



Tampa Bay Chapter
c/o Lori Scragg
1406 Stephens Oak Ct
Plant City, FL 33567

www.bpusatampabay.com

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

Lisa Wilson

MEETING INFORMATION

****Regular Monthly SUNDAY Meeting**

(held the second Sunday of the month)

Sundays March 12 and April 9, 2023

6:30 PM to 8:30 PM

St. Joseph's Hospital

Medical Arts, 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, March 10 and April 14, 2023

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 of each month)

Thursdays, March 30 and April 27, 2023

6:30 PM to 8:30 PM

New Hope United Methodist Church

**NEW LOCATION 121 N. Knights Ave.,
 Brandon, FL**

The Brandon daytime meetings will be held in rooms 3-4 of the Sanctuary Bldg (take right when coming in). The Brandon nighttime meetings will be held at new address listed above (same as daytime).

* Held different weeks during the holidays

Call Lori Scragg at 813-361-2946

for directions or information.

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	
March 2023						

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			April 2023			

Happy Spring. As usual the months fly by. Spring begins in March, and we are nearing the end of the school year. With spring comes butterflies and our butterfly release. We will be holding it on May 7th (see last page for more information). Spring is the time for birds to emerge, delicious seasonal produce, and blooming flowers everywhere. We have longer days especially with daylight savings starting. Enjoy this season of rebirth.

Debbie

Chapter News

Angel of Hope Information

www.angelofhopetampabay.com

Located at:

*Riverside Park
201 Riverhills Drive,*

Temple Terrace

Mailing Address:

P. O. Box 2573, Lutz, FL 33548

813.784-6929



www.angelofhopetampabay.com/

Telephone Friends

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

Debbie Nemitz {General Information and long term illness)	813-501-9567
Lori Scragg (adult child & accident)	813-361-2946
Sandy Boehning (grandparent)	813-989-3255
Gregg Lalis (Death of young child)	813-778-2605
Julie Woofter (suicide)	813-754-4848
Sherry Reber (Sibling & Overdose)	813-598-2285
Rita Zvada (Se Habla Espanol)	813-961-1011
Barbara Dietrich {Death of only child)	813-340-9120

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.

se

PRICE ADJUSTMENT TO Sponsor A Newsletter Page

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

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

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

Refreshments

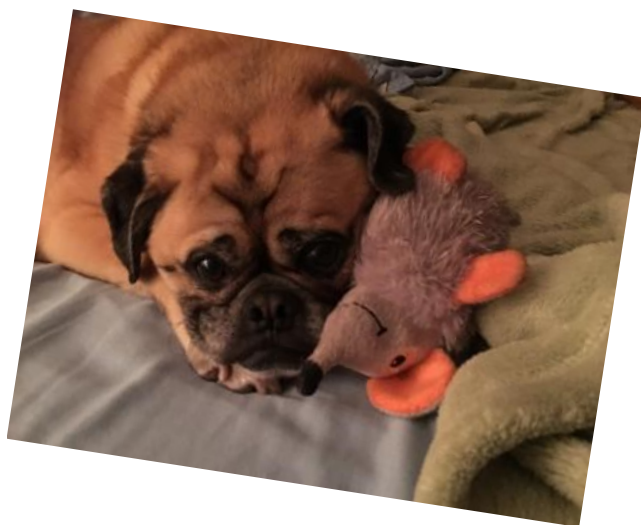
Some of us like to remember our child's birthday or the anniversary of his or her death by bringing a cake or cookies to the meeting that month. We would appreciate having you bring a special treat to any meeting. You may also want to bring and share a picture of your child.

Newsletter Articles or Contributions

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



Happy Birthday Lisa Wilson



Happy Birthday Lisa!

Time continues to pass since losing the best daughter we could've ever asked for !! What doesn't change is the never ending pain and emptiness living life without you. What keeps us going is the love and happiness you gave in the 32 years we were blessed to have!!

Forever our Lisa,
Mom and Dad

If I Could Hear Her

By Carolyn Ferreira

I see your teardrops falling.
I hear you cry my name.
I know you cannot see me, but I
hold you just the same.
I watch as you lie abed as restless
as can be.
I hear your whispered words as
you pray for dreams of me.
Every day for you is painful.
Each breath, each step you take,
but as the wise mom, I know a fu-
ture you will make.
I envelope you in my love as for me
you used to do.
It's hard to see you in such pain.
Forever the strong one's been you.
Although our lives' journeys have
bid us to be apart, I am with you,
you are with me, always in our
hearts.

March Birthdays

Alvarado, Marisa
3/16/01 - 6/23/21
M - Becky Null
F - Jose Alvarado
B- Jose Flores, Kenny Perez, Odir
Jose Sorto
S - Carmen Alvarado, Zulma Sorto

Berry, Michelle
3/8/1967 - 4/2/2003
P-Joanne & Lawrence Ouellette
B-Russ, David, Scott & Joe
S-Denise Volo
Son-Bobby

Booker, Michelle Elizabeth
3/25/1987 - 12/1/2004
P-Michael & Bonnie Booker
B-Justine & Dillon Booker
GP-Betty Nichols and
Ed & Janice Falcon

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

Clark, Kellen William
3/16/82 - 4/15/02
F - Bill Clark

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

Cooley, Malena Rose
3/23/1998 - 9/4/2000
P - Scott & Traci Cooley
B - Nolan
S - Madelyn & Olivia

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

Darby, Marc Steven
3/25/1986 - 12/12/1998
P - Steve & Lori Darby
S - Cody, Austin, Benjamin Darby
GP - John & Linda Darby

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

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

Fernandez, Karen Irene
03/08/68 - 08/23/88
M - Violeta "Cookie" Fernandez
B-Rik Fernandez

Griffis, Julia Rose
03/05/92 - 03/05/92
P - Bruce & Kathy Griffis

Gugliotta, Dan & Nadine
3/26/1976 - 10/14/2003
P-Dan & Nadine Gugliotta
Son-Jason

Guy, Reese
3/27/2002 - 9/23/2020
M - Tammy Guy
Dad - Josh Miller
Grandparents - Kelly and Kerry Rhodes

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

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

Landrum, Mark
03/03/79 - 06/24/94
M - Joan Landrum Adams-Hilliard
F - Steve Landrum
B - John Landrum

Lavin, Kevin Joseph
03/24/80 - 03/30/95
P - Kathy & Mike Lavin
S - Maggie & Kaitlin Lavin
Gdm - Catherine Lavin

Lespinasse, Bryan
3/8/1991 - 12/27/2004
M-Margarett Lespinasse

McCoy, Sean Patrick
3/17/06 - 11/23/13
P - David & Siobhan McCoy
B - Michael McCoy

Mink-Miller, Deborha
3/26/1965 - 9/27/1991
M-Diane Mink
S-Renee Mink Crosby

Pegram, Robin Sue
03/13/73 - 12/05/93
P - Earl & Susan Pegram
S - Jodi Pegram
B - Scooter & Craig Pegram

Prescott, Alexandria
3/25/1990 - 6/28/2017
Stephanie & Tracy Knox

Rainey, Wendy Michelle Price
3/7/1968-9/27/2006
M-Shelia Farmer (Lassiter)
B-Peter Price
S-Emily Furst

Rayburn, Geoffrey (Jeff) Ware
3/2/1970 - 10/15/1995
P-Robert and Sue Moos
B-Bobby Moos
S-Amy Rayburn
GP-Richard & Jeannette Roberson and
Josephine Rayburn
B - Siobhan Castillo
S - Brayden Castillo
3/12/1973 - 11/27/1994
M - Linda Heatherly
S - Misty Walker & Amber Roger

Simone, Benjamin Arthur
3/29/1975 -10/10/1997
P -David & Kathy Simone
S -Dawn Figueroa

Tucker, Vince
3/8/1972 - 4/26/2005
M-Glenda Tucker
A-Judith Gude



March Anniversaries

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

Brown, Tracy M.
9/10/74 - 3/26/16
M - Phoebe Brown
F - Brian Asci
B - Justin Asci
Daughter - Taylor Rose Brown

Byda, Hanna Douglas
7/25/2005 - 3/19/2010
P - Erica Buhrke & Fred Byda

Cepero, Caylee Marie
9/3/2000 - 3/8/2005
P - Dawn and Lee Cepero
B - Corbin
S - Kennedy
GP - Sandy Boehning

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

Collum, Brian H.
5/11/1965 - 3/7/2005
M - Diana Reams
B - Reid Collum

Durcan, Andrea Lynn
01/15/1991 - 03/31/1991
P - David & Dixie Durcan
S - Lindsey & Lauren Durcan
GP - Marie B. Corcoran

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

Gallian, John Charles
8/8/1963 - 3/21/1998
M - Virginian Gallian
S - Paige Mask

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


Gould, Richard J.
9/26/1981 - 3/3/2001
M - Cindy Phelps-Wise
F - Ralph Gould
B - Ryan, Bryan & Mark
S - Karen

Griffis, Julia Rose
03/05/92 - 03/05/92
P - Bruce & Kathy Griffis

Holmberg, Michael David
05/15/1976 - 03/02/2011
M - Mary Ellen Holmberg
B - Kristian Holmberg, &
Stephen Holmberg

Kinchen, Kevin
5/18/1985 - 3/16/2008
P - Eugene & Cynthia Kickner
W - Chelsey Kinchen
D - Kaylee, Tessa
S- JoyKay & Hailey Kinchen
B - Robert Kinchen

March Anniversaries cont'd

L'Homme, Ryan 4/16 /81 - 3/23/00 P - Charles & Teresa L'Homme S - Courtney L'Homme	Pfister, Megan Lynn 5/2/1990 - 3/3/1999 P - Frank & Stephanie Pfister	Rogers, Jason R. 01/08/78 - 03/21/90 P - James Roy & Elaine Rogers B - Justin & Jacob Rogers GP - Arthur & Ethel Fernandez	Sluder, Kathryn Elizabeth 8/31/1966 - 3/16/2002 P - Tom & Judy Sluder Son - Israel S - Theresa B - Tom III & Keith N/N - Brandon & Brandy, Keith II & Miranda
Lavin, Kevin Joseph 03/24/80 - 03/30/95 P - Kathy & Mike Lavin S - Maggie & Kaitlin Lavin Gdm - Catherine Lavin	Regis, Chad 4/7/1971 - 3/22/2005 P - Ray & LaRae Regis GP - Bea Forbes	Rose, Kailyn Dyann 8/22/2000 - 3/4/2003 M - Evelyn E. Rose	Tarez, Kami 7/1/1980 - 3/1/2006 M - Leigh Tarez
Marchetti, Katie 8/4/1989 - 3/4/2006 P - Vin & Laura Marchetti B - Andrew Marchetti	Rivera, Erick 6/4/1988 - 3/21/2010 P - Maricela & Jose Rivera	Sasnett, Debbie Powell 12/14/1956 - 03/31/2000 P - Jackie & Billy Powell B - Debby & Tony S - Penny	Todd, Joan 4/22/1960 - 3/12/2004 M - Mary McCord
Nichols, Shannon Jr. 10/5/1979 - 3/29/2004 M - Terrena Nichols F - Shannon Nichols S - Brandy& Melissa Nichols	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		Zalewski, Christine 5/2/66 - 3/3/13 P - Louie & Eileen Zalewski

April Birthdays

Alvarez, Dean 4/28/1965 - 6/12/2000 M - Diana Stenglein B - Nadie Alvarez S - Athena & Lynette Alvarez	Hamm, Rusty 4/23/1960 - 4/2/2004 P - Ramon & Rita Hamm Spouse - Joy St. Martin Daughter - Sydney Hamm	Littlechild, Will 4/6/1979 - 7/4/2008 M - Lula Richardson S - Patricia Littlechild	O'Connor, Ashley Lauren 4/12/1991 - 4/8/1996 M - Pamela Hite-Bocchino B - John O'Connor GM - Victoria Hite
Bliss, Lindsay Rebecca 4/26/1977 - 12/1/1991 P - Jim & Mary Beth Bliss S - Shannon Bliss	Heath, Austin Noah 4/6/2000 - 7/4/2000 P - Isaac Heath & Regina Jacobs GM - Gigi Schools	Martinez, Joseph D. 4/23/1972 - 10/13/2007 M - Josie Martinez S - Patty Camunas	Pegram, Baby Boy 4/1976 - 4/1976 P - Earl & Susan Pegram S - Jodi & Robin Pegram B - Scooter & Craig Pegram GP - Betty Jennings
Buckley, Deja' 4/26/2001 - 4/26/2001 P - Lisa John & Wade Buckley	Hines, Heather 4/28/1975 - 11/25/1998 M - Sue Hines	Mohammed, Ian Roger 04/19/73 - 08/02/92 P - Judy & Rick Mohammed S - Alison Mohammed B - Cameron Mohammed	Pegram, Jodi E. 04/06/70 - 07/22/01 P - Earl & Susan Pegram S - Robin Sue Pegram B - Scooter & Craig Pegram
DeRoche, Cameron Gaines 04/11/89 - 01/25/95 P - Peggy & Karl DeRoche S - Mary Amber DeRoche	Holdren, Scott 4/10/1986 - 5/31/2007 M - Donna Henry	Mosquera,Brando J. 4/3/85 - 6/15/13 P - Yolanda ^ Ozzie Patino S-Samantha-Rose Patino GP - Rosa abd Ralph Lucerna	Rardin, Kelly Rose 04/17/1993 - 04/17/1993 M - Lori Rardin
Ford, Kelli 4/20/88 - 11/10/16 M - Rose Ford	Horst, Trey 4/16/1974 - 9/8/2000 P - Art & Linda Horst B - Todd & Thad S - Trisha & Tammy	Nadir, Peter 4/6/1971 - 2/8/2003 M - Barbar Nadir S - Sue McFowan	Regis, Chad 4/7/1971 - 3/22/2005 P - Ray & LaRae Regis GP- Bea Forbes
Geiger, Jacob 4/9/2003 - 4/9/2003 M - Darla Geiger B - Jared Geiger S - Brooke Geiger GP - Kenneth & Barbara Dykes	Jakenowski, John 4/18/1968 - 1/15/2008 M - Marsha Shemela B - Jason Jakenowski	Nelson, Bella 2/4/2004 - 4/26/2010 M - Cyndi Nelson	Roark, Kelli Colin 4/30/1990 - 8/30/1998 P - Joe & Angel Roark B - Siobhan Castillo S - Brayden Castillo
Gladen, Renee' Rose 4/21/1961 - 11/17/1999 Sister - Diana Gladen	L'Homme, Ryan 4/16 /81 - 3/23/00 P - Charles & Teresa L'Homme S - Cortney L'Homme	Noriega, Aiden 4/4/2001 - 6/18/2001 P - Rick & Ethal Noriega	Romines, Makayla Gabrielle 4/3/96 - 8/27/15 M- Christy Jones
Gray, Finn 4/10/13 - 1/20/20 P - Christen and Jim Gray B - Declan Gray			Rusnack, Tamara 4/6/1972 - 7/23/2004 M - Donna Johnson

April Birthdays cont'd

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

Salas, David Jeremy
4/16/94 - 7/8/15
P - Sandy & Miguel

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

Spellman, Xavier Lane
4/17/2006 - 4/17/2006
M - Veronica Lane

Todd, Joan
4/22/1960 - 3/12/2004
M - Mary McCord

Valrisco, Michael
4/7/99 - 9/17/15
P - Margaret & Peter Varisco

Watson, Jessica
4/18/05 - 12/3/18
F - Dan Watson
S - Kayla

Wilson, Lisa A.
4/14/1978 - 7/5/2010
P - David & Patti Wilson



April Anniversaries

Baker-Dixon, Lori Kathleen
10/29/1975 - 4/12/2001
Mother to Ryan & Wife of Rusty Dixon
P - Donna & Ron Budd and
Marie & Bill Baker
S - Tracy Goodson & Phylcia Baker
B - Jamey Baker

Berry, Michelle
3/8/1967 - 4/2/2003
P - Joanne & Lawrence Ouellette
B - Russ, David, Scott & Joe
S - Denise Volo
Son - Bobby

Blazowich, Anthony Michael
2/20/1984 - 4/5/2006
P - Daniel & Marianne Blazowich

Buckley, Deja'
4/26/2001 - 4/26/2001
P - Lisa John & Wade Buckley

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

Cason, Todd
10/28/1968 - 4/12/2003
P - Earl and Kay Cason

Clark, Kellen William
3/16/82 - 4/15/02
F - Bill Clark

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

Daniel, Michael John
8/19/1990 - 4/1/2010
P - Paul & Nadine Daniel
B - James Daniel
GP - Lewis John Daniel and
Steve & Margaret James

Decosta, Brittany
11/19/87 - 04/07/91
M - Kay Decosta

Dixon Jr., Anthony Howard
11/27/1978 - 4/1/1996
M - Brenda & Toney Dixon
B - David Dixon

Geiger, Jacob
4/9/2003 - 4/9/2003
M - Darla Geiger
B - Jared Geiger
S - Brooke Geiger
GP - Kenneth & Barbara Dykes

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

Hamm, Rusty
4/23/1960 - 4/2/2004
P - Ramon & Rita Hamm
Spouse - Joy St. Martin
Daughter - Sydney Hamm

Jones, G. Randy
9/6/90 - 4/9/17
M - M. Cristina Jones
F - Charlie Jones
B - Brian Jones
GP - Jorge and Marie Rodriguez and
Gilbert Jones

Jones, Sherry
1/18/1971 - 4/27/2000
M - Brenda Copeland

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

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

Lloyd, Briana
12/12/96 - 4/17/15
P - Lucile & Ed Lloyd

Makowski, Anthony
5/20/1983 - 4/24/2005
M - Cathy Makowski

Muse, Jennifer Lee
08/07/71 - 04/04/92
M - Gretchen Muse
F - Robert Muse, Jr.
GP - Bob & Gladys Muse
GM - Dorothy Deisch

Nelson, Bella
2/4/2004 - 4/26/2010
GM - Cyndi Nelson

O'Connor, Ashley Lauren
4/12/1991 - 4/8/1996
M - Pamela Hite-Bocchino
B - John O'Connor
GM - Victoria Hite

Pegram, Baby Boy
4/1976 - 4/1976
P - Earl & Susan Pegram
S - Jodi & Robin Pegram
B - Scooter & Craig Pegram
GP - Betty Jennings

Rardin, Kelly Rose
04/17/1993 - 04/17/1993
M - Lori Rardin

Rhoda, Kevin
5/11/95 - 4/3/22
M - Sandy Rhoda

Shockey, Ann
11/08/56 - 04/26/70
P - Dick & Connie Shockey

Spellman, Xavier Lane
4/17/2006 - 4/17/2006
M - Veronica Lane

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

Thomas, Destiny Jean
10/1/1990 - 4/24/1998
F - Craig Thomas
B - Braxton and Justin
GP - Betty Thatcher and
Marty & Carol Thomas

Thornton, Jeremiah
8/29/84 - 4/13/01
M - Tim & Sue Thornton
B - Jason
S - Amanda

Tucker, Vince
3/8/1972 - 4/26/2005
M - Glenda Tucker
A - Judith Gude

Valdez, Joseph Martin
6/3/1974 - 4/24/2007
M - Carolyn Aviles

Waller, Lauren Marie
12/12/1990 - 4/16/2000
M - Kristine Colding & Bryan Strahan
B - Christopher
S - Faith
GP - Joyce & Gene Waller

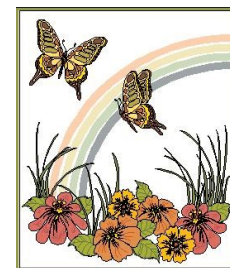
Wallowicz, Michael (Mikey) Kevin
10/23/1981 - 4/28/1990
P - Jim & Judy Wallowicz
B - Jimi Wallowicz
GM - Josie Varselona

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

Williams, Travis Aaron
9/11/1979 - 4/19/2000
P - Bill & Linda Williams
GP - Loretta Ayers, Raymond Ayers &
Edna Williams

Wynne, Adam Charles
10/13/1971 - 4/24/1993
P - Chuck & Gloria Judson
S - Lori Wynne
Father to Morgan Wynne

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



Sorrow Is Not Forever—Love Is

So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day. Don't try to face twenty years. Face today. When that has been achieved, face tomorrow. You will find more and more ways in which you can cope.

The Chinese have a saying that a journey of a thousand miles starts with a single step. There is no way you can take the fifteenth, or the two hundred-seventh step, before you have taken the first. It can be difficult to face going out again and resuming your regular activities. It can take more courage to face the little things than the big things in life. Going out shopping for groceries for the first time can become an ordeal. Making the change more complete could help. Try a different store, a different day or time, and go with a friend.

When it seems very hard to decide what to do first, maybe it's not very important where you start, as long as you start. Choose a simple task and get started. Once you've begun, it will be far easier to set your priorities and you will have gained in confidence for already having achieved something.

—Michael A. Simpson, Birmingham, AL

How Many Children Do You Have?

It is early fall and I am standing in line at the grocery store. As I turn around to check the items in my cart, the woman behind me notices that I am very pregnant. "Is this your first child?" she asks innocently. Tears form in my eyes as I try to decide what to answer. If I say no, this will lead to the inevitable question: "how many children do you have?" Am I up for the possible reaction to my answer? Am I ready to bring up old feelings and memories? That day, I decide yes.

I turn to the woman and said, "This is my second child. My first child, my son, died in October of 1985 of Sudden Infant Death Syndrome." She puts her hand on my shoulder and tells me how sorry she is. She asks me some questions about our son and about SIDS. I appreciated so much the opportunity to talk about our son, Brendan, and SIDS, even to a complete stranger!

Unfortunately, that is not always the response I receive. Many times people will mumble something unintelligible and walk away. That is okay, too. I understand how difficult it is to hear about a baby dying – no one likes to hear about that. Responses among bereaved parents will differ when they are asked how many children they have. In most cases, I will tell people I have a son who died, and two daughters.

There have been situations when I haven't mentioned Brendan. That is okay – it doesn't mean I don't love

him or that I deny that he ever existed. It doesn't mean that I am a bad mother. What it does mean, is that for the moment, I choose not to share Brendan. Early in my bereavement, I told everyone about Brendan's life and death. More than twelve years later, I have learned to cope with his absence and do not feel the need to mention him every time I meet someone new.

There are many ways in which my family and I keep his memory alive. As bereaved parents, we decide what is right for each of us. When we choose to mention our deceased children, we may make some people uncomfortable, but we may also have the opportunity to educate others. If we choose not to mention our deceased children that does not mean that we deny them or that we should feel guilty. The only correct choice is what feels right to the bereaved parent.

By: Nancy L. Maruyama, RN

Article from *Bereavement Magazine*

Sep/Oct 1998

Lovingly Lifted from

St. Louis Chapter Newsletter Sept/Oct 2002

ONGOING FUNDRAISERS

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

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



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

Thanks to those who have ordered from Heavenly Hug.

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

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

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



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

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

Cost \$15.00

Reduced to only \$10.00



This ornament is 2 1/2 inches high. We are out of the blue one shown, but we have **one pink and 2 gold** that are quite similar.

The cost is now \$10.00

These magnetic ribbons are approximately 5 or 6 inches. You write your child's name on it with permanent ink and then put it on your car (or whatever metal you choose).

The cost is now reduced from \$5.00 to \$3.00 or 2 for \$5.00



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

**Bereaved Parents National Gathering
July 20 -23 in
Washington D.C. - Dulles Hilton**

**Information can be found at
www.bereavedparentsusa.org**

Welcome

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.

**“What the caterpillar thought
was the end of life, the butterfly
knew was just the beginning.”**

BP Ninth Annual Butterfly Release

**May 7, 2023
2 PM to 3:30 PM
Rain or shine**

**At Angel of Hope
Terrace**

**\$10 for each butterfly
Must be ordered and paid for prior to 4/12**

**Gift baskets will be raffled off
Tickets : \$1, 6 for \$5, 15 for \$10 and 35 for \$20**

**If you want to donate a gift basket, please let
us know when you place your order.**

Send order with check to:

**BP USA Tampa Bay Chapter
c/o Lori Scragg
1406 Stephens Oak Court
Plant City, FL 33567**

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 will list missed children in the next newsletter.

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.

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**

