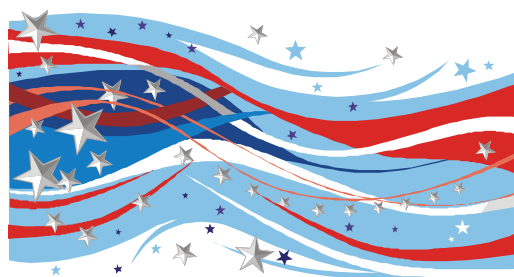




# Tampa Bay Chapter

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

## July/August 2009



### MEETING INFORMATION

#### Regular Monthly SUNDAY Meeting

(held the second Sunday of the month)  
July 12 and August 9, 6:30 to 8:30 p.m.

St. Joseph's Hospital  
Medical Arts Building, Auditorium  
3001 Martin Luther King Jr. Blvd.  
(We will have separate break out sessions for men and women)

Call Beverley Hurley at 813-832-3175 for directions or information.

#### Regular Monthly DAYTIME Meeting

Riverview/Gibson/Brandon areas  
(held the second Friday each month)

Friday, July 10 and August 14, 10:00 a.m. to Noon

The Greater Brandon Chamber of Commerce

330 Pauls Drive, Brandon, Florida 33511

Please call Linda Delk at 813-661-0680

for directions or information.

#### Regular Monthly PLANT CITY Meeting

(held the fourth Thursday each month)

Thursday, July 23 and August 27, 7:00 to 9:00 p.m.

South Florida Baptist Hospital

301 N. Alexander Street, Plant City

in the Community Conference Room

Call Janice Falcon at 813-779-9353

for directions or information.

### NOVEMBER MOURNING

"Don't be afraid to share your story with others"

By Mary Jane Cronin

We want to thank Mary Jane Cronin for attending our meeting and sharing her grief journey with us. Members received a journal so they could start to journalize their feelings and progress and thoughts to their children. After the death of her son, a professor encouraged her to write a journal as part of her healing process and that journal became the blueprint of her newly-published book, **November Mourning**.

[www.http://maryjanecronin.com/](http://maryjanecronin.com/)

### TO ONE IN SORROW

By Grace Noll Crowell

Let me come in where you are weeping, friend,  
And let me take your hand.

I, who have known a sorrow such as yours,  
Can understand.

Let me come in -- I would be very still  
Beside you in your grief;  
I would not bid you cease your weeping, friend,  
Tears bring relief.

Let me come in -- I would only breathe a prayer,  
And hold your hand,  
For I have known a sorrow such as your,  
And understand.

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>JULY 2009</b>						

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>AUGUST 2009</b>						

### Take a Stress Break

Yikes! Your life is getting out of control. The car needs repairs, the project at work is overdue, your partner is asking for more togetherness time. Instead of thinking you have to rearrange your life in one fell swoop, take 20 minutes to get a grip on stress:

1. Take a deep breath. Shallow breathing can contribute to stressful feelings. So try this easy exercise: Close off your right nostril and inhale slowly through the left. Hold that breath for a count of five. Then close off your left nostril and exhale out of your right nostril. Do this for about five minutes breathing slowly and deeply helps prevent stress from overwhelming you.
2. Reach for protein. When work gets in the way of eating, we tend to reach for quick-fix snacks that are high in caffeine and sugar. Instead, try snacking on foods that are richer in energy-boosting proteins and minerals like potassium, which gets reduced when we're stressed. Better alternatives: Peanut butter on a banana or whole-wheat crackers.
3. Write it down. Start a journal where you can jot down some of your thoughts about what's bothering you and help yourself put stress into perspective.
4. Get out and walk. Walking just five minutes with your mind concentrated on your stride and rhythmic breathing does wonders to clear your mind. If you can't walk (or don't want to), simple step outside, swing your arms back and forth and breathe deeply for an energy boost.

## Chapter News



### **ANGEL OF HOPE UPDATE** www.angelofhopetampabay.com

#### **Angel of Hope monthly meeting**

Please call Beverley Hurley 813-832-3175 for info! Next meeting August 3 . (Not July)

#### **MUSIC C.D. OFFER**

Please consider supporting the music C.D. campaign offered by **Talesha Hogan, Greg Clifton, and Gary Bosko** and purchase some for yourself and friends at only \$5 each.

They make great gifts and are a wonderful tool to help spread hope in the lives of people you hold dear to your heart!

You can purchase C.D.'s at any of our BP/USA support meetings or call Julie Leyde at (813)784-6929 [vleyde1@verizon.net](mailto:vleyde1@verizon.net). All proceeds benefit the Angel of Hope Memorial Garden.

Thank you for your support!

## Love Gifts

Tammy Hill

In loving memory of her son

**Tyler Wade Head**

2/21/1995-7/15/2004

Tom and Judy Sluder

In loving memory of their children

**Kathryn Elizabeth Sluder**

8/31/1966-3/17/2002

**Keith Sluder**

4/25/1964 - 5/11/2006

**Theresa Sluder**

10/14/1961-11/17/08

Rita Zvada

In loving memory of her son

**Capt Christopher Cash**

913/1977-8/23/2004

### **Love Gifts-A Thoughtful Way to Remember**

Love Gifts are a beautiful and loving way to remember a loved one. Through Love Gifts, we are able to reach out to others with our brochures and newsletters as well as obtain books and other information for our library. We truly appreciate every Love Gift, donation and sponsorship. Our Chapter work is done by volunteers and these donations help us reach out in many ways, including the preparation and mailing of the newsletter.

### **Refreshments**

Some of us like to remember our child's birthday or the anniversary of his or her death by bringing a cake or cookies to the meeting that month. We would appreciate having you bring a special treat to any meeting. You June also want to bring and share a picture of your child.

Thank you!

### **Chapter Library Books**

If you have finished reading a BP/USA Library book, please, **please** return it to our library. The longer you borrow a book, the less opportunities other bereaved parents have to read it. We also gladly accept book donations.

Contact Tommy or Barbara Dietrich at (813) 234-4705 or visit one of our three monthly sharing meetings to return a book, arrange a donation or inquire about an available title.

### **Sponsor A Newsletter Page**

Anyone can sponsor a page in this newsletter in memory of their child. The price for a full page is \$60 which includes one black and white scan of one photograph and your tribute to your child, which can include poems, stories or whatever you like. Your contribution supports the chapter and helps pay for the printing of the newsletter.

To sponsor a newsletter page, contact Beverley Hurley at (813) 832-3175 (email [bee.hurley@gte.net](mailto:bee.hurley@gte.net)). Please note that sponsorship pages are **due by the 15th of the month BEFORE the publication month.**

### **Electronic Newsletter**

The Newsletter is available electronically. To receive it by Email, send your name and email address to: [bee.hurley@gte.net](mailto:bee.hurley@gte.net) and indicate your desire to switch from regular "snail" mail to email. Email recipients will also receive additional news and information, while helping our

**Please note:** We understand how difficult it is to attend your first meeting. Feelings can be overwhelming; we have all experienced them and know how important it is to take the first step. Our stories may be different, but we are alike in that we all hurt deeply. We can not take your pain away, but we can offer friendship and support. Bring a friend or relative to lean on if you wish!

Please regard this as a safe time and place to come and be with those who know that the grief never disappears although it does lessen. Our meetings are open to all bereaved parents, step-parents, grandparents, and older siblings and are planned to be a source of comfort and support. We need not grieve alone! See you next month.

### **Telephone Friends**

Need to talk? Having a bad day? Call one of our Telephone Friends. They're here to lend a knowing ear because they've been there. Don't hesitate to call, we understand.

Linda Delk (General Information) (813) 661-0680

Sue Bowditch (Adult Child) (813) 661-9334

Theresa Farmer (Homicide) (813) 994-0707

Traci Cooley (Drowning) (813) 464-4525

Ron Ellington (Suicide/Grandparent) (727) 410-2308

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

Debbie Nemitz (Long Term Illness) (813) 907-1441

Barbara or Tommy Dietrich (Death of an Only Child) (813) 234-4705

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

Violeta "Cookie" Fernandez (Se Habla Espano) (813) 996-4281

**CRISIS CENTER** 211

**Bereaved Parents/USA National Office**  
**Post Office Box 95, Park Forest, IL 60466**  
**Phone/Fax: (708) 748-7866**  
**www.bereavedparentsusa.org**



## Our Children . . . Remembered

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

### July Birthdays

Banda, Selena  
7/6/2002 - 3/4/2004  
P-Richard & Susan Banda

Butler, Mark Anthony  
7/7/1977 - 11/24/2001  
P-Ray & Chris Butler  
GM-Alice Butler

Corbett, Shaun  
7/8/1985 - 4/23/2003  
M-Ellen Corbett

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

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

Griner, Ian  
7/10/1985-10/27/2005  
M-Barb Griner

Henry, Sumara Raquel  
07/12/88 - 09/18/93  
P - Louis & Cindy Henry  
GP-James & Ruby Reese & Bernice Henry

Knox, Patricia Lynn  
7/27/1964 - 10/21/1997  
M - Shelby Jean McClure

Lalis, Timothy  
07/29/1996 - 07/11/2001  
P - Gregg & Elisabeth Lalis  
B - Andrew & Klaus

Leyde, Darek  
7/17/1967 - 4/23/2003  
P-Vern & Julie Leyde  
S-Traci Gainforth

McMillion, James Christopher  
7/26/1984 - 9/26/2003  
GP-Ralph & Martha Hamilton

Roberson, Richard Joseph  
07/23/1959 - 06/02/1997  
P-Richard & Jeannette Roberson  
S-Sue & Shelfy  
B-Randy

Russo-Afeld, Angela Musette  
7/10/1969 - 7/21/1996  
M - Lillian Wiebeld  
F - Dick Russo  
B - Rick and Nelson Russo

Scragg, Keith Joseph  
P-Richard & Lori Scragg  
Child-Macklin Scragg  
B-Matthew Scragg  
S/O-Emily Popke

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

Slaven, Minnie Leona  
7/10/1972 - 8/11/2000  
M-Della LaGrone  
P-Delbert & Catherine  
SlavenlyS-Charlotte, Della, Betty,  
Lynn, Amelia & Sue  
B-Ronnie, Jack, Del, & Delbert Jr.

Steen, Donald Kenneth  
7/25/1960 - 7/26/1960  
M-Nancy Holdren  
B-Richard, David & Michael

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

Tarez, Kami  
7/1/1980 - 3/1/2006  
M-Leigh Tarez

Vallee, Scott Gerard  
7/4/1974 - 7/10/2004  
P-Gerry & Louise Vallee  
S-Kama Vallee  
GP-Roy & Mabel Parsons  
Spouse-Jessica Vallee

Webb, Eric Richard  
7/1/1985 - 4/2/1999  
P - William & Kathleen Webb  
B - David Webb

Wright, Travis  
7/16/1973 - 6/15/2001  
M - Joan Wright

Young, Billy  
7/14/2003 - 4/17/2006  
P-Bill & Sandy Young

Zorn, Wayne  
7/15/1964 - 12/30/2006  
M-Charlotte Zorn



### July Anniversaries

Boyd, Anastasia "Nicole"  
5/4/1998 - 7/8/2004  
P-Anita Dennert & Thomas Boyd  
Sibs-Tara Lewis, Mike Boyd, Alan Boyd  
GP-Huey & Marie McDonald,  
Angus & Jewell Howell & Angus Grace  
GP-(Preceded in Death)Arthur & Vivian Boyd

Burger, Teresa  
10/26/58 - 07/10/87  
M - Cecelia Burger  
B - Hal & Curt Burger

Carlan, Robert Hope  
06/02/78 - 07/25/99  
P - Arnold & Linda Carlan

Dominguez, Mario  
11/1/1987-7/18/2008  
M-Sonia Dominguez

Dukes, Steven  
12/15/1957 - 7/16/1998  
P-C.W. & Betty Dukes

Eddy, Steven John  
9/16/1960-7/9/2008  
M-Marilyn Eddy  
S-Pam and Tammy  
B-Sonny

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

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

Heath, Austin Noah  
4/6/2000 - 7/4/2000  
P - Isaac Heath & Regina Jacobs  
GM - Gigi Schools

Hester, Debbie  
10/14/61 - 07/25/98  
P - Buddy & Sue Butler

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

Kelly, Amanda Jean  
11/15/1986 - 7/7/1987  
P-John & Brenda Kelly  
S-Matthew & Ryan  
GP-John Keller & Elizabeth Kelly

Kranendonk, Thomas James  
3/25/1991-7/6/2007  
P-James and Mary Jane Kranendonk  
B-John and Robert

Lalis, Timothy  
07/29/1996 - 07/11/2001  
P - Gregg & Elisabeth Lalis  
B - Andrew & Klaus

Littlechild, Will  
4/6/1979-7/4/2008  
M-Lula Richardson  
S-Patricia Littlechild

Martin, Brian James  
06/09/1979 - 07/18/1993  
P - Stan & Adrienne Martin  
B - Christopher Martin  
GM - Evelyn Golding

Pegram, Jodi E.  
04/06/70 - 07/22/01  
P - Earl & Susan Pegram  
S - Robin Sue Pegram  
B - Scooter & Craig Pegram  
GM-Betty Jennings

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

Ponder, Manda Lynn  
06/13/1995 - 07/03/1995  
P - Marilynn & William Ponder  
B - Travis & Mike Ponder  
S - Amanda Ponder  
GM-Grace Ponder

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

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

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

Rusnack, Tamara  
4/6/1972 - 7/23/2004  
M-Donna Johnson

Russo-Afeld, Angela Musette  
7/10/1969 - 7/21/1996  
M - Lillian Wiebeld  
F - Dick Russo  
B - Rick and Nelson Russo

Rutkowski, Eric John  
4/11/1981 - 7/16/2003  
P-Linda & Ron Rutkowski  
GP-Ray & Doris Pomorski

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

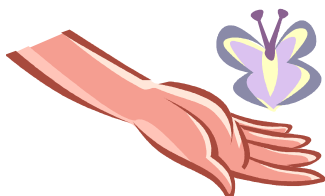
Steen, Donald Kenneth  
7/25/1960 - 7/26/1960  
M-Nancy Holdren  
B-Richard, David & Michael

Timothy, Joshua  
6/29/2004 - 7/18/2005  
P-Doug & Kerri Timothy  
GM-Mary Ann Neglreite

Turner, Devon  
5/2/1986 - 7/28/2005  
M-Marie Lawson

Vallee, Scott Gerard  
7/4/1974 - 7/10/2004  
P-Gerry & Louise Vallee  
S-Kama Vallee  
GP-Roy & Mabel Parsons  
Spouse-Jessica Vallee

Williams, Alec Michael  
5/17/1996 - 7/27/1996  
P - Kathy & Michael Williams  
B - Chad & Chase  
G - Frank & Robbie Edwards  
G - Dwight & Melvalene Williams



*If we have omitted your child, misspelled your child's name, or listed incorrect dates, please accept our apologies and call Beverley Hurley at (813) 832-3175 to correct the information. Call any of our telephone friends if you are having a hard time on these days. We truly understand your pain; for we, too, remember our own children.*

## August Birthdays

Antinora, Joseph A., 8/18/1967-12/9/2006 M-Susan Antinora S-Tina Baxter GF-Jos. Harnishfeger	Gardner, Gary Dwain Jr. 8/25/1995 - 10/4/2000 P - Gary & Janelle Gardner B - Jacob Gary Gardner	May, Philip 8/1/1975 - 1/1/2000 P-Deryl & Jennifer May	Rose, Kailyn Dyann 8/22/2000 - 3/4/2003 M-Evelyn E. Rose
Bishop, Krystal Lee 8/1/1988 - 12/24/2001 P-Pam & Rick Bishop S-Angie Valente & Missy Bishop B-Greg Bishop BM-Marylynn Eddy	Goldman, Ariel Nicole Rothschild 8/30/1989 - 5/15/2001 P - Steve and Lynn Goldman	Muse, Jennifer Lee 08/07/71 - 04/04/92 M - Gretchen Muse F - Robert Muse, Jr. GP - Bob & Gladys Muse GM - Dorothy Deisch	Sampson, Charles Roy 8/29/1998 - 8/29/1998 P - Paul & Susan Sampson GP - Margaret & Clayton Sampson and Shirley & Charles Osborne
Darrigo, Anthony & Domenic 08/11/94 - 08/11/94 P - Sam & Vanessa Darrigo	Graves, Matthew Regan 8/8/1979 - 8/31/2000 M - Linda Graves S - Serena Graves B-Dutch & Allen Jr. GF-Wilson Harmison	O'Brian, Toby Lee 8/10/1966-5/16/2005 M-Bonnie O'Brian	Shearer, Shane 08/03/73 - 12/05/89 M - Linda Shearer SF - Keith Gregory S - January Shearer
Faber, Nicholas 8/13/1989 - 6/8/1996 P-Paul & Kathy Faber S-Danielle Faber GP-Esther Kubler and Anna & Bobby Banks	Harrington, Zachary Michael Evans 8/4/1992 - 8/7/1992 P - William & Barbara Evans-Harrington GP Wm. & Barbara Evans	Orsi, Kristen McCall 8/5/1980 - 6/27/2002 P-Kimberly & Leo Orsi GP-Wm. & Jeanne Armiger and Stephanie & Rich Orashen	Sluder, Kathryn Elizabeth 8/31/1966 - 3/17/2002 P-Tom & Judy Sluder Son-Israel S-Theresa B-Tom III & Keith N/N-Brandon & Brandy, Keith II & Miranda
Ferrera, Alex 8/11/1977 - 10/4/1997 P - Nelson & Guisela Ferrera B - Paolo Ferrera GM - Magda Alvarez Aunt - Mirta Diaz Uncle - John Ferrera	Harrison, Leigh Ann 08/11/84 - 08/11/84 P-Trudy & Tim Harrison GP-Bobbie & Jerry Meeks	Parrish, Randy 08/22/57 - 02/10/97 M - Juanita Bodiford B - Dough Parrish	Steen, Michael Anthony 8/4/1956 - 6/20/2003 M-Nancy Holdren B-Rick, David & Donald Father to Jessica, Christine & Michelle Married to Doreen
Ferrera, Crista J. 8/23/1975 - 03/11/1997 P - Nelson & Guisela Ferrera B - Paolo Ferrera GM - Magda Alvarez Aunt - Mirta Diaz Uncle - John Ferrera	Hoskins, Lauren Grace 8/18/2004 - 8/18/2004 M-Kim Hoskins	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	Thornton, Jeremiah 8/29/84 - 4/13/01 M - Tim & Sue Thornton B - Jason S - Amanda
Gallian, John Charles 8/8/1963 - 3/21/1998 M-Virgian Gallian S-Paige Mask	Howard, Steven T. 8/11/70 - 6/30/1999 M-Cay Pelaez	Parrish, Tyler Stephen 8/6/1991 - 10/24/1991 P - June & Terry Parrish	
	Hutchcraft, Sharon 8//21/1935 - 2/12/1997 M-Lois Hutchcraft	Peel, Lee Anna Campbell 8/5/1972 - 9/9/1992 M - Patricia Campbell S - Beth Biggs B - Eddy Biggs GP - Estele & James Carleton	
	Marchetti, Katie 8/4/1989 - 3/4/2006 P-Vin & Laura Marchetti B-Andrew Marchetti		

## August Anniversaries

Blanchard, Eric Anthony 2/19/1976 - 8/3/1998 P - Barbara & Wayne Blanchard S - Lisa, Tammy, Dawn B - Chris & Michael Daughter - Samantha	Harrington, Zachary Michael Evans 8/4/1992 - 8/7/1992 P - William & Barbara Evans-Harrington GP Wm. & Barbara Evans	Sampson, Charles Roy 8/29/1998 - 8/29/1998 P - Paul & Susan Sampson GP - Margaret & Clayton Sampson and Shirley & Charles Osborne
Cash, Christopher 9//13/1977 - 8/23/2004 M-Rita & Thomas Zvada P-Charles & Mika Cash Child-Leah Cash B-Charles Cash II GP-Gustavo & Ida Arencibia	Harrison, Leigh Ann 08/11/84 - 08/11/84 P-Trudy & Tim Harrison GP-Bobbie & Jerry Meeks	Shye, John David 05/27/1964 - 08/07/1994 P - Betty Jean & Charles Shye S - Lydia and Mary Shye B - Chuck Shye Father of J.D. and Justin Shye
Darrigo, Anthony & Domenic 08/11/94 - 08/11/94 P - Sam & Vanessa Darrigo	Holton, John William 05/20/52 - 08/10/94 M - Ann Holton	Slaven, Minnie Leona 7/10/1972 - 8/11/2000 M-Della LaGrone P-Delbert & Catherine Slaven S-Charlotte, Della, Betty, Lynn, Amelia & Sue B-Ronnie, Jack, Del, & Delbert Jr.
Fernandez, Karen Irene 03/08/68 - 08/23/88 M - Violeta "Cookie" Fernandez B-Rick Fernandez	Hoskins, Lauren Grace 8/18/2004 - 8/18/2004 M-Kim Hoskins	Varga, Jozsef 6/11/1988 - 8/4/2007 M-Carmen Varga B-Kiel & Bruce Senra
Forrester, Jedediah Everett 12/28/1980-8/17/2007 M-Deborah Forrester	Marchetti, Katie 8/4/1989-3/4/2006 P-Vince & Laura Marchetti B-Andrew	Weatherly, Haley 1/14/1993-8/4/2008 M-Cindy Weatherly
Gilliam, Hayden Charles 6/20/1999 - 8/4/2001 P - Sean & Marion Gilliam Sibs - Sara & Cole GP-Joe & Nancy Gilliam, and Rosemarie Presbrey GGP-Mary Gilliam & Lora Flowers	McCranie, Clarissa 8/1/1971-1/5/2007 F-Carlos Nogueira	Welch, Kimberly Michelle 10/24/1971 - 8/28/2003 M-Nancy Welch Child-
Graves, Matthew Regan 8/8/1979 - 8/31/2000 M - Linda Graves S - Serena Graves B-Dutch & Allen Jr. GF-Wilson Harmison	Mohammed, Ian Roger 04/19/73 - 08/02/92 P - Judy & Rick Mohammed S - Alison Mohammed B - Cameron Mohammed	
	Roark, Kelli Colin 4/30/1990 - 8/30/1998 P - Joe & Angel Roark B - Kyle & Kaleb Roark GF - Ron Ellington	
	Aaron, Rosers 5/11/74-8/10/2002 M-Cassandra Rosers	

**At times our  
own light goes  
out and is  
rekindled by a  
spark from  
another person.**

**Each of us has  
cause to think  
with deep  
gratitude of  
those who have  
lighted the flame  
within us.**

Albert Schweitzer

## Chaplain's Corner

### Closure: Maybe Not Such a Horrible, Word

by Rob Anderson, Geneva, Illinois

Soon after our **son**, Brendon, was murdered in March of 1998, some said that as soon as his killers were caught, we would find closure. At that time, those comments angered and offended me, even though they were meant to comfort. My wound was so deep - how could I ever have closure about anything involving Bren's death?

Over time I have let that word and concept soften in me. Before Bren died, my life was like a house with all the doors and windows closed tightly, keeping me safe. The instant I heard of Bren's death, every door and window exploded open, and the terror of that event flooded my house, my life. How could I ever get those doors and windows to close and help calm my heart?

I have given closure much thought since then and have decided that closure is not a single event or a one-time realization. Even though I will never have complete closure about Bren's event or a one-time realization, I can have moments of healing that will shut a window or close a door and create partial closure.

For instance, when I was able to acknowledge the fact that Bren's physical body was never coming back, a window closed. When I heard myself laugh (and I didn't have to fake it), I closed a door. When a memory of Bren brought me a smile and not a tear, another window closed in the house of my life. There will always be at least one window or door open. They will never all close, but as I do my grief work and move along my journey and heal, partial closure can indeed bring comfort and hope.

So the next time someone mentions the word closure, maybe we thank them for their concerns but remind them that the death of our children does not go away and that the doors and windows in our new house of life will never be completely closed.

*(Reprinted with permission from Grief Digest, Centering Corporation, Omaha, Nebraska, 402-553-1200)*



**LifePath**  
HOSPICE

*Initially Licensed in 1983*  
Making **the** Most of Life

### FOOTPRINTS IN THE SAND

By Mary Stevenson Zangare

"One night a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonged to him, and the other to the Lord. When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life. Lord, You said that once I decided to follow You, You'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why, when I needed you most, You would leave me. The Lord replied, 'My precious, precious child, I love you and I would never leave you. During your times of trial and suffering when you see only ONE set of footprints, it was then that I carried you.'"



### IN THE SILENCE

by Joy Curnutt

In the silence you hear me,  
In the silence I am here.  
In the silence you can feel me,  
In the silence it is clear.....  
That my spirit hasn't left you,  
I am just a thought away,  
You can see me in the shadows,  
Anytime you look my way.  
Look for me in the sunshine,  
And in the stars at night.  
In the wind, trees and flowers,  
Everything that is in sight.  
Talk to me, say my name,  
Know that I'm still here,  
In my death I have a new life,  
And one day it will be clear.  
So talk to me and look for me  
In everything you do,  
For I haven't gone so far away,  
I'm really right next to you.

## Love is the source of sorrow as well as joy

Syvienne Rubin: Volunteer

For all those who undergo the tormented grief of the loss of a child and wonder how they will ever overcome it; who doubt that they can ever laugh again; who question if they can ever care again, I want to relate my experience of the excruciating pain and eventual healing of grief. My son died after a prolonged illness, yet very suddenly. He had come through so many close calls, experienced such tremendous pain, and transcended it all with such a beautiful strong character; it seemed that fate had a purposeful life planned for him. But death came, nevertheless. The world had stopped for our son and it seemed to have also stopped for us. On my first day outside, the ride to the chapel, I looked unbelievably at the people walking, cars moving, stores open, sun shining and children playing. It was deceptive and cruel, and I hated the orderly discipline of life going on "as usual" when it no longer existed for him. I wanted no part of it. I vowed to bury myself from life until I, too, could join him. The only dim spark which penetrated my numbness was the overflowing tender love and support of my daughter and husband, who resumed their daily lives. On their return home, I would bestir myself momentarily from the domain of my bed to function briefly in the roles of mother and wife. The in-between hours, I remained in my room, wailing, screaming at God, demanding proof of His existence by "returning" what He took from us.

In only one part of the newspaper was I interested. I perused the obituaries carefully. Did other young children die? Did other parents know the torture of bereavement, or were we singled out by cruel fate?

Loss of a child is twofold. All the experiences of young adulthood are denied. He/she would never know the bliss of love, joy, beauty, challenges, accomplishments. He/she would also miss the stepping stones of disappointment, illusions, failures and sadness; the dualities which form an integrated life. And then, there are the losses to parents: the loss of the right to plan, to hope, to dream, to share successes and disappointments, joys and hurts. Part of us is buried with our child.

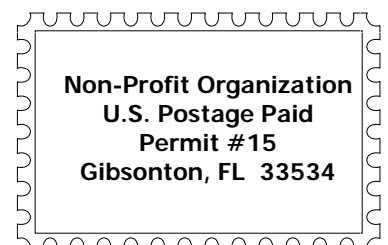
The questioning and the anger lasted several months. Wherever I went throughout the house, I carried his photograph. I talked to him incessantly. By these acts, I was denying the world's proclamation that he no longer existed. Did dying mean nothingness, non existence, or was there something of the vague claims in the back of my memory of death being a transition? This was the first motivation that moved me outside my home. Obsessively, I ran from one library to the other, scanning all the religious, philosophy and psychology sections for clues and interpretations on "life after death". I found enough contemplation of the subject to open a way to hope that there was some possibility of an existence. And somehow, faith entered from the back door. The compulsion for reading lessened, and I began to respond to a few friends' overtures, timidly, sadly approaching the world again.

Within 3 to 4 months, I became aware of a strong urge to share this stifled, cut-off expression of love for my son with other children by working in a children's hospital. My full swing back into life was brought about by "losing myself in others", and with it eventually, came the inimitable joy of purposeful living. My husband, who had rallied with strong faith in the belief that there is a God whose will includes the sorrows as well as the joys, began writing startlingly beautiful poetry about our son, his life, his death, as well as mystical notes about immortality. And so, I can attest to the fact that "something good can come out of something so horribly unbelievable".

Postscript: I wrote this article over 25 years ago and now I think about what beliefs have changed or imprinted more deeply over the years. My lifework has continued as a volunteer for the past 10 years, helping bereaved parents through facilitating a weekly grief group at The LIFE Center. I have learned that love is for giving. It breathes through me thriving and surviving through the depth of my pain and loss of my child. It has expanded my capacity to love others into their own healing, and in turn, has fostered healing with me.



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



**July/August 2009**

POSTMASTER - Dated Material

Please do not delay.



**Address Correction Requested**