather, including high heat and humidity, the condition of the track and/or road, traffic on the course, and all risks being known and appreciated by me. Having read this waiver and release, knowing these facts and in consideration of my acceptance into this Memory Walk, I, for myself and anyone entitled to act on my behalf, waive and release the Anne Arundel County Chapter of the Bereaved Parents of the USA, and all sponsors and hosts, and their representatives and successors from all claims or liabilities of any kind arising from involvement in this activity.

Signature: _____

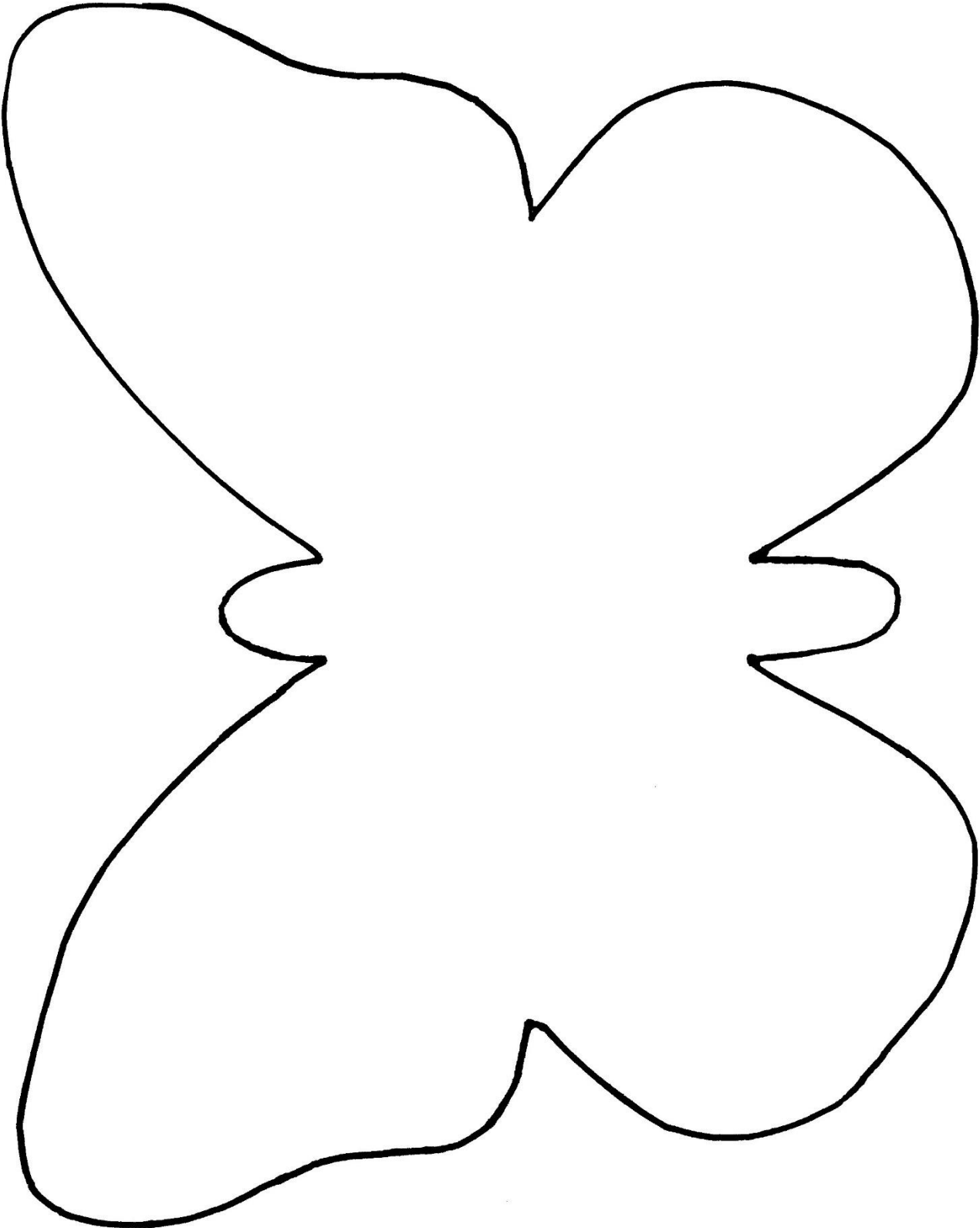
The Anne Arundel County Chapter of The Bereaved Parents of the USA Memory Walk at Quiet Waters Park, Annapolis, Maryland Sponsor List

We like to acknowledge all donations, please print your name and address neatly and completely

Name and Address	In Memory Of	Donation Amount

For additional information please contact Barbara Bessling at aacountymemorywalk@gmail.com or 410-761-9017 or go to our website at <http://www.aacounty-md-bereavedparents.org>

The Anne Arundel County Chapter of the Bereaved Parents of the USA, states that no goods or services were provided in exchange for your contribution. Your contribution is tax-deductible to the extent allowed by law. The Anne Arundel County Chapter of the Bereaved Parents of the USA, is a 501(c)3 tax-exempt not-for-profit organization. Our employer identification number is 36-4081249.



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

Planning is underway, invitations will be mailed in October and please RSVP by November 5. It's important to move forward with planning now so preparation moves along smoothly. This Service is very important for all of us, and particularly this year when we can be together once again.

We need volunteers to help at the Service. Please look over the list and let us know if you would like to volunteer or if you can suggest someone.

Ushers – 2

Greeters – 1 or 2

Readers – Candle wreath – 2 people or a couple needed

- Credo 1
- Family (Mother or father, grandparent, sibling) – need one for each
- Responsive Reading – 1

Family Candle Lighting Helpers up front –two more people or a couple needed

We need your help. Participating in the Service of Remembrance is a very meaningful way to begin the Holiday Season and honor your child. Contact Carol Tomaszewski, ctomaszewski74@gmail.com, or Bob Burash, 410-551-5774, Srvcofrem19@gmail.com for further information and/or to volunteer.

DONATIONS

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

Newsletter and Website Sponsorship Donations:

Gina Giugni and Dan Halbach in memory of Henry Ku'ualoha Giugni Halbach
 Dan Finnegan in memory of Laura Finnegan
 Noel and Ann Castiglia in memory of Tria Castiglia
 Kathy Franklin in memory of Tanager Ru Ricc

General Donations :

Betty Hodges in memory of Charles "Chip" Marshall Hodges
 Rick and Sandy Orsulak in memory of Tyler John Orsulak
 David and Lily Openshaw In memory of J D Openshaw

CHAPTER GATHERINGS and MEETINGS



We welcome Alan Pedersen as a guest speaker at our October 7 gathering.

Alan Pedersen is an award-winning speaker, songwriter and recording artist.

His inspirational message of hope and his music have resonated deeply with those facing a loss or adversity in their lives. Since the death of his 18-year-old daughter Ashley in 2001, Alan has traveled to more than 1,300 cities speaking and playing his original music. Our evening will be a mixture of learning, laughing and feeling. Alan will share what he has learned on his own grief journey and from the thousands of other grievers who have shared their stories with him. The program will offer real tools and ideas to consider for those who are grieving and for those who work with the bereaved.

Powerful music and a down to earth message are the hallmark of Alan Pedersen.

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.**

During the course of this past year, because we have been 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.

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

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

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->

WHAT TO EXPECT AT OUR CHAPTER GATHERINGS: *Gatherings are open to anyone grieving the death of a child.*

We are a self-help support organization dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We provide information and education to extended family and friends. Our greatest strength as bereaved families are the unity we find in shared experiences which can lead us out of isolation, give us a place to “belong,” and offer us hope that together - we can make it.

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

CORE GROUP MEETINGS: WHAT IS THE CORE GROUP: The Core Group consists of anyone who is interested in the ongoing administration of our Chapter. Everyone is invited and encouraged to attend our core group meetings. We are always looking for new ideas and programs. A core group meeting typically meets from 7 pm until 9 pm, once a quarter. We discuss finances, upcoming activities, plan the annual walk, plan the service of remembrance, suggest programs for the monthly gatherings, and address any number of issues that may come before the group. These will also be ZOOM virtual meetings as long as necessary. **Please consider joining us.**

October 12 Core Group: Virtual Meeting starting at 7:00 PM. Anyone interested in participating, contact Bob Burash at aabereavedparents@gmail.com to be included on the email invitation. *[We are in need of Core Group Members.](#)*

[Newsletter and Website Information](#)

NEWSLETTER ARTICLES: Please consider submitting an article, letter, poem or graphic for inclusion in the newsletter. Words that are meaningful to you will also be meaningful to others. Provide this to ctomaszewski74@gmail.com on **October 15 for the November / December Newsletter**

SPONSORSHIP of newsletter and website: You can honor your child’s memory by sponsoring our newsletter and/or website. The donation for sponsoring the newsletter is \$75.00 and the website is \$25.00. Either sign up at a meeting or contact Mary Redmiles, Sponsorship Coordinator, at 301-704-8086 or mary.redmiles@gmail.com

- For the newsletter, submit a photograph and a short memorial to ctomaszewski74@gmail.com ... on **October 15 for the Nov / Dec Newsletter.**
- For the website, a sponsor’s link will be put on the home page that will open your child’s photo from the Our Children section of the website, if you have given permission to include a photo on our website. If no photo is available, your child’s name will still be included on the website home page.

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

CHAPTER CONTACTS:

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

Treasurer: Joe Belcher

Refreshments: Sandi Burash, 410-551-5774

Librarian: Bob and Sandi Burash

Programs/Sponsorships: Mary Redmiles 301-704-8086 mary.redmiles@gmail.com

Newsletter: Carol and Rick Tomaszewski, 410-519-8448, ctomaszewski74@gmail.com

CHAPTER RESOURCES:

OUR WEBSITE: <http://www.aacounty-md-bereavedparents.org/HTML/Home.htm>

Visit our website for information about our Chapter, Our Children, the Newsletter, upcoming events, and many other resources. *[We are in need of a WebMaster.](#)*

FACEBOOK: Join our private, members only, Chapter forum. In Facebook, search for "Anne Arundel County Chapter of the Bereaved Parents of the USA". Our moderator will respond to requests to be included as a friend.

LIBRARY: ANNUAL BOOK SEARCH – Please look at the books on your shelves and if any belong to the chapter, consider returning them. You can mail them to Anne Arundel County Chapter BP/USA, P.O. Box 6280, Annapolis, MD 21041 or contact Sandi and Bob at aabereavedparents@gmail.com and we can arrange to meet. *[We are in need of a librarian.](#)*

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

RESOURCE INFORMATION: Any and all resource information provided in our Newsletter, Website or Emails, is for your information and reference. Our Chapter does not necessarily endorse the views, recommendations, guidance, or advertising associated with these resources.

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

PRIVACY POLICY: Our Chapter is cognizant of privacy concerns related to our children. We ask that each family provide written consent to include your child's name, photo, birth date and death date in our newsletter, on our website and other published listings of Our Children, such as for the Service of Remembrance. If you don't see your child's name included in our publications, and would like them to be included, please contact **Bob Burash, 410-551-5774, aabereavedparents@gmail.com**, use subject: Privacy

ACCURACY: We make every effort to ensure the accurate spelling of your child's name and his/her date of birth and date of death. If any of this information is incorrect or your child's name does not appear in the newsletter, let us know.

WE ARE IN NEED ...: Please contact Bob Burash, 410-551-5774, aabereavedparents@gmail.com to help in any way.

Our Anne Arundel County Chapter, Bereaved Parents USA, is always here for you.

Do not hesitate to call one of our phone friends, email someone, or go on Facebook.

Phone friends to call if you need to talk:
Barbara Bessling (410) 761-9017
Mary Redmiles (301) 704-8086
Noel Castiglia (410) 974 1626
Ann Castiglia (410) 757-5129
Paul Balasic (443) 566 0193

Email: aabereavedparents@gmail.com

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

Music can be used as a tool for coping with grief and loss.

Music gives us a way to express our big emotions.

Music calms the body and mind.

Music connects us with other people.

Music helps us honor the memory of our loved ones

Music that has been mentioned in this newsletter:

Ctrl Click to follow the link, or Copy Paste into a browser

- The Beatles - *Let It Be* <https://www.youtube.com/watch?v=6d5ST3tbPIU>
- The Temptations - *Papa Was A Rolling Stone* <https://www.youtube.com/watch?v=nXiQtD5gcHU>
- Earth, Wind & Fire - *Shining Star* <https://www.youtube.com/watch?v=BPtSPJK8rx8>
- Jimi Hendrix – *Angel* - <https://www.youtube.com/watch?v=EaRFxrDAR-A>
- Earl Grant - *Till The End Of Time* - <https://www.youtube.com/watch?v=8DegVjPeZ1w>
- Alan Pedersen *I Remember You* - <https://www.youtube.com/watch?v=LE501dLiN7M>

