



Tampa Bay Chapter

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

July/August 2008

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

Tyler Wade Head

MEETING INFORMATION

Regular Monthly SUNDAY Meeting
(held the second Sunday of the month)
Sunday, July 13 and August 10, 6:30 to 8:30 p.m.
St. Joseph's Hospital
Medical Arts Building, Auditorium
3001 Martin Luther King Jr. Blvd.
(We will have separate break out sessions for
men and women)
Call Beverley Hurley at 813-832-3175
for directions or information.

Regular Monthly DAYTIME Meeting
Riverview/Gibson/Brandon areas
(held the second Friday each month)
Friday, July 11 and August 8, 10:00 a.m. to Noon
The Greater Brandon Chamber of Commerce
330 Pauls Drive, Brandon, Florida 33511
Please call Linda Delk at 813-661-0680
for directions or information.

Regular Monthly PLANT CITY Meeting
(held the fourth Thursday each month)
Thursday, July 24 and August 28, 7:00 to 9:00 p.m.
South Florida Baptist Hospital
301 N. Alexander Street, Plant City
in the Community Conference Room
Call Sue Bowditch at 813-661-9334
for directions or information.

Upcoming Events:

Angel of Hope monthly meeting
Please call Beverley Hurley 813-832-3175 for info!
Next meeting August 4, 7:00 pm



MONTHLY MEETING TOPICS

- July** – Do you need a vacation from your grief?
- August** - Grief - Do we ever "just get over it"?
- September** – Back to school- for who?
- October** - Surviving the Holidays!
- November** - Gift donations!
- December** - Candle Light Service!



SEEDS OF HOPE

From the tiny seed
Hope springs,
Seedling to stem
to the sun
NATIONAL GATHERING
BEREAVED PARENTS OF THE USA
July 11-13, 2008
CROWNE PLAZA HOTEL
St. Louis, Missouri

BP/USA 2008 National Gathering
July 11—13, 2008
St. Louis, MO
www.bereavedparentsusa.org OR
www.2008gathering@bereavedparentsusa.org

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	JULY	

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	AUGUST					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	

The Photo Album of My Mind

By Jeanne Losey, Shelbyville Indiana

The photo album of my mind,
Holds treasured thoughts of you,
And I can almost see again
The things we used to do.

I hear your voice, I see your smile,
I feel you close to me.
The photo album of my mind
Shows how we used to be.

Time may have changed us through the years,
But I will always find,
You're just as I remember in
The album of my mind.

And, as I turn page after page,
Such precious scenes I see,
The photo album of my mind
Is very dear to me.

It holds the pictures of our past,
Like reels of film unwind.
I cherish all those photos in
The album of my mind.

Chapter News



ANGEL OF HOPE UPDATE

Please check out our NEW improved website at www.angelofhopetampabay.com
 Angel of Hope, P.O. Box 2573, Lutz, FL 33548

Angel of Hope monthly meeting

Please call Beverley Hurley 813-832-3175 for info! Next meeting August 4, 2008.

Angel of Hope Pins

We have available our specially designed **Angel of Hope pins**. You have a choice of a pair of angels with boy and girl with a heart and butterfly and the words **Hope**, or a lapel pin with angel wings, a heart, a butterfly and the word **Hope**.

Size of boy and girl pin - Wing span to wing span is 2 inches, top to bottom about 1 1/4 inches.

\$20.00



Size of angel wing lapel pin – Wing span to wing span is 1 1/4 inches, top to bottom about 3/4 inches.

\$10.00



Please call Julie Leyde to order at 813-784-6929!!

Angel of Hope Memorial Bricks

Please get your order in for a memorial brick in memory of your child, grandchild, sibling, niece or nephew.



Telephone Friends

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

Linda Delk (General Information)	(813) 661-0680
Theresa Farmer (Homicide)	(813) 994-0707
Traci Cooley (Drowning)	(813) 300-6877
Ron Ellington (Suicide/Grandparent)	(727) 410-2308
Charles L'Homme (Accidental Death)	(813) 335-7628
Debbie Nemitz (Long Term Illness)	(813) 907-1441
Serena Graves (Sibling Contact)	(813) 810-7169
Violeta "Cookie" Fernandez (Se Habla Espano)	(813) 996-4281
CRISIS CENTER	211

Love Gifts

Debbie & Bill Nemitz
 In loving memory of their daughter
Robyn Michelle Nemitz
 12/28/82 - 06/16/98

Shelia Farmer
 In loving memory of her daughter
Wendy Michelle Rainey

Rita and Thomas Zvada
 In loving memory of her son,
Christopher Cash
 9/13/1977 - 8/23/2004

Linda and Serena Graves
 In loving memory of their son and brother
Matthew Regan Graves
 8/8/1979 - 8/31/2000

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.

A Special Way To Remember Your Child: 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 color or black and white 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.

The newsletter page will also be posted on our new and improved website for one year on the *Our Children* page!

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



CHECK THIS OUT!

Most families do not have the resources to cope with the incredibly difficult grieving process following a traumatic loss, especially when young children and teenagers are involved. The Suncoast Kid's Place provides understanding and support in a safe, nurturing environment, where children, teens, and families can share their experience as they move through the process of grieving the loss of a loved one.

Through peer groups, discussion, education, and play, Suncoast Kid's Place provides the resources necessary to help families grieve a devastating loss, while finding strength and joy in the shared memories of someone special. Here, participants will have the opportunity to meet others who also have experienced the death of a parent, primary caretaker, brother, sister, or friend.

For more information, a schedule, or to pre-register, please call 813.990.0216. For information about the program itself, visit www.suncoastkidsplace.org.

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	Henry, Sumara Raquel 07/12/88 - 09/18/93 P - Louis & Cindy Henry GP-James & Ruby Reese & Bernice Henry	Roberson, Richard Joseph 07/23/1959 - 06/02/1997 P-Richard & Jeannette Roberson S-Sue & Shelfy B-Randy	Supple, Bart Patrick 07/25/59 - 02/14/94 P - Bart & Toni Supple
Brown, Michael 7/20/2006 P-Heather & Darrell Brown	Knox, Patricia Lynn 7/27/1964 - 10/21/1997 M - Shelby Jean McClure	Russo-Afeld, Angela Musette 7/10/1969 - 7/21/1996 M - Lillian Wiebeld F - Dick Russo B - Rick and Nelson Russo	Tarez, Kami 7/1/1980 - 3/1/2006 M-Leigh Tarez
Butler, Mark Anthony 7/7/1977 - 11/24/2001 P-Ray & Chris Butler GM-Alice Butler	Kass, Jeffrey Scott 7/22/1963-10/3/2007 M-Beverly Kass	Shelton, Emma Victoria 7/8/2003 - 5/8/2005 M-John & Jennifer Shelton Sibs-Jacob & Hannah GP-Peg & Jim Bishop, Tom Musolino, Art & Sam White, Rober & Judy	Vallee, Scott Gerard 7/4/1974 - 7/10/2004 P-Gerry & Louise Vallee S-Kama Vallee GP-Roy & Mabel Parsons Spouse-Jessica Vallee
Corbett, Shaun 7/8/1985 - 4/23/2003 M-Ellen Corbett	Lalis, Timothy 07/29/1996 - 07/11/2001 P - Gregg & Elisabeth Lalis B - Andrew & Klaus	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.	Webb, Eric Richard 7/1/1985 - 4/2/1999 P - William & Kathleen Webb B - David Webb
Engdahl, Andrew 07/15/87 - 02/05/94 P - Rick & Vicky Engdahl S - Stephanie Engdahl B - Joey Engdahl	Leyde, Darek 7/17/1967 - 4/23/2003 P-Vern & Julie Leyde S-Traci Gainforth	Steen, Donald Kenneth 7/25/1960 - 7/26/1960 M-Nancy Holdren B-Richard, David & Michael	Wright, Travis 7/16/1973 - 6/15/2001 M - Joan Wright
Finchum, Tommy 07/10/75 - 05/06/94 P - Pete & Joyce Finchum B - John Finchum	McMillion, James Christopher 7/26/1984 - 9/26/2003 GP-Ralph & Martha Hamilton	Young, Billy 7/14/2003 - 4/17/2006 P-Bill & Sandy Young	Zorn, Wayne 7/15/1964 - 12/30/2006 M-Charlotte Zorn
Griner, Ian 7/10/1985-10/27/2006 M-Barb Griner	Ojeda, Baby Angel 7/2/2007 P-Sergio & Alicia Ojeda		



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	Kelly, Amanda Jean 11/15/1986 - 7/7/1987 P-John & Brenda Kelly S-Matthew & Ryan GP-John Keller & Elizabeth Kelly	Powers, Geoffrey A. 1/23/1983 - 7/1/2005 M-Diane Tower Sisters-Lana & Nikki Powers	Steen, Donald Kenneth 7/25/1960 - 7/26/1960 M-Nancy Holdren B-Richard, David & Michael
Burger, Teresa 10/26/58 - 07/10/87 M - Cecelia Burger B - Hal & Curt Burger	Kranendonk, Thomas James 3/25/1991-7/6/2008 P-Mary Jane & James Kranendonk B-John and Robert	Robertson, Kristi Lee 12/15/1969 - 7/29/1994 M - Janice & Joe Robertson S - Kathy Sanchez & Karen Demeria GM-Mildred Trigg	Tower, Geoff 1/23/1983-7/1/2005 M-Diane Tower
Carlan, Robert Hope 06/02/78 - 07/25/99 P - Arnold & Linda Carlan	Lalis, Timothy 07/29/1996 - 07/11/2001 P - Gregg & Elisabeth Lalis B - Andrew & Klaus	Rodriquez, Edwin (Eddy) Jr. 1/11/1971 - 7/28/1993 M-Bertha Dominquez	Timothy, Joshua 6/29/2004 - 7/18/2005 P-Doug & Kerri Timothy GM-Mary Ann Negrete
Dukes, Steven 12/15/1957 - 7/16/1998 P-C.W. & Betty Dukes	Lawson, Devon 5/2/1986-7/28/2005 M-Marie Lawson	Rusnack, Tamara 4/6/1972 - 7/23/2004 M-Donna Johnson	Turner, Devon 5/2/1986 - 7/28/2005 M-Marie Lawson
Gonzalez, Miriam 12/10/1948 - 7/26/1995 P-Fernando & Paula Lespier S-Maria & Aida	Martin, Brian James 06/09/1979 - 07/18/1993 P - Stan & Adrienne Martin B - Christopher Martin GM - Evelyn Golding	Russo-Afeld, Angela Musette 7/10/1969 - 7/21/1996 M - Lillian Wiebeld F - Dick Russo B - Rick and Nelson Russo	Vallee, Scott Gerard 7/4/1974 - 7/10/2004 P-Gerry & Louise Vallee S-Kama Vallee GP-Roy & Mabel Parsons Spouse-Jessica Vallee
Head, Tyler Wade 2/21/1995 - 7/15/2004 M-Tammy Hill F-Jerry Toloff GF-German Toloff	Pegram, Jodi E. 04/06/70 - 07/22/01 P - Earl & Susan Pegram S - Robin Sue Pegram B - Scooter & Craig Pegram GM-Betty Jennings	Rutkowski, Eric John 4/11/1981 - 7/16/2003 P-Linda & Ron Rutkowski GP-Ray & Doris Pomorski	Williams, Alec Michael 5/17/1996 - 7/27/1996 P - Kathy & Michael Williams B - Chad & Chase G - Frank & Robbie Edwards G - Dwight & Melvalene Williams
Heath, Austin Noah 4/6/2000 - 7/4/2000 P - Isaac Heath & Regina Jacobs GM - Gigi Schools	Pitts, Joseph David 12/8/1971 - 7/16/1998 P - Ruth & Richard Pitts	St. Martin-Hamm, Sydney Chanel 1/9/1997 - 7/21/2003 M-Joy St. Martin & the late Rusty Hamm GP-Ramon & Rita Hamm	
Hester, Debbie 10/14/61 - 07/25/98 P - Buddy & Sue Butler	Ponder, Manda Lynn 06/13/1995 - 07/03/1995 P - Marilyn & William Ponder B - Travis & Mike Ponder S - Amanda Ponder GM-Grace Ponder		
Hidalgo, Christopher 12/14/1989 - 7/5/2004 M-Tammy Hidalgo			

Our Apologies

The following name had an incorrect date on our June Anniversary list:

Nicholas Faber
8/13/1989 to 6/8/1996
P - Paul & Kathy Faber
S - Danielle Faber

GP - Esther Kubler & Anna Banks (deceased) & Bobby Banks



August Birthdays

Asci, Jason 8/19/1979-2/7/2008 F-Brian Asci	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
Bishop, Krystal Lee 8/1/1988 - 12/24/2001 P-Pam & Rick Bishop S-Angie Valente & Missy Bishop B-Greg Bishop BM-Marylynn Eddy	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 8/10/1966-5/16/2006 M-Bonnie O'Brian	Shearer, Shane 08/03/73 - 12/05/89 M - Linda Shearer SF - Keith Gregory S - January Shearer
Darrigo, Anthony & Domenic 08/11/94 - 08/11/94 P - Sam & Vanessa Darrigo	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. & Rich Orashen	Sluder, Kathryn Elizabeth 8/31/1966 - 3/17/2002 P-Tom & Judy Sluder Son-Isreal S-Theresa B-Thomas III & Keith N/N-Brandon, Keith II, Brandy & Miranda
Faber, Nicholas (Nicky) Paul 08/13/89 - 06/08/95 P - Paul & Kathy Faber S - Danielle Faber GP - Esther Kubler & Anna Banks	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	Smith, Aiden Christopher 8/17/2006 P-Cody & Amber Smith
Ferrera, Alex 8/11/1977 - 10/4/1997 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-Sabrina Lee Shannon GP - Juanita Bodiford & Ada Smith	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	Hutchcraft, Sharon 8//21/1935 - 2/12/1997 M-Lois Hutchcraft	Parrish, Tyler Stephen 8/6/1991 - 10/24/1991 P - June & Terry Parrish	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	Marchetti, Katie 8/4/1989 - 3/4/2006 P-Vin & Laura Marchetti B-Andrew Marchetti	Peel, Lee Anna Campbell 8/5/1972 - 9/9/1992 M - Patricia Campbell S - Beth Biggs B - Eddy Biggs GP - Estele & James Carleton Rose, Kailyn Dyann 8/22/2000 - 3/4/2003 M-Evelyn E. Rose	Tucker, Vince 8/3/1972-4/26/2005 M- Glena Tucker
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 McCranie, Clarissa 8/1/1971-1/5/2007 F-Carlos Noguera		



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	Pittman, Micah Daniel 12/22/1989-8/17/2003 M-Jan Pittman	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.
Cash, Christopher 9//13/1977 - 8/23/2004 M-Rita & Thomas Zvada P-Charles & Mika Cash Child-Leah Cash B-Charles Cash II S-Colleen & M?? GP-Gustavo & Ida Arencibia	Harrison, Leigh Ann 08/11/84 - 08/11/84 P-Trudy & Tim Harrison GP-Bobbie & Jerry Meeks	Roark, Kelli Colin 4/30/1990 - 8/30/1998 P - Joe & Angel Roark B - Kyle & Kaleb Roark GF - Ron Ellington	Varga, Jozsef 6/11/1977-8/4/2007 M-Carmen Varga
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	Sampson, Charles Roy 8/29/1998 - 8/29/1998 P - Paul & Susan Sampson GP - Margaret & Clayton Sampson and Shirley & Charles Osborne	Welch, Kimberly Michelle 10/24/1971 - 8/28/2003 M-Nancy Welch Child-
Fernandez, Karen Irene 03/08/68 - 08/23/88 M - Violeta "Cookie" Fernandez B-Rik Fernandez	Hoskins, Lauren Grace 8/18/2004 - 8/18/2004 M-Kim Hoskins	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	
Gilliam, Hayden Charles 6/20/1999 - 8/4/2001 P - Sean & Marion Gilliam S - Sara B - Cole GP-Joe & Nancy Gilliam, and Rosemarie Trescrey	Mohammed, Ian Roger 04/19/73 - 08/02/92 P - Judy & Rick Mohammed S - Alison Mohammed B - Cameron Mohammed		
Graves, Matthew Regan 8/8/1979 - 8/31/2000 M - Linda Graves S - Serena Graves B-Dutch & Allen Jr. GF-Wilson Harmison			



*"Indeed, they are not gone
who have passed beyond our grasp;
for they walk safely
in our thoughts by day
and in our dreams by night."*

author unknown

Tyler Wade "Bubby" Head

February 21, 1995 – July 15, 2004



It will be 4 years since you got your wings this month, and there is not a day that goes by that I don't think of you. Tyler you touched so many lives and everyone misses you very much. Because of you I know that I am a better person. I will always carry you in my heart. I am glad that I had 9 wonderful years of memories of you.

Tyler was my Little T-Man and here is a poem that I wrote for him

A Special Memory

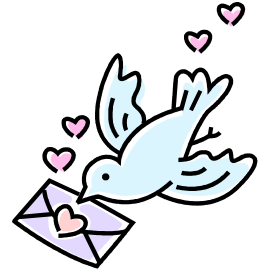
Burned into my mind,
 I still see your sweet face.
 A special memory of a
 Special time and place,
 The day you were born,
 One of the happiest in my life,
 The day you died one in the same,
 And the pain cuts like a knife.
 The loss in my eyes that others see,
 Is only a glimpse of the pain inside of me?
 I lie down at night and fight back the tears,
 I wake each morning and wish you were here,
 The days go on soaked in sorrow,
 I pray each night to make it through tomorrow.

Written by: Tammy Hill
 In Memory Of Tyler Wade Head

Death leaves a heartache no one can heal.
 Love leaves memories that no one can steal.
 Forever gone from my life, but forever in my heart you will stay. I will always love you son. Love Your
 Momma

May 2008

I want to take this time to tell you a story of a family I met through our group. They are a loving, giving one and I wish everyone could meet them.



They want no accolades for anything they have done or do. They are bereaved parents as we all are, yet they have the capacity to encompass everyone around them and let them know that as they struggle through all their pain and anguish, they still have time to reach out and hold a hand and say "Here, take my hand, let me help you.", in anything that a person might need that day. They have been to the lowest low and are still sometimes in that abyss yet can look up, not down and see that others are suffering and take time to ask, "What do you need?" What a blessing it is to have these people in my life and all the other lives they touch. Not once have you been asked a question that you did not give a thoughtful and careful answer. You have shared your family and stories with us and even in the times of great pain, you have never faltered to share your innermost feelings.

I apologize to you (as you know who you are) for making you feel that I am putting you on a pedestal but I am showing people that no matter how bad the pain, no matter how low the lows, you are always a shining example of love. Love is what the world is all about and your family represents that with a big L. Compassion, truth, strength, sorrow, tears, searching for answers and help yourselves, and so many other words I cannot come up with right now is the TRUE YOU. If God had to give us some sorrow, then he also gave us some hope, love, compassion and a need for people like you. I am in awe of the hope and love you give us. I pray that one day you will understand what we are trying to say to you and that you will know that your wisdom shows us that we CAN get through this. We are NOT alone and when you reach out your hands and knowledge to us, we all are richer for that.

Thank you from the bottom of my heart for being a huge part of our group and of our lives. Please know that we too are here for you in anything you need and most of all, We love you both.

As a matter of fact, this could fit a lot of people in our groups. Does this sound familiar? May each of you know how important you are in our lives and that without you, we would be walking this journey alone. Thanks for holding out your hand and saying "You don't have to do this alone, come walk by my side and we will help each other." "One day I will hold you up and another day, you will hold me up, we will share smiles, tears and our children."

Written to you by grateful friends in hopes that you will be proud of what you have done and what you have given to each other. Hope and love is the cornerstone of life.

When we lost our children, we lost a part of ourselves but in our journey's we have found some wonderful people and have made some wonderful friends. A bond that no one else can break is the bond that binds all of the bereaved parents together. God bless each and every one of you.

Author Almost Unknown

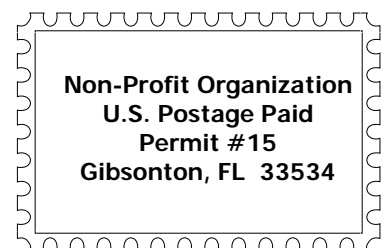
It's OK to do strange things, anything that gives your heart a sense of peace, as long as you don't hurt someone. Whether you are running down the beach, standing in the shower, or riding in your car screaming at the top of your lungs. Releasing balloons with notes attached, talking to an empty chair, wearing their clothes, baking a cake for their birthday, signing their name on cards, decorating their graves with the things that they loved, or collecting angels in their memory—it's OK!

No excuses are necessary, You have learned to do what your heart needs and that is a big step.

By Elaine Stillwell MA, MS



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



July/August 2008

POSTMASTER - Dated Material

Please do not delay.



Address Correction Requested!