



Bereaved Parents of the USA

Anne Arundel County Chapter

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The internal work of grief is a process, a journey. It does not have prescribed dimensions and it does not end on a certain date. – David Kessler

Thomas H. Redmiles

February 22, 1985 - March 14, 2011



Eleven years and you're still gone from our sights, Tom. Our love for you, however, has not died. And we know you have never really left us. We feel you with us every day and know you're still a part of our daily lives. It is not what we want, but what we have. For this we are forever grateful.

Love, Mom, Dad, Colleen, Matt and Katie.

Richard Allen Bessling

March 18, 1982 - March 15, 1995

Ricky, Forty years ago we were blessed by your birth and you are still a treasure we hold in our hearts. You gave us memories too wonderful to forget and we will never stop loving you or missing you.

Love, Mom, Dad & Ryan



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



Oh, how I wish I had a picture that caught the exquisite beauty of your beguiling, hazel-green eyes. It was as if God had captured the stars and trapped them in your irises, your eyes were so beautiful. In addition to that, you inherited Daddy's thick, black lashes. Your eyes were gorgeous, as was your face. We miss them both ever so much, but mostly we miss your sweet, kind, loving disposition.

You were our angel here on Earth.
You are our angel now in Heaven.
We miss you, darling boy. Oh, how we miss you.

Love, Mom and Dad, Seyed, Susan and Hayden

I Have A Mission

By Linda Khadem, William's Mom

Anne Arundel County Chapter, Maryland, BPUSA

I cannot do that. I cannot live in the land of abject pain and suffering any longer. If I stay there, I will die. The grief will surely kill me and for some reason, I feel am supposed to be alive. I have a mission to accomplish. I cannot do that if I am not here. If I drown in the sea of grief, I cannot complete that mission.

When William first died, I felt such a deep pain and was so utterly lost. I had heard stories of chickens getting their heads cut off and running around not knowing what to do. I felt similar to that, only I was stumbling and in terrible pain. I was stumbling around blindly and aimlessly, heart-shredded and forlorn. I felt my entire reason for living had been stolen from me, but at the same time, I felt as if there were a mission for me to accomplish, a very important mission. Despite that, I couldn't figure out what it was.

There was a thought so clear in my head. It told me that bad things do not happen for no reason. It told me that we, parents of deceased children, are supposed to take our tragedy and turn it into something beautiful. It told me that the worse the horror was, the greater the beauty that had to come from it.

Try as I might, I could not figure out how on God's green earth I could take the worst thing that could ever happen to a person, the death of their child, and turn that tragedy into something beautiful. The seemingly impossible mystery haunted me every day for many months and on into a second and maybe third year.

I can't remember when I started, but at some point on my extraordinarily painful grief journey, I started to make cards. At the time it required intense concentration. That was exactly what I needed to take my mind off my dire situation. Having to focus on which piece to put where alleviated me of the tremendous anxiety I experienced at the loss of my beloved son, William.

For a long time that was one of the only things that could. When I experienced the appreciation from the people with whom I shared the cards, it gave me great joy. I continued to make them until one day my husband suggested I make them for our friend's children's Heaven anniversaries.

I thought that a wonderful, yet monumental task. I took me FOREVER to make just one single card. How in the world was I going to make TWENTY or more? And, the fact that I have ADD and had never done anything on time in my life posed an additional great problem. How in the world could I begin to pull something like that off?

Yet, I did. For the most part, anyway. For the most part, I have been on time with my Heaven Anniversary cards. That has been a most monumental task, as I said earlier, but incredibly fulfilling.

Making these cards has given me not only a sense of purpose, but also a sense of joy. I feel as if the children guide me when making the cards for their parents'. When I am done, I feel a sense of accomplishment and satisfaction. When the parents contact me and tell me how happy they feel at getting their card, my heart just sings with joy. Who could ever have imagined someone as lowly and insignificant as myself could not only bring such joy to others, but experience it herself after the death of her child?

I remember early on in my grief journey, Paul's mom and Dad and Tria's mom and dad and Dave's mom and others all telling our group that the way to heal from our horrific experience was to help others. My mother always told me that kind of thing, too. She instilled in me a love for helping others who were hurting.

It is hard to believe, but my little cards do that for people. They do it for me, as well. When people tell me how much they appreciate my cards, even the ones that don't turn out so well, I feel as if my precious William is smiling down on me from Heaven above.

Making cards for my fellow bereaved parents has given me such tremendous joy. It has been an emotion I never would have thought possible in the early stages of my grief, but it is not the cards by themselves. It is the act of doing for others whose souls are hurting as badly as mine. Paul's and Tria's and Dave's moms and dads were all right. Giving of myself for the benefit of others who are hurting has taken me from the depths of the sea of grief and a place of horrific and seemingly relentless pain, to a place where I experience joy a great deal of the time.

I started this off stating that I could not live in the land of abject pain and suffering any longer. I cannot. I can visit there, and have had to on too, too many occasions, but I cannot live there any longer. Not literally, nor metaphorically.

I have had dreams where I have held onto my precious William for as long as I could, but the dreams always ended in me having to let him go. For, if I did not, it would have always ended in my untimely demise. I have had even more dreams where he adamantly and sometimes angrily told me that I am where I am supposed to be and he is where he is supposed to be.

I am really sad that he got angry with me, he almost never did in life, but maybe that was the only way he knew to get it through to me. I am not supposed to hang on to him. I am supposed to be here among the living, carrying on his message of love, especially to my fellow bereaved.







In my dreams, I knew that if I didn't let him go, that I, too, would die. William made it very clear to me that that is not my purpose. My purpose, through simple and small ways, is to tell the world about the beauty he brought to my life and to share that beauty with them.

The happiness one might derive from card making and sharing or doing other good deeds for those grieving could never begin to compare to the joy of having one's child alive and by their side, but giving of oneself to the needy can help alleviate the horrendous pain of losing that beloved child.

William brought tremendous joy and beauty to my life. I am incredibly honored that I can share that beauty and joy with others and hopefully ease their pain, as they most definitely do mine.

In loving memory of my precious William, I wish you hope and healing.

Most sincerely,

 
Linda Khadem
  William's Mom  

A Tribute to My Brother William

By Seyed Khadem, presented at the 2021 Service of Remembrance

I would not be the man I am today if it was not for my lovely brother William. William had an excitement to him that would put a smile on your face, and a youthful energy that he carried with him his whole life.

I think I will always remember William as an 8 year old boy. I remember one year in particular it was Halloween and I made costumes for the both of us, and I didn't just make a costume, I built us exo-skeleton vests out of Construx, a sort of Lego type builder toy, and William just took to the idea of wearing these suits around the neighborhood with no reservations. Each vest was tight, uncomfortable, and the occasional piece would fall off, but William didn't care, he embraced it without hesitation.

I can remember us rummaging around mom's house finding ways to entertain ourselves, one of favorite things to do was to seek out mom's rolls of gift wrapping paper and use them in light saber duels. Mom was a little upset at first, and tried to guide us towards using the cheaper paper, but that never really worked out because, well the more expensive paper held out and that usually determined the victor of the battle.

And that was who William was, always ready to embrace new ideas, so attentive, so sweet, extremely sharp and there for you when you needed him .

I miss William, and I often wonder about what conversations we would have now. William was big fan of Sci-Fi and Fantasy, and whenever I come across new content, I think to myself, what would William have to say? William had a knack for picking up on things no one else noticed. I wonder would we both pickup on the same things? Would we both enjoy and laugh at the same scenes or have the same favorite characters.



There is a pain and a sadness, that will always be with me when I think of William, and it really hurts he missed my son by just a year. My beautiful son, Hayden, who reminds me so much of William never got to meet his uncle, but we still celebrate Williams anniversary's, watch what William would have wanted to watch, and talk about all the books and novelties he loved, and of course we share our treasured memories of him.

I think about the life we could have had, and there are regrets, but there is also a lot of love and laughter, and I believe William's spirit still is here with us, and here for us when we need him, just like he always was.

So with that I will just say, William we love you and thank you for being such a light in our lives.

March 3, 2022 Hybrid In-Person & Virtual meeting

We continue to hold in-person monthly gatherings
Combined with 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 page 18 or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, 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,
or Bob Burash, Chapter Leader, at aabereavedparents@gmail.com , 410-551-5774.

March 3, 2022: Monthly Gathering: “How Will I Live Without You?” will be presented by Cindy Magee.

Cindy is married and a Mom of four children. She lost her oldest son, Will, age 29, October 2016. Since that time she has created a blog, *cindymagee.net*, that chronicles her experience as a bereaved Mom and lessons learned. She started a facebook group “*Hope for Bereaved Parents*” that focuses on hope and learning to live again while remembering the forever bond we have with our children.

Other important dates:

April 7, Monthly Gathering: Litsa Williams, co-founder of “What’s Your Grief”, will speak on anger and grief.

May 5, Monthly Gathering: Amy Aronstamn, LMSW at Hospice of the Chesapeake Life Center, will talk on early grief.

June 2, Monthly Gathering: Patti DiMiceli will present "The Power of Pebbles & Angels!"

July 7, Monthly Gathering

April 12, Core Group Zoom Meeting

July 12, Core Group Zoom Meeting

July 22 – 24 BPUSA National Gathering Conference

Lean Into Spring

By [Jennifer Stern, LISW](#)

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



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

Because you are grieving.

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

Grief is not predictable. It does not follow an order as the seasons do. It is personal. It is painful. It is messy. Grief can feel surprising, shocking, neverending.

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

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

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

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

Earth teach me to forget myself as melted snow forgets its life. Earth teach me resignation as the leaves which die in the fall. Earth teach me courage as the tree which stands all alone. Earth teach me regeneration as the seed which rises in the spring. William Alexander

The Seasons of Grief: Winter to Spring

by [Adam Rabinovitch](#) | Feb 22, 2016 |

<https://copefoundation.org/the-seasons-of-grief-winter-to-spring/>

There are crocuses in the yard.

How did spring sneak in so stealthily? You may not feel ready for spring. Winter might have felt as if it fit your mood, your grief. Now there are flowers in the yard and a garden to tend. Things are growing. Life marches forward, even when we aren't ready. Spring reminds us of this.

When grief hits it's like a winter of the soul. Parts of us freeze in time. Not dead, but dormant. Pain blankets our emotional landscape like a fresh snow. It smothers greenery and muffles sound. Parts of us peak out, foraging to survive. It's a state of emotional survival. Oddly, at some point there is comfort in not having to grow, expand, or reach for the sun.

You may not feel ready, but it could be time to step into the sun. We are never fully healed. But it may be time to embrace the idea that life moves forward. It could be time to plan for the future again, not just survive the day. Within you are gifts and talents to share and give back to the world. By stepping back out into the sun you may be able to fulfill your mission, purpose, and dreams.

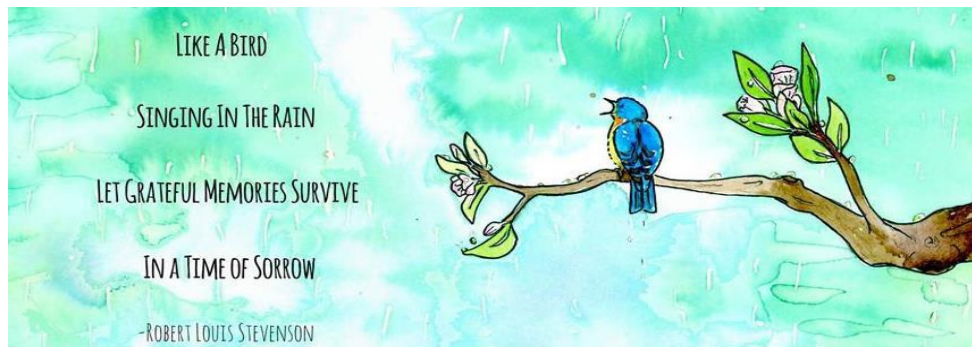
Love means wanting the best for each other. Whether it's your child, parent, grandparents, sibling, husband, or wife, we seek to lift up our beloved and give them happiness. That's simply the nature of true, healthy, love. If something were to happen to you, wouldn't you want your loved ones to live a life of fulfillment and joy? Our lost loved ones want that for us too. They want us to be happy and even find new love. We honor them by rejoining life and growing again.

Life is a cycle. It doesn't reach a set point and stop, even when something horrible happens. New days dawn and seasons pass, both on the calendar and in our soul. As they do, healing continues, but in new ways, ones that include personal growth and respecting the wishes our loved ones had for us.

Looking out at a bright day and the beginning blooms it may be time to accept spring. Your winter of grief served its purpose.

Stepping outside lift your face to the sun and feel both warmth and tears.

– COPE Clinical Director Amy Olshever, PhD, LCSW



Anger and Grief

Hospice Foundation of America

<https://hospicefoundation.org/End-of-Life-Support-and-Resources/Grief-Support/Journeys-with-Grief-Articles/Anger-and-Grief>

Many who grieve say, “How can I be angry at my beloved for dying?” They know they couldn’t help dying. Aghast or ashamed at the idea of blaming them, these feelings get stuffed down and denied. Nonetheless these feelings exist, whether expressed or not.

Many people do in fact feel angry when someone we love dies. Angry at being abandoned, angry at the extent of the pain, angry that our life is changed, angry that managing grief feels difficult, and angry that the world suddenly feels different—empty, unsafe, or lonely.

Swallowed feelings don’t disappear. Instead, they may become the basis for unresolved grief, depression, anxiety, and even chronic physical symptoms. Allowing your feelings, whatever they may be, is essential to coping with grief.

Our culture is not always comfortable with anger. Yet the feeling of anger itself is natural and not destructive; it’s a feeling like any other. Still, most have not learned to accept anger as a natural part of human experience. People do get angry, and still they are good people. This is just one of many varied and intense emotions in response to losing someone you love.

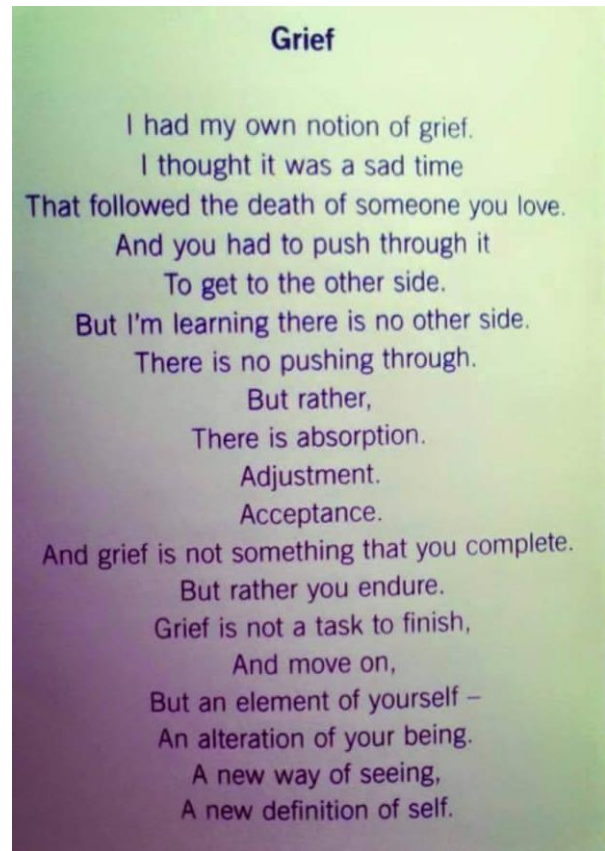
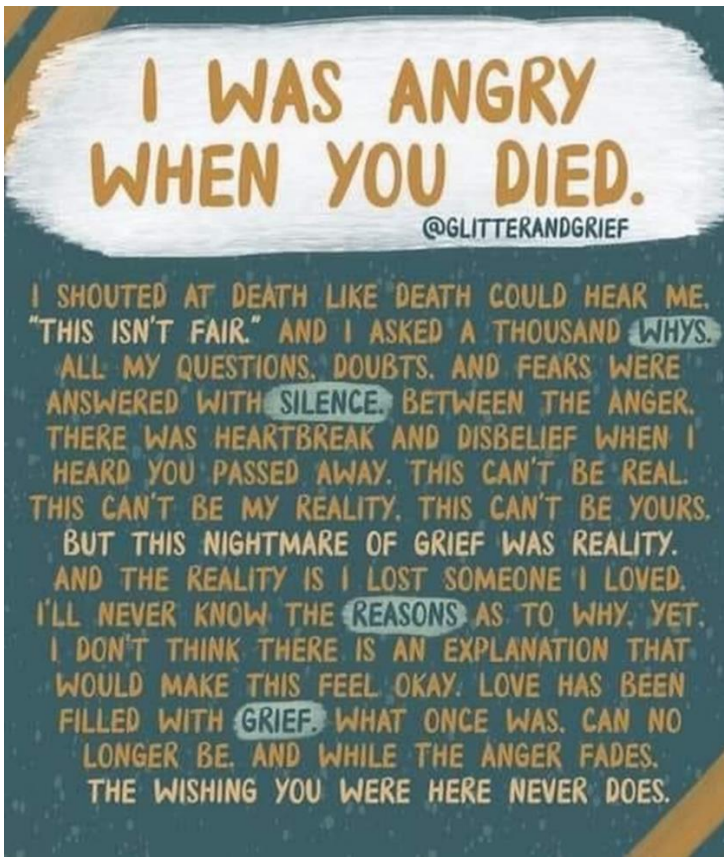
Intense feelings need to be expressed, not denied. Being able to say out loud, “I am angry,” may be all that it takes to dissipate this intense emotion. Then again, you may need to say, “I am angry” and express aloud all the stories and feelings that follow before the feelings resolve or disappear. To fully release anger, you may need to have some safe physical way to express it, like pounding a pillow, chopping wood, or yelling loudly in the privacy of your bathroom or out in the woods somewhere.

Anger can make a griever feel powerful in the face of experiences like loss, where one naturally feels pretty powerless. Some may prefer to be angry so as not to appear vulnerable, openly tearful, or sad.

You can help someone else who is grieving by listening. Simply saying, “Tell me about your anger,” instead of running away from such emotions can help. You may feel more comfortable hearing anecdotes about the dead person than the intense emotions around loss. However, listening to another’s pain without offering judgments or advice is a rare gift to give.

Remember, anger is a natural part of grief. Suppressing or swallowing feelings delays coping and moving forward. Voicing your feelings, expressing anger and any other emotions, is empowering, strengthening, and helps us cope.

Developed from *Journeys with Grief: A Collection of Articles about Love, Life and Loss*, edited by Kenneth J. Doka, Ph.D., MDiv., copyright Hospice Foundation of America, 2012.



Heart Chambers

- Christina Delaney, February 2022
Anne Arundel County Chapter, Maryland, BPUSA

When a child is born,
Her mother learns to live with joy.
Life changes, and she no longer lives
Focused on herself alone.
Her heart expands to embrace more love.

When a child dies,
Her father shrivels to tears and sorrow.
Life changes and he no longer lives
With an ever-expanding heart.
There seems to be no more room,
For grief has taken residence in every chamber.

As days pass, at first hearing only the clock's
second-hand tick,
The parent's heart learns that it must accept
And embrace the grief it bears.
For that is the love and the heart
And the memory of the child.

May we help one another to embrace our grief

Sibling Support

First things first – you are not alone. Many join you in the community of bereaved siblings, and the more we are able to lean on one another, the more we can continue on. Connecting with others is an important step.

Sometimes called the “forgotten mourners,” bereaved siblings have a significant — and frequently unmet — need for support. Although some believe the loss of a sibling is somehow less intense than the loss of a child, a parent, or a spouse, this is not at all the case in a general sense. Individuals may have more or less intensity around any loss they experience, depending on their own circumstances, but siblings often feel a devastating loss. In many cases, people have never known a time when their siblings were not a part of their lives, and for this reason cannot conceive of them being gone. This tremendously confusing loss may turn one’s sense of reality upside down and lead to deep and challenging questions of trust, faith, and identity.

Here are some particular features of sibling loss that you may relate to:

- The nature of the sibling relationship, which is for many people the longest relationship in life; siblings are “life witnesses” who know us as no one else can
- The feeling that with your sibling gone you have lost past, present, and future
- The challenge of supporting one’s parent(s) through the loss, especially when extreme parental grief constitutes an additional loss for the bereaved sibling
- New roles and responsibilities for surviving siblings as the family structure shifts
- Guilt from unresolved issues or challenging sibling relationships
- For adult siblings, regret over distance or lack of time spent
- The depth of sibling connection, regardless of proximity or emotional closeness, and often despite conflict
- The tendency for others to idealize the deceased sibling
- Sense of a part of self missing, physically/emotionally and in terms of memory

Circumstances of sibling loss, and the accompanying needs, vary widely. An adult losing a sibling, for example, has different needs than a child who has lost a sibling. Someone whose sibling died by suicide experiences different circumstances than someone who lost a sibling to cancer. We can learn from one another, sometimes when we connect with someone whose circumstances resemble ours, other times when the loss of a sibling is the only thing we have in common.

Taken from the BPUSA website, <https://www.bereavedparentsusa.org/resources/help-for-siblings/>

Our Anne Arundel Chapter has a sibling group that is led by Amanda Halbach Hughes, whose brother Henry died in 2016. Amanda can be reached at [443-994-3855](tel:443-994-3855), alrhalbach@gmail.com for information about meeting times, or just for a conversation. Amanda welcomes all contact and will accommodate your wishes for discussion and meeting at alternate times, if possible.

At each of our monthly gatherings, siblings are invited and encouraged to join us - in person or virtually. Sibling sharing groups are separate from their parents. We recognize that sibling grief issues can be different from their parents issues, and hope to provide a platform for discussion, learning, and understanding that leads to emotional healing.

BPUSA National has a virtual sibling chapter available to any bereaved siblings (over 18). Their meeting schedule for 2022 is listed below.

Here's a description of the Virtual Sibling Chapter written by Katie Alger, whose brother Sean died in 2010.

“The virtual Sibling chapter started in January of 2021. The idea came from a workshop discussion at the National virtual gathering in 2020 after siblings expressed the alienating experience of being a bereaved sibling. We meet on the last Thursday of every month. Attendance varies but someone is always there to hold space for siblings to attend. We are an informal and open group. Everyone has a chance to speak and be heard. The meetings are full of nodding heads, shared tears, and knowing laughter. The virtual venue hasn’t hampered meaningful connection and understanding. Some of the most memorable meetings have included newly bereaved siblings. At almost every meeting someone struggling with the loss of their sibling expresses the sentiment that inspired the creation of this chapter: they feel understood.”

The other sibling chapter co-leaders are Sarah Kravits and Tim Soelzer.

BPUSA VIRTUAL SIBLING CHAPTER 2022 MEETING SCHEDULE

All Meetings are at 8:00 PM EST

March 31	August 25
April 28	September 29
May 26	October 27
June 30	November Meeting Canceled
July 28	December 29

Email BPVIRTUALSIBLINGCHAPTER@GMAIL.COM for the Zoom Link

Sarah Kravitz, co-leader of the BPUSA Sibling Chapter, joined our February meeting and touched on many of the particular features of sibling loss. During Sarah's presentation, she cited two projects she is involved in. Following are the links for them. There may be some interest in either or both of them for you.

<https://weeva.com> WEEVA collects and composes stories into a book format, a keepsake that can include pictures, written stories, anecdotes, recipes, along with memories. Family members and friends can contribute to your book.

<https://www.lifewithoutjudgment.com/>





Our Children Remembered March 2022

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kevin Michael Morris
Son of Gayle and David Morris
October 7, 1982 - March 30, 2007

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

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

Paul Robert Overton
Son of Steve and Paula Overton
November 19, 1988 - March 29, 2021

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

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

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

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

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

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

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

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

Christopher John Smith
Son of Debi Wilson-Smith
March 27, 1981 - June 30, 2000

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

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



Our Children Remembered April 2022

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

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

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

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

Alexandra Elizabeth Bolander
Daughter of Tom and Susan Bolander
April 1, 1996 - April 1, 1996

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

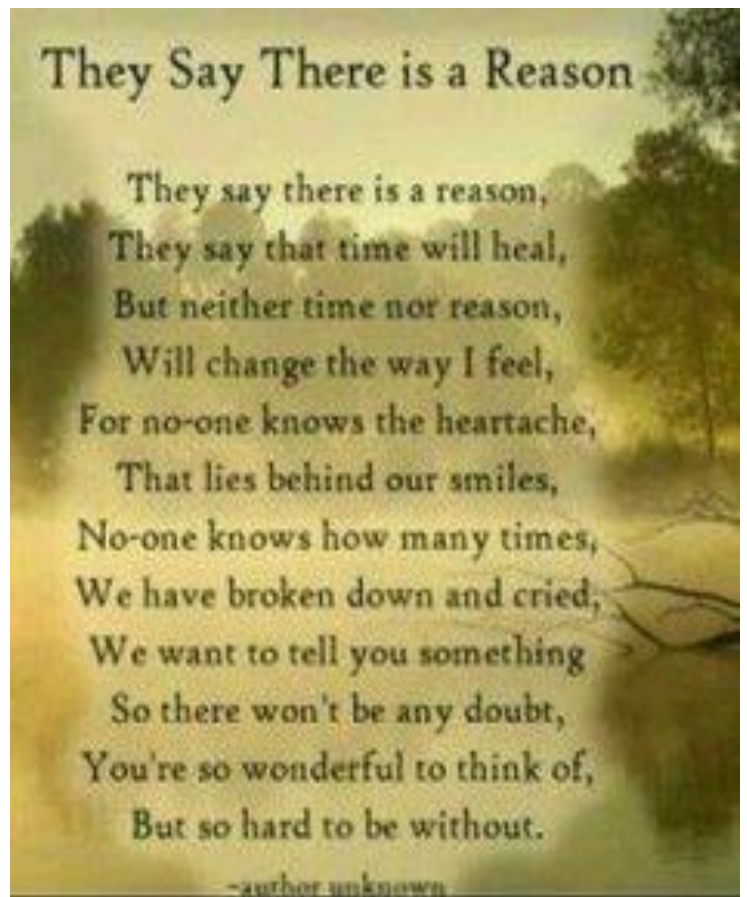
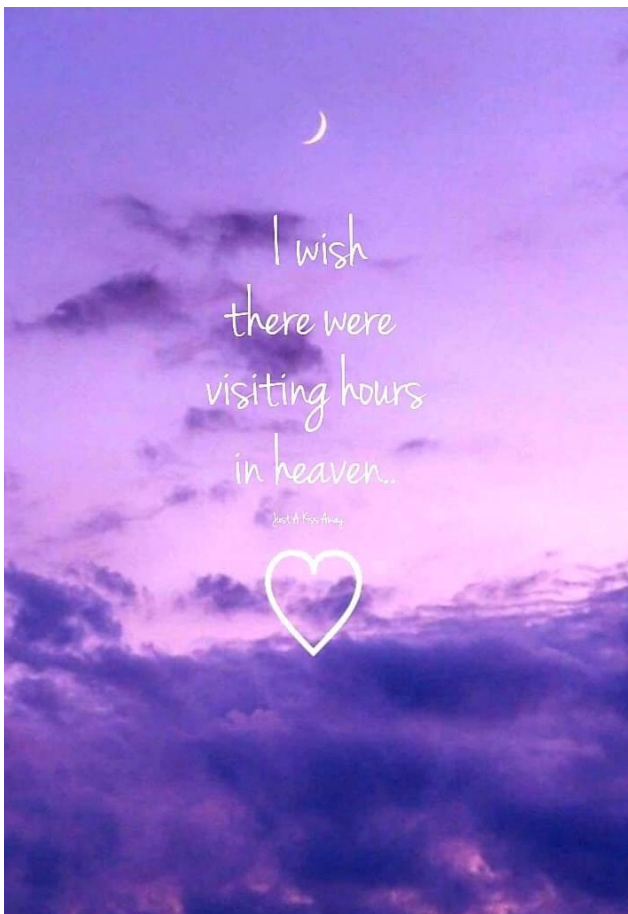
Dennis Richard Rohrback
Son of Dennis and Joan Rohrback
April 8, 1964 - July 3, 1988

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

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

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

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



CREDO

**OF THE ANNE ARUNDEL COUNTY CHAPTER
OF THE BEREAVED PARENTS OF THE USA**

We are not alone.

We are the parents whose children have died.

We are the grandparents who have buried grandchildren.

We are the siblings whose brothers and sisters no longer walk with us through life.

We are the aunts and uncles whose cherished nieces and nephews are gone.

We are here to support and care for each other.

We are united by the love we share for our children.

We have learned that children die at any age and from many causes.

Just as our children died at all ages, we too are all ages.

We share our pain, our lost dreams and our hopes for the future.

We are a diverse family.

We realize death does not discriminate against race, creed, color, income or social standing

We are at many stages of recovery, and sometimes fluctuate among them.

Some of us have a deep religious faith, some of us have lost our faith, while some of us are still adrift.

The emotions we share are anger, guilt and a deep abiding sadness.

But regardless of the emotions we bring to our meetings,

it is the sharing of grief and love for our children that helps us to

be better today than we were yesterday.

We reach for that inner peace as we touch each other's

lives and place our hand print on each other's hearts.

Our hope for today is to survive the day;

Our dream for tomorrow is gentle memories and perhaps to smile.

We are not alone.

We walk together with hope in our hearts.

DONATIONS

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

General Donations :

Horace & Cynthia Tsu in memory of Cathryn Tsu

Dorothy Carter in memory of Fred Carter and in honor of his sisters and their spouses, Janet & Dan Tyler and Lisa & Chuck Beall

Newsletter and Website Sponsorship Donations:

Mary & Joe Redmiles in memory of Thomas Redmiles

Barbara & Robert Bessling in memory of Richard Bessling

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 , or Bob Burash, Chapter Leader, at 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

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 welcome new Core Group Members.***

April 12, 2022 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.

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 **April 15, 2022 for the May/June 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

- For the newsletter, submit a photograph and a short memorial to ctomaszewski74@gmail.com ... on **April 15, 2022 for the May/June 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 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

Sibling Coordinator: Amanda Halbach Hughes, 443-994-3855 alrhalbach@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.

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.

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.

Anne Arundel County Chapter, BPUSA resources: <http://www.aacounty-md-bereavedparents.org/HTML/Resources.htm>
<http://www.aacounty-md-bereavedparents.org/HTML/OtherChapters/OtherChapterMap.htm>
<http://www.aacounty-md-bereavedparents.org/PDFPages/BPUSACHAPTERBROCHURE.pdf>

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

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"

BPUSA National Gathering Conference

Reflecting & Connecting
July 22 - 24

Le Méridien St. Louis Clayton Hotel
7730 Bonhomme Avenue
St. Louis, MO 63105

MAKE PLANS NOW TO ATTEND!

The BPUSA annual Gathering Conference is designed to help bereaved parents and their families understand that they are not alone in their grief. There are two full days of keynote speakers, workshops, meals together, and a candle-lighting service.

Attendees come away better informed about the grieving process, more aware of hope and promise, and affirmed by meeting new friends who travel the same path.

Detailed information and registration will be available online in February. The Le Méridien St. Louis Clayton Hotel will be offering special room rates through the BPUSA website - <https://www.bereavedparentsusa.org/> If you have questions or concerns, please contact Bob Burash, Chapter Leader aabereavedparents@gmail.com)



<https://www.youtube.com/watch?v=MO5CqyMPL8Q>

Let There be Peace on Earth
- Voices Without Borders