



# 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)  
Sunday, December 13, 7:00 p.m. For the Annual  
Candle Light Remembrance Ceremony

St. Joseph's Hospital  
Medical Arts Building, Auditorium  
Sunday, January 10, 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, December 11 (please bring Christmas good-  
ies to share) and January 8, 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*

(Normally held the fourth Thursday each month except  
December and December due to holidays)

Thursday, December 17 & January 28, 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

### BP/USA TAMPA BAY CHAPTER CANDLE LIGHT PROGRAM AND CEREMONY

Mark your Calendar for Sunday, December 13, 7:00 p.m.  
St. Joseph Hospital Medical Arts Bldg. Auditorium for the  
Annual Children's Worldwide Candle Lighting and  
picture presentation of our beautiful children.

#### Angel of Hope Memorial Garden

#### First Annual Candle Lighting

Sunday, December 6, at 6:30 p.m.  
Riverside Park, 201 Riverhills Drive, Temple Terrace  
Please call Jackie Loadholtz  
at 813-625-1468 to attend!  
(Weather permitting)

## DON'T FORGET

### BP/USA Annual Candle Light Ceremony

Sunday, December 13, 7:00 p.m.  
(doors open at 6:30)

You may still attend even if you did  
not send in your Registration Form.  
Please call Beverley 832-3175!

## December 2009/January 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		
<b>DECEMBER 2009</b>						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						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						
<b>JANUARY 2010</b>						

## Expectations

By Donna Corrigan  
BP/USA Hinsdale, Illinois

During the holidays, bereaved parents are expected to have a really miserable time; why else would so many people remind us that it is hard to lose a child, "especially at this time of the year." As you have already learned, in the early days of grief, many days are difficult and some are worse. They just are.

I would encourage you to reject what others expect, especially those who have not experienced the death of a child. Try to live in an attitude of acceptance. Christmas without our children will never be as good as Christmas was with them. This is our new normal.

Don't expect to be miserable, accept the fact that you will be very sad. Do not expect others to reach out to you, accept that you might have to ask for support. Don't expect others to understand your pain, accept that they can not.

Most importantly, do not expect others to anticipate the best way for you to celebrate the holidays. Accept the reality... you're not sure what you want to do this year and very few activities may bring you happiness. The path of grief can be inconstant.

As you look at the upcoming months and their celebration days, accept the idea that you may want to participate on a limited level. Seek out activities that allow the freedom of laughter; recognizing that tears may mingle with joy.

Consider accepting the invitation to light candles with other bereaved parents on December 13th, share the brightness of their lives. You can expect it to be a safe place...

## Chapter News



### Candlelight Donations

*Our special thanks to those sending donations to help make our Candle Light Remembrance Service a special evening for our children:*



*In Remembrance of **Aileen DeLosSantos**  
Donated by Elena and James Franklin*

*In Remembrance of **Phillip J. Combs**  
Donated by Lisa Pyche*

*In Remembrance of **Joseph D. Martinez**  
Donated by Josie Martinez*

*In Remembrance of **Karen Irene Fernandez**  
Donated by Cookie Fernandez*

*In remembrance of **Michael Gerard Martini**  
Donated by Dianne Ezell*

*In Remembrance of **Sumara Raquel Henry**  
Donated by Louis & Cindy Henry*

*In remembrance of **Kristi Lee Robertson**  
Donated by Joe & Janice Robertson*

*In Remembrance of  
**Jerry Jakubowski and John Jakubowski**  
Donated by Marsha Shemela*

*In Remembrance of **Elliott Joseph Rucys**  
Donated by Pete & Libbie Rucys*

*In Remembrance of **Aaron Michael Kenetick**  
Donated by Susan L. Price*

*In Remembrance of **Michael Y. Schlechty**  
Donated by Nancy Schlechty*

*In Remembrance of **Glenn Edward Loadholtz**  
Donated by George & Jackie Loadholtz*

*In Remembrance of **Ryan Arnold**  
Donated by Ron & Marcia Arnold*

*In Remembrance of **Anthony J. Montagano**  
Donated by Eloisa Valenzuela*

*In Remembrance of **Ty Kristan Robertson**  
Donated by James & Theresa Farmer*

*In Remembrance of **Robyn Michelle Nemitz**  
Donated by Bill & Debbie Nemitz*

*In Remembrance of **Christopher G. Cash**  
Donated by Rita Cash-Zvada*

*In Remembrance of **Kenneth Shemela**  
Donated by Bill & Barbara Shemela*

*In Remembrance of **Brian Collum**  
Donated by Diana Reams*

*In Remembrance of **Kathryn Elizabeth Sluder,  
Keith Joseph Sluder, Theresa Elaine Sluder**  
Donated by Tom & Judy Sluder*

### 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](http://www.bereavedparentsusa.org)



*Wishing you  
A season filled with peaceful  
memories carried forever  
in your heart.*

*A sincere "thank you" from  
All the Tampa Bay Chapter  
Committee Members!*



**ANGEL OF HOPE NEWS**  
[www.angelofhopetampabay.com](http://www.angelofhopetampabay.com)

Angel of Hope Memorial Garden  
First Annual Candle Lighting  
Sunday, December 6, 6:30 p.m.  
(Weather permitting)

### Memorial Bricks

Engraved memorial bricks still available.  
Please see our website for brick order form.



## Our Children . . . Remembered

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

### December Birthdays

Baker, Jennifer  
12/13/1973 - 10/15/1995  
P-Terry & Susan Baker

Barnes Hannah D. M.  
12/28/94 - 12/28/94  
P - Alfred & Sabrina Barnes

Branly, Susan  
12/2/1953-1/10/2001  
M-Pat Branly

Forrester, Jedediah Everett  
12/28/1980-8/17/2007  
M-Deborah Forrester

Frederick, Mark Anthony  
12/4/1974-3/9/2006  
M-Becky Frederick

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

Harrigan, Kimaura  
12/4/1995-11/01/2008  
M-Kichma Nieves

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

Horton, Ryan  
12/21/1980 - 1/23/2005  
M-Sue Horton

Lingefelt, Fiona  
12/20/1989 - 10/15/2000  
P - Karen & Douglas Lingefelt  
B-Alexander & Andrew

Long, Russell  
12/23/1958-4/18/2007  
M-Carol Long

Lovett, Sandra Sandy  
12/3/1968 - 10/4/1997  
M - Barbara Bryant

Montagano, Anthony "Tony"  
12/02/91 - 01/02/01  
P-Luli and Jim Montagano  
S-Alessandra Montagano  
GP-Henry and Eloisa Valenzuela

Murphy, Mark Lawrence  
12/22/1968 - 2/21/2000  
M - Rosalie Baum  
B - John Murphy

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

Patet, Nathan Gabriel  
12/18/88 - 06/10/90  
P - Moritza & Jeff Patet  
S - Mallory and Gina Patet  
GP-Gus & Lourdes ARenas and Don Patet

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

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

Rucys, Elliott Joseph  
12/19/2007-1/18/2008  
P-Pete & Libbie Rucys  
Sis Sydney Rucys  
GP-Wynn & Jodi, Cheryl Elliott and Joe & Sandra Rucys

Ruiz, Marcus Nelson  
12/29/1996 - 11/12/2000  
P - Aleida & Nelson Ruiz  
S - Illana

Sasnett, Debbie Powell  
12/14/1956 - 03/31/2000  
P-Jackie & Billy Powell  
B-Debby & Tony  
S-Penny

Waller, Lauren Marie  
12/12/1990 - 4/16/2000  
M - Kristine Colding & Bryan Strahan  
B-Christopher  
S-Faith  
GP-Joyce & Gene Waller

Williams, Paul X.  
12/2/1986-12/24/2005  
P-Amber & Tracy MacDonald  
Sibs-Molly & Daniel  
GP-John & Rosemarie Binder



*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.*

**Although the world is full of suffering, it is also full of the overcoming of it.**  
~ Helen Keller



### December Anniversaries

Antinora, Joseph A.  
8/18/1967-12/9/2006  
M-Susan Antinora  
S-Tina Baxter  
GF-Joseph Harnishfeger

Barnes Hannah D. M.  
12/28/94 - 12/28/94  
P - Alfred & Sabrina Barnes

Bishop, Krystal Lee  
8/1/1988 - 12/24/2001  
P-Pam & Rick Bishop  
S-Angie Valente & Missy Bishop  
B-Greg Bishop  
BM-Marylynn Eddy

Bliss, Lindsay Rebecca  
4/26/1977 - 12/1/1991  
P - Jim & Mary Beth Bliss  
S - Shannon Bliss

Booker, Michelle Elizabeth  
3/25/1987 - 12/1/2004  
P-Michael & Bonnie Booker  
B-Justine & Dillon Booker  
GP-Betty Nichols and Ed & Janice Falcon

Daly, Cole  
9/9/1983 - 12/17/2001  
M-Katie Brock

Darby, Marc Steven  
3/25/1986 - 12/12/1998  
P - Steve & Lori Darby  
S - Cody, Austin, Benjamin Darby  
GP - John & Linda Darby

Delk, Melissa Ann  
11/13/72 - 12/09/77  
M - Linda Delk  
B - Louis Delk  
S - Meronda Brown

Donnarumma, Sophia Marie  
9/1/2000 - 12/23/2004  
P-Benjamin & Diane  
S-Olivia  
GM-Pat Donnarumma

Douglas, Christopher  
11/4/1977 - 12/22/1997  
M - Laren & Michael  
S - Stacy & Leigh  
B - Clinton

Ellis, Douglas William  
01/09/62 - 12/17/83  
M - Alicia Ellis West  
B-Harry Jr. & Edward Ellis

Halifax, James  
10/30/1975-12/21/2008  
S-Juli Halifax

Hinchey, Ronald  
11/17/1974 - 12/10/1999  
P - Ronald & Donna Hinchey  
S - Tracy Foster

Knight, Matthew A.  
9/1/1982 - 12/28/2001  
P-Ron & Sandy Knight  
GM-Jack & Mary Griffin & Doris I. Knight

Lespinasse, Bryan  
3/8/1991 - 12/27/2004  
M-Margarett Lespinasse

Mareieano, Vince  
6/19/1969-12/2/2004  
M-Geri Mattea

Morgan, Edward  
4/28/1964-12/9/2008  
P-Shirley Morgan and Tom Simon

Morrow, Mark  
5/19/1978 - 12/7/2005  
P-John & Joan Morrow

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

Pegram, Robin Sue  
03/13/73 - 12/05/93  
P - Earl & Susan Pegram  
S - Jodi Pegram  
B - Scooter & Craig Pegram  
GM-Betty Jennings

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

Schlechty, Michael  
12/5/1959-12/4/2001  
M-Nancy Schlechty

Shearer, Shane  
08/03/73 - 12/05/89  
M - Linda Shearer  
SF - Keith Gregory  
S - January Shearer

Thompson, Kimberly Karlin  
5/5/1976 - 12/6/1999  
P - Sam & Ingrid Thompson

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

Williams, Paul X.  
12/2/1986-12/24/2005  
P-Amber & Tracy MacDonald  
Sibs-Molly & Daniel  
GP-John & Rosemarie Binder

Woofter, Kimberly Ann "Kimie"  
2/24/1970 - 12/25/2006  
P-Julie & Steve Woofter  
S-Angela Huntley  
B-Donny Killian



*My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations.*

~ [Michael J. Fox](#)

## January Birthdays

Baker, Brendolyn Joyce But-terfly  
1/1/1948 - 11/9/1990  
M - Rebeckah Mitchell  
SF - Daniel Mitchell  
B - Daniel Leroy Mitchell  
S - Sharolyn Mitchell, Rhon-dolyn Shedrick, Lerolyn Capehart & Angelyn Capehart

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

DeLosSantos, Aileen  
1/6/1975-5/5/2009  
M-Elena Franklin  
B-Orlando, Jr.

Diaz, Alexandra  
01/28/98 - 01/28/98  
P - Llz & Joaquin Diaz

Durcan, Andrea Lynn  
01/15/1991 - 03/31/1991  
P - David & Dixie Durcan  
S - Lindsey & Lauren Durcan  
GP-Marie B. Corcoran

Ellis, Douglas William  
01/09/62 - 12/17/83  
M - Alicia Ellis West  
B-Harry Jr. & Edward Ellis

Feierstadt, Keith  
01/13/75 - 01/16/94  
P - Donna & Sy Feierstadt  
B - Robert Feierstadt

Gonzalez, Tarik C.  
1/16/1976 - 10/12/2007  
M-Susan Zapata  
GM-Jacqueline Rodriguez

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

Hassler, Andy  
1/16/1981-5/14/2008  
F-Denny Hassler

Harris, Charlotte Marie  
1/23/2004 - 2/3/2004  
P-Tony & Debra Harris

Hughes, Jessica Alexis  
1/13/86 - 5/11/02  
F - Michael Hughes

Jones, Sherry  
1/18/1971 - 4/27/2000  
M - Brenda Copeland

Kent, Jesse David  
1/6/1981-1/7/2001  
M-Bonita & Greg  
Child-Zoe  
Sibs-Lali & Daniele  
GP-Mimi& Grandpa Jim & Grandma Susie

Langford, Todd Allen  
01/05/78 - 04/27/01  
P - Fred & Janice Langford  
B - Robbie Langford  
S - Kathy Peterson  
G/P - Betty Williams & H.P & Ruby Langford

Lowe, Anna  
1/30/1994-9/30/2007  
M-Beth Lowe

McGranie, Clarissa  
8/1/1971-1/5/2007  
F-Carlos Nogueira

Parker II, James Donald  
1/21/1979 - 3/24/1998  
P - James & Kim Parker  
B - Richard Wm. Parker  
S-Jackie Wise  
GP-Don Parker & Richard Salisbury

Pispitsos, Richard John  
01/23/72 - 09/14/98  
P - Catherine Webb & Philip Finkelstein  
S - Michelle Webb  
GP-Anne & Owen Beglane

Pittman, Cynthia Marie  
1/25/1978 - 2/23/2003  
P-Charles & Joan Pittman

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

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

Rogers, Jason R.  
01/08/78 - 03/21/90  
P-James Roy & Elaine Rogers  
B-Justin & Jacob Rogers  
GP-Arthur & Ethel Fernandez

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

Schneider, Adam  
01/29/71 - 10/23/75  
P - Bill & Georgia Schneider

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

Stoeltzing, William (Bill) W.  
01/02/57 - 05/09/02  
P - Bill & Elvira Stoeltzing  
S - Cecille Parido  
Father to Eaton & Brent

Thornton, Teresa E.  
01/12/66 - 09/24/81  
P - Ken & Mirra Thornton  
S - Lisa Buckner  
B - Nick Thornton  
GP-Tony & Berneda Pino

Weatherly, Cindy  
1/14/1993-8/4/2008  
M-Cindy Weatherly

Wilds, Matthew Leland  
01/12/74 - 01/13/95  
P - Steven and Karen Catlin  
B - Daniel Scott Wilds



## WINTERSONG

By Sascha  
From WINTERSONG

Season of lights,  
season of love and peace  
Season of shadow,  
season of memories  
Season of warmth and joy,  
season of secret tears:  
Give us the courage to  
laugh again  
Give us the vision to  
hope again  
Give us the power to love again  
For all our new seasons  
And all our new years.

## January Anniversaries

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

Branly,Susan  
12/2/1953-1/10/2001  
M-Pat Branly

Celestey, Shaun  
11/16/1980-1/3/2008  
P-Vick & Paula Celestey

DeRoche, Cameron Gaines  
04/11/89 - 01/25/95  
P - Peggy & Karl DeRoche  
S - Mary Amber DeRoche

Diaz, Alexandra  
01/28/98 - 01/28/98  
P - Llz & Joaquin Diaz

Eighmey, M. Shawn  
Died 1/3/2004  
M-Brenda & Les Eighmey  
F-Mike Newgent

Feierstadt, Keith  
01/13/75 - 01/16/94  
P - Donna & Sy Feierstadt  
B - Robert Feierstadt

Garcia, Larry D.  
11/8/1983-1/10/2007  
M-Consuelo Rios

Harris, Joshua  
- 1/22/2004  
P-Charles & Debra Harris

Hernandez, Rebecca  
02/10/89 - 01/28/91  
P - Regla & Pedro Hernandez

Horton, Ryan  
12/21/1980 - 1/23/2005  
M-Sue Horton

Jackson, April Dawn  
02/16/77 - 01/28/96  
P - Dan Jackson

Kent, Jesse David  
1/6/1981-1/7/2001  
M-Bonita & Greg  
Child-Zoe  
Sibs-Lali & Daniele  
GP-Mimi& Grandpa Jim & Grandma Susie

Lane, Jim  
9/7/1966 - 1/2/2005  
M-Carol Lane

Martini, Michael Gerard  
6/18/1964-1/26/2009  
M-Dianne Ezell  
F-Michael  
Sis Pamela Martini  
Niece- Destiny Martini

May, Philip  
8/1/1975 - 1/1/2000  
P-Deryl & Jennifer May

Miulli, Matthew Michael  
11/27/1987-1/19/2005  
P-Jim & Kathy Miulli  
GP-Mike & Sue Miulli and Randy Prehnal

Montagano, Tony  
12/02/91 - 01/02/01  
P-Luli and Jim Montagano  
S-Alessandra Montagano  
GP-Henry and Eloisa Valenzuela

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

Rivera, Damian Elijah  
11/19/2001 - 01/10/2002  
M-Nicole Rivera

Robinson, Ashley Lauren  
05/20/94 - 01/16/96  
P - Sara & Tim Robinson  
S - Morgan Ashley Robinson

Rucys, Elliott Joseph  
12/19/2007-1/18/2008  
P-Pete & Libbie Rucys  
Sis Sydney Rucys  
GP-Wynn & Jodi, Cheryl Elliott and Joe & Sandra Rucys

Thompson, Timothy A.  
10/27/70 - 01/07/93  
P- Bettie & Richard Thompson

Walker, Nick  
11/12/1983 - 1/11/2001  
M - Denise Walker  
GM - Shirley Walker

Wheeler, Clifford Denmark  
11/1/1979 - 1/18/1996  
M-Donna Wheeler  
B-John, James & Duane  
GP-Lynn & Marcel Baker

Wilds, Matthew Leland  
01/12/74 - 01/13/95  
P - Steven and Karen Catlin  
B - Daniel Scott Wilds

Wilson, Joe  
3/24/1966-1/12/2005  
P-Paul and Jan Wilson

## LIGHTS

By Dorothy Hanley  
From Nov/Dec 1988 Bereavement Magazine -  
[www.bereavementresources.com](http://www.bereavementresources.com)

The holidays are a time of many lights, yet the holidays may also be the darkest days for people who are grieving the death of someone they loved, but many other kinds of losses as well. I am reminded of the October fogs here in the Seattle area. The sun comes out in the afternoon and things look wonderful until the fog returns at night. We always hope that the next day will repeat the procedure-happy for whatever brief sunlight we can see. It's somewhat like the respite from grieving we begin to experience when the pain lifts for a few minutes. The grief becomes more bearable when we know that, in exchange for hours of hurt, there can be moments of peace and hope.

We hope that, while the holidays may be painful for you, they will also bring the realization that you have the opportunity to exercise choices and make decisions about how you will spend this time. This may be the best gift of all-the opportunity to begin to take charge and direct the course your life will take, if only by one small step at a time.

The candles can be reminders that, as time passes, what began as a view of a frighteningly dark future may finally be seen in the light of your own personal growth toward adjustment to the death of your loved one. Just as the rain passes and a single ray of sunlight at first illuminates only a tiny spot in the dark landscape, light will return to your life, bit by bit. Take heart and try not to be too afraid of the dark. Look for the candles along the way to give you hope for a brighter new year.

## ANOTHER CHRISTMAS

By: Brenda Hobbs  
Bereaved Mother, Denton, Texas

What can I possibly say to help someone through the holidays? I cannot recall how many times I have wished for magic words to ease someone else's pain. But, of course, there are no magic words. There aren't even any answers. But there are suggestions of ideas tried in the past. As bereaved parents and siblings, it is important to share our experiences with newly bereaved families who look to us for help.

Our first Christmas without our son Jesse, we changed almost all of our normal activities. We traditionally had had dinner in my husband's parents' home. That first year, instead, we had dinner at my daughter's home. We invited friends who did not have family in the area. We shopped very little. The stores and crowds were too much to handle. We hung no decorations or stockings, had no tree - nothing. I stayed busy making candy and baking breads.

We tried to help others less fortunate than ourselves. We donated toys and food to various charities. We participated in a Breakfast with Santa with Project Kind, the wonderful school Jesse had attended. Basically, we did what we had to do to survive. Friends and family seemed to understand or at least accepted our changes. Maybe they just didn't want to discuss it. Whatever! We survived those first holidays, much to our amazement.

The second Christmas season we had a new one-month old granddaughter. She helped a lot. We all know that our children can never be replaced. But if there is someone or something else to focus on, even for awhile, it helps. We had dinner at our home that year. We put up decorations, including Jesse's stocking. We decided that anyone who wished could write Jesse a note and place it in his stocking. Between preparing dinner and loving the new baby, again we survived.

Now this year we intend to return to Jim's parents. I don't dread Christmas nearly as much as before. I'm not really looking forward to it, but I don't panic at the thought.

What I would like to suggest to others is to do what you need to do. Other peoples' expectations don't automatically have to be met. Discuss your feelings with family members. Remember, they hurt too. They will try to understand and respect your feelings. It takes a lot of time and energy to grieve. Allow yourself all the time you need.

I hope that something I mentioned is of help to newly bereaved families. The holidays can be painful, but we shall survive them. Maybe next year will be easier, and the next even easier still.

Maybe before too long, we can enjoy all the memories of Christmases past without so much pain. I wish you all a peaceful Christmas.

Printed from "Where Are All The Butterflies" with permission.



## HOPE

*As I look up to the sky,  
during this holiday week,  
a bright star shines down.  
I feel it is you smiling at me,  
telling me it is okay for me to laugh,  
it is okay for me to be happy again.  
I'm trying, I tell you.  
It is not an easy road to travel  
when you have lost the most  
important thing in your life.  
But my heart is full with love  
from a wonderful man and many friends.  
And, of course, I feel your love surround me  
on this chilly December day.  
It warms my heart and my body as always.  
I keep busy and try to make a difference  
in this world by helping others.  
I do it for you, in your memory,  
and I find it is a wonderful feeling.  
I know you used to do it also;  
you used to help close friends  
and even strangers.  
I look around me and see young people  
enjoying the outdoors, running, playing,  
wishing for a good snowfall.  
I hear their laughter and their good wishes  
for this holiday season.  
I know there is hope for a better  
world when I look into their eyes.  
I wish I could share everything I say  
and do with you, as I used to.  
I miss you so much,  
my beautiful daughter.  
I think of you every minute of every  
day and always will.  
I want you to know, though,  
that I always was a survivor  
and will continue to be one  
both for you and for me.  
I love you, always and forever.*

Mom (Sandy Fox)

Lovingly lifted from the BP/USA Mid Hudson NY  
Newsletter



## Chanukah Thoughts

*At this season of lights,  
We remember the light you brought  
into our lives:  
The light of your laughter,  
The light of your wit and intelligence,  
The light of your love.  
May the time not be distant when the memory of  
these lights  
will illuminate our hearts and minds and eradicate  
the darkness therein.*

Author Unknown

## STUDY SHOWS HOW STRESS CAUSES ILLNESS

By Justine Blau (AP)



It's no surprise that constant stress can make people sick, and now a team of researchers has figured out how. A study focused on 119 men and women taking care of spouses with dementia. The health of the caregivers was compared with that of 106 people of similar ages not living under the stress of constant care giving.

Blood tests showed that a chemical called Interleukin-6 sharply increased in the blood of the stressed caregivers compared with blood of the others in the test. Previous studies have associated IL-6 with several diseases, including heart disease, arthritis, osteoporosis, type-2 diabetes and certain cancers. The study also found the increase in IL-6 can linger in caregivers for as long as three years after a caregiver had ceased that role because of the spouse's death. Of the test group, 78 spouses died during the survey.

"This really makes a link to why chronic stress can actually kill people," said Janice Kiecolt-Glaser, professor of psychology and psychiatry at Ohio State University. "We haven't had a good mechanism before."

She explained that people under stress tend to respond by doing things that can increase their levels of IL-6. For example, they may smoke or overeat; smoking raises IL-6 levels, and the chemical is secreted by fat cells. Stressed people also may not get enough exercise or sleep, she added. Exercise reduces IL-6, she said, and normal sleep helps regulate levels of the chemical.

It clearly points to the need to control stress better, she said.

*The findings by the research group, headed by Kiecolt-Glaser and her husband, Ronald Glaser, a professor of molecular virology, immunology and medical genetics at Ohio State, appear in Proceedings of the National Academy of Sciences.*

*Lovingly lifted from the BP/USA Mid Hudson NY Newsletter*

### AND THAT WAS THE DEAL

Michael Gartner wrote about the sudden loss of his 17 year old son, Christopher, to juvenile diabetes:

*"Tim Russert of NBC called Friday, devastated, as we all are, and said the only thing that has helped: "If God had come to you seventeen years ago and said, 'I'll make you a bargain. I'll give you a beautiful, wonderful, happy and healthy kid for seventeen years and then I'll take him away', you would have made that deal in a second."*

And that was the deal!

## ROOMS AND THINGS

By Mary Cleckley  
BP/USA Member



How many people have suggested to you, in subtle and not so subtle ways, that you'd be better off if you'd only go ahead and get rid of your child's things and redo the room? You see, they think that the holding on to these things is morbid. These people who have never suffered the loss of their children, really do not understand that you have to do your grief work and whether you do this sad task now or later really doesn't affect the length nor depth of your pain.

Some parents need to make the changes and decisions about personal belongings as soon as possible after the death. Having the chore ahead of them is more painful than the doing. These parents are advised, however, to go slowly when disposing of belongings. It may seem to you also that not seeing or having anything around to remind you of your dead child will somehow make your pain less. Later though, when your grief has softened, you may find you need that special something but, by then, it's too late.

On the other hand, you may try to keep everything and it may take many months and several acts of sorting through the belongings at intervals before you're able to decide on just the special things you want as mementoes. As time goes by, you will be able to let go of the less important things without having it rip you to pieces. Not everything will forever have the same value to you. You may change in how you feel and find that it comforts instead of hurts to see your subsequent child wearing some of the baby's clothes or that catching a glimpse of an old familiar shirt on one of your teenagers brings a warm feeling.

Whether you've made changes or haven't been able to make changes, it's okay. There's no rule about when you do it and don't let well meaning friends or relatives make you feel

Guilty because your needs don't meet their timetables. What we would like to suggest to you though is that there are no rules about when you do it but that you do have as a goal eventually making the changes. Otherwise the room and things become a shrine and if you have surviving children or a spouse, they may find it very difficult to live in this atmosphere forevermore. If the children could just be honest with you, many would tell you that they don't want their dead sibling punished; instead, bring the record player and records into the den or use the backpack and tent, or whatever, because it comforts them to feel that their sibling has once again become a part of the family and not relegated to "the room."

I don't think I know of anyone who hasn't kept some belongings of their dead child, so that must be normal. What we learn after the death is that life is tenuous at best and, rather than hanging on to an unchanged room, try to value the important people who are left in this life, be they family or friends, and savor them along with the memories of your dead child. For, when all is said and done, those memories are truly the important part of your dead child. That's a truth that doesn't need changing.

### REMEDY

*Memories will bring you love,  
love from the past,  
courage in the present,  
hope for the future.*

Sascha from WINTERSUN



**DON'T FORGET**  
**Annual Candle Light Ceremony**  
**December 13, 7:00 p.m.**

The Bereaved Parents of the USA, Tampa Bay Chapter, will hold its annual Candlelight Remembrance Ceremony at 7 p.m. on Sunday, December 13. 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 person 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.

**PICTURE PRESENTATION** - A Special Slide Picture Presentation of our beautiful children will be presented of those children whose photos have already been sent in for this year. You must contact us to allow us to add your child's picture.

**BUTTONS** - We have the equipment to make picture button of your child to wear. Bring a picture no smaller than 3" x 5"and ***which will be cut and become the button!*** Buttons are round and measure approximately 2.25" in diameter. Cost per button is only \$3.00.

**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 bring them to the candle light.

**PARTICIPATION FORM** - You may still attend even if you did not send in your Registration Form.

## IF TOMORROW NEVER COMES

If I knew it would be the last time  
that I'd see you fall asleep,  
I would tuck you in more tightly  
and pray the Lord, your soul to keep.

If I knew it would be the last time  
that I see you walk out the door,  
I would give you a hug and kiss  
and call you back for one more.

If I knew it would be the last time  
I'd hear your voice lifted up in praise,  
I would video tape each action and word,  
so I could play them back day after day.

If I knew it would be the last time,  
I could spare an extra minute or two  
to stop and say "I love you,"  
instead of assuming you would KNOW I do.

If I knew it would be the last time  
I would be there to share your day,  
well I'm sure you'll have so many more,  
so I can let just this one slip away.

For surely there's always tomorrow  
to make up for an oversight,  
and we always get a second chance  
to make everything right.

There will always be another day  
to say our "I love you's",  
And certainly there's another chance  
to say our "Anything I can do's?"

But just in case I might be wrong,  
and today is all I get,  
I'd like to say how much I love you  
and I hope we never forget.

Tomorrow is not promised to anyone,  
young or old alike,  
And today may be the last chance  
you get to hold your loved one tight.

So if you're waiting for tomorrow,  
why not do it today?  
For if tomorrow never comes,  
you'll surely regret the day,

That you didn't take that extra time  
for a smile, a hug, or a kiss  
and you were too busy to grant someone,  
what turned out to be their one last wish.

So hold your loved ones close today,  
whisper in their ear,  
Tell them how much you love them  
and that you'll always hold them dear,

Take time to say "I'm sorry,"  
"please forgive me,"  
"thank you" or "it's okay"  
And if tomorrow never comes,  
you'll have no regrets about today.

--Author Unknown



### Volunteers Needed

Sunday, February 28, 2010

Please help us to pass out water and Gatorade to the runners in the Gasparilla Classic Marathon and help earn a nice donation for our Chapter. These funds help our chapter to print and mail our newsletters, pay for P.O. Box fee, postage, library books and brochures to help the newly bereaved in our community by educating them about their grief journey.

Please call **Charles L'Homme after 5 p.m. at 813-689-2215** to volunteer and receive a Free Gasparilla Marathon Tee Shirt and get front row seats for the race!!



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

**December 2009/January 2010**

POSTMASTER - Dated Material

Please do not delay.



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**December 13, 7:00 p.m.**

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