



# Bereaved Parents of the USA

## Anne Arundel County Chapter

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*Friendship isn't one thing. It's a million little things.  
Friendship isn't about whom you've known the longest.  
It's about who's walked into your life and said, "I'm here for you" and proved it.*

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### Comfort and Understanding

*By Kathy Ayling, published in Bereavement Magazine 2003*

*We each came in with our tears and pain wrapped  
tightly together;*

*Comfort and understanding was what we were  
seeking.*

*All of this was so new to us, these feelings of  
ours...*

*We quickly glanced around at the others in the  
room and wondered,*

*Do they feel and hurt like I do?*

*We thought we couldn't tell about our losses...*

*It's too fresh...too new,*

*So we sat and quietly waited, around the room we  
went.*

*We spoke our name and quickly shared whom we  
were there for.*

*Slowly, we each became a bit more at ease;*

*One shared the story of how her child died;*

*She talked about the pain that is felt so strongly.*

*"Will it ever get any easier?" was her cry.*

*We found ourselves nodding in agreement; we  
thought, that's how I feel.*

*Another spoke of family and friends,*

*"They don't understand," "They don't get it!"  
he cried.*

*Again, we agreed and reached out in comfort.*

*We soon realized how much we had in common;*

*Although our losses were ours and ours alone,*

*We understood each other, we felt their pain,*

*We identified with what they were saying.*

*Over the weeks, we've gotten to know each other.*

*We look forward to going to group and seeing  
everyone;*

*We also wonder if everything is okay when one  
isn't there,*

*Little did we know that in our grief such  
friendships would be made.*

## **May 5, 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.

***Currently masks are optional.***

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, 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. We offer sharing groups for those attending for the First Time, the Newly Bereaved, those Further Along, Siblings, and Infant Loss.

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

**May 5, 2022: Monthly Gathering:** Program and discussion to be determined.

### **Other important dates:**

**June 2, Monthly Gathering:** Patti DiMiceli, Anne Arundel County Chapter member, will present "The Power of Pebbles & Angels!" See [page 10](#) for more on Patti, her journey, and her message for us.

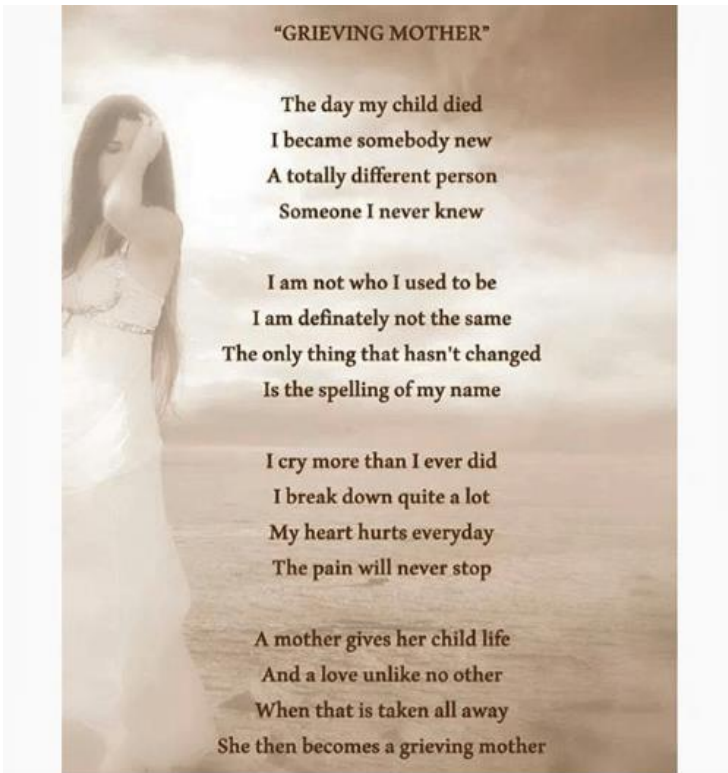
**July 7, Monthly Gathering:** We will be joined by Amy Aronstamn, LMSW, who will speak on traumatic grief, as associated with loss from suicide, overdose or other traumatic events. Amy is a trauma informed grief counselor with the Chesapeake Life Center at Hospice of the Chesapeake. She received her master's degree from the University of Maryland School of Social Work and has completed a Palliative Care Fellowship with Medstar Washington Hospital Center. She is honored to serve individuals and their families navigating end of life issues and the complexities of grief and loss. Amy has worked with children, adults, families, and groups in a variety of clinical settings.

**July 12, Core Group Zoom Meeting:** See [page 22](#) for further information.

**July 22 – 24:** BPUSA National Gathering Conference. See [page 25](#) for further information.

**October 1** :- Annual Memory Walk, Quiet Waters Park, Annapolis MD.

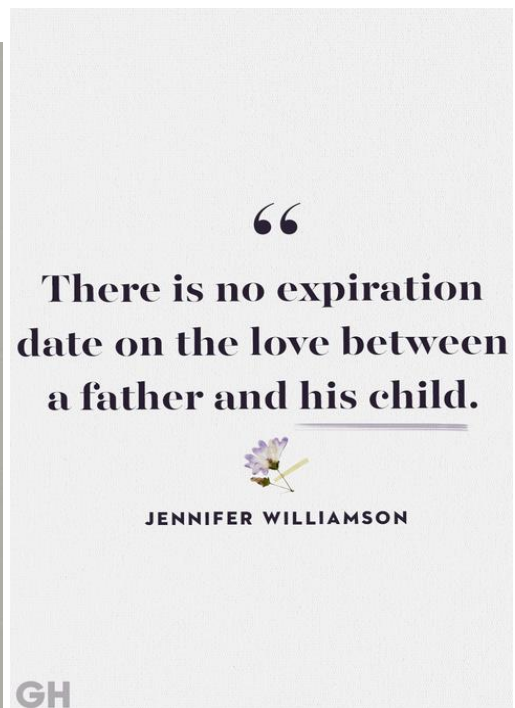
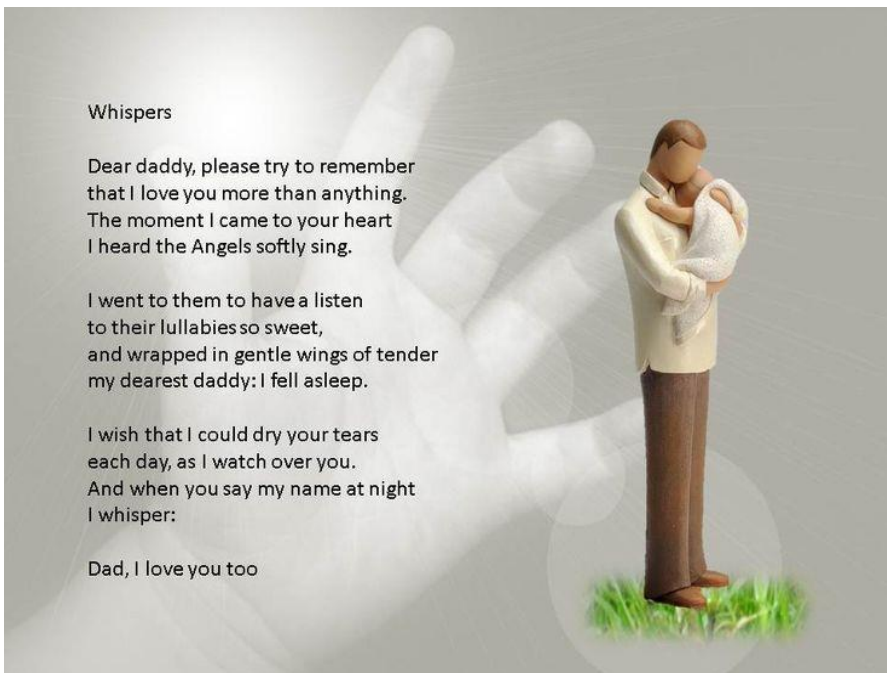
**December 4** :- Annual Service of Remembrance, St Martins in-the-Field Episcopal Church, Severna Park MD



*No 'Mother' should 'Outlive' her 'Child',  
That's not how things were meant to be...  
They're supposed to 'Grow' and 'Marry',  
And bring 'Grandchildren' to my knee...  
Some things I just don't understand,  
My 'Heart' has been 'Ripped Out'...  
Is it wrong to feel so 'Angry',  
I just want to 'Scream' and 'Shout'...  
My throat feels like I've swallowed glass,  
Such a 'Deep Ache' always there...  
Life seems to go on in slow motion  
But I'm just too numb to care...  
My mind's finely tuned to special things,  
Times we've spent together...  
You'll always be my 'Treasured Child',  
And stay in my heart 'Forever'...*



*I Love You*



## *Making Mother's and Father's Day Special*

By Elaine E Stillwell, published in Bereavement Magazine, 2002

Here are a few hints to help you through these days after the loss of a child.

- Pamper yourself-this is a special day in your life. You are a parent forever and your child is your child forever.
- Do what you need to do-what helps you. Grieve your way.
- Be with those who surround you with love, not demands or advice.
- Plan ahead-do things that make you feel good or give you a moment's peace.
- Start new rituals to make new memories.
- Share your thoughts with family members; decide together what the day should include. (If you are alone, find a good friend.)
- Include deceased children in the day-through prayer, lighting a candle, telling stories about them, looking through pictures, planting flowers or a garden, doing a good deed, writing about them, making their favorite recipe.
- Join with another bereaved family to honor this day and have mutual support.
- Start a garden or add to a special garden in memory of your child.
- Use this day to plant spring flowers so you can always see your child in each bloom and each bouquet that you cut.
- Visit the cemetery if that helps your heart on this day.
- Plant a flower or shrub that will come to bloom this time of year.
- Do something special for someone else, or something special in your child's name (helping Cancer Care, MADD, Scouting, a nursing home, etc.)
- Listen to music that makes your heart feel good.
- Cook some favorite recipes that your child enjoyed or cooked for you.
- Buy a present for yourself from your child and enjoy the comfort it brings you.
- Write a poem or article in memory of your child, sharing memories or whatever has helped you.
- Attend a family gathering of relatives - their love and support can give you a lift on this day.
- Make a booklet of favorite poems that help your heart, and give copies to dear relatives and friends in memory of your child.
- Take part in a special church ceremony honoring Mother's Day and Father's Day.
- Pray to your child- talking is the best medicine and prayer is simply talking.
- Set aside some special time to grieve, unloading all the frustration and sadness that can envelop you on such a day, giving you time to meditate alone.
- Write a letter to your child, telling what's in your heart (perhaps some unfinished business or some new blessing that has enriched your life).
- Allow the tears to flow—crying is healing and allows a release for your feelings.
- Think of a way to "share your child with the world" - making sure his or her memory lives on through scholarships, writing, good deeds.
- **Give and get plenty of hugs.**

## [Am I Still A Mother](#)

By Nancy Maruyama, RN, NCBF, published in Bereavement Magazine, 2003

In 1985, I gave birth to a beautiful baby boy that my husband and I named Brendan. He was the first child for us, the first grandchild on both sides of the family. We quickly settled into being a family. Life was perfect. At first, I was afraid I wouldn't know how to be a good mother. I must have called my mother about a zillion times to ask her advice about everything! I read whatever I could get my hands on. I questioned all my friends, who had children, to learn about "mothering."

On a rainy Friday morning in October 1985, our "perfect life" turned into a nightmare. Our beautiful son, our Brendan, was dead; the apparent victim of SIDS (Sudden Infant Death Syndrome). The weeks that followed his death are somewhat blurry, but one thing I will never forget is the teller at the bank who was the first to ask, "How is your baby?" I felt faint and short of breath as I quickly explained that he had died of SIDS a few weeks earlier, and I make a quick exit. My husband and I immediately made the decision to get away for a few weeks; to go somewhere where no one would ask about Brendan. After a two week trip to the east coast, we returned home and tried to pick up the pieces of our once "perfect" life.

In May 1986, I dreaded the first Mother's Day without my Brendan. Was I still a mother? How could I celebrate Mother's Day if my baby was dead? I remembered the time I had spent worrying whether I would be a good mother. Where was I to look to learn to be a "bereaved mother"? Who would guide me and hold me up when my world was crashing down around me? As I argued and debated with myself over my status as a mother, I was fortunate to have a loving, supportive husband and kind family, friends and relatives to reassure me that yes, indeed, I was still a mother. Just because Brendan was not physically in the here and now, did not negate the fact that I carried him safely in my womb for nine months and held him to my breast for nourishment for four months and eighteen days.

As an outward sign on my motherhood, my husband presented me with a beautiful garnet ring that was "from Brendan"! Brendan had been so attracted to the color of red, we decided that it must be his favorite color. I received flowers and phone calls from family and friends to acknowledge the brief but wonderful life of a very special little boy. The message came out loud and clear. Yes! I am still a mother! Nothing can ever take that truth away from me.

## [A Very Good Day to Cry](#)

By Mary Jane Cronin, published in Bereavement Magazine 2003

This is a very good day to cry,  
Somehow special from any other.  
Tomorrow, I will smile at the sun,  
But this day I hurt as a mother.

A part of my body was taken from me,  
The raw wound is so slow to heal.  
There is no lotion to ease the pain,  
I must endure it because it is real.

The injury to my heart is traumatic.  
It will take time for the pain to cease.  
The visions of that baby, that child ...  
I know not if my soul will know peace.

I can patch it up, but it won't be the same,  
Like fine china, I reach for the super-glue.  
Such a fragile part of my anatomy cracked.  
It holds it together, but, never like new!

## Father's in Grief, A Paradox for Today's Male

By Mitchell D. Carmody, published in Bereavement Magazine 2004.

People tell us to find closure, to move on and not to dwell on it. We can, but how they think we should. We find closure in what will never be, let go of the what-ifs, the "The loss of your child can be crippling and leaves deep scars. It changes who we are, how we look at life, and how we relate with the world. Five or six years out is still early in the spectrum of child loss but close to the point where positive rebuilding can begin. One thing that I have discovered that helps pull you out of the canyon of despair is compassion for others, because it is in giving that we receive and in healing that we are healed.

In the first few years, it is hard to even help yourself much less others and we mechanically maintain. We weep a lot and lick our wounds while clinging desperately to everything related to our child and in secret wish to join him. We rejoin the real world at our own time, and it happens when it is right for us. Everyone's journey is different, but what remains the same is the huge void that is left in our lives. How we fill it, is up to us. I believe we need to fill it with something positive for others, something that creates a legacy of good in our child's name. We now become the legacy, and we substantiate our child's life by the way we live ours.

In our "modern day" society, it is especially difficult for fathers to grieve openly, caught in a catch 22 of how to express the deep pain we are experiencing. Men don't cry, men do not emote, men do not hug (except maybe at the funeral), men don't go to support groups, men don't call in sick because they are screaming inside, because we are the men of the family. Fathers are the fix-it guys, the protectors, the strength and the rock the family needs for support. More times than not people will as a father, "How is your wife doing? This must be extremely hard for her."

The modern male is now given (by women therapists) license to show emotions, to cry, scream, hug and express their deepest emotions and fears, to let it out. The irony of this is that if the man emotes and the family has never seen this behavior, this behavior is taken as a sign of weakness. The spouse and other family members feel they have lost their safety net, their rock of support and they feel even more

helpless and rudderless on this journey of pain. If this happens, he may again "clam up" to help with his family first and deal with his own pain later. He finds that "letting it out" is an axiom of sophistry and in doing so, he feels he is letting his family down. Indeed a paradox for the "wanna-be sensitive" dad!

Most men cry alone in their cars on the way to work, and then explain that the red eyes are due to allergies or a late night. When my father died when I was fourteen, my mother told me that I was the man of the family now, and I did not cry, let alone grieve. It was not until years later and my losses became overwhelming that I finally let it out and expressed my emotions for the loss of my father. It has been sixteen years now since Kelly died, and I still cry with my wife when we feel our loss together or even when I hear a special song like *Wind Beneath My Wings*. I do not care who is present. You love hard, you grieve hard, and it is supposed to hurt. When you recognize your own pain and express it, you automatically become more empathetic to others in similar pain and can help relieve theirs. Now, I even cry when I see Hallmark Card commercials – I can't help it.

People tell us to find closure, to move on and not to dwell on it. We can, but how they think we should. We find closure in what will never be, let go of the what-ifs, the should-woulda-couldas" and move on with the knowledge that our children are forever by our side, only in a new relationship. We live in one sphere of existence, our loved one who has died in another, but with faith, undying love and the desire, we can connect at the seam where our two worlds meet.

### **Love never dies.**

In America, we are allowed a few weeks to "get over it" and then have to get back on track. The dead are wrapped up neatly, so to speak, and put away, and their names remain unspoken. I find this totally unacceptable. It has been almost sixteen years and I still talk about Kelly every day and always will. We will always be bereaved parents, but we will not always be experiencing the pangs of grief. Like suffering from arthritis, we learn to live with grief the rest of our lives, and also realize we shall still have flare ups of pain and discomfort as we move through the years.

**"Telling one's sorrow often brings comfort," Pierre Corneille (circa 1640).**

## Grief Isn't a Summertime Song

By Darcie D Sims, Ph.D,

published in Bereavement Magazine 1997



June is a season of beginnings. School is out, summer begins. Graduation occurs, freedom begins. Weddings are held, marriage begins. June is also a season of endings. School ends, graduation closes the chapter of high school antics and freedom from responsibility. Weddings mark the ending of bachelorhood, the dating game, ready cash and freedom. June could probably be best described as the “Hello” and “Goodbye” month, for each hello has an accompanying goodbye, and each goodbye opens the possibility of a new hello.

Families gather to celebrate the triumph of youth over studies and to witness the march of the newlywed down a flower-strewn path to the reception (where the happy couple will enjoy their last non-casserole meal for many years to come). It is a month of remembering and for re-awakening grief as we mark the celebrations of hello and goodbye by the number of empty chairs at the table or by the missing faces in the family picture. We didn't expect to hurt in June. We thought IT would be “over” by then. Grief doesn't seem to fit as well in June (like the bathing suit we had last year). Grief is understandable and perhaps almost acceptable in the fall and winter months. We can wrap ourselves in wooly shirts and heavy sweaters and hide away in the winter. We can spend long hours turning the pages of the scrapbooks while the snows rage outside the window – reflecting the inner rage within. Even in spring, grief has a place. We brace ourselves to begin anew just as the tender leaves and blossoms speak of a renewing earth.

But by June, by the time we gather to celebrate family's passage into summer, grief *should* be over. Grief has little place at the graduation ceremony. Grief seems *wrong* at the wedding table. Grief doesn't *fit* at the beach (where nothing fits as it should – except on those who have never tasted the sinful deliciousness of a chocolate bunny). Grief isn't a summertime song.

Grief doesn't belong on the playground. Its rhythms are all wrong for the gentle sounds of waves washing on the beach. It doesn't feel as good as the warm sand beneath our bare feet and a heavy heart has no place in the garden. The smell of coffee brewing and bacon frying over an open flame should not be accompanied by the memories of other campfires and other cooks. Summer should be a fun time, a time free of the burdens of grief.

The sounds of June should be those of carnivals, circuses, “Pomp and Circumstance” played by the school band, the tinkle of the ice-cream truck bell and the music of children laughing. The winds are warm and gentle, the air slightly moist and the only clouds are those high, fluffy ones that look like marshmallows. We lie on our backs in the grass and gaze at those clouds in June, seeing all sorts of wonderful shapes. Do you remember those warm, easy days of cloud watching? June is the month for that – not for suddenly seeing a loved one's face etched in the skyward fluff. June is for skipping pebbles across the pond, not for seeing the reflection of tears in the water's ripples. June is the month for camp, swimming holes, fishing trips and salads. It's the month for flying kites, mowing lawns and hanging wash on the line. It's the month for running barefoot and picking dandelions and watching beetles wander across the sidewalk. It's the month for pulling weeds and sitting under the tree in the backyard daydreaming.

But for many of us, June seems to be a painful month. Each glorious moment brings renewed hurt and emptiness – each bird's song a reminder of someone not there to listen with us. Each blossoming flower is an empty joy = no dandelion bouquets to be delivered or received – no footprints beside ours in the sand.

June is Father's Day, Flag Day, Graduation Day.,  
Wedding Day, Hello Day and Goodbye Day (a card  
seller's dream month!). June is thirty days of summer,  
filled with what should have been and what is no more;  
highlighted by buzzing bees and dazzling garden gifts.  
How can grief survive such a summer song?

In June, I sit in my rocking chair, tucked away in a corner  
of the porch and watch the water wash across the  
stones near the shoreline. And grief finds me. I run to  
my mountains, hiking to the remotest points, yet grief  
finds me. I listen to the playground music, lost in the  
songs of a son I no longer know; I bake cookies with a  
recipe I can no longer share with the cook, but grief still  
finds me in June.

We mark the passage of time by the tides of those  
around us. We measure moments by the events of  
others: baby's first step, first day of school, graduation,  
first job, marriage, promotions, moving, death. We  
may lose track of all time yet we never forget *the day*.  
And when thoughts of *that day* creep into our June  
time, we squirm and squiggle and feel out of sync with  
the rest of the world who have "gone fishin."

Grief has endured the winter with you, it has become a  
part of you. Not like an overcoat that you can shed  
when it gets too warm, but rather like a thread in your  
tapestry – a living part of who you are. We cannot "get  
over" grief, there are no seasons for grief. It is a part of  
who we are – but only a part. At first, it consumed us,  
seemingly replacing *all parts* of us. It overtook all our  
thoughts and emotions, wiping clean the memory banks  
and leaving only pain in its path. But as we have  
struggled through the months and years of this journey,  
grief has changed with us. We are different than we  
were before, not better, not stronger, not worse, not  
weaker – *just different!*

But the seasons march on and soon it will be the heat of  
summer and then the sliding into fall and once again we  
will drift into winter, always carrying our grief with us.

June is a month of memories, and they flood us almost  
whimsically. Yet it's when the day is gentle and the  
song is slow that the heart is open and summertime  
flows even into the winter places in our beings.

Grief is now a part of our hellos and goodbyes. It  
always has been, we just didn't know it before. So,  
even though it doesn't feel quite right, bring your grief  
into June and into summer and let it live. Recognize it,  
address it, and let it go, casting it in small pieces onto  
the waves and winds that clear the canvas every day in  
summer.

Grief isn't a summertime song, it is a lifetime song; but  
it doesn't have to be a sad song forever. Let it begin to  
become gentle in your memory. Don't be so afraid that  
you will forget that you hold too tightly to the pain. Just  
as you still remember those summertimes of your  
youth, rest assured you will never forget the melody of  
the love you shared!

Come join me on the porch and swing a bit in the  
summer breeze. The memory winds come calling  
anytime, even in the summer.





# Memorial Day

*By Elaine Caldwell, published in Bereavement Magazine 2004*

One day of the year, we remember the wars  
And the soldiers who died in the past  
They were predetermined, these conflicts of strife  
So it was, and the hard dies were cast.

It boggles the mind to think of the numbers  
Who gave up their lives to make peace  
Can we ever learn from the lessons they taught  
Will contention and fights ever cease?

Even today, there are dark shades of gray  
Over countries that threaten the world

Why can't the people unite in one quest  
And let freedom's flags be unfurled?

We must pull together and strengthen the ways  
To keep wars away from our door  
And then we won't have to add names to the lists  
Of the valiant who have gone on before.

It may be a dream for a future serene  
Where the masses kneel down and they pray  
That no more are lost to the madness of war  
As we commemorate Memorial Day.

## **The Tragedy Assistance Program for Survivors (TAPS)**

### **Caring for the Families of America's Fallen Heroes**

On Memorial Day, our nation will pause to honor and remember all those who have served and died on behalf of our nation. But, for anyone grieving a military loss, each day is Memorial Day – a day to honor the service and sacrifice of their loved ones, a day to miss them, a day to share their story and carry their legacy forward.

You, too, can honor their loss by taking time on Memorial Day to pause with your own family and friends, and reflect on all those who have served and died, including by attending a Memorial Day Parade or visiting a Veterans or national cemetery near you. We should all remember for survivors of military loss that every day is Memorial Day.

The Tragedy Assistance Program for Survivors (TAPS) understands and has been here each and every day for 27 years with open arms and hearts to welcome anyone grieving a military loss.

<https://www.taps.org/>

## The Power of Pebbles & Angels!

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

How do I find Hope in the depths of despair? Compassion for myself and others when I continue to make mistakes, fall short, and fail? Inspiration in the moment when I feel like giving up? Light in this very dark world?



For me, I use the power of momentum and take one very tiny step in the direction of my Dreams. Just. One. Step. I offer tenderness and comfort to myself—out loud. I make the time to slow down and notice. Rest if I need the Serenity and Solace. Connect with my beloved Circle of Angels and wallow in the Love, support, and encouragement we share.

I look for the “Sacred Space of Brave” that exists inside me; a place in the center—the pivot point on the “teeter totter” of Life between “Oh, my God!” and “Holy Guacamole!” I focus my attention on *that* place. I ask the Angels for help, begin to move my body, mind, and Spirit in that direction and away from the turmoil, fear, and trauma that begs to be indulged. And then I remember my favorite quote:

*“We are each of us Angels with only one wing and we can only fly by embracing each other.” ~Luciano DeCrescenzo*

This quote says exactly who I am: I am an Angel. What my limitations are: I am also Human and need help. The potential I can reach while here on earth: With help, I can fly. Exactly how I do that: My beloved Circle of Angels help me. They lift me up. We lift each other up.

Every one of us is born an Angel. Children, before they become indoctrinated, and the animals still are. We are Angels in a Human Cloak. Knowing this, nurturing our Divinity, and doing our best to Live in The Light in a dark, foreboding world takes wisdom, courage, and Hope.

I gave birth to an Angel and I knew it. My 4½ year old daughter, Amber, delivered many powerful Teachings—both before she died and after. I recorded and documented all of them. Her life *and* her death have inspired me to think beyond my own feeble Human body. She, and millions of others who are touched by cancer and grief, motivate me to reach out, share her message, and do my best to elevate others—one embrace, one heartfelt smile, one act of kindness, one word, sentence, paragraph, book at a time. Why?

I was gifted a miracle! A few days before Amber died, she told me what would happen. “Mom, when I die, I’ll still be *Amber*, I’ll just be *DIFFERENT*.” The moment she stopped breathing, I physically felt her Spirit pass through me and merge with The Light. That moment in time ignited the fuel for the rest of my Life. For the last 40+ years, I’ve shared the miracle of Amber’s life and death with the hope of bringing comfort, peace, and perhaps a bit of joy to another Human Being.

I realized how much I treasured the Key to Heaven (a large brass key Amber held as she was dying so she could open the Golden Gates) and how I felt physically connected to her when I held it in my hands. I needed to create a “bridge” to The Other Side so that others could feel *their* Loved One, too. It struck me that I had the power to create something that might help.



I’d just learned to hand-paint silk when I was facilitating a group of newly bereaved parents for the Annapolis, MD, Chapter of the BPUSA in 2013. I wondered, “What if I could paint a silk scarf that would look heavenly and put inspirational quotes on it so grieving mothers could actually *feel* their loved one?” This was the “seed” that was planted... the origins of my company’s (Tobias & Co. LLC, named after my son, Toby) “Be an Angel, Comfort an Angel” initiative where we donate a silk scarf, tie, or pillow covered with Angels and inspirational quotes to a grieving Mom or Dad or critically ill child for every one purchased.



Amber’s Miracle also prompted our “Send the Angels!” program. We send “bags of Angels” (cards with words of hope, caring, and comfort and a small, pewter Guardian Angel attached) to someone who is ill, grieving, or simply LOVES Angels. I also hand these cards/coins out as I go through life. “I’m a ‘Pebble Thrower’ in the still Pond of Life,” I say, “and these are my ‘Pebbles.’ Take one for yourself and one for someone you love” (then they become “Pebble Throwers,” too!). After they choose two, I say, “Peel off the ‘Pebble’ and let’s see your special word.” There are five—Peace, Love, Courage, Faith, and Hope. Each word speaks to its recipient in a moving and powerful way.

In my “Power of Pebbles & Angels!” talk, I’ll share the tiny, deliberate steps I take to achieve the goals I set as I make my way to Living in The Light. In order, here are the 3 elements:

### 1) Power...

We arrive into this world open, innocent, trusting, knowing, believing, hoping, dreaming. We are powerful! As life presents its heartbreak, betrayal, expectations, fear, and many other challenges, we begin to shield ourselves, protect our hearts, armor ourselves against the forces and the people we believe will hurt us. If we are fortunate, we are taught by our parents and others how to “weather the storms,” “pick ourselves up by our bootstraps,” and move forward with confidence and Grace. If not, we must tap into our own resources and heart to rediscover the Power for Good that resides within. For me, this has taken my lifetime.

How do I visit the Sacred Space of Brave? What do I do to ensure I have the strength, courage, fortitude, bravery, and power to spend more time there than not? How did I bring myself back from the brink of absolute despair, loneliness, anguish, and fear? When I begin to feel pulled into those places, what helps me see, understand, and continue moving forward toward The Light—one baby step at a time—to fulfill my Life Task and my Life Purpose? Where do I place my power, creativity, talents, and skills so that I can elevate myself and others? How did I find meaning in my life and Amber’s death?

For me, the answers are simple, not easy. I lean into my discomfort and distress. I fill my time, my mind, my heart, and my life with words, deeds, and people who are Light Workers in this world. I *choose* to Live in The Light and honor The Light—the Angel I see in others, including you.

### 2) Pebbles...

*Even a pebble cast in the middle of a lake creates ripples that eventually reach the shore.”~Jeffrey G. Duarte*

Without a doubt, I know I am a Pebble Thrower. I have the Power to Choose and the agency to throw the “Pebble” into the still Pond of Life. Once it hits the water—I give a pewter Guardian Angel coin, silk scarf, tie, or pillow to someone—I am not meant to know its effects. I do not ask. Some people tell me how the Pebble has impacted them and those they love. But I don’t *need* to know. I need to throw. That moment in time...the experience we share is a precious gift I treasure!

We all have the power to impact both ourselves and others with small acts of kindness, caring, and love. It doesn’t need to be grandiose, or public, or even noticed by anyone else. I do it because / see it and know in my heart that I am the most precious person in my Life. One heartfelt, connected smile or listening when someone needs to be witnessed or being tender with words, acts, and deeds or a meal delivered to someone who is hungry or an extra tip to a waiter or waitress who you know could certainly use a bit more. The list goes on... AND...it is a lot of fun to be curious, generous, and playful with the Pebbles we choose to throw.

### 3) Angels...

Born in the City of Angels at the Queen of Angels Hospital, I knew I was “chosen” from an early age but didn’t know why. My life prepared me for what was to come and the Angels never left my side as I journeyed through a traumatic childhood, an abusive marriage, giving birth to an Angel, divorce, homelessness, living aboard a boat, trying to save my daughter’s life, and savoring her last months on earth.



Because of the miracle I was gifted, I wrote (typed, really) Amber’s book, “Embrace the Angel.” I work with those who are living (Life Coach), dying (End-of-Life Doula), and grieving (Certified Grief Educator & Coach). This work is my Life Task and my Life Purpose. It is my deepest passion. It is my “Why.”

All my life, Angels have been with me. I spent a great deal of time denying this Truth. But in the last few years, they have tenderly reached “across the veil” much more frequently, especially with “Angel Numbers.” I receive a lot of signs... gentle reminders that Amber didn’t leave me; she didn’t “pass away.” She simply changed.

From feathers, to goosebumps, to the home address of my Sticks & Bricks, people coming into my life, Angel projects bubbling up to the top of my list of priorities, a leaf waving at me in the forest when there is no wind. Angels show themselves to me in birds, children, fur babies, and other like-minded Souls when and *if* I listen, learn, and love.

## Grace's Angels



One little girl's quest to bring Silky Angels to "sick kids around the world."

By Patti DiMiceli

Who knew that the innocent question of a then 9-year-old girl, would impact the living, dying, and grieving? And, in turn, change the world one broken heart at a time? I certainly didn't.

In December of 2017, as I walked my dog, Annie, in Quiet Waters Park, I came upon Grace and her friends. "Do you know Angels?" I asked. In chorus, all three answered, "YES!!! We know Angels!" and began chattering away. I went over to the car where Kristin, Grace's mother, was waiting and introduced myself. I explained the project and gave her my business card. "I'm looking for drawings of Angels to put on a silk satin pillow to donate to critically ill and grieving children to bring them a bit of comfort, connection, and

joy." From the back seat Grace pipes up, "Can I take some back to my class and get their Angels???" "Of course!" I gave her a stack of Angel Drawing forms. I was pleasantly surprised and amazed!

Two weeks later, I received a 45 second audio recording of Grace talking about Angels as if they were her best friends. (It's on our website: [EmbracetheAngel.com](http://EmbracetheAngel.com) > Angels in Action > Angel Artists) It was stunning! At the end of the audio, she declares "...so I want to collect 100 Angels for sick kids around the world!" Countless people, including me, have been inspired and elevated by this heartfelt expression of love, kindness, and compassion...this powerful audio Teaching from Grace.

It took her nearly four years. She is now 14. Grace didn't collect 100 Angels. She collected *164 Angels* from children all over the world! Many with rainbows and messages of hope, courage, love, inspiration, and wisdom. All of them precious and powerful! None of the Angel Artists knew the recipients—the color of their skin, the country they live in, the faith they practice, how much money they have, or the people they love. They only knew one thing: Sick children needed to be comforted by other Human Beings who truly love and care for them. And they had the creative power, the empathy, and the will to take action and do something about it!

Knowing "you can't pour from an empty cup" and that I needed assistance from my beloved Circle of Angels to help Grace realize her Dream of "helping sick kids around the world" with Silky Angels, I started a Kickstarter Campaign to plant the seed. I launched it on 12/12/2021. I had 60 days to raise \$2280—Amber's birthday, February 28—or lose any funds acquired. What was my biggest obstacle?

Me!

All my life I've had to be independent, confident, self-assured, capable, willing, and courageous just to get through the day and night. Asking for help has always been my biggest challenge and roadblock. It took me one whole month, a lot of anguish, and a swift kick in the butt from the Angels to open my eyes. "Get out of your own way, Patti! It's *NOT* about you! It's about Grace, *HER* dream, and the children around the world who *need* to feel Hope, Heaven, comfort, connection, and caring from other children." I stepped aside and I stepped up. I asked for help.

Not only did we meet our goal, but we exceeded it in SO many ways! Yes, financially, but also a huge amount of encouragement, connections, caring, giving, and Hope. People around the world offered assistance. Local by Design in the Mall and on Main Street offered to host our Angels at no cost, our silk supplier in China kept the silk prices the same despite the huge increase in cost, people offered to iron, package, and deliver the Grace's Angels pillows to children in our area and beyond. People truly want to help Grace help the children! It was a hard, yet heartfelt lesson for me to learn.

I ordered 100 pillow covers and will fold Grace's Angels into our "Be an Angel, Comfort an Angel" global initiative, where we donate one pillow/pillow cover to a critically ill or grieving child for every one purchased. This will allow the "Kickstarter Seed" to grow, flourish, pay for, and deliver these Silky Angels for many years to come.

A beautiful story: As I was finishing up the artwork for Grace's Angels, I received an email from Kristin. "We received 14 Angel drawings from children in Europe!" Gulp. "Yikes!" I thought, "Where will I put them all?" For the past few weeks, I'd been playing "Angel Tetris" and volunteered countless hours creating the artwork to send to China. No matter what, I would find a way to include them.



A few days later, I got another text: "Grace wants to include her 'Ukrainian Angel' in support of the children who are impacted in the war." Double gulp. I wasn't sure which of the 164 Angels was Grace's "Ukrainian Angel" but let my gut, my God/The Divine, direct my steps. I chose.

A couple of weeks after I sent the artwork to Sunny, our contact in China, I received a photo of her daughter, Kiki, holding the finished pillow. In the center, the enlarged Angel I thought may be Grace's "Ukrainian Angel" was there, in the center, to honor Grace and her intention. Kristin wrote back, "THAT'S the Angel!!!" I was stunned. "She said it looked like it was trying to give strength." Listening to my heart, gut, and God/The Divine truly was the right thing to do.

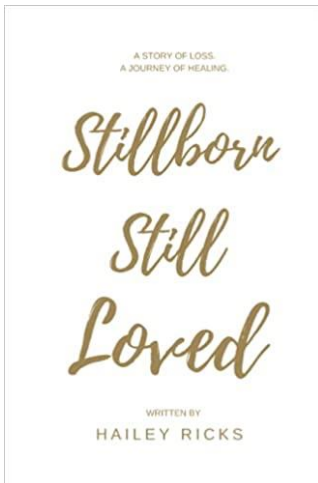
And so we throw the "Pebble" of "Grace's Angels" into the still pond of Life, starting here, in Annapolis, with the Wellness House, Hospice of the Chesapeake, Anne Arundel Medical Center, and beyond. The "Ripples" keep radiating out beyond our control or our power.

We aim to nurture the Grace's Angels seed and share the harvest with the rest of the world. The amount of time, effort, and money it will take to get these pillows into the arms of the thousands of children who need to feel love, kindness, caring, and connection is HUGE. Together, we will do this, one tiny, baby step at a time, holding onto and supporting one another as we fly connected, comforting, and caring for each other.

If you'd like to learn more, support our "Be an Angel, Comfort an Angel" global initiative, or get a free "Embrace the Angel" eBook, please visit our website, [www.EmbracetheAngel.com](http://www.EmbracetheAngel.com)

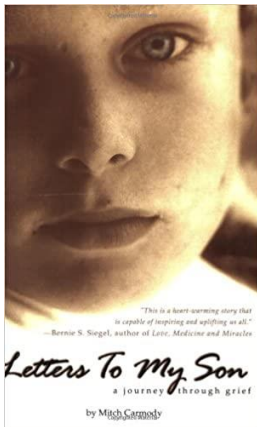
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## Stillborn Still Loved by Hailey Ricks

Pregnancy and infant loss is something that affects thousands of parents every year. Yet, there is a stigma attached to it that creates a lack of resources, disconnection and so many grieving parents feeling alone in their grief. The truth? You are not alone. In *Stillborn Still Loved*, Hailey Ricks unveils the excruciating pain, loneliness and disconnection that losing your baby brings. She shares her story of loss and guides you into your journey of healing by teaching you how to give yourself permission to grieve and getting to know your personal grief on a molecular level. It is a book filled with tears, self-awareness, and the hope that the silence surrounding pregnancy and infant loss will be broken.

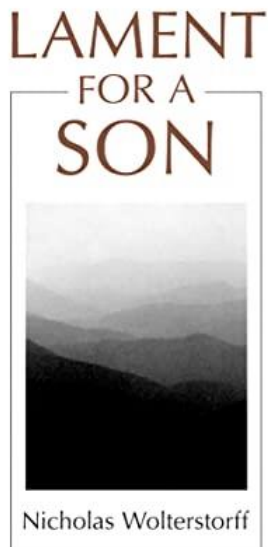


## Letters to My Son: A Journey Through Grief

By Mitch Carmody

"Letters to My Son a journey through grief."

Authored by a grieving father whose 9-year-old son died following a two-year battle with a recurring malignant brain tumor. During the months that followed his son's death, the author wrote letters and poems to him posthumously as a catharsis for his grief. The book also describes a trip to Mexico where a spiritual healing occurred as well as compelling evidence of life after death and the reality of miracles. A very unique book that documents an incredible journey of faith and the power of love.



## Lament for a Son

by Nicholas Wolterstorff

Well-known Christian philosopher Nicholas Wolterstorff has authored many books that have contributed significantly to scholarship in several subjects. In *Lament for a Son* he writes not as a scholar but as a loving father grieving the loss of his son. In brief vignettes Wolterstorff explores with a moving honesty and intensity, all the facets of his experience of this irreversible loss. Though he grieves "not as one who has no hope," he finds no comfort in the pious-sounding phrases that would diminish the malevolence of death. The book is in one sense a narrative account of events--from the numbing telephone call on a sunny Sunday afternoon that tells of 25-year-old Eric's death in a mountain-climbing accident, to a graveside visit a year later. But the book is far more than narrative. Every event is an occasion for remembering, for meditating, for Job-like anguish in the struggle to accept and understand. A profoundly faith-affirming book, *Lament for a Son* gives eloquent expression to a grief that is at once unique and universal--a grief for an individual, irreplaceable person. Though it is an intensely personal book, Wolterstorff decided to publish it, he says, "in the hope that it will be of help to some of those who find themselves with us in the company of mourners."

## Sibling Support

**PARENTS: Please share this information with you grieving children.**

**Our Anne Arundel County 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](mailto: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. The Sibling sharing group is 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

May 26  
June 30  
July 28  
August 25

September 29  
October 27  
November Meeting Canceled  
December 29

Email [BPVIRTUALSIBLINGCHAPTER@GMAIL.COM](mailto:BPVIRTUALSIBLINGCHAPTER@GMAIL.COM) for the Zoom Link



## Our Children Remembered May 2022

Jordan Edward Ambrozewicz  
Son of Steven and Beverly Ambrozewicz  
May 27, 1993 - May 10, 1995

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

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

Donald Gordon Barrett  
Son of Kathy and Don Barrett  
May 14, 1976 - May 3, 2002

De'Andre Castro  
Son of Dalia and Victor Vega  
May 3, 1998 - March 9, 2022

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

Pamela Grace Clair  
Daughter of Doris and Charles Clair  
June 3, 1954 - May 11, 1984

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

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

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

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

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

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

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

Michael Warren "Mikey" Hugel, Jr.  
Son of Theresa Sheehan  
May 22, 1986 - May 18, 2016

Brian Keith Jones  
Son of Leroy and Jeanne Jones  
May 22, 1974 - May 22, 1974

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

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

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

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

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

Shane Aaron Morris II  
Son of Michelle and Shane Morris  
June 16, 1992 - May 10, 2015

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



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

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

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

Wendy Dawn Saunders  
Daughter of Ronald and Aljuana Saunders  
May 20, 1972 - May 14, 1998

James Benjamin Scheff  
Son of James and Gail Scheff  
May 9, 1979 - June 1, 2012

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

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

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

Christopher Lewis Strader  
Son of Lewis and Peggy Strader  
May 27, 1979 - June 21, 1997

Cathryn Christiana Tsu  
Daughter of Horace and Cynthia Tsu  
May 27, 1997 - January 18, 2017

Carole Anne Wilford  
Sister of Aljuana Saunders  
January 7, 1944 - May 4, 1998

Matthew Tyler Williams  
Son of Marta and Chuck Williams  
May 8, 1986 - January 13, 2011





## Our Children Remembered June 2022

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

Stokely Malcolm Andrews  
Son of Mari and Malcolm Andrews  
June 23, 2015 - June 13, 2017

William P. Anthony Jr.  
Son of Bill and Linda Anthony  
June 1, 1965 - January 2, 1999

Oscar William Atha-Nicholls  
Son of Richard and Amy Atha-Nicholls  
June 2, 2018 - June 2, 2018

Hope Marie Butler  
Daughter of Wayne and Deanna Butler  
June 12, 2021 - June 18, 2021

Pamela Grace Clair  
Daughter of Doris and Charles Clair  
June 3, 1954 - May 11, 1984

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

Jack Turner Dumont  
Son of Jill and Dave Dumont  
June 26, 2003 - June 26, 2003

Jonathan David Elkins  
Son of Viki Foster  
June 16, 1987 - June 5, 2017

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

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

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

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

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

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

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

Deana Jean Marie Lenz  
Daughter of Patricia and James Lenz  
June 5, 2009 - June 6, 2009

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

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

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

Shane Aaron Morris II  
Son of Michelle and Shane Morris  
June 16, 1992 - May 10, 2015

Shannon Marie Nuth  
Daughter of Patty and Joe Nuth  
Sister of Bridget Rice  
June 25, 1991 - June 20, 2016

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

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

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

James Benjamin Scheff  
Son of James and Gail Scheff  
May 9, 1979 - June 1, 2012

David C. Schmier  
Son of Gordon and Virginia Schmier  
June 26, 1964 - February 10, 1992

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

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

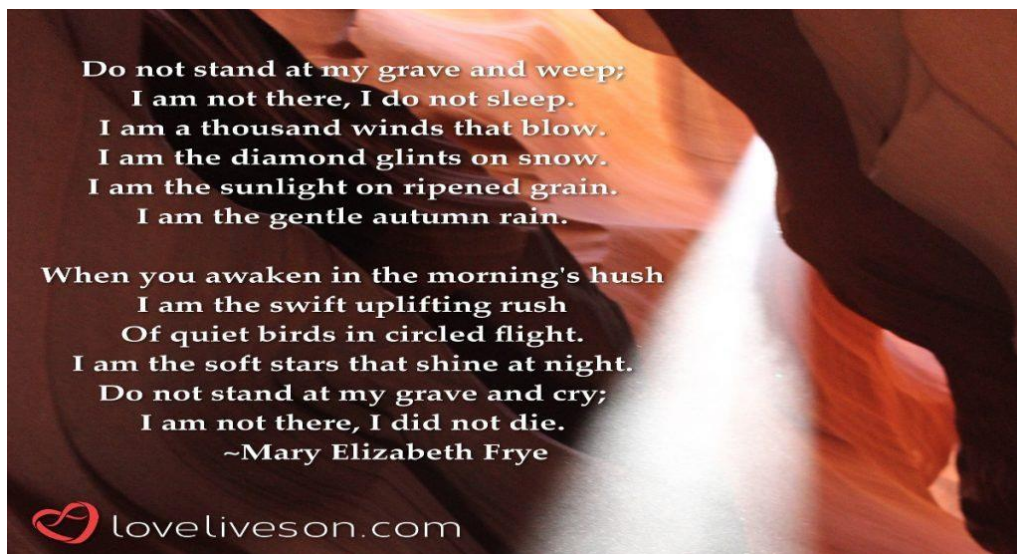
Patrick F. Smith  
Son of Fran Smith  
February 20, 1978 - June 23, 2000

Daniel John Sohovich II  
Son of Vera Sohovich  
January 26, 1988 - June 9, 2011

Christopher Lewis Strader  
Son of Lewis and Peggy Strader  
May 27, 1979 - June 21, 1997

Cindy Sue Walker  
Daughter of Edward and Phyllis Frazier-James  
June 22, 1959 - June 21, 2010

Michael Shane Wheeler  
Son of Lita L. Ciaccio  
June 22, 1976 - January 11, 1997



**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.***

Recent Donations:

Newsletter and Website Sponsorship Donations:

Linda and Yoosef Khadem in memory of William Mirza Khadem

## CHAPTER GATHERINGS and MEETINGS

**!!! NEW GRIEF SUPPORT OPTIONS !!!** Our Chapter is now offering contacts for *Miscarriage, Stillbirth and Infant Loss*. And also *Spanish Speaking Support* if needed. See below for further information.

**CHAPTER GATHERING SUMMARY:** In-person and ZOOM Virtual Gatherings are being scheduled at the same time, so our Chapter gatherings will be combined in-person and virtual gatherings. We serve many folks out-of-state, out-of-area, those who are no longer able to or comfortable driving at night or live too far away and for many other reasons.

So we will continue to hold virtual meetings at the same time as the in-person meetings.

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..**

Contact Bob Burash, Chapter Leader, at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) , 410-551-5774.

**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 along this grief journey.

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.

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

**SHARING GROUP INFORMATION:** Sharing groups are facilitated by fellow Chapter members and are completely confidential. We may offer the following sharing groups, depending on the number of attendees, facilitators and discussion requirements.

**First Time Attendees Sharing Group:** Coming to a Chapter Meeting for the first time can be daunting, but listening and/or sharing will be helpful. This group is usually a smaller group to allow for more discussion of issues pertaining to very early grief and may include those attending for the first three times.

**Newly Bereaved Sharing Group:** During the early years of grief, the issues that may be discussed will focus on the issues facing participants today. This group may include anyone who is feeling newly bereaved, regardless of the time on their grief journey.

**Miscarriage, Stillbirth and Infant Loss Sharing Group:** Our Chapter is able to provide support for those who have experienced miscarriage, stillbirth or infant loss, due to the strength and courage of several members who are facing this type of loss and grief. For more information, please contact Sam Bohlman at [sammie052489@gmail.com](mailto:sammie052489@gmail.com), Brittany Boone at [Brittany.boone@ymail.com](mailto:Brittany.boone@ymail.com), and/or Tori DiVincenzo at [toridivincenzo@gmail.com](mailto:toridivincenzo@gmail.com).

**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. Grieving siblings are encouraged to join and share with Amanda. For more information, please contact Amanda at [alrhalbach@gmail.com](mailto:alrhalbach@gmail.com).

**Spanish Speaking Support:** Contact Irene Belcher, 443-824-2638, [Belcherirene@yahoo.com](mailto:Belcherirene@yahoo.com).

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

**Using ZOOM** is easier than you may think. You can use your smart phone, iPad, or PC. You will receive an email with the link to the meeting, and when it's time for the meeting just click on the link. You will be in a "waiting room" and the host will let you "in". **Our meetings are private so only those who receive the email with the link can participate.**

Here's a link for a tutorial on how to join a meeting:

<https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting->

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

**July 12, 2022 Core Group: Virtual Meeting starting at 7:00 PM.** Anyone interested in participating, contact Bob Burash at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) to be included on the email invitation.

## Newsletter and Website Information

**From the Editor:** Years ago, our Chapter “inherited” a box full of Bereavement Magazine from about 20 years ago...long before magazines were in digital format, and articles were searchable on the internet. This box has circulated among the Chapter Leaders, and newsletter editors, and is now in my possession. I have been doing a lot of cleaning out and organizing over the past year or two, and finally decided this month that I was going to at least look at the magazines. So I pulled out those that were May/June issues and browsed to see if there was anything useful for our newsletter. Lo and behold, I found the Father’s article by Mitch Carmody, and the Summertime article by Darcie Sims, both of whom are well-known in the child loss grief support community. I have had the honor of hearing Mitch speak at several National Gatherings. But unfortunately never saw Darcie Sims in person, and she passed in 2014. But her approach to grief and her words of wisdom will always be close to my heart. There were also several other articles and poems, all of which were totally relevant for this newsletter. So I hope you enjoy this “flash from the past” and come to realize as I did that the truths of grief don’t change, but we change how we deal with them as we travel our grief journey.

### **NEWSLETTER ARTICLES:**

Please consider submitting an article, letter, poem or graphic for inclusion in the newsletter. *Words that are meaningful to you will also be meaningful to others.*

Provide this to [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com) . ... on **June 15, 2022 for the July/August 2022 newsletter.**

**SPONSORSHIP of newsletter and website:** *This is a wonderful way to honor your child’s memory and share them with all of us, and at the same time contribute to our Chapter.* The donation for sponsoring the newsletter is \$75.00 and the website is \$25.00. Either sign up at a meeting or contact Mary Redmiles, Sponsorship Coordinator, at 301-704-8086 or [mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)

- For the newsletter, submit a photograph and a short memorial to [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com) ... on **June 15, 2022 for the July/August 2022 newsletter**
- For the website, a sponsor’s link will be put on the home page that will open your child’s photo from the Our Children section of the website, if you have given permission to include a photo on our website. If no photo is available, your child’s name will still be included on the website home page.

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

### CHAPTER CONTACTS:

Chapter leader: Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com)

Treasurer: Joe Belcher

Refreshments: Sandi Burash, 410-551-5774

Librarian: Bob and Sandi Burash

Programs/Sponsorships: Mary Redmiles 301-704-8086, [mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)

Newsletter: Carol and Rick Tomaszewski, 410-519-8448, [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com)

Sibling Coordinator: Amanda Halbach Hughes, 443-994-3855, [alrhalbach@gmail.com](mailto:alrhalbach@gmail.com)

**NEW:** Miscarriage, Stillbirth or Infant Loss Support: Sam Bohlman at [sammie052489@gmail.com](mailto:sammie052489@gmail.com), Brittany Boone at [Brittany.boone@ymail.com](mailto:Brittany.boone@ymail.com) 443-691-3676, and/or Tori DiVincenzo at [toridivincenzo@gmail.com](mailto:toridivincenzo@gmail.com) 443-684-1740.

**NEW:** Facebook Administrators: June Erickson [juneerickson@aol.com](mailto:juneerickson@aol.com), Tawny Lopez [torismom444@gmail.com](mailto:torismom444@gmail.com)

**NEW:** Spanish Speaking Support: Irene Belcher, 443-824-2638, [Belcherirene@yahoo.com](mailto:Belcherirene@yahoo.com) .

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

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

*Phone friends to call if you need to talk:*

Barbara Bessling (410) 761-9017

Mary Redmiles (301) 704-8086

Noel Castiglia (410) 974 1626

Ann Castiglia (410) 757-5129

Paul Balasic (443) 566 0193

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

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

### 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 administrator will respond to requests to be included as a friend.

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



**AMAZON SMILE** – Consider shopping at [smile.amazon.com](https://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](https://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](mailto:aabereavedparents@gmail.com)**, use subject: Privacy

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

**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>

## 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 is available online through the BPUSA website - <https://www.bereavedparentsusa.org/>



If you have questions or concerns, please contact Bob Burash, Chapter Leader [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com))