



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)

St. Joseph's Hospital
Medical Arts Building, Auditorium
Sunday, March 14, 6:30 p.m. for regular meeting.
3001 Martin Luther King Jr. Blvd.
Call Beverley Hurley at 813-832-3175
for directions or information.

Regular Monthly DAYTIME Meeting

Riverview/Gibson/Brandon areas

(held the second Friday each month)

Friday, March 12, 10:00 a.m. to Noon
The Greater Brandon Chamber of Commerce
330 Pauls Drive, Brandon, Florida 33511
Please call Debbie Nemitz 813-907-1441
for directions or information.

Regular Monthly PLANT CITY Meeting

(Held the fourth **MONDAY** each)

Monday, March 22, 7:00-9:00 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

ANGEL OF HOPE Annual Spring Tea **Saturday, April 24, 2010, Quorum Hotel**

The 2010 Spring Tea is coming on the last Saturday in April at 9:30 am to 12:30 pm (doors open at 9:00). Mark your calendars!

Tickets:

Tickets are still \$35 each. Table Sponsors and Hostesses are now available for tables of 8 or 10 guests. Please call Jackie Loadholtz to reserve your seat or table at 813-625-1468.

Raffle and Silent Auction:

We would greatly appreciate raffle and silent auction items donated. Please bring them to a BP/USA meeting or call Julie Leyde (813) 784-6929. Perhaps you have a 'white elephant' gift tucked away that you have never used—we will welcome it!!

AOH informational meeting:

Come learn about what we need help with now that the site is completed. Join us for pie & coffee at **Perkins on N. Dale Mabry, Monday, April 5th, 6:30 p.m.**

*This month's newsletter lovingly sponsored by
the family of:*

Caylee Marie Cepero

March 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			
MARCH 2010						

March the Month of In Between

In Between Winter
And In Between Spring

Your death has left me
Feeling in between
In between this world
And in between the next

Since you died
Nothing's the same
I no longer feel like I belong
Yet I haven't wings for Heaven
Tho I have no heart for earth

So I'm somewhere with March
I'm somewhere in between



*By Naomi Holzman © 1993
Volusia/Flagler, Florida*

*Because of You, I love a little more,
Because of you, I take time
To give an extra kiss goodbye.
Because of you, I have a new favorite song.
Because of you, there may be dust
On the window sill,
And I don't care.
Because of you, I live today,
Before I worry about tomorrow.
Because of you, I don't give up
Quite as fast.
Because of you, now I can help or
Listen more.
Because of you, today, I am me.*

~ Eileen Wemman, Loving Arms Newsletter

Chapter News

ANGEL OF HOPE NEWS

www.angelofhopetampabay.com

Angel of Hope Memorial Garden
Riverside Park, 201 S. Riverhills Drive,
Temple Terrace

Memorial Bricks

Engraved memorial bricks are still available. Please see our website for brick order forms. Dedication of newly ordered engraved bricks will be held periodically. If you order a brick, you will be sent a personal invite to the next dedication event is planned and when your brick is placed.

Riverside Park Playground and AOH Memorial Garden
Although this is the location the committee decided on, we are grateful that the Temple Terrace City Council is allowing us to use their City property for our garden. Please know that we are honored and privileged to use this space even to the delight of having small children playing in the playground curious as to what the Angel of Hope is all about. Please be courteous and explain our purpose, because with knowledge people usually will be more respectful. Please show kindness and respect to all.



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!

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
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
Sandy Boehning (Grandparent Grief)	(813) 989-3255

CRISIS CENTER 211

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

Love Gifts

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.

Donated by Charles & Teresa L'Homme
In loving memory of their son
Ryan L'Homme
4/16 /1981 - 3/23/2000

Donated by Ron Ellington
In loving memory of his son
Timothy Ellington
03/06/1962 - 05/25/1991



We want to thank all those that helped man the water/Gatorade station Sunday, February 28 for the very successful Marathon. It was one of our biggest marathons and we had the nicest weather. We start very early but we always have such a good time. Our chapter is gifted a donation for our efforts which will help us help the bereaved families in our community. Thank you to the thirteen members and friends that helped. Hope you will join us next

Chapter Library

We maintain a large lending library of books and tapes of interest to bereaved parents, siblings and grandparents, at all three of our support group meetings. These resources are available to check out at each meeting to be returned at the following meeting, if possible. Donations of books are always gratefully accepted, and acknowledged in the newsletter. If you are no longer attending meetings regularly and come across a book at home that belongs to our library, please mail it to us at the reduced "media rate" to: BP/USA, PO Box 3226, Tampa, FL 33601-3226. You can contact my at 813-832-3175 or bee.hurley@gte.net.

I want to personally *THANK* our volunteer librarians:
Tommy & Barbara Dietrich, Sunday Evening Group
Janice Falcon, Plant City Group
Lori Scragg, Daytime Group

The Bereaved Parents of the USA
2010 National Gathering
"Rock of Hope, River of Healing"

Friday, Saturday, and Sunday,
July 9-11, 2010
Holiday Inn Airport Conference Center
Little Rock, Arkansas



We'll have information at our meetings or go to: 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.

March Birthdays

Berry, Michelle 3/8/1967 - 4/2/2003 P-Joanne & Lawrence Ouellette B-Russ,David,Scott & Joe S-Denise Volo Son-Bobby	Darby, Marc Steven 3/25/1986 - 12/12/1998 P - Steve & Lori Darby S - Cody, Austin, Benjamin Darby GP - John & Linda Darby	Howard, Joseph 3/14/1985-10/5/2002 M-Krista Howard	Prescott, Alexandria 3/25/1990 - 6/28/2017 P-Stephanie & Tracy Knox
Booker, Michelle Elizabeth 3/25/1987 - 12/1/2004 P-Michael & Bonnie Booker B-Justine & Dillon Booker GP-Betty Nichols and Ed & Janice Falcon	Dart, Tracy 3/11/1970-6/13/2006 M-Sue Milson	Kickner, Kevin 3/16/2008-5/18/1995 M-Cynthia Kickner	Rainey, Wendy Michelle 3/7/1968-9/27/2006 R-Shiela Farmer
Buchanan, Sierra Lan 03/07/96 - 05/25/96 P - Kim & Bryan Buchanan S - May Linh Buchanan	Dixon, Austin Ryan 03/18/97 - 05/18/98 P - Carrie & Robert Dixon S-Sara Ryan Dixon	Kranendonk, Thomas James 3/25/1991-7/6/2007 P-James Lee & Mary Jane B-John Hendrik & Robert Dean	Rayburn, Geoffrey (Jeff) Ware 3/2/1970 - 10/15/1995 P-Robert and Sue Moos B-Bobby Moos S-Amy Rayburn GP-Richard & Jeannette Roberson and Josephine Rayburn
Clark, Kellen William 3/16/82 - 4/15/02 F - Bill Clark	Ellington, Timothy 03/06/62 - 05/25/91 F - Ron Ellington	Landrum, Mark 03/03/79 - 06/24/94 M - Joan Landrum Adams-Hilliard F - Steve Landrum B - John Landrum	Rogers, Dayna Andrew 3/12/1973 - 11/27/1994 M - Linda Heatherly S - Misty Walker & Amber Roger
Cooley, Malena Rose 3/23/1998 - 9/4/2000 P - Scott & Traci Cooley B - Nolan S - Madelyn & Olivia	Fernandez, Karen Irene 03/08/68 - 08/23/88 M - Violeta"Cookie" Fernandez B-Rik Fernandez	Lavin, Kevin Joseph 03/24/80 - 03/30/95 P - Kathy & Mike Lavin S - Maggie & Kaitlin Lavin Gdm - Catherine Lavin	Sehorne, Lee 3/11/1970-6/7/2007 M-Juanita Sehorne
Combs, Phillip (PJ) 3/24/1986-6/12/2004 P-Lisa Pyche & Phil Combs B-Travis Combs GP-Thomas & Sharon Pyche	Griffis, Julia Rose 03/05/92 - 03/05/92 P - Bruce & Kathy Griffis	Lespinasse, Bryan 3/8/1991 - 12/27/2004 M-Margarett Lespinasse	Simone, Benjamin Arthur 3/29/1975 - 10/10/1997 P - David & Kathy Simone S - Dawn Figueroa
Cowen, Chad 3/31/1973 - 6/7/1997 P - Mary "Pete" & Mike Cowen S - Tiffany Larson	Gonzalez, Jose 3/18/1988-10/16/2009 M-Rosa Gonzalez	Mink-Miller, Deborah 3/26/1965 - 9/27/1991 M-Diane Mink S-Renee Mink Crosby	Touchstone, Malia 3/15/2005-9/18/2008 M-Angela Touchstone
Dechant, Collin 9/26/1984-4/14/2007 F-Matt Dechant	Gugliotta, Dan & Nadine 3/26/1976 - 10/14/2003 P-Dan & Nadine Gugliotta Son-Jason	Pegram, Robin Sue 03/13/73 - 12/05/93 P - Earl & Susan Pegram S - Jodi Pegram B - Scooter & Craig Pegram GM-Betty Jennings	Tucker, Vince 3/8/1972 - 4/26/2005 M-Glenda Tucker A-Judith Gude
	Howard, Christopher L. 3/27/1975 - 5/18/2000 M-Cay Pelaez		Wilson, Joe 3/24/1966-1/12/2005 P-Paul & Jan Wilson



March Anniversaries

Banda, Selena 7/6/2002 - 3/4/2004 P-Richard & Susan Banda	Gallian, John Charles 8/8/1963 - 3/21/1998 M-Virgian Gallian S-Paige Mask	Nichols, Shannon Jr. 10/5/1979 - 3/29/2004 M-Terrena Nichols F-Shannon Nichols S-Brandy& Melissa Nichols	Rose, Kailyn Dyann 8/22/2000 - 3/4/2003 M-Evelyn E. Rose
Cepero, Caylee Marie 9/3/2000 - 3/8/2005 P-Dawn and Lee Cepero B-Corbin S-Kennedy GP-Sandy Boehning	Gochenaaur, Laci 02/15/91 - 03/23/98 P - Kelli & Chris Gochenaaur S - Jacee & Riley Gochenaaur GP - Ronald & Clarine Barton M - Pat Dukes	O'Berry, Ryan 7/9/1996-3/4/2009 M-Cheryl O'Berry	Sasnett, Debbie Powell 12/14/1956 - 03/31/2000 P-Jackie & Billy Powell B-Debby & Tony S-Penny
Clark, Deborah Denise 1/19/1969 - 3/23/2002 M-Ethel Helms S-Valencia Clark B-James Jr. & Jerel GP-Luella Buford & John L.Clark	Gould, Richard J. 9/26/1981 - 3/3/2001 M-Cindy Phelps-Wise F-Ralph Gould B-Ryan, Bryan & Mark S-Karen	Pfister, Megan Lynn 5/2/1990 - 3/3/1999 P - Frank & Stephanie Pfister	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
Collum, Brian H. 5/11/1965 - 3/7/2005 M-Diana Reams B-Reid Collum	Griffis, Julia Rose 03/05/92 - 03/05/92 P - Bruce & Kathy Griffis	Regis, Chad 4/7/1971 - 3/22/2005 P-Ray & LaRae Regis GP-Bea Forbes	Tarez, Kami 7/1/1980 - 3/1/2006 M-Leigh Tarez
Dechant, Collin 9/26/1984-4/14/2007 F-Matt Dechant	Kinchen, Kevin 5/18/1985-3/16/2008 M-Cynthia Eugene Sib-Joey-Kay, Robert & Hailey	Robertson, Ty Kristan 2/4/1979 - 3/29/2003 P-Jim & Theresa Farmer S-Toni Danielle Robertson B-Chris Farmer GM-Wanda Warren Children-Taylor Morris, Trystan & Jordan Robertson	Todd, Joan 4/22/1960 - 3/12/2004 M-Mary McCord
Durazzo, Jill 9/8/1964-3/13/1980 P-Diane & Paul Durazzo B-Richard	L'Homme, Ryan 4/16 /81 - 3/23/00 P - Charles & Teresa L'Homme S - Cortney L'Homme	Rogers, Jason R. 01/08/78 - 03/21/90 P-James Roy & Elaine Rogers B-Justin & Jacob Rogers GP-Arthur & Ethel Fernandez	
Durcan, Andrea Lynn 01/15/1991 - 03/31/1991 P - David & Dixie Durcan S - Lindsey & Lauren Durcan GP-Marie B. Corcoran	Lavin, Kevin Joseph 03/24/80 - 03/30/95 P - Kathy & Mike Lavin S - Maggie & Kaitlin Lavin Gdm - Catherine Lavin		
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	Marchetti, Katie 8/4/1989 - 3/4/2006 P-Vin & Laura Marchetti B-Andrew Marchetti		

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.

REFLECTIONS OF MARCH

By Dayton Robinson, Jr.

March is a month of renewal. The dormant trees begin to stir; the birds optimistically sing of spring; the winds, sometimes violent, wake us up; perhaps we need a "shake" out of our winter lethargy; an awakening.

There is that urge to plant, to nourish, to grow a tree or a flower. There is the primordial urge to feel your hands digging in the warming earth. Perhaps we plant because we know that someone will see the results, as we have enjoyed the results of others' work. It could be called a debt of renewal, a repayment for that which we have enjoyed. As we nourish small seedlings, we visualize the end results. That tree may die, as our children did. That tree may flourish beautifully, or it may meet ultimate disaster, but if that tree does well; it could be a source of great pleasure and of beauty for many coming years. We can believe that a seedling will be a glorious tree enjoyed by many. It's a nice dream. "To all things there is a season" and as life goes by, we simply cannot afford to miss the seasons, the renewals, the changes for new growth. Regardless of our griefs and regrets, life goes on, and we must try not to miss a season. Life simply will be, whether we participate or not. Someone will benefit from constructive growth, if we can find the energy to make the effort.

Severe grief, for a time, reduces our interest and our ability to participate fully in life. With a low energy level and little initiative and with our hopes for the future severely damaged, it requires great effort for the bereaved to learn to again enjoy the small things that make up most of our lives. Our hopes for the future are so damaged that there is little incentive to work today for the future. The things that exist today comprise the basics of our future. We run a risk and a danger of missing the good things that are to be, because we do not have the wish to participate in the things that are today.

Although we need a time of some withdrawal, some time to ponder the unanswered questions, some time to heal, we also need to be aware of the lives that are passing. Regardless of our grief, life simply goes on, and there is much good that we risk losing if we stay too long in a state of suspense of the present and a sad review of the past. A part of learning to "accept the unacceptable" is to learn to make the effort to sort out the good memories and take them with us into a future that will be happy again.

There comes a time when the harsh winter of our damaging grief will give way to some awakening; a time when we, like nature, can shake off some of the lethargy and see and feel the renewals life offers. Our choice is to remember that we could not control the advent of disaster. We can only control our response. Our choice is now only in the way in which we respond to the necessity to pick up the threads of our life and go on. We owe it to ourselves to make a positive effort. We can hope that those buffeting winds of March can help us awaken to the renewals of spring and put the "winter of our disaster" in its place, now a part of our ongoing lives.

Living With Loss

by Ellen Sue Stern



"I will not forget you. I have carved you on the palm of my hand. ~ Isaiah 49:15"

The truest words of all: I will not forget you. You are in my waking thoughts, my sweetest memories, my dearest dreams. I will not forget you. You have touched my soul, opened my eyes, changed my very experience of the universe. I will not forget you. I see you in the flowers, the sunset, the sweep of the horizon and all things that stretch to infinity. I will not forget you. I have carved you on the palm of my hand. I carry you with me forever."

The Butterfly in Our Lives

By Dave Tallant, Tulane, CA

Most often we hear, in our circles, of the butterfly representing the lives of our children who have died. Their spirit lives on and our memories live on, often in fleeting moments. But I think the butterfly's life cycle – metamorphosis – could just as easily represent our own lives. We seem to fit the four stages of that cycle:

THE EGG: when we are small, we are protected, changing, and living in a somewhat small and safe world – much like the butterfly egg attached to a leaf somewhere.

THE CATERPILLAR: the caterpillar is much like our lives before the death of our child or children. We go through the day doing what we need to do. We grow a lot and we change somewhat slowly. We devour many things in daily life – work, church, Little League. And then the child is gone. We change!

THE COCOON: after the death of our child, we shut ourselves off from so much because of our grief. We often encase ourselves in the blanket of grief and depression that is what protects us from the horrible pain. We don't want to be a part of life because of all the painful memories. There are reminders out there which cause pain.

THE BUTTERFLY: the pain lessens and we begin to heal as we work through the grief process, and we begin to see a ray of light – a little color. Some of the weight is removed. We break open our cocoon and begin to reach out ever so slightly and touch life again, just to see if it will hurt too much. As we discover the brighter days and brilliant colors of life, we become more like the butterfly. We are free to once again be a part of life and we can move about more easily and begin to take some of the nectar from life.

That Little Penny In The Parking Lot

Remember this every time you pass that little penny in the parking lot.....

I always thought that it was for good luck, but I love this version better.

I found a penny today
Laying on the ground.
But it's not just a penny,
This little coin I've found.



Found pennies come from heaven,
that's what my Grandpa told me.
He said Angels toss them down.
Oh, how I loved that story.

He said when an Angel misses you,
They toss a penny down;
Sometimes just to cheer you up,
To make a smile out of your frown.

So, don't pass by that penny
When you're feeling blue.
It may be a penny from heaven
That an Angel's tossed to you.



CAYLEE MARIE CEPERO

9/3/00-3/8/05



CAYLEE PUSHES THE COVERS OFF IN BED,
CAYLEE TELLS GRANDMA WHAT RILEY SAID,
CAYLEE WATCHES TV IN HER CHAIR,
AND SCATTERS TOYS EVERYWHERE!

CAYLEE'S LITTLE GIRL FINGERS TWINE
ALL AROUND JUST ONE OF MINE,
CAYLEE FISHES WITH PAPA ON THE LAKE
A BETTER FISHERMAN THAN I, FOR GOODNESS SAKE.

CAYLEE LOVES GIRLY THINGS,
BUTTERFLIES AND FAIRIES AND MY LITTLE PONIES WITH WINGS.
SINCE HER BIRTH, THE WORLD'S A WONDROUS PLACE,
MIRRORED IN HER ANGEL FACE.

CAYLEE HAS HER OWN SWEET WAY,
PEOPLE WOULD STOP AND ADMIRE HER EVERY DAY.
THROUGH HER EYES WE ALL DID SEE
A GLIMPSE OF HEAVEN IN JOYOUS GLEE.

CAYLEE HAS GONE NOW TO HEAVEN ABOVE
SIMPLY SURROUNDED THERE BY PEACE AND LOVE.
SHE JOINED GRACEFULLY WITH THE ANGELS THERE
AND STANDS PROTECTED BY JESUS IN HIS LOVING CARE.

LOVE MOMMY, PAPA, CORBIN, KENNEDY AND GRANDMA



Practical Ways to Deal with Your Grief

By: Cheryline Lawson, bereaved mother

Surround yourself with people who are positive and who will understand your pain. Each day, leave the day before behind. Don't retrace your steps. You are on a healing path and looking back is a reason to intensify your pain.

Believe it or not, your loved one would have wanted you to be happy. Do something spontaneous like going on a cruise or going to dinner. It will enlighten you or it may make you feel sad, but you will never know unless you try something.

Never give up hope because while there is a life there is always hope for your future. Your dreams are still real. You have much to love for in fulfilling your purpose on earth. Be encouraged to know that you are important and there is a reason why you are still alive.

Every day will be different for you, but hold on to your sanity. You need this to advance into the future. Read books that will motivate and encourage you. Do not withdraw yourself. I cannot stress this enough. This will sink you into a depression that is hard to shake off.

Cry if you want to. This is completely reasonable for someone going through the grieving process. It is a way of purging your soul. Never be too hard on yourself and never feel guilty about being happy. There are times when you feel lost and alone, but I want to remind you that there are people like me who want to provide support and encouragement, not for financial gain, but a genuine concern because we have experienced what you are going through right now.

Everyone deals with grief differently, but for the most part, there are some specifics that are universal. I am speaking from the heart of my experiences and hope that the encouragement will lead you to a peaceful place of new beginnings. Don't give up. Keep holding on to each day and be thankful for each new day that you get closer to your healing.

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.

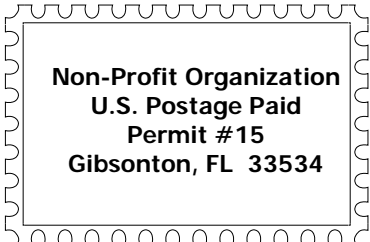
*... Until you experience
a loss this big,
everything else is
amateur night.*

*Ruth Couglin
from "The Dimensions Of Grief"*



The Bereaved Parents of the USA
P.O. Box 156
Gibsonston, FL 33534

March 2010
POSTMASTER - Dated Material
Please do not delay.



ADDRESS CORRECTION REQUESTED