



Tampa Bay Chapter

P.O. Box 7034
Brandon, Florida
33508

www.bpusatampabay.com

*This newsletter is lovingly
sponsored by the family of:*

Larry D. Garcia

MEETING INFORMATION

Regular Monthly SUNDAY Meeting

(held the second Sunday of the month)

Sundays January 14 and February 11, 2018

6:30-8:30 PM

St. Joseph's Hospital

Medical Arts Building, Auditorium

3001 Martin Luther King Jr. Blvd., Tampa, FL

Call Lori Scragg at 813-361-2946

for directions or information.

Regular Monthly DAYTIME Meeting

Riverview/Gibson/Brandon areas

(held the second Friday each month)

Fridays, January 12 and February 9, 2018

10:00 AM to Noon

New Hope United Methodist Church

121 N Knights Ave, Brandon, FL

Call Debbie Nemitz at 813-501-9567

for directions or information.

Regular Monthly NIGHTTIME Meeting

Riverview/Gibson/Brandon areas

(held the last Thursday each month)

Thursdays January 25 and February 22, 2018

6:30 PM to 8:30 PM

New Hope United Methodist Church

121 N Knights Ave, Brandon, FL

Call Charles L'Homme at 813-335-7628

for directions or information.

**(note: We are now meeting in the Church building
rather than the office building.**

**After entering the sanctuary doors, go left and
enter the first door on right.)**

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			
January 2018						

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			
February 2018						

Another year has past and we are already into 2018. I wish all of you a good year as you continue to walk through your grief and healing. It is so cold outside...much too cold for us who are in FL for sunshine and warmth. Hopefully the weather will warm up soon. Please notice on page 3 that the National Gathering is being planned. If you have never been to one, they are indeed a very good way to learn more about grief and how to walk through it and it is so comforting to be with so many others who know what you are going through. They are especially good for those who are newly bereaved. Stay warm.
Debbie

Chapter News

Angel of Hope Information

www.angelofhopetampabay.com

Located at :

*Riverside Park
201 Riverhills Drive,
Temple Terrace*

Mailing Address:

*P. O. Box 2573, Lutz, FL 33548
813.784-6929*



www.angelofhopetampabay.com/

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.

Debbie Nemitz (General Information

and Long Term Illness) (813) 501-9567

Sue Bowditch (Adult Child) (813) 390-9734

Theresa Farmer (Homicide) (813) 994-0707

Sandy Boehning (Grandparent) (813) 989-3255

Charles L'Homme (Accidental Death) (813) 335-7628

Barbara or Tommy Dietrich (Death of an Only Child) (813) 340-9120

Julie Woofter (Suicide) (813) 754-4848

Serena Graves (Sibling Contact) (813) 810-7169

Rita Zvada (Se Habla Espanol) (813) 961-1011

Crisis Center 211

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.

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PRICE ADJUSTMENT TO Sponsor A Newsletter Page

Since we no longer print the newsletter, we have decided to reduce the costs of the memorial pages. Anyone can sponsor a page in this newsletter in memory of their child. The price for a **full page is \$30** which includes photographs and your tribute to your child (poems, stories or whatever you like). You may also choose a **half page for \$15**. Your contribution supports the chapter.

As an incentive to have more help to run the chapter, we are giving all of the steering committee members one free page each year.

To sponsor a newsletter page, contact Debbie Nemitz @ 813-501-9567 or at debbie.bpnews@gmail.com. Please note that sponsorship pages are due by the 25th of the month BEFORE the publication month. We publish every 2 months.

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.

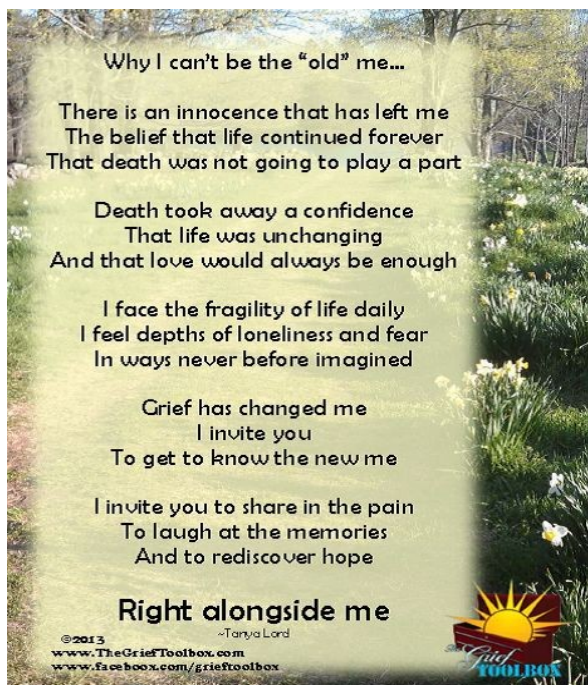
Newsletter Articles or Contributions

Have you written a poem or article about your bereavement process? Would you like to share it in the newsletter? We are looking for article submissions every month from members of our chapter. Articles will be edited if needed. Please contact Debbie Nemitz @813-501-9567 or debbie.bpnews@gmail.com if you have any questions.



Bereaved Parents of the USA
 NATIONAL GATHERING CONFERENCE
 AUGUST 3-5, 2018 🌿 MEMPHIS, TN

For more information check:
<https://bereavedparentsusa.org/gathering-home/>



I hope that
 in this year to come,
 you make mistakes.

Because
 if you are making mistakes,
 then you are
 making new things,
 trying new things,
 learning,
 living,
 pushing yourself,
 changing yourself,
 changing your world.
 You're doing things
 you've never done before,
 and more importantly,
 you're doing something.

-Neil Gaiman

A New Year's Wish

*A New Year's wish of peace and love
 As we honor those above
 To hear of them can make us smile
 Please say their names once in a while
 We need to speak of them to you
 And know that you remember too
 They're gone from sight, but not from heart
 And for this time that we're apart;
 We'll always miss them, always care
 It helps when memories you share
 To speak of them does not bring pain
 It brings them close to us again.
 So if you have a memory
 A thought that you can share with me
 I'd love to hear it if you could
 Please speak their name, I wish you would*

*kp©2013
 Out of the Ashes/FB*



Our Children . . . Remembered

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

January Birthdays

Baker, Brendolyn Joyce Butterfly
1/1/1948 - 11/9/1990
M - Rebeckah Mitchell
SF - Daniel Mitchell
B - Daniel Leroy Mitchell
S - Sharolyn Mitchell, Rhondolyn
Shedrick, Lerolyn Capehart, and
Angelyn Capehart

Bailey, Destiny Taylor
1/7/1999 - 12/26/14
M- Stacey Bravick
B - William
S - Lena & Amber

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, Ailen
1/6/1975-5/5/2009
M-Elena Franklin
B-Orlando DeLosSantos 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"

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
P-Bonita & Greg Kent
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

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

Pispitos, 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

Popkin, Kalyn
1/23/09 -7/11/13
P - Stacy & Robert Popkin

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

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

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
Sensency

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 & Mirta Thornton
S - Lisa Buckner
B - Nick Thornton
GP-Tony & Berneda Pino

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



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 &
Wm. & Cinderalla Brady

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

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

Jakenbowski, John
4/18/1968-1/15/2008
M-Marsha Shemela
B-Jason Jakenbowski

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

January Anniversaries cont'd

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

Martini, Michael Gerard
6/18/1964 - 1/26/2009
P-Dianne Ezell & Michael
B-Pamela Martini
Niece - Destiny Martin

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

Montagano, Anthony J. "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
S-Sydney & Aiden Rucys
GP-Wynn, Cheryl Jodi
Elliott and Joe & Sandra Rucys, Nancy Alvis

Sampson, Lois Kathleen
5/4/01 -1/24/14
P - Cindy & Brad Sampson
GP - Lucy Sampson, Earl & Darlene Coleman,
Irma Harris, & Meemaw "Yvonne" Hendrix
U - Wally Stewart

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



February Birthdays

Baker, Holly K.
02/11/84 - 11/15/96
M - Evonne M. Baker

Blanchard, Eric Anthony
2/19/1976 - 8/3/1998
P - Barbara & Wayne Blanchard
S - Lisa, Tammy, Dawn
B - Chris & Michael
Daughter - Samantha

Blazowich, Anthony "Tony" Michael
2/20/1984 - 4/5/2006
M-Marianne & Daniel Sr. Blazowich
B-Daniel, Jr.
S-Jennifer

Matt Bridgmon
2/11/1978 - 11/4/1996
M- Jean Bridgmon

Brown, Joshua Aaron
2/3/1982 - 5/8/2008
M-Tami Porter

Burger, Jeffrey Robin
02/05/61 - 04/20/97
M - Cecelia Burger
B - Hal & Curt Burger

Caldwell - Faight, Thomas
2/9/1997 - 5/24/2003
M-Shannon Caldwell

Feanny, Jonathan
2/22/2005-2/22/2005
M-Elham Feanny

Ferlita, Vincent
02/25/2011—08/23/2011
P-Russ & Lisa Ferlita

Gochenaur, Laci
02/15/91 - 03/23/98
P - Kelli & Chris Gochenaur
S - Jacee & Riley Gochenaur
GP - Ronald & Clarine Barton
M - Pat Dukes

Hafford, Lauren Elizabeth
2/17/1977 - 4/13/1999
P - Gwen & John Hafford
S - Lindsay & Lesley
Hafford

Harris, Eric Michael
2/4/1984 - 9/12/2003
P-Mike & Pam Harris
B-Mark
GM-Joan Matthews & Verna Harris

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

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

Jackson Soraya
2/26/1997-8/17/2006
M-Catherine Green

Kelley, Emmanuel
2/27-10/25/2006
M-Cynthia Kelley
Aunt-Deitra Luropler
Cousin -Angel Kelley

Kenefick, Aaron Michael
2/5/1979-9/8/2009
M-Susan Price
B-Jacque & Jade
GM-Carol Price

Kowall, Spec. Corey J.
2/1/1989-9/20/2009
M-Kelly Kowall
Sibs-Kyla Tackett &
Kristen Kowall
GP-Marshall & Marty Schoeff

Lakhani, Nadeem
2/9/76 - 7/21/14
F - Ameer Lakhani

Petrelis, Marcle
02/28/09-11/02/2010
P-Matthew & Shavonn
Petrelis

Robertson, Ty Kristan
2/4/1979 - 3/29/2003
P-Jim & Teresa Farmer
S-Toni-Danielle Robertson
B-Chris Farmer
GM-Wanda Warren
Children-Taylor Morris, Trystan & Jordan Robertson

St. Peter, Alexis (Gibson)
2/2/1980-4/28/2008
P-Karyl St.Peter

Schlechty, Michael
2/5/59 - 12/4/01
P - Nancy & Vernon Schlechty
Children - Michael Leann & Morgan Lynn
B - Mark and Julie
S - Amy



February Birthdays cont'd

Stallard, Judy Lynn
02/28/1981 - 04/24/1981
M-Patricia (Stallard) Bass
F-Joe Stallard

Thompson, Scott
2/18/1985-5/12/2006
M-Martha Thompson

Widoff, Craig
2/2/1951-4/27/2002
M-Lucille Widoff
Child-Andrea Widoff
Sibs-Preston & Pamela

Wisner, James R.
2/20/1982 - 2/24/1999
P-Wayne & Sharen Wisner
S - Crystal Wisner

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

February Anniversaries

Asci, Jason
8/19/1979 - 2/7/2008
F - Brian Asci
Children - AJ & Adriana

Castellano, Lina
9/15/1966 - 2/20/2004
P - Sam & Jean Castellano

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

Feanny, Jonathan
2/22/2005 - 2/22/2005
M - Elham Feanny

Hadley, Katrina
11/17/1961 - 2/4/2006
M - Grace Therman

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

Jacobson, Nathan
11/8/1994 - 2/16/2008
P - Amy & Pete Jacobson

Joseph III, Andrew
3/30/99 - 2/7/14
P - Deanna & Andrew Joseph Jr

Lane, Matthew Alexander
6/22/2001 - 2/13/2003
M - Mary Ann Muschick
S - Nikol
B - Devvin
GP - Hieu & David Muschick

Loadholtz, Glenn Edward
11/25/1969 - 2/15/2005
P - George & Jackie Loadholtz
S - Gwen Walkowiak

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

Nadir, Peter
4/6/1971 - 2/8/2003
M - Barbar Nadir
S - Sue McFowan

Owens, Kenny Dwayne
6/27/1961 - 2/25/2005
P - Jimmy & Sylvia Mingo
S - Tina Jernigan & Donna

Parrish, Randy
08/22/57 - 02/10/97
M - Juanita Bodiford
B - Dough Parrish

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

Rodriguez, Jaytee
8/25/78 - 2/27/14
P - Angel & Maria Rodriguez

Shemela, Kenneth
6/24/1964 - 2/19/2009
P - Bill & Barbara Shemela
B - Bill Shemela, Jr.

Short, Kimberley
10/21/1969 - 2/11/1993
P - Terrance & Sue Short

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

Thomas, Carol
12/16/1955 - 2/16/2003
M - Betty Thatcher
S - Deb Waldfoe, Ellen Williams,
Fran Thatcher, Gerri Huston

Willis, Melody
8/10/1971 - 2/27/2010
F - Martin Willis

Wisner, James R.
2/20/1982 - 2/24/1999
P - Wayne & Sharen Wisner
S - Crystal Wisner



We want to thank all of you who attended the Candle Lighting making it a very special evening. We also thank those who participated by bringing food, buying pointsettias and making donations. We are very appreciative. We hope your holidays were good.

I want to let new members know that if you want your child listed in the newsletter during their birth and anniversary months, I need to hear from you. I need their full name, dates of birth and death and names of parents or siblings or even grandparents you want listed.

“It gets worse before it gets better.” Those were the words the pastor offered to a newly bereaved couple whose daughter had died unexpectedly. And you should know that he is right. Bereaved parents are stunned when four months, six month, nine months down the road they find their grief remains overwhelmingly raw. The shock has worn off. Their hearts have been flayed open and the wound is still bleeding. It doesn’t help that those outside the loss community expect healing to be happening when the magnitude of the loss is still seeping into the soul.

The depth of loss has not been fully realized when the funeral is over. No, in the weeks and months and years ahead bereaved parents are confronted with the realization that they didn’t just lose their child but that they lost the hope, dreams and expectations they held for that child as well. They lost their child’s future, but they also lost their own future expectations (marriages and grand babies, to name a few) and they grieve for both what their child will never experience and what they themselves will miss out on. Frequently bereaved parents squelch their grief as they try to remain strong for their surviving children. They can’t fall apart because they are so desperately needed by those too young to understand or to express their grief in healthy ways. That’s one reason why the average length of time it takes for parents to work through the grief process averages five years or more – the longest bereavement period of any loss known to man.

My daughter’s grief counselor told her that many teens don’t grieve over lost siblings for four or five years. They experience delayed grief which I think results from trying to be strong for their parents. The entire home is in upheaval. The sense of security that was taken for granted has been exposed for the fallacy that it is. Gone is the naïveté that we can protect those we love from harm. It’s a frightening experience. It’s truly terrifying. And parents and siblings are often left dealing with problems that arise in the wake of the death. Financial pressure, legal issues, spiritual, emotional and health problems assault the family. Marriages and family relationships quake in the aftermath. While the outside world expects healing to begin, bereaved families are often sorting through compounding problems. They are reeling from the fallout and haven’t really begun the healing process.

Bereaved parents and the outside world need to know and understand that grieving the loss of a son or daughter – regardless of their age – is the most devastating and destructive loss experience. Both the bereaved and those who care for them need to anticipate and make accommodations for a long and drawn out grieving process, because it definitely gets exponentially worse before it gets better. For those who care about the bereaved, grieve with those who grieve. Let go of the expected length of bereavement. Don’t reduce grief to a simple bid for sympathy or pity. And be ever aware that for the grief-stricken feeling bad feels bad, but feeling better feels bad too. It’s a psychological hurdle grieving families frequently face. There is a battle raging within the hearts and minds of loss parents. What they know to be true doesn’t “feel” true and they struggle to reconcile the conflicting messages received from the heart and mind. The solution is not as simple as mind over matter. People often ask me what to say or do for someone who is grieving. So many times I’ve heard others advise just be present and listen. Both those things are helpful but not necessarily healing. In my experience validating feelings is the single most healing thing you can provide the bereaved.

Grief, for a bereaved parent can be likened to a pressure sore, more commonly known as a bedsore. Pressure sores develop when an individual stays in one position for too long. Unlike other wounds, a pressure sore grows deeper instead of spreading wider as other wounds do. They can be deceptively dangerous because they rapidly eat through layers of flesh below the affected skin to the tendons and the bones beneath if not treated promptly. Treatment involves the painful scraping away of the dead tissue to reach the healthy tissue below. Ointments is applied, the wound is packed and covered and daily cleaning is required to prevent the wound from getting deeper.

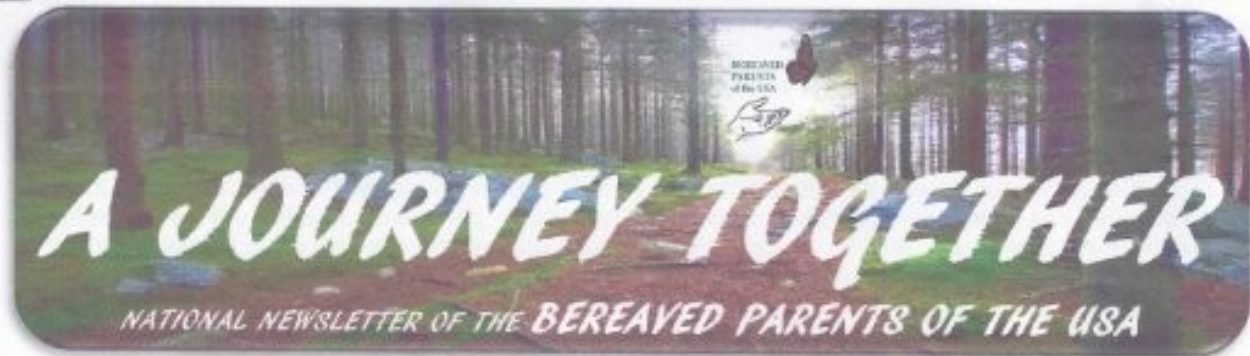
Likewise, grief gets worse and deeper when exposed to the pressure of society to project a positive outlook or to work through their grief in the timeframe others deem appropriate. Shaming and silencing the bereaved for failing to heal, wallowing in grief, or throwing a pity party deepens the wound by invalidating the worth of the loved one lost. Venting the negative feelings helps to clear away the infection but refusing to validate those feelings is tantamount to leaving the wound exposed to the dirt and debris floating in the air. The wound gets worse and healing takes longer as the grief-stricken seek the understanding of others.

Validation is the antibiotic ointment applied to promote healing. The presence of “safe friends” (those who don’t criticize or try to fix the broken) is the packing and covering which provides a barrier between the open wound and the influences of the outside world. Frequent validation and affirmation keep the emotional wound clean providing an environment that encourages healing. The bad must be flushed out before the good can replace it. Unfinished grief occurs when we slap a bandaid on without cleaning and disinfecting the wound. The wound may no longer be visible to the outside world but is quietly festering beneath the bandaid that it covers.

For the bereaved, be gentle and patient with yourself. You’ve been deeply wounded and deep wounds heal slowly. As the old song says, “The road is long with many a winding curve.” Grief isn’t supposed to feel good.

It gets worse before it gets better; but it can and does get better.

Article found online by Lori Scragg



FALL 2017

GIVING TUESDAY – NOVEMBER 28, 2017

Volume XXII No. 4

We as bereaved parents, help grieving parents and families rebuild their lives following the death of a child.



IF GRIEF COULD SPEAK, HERE ARE FIVE THINGS IT WOULD SAY

By Monique Minahan

If grief could speak it would say, *I'm sorry.*

I'm sorry it's me that arrived at your doorstep instead of love. But I am made of love too. In fact, it's because I love so much that I hurt so much when I lose the people I love.

If grief could speak it would say, *You can survive.*

I know you may not want to. I know life may not be worth living without them. I know the earth collapsed beneath your feet. I know a part of you died with them. And I know you can survive, one breath at a time, one moment at a time, one day at a time.

If grief could speak it would say, *Please don't hide me away.*

I know when people see you with me they get uncomfortable. I know your friends don't know what to say to me. I know it's easier to hide me away when you have company over for dinner.

But I'd like a seat at the table. Will you let me speak? Will you listen to me? I can't promise I'll be polite or calm. I may raise my voice because I'm angry or I may collapse in a pile of tears, but if I can let it out then I don't have to hold it in here, in you. I'd like to create some more space inside you for all of us to coexist. You, me, love, anger, laughter, peace, hope, joy... there's enough room for all of us in your heart.

If grief could speak it would say, *I love you.*

You may not love me, but I love you. I love how you love so big... I love how you keep taking care of that space your loved one took up even though they're gone. How you leave their favorite book in the same place, how you leave their clothes folded, how you let them live a little longer in the things left behind. I love how you don't let the world forget they were here, that they mattered, that they were a part of you. I love you.

If grief could speak it would say, *Find your own way.*

There seem to be a lot of "experts" out there about me. They say I work in stages and they make it sound like I'm something to get over, like the flu. What I can tell you is there is nothing wrong with me and there is nothing wrong with you. I am not a sickness, I am grief. I am a valid experience and emotion and there is no right way to hold me. There is just your way. No two people receive me the same way. Let's find our own way to dance together, to cry together, to break together, to heal together.

Let's find our own way through this brief and beautiful life.

Larry, I love you. I have been missing you for such a long time. I will remember you always!



The Child that is left to grieve
by Lisa McCarthy

This, too has become an all-consuming task. When our son Keith left us Feb. 26, 2006, we couldn't get past ourselves. Mindful that we also had a 17 year-old daughter to take care of, we awoke every morning....for HER. Replacing feelings with monetary things, we taught her all the wrong lessons about healing and moving forward. "We'll just make her happy, as happy as we can and maybe this will all go away," I think must have been our mind set as we had no clear mind set. Down the road, you begin to see material objects give you fleeting moments of happiness and terrible lessons on how to be a grownup. I don't want to hear my daughter is unhappy or sad. I have to fix that. I can't fix everything and it is when I realize this and began to seek help for myself and have very good, thoughtful discussions with my very wise child, I see my guilt is for naught. She knows her parents are helpless. We all wished for more time with Keith. We won't get that.

We can't go back and change what happened and I can't go back and have conversations and listen better NOW at THAT time than I did. What I CAN do is learn from my earlier mistakes and realize my daughter has already given me the gift I was looking for. The gift of understanding and patience that I can't seem to give myself, I somehow taught to her. When I don't think I am listening to her or paying her enough attention, she has heard me all too well. This beautiful girl I am blessed to still have with me gives me hope and with her, we can talk and laugh about her brother and our "before life" and it isn't always sad.

I miss the days when my children would knock to each other on their bedroom walls at night but I am so thankful I have those memories. I am more saddened that my daughter will never be an Aunt or see her idolized Big Brother again. Our loss is devastating. But, when I look at it thru my daughter's eyes.....I simply cannot take it.

It has been 8 years now and my daughter is 25: healthy, beautiful and full of life. I look at her and I think "what ARE you thinking?" There are only so many things we can help them with. Grief and loss of a sibling is an isolated road. I wish she didn't have to travel there. She knows, wherever she is, I am and wherever I am....she can come.....

ONGOING FUNDRAISERS

We have added a new page to our website and to our newsletter. It will be for ongoing fund raisers. There are already a couple of companies who have an ad and will be making a donation to Bereaved Parents when their items are purchased. If any of you have businesses and would like to advertise, please get in touch with Debbie by calling 813-501-9567 or emailing debbie.bpnews@gmail.com.

Please check out the first two companies who are participating. There is more information on our site.



Please check this page out. The link on our website will take you to their website where you can order one of these very well made, soft, beautiful angels with long arms and a Velcro closure so they can actually hug you. Be sure to go through the link on our webpage so that Bereaved Parents gets the generous amount being donated with each purchase.

Thanks to those who have ordered from Heavenly Hug.

<http://www.bpusatampabay.com/>

We are happy to present our newest fund raiser **Rosemary's Angels**

We sold these at the Candle Lighting. We still have some and will take orders if we sell out.



This angel is about 2 inches tall with a wing span of 1 ½ inches. It is all silver except for the pearl head and gold halo.

Can be purchased with bail, pin, or visor clip.

Cost \$15.00

The Christmas ornament is molded and plated. A ribbon is put through the hole at top of the angel (bail) so it can be hung on the tree. I added the butterfly because of your organization symbol. This ornament is about 3 inches tall, wing span about 2 1/4 , all silver except for the gold butterfly and halo. The ornament is heavier than the angel pins. Also a name can be engraved on the back of the angel ornament.

Cost \$20.00



This ornament is 2 1/2 inches high. We have ordered them in blue as shown, but also in pink and silver.

Listen to ***“Hope, Healing & Help”*** every Saturday from 11:00 til noon Pacific Time on KFIA 710AM Sacramento or www.kfia.com. Can't listen in at that time? All of their programs are available to listen to on their website, www.hopehealinghelp.com.

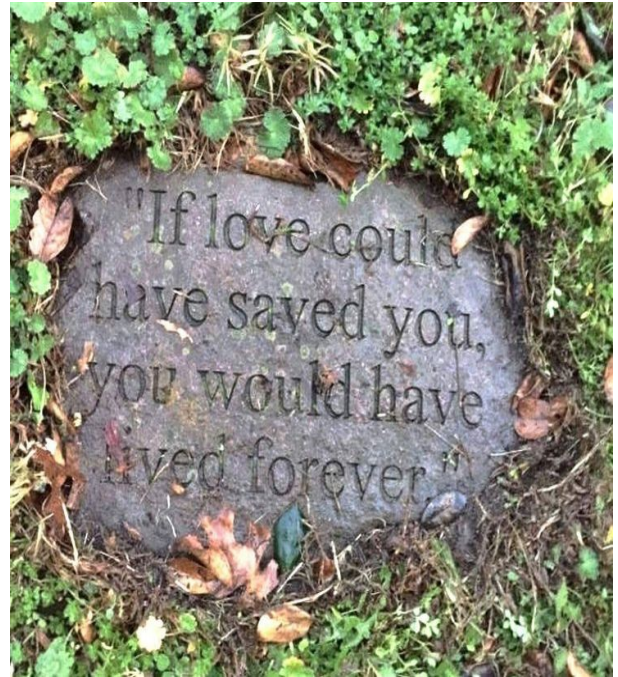
Our Credo

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.



Copied from BP September 2017 Generic Newsletter

Address Correction Requested

The Bereaved Parents of the USA
P.O. Box 7034
Brandon, FL 33508



October-November 2013
POSTMASTER - Dated Material
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