



# Tampa Bay Chapter

P.O. Box 7034  
Brandon, Florida  
33508

www.bpusatampabay.com

*This month's newsletter is being sponsored by the families of:*

*Larry D. Garcia,  
Sean Reber  
Lisa Wilson*

## MEETING INFORMATION

### **Regular Monthly SUNDAY Meeting**

(held the second Sunday of the month)

Sundays January 13 and February 10, 2019  
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 11 and February 8, 2019  
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 31 and February 28, 2019  
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 for daytime and go right for nighttime meeting)**

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 2019						

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 2019						

The holidays are past, and we have entered into another year.. Hopefully 2019 will be a better year for all of us. I am sure that most of us are happy to be living in FL so as not to experience the frigid weather that much of the country is experiencing . I want to point out that there is an announcement regarding the Angel of Hope on page 3. I hope that you will enjoy this newsletter.

Debbie

# Chapter News

## Angel of Hope Information

[www.angelofhopetampabay.com](http://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/](http://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](mailto: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](mailto:debbie.bpnews@gmail.com) if you have any questions.

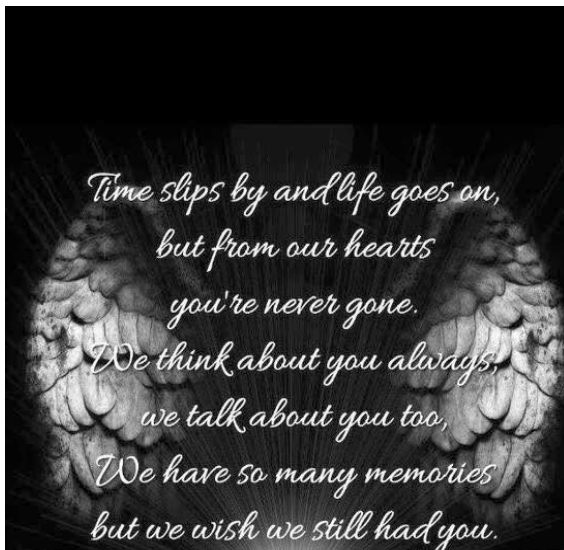
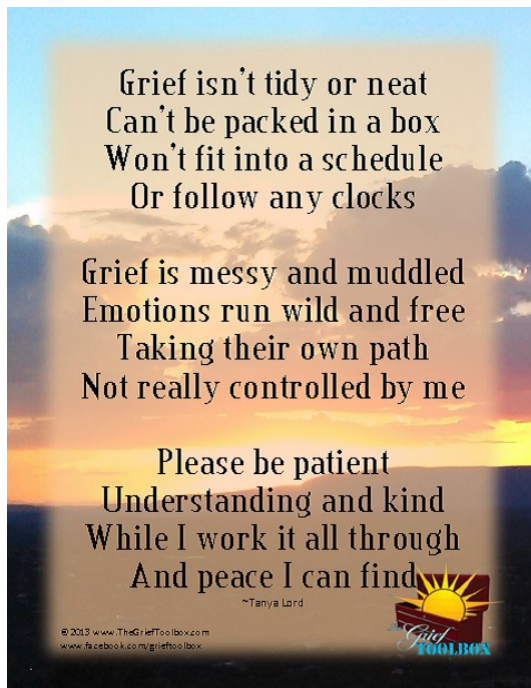
## ANGEL OF HOPE UPCOMING EVENTS

**Spring Tea      April 13th from 9:30 AM to 12:30 PM**

At the Holiday Inn in Tampa Westshore  
\$35.00 per person/\$280 per table  
Raffles, Silent Auction, and Entertainment  
Register in advance by **March 30th**  
Jackie Loadholtz.....813-625-1468

**Spring Brick Dedication      May 4th**  
Order Deadline **March 4th**

**Website:    [www.angelofhopetampabay.com](http://www.angelofhopetampabay.com)**



## *In This Coming New Year*

In this coming new year - I plan changes,  
oh, I would like to burn this past year to ashes;  
  
not seeking a metamorphose either.  
  
Because there are parts of me that shine and glitter,  
  
but there are parts with pain that I must leave;  
  
and I will succeed because I believe.

I have strength and courage,  
  
will not be held hostage;

I am a survivor,  
  
grief will not be my anchor.

Each day, I will be thankful for my home,  
  
because some only have the streets to roam;  
  
and the days and long nights can be so cold.

I will promise that more poems will unfold,

I intend to study more and read books;  
  
fiction, poetry, and cookbooks.

My words will be quiet,  
  
calm will be my spirit;  
  
serenity will be mine,  
  
and happiness will twine.

Source: [www.poetrysoup.com/poem/  
in\\_this\\_coming\\_new\\_year\\_977679](http://www.poetrysoup.com/poem/in_this_coming_new_year_977679)



## 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 Prehnal 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, Kaly  
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

Reber, Sean  
1/30/86 - 5/28/18  
P - Rick & Sherry Reber  
B - Derek, Ethan, Jared, and Seth  
GP - Robert & Leila Runyon

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  
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 & 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

Bracewell, Madisyn Nevaeh  
5/8/2002 - 5/8/2002  
P - Jessica & Joshua Bracewell  
GP - Mark & Pamela Leonhard

Buchanan, Sierra Lan  
03/07/96 - 05/25/96  
P - Kim & Bryan Buchanan  
S - May Linh Buchanan

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

Casey, Ryan  
10/15/86 - 5/4/12  
P - Mike & Katie Casey  
S- Lauren Casey

Colla, Aaron Dante  
11/15/01 - 05/24/02  
P - Amanda Colla  
GP - Jana & Frank Colla  
A - Danielle  
B - Dylan

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

Delp, Jeff  
5/15/1972 - 5/30/2001  
M - Karen Kornman

Dixon, Austin Ryan  
03/18/97 - 05/18/98  
P - Carrie & Robert Dixon  
S - Sara Ryan Dixon

Domzalski, Kristin  
3/8/1974 - 5/6/1982  
F - Bob Domzalski

Ellington, Timothy  
03/06/62 - 05/25/91  
F - Ron Ellington

Finchum, Tommy  
07/10/75 - 05/06/94  
P - Pete & Joyce Finchum  
B - John Finchum



## January Anniversaries cont'd

Goldman, Ariel Nicole Rothschild  
8/30/1989 - 5/15/2001  
P - Steve and Lynn Goldman

Harless, Jessica Nicole  
11/15/1988 - 5/10/2000  
M - Heather Harless

Holdren, Scott  
4/10/1986 - 5/31/2007  
M - Donna Henry

Howard, Christopher L.  
3/27/1975 - 5/18/2000  
M - Cay Pelaez

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

Keithly, DeAnne  
5/24/1976 - 5/12/1993  
P - John & Peggy Keithly  
S - Dawn & Karen  
B - Dustin & Kevin  
GP - Clark & Frances Keithly  
and Alice Pugh

Knight, Arleen Diane  
10/16/1947 - 5/4/2004  
P - Arthur & Ethel Fernandez  
S - Elaine Rogers  
Daughters - Trina Fuller, Amy Diaz,  
and Katie Tuclula

Loftis, Tabitha Marie  
5/25/1984 - 5/21/2009  
M - Misty Lampp  
GM - Harriet Lampp

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

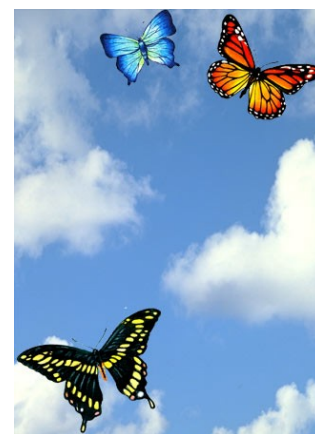
Pike, Taylor  
11/9/1985 - 5/14/2007  
P - Bob & Connie Pike  
S - Megan Pike

Reber, Sean  
1/30/86 - 5/28/18  
P - Rick & Sherry Reber  
B - Derek, Ethan, Jared, and Seth  
GP - Robert & Leila Runyon

Shelton, Emma Victoria  
7/8/2003 - 5/8/2005  
M - John & Jennifer Shelton  
Sibs - Jacob & Hannah  
GP - Peg & Jim Bishop, Tom Musolin,  
Art & Sam White, Rober & Judy

Sluder, Keith Joseph  
4/25/1964 - 5/11/2006  
P - Tom & Judy Sluder  
Children - Keith II and Miranda  
Granddaughters - Kali & Ella Mae  
S - Theresa & Kathryn  
B - Tom III  
N/N - Israel, Brandon & Brandy

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



## 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

Cintron, Bella  
2/5/13 - 12/8/18  
P - N. Manuel & Angela Cintron  
S - Rotsen, Dawson, Jackson, Nahiomy,  
and Christopher

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 Creen

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

## February Birthdays cont'd

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

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 Waldfoege, 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

**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.**

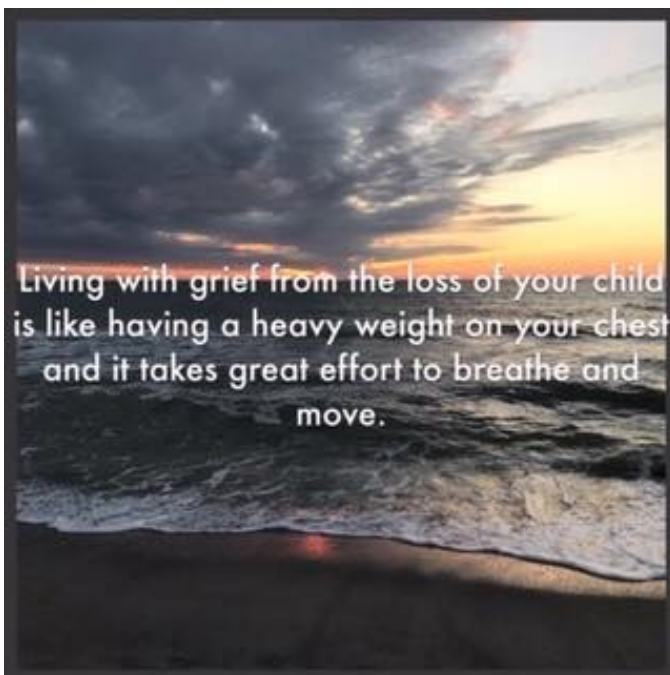
**I have added a few new ones without having heard from the parent(s). Therefore if the last name of the child is different from yours, I have made an error. I also have not had siblings or grandparents to add. I apologize, but figured it was better to include even if an error or omission occurs. Please get in touch with me if you want additional information listed or have any corrections.**



1 2 Y e a r s m i s s i n g y o u L a r r y



M y d e a r L a r r y e n j o y h e a v e n



The day I lost you,  
I also lost me. I've  
been trying to find  
myself again But  
it's hard. It's hard  
because you were  
a huge part of my  
life. Not having you  
here is so  
painful, I'm just not  
me anymore. 😞

[Facebook.com/losingalovedoneishard.com](https://www.facebook.com/losingalovedoneishard.com)

# Forget New Year's Resolutions - Writing a Gratitude List Instead Has Real Health Benefits

*By Natasha Warren-James*

*Instead of looking to achieve or gain something in the year ahead, being thankful for what we already have can bring many mental health benefits*

January is often a time to set goals and get enthusiastic about making the most out of a brand new year. Writing a list of resolutions can signal the beginning of some positive change, and can act as a powerful motivator. However, objectives aren't always met. Perhaps the items on the list are unrealistic or vague, or perhaps life just gets in the way, and priorities change. In contrast to the traditional New Year's resolutions list – where we are looking ahead and planning what we hope to achieve in the future – a gratitude list looks to our present and our past – which can be as recent as the last 24 hours. Gratitude has become a popular research area within Positive Psychology in recent years, and its benefits for mental well-being have been found to be far-reaching.

[Journaling: why it's brilliant, how to start, and what to write about](#)

In his publications, Dr. Robert Emmons, a professor of psychology at the University of California and a leading expert on gratitude research, suggests there are two layers to gratitude. The first is recognizing that there is good in the world, and good in our own lives. The second layer is realizing that much of this goodness is not thanks to us, but because of other people, and that we should feel and express appreciation for this.

Research has shown that expressing gratitude increases recorded levels of happiness and well-being; experiencing positive emotions has been seen to decrease negative emotions – or even undo them entirely. For example, people who experience high levels of gratitude have been found to have low levels of jealousy. It's difficult, after all, to feel jealous of others if you're too busy being grateful for your own good fortune.

By exercising gratitude, we're free to be present in the moment and feel good about our own lives. This is not to say that if we are grateful we are apathetic about our own future, or that expressing gratitude means never thinking about setting goals or making changes. Rather, gratitude creates a kind of balance to the way we see our own experiences, which, unsurprisingly, helps to make us feel more optimistic and satisfied with life.

[Growing Pains: take back control – don't let anxiety rule your life – it can be done](#)

As well as helping us feel better, practicing gratitude can improve our interpersonal relationships.

Given that a large part of being grateful involves thinking about how other people have helped us, and feeling thankful towards them, it makes sense that the exercise would improve relationships.

By feeling grateful towards others, it's likely we will treat them better, be more forgiving and kinder; and in doing so, relationships are bound to flourish.

So how do we become more grateful, and by extension, reap all the positive rewards that research suggests are possible? Psychologists, including Emmons, suggest that we should take an active role in bringing gratitude into our lives.

[Growing Pains: how to stand up for yourself - assertiveness is a skill that can be learned](#)

Writing a gratitude journal every night before going to sleep is one way to do this; and taking time for deeper reflection may generate a higher level of positive emotions than just quickly listing items. Try asking yourself – why am I grateful for this thing? Who and what contributed to it, and how did that come about?

You don't necessarily need to look far to find something to be grateful for. You might notice how delicious your lunch is, and feel grateful because it's benefiting you by giving you energy or making you happy. You might then consider all the elements that, together, made this lunch possible: the farmers and optimal weather conditions that grew the crops; the delivery people who brought the produce to the shop; the chef (if you didn't cook yourself) ... the list just goes on and on.

Start by thinking of just three things to write about in your gratitude journal, every night, and see if you notice any positive changes, this new year and every day that follows.

Source: [www.yp.scmp.com/go-to-gurus/advice/article/108233/forget-new-years-resolutions-writing-gratitude-list-instead-has](http://www.yp.scmp.com/go-to-gurus/advice/article/108233/forget-new-years-resolutions-writing-gratitude-list-instead-has)

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## Valentine's Day

By Glen Lord

When someone we love dies, days on the calendar take on a new meaning. Days that once were full of joyful anticipation can now be a cause for dread and fear. Knowing that we can no longer celebrate special days without our loved ones has changed every holiday and other special days. Some of these days like Christmas, Thanksgiving or birthdays are clearly going to be triggers, and the anticipation of them allows us and others to prepare a bit for them. Other holidays may take us by surprise. Maybe they were not significant when our loved ones were alive so we don't initially associate the holiday to the pain of missing them that we are now feeling.

Valentine's Day can be one of these days. The pain of the holiday is clear to those who have lost a spouse. Most often thought of as a romantic holiday for spouses and couples, this holiday can be very painful for people missing others as well. We begin celebrating Valentine's Day as children when we struggle to put our names to our classmate's valentines. The day is filled with heart shaped candy, class parties and homemade valentines for our parents. It is a day to celebrate love, and as a society we have embraced the day to celebrate the love we feel for our parents, children, spouses, grandparents, siblings, and other family and friends. The day can bring up the pangs of grief because someone we love is now missing from this celebration.

With the death of our loved one, some control has been stripped from our lives. What we thought would be forever is suddenly taken from us. Just the same as we do not have control over the days that come along every year, we wish there was a way for them to just disappear-- to have "special" days that cause pain, to just forever be taken from the calendar.

Unfortunately, time moves forward without our permission and these days will come every year. We are left to decide how to make them bearable. This will be different for each day, but Valentine's Day invites us to remember the love. We can decide to focus on the memories. We can decide to focus on the love. The goal is not to take away the pain or to make everything okay, rather to allow us to share the love that always and will forever be there.

Some things that you can do on Valentine's Day to share that love:

- Light a candle in honor of your loved one.
- Bring Valentine's Day cards to people who may not get any.
- Write a love letter to them and read it aloud and share it with the universe.
- Make a donation in their name to a homeless shelter or donate a book in their name to a library.
- Plant a tree or a plant in their memory and place a memorial plaque beside it.
- Post their picture on Facebook and ask others to share their memories or photos with you.
- Go shopping for a Valentine's card, and look for the perfect one---the one that they would have purchased for you and buy it as a gift for you from them.
- Go to a favorite place and spend time with your memories.

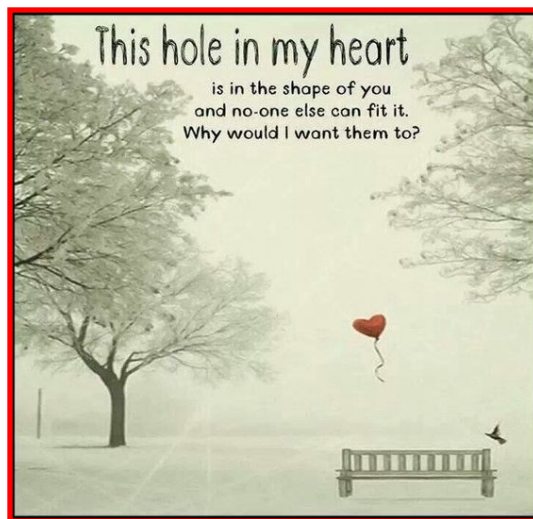
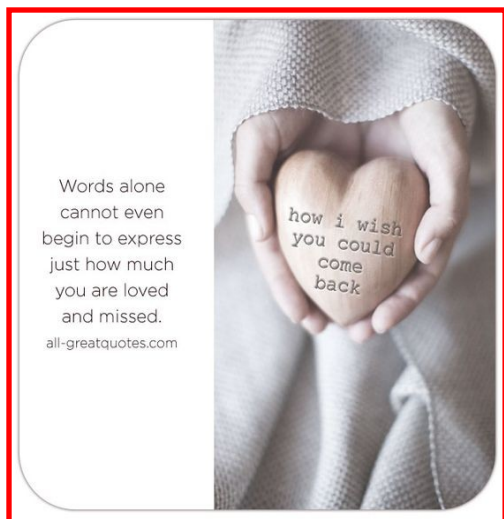
Make their favorite meal and invite others to come share in love and memories.

These are just a few ideas. Open your mind and your heart. Do what feels right to you. Try one thing, if it does not work for you then try something else.

Valentine's Day is different, but it is still Valentine's Day. Our loved ones are forever a part of us. They have changed us forever and their love lives on in us. This Valentine's Day, allow space for the joy of their memories and the power of their love to share space with the pain of them not being with you.

Happy Valentine's Day, **LOVE NEVER DIES!**

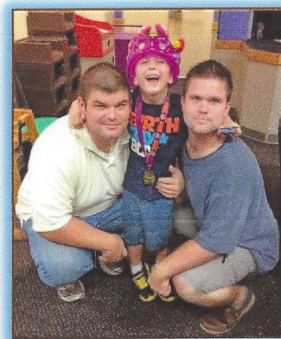
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# Happy 33<sup>rd</sup> Birthday, Sean Richard Reber

January 30, 1986 – May 28, 2018

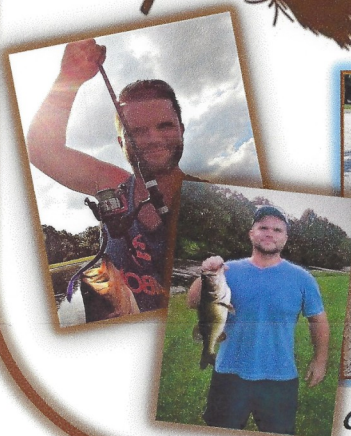


If love could have saved you, you would have lived forever

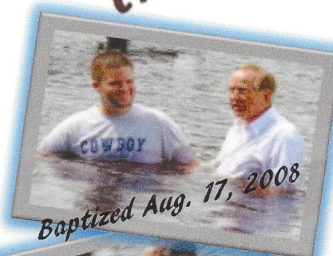
Memories  
are special moments  
that tell our  
Story

Loving Brother  
& Uncle

Beloved Son



Saved  
by GRACE.  
Now  
in  
Jesus'  
Loving  
Arms



Baptized Aug. 17, 2008



Country Boy at Heart







**Loving and Missing You Lisa!**

**David, Nedda, Logan and Brody**

*The tide recedes, but leaves behind  
bright seashells on the sand.  
The sun goes down, but gentle warmth  
still lingers on the land.  
The music stops, yet echoes on  
in sweet, soulful refrains.  
For every joy that passes,  
something beautiful remains.*

*Author: Unknown*

*Peace of the Beach*

*"There are  
some who bring  
a light  
so great to the world  
that even after they  
have gone  
the light  
remains."*



## 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](mailto: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. We appreciate your support.

<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.

**We will have some for sale  
at the Candle Lighting.**

Listen to *“Hope, Healing & Help”* every Saturday from 11:00 til noon Pacific Time on KFIA 710AM Sacramento or [www.kfia.com](http://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](http://www.hopehealinghelp.com).

## ***Our Credo (new)***

We are the parents whose children have died. We are the siblings whose brothers and sisters no longer walk with us through life. We are the grandparents who have buried grandchildren.

We come together as Bereaved Parents of the USA to provide a safe space where grieving families can connect, share our stories, and learn to rebuild our lives.

We attend meetings whenever we can and for as long as we find helpful. We share our fears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness, knowing these emotions will be met with compassion and understanding. As we support, comfort and encourage one another, we offer hope and healing. As we confront the deaths of our loved ones, our shared grief brings us to a common ground that transcends differences, building mutual understanding across the boundaries of culture, race, faith, values, abilities, and lifestyle.

Together we celebrate the lives of our children, siblings, and grandchildren, sharing the joys and the heartbreaks as well as the love that will never fade. Together, strengthened by the bonds we create, we offer what we have learned from one another to every bereaved family, no matter how recent or long ago the death.

We are the Bereaved Parents of the USA. We welcome you.



*BPUSA February 2019 Generic Newsletter*

**Address Correction Requested**

**October-November 2013**  
**POSTMASTER - Dated Material**  
 Please do not delay.

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

