



Anne Arundel County Chapter

Offering Support, Care and Compassion

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Thomas Dash Ertter

December 25, 1985 – February 10, 2021



My dear sweet boy, my handsome young man, the most brilliant piece of my heart,

You are the loveliest Christmas gift I ever received; and the 35 years our paths ran alongside each other, are the finest years I will ever have.

You were a dazzling combination of old soul on a quest for enlightenment and

brash young man with an insatiable need for adrenaline, who practiced kindness, compassion, and curiosity in all things.

While it was my job to teach you, shape you, guide you, I spend much of my time reflecting on

how much you taught me, shaped me, helped me be a better human.

Your mark, on all of us you left behind, is

Deep
Beautiful
Permanent
Love, Mom

Thomas H. Redmiles

February 22, 1985 - March 14, 2011

Tom, missing your loud hilarious laugh,
your feet pounding up our stairs,
your sweet smile and kind, caring heart.

For 12 years and counting.

Until we meet again my sweet, sweet Tom.

Love, Mom & Dad.



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



Our beautiful, 27 year-old, baby boy,

Grandma has gone to join you in Glory so close to your own Heaven anniversary. She now rejoices with you in the presence of the Almighty and our Beloved Savior. I know you welcomed her with open arms. Was there a party waiting, as Grandpa believed before he went to see you? Our hearts are broken seemingly beyond repair that you are not with us to hug and hold, but at the same time filled with joy and gratitude knowing you are jubilant beyond our wildest earthly imagination. We miss you more than mere words can express.

Love,
Mom, Dad, Seyed, Susan and Darling Hayden



UPCOMING EVENTS

MESSAGE OF HOPE with Alan Pedersen, March 12. See pages 23 - 24 for details.

BPUSA NATIONAL GATHERING, July 21 – 23. See page 25 for details.
Our Chapter will reimburse the registration fee for 10 members.

COMMUNITY OUTREACH effort, see page 26 for details.

March 2, 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,
301 Rowe Blvd, Annapolis, MD 21401

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 20 or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, aabereavedparents@gmail.com

March 2, 2023 Monthly Gathering: *Alan Pedersen* will join us in person. His talk will focus on “Grief and Regret.” 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: *Paul Balasic*, will speak on “Music and Grief”.

Other important dates:

March 12, 2023, 2– 6 PM: *Alan Pedersen* will provide a presentation on **Grief and Loss.**

Plan to join us for a very memorable time of comfort and healing. See page 23.

July 21 – 23, 2023: **BPUSA National Gathering.** See page 25 for further information.

“The Thing With Feathers”

Dedicated to Cathryn's dad and all those who suffer.

There is a famous poem which starts: “Hope is the thing with feathers, that perches in the soul and sings the song without the words and never stops, at all”.

I found it just after William died. I scoffed when I read it. What BS, I thought. Hope does stop or it can, anyway. Hope can come to an abrupt halt when your beloved son dies right before your very eyes. Hope can come to a screeching stop in the matter of an instant. Hope can be torn away from you without a whiff of warning.

That is what happened to me. My beautiful William was so proud of himself. In the three months that I had been gone to my parents' house in Sneads Ferry, North Carolina to help with my father who had stage 4 lung cancer, William had gone from not being able to run but a few blocks without getting winded, to being able to easily run 5 miles. He was so proud of himself. He could not wait to show his older brother, Seyed.

They had not been gone long when my husband came home from the run. He had not eaten and was getting tired. After just the time it took me to get the egg rolls from the microwave, he had begun to fret. What was taking them so long? He asked. Why were they not back? He had only begun to pace the floor when a call came from Seyed. Send Dad down immediately! Something has happened to William.

Yoosef tore out of the house and in no time, Seyed had raced up and told me to run to the car. We had to get William to the hospital immediately. There was no time for an ambulance.

I left so quickly, I forgot my purse and shoes. Seyed and Yoosef ran to get them. In those few moments, I was alone with William. Me, in the front passenger seat and William, lying face down, in the back.

I put my hand on his back to comfort him and tell him everything was going to be ok. We were going to get him to a hospital just as soon as Daddy and Seyed got back.

Before I could get the words out to reassure him, I became frightened with the thought that something was not right. Something was strange. Something was horribly amiss.

How could it be? No, it could not be. It had to be my imagination. It had to be an illusion. It had to be my fear. William's chest did not appear to be rising and falling. That was impossible. That COULD. NOT. BE.

I ran to the other side of the car to get a look at his face. My world stopped. My entire life came to a screeching halt. My fantastic, perfect, wonderful life would be forever altered in that blink of an eye. My baby's lips had begun to turn blue. The impossible had become my reality. I looked around to see what new dimension I had begun to inhabit. Everything moved in slow motion, yet all at once. All of the sudden, William was on the ground and some stranger was giving him CPR.

Somehow, I found myself calling 911. They put me on hold. When the operator came on, she started telling me to tell the man to pump faster and do more compressions. Somehow the words emanated from my lips. I told him over and over, but he kept doing everything the same, slow, methodical way. I wanted to scream at him, “Go faster! Go faster!”, but I was frozen. Just as I had been in my childhood when awful things had happened to me. I remained frozen like a deer in the headlights. I stood there and did nothing.

The guilt that I feel for not making the man go faster or for not doing the CPR myself, is so painful that it lies buried deep within my soul, only to resurrect itself at my weakest moments. I cannot allow myself to think that, had I taken action, I might have been able to save him. The guilt would be too overwhelming.

I can only write these words because I have divorced myself from the torrent of emotion that would engulf me were I to allow myself to feel the horrendous amount of profound and penetrating guilt.

My monumental guilt got buried a million miles away and my hope flew a million miles away. I drank. I could not eat. Then I could not stop eating. I harmed myself. I spent many many, many days and nights thinking of ways to not exist.

While the guilt was buried - and still is - the horrific pain seemed never to stop. How could I go on without my precious William? No, there was no hope. There was no thing with feathers that perched in my soul.... No, there was no hope, at all.

Yet somehow, I am here. Somehow, I made it to the other side. Where I once had no hope or dreams of hope, I now live a life filled with happiness and joy. Most of the time, anyway. There are times when the pain and anguish hit me and I am knocked to my knees, but those times are getting fewer and less intense as time goes on.

While I have yet to deal with my guilt, I live a life of beauty and happiness, most of the time.

When I look back at where I was when this all started, I am humbled. I am in awe. How magnificently wondrous, how fantastically incredible, how miraculous it is that a human being, a bereaved mother, can go from searing, seemingly relentless pain, to true, unadulterated happiness? It has to be some sort of miracle.

It takes time. It has been ten plus years since my beautiful boy died. I lived without hope way too much of that time.

I do not want you to suffer the way I suffered. I want to tell you there is hope. No matter how much your heart is breaking now, no matter how much your soul is crying out in pain, there is hope. There is hope that your pain will lessen. There is hope that your tears will dry. There is hope that your days will be filled with joyous memories of the gift that was your precious child's life. There is hope that those memories will bring a smile to your lips before they bring a tear to your eye, as someone once said.

No, it does not feel like it now. It feels as if all hope is lost, but if you can hang on one more minute and maybe just one minute more, there will come a time that, after it rains, your heart will see rainbows. If you can hold on for just one minute, and maybe just one minute more, there will come a time when the gentle breath through your lips forms a song. It will startle you. It will take you aback. You may feel horribly guilty that you experienced a modicum of happiness after the death of your most precious child. Then, before you know it, it will happen again. It will happen again and again and again until, before you know it, you will smile more than you cry.

How in the whole, freaking world is that possible after your child dies????

It is because there really are miracles. It is because our children are out there. It is because our children are out there and they love us and want us to be happy.

They want us not to wither away in the land of abject grief and pain over their loss, they want us to rejoice in the realization that our lives were graced by theirs. They want us to sing praises to whatever Almighty Being there is. Whether you believe it is God or whether you believe it is the Forces of Nature, they want us to sing praises to that Force in our loudest voices with every fiber of our being!

When you think of it, is it not true? Are we not the most richly blessed because we got to have our beloved children, no matter how short or how long? And it is always too short.

Physician, heal thyself.

When a writer begins a piece, they never know where it will take them. Try as they might to direct it, the writing, or the inspiration of the writing, takes the writer in the direction it wants things to go. I believe our children have a hand in every piece I write. I see, by the wisdom our children have guided me to by this writing, that my beloved William wants me to make peace with myself. He loves me and wants me to forgive myself for not saving him.

How do I know that is his intent for me? I know it because I could not have come up with it on my own. On my own, I could never forgive myself for not pulling him out of the car, giving him the breath of life by my lungs and pumping his chest until he could breathe his own breath. No, I could certainly not do that on my own, but that is what my beloved William wants for me.

That is what all our children want for us. They want us to forgive ourselves the terrible burden we placed upon ourselves when we “could’ve, should’ve, would’ve”. They love us so much. They want us to be happy.

So, while I tell you to be kind to yourself, that is what your children want for you, I will tell myself to be kind to myself. That is what William wants for me. Be kind to yourself and give yourself a chance to rejoice in the gift that was your child’s life and have hope that, not only will there be happiness in your future, if you allow it, but have hope that you will see them, again - and that time will be GLORIOUS!





Do not expect that this miracle of miracles will happen quickly. It will take time. After all, it has already been ten years for me and I am only now beginning to TRY and forgive myself.

Let us agree to be kind to ourselves in that time. Let us agree that our children are our greatest blessings and that those blessings only want our happiness and well being. Let us agree that we are not only the most grievously wounded because we lost our children, but that we are also the most greatly blessed because we got to have them.

With all my heart and mind and soul and every fiber of my being, I wish you hope and the knowledge that our children are out there and that they love us and want us to be happy.

Most sincerely,

 Linda Khadem 

  William’s Mom  

Time to "Spring Clean" Your Grief

By Megan Meade-Higgins LMSW

<https://www.hopehealinghelp.com/wp-content/uploads/2013/02/Time-to-Spring-Clean-Your-Grief-by-Megan-Meade-Higgins.pdf>

Winter is finally almost over! Trees are budding, animals are coming out of hibernation- even people are "thawing out" after the long, cold days of winter. It's time to get ready for spring!



AFTER A LOSS

The death of a loved one can feel like the bitter days of winter. You go into hibernation, and turn inside yourself to cope with your pain and sorrow. It may be months before you pick your head up and look around and realize you've been immersed in your grief for so long that you've tuned out everything else- your family, your friends, even the change of seasons. You can only just now start to look around and move a little more outside yourself. This is what I call the heart and soul's "spring awakening." It is the time in your grief journey when your heart and soul begin to "bud" with little shoots of hope- where you can recall your loved one's death and still feel sorrow, but you also begin to remember the joy of your relationship.

"SPRING CLEANING" YOUR HEART AND SOUL

You will feel a momentum inside you when it is time to start "spring cleaning" your grief. Many people in your life may think they know when it's best for you to start this process. Friends and family may tell you to "get over it and move on," often before you are ready. But only you will know when the time is right. Respect your own timeline for grief; it will be different from everyone else's.

One suggestion for everyone, however: **DO NOT DO ANYTHING DRASTIC FOR ONE YEAR.** The first year after a loved one dies is full of "firsts:" first holidays, birthdays, anniversaries, etc. Your loved one's death is often too new and the grief too overwhelming for you to make any major decisions such as moving, changing careers or beginning new relationships. Let yourself ease back into life. How you feel right after a death and how you will feel in a year will be different. Commit to the one-year rule, and when that is over, take a deep breath and take stock of your life. Where are you now?

THE "STUFF" DOES NOT EQUAL THE PERSON

When you are ready to begin to "spring clean" your grief, you will begin to go through your loved one's "stuff," clothes, belongings, etc. It will be a sort of "life in review" for you. As you look through those papers and clothes and files and personal items, the things they loved and used and cherished, don't be surprised if it opens up the sadness all over again. The intensity of this grief may take you by surprise, like an unexpected snow in April. This is normal! Remember: as you go through their belongings, you are **NOT** giving away the person; you are only giving away and throwing out the stuff. You can never give them away; your love for them will always be with you and comfort you. It is actually very healthy for you to reminisce and cry and daydream of your loved one. While you are literally cleaning out your house, you are also cleaning out your heart and soul... and that is healing.

"SPRING CLEANING" TIPS

One really great way to do this "spring cleaning" is with someone who loves you and understands this bittersweet time. Reminisce about your loved one. As you go through their belongings, tell stories of the life you shared with that person. There is comfort in the shared joy and sadness this task will bring. Sometimes, knowing you are helping others can relieve some of the grief you are feeling. Many people give away some of the stuff they clean out to charities so that the gift of your loved one's life can go on. Keep your most treasured, favorite items to celebrate the life of the person who has died, and if you want, display them proudly!

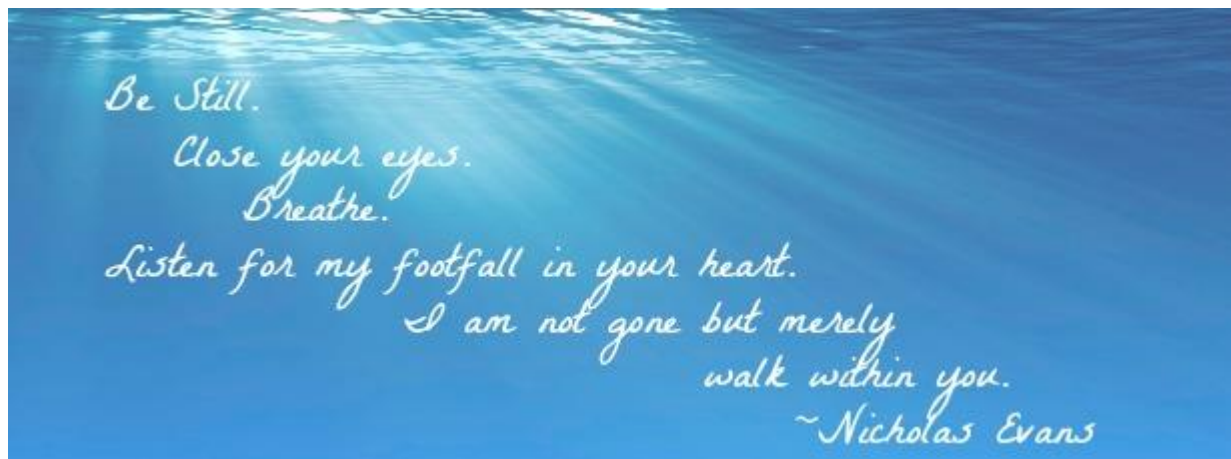
Time by yourself can often be good for "spring cleaning" your heart and soul, too. Alone time gives you the chance to reflect on your life with your loved one, and to start thinking about where you are headed. Lots of people will tell you it will take time, but you'll get "back to normal." A very important thing to understand about losing a loved one is that you will never be "back to normal." Things can never be exactly the same as when your loved one was alive. Instead, you will have to go on without that person physically in your life and create a "new" normal. Your loved one will always be with you, but now, it will be in a different way as you learn to live in the world without them there. How will it all turn out? No one knows... you cannot control the future or plan too far in advance. Make small changes, lean on your friends and family for support, and take it one step at a time. You CAN do it.

SEASONS CHANGE, BUT LOVE NEVER DIES

The death of a loved one is devastating. But death and loss are NOT the final word. Seasons change, and with death, relationships change, too. But in the circle of life, spring always follows winter, and new life grows from the greatest despair and loss. Embrace your pain, and when you are ready, do some "spring cleaning" and start letting it go. Your emptiness will be filled with new gifts and ways of loving your loved one, and you will be able to move on to the next season of your life.

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Megan Meade-Higgins is a Licensed Master of Social Work (LMSW) specializing in bereavement issues and grief management.



Seasons of Grief

© Belinda Stotler

Shall I wither and fall like an autumn leaf,
From this deep sorrow – from this painful grief?
How can I go on or find a way to be strong?
Will I ever again enjoy life's sweet song?

Sometimes a warm memory sheds light in the dark
And eases the pain like the song of a Meadow Lark.
Then it flits away on silent wings and I'm alone;
Hungering for more of the light it had shone.

Shall grief's bitter cold sadness consume me,
Like a winter storm on the vast angry sea?
How can I fill the void and deep desperate need
To replant my heart with hope's lovely seed?

Then I look at a photo of your playful smiling face
And for a moment I escape to a serene happy place;
Remembering the laughter and all you would do,
Cherishing the honest, caring, loving spirit of you.

Shall spring's cheerful flowers bring life anew
And allow me to forget the agony of missing you?
Will spring's burst of new life bring fresh hope
And teach my grieving soul how to cope?

Sometimes I'll read a treasured card you had given me
And each word's special meaning makes me see,
The precious gift of love I was fortunate to receive,
And I realize you'd never want to see me grieve.

Shall summer's warm brilliant sun bring new light,
And free my anguished mind of it's terrible plight?
Will it's gentle breezes chase grief's dark clouds away,
And show me a clear path towards a better day?

When I visit the grave where you lie in eternal peace,
I know that death and heaven brought you release;
I try to envision your joy on that shore across the sea,
And, until I join you, that'll have to be enough for me.

For all the remaining seasons of my life on earth,
There'll be days I'll miss your merriment and mirth,
And sometimes I'll sadly long for all the yesterdays;
Missing our chats and your gentle understanding ways.

Yet, the lessons of kindness and love you taught me,
And the good things in life you've helped me to see;
Linger as lasting gifts that comfort and will sustain,
Until I journey to that peaceful shore and see you again.

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Siblings & Grief: 10 Things Everyone Should Know

By DR. CHRISTINA HIBBERT

<https://www.drchristinahibbert.com/dealing-with-grief/siblings-grief-10-things-everyone-should-know/>



A photo of my youngest sister, Miki's, headstone, taken the day of my sister, Shannon's funeral.

I'm an expert on siblings and grief. Not because I'm a psychologist who specializes in grief. No. I am an expert because I have lost two of my sisters.

As I write, it is September 8, 2013—20 years to the day that my youngest sister, McLean, or Miki as we called her, died. She died of cancer of the kidneys. She was eight years old. I was eighteen. We buried Miki on September 11, 1993, my mom's birthday—a date that would forever be marked for my family, a date that would become marked for the United States, and the world, just eight years later.

On October 17, 2007, my closest sister, Shannon, died. Just 16 months apart, we'd grown up together; we knew each other intimately, we were best friends.

Siblings & Grief



My sister, Shannon, brother-in-law, Rob, and I, two years before they died.

Losing Shannon was even harder for me than losing Miki, and not just because we were closer. For one, I was older when she died—I understood loss better—but even more, because her husband had died just two months prior and she left behind two young sons. My husband and I would raise her sons as our own.

Tragic as it was—hard as it was to suddenly inherit two sons, and as much as I missed her—I still felt sorrier for my parents, for her children, for her close friends, for everyone but me. *I'm just the sibling*, I thought. How wrong I was. *How wrong so many of us are about siblings and grief.*

These two experiences have given me unique insight into sibling grief. I've experienced how the death of two different siblings, at two different times of my life, and in two unique sets of circumstances has impacted my family and me. These two death experiences were completely different. My understanding and the impact these deaths, based on my age when they died, was completely different. But, both of my sisters' deaths had a profound impact on my life.

10 Things Everyone Should Know About Siblings & Grief

There are many things people need to learn about siblings and grief. Here are ten *I* would like everyone to know.

1) Sibling grief is often misunderstood—by parents, families, friends, and counselors, even by the siblings themselves. So much focus is given to the parents of the lost child, to the children of the lost parent, to the spouse of the lost adult sibling. And, rightly so. But, what about the siblings? What about the ones who, like me, have grown up with the deceased? Who believed they would have a lifetime with their sister or brother? Who now face that lifetime alone?

2) Sibling grief “has been almost entirely overlooked in the literature on bereavement.” It’s no wonder, therefore, that even mental health providers misunderstand sibling grief. How are families supposed to know how to help siblings through grief if even the research on the subject is lacking?

3) Common emotions siblings may feel when a brother or sister dies include:

- Guilt
- Abandonment
- Loss of Innocence
- Fallout from the Family
- Somatic Symptoms
- Fears and Anxiety

4) Siblings may feel “trumped” by the grief of other family members. I sure felt this way, and it’s common, since the focus is usually on the parents if a young sibling dies and on the surviving spouse or children if an older sibling dies. This may lead to minimizing a sibling’s own loss.

5) Young siblings lose innocence when a brother or sister dies, which may lead to fears and anxiety; “Survivor guilt” is also common. Experiencing death as a child becomes a lifelong experience of processing and understanding the loss. Children grow up with grief, understanding more as they get older. Fear of death or dying is common. Anxiety or worry about getting sick may become prevalent. In young siblings, guilt for provocative behavior or for unacceptable feelings (jealousy) is common. Young children may think, before the death, “I wish my brother were dead!” then believe they somehow caused it to happen. Older siblings may wonder, “Why them and not me?” Because siblings are usually similar in age, it can bring up many questions about the sibling’s own life and death, and guilt along with it.

6) Surviving children do, unfortunately, end up taking the fallout from parents’, siblings’, or other family members’ mistakes, emotional blowups, or neglect. In many ways, siblings often experience a double loss: the loss of their sister or brother, and the loss of their parents (at least for a time, but sometimes, permanently). I know this from experience. Though my parents did the best they could, after my youngest sister

died, our entire family was different. My mom retreated into her own grief, staying in her room, depressed and sick for years. My dad retreated into work and anything to take his mind from his pain. Luckily, I was already on my own, in college, at the time; my younger siblings weren't so lucky. At 9, 11, 14, and 17 years old, they grew up with a completely different set of parents than I had. I tried to step in as a "parent" figure over the years, but the separation from my parents in their time of need profoundly influenced their lives. It profoundly influenced *my* life. It profoundly changed our family.

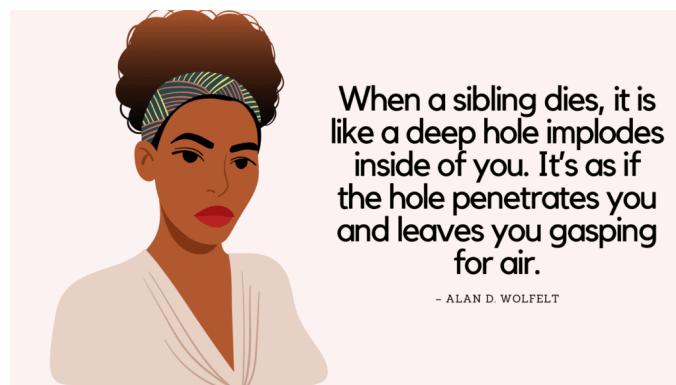
7) Siblings may manifest somatic symptoms of grief, including symptoms that mimic the deceased sibling's symptoms. Especially in young children, symptoms like stomachaches, headaches, nightmares, body pain, digestive symptoms, and trouble sleeping are common. These should be seen as symptoms of grief, and hopefully, an adult in the family can help siblings work through their feelings and show them how to grieve.

8) Having someone explain the loss to younger siblings, to be there for them and help them grieve, is ideal. Little children don't comprehend death in the same way adults do. It is therefore important to have somebody who can walk them through the loss and the grief process, to explain it wasn't their fault, to validate what they feel. If parents aren't able to do so, another family member or friend may, and hopefully will, step in.

9) Even adult siblings will feel the loss deeply. The pain isn't less simply because you're older. In fact, in many ways, it's harder. You understand more. You know what it means to die, and you will feel the pain of the loss in a different way than young children, who still haven't developed abstract thinking and understanding, will. Grieve your loss.

10) My best advice for siblings in grief: Feel the loss as long as you need to, and give yourself time to heal. Because sibling loss is so misunderstood, you may receive messages that make you feel like you should be "over it by now." They don't know sibling loss. Now, you do. It takes time. Lots of time. It's not about "getting over" the loss of a sibling. You don't get over it. You create your life and move on, when you're ready. But you will always remember your brother or sister—the missing piece of your life.

I once heard someone say, "When a parent dies, you lose the past. When a child dies, you lose the future. When a sibling dies, you lose the past *and* the future." That is the grief of a sibling—grief for what was past, and grief for what should have been the future. Just remember these things, my friends. Remember to be there for siblings in grief. You can be the difference in helping them create a bright future, even if they now must do so without their beloved sibling.





Questions Without Answers

How do you explain the loss of a baby?
That perfect little beautiful being
Tiny nose, hands and fingers
Sweet baby smell that fills your senses
That captures you with instant
love and attachment
An indescribable bond

What went wrong?
Why can't I just hold my baby?

How can you understand the moment
that the baby is taken away?
Along with all of the expectations
that are stripped from your life;
No baby to take home
from the hospital
No baby to love and cuddle
and nurse at night
Not getting to see that precious
little person grow and change
into somebody amazing;
No first tooth
No first words
No first steps
No first day at school

What went wrong?
Why did this innocent person
not have a chance?

And how do you describe the
infinite darkness that seems
laid out before you?
The aching arms
The dread and fresh pain
of each waking day
The whispers from family
members and friends
They have their own pain
They do not know what to
say or how to help

They do not know that
they cannot help
Nothing can help
Nothing but having your tiny little
miracle in your arms once again

What went wrong?
Why can't you help me?

How can you understand what
that tiny soul meant to me?
The depth and breadth of love
that bonds us to our core
Instead you judge me and tell
me I should move on
My child is gone and you
expect me to move on
For your own comfort
Not for mine

What went wrong?
Why can't you understand?

How do you explain the loss of a baby?

You can't.
But I will tell you this
That baby was a miracle so profound
And the purity of that baby's soul
was not meant for this world
And I take solace in the fact
that my baby and I will be
together again one day
And I will say "thank you"
because that baby has changed
my life for the better
And everything I do, I try to
do in my baby's memory
Because my baby was important
And she mattered.

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Our Children Remembered March 2023

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Lila McKenzie Henry-Starr
Daughter of Zac Starr and Eva Farina-Henry
January 8, 2022 - March 14, 2022

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Hailey Anne Shipe
Daughter of Kristen and Mike Dickenson
March 18, 2002 - June 25, 2022

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

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

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

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

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

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

Izayik Makeen Somerville
Son of Emily Gibson and Marcelis Somerville
March 21, 2022 - March 29, 2022

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



Our Children Remembered April 2023

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

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

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

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

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

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

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

Angela Rose Cook
Daughter of Nancy Cook
April 13, 1988 - May 22, 2022

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

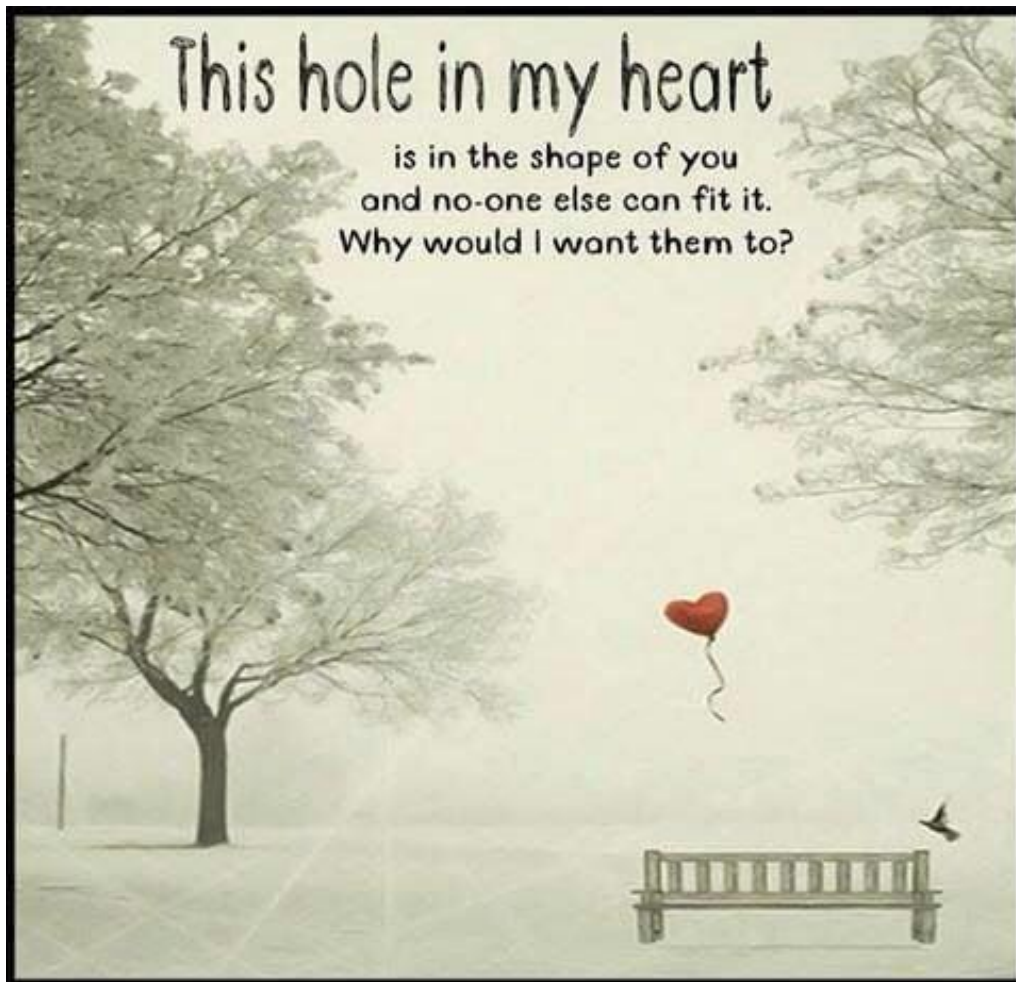
Andr  Marc Sanders
Son of Karen Sanders
April 8, 1968 - November 27, 2002

Ariel Carmen Silver
Daughter of Lee Wolff
July 20, 1986 - April 20, 2019

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

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

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



CREDO

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

We are not alone.

We are the parents whose children have died.

We are the grandparents who have buried grandchildren.

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

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

We are here to support and care for each other.

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

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

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

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

We are a diverse family.

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

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

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

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

But regardless of the emotions we bring to our meetings,

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

be better today than we were yesterday.

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

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

Our hope for today is to survive the day;

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

We are not alone.

We walk together with hope in our hearts.

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

General Donations:

Openshaw family in memory of J D Openshaw
Robert Reilly in memory of Michael Ian Reilly
Mary Green in memory of Andrew Smith
American Online Giving Foundation (Benevity)

Newsletter and Website Sponsorship Donations:

Helen Akerley in memory of Thomas Dash Errter
Joe and Mary Redmiles in memory of Tommy Redmiles
Linda and Yoosef Khadem in memory of William Khadem

AmazonSmile donations– Unfortunately, Amazon has terminated their AmazonSmile donation program in order to “pursue and invest in other areas where we’ve seen we can make meaningful change.” We truly appreciate the efforts many of you have made to support our Chapter over the years through your Amazon purchases.

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.***

April 11, 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, the BPUSA National Gathering, and special events will be primary topics,***

so please join 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 **April 15 for the May/June 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 **April 15 for the May/June 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:

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

March 12, A Message of Hope

Time With Alan Pedersen

2 – 6 PM, at Calvary United Methodist Church, 301 Rowe Blvd, Annapolis, MD 21401

Hybrid IN-PERSON and ZOOM meeting. Doors open at 1:30. Light refreshments served.

RSVP requested to aabereavedparents@gmail.com, to facilitate preparation and setup.

NO CHARGE to attend, however DONATIONS are much appreciated.

Alan will present a 4-hour seminar which will include the following topics:

1. Early Grief
2. 12 Things You Can Do
3. Healing Guilt and Regret
4. The 5 H's (Growing Through Grief)

PLAN TO ATTEND this seminar which will be filled with insights, information and music. Alan always provides his fellow grief journeyers with hope and encouragement. His music, which is interspersed throughout the presentations, is soothing to the soul and will touch your heart. Here are some YouTube links to several of his songs. You can also find his songs on Spotify and iTunes.

Tonight I Hold This Candle <https://www.youtube.com/watch?v=q8osvkLPAPM>

I Remember You. <https://www.youtube.com/watch?v=LE501dLiN7M>

Celebrate the Children https://music.youtube.com/watch?v=34_xJrRH1qM



About Alan Pedersen

For 20 years, Alan Pedersen has inspired and brought comfort to grieving individuals all over the world through his music, speaking engagements, workshops, television and radio appearances and published articles. Alan is nationally acclaimed and one of the most inspirational and recognized names in the field of grief and loss.

A former singer/songwriter and network radio reporter, Alan's career path changed course in August of 2001 when his 18-year-old daughter Ashley was killed in an automobile accident. After desperately seeking out and finding support and educating himself about grief and loss, Alan made the life changing decision. He began to devote his creative skills toward writing healing songs about the grieving experience accompanied by an inspirational message of hope to help others facing a loss.

The 2003 release of Alan's CD (Ashley's Songbook) became an instant hit with those who were grieving. He began touring the country playing concerts in nearly 100 cities each year. Three more successful CD's would follow with the release of "A Little Farther Down the Road" (2005) "More Songs From the Journey" (2007) and "Peace in the Mourning (2011). Many of Alan's songs such as "Tonight I Hold this Candle," "Celebrate the Children," "I Remember You," and "Thanks for the Little While," have become staples and anthems for support organizations who use his original songs as part of candlelight services, butterfly and balloon releases and other healing events.

In 2005 Alan decided to expand his outreach by creating inspirational and educational workshops. He consulted with many of the top grief professionals in the world including the late Dr. Darcie Sims, Dr. Heidi Horsley, Dr. Gloria Horsley and others to create highly impactful presentations beneficial to grievers as well as professionals and volunteers who provide care and support to those in grief. Alan's workshop on "Healing Guilt and Regret" is often given to standing room only crowds due to it's relevant subject matter and the passion in which Alan shares his own personal story as part of the presentation.

Since 2004, Alan has given more than 1,600 impactful and inspirational presentations all across North America for those in grief as well as for professionals and volunteers who want to better serve the grieving. In 2010 Alan began headlining the Angels Across the USA Tour traveling to cities large and small in his decorated "Angel Van" presenting his music and message of hope as part of his mission to help organizations supporting the hurting regardless of their ability to pay him, or his cost of travel. Since then hundreds of families have sponsored butterfly decals that adorn his van with the names and hometowns on their loved one's in support of Alan's work.

In 2013 Alan was named the Executive Director of The Compassionate Friends, the largest grief organization in the world and served in that position for 4 years. In addition, he served on the TCF national board of directors, and the prestigious Nationwide Insurance Make Safe Happen Advisory Council.

The winner of numerous awards throughout his career in songwriting, television and in grief, Alan was named the Humanitarian of the Year (2013) by The Healing Hearts Foundation and The Professional of the Year (2012) and the Simon Stephens' Award (2020) by The Compassionate Friends.

Alan Pedersen
angelsusaevents@gmail.com
720-218-6238

Jodi Norman
National Event Director
703-656-6999

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

Registraion Fee Reimbursement: Our Chapter is happy to announce that we will reimburse the registration fee for 10 members to attend the National Gathering. Conference information is available and Registration is open on the BPUSA website, <https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/> .

Early Bird registration is open until June 1 at \$75, the cost our Chapter will reimburse.

Please RSVP to Carol at ctomaszewski74@gmail.com, if you would like to be reimbursed for your registration fee.

Attending the National Gathering Conference will be an unforgettable experience that will reaffirm that your precious child is always "Forever in My Heart".



[46th TCF National Conference](#)

Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly understand the painful loss of a child, or sibling.

July 7 @ 8:00 am - July 9 @ 5:00 pm

<https://www.compassionatefriends.org/event/46th-tcf-national-conference/>

COMMUNITY OUTREACH: Our Chapter is beginning a Community Outreach mailing effort to provide information and materials to local churches, funeral homes, hospitals, counselors, schools, interested individuals, etc. Many of our Chapter members are referred to us though their church, a funeral home, or a friend of the family. Dealing with the grief of losing your precious child can be easier if supported by a group of other bereaved parents. Sometimes knowing there is a group that meets regularly can provide a connection that helps us get through the darkest days of grief.

We would like your help. Please help us compile a list of recipients. Send contact information for any organization or person you feel would benefit from receiving material about our Chapter to **Carol** at ctomaszewski74@gmail.com

