



Anne Arundel County Chapter
Offering Support, Care and Compassion

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"The strongest people are those who can prosper through the difficult situations they've been put through, without losing hope for the future."

Isabella Shanley, 2023 DWTomaszewski scholarship recipient.

David William Tomaszewski
September 4, 1974 – February 6, 2001



🎂 September 4th marks the 49th Birthday of our son David. Mom, Beth, Lara and I will most likely be here having some ice cream cake, singing Happy Birthday and remembering the good times; laughing a bit, and talking with an occasional tear in the eyes. Hopefully Dave's son Josh may be online with us also. For 23 years, our family has grieved the loss of our only son. He is also a little brother, big brother, and father to our only grandson Josh, who recently turned 30! Happy Birthday Dave! Love you. We know that so many of your friends will share a

smile for you. 😊😊 . Mom, Dad, Beth, Lara and Josh

Tria Marie Castiglia
July 6, 1963 - October 14, 1984

Since you went to heaven 39 years ago, we miss you & think of you often. You would love your 2 year old nephew Leo, he is so much fun. He knows you from our pictures & stories we tell him. Pop & Mom are in our 80's so it won't be too long until we are with you. We love you with our whole hearts and your sister Carla misses you all the time.

Mom, Dad & Carla



Daniel Alonso Vela***October 4, 2001 – December 2, 2022***

Daniel Vela, 21, was born and raised in the state of Maryland. Daniel was an extraordinary person, he was studying at Canisius College in an early assurance program with Jacobs School of Medicine, in Buffalo, NY. His dream was to become an oncologist.

In July 2022, while working on a research project and volunteering in the community of Western NY, he developed flu symptoms. Rapidly he was diagnosed with mediastinal germ cell cancer, stage 3. Daniel fell in love with Buffalo and wanted his treatment to be in the city of good neighbors so he could continue his life as normal. He received the best treatment and care from Roswell Cancer Center. He never complained, he kept his smile all the time, even during the hardest days he gave us support and encouragement and did not show pain. He battled cancer very courageously.

Daniel passed on December 2, 2022. He left us his beautiful memories, legacy, and extraordinary example.

We miss and love our son Daniel forever.
Mom, Dad, and Emely

Rowan Genevieve Ethridge
October 8, 1995 to June 8, 2023

Our dearest Rowan, your life was stolen from you suddenly just four months to the day before your 28th birthday. You were two days away from the opening of the very special theatre production, *R/J*, of which you were rightfully proud of the beautiful lighting design work you did and the collaboration you had with and impact you had on the rest of the cast and crew. You had such dreams that we all knew you would achieve, and achieve spectacularly. You had the best and most loving of friends and family. You did everything right, and still death found you in the form of an "innocent" pill laced with fentanyl.



A parent couldn't ask for a more wonderful, loving, thoughtful, creative, joy-bringing child. A sibling for a closer, more loving, fun, soulmate of a friend. Your time on this Earth was much too short, but your spirit brought joy and strength and so much more to all those who knew you. I can't believe you're gone from this Earth, it seems impossible.

We'll celebrate your birthday with family and friends, because though you are no longer here, your birth will always be something to be celebrated. Thank you for sharing your soul with us for even such a short time. We love you and miss you terribly.

Hazel-eyed girl, let the colors of your soul spill out for everyone to see. In a world of black and white and gray you make something beautiful every day. --adapted from Blue-Eyed Girl by The Arcadian Wild

Forever loved. Forever in our hearts.
Mom, Dad, and Kevin

Please join us!

September 7, 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 16 or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, aabereavedparents@gmail.com

September 7, 2023 Monthly Gathering: Amanda Halbach has happily agreed to present a topic related to sibling loss, possibly how she keeps Henry present in her children's lives while incorporating grief issues she has experienced. **See page 17** for more information on the Sibling Loss Sharing Group.

October 5, 2023 Monthly Gathering: Linda Triplett, author of "Healing reflections for a grieving Mom's heart", (**see page 9**) will talk about the art of journaling and how it has helped her to heal and led to her authoring two books.

Other important dates:

October 7, 2023 Memory Walk at Quiet Waters Park, Annapolis MD. **See pages 23 – 25.** for further information and registration forms.

October 12, 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. Contact Chapter Leader Bob Burash, 410-551-5774, aabereavedparents@gmail.com, to receive the ZOOM invitation. Additional information is on **page 17**.

November 2, 2023 Monthly Gathering: Kelly Farley, speaker and author of "Grieving Dads, to the brink and back" may join us through ZOOM.

December 3, 2023 Annual Service of Remembrance, St Martins-in-the-Field Episcopal Church, Benfield Blvd, Severna Park, MD. **See page 23** for further information.

December 7, 2023 Monthly Gathering: Remembering our children through the holidays.

Opportunity, Opportunity, Opportunities

In 1984, bereaved parents who had no notion as to how they were going to get through their next minute, let alone move forward with their lives, started our chapter. From humble beginnings, they persisted, and our chapter expanded. We are able to offer many services to our bereaved. With the intervening years and the expansion of services, our sole purpose has always been, and remains, to offer help and hope to bereaved parents. The 'core group' members have been committed for nearly 40 years and their commitment has never wavered.

Today, the reality is, there is an ever-decreasing number of those 'core group' members doing most of the work to make our chapter go. Why? We are too busy; we have many appointments that require our time and energy; life gets in the way – all that is understandable. Many demands are placed on our chapter and the assumption is, things will get done, or it's always been that way. That might be true, but in any organization if too much effort is being made by too few, then services will need to be cut. We never want to do that, but things don't just happen on their own. A lot of effort goes into helping our bereaved through planning and preparing monthly gatherings, the annual walk, service of remembrance, the newsletter, follow-up contact with the newly bereaved, and much more.

This might sound like a desperate plea for help, and it is.

***But let's change the narrative and call the 'plea'
an opportunity, an invitation to you.***

With all the guidance and hope we provide our bereaved parents, there is always room for your help, your energy, your ideas. Join us as an active member and bring hope to many more of our bereaved parents. As fellow bereaved parents, you are asked to help those who find themselves at the beginning of a lifelong journey – exactly where you once were. Becoming an active member, a 'core group' member, is an excellent opportunity to give back. We can use your talents, time, energy, and ideas.

Here are some of the areas where you can help.

- Chapter Co Leader
- Core group (steering committee) member
- Facilitator
- Initial contact with new members
- Secretary
- Newsletter
- Monthly Programs
- Publicity
- Librarian
- Hospitality (refreshments)
- Web master
- Database manager

***If you don't do it,
who will?***

Contact Bob Burash, Chapter Leader, for more discussion on these opportunities to help our Chapter continue to support bereaved parents.

***When you help others,
you also help yourself.***

Gone From My Sight

By Henry Van Dyke

I am standing by the seashore.
A ship at my side spreads her white sails to the morning breeze
and starts for the blue ocean.
She is an object of beauty and strength,
and I stand and watch
until at last she hangs like a peck of white cloud
just where the sun and sky come down to mingle with each other.

Then someone at my side says, 'There she goes!'
Gone where? Gone from my sight – that is all.

She is just as large in mast and hull and spar
as she was when she left my side
and just as able to bear her load of living freight
to the places of destination.
Her diminished size is in me, not in her.

And just at the moment when someone at my side says,
'There she goes!'
there are other eyes watching her coming,
and other voices ready to take up the glad shout:
'Here she comes!'
And that is dying.

My thoughts: This poem provides a beautiful, calm picture of a ship sailing into the horizon and being greeted on the other side of the voyage. Is dying really such a calm experience? Will we just float along and be greeted by those who have made the voyage before us? Is that how it was for our children?

If so, Dave's passing was so different for me. I didn't get to really say goodbye or be with my son as he left. He was just suddenly gone... ripped from my life. And it felt like I was battling a constant storm, which lasted for years. Nothing was easy anymore. Everything was a chore. Somehow days would go by and then it was years that had gone by. It was all a blur in the middle of the storms raging through my heart and soul.

Now years later, I have found peace within myself. Time has helped. Family has helped. Friends have helped. And other bereaved parents have helped. With this help, I look forward to the years ahead.

And I also believe that someday I will float into my son's arms.

-- Carol Tomaszewski, Dave's Mom,
Anne Arundel County Chapter, BPUSA

But I could not do it!

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

When it happened, I wondered how other people could not feel the same way I did. I wondered how, after the loss of their beloved child, could they not feel like ending their own lives. While I found that many did not, I found that others did. Why then did they not take the ultimate step and end their horrific pain? I asked. Their answers were foreign to me. They all said, to a one, they chose not to take that path because they did not want to bring more pain to those who loved them.

That was foreign to me because I always felt people would be better off if I were not around, if I was not there. I have caused my dear husband so much pain, not just after William died with the terrible anger I felt toward no one and yet, everyone. I took my horrendous pain out on him because he was there, not just then, but also before, when things were not good between us. Yes, it would be much better for him, if I was not around.

Then there is my beautiful son. He definitely has a pretty face, but I mean more that he is sweet. He and William deserved a far better mother than I. Yes, everyone would be better off without me.

But I could not do it. I could not pull the trigger, nor take the pills, nor choke the exhaust pipe. No, I just could not do it.

Why? Why then could I not do it? I definitely felt more than enough pain to have chosen any one of those options.

You may think it was because I was scared. That could not have been farther from the truth. No, I was not scared. I looked forward to being free from all of the abject pain and sorrow that was being hoisted upon me day after day after day. No, I was definitely not scared. I wanted out. So, then, what was it that kept me trapped when all I wanted was freedom? To this day, I do not have a concrete answer for that. It was not lack of will, nor lack of intelligence. So, if it was neither of those, what could it possibly be?

In all these 4,032 days since my precious William went to live with the angels, the only conclusion I have been able to come up with is that I am supposed to be here.

I am supposed to be here. I am supposed to suffer through a horrific, seemingly impossible and surreal tragedy. However, I am not just supposed to survive it with the weakest of existences. No, I am supposed to not only survive, but to thrive. I am supposed to take this most horrible of tragedies and turn it into something beautiful. I am supposed to shine effervescently and show other bereaved parents that there is joy to be had after experiencing a pain so terrific no one should ever have to endure.

How in the bloody world can that be??? How can a mother suffer the loss of her beloved child and ever, ever, ever succumb to even a whisper of a smile, much less a joyous, raucous laughter?

I can tell you that without hesitation: that is because that is what our children want for us. They want us to live lives of joy and gratitude. They want us to remember not what we lost by losing them, but how we were graced by having them.

If we focus on what we lost, we will live forever in the land of abject pain and sorrow. We will forever be in mourning. We will forever live encumbered and be held prisoner by our grief. We could never possibly see the gracious gift that we were so undeservedly given. If we focus on what we lost, we will be held hostage to a torment no one should ever have to endure, but if we can switch things around and just take a minute to realize the momentous gift we were given... if we were to truly realize, even for one small second, the bounteous gift bestowed upon us, we would fall down on our knees and sing praise that we got to have them, at all.

Yes, even if we only got to have them for the shortest, most slimmest of times, we got to have them. Glory Hallelujah, we got to have our beautiful children! How can we ever do anything but sing praises to the Almighty?

Hmm... How did we get here from where I began this page? Well, I guess it is metaphorical as to how I am here to write this. Somehow, by taking one small step, by putting one foot in front of the other, by taking one minute at a time and all those other clichés along with years of seeing Dr. Brady, my wonderful grief counselor, the help of my fellow bereaved and a few lovely friends and family, I have risen from the depths of Hell to the glories of Heaven. Well, those things and giving (or screaming through tear-drenched eyes) high praises to God for letting me have William for the ever-so-short 27 years I got to have him. I did this especially when I felt my heart was being shredded into a million tiny pieces. It was the only way I could go on.

Now I am here. I started off desperate and forlorn. Now I am happy. I realize now that my husband put up, and puts up, with my multitudinous problems because he loves me so very, very much. In addition to that, my beautiful son has forgiven me for most, if not all, of the wrongs I did to him and William. William has proven to me over and over and over again, that he loves me and has forgiven me.

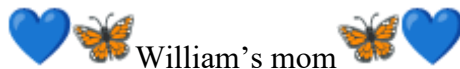
We are a very happy family now, choosing to look at what we have, rather than at what we lost.

What an extraordinary blessing to be able to see the treasure God gave, even though He took him back. What an extraordinary blessing to be able to feel gratitude for the time we got to share with him. What an extraordinary blessing to have joy, even in the midst of horrific pain. What an extraordinary blessing to have gotten to have him, at all.

I know if I can turn my seemingly unbearable and relentless pain into joy, the same can be true of you. I know if my tears can turn to laughter, that can be true for you, as well.

I wish that for you. I wish that the memories of your beloved child fill you with stupendous joy, so much so that your shredded heart begins to heal. I wish that the memories of your beloved child soon bring a song to both your lips and your heart. I wish that the joyous memories of your beloved child soon surpass the horrendous pain of losing them. I wish you hope and healing.

Most sincerely,
Linda Khadem



William's mom

Gifts of Grief



You may find the term 'gifts of grief' a strange one. It is a concept that suggests there can be unexpected positive experiences or personal growth that can arise from the difficult process of grieving.

When we go through the pain of losing someone important to us, grief can feel overwhelming and never-ending. However, the idea of 'gifts of grief' acknowledges that amidst the pain, there can be valuable lessons and new perspectives that emerge from our grief journey.

These gifts can come in various forms. For example:

- Grief often teaches us about the deep love and connection we had with the person we lost
- It can remind us of the importance of cherishing our relationships and living fully in the present moment
- Grief can also help us develop empathy and understanding for others who are experiencing similar loss, allowing us to offer support and comfort to those who need it

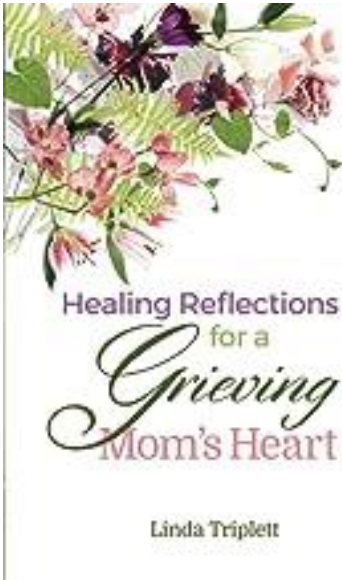
Ultimately, 'gifts of grief' invites us to see grief as a transformative process that can bring about personal growth, resilience, and a deeper appreciation for life's precious moments.

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Tara Nash is an advocate for feeling the feelings, expressing them, letting them move out of the body, by talking, sharing in groups and through the physical movement of Yoga. In my work I hope to inspire people to live open hearted and generous lives

Tara Nash offers a variety of online classes to nourish your body, mind & soul ... yoga, meditation, breathwork, and grief group
Follow her on Facebook and Instagram, and subscribe to her newsletter.



Healing Reflections for a Grieving Mom's Heart

by [Linda Triplett](#) (Author)

Losing a child can feel like the end of the world—and the end of our lives, too. But when we allow ourselves to grieve and treasure the memories of our beloved child, they live on in our hearts, and so does our love for them.

Because Linda lost her adult son in the prime of his life—and has, as a result, ministered to many hurting moms for nearly 25 years—she can help you navigate through and overcome the pain, sadness, and guilt that accompanies such a loss.

Through her reflections, you will find:

- comfort, knowing you are not alone
- help in navigating through extra painful times
- insights on why you feel the way you do on certain days
- wisdom in how to respond to hurtful comments
- hope that you can one day smile and laugh again

Let Linda relate to your hurting heart as she accompanies you on your grief journey and shares how you, too, can let God turn your mourning into dancing.

Linda Triplett is a mother and grandmother who will never forget or regret the blessing of her son, Adam, whom she raised for a brief 23 years. Through her one-on-one time with grieving moms, as well as her Melaleuca business, she finds joy in guiding others toward health, hope, healing, and wholeness. Find Linda at www.LindaTriplett.com

Join us for our Chapter meeting on October 5th when

Linda Triplett will be our guest speaker.



Our Children Remembered September 2023

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

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

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

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

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

Kyle Joseph Eagney
Son of Beth Eagney
July 30, 1991 - September 15, 2020

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

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

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

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

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

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

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

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

Abby Megan Hoyt
Daughter of Barb and Andy Hoyt
December 22, 1995 - September 1, 2022

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

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

Dulaney Covington (Trip) Logan III
Son of Cathy and Deke Logan
September 10, 1996 - April 24, 2023

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

Chad William Muehlhauser
Son of Paula and Bill Muehlhauser
October 3, 1983 - September 16, 1992

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

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

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

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

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

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

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

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

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

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

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

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

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

Andrew Graham Stough
Son of Susan and Louis Stough
September 5, 1990 - February 23, 2022

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

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

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

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

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

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



Our Children Remembered October 2023

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

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

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

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

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

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

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

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

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

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

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

Rowan Genevieve Ethridge
Daughter of Kim and Jeff Ethridge
October 8, 1995 - June 8, 2023

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

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

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

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

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

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

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

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

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

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

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

Chad William Muehlhauser
Son of Paula and Bill Muehlhauser
October 3, 1983 - September 16, 1992

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Daniel Alonso Vela
Son of Marisol and Fausto Vela
October 4, 2001 - December 2, 2022

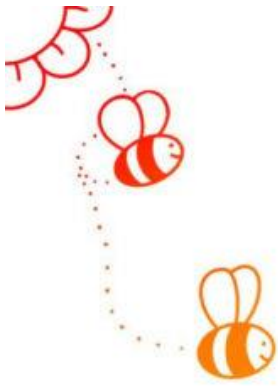
Richard C. Watts
Son of Tom and Fran Cease
December 28, 1966 - October 28, 1998

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

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

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

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



Butterflies in the breeze

The butterflies in the breeze,
The whisper through the trees,
The crinkle on the leaves,
Was it you?

The sparkle on the stream,
The murmurs in my dream,
The efforts for our team,
Was it you?

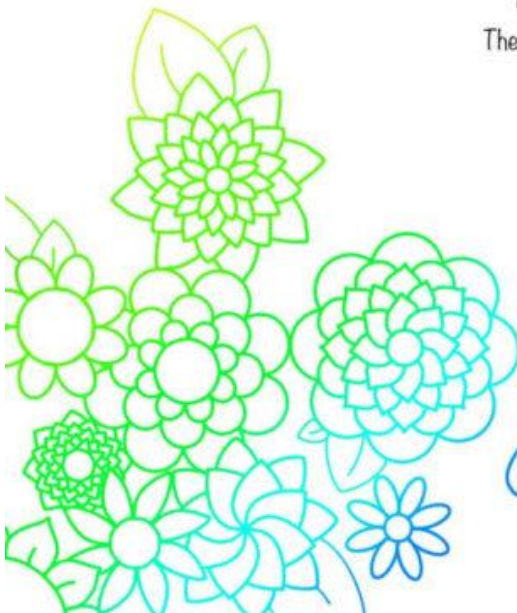
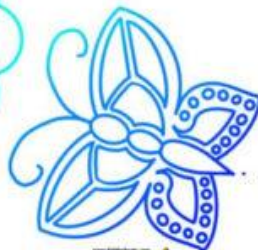
The beauty that beguiled,
The sound of the wild,
The giggle of my child,
Was it you?

The fragrance in the flower,
The rainbow after the shower,
The chiming of the hour,
Was it you?

The bobbing of the bird,
The softly spoken word,
The "love you" that's unheard,
Was it you?

I know it was you,
ALWAYS.

By Helen Neale



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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.

Newsletter and Website Sponsorship Donations:

Marisol Vega in memory of her son Daniel.

Noel & Ann Castiglia in memory of Tria

Rick & Carol Tomaszewski in memory of Dave

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 for now, 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.

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. 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 join us. We welcome new Core Group Members.

October 12, 2023 Core Group: Note date change. 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, finances, and special events will be primary topics. So please join us.*



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[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 Carol at ctomaszewski74@gmail.com by **October 15 for the November/December 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 **October 15 for the November/December 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.
- **Make check payable to Anne Arundel County Chapter, BPUSA.**
And mail to PO Box 6280, Annapolis MD 21401.

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, Carol at ctomaszewski74@gmail.com or Chapter Leader, Bob 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

September is suicide awareness month

Editor’s note: The following article, posted in the Well Being newsletter of the Washington Post, is a compilation of family stories, statistics and discussions of guilt, blame, shame and complicated grief. I encourage everyone to read it as some of it could pertain to all of us bereaved parents. I’ve included a couple quotes from the article.

<https://www.washingtonpost.com/wellness/2023/07/15/suicide-parents-survivors-guilt/>

After child’s suicide, parents can be engulfed in self-blame and guilt The what-ifs, I should’ve and if onlys can be overwhelming

By Caren Chesler

July 15, 2023 at 8:00 a.m. EDT

“Indeed, research suggests that the suicide bereaved face feelings of shame and stigmatization, which can lead to social withdrawal and concealing the cause of death, both of which can complicate the grieving process, thereby prolonging it, experts say.”

“Losing a loved one to suicide is one of the worst blows someone can experience, psychologists say. It’s not just dealing with grief, which is hard enough, it’s the terrible guilt, especially so when it’s a child.”

CRISIS HOTLINES

If you or someone you know needs help, visit 988lifeline.org or call or text the Suicide & Crisis Lifeline at 988.

Maryland Hotline	800-422-0009
Anne Arundel County	410-768-5522
Baltimore City	410-931-2214
Baltimore County	410-752-7272
Calvert County	800-422-0009
Charles County	800-422-0009
Frederick County	301-662-2252
Howard County	410-531-6677
Montgomery County	240-777-4000
Prince George’s County	301-927-4500
St. Mary’s County	800-422-0009
Veterans Hotline	800-273-8255

American Foundation for Suicide Prevention

Welcome to the Out of the Darkness Annapolis Walk 09/16/2023



Location: Navy Stadium, Annapolis, MD

Check-in Time: 9:00 am

Walk Start Time: 10:00 am

Walk Chair: Kat Olbrich (She/Her), 202-770-8973, kolbrich@afsp.org

We acknowledge that the walk is happening during Rosh Hashanah. If you are unable to make the Annapolis Walk this year, please consider joining us for any of the other 10 other Maryland Out of the Darkness Walks that will run from September 9 to November 4, www.afsp.org/maryland

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



A butterfly lights beside us like a sunbeam, and for a brief moment its glory and beauty belong to our world. But then it flies on again, and though we wish it could have stayed, we feel lucky to have seen it at all.

Welcome to Alive Alone

Alive Alone is an organization for the education and charitable purposes to benefit bereaved parents, whose only child or all children are deceased, by providing a self-help network and publications to promote communication and healing, to assist in resolving their grief, and a means to reinvest their lives for a positive future.

What We Offer

- Connection with other loss families
- Quarterly newsletter
- Opportunities to write and share about your child
- And more!

<https://www.alivealone.org/>



Grief Recovery After a Substance Passing

For those who have lost someone to substance use or addiction.

<http://grasphelp.org/about-us/>

Howard County GRASP Chapter Contact Person: Jon May

Email Address: jonzmay@hotmail.com

Anne Arundel County Chapter 39th Annual Service of Remembrance
Sunday, December 3, 2023, at 3 PM
St. Martin's in-the-Field Episcopal Church
375 Benfield Road, Severna Park, MD 21146

Since its beginning in 1985, the Annual Service of Remembrance has provided an opportunity for parents, siblings, grandparents, aunts, uncles, and friends to remember our precious children. Please join us in this celebration of our children's lives, as we face this Holiday Season with Love, Hope, and Peace in our hearts.

Planning is underway, invitations will be mailed in October and please RSVP by November 3.

We need volunteers to help at the Service, from Ushers and Greeters to Participants and Readers during the Service. Some examples are :

Readers – Candle wreath – 2 people or a couple needed

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

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

Everyone is Invited to our 21st Annual Memory Walk
Bring your family and friends too



We will be holding our *Twenty-first Annual Memory Walk* at Quiet Waters Park on Saturday, **October 7, 2023 at the Dogwood Pavilion**. Tell the Guard that you are with Bereaved Parents Memory Walk and the parking fee will be waived. The primary purpose of the Walk is to provide an opportunity to share our children with family and friends on a 2-mile walk through the park, to remember our children who died too soon, but still walk in our hearts.

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

The Walk is also a fund-raising event, but a donation is not required to participate.

If you anticipate being at the walk and would like your child's picture included, please let us know. If we have your child's picture in the 2022 Service of Remembrance, we will use that picture. You could also email a picture to pjbस्पmd@gmail.com or bebessling@aol.com. It also would be helpful to know if you will be attending so we can prepare for enough refreshments. Following are 2 forms. One is an information/registration form for participation in the Memory Walk, and the other is a sign-up for sponsor donations. We accept cash or check payable to BPUSA Anne Arundel County Chapter.

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

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



Volunteer Opportunities for the Memory Walk

We need a little help

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

**The Anne Arundel County Chapter of the Bereaved Parents of the USA
 Twenty-first Annual Memory Walk
 October 7, 2023 9:00am**

This year’s Memory Walk will be at Quiet Waters Park, Annapolis, MD. It will consist of an opening, readings and refreshments followed by a 2-mile walk. If you would like your child’s picture included, please email it to pjbspmd@gmail.com or bebessling@aol.com. If we have your child’s picture from the 2022 Memory Walk or Service of Remembrance, we can use that one. If not, you can email or mail a picture to BPUSA/AA County, P. O. Box 6280, Annapolis, MD 21401-0280. We will need forms and pictures by October 3, 2023.

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

If you have any questions about this event, please send an email to : bpaacntychapterleader@gmail.com or Contact Barbara: bebessling@aol.com or 410-761-9017

PLEASE PRINT CLEARLY

CHILD’S NAME _____
 CHILD’S NAME _____
 YOUR NAME _____
 Street Address _____
 City, State, Zip Code _____
 Phone # _____ Email Address _____
 Donation Amount _____ Do we have a picture? _____

DISCLAIMER: I hereby agree to the following:

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

Signature: _____

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

**The Anne Arundel County Chapter of The Bereaved Parents of the USA
Memory Walk at Quiet Waters Park, Annapolis, Maryland
Sponsor List**

***We like to acknowledge all donations,
so please print your name and address neatly and completely***

Name and Address	In Memory Of	Pledge Amount

For additional information please contact Barbara Bessling at aacountymemorywalk@gmail.com
or 410-761-9017 or go to our website at <http://www.aacounty-md-bereavedparents.org>