



# Tampa Bay Chapter

P.O. Box 3226  
Tampa, Florida  
33601-3226  
www.bpusatampabay.com

## MEETING INFORMATION

### Regular Monthly SUNDAY Meeting

(held the second Sunday of the month)

June 12, 6:30 p.m. See below for a scheduled special program

*St. Joseph's Hospital*

*Medical Arts Building, Auditorium*

*3001 Martin Luther King Jr. Blvd.*

*Call Beverley Hurley at 813-832-3175*

*for directions or information.*

*(We will have a carry in covered dish starting at 5:30!)*

### Regular Monthly DAYTIME Meeting

Riverview/Gibson/Brandon areas

(held the second Friday each month)

Friday, June 10, 10:00 a.m. to Noon

The Greater Brandon Chamber of Commerce

330 Pauls Drive, Brandon, Florida 33511

Please call Linda Delk at 813-661-0680

for directions or information.

### Regular Monthly PLANT CITY Meeting

(Normally held the fourth Monday each month)

Monday, June 27, 7:00 to 9:00 p.m.

South Florida Baptist Hospital

301 N. Alexander Street, Plant City

in the Community Conference Room

Call Janice Falcon at 813-779-9353

for directions or information.

## UPCOMING EVENTS

### YOU DO NOT WANT TO MISS!!

NOTE: The next AOH Brick Dedication will be in October. Brick Orders are due by August 1!

*A special gift will be given to each Dad and Grandfather at our June meetings in honor of Father's Day!*

## BP/USA Tampa Bay Chapter Committee and Core Member VIP Meeting

Thursday, June 16, St. Joseph Hospital, MAB, 7:00 p.m. (refreshments will be served)

It is **important** that everyone attend this important meeting. We will be discussing our chapter's future for the upcoming year of 2011 & 2012!

We will explain how you can help.

We need your ideas & input!

Please RSVP to Beverley Hurley 813-832-3175 or [bee.hurley@gte.net](mailto:bee.hurley@gte.net).

June 2011

*This month's newsletter lovingly sponsored by the families of:  
Michael Gerard Martini  
Jozsef Varga*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
<b>JUNE 2011</b>						



## MY DAD IS A SURVIVOR

By Kaye Des'Ormeaux, October 16, 1998  
From the North Orange County  
BP/USA Chapter Newsletter

### "Dedicated to any man who has lost his child"

My dad is a survivor too... which is no surprise to me. He's always been like a lighthouse that helps you cross a stormy sea. But, I walk with my dad each day to lift him when he's down. I wipe the tears he hides from others. He cries when no one's around. I watch him sit up late at night, with my picture in his hand. He cries as he tries to grieve alone, and wishes he could understand. My dad is like a tower of strength. He's the greatest of them all! But there's times when he needs to cry - please be there when he falls. Hold his hand or pat his shoulder and tell him it's okay. Be his strength when he's sad. Help him mourn in his own way. Now, as I watch over my precious dad from the Heaven's up above... I'm so proud that he's a survivor... And I can still feel his love!

## Chapter News



### ANGEL OF HOPE UPDATE

www.angelofhopetampabay.com

Located at:

Riverside Park

201 Riverhills Drive, Temple Terrace

Mailing Address:

P. O. Box 2573, Lutz, FL 33548

813.495.7539

### Brick Orders:

Bricks Orders must be submitted by August 1, 2011 in order to be included in the October Dedication.

Please see our website for brick order information and form.



## Love Gifts

Donated by Debbie & Bill Nemitz

In loving memory of their daughter

**Robin Michelle Nemitz**

12/28/1982-6/16/1998

Donated by David & Beverley Hurley

In loving memory of their daughter

**Debbie Bray**

11/14/1967-6/1/1990

Donated by Jeff & Maritza Patet, Mallory Patet and Gina Casal, and Gus and Lourdes Arenas

In loving memory of their son, brother and grandson

**Nathan Gabriel Patet**

12/18/1988-6/10/1990

### Love Gifts-A Thoughtful Way to Remember

Love Gifts are a beautiful and loving way to remember a loved one. Through Love Gifts, we are able to reach out to others with our brochures and newsletters as well as obtain books and other information for our library. We truly appreciate every Love Gift, donation and sponsorship. Our Chapter work is done by volunteers and these donations help us reach out in many ways, including the preparation and mailing of the newsletter.

### Refreshments

Some of us like to remember our child's birthday or the anniversary of his or her death by bringing a cake or cookies to the meeting that month. We would appreciate having you bring a special treat to any meeting. You may also want to bring and share a picture of your child. Thank you!

### Chapter Library Books

If you have finished reading a BP/USA Library book, please, **please** return it to our library. There is no time limit for how long you can have a book, but the longer you borrow a book, the less opportunities other bereaved parents have to read it. We also gladly accept book donations.

Contact Tommy or Barbara Dietrich at (813) 234-4705 or visit one of our three monthly sharing meetings to return a book, arrange a donation or inquire about an available title.

*“In three words I can sum up everything I have learned about life, it goes on.”*

Robert Frost, whose life “went on” amidst the death of four of his six children.

### Telephone Friends

Need to talk? Having a bad day? Call one of our Telephone Friends. They're here to lend a knowing ear because they've been there. Don't hesitate to call, we understand.

Linda Delk (General Information)	(813) 661-0680
Sue Bowditch (Adult Child)	(813) 390-9734
Theresa Farmer (Homicide)	(813) 994-0707
Traci Cooley (Drowning)	(813) 464-4525
Ron Ellington (Suicide/Grandparent)	(727) 410-2308
Charles L'Homme (Accidental Death)	(813) 335-7628
Debbie Nemitz (Long Term Illness)	(813) 907-1441
Barbara or Tommy Dietrich (Death of an Only Child)	(813) 340-9120
Serena Graves (Sibling Contact)	(813) 810-7169
Violeta "Cookie" Fernandez (Se Habla Espano)	(813) 996-4281
<b>CRISIS CENTER</b>	<b>211</b>

**Bereaved Parents/USA National Office**  
**Post Office Box 95, Park Forest, IL 60466**  
**Phone/Fax: (708) 748-7866**  
**www.bereavedparentsusa.org**

## 9 Years Back Steps

I was busy today rushing around the office working on a project, when a new staff member saw your photo on my desk. She picked up the frame and gazed at your face. She raised her head and asked, "Is this your son?" I said, "Yes and I paused... I knew it was coming— I held my breath. She looked at me with the frame still in her hands and asked casually, "Where does he go to school?" Her face was innocent. Her eyes searched my face. Time stood still as my heart sank... Because I knew I had to tell "the" story, and I wondered if I could say the truth without breaking down. Nine years and I still cry at the question. I knew I had to sum up in a brief moment the pain, the horror, the loneliness of living without you.

I guess sometimes I think I'm normal. I have pictures on my desk like everyone else ... I trick myself into thinking my life is moving on, when actually a large part of my life stopped— The day you were killed. Nine years... and still counting...

—Janice Lopez, Sacramento Valley BPUSA

Lovingly Lifted from BPUSA St. Louis Chapter Newsletter



## Our Children . . . Remembered

*So long as we live, they too shall live ... For they are a part of us as we remember them.*

### June Birthdays

Brown, Alex Marie  
6/6/1995 - 6/6/1995  
P - Jane Ann & Thomas Brown

Carlan, Robert Hope  
06/02/78 - 07/25/99  
P - Arnold & Linda Carlan

Eggy, Keiran Catherine  
6/4/2004 - 6/4/2004  
M-Elizabeth Eggy

Gilliam, Hayden Charles  
6/20/1999 - 8/4/2001  
P - Sean & Marion Gilliam  
Sibs - Sara & Cole  
GP-Joe & Nancy Gilliam, and Rosemarie Presbrey  
GGP-Mary Gilliam & Lora Flowers

Hayes, Douglas  
6/3/1969 - 6/3/1969  
P-Martha & Michael Hayes  
Sibs-Cheri Hayes Knapp & Travis Hayes  
GM-Mary Neeld

Johnson, Georgina  
6/10/2003 - 6/10/2003  
P-Laurie & Goerge Johnson

Lane, Matthew Alexander  
6/22/2001 - 2/13/2003  
M-Mary Ann Muschick  
S-Nikol  
B-Devin  
GP-Hieu & David Muschick

Martin, Brian James  
06/09/1979 - 07/18/1993  
P - Stan & Adrienne Martin  
B - Christopher Martin  
GM - Evelyn Golding

Martini, Michael Gerard  
6/18/1964 - 1/26/2009  
P-Dianne Ezell & Michael  
B-Pamela Martini  
Niece - Destiny Martini

Owens, Kenny Dwayne  
6/27/1961 - 2/25/2005  
P-Jimmy & Sylvia Mingo  
S-Tina Jernigan & Donna

Ponder, Manda Lynn  
06/13/1995 - 07/03/1995  
P - Marilynn & William Ponder  
B - Travis & Mike Ponder  
S - Amanda Ponder  
GM-Grace Ponder

Ramirez, Arthur, Jr.  
6/10/1951 - 12/30/1997  
M-Helen Ramirez

Rivera, Erick  
6/4/1988-3/21/2010  
P-Maricela & Jose Rivera

Schulman, Adam J.  
6/7/1971 - 9/26/2004  
M-Pat Schulman  
Freddie Kelly Jr. and Kenny Schulman

Skalski, Brian  
6/2/1968-1/6/2011  
P-Nick Skalski & Marty Hayes

Shemela, Kenneth  
6/24/1964 - 2/19/2009  
P-Bill & Barbara Shemela  
B-Bill Shemela, Jr.

Sorrells, Blake Austin  
06/03/1998 - 06/03/1998  
P - John & Monica Sorrells  
S - Cassidy Sorrells

Szczepanek, Daniel  
6/21/1988 - 11/10/2006  
M-Debra Szczepanek

Timothy, Joshua  
6/29/2004 - 7/18/205  
P-Doug & Kerri Timothy  
GM-Mary Ann Negrete

Valdez, Joseph Martin  
6/3/1974 - 4/24/2007  
M-Carolyn Aviles

Varga, Jozsef  
6/11/1988 - 8/4/2007  
M-Carmen Varga  
B-Kiel & Bruce Senra  
GP-Dorothy & Gerald Senra

Weber, Barbara Jean  
6/4/1953 - 12/14/1994  
P - Weldon & Jean Weber  
S - Kristi, Teresa, & Pamela



### June Anniversaries

Alvarez, Dean  
4/28/1965 - 6/12/2000  
M-Diana Stenglein  
B-Nadie Alvarez  
S-Athena & Lynette Alvarez

Bray, Debbie (Hurley)  
11/14/1967 - 6/1/1990  
M - Beverley (Bray) Hurley  
S - Kimberly Gonzalez

Brown, Alex Marie  
6/6/1995 - 6/6/1995  
P - Jane Ann & Thomas Brown

Combs, Phillip J.  
3/24/1986 - 6/12/2004  
P-Lisa Pyche' & Phil Combs  
B-Travis Combs  
GP-Thomas & Sharon Pyche'

Cowen, Chad  
3/31/1973 - 6/7/1997  
P - Mary "Pete" & Mike Cowen  
S - Tiffany Larson

Eggy, Keiran Catherine  
6/4/2004 - 6/4/2004  
M-Elizabeth Eggy

Faber, Nicholas (Nicky) Paul  
08/13/89 - 06/08/95  
P - Paul & Kathy Faber  
S - Danielle Faber  
GP - Esther Kubler and Anna & Bobby Banks

Funk, Benjamin  
9/9/1976 - 6/25/2001  
P - Mr & Mrs Funk

Harrill, Jason  
1/23/1984 - 6/12/2006  
P-Bonnie & David Harrill  
S-Michelle "MiMi"

Hayes, Douglas  
6/3/1969 - 6/3/1969  
P-Martha & Michael Hayes  
Sibs-Cheri Hayes Knapp & Travis Hayes  
GM-Mary Neeld

Howard, Steven T.  
8/11/70 - 6/30/1999  
M-Cay Pelaez

Johnson, Georgina  
6/10/2003 - 6/10/2003  
P-Laurie & Goerge Johnson

Kellogg, Benjamin  
- 6/7/2002  
P-John & Barbara Kellogg

Landrum, Mark  
03/03/79 - 06/24/94  
M - Joan Landrum Adams-Hilliard  
F - Steve Landrum  
B - John Landrum

Martin, Amanda Louise  
12/31/1971-6/19/2008  
P-Toni Martin

Mercer, Bret  
10/5/1988 - 6/25/1992  
P - Eddie & Darlene Mercer  
S - Lindy, Crystal & Kaley  
GP-Loren & Christine Mercer  
GP-Beverly Jaudon Quincannon

Nemitz, Robyn Michelle  
12/28/82 - 06/16/98  
P - Debbie & Bill Nemitz  
B - John Nemitz  
GP - Laura Nemitz  
A & U -John & Linda Goodman & Marty & Carol Nemitz

Noriega, Aiden  
4/4/2001 - 6/18/2001  
P - Rick & Ethal Noriega

Orsi, Kristen McCall  
8/5/1980 - 6/27/2002  
P-Kimberly & Leo Orsi  
GP-Wm. & Jeanne Armiger and Stephanie & Rich Orashen

Patet, Nathan Gabriel  
12/18/88 - 06/10/90  
P - Maritza & Jeff Patet  
S - Mallory Patet & Gina Patet  
GP-Gus & Lourdes Arenas and Don and the late Betty Patet

Prescott, Alexandria  
3/25/1990 - 6/28/2017  
Stephanie & Tracy Knox

Roberson, Richard Joseph  
07/23/1959 - 06/02/1997  
P-Richard & Jeannette Roberson  
S-Sue & Shelfy  
B-Randy

Sorrells, Blake Austin  
06/03/1998 - 06/03/1998  
P - John & Monica Sorrells  
S - Cassidy Sorrells

Steen, Michael Anthony  
8/4/1956 - 6/20/2003  
M-Nancy Holdren  
B-Rick, David & Donald  
Father to Jessica, Christine & Michelle  
Married to Doreen

Therriault, George L.  
10/13/1951 - 6/1/1996  
P - Mae Therriault

Waller, Albert Marcus  
5/2/1994 - 6/16/2000  
P - Marc & Charlotte Waller

Wright, Travis  
7/16/1973 - 6/15/2001  
M - Joan Wright



*If we have omitted your child, misspelled your child's name, or listed incorrect dates, please accept our apologies and call Beverley Hurley at (813) 832-3175 to correct the information. Call any of our telephone friends if you are having a hard time on these days. We truly understand your pain; for we, too, remember our own children.*

Sometimes I'm forgetful, can't concentrate and seem distracted.....I'm not losing my mind, I've just lost my kids.

Sometimes I ache all over and have a hard time getting out of bed.....I'm not a hypochondriac....my body and soul ache for my kids.

Some days I seem short tempered and angry.....

I don't need anger management....I just need my kids  
Sometimes you might see me staring off into space.... I'm not daydreaming, my mind is reliving all that has happened.  
If I walk around looking like I've lost my best friend.... well, I have.

If you see me have mood swings, unexpected tears or random

emotions....I'm not hormonal, I just don't know what I will be feeling next.

If I seem cold during the holidays and I'm not filled with joy at Christmastime right now....

I'm not hard-hearted, just trying to grow a new one.

If I turn down your church invitations and seem mad at God right now.....I haven't turned my back on Him. I have questions and I know He'll be right here for me when I'm ready.

When you see me sad, depressed or listless, don't worry.....I'm not suicidal, I'm trying to learn how to live again.

And if you just don't know what to say....Just say a prayer for me. ~ by Lisa Rhea

*Loving lifted from Central Arkansas BP/USA Chapter Newsletter*

## In a Cemetery

In a quiet little cemetery  
Where gentle breezes blow,  
Lays my child I love so dearly;  
Who died a few years ago.  
This resting place I visit,  
Placing flowers there with care  
But no one knows my heartache  
When I turn to leave them there.  
Though the smile is gone forever,  
And the hands I cannot touch,  
Still I have so many memories  
Of the child I love so much.  
The memory is the keepsake,  
With which we will never part,  
God had them in His keeping,  
We have them in our heart.

*Author Unknown*

## I Know

You don't need to say you're sorry.  
It's written in your face.  
I know you share my sadness  
By the warmth of your embrace.  
Don't try to justify the "why"  
Or "how" this came to be;  
Or explain away the mystery  
Of death's reality.  
Just know that more than any words  
The thing I hold most dear  
Is the friendship in your hand shake  
And your hug and that you're here.

Bruce Conley  
Columbia, MO

*Lovingly lifted from the National Newsletter of  
BP/USA. A JOURNEY TOGETHER  
www. Bereavedparentsusa.org*

**It is a precious thing to  
learn that we can sur-  
vive even the worst  
losses. We will be  
changed,  
but we need not be  
diminished...**

~Stephanie Dowrick



## Missing Graduate

Parents' happy faces all around me,  
With a glow from within,  
"Pomp and Circumstance" is playing.  
Now the program will begin.

The graduates are lined up.  
They are coming down the aisle,  
Some have serious faces,  
Yet some have a little smile.

I look down the aisle,  
Hoping for your face to come into sight.  
This is your class,  
It was to be your graduation night.

All the graduates pass by,  
But none of them is your,  
A tug of my heart tells me,  
You are not, your death is true.

You were called home...  
I wanted you here in such a bad way,  
Looking into your classmates' faces,  
Do they recall you missing that day?

Memories, sweet memories,  
Now fill my mind and heart.  
There will be no golden tassel,  
This day for my Sweet6heart.

The classes, oh so happy,  
This isn't the time to be blue.  
Now I must go shake a hand,  
And get a hug or two.

*Emma Valenteen, Valley Forge, PAS,  
for her daughter Emma  
Lovingly lifted from the Springfield & Jacksonville,  
Illinois BP/USA Newsletter*

## Myths About Children, Adolescent, and Grief

One way to increase awareness of the unique needs of grieving children is to dispel the myths that surround their grief.



**Young children do not grieve.** Children grieve at any age. Their grief can be manifested in many ways depending on their age, developmental stage, and life experiences. Children often do a very good job at grieving intensely for a time and then taking a break. The break is usually in the form of play. Adults often mistake a child's play as a sign that the child isn't grieving, which is just not true.

**Children should go to funerals. Children should not go to funerals.** Both statements are myths. Children, even very young ones, should have a choice whether they want to attend the funeral. Each child handles their loss differently and should be allowed to grieve as they wish. For their choice to be a meaningful one, they need information, options, and support.

**Children get over loss quickly.** Adults never get over a significant loss so why should children? The truth is that no one really gets over a significant loss. We can learn to live with the loss and adapt to the reality that the one we love is no longer here, but we can never forget the intense feeling of loss. Children may revisit their loss at different stages in their development and as their understanding of the loss changes, their grief may arise again.

**Children will be permanently scarred by a significant loss.** Children, like most people, are resilient. A significant loss can affect a child's development but adequate support and continuing care can help them deal with their feelings of grief appropriately.

**Encouraging children to talk about their feelings of grief is the best way to work through their loss.** It is important to allow children to talk through their feelings and to promote open communication. However, other approaches, such as art, play, music, and dance allow children to express their feelings. Children and adolescents may use these methods to express their grief and adapt to their loss with a more positive outcome.

Working through grief and adapting to loss is important for children. Studies have shown that children and adolescents that have unresolved grief are at a higher risk for developing depression and anxiety as adults. It's important then that palliative care and hospice practitioners, as well as other family members, recognize the needs of grieving children and help them access the resources they need.

Source: Owens D. Recognizing the Needs of Bereaved Children in Palliative Care. *Journal of Hospice & Palliative Nurs-*

### ***“Monumental Journey of the Heart”***

***2011 BP/USA National Gathering***

***Reston Sheraton Hotel, Reston, VA***

***Thursday thru Sunday, July 28-31, 2011***



***Thursday Evening “Kick Off” Program:***

***Concert by Singer, Songwriter & Bereaved Parent, Cindy Bullens***

***Award Winning Documentary, “Space Between Breaths”, Rosemary Smith***

***Featured Speakers:***

***Mitch Carmody, Becky Greer, Drs. Gloria & Heidi Horsley,***

***Dave Roberts, Darcie Sims, Rosemary Smith, & Ron Villano***

***Awesome Entertainment:***

***Alan Pedersen providing Inspirational Music***

***Bereaved Sibling, Jordan Herskowitz and his one-man play,***

***“Growing Up Jordy Pordy”***

***Sibling Program for ages 9 to adult!***

***Don't Miss the June 1st Early Registration Discount Deadline!!***

For more information and/or to register go to the Bereaved Parents of the USA website at: [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org).

Book your hotel reservation on our personalized website:

**[www.starwoodmeeting.com/Book/Bereavedparents](http://www.starwoodmeeting.com/Book/Bereavedparents)**

For questions or more information contact Jodi Norman at 703-910-6277

Or Linda Harkness at 703-530-6496 or email: [bpusa.nova@yahoo.com](mailto:bpusa.nova@yahoo.com)

# Jozsef Varga

June 11, 1988 to August 4, 2007

My Joey Bear,

It is so unfair to have another year here without you. Another birthday of sending you a card attached to balloons. Another reminder that my baby boy is gone. I still ask "why you?" You had so much living left to do. You never had a chance to get married, to have children, to decide if your career was with the Marine Corps or in another field. You never had a chance to have a new car or buy a house. You have missed so much, and I have missed the joy in seeing you do all of these things.

I talk to you, and tell you how I am feeling. I ask you to watch over your brothers and keep them safe. I ask you to keep Bruce and Erika's baby safe and happy and I am sure you are proud they are going to name him after you. I ask you to help me through this life without you, and help me make decisions that will not hurt me. So you see, I still depend on you and need you just as much as before. I could not go on with my life if I did not have you in it in some special way.

This year I sponsored a child to attend the Florida Sheriff's Youth Ranch in your Memory. So, thanks to you, a child will have a week at camp that they may never have had a chance to experience. I will never let people forget you. Every year I do something to honor you to keep you in others memories. I want people to know you had a heart of gold, and still do.

I love you Joe, as much and more than anyone could ever love someone. I live for the day I can be with you again. My heart is broken and will never mend. Nothing can ever take your place. I will never be whole again, not until the day we meet in Heaven. Baby, you are loved by all and forgotten by none. I am proud and honored that God let me be your mom.

I LOVE YOU, Mom

*"To my little brother, my fellow Marine, you are loved and missed deeply. Kiel"*

"When someone you love becomes a memory, the memory becomes a treasure, and the treasure is forever within our hearts. We love and miss you Joe. Love Aunt Luisa & Scott"



## To be in Heaven with her little Joe

A mother's worst nightmare came walking up the drive,  
They came and told her, her baby's not alive.  
She couldn't believe it, they had to be wrong,  
Her boy was so handsome, so big and so strong.

She gave them her son, her little boy,  
He became a man, her pride and joy.  
He joined the Marines, the toughest of all,  
She never dreamed her soldier would fall.

She cries in the shower, her guilt is high,  
She screams to God, for one last goodbye.  
Her heart is broken, for how much she lost.  
The price of love, has such a high cost.

She is so afraid, that people will forget,  
She has to remind them, every chance she can get.  
She wonders if he knows, how deep was her love,  
She prays he can hear her, from up above.

She cries herself to sleep every night,  
Not knowing if things will ever be right.  
She prays to her God every day,  
Asking Him to take her away.

Her only wish is, to have him again,  
Her grown up son, her little man.  
All she wants is to let herself go,  
To be in Heaven, with her little Joe.

## ME AND MY MOM

I was driving home,  
late one night.  
I was so tired,  
it was barely light.

My eyes were closing,  
I must have fallen asleep.  
Because the next thing I heard,  
was my mom starting to weep.

I want to tell her,  
not to cry.  
But I know she will,  
no matter how hard she may try.

I'm her baby boy,  
her youngest son.  
Her heart is broken,  
what have I done?

And so my new job,  
Is to watch over her.  
And I do it with love,  
of that you can be sure.

Now I'm up here in Heaven,  
looking down.  
I want her to smile,  
but I only see her frown.

How much I love her,  
I want her to know.  
I didn't want to leave her,  
I wasn't ready to go.

But there's a place beside me,  
That's just for my mom.  
One day we will be together,  
me and my mom.



## *Michael Gerard Martini*

*June 18, 1964 to January 26, 2009*

I am going to tell you something about my brother who is not here for his 47th birthday on June 18th. This is the 3rd birthday he has spent in Heaven.

Michael--my bother

Missed by many---you would never imagine

Memories I have are stored in my heart:

There are still times I feel like it's tearing me apart

Often, I lay in my bed and visions of us playing

go running through my head

The love we had for each other stretched across so many miles,

Our phone calls most always brought smiles.

Funny how you would use the phrase, "I hear ya" so often

And didn't think about until now when we "don't hear ya"

When I was stressing you always listened, you would say,

"Pamela-I love you and wish you were here."

Oh Michael-I love you and wish you were near.

To the reader of this-

I have learned ,my brother is here. Know that no matter what happens

in our lives we all lose someone who we love very much. But the de-

posits they have made into our memory banks never depreciate. The in-

terest that they gain are unbelievable. Never take for granted that you

will be able to say, I love you tomorrow. Say it to day.

For me let me tell you, My last conversation with my brother, he was

having a bad day.

Thank you my lord, for what I'm about to say.

My last words to Michael were, "You are my brother and I love you!"

You were my brother and I was your favorite (only) sister

You will always be my brother and I will always be your favorite sister.

Michael, I love you and Happy Birthday !

Love, Pamela

# Our Credo

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 come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys.

We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our tears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort and encourage each other, we demonstrate to each other that survival is possible.

Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, our color, our affluence, or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family.

We are the Bereaved Parents of the USA.  
We Welcome You.

# ADJUSTED

By Shirley Blakely Curle

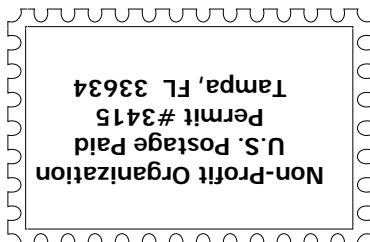
"It's been several years since your son died," they say, "Surely you must have adjusted by now."  
 Yes, I'm adjusted .....  
 To feeling pain  
 And sadness and grief  
 And guilt and loss.  
 Adjusted to hurting and unexpected tears.  
 Adjusted to seeing people made uncomfortable  
 Upon hearing me say, "My son died."  
 Adjusted to losing my best friend because  
 I'm not always "up."  
 Adjusted to people acting as if grief is contagious  
 And thinking that my bereavement meetings are  
 "morbid."  
 Adjusted? Oh yes, to many things.....  
 Knowing I won't hear his voice,  
 But listening for it still;  
 Knowing I won't see him drive his Toronado,  
 But staring at every one I see.  
 Adjusted to feeling empty on his birthday  
 And wishing for just one more time with him.  
 Adjusted – as life goes on –  
 To realizing I cannot expect everyone I meet  
 To wear a bandage.....  
 Just because I'm still bleeding.

*Loving lifted from BP/USA Mid Hudson New York Chapter Newsletter*

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The Bereaved Parents of the USA  
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