

Tampa Bay, FL

2026

March/Apr/May



NEWS letter



“ MISSION

Helping grieving parents and families rebuild their lives following the death of a child.

This month's
newsletter is
sponsored by
the families
of:
Sean Reber

Tampa Bay Chapter

Chapter Leader

c/o Lori Scragg



1406 Stephens Oak Ct
Plant City, FL 33567



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bpusatampabay.com

Newsletter Editor

Blanka Roundtree



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Contact us to

- Contribute a Story, Article, Poem or Artwork
- Share Your Thoughts and Feelings with Our Chapter
- Share Helpful Links


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.

Long term illness - Debbie Nemitz	813-501-9567
Adult child & Accident - Lori Scragg	813-361-2946
Death of only child - Barbara Dietrich	813-340-9120
Death of young child - Gregg Lalis	813-778-2605
Suicide - Julie Woofter	813-754-4848
Sibling & Overdose - Sherry Reber	813-598-2285
Se Habla Espanol - Rita Zvada	813-961-1011
Crisis Center	211



Meeting Information

 Call Lori Scragg at 813- 361-2946 for information or directions

SUNDAY

Regular Monthly **SUNDAY** Meeting
(held second Sunday of each month)

Tampa area

March 8 / April 12 / May 9

6:30 PM to 8:30 PM



St. Joseph's Hospital
Medical Arts, Auditorium
3001 M L K Jr. Blvd., Tampa, FL.

03

MARCH
2026

Su	Mo	Tu	We	Th	Fr	Sa
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				

04

APRIL
2026

Su	Mo	Tu	We	Th	Fr	Sa
			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		

THURSDAY

Regular Monthly **THURSDAY** Meeting
(held last Thursday of each month)

Riverview/Gibson/Brandon areas

March 26 / April 30 / May 28

6:30 PM to 8:30 PM



HCA Florida Brandon Hospital
Cafeteria - Oak Room I
119 Oakfield Drive, Brandon, FL

05

MAY
2026

Su	Mo	Tu	We	Th	Fr	Sa
					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						

Newsletter 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.

If you have any questions, contact the Editor at news.bptampabay@gmail.com.

Chapter Activities

March Activities

March 8 and 26, 2026

- From Winter to Spring with Grief
- Grief Books for Women

WOMEN'S HISTORY MONTH



April Activities

April 12 and 30, 2026

- April 25 - Participation Form for Butterfly Release is DUE
- Stress Awareness Month
- Spring cleaning your Grief



May Activities

May 9 and 28, 2026

- May 3 - Butterfly Release & Remember and Bereaved Mother's Day
- Mother's Day craft and discussion
- Mental Health Awareness



Angel
of Hope
MEMORIAL GARDEN

Angel of Hope Memorial Garden

angelofhopetampabay.com

Riverside Park

201 S. Riverhills Drive, Temple Terrace, Florida

Parking lot is across the street and up a hill on the left as you turn onto S. Riverhills Drive from 56th. Street. Follow either path to the back to the ANGEL!



Sponsorship, Contribution and Charitable Donations

Sponsor a Newsletter Page

Anyone can sponsor a page in this newsletter in memory of a child to support our chapter.

Full Page: The price for a full page is \$30 which includes photographs and your tribute to your child (poems, stories or whatever you like).

Half Page: The price for a half page is \$15.

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 Newsletter Editor at::

news.bptampabay@gmail.com

Please note that sponsorship pages are due by the 25th of the month before the publication month. We publish every 3 months.

Charitable Donation / Love Gift

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.

“

BPUSA

Where grief meets hope and healing for parents, siblings and grandparents.

12th Annual Butterfly Release & Remember

Date:

May 3, 2026; Sunday

Time:

2 to 4 pm (Rain or Shine)

Location:

Angel of Hope Memorial Garden
201 S. Riverhills Dr,
Temple Terrace, FL

Join **Bereaved Parents of the USA, Tampa Bay Chapter** for a magical day and beautiful tribute to our children in Angel of Hope Memorial Garden as we release our butterflies at the 12th Annual Butterfly Release & Remember Ceremony.

We will have multiple varieties of butterflies this year, and you can enjoy a hand on, interactive experience you won't forget!

All bereaved parents, family members and friends are invited to participate. For those of you who are newly bereaved, we encourage you to attend.

Be a part of one of the most cherished and beautiful moments of the year, a breathtaking tribute to those we hold dear. This meaningful gathering brings our parents, families and friends together to honor the lives and memories of our children and raises vital funds for our mission in grief support for Bereaved Parents in Tampa Bay. Your support helps make this meaningful event possible while showing your compassion, commitment, and care.



BUTTERFLIES

Each butterfly must be ordered and paid for prior, before April 25th. There will be NO EXTRAS. If you are planning to attend, please see Participation Form. Include your child's full name including the birth and death dates.

RELEASE & REMEMBER

The event begins with a dedicated special balloon release with your child's name. We will provide the balloons and markers for you to write dedication. Follow up with a heartfelt readings. Then, in a powerful expression of remembrance, our butterflies are released into the air. It's a moment filled with beauty, symbolizing transformation, peace, and the lasting connections we carry in our hearts.

We hope you'll join us in reflection and celebration during this moving experience.

REFRESHMENTS

This year we will provide bottled water. We encourage all to participate and bring light refreshments, snacks and drinks. During this time, we will be announcing the winners of the raffled gift baskets.

FUNDRAISING RAFFLE OF GIFT BASKETS

You can donate a basket in memory of your child/children or you can send a donation in with your registration, and we will make basket for you in memory of your child/children.

The raffle tickets will be:

- \$1 for 1 ticket,
- \$5 for 6 tickets,
- \$10 for 15 tickets
- \$20 for 35 tickets.

PARTICIPATION FORM

For planning purposes, or to ensure you will have butterflies to release, or if you wish to have a butterfly released for your child/children in your absence.

Please complete and submit the form attached and send it in before April 25.

Thank you for helping us honor memories, support families, and uplift our parents.



12th Annual Butterfly Release & Remember

Sunday May 3, 2026 at 2pm

Please return this Participation Form before April 25, 2026

Send to: BP/USA, c/o Lori Scragg, 1406 Stephens Oak Ct., Plant City, FL 33567

Email to: lscragg@verizon.net or bptampabay@gmail.com



I (family) will be attending the Butterfly Release in remembrance of my child/children
Number of people attending: _____

New participants

I will be unable to attend, but would like to have a butterfly released in memory of my child /children.

Child's name: _____

Date of Birth: _____ Date of Death: _____

\$10.00 per Butterfly Number of Butterflies _____

I would like to provide / bring / donate for refreshments:

NOTE: Please try to donate food (sandwiches, salads, deviled eggs, etc.).

I am enclosing a donation in the amount of \$_____ in memory of my child / children.

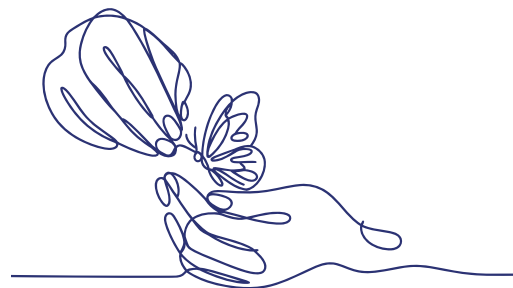
I would like to purchase _____ Butterfly(s) in the amount of **\$10.00 each**
in memory of my child / children; to be released at the Butterfly Release & Remember event.

Your Name:

Address:

Telephone:

Email:





Dealing with Grief and Loss Spring Will Come

In the bleak midwinter
Frosty wind made moan
Earth stood hard as iron
Water like a stone

- Christina Rossetti

For centuries, poets and writers have accurately found communion with winter during personal times of grief and sorrow, and it's easy to see why. It can feel as though there is poetic symbolism in grieving during winter – the sadness you feel seems reflected in the earthly world around you. The days shorten and the nights lengthen, the leaves fall from the trees and growth goes dormant, we spend time indoors

There is no doubt, grief can feel like a long and bleak winter.

So what do you do when spring starts to break and the season of darkness transforms to leave you behind and lonely with your grief? What do you do with your heartbreak as the flowers grow again and the rest of the world feels the joy of spring's promises? How do you cope when the cheerful and bright weather can feel like nature's cruel mockery?

While your grief will absolutely forever change you, it is ok to embrace the process of healing on your own timeline. While some people may not understand your experience in grief, there are some things you can do to care for your physical and emotional well being during this season.

Care for yourself:

Caring for yourself after loss can be difficult to do, but it is one of the best ways to give yourself the tools you need to process. It is very common to feel alone in the wake of loss, and purposefully seeking out someone who understands can be immensely helpful.

The help of a professional grief therapist can be beneficial. Each grief experience is unique, and talking through the nuances of your loss in a safe space can bring much healing. Many people often find that support groups (whether online or in person) to be a hugely helpful tool. They are almost always free and accessible.

Other ideas to care for your physical well being includes gentle exercise. Many people in grief find that the focus of mindfulness that comes with yoga.

Embrace Small Things that Bring You Joy:

Oftentimes, we think it is large sweeping changes that will help us cope with loss. But oftentimes, we begin the journey back to ourselves in the small moments. It can be helpful to create a list of small things that bring you joy and commit to doing one of them each day.

There are some activities that you can do in the spring that can be very helpful for your healing. Grow a memorial garden in memory of your loved one. Buy flowers

in their honor and put them on your dining room table. Take a walk around your block and leave your phone at home. Sit outside and bird watch, looking for a special species that reminds you of your loved one. Spend time in nature. Journal outdoors with a warm cup of coffee. Be gentle with yourself and give yourself time and care to heal.

Find New Ways to Engage in the World:

Sometimes making new memories can also help you find a place for your grief as the seasons change. Music can be immensely therapeutic and there are many bloggers who have put together amazing playlists designed to help express feelings and deal with grief and loss. You can also spend time finding new musicians and listening to

old favorites. Other people choose to learn a new skill, whether that is a new sport, learning how to make new crafts, cooking a new recipe, or perfecting an old favorite baked good.

You may feel like there is nothing fresh and living in you, and in those moments, I want to gently send you a message of hope - you are worth the journey, you are a treasure, and you are valued. With time, you have life waiting to blossom.



Spring will come

laurelbox.com



Spiritually, March

derives from the Latin “Martius,” linked to the Roman god of war, Mars, symbolizing courage, action, and forward momentum. transition from winter to spring, symbolizing personal and spiritual rebirth. It encourages letting go of old habits, limiting beliefs, and emotional wounds to make space for new opportunities and growth. The arrival of the Vernal Equinox emphasizes balance, reminding us to harmonize our inner and outer lives while awakening creativity and gratitude.

March Birthdays

Alvarado, Marisa
3/16/01 - 6/23/21
P - Becky Null & 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
S - Russ, David, Scott, Joe, Denise Volo
CH - 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
S - Travis Combs
GP - Thomas & Sharon Pyche'

Cooley, Malena Rose
3/23/1998 - 9/4/2000
P - Scott & Traci Cooley
S - Nolan, 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
S - 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
CH - Jason

Guy, Reese
3/27/2002 - 9/23/2020
P - Tammy Guy & Josh Miller
GP - Kelly and Kerry Rhodes

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

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

Landrum, Mark
03/03/79 - 06/24/94
P - Joan Landrum AdamsHilliard & Steve Landrum
S - John Landrum

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

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

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

MinkMiller, Deborah
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, Scooter, Craig Prescott, Alexandria
3/25/1990 - 6/28/2017
P - Stephanie & Tracy Knox

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

Rayburn, Geoffrey (Jeff) Ware
3/2/1970 - 10/15/1995
P - Robert and Sue Moos
S - Amy, Bobby Moos
GP - Richard & Jeannette Roberson and Josephine Rayburn

Rogers, Dayna Andrew
3/12/1973 - 11/27/1994
M - Linda Heatherly
S - Misty Walker & Amber

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

Wisniewski, Tyler
3/11/97 - 11/2/23
P - Sonya & Thomas Wisniewski
S - Seth
CH - Vanessa, Skylar

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 Ascii
B - Justin Ascii
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
S - Kennedy , Corbin
GP - Sandy Boehning

Clark, Deborah Denise
1/19/1969 - 3/23/2002
M - Ethel Helms
S - Valencia, James Jr. & Jerel
GP - Luella Buford & John L.Clark

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

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

Ferrera, Crista J.
8/23/1975 - 03/11/1997
P - Nelson & Guisela Ferrera
S - Paolo
GP - Magda Alvarez
Aunt - Mirta Diaz
Uncle - John Ferrera

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

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

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

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
S - Kristian, Stephen

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

L'Homme, Ryan
4/16 /81 - 3/23/00
P - Charles & Teresa L'Homme
S - Cortney

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

Marchetti, Katie
8/4/1989 - 3/4/2006
P - Vin & Laura Marchetti
S - Andrew

Nichols, Shannon Jr.
10/5/1979 - 3/29/2004
P - Terrena & Shannon Nichols
S - Brandy& Melissa Nichols

Pfister, Megan Lynn
5/2/1990 - 3/3/1999
P - Frank & Stephanie Pfister

Regis, Chad
4/7/1971 - 3/22/2005
P - Ray & LaRae Regis
GP - Bea Forbes

Rivera, Erick
6/4/1988 - 3/21/2010
P - Maricela & Jose Rivera

Robertson, Ty Kristan
2/4/1979 - 3/29/2003
P - Jim & Teresa Farmer
S - Toni, Danielle & Chris Farmer
GP - Wanda Warren
CH - Taylor Morris, Trystan & Jordan
Robertson

Rogers, Jason R.
01/08/78 - 03/21/90
P - James Roy & Elaine Rogers
S - Justin, Jacob
GP - Arthur & Ethel Fernandez

Rose, Kailyn Dyann
8/22/2000 - 3/4/2003
M - Evelyn E. Rose

Sasnett, Debbie Powell
12/14/1956 - 03/31/2000
P - Jackie & Billy Powell
S - Debby, Penny & Tony

Sluder, Kathryn Elizabeth
8/31/1966 - 3/16/2002
P - Tom & Judy Sluder
CH - Israel
S - Theresa, Tom III & Keith
N/N - Brandon & Brandy, Keith II & Miranda

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

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

Zalewski, Christine
5/2/66 - 3/3/13
P - Louie & Eileen Zalewski



Welcoming Spring with Tenderness

Grief and the Changing of Seasons

As March unfolds and the first signs of spring begin to surface, the world shifts from the quiet dormancy of winter to the gentle stirrings of new life. Buds form on bare branches, birds return with their morning songs, and the air carries the scent of earth awakening. Yet, for those carrying grief, the transition to spring can be bittersweet—a stark reminder of the passing of time and the ever-present ache of loss.

Grief does not abide by the seasons; it lingers in the cold stillness of winter and persists through the warmth of spring's arrival. For many, the changing landscape can feel like a betrayal—how can the world move forward when a loved one is no longer here to witness it? The contrast between external renewal and internal sorrow can make this time of year particularly poignant. The brightening days and lengthening sunlight may feel at odds with the heaviness still resting in one's heart.

Spring often symbolizes hope and renewal, but grief reminds us that healing does not mean forgetting. Instead, it asks us to hold both sorrow and growth in the same breath. Just as the earth slowly thaws and makes way for new life, grief, too, shifts over time—not disappearing but evolving into something we learn to carry differently.



As the world softens into spring, it is important to give ourselves permission to experience this change at our own pace. It is okay to find joy in a warm breeze, to feel sorrow in the blooming of flowers, to miss a loved one in the brightness of the sun. Grief is not a season that passes; it is a thread woven into the fabric of our lives, coexisting with the cycles of nature.

**This March, may we grant
ourselves grace as we navigate
the tension between change
and remembrance.**

**May we find comfort in
knowing that while time moves
forward, love remains – a quiet,
steady presence, like the roots
beneath the budding trees.**

April Birthdays

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

Bliss, Lindsay Rebecca
4/26/1977 - 12/1/1991
P - Jim & Mary Beth Bliss
S - Shannon

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

DeRoche, Cameron Gaines
04/11/89 - 01/25/95
P - Peggy & Karl DeRoche
S - Mary Amber

Ford, Kelli
4/20/88 - 11/10/16
M - Rose Ford

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

Gladen, Renee' Rose
4/21/1961 - 11/17/1999
S - Diana Gladen

Gray, Finn
4/10/13 - 1/20/20
P - Christen and Jim Gray
S - Declan

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

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

Hines, Heather
4/28/1975 - 11/25/1998
M - Sue Hines

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

Horst, Trey
4/16/1974 - 9/8/2000
P - Art & Linda Horst
S - Trisha, Tammy, Todd, Thad

Jakenbowski, John
4/18/1968 - 1/15/2008
M - Marsha Shemela
S - Jason

L'Homme, Ryan
4/16 /81 - 3/23/00
P - Charles & Teresa L'Homme
S - Cortney L'Homme

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

Martinez, Joseph D.
4/23/1972 - 10/13/2007
M - Josie Martinez
S - Patty Camunas

Mohammed, Ian Roger
04/19/73 - 08/02/92
P - Judy & Rick Mohammed
S - Alison, Cameron

Mosquera, Brando J.
4/3/85 - 6/15/13
P - Yolanda ^ Ozzie Patino
S - Samantha-Rose Patino
GP - Rosa abd Ralph Lucerna

Nadir, Peter
4/6/1971 - 2/8/2003
M - Barbar Nadir
S - Sue McFowan

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

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

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

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

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

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

Regis, Chad
4/7/1971 - 3/22/2005
P - Ray & LaRae Regis
GP - Bea Forbes

Roark, Kelli Colin
4/30/1990 - 8/30/1998
P - Joe & Angel Roark

Romines, Makayla Gabrielle
4/3/96 - 8/27/15
M - Christy Jones

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

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
CH - Keith II and Miranda
S - Theresa, Kathryn, Tom III
GD - Kali & Ella Mae
N/N - Israel, Brandon & Brandy

Spellman, Zavier 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

H - Rusty Dixon

CH - Ryan

P - Donna & Ron Budd and Marie & Bill Baker

S - Phyliscia, Jamey, Tracy Goodson

Berry, Michelle

3/8/1967 - 4/2/2003

P - Joanne & Lawrence Ouellette

S - Denise Volo, Russ, David, Scott, Joe

CH - 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

S - 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

S - Brooke, Jared

GP - Kenneth & Barbara Dykes

Hafford, Lauren Elizabeth

2/17/1977 - 4/13/1999

P - Gwen & John Hafford

S - Lindsay, Lesley

Hamm, Rusty

4/23/1960 - 4/2/2004

P - Ramon & Rita Hamm

W - Joy St. Martin

CH - Sydney

Jones, G. Randy

9/6/90 - 4/9/17

M - M. Cristina & Charlie Jones

S - Brian Jones

GP - Jorge & 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, Kathy Peterson

GP - Betty Williams and 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

P - Gretchen & Robert Muse, Jr.

GP - Bob & Gladys Muse and 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 HiteBocchino

S - John

GP- Victoria Hite

Pegram, Baby Boy

4/1976 - 4/1976

P - Earl & Susan Pegram

S - Jod, Robin, Scooter, Craig

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

S - Braxton, Justin

GP - Betty Thatcher and Marty & Carol

Thomas

Thornton, Jeremiah

8/29/84 - 4/13/01

M - Tim & Sue Thornton

S - Amanda, Jason

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

S - Faith, Christopher

GP - Joyce & Gene Waller

Wallowicz, Michael (Mikey) Kevin

10/23/1981 - 4/28/1990

P - Jim & Judy Wallowicz

S - Jimi

GP - Josie Varselona

Webb, Eric Richard

7/1/1985 - 4/2/1999

P - William & Kathleen Webb

S - David

Williams, Travis Aaron

9/11/1979 - 4/19/2000

P - Bill & Linda Williams

GP - Loretta & Raymond Ayers and Edna

Williams

Wynne, Adam Charles

10/13/1971 - 4/24/1993

P - Chuck & Gloria Judson

S - Lori Wynne

CH - Morgan

Young, Billy

7/14/2003 - 4/17/2006

P - Bill & Sandy Young



Spiritually, April comes from the Latin word “aperire”, meaning “to open”. This idea of opening reflects both nature and your personal journey. invites you to open your heart, mind, and spirit. It encourages you to step outside your comfort zone and embrace the unknown. Just as flowers open to soak up the sun, you’re being asked to open yourself to new experiences and opportunities.

If Only Our Children Were Easter Eggs

If only our children were
Easter eggs, hidden safely in
the grass
We could search for them
and pick them up, and hold
them within our clasp.

We’d have a heavenly Easter
egg hunt,
All with baskets in our
hands, searching with a
broken heart,
Only we can understand.

“Oh, look I found your child
over here.”
“Hey, did anyone find mine?”
They are so beautifully
colored, and they sparkle
and they shine.

These aren’t your usual
Easter eggs
They each have their own
special glow that comes
from way down deep within,
Only a grieving parent
would know.

We gather up our special
eggs
With excitement all around,
For the gift that we’ve been
given,
For the treasure we have
found.

We all now stare with
wonderment at our children
that have died.
We want to hold them once
again, and release them
from inside.

But we all begin to realize
we have to crack their
beautiful shell
The one that makes them
sparkle and glow, the one
they have earned so well.

We know we can’t destroy
their beauty and take them
from their place.
So we give them an
understanding kiss
As a tear runs down our
face.

One by one we take our
baskets with our beautifully
colored eggs,

And place them gently in
the grass
as we turn and walk away.

We look back in amazement
As our eggs begin to sing.
We see them flutter and
move about
“Look, our eggs all now
have wings.”

Then the Golden Egg begins
to speak, “Your children are
safe with me. You’ll be with
them when the time is right,
Together for all eternity.”

We stand there in a circle of
love, as we look up to the
sky,
Watching our radiant eggs
take flight
Knowing our children didn’t
die.

Written in memory of
Lucas Christopher Ross 1979-2001

Loving lifted from Living with
Loss Magazine, Spring 2008
www.livingwithloss.com



Winter is finally almost over! Trees are budding, animals are coming out of hibernation- even people are “thawing out” after the long, cold days of winter. It’s time to get ready for spring!

AFTER A LOSS

The death of a loved one can feel like the bitter days of winter. You go into hibernation, and turn inside yourself to cope with your pain and sorrow. It may be months before you pick your head up and look around and realize you’ve been immersed in your grief for so long that you’ve tuned out everything else- your family, your friends, even the change of seasons. You can only just now start to look around and move a little more outside yourself. This is what I call the heart and soul’s “spring awakening.” It is the time in your grief journey when your heart and soul begin to “bud” with little shoots of hope- where you can recall your loved one’s death and still feel sorrow, but you also begin to remember the joy of your relationship.

“SPRING CLEANING” YOUR HEART AND SOUL

You will feel a momentum inside you when it is time to start “spring cleaning” your grief. Many people in your life may think they know when it’s best for you to start this process. Friends and family may tell you to “get over it and move on,” often before you are ready. But only you will know when the time is right. Respect your own timeline for grief; it will be different from everyone else’s.

One suggestion for everyone, however:

DO NOT DO ANYTHING DRASTIC FOR ONE YEAR.

The first year after a loved one dies is full of “firsts:” first holidays, birthdays, anniversaries, etc. Your loved one’s death is often too new and the grief too overwhelming for you to make any major decisions such as moving, changing careers or beginning new relationships. Let yourself ease back into life. How you feel right after a death and how you will feel in a year will be different. Commit to the one-year rule, and when that is over,

take a deep breath and take stock of your life. Where are you now?

THE “STUFF” DOES NOT EQUAL THE PERSON

When you are ready to begin to “spring clean” your grief, you will begin to go through your loved one’s “stuff,” clothes, belongings, etc. It will be a sort of “life in review” for you. As you look through those papers and clothes and files and personal items, the things they loved and used and cherished, don’t be surprised if it opens up the sadness all over again. The intensity of this grief may take you by surprise, like an unexpected snow in April. This is normal! Remember: as you go through their belongings, you are NOT giving away the person; you are only giving away and throwing out the stuff. You can never give them away; your love for them will always be with you and comfort you. It is actually very healthy for you to reminisce and cry and daydream of your loved one. While you are literally cleaning out your house, you are also cleaning out your heart and soul... and that is healing.

“SPRING CLEANING” TIPS

One really great way to do this “spring cleaning” is with someone who loves you and understands this bittersweet time. Reminisce about your loved one. As you go through their belongings, tell stories of the life you shared with that person. There is comfort in the shared joy and sadness this task will bring. Sometimes, knowing you are helping others can relieve some of the grief you are feeling. Many people give away some of the stuff they clean out to charities so that the gift of your loved one’s life can go on.

Keep your most treasured, favorite items to celebrate the life of the person who has died, and if you want, display them proudly!

Time by yourself can often be good for “spring cleaning” your heart and soul, too. Alone time gives you the chance to reflect on your life with your loved one, and to start thinking about where you are headed. Lots of people will tell you it will take time, but you’ll get “back to normal.” A very important thing to understand about losing a loved one is that you will never be “back to normal.” Things can never be exactly the same as when your loved one was alive. Instead, you will have to go on without that person physically in your life and create a “new” normal. Your loved one will always be with you, but now, it will be in a different way as you learn to live in the world without them there. How will it all turn out? No one knows... you cannot control the future or plan too far in advance. Make small changes, lean on your friends and family for support, and take it one step at a time. You CAN do it.

SEASONS CHANGE, BUT LOVE NEVER DIES

The death of a loved one is devastating. But death and loss are NOT the final word. Seasons change, and with death, relationships change, too. But in the circle of life, spring always follows winter, and new life grows from the greatest despair and loss.

Embrace your pain, and when you are ready, do some “spring cleaning” and start letting it go. Your emptiness will be filled with new gifts and ways of loving your loved one, and you will be able to move on to the next season of your life.



HOW TO COPE WITH MOTHERS DAY AFTER LOSING A CHILD



Sadness to Sunshine.com

Every day may feel like a challenge, but somehow your love and hope carry you through your grief journey, but on days like Mother's day your grief just hits you a little harder, like a smack in the face and your heart aches a little more, if that's at all possible.

As a mother who lost a son to cancer and a baby via miscarriage, I want to reach out and offer all grieving mums some comfort, that you can get through these dark times and find peace, love and connection in your heart once again, just like I have.

How are you feeling as we get closer to this coming Mother's day? Are you dreading this coming Mother's day?

Do you feel these special occasions are no longer special without your precious child to spend time with?

For many parents who have lost a child, special days like Mother's Day don't get any easier, and in some ways get harder as you are often more numb to the pain in the early years and people were there to support you, but is this support now waning? Maybe they

don't realise how much this day affects you.

You are naturally missing your child every day, but the intensity of your emotions can feel worse on these days, by either your expectations of the day or what others expect of you on the day.

The first step I believe, is to take care of yourself on those days, to not expect too much of yourself and do what is right for you. Decide if and how you want to mark the occasion, but be aware that not marking the day can be a way of suppressing how you are feeling about the day and what it means to you, I was the queen of suppressing my emotions as they were just too painful to bear when I lost Adam.

To a bereaved Mother, Mother's day is probably one of the hardest to deal with, such a mix of emotions and everywhere you turn there are reminders of the day both on the lead up to it and the weekend itself.



How to Care for yourself on Mother's Day

Have a plan about how you are going to CARE for yourself on the day. Start with the basics and try to get a good night's sleep the evening before so you can be as fresh and strong as possible on the day.

Make sure you have food in the house, maybe have something pre-prepared the day before if you don't particularly enjoy cooking, or, if you enjoy cooking then have a plan for what you are going to cook on the day and get all the shopping in you will need, you can do an online order if you don't feel like going out.

Communicate with your family how you would like to celebrate

Let family and friends know how you feel about the forthcoming Mother's day and how they can help and support you to get through that day.

Maybe your family wants to take you out, to show you how much they love you, but for you, going out to eat in a packed restaurant with everyone else celebrating the special day, maybe your worst nightmare. You may prefer to be alone, as you just don't feel like being sociable, if that is the case then it is important to communicate this with friends & family and hopefully, they will respect your wishes.

However, please be wary of being on your own, we can often isolate ourselves in our grief, as we find it difficult to express our thoughts & feelings to others, often we are unclear about how we feel or are scared of having a breakdown in public. You may be unwittingly pushing people away who then do, even if it's just sitting with you and having a box of tissues to hand.

Different people have different ways of showing love and affection, here are 5 common

Keep yourself hydrated, drinking water is vital to everyday health and can help if you are physically processing and releasing, if it's a time where you would normally drink alcohol to celebrate, partake if you feel like it, but please watch overindulgence of alcohol, as that could be another way of masking your true feelings.

Start and or finish your day with a relaxing soak in the bath, with some calming essential oils to relax you and a scented candle.

ways (known as the 5 Love Languages, you can get further info via <https://www.5lovelanguages.com/>

Words of affirmation

Acts of service

Receiving gifts

Quality time

Physical touch

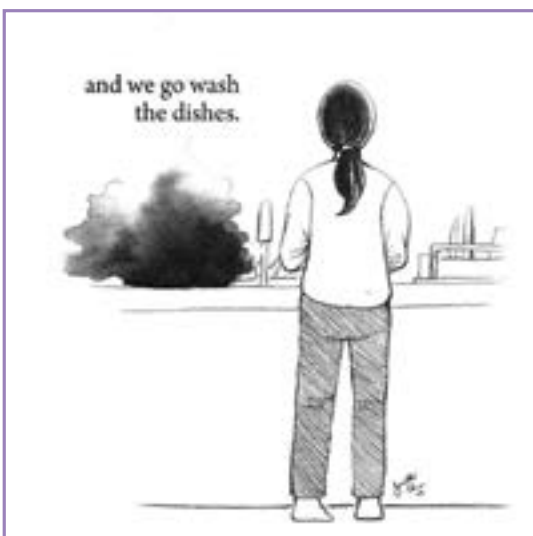
If you have other children, you may wish to think about how you would like to spend the day with them, depending on their ages communicate how you are feeling about the forthcoming day, directly with them.

Holidays and special days like Mother's day, just heighten our feelings of loss even more, as they are the times we miss our children more than ever and everywhere we appear to see happy families. Connection is vital at this time and sharing stories about your child can help you to heal, remembering joyous times you had, special memories of previous Mother's Days.

Grief Yoga

So much of the pain around grief comes from the pressure to change it. To feel better, to be stronger, to move on, or even to make meaning before we're ready.

But what if it was about simply being with what's here? Grief doesn't transform because we force it to. It transforms because it's finally allowed to be felt.



Mother's Day Poem

Dandelions From Heaven

Mothers Day is coming...and I wanted to send you a sign...
Something you can tell others..."Is from an angel of mine".
So I searched the Heavens high and low for that perfect thing..
And low and behold I found it....and a smile I hope it will bring.

So when you look to the Heavens...and see the yellow stars in the sky...
Just think of me...your angel... in the Heavens way up high...
And just imagine those stars...are dandelions up above...
Yes! Dandelions are also in Heaven....which you know how much I love.

So on this Mothers Day... when you awake and feel blue...
You will notice those yellow stars...are no longer in view...
So just look to the meadows and the dandelions you see....
Are the ones I've tossed down this Mothers Day from me!

And when you find a dandelion that has turned from yellow to white...
You're supposed to make a wish...and then blow with all your might.
For you will be blowing kisses... to me in Heaven above...
And I will be catching them and blowing them back...sent with all my love.

Please know that I am with you...on this Mothers Day...
And also in the days ahead...God and I will never stray...
We will be with you in the morning...when you wake and see the sun..
We will be with you when you say your prayers...when the day is done.

For God and I will never be...very far from your side...
For I can now be everywhere...and God will be your guide...
So...remember when you see dandelions...its your guarantee...
That I am always close to you....
For dandelions are free to roam.....now just like me.

I will always be with you Mom....
Happy Mothers Day
Love, Your Angel in Heaven,

Written by Laura / Heavenly Lights Childrens Memorial

May Birthdays

Boyd, Anastasia "Nicole"
5/4/1998 - 7/8/2004
P - Anita Dennert & Thomas Boyd
S - Tara Lewis, Mike, Alan
GP - Huey & Marie McDonald, Angus & Jewell Howell & Angus Grace

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

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

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

Hassan,Gabe
5/10/06 - 2/10/24
P - Mac & Lily Hassan
S - Sophia

Holton, John William
05/20/52 - 08/10/94
M - Ann Holton

Holmberg, Michael David
5/15/1976 - 3/02/2011
M - Mary Ellen Holmberg
S - Kristian, Stephen

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

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

Lavalee, Grace
5/3/2009 - 7/17/2010
P - Natalia Lavalee

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

Mack, Anthony Joe
5/31/96 - 9/28/14
P - Barbara & Rob Riches

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

McKaughan, Michael
5/19/1989 - 11/3/2000
P - Darlene Lack
S - Andrew & Lauren
GP - Virginia Dosci

Metallo, Armando
5/3/1984 - 9/15/2005
P - Angelo & Luisa Metallo
S - Ana, Angelo, Luisa, & Joe Metallo
GP - Armando & Ana Metallo and Graciela & Dorotheo Martinez

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

Pfister, Megan Lynn
5/2/1990 - 3/3/1999
P - Frank & Stephanie Pfister

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

Roberts, J. Michael
5/31/1963 - 9/25/2002
M - Ann Roberts Mitchel
GP - Merle H. Brunson

Robinson, Ashley Lauren
05/20/94 - 01/16/96
P - Sara & Tim Robinson
S - Morgan Ashley Robinson

Sampson, Lois Kathleen
5/4/01- 1/24/14
P - Cindy & Brad Sampson
GP - Lucy Sampson, Earl & Darlene
Coleman and Irma Harris & Meemaw
"Yvonne" Hendrix
U - Wally Stewart

Shye, John David
05/27/1964 - 08/07/1994
P - Betty Jean & Charles Shye
CH - J.D. and Justin Shye
S - Lydia, Mary, Chuck

Stolley, Allison
5/5/82 - 12/12/14
P - Robin & Dan Stolley

Thompson, Kimberly Karlin
5/5/1976 - 12/6/1999
P - Sam & Ingrid Thompson

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

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

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

Zalewski, Christine
5/2/66-3-/3/13
P - Louie & Eileen Zalewski



Bereaved Mother's Day is observed on the first Sunday in May every year and this year it will be marked on May 3. Most people have probably never heard of it, which is understandable given how mainstream media doesn't cover it. The world is usually busy prepping for Mother's Day around the same time. Corporates and marketers flood our inboxes, screens, and messages with reminders about celebrating our moms. But imagine how devastating this must be for mothers or parents grieving for a child. International Bereaved Mother's Day is a day for moms who have lost their children. An opportunity to share or talk about all they may have endured. Women grieving for children are mothers too — even if their babies are no longer with them.

In Memory of Sean

In fields where gentle whispers play,
A young man with kindness stole the day,
Sean's laughter danced on summer's breath,
Yet now it echoes still long after his death.

With loyal heart, Sean roamed the lakes and fields,
Where creatures stirred in playful ease,
Sean's inner light still shines as a beacon bright,
Guiding lost souls through the night.
For every pet Sean held so dear,
His love spread wide to those he'd cheer,
The elderly found warmth in Sean's company and gaze,
In tender moments and peaceful ways.

To his family bound with tender threads,
Sean wove his spirit where love spreads—
And in his arms, a young nephew thrived,
For in his nephew's joy, Sean's heart survived.

Though Sean's absence cuts like winter's chill,
His essence blooms on every hill— For kindness sown will never fade;
In every creature's path he's laid his loving spirit.

Forever missed, we love you, our dear son – Sean Richard Reber
1/30/1986 - 5/28/2018



Observe Bereaved Mother's Day

Join Us for our 12th Annual Butterfly Release & Remember

Sunday May 3, 2026 at 2pm; Angel of Hope Memorial Garden.

Reach out to others with the same experience. Connecting can bring healing.
Nobody should go through this by themselves.

It's a memorial and celebration, be sensitive

Send flowers, a nice note, or give them a big hug today.

This will make them feel special and loved. Remember what was and what could have been.

Listen to a grieving mum

If you don't know what to say, go with where the person is. People grieving often struggle to find people willing to listen. Ask open-ended questions and give them the space to talk. We also celebrate the strength of mothers with different experiences.



May Anniversaries

Bobak, John Michael
6/25/02 - 5/1/23
M - Denise Bobak

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

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

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

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

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

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

Delp, Jeff
5/15/1972 - 5/30/2001
M - Karen Kornman
Dixon, Austin Ryan
03/18/97 - 05/18/98
P - Carrie & Robert Dixon
S - Sara Ryan

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

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

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

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

Hall, Everett
7/28/19-5/20/22
P-Barbie/Ryan Hall
S - Easley, Reese, Brady

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

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

Howard, Christopher L.
3/27/1975 - 5/18/2000
M - Cay Pelaez
Hughes, Jessica Alexis
1/13/86 - 5/11/02
F - Michael Hughes

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

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

Leonidas, Caitlin
7/26/04 - 5/30/22
M - Nicole Leonidas

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

Morris, Zachary Ian "Zack"
1/6/01 - 5/25/19
P - Laura and Kevin Morris

Morrow, Mark
5/19/1978 - 12/7/2005
P - John & Joan Morrow
Pike, Taylor
11/9/1985 - 5/14/2007
P - Bob & Connie Pike
S - Megan
Reber, Sean
1/30/86 - 5/28/18
P - Sherry & Rick Reber
B - Derek, Ethan, Jared, and Seth
GP - Robert & Leila Runyon

Shelton, Emma Victoria
7/8/2003 - 5/8/2005
M - John & Jennifer Shelton
S - Jacob, Hannah
GP - Peg & Jim Bishop, Tom Musolin, Art & Sam White, Rober & Judy Sheppard, Chase
7/7/87 - 5/17/15
M - Lynn Sheppard

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

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

Together
We Remember



Spiritually, May named after Maia, the Greek goddess of fertility, growth, and nurture. This connection to a deity of such life-giving properties hints at the intrinsic symbolism as the bridge between spring and summer. Testament to resilience is a powerful symbol for humans, encouraging us to persist through our challenges and emerge stronger.



History of Bereaved Mother's Day

Bereaved Mother's Day began in Australia, thanks to Carly Marie Dudley. In 2010, she started the day in honor of her stillborn son, Christian. Since its inception, the day has helped bereaved mothers around the world connect, heal, and find hope for their future.

Besides suffering psychologically and biologically, mothers face a host of other challenges. They might mourn the loss for many years. They may experience triggers from well-meaning questions like, "how many children do you have?" Or, "How old are your children now?"

Motherhood is hard, even under normal circumstances. So, the pain of losing a baby is almost unimaginable. The sorrow endures over months, years, or a lifetime after. Even parenting a new baby later in life can be filled with anguish and guilt. Mother's Day every year is complicated for grieving mothers who struggle on so many levels. The world doesn't recognize them as mothers, even when motherhood runs through every fiber

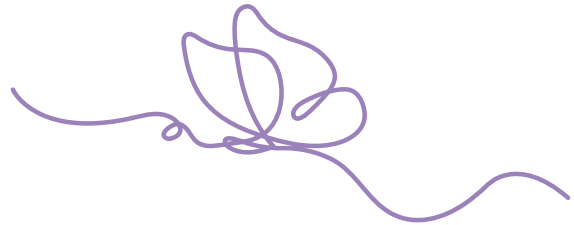
of their being. Loved ones are uncomfortable with bringing it up. Will talking about it be more distressing? Should we spare them the pain? All valid conundrums and compelling reasons why International Bereaved Mother's Day is a blessing for many mothers everywhere.

An open expression of grief helps the healing process. Mothers can openly talk about what they went through during pregnancy. Maybe share pictures of their babies. Today, mothers can reminisce, cry, or even share the dreams they had for their children. The day serves a dual purpose — a celebration of mothers and a remembrance for children gone too soon. The discomfort around notions of death can be stifling. Most people would prefer not to acknowledge the pain and run away from it. International Bereaved Mother's Day hopes to dismantle the stigma. By sharing stories and grief, families can gradually transform pain into acceptance and ultimately some measure of peace.

These resources are shared as supportive recommendations, not endorsements or professional advice. Bereaved Parents of the USA and its chapters welcomes and supports all families, regardless of religion or personal beliefs.

BOOK

It's Okay Not to Be Okay by Megan Devine
This book meets readers exactly where they are, validating the rawness and complexity of grief without suggesting there is a "correct" way to feel or a timeline for healing. Its honest language reassures that pain is real and human, not something to be minimized or fixed quickly.

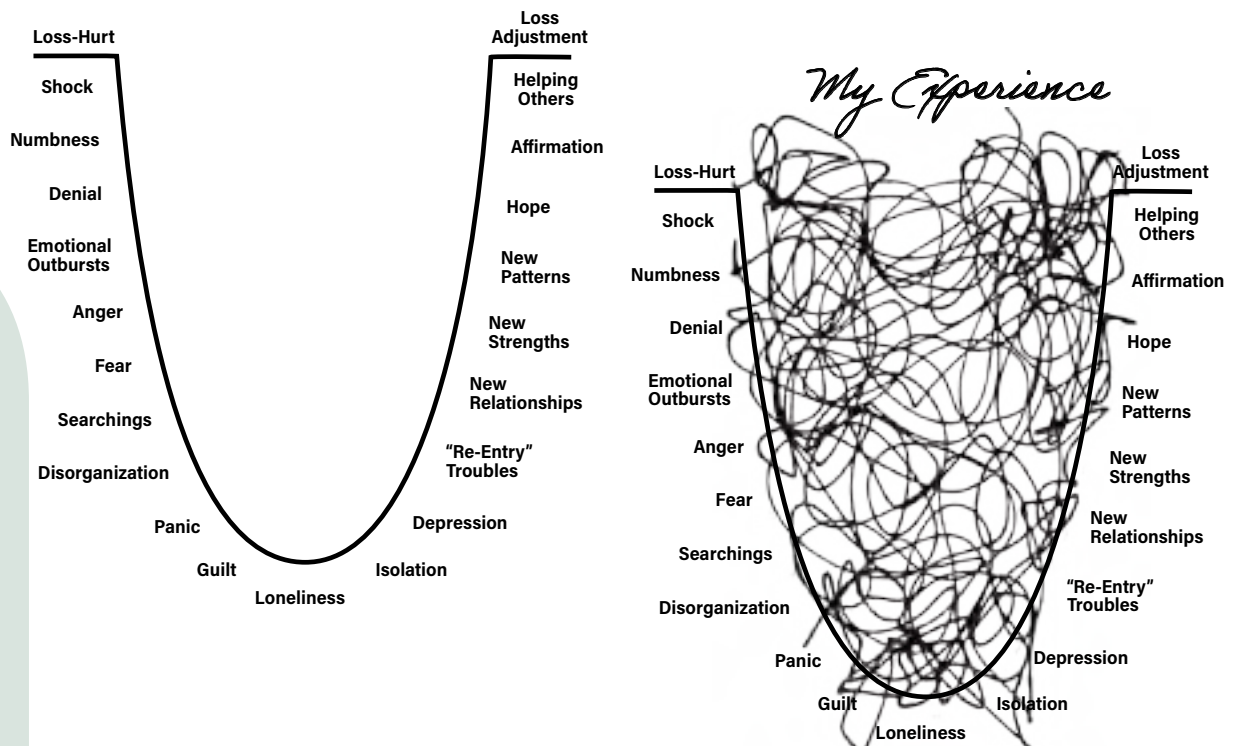


GRIEF PODCAST

All There Is with Anderson Cooper
www.cnn.com/all-there-is-anderson-cooper
This podcast offers heartfelt conversations with people who have lived through profound loss. Through real stories and deeply human dialogue, listeners can feel understood and less alone in their own experience of grief.

YOUTUBE TALK by Dr. Michael Egnor
www.youtube.com/watch?v=41bIJ7hYbLs
A practicing neurosurgeon, explores the idea of the soul and consciousness being more than just brain activity. In this presentation, he reflects on scientific and philosophical questions about whether our inner sense of self might continue beyond physical death.

STAGES OF GRIEF



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Stages
of Grief
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“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.