



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)
July 11 and August 8, 6:30 to 8:30 p.m.

St. Joseph's Hospital
Medical Arts Building, Auditorium
3001 Martin Luther King Jr. Blvd.
(We will have separate break out sessions for men and women)

Call Beverley Hurley at 813-832-3175 for directions or information.

Regular Monthly DAYTIME Meeting

Riverview/Gibsonton/Brandon areas
(held the second Friday each month)

Friday, July 9 and August 13, 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

(held the fourth Monday each month)

Monday, July 26 and August 23, 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.

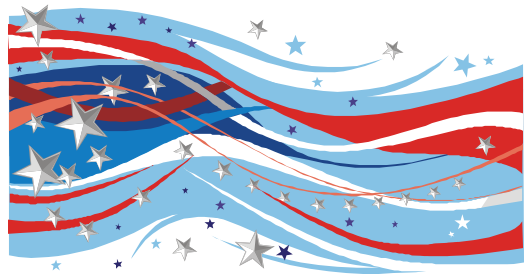
Please note: We understand how difficult it is to attend your first meeting. Feelings can be overwhelming; we have all experienced them and know how important it is to take the first step. Our stories may be different, but we are alike in that we all hurt deeply. We can not take your pain away, but we can offer friendship and support. Bring a friend or relative to lean on if you wish!

Please regard this as a safe time and place to come and be with those who know that the grief never disappears although it does lessen. Our meetings are open to all bereaved parents, step-parents, grandparents, and older siblings and are planned to be a source of comfort and support. We need not grieve alone! See you next month.

*The risk of love is loss,
And the price of loss is grief -
But the pain of grief
Is only a shadow
When compared with the pain
Of never risking love.*

~ Hilary Stanton Zunin

July/August 2010



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	31
JULY 2010						

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	31				
AUGUST 2010						

TENDING A GARDEN CAN HELP ALLEVIATE YOUR GRIEF

Even in the darkest stages of grief, Marsha Olson believes the seeds of hope can grow in a garden.

Olson, a grief counselor, is helping others find solace in nature with her book "A Garden of Love & Healing: Living Tributes to Those We Have Loved and Lost." The book is a guide to creating a memorial garden in honor of a loved one, but it also contains gentle guidance on getting through the grieving process.

Olson includes anecdotes about gardeners working through their emotions, descriptions of memory gardens and ideas for thematic gardens. She also supplies lists of symbolic plants and their meanings and sources for meaningful garden accessories.

"A Garden of Love and Healing" is published by Fairview Press and is priced at \$18.95.

*For every flower that opens in your garden,
Another wound is healed in your heart.*

Unknown

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

Thank you!

We want to say a special thank you to Tammy Hill and Marvin Mims for their hard work installing the plaques at the Angel of Hope. Thanks you two!!

MUSIC C.D. OFFER

Please consider supporting the music C.D. campaign offered by **Talesha Hogan, Greg Clifton, and Gary Bosko** and purchase some for yourself and friends at only \$5 each.

They make great gifts and are a wonderful tool to help spread hope in the lives of people you hold dear to your heart!

You can purchase C.D.'s at any of our BP/USA support meetings or call Julie Leyde at (813)784-6929

vleyde1@verizon.net or

purchase by Paypal on our website.

All proceeds benefit the Angel of Hope Memorial Garden.

Thank you for your support!

Love Gifts

Tammy Hill

In loving memory of her son

Tyler Wade Head

2/21/1995-7/15/2004

Tom and Judy Sluder

In loving memory of their children

Kathryn Elizabeth Sluder

8/31/1966-3/17/2002

Keith Sluder

4/25/1964 - 5/11/2006

Theresa Sluder

10/14/1961-11/17/08

Rita Zvada

In loving memory of her son

Capt Christopher Cash

913/1977-8/23/2004

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. 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.

Sponsor A Newsletter Page

Anyone can sponsor a page in this newsletter in memory of their child. The price for a full page is \$60 which includes one black and white scan of one photograph and your tribute to your child, which can include poems, stories or whatever you like. Your contribution supports the chapter and helps pay for the printing of the newsletter.

To sponsor a newsletter page, contact Beverley Hurley at (813) 832-3175 (email bee.hurley@gte.net). Please note that sponsorship pages are **due by the 15th of the month BEFORE the publication month.**

Electronic Newsletter

The Newsletter is available electronically. To receive it by Email, send your name and email address to: bee.hurley@gte.net and indicate your desire to switch from regular "snail" mail to email. Email recipients will also receive additional news and information, while helping our chapter save costs. We very much appreciate your cooperation by helping us out this way!

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) 661-9334
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) 234-4705
Serena Graves (Sibling Contact)	(813) 810-7169
Violeta "Cookie" Fernandez (Se Habla Espano)	(813) 996-4281
CRISIS CENTER	211

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



Our Children . . . Remembered

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

July Birthdays

Banda, Selena
7/6/2002 - 3/4/2004
P-Richard & Susan Banda

Butler, Mark Anthony
7/7/1977 - 11/24/2001
P-Ray & Chris Butler
GM-Alice Butler

Corbett, Shaun
7/8/1985 - 4/23/2003
M-Ellen Corbett

Durr, Jacob
7/16/1982-12/14/2009
M-Karen Durr

Engdahl, Andrew
07/15/87 - 02/05/94
P - Rick & Vicky Engdahl
S - Stephanie Engdahl
B - Joey Engdahl

Finchum, Tommy
07/10/75 - 05/06/94
P - Pete & Joyce Finchum
B - John Finchum

Griner, Matthew Ian
7/10/1985 - 10/27/2006
P-George & Barbara Griner
B-Daniel & Kurt
GP-Bill and Ann Griner

Henry, Sumara Raquel
07/12/88 - 09/18/93
P - Louis & Cindy Henry
GP-James & Ruby Reese & Bernice Henry

Knox, Patricia Lynn
7/27/1964 - 10/21/1997
M - Shelby Jean McClure

Lalis, Timothy
07/29/1996 - 07/11/2001
P - Gregg Lalis & Elisabeth Schulten
B - Andrew & Klaus Lalis

Leyde, Darek
7/17/1967 - 4/23/2003
P-Vern & Julie Leyde
S-Traci Gainforth

McMillion, James Christopher
7/26/1984 - 9/26/2003
P-Amie Diane Rogers
GP-Ralph (deceased) & Martha Hamilton

O'Berry, Ryan
7/9/1996-3/4/2009
M-Cheryl O'Berry

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

Russo-Afeld, Angela Musette
7/10/1969 - 7/21/1996
M - Lillian Wiebeld
F - Dick Russo
B - Rick and Nelson Russo

Scott, Jeffrey
7/22/1963-10/2/2007
M-Beverly Cass

Shelton, Emma Victoria
7/8/2003 - 5/8/2005
M-John & Jennifer Shelton
Sibs-Jacob & Hannah
GP-Peg & Jim Bishop, Tom Musolin,
Art & Sam White, Rober & Judy

Slaven, Minnie Leona
7/10/1972 - 8/11/2000
M-Della LaGrone
P-Delbert & Catherine Slaven
S-Charlotte, Della, Betty, Lynn, Amelia & Sue
B-Ronnie, Jack, Del, & Delbert Jr.

Steen, Donald Kenneth
7/25/1960 - 7/26/1960
M-Nancy Holdren
B-Richard, David & Michael

Supple, Bart Patrick
07/25/59 - 02/14/94
P - Bart & Toni Supple

Tarez, Kami
7/1/1980 - 3/1/2006
M-Leigh Tarez

Vallee, Scott Gerard
7/4/1974 - 7/10/2004
P-Gerry & Louise Vallee
S-Kama Vallee
GP-Roy & Mabel Parsons
Spouse-Jessica Vallee

Webb, Eric Richard
7/1/1985 - 4/2/1999
P - William & Kathleen Webb
B - David Webb

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

Young, Billy
7/14/2003 - 4/17/2006
P-Bill & Sandy Young

Zorn, Wayne
7/15/1964 - 12/30/2006
M-Charlotte Zorn



July Anniversaries

Boyd, Anastasia "Nicole"
5/4/1998 - 7/8/2004
P-Anita Dennert & Thomas Boyd
Sibs-Tara Lewis, Mike Boyd, Alan Boyd

Burger, Teresa
10/26/58 - 07/10/87
M - Cecelia Burger
B - Hal & Curt Burger

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

Dominguez, Mario
11/1/1987-7/19/2008
M-Sonia Dominguez

Eddy, Steven
9/16/1960 - 7/9/2008
M-Marilyn Eddy
S-Pam Bishop & Tammy Eddy
B-Sonny

Gonzalez, Miriam
12/10/1948 - 7/26/1995
P-Fernando & Paula Lesprier
D-Hipolita Lesprier
S-Maria, Aida & George

Head, Tyler Wade
2/21/1995 - 7/15/2004
M-Tammy Hill
F-Jerry Toloff
GF-German Toloff

Heath, Austin Noah
4/6/2000 - 7/4/2000
P - Isaac Heath & Regina Jacobs
GM - Gigi Schools

Hester, Debbie
10/14/61 - 07/25/98
P - Buddy & Sue Butler

Hidalgo, Christopher
12/14/1989 - 7/5/2004
M-Tammy Hidalgo

Kranendonk, Thomas James
3/25/1991-7/6/2007
P-Mary Jane & James
B-John & Robert

Kelly, Amanda Jean
11/15/1986 - 7/7/1987
P-John & Brenda Kelly
S-Matthew & Ryan
GP-John Keller & Elizabeth Kelly

Lalis, Timothy
07/29/1996 - 07/11/2001
P - Gregg Lalis & Elisabeth Schulten
B - Andrew & Klaus Lalis

Leyde, Darek W.
7/17/1967-4/23/2003
P-Vern & Julie Leyde
S-Traci Gainforth

Littlechild, Will D.
4/6/1979-7/4/2008
M-Lula Richardson
S-Patricia Littlechild

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

Pegram, Jodi E.
04/06/70 - 07/22/01
P - Earl & Susan Pegram
S - Robin Sue Pegram
B - Scooter & Craig Pegram
GM-Betty Jennings

Pitts, Joseph David
12/8/1971 - 7/16/1998
P - Ruth & Richard Pitts

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

Powers, Geoffrey A.
1/23/1983 - 7/1/2005
M-Diane Tower
Sisters-Lana & Nikki Powers

Robertson, Kristi Lee
12/15/1969 - 7/29/1994
M - Janice & Joe Robertson
S - Kathy Sanchez & Karen Demeria
GM-Mildred Trigg

Rodriquez, Edwin (Eddy) Jr.
1/11/1971 - 7/28/1993
M-Bertha Dominquez

Rusnack, Tamara
4/6/1972 - 7/23/2004
M-Donna Johnson

Russo-Afeld, Angela Musette
7/10/1969 - 7/21/1996
M - Lillian Wiebeld
F - Dick Russo
B - Rick and Nelson Russo

Rutkowski, Eric John
4/11/1981 - 7/16/2003
P-Linda & Ron Rutkowski
GP-Ray & Doris Pomorski

St. Martin-Hamm, Sydney Chanel
1/9/1997 - 7/21/2003
M-Joy St. Martin & the late Rusty Hamm
GP-Ramon & Rita Hamm

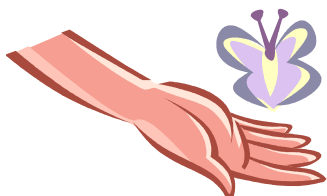
Steen, Donald Kenneth
7/25/1960 - 7/26/1960
M-Nancy Holdren
B-Richard, David & Michael

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

Turner, Devon
5/2/1986 - 7/28/2005
M-Marie Lawson

Vallee, Scott Gerard
7/4/1974 - 7/10/2004
P-Gerry & Louise Vallee
S-Kama Vallee
GP-Roy & Mabel Parsons
Spouse-Jessica Vallee

Williams, Alec Michael
5/17/1996 - 7/27/1996
P - Kathy & Michael Williams
B - Chad & Chase
G - Frank & Robbie Edwards
G - Dwight & Melvalene Williams



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.

August Birthdays

Antinora, Joseph A. 8/18/1967-12/9/2006 M-Susan Antinora S-Tina Baxter GF-Joseph Harnishfeger	Gardner, Gary Dwain Jr. 8/25/1995 - 10/4/2000 P - Gary & Janelle Gardner B - Jacob Gary Gardner	May, Philip 8/1/1975 - 1/1/2000 P-Deryl & Jennifer May	Rose, Kailyn Dyann 8/22/2000 - 3/4/2003 M-Evelyn E. Rose
Asci, Jason 8/19/1979-2/7/2008 F-Brian Asci	Goldman, Ariel Nicole Rothschild 8/30/1989 - 5/15/2001 P - Steve and Lynn Goldman	Muse, Jennifer Lee 08/07/71 - 04/04/92 M - Gretchen Muse F - Robert Muse, Jr. GP - Bob & Gladys Muse GM - Dorothy Deisch	Sampson, Charles Roy 8/29/1998 - 8/29/1998 P - Paul & Susan Sampson GP - Margaret & Clayton Sampson and Shirley & Charles Osborne
Bishop, Krystal Lee 8/1/1988 - 12/24/2001 P-Pam & Rick Bishop S-Angie Valente & Missy Bishop B-Greg Bishop GM-Marilyn Eddy	Graves, Matthew Regan 8/8/1979 - 8/31/2000 M - Linda Graves S - Serena Graves B-Dutch & Allen Jr. GF-Wilson Harmison	Nogueira, Carlos 8/1/1971-1/5/2007 F-Carlos Nogueira	Scragg, Keith Joseph 8/4/1986 - 9/5/2008 P-Richard & Lori Son-Macklin B-Matthew S/O-Emily Popke
Darrigo, Anthony & Domenic 08/11/94 - 08/11/94 P - Sam & Vanessa Darrigo	Gravette, Austin 8/31/1993-9/26/2009 M-Randy & Pamela Gravette S-Jessica Lynne Beauchamp GP-Oscar & Penny Rodriguez	O'Brien, Toby Lee 8/10/1966-5/16/2006 M-Bonnie O'Brien	Shearer, Shane 08/03/73 - 12/05/89 M - Linda Shearer SF - Keith Gregory S - January Shearer
Faber, Nicholas (Nicky) Paul 08/13/89 - 06/08/95 P - Paul & Kathy Faber S - Danielle Faber GP - Esther Kubler and Anna & Bobby Banks	Harrington, Zachary Michael Evans 8/4/1992 - 8/7/1992 P - William & Barbara Evans-Harrington GP Wm. & Barbara Evans	Orsi, Kristen McCall 8/5/1980 - 6/27/2002 P-Kimberly & Leo Orsi GP-Wm. & Jeanne Armiger and Stephanie & Rich Orashen	Sluder, Kathryn Elizabeth 8/31/1966 - 3/16/2002 P-Tom & Judy Sluder Son-Israel S-Theresa B-Tom III & Keith N/N-Brandon & Brandy, Keith II & Miranda
Ferrera, Alex 8/11/1977 - 10/4/1997 P - Nelson & Guisela Ferrera B - Paolo Ferrera GM - Magda Alvarez Aunt - Mirta Diaz Uncle - John Ferrera	Harrison, Leigh Ann 08/11/84 - 08/11/84 P-Trudy & Tim Harrison GP-Bobbie & Jerry Meeks	Parrish, Randy 08/22/57 - 02/10/97 M - Juanita Bodiford B - Dough Parrish	Steen, Michael Anthony 8/4/1956 - 6/20/2003 M-Nancy Holdren B-Rick, David & Donald Father to Jessica, Christine & Michelle Married to Doreen
Ferrera, Crista J. 8/23/1975 - 03/11/1997 P - Nelson & Guisela Ferrera B - Paolo Ferrera GM - Magda Alvarez Aunt - Mirta Diaz Uncle - John Ferrera	Hoskins, Lauren Grace 8/18/2004 - 8/18/2004 M-Kim Hoskins	Parrish, Scott Douglas 8/9/79 - 1/1/02 P - Doug Parrish and P - Karla & Rick Brown S-Sabbrina Lee Shannon GP - Juanita Bodiford & Ada Smith	Thornton, Jeremiah 8/29/84 - 4/13/01 M - Tim & Sue Thornton B - Jason S - Amanda
Gallian, John Charles 8/8/1963 - 3/21/1998 M-Virgian Gallian S-Paige Mask	Howard, Steven T. 8/11/70 - 6/30/1999 M-Cay Pelaez	Peel, Lee Anna Campbell 8/5/1972 - 9/9/1992 M - Patricia Campbell S - Beth Biggs B - Eddy Biggs GP - Estele & James Carleton	
	Johnston, Nathan 8/22/1981-10/19/2006 M-Indra Johnston-Wilhour		
	Marchetti, Katie 8/4/1989 - 3/4/2006 P-Vin & Laura Marchetti B-Andrew Marchetti		

August Anniversaries

Blanchard, Eric Anthony 2/19/1976 - 8/3/1998 P - Barbara & Wayne Blanchard S - Lisa, Tammy, Dawn B - Chris & Michael Daughter - Samantha	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	Hoskins, Lauren Grace 8/18/2004 - 8/18/2004 M-Kim Hoskins	Shye, John David 05/27/1964 - 08/07/1994 P - Betty Jean & Charles Shye S - Lydia and Mary Shye B - Chuck Shye Father of J.D. and Justin Shye
Cash, Christopher 9/13/1977 - 8/23/2004 M-Rita & Thomas Zvada P-Charles & Mika Cash Child-Leah Cash B-Charles Cash II GP-Gustavo & Ida Arencibia	Graves, Matthew Regan 8/8/1979 - 8/31/2000 M - Linda Graves S - Serena Graves B-Dutch & Allen Jr. GF-Wilson Harmison	Mohammed, Ian Roger 04/19/73 - 08/02/92 P - Judy & Rick Mohammed S - Alison Mohammed B - Cameron Mohammed	Slaven, Minnie Leona 7/10/1972 - 8/11/2000 M-Della LaGrone P-Delbert & Catherine Slaven S-Charlotte, Della, Betty, Lynn, Amelia & Sue B-Ronnie, Jack, Del, & Delbert Jr.
Darrigo, Anthony & Domenic 08/11/94 - 08/11/94 P - Sam & Vanessa Darrigo	Harrington, Zachary Michael Evans 8/4/1992 - 8/7/1992 P - William & Barbara Evans-Harrington GP Wm. & Barbara Evans	Reagan, Aaron 5/29/1980-8/12/1982 M-Cindy Reagan	Varga, Jozsef 6/11/1988 - 8/4/2007 M-Carmen Varga B-Kiel & Bruce Senra GP-Dorothy & Gerald Senra
Fernandez, Karen Irene 03/08/68 - 08/23/88 M - Violeta "Cookie" Fernandez B-Rik Fernandez	Harrison, Leigh Ann 08/11/84 - 08/11/84 P-Trudy & Tim Harrison GP-Bobbie & Jerry Meeks	Roark, Kelli Colin 4/30/1990 - 8/30/1998 P - Joe & Angel Roark B - Kyle & Kaleb Roark GF - Ron Ellington	Welch, Kimberly Michelle 10/24/1971 - 8/28/2003 M-Nancy Welch Child-
	Holton, John William 05/20/52 - 08/10/94 M - Ann Holton	Rogers, Timmy 5/11/1974-8/10/2002 M-Cassandra, Rogers	Weatherly, Haley 1/14/1993-8/4/2008 M-Cindy Weatherly
		Sampson, Charles Roy 8/29/1998 - 8/29/1998 P - Paul & Susan Sampson GP - Margaret & Clayton Sampson and Shirley & Charles Osborne	

LIVE ONE DAY AT A TIME

By Rabbi Earl Grollman

From "Living When a Loved One Has Died"
Memories—tender, loving, bittersweet.
They can never be taken from you.
Nothing can detract from the joy and the beauty
you and your loved one shared.
Your love for the person
and his or her love for you
cannot be altered by time or circumstance.
The memories are yours to keep.

Yesterday has ended,
though you store it in the treasure-house of the past.
And tomorrow?
How can you face
its awesome problems and challenges?
It is as far beyond your mastery
as your ability to control yesterday.
Journey one day at a time.
Don't try to solve all the problems of your life at once.
Each day's survival is a triumph.

WHEN YOU FEEL YOU CAN'T GO ON

Written by: Tammie Byram Fowles, author of *BirthQuake: The Journey to Wholeness*

I'm sorry that you're hurting so desperately right now. I know how painful the seconds, and minutes, and days can be, how long the nights are. I understand how very hard hanging on is, and how much courage it takes. I ask though that you **hold on** to one day at a time.

Just one day, and slowly this despair will pass. The feelings you fear you're trapped in will serve their purpose, and then fade away. Difficult to imagine isn't it? Almost impossible to believe when every cell in your body it seems cries out in agony, desperately in need of comfort. When it feels like the only thing in the whole world that can touch your pain and banish it is beyond your grasp. And after all this time, the assurance that you will heal has become an empty, broken promise.

Just let one tiny cell in your body continue to believe in the promise of healing. Just one. You can surrender every other cell to your despair. Just that one little cell of faith that you can heal and be whole again is enough to keep you going, is enough to lead you through the darkness. Although it can't banish your suffering, it can sustain you until the time comes for you to let your pain go. And the letting go can only occur in its own time, as much as we would like to push the pain away forever.

Hold on. Hold on to appreciate the beauty of the earth, to feel the songs of the birds in your heart, to learn and to teach, to laugh a genuine laugh, to dance on the beach, to rest peacefully, to experience contentment, to want to be no other place but in the here and now, to trust in yourself, and to trust your life.

Hold on because it's worth the terrible waiting. Hold on because you are worthy. Hold on because the wisdom that will follow you out of this darkness will be a tremendous gift. Hold on because you have so much love and joy waiting to be experienced. Hold on because life is precious, even though it can bring terrible losses. Hold on because there is so much that you can't now imagine waiting ahead on your journey – a destiny that only you can fulfill. Hold on although you're exhausted and your grasp is shaky, and you want more than anything to let go sometimes, hold on even though.

Please hold on. So much in life can be difficult, even impossible to understand. I know, I know... So many of us have cried in despair, "Why?" "Why?" "Why?" and still the answers and the comfort failed to show. Survival can be a long and lonely road, in spite of all those who've stumbled down the path before you. And it can be a treacherous, torturous journey - so easy to get lost, and yet impossible to avoid even one painful step. And the light, the light at the end of the dark tunnel for so long cannot be seen, although eventually you'll begin to feel its warmth as you move forward. And forward you must move in order to get through the hell of remembering, of despair, of rage, of grief. Keep looking forward please. Rest if you must, doubt your ability to survive the journey if you have to, but never let go of the guide ropes, although when you close your fingers around them, your hands feel empty, they are there. Please trust me, they are there... When you're exhausted, when all you have to count on is a weakened, weary faith, hold on. When you think you want to die, hold on until you recognize that it's not death you seek, but for the pain to go away. Hold on, because this darkness will surely fade away.

Hold on ... Please hold on ...

BUT IT HURTS—DIFFERENTLY

By Rabbi Earl A. Grollman

There is no way to predict how you will feel.

The reactions of grief are not like recipes, with given ingredients and certain results. Each person mourns in a different way. You may cry hysterically. Or you may remain outwardly controlled, showing little emotion.

You may lash out in anger against your family and friends, or you may express your gratitude for their concern and dedication. You may be calm one moment—in turmoil the next.

Reactions are varied and contradictory. Grief is universal. At the same time it is extremely personal.

The Little Things

Often even the simple tasks of everyday living seem to drain every ounce of one's energy.

Remember going to the grocery store for months after your child's death and the feelings you had as you passed up his or her favorite cereal?

Or watching another child the same age as yours in a restaurant and trying to swallow your food—you probably didn't even taste it.

Or hearing a certain song in public and fighting back the tears?

Sometimes even getting through the day in your own home makes you feel like you've run a marathon and leaves you in worse shape. You probably never dreamed that doing laundry could make you cry, or getting a piece of mail in your child's name could suck your breath away.

Even the best of friends and families can't possibly know the strength you must summon day after day. We shouldn't expect them to understand completely, but it does get lonely.

Perhaps this quote puts it in a nutshell: "One sad thing about this world is that acts that take the most out of you are usually the ones that people will never know about."

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.

The Healing Power of Music in Bereavement

By Albert Lee Strickland

For the human heart and mind, music is a gift that brings hope and comfort through even the darkest times. In the midnight hour of the soul, when we feel most besieged by grief and alone in sorrow, music offers solace in the recognition that, although the rhythms of our lives fluctuate between joy and despair, the song remains.

PRECIOUS MEMORIES

Memories, memories, memories
Are all I have of you,
Precious, precious memories
of a child who died too soon.

Some of my memories are visible
And some of them are not.
But all are treasured in my mind
And deep within my heart.

Memories, memories, memories
They help me face each new day,
Precious, precious memories
Can never be taken away.

Peggy Wood Nolan

Address Correction Requested



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July & August 2010

The Bereaved Parents of the USA
3805 San Juan Street
Tampa, FL 33629

