



# Bereaved Parents of the USA

## Anne Arundel County Chapter

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*The only education in grief that any of us ever gets is a crash course.*

*– Gail Calwell*

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### **Wendy Jean Bolly**

**April 6, 1977 - October 11, 2002**



It was 20 years ago I left you  
I spread my wings to fly  
I saw your tears & heard your cries,  
There was no time to say "Goodbye".

I was needed elsewhere  
To watch over all of you  
I've seen the family grow without me  
But memories of me are there, too

Someday we will be all together  
All of us and more  
My Mom, Dad, nephew, & brother  
And all the love that is for evermore.

Written by Judy Bolly(Wen's Mom)

### **Tria Marie Castiglia**

**July 6, 1963 - October 14, 1984**

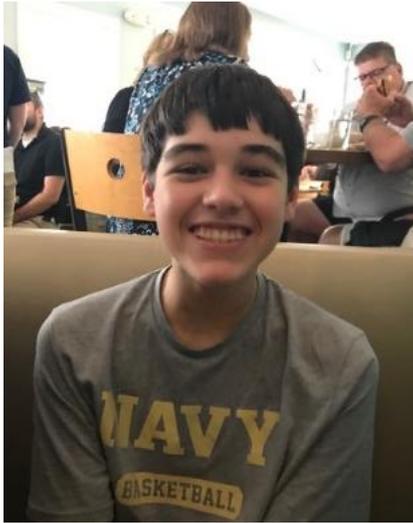
Tria, always loved & always missed.

Dad, Mom, Carla, Danielle & Tony!



**Matthew Albert Skube**  
**October 4, 2004 – December 9, 2021**

Our dearly beloved son, Matthew Albert Skube, who passed away at 17 years old after battling Embryonal Rhabdomyosarcoma for two years. He was our Hero; he loved life, his faith, and his family/friends until he was taken to Heaven. We will see you again! - Matthew J. & Diana Skube



***Tanager Rú Ricci***  
**October 19, 1977 - February 16, 2004**



I thought of you  
*today* but that is  
nothing new.  
I thought about you  
YESTERDAY and days  
before that too.  
*I think of you in silence,*  
I often SPEAK your NAME  
All I have are  
*Memories*  
and your picture in a frame.  
Your memory is a  
KEEPSAKE from  
WHICH ILL NEVER PART.  
God has YOU in  
HIS arms,  
I have YOU  
in MY *Heart.*

## **William Mizra Khadem**

**October 24, 1984 - April 6, 2012**

To change the gender in an old Irish drinking song we used to love to listen to, "His eyes, they shown like the diamonds. You'd think he was king of the land". As in the Irish folk song, William's eyes did shine like diamonds and though he wasn't king of the land,

*he was the king of our hearts.*

We love and miss him terribly.

We will hold you in our hearts forever,  
Mom, Dad, Seyed, Susan and Hayden



## **The Gift of GRATITUDE and Later JOY**

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

"It will never be better. It will never get better." Those two phrases used to reverberate incessantly throughout my brain. Over and over and over again, I would repeat, "it will never be better. It will never get better", but that was not true. Those were falsehoods. They were fallacies.

My intent was not to make those phrases a self-fulfilling prophesy, I just believed them. I truly believed them. What is more is it that I believed them not because I wanted them to be true, but rather because that was what I truly believed. It was what I truly felt.

My pain was so horrendous, so intense. My beloved son had perished. Never again would he walk this green earth. Never again would he share with me his sweet smile. Never again would he greet me with a huge hug. Never again would I feel the stubble on his otherwise smooth chin. Never again would I look lovingly into his beautiful, hazel-green eyes. The pain was excruciating and it felt as if it would never end, but as I said before, it was not true. Those were falsehoods. They were fallacies.

These weren't falsehoods I deliberately told myself, but they certainly felt like unmitigated facts. They felt like absolute, unadulterated facts and I could not help myself, they reverberated in my head day after day after day after day. One would think that, even if they were not initially, they would surely become, self-fulfilling prophesies. However, in spite of my painful and seemingly eternal proclamations, I have indeed become happy, very happy.

In spite of what felt like ceaseless droning and ceaseless pain, I have, after almost ten years without my beloved William, begun to feel joy almost every day. I have come to the point where I can think about the son who gave me such great joy when he was alive, to the point where I feel almost the same joy when I remember him. I have come to the point where the memory of the son whose death caused me such terrific pain still hurts terribly, though to a much lesser extent.

God and William have graced me with a gift almost unfathomable, especially in the early years. They have graced me, not only with pain-free days, but with days filled with joy.

Had you asked me if such a thing were possible in the early, and I mean 7 or 8 years, I would have adamantly pounded my fist and rebuked what I thought most assuredly was a lie.

I don't believe that anymore. For I, a mother who lost what she thought was her sole reason for living, now live not in the grip of horrendous pain, but in the freedom of tremendous joy.

This does not mean I am always happy. I am not always in a state of bliss. There are times when the pain of losing William grips me so tightly, I can feel as if it will never let me go. In spite of occasions like that, there are now - after almost ten years without my beloved William by my side - times where my spirit is exalted and I can sing praise to The Almighty that not only did he give me my precious son, not only did he give me what I thought for a long while was my sole reason for living, he gave him to me for TWENTY-SEVEN YEARS!!!

Hallelujah!!! Praise to The Almighty!!! I got to have the most beautiful gift God could ever have given me for TWENTY-SEVEN beautiful years!!!

I say this knowing full well that not all twenty-seven of those twenty-seven years were solely beautiful. Some of them were quite painful. William had schizo-affective disorder. Which, for him, was schizophrenia with Bi-polar disorder. He had some rough times and ended up in the psychiatric ward on two separate occasions. In spite of that, I would not give up even one day or one hour or one minute of that time with him.

Those were very difficult times not just for William, but for us as a family. William had been improperly medicated for about ten years ever since the onset of his disorder. He had even contemplated suicide once or twice. Like I said, those were very difficult times. However, thanks to our Lord and Savior, some insight on my part and a great psychiatrist who listened, William's meds were finally corrected and the last 5 years of William's existence on this earth were nothing but love, humor and happiness.

Imagine my pain after having that ten years of turmoil and strife and then 5 years of joy and then losing what I thought was my sole reason for living - all in the blink of an eye.

Needless to say, it was horrendous. Needless to say, the pain was seemingly relentless. But, not so needless to say, as it turned out, that seemingly endless, horrific pain began gradually to decrease. It has now, after almost ten years, mostly dissipated to the point where I only occasionally get bouts of severe pain and depression.

Thank you, Jesus! Thank you, God! God bless you, William! And God bless my sweet grief counselor, my beautiful other son, Seyed, a few dear friends and family and each of my friends sent straight from Heaven: my friends at The Anne Arundel County Chapter of Bereaved Parents of the USA, who helped me through those darkest of days, those bouts of suicidal ideation and those times of self-harm. You all have taken me to a place where joy and happiness fill most of my days. I would not, could not, have made it without you. God bless you all!!!!!!!

I wish you the same hope and healing you have so generously bestowed upon me. Amen.

Love,



Linda Khadem



William's Mom



### To continue..... recent thoughts from Linda....

I wrote the previous essay some time last year. I truly felt it and was exceedingly happy that I was granted the gift of gratitude and later joy. Then, the terrible effects of William's 10th anniversary kicked me in the gut and almost completely debilitated me.

I was grounded by tremendous grief all over again. All the words of glorious gratitude seemed like lies, but again, that wasn't true.

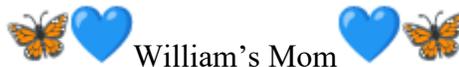
I am still somewhat debilitated. I have hardly felt like making a card or anything else for several months now. I am still so depressed much of the time that I some days do not get out of bed, but I am getting better. In the beginning, I couldn't get out of bed, at all. In the beginning, I could not even think of doing something for anyone else. In the beginning of this most recent bout of depression, I had forgotten that when William first died, as bad as how I was feeling, the time around his death was multitudinously worse... and yet, sometime later, after much work, I was graced with the gift of joy. If that could happen since the death of my beloved son, it could surely happen, again.

And so it has been. Things are getting better. I am making more cards. I went out to lunch with two dear friends this afternoon, my darling grandson took me on a roller coaster ride he made in my living room and I read this. Sometimes it helps me to read the things I have written previously. At times I feel they are Divinely inspired. I believe William has guided me with them. They remind me that I have lived in the darkest of times, but that I have also made it through them to the point where I can experience true, unadulterated joy. If I did that before, I can do it, again. I know, also, that if that is true for me, it is true for you, as well.

I wish you, blessed people, peace, hope and healing and the possibility of great joy.



Linda Khadem



William's Mom

Do you know how hard it is for me to hold my tears inside? I lost someone special, and it is so very hard for me every day. I may look strong, I may have you fooled, but what you didn't realize is that I fight each day to be this way. So please have patience with me. I will never be the same person I once was. Just know that I am trying to be the best I can be, for today...

- Author Unknown -

## **September 1, 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 23](#) or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com)

**September 1, 2022 Monthly Gathering:** We will host, in person, Barbara Robertson, M. A. Ed., ATR-BC, LCPAT, of Barbara Robertson Art Therapy, LLC, based in Annapolis, MD. Visit her website for an introduction to how art therapy can provide healing, <https://robertsonarttherapy.com/>

**October 6, 2022 Monthly Gathering:** No program scheduled at this time, TBD.

**November 3, 2022 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 and has joined our monthly Zoom meetings from Tennessee.

**December 1, 2022 Monthly Gathering:** "Presenting Our Children". Bring a photo, a favorite story, and tell us about your child. We encourage you to donate a gift in memory of your child. More information to follow in the meeting announcement.

### **Other important dates:**

**October 1 :- Annual Memory Walk,** Quiet Waters Park, Annapolis MD. **Volunteers needed** to help plan and assist at the Walk. Call Barbara Bessling (410) 761-9017. See [page 29](#) for more information.

**October 11, Core Group Zoom Meeting:** See [page 23](#) for further information.

**December 4 :- Annual Service of Remembrance,** St Martins in-the-Field Episcopal Church, Severna Park MD. **Volunteers needed for readings** and to assist at the Church. Call Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) or [SrvcofRem2019@gmail.com](mailto:SrvcofRem2019@gmail.com) See [page 28](#) for further information.

## Understanding Grief and Loss

<https://www.cancer.net/coping-with-cancer/managing-emotions/grief-and-loss/understanding-grief-and-loss>

When a person loses someone close to them, it is natural to grieve. This process takes time and involves many different emotions and behaviors. People with cancer and their families may also grieve other cancer-related losses. These may include the loss of a breast, the loss of fertility, or the loss of independence.

The terms “grief,” “mourning,” and “bereavement” have slightly different meanings:

- **Grief** is a person’s emotional response to the experience of loss.
- **Mourning** is the process of adapting to life after a loss. It is influenced by each person’s society, culture, and religion.
- **Bereavement** is the state of having experienced a loss.

### *Coping With Change After a Loss*

#### Common grief reactions

Reactions to loss are called grief reactions. They vary widely from person to person and within the same person over time. Common grief reactions include difficult feelings, thoughts, physical sensations, and behaviors.

- **Feelings.** People who have experienced loss may have a range of feelings. This could include shock, numbness, sadness, denial, despair, anxiety, anger, guilt, loneliness, depression, helplessness, relief, and yearning. A grieving person may start crying after hearing a song or comment that makes them think of the person who died. Or that person may not know what triggered his or her crying.
- **Thoughts.** Common thought patterns include disbelief, confusion, difficulty concentrating, preoccupation, and hallucinations.
- **Physical sensations.** Grief can cause physical sensations. These include tightness or heaviness in the chest or throat, nausea or an upset stomach, dizziness, headaches, physical numbness, muscle weakness or tension, and fatigue. It may also make you vulnerable to illness.
- **Behaviors.** A person who is grieving may struggle to fall asleep or stay asleep. He or she may also lose energy for enjoyable activities. The person may lose interest in eating or being social. A grieving person may also become more irritable or aggressive. Other common behaviors include restlessness and excessive activity.

#### Religion and spirituality

Grief and loss may also cause a person to question his or her faith or view of the world. Or it may strengthen the person’s faith by providing a new understanding of the meaning of life.

#### Experiencing grief

Each person experiences grief in a different way. Often, a person feels grief in waves or cycles. This means there are periods of intense and painful feelings that come and go. People may feel they are making progress with their grief when they are temporarily feeling less grief. But then, after some time, they may face the grief again. Such changes in grief may occur around significant dates, such as holidays or birthdays. Over time, some people experience these grief cycles less frequently as they adjust to their loss.

### Tasks of mourning

There are different theories about how a person adjusts to loss. One widely accepted model describes 4 tasks of mourning:

- Accept the reality of the loss.
- Experience the pain of grief.
- Adjust to life without the person being physically present.
- Find new ways to remain connected to the person who has died.

### Factors affecting grief

The following factors may affect the nature, intensity, and duration of grief:

- The relationship a grieving person had with the person who died.
- The cause of death. For example, the grieving process may differ depending on whether the person died suddenly or was ill for a long time.
- The grieving person's age and gender.
- The life history of the person who is grieving, including past experiences with loss.
- The grieving person's personality and coping style.
- The support available from friends and family.
- The grieving person's customs and religious or spiritual beliefs.

The grieving process is often harder when the person has unresolved feelings towards or conflicts with the person who has died. People who are struggling with complicated grief may find it helpful to talk with a counselor. This may include a clinical social worker, psychologist, or spiritual counselor.

### Grief in different cultures

Although each person's grief is unique, the experience is shaped by his or her society and culture. Each culture has its own set of beliefs and rituals for death and bereavement. This affects how people experience and express grief.

The way a person experiences and expresses grief may be at odds with his or her own culture. For example, someone who feels numbness or disbelief may not cry as he or she might be expected to at a funeral. Another person may experience a level of despair that challenges his or her cultural values or beliefs. It is important for each person to grieve in ways that feel right to them. It is also important to consider how someone's culture may be affecting their grief.

### Related Resources

[Coping with Grief](#)

[Coping with Change After a Loss](#)

[Grieving for Your Old Life After Cancer](#)

### More Information

[CancerCare: Grief and Loss](#)

[National Cancer Institute: Grief, Bereavement, and Coping with Loss \(PDQ®\)](#)

## The Grief Recovery Method A Grief Support Blog

<https://www.griefrecoverymethod.com/blog/2017/01/defining-grief-everyone-responds-differently>

This blog will allow you the opportunity to acquire both support and guidance after experiencing a significant loss.

[griefrecoverymethod.com](http://griefrecoverymethod.com)

### Defining Grief - Everyone Responds Differently

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It would be wonderful if grief was like math. When you look at a series of numbers that you are adding together, the answer is always the same. Two different people can add the same list of numbers, and the answer will always be the same, assuming they added correctly. Once you learn the basics of addition, finding the answer is not difficult.

#### **Grief is not the same for everyone!**

Unfortunately, grief is not like that. Grief is based on emotions. Grief is based on your personal relationship to who or what was lost. Each person and relationship is different, which means that how we deal with each loss will be different as well.

This is particularly evident when you look at family members who experienced the same loss. It is not unusual to hear one family member say of another, “they are just not grieving right”! Since each relationship is different, even in the same family, each person’s response to that loss will be different as well.

One family member may throw themselves into their work, even seeking overtime hours, as a way to take their mind off the loss. Another member of the same family may find it hard to get out of bed in the morning. Does this mean that one is right and the other wrong? No, it just means that they are dealing with their grief differently.

In cases of parents who have lost a child, you might find one family member that brings up the child’s name in nearly every sentence, while the other avoids voicing that name. Does this mean that one parent cared more about the child than the other? No. Again, this is just another example of different coping mechanisms.

This is the trouble with defining grief: everyone responds differently. This may be based on the examples presented to them as a child. It may be due to the perceived differences of how they think they need to respond as a man or woman. It is also due the differences in our individual relationships to who or what was lost from our lives.

**Just because others respond differently, does not mean that they are not hurting as well.**



Unfortunately, many people are not aware that each of us responds differently to each loss, and there is often a perception that others in the family did not care as much as we did. This is one of the reasons that some families seem to fall apart after a loss.

Rather than fighting over how others are coping or arguing over who is hurting the most, a better solution would be to accept that each is hurting and coping in their own private way and that the best thing to do is take action to move forward.

This sounds easy on the face of it but requires a change of mindset. It involves changing a familiar behavior pattern of assuming that we are right in how we respond to situations and that others who respond

differently are wrong. It requires a focus on taking action to be able to enjoy fond memories of the past, rather than worrying about a future that is different than the one we had planning. It takes courage!



### **Taking the right action can make things better for everyone.**

Grief recovery is not something that you can do alone. It requires finding a Grief Recovery Specialist to assist you in either a one-on-one setting or in a group. This will offer you the opportunity to put voice behind your feelings, as part of taking recovery action, without fear of analysis, criticism, or judgment.

While you might think that you can simply buy a Grief Recovery Handbook and work on it together as a family, we often find that there is a fear of how others might respond to what you feel you need to say. That fear may come from responses you have had in the past when expressing those feelings. That fear will likely cause you to hold back from honestly saying the important things that must be said as part of taking recovery action.

Working with a Specialist to guide you through this process, whether one-on-one or in a group, will provide you with a safe environment to move through the emotional pain of this loss. If you elect to join a group, you will still have the opportunity to express your feelings out of earshot of your other family members, so that there will be no worry as to how they might interpret what you honestly need to say.

*The key thing to remember is that everyone's grief is different, even with a shared loss, and that rather than letting that pain hinder ongoing relationships, you have the option of taking grief recovery action.*

**Editor's Note:** I have NO experience with this blog, so can not provide any critique on the Grief Recovery Method. I do however agree with the concepts discussed in this article. And perhaps the "Specialist" you find will be someone in our Chapter, and our monthly meetings will provide the time and place to share your feelings. See [page 23](#) for information on our sharing groups.

## Grief After Traumatic Loss

[Understanding Grief / Understanding Grief : Eleanor Haley](https://whatsyourgrief.com/traumatic-loss/)  
<https://whatsyourgrief.com/traumatic-loss/>

Recently a reader emailed us and asked if we'd write a post about grieving a violent death. She'd been looking around the Internet for resources and information on the topic and had noticed the literature was a little light. That's not to say good resources don't exist, it just means they're hard to find, so if you have a recommendation please feel free to share in the comments below (go to their website). Anyway, we are going to do our part to fill in the void, however, we're going to broaden the conversation a bit and discuss the concept of traumatic loss.

Now before I start throwing around labels and making generalizations, I have to make my usual speech about the differentness of individual grief. Although commonalities often exist amongst people who have experienced a certain type of loss, individual grief is as unique as the person experiencing it and their relationship with the person who died. Although some people might be able to relate to aspects of another person's grief, no one can completely understand how anyone else feels. On a whole, we recommend you learn what you can from what is 'typical' for a certain type of grief, but take differences with a grain of salt. Okay, with that said.

### **A note about trauma:**

Just a little more talk of subjectivity (sorry for those of you who like things black-and-white); it's important to note that it isn't necessarily the specific nature of the death that makes it traumatic, rather how the event is interpreted and experienced by the individual. One cannot underestimate the impact of personal factors like emotional regulation, cognitive responses, secondary stressors, coping style, prior history of trauma, and access to support and resources in determining how a person responds to an event.

It is true that certain types of death happen in a way that they are more likely to be experienced as traumatic, but it isn't a given. So, for example, it is not a fact that a loved one's death by homicide or MVA *will* be experienced as traumatic, only that it potentially could be. Ultimately, one must allow for a wide range of variability when it comes to potentially traumatic events. All deaths have the capacity to overwhelm, shock, terrify, and shatter worldview. In fact, research has shown that PTSD symptoms are not only found in those who survive violent and sudden deaths, but also those who experience the death of a close person to terminal illness.

### **Okay, so what is traumatic loss?**

There's variation in how traumatic loss is defined in the research, but for our purposes, I think this definition from Wortman & Latack (2015) does the trick:

*“A death is considered traumatic if it occurs without warning; if it is untimely; if it involves violence; if there is damage to the loved one's body; if it was caused by a perpetrator with the intent to harm; if the survivor regards the death as preventable; if the survivor believes that the loved one suffered; or if the survivor regards the death, or manner of death, as unfair and unjust.”*

That's a pretty broad definition, and we should also add circumstances in which the survivor witnessed the death, when their own life was threatened, and when the mourner experiences multiple deaths.

In addition to the nature of the death, other trauma risk factors include:

- Having to make medical decisions about life support, organ donation, etc
- Uncertainty about whether the person has died (ex. they are missing; information about their condition has not been disclosed)
- Media attention
- Limited opportunities for social support
- Being blamed for the death
- Prolonged court proceedings
- Having a prior history trauma

### What is the impact of experiencing a traumatic loss?

Generally speaking, it has been shown that traumatic death, especially violent deaths, lead to increased distress. For example, a 2003 study looking at the bereavement trajectories of 173 parents who experienced the death of a child by accident, suicide, homicide, or undetermined causes found that five years after the violent death 27.5% of mothers and 12.5% of fathers met the diagnosis for PTSD. These rates were significantly higher than those in the general population.

When someone experiences a traumatic death, their challenges become two-fold. One, they must cope with the trauma and two, they have to cope with their grief. The experiences of trauma and grief are two different things unto themselves, yet after a traumatic death, they get thrown into one big emotional blender. Things get tangled, thoughts and emotions get fused, and people sometimes find themselves utterly stuck. Understandably, it is not uncommon for people who've experienced a traumatic death to experience significantly more intense, pervasive, and prolonged symptoms.

### After a Traumatic Loss One May Experience:

#### Shattered assumptions about the world, themselves, and others:

Many people live with the assumption that the world is a predictable, fair, and just place. They believe that they are in control, that they are generally safe and secure, and that other people can be trusted. Experiencing a traumatic death, something that feels profoundly meaningless and unjust, can shatter each of these assumptions and lead to a sense that the world is unsafe and unpredictable, that others are malicious and evil, and that one is powerless in protecting themselves. Going along with this, it is also common for one to question their faith and to feel abandoned by God after experiencing a traumatic event.

#### Ruminations:

It is common to ruminate about a death regardless of the circumstances. However, someone who has experienced a traumatic death might experience increased rumination as they seek to answer questions such as...

- Why did this happen?
- Who is to blame?
- Did my loved one suffer?
- Could their death have been prevented?
- Did they know they were going to die?
- Were they afraid?

- What is the meaning, reason, or purpose for all of this?

Unfortunately, many people fail to find the answers they are searching for and they continue to struggle with the randomness and senselessness of the death as well as the pain of imagining what it must have been like for their loved one at the time of their death.

### Feelings of guilt and blame:

Even when a person is clearly not at fault, it is common to struggle with feelings of [guilt and self-blame](#). For example, one might feel guilty for circumstances that preceded the death but which could have played a part in the chain of events. A person might make appraisals about the inadequacy of their own actions, feelings, and behaviors at the time of the death or even ruminate over actions and conflicts between the mourner and deceased well in the past. Negative thoughts about guilt and self-blame can impact how a person adjusts to bereavement and are often associated with feelings of depression and anxiety.

### Fear of grief and trauma reactions:

After a death mourners often [feel as though they are going crazy](#), and, as noted, those who have experienced a traumatic loss often experience intensified and prolonged grief/trauma reactions. If a person interprets their symptoms as dangerous, threatening, or indicative of a larger mental or physical problem, they are more likely to fear and inhibit their reactions. Concerns about one's own reactions following a death add to existing emotion by causing additional anxiety, depression, anger, or shame. Those who are fearful of their reactions may also engage in maladaptive and persistent avoidance of triggers or reminders which can contribute to the development of posttraumatic stress disorder and prevent the mourner from finding meaningful ways to continue their bond with their loved one.

### Poor social support:

Evidence suggests that social support can reduce the impact of stressful life events. Sadly, after a death, many people don't receive effective support for a number of reasons. This is especially true after a traumatic death when the enduring impact of acute grief can last much longer than society has been taught to expect it. A few reasons why people do not receive effective support after a death include:

- People don't know how to provide grief support
- People make comments that minimize grief, discourage expression of grief and discussion of loved ones, and push mourners to move on
- The bereaved may be inclined to physically and emotionally isolate, especially when they feel misunderstood by others
- The bereaved may feel they feel ashamed, abnormal, or weak because they continue to struggle
- The bereaved may seek support from therapists who are not trained in grief and/or trauma
- [Avoidance](#) of trauma and/or grief-related triggers prevent the bereaved from engaging with others

### How do I cope after a traumatic death?

After a traumatic loss, it is important to find ways to process and cope with complicated emotions and reactions regarding the death and the trauma. I encourage you to look around the site at the hundreds of articles we have about coping with grief – especially those related to [coping styles](#), [self-care](#), [understanding avoidance](#), [secondary loss](#), [guilt and grief](#), [positives and pitfalls of support groups](#), and identifying an effective [support system](#).

<https://whatsyourgrief.com/types-of-grief-2/>



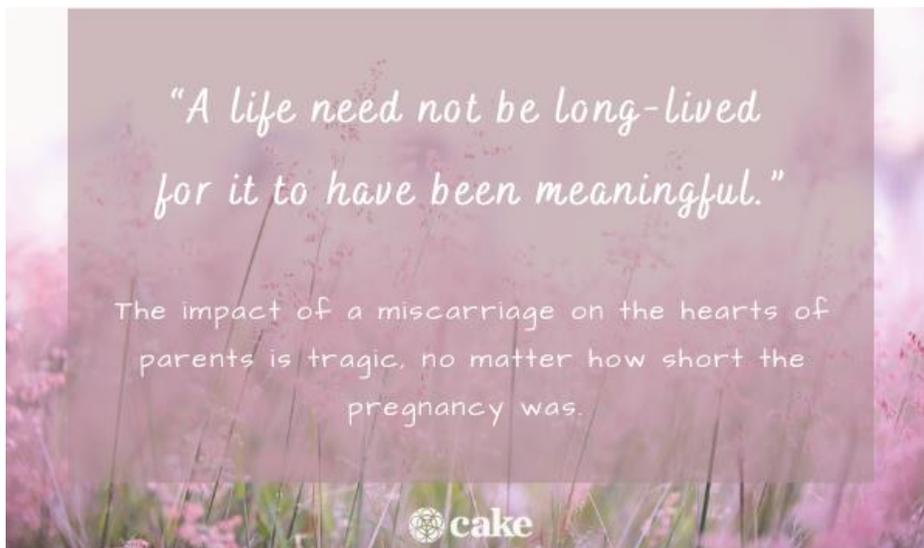
# Disenfranchised Grief 7

Disenfranchised grief is when a person feels denied the right to grieve by family, friends, community members, or society on the whole. When a loss is disenfranchised, it means the grieving person isn't getting the support or validation they need. This means different things to different people. Where one person only needs validation from themselves, another person may feel they need the acknowledgment of their entire family, community, or society. Regardless, the impact of disenfranchised grief is that the person experiencing it feels alienated, invalidated, ashamed, weak, etc.

WHAT'S YOUR GRIEF

Disenfranchised grief is when a person feels denied the right to grieve by family, friends, community members, or society on the whole. When a loss is disenfranchised, it means the grieving person isn't getting the support or validation they need. This means different things to different people. Where one person only needs validation from themselves, another person may feel they need the acknowledgment of their entire family, community, or society.

Regardless, the impact of disenfranchised grief is that the person experiencing it feels alienated, invalidated, ashamed, weak, etc. There are so many, many things that can feel disenfranchised depending on your own experience and your own support system. If you're feeling this experience, check out [our full post on disenfranchised grief here.](#)



# Closure: Maybe Not Such a Horrible Word

By Rob Anderson

*Geneva, Illinois*

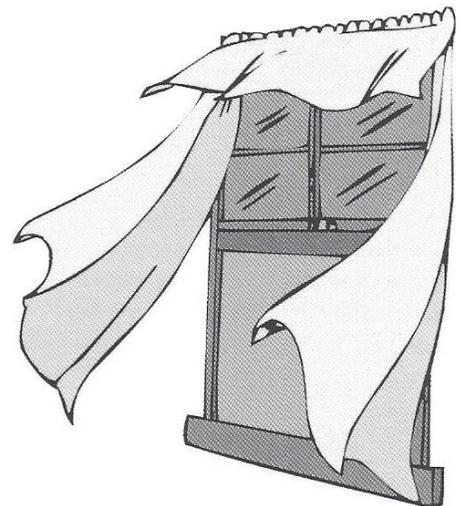
*Bereavement Magazine May/June 2004*

Soon after our son, Brendon, was murdered in March of 1998, some said that as soon as his killers were caught, we would find closure. At that time, those comments angered and offended me, even though they were meant to comfort. My wound was so deep - how could I ever have closure about anything involving Bren's death?

Over time, I have let that word and concept soften in me. Before Bren died, my life was like a house with all the doors and windows closed tightly, keeping me safe. The instant I heard of Bren's death, every door and window exploded open, and the terror of that event flooded my house, my life. How could I ever get those doors and windows to close and help calm my heart? I have given closure much thought since then and have decided that closure is not a single event or a one-time realization. Even though I will never have complete closure about Bren's death, I can have moments of healing that will shut a window or close a door and create partial closure.

For instance, when I was able to acknowledge the fact that Bren's physical body was never coming back, a window closed. When I heard myself laugh (and I didn't have to fake it), I closed a door. When a memory of Bren brought me a smile and not a tear, another window closed in the house of my life. There will always be at least one window or door open. They will never all close, but as I do my grief work and move along my journey and heal, partial closure can indeed bring comfort and hope.

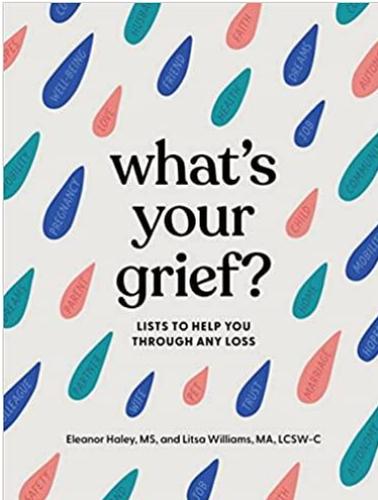
So, the next time someone mentions the word closure, maybe we thank them for their concerns, but remind them that the death of our children does not go away and that the doors and windows in our new house of life will never be completely closed.



## What's Your Grief?: Lists to Help You Through Any Loss

Available – September 27, 2022

by [Eleanor Haley MS](#) (Author), [Litsa Williams MA LCSW-C](#) (Author)



A friendly and accessible book of 75 lists that will help anyone experiencing a change or loss—for readers of Maggie Smith, Cheryl Strayed, and Katherine May—from the creators of the popular What's Your Grief website and community.

Losses, big and small, turn your world upside down. What's Your Grief? will help you through all of them.

Many life changes need to be grieved, from the loss of a loved one to the loss of a job, from a breakup to a relocation, and all the rest of life's ebbs and flows. In What's Your Grief?, mental health professionals Eleanor Haley and Litsa Williams help you examine, investigate, and move through the complex but universal experience of grief.

Through seventy-five engaging, informative, and accessible lists, such as to-do (and not-to-do) lists, bucket lists, interactive lists, and more, you'll discover:

- 5 Little-Known Truths About Grief
- 4 Reasons Guilt Is Even More Complicated Than You Think
- 9 Tips for Communicating What You Do (and Don't) Need
- 7 Common Defense Mechanisms
- And much more

There's no single way to experience grief. But this unique book will help you move through whatever it looks like and feels like to you.

"There are still days when the pain outweighs the joy...  
and I am okay with that."

You see, she was once my joy,  
and my grief is because of my love for her.

In denying my pain, I'd be denying my love."

-Malaru

butterflyfootprints.blogspot.com



## **Our Children Remembered September 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

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

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

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

Dayden Alexander Dunn  
Grandson of Beverley and Wayne Dunn  
September 12, 2006 - June 1, 2008

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

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

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

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

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

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

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

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

Darren Heard  
Son of Euwana and Clayton Heard  
September 17, 1977 - May 6, 2006

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

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

Alena Rose McCarthy  
Daughter of John McCarthy  
September 17, 1993 - August 4, 2021

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sean Matthew Sullivan  
Son of Tim and Mary Sullivan  
November 5, 1992 - September 11, 2015

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

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

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

Sarah Katherine Wheat  
Daughter of Frances and Bill Wheat  
September 22, 1989 - October 27, 2012

Robert Matthew White  
Son of Kathleen Savage  
September 20, 1972 - November 13, 1993

Zachary Ryan Winters  
Son of Stephanie and Randy Asbury  
September 7, 1988 - February 22, 2017

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

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

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





## Our Children Remembered October 2022

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

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

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

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

Drew Caldwell  
Son of Karen and Bob Caldwell  
August 24, 1989 - October 9, 2019

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

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

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

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

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

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

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

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

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

Romana Alice Hale  
Sister of Bobbi Remines  
October 8, 1948 - November 5, 1976

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Adam Christopher Sutton  
Son of Janet Sutton  
February 1, 2009 - October 1, 2009

Vincenzo Turazzo  
Son of Tracey Turazzo  
February 22, 1999 - October 7, 2021

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

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

JoAnne Lorraine Vernon  
Daughter of Lorraine Fassett  
October 30, 1956 - May 9, 2017

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

Sarah Katherine Wheat  
Daughter of Frances and Bill Wheat  
September 22, 1989 - October 27, 2012

John William Wheat  
Son of Frances and Bill Wheat  
June 9, 1982 - October 27, 2012

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

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

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

**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:

Openshaw Charitable Fund in memory of John David Openshaw  
Horace & Cynthia Tsu in memory of Cathryn Christiana Martha-Marie Tsu  
Cheryl Long in memory of Sean Long

### Newsletter and Website Sponsorship Donations:

Noel and Ann Castiglia in memory of Tria Castiglia  
Kathy Franklin in memory of Tanager Ru Ricci  
Matthew and Diana Skube in memory of Matthew Albert Skube

## 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](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. 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](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.**

**October 11, 2022 Core Group: Virtual Meeting starting at 7:00 PM.** Anyone interested in participating, contact Bob Burash at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) to be included on the email invitation. Planning for the Service of Remembrance will be the primary topic so please consider joining us.

## Newsletter and Website Information

**From the Editor: Remembering and Honoring our Children:** For an upcoming newsletter, I would like to do a section on remembering and honoring our children. There are many different ways we have remembered and honored our children, from lighting candles, listening to others, family memorials, helping sports organizations, giving scholarships, donating to charities, etc., etc. Please share with us what you have done/are doing to remember and honor your child.

### **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](mailto:ctomaszewski74@gmail.com) . ... on **October 15, 2022 for the November / December 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 **October 15, 2022 for the November / December 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)

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

**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, 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: 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

## ***BITS AND PIECES OF INFORMATION***

**Editor's Note:** I decided to start this section for the newsletter as a means of letting you know of upcoming events and useful information which may help you along your grief journey.

**September is National Suicide Prevention Month.** All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

### [The Lifeline and 988](#)

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

**The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.**

\*\*\*\*\*

## **Welcome to the Out of the Darkness Annapolis Walk 09/17/2022**



The Out of the Darkness Community Walk is a journey of remembrance, hope, and support. It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about.

If you're looking for support and/or resources, please visit [www.afsp.org/get-help](http://www.afsp.org/get-help) and [www.afsp.org/resources](http://www.afsp.org/resources).

### **Event Details**

Walk Date: **09/17/2022**  
Walk Location: **Navy Marine Corps Stadium**  
Registration Opens: **9:00 am**  
Walk Start Time: **10:00 am**

**For more information, please contact:**  
Contact Name: **Kat Olbrich (She/Her)**  
Contact Phone: **202-770-8973**  
Contact Email: **kolbrich@afsp.org**

## Request for bereaved fathers to participate in a study

EMAIL From Christine Denhup to our Chapter

Hello, my name is Christine Denhup. I am a registered nurse and a nursing professor in the Egan School of Nursing & Health Studies at Fairfield University in Connecticut. I am doing a research study about fathers' bereavement experience after the death of a child. The reason for this email is to inform fathers about this study and invite those fathers who are interested to participate. The aim of this study is to describe the lived experience of bereaved fathers after the death of a child. My purpose is to learn from fathers so that I can help nurses to provide better care for bereaved fathers in the future. Fathers who experienced the death of a child, between the ages of 0-18 years, at least 1 year ago are invited to participate. Eligible fathers who volunteer to participate will each be invited to talk with me about their experience. We will meet 1-3 times for an interview (in-person or phone), lasting approximately 1-2 hours in length. The interview will be audio-recorded. Interviews will begin during Summer or Fall 2022. To inform fathers about this study, I kindly request your permission to post and/or distribute the attached information at your support group. I would be happy to speak to any father who may be interested in participating to answer any question he has about the study. A father's decision to participate and share his story is purely voluntary.

Christine Denhup, PhD, APRN, CPNP-PC

Fairfield University, Egan School of Nursing & Health Studies

Fairfield, Connecticut 06824

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Gone Too Soon (GTS) Grief Group. God put it on my heart to branch out a bit to offer a small grief group to bereaved parents, but also folks grieving the loss of any loved one. The group will continue to be held online and will use Scripture, prayer and grief coping strategies to help us navigate. If you know of anyone who would benefit from that approach to navigating grief, please feel free to give them my website link or my email.

Take care, Laura Ann Pykosh

<https://www.psalms23groups.org/psalm-23-groups-homepage>

[laura@psalms23groups.org](mailto:laura@psalms23groups.org)

What's Your Grief <https://whatsyourgrief.com/> is a Baltimore based resource for anything and everything grief related, founded by Eleanor Haley and Litsa Williams. Their website provides a myriad of resources and information, so consider taking the time to browse through it. At our April meeting, Litsa spoke on anger and grief. During her talk, she mentioned a letter written by a bereaved sibling to the drug dealer who had sold her sister the drugs that took her life. Here's a link to that letter.

<https://time.com/5281371/dear-dealer-sister-fentanyl-overdose/>

**BPUSA 2022 National Gathering Conference** by Bob Burash, Chapter Leader

Four keynote speakers, 29 workshop presenters, 48 workshop topics submitted, 40 workshops selected for presentation. A wealth of ideas, help, and guidance - something for everyone – from the first-time attendee to those who were much further down the road. I have attended several annual gathering conferences, and all have been rewarding, but I have to say that this year's conference had a different feel to it. From the hotel, the staff, the meals, the keynote speakers, the workshops, and the bereaved parents who attended, there was something special, something magical going on. As one attendee said, it was like a family reunion. People mingled, sat in small groups, and chatted, they cried, and they laughed, boy, did they laugh. They supported one another, they became friends and family.

Sandi and I attend the 2022 National Gathering Conference in St. Louis where we were joined by Paul Balasic – workshop coordinator, Patti DiMiceli – workshop presenter, and Pam Corr and her son Justin – a bereaved sibling. We all left the conference emotionally spent yet filled with hope. Hope offered through the workshops, hope offered by other bereaved parents we met, hope knowing we do not walk alone.

BP USA National gathering Conference 2022 Attendees were inspired by Angela Kennecke's keynote talk at the Gathering, and I enjoyed reading her perspective on attending her first conference for bereaved parents. I hope you'll also enjoy it. Go to - <https://www.emilyshope.foundation/angelas-blog/you-are-not-alone>

The **BPUSA 2023 National Gathering Conference – Forever in My Heart** - will be held at the Hilton Washington Dulles Hotel in Herndon, Virginia, near Washington D.C. from July 20 to July 23. I hope you will put the Gathering on your calendar. Check the BPUSA National website for updates, registration, and hotel accommodations.

**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**

*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.* Planning is underway, invitations will be mailed in October and please RSVP by November 5.

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

Ushers and Greeters

Readers – Candle wreath – 2 people or a couple needed

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

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

## Everyone is Invited to our 20<sup>th</sup> Annual Memory Walk

### Bring your family and friends too



We will be holding our *Twentieth Annual Memory Walk* at Quiet Waters Park on Saturday, **October 1, 2022 at the Dogwood Pavilion**. Tell the Guard that you are with Bereaved Parents Memory Walk and the parking fee will be waived. The primary purpose of the Walk is to provide an opportunity to share our children with family and friends on a 2-mile walk through the park, to remember our children who died too soon, but still walk in our hearts.

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

The Walk is also a fund-raising event, but a donation is not required to participate. If you anticipate being at the walk and would like your child's picture included, please let us know. If we have your child's picture in the 2021 Service of Remembrance, we will use that picture. You could also email a picture to [pjbspmd@gmail.com](mailto:pjbspmd@gmail.com) or [bebessling@aol.com](mailto:bebessling@aol.com). It also would be helpful to know if you will be attending so we can prepare for enough refreshments.

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

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

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



## Volunteer Opportunities for the Memory Walk

### **We need a little help**

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

# The Anne Arundel County Chapter of the Bereaved Parents of the USA

## Twentieth Annual Memory Walk

### October 1, 2022 9:00am

*This year's Memory Walk will be in person at Quiet Waters Park, Annapolis, MD. It will consist of an opening, readings and refreshments followed by a 2-mile walk. If you would like your child's picture included, please email it to [pjbSPMD@gmail.com](mailto:pjbSPMD@gmail.com) or [bebessling@aol.com](mailto:bebessling@aol.com). If we have your child's picture from the 2021 Memory Walk or Service of Remembrance, we can use that one. If not, you can email or mail a picture to BPUSA/AA County, P. O. Box 6280, Annapolis, MD 21401-0280. We will need forms and pictures by September 27, 2022.*

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

*If you have any questions about this event, please send an email to : [bpaacntychapterleader@gmail.com](mailto:bpaacntychapterleader@gmail.com) or*

**Contact Barbara: [bebessling@aol.com](mailto:bebessling@aol.com) or 410-761-9017**

**PLEASE PRINT CLEARLY**

CHILD'S NAME \_\_\_\_\_

CHILD'S NAME \_\_\_\_\_

YOUR NAME \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ Email Address \_\_\_\_\_

Donation Amount \_\_\_\_\_ Do we have a picture? \_\_\_\_\_

**DISCLAIMER: I hereby agree to the following:**

To ensure the privacy and confidentiality of the BPUSA Anne Arundel County Chapter, MD Virtual Walk, please accept the following terms below to complete your registration. Participation in the walk using the online Zoom application could pose a chance of security being breached. I will not hold Bereaved Parents of the USA, Inc., Anne Arundel County Chapter, MD responsible in any way.

Signature: \_\_\_\_\_

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

