



Bereaved Parents of the USA

Anne Arundel County Chapter

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*"You're learning to live with a large piece of yourself gone – and that includes holidays.
Breathe. Be patient. Be kind. Hang on."
From a fellow grieving parent*

Sean Donald Long, Sr.

August 25, 1984 - December 1, 2016



Dear Sean,

Wow - it will be 6 years on December 1st - I can't believe it. Six years without your smile, laughter, hugs - miss them all soooooo much. I think about you every day and have a good picture of you right next to my computer so I can see your face whenever I want. I have not been the same since you passed but I do find laughter, compassion, empathy and love. I stay busy and do a lot of crafting. I still make the angel gowns for the group I joined (and am so glad that I did) right after you passed as well as working on the WV house (where I am so happy). I have had a plethora of hummers and yellow finches, cardinals and other birds that I am not sure what they are but I love them all! They bring me such pleasure! Sean Jr. is a big young man now - almost 6', 10th grade and is doing good. He looks so much like you - has your smile. He's been a

good kid and I enjoy my visits with him and try to see him often. The family can tell stories about you now without tears and they express how they miss you as well. We will have Christmas at the cabin this year - have never done one there - so for the first time in a long time I will decorate. I'm looking forward to it for a change.

Sean, you always had my heart, still do. I love you my son.....Mom Dukes



MEMORY WALK rescheduled to NOVEMBER 12, same time same place. See page 22.

SERVICE OF REMEMBRANCE is DECEMBER 4. See page 23.

USE AMAZON SMILE for holiday shopping and choose our Chapter for the donation. See pg 19

November 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.

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 18** or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, abereavedparents@gmail.com

November 3, 2022 Monthly Gathering: Open discussion on getting through the holidays.

December 1, 2022 Monthly Gathering: Patti DiMiceli will speak to us on "Return to Connection, Finding Our Way Back to Ourselves and Our Loved Ones Through Caring, Compassion, and Creativity."

Also, "Introducing Our Children". Bring a photo, a favorite story, and tell us about your child during a sharing group. We encourage you to donate a gift in memory of your child to a church or charity of your choice.

Other important dates:

December 4 :- Annual Service of Remembrance, St Martins in-the-Field Episcopal Church, Severna Park MD See **page 23** for further information.

January 5, 2023 Monthly Gathering: Cindy Bishop Magee, bereaved Mom and administrator of the Facebook page "Hope for bereaved parents" will talk on "Reflecting and Reconnecting". She has been a presenter at the National BP conference and a keynote speaker. She presented for us in March 2022 and has joined our monthly Zoom meetings from Tennessee.

January 10, 2023 Core Group Virtual ZOOM Meeting: Planning for 2023. Please join us and share your ideas for meetings and events. See page 18.

A Most Wonderful Thing....

By Linda Khadem, Feb 2022, Anne Arundel County Chapter, MD, BPUSA

A most wonderful thing occurred the evening of December 31, last year. As I was driving to get my best friend and her grandson to see the Symphony of Lights in Columbia, I, for almost the first time in 10 years - the first time since my precious William went to live on the other side of the rainbow - put on Christmas music.

I used to love listening to Christmas music, and as much as I love Thanksgiving, would start listening to it just after midnight of Halloween. I had at least 20 CDs I would go through and usually bought a new one or two to add to my collection every year. Listening to the joyous hymns or carols just brought me great joy, until my precious William died. After that, I could only listen to a bar or two before having to shut the lovely and uplifting tunes off.



That was until New Year's Eve of 2021. That night I opened my Amazon music app and Bluetooth on my phone. The beautiful carols and hymns wafted through my stereo speakers in both the front and back of my car for almost the first time in ten long years, I was elated.

Off-key, I sang along with the music as I drove to get my friend and her grandson. She was equally happy with the carols as they both piled into my car. We listened and hummed and sang periodically as we drove westward toward the lights.

We stopped for drinks at the McDonald's in Arundel Mills. When I got back in the car, I realized I just could not take anymore of the joyous Christmas music and turned it off - or so I thought.

Somehow, when I got out on the road, melodious tunes wafted through my speakers, yet again. Only this time it was not Christmas music, it was Country Music. It was the same music William, Barb, I, and later, after he was born, Dakota would listen to as we drove from here to yon when William was alive.

One of our favorite songs was Randy Travis', "Our Love is Deeper Than the Holler". It was the first song to play. I almost burst into tears thinking William had sent that directly to me, telling me that not only was he with us as we went to see the lights - just as in the olden days- but that he loved me, he loved us, so very, very much.

Relevant love song after relevant love song came on to reiterate his message. How could that have happened? I thought as I remembered myself trying to shut off the music completely. Goosebumps tickled me all over as I pondered that question. I could not figure that out, but was overjoyed at the thought of the songs so meaningfully sent from Heaven above.

This went on for hours as we found The “Symphony of Lights” in Colombia was closed to cars and only open for pedestrians. Both Barb and I are somewhat disabled. Spectacular fireworks exploded as we drove to and from the area.

We listened to a most beautiful love song as I illegally pulled over to partake of their magnificence. We were able to enjoy them for 5 or ten minutes before a policeman ushered us away. I was overjoyed by the experience and sang, again off-key, with the love song that was playing at the time. We drove eastward toward Sandy Point State Park to revel in the “Lights of the Bay” put on in order to benefit the SPCA.

It was a wonderful drive. When William was alive we enjoyed many a long drive to absolutely nowhere, just to be together to enjoy the sights, the music that played, and the sometimes intellectual and other times hilariously funny, conversations. The drives were always wonderful and we bonded even further each time.

That night was one such occasion. Though he did not speak through his mouth, his message, by choice of song, was obvious. He was right there in the car with us and he loved us greatly. That was such a powerful and glorious experience. I wouldn't have given anything for it, until I got home...

When I got home, the extraordinarily painful realization of the fact, that while my precious William was there in spirit those several hours and that caused me tremendous glee, he was not there in person. His warm, soft body was not there for me to hug. His sweet and beautiful, hazel-green eyes were not there for me to gaze into. His soft, deep baritone voice was not there for me to rejoice in. All of the precious gifts he had bestowed upon me the previous 4 hours melted away and I was left in a deep depression.

For days I could barely get out of bed. For days I could do little but eat. For days I lay slumped over in the bed, dwelling on not the glorious gifts he had given me, but the glorious treasure I had lost. For days I could not figure out how to get out of my slump. I felt horrible for the people I needed to get cards to. I had so many people I wanted to send a note of gratitude to for the lovely things they had given me or the kind words they had said that had eased my suffering, but I could barely move.

What, oh what could I do? Nothing. Nothing, of course. There was nothing I nor anyone else could do or say that could ever bring my precious, hazel-green eyed, stubbly chinned, baritone voiced, 27-year -old baby boy back. I was devastated.

I didn't see any way back, but little by little, light began to shine through the dark fog of pain. Little by little I began to see beautiful and brilliant flowers in what seemed only a sea of black. Little by little, I began to again see the treasures my precious William, guardian Angel and God had given me.

No, I did not have William to hold, not for the time being, anyway, but he did give me an amazing husband, an amazing grief counselor, another amazing son, an incredible grandson, an incredible new daughter-in-law and many, many, many amazing new friends.

Before William died, we basically only had three friends. We loved them and did not want for anything, but after William died, he sent me SO MANY of THE MOST AMAZING people anyone could ever want. He sent me the best people on EARTH!!! He sent me the family of the Bereaved Parents of the USA , Anne Arundel Chapter!!! How could I want for anything more???

Well, we all know the answer to that. We want our children back in our arms. We want them back spilling popcorn all over the couch and playing their music too loudly. But short of that, the most precious gift God could ever have given us is beautiful people - and those he gave me in full abundance!

What a treasure! What a gift! What a tremendous blessing! To be given such wonderful people to help guide me from the land of pain and suffering to the land of gratitude and appreciation is one of the greatest gifts Our Maker could ever have bestowed upon me.

To go from a world of abject pain and desperation to a world of glorious appreciation is not something to be taken lightly. It is positively MIRACULOUS!!! For how could a mother, whose beloved son was taken from her, whose reason for living was wrenched from her, ever not only BEGIN to have a modicum of happiness, but have a life filled with joy? How could that possibly be?

It can only be because our children are out there. Our Almighty is out there. They are out there - AND THEY LOVE US!!! They LOVE US and WANT US TO BE HAPPY!!

I am not sure why our children are gone. I am not sure why they were taken from this earthly realm, but they are definitely here in spirit. They walk beside us and wish for us all the happiness that is even remotely possible. They love us, as we love them. They see clearly the truths not available to them when they were here in bodily form. They see clearly now and love us beyond reason, for they see the love we have for them. They see our tears. They feel our pain, but they love us. They want us not to look at the precious gifts we lost, but at the tremendous gifts we were given. That most important of gifts: that we got to have our children, at all.

Whether it be only a quickening in a mother's womb or 65 years in the flesh, we were given the greatest treasure ever. We were given our children. For that we must be overwhelmingly and infinitely grateful. We are, without a doubt, the most wounded and most unfortunate because we lost our children. But we must never forget, we are also the most graciously, most abundantly, most magnificently blessed - because we got to have them.

I wish you hope and healing and the second most blessed gift of all, the gift of gratitude.

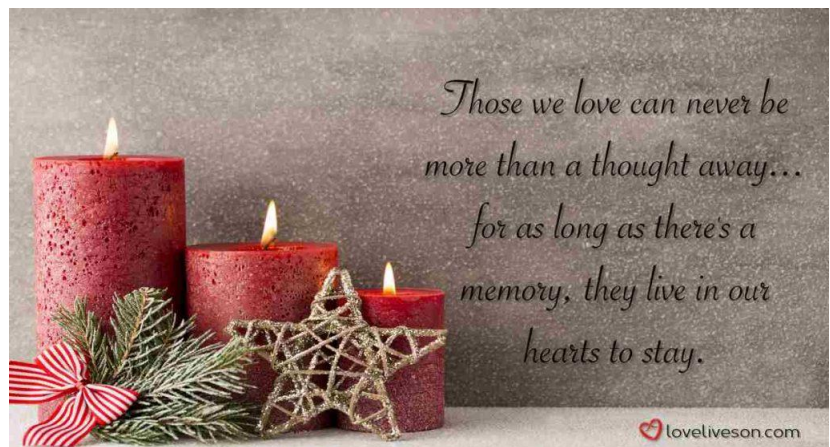
Love,



Linda Khadem



William's Mom



read poetry

<https://www.readpoetry.com/grief-poems/>

By [Liz Newman](#)

[December 17, 2019](#)

The holidays are a time of immense celebration and excitement for most. The light displays and the decorated windows encourage us to be in good cheer as we bring in the Christmas season. But, for many people, the holidays hurt. They may be a painful reminder of loss and grief. Their hearts may be looking for ways to feel the depth of their pain in a world that seems to have continued on without them.

Grief is an incredibly personal process that doesn't stop for the holidays. Whether we are grieving or walking alongside someone who is grieving, may we remember that those feelings are important and that it's okay to be hurting this holiday. May we hold each other close as we walk through the painful seasons. And, may we look for the glimmers of hope in our daily lives that show that the light will return to us in time.

[John Green](#)

Bone deep,
that's where
the ache lives.
Memories of you
carried inside
like an old wound,
never fully healed.

Grief is heart-shattering and all-consuming, and in time, it settles into a deep ache. It's still there, and the holidays can bring up so many memories—memories that remind us of that loved one but also of the hurt we feel in their absence. Whether you're in the early stages of grief or the phase of deep aching, please don't feel like you have to hide these feelings during the holidays. Confide in a friend or a loved one. Find a support group or a counselor. There are people who can walk alongside you in your grief. You don't have to bear it alone.

[Emmie McKee](#)

This is the love
that you couldn't take with you
It has been left to collect
in the pit of my chest
Too much for one body to keep
or carry alone
It weighs on me
so heavily
that it is given a new name entirely
-“Grief”

Feelings of loss are heavy on the broken-hearted, and we often are left to mourn the love that is left behind. The love was beautiful, and it is still beautiful, but it is different now. Take the time you need this holiday to allow yourself to reflect on it. You may need to skip some of the holiday traditions this year that feel too painful, but that doesn't mean you'll always need to do that. Be gentle with yourself as you're learning to navigate your healing.

Ada Limón*After the Fire*

You ever think you could cry so hard
that there'd be nothing left in you, like
how the wind shakes a tree in a storm
until every part of it is run through with
wind? I live in the low parts now, most
days a little hazy with fever and waiting
for the water to stop shivering out of the
body. Funny thing about grief, its hold
is so bright and determined like a flame,

like something almost worth living for. I found this piece so deeply moving and poignant. The imagery is a perfect representation of the way grief shakes us to our core, a whole-body experience of loss and transition. But, the last part of this poem reminds us to hold onto hope: the grief sweeps through us with such determination because it is necessary and vital. It hurts and it takes from us, but it also leads us back to the light.

Instructions on Not Giving Up

More than the fuchsia funnels breaking out
of the crabapple tree, more than the neighbor's
almost obscene display of cherry limbs shoving
their cotton candy-colored blossoms to the slate
sky of Spring rains, it's the greening of the trees
that really gets to me. When all the shock of white
and taffy, the world's baubles and trinkets, leave
the pavement strewn with the confetti of aftermath,
the leaves come. Patient, plodding, a green skin
growing over whatever winter did to us, a return
to a strange idea of continuous living despite
the mess of us, the hurt, the empty. Fine then,
I'll take it, the tree seems to say, a new slick leaf
unfurling like a fist to an open palm, I'll take it all.

This poem was the perfect contrast to "After the Fire" because it is a continuation of its imagery and how it relates to grief. The green leaves return, and I especially love the line, "growing over whatever winter did to us, a return to the strange idea of continuous living despite the mess of us, the hurt, the empty." While many celebrate the holidays, grief comes through like a harsh winter. But, the green leaves and the warmth will return, slowly, as the seasons change in your heart.

If you are grieving this holiday season, please know that you are seen. Please allow yourself to feel whatever you need to feel. It's okay, and it's necessary. Your feelings during this time are so valid. I hope that these poems can serve as a little glimmer of light in your healing process.





Holidays: “Can’t We Just Skip the Holidays?”

Chapter 46, SHATTERED Surviving the Loss of a Child. By Gary Roe

“Christmas? Thanksgiving was an emotional nightmare. Can’t we just skip it this year? Where’s the Grinch when you need him?” Glenn asked.

“I’m planning on hiding. I know it won’t work, but I don’t know what else to do,” Connie added.

Glenn and Connie’s daughter Skylar grew up into a beautiful and rugged young lady. Her two brothers proudly took credit for the rugged part. Together they loved hunting, fishing, and the outdoors.

One summer vacations, the family camped at a gorgeous spot next to a river. Early one morning, during a tubing excursion down the river, Skylar’s younger brother fell in and went under. Without hesitation, she went after him. As she tugged him to safety, Skylar was knocked unconscious. She slipped away quickly, as her brothers watched in horror. She was 15.

“She’s our hero. How do we do Christmas, or any holiday for that matter, without her?” Glenn asked.

HOLIDAYS CAN BE TOUGH

Thanksgiving. Christmas.. New Year’s. Valentines. Memorial Day. July 4. Labor Day. These are the times when families gather to enjoy one another and celebrate. For those of us enduring loss, these days are often devoured by the absence of our loved one.

Holidays are tough. They surface our losses in ways nothing else can, especially Thanksgiving and Christmas. Far from a celebration, these times seem more like some cruel joke. Surrounded by festive atmosphere, sparkling lights, and holiday décor, we sigh and weep. Holiday cheer is replaced by holiday sadness. We bump into a memory with every step.

What do we do with this? Some of us opt for hiding. We emotionally, and sometimes physically, lock ourselves in, hunker down, and wait for the present storm to pass. The sheer dread of the assault of memories can be paralyzing.

Yet, the holiday comes. Is it possible to meet it and somehow use it to honor our child and express our grief in a healthy way?

YES, but it's going to take some intentional, proactive thinking and decision-making

Let's consider for a moment. What about this holiday reminds us of our child? What fond memories does this time of year evoke? Is there something our child especially enjoyed? What are some of our favorite memories of them during this time? Is there a way to use this holiday to remember and honor them?

Here are some examples from other parents:

- Put a stocking up for them. Have everyone bring a card that reminds them of that child and put it in the stocking. Pass around the cards on Christmas Eve or morning and read them out loud.
- Wrap an empty box and put it under the tree, with the child's name on it. When presents are opened, pass it around and have each person share a memory.
- As a family, light a candle in remembrance, and share some memories.
- Have each family member write a brief letter or poem to your child. Read them out loud together at some point during the holiday.
- Enlarge a picture of your child. Provide markers and have family members or friends write messages on the picture. Display it during the holidays.
- Prepare a favorite dish of your child and include it in the holiday meal.
- During the holiday meal, take some time and focus on your child. Have those present share a memory.
- Do something completely new, like take a trip somewhere you've never been, and honor your child in some way during your time together as a family.

These are just a few examples. The key is being creative and proactive. We need a plan – even a simple one. In fact, simple is probably best.

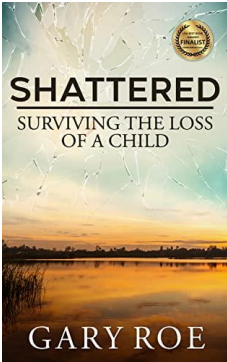
Many are concerned activities like these will be too emotional and infuse the holidays with sadness. The truth is, things are already emotional. When families get together, everyone is hyper-aware of who's missing. Having a plan to honor our child gives our families an opportunity to share and grieve together in a healthy way.

Yes, it will be emotional, but that doesn't mean it can't be good.

The holiday will come. Be proactive. Be creative. Make a plan. Keep it simple.

We don't have to let the holidays crush us. Rather, with a little proactive decision-making we can use this time to express our grief in a healthy manner, honor our child, and love those around us.





Shattered: Surviving the Loss of a Child (Good Grief Series)

by Gary Roe

Unthinkable. Unbelievable. Heartbreaking

Whatever words we choose, they all fall far short of the reality. The loss of a child is a terrible thing.

How do we survive this? Can we?

Shattered: Surviving the Loss of a Child was written to help. Bestselling author, hospice chaplain, and grief specialist Gary Roe uses his three decades of experience interacting with grieving parents to give us this heartfelt, easy-to-read, and intensely practical book.

In Shattered, Roe walks the reader through the powerful impact a child's death can have - emotionally, mentally, physically, relationally, and spiritually.

- Intense, unpredictable emotions can hijack us at a moment's notice.
- Our minds spin. We forget things. It feels like we're going crazy.
- Our bodies get hit. Our health can be impacted.
- Our souls feel crushed, shaking our faith and what we think we believe.
- Our relationships change. A deep loneliness of the heart can set in.
- Our plans and dreams are shattered. We're now in uncharted territory. Yes, the loss of a child affects everything.

In Shattered, you will discover how to...

- Manage the massive changes that are occurring in your life
- Take care of yourself during this process
- Honor your child with your grief
- Love those around you, even with a broken heart
- Live life as well as possible while in the midst of great pain
- Make your child's life count in deep and powerful ways.

Shattered is not a magic pill. The death of a child cannot be fixed. But comfort, compassion, guidance, and hope can be found in these pages. We will never be the same, but we can survive. And to some degree, we can heal.

Shattered can help. Open this book, and let the healing continue.



Our Children Remembered November 2022

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

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

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

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

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

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

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

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

Sophie Rose DiVincenzo
Daughter of Tori and Anthony DiVincenzo
November 20, 2021 - November 20, 2021

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered December 2022

Cito Arán

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

Dora Baldwin

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

Stephanie Noell Banchemo

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

Joey E Belcher

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

Aris T. Carpenter

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

David Brian Clutter, Sr

Son of Barbara Orndorf
July 23, 1968 - December 25, 2000

Mark Joseph Curtis

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

Nicholas Delaney

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

Clay Edward Derderian

Son of Mary Bannon and James Derderian
December 14, 2005 - May 16, 2021

Thomas Dash Ertter

Son of Helen Akerley
December 25, 1985 - February 10, 2021

Jackie Cheyenne Foy

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

Melissa Ireland Frainie

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

Henry Ku'ualoha Giugni Halbach

Son of Gina Giugni and Dan Halbach
December 9, 1991 - September 25, 2016

Kurt Willard Johnson

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

Carlester Wilmore Kane

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

Charlotte Belinda Lauren

Daughter of Peter and Robin Lauren
June 19, 1987 - December 19, 2021

Michael Robert Legér

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

Stuart Livingstone, Jr

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

David M Murnane

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

Kevin Alan O'Brien

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

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

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

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

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

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

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

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

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

Dominique Ryan Shaw-Morton
Son of Renita Shaw and Marcel Freeman
December 1, 1997 - August 8, 2022

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

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

Matthew Albert Skube
Son of Diana and Matthew Skube
October 4, 2004 - December 9, 2021

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

Andrew Burton Smith
Son of Sherris Smith
December 1, 1985 - August 3, 2021

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

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

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

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

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



CREDO

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

We are not alone.

We are the parents whose children have died.

We are the grandparents who have buried grandchildren.

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

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

We are here to support and care for each other.

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

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

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

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

We are a diverse family.

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

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

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

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

But regardless of the emotions we bring to our meetings,

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

be better today than we were yesterday.

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

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

Our hope for today is to survive the day;

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

We are not alone.

We walk together with hope in our hearts.

DONATIONS may be made in memory of your child to offset the costs of our local chapter's events and communications. Thank you for your generosity.

General Donations:

Horace Tsu in memory of Cathryn Christiana Martha-Marie Tsu

Newsletter and Website Sponsorship Donations:

Linda and Yoosef Khadem in memory of William Khadem

Judy and Louie Bolly in memory of Wendy Jean Bolly

Cheryl Long in memory of Sean Donald Long

Patricia Rogers in memory of Gabby Berryman

Memory Walk Donations:

Paul Balasic in memory of Bethany Ann Balasic

Doris Maxwell in memory of Brandon Maxwell and Archelle Williamson

Bob and Barbara Stern in memory of "Benjie" Stern

Margaret Enright in memory of Gabby Berryman

Patricia Roberts in memory of Gabby Berryman

Chery Long in memory of Sean Donald Long

Judy Bolly in memory of Wendy Jean Bolly

Elvira McCormick in memory of Tommy McCormick

Service of Remembrance Donations:

Mary deSarran in memory of Elizabeth deSarran

Tina and Tom Delaney in memory of Nicholas Delaney and Jackson Tate

Steven and Beverly Ambrozewicz in memory of Jordan E. Ambrozewicz

Mary Ellen Young in memory of Zachary Daniel Robertson

Holly and Alli Enders in memory of Christine Enders

Noel and Ann Castiglia in memory of Tria Castiglia

Stacey Guckes in memory of Ian David Guckes

Linda Brannon in memory of Taylor Nicole Brannon and Sean J. Brannon

Rosemary and Larry Mild in memory of Miriam Luby Wolfe

Cheryl Long in memory of Sean Donald Long

Joyce and Tom Schall in memory of Thomas J. Schall

Rose Marie Carnes in memory of Walter H. Maynard IV

Molly Simms in memory of Michael Elliott Simms

Linda and Yoosef Khadem in memory of William Khadem

Frances Palmer in memory of Scott Palmer and O. Steven Cooper

Janice Willard-Robinson in memory of Justice Lafayette Robinson

Carol Fritz in memory of Katie Fritz

Lito Ciaccio in memory of Michael Wheeler

Laura Filipowich in memory of Mark Mazzarella

Elizabeth Aikin in memory of Jon Russel Aikin and James William Aikin

Horace Tsu in memory of Cathryn Tsu

Pat Donoho in memory of Jacquelyn Denise Connolley

CHAPTER GATHERINGS and MEETINGS

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 , 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 , 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. We ask that you come to three meetings to truly grasp the benefit of learning, sharing and support from others.

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.

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 .

Spanish Speaking Support: Contact Irene Belcher, 443-824-2638, 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

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.***

January 10, 2023 Core Group: Virtual ZOOM Meeting starting at 7:00 PM. Anyone interested in participating, contact Bob Burash at abereavedparents@gmail.com to be included on the email invitation. Planning for 2023 monthly gathering topics and special events will be the primary topic so please consider joining us.

Newsletter and Website Information

NEWSLETTER ARTICLES:

I encourage you to become a contributor. Writing, blogging, journaling has a way of cleansing your soul and helping you heal. When you come across a graphic, proverb or saying, please forward them to me. Let me know what topics you would like to see addressed in our newsletter. *This newsletter is published for you, so I ask you to make it your own. Whatever you are feeling or thinking will be useful to someone else.*

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 .

... by **December 15, 2022, for the January/ February 2023 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*

- For the newsletter, submit a photograph and a short memorial to ctomaszewski74@gmail.com ... by **December 15, 2022, for the January/ February 2023 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 abereavedparents@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

Facebook Administrators: June Erickson juneerickson@aol.com, Tawny Lopez torismom444@gmail.com

Spanish Speaking Support: Irene Belcher, 443-824-2638, Belcherirene@yahoo.com .

Special Greeting Cards: Linda Khadem, lindakhadem@icloud.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

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

CHAPTER RESOURCES:

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 a percentage of the price of your eligible AmazonSmile purchase to our chapter. *There is no extra cost to you to support our chapter.*

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, someone to update the website monthly.***

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: BOOK DONATIONS Consider a book donation during the holidays in memory of your child. A book that was helpful to you will be helpful to another bereaved parent. And if you borrow books, there is no time constraint on how long you keep a borrowed book. However, 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. Contact Sandi and Bob at aabereavedparents@gmail.com to return books or to arrange to donate a book .

We are in need of a librarian to assume oversight of our library and possibly introduce online tracking.

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> BPUSA National



BITS AND PIECES OF INFORMATION

Community Involvement: The Rev Marguerite Morris, who spoke at our Service of Remembrance last year, is a member of the ministerial staff of the Greater Mount NEBO A.M.E. Church, and bereaved mother of Katherine. She hosted a *Gospel Music Celebration of Life for Lives Lived* on October 23, 2022. The celebration featured musical groups from around the area to remember, honor, and celebrate the lives of our deceased children who brought us joy during their lives. Parents and family brought pictures or mementos for display to honor and celebrate the lives of the children they have lost.



Representatives from *For Kathy's Sake*, *Burgers and Bands for Suicide Prevention*, *Bereaved Parents of the USA*, *Anne Arundel County Chapter*, and several family members shared the many ways our children lived and died.

The celebration ended with the powerful voice of 10-year-old Jordan Brown.

Our Angel Gown Project: First, a little history... Our Chapter started sewing small gowns from donated wedding gowns, to be provided to parents when they lost their child through miscarriage, stillbirth or infant loss. Tawny Lopez and June Erickson spearheaded this mission by gathering gowns and organizing sewing bees at their home and at the church hall. Many of us participated in these gatherings. And donations were made to the Anne Arundel Medical Center several times.

However, people moved, times changed, and I ended up in charge. And then COVID came and we didn't make any deliveries for several years. Although we did send a set of gowns to the BPUSA National Gathering each year to be included in the raffle. As a result, I received several donated wedding gowns from across the country, with a special request to have the created angel gowns returned for personal donation to a local organization in their child's name. What a wonderful way to honor your child.

Last month, Bob and I delivered about 70 gowns to the Center for Infant and Child Loss at the University of Maryland School of Medicine. They will be sending gowns to all the hospitals in Maryland. So, our efforts will be reaching more bereaved parents.

"I can't thank you both enough for dropping by with the beautiful gowns for stillborn and miscarried babies. We are honored to forward these to hospitals across the state for families that I know will appreciate this generous gift."

Most sincerely,

*A. LaToya Bates, MSSA, LCSW-C
Director, Center for Infant and Child Loss
Division, Community Pediatrics and Adolescent Medicine
Department of Pediatrics
University of Maryland School of Medicine
737 W. Lombard Street, Room 233
Baltimore, MD 21201
www.infantandchildloss.org
[facebook.com/CenterforInfantandChildLoss](https://www.facebook.com/CenterforInfantandChildLoss)*



Thank you to Tawny and June for starting this mission.
Thank you to everyone who has participated in sewing the gowns.
Thank you to everyone who has donated trim and ribbon.
And thank you to everyone who has donated wedding gowns.
If you would like to become involved in this mission, please contact me.

Peace and blessings to you all, Carol Tomaszewski, ctomaszewski74@gmail.com.

RESCHEDULED MEMORY WALK IS NOW NOVEMBER 12

SAME TIME, SAME PLACE

Everyone is Invited to our 20th Annual Memory Walk

Bring your family and friends too



We have been able to reschedule our *Twentieth Annual Memory Walk* at Quiet Waters Park to Saturday, **November 12, 2022 at the Dogwood Pavilion**. Tell the Guard that you are with Bereaved Parents Memory Walk and the parking fee will be waived.

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

The Walk is also a fund-raising event, we accept cash or check payable to BPUSA Anne Arundel County Chapter. But a donation is not required to participate.. If you anticipate being at the walk and would like your child's picture included, please let us know. If we have your child's picture in the 2021 Service of Remembrance, we will use that picture. You could also email a picture to pjbspmd@gmail.com or bebessling@aol.com.

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

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

WORLDWIDE CANDLE LIGHTING DAY December 11. 2022

Light a candle for your child.



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

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

Every second Sunday in December on Worldwide Candle Lighting Day, family and friends gather to remember the children who left this earth too soon. Each year hundreds of thousands of people around the world gather to light candles. The candle lighting begins at 7 p.m., local time. The worldwide candle lighting vigil creates a virtual 24-hour wave of light as it moves through the time zones.

Anne Arundel County Chapter 38th Annual Service of Remembrance

Sunday, December 4, 2022, at 3 PM

**St. Martin's in-the-Field Episcopal Church
375 Benfield Road, Severna Park, MD 21146**



Peace

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

38th Annual Service of Remembrance

Sunday, December 4, 2022, at 3 PM
St. Martin's in-the-Field Episcopal Church
375 Benfield Road, Severna Park, MD 21146

RSVP by November 5, 2022

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

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

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

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

RSVP Annual Service of Remembrance RSVP

RETURN THIS RSVP BY MAIL NO LATER THAN SATURDAY, NOVEMBER 5, 2022.

Printed Program – To ensure that your child’s name is included in the printed program, please provide the information requested below, and mail back by the deadline, Saturday, November 5, 2022.

Slide Show Presentation – During the Service, we project a picture/slide for each of our children. The slide will give the child’s name and the dates of his/her life. Please indicate below if you wish to have your child’s name included in the slide presentation, and if you also want to include a photo of your child.

Please mail your RSVP early to: Attention: Service of Remembrance
BP/USA Anne Arundel County Chapter
PO Box 6280
Annapolis, MD 21401-0280

YOUR NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

NUMBER ATTENDING: _____ NOT ATTENDING but please include my child

Please PRINT the name(s) of your deceased child(ren) as you would like it to appear in the PRINTED PROGRAM and SLIDE SHOW PRESENTATION, and also provide the dates of birth and death.

CHILD’S NAME:	Date of BIRTH:	Date of DEATH:
_____	_____	_____
First Middle Last		
_____	_____	_____
First Middle Last		

- I would like my child’s NAME and dates to appear in the SLIDE SHOW PRESENTATION
 - I will send an electronic file with a photo. Send an electronic photo to Srvcofrem19@gmail.com. Include the name of your child, his/her dates of birth and death, and your name and telephone number.
 - I am enclosing a COPY of a photo of my child. Print the name of your child, his/her dates of birth and death, and your name and telephone number on the back. Please leave it loose in the envelope.
 - Use the photo which is on the website.
 - Use the photo from last years’ Service of Remembrance

COST = \$0. DONATIONS are truly appreciated. Donations are important to the continued success of our Chapter, are tax-deductible, and may be included with your response at this time. Thank you for your consideration and generosity.

Donation included \$ _____ Check payable to: BPUSA Anne Arundel County Chapter