



## Anne Arundel County Chapter

*Offering Support, Care and Compassion*

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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!"

### *Jason "Tyler" Crawford* *6/11/99-12/15/22*

Dear Tyler,

Our handsome boy, forever 23 years old, oh how we miss you Buddha. June is going to be a tough month for us as we are about to celebrate your first birthday without you here with us. Happy Birthday in Heaven Bud! It will also be 6 months since you unexpectedly left us on June 15<sup>th</sup>. This is not the way life is supposed to be.

Our hearts are broken, as you took a piece with you. We miss your loud voice, contagious smile, laughter, sweaty hugs, and all the annoying Jason Tyler things. We miss you like crazy Buddha. We have not been the same since you passed away but somehow, we are able to find peace and joy in some moments on some days. You are and always will be very much a part of our lives and in our hearts. Someday we will be reunited in Heaven. Until then, we will continue to love and miss you every day, Jason Tyler.

Love Mom, Dad, Kayla, Abby and Raelynn



***Thomas Dash Ertter***  
***December 25, 1985 – February 10, 2021***

Beloved Thomas,  
You have returned to the place  
from which we all come.  
Where you dance to music  
human ears cannot hear.  
And see colors  
human eyes cannot see.  
And experience bliss  
human minds cannot comprehend.  
But I still miss you  
All Day  
Every Day  
Love, Mom



***Andrew Burton Smith***  
***December 1, 1985 - August 3, 2021***

Dear Andrew,

Not a day goes by that I don't think of you. I miss your hugs (you gave the best!), I miss the laughter, I miss the noise. I even miss your texts when you were ranting about something! Your passing has left a huge void in not only my life but in your sister's, your friends', and your family's.

You are dearly loved and terribly missed.

Love you, Mom



Andrew Burton Smith, former Annapolis resident, died suddenly on August 3, 2021. Born on December 1, 1985, in Baltimore, Andrew grew up in Annapolis. A gifted athlete, Andrew swam for Heritage in the Greater Annapolis Swim League in the early-mid 1990s and played baseball and soccer in Annapolis leagues through elementary school. In high school, he played varsity lacrosse for four years and was a two-year soccer starter for Annapolis High School. His true sport, however, was wrestling: Andrew joined Navy Jr. Wrestling in 1995 and competed for five years. In high school, Andrew was a four-year varsity wrestler at Annapolis, three-time regional champion, two-time Anne Arundel County champ, placed fourth and fifth at Maryland State Championships with a career record of 117-13. Andrew went on to wrestle at Franklin & Marshall College in Lancaster, PA where he wrestled for all four years in a Division 1 wrestling program. In his senior year, he lost his position in his weight class to a freshman

so when the position at the next higher weight class opened, he took it. After 12 years of wrestling, this was the first time that he didn't have to cut weight. After graduating from college with a bachelor's in English Literature, Andrew briefly lived in Annapolis before moving to Baltimore where he would spend much of his adult life. Here, his love of sports bloomed in a new way with community teams like kickball and touch football. Over the

years, Andrew worked in finance at various companies. Andrew was pursuing his MBA through the University of Baltimore. Andrew was a lifelong Orioles fan and followed the Ravens from their inception. He was a good sport about cheering for the Washington Nationals when he would take his dad on their annual pilgrimage to DC. An English major, Andrew loved to read and was a talented writer. He played tennis and golf, and enjoyed spending time with his girlfriend. Andrew was hilarious and quick-witted and will be remembered for his larger-than-life personality. He was known among friends and family as being a "brilliant intellectual foil" and loved to debate politics-more often for the fun of arguing than to prove a point. And, because his family now gets the final say: let the record show that Andrew was a cat lover and sometimes visited his mother just to cuddle her two felines, Lucy-fur and Sophie.

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*"Hope is a good thing, maybe the best of things, and no good thing ever dies."*  
ANDY DUFRESNE

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### Beat You There by Will Dempsey

In memory of Jason "Tyler" Crawford

Don't know why God always takes the good ones first  
And man I've tried to be strong and carry on, but damn this hurts  
And I just wish that I could talk to you again, somehow, some way  
Even if it's for a moment, so I can hear you say

Don't cry for me; I'm alright  
Yeah, I'm better than you know  
And this life can be a shorter ride  
So don't waste it on sorrow  
And just hold on to those moments  
And the memories we shared  
We're both headed for the same place anyway  
I just beat you there

I know they say, "Just give it a little time, you'll be okay."  
That might be true; it don't really help me today  
And we ain't supposed to question the Man upstairs  
'Cause there's just so much I don't understand  
It just don't seem fair

Don't cry for me; I'm alright  
Yeah, I'm better than you know

And this life can be a shorter ride  
So don't waste it on sorrow  
And just hold on to those moments  
And the memories we shared  
We're both headed for the same place anyway  
I just beat you there

And as each day goes by  
I get a little bit stronger  
But that don't stop me from wishing you  
Were here a little bit longer  
Whoa, oh, oh  
Whoa, oh, whoa, oh

And so I'm gonna smile when I think of you  
Like I know you'd want me to  
And I know you're watching over me  
In everything I do  
And all those things I never got to say  
Well I'll send 'em with this prayer  
Then look up, wipe my tears and raise my beer  
Mm, mm

And I'll see you there  
Oh, oh, oh, oh, oh, oh  
And I'll see you there  
Oh, oh, oh, oh, oh, oh

<https://www.youtube.com/watch?v=y6QQT4L4W2E>

## **May 4, 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

***Masks are optional.***

At the same time, a **ZOOM virtual meeting** will be included as part of the in-person gathering. We are excited to be able to come together, to get those wonderful hugs, and heartfelt personal words of compassion. Yet also virtually include others who live in other states or are unable to attend in person.

**Sharing Groups** will always be part of our gatherings, both in-person and virtual. We offer sharing groups for those attending for the First Time, the Newly Bereaved, those Further Along, Siblings, and Infant Loss.

For more general information on our monthly gatherings and using ZOOM, see page 23 - 24 or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com)

### **May 4, 2023 Monthly Gathering: Program TBD**

**June 1, 2023 Monthly Gathering:** Heather Silver, LCSW-C, CPLC will be discussing "Love and Loss: Specialized care following a perinatal death". Heather is a Perinatal Specialist/Clinical Psychotherapist with Silver Leaf Counseling Services, LLC. She is also President of the Bill Sweeney Perinatal Care Charity.

### **July 6, 2023 Monthly Gathering: Program TBD**

### **Other important dates:**

**July 11, 2023 Core Group Meeting: Via ZOOM, starting at 7:00.** Join this group who plan the Memory Walk, Service of Remembrance, monthly programs and address other topics. We are currently discussing having a **digital donation capability** and welcome participation by anyone who can guide us in this endeavor. Contact Chapter Leader Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com), to receive the ZOOM invitation. Additional information is on page 24.

**July 20 – 23, 2023: BPUSA National Gathering.** See page 27 for further information.

### **BPUSA National Gathering: A Change of Perspective**

By Patti DeMiceli, Amber's Mom  
Anne Arundel County Chapter Member

For years when the subject of the 'BPUSA National Conference' came up, I thought: "Why would I want to go to a conference of bereaved parents???" There will be A LOT of crying, sadness, heartbreak, and more. I have enough of that in my life!"

And then I decided to attend last year's BPUSA National Conference in St. Louis.

Boy, was I wrong!!! It was the exact OPPOSITE of all that! For 4 days, I was filled with inspiration, laughter, learning, connection, hope, love, tenderness, and a deep respect for all of the other parents who had lived through their child's death.

And yes, there *were* tears. But, as Amber taught me: "Tears are liquid love. We cry because we feel. And we feel because we care." There were also tears of happiness and joy! As we shared our children with each other, they "came alive" again.

I felt incredibly close and connected to everyone there. Feeling deeply loved and cared for by people who had the courage to come together, changed my life and propelled me to become a Grief Educator & Coach, something I am passionate about.

Will I go again? Absolutely! I just registered and am SO looking forward to reconnecting and embracing those beautiful Souls who know what matters in life: Time and the health to enjoy it with those we love!

Sending a warm embrace...

Patti

**Registration 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](mailto:ctomaszewski74@gmail.com), if you would like to be reimbursed for your registration fee.

Join Patti and others from our Chapter at this year's Gathering for a weekend of healing and unforgettable memories.

## ***Handling Emotional Overwhelm***

To overwhelm means to upset, overpower, crush. To engulf, surge over and submerge. Emotions are incredibly powerful. They can hijack us in a moment. They can sweep us off our feet and carry us away.

When we're grieving, emotional overwhelm can sometimes seem like a daily experience.

When loss strikes the heart, emotions begin to cascade out.

Shock, denial, disbelief, numbness. Sadness, depression, hopelessness, despair. Anger, hate, blame, resentment, bitterness, rage. Guilt, regret, remorse, shame. Pain, hurt, helplessness, frustration. Anxiety, fear, panic, terror.

*Which of these emotions have you experienced since your loss?*

*Which emotions are you experiencing now?*

*Which emotions bother you the most?*

Here are some basic truths about emotions:

- Emotions are powerful. Incredibly powerful.
- Emotions are feelings. Feelings are meant to be felt.
- Emotions are temporary. They will change.
- Emotions are real, but they are not necessarily reality.
- Emotions are not a basis for good decision-making.
- Emotions have thoughts behind them. Emotions do not exist in a vacuum.

We either learn to handle our emotions, or our emotions will handle us.

So, how do we handle emotional overwhelm?

When hit by emotion....*STOP. Pause for a moment. Breathe.*

Then begin to process what's happening inside you. I have a simple technique for this. It's called **A.I.R. your Emotions.**

### **A – Acknowledge.**

*Acknowledge the emotion.* Simple awareness of what you're feeling is a large part of the battle.

State the emotion. Say it out loud, if possible. "I'm feeling \_\_\_\_\_."

"I'm feeling anxious." "I'm angry." "I feel hopeless."



For some more possible emotions, see the above list.

Just acknowledging the emotion can help to unplug some of its power.

### **I – Identify.**

*Identify the thought behind the emotion.* Feelings have thoughts behind them.

Again, if possible, say this out loud: “I am / was thinking about \_\_\_\_\_.”

“I’m anxious. I was just thinking about the time when \_\_\_\_\_.”

“I’m angry. I just saw someone who reminded me of my loved one and it took me right back to their death.”

“I feel hopeless. I was thinking about how much I’ve lost and that nothing will be the same again.”

Identifying the thought behind the feeling is important. Otherwise the feelings can get stuck inside with nowhere to go.

### **R – Release.**

*Release the emotion.* You’ve already begun to do this by talking out loud – acknowledging the feelings and identifying the thoughts behind them.

Keep talking out loud until you feel somewhat “finished.” You can also write about it. [Write it out.](#)

I usually A.I.R. my feelings through prayer. I talk out loud to God about what’s happening inside me.

**A.I.R. your Emotions** is simply a technique. It’s definitely not a magic pill. It might seem a bit awkward and cumbersome at first. As you practice it, however, it can become a helpful habit.

Emotions are a gift from God, but it doesn’t always “feel” that way. Learning to handle our emotions is important. Otherwise our emotions might end up handling us.

Stop. Pause. Breathe.

Be kind to yourself today.

Gary Roe – Amazon Bestselling Author, Speaker, Grief Specialist

Website: <https://www.garyroe.com>

Bookstore: <https://www.garyroe.com/books>

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# Nature & Grief:

## Finding Peace in Nature After Losing a Loved One

When we lose someone we love, our whole world can standstill. It's normal to be withdrawn, to find yourself spending more time on the couch or in bed, trying to wrestle with grief. While you definitely need time to fall apart on the couch, many people also find it helpful to take steps to move along the healing process as soon as possible. Those steps can be baby steps, too-- that's okay!

There's plenty of evidence that one of the best ways to start moving through your grief is to get outside of your home and into the sunshine... even if you're simply taking a few steps into your own backyard. Let's take a look at how to find peace in nature to start processing and healing from grief after losing someone you love.

### Plant a Garden With Their Favorite Flowers

After losing someone, it's common to want to have something that reminds you of the passed individual. It helps us keep their memory alive, and it can help us feel closer to them.



Planting a garden (or even just getting a potted plant!) with their favorite flowers is a beautiful, positive way to honor and remember them.

Did your loved one love the smell of gardenias, or did you have ferns or dahlias in your wedding bouquet? Consider planting some. Keep in mind that smell is actually our most powerful sense, and it can trigger strong emotional memories.

### Hang Windchimes In Their Honor

The people we love never truly leave us, even after they've passed. Like wind, you can feel them, even if you can't see them.

Windchimes are a great way to honor your loved one, and they can be helpful for the healing process, too. You can even create personalized wind chimes with their favorite quote or prayer, an inside joke between the two of you, or something that brings you peace.



The soft, soothing sound can help you be more mindful (which is the practice of intentionally focusing on the sounds, sights, and feel of something tangible you're experiencing without judgment). This gives you something to focus on, which can help with both anxiety and depression that may come alongside grief. This can help you relax in nature and may even help you feel more connected to the person you lost.



## Go for Long Walks In Beautiful Places

Exercise (even light exercise, like a leisurely stroll) can go a long way in helping you with your grief.

Daily walks in a place that you're comfortable-- whether that's around your neighborhood or in a favorite state park-- can help give you some much-needed structure and keep you active. Both of these things can be good for your physical and mental health.



Getting some sunshine while you're walking can also help you a great deal, and a change of scenery is good, too. All of this can help you get the endorphins going, which can reduce depression, anxiety, and stress stemming from grief.

Keep in mind that you don't have to walk alone! You can ask a neighbor or even ask around in your Facebook community group. There are also typically plenty of Meetup groups specifically designed to get together and socialize while walking.

## Engage in Mindfulness

Being outside in nature gives you a lot to focus on. You can feel the rays of the sun warming your face, hear the sound of bees buzzing, and watch trees swaying in the wind. Even staring at the clouds, watching them shift and trying to make out shapes, can take your mind off things for a minute.

Mindfulness, as we mentioned above, is the practice of being intentionally aware of your surroundings. Nature is outstanding for that, because everything is in motion and there's so much to take in.



When you're feeling significant anxiety, depression, anger, or loneliness while grieving, see if mindfulness helps. Sit outside and run your fingers over the petals of a flower, or observe how the blades of grass have a single line that folds it over.

All you need to do is to be present and experience what's around you. This can be a relief when you've lost someone, and it can help you start to put the pieces back together.

## Conclusion

Grief is an unspeakably difficult thing to experience, so finding small, easy-to-access actions you can take to help you move through the process can be everything. Take some time to consider what activities in nature might benefit you most and try to take one small step to get out in the sun today, even if it's just for a few minutes.

Posted on July 03, 2020  
Ana Gotter

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## Being an Active Participant in Grief (aka Intentionally Grieving)



Grieving is a verb, like walking or talking or roaring or dancing or building. But when people talk about grieving, it often sounds different than other verbs. *I'm grieving*. With most verbs, there is something conscious or deliberate in the action. If I am walking, we have a sense that I made the decision to walk – I made an effort and engaged in the deed. Even 'state verbs', like to love, hate, want, believe, be, hear, and suspect, aren't passive. And yet when we say to ourselves "I'm grieving", the action seems to dissolve. Rather than conveying "I'm actively grieving" there can be a passivity in the word. As though grieving is letting something happen *to us*.

I suspect that we often conceptualize "grieving" to simply mean "existing in a state of sadness/yearning/whatever other grievous emotional state comes to mind". Considering the absolute wrecking ball that is early grief, this makes sense. It does feel like something that happens to us, tearing us apart physically, emotionally, and spiritually as we just try to keep breathing.

But even in these earliest days, when it feels like there is no agency in our grieving, a closer look shows something different. Every day we make small but active choices. Every day we impact our own grief.

Whether the loss is a death, a chronic illness, an estrangement, an addiction, or anything else, each step forward is a step that wouldn't have existed if that loss hadn't happened. We exist in a world that didn't and couldn't exist before our loss. We are not the people we were before our losses. As Heraclitus famously said, **"No man ever steps in the same river twice, for it is not the same river and he is not the same man."**

No matter how passive it sounds or feels, no matter how dense the fog of grief is, living through each moment in grief is a new and creative act. It is an act of rebuilding a self and a world that has been shattered.

### **Nope. No Thanks. Sounds Like Abstract Hooey. I Don't Relate to Active Grieving.**

Okay, I can hear some of the groans already – a chorus of, "Nothing creative is happening here. I'm not rebuilding. Grief is happening to me and I'm just surviving it".

I know that words like 'active' and 'intentional' coupled with 'grieving' can feel alienating on the surface. But grief doesn't just happen to us. We are active participants in our own grief, whether we like it or not.

## The Act of Grieving

William James said, “When you have to make a choice and don’t make it, that is in itself a choice”. It is true in life, and it is true in grief. Our day-to-day life is a series of events, moments, and choices. Whether we choose to approach this grief-life with mindful awareness or not, we are still making a choice. We can decide to examine our grief reactions and ask the questions, “is this helping me? is this harming me? Is this moving me closer to the person I want to be or further from the person I want to be”. And we can decide what we do next.

We can decide to be mindful as we grieve. Part of the appeal of viewing ourselves as passive in our grief is that it alleviates us of any sense of responsibility or accountability. And grief is hard enough — of course sometimes we don’t want to be accountable or responsible for how we’re grieving. We don’t want to be mindful of the ways our thoughts and behaviors impact our grief because, well, that can feel exhausting! But actively grieving involves recognizing that your grief is personal to you, and that you have a role to play in shaping how you move through it. That isn’t as daunting or exhausting as it sounds.

## Learned Optimism

Years ago I read the book “Learned Optimism” by renowned psychologist Martin Seligman. In his research he found that one of the things that makes it harder to heal after devastating events is our own beliefs about the nature of the event and its impact on us. He found that two people can experience the exact same loss but will think about the cause, impact and consequence differently. Some of us are more likely to say, “This loss will change me forever, but I will learn to manage it and rebuild with time”. While others of us are more likely to say, “I will never learn to live with this loss or rebuild”. Some of us are more likely to say, “why me? Why my loved one?” while some of us are more likely to say, “Why not me? why not my loved one? Suffering touches us all at some point”. And it turns out these differences in how we think have an impact on how we grieve.

It is not surprising that some of our brains gravitate toward the pessimistic “worst case scenario” options (eg fear that we will feel this way for the rest of our lives and feeling isolated and singled out by the devastation of loss). Brains have a bias toward the negative sometimes, as a way of preparing us for the worst. But Seligman’s research finds that, whereas our most pessimistic fears are rarely true, our beliefs or fears that they could be true end up making it harder for us to cope than it is for someone who doesn’t hold these same beliefs/fears. All of that is to say, our own thoughts and beliefs about grief actively create and shape our grieving.

*Very meta, I know.*

But it means that no matter how much you try to convince me that we can passively grieve – that grief can just happen to us – I am going to try to convince you of the opposite. Even if you didn’t decide to step out of bed this morning - even if you are just laying there reading this article - the fact that you have beliefs about yourself, and your grief (we all do) means that you are an active participant in your grief.

Most importantly, Seligman found that we can change our thinking. And when we do, it changes our experience of living after devastation and loss.

## The good news and the bad news

Though it can be tempting to shirk any and all responsibility for the role we all play in our grieving, I have always found the above to be – dare I say it – empowering? Yikes, that word makes me cringe a little, but I'm sticking with it. Because in all honesty, being reminded that I can shape aspects of my grief through tiny, everyday decisions has always given me a small sense of control. Terrible day today? Yes. But did that hot shower feel great? Yes. And did I take the time to appreciate myself for taking it even though I didn't want to and my grief brain was trying to keep me glued to the sofa and my phone? Also yes.

In the face of our losses, sometimes looking at our own thinking or the small, tiny decisions we can make today feels more manageable. Looking at the things I can control instead of what I can't helps me. We cannot control or change the fact that someone we love is gone or our life is somehow otherwise devastated. But we can start working on changing the pieces of our own minds and behaviors that make that reality even harder to live with. It isn't easy, but it can sometimes feel like a manageable place to start.

Still skeptical? Not sure where to start? Head over to the full article on WYG for a TED talk of a bereaved mom describing this in her own grief, along with some reminders not to use this idea of actively grieving as a reason to beat yourself up when grief is still hard and when it doesn't always go as planned. One last note: Actively Grieving Isn't About Self-Blame

Grief is hard work. Sometimes inaction is all we can muster. Especially in early grief, the actions we take to avoid sitting with the most painful of grief emotions are exactly what we need to survive. Sometimes not making a conscious choice and ignoring our active role in our own grief (for a time) is exactly what we need to do to cope.

Being reminded that we are active participants in our own grief should never be fodder for self-blame. Yes, there are things we can control. There are ways we can be intentionally and actively grieving. But there are also tons of things we can't control. They impact our grief too – sometimes in consuming and overwhelming ways. As usual, this is one of those both/and things, not an either/or thing.

I have always appreciated the 'affirmation' version of the Serenity Prayer and it seems as relevant here as ever. *"In me lies the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."*

We cannot control whether the storm hits. Sometimes we cannot control whether or not we have an umbrella. But we dig around our messy house to look for one. And when we find it, however broken, we can decide to use it. No matter the holes; no matter the reality that the storm will still blow it back sometimes.



<https://whatsyourgrief.com/actively-grieving-aka-intentionally-grieving/>

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***"The best way to not feel hopeless is to get up and do something.***

*Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope." – Barack Obama*

Are you ready to get up and do something?

Are You Ready to Serve Your Chapter?

The commitment of the Anne Arundel County Chapter of the Bereaved Parents of the USA is 39 years strong. We have been blessed and fortunate to have had newly bereaved parents, just months into their grief, start our chapter and become its leaders. They learned about griefwork and hope as they established the chapter and then brought what they had learned and shared it with more newly bereaved parents, siblings, and grandparents. As time passed, these leaders stepped down and there were always newer members to fill their spots. Today, we are once again at a critical point in the life of the chapter. Many of the current leaders are 'aging' off and we need younger members to step up and become our future leaders. We have helped more than 1,600 families, and *going forward we will need your help*. You will see from the partial list of services we offer that there are many. We have expanded what we are able to offer because of volunteers who have stepped forward to help the newly bereaved begin a lifetime journey.

Each of us must play a part in the leadership of our chapter. We need volunteers to take on leadership positions. For those not ready to fill a leader position, there are support roles that need to be filled. You do not need to take on full responsibility, several of you can take on one role. For our chapter to continue to offer hope and to be a resource for newly bereaved families, siblings, and grandparents, is for those of us further along in our griefwork to volunteer and give back some of what was given to us when we were newly bereaved and did not know what to do or where to go or how we were going to survive the day.

During our griefwork we eventually feel the need to reach out and help other bereaved families, siblings, and grandparents. *Reaching out is one of those surprises we experience at the least expected time*, but it is a pleasant surprise. We have come from a desperate time in our life to a point where we are able to give back and help others. Realize what your talents are and take advantage of them and share them with someone else. *You can help others while helping yourself*.

**What can you do to serve our chapter?** Perhaps you are ready to reach beyond those initial days of your grief and help our Chapter continue to reach out to others. You do not have to make a major commitment. There are many small services you can provide to support the primary roles.

*An effective way to help yourself through your grief is to help others through theirs.*

Please consider the following chapter roles and needs:

- Chapter leader – Overall responsible for chapter; plans and facilitates gatherings with help of core group; contact person with National.
- Core Group Members – attend quarterly meetings where Chapter business and plans are discussed.
- Recording Secretary – take minutes of Core Group meetings and distribute to Core Group members.
- Treasurer – maintains record of chapter funds.
- Newsletter editor – writes, edits, and publishes newsletter.
- Librarian – maintains and updates inventory of chapter library books.
- Webmaster – maintain & update our website with provided information.
- Program/Special events chair – Help plan monthly programs and special events (October Memory Walk, December Service of Remembrance, or the Hope & Healing Conference).

As we go forward to meet the challenges and changes, we will innovate and expand to meet what we can offer, but we need you. Without you, we will reduce the services we are able to provide, change the way we conduct chapter business, and eventually we may need to put the chapter into caretaker status. None of us want this – no newly bereaved family wants this.

*Please consider volunteering your time and talent and fill one of the service tasks.*

*We need you to continue to give support to our newly bereaved families.*

*Call to chat with one of us to discuss these and other possibilities that may “fit” you.*

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

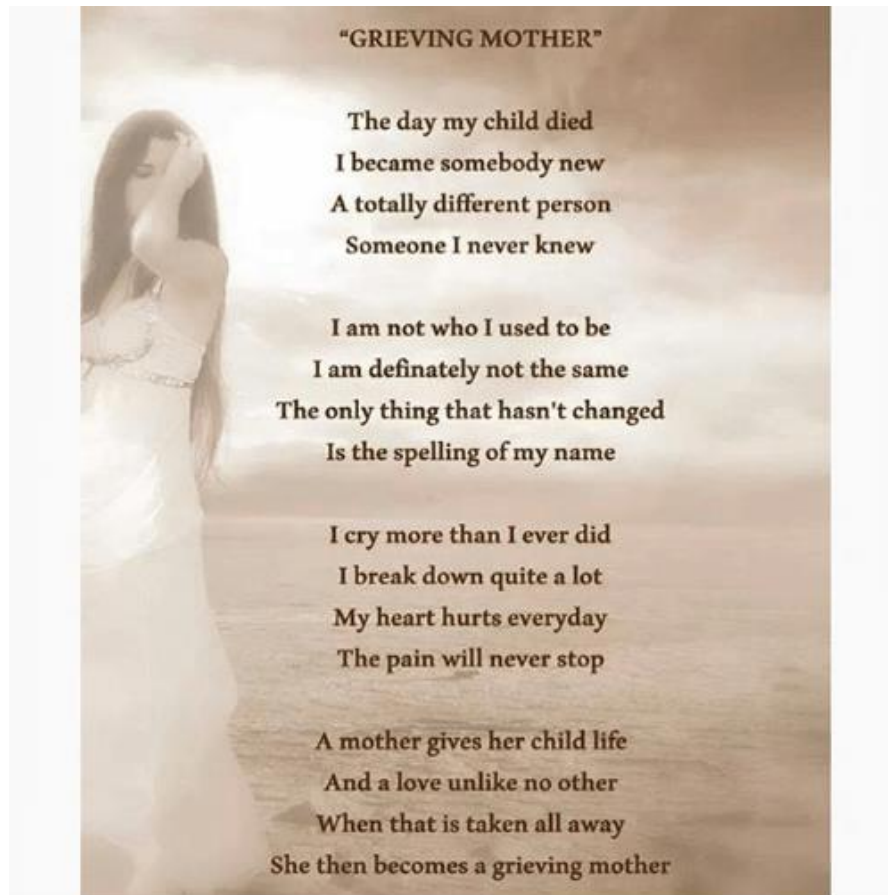
[torismom444@gmail.com](mailto:torismom444@gmail.com)

Database Manager: Bobbi Remines, 410-570-0494, [bremines7@gmail.com](mailto:bremines7@gmail.com)

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

Special Greeting Cards: Linda Khadem, 443-816-3368, [lindakhadem@icloud.com](mailto:lindakhadem@icloud.com)





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



*I Love You*

# A Dad Hurts Too

People don't always see the tears a DAD cries,  
His heart is broken too when his beloved child dies,  
He tries to hold it together and tries to be strong,  
Even though his whole world's gone wrong,  
He holds on to her as her tears fall,  
Comforts her throughout it all,  
He goes through his day doing what he's suppose to do,  
But a piece of his heart has been ripped away too,  
So when he's alone he lets out his pain,  
And his tears come down like pouring rain,  
His world has crashed in all around him,  
All that was bright has gone completely dim,  
He searches for answers but none are to be found,  
Who offers to help a DAD up when he's hit the ground,  
He smiles through his fears,  
Struggles trying to hold in his tears,  
But what you see on the outside is not always real,  
Men don't always show how they really feel,  
He feels he has to be strong for the others,  
But DADS hurt too, not just the mothers,

## Whispers

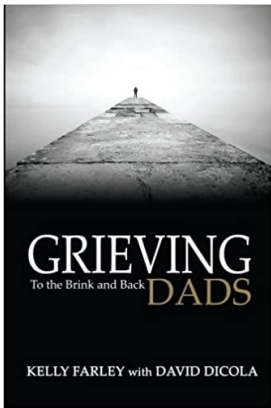
Dear daddy, please try to remember  
that I love you more than anything.  
The moment I came to your heart  
I heard the Angels softly sing.

I went to them to have a listen  
to their lullabies so sweet,  
and wrapped in gentle wings of tender  
my dearest daddy: I fell asleep.

I wish that I could dry your tears  
each day, as I watch over you.  
And when you say my name at night  
I whisper:

Dad, I love you too





## Grieving Dads: To the Brink and Back

**Paperback –June 8, 2012**

by Kelly Farley (Author), David DiCola (Author)

Grieving Dads: To the Brink and Back is a collection of candid stories from grieving dads that were interviewed over a two-year period. The book offers insight from fellow members of, in the haunting words of one dad, “this terrible, terrible club,” which consists of men who have experienced the death of a child. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. They are real stories that pull no punches and are told with brutal honesty. Men that have shared their deepest and darkest moments. Moments that included thoughts of suicide, self-medication and homelessness. Some of these men have found their way back from the brink while others are still standing there, stuck in their pain. The core message of Grieving Dads is “you’re not alone.” It is a message that desperately needs to be delivered to grieving dads who often grieve in silence due to society’s expectations.

Grieving Dads: To the Brink and Back is a book that no grieving dad or anyone who cares for him should be without. As any grieving parent will tell you, there are no words to describe the hell one experiences after the death of a child. Many men have no clue how to deal with or understand the myriad emotional, mental, and physical responses experienced after the death of a child. Stories appearing in the book have been carefully selected to represent a cross-section of fathers, as well as a diverse portrayal of loss. This approach helps reflect the full spectrum of grief, from the early days of shock and trauma to the long view after living with loss for many years. Any bereaved father will find brotherhood in these pages and will feel that someone understands them.

While there is plenty of raw emotion in this book—the stories are not exercises in self-pity nor are they studies in grief. They are survival stories instead. Some are testimonies to hope. Some are gut-wrenching accounts of overwhelming despair. But all of them are real-life stories from real-life grieving dads, and they show that even if one reaches his physical and emotional bottom, it is possible (although not easy) to live through that pain and find one’s way to the other side of grief. Most dads in this book found themselves in a state of physical, mental, and emotional collapse after the death of their child. As if the losses alone weren’t enough to drive these men to the brink, most try to deal with their grief according to the conventional wisdom so many men are brought up with, which perversely, increases their suffering all the more. We all know the party line about how men are “supposed” to deal with loss or even disappointment: toughen up, get back to work, take it like a man, support your wife, don’t talk about your emotions, don’t lose control, and if you must cry—by all means do so in private.

Kelly D Farley

Author of [Grieving Dads: To the Brink and Back](#)

Website: [www.GrievingDads.com](http://www.GrievingDads.com)

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

Watch for his new book, “He Lost His Baby Too” due out in June.



## Our Children Remembered May 2023

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ian David Guckes  
Son of Stacey and Fred Guckes  
May 18, 2000 - August 8, 2022

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

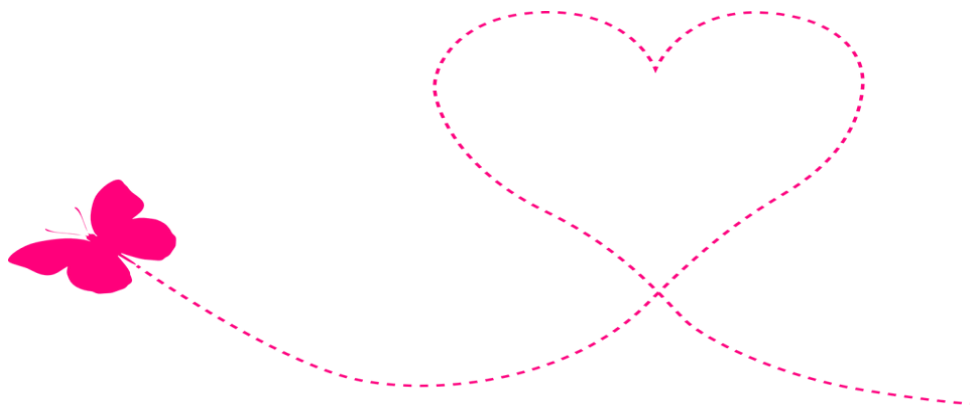
Tori Danielle Stitely  
Daughter of Tawny Stitely-Lopez  
May 21, 1985 - November 26, 2012

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

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

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

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





## **Our Children Remembered June 2023**

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

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

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

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

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

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

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

Jason Tyler Crawford  
Son of Jennifer Michelle and Jason Crawford  
June 11, 1999 - December 15, 2022

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

Tina Louise Nazarian  
Daughter of Don and Bonnie Bender  
June 15, 1974 - June 3, 2019

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

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

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

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

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

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

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

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

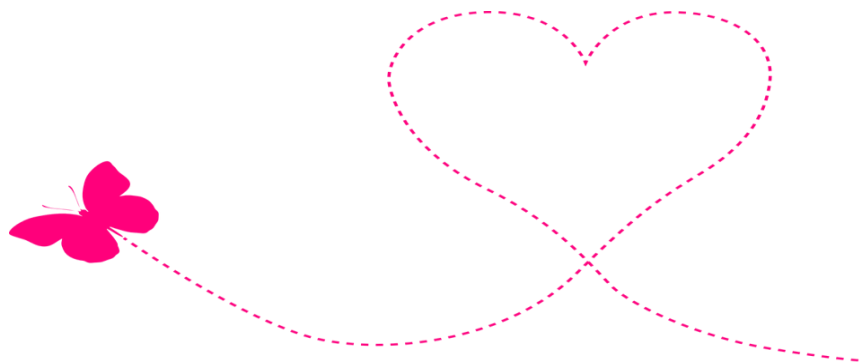
Christopher John Smith  
Son of Debi Wilson-Smith  
March 27, 1981 - June 30, 2000

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

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

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

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



**CREDO**

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

We are not alone.

We are the parents whose children have died.

We are the grandparents who have buried grandchildren.

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

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

We are here to support and care for each other.

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

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

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

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

We are a diverse family.

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

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

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

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

But regardless of the emotions we bring to our meetings,

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

be better today than we were yesterday.

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

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

Our hope for today is to survive the day;

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

***We are not alone.***

***We walk together with hope in our hearts.***

**DONATIONS may be made in memory of your child**  
***to offset the costs of our local chapter's events and communications.***  
***Your donations provide the core resource, actually the only resource, for our Chapter.***  
***Without your donations, we could not continue to provide the support that is so important to all of us as we travel along our grief journey.***  
**Thank you for your generosity.**

Newsletter and Website Sponsorship Donations:

Barbara and Robert Bessling in memory of Ricky Bessling  
Ann and Noel Castiglia in memory of Tria Castiglia  
Horace Tsu in memory of Cathryn Tsu

**CHAPTER GATHERINGS and MEETINGS**

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

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

This is doable, but requires a lot of work, more facilitators, and others getting smart on the ins-and-outs of running a virtual gathering and blending it with the in-person gathering.

**We need help running and blending the meetings. If you will be attending in-person, please volunteer.**

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

**WHAT TO EXPECT AT OUR CHAPTER GATHERINGS:** *Gatherings are open to anyone grieving the death of a child.* We are a self-help support organization dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We provide information and education to extended family and friends. Our greatest strength as bereaved families are the unity we find in shared experiences which can lead us out of isolation, give us a place to “belong,” and offer us hope that together - we can make it along this grief journey.

Our Chapter gathers one evening a month to address topics and offer support to those who are mourning the death of a child. Our meetings last for approximately 2-3 hours. Sometimes we schedule a 30-minute presentation at the beginning of our meeting. When the speaker or panel has concluded the presentation, we introduce ourselves and say our child's name. We then take a short break before dividing into sharing groups.

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

**First Time Attendees Sharing Group:** Coming to a Chapter Meeting for the first time can be daunting but listening and/or sharing will be helpful. This group is usually a smaller group to allow for more discussion of issues pertaining to very early grief and may include those attending for the first three times. We ask that you come to three meetings to truly grasp the benefit of learning, sharing and support from others.

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

**Sibling Sharing Group:** Parents, invite and encourage your children to join our monthly gathering and participate in the Sibling sharing group. Amanda Hughes, Sibling Support Coordinator, Anne Arundel County Chapter, BPUSA, will facilitate a Sibling Sharing Group during our monthly gatherings. Grieving siblings are encouraged to join and share with Amanda. For more information, please contact Amanda at [alrhalbach@gmail.com](mailto:alrhalbach@gmail.com).

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

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

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

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

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

**CORE GROUP MEETINGS: WHAT IS THE CORE GROUP:** The Core Group consists of anyone who is interested in the ongoing administration of our Chapter. Everyone is invited and encouraged to attend. 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, and service of remembrance, suggest programs for the monthly gatherings, and address any number of issues that may come before the group. These will also be ZOOM virtual meetings as long as necessary. ***Please consider joining us. We welcome new Core Group Members.***

**July 11, 2023 Core Group:** Virtual ZOOM Meeting starting at 7:00 PM. Anyone interested in participating, contact Bob Burash at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) to be included on the email invitation. ***Planning for 2023 monthly gathering topics, finances, 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](mailto:ctomaszewski74@gmail.com) .... by **June 15 for the July/August newsletter.**

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

- For the newsletter, submit a photograph and a short memorial to [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com) ... by **June 15 for the July/August 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](mailto:ctomaszewski74@gmail.com) or Chapter Leader at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) before widely distributing the newsletter or using any content in any manner.

## CHAPTER CONTACTS:

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

**Treasurer:** Joe Belcher

**Refreshments:** Sandi Burash, 410-551-5774

**Librarian:** Bob and Sandi Burash

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

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

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

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

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

**Special Greeting Cards:** Linda Khadem, [lindakhadem@icloud.com](mailto: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](mailto:aabereavedparents@gmail.com)

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

## CHAPTER RESOURCES:

### **OUR WEBSITE:** <http://www.aacounty-md-bereavedparents.org/HTML/Home.htm>

Visit our website for information about our Chapter, Our Children, the Newsletter, upcoming events, and many other resources. ***We 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](mailto: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](mailto:aabereavedparents@gmail.com), use subject: Privacy

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

**RESOURCE INFORMATION:** Any and all resource information provided in our Newsletter, Website or Emails, is for your information and reference. Our Chapter does not necessarily endorse the views, recommendations, guidance, or advertising associated with these resources.

Anne Arundel County Chapter, BPUSA resources: <http://www.aacounty-md-bereavedparents.org/HTML/Resources.htm>  
<http://www.aacounty-md-bereavedparents.org/HTML/OtherChapters/OtherChapterMap.htm>  
<http://www.aacounty-md-bereavedparents.org/PDFPages/BPUSACHAPTERBROCHURE.pdf>

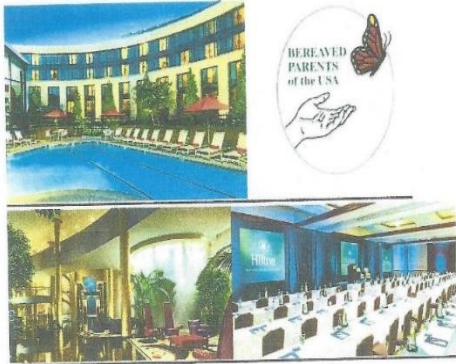
National **BPUSA** also provides a list of resources on their website: <https://www.bereavedparentsusa.org/>

If you have found a helpful resource and would like to share this information with our Chapter, please email Carol at [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com).



## **BITS AND PIECES OF INFORMATION**

### **BPUSA 2023 National Gathering Conference – Forever in My Heart**



FOREVER IN MY HEART  
JULY 20<sup>th</sup> - 23<sup>rd</sup> 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](mailto: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".





# Child & Teen Grief Support and Education

## 2nd Quarter 2023

### Phoenix Rising Workshops

*Ages 6 - 18 years*

This group provides grieving children and teens an opportunity to come together to socialize and feel supported in their grief. Groups will be divided by age and grade level based on enrollment. Understanding that grief has no timeline, this quarterly program is open to everyone, no matter when your loss took place.

Come join us at the Calvert Marine Museum for a unique experience touring the museum and learning about the story of the Chesapeake Bay. There are opportunities to look at live animals and fossils, and enjoy interactive exhibits. By attending, you will be given an opportunity to socialize with peers who have also experienced grief, connecting through this shared experience. Following the programming provided at the museum, you will be provided lunch and there will be a "grief small talk" where we gather and check-in on how we are coping with our grief, and you will be given the opportunity to share memories of your loved one who has passed away.

QUARTERLY

IN-PERSON

**Calvert Marine Museum**  
**14200 Solomons Island Rd., Solomons, MD 20688**

June 10

11 am - 1 pm

\$10

### Camp Nabi Overnight Camp

*Ages 6 - 18 years*

This camp experience will bring together children from across our service area to participate in activities focused on memorializing loved ones who have passed away, learning coping skills in small groups, and utilizing integrative arts for expression. Traditional camp activities like swimming and ropes course will be included. *Transportation will be available from Anne Arundel, Prince George's, Calvert, and Charles counties.*

CAMP

IN-PERSON

**Arlington Echo Outdoor Education Center**  
**975 Indian Landing Rd., Millersville, MD 21108**

August 4 - 6

\$100

*Scholarships available*

Please call if interested. A consult with a counselor is required before final approval can be given for attendance.

*Payment is due one week prior to each workshop and multiple week program to confirm registration.*

### Child & Teen Support Group Information

Pre-registration is required for these offerings.

Scholarships are available if cost is a hardship.

Group restrictions will be updated using the most recent CDC guidelines and company policies prior to each group.

**To register, contact 888.501.7077 or [GriefInfo@chesapeakelifecenter.org](mailto:GriefInfo@chesapeakelifecenter.org)**



**Our Chapter “Angel Gown Project” donates small gowns to CICL for distribution throughout Maryland.**



**Title Sponsor:**



**Telegent Engineering, Inc.**

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**Quiet Waters Park, Annapolis, Maryland**

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**SATURDAY, MAY 6, 2023**

**8AM–12PM**

**1, 3, or 7 Mile Walk/Run**

**Rain or Shine!**

Each year, countless Maryland families are dramatically affected by the sudden loss of an infant or child. CICL supports these families as they grieve and heal. The funds raised support grief packets mailed to Maryland’s bereaved families as well as vital information shared with hospitals and professionals in the community. The events for the day will begin with a presentation on injury prevention awareness by the Anne Arundel Fire Department. The annual “Say Their Name” and dove release will immediately follow. We are honored to have several Maryland Legislators attending.

**Registration: 7:30am**

**Dove Release: 8:30am**

**Official Start: 9:00am**



Scan to register online\*



\*The registration page is a NEW format.

[www.infantandchildloss.org](http://www.infantandchildloss.org)

In Memory of



Joanna Adele Beans

Connect & reflect with like-minded families.  
Rollerblades, bikes, strollers, & pets are welcome.

For more information, please call: **410-706-5089**

Funds are administered by the UMB Foundation, Inc.  
[www.facebook.com/CenterforInfantandChildLoss](http://www.facebook.com/CenterforInfantandChildLoss)

In Memory of



Devin Michael Campbell

The cost for the walk:

- Adult (ages 12+) \$25.00
- Children (ages 6 thru 11) \$5,00
- Children 5 and under FREE (please register them for our count)

<https://www.opentohope.com/>

## Open To Hope, Support for Dealing with Death, Grief, Loss, Bereavement

### Giving a Voice to Grief and Recovery

Open to Hope ® is a non-profit with the mission of helping people find hope after loss. We invite you to read, listen and share your stories of hope and compassion.

Open to Hope is an online community offering inspirational stories of loss, hope and recovery. We believe hope is the bridge between loss and recovery.



#### Resources

- [Open to Hope TV](#)
- [Open to Hope Podcast](#)
- [Open to Hope Books](#)
- [Open to Hope Articles](#)
- [Open to Hope Authors](#)
- [Open to Love](#)
- [Conference](#)

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**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](mailto:ctomaszewski74@gmail.com)

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