



Bereaved Parents of the USA

Anne Arundel County Chapter

May the new year bring you the precious gifts of love, hope and peace.

--- Carol Tomaszewski

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Cathryn Christiana Martha-Marie Tsu
May 27, 1997 - January 18, 2017



"Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access [by faith] to this grace in which we stand, and we boast in hope of the glory of God. Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope and hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us."

"Don't Look Back, Daddy!"

Adam Marcus Ladny
July 20, 1984 – February 24, 2020



Our Dearest Son Adam,

Hard to believe you have been gone from our sights for almost three years. This is not the way it should be, but it is what we have. We feel you with us every single day and you are and always will be very much a part of our lives and in our hearts. Our love for you will never die. We say your name often, it is so comforting.

We were blessed with a beautiful baby Boy 38 years ago and watched you grow from an infant to a teenager, and finally a successful talented, handsome young man of 35, until the cancer robbed you. Our hearts were broken beyond repair, as you took a piece with you. We will never be the same but cherish the time the good Lord gave to us with you here on earth. We have precious memories too wonderful to forget, but sooooo miss your great big bear hugs, laughter and contagious smile! One day we will be together in heaven. Until then, we love and miss you every day Adam.

Love forever, Mom and Dad

January 5, 2023 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 19 - 20 or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, abereavedparents@gmail.com

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.

February 2, 2023 Monthly Gathering: Kelly Buckley will present "The Path from Pain to Purpose". Kelly has joined us before at a local conference. She is an inspiring speaker, focusing on "Growth Through Gratitude". Her latest book is featured on page 12. Find more at <https://www.kellybuckley.com/>

Other important dates:

January 10, 2023 Core Group Virtual ZOOM Meeting: Planning for 2023. Please join us and share your ideas for meetings and events. See page 20.

March 2, 2023 Monthly Gathering: Alan Pedersen will join us in person. Alan is nationally recognized as an industry leader and considered one of the absolute best speakers and presenters on grief and loss. He is well known for his heartfelt songs and words of healing. Plan to join us for a meeting that will encourage you and give you hope as you travel this grief journey. <https://angelsacrosstheusa.org/About>

April 6, 2023 Monthly Gathering: TBD

Yes, Virginia, There are Miracles

Who could believe such a thing?

In the beginning everything hurts. From the effort it takes to make a thought to the effort it takes to make a breath, everything hurts. But, eventually, quite miraculously, if you can hold on, there will be a time you can think without pain, you can breath without pain.

I know, that sounds nonsensical. How, after the death of your precious, most beloved child, could a person ever expect to not only feel as if their entire body was wracked with horrific and seemingly ceaseless pain, but it is true. If you can just hold on long enough, not only will the intense, seemingly endless pain subside, but if you are lucky enough, you may not only experience happiness, but pure joy. That, my dear fellow traveler, is the miracle.

When my sweet William died, the pain was almost unbearable. Everything from making a simple piece of toast to locking my front door hurt. It hurt to think. There were many times I did not think I was going to make it. There were many times I didn't want to, but somehow I held on. I persevered. Somehow I managed to get through days that often felt like a thousand years to wake with the sun day after day after day.

I like to think William helped me. I do not see how I could have done it otherwise. I like to think he had a purpose in mind for me. I like to think he wanted me here to accomplish a small, but seemingly meaningful mission or a set of them.

One of these missions is the same as almost every other bereaved parent's. It is to show that we can go through the most horrific of tragedies and not only survive, but thrive. I like to think he wants me to help show newly bereaved parents that there is hope, no matter how excruciating the initial pain. That is what so many other, more seasoned bereaved parents, showed us from the moment we walked through the doors of the meeting of the Anne Arundel Chapter of the Bereaved Parents of the USA.

There, in spite of suffering the greatest of tragedies, were people opening their hearts and arms to comfort us. Some of them were smiling. Some were even laughing.

That may seem incongruous, out of place or even heartless. But what it showed us was that even after the death of their children, there was life and in that life, there could be happiness. There could be hope. There could be joy.

How did they get there, you might ask. It is a simple yet universal truth: Albert Einstein said, "Only a life lived in the service of others is worth living". Almost, if not every, person with a smiling face at those meetings had devoted their life (or should it be "lives"?) to the service of others. That is what they were doing there.

Those dear people definitely came to ease their own suffering, but they also came to heal others. By giving of themselves, they healed both the newly bereaved and themselves. Their selfless acts enabled them to go from excruciating and seemingly endless pain from losing their beloved child to a place where they could rejoice in the fact that they got to have that child, at all. They went from incessant tears to mostly happiness and contentment. No, it did not completely erase their pain, but it enabled them to put it in a place where they could cope with it. If that is true for those of us "more seasoned" bereaved parents, then it is true for you newly bereaved, as well.

Might you now take this wisdom, in the new year, to devote yourself to the betterment of others? Might you do it in your child's honor that his or her memory live on and that you might begin to heal from what is, most definitely, the worst pain a human could endure? Might you take your tragedy and turn it into something that makes your child beam with pride at the terrific obstacle you have had to overcome? Might you be interested in making your miracle come true?

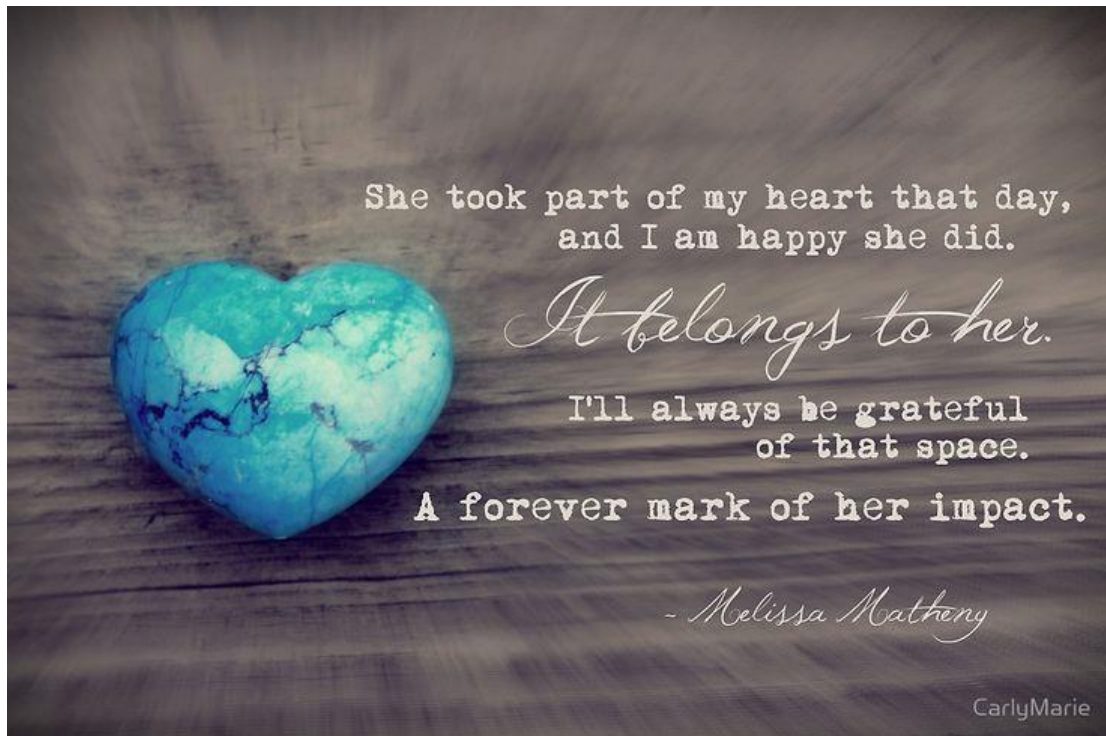
That, dear friend, is how we turn our own private Hell into a glorious triumph. That is how we turn our tragedy into a miracle. It is in the act of giving of ourselves that we learn that when we help others, we also help ourselves.

I wish for you your child's pride at the fact that you can not only turn your tears to smiles, but that you also aid in the healing of other grievously wounded souls. I wish for you the healing of your own grievously wounded soul. I wish for you joy in the knowledge and acceptance that, although you do not have your precious child here to hold, that you have joy in the fact that you were graced with their presence, for however long or short you got to have them. I wish for you everything that is good.

Most sincerely,

💜💜 Linda Khadem

💙🦋 William's Mom 🦋💙



<https://centering.org/grief-digest-magazine/should-i-or-shouldnt-i-join-a-grief-support-group/>

Should I or Shouldn't I Join a Grief Support Group?

15 Things You Need to Know --- By Nan Zastrow



Donna stood outside in the parking lot, in the dark, trying to talk herself into entering the building. Once in the door, the next step would be to take the stairway to the conference room. The thought of it caused her palms to sweat and her heart pound. Then what? She would need to enter the room to meet a room-full of strangers who were likely grieving just like her. “What did I get myself into?” she questioned.

“Will I have to speak? What will people think about me? What if I cry?” Her fears were beginning to overcome her choice for joining a grief group. This raised her anxiety level even more. She tried to visualize someone else contemplating the same decision and wondered, “Is it possible someone else might bound out of the car and enter the room eager for the same experience? Why am I afraid?”

The truth is over the twenty plus years that we’ve been facilitating education/support groups, participants have expressed these feelings both ways. The idea of attending a support group to some people is intimidating. Let me suggest that sharing the experience with someone else going through the loss of a loved one far outweighs the burden of thinking grief is something I should be able to handle on my own.

Here are some basic points to consider as you weigh the choice of attending a group. Knowing what to expect might be the comfort you need to join.

1. *Grief groups aren't just for wailing women.* Our earlier culture depicted women as the wailers and grievers in the family, while men were meant to be stoic and hold the family together. Today's groups are a mixture of men and women, young and old, relationships of every kind, and death situations that vary from sudden to anticipated to traumatic. Grief has no boundaries.
2. *Grief groups dynamics may differ.* We are all individuals with unique expectations. Like most encounters in life, something needs to “click” for you to feel comfortable with someone you are meeting and sharing personal information with. How many times have you changed doctors, teachers at school, neighbors, or friendships just because they didn't click? Give your group a “try” and if it doesn't work, look for another option.
3. *Not all grief groups are alike.* Be aware of the kind of group you join. Some are educational, some are faith-based, some are sharing groups. There are also drop-in groups where you go when you feel like it. Or there are open-end groups that typically meet about once a month and participants change frequently. Closed groups typically run for a set number of weeks and participants attend consecutive weeks.
4. *Grief groups are not formal therapy or professional counseling sessions.* They are an assembly of individuals facing a similar experience. It's a place to find comfort when another person's experience feels similar to yours. Groups are a place to share and support, but not to get professional advice on how to deal with the specifics of your loss or other problems that result from loss.

5. *You may not be “ready” to attend a grief support group.* If it’s too early in your grief, the thought of sharing feelings might be overwhelming. You may also be looking for instant validation that grief gets easier, and the truth is it takes time. There are no quick fixes. You know yourself best. Some people are ready in weeks, for others it may take months or years before they are ready to accept the loss and move forward.
6. *Grief groups are not just a place to vent* about your sadness, your uncertainty, your fears, and your shoulda, woulda, and coulda thoughts. It’s a place to learn how to replace these insecurities with action plans to help you move past your hardest moments.
7. *Grief groups allow you to voice your regrets and acknowledge outbursts of anger and guilt.* After all, these are the reality. You are protesting how loss has changed your life. These often-hidden emotions of grief can be uncovered and neutralized with positive grief work.
8. *Grief groups will not take away all of your pain or grief.* They are meant to help you through the difficult days and give you coping skills to manage your loss until you learn to live with it. You can live with it when you understand it; and it doesn’t consume every waking moment.
9. *Grief groups are a place for stories and memories.* After all, it’s the positive memories that remain long after the pain of grief. They are the keepsakes that honor the lives of our loved ones. Though some memories may fade, others will continue to bring you peace and joy!
10. *Grief groups can help you discover choices that may enrich your life in the future.* Healing your grief sometimes involves difficult choices, forward planning, and perseverance. No one can “grieve” for you or determine your future path. You will be challenged by changing values and priorities. A grief group can help you recognize your options.
11. *Grief groups avoid judgment.* As the cliché goes “You can’t understand someone until you’ve walked a mile in their shoes.” Grief groups provide a safe place and avoid comparison. No one can determine that his or her loss is more significant than another’s.
12. *Grief groups help you understand that familial and social relationships are often misunderstood* following a death. You may even find fighting within the family and your support system may seem to crumble. Understand the combination of factors that might be the trigger. While the group can’t resolve your problems, it may help you get a new perspective on how to rebuild the peace.
13. *Grief groups respect the role of all religions and spirituality in grief.* Some groups build their support around Biblical verse, teachings, and consolation. Others recognize that sometimes grief challenges one’s faith for a period-of-time. Groups may offer practical everyday ways to heal one’s wounded faith. Any group should welcome participants to share their beliefs as part of their healing process.
14. *Grief groups offer Hope.* Grief groups help rebuild self-esteem, establish resiliency, and create stability. After significant loss, you are forever changed. Discovering your new normal and the “new you” reveals so many possibilities for future growth and empathy.
15. *Ultimately, grief groups serve a purpose other than admitting that loss hurts.* It’s a place to recognize that you are not alone. It’s a place to surrender your hurt and allow others to absorb your pain along with their own. It’s a place to heal.

Don't pass up this opportunity on your grief journey. We make a lot of choices in life and when loss has complicated our day-to-day existence, choose to allow others to understand you, nurture you, and offer you their friendship. Grief groups don't need to be scary. They can be the best choice you make in living after loss.

About the Author-----

Nan Zastrow

In 2018, Wings-a Grief Education Ministry will celebrate its 25th anniversary as a non-profit organization. Wings was created as a ministry of hope by Nan and Gary Zastrow after the death of their son, Chad Zastrow. On April 16, 1993, Chad died as a result of suicide. Nan is the author of five books, a quarterly online grief eLetter and dozens of articles published in various resources. Since 2003, Nan regularly publishes articles in **Grief Digest Magazine**. Visit the website at: www.wingsgrief.org or the Wings Facebook page.

Lean On Me

Sometimes in our lives
We all have pain
We all have sorrow

But if we are wise
We know that there's always tomorrow

Lean on me
When you're not strong
And I'll be your friend
I'll help you carry on...

For it won't be long
Till I'm gonna need somebody to lean on

Please swallow your pride
If I have things you need to borrow

For no one can fill
Those of your needs that you won't let show

You just call on me brother when you need a hand
We all need somebody to lean on

I just might have a problem that you'll understand
We all need somebody to lean on

If there is a load you have to bear
That you can't carry

I'm right up the road
I'll share your load
If you just call me

Call me
If you need a friend
Call me (call me)
If you need a friend
If you ever need a friend

Songwriters: Bill Withers

<https://www.youtube.com/watch?v=fOZ-MySzAac>



<https://mindfulnessandgrief.com/>

Grief In The New Year: 5 Mindful Tips To Cope



By Heather Stang, MA, C-IAYT

Updated: October 16, 2022 Posted: December 20, 2021

Grief in the new year is never easy. I have been writing about New Year's Grief for a decade, and I know that on New Year's Eve the MindfulnessAndGrief.com website is busier than any other night of the year. I share this because I want you to know that you are not alone.

Whether your loved one died in 2021 or decades ago, when you are grieving, New Year's does not pass by without your thinking of, and yearning for, the person you love and lost. It is normal to feel strong emotions. It is normal to not know what to do.

So let's take a collective breath in, and out, to honor all our fellow humans who are missing someone right now. This includes you.

Coping With Your Feelings About The New Year

The new year is a marker in time. As we transition from 2021 into 2022, some of you may be feeling ambivalent. Part of you may be digging in your heels, while another part can't wait for this awful year to end. However you are feeling, please own it. Acknowledge the spectrum of feelings without judgement or shame. This will give you the space to tend to what hurts while loving the memories that remain.

How To Face New Year's Grief

As with other holidays, anniversaries, and days that end in -y, feeling sad, angry, anxious, resistant, confused, detached, or any other difficult emotion is par for the course when you are grieving. Instead of fighting the reality that things are different, let go a little and allow yourself to do things a little differently than before. Here are a few ideas to help you cope with grief in the new year.

5 Tips to Cope With Grief in the New Year

1. Focus on self-compassion and self-care instead of self-improvement.

If you are grieving in the new year, you may want to skip the typical New Year's resolutions and instead focus on self-care for your grieving mind, body, and spirit. Simple things like getting good sleep, eating nourishing food, and exercising a little bit each day will help your body and mind support you during loss. However, do these things with an attitude of self-care instead of self-improvement, which is often implied in our resolutions. Don't add to your suffering by trying to attain an unrealistic goal. Instead, treat yourself as you would treat a beloved friend in the same position. You can even start compassionately tending your grief with my free [New Year's Eve Grief Meditation Retreat](#) At Home.

2. Create your own mantra to replace “Happy New Year.”

If you are like most grieving people, the idea of being happy is a bridge too far from where you are right now, but since you are going to hear these words again and again, you may as well incorporate them into your self-care practice. Instead of feeling bad for not feeling happy, or angry that someone would assume you could feel happy, use these three ubiquitous words as a reminder to send yourself compassion.

Try this: Each time you see or hear “Happy New Year,” offer yourself words of kindness that resonate with you. For example, “May I treat myself with kindness this year,” or “May I have a Compassionate New Year,” or simply “This is hard and I am doing my best.” This not only puts you back in the driver’s seat so you have a modicum of control over your experience, but it is also a great bell of awareness that can remind you to take care of yourself.

3. Know that you are not leaving your loved one behind.

When you cross the threshold of a new year without your special person by your side, it can feel like you are leaving them behind. That isn’t the case. Yes, the annual change of the calendar is a marker that time is passing, but you will never forget your special person, no matter how many years go by.

Take some time out early this year to reflect on the ways you carry your special person with you. What habits, likes, dislikes, hobbies, or mannerisms do you share with them? What are your favorite memories of your time together? If they are a blood relative, in what ways do you look like them? They have left their mark on your heart, and that will never go away.

4. Prioritize your grief-work with your new calendar.

Instead of just scheduling things you *have* to do, use your new calendar to plan what you *need* to do to support yourself this year. While none of us have a crystal ball, most people find holidays and anniversaries especially challenging. Record them on your calendar, and plan how you want to spend those special days.

And knowing what you are going to do on these special grief-days may help reduce your anxiety. Whether scheduling coffee over Zoom with a supportive friend on your loved one’s birthday, or joining a wider circle of friends and family to reminisce on the anniversary of their death, be sure to connect with others unless you really prefer to spend time alone.

You can also plan ahead to attend grief support groups and memorial events through your local hospice or grief group, many of which are offered online during the pandemic.

I host the [Awaken Meditation & Journaling for Grief Group](#) online every Tuesday, and can tell you firsthand how beneficial regular group support can be.

Prioritize your group by putting it on your calendar *now*, before work and other obligations take over. You can also block off self-care time for self-massage, yoga, meditation, journaling, or just free time to do as you wish.

5. Steady your mind in the present with meditation.

The human brain is rarely fully present, and this is especially true when we are grieving. Part of us wants to fast forward and leave this awful time behind, but an even bigger part wants to turn around and sprint back to the time when our loved one was still alive. The reality, of course, is that we can’t control the passing of time, but we can control what we do with our attention. In the meditation world, we call this bouncing around “monkey mind.” Although it is just a side-effect of being human, ruminating rarely reduces our suffering.

There are countless ways you can learn to tame your mind with meditation, but I find that in the early days, months, and even years of grief, focusing meditation practices can be especially helpful.

Try this: with your eyes open or closed, turn your attention toward your breath. As you breathe in, silently say to yourself – *In*. As you breathe out, silently say to yourself – *Out*.

Do this over and over each time you breathe, for three to five minutes. When your monkey mind wanders off, find your breath again and start over. It doesn’t matter how often you need to begin again. After a few minutes, you may feel calmer and more in control of your own mind.

PATHWAYS CENTER

for GRIEF & LOSS

LOSING A LOVED ONE TO DRUG OVERDOSE

If you have experienced the death of a loved one from accidental drug overdose, your reactions and emotions may be unlike anything you have ever experienced! You are not only left with the devastation of the loss, but there may also be feelings of veiled guilt, shame, discomfort or anger. Society treats this death in a much different manner than death from any other natural cause, often creating a stigma difficult for you to navigate and uncomfortable for others. It is important for you to know that the following responses are common in, what for you, may feel like an abnormal and uncharted situation. Even if you have experienced some of these, please know that the intensity and duration often change and lessen over time. We have also included some tips to better cope and move forward through the pain of your loss.

Common Reactions:

- Sadness over not having the chance to say “goodbye”
- Helpless that you could not protect your loved one
- Fear of judgement from others regarding you, your family or your deceased loved one
- Disappointment in yourself for not having a sixth sense or picking up on clues
- Struggling with unanswered questions and the need to understand how this happened
- Mood changes of sadness, anxiety, irritability or crying spells
- Impatience while waiting for toxicology or police reports if these were initiated
- Anger at your loved one, or others who may have played a part in their addiction
- Needing to place blame ~ either on yourself, someone else or your deceased loved one
- Difficulty concentrating, forgetfulness, fear you are “going crazy”
- Frustration over the lack of support and understanding from others about addiction
- The need to have your loved one remembered for the good in him/her and not the way he/she died
- Difficulty sleeping, having intense dreams, intrusive thoughts or flashbacks about the deceased or circumstances at time of death
- Feeling isolated from supports and possibly lacking places to talk about your grief
- Fear of this happening to others you care about

What May Help:

- Acknowledge the reality of the circumstances of this death. This helps to address complicated feelings and reactions to your loss which may open doors to healing for you and others who have experienced the same type of loss. Each voice expressed begins to change the stigma of death by overdose and decreases the vicious cycle of isolation.
- Don't define your loved one by his/her addiction. The way your loved one died does not take away from the fact that he/she was a person who was valued and loved. A person who deserves to be remembered and grieved. Begin to consider ways to continue this legacy of love by finding positive ways to remember your loved one.
- Find healthy ways of acknowledging and expressing your feelings.
- Understand addiction. Learning about this disease may help you to know that you are powerless over addiction. All the money and love in the world cannot beat addiction.
- Understanding the struggle your loved one had may decrease feelings of guilt rather than having them spiral into unhealthy and untruthful proportions.

- Help others understand and know what is NOT helpful in regards to their comments and actions. Educate them if they are willing to learn, and if not, you have the right to limit your interaction with them and focus on healthy and positive supports.
- Research what specific resources are available in the area of addiction loss. Some of the ones below may help you feel less alone and provide a safe place to express your feelings.
- Seek professional help from a therapist or your doctor for reactions that persist and may interfere with functioning.

Websites:

- www.thefix.com/mothers-lost-children-overdose - The Fix is the world's leading website about addiction and recovery. Their mission is to destigmatize all areas of addiction and mental health matters.
- www.grasphelp.org – GRASP is Grief Recovery After Substance Abuse, a national resource founded to provide sources of help, compassion and understanding for those whose loved one died from substance abuse or addiction. They also provide online and in person support groups throughout the country.
- www.overdoseday.com/tributes - International Overdose Awareness Day is an annual global event to raise awareness of overdose and reduce the stigma of drug related deaths. Acknowledging the grief felt by families and friends, Overdose Day spreads the message that the tragedy of overdose is preventable.
- www.survivorresources.org – Restoring Hope, Reclaiming Life is their focus. Survivors Resources is a non-profit organization that offers support groups, crisis response, grief counseling and other services for families of victims of death due to homicide, suicide, accidental overdose or violent deaths.
- www.whatsyourgrief.com/10-helpful-tips-talking-children-drug-related-death-loved-one
- www.pinterest.com/coveredCWL/overdose-awareness-dayribbons/ -- provides a variety of bracelets, pins, ribbons and stickers in memory of those lost to overdose.
- www.overdoseday.com/product/international-overdose-awareness-day-badge/ Provides a silver badge to show support of International Overdose Awareness Day
- www.broken-no-more.org Provides support and guidance to those who have lost a loved one due to substance abuse.

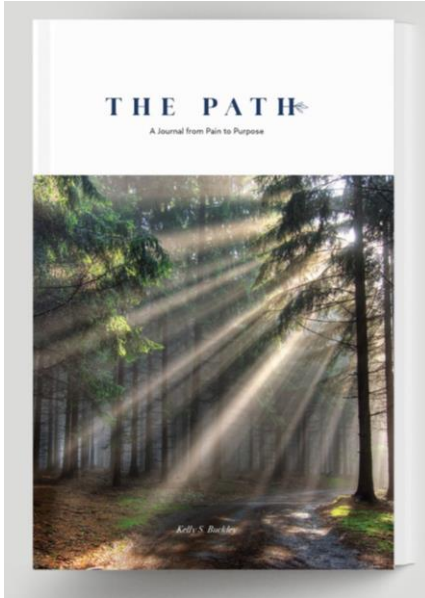
Books:

- *When A Child Dies From Drugs* by Pat and Russ Wittberger
- *Losing Jonathan* by Robert and Linda Waxler
- *Life After the Death of My Son: What I'm Learning* by Dennis L. Apple
- *One Way Ticket: Our Son's Addiction to Heroin* by Rita Lowenthal
- *Devastating Losses: How Parents Cope with the Death of Child to Suicide or Drugs* by William Feigelman, John Jordan, John McIntosh, Beverly Feigelman
- *Dark Wine Waters: My Husband of a Thousand Joys & Sorrows*, Frances Simone
- *The Grief Chronicles: A Survivors Manual for Death by Overdose* by Marie Minnich

Prepared by Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy, PA 17552 Phone: (717) 391-2413 or (800) 924-7610 ♦
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The Path Journal

Kelly Buckley



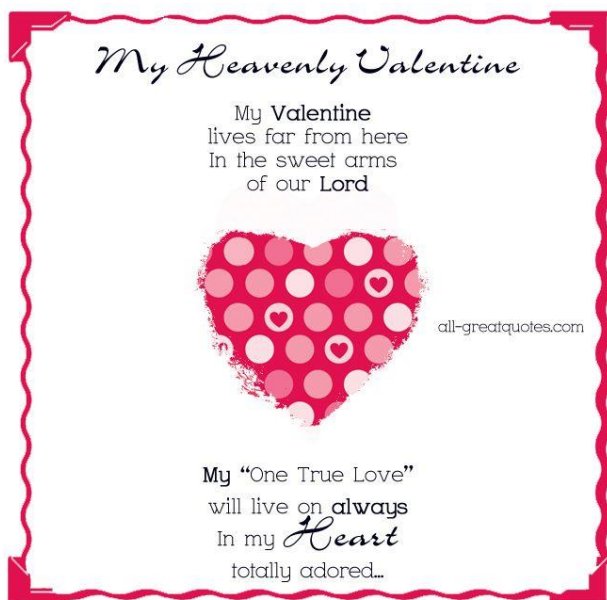
Following her two books on grief and gratitude, *Just One Little Thing* and *Gratitude in Grief*, Kelly S. Buckley now presents *The Path: A Journal from Pain to Purpose*. The journal is filled with impactful writing prompts covering topics on grief, ranging from things left unsaid to recurring memories to traditions and special days. “Grief can surge back like a rogue wave, even when the person looks just fine on the outside,” Buckley writes. This journal offers a guide to writing about the deep—and sometimes complex—parts of loss.

Although this journal won’t change the pain of your loss, it will help you:

- Express your grief through the written word, sketching, doodling, and more
- Process conflicting emotions surrounding the loss of your loved one
- Give yourself compassion, love, and comfort during your darkest days
- Find gratitude in the little things
- Reflect on your experiences and emotions as you grieve
- Modify your internal conversations with affirmations to see the possibility

and hope

Your grief story deserves to be acknowledged and written. No matter what the circumstances, you can find purpose in your grief. *The Path* will help you create your unique roadmap through your grief, revealing tiny blessings and flickers of light along the way, guiding you to a place of gratitude and healing through even the most difficult of losses. <https://store.kellybuckley.com/products/the-path-journal>





Our Children Remembered January 2023

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

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

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

Emily Ann Blazejewski
Daughter of Lee Ann and Doug Blazejewski
January 27, 1997 - January 2, 2004

Charlotte O'Brien Boone
Daughter of Eve Boone
July 23, 2006 - January 19, 2015

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

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

Thomas Ryan Broderick, Jr
Grandson of Mary Jo and Ed Broderick
January 6, 2018 - January 6, 2018

Paul John Burash
Son of Robert and Sandra Burash
January 18, 1972 - August 8, 1992

Andrew Leland Carlson
Son of Eric and Lois Carlson
January 14, 1991 - July 14, 2016

Emily Christina Davidson
Daughter of Fran Smith
July 24, 1972 - January 13, 2011

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

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

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

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

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

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

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

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

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

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

Thomas Jeffrey Schall
Son of Tom and Joyce Schall
January 16, 1963 - January 7, 2002

Emily Ann Schindler
Daughter of Charles and Jane Schindler
July 27, 1985 - January 27, 2004

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

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

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

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

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

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

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

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



My Heart Will Go On

by Celine Dion <https://music.youtube.com/watch?v=Siz-xBflqpg>

Every night in my dreams
I see you, I feel you
That is how I know you go on

Far across the distance
And spaces between us
You have come to show you go on

Near, far, wherever you are
I believe that the heart does go on
Once more, you open the door
And you're here in my heart
And my heart will go on and on

Love can touch us one time
And last for a lifetime
And never let go 'til we're gone

Love was when I loved you
One true time I'd hold to
In my life, we'll always go on

Near, far, wherever you are
I believe that the heart does go on
Once more, you open the door
And you're here in my heart
And my heart will go on and on

You're here, there's nothing I fear
And I know that my heart will go on
We'll stay forever this way
You are safe in my heart and
My heart will go on and on



Our Children Remembered February 2023

Bethany Anne Balasic
Daughter of Paul & Claudia Balasic
2/13/1981 - 4/5/1996

Christopher Ryan Boslet
Grandson of Carol N. Boslet
10/23/1985 - 2/20/2003

Amber Marie Calistro
Daughter of Patti DiMiceli
2/28/1976 - 10/30/1980

Chrystal Marie Clifford
Fiance of son of Marilyn Mabe
7/16/1978 - 2/17/2001

John Mario DeMichiei Jr.
Son of John & Linda DeMichiei
2/24/1979 - 10/23/2008

Zachary Lee Dukes
Son of Cindy Dukes
2/12/1989 - 3/31/2010

Jenna Leigh Erickson
Daughter of June & Jed Erickson
2/12/1988 - 2/5/2011

Thomas Dash Ertter
Son of Helen Akerley
12/25/1985 - 2/10/2021

Manuel Junior Esparza
Son of Dianna McKinnon
3/20/1987 - 2/14/2012

Triniti Marquelle Fleming
Daughter of Brittany Boone and Marcus Fleming
2/12/2020 - 10/17/2020

Melissa Ireland Frainie
Daughter of Kathy & George Ireland
12/12/1971 - 2/12/2007

Katie Fritz
Daughter of Carol Fritz
10/29/1977 - 2/27/1993

Suzanne Boyer Hyatt
Daughter of Jenni Lucke
2/23/1982 - 11/6/2017

Richard Arland Jackson
Son of Margaret Jackson
2/9/1990 - 10/22/2010

Lemuel Andrew Kane
Son of Grace Marie Watkins
2/22/1966 - 8/3/2017

Carlester Wilmore Kane
Son of Grace Marie Watkins
2/22/1964 - 12/18/1998

Adam Marcus Ladny
Son of Lois and Marcus Ladny
7/20/1984 - 2/24/2020

Timothy Jarrett Mabe
Son of Marilyn Mabe
10/29/1977 - 2/18/2001

Jolene Dawn McKenna
Daughter of Charlene Kvech
2/8/1967 - 11/22/1971

John David "JD" Openshaw
Son of David & Lily Openshaw
11/9/1994 - 2/21/1997

Brian James Para
Son of Joan Para
2/19/1970 - 3/19/1991

Marco Pena
Nephew of Dianna McKinnon
11/28/1989 - 2/14/2012

Sienna Monet Potter
Daughter of Trisha Potter
7/23/2002 - 2/27/2021

Thomas H Redmiles
Son of Mary & Joe Redmiles
2/22/1985 - 3/14/2011

Tanager Rú Ricci
Son of Kathy Franklin
10/19/1977 - 2/16/2004

David C. Schmier
Son of Gordon & Virginia Schmier
6/26/1964 - 2/10/1992

David William Tomaszewski
Son of Richard & Carol Tomaszewski
9/4/1974 - 2/6/2001

Vincenzo Turazzo
Son of Tracey Turazzo
2/22/1999 - 10/7/2021

Timothy Allen Umbel
Son of Richard & Mary Ann Umbel
2/16/1982 - 9/15/2002

Evyn Bryce Wygal
Son of Pam & Bill Wygal
2/15/1991 - 2/24/1994



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.

Newsletter and Website Sponsorship Donations:

Jody Seyffreth in memory of Donald Seyffreth Jr
Horace Tsu in memory of Cathryn Tsu.

Memory Walk Donations:

Janet & Danny Tyler in memory of Brittany Tyler
Marta & chuck Williams in memory of Matthew Williams
Jane Lee Johnson in memory of Gabby Berryman
Kelly McNeely in memory of Gabby Berryman
Pamela Joe & Anjo Yetle in memory of Gabby Berryman
Daniele Medina, Cassandra Jackson, Andre Jackson in memory of Gabby Berryman
Ariyah Nash in memory of Kayla Perry
Taricio Simms in memory of Michael Simms
Jody, Angie, Donn Seyffreth, Rodrigo & Diego Vargas in memory of Donny Seyffreth
Renita Shaw in memory of Dominique Shaw-Morton
Molly Simms in memory of Michael Simms
Maia Ruffin in memory of Gabby Berryman
Leah Myers in memory of Gabby Berryman
Sandi & Bob Burash in memory of Paul Burash

Service of Remembrance Donations:

Leona Karl in memory of Ryan John Karl
Mary Tyson in memory of Kevin Tyson
John & Cathi Campbell in memory of Hannah Lindley & Faith Campbell
Aurelia Ferraro in memory of Dora & Jeff Baldwin
Tom & Susan Bolander in memory of Alexandra Bolander
Jerry & Lorraine Crouch in memory of Sherry Crouch-Burford
Cindy & Stephen Earp in memory of Devin Hall
Barbara Orndorf in memory of David Brian Clutter Sr
Marie Dyke in memory of Michelle Marie Dyke
Robert & Barbara Bessling in memory of Richard Allen Bessling
Bob & Sandi Burash in memory of Paul Burash
John & Linda Grimm in memory of Jeffrey Andrew Grimm
Rachael Hand in memory of Adrian Bernard Andrew Ortega
Leroy & Jeanne Jones in memory of Brian Keith Jones, Jeremy Jones, & Roger Johnson
Sandra Jones in memory of Dustin Alan Jones
Lois & Marcus Ladny in memory of Adam Marcus Ladny

Service of Remembrance Donations con't:

Elvira & Tom McCormick in memory of John Thomas "Tommy" McCormick
Mary & Joe Redmiles in memory of Thomas Hubert Redmiles
Kathleen Savage in memory of Robert M White
Lewis & Peggy Strader in memory of Christopher Lewis Strader
Judy & Louie Bolly in memory of Wendy Jean Bolly
Kathy Franklin in memory of Tanager Ru Ricci
Patricia Rogers in memory of Gabrielle Alexis Berryman
Doug Blazejewski in memory of Emily Ann Blazejewski
Jody & Bill Dale in memory of Joshua William Sims Dale
Ellen Foxwell in memory of Michael Dwayne Nokes
Sam & Maureen Funkhouser in memory of Edward Allen Funkhouser
Alycia Marshall in memory of Aaron Gene Marshall
Bobbi Remines in memory of Joseph & Stefanie Remines and Ramona Hale
John & Glenda Skuletich in memory off Abigail "Abbey" Helen Skuletich
Marta & Chuck Williams in memory of Matthew Tyler Williams
Marla & Michael Dickens in memory of Michael James Dickens Jr
Gordon & Peggy Haines in memory of Matthew Gordon Haines
Dot Carter in memory of Fred Carter and Brittany Tyler
Rhonda & Norman French in memory of Brandon Robert French
Michael Milord in memory of Daniel "Dan" Milord

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 aabereavedparents@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. Or when you come across a graphic, proverb or saying, that touches your heart, 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 **Feb 15, 2023, for the Mar/Apr 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 **February 15, 2023 for the March/April 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 and encouraged. Please contact our Editor at ctomaszewski74@gmail.com or Chapter Leader at aabereavedparents@gmail.com before widely distributing the newsletter or using any content in any manner.

CHAPTER CONTACTS:

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

Treasurer: Joe Belcher

Refreshments: Sandi Burash, 410-551-5774

Librarian: Bob and Sandi Burash

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

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

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

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 need a Web Master, 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 are a wonderful way to support other bereaved parents and can be made 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 need 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/>

BITS AND PIECES OF INFORMATION

New Resource Birth Injury Center

My name is Rebecca Wilde. I work for an advocacy center called Birth Injury Center. Our mission is to assist anyone who has been affected by a birth injury, and our website is a compilation of information around the different types of injuries. Did you know that stillbirths are the 5th leading cause of death worldwide? To see our organization and the information we wrote that goes into detail on this global problem check out the link below:

Intrauterine Fetal Demise (Stillbirth) - birthinjurycenter.org/types-of-birth-injuries/intrauterine-fetal-demise/

What's important to us is providing resources and help for those families that are affected. I think our information could be a useful addition to your Chapter for that reason.

BPUSA 2023 National Gathering Conference – Forever in My Heart



**FOREVER IN MY HEART
JULY 20th - 23rd 2023
GATHERING CONFERENCE
WASHINGTON DULLES HILTON**

FANTASTIC RATE!!! Only \$94.00 per Night!!!!

Outstanding & Dynamic Speakers BPUSA GATHERING
Comprehensive Workshops and Events
Well-appointed guest rooms and event functioning space
Complimentary shuttle to and from Dulles Airport
Pet friendly rooms
Indoor/Outdoor Swimming Pools, Jacuzzi, Fitness Center

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. Check the BPUSA National website for updates, registration, and hotel accommodations. <https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/>

The Gathering Conference is a three-day event with keynote speakers, workshops, meals, and memorial ceremonies designed to help bereaved parents and their families understand that they are not alone in their grief. Participants come away feeling refreshed and revitalized, better informed about the grieving process, more aware of hope and promise, and affirmed by meeting new friends who travel the same path. This year's Gathering theme, Forever In My Heart, reminds us that the memories and love shared are eternal and that there is a way to continue forward with hope, strength, positivity, and love.

Seriously consider attending. Not only can you drive there, cutting down on costs, but the atmosphere is uplifting and comforting. The Gathering provides a forum for you to connect with other bereaved parents, attend workshops that are of interest to you, and hear keynote speakers who will touch your heart. --- Carol Tomaszewski