



Tampa Bay Chapter

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

May 2011

This month's newsletter lovingly sponsored by the families of:
Brian H. Collum
Grace Amelia Lavallee

MEETING INFORMATION

Regular Monthly SUNDAY Meeting

(held the second Sunday of the month)

May 8, 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 not have our carry in covered dish this month so mom's can spend more time with their families!)

Regular Monthly DAYTIME Meeting

Riverview/Gibsonton/Brandon areas

(held the second Friday each month)

Friday, May 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

(Normally held the fourth Monday each month)

Monday, May 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.

UPCOMING EVENTS

YOU DO NOT WANT TO MISS!!

NOTE: The next AOH Brick Dedication will be Saturday, May 14, at 10 am.

A special gift will be given to each Mom and Grandmother at our May meetings in honor of Mother's Day!

We Can Always Use Your Help!

There are dozens of tasks that go into running our chapter and our special events, from helping set up the meeting room, to finding potential articles & poems for the newsletter, to working on public relations. We can always use the help. If you feel you are now in a place in your grief journey where you can help and give back to the chapter in little or large ways, please contact Beverley Hurley 813-832-3175 or bee.hurley@gte.net. Most of us find that when we reach a point of giving back to those who come after us, we gain far more than we give.

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				
MAY 2011						

Special Days

Spring comes and with it the uneasy awareness of difficult days ahead. For those who are still going through all the "firsts" without their child, we want to share with you some of the ways parents have coped and managed.



Mother's Day... Father's Day... graduation... vacations... these are special family times which often catch us unaware and bring unexpected tears and painful memories of young lives cut short. You can make these special days easier with some planning and with encouragement from those who have already been there.

Which ever days lie ahead for your family, try to focus on doing something meaningful and tangible in remembrance of your child. Share thoughts and suggestions about the possibilities: planting a tree, starting a garden, donating a book to the library, lighting a candle, putting flowers on the altar, or taking a long talked-of vacation. Remember, tears and moments of sadness are expressions of love. ~ Unknown

Lovingly lifted from the MID HUDSON

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

Love Gifts

Donated by Ron Ellington
In loving memory of his son
Timothy Ellington
03/06/62 - 05/25/91

Donated by Tom & Judy Sluder
In loving memory of their son
Keith Joseph Sluder
4/25/1964 - 5/11/2006

What I Miss the Most is You...

By Teresa McCollum, Tulsa, OK

I miss your smile, I miss your laugh,

I miss your cry.

I miss changing diapers.

I miss washing your cup.

But what I miss the most is you....

I miss your first day at kindergarten.

I miss all of the school plays you would have been in.

I miss the hugs after getting out of school.

I miss helping you with your homework.

But what I miss most is you...

I miss seeing you on your wedding day.

I miss seeing you getting your first car.

I miss taking you and your prom date's picture.

I miss your graduation day from high school and college.

I miss your first child being born.

But what I miss the most is you...

I miss Mother's Days, Father's Days,

Thanksgivings, Birthdays,

And Christmas's

But what I miss the most is 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
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
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-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.

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!

Address Change

If you have an address change, the Postal Service will NOT forward! They return to us—FOR A FEE, SO **PLEASE** LET US KNOW IF YOU HAVE A NEW ADDRESS.

*Somewhere between depression
and recovery lies
the beginning of HOPE.*

*Darcie Sims, from
"Footsteps through the Valley"*



Our Children . . . Remembered

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

May Birthdays

Boyd, Anastasia "Nicole" 5/4/1998 - 7/8/2004 P-Anita Dennert & Thomas Boyd Sibs-Tara Lewis, Mike Boyd, Alan Boyd GP-Huey & Marie McDonald, Angus & Jewell Howell & Angus Grace GP-(Preceded in Death) Arthur & Vivian Boyd	Keithly, DeAnne 5/24/1976 - 5/12/1993 P-John & Peggy Keithly S-Dawn & Karen B-Dustin & Kevin GP-Clark & Frances Keithly and Alice Pugh	Metallo, Armando 5/3/1984 - 9/15/2005 P-Angelo & Luisa Metallo S-Ana, Angelo, Luisa, & Joe Metallo GP-Armando & Ana Metallo and Graciela & Dorotheo Martinez	Thompson, Kimberly Karlin 5/5/1976 - 12/6/1999 P - Sam & Ingrid Thompson
Bracewell, Madisyn Nevaeh 5/8/2002 - 5/8/2002 P-Jessica & Joshua Bracewell GP-Mark & Pamela Leonhard	Kickner, Kevin 5/18/1995-3/16/2008 M-Cynthia Kickner	Morrow, Mark 5/19/1978 - 12/7/2005 P-John & Joan Morrow	Turner, Devon 5/2/1986 - 7/28/2005 M-Marie Lawson
Collum, Brian H. 5/11/1965 - 3/7/2005 M-Diana Reams B-Reid Collum	Lavalee, Grace 5/3/2009-7/17/2010 P-Natalia Lavalee	Pfister, Megan Lynn 5/2/1990 - 3/3/1999 P - Frank & Stephanie Pfister	Waller, Albert Marcus 5/2/1994 - 6/16/2000 P - Marc & Charlotte Waller
Delp, Jeff 5/15/1972 - 5/30/2001 M - Karen Kornman	Loftis, Tabitha Marie 5/25/1984 - 5/21/2009 M-Misty Lampp GM-Harriet Lampp	Roberts, J. Michael 5/31/1963 - 9/25/2002 M-Ann Roberts Mitchel GP Merle H. Brunson	Williams, Alec Michael 5/17/1996 - 7/27/1996 P - Kathy & Michael Williams B - Chad & Chase G - Frank & Robbie Edwards G - Dwight & Melvalene Wililams
Holton, John William 05/20/52 - 08/10/94 M - Ann Holton	Makowski, Anthony 5/20/1983 - 4/24/2005 M-Cathy Makowski	Robinson, Ashley Lauren 05/20/94 - 01/16/96 P - Sara & Tim Robinson S - Morgan Ashley Robinson	
	McKaughan, Michael 5/19/1989-11/3/2000 P-Darlene Lack Sibs-Andrew & Lauren GP-Virginia Dosci	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	



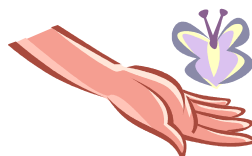
May Anniversaries

Bracewell, Madisyn Nevaeh 5/8/2002 - 5/8/2002 P-Jessica & Joshua Bracewell GP-Mark & Pamela Leonhard	Finchum, Tommy 07/10/75 - 05/06/94 P - Pete & Joyce Finchum B - John Finchum	Morrow, Mark 5/19/1978 - 12/7/2005 P-John & Joan Morrow
Buchanan, Sierra Lan 03/07/96 - 05/25/96 P - Kim & Bryan Buchanan S - May Linh Buchanan	Goldman, Ariel Nicole Rothschild 8/30/1989 - 5/15/2001 P - Steve and Lynn Goldman	Pike, Taylor 11/9/1985-5/14/2007 P-Bob & Connie Pike S-Megan Pike
Caldwell-Faught, Thomas E. 2/9/1997 - 5/24/2003 M-Shannon Caldwell	Harless, Jessica Nicole 11/15/1988 - 5/10/2000 M - Heather Harless	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
Colla, Aaron Dante 11/15/01 - 05/24/02 P-Amanda Colla GP-Jana & Frank Colla A-Danielle B-Dylan	Holdren, Scott 4/10/1986-5/31/2007 M-Donna Henry	Sluder, Keith Joseph 4/25/1964 - 5/11/2006 P-Tom & Judy Sluder Children-Keith II and Miranda Grandaughters-Kali & Ella Mae S-Theresa & Kathryn B-Tom III N/N-Israel, Brandon & Brandy
DeLosSantos, Ailen 1/6/1975-5/5/2009 M-Elena Franklin B-Orlando DeLosSantos Jr.	Howard, Christopher L. 3/27/1975 - 5/18/2000 M-Cay Pelaez	Stoeltzing, William (Bill) W. 01/02/57 - 05/09/02 P - Bill & Elvira Stoeltzing S - Cecille Parido Father to Eaton & Brent
Delp, Jeff 5/15/1972 - 5/30/2001 M - Karen Kornman	Hughes, Jessica Alexis 1/13/86 - 5/11/02 F - Michael Hughes	
Dixon, Austin Ryan 03/18/97 - 05/18/98 P - Carrie & Robert Dixon S-Sara Ryan Dixon	Keithly, DeAnne 5/24/1976 - 5/12/1993 P-John & Peggy Keithly S-Dawn & Karen B-Dustin & Kevin GP-Clark & Frances Keithly and Alice Pugh	
Domzalski, Kristin 3/8/1974-5/6/1982 F-Bob Domzalski	Knight, Arleen Diane 10/16/1947 - 5/4/2004 P-Arthur & Ethel Fernandez S-Elaine Rogers Daughters-Trina Fuller, Amy Diaz, Katie Tuclula	
Ellington, Timothy 03/06/62 - 05/25/91 F - Ron Ellington	Loftis, Tabitha Marie 5/25/1984 - 5/21/2009 M-Misty Lampp GM-Harriet Lampp	

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.

"Every day is a lesson, because every day my son is still gone and every day my life must go on."

By Judy Collins

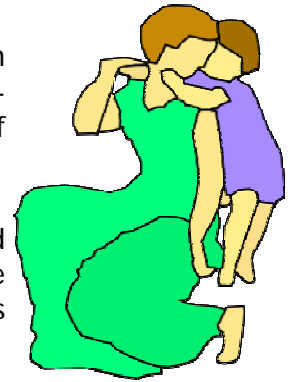


Practical Advice

Grieving Mothers: Dealing with your grief on Mother's Day

Whether you are newly grieving or have lost a child years ago, Mother's Day can be one of the most difficult days of the year. A holiday that symbolizes the relationship and love between a mother and her child, this day can bring waves of tremendous grief and pain.

Be active with your grief. As strange as that may sound, those parents who avoid thinking or feeling their loss often get "stuck" with their grief and do not move towards healing. Employ healthy grieving techniques, but remember what works for you may not work for your spouse.



To help get you through this day, here are some suggestions:

- Grief is as individual as a fingerprint. Know that the "ingredients" for your grief will often be different than your family members. Remember: the healing process takes time; everyone heals at their own pace.
- Do what has worked for you in the past. If you have already gone through this holiday since your child has died, do whatever has helped you in the past and stay away from unhelpful activities or people.
- If this will be your first Mother's Day since your loss, rally your support network. Have people around or "on call" that can help support you. Have a plan for things you will do today.
- Find a support group you feel comfortable with. Check out your local Bereaved Parents USA or Compassionate Friends chapters.
- Sometimes well intentioned loved ones can say very unhelpful and even hurtful things. Let your friends and family know what you need and what kind of support you are looking for (e.g., someone to just sit with you, someone to cook a meal for you).
- Engage in self-care. During difficult anniversaries and holidays, extra pampering can be helpful. Do things that bring you a sense of joy, or at least distract you from painful feelings. Take a warm bath, read a good book, exercise, cook, go out with a friend.
- Plan a way to memorialize and celebrate your child's life. Some mothers will go to the gravesite this day, or read the child's favorite book, or look through their child's drawings. There are many different things to try. If you are at a loss for ideas, talk to other parents that have lost a child.
- If you like to read, consider reading a book on how to get through your grief.
- Breathe deeply. Taking deep breaths rather than short, shallow breaths promotes a sense of well-being. Breath in for 4 seconds, hold the breath for a second, than exhale for a count of 4.
- ◆ Treasure your time with your other children. Share memories of your lost child together.

Things to AVOID doing:

- Using alcohol/drugs or abusing prescription medication and sleep aids. These will offer a temporary respite if that, and often will prolong your grief as well as lead to additional problems.
- Staying isolated. While some time alone may be beneficial, isolating yourself and withdrawing from others can intensify your grief and lead to depression.
- Ignoring your feelings. As intense as they may be, ignoring your loss and resulting feelings will only lead to more suffering. Suppressing negative feelings often leads to increased internal distress. Finding a good psychologist can help you do this if you feel unsure of how to explore your grief.
- Pretending to be OK when you are not. Get the support you need. Let those around you know that it is a difficult day for you.

Keep in mind — grief does not follow a linear path — there are many ups and downs in this journey. Going through a holiday such as Mother's Day can be one of the more difficult days, but remember, tomorrow is another day. Many people will get through their grief without professional help, but others find it difficult to work through their grief or find their loss leads to other problems such as depression. Find a psychologist to work with that you feel comfortable with. See links below for locating a mental health professional near you.

For more information:

Online relaxation/breathing exercises: [http://students.georgiasouthern.edu/counseling/relax/](http://students.georgiasouthern.edu/counseling/relax/OnlineRelax07.htm)

http://www.hws.edu/studentlife/counseling_relax.aspx

Psychologist/Mental health professional's locator links:

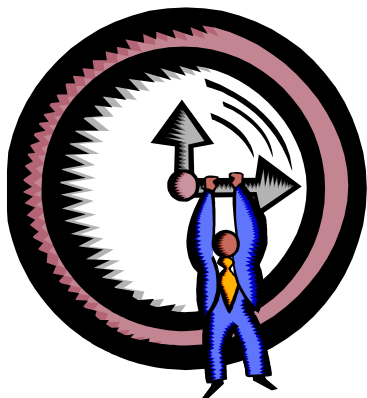
www.psychologytoday.com <http://locator.apa.org/>

Article written by licensed psychologist, Dr. Bernadette Peters

Email: bpeters@wnypsychology.com

Website: www.wnypsychology.com

Does Time Heal??



I discovered this quote from singer/songwriter Jack Johnson: *And if they tell you love fades over time, tell them there is no such thing as time.*

His quote also got me thinking about the passage of time as it relates to our grief journeys. Many in our society believe that there is a set time period for resolving our grief. In six months to a year, it is generally expected that one should be "over" his/her grief and return to life, as he/she knew it.

What is also implied is that there are practical solutions to the losses that we experience. The reality is that any loss we experience permanently changes our world and that there is no set time period to resolve it or practical solutions. However, one of my friends recently suggested that LOVE is the solution to even those things that we may not believe has one.

On this point, I agree.

For those of us who have experienced losses that have defied the natural order of the universe (such as the death of a child, death of a young wife or husband), our world is forever changed and we never get over our loss. We get through it by learning to live with both joy and sadness, while simultaneously making a decision to find meaning again by celebrating our children's lives.

In the process, we also find meaning through service to others. There is no set time frame. As individuals, we all take different paths to finding meaning as a result of our struggles with loss. We need to be able to unconditionally support every individual's journey and bear witness to it. The power of both support and presence cannot be underestimated.

Also, we can experience the intense pain of loss at any time during our journeys, depending on what is going on with us in the present moment. One, five, ten or twenty years, it doesn't matter. Our grief journeys are circular rather than linear.

The death of my daughter Jeannine has taught me to re-evaluate not only my values but the traditional expectation that time heals all wounds. Time hasn't and won't heal the wounds for me associated with the physical absence of Jeannine. What the passage of time has helped me do is adjust to her physical absence and develop a different kind of relationship with her.

My earthly journey and spiritual relationship will continue to evolve until the day that I cross over. And then it will continue, for eternity.

David J. Roberts 2011, LMSW, CASAC is a bereaved parent, whose daughter Jeannine Marie

National BPAUSA Annual Gathering
"Monumental Journey of the Heart"
July 29-31, 2011
Sheraton Reston Hotel, Reston, Virginia



Located just 25 minutes from downtown Washington, DC near Dulles Hotel rate \$99 per room (plus taxes), up to 4 people per room. Rate honored 3 days before and 3 days after the Gathering. Call 1-800-561-9186 to make your reservation or visit www.starwoodmeeting.com/Book/BereavedParents.

Outstanding Speakers and Workshops, Sibling Program! Meal Package only \$149.00 for seven meals.

If you are interested in presenting a workshop fill out the on-line application www.bereavedparentsusa.org or print out an application and mail to: P.O. Box 7675, Woodbridge, VA 22192.

Deadline for workshop applications is March 15, 2011.

For more information contact Jodi Norman, Gathering Chair at 703-910-6277 or e-mail: bpusa.nova@yahoo.com

The Gathering will "kick-off" on Thursday evening, July 28th with the following events:

** Concert by two time Grammy Nominee, singer-songwriter and bereaved parent, Cindy Bullens, visit www.cindybullens.com.*

** Rosemary Smith presenting her award winning documentary, "Space Between Breaths."*

Grace Amelia Lavallee

5/13/2009 - 7/17/2010

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.
-Robert Frost



*Here on earth just a little while,
but in our hearts forever.
We love you! Happy Birthday!
Mommy, Daddy and Ryan*

BRIAN H. COLLUM
May 11, 1965 - March 7, 2005



HAPPY BIRTHDAY, MY SON!!

You would have been 46 years old this year.....**May 11, 2011**. You left to be with Jesus two months before your 40th birthday....SIX YEARS AGO!! There are times it seems longer, but most times it doesn't seem like it's been six years because the pain is still so GREAT.

When I first held you when you were born, who could EVER imagine the UNTHINKABLE would happen.....that I would witness you taking your last breath. I wanted to leave with you, but I had to be here for your brother, Reid. With Reid being only 21 months older than you and me being a single parent for so MANY years, I believe he felt like the "man of the house" for you and I...makes my heart melt. You and Reid were almost like twins....where there was one, there was the other. You really got along so well to be siblings...rarely arguing or fighting.

We three played together and worked together....we really seemed like a "team" as I was raising you both. You each helped with the chores without any "balking" or resentment...it seemed you both just accepted the fact and did what you were suppose to do. I REALLY enjoyed being your mother and I miss those times so very much. You both were in Boy Scouts, played baseball and football, had a "Big Brother" from that organization and could "tear me up" in a game of Scrabble by the time you were 10 and 12 (and I was a secretary)!!! GO FIGURE!! You both were so intelligent...each being placed in "gifted" classes at school....so PROUD of you!!

You were diagnosed with your terminal illness in September, 2004, given six (6) months and I would not accept that. We ALL prayed for you...people all over the United States were placing "Brian Collum" on their church's prayer list. We saw at least two miracles bestowed on you while in the hospital, and even the doctors agreed they had witnessed a "miracle". That HORRIBLE morning on March 7, 2005, when the doctor informed me "it would be soon"... that "your kidneys were shutting down", I wanted to evaporate -- DISAPPEAR!! I held your hand as you took your last breath and I had a friend who informed me later that if this had to be, I was blessed to have you by one hand as Jesus took your other hand to ascend to Heaven. That statement has probably helped me more than anything that has been said to me in an attempt to comfort me.

I am so glad you believed in our Lord – and for having read the Bible through on several occasions. Shortly after you passed away – for a brief minute – I found myself being angry with God. I recognized what was going on in my mind and immediately didn't "go there" – for He knows our fate and has a plan for all. I just wish (and pray) that one day the pain won't be so intense. I try to think of our good times together – skating and biking around Bayshore Boulevard, lying on the beach, laughing 'til we cried and didn't know WHY we were laughing. I LOVE YOU AND I STAND FIRM ON THE BELIEF THAT I WILL SEE YOU IN HEAVEN. "For God so loved the world that He gave His only begotten Son, that whosoever believeth in Him would not perish, but have everlasting life". **I BELIEVE (AS YOU BELIEVED)**.

Love forever and ever.....your Mama, Diana Reams

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.



Memorial Day

They shall not grow old,
as we that are left grow old:
Age shall not weary them,
nor the years condemn.
At the going down of the sun,
and in the morning
We will remember them.

Laurence Binyon (1869-1943)
For The Fallen
(Inscribed on the War Memorial
in Edinburgh, Scotland)

Loving lifted from BP/USA
COEUR d' ALENE CHAPTER NEWSLETTER

Seasons by Eloise Cole

My life has known the change of many seasons. I have experienced the spring of life; Love, fresh and new and bright with promise. I have come to know the warmth of a family's laughter. Life's way has taken me through the change of fall and winter storms of challenges and pain. Through the seasons your love has been with me. I am now faced with a new season of change, pain-filled is our parting. Goodbye—a word I can barely stand yet I know as I continue along life's way the gift of your love and the gift of your memory will be my warmth and strength. Your gift of love will remain. I know I will move through the seasons of pain and challenge with your memory locked safely within my heart.

Taken from the National Newsletter of BP/USA A JOURNEY TOGETHER. website: [www. Bereavedparentsusa.org](http://www.Bereavedparentsusa.org).

Address Service Requested



POSTMASTER - Dated Material
Please do not delay.

May 2011

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

