

Tampa Bay Chapter

P.O. Box 3226 Tampa, Florida 33601-3226

www.bpusatampabay.org

MEETING INFORMATION

<u>Dads attending June meetings will</u> <u>receive a special Father's Day Gift</u>

Regular Monthly SUNDAY Meeting
Sunday, June 11 & July 9, 6:30 to 8:30
St. Joseph's Hospital
Medical Arts Building, Auditorium
3001 Martin Luther King Jr. Blvd.
(Note: Park in hospital garage or in small lot adjacent to circle drive next to MAB.)
Call Linda Delk at 813-661-0680
for directions or information.

Regular Monthly DAYTIME Meeting
Riverview/Gibsonton/Brandon areas
(held the second Friday each month)
Friday, June 9 & July 14, 10:00 a.m. to noon
First United Methodist Church of Brandon
In the Office Building, Koinonia Room
120 North Knights Avenue, Brandon
Call Kathy Simone at 813-653-1717
for directions or information.

Regular Monthly BRADENTON Meeting (held the third Monday each month)

Monday, June 19 & July 17, 7:30 to 9:30 p.m.

Braden River Baptist Church, 5412 SR 64

I-75 to SR 64 (Exit 220)

Melissa Coxwell at 941-708-7052

Regular Monthly PLANT CITY Meeting
(held the fourth Thursday each month)
Thursday, June 22 & July 27, 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

Upcoming Events

for directions or information.

Angel of Hope

Check out our Scrap Booking "Crop for Hope" Fundraiser Event, Saturday, June 17 & July 15! See Page two for more information!



Compassionate Friends National Conference July 14-16, 2006

29th National TCF Conference – 2006 Dearborn, Müchigan

Keynote Speakers, Workshops, Sharing Sessions, and Activities Provide a Healing Experience at 2006 National Conference in Dearborn, Michigan

> P.O. Box 3696, Oak Brook, IL 60522 Phone 877-969-0010 Website http://www.compassionatefriends.org/

June & July 2006

This month's newsletter lovingly sponsored by the family of:

Jason Roy Rogeers Arleen Knight Ty Kristan Robertson

There's a New Man in Town

By Dave Simone Bereaved Father, Tampa, Florida

My son is dead. The moment I was told my son died in an auto accident, there was a new man in town. The old man would find a way to fix "it" or at least make "it" better. The new man couldn't fix a thing. Oh, he could make arrangements, settle accounts, acknowledge condolences as though he were really there but the new man was far off, living in a protective shell hardened by disbelief and shock. Yes, he did things, but he didn't feel in the old ways, he was far off being reborn.

My wife's grief would bring the new man back, at least for a while. There was no fixing her, just acknowledgement of the hurt and pain and helplessness we both felt. I was there for her as she was there for me and we bonded in our grief at depths we did not know existed. My son did not die to make our marriage better or worse and his death did not change what it fundamentally was and is. There is however a new level where we meet to hurt and heal together.

When a baby is born there are pain and tears followed by profound joy. If that baby dies before his parents, there is pain and tears and a longing for peace. No man can anticipate the number of tears that will flow during his rebirth. The half hour drive to work each morning was a time of nothing but tears and pain and guardian angels to provide safety for myself and those around me. The new man was every bit the good driver the old man was, but he wasn't there, he was far off being reborn in those unstoppable tears. Peace was nowhere to be found.

I am not going into detail into the many ways I think I have changed. Believe me, I have changed and so have you fellow be-reaved father. I cannot believe my son died to make me a better man. I do believe that my son's death shocked me into holding dear all that was always precious to me with the new knowledge that "it" can all end in an instant, and neither the old man nor the new man can ever fix "it." The protective shell is fading away and real peace is finding its way into my heart and soul. But the shell will never be completely gone and the peace will never blend into complacency. We are new men with new priorities and new things to do. This does not mean we abandon all that was of the old man, the newness is in our attitudes and understanding and acceptance of vulnerability.

Please note—This is a combined **June and July**

newsletter.

Meetings are listed for both months. You will not receive a newsletter in July.

Chapter News

ANGEL OF HOPE UPDATE

www.angelofhopetampabay.org

Friends, the "Crop for Hope" is going to be monthly!

I'd like to personally thank everyone who was able to participate with our kick-off **Crop for Hope!**We raised a grand total of \$352.38!!

Because, this is such an exciting fundraiser for us, we have decided to have a monthly **"Crop for Hope."** This will be a time for all to come with friends and work on your photo albums. I will also have Creative Memories door prizes § raffle drawings!!

There is a non-refundable registration fee of \$1.5 of which 60% will be donated to the **Angel of Hope**. I will also be donating 10% of any products purchased to the **Angel of Hope**. Products will be available to borrow, and some will be on hand to purchase. If possible, please place orders one week in advance to have your supplies available to use.

*NOTE: You can also register for these events & place orders on my website- www.mycmsite.com/ginacasal

Snacks will be provided! Friends are welcome too to create pages from their wonderful vacation or special occasion!!!

We will be having the monthly "Crop for Hope" at:

Children's Board of Hillsborough County 1002 East Palm Ave. in Historic Ybor City Tampa, FL 33605 (Palm Avenue & Armenia Avenue)

Please write checks out to Angel of Hope and mail to: Gina Casal; 9802 Van St. Tampa, FL 33615 No later than the registration dates given!

The next "Crop for Hope" will be held:

Saturday, June 17th 10 am.-2 pm. (REGISTER by Saturday, June 10th) Saturday, July 15th 10 am.-2 pm. (REGISTER by Saturday, July 8th)

If you have any questions, please call or e-mail me. **Gina Casal**: Creative Memories- Independent Consultant
(813)880-0361 or (813)495-7539

<u>GinaCasal15@tampabay.rr.com</u>

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	(813) 661-0680
Theresa Farmer (Homicide)	(813) 994-0707
Traci Cooley (Drowning)	(813) 654-1381
Ron Ellington (Suicide/Grandparent)	(727) 410-2308
Serena Graves (Sibling Contact)	(727) 239-2471
Violeta "Cookie" Fernandez (Se Habla Espanol)	(813) 996-4281
Crisis Center	211

Bereaved Parents/USA National Office

Post Office Box 95, Park Forest, IL 60466

Phone: (708) 748-7672 Fax: (708) 748-9184 www.bereavedparentsusa.org



Frank & Robbie Edwards
In loving memory of their son and sister

Jason Roy Rogers

1/8/1978-3/21/1990

Arleen Knight

10/16/1947-5/4/2001

David & Beverley Hurley
In loving memory of her daughter **Debbie Ann Bray**11/14/1967—6/1/1990

Gregg & Elisabeth Lalis In memory of their son Lalis, Timothy 07/29/1996 - 07/11/2001

Moritza & Jeff Patet In memory of their son **Patet, Nathan Gabriel** 12/18/88 - 06/10/90

A special **thank you** to **Gregg Lalis** for his time and efforts helping BP/USA Tampa Bay Chapter and bereaved parents. His company, **Citigroup**, recognized his community service and rewarded our Chapter with a very nice and appreciated grant!

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.

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 in-cludes one black and white scan of <u>one</u> 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.

Additionally, sponsorship pages will be posted on our Website for one (1) year. Simply click on "How we remember."

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

Note: The Tampa Bay Chapter Steering Committee recently voted to increase the cost of the newsletter sponsorship to \$60 (only a five dollar increase), which we have not done in over ten years, due to ongoing increases of postage and printing costs. We also decided to limit monthly sponsorship pages to four (4) a month so as to limit our printing costs and still have room for articles and poems. So please get your sponsorships in early and by the 15th of the month BEFORE the publication month so you will not be disappointed if there is not room left for your page in memory of your child.



Our Children . . . Remembered

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

June Birthdays

Brown, Alex Marie 6/6/1995 - 6/6/1995 P - Jane Ann & Thomas Brown

Burney, Trevin Sean 06/04/78 - 02/04/97

M - Georgia Burney F - Willie Burney S - Renae & Janae Burney

B - Arkiva Burney N - Robbie & Marquiz Burney

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

Gilliam, Hayden Charles 6/20/1999 - 8/4/2001 P - Sean & Marion Gilliam

S - Sara B - Cole Johnson, Georgina 6/10/2003 - 6/10/2003 P-Laurie & Goerge Johnson

Lane, Matthew Alexander 6/22/2001 - 2/13/2003 M-Mary Ann Muschick S-Nikol

B-Devvin

GP-Hieu & David Muschick

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

McCrimmon, Thomas Douglas 6/3/1969-6/3/1969 M-Martha Hayes

Sibs-Cheri Knapp & Travis Hayes

GM-Mary Neeld

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

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

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

Schulman, Adam J. 6/7/1971-9/26/2004 M-Pat Schulman B-Freddie and Kenny Sorrells, Blake Austin 06/03/1998 - 06/03/1998 P - John & Monica Sorrells S - Cassidy Sorrells

Timothy, Joshua 6/29/2004-7/18/2005 P-Doug & Kerri Timothy

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

June Anniversaries

Alvarez, Dean 4/28/1965 - 6/12/2000 M-Diana Stenglein B-Nadie Alvarez S-Athena & Lynette Alvarez

Bray, Debbie (Hurley)

11/14/1967 - 6/1/1990 M - Beverley (Bray) Hurley S - Kimberly Gonzalez

Brown, Alex Marie 6/6/1995 - 6/6/1995 P - Jane Ann & Thomas Brown

Combs, Phillip "P.J." 3/24/1986-6/12/2004 P-Phil Combs & Lisa Pyche B-Travis

GP-Thomas & Sharon Pyche and Katherine Combs

Cowen, Chad 3/31/1973 - 6/7/1997 P - Mary "Pete" & Mike Cowen S - Tiffany Larson

Faber, Nicholas (Nicky) Paul 08/13/89 - 06/08/95 P - Paul & Kathy Faber S - Danielle Faber

GP - Esther Kubler & Anna Banks

Funk, Benjamin 9/9/1976 - 6/25/2001 P - Mr & Mrs Funk

Howard, Steven T. 8/11/70 - 6/30/1999 M-Cay Pelaez

Johnson, Georgina 6/10/2003 - 6/10/2003 P-Laurie & Goerge Johnson

Kellogg, Benjamin - 6/7/2002 P-John & Barbara Kellogg

Landrum, Mark 03/03/79 - 06/24/94

M - Joan Landrum-Adams-Hilliard

F - Steve Landrum B - John Landrum

Lawrence, Charles E. 03/23/1965 - 06/22/2001 P-Dave and Terry Lawrence S-Carolyn & Cindy

C-Ashley, Christina & Stephanie

W-Nicky

McCrimmon, Thomas Douglas 6/3/1969-6/3/1969 M-Martha Hayes

Sibs-Cheri Knapp & Travis Hayes GM-Mary Neeld Mercer, Bret 10/5/1988 - 6/25/1992 P - Eddie & Darlene Mercer S - Lindy, Crystal & Kaley GP-Loren & Christine Mercer GP-Beverly Jaudon Quincannon

Nemitz, Robyn Michelle 12/28/82 - 06/16/98 P - Debbie & Bill Nemitz B - John Nemitz GP - Laura Nemitz, William

Noriega, Aiden 4/4/2001 - 6/18/2001 P - Rick & Ethal Noriega

Barbish

Orsi, Kristen McCall 8/5/1980 - 6/27/2002 P-Kimberly & Leo Orsi

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

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

B-Randy

Sorrells, Blake Austin 06/03/1998 - 06/03/1998 P - John & Monica Sorrells S - Cassidy Sorrells

Steen, Michael Anthony 8/4/1956 - 6/20/2003 M-Nancy Holdren B-Rick, David & Donald Father to Jessica, Christine & Michelle Married to Doreen

Theriault, George L. 10/13/1951 - 6/1/1996 P - Mae Theriault

Waldrop, Caleb 8/4/1977 - 6/4/1999 F - Randy Waldrop Children - Charlene & Devin

Waller, Albert Marcus 5/2/1994 - 6/16/2000 P - Marc & Charlotte Waller

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

HEALING OUR WORLD WOUNDS

Sheryle R. Baker, M.A., LMHC, Executive Director

Every time youth violence occurs in a community, parents, teachers and counselors throughout the nation ask themselves why did this happen and how could it occur in our neighborhood schools. There is never any complete answer. Experts can, at best, make psychological judgments based on the motives and profiles of teenage killers, yet it is impossible to know exactly how and when the line of thought and fantasy crosses over into blatant annihilation of innocent lives. Young students and their families who witnessed the horror of the Columbine High School tragedy have relived it in nightmares and flashbacks similar to the experiences of any witness of crime or traumatic loss victim. Police, EMS, fire and rescue teams and the media also experienced first hand individual and collective trauma.

The models for permissible grief in our society are rare. In one U.S. school incident where kids were gunned down by two of their elementary school classmates, community leaders asked residents that day to "begin the healing process" and "move on with their lives." How afraid we are of pain! Children killed children. It is hard enough to take in that fact. Though the loss and pain had barely begun to be realized, people were encouraged to move away from their grief and sorrow.

As an expert in traumatic grief, it is apparent that many of the effects of traumatic loss and death have far-reaching implications. Many witnesses of crime seen at The LIFE Center who do not show their grief emotionally, often have somatic complaints and may function on automatic pilot or speak of "being numb or deadened to pain." They often describe feeling disconnected from their bodies and their world. It is little wonder that such depressed energy can be dormant for years, if not treated as post-traumatic stress reaction. The stressors for these adults, children and professionals, as well as for TV viewers who have experienced similar trauma, can be triggered by any sight or sound such as: the image of a body on a stretcher, the sounds of mass crying, gunshots or ambulance noise. Any of these reminders may stimulate the body's fight/flight response. The emotional impact, buried in the body memory at the moment when the news first hit, is

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Our Children . . . Remembered

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July Birthdays

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

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

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 Roller-Smith, Laci 7/10/1990 - 4/19/2002 P-Connie & Larry Smith GM-Jeannie Wise

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.

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

July Anniversaries

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

Boyd, Anastasia Nichole 6/4/1998-7/8/2004 P-Thomas & Anita Boyd Sibs-Alan, Mike & Tara GP-Huey & Marie McDonald, Angus & Jewell Grace, & Aurthor & Vivian Boyd

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

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

Heath, Austin Noah 4/6/2000 - 7/4/2000 P - Isaac Heath & Regina Jacobs GM - Gigi Schools Hester, Debbie 10/14/61 - 07/15/98 P - Buddy & Sue Butler GM-Lillian Farmer

Hill, Tyler 2/4/1979-3/29/2003 M-Tammy Hill

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

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

Martin, Brian James 06/09/1979 - 07/18/1993 P - Stan & Adrianne 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

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

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

Rutkowski, Eric 4/11/1981 - 7/16/2003 M-Linda Rutkowski St. Martin-Hamm, Sydney Chanel 1/9/1997-7/21/2003 M-Joy St. Martin

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

Tower, Geoffrey 1/23/1983 - 7/1/2005 M-Diane Tower

Williams

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

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re-experienced. The use of a therapeutic technique such as EMDR (Eye Movement Desensitization and Reprocessing) has been a valuable tool in helping reduce the immediate traumatic images and memory flashbacks that intrude on a client's present thoughts and actions. It is

vital that trauma survivors with prolonged symptoms seek professional help so that they can fully grieve and heal. Through a generous grant from the State of Florida, Victims of Crime Act (VOCA), The LIFE Center is continuing to provide trauma relief counseling to survivors of crime incidents, DUI deaths and murders.

It is my belief that whenever our community or nation is stunned by violence or disaster, we may experience our own world wounds that render us more vulnerable, and yet at the same time, offer an opportunity for healing. When horrible, unfair things happen, we may equally witness the humanity of people reaching out to help others across great barriers and distance. Such heroic acts of compassion help to deflect the injustice of random chaos. Out of the chaos, collective grief gives rise to consecrated places where every person's expression of love and loss is honored. One does not need to go far to see the sacred spaces erected where once stood unbearable tragedy: the Oklahoma Bombing decorated wire fence; the TWA crash site monument; Princess Diana's grave; the Vietnam War Memorial Wall of Names; the Holocaust Museum; the Native American Trail of Tears March and the Aids Quilt are some examples of these tributes. And in our own backyard, candlelight vigils, MADD crosses, personalized markers and rituals all symbolize the named place where the event and the last breath was taken. The sharing of our world wounds is interpersonal and universal.

Healing is a long stretch of the imagination from the counterpoint of trauma and tragedy. Yet, some hopeful light is shed whenever I witness in others the courage to grieve, to live with the unanswered questions and to release the scenes that cause a resurgence of suffering and guilt. Inside the darkness, there is a wisdom to still choose life, and one day perhaps, to know the peace that softens sorrow.

HOW'S YOUR WIFE?

William P. Macaux, M.S.

Society's stereotype of the role of the bereaved male does little to foster a realistic understanding of his vulnerability to loss and his needs for emotional support.

From boyhood on, men are socialized to believe that they must be "strong" and that their passive feelings (such as fear and hurt) must be suppressed while more active feelings, like anger, are okay. Therefore, men often do not learn to differentiate and name their feelings as women usually do.

Male strength is measured in terms of the ability to be independent and in control. Seeking help is often considered a confession of weakness.

William Schatz, co-founder of the Seattle chapter of The Compassionate Friends, has labeled some aspects of the man's role that he believes especially inhibit the grieving process:

- "Macho Man" implies control over the expression of emotion in order to maintain a public image of strength and control.
- "Competitor" implies a high value on winning and not being a loser.
- "Protector" implies shielding loved ones from harm.
- "Problem Solver" implies a can-do attitude, an ability to fix things and actively resolve problems.
- "Controller" implies effective regulation of activities and environmental factors in family life.
- "Self-Sufficient" implies independence, an ability to stand alone.

To the extent that a man identifies with these characteristics, he is likely to have difficulty expressing the full range of his thoughts and feelings. As he is overtaken by the powerful and unexpected emotions of grief, he may feel frightened by his loss of control. He is likely to feel impotent as he sees his loved ones suffering with a problem he can't fix.

Finding it difficult to seek and accept help, he may tend to cope by keeping busy, intellectualizing his grief, and by angrily placing blame -- in short, by denial of the loss and his feelings associated with it.

An important factor for bereaved fathers is the common assumption in our culture that the male role is that of a secondary attachment figure; a view that is no doubt reinforced by the fact that women have traditionally been the primary caretakers of children. As a consequence, bereaved fathers are frequently perceived as having lost less than bereaved mothers have.

Though they often receive supportive gestures and messages during the funeral and in their very early grief, support for grieving men usually lessens as time passes. But for many bereaved men, emotional reactions do not appear immediately. Some men have found that as they returned to work, associates avoided them, failed to acknowledge their loss, and/or expected them to resume normal function almost immediately.

In some cases these responses carried over into friendships as well, and bereaved fathers found the painful, social situation worsened when they were asked, "How's your wife?"

What is it about this apparently benign, even considerate, question that feels so hurtful? If it is not preceded by a caring and attentive inquiry into the father's feelings as well, it may be perceived as a negation of the father's loss and his needs for support. This can only intensify his feelings of isolation, and impose on him the role of protector at a time when he is all too painfully aware of his own emotional vulnerability.

He may take the question, "How is your wife," as a cue to stay within a narrowly prescribed range of traditional masculine behaviors. He is likely to refrain from expressing his feelings or discovering the fuller impact of his own loss. Many grief therapists regard these tasks as basic to the grieving process.

He may also feel that the question implies a privileged position for wives and mothers, in turn arousing feelings of resentment. Given the neglect he is already experiencing in many of his interactions with others, the addition of this inequity may only deepen his hurt, excite his anger and even encourage him to blame his wife for his feelings of hurt and neglect.

What, then, would be reaved men find universally helpful in the responses of others? A caring and steadfast listener is most helpful. This could be a person who simply admits his or her helplessness to restore what has been lost or to remove the pain. The characteristics that have been consistently reported as most helpful are:

The mere presence of someone who is patient and caring.

Someone who is reliably there over time.

Someone who respects the need of the bereaved to search the experience and explore feelings without judgment or criticism. Many men have described their surprise and deep appreciation at encountering strangers who quickly became very helpful and available friends. Others have observed that though most people want to help, they often don't know how.

In order to let others know that grief is not a taboo subject, bereaved men, especially, should try to initiate discussion about their loss and their feelings. This is not always easy (especially for the newly bereaved), but it is generally agreed that when bereaved men take the risk and initiate this effort, it usually evokes a positive response from others.

The primary difference in the bereavement experience of men and women seems to be associated with social responses and their gender-specific roles. Grieving men and women both have strong feelings of hurt, urgent needs to be unconditionally accepted in their pain, and a desire to be heard.

While it may not be possible to immediately and fully eliminate the feelings of isolation, it should be reassuring to know that such changes are not unusual and they need not be permanent.

It is particularly important for each individual to feel understood and respected by others. Much conflict can be averted, and greater sensitivity is possible, when needs and limitations are understood. An important part of this overall understanding is that men have needs and limits too.

Ty Kristan Robertson February 4, 1979 to March 29, 2003







YOU CANNOT LOSE MY LOVE

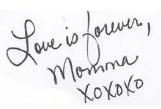
(by Sara Groves)

You will lose your baby teeth
At times you'll lose your faith in me
You will lose a lot of things
But you cannot lose my love.

You may lose your appetite
Your guiding sense of wrong and right
You may lose your will to fight
But you cannot lose my love.

You will lose your confidence In times of trial your common sense You may lose your innocence But you cannot lost my love.

Many things can be misplaced Your very memories be erased No matter what the time or space You cannot lose my love.







This poem is dedicated in loving memory of Jason R. Rogers

January 9, 1978 to March 21, 1990 and

Arleen Diane Knight

October 16, 1947 to May 4, 2004

If Tomorrow Starts Without Me

When tomorrow starts without me, And I'm not there to see, If the sun should rise and find your eyes all filled with tears for me; I wish so much you wouldn't cry, The way you did today, While thinking of all the many things we didn't get to say. I know how much you love me, As much as I love you, And each time that you think of me, I know you'll miss me too; But when tomorrow starts without me, Please try to understand, That an angel came and called my name, And took me by the hand, And said my place was ready, in heaven far above, And I would have to leave behind, All those I dearly love. But as I turned to walk away, a tear fell from my eye, for all my life, I'd always thought, I didn't want to die. I had so much to live for, So much yet to do, it seemed almost impossible, that I was leaving you. I thought of all the yesterdays, the good ones and the bad, I thought of all the love we shared, and all the fun we had. If I could relive yesterday, just even for a while, I'd say good-bye and kiss you, and maybe see you smile. But then I fully realized, that this could never be, for emptiness and memories, would take the place of me. And when I thought of worldly things, I might miss come tomorrow, I thought of you, and when I did, my heart was filled with sorrow. But when I walked through heaven's gates, I felt so much at home. When God looked down and smiled at me, From his great golden throne, He said, "This is eternity, and all I've promised you." Today your life on earth is past, but here life starts anew. I promise no tomorrow, but today will always last, and since each day's the same way, there's no longing for the past. You have been so faithful, so trusting and so true. Though there were times you did some things, you knew you shouldn't do. But you have been forgiven and now at last you're free. So won't you come and take my hand, and share my life with me. So When Tomorrow starts Without Me, Don't think we're far apart, for every time you think of me. I'm right here, in your heart.

Father's Day ~ A Grandfather's View By Bill "Pa Paw" Fausett

Now well into my fifty's and knowing Father's Day is approaching once again, I find myself recalling my very first It was a beautiful Sunday morning, June 16, 1969, when I became a father for the first time. A Father's Day I will never forget. Already prepared with the traditional cigars, I had to be a turkey strutting his stuff. Many of the Father's Day after that were spent away from home working and never stopping to think just how special this day really is

After my retirement a few years back, I became a grandfather, and my whole life changed. I never dreamed I would be changing diapers, giving bottles in the middle of the floor, playing dolls, or outside watching bugs, birds, butterflies, bees, squirrels, rabbits, and loving every minute of it, with the most beautiful granddaughter anyone has ever seen (my opinion of course). That was a special year for me. I found myself asking the wife, "did our kids do that?" many times, and she telling me "yes", but you were working or just didn't notice. My granddaughter taught me more about beauty of life and how much I had missed, in the short time she was here, than I could have ever imagined. We lost her at 13 months, 2 days and 22 hours due to a very rare genetic disorder and again my live changed.

This Father's Day will be spent with my family and a new grandson, now 2 1/2 years old, and a great little guy. I see much of the sam inquisitive nature in him. Making sure each visit he has a good time. I think I do it out of obligation, and not with the joy that I once had, but when you see that smile on his face you know you made his day a little better, and that makes it all worthwhile.

Memories are a part of our past, and some become a part of our heart.

At the end of Father's Day, when everyone has gone to bed, I will sit at my desk, drink one more cup of coffee, say a prayer, and once again, tell my granddaughter just how much I love and miss her, and somehow know she knows, and in my mind will hear her say.

"Pa Paw I love you too." Take time to smell the roses.



Cap and Gown

By Jean Lipson Grand Junction, Co



Not to see you in your cap and gown will always pain.

So many dreams will never be fulfilled ... never realized..

Wasted on a highway far from home.

Of your accomplishments we become more aware ... taken so for granted ...

so much a part of you we anticipated them

just as we expected you to ever walk in the door.

Now we live wrapped in wonder. Would things be different had you lived?

Life is not the same now you are gone. You died a boy.

What would you be like as a man? We never knew you to be angry, moody or dissatisfied.

The world was meant to be explored, tested, experienced.

Would there be a love in your life, would you have reached the goal to which you aspired for so long?

The years have passed, but every graduation announcement that arrives in the mail brings on a hurt like a giant intestinal rupture!

How would you have looked in your cap and gown??

"HOPE FOR THE DAY"

from SilentGrief.com http://www.silentgrief.com

May 22, 2006

One of the first things we do when planning a trip is to get out the map and find the directions to our destination. We want to know what cities we will pass through, what landmarks to look for, what kind of highways we will be traveling, and how long it will take to reach

the place where we are going. If only we could do that with grief!

Grief has no map to follow. Everything on this journey we call grief is new, uncharted territory. We don't know what kind of weather we will be facing. We have no idea where to find rest stops along the way. We don't know if anyone will be traveling with us. And, we have no clue how long this trip will take. We don't even know where we are going!

When we have no map to follow, the journey feels so frightening and lonely. We don't look forward to each day with excitement and anticipation, but rather with fear and uncertainty. Only one thing can help us make this trip, and that is to grasp hold of some hope.

Hope is such a wonderful thing because it is buried deep inside the soul of every person, and it seems to know exactly the right moment to appear. A rainbow painting the sky with a brilliant array of colors. The twinkling stars that light up the evening sky. The peaceful sound

of the waves gently rolling onto shore. An unexpected gentle hug from a caring friend. All are reminders that we have not been left alone to travel this journey of grief.

God is near and has given us daily gifts of hope to remind us that He is our loving Father who has not left us alone. He is our guide, and walks with us every step of the way.

C. Hinton



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

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