



Tampa Bay Chapter

P.O. Box 3226
Tampa, Florida
33601-3226

www.bpusatampabay.com

Remember
Grandparents Day
Sunday,
September 12

September/October 2010

MEETING INFORMATION

Regular Monthly SUNDAY Meeting
(held the second Sunday of the month)
September 12 and October 10, 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, Sept 10 & Oct 8, 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, Sept 27 & Oct 25, 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

CANDLE LIGHT PLANNING MEETING
To be announced! All are welcome as we need your input and assistance.

BP/USA Candle Light Service
Sunday, December 12, 7:00 p.m. See page 5!

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		
SEPTEMBER 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						
OCTOBER 2010						

*October 15th is the National
Pregnancy and Infant Loss Awareness Day.
Why have an Awareness Month?*

*Because each baby, no matter how small, is special;
Because parents want to remember;
Because this increases awareness of infant loss in our community;
Because society needs to be reminded that each baby, even the tiniest life;
....was wanted,
....was real,
....is loved.*



Life After Loss: How The Death Of A Baby Changes You Forever

By Ann Douglas pageone@kawartha.com

During those intensely painful days after my daughter Laura was stillborn five years ago, I remember feeling that I was at a crossroads in my life-that two separate paths lay before me: I could either let this tragedy destroy my life and break my spirit or I could find a way to make something positive come out of my daughter's death.

Fortunately for me, I inherited the stubborn gene from my parents, so giving up on life really wasn't a viable option for me. So, by default, I gravitated toward the second alternative: finding a way to make something good come out of this most searing of losses.

(Continued on Page 6)

Greetings,

I know the BP/USA newsletter is a great source of comfort to many of you. The Tampa Bay Chapter has normally produced one issue a month except for June and July and December and January in recent years.

Due to life's ups and downs, the newsletter may arrive with lateness and may be bi-monthly more often or even quarterly in the upcoming months due to the health concerns of the Editor, Beverley Hurley.

If anyone is capable of producing a newsletter so we can keep the newsletters being produced monthly or if you would like to learn please call Beverley at 813-832-3175.

Thank you for your understanding!

Chapter News

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.

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!



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

Note: Mark your calendar for Monday, December 6, for the Annual AOH candle light ceremony!

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

To Bereaved Grandparents—



When a child dies, others often focus attention on the child's parents. Grandparents, unfortunately, seem to be forgotten in other's concern for the immediate family members. Yet a grandparent's grief is very real and deeply painful. Additionally, grandparents suffer much pain and frustration in watching their own child's agony while being unable to alleviate that anguish or to ease the weeks and months of continuing grief.

As a bereaved grandparent, you face two tasks:

- to work through your own grief, and
- to be helpful to your bereaved child.

For the sake of simplicity, let us discuss these two aspects separately; but generally, of course, both tasks demand attention simultaneously.

You will find working through your own grief very difficult. Understandably, you may want to put your grief aside in order to comfort your bereaved child. Yet you must find time to grieve yourself. Grieving involves three elements:

- learning about the grief process,
- finding a good support group or system, and
- understanding that what you are experiencing is normal.

You can learn about the grief process through many excellent books and articles currently available at your local library, bookstore, or through the Bereaved Parents of the U.S.A. website. Reading good material will help you to understand both your own grief experience and that of your bereaved child.

The second element is also essential. Nearly all grieving people need support—someone who will listen over and over again without judging. Finding this kind of support is frequently difficult for bereaved grandparents. Be sure that you find someone who will allow you to express your emotions and allow you to talk about your grandchild. Bereavement support groups are especially helpful in this regard.

Working through grief depends upon:

- reassurance that when you feel crazy, you are simply experiencing a normal part of the grief process, and
- realizing that you are not wallowing in self-pity when you have legitimate pain. You loved your grandchild, and his or her death brings you deep anguish. Openly expressing that pain helps to ease it.

A special note: The intensity of your grief will rarely last as long as your child's. Your pain in seeing your child's despair, however, will not end until he or she has worked through grief and is once again comfortable with his or her life. To watch this process is an especially difficult aspect of a grandparents' grief.

The second task facing you as a grandparent is to be helpful to your grieving child—a nearly impossible task.

You cannot *kiss it and make it better* as you could with a skinned knee years ago. You must realize that your child's grief will follow a long and hard path. You cannot do your child's grief work for him or her.

Avoid statements such as count your blessings, or he's in heaven with God, or think of your other children. Such statements will do nothing to alleviate anyone's pain, and may actually hurt or alienate your grieving child.

You must allow your child to grieve in his or her own way and in his or her own time. Don't tell your child what he or she should or should not do or feel. Rather, you should listen to your child's expressions of grief, love, and remembrances. A hug or holding hands, even in silence, can be powerfully comforting.

You should know also that parental grief may well consume several years to find resolution, nor will progress move steadily upward. You can be helpful by providing opportunities to support your bereaved child in special ways:

- encourage an open expression of grief as healthy and helpful,
- offer to stay with surviving grandchildren to give your child and his or her spouse some time alone, and
- if you're able, offer assistance with household chores, especially in the first few months after the death when your bereaved child's physical energy will be drained by grief's emotional turmoil.


Helping your bereaved child in these ways provides a rare opportunity to cement a deep and lasting bond between you, your child, his or her spouse, and any surviving grandchildren.



Our Children . . . Remembered

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

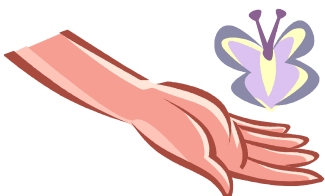
September Birthdays

Arnold, Ryan 9/1/1988-11/28/2007 P-Ron & Marcia Arnold B-Jason & Matt Arnold GP-Charlie & Kathy Arnold and Allan & Florence Knopf	Dechant. 9/26/1984-4/14/2007 F-Tom Dechant	Kushner, Jonathan 09/13/62 - 10/28/73 P - Lorraine & Gil Kushner B-Andy & David	O'Neil, Clark Dean 9/1/1962 - 10/24/2004 P-Larry and Jeanne O'Neil B-Kevin & wife Rene' S-Kitty & husband Joseph; Jennifer & husband Randy
Brady, Mark A. 09/27/57 - 01/03/89 M - Margaret Brady S -Margaret J. Bruner B - Hayward L. "Bubba" Brady, Jr. GP-Wallace & Josephine Bagley and Wm. & Cinderalla Brady	Donnarumma, Sophia Marie 9/1/2000 - 12/23/2004 P-Benjamin & Diane S-Olivia GM-Pat Donnarumma	Lane, Jim 9/7/1966 - 1/2/2005 M-Carol Lane	Peel, Matthew Shane 9/9/92 - 9/9/92 A - Beth Biggs U- Eddy Biggs GM - Patricia Campbell
Cash, Christopher 9//13/1977 - 8/23/2004 M-Rita & Thomas Zvada F-Charles & Mika Cash Child-Leah Cash B-Charles Cash II GP-Gustavo & Ida Arencibia	Eddy, Steven 9/16/1960 - 7/9/2008 M-Marilyn Eddy S-Pam Bishop & Tammy Eddy B-Sonny N-Angie Valente & Missy Bishop	Mart, Aaron Paul 09/24/96 - 09/11/99 P - Hank & Donna Mart B - Daniel GP-Betty & Trevor Harvey, Michael & Iris Willsher, Gene & Mim	Perrotti, Paul 9/5/1969 - 9/25/1995 F - Donald J. Perrotti
Castellano, Lina 9/15/1966 - 2/20/2004 P-Sam & Jean Castellano	Funk, Benjamin 9/9/1976 - 6/25/2001 P - Mr & Mrs Funk	Mendenhall, Bradley Robert 9/25/1990-9/25/1990 P-Robert & Gay Lee Mendenhall B-Jacob Robert Mendenhall	Will, Madison Kathleen "Madi" 9/2/1995 - 10/4/1995 P - Carl & Lisa Will S - Megan & Rachel Will B- Zachary & Seth Will
Cepero, Caylee Marie 9/3/2000 - 3/8/2005 P-Dawn and Lee Cepero B-Corbin S-Kennedy GP-Sandy Boehning	Gould, Richard J. 9/26/1981 - 3/3/2001 M-Cindy Phelps-Wise F-Ralph Gould B-Ryan, Bryan & Mark S-Karen	Moore, Vanessa 9/3/1980-11/11/2005 M-Pat Moore	Williams, Travis Aaron 9/11/1979 - 4/19/2000 P - Bill & Linda Williams GP - Loretta Ayers, Raymond Ayers & Edna Williams
Daly, Cole 9/9/1983 - 12/17/2001 M-Katie Brock	Gray, Jay 09/07/70 - 11/09/01 M - Dee Gray	Morrill, Daniel 9/30/1972 - 9/8/2007 M-Amelia Lubrano	
	Knight, Matthew A. 9/1/1982 - 12/28/2001 P-Ron & Sandy Knight GM-Jack & Mary Griffin & Doris I. Knight	O'Berry, Michael Sean 09/13/94 - 12/15/97 P - Mike & Valerie O'Berry B - Christopher O'Berry GM - Linda Hoffman A - Joyce Weil U - Mike Kasrich	

September Anniversaries

Carter, Cassandra D. "Casie" 2/22/1982 - 9/28/1999 P-Ted & Gayle Carter B-Justin Carter GP-Luna Carter	Kenefick, Aaron, Michael 2/5/1979-9/8/2009 M-Susan Price Sibs-Jacque & Jade GP-Carol Price	Nichols, Melissa 11/9/1982 - 9/4/2002 M-Terrena Nichols F-Shannon Nichols S-Brandy Nichols B-Shannon Nichols, Jr.	Roberts, J. Michael 5/31/1963 - 9/25/2002 M-Ann Roberts Mitchel GP Merle H. Brunson
Cooley, Malena Rose 3/23/1998 - 9/4/2000 P - Scott & Traci Cooley B - Nolan S - Madelyn & Olivia	Mart, Aaron Paul 09/24/96 - 09/11/99 P - Hank & Donna Mart B - Daniel GP-Betty & Trevor Harvey, Michael & Iris Willsher, Gene & Mim	Peel, Lee Anna Campbell 8/5/1972 - 9/9/1992 M - Patricia Campbell S - Beth Biggs B - Eddy Biggs GP - Estele & James Carleton	Russell, Karron Michelle 1/20/1967 - 9/12/2000 P - Ben & Sue Bowditch and Children - Brytani, Derak & Melody Sisters - Catherine, Roben & Laurie Bobby Jr. & Scott GP-Cathren Dickerson and Jimmy & Kay Senseney
Gravette, Austin Lee 8/31/1993-9/26/2009 P-Randy & Pamela Gravette S-Jessica Lynne Beauchamp GP-Oscar & Penny Rodriguez	McMillion, James Christopher 7/26/1984 - 9/26/2003 GP-Ralph & Martha Hamilton	Peel, Matthew Shane 9/9/92 - 9/9/92 A - Beth Biggs U- Eddy Biggs GM - Patricia Campbell	Schulman, Adam J. 6/7/1971 - 9/26/2004 M-Pat Schulman Freddie Kelly Jr. and Kenny Schulman
Harris, Eric Michael 2/4/1984 - 9/12/2003 P-Mike & Pam Harris B-Mark GM-Joan & Verna Harris	Mendenhall, Bradley Robert 9/25/1990-9/25/1990 P-Robert & Gay Lee Mendenhall B-Jacob Robert Mendenhall	Perrotti, Paul 9/5/1969 - 9/25/1995 F - Donald J. Perrotti	Scragg, Keith Joseph 8/4/1986 - 9/5/2008 P-Richard & Lori Son-Macklin B-Matthew S/O-Emily Popke
Henry, Sumara Raquel 07/12/88 - 09/18/93 P - Louis & Cindy Henry GP-James & Ruby Reese & Bernice Henry	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	Pippin, Shawn 10/16/1984 - 9/16/2002 M-Anita Pippin	Smith, Clay Daniel 10/24/1967 - 9/30/1996 P-Francia & Chuck Smith B - Jed & Kyle
Horst, Trey 4/16/1974 - 9/8/2000 P - Art & Linda Horst B-Todd & Thad S-Trisha & Tammy	Mink-Miller, Deborah 3/26/1965 - 9/27/1991 M-Diane Mink S-Renee Mink Crosby	Pispitos, Richard John 01/23/72 - 09/14/98 P - Catherine Webb & Philip Finkelstein S - Michelle Webb GP-Anne & Owen Beglane	Thornton, Teresa E. 01/12/66 - 09/24/81 P - Ken & Mirta Thornton S - Lisa Buckner B - Nick Thornton GP-Tony & Berneda Pino
Kowall, Spc. Corey J. 2/1/1989-9/20/2009 M-Kelly Speight S-Kyla Tackette & Kristen Kowall GP-Marty & Marshall Schoeff	Morrill, Daniel 9/30/1972 - 9/8/2007 M-Amelia Lubrano	Rainey, Wendy Michelle Price 3/7/1968-9/27/2006 M-Shelia Farmer (Lassiter) B-Peter Price S-Emily Furst	

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.



October Birthdays

Baez, Roberto G. 10/30/1985 - 10/3/2005 M-Jeannette Carrasco Baez	Fitzpatrick, Brad R. 10/8/1972 - 10/27/2000 M - Barbara Fitzpatrick	Peters, Chalama 10/29/1988 - 10/4/2005 P-Veronica and Thaddeus Francis	Theriault, George L. 10/13/1951 - 6/1/1996 P - Mae Theriault
Baker-Dixon, Lori Kathleen 10/29/1975 - 4/12/2001 Child - Ryan Spouse - Rusty P - Donna & Ron Budd and Marie & Bill Baker S - Tracy Goodson & Phylcia Baker B - Jamey Baker	Glim, Melissa 10/15/1995 GM-JoAnn Glim	Pippin, Shawn 10/16/1984 - 9/16/2002 M-Anita Pippin	Thomas, Destiny Jean 10/1/1990 - 4/24/1998 F-Craig Thomas B-Braxton and tin GP-Augie & Betty Thatcher and Marty & Carol Thomas
Black, Justin 10/3/1989-11/6/2007 F-Chris Black	Knight, Arleen Diane 10/16/1947 - 5/4/2004 P-Arthur & Ethel Fernandez S-Elaine Rogers Daughters-Trina Fuller, Amy Diaz, Katie Tuclula	Sluder, Theresa Elaine 10/14/61 - 11/17/2008 P-Tom & Judy Sluder S-Kathryn B-Tom III & Keith Children-Brandy & Brandon Grandchildren-Romeo, Thaliana N/N-Israel, Keith II and Miranda	Thompson, Timothy A. 10/27/70 - 01/07/93 P- Bettie & Richard Thompson
Burger, Teresa 10/26/58 - 07/10/87 M - Cecelia Burger B - Hal & Curt Burger	Mercer, Bret 10/5/1988 - 6/25/1992 P - Eddie & Darlene Mercer S - Lindy, Crystal & Kaley GP-Loren & Christine Mercer GP-Beverly Jaudon Quincannon	Schmedlen, Nathan 10/27/1968-2/2/1990 M-Rose Schmedlen	Wallowicz, Michael (Mikey) Kevin 10/23/1981 - 4/28/1990 P - Jim & Judy Wallowicz B - Jimi Wallowicz GM-Josie Varselona
Carpenter, Ben 10/3/1965-5/10/1995 P-Carl & Marilyn Carpenter	Miller, Tyler Lee 10/16/2003 - 10/16/2003 P-Perry and Barbara Miller	Smith, Clay Daniel 10/24/1967 - 9/30/1996 P-Francia & Chuck Smith B - Jed & Kyle	Welch, Kimberly Michelle 10/24/1971 - 8/28/2003 M-Nancy Welch Child-
Cason, Todd 10/28/1968 - 4/12/2003 P-Earl and Kay Cason Child- Spouse-	Nichols, Shannon Jr. 10/5/1979 - 3/29/2004 M-Terrena Nichols F-Shannon Nichols S-Brandy& Melissa Nichols	Snyder, Janna Marie 10/21/1978 - 11/11/1995 GP Marian & Paul Bullard P - Dana & Connie Snyder B - Jeff Snyder	Wynne, Adam Charles 10/13/1971 - 4/24/1993 P-Chuck & Gloria Judson S-Lori Wynne Father to Morgan Wynne
Chilson, Candice 10/24/83 - 11/10/01 M - Wendy Chilson			

October Anniversaries

Baez, Roberto G. 10/30/1985 - 10/3/2005 M-Jeannette Carrasco Baez	Glim, Melissa 10/15/1995 GM-JoAnn Glim	Lovett, Sandra Sandy 12/3/1968 - 10/4/1997 M - Barbara Bryant	Peters, Chalama 10/29/1988 - 10/4/2005 P-Veronica and Thaddeus Francis
Baker, Jennifer 12/13/1973 - 10/15/1995 P-Terry & Susan Baker	Gugliotta, Dan & Nadine 3/26/1976 - 10/14/2003 P-Dan & Nadine Gugliotta Son-Jason	Martinez, Joseph 4/23/1972 - 10/13/2007 M-Josie Martinez S-Patty Camuns	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
Ferrera, Alex 8/11/1977 - 10/4/1997 P - Nelson & Guisela Ferrera B - Paolo Ferrera GM - Magda Alvarez Aunt - Mirta Diaz Uncle - John Ferrera	Howard, Joseph 3/14/1985-10/5/2002 M-Krista Howard	McDonald, Brooke 11/8/1990-10/04/2008 P-Mitch & Barbara McDonald	Schank, Jamie 11/3/1972-10/26/2003 M-Joan Schank
Fitzpatrick, Brad R. 10/8/1972 - 10/27/2000 M - Barbara Fitzpatrick	Johnston, Nathan 8/22/1981-10/19/2005 M-Indra Johnston-Wilhour	Milam, Perry 11/4/1974 - 10/01/1994 M - Nancy Milam	Schneider, Adam 01/29/71 - 10/23/75 P - Bill & Georgia Schneider
Gardner, Gary Dwain Jr. 8/25/1995 - 10/4/2000 P - Gary & Janelle Gardner B - Jacob Gary Gardner	Kelley, Emmanuel 2/27/1987-10/25/2006 M-Cynthia Kelley A-Deitra Luropler C-Angel Kelley	Milam, Perry Edward 11/4/1974 - 10/1/1994 M-Nancy Milam S-Suzanne Milam Clark	Simone, Benjamin Arthur 3/29/1975 - 10/10/1997 P - David & Kathy Simone S - Dawn Figueroa
Gonzalez, Tarik C. 1/16/1976 - 10/12/2007 M-Susan Zapata GM-Jacqueline Rodriguez	Knox, Patricia Lynn 7/27/1964 - 10/21/1997 M - Shelby Jean McClure	Miller, Tyler Lee 10/16/2003 - 10/16/2003 P-Perry and Barbara Miller	Will, Madison Kathleen "Madi" 9/2/1995 - 10/4/1995 P - Carl & Lisa Will S - Megan & Rachel Will B- Zachary & Seth Will
Griner, Matthew Ian 7/10/1985 - 10/27/2006 P-George & Barbara Griner B-Daniel & Kurt GP-Bill and Ann Griner	Kushner, Jonathan 09/13/62 - 10/28/73 P - Lorraine & Gil Kushner B-Andy & David	O'Neil, Clark Dean 9/1/1962 - 10/24/2004 P-Larry and Jeanne O'Neil B-Kevin & wife Rene' S-Kitty & husband Joseph; Jennifer & husband Randy	
	Lingefelt, Fiona 12/20/1989 - 10/15/2000 P - Karen & Douglas Lingefelt B-Alexander & Andrew	Parrish, Tyler Stephen 8/6/1991 - 10/24/1991 P - June & Terry Parrish	

Falling Apart

by Eloise Cole

I seem to be falling apart.
My attention span can be measured in seconds.
I cry at the drop of a hat.
I forget things constantly.
The morning toast burns daily.
I forgot to sign the checks.
Half of everything in the house is misplaced.
Feelings of anxiety and restlessness are my constant
constant companions.
Rainy days seem extra dreary.
Sunny days seem an outrage.
Other people's pain and frustrations seem insignificant.
Laughing happy people seem out of place in my world.
It has become routine to feel half crazy.
I am normal I am told. I AM A NEWLY GRIEVING PERSON.

2010 Candlelight Ceremony (December 12) Participation Form

(Please return by November 20 to have your child's name/picture appear in the Program)

To: BP/USA, c/o 3805 San Juan Street, Tampa, FL 33629

- I (family) will be attending the service on December 12, and will light a candle in remembrance of my child/children

Number of people attending _____

- I have enclosed a picture for the Presentation. **OR** Please use the picture from last year Presentation.

- I have enclosed \$3 for a picture button. I have enclosed add'l \$1.00 to add child's 1st name: _____

- I will be unable to attend the service but would like to have a **candle lit** in memory of my child/children. **NOTE:** Due to time restraints, only picture for parents ATTENDING the Ceremony will be shown. Thank you for understanding.

Child's name: _____

Date of Birth: _____ Death Date: _____

Type of Death: _____

Son or Daughter of: _____

Sister or Brother of: _____

Grandson or Granddaughter of: _____

- I would like to furnish _____ for the reception. **NOTE:** Please try to furnish food (sandwiches, salads, deviled eggs, etc.) since we seem to have an abundance of desserts.

- I am enclosing a donation in the amount of \$ _____ in honor of my child/children.

Your Name: _____

Address/Zip _____

Telephone Number: _____

Email Address _____

December 12, 2010 Candle Lighting Remembrance Ceremony

Bereaved Parents of the USA, Tampa Bay Chapter, will hold its annual Candlelight Remembrance Ceremony at 7 p.m. on Sunday, December 12. The ceremony will be held in The Medical Arts Building (MAB) Auditorium at St. Joseph's Hospital in Tampa. This day is also the **Children's Worldwide Candle Lighting** event (created and shared by TCF) where candles will be lit around the world in memory of all children that have died in every time zone starting at 7:00 p.m. Please join us in this beautiful tribute to our children. Any bereaved parent or family member and friends are invited to participate. For those of you who are newly bereaved, we encourage you to attend. This service can make handling the holiday season a little easier.

KEEPSAKE VOTIVE - Each family who attends will light a candle in honor of their child and take the candle home to light throughout the holidays.

RECEPTION - We will have a reception following the ceremony and we invite you to bring, if possible, your child's favorite food (i.e. vegetables, chips, snack, sandwiches, etc.) to share with others. We normally have an abundance of desserts.

PICTURE PRESENTATION - A Special Slide Picture Presentation of our beautiful Children! If you are planning to attend our Candle Light Ceremony, mail a picture of your child, and include their full name as you want it displayed on the slide presentation and also the birth and death dates, to: David Hurley, 3805 San Juan Street, Tampa, FL 33629

NOTE: Due to time restraints, only pictures of children whose parents are attending the Ceremony will be shown. Thank you for your understanding.

Picture should be of your deceased child only. If your child's picture was included in previous years candle lights, any of the National Gathering closing ceremonies, or Chapter Newsletters and you want to use the same photo, just let David know that. Pictures mailed in will be returned to you at the Candle Light Service-please **pick them up at the registration desk**. You can scan the picture yourself and email to david.hurley@gte.net but please be sure it is at least 600 dpi. Any questions please call David Hurley 813-831-2588.

BUTTONS - We have the equipment to make picture buttons. We can make a preordered picture button and have it ready for you when you arrive at the candle light. It will be made from a copy of the picture you submit for the picture presentation. Or bring a picture no smaller than 3" x 5" and picture will be cut and become the button! Buttons are round and measure approximately 2.25" in diameter. Cost per button is only \$3.00. You can also have their first name appear on the button preordered only for \$1.00 charge. See above order.

BOUTIQUE - There will be an Angel/Butterfly Boutique to purchase holiday items or gifts. All items are donated and all proceeds benefit your local BP/USA Chapter. To donate items, please call Janice Falcon at 813-779-9353.

PARTICIPATION FORM - For planning purposes, or to ensure your child's name appears in our candle lighting program, or if you wish to have a candle lit for your child in your absence, please complete and submit the Form above and send it in before November 20 to: BP/USA Tampa Bay Chapter, c/o 3805 San Juan Street, Tampa, FL 33629. Thank you!

(Continued from Page 1)

While I would never have wished this on myself-the death of a baby is too big a price to pay for any personal growth experience-I have been forever changed by the experience of losing Laura. In many ways, I'm a better person than I was before that fateful day five years ago when a tiny piece of my heart was forever broken.

For one thing, I'm more compassionate. I feel an immediate bond with any parent who has experienced the death of a baby as well as anyone else who is grieving the death of someone significant in their life, be it a spouse, a parent, or a close friend. My volunteer work with grieving parents and the articles and books I've written on miscarriage, stillbirth, and infant death have allowed me to make a difference in the lives of other parents who've experienced the tragedy of losing a much-wanted baby. That means a lot to me.

In terms of other ways I've been affected by the death of my daughter, I'd say I'm more aware of what it feels like to be really connected to someone-heart-to-heart and soul-to-soul. I have a very special friend whose baby died shortly after mine did. The two of us spent a lot of time together in the weeks that followed, sharing our grief about the babies who would never come home. We don't see each other as often these days-we've both insanely busy with work and family-but each time we meet for lunch, it's like we've never been apart. That speaks to the powerful bond that we developed during the most nightmarish time of our lives.

Another perk: I'm less of a control freak. After all, I've learned the hard way that some things are out of your control-and some things can't be fixed, no matter how desperately you want to put the pieces back together again. As a card-carrying Type A, it's been healthy for me to learn to let go of things-well, at least a little!

Along the same vein, I've come to terms with my fear of death. Being forced to deal with the death of my child has forced me to confront my own mortality. As a result, I'm more at peace with the knowledge that life doesn't last forever-and more inclined to make the most of today.

I've also learned how to put things in perspective. A leaky ceiling, a missed deadline, a squabble with my husband, or a minor fender bender no longer qualify as a crisis for me. I now save the "crisis" label for the real life-and-death situations.

Finally, I'm better able to celebrate the wonder in everyday life. Rather than looking forward to that magical day when my mortgage is paid off, I reach my goal weight, and I have a book or two on the bestseller list (hey, a girl can dream, can't she?), I'm more inclined to delight in what's happening in the here and now: to savor the joy I feel when my youngest child, Ian, hugs my leg and says, "I really love you, Mom" and to enjoy the way my heart lifts when the telephone rings and there's a special friend on the other end of the line.

These are just a few of the gifts that Laura gave to me during her brief journey through my life. These gifts are her legacy to me.

Ann Douglas, author

*Friendship is born at that moment when one person says to another:
"What! You too? I thought I was the only one."*

C. S. Lewis

The Door Ahead

By Marta Felber of Bella Vista, Ark

There is a door ahead that I must open and go through.
I try to ignore it but it is always there.
There is no other way to go forward except through that door.
The walls are closing in.
I have tried going back, but I crash into a solid wall.
My Loved One is dead.

I cannot accept what going through that door really means.
I close my eyes, but when I open them, the door is still there.
At night, when I do sleep, my dreams and waking moments
are haunted with the reality not faced.
So I stand here, looking at the corridor, with sides closing in,
the door beyond.
I stand here, frozen.

A hand touches mine, and I look into the face of a new friend.
She lost her Loved One at the same time I lost mine.
"I also need to go through that door and I cannot.
Let's hold hands and, when the time is right,
we can take the steps together."

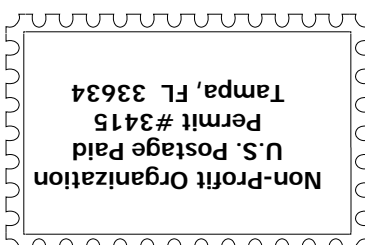
I feel someone take my other hand.
"I've walked this corridor, and I've gone through the door.
I know what is on the other side.
Look at me and know it can be done."

Do I imagine it? A hand is placed gently on my head
and a voice whispers in my ear.
"Remember I too had to go this way,
and I am always with you."

Our bodies touching, slowly we start walking, step by step.
A miracle! With each step the walls begin to move back on
either side and the door moves closer.
It opens for us to go through.

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