



Tampa Bay Chapter

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

MEETING INFORMATION

Regular Monthly SUNDAY Meeting

(held the second Sunday of the month)

Sunday, March 8, 6:30 to 8:30 p.m.

St. Joseph's Hospital

Medical Arts Building, Auditorium

3001 Martin Luther King Jr. Blvd.

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

Regular Monthly DAYTIME Meeting

Riverview/Gibson/Brandon areas

(held the second Friday each month)

Friday, March 13, 10:00 a.m. to Noon

The Greater Brandon Chamber of Commerce

330 Pauls Drive, Brandon, Florida 33511

Please call Linda Delk at 813-661-0680

for directions or information.

Regular Monthly PLANT CITY Meeting

(held the fourth Thursday each month)

Thursday, March 26, 7:00 to 9:00 p.m.

South Florida Baptist Hospital

301 N. Alexander Street, Plant City

in the Community Conference Room

Call Sue Bowditch at 813-661-9334

for directions or information.

Upcoming Events:

Angel of Hope monthly meeting

Please call Beverley Hurley 813-832-3175 for info!

MARCH 8TH—REMEMBER TO
TURN YOUR CLOCKS FORWARD ONE HOUR!



Angel of Hope Annual Spring Tea

Saturday, April 25, 2009!

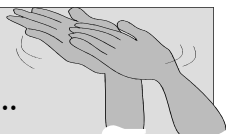
9:30 a.m. to 12:30 p.m.

Quorum Hotel, 700 N. Westshore!

(Corner of Cypress and Westshore)

We are extremely happy to have local WFTS TV News Personality, Lissette Campos, as our celebrity MC. Our guest speaker will be Millie Nohren, the local author of the Hope Sandwich as well as a special local professional singer, Tasha Hogan. We will also have entertainment by the talented dancing group the McGinley Academy of Irish dancers!!

Thank You to our Special February Guest Speakers...



In February we had representatives from Suncoast Kid's Place to discuss how parents can help surviving siblings cope with the incredibly difficult grieving process following a traumatic loss, especially when young children and teenagers are involved.

www.suncoastkidsplace.org

March 2009

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

Brian Collum

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 2009			

Remembering

*Go ahead and mention my child,
The one that died, you know.
Don't worry about hurting me further.
The depth of my pain doesn't show.
Don't worry about making me cry.
I'm already crying inside.
Help me to heal by releasing
The tears that I try to hide.
I'm hurt when you just keep silent,
Pretending he didn't exist.
I'd rather you mention my child.
Knowing that he has been missed.
You asked me how I was doing.
I say "pretty good" or "fine."
But healing is something ongoing.
I feel it will take a lifetime.*

By Elizabeth Dent

Angel of Hope Update!

Woohoo Our Angel has been ordered; the base is being prepared which has been generously donated by Garden of Memories Cemetery; the bricks have arrived; the final construction plans are being scheduled; the final brick orders are being processed and sent to the engraver soon; the landscape architect is drawing up his plans; the benches will be on the way soon too.

If you have not seen this lovely location of the new Riverside Park, being built by the City of Temple Terrace along the beautiful Hillsborough River at 201 River Hills Drive, you should!!

Watch for announcements about our ground breaking, construction progress, and the initial dedication of the angel. All are welcome!

Don't forget the Annual Spring Tea on Saturday, April 25 to benefit the Angel of Hope Memorial Garden, Tampa Bay!

Chapter News



ANGEL OF HOPE UPDATE www.angelofhopetampabay.com

Angel of Hope monthly meeting
Please call Beverley Hurley 813-832-3175 for info! Next meeting March 2 and April 6.

Angel of Hope Annual Spring Tea

Saturday, April 25, 2009!

9:30 * am to 12:30 p.m.

(*Doors open at 9:00 a.m. to

browse raffle and silent auction items.)

Quorum Hotel, 700 N. Westshore!

(Corner of Cypress and Westshore)



We are extremely happy to have local WFTS TV News Personality, Lissette Campos, as our celebrity MC. Our guest speaker will be Millie Nohren, the local author of the Hope Sandwich as well as a special local professional singer, Talesha Hogan. We will also have entertainment by the talented dancing group the McGinley Academy of Irish dancers!!

We always serve choice Starbucks teas, coffee, and a delicious Brunch along with having a Wonderful raffle and silent auction!

Reserve your table or seat today for this entertaining and exciting event!

Individual Seats \$35 or Table Hostess \$280

Corporate Sponsorships also available!

All proceeds benefit the Angel of Hope!

Please contact Gina Casal (813) 495-7539

GinaCasal15@tampabay.rr.com or

Julie Leyde (813) 784-6929

vleyde1@verizon.net for information or tickets!

Telephone Friends

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

Linda Delk (General Information)	(813) 661-0680
Sue Bowditch (Adult Child)	(813) 661-9334
Theresa Farmer (Homicide)	(813) 994-0707
Traci Cooley (Drowning)	(813) 464-4525
Ron Ellington (Suicide/Grandparent)	(727) 410-2308
Charles L'Homme (Accidental Death)	(813) 335-7628
Debbie Nemitz (Long Term Illness)	(813) 907-1441
Barbara or Tommy Dietrich (Death of an Only Child)	(813) 234-4705
Serena Graves (Sibling Contact)	(813) 810-7169
Violeta "Cookie" Fernandez (Se Habla Espano)	(813) 996-4281
CRISIS CENTER	211

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

Love Gifts

Tom and Judy Sluder
In loving memory of their children
Kathryn Elizabeth
8/31/1966 - 3/17/2002
Keith Sluder
4/25/1964—5/11/2006
Theresa Sluder
10/04/1961-11/22/2008

Love Gifts-A Thoughtful Way to Remember

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

Refreshments

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



Chapter Library Books

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

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

Sponsor A Newsletter Page

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

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

Electronic Newsletter

The Newsletter is available electronically. To receive it by Email, send your name and email address to: bee.hurley@gte.net and indicate your desire to switch from regular "snail" mail to email. Email recipients will also receive additional news and information, while helping our chapter save costs. We very much appreciate your cooperation by helping us out this way!

Address Change

If you have an address change, the Postal Service will NOT forward! They return to us—FOR A FEE, SO **PLEASE LET US KNOW IF YOU HAVE A NEW ADDRESS.**



Our Children . . . Remembered

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

March Birthdays

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

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

Combs, Phillip "PJ"
3/24/1986-6/12/2004
P-Lisa Pyche & Phil Combs
B-Travis Combs
GP-Thomas & Sharon Pyche and Katherine Combs

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

Dechant, Collin
3/13/1989-3/13/1989
F-Matt Dechant

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

Howard, Christopher L.
3/27/1975 - 5/18/2000
M-Cay Pelaez
Kranendonk Thomas James
3/25/1991-7/6/2007
P-Mary Jane & James Lee
B- John & Robert

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

Mink-Miller, 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 Pegram
B - Scooter & Craig Pegram
GM-Betty Jennings

Prescott, Alexandria
3/25/1990-6/28/2007
P-Stephanie & Tracy Knox

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

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

Sehorne, Lee
3/11/1970-6/7/2007
M-Juanita Sehorne

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

Touchstone, Malia
3/15/2005-9/18/2008
M-Angela Touchstone

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

Wilson, Joe
3/24/1966-1/12/2005
P-Paul & Jan Wilson



March Anniversaries

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

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

Dart, Tracy
3/11/1970-6/13/2006
M-Sue Milson

Durazzo, Jill
9/8/1964-3/13/1980
P-Diane & Paul Durazzo

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

Frederick, Mark Anthony
12/04/1974-3/9/2006
M-Becky Frederick

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 Phelps-Wise
F-Ralph Gould
B-Ryan, Bryan & Mark
S-Karen

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

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

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

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

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

Parker II, James Donald
1/21/1979 - 3/24/1998
P - James & Kim Parker
B - Richard Wm. Parker
S-Jackie Wise
GP-Don Parker & Richard Salisbury

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

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

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

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

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

Sluder, Kathryn Elizabeth
8/31/1966 - 3/17/2002
P-Tom & Judy Sluder
Son-Israel
S-Theresa
B-Tom, III & Keith
N/N-Brandon & Brandy

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

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

God's Garden Must Be Beautiful

God looked around the garden,
And found an empty space.
He looked down upon the earth,
And saw your tired face.
He put his arms around you,
And lifted you to rest.
God's garden must be beautiful
For he only takes the best.
He knew that you were weary,
And He knew you were in pain.
He knew that you would never,
Be well on earth again.
He saw the roads were getting rough,
And the hills were hard to climb.
So He closed your weary eyelids,
And whispered peace be thine.



What we know about Children and Grief

Children DO grieve! Because they grieve differently than adults, there is a frequent misconception that they are not grieving. They are unable to handle the emotional impact of grief so it may look like they are going about their normal routine – playing etc. But, they are experiencing the pain and devastation of loss.

Children are impacted by a loss - A loss in childhood will always have a major impact on them throughout their lifetimes. A finding in the Harvard Bereavement Study was that there are long term effects from the loss. They found that some of the important effects from the death did not show up until two years later. Some children who appeared to be doing well at 1 year post death were not doing as well at 2 years post death.

There are seven significant differences that studies have shown between bereaved children and their non-bereaved counterparts:

- 1) Higher levels of depression
- 2) An increase in health problems and accidents
- 3) Significantly poorer school performance
- 4) Significantly more anxiety and fear
- 5) Significantly lower levels of self-esteem
- 6) A significantly higher external locus of control
- 7) Significantly less optimism for success in later life



Ten needs of Grieving Children:

- 1) Good modeling – they need examples of positive coping behavior from their surviving parent, as well as the other adults around them.
- 2) Honest, clear information – Four reasons why adults lie or withhold information from children following a death:
 - a) their own fear, grief, disbelief and other thoughts and feelings interfere
 - b) as adults we naturally want to protect children from pain – can contribute to more pain and confusion for them
 - c) adults don't know how to talk about death and especially to children
 - d) it is very difficult to see someone in pain and not be able to relieve them of that pain – never will see a child/teen say they were glad they were lied to about the circumstances of the death. They are in pain even if it is not discussed.
- 3) To be Understood – common for children and their parents to misperceive each other – difficult to assess for parents because they are understandably absorbed in their own grief and doing all they can to get up each morning. Also common that family members “protect” each other.
- 4) Inclusion – They need to be included in discussing and decisions around a memorial service, funeral or burial arrangements.
- 5) A Sense of Control – their world becomes even more uncertain and unknown than adults – helplessness and powerlessness in children can translate later into an overwhelming sense that one does not have control over one's existence – can play out in adulthood as a victim stance, in searching for the “perfect other” who will make our life complete, and other nonproductive behaviors. Find and permit opportunities for them to regain their sense of control.
- 6) Consistency - Unfortunately, parents tend to “swing” one extreme or another – between tightening the reins on their children out of fear or allowing full rein as a way of “compensating” for their loss. The Harvard Child Bereavement Study among others found that bereaved children and teens whose surviving parent did not provide consistency in discipline were more aggressive, had less impulse control, and exhibited more behavioral problems.
- 7) A Sense of Security and Safety – One of the first things children wonder about after a death is *What will happen to me?* They may have a generalized fear to a strong sense of feeling unsafe in the world, being fearful and insecure even later as an adult.
- 8) Permission to Express (or Not) – There is no one right way for expressions of grief to emerge. They need permission to express, as well as to take a break from expression how they feel.
- 9) Avenues to Express – Mainstream America society does a very poor job in encouraging or accepting ritual and expressions for grieving beyond the funeral or memorial service. What may look like behavioral problems or acting out is a young person's way of saying, “Look at me; I need help!” Children act out all the time in ways that relieve their anxiety. As they age and develop more coping skills, the scared child may still be inside of them.
- 10) Memorialization, Connecting and Meaning Making – the most misunderstood need – to stay connected in some way to the deceased and to make sense of our meaning around what happened, why your loved one had to die – staying in touch with the deceased.

Suncoast Kid's Place: Center for Grieving Children, Teens and Families
17030 Lakeshore Rd
Lutz, FL 33558

813-990-0216
www.suncostkidsplace.org

The Cord

We are connected,
My child and I, by
An invisible cord
Not seen by the eye.
It's not like the cord
That connects us 'til birth
This cord can't be seen
By any on Earth.
This cord does it's work
Right from the start.

It binds us together
Attached to my heart.
I know that it's there
Though no one can see
The invisible cord
From my child to me.
The strength of this cord
Is hard to describe.
It can't be destroyed
It can't be denied.

It's stronger than any cord
Man could create
It withstands the test
Can hold any weight.
And though you are gone,
Though you're not here with me,
The cord is still there
But no one can see.

It pulls at my heart
I am bruised...I am sore,
But this cord is my lifeline
As never before.
I am thankful that God
Connects us this way
A mother and child
Death can't take it away!

~Terri Apostolakas

THINK OF ME

Death is nothing at all.
I have only slipped away into the next
room.
I am I, and you are you.
Whatever we were to each other, that
we still are.
Call me by my old familiar name,
speak to me in the easy way you al-
ways did.
Put no difference into your tone, wear
no forced air of solemnity or sorrow.
Laugh as we always laughed at the
little jokes we enjoyed together.
Play, smile, think of me.
Pray for me.
Let my name be the household name it
always was.
Let it be spoken without the shadow of
a ghost in it.
Life means all that it ever meant. It is
the same as it ever was.
What is death but a negligible acci-
dent?
Why should I be out of your mind be-
cause I am out of your sight?
All is well, nothing is lost.
One brief moment at all will be as it
was before.
Think of me.

HOPE FOR THE DAY

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

Hope shows up at the door of our heart in so many wonderful and different ways, and it always seems to know when we need it most. A caring, tender smile. A shared word of encouragement. A butterfly landing on the windowsill. The soft rain whispering a song. The bright moon lighting up the dark evening sky. The rainbow following a storm.

Hope. We have to be open to it being there in order to see it more clearly. When we are feeling lonely, hope reminds us that we are never alone. When our tears won't stop falling, hope sends us a sun-beam to dry our tears. When we are so tired of struggling, hope gives our weary minds a rest by allowing us to fall asleep.

Hope. It is our gift. It is our miracle. It is our reason for holding on when we want to quit! -- Clara Hinton

"Hope isn't always being cheerful and filled with laughter. Hope is a still assuredness that all will be well." —C. Hinton

When loss takes place in our lives, we feel like the weight of the world is on our shoulders as well as on our hearts. It feels like if we move one step the wrong way, our world is going to completely come tumbling down. Life hurts so bad when we lose someone we love!

Trust in the fact that there will be pockets of time when you can find some relief and peace from all of the pain and heaviness of heart. Be sure to look to the heavens each day and be reminded of Who created the great expanse.

Listen to the song of the birds, and be reminded that there will be a day when a song will return to your heart. Look at the evening stars twinkling in the sky, and remember that there is light to lead you down the path of the unknown.

Hope. Continue to hope and believe. You are much stronger than you think. When you remind yourself that your Shepherd is always near, that will give peace and strength when you grow weary along the way. Comfort and new strength will come to you when you anchor to hope! -C. Hinton

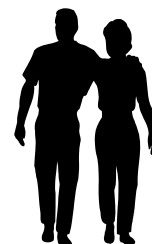
"Never give up - ever! Reach out your hand and there will be help to pull you across the chasm of despair. That help is called hope, and it will never abandon you!" --Clara Hinton

Interaction with Spouses

Bereavement is a lonely place, even within a close marriage. No two people are alike. Each of us grieves in a unique manner. We often seek support from our spouse, the other person bearing a burden equal to our own. We often feel anger and abandonment when that support is not forthcoming. We sometimes feel our spouse is not even grieving or did not love the child as we did. This situation can become extremely stressful for both partners and the marriage.

In light of failed marriage statistics among bereaved couples, grief is a time to be non-judgemental toward our spouses. It is extremely important for each to give the other "permission" to grieve in his or her own way, regardless of how it may differ from our own.

It is wise to remember that we love our spouses, but considerable recovery time may be needed for each to grieve in a private and unique way. Judgments do not help when dealing with another person whose battered emotions are as frail as our own.



I WILL REMEMBER YOU

(by Sarah McLachlan, Seamus Egan, and Dave Merenda)

I will remember you
Will you remember me?
Don't let your life pass you by
Weep not for the memories

Remember the good times that we had?
I let them slip away from us when things got bad
How clearly I first saw you smilin' in the sun
Wanna feel your warmth upon me, I wanna be the one

I will remember you
Will you remember me?
Don't let your life pass you by
Weep not for the memories

I'm so tired but I can't sleep
Standin' on the edge of something much too deep
It's funny how we feel so much but we cannot say a word
We are screaming inside, but we can't be heard

But I will remember you
Will you remember me?
Don't let your life pass you by
Weep not for the memories

I'm so afraid to love you, but more afraid to loose
Clinging to a past that doesn't let me choose
Once there was a darkness, deep and endless night
You gave me everything you had, oh you gave me light

And I will remember you
Will you remember me?
Don't let your life pass you by
Weep not for the memories
Weep not for the memories

Bereaved Parents of the USA 2009 National Gathering *Light My Way*

Friday through Sunday, July 10,11,12, 2009

At Crowne Plaza LaGuardia Airport Hotel
104-04 Ditmars Blvd., E. Elmhurst, New York

Hotel Reservations 1-888-233-9527 or
website www.cplaguardia.com
The Crowne Plaza LaGuardia Airport Hotel,
New York has given BP/USA a generously
discounted daily room rate of \$115, w/tax
\$133.88 that will be honored July 7-15, 2009,
three days before and after the Gathering.
Please make your own reservations directly
with the hotel at 1-888-233-9527.

**Deadline to register at this discounted rate
is June 16 – don't miss out!**

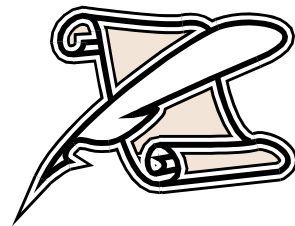
Be sure to tell them you are attending the BP/
USA Gathering! The hotel provides a Compli-
mentary Shuttle to LaGuardia Airport, Queens
Mall, and the 7 Train (minutes to Manhattan).

Gathering Registration—On Line Registra-
tion is available.

Workshop and Speaker's Bios are posted as
well. Check it out!

**For more information, please see
BP/USA National Website at
www.bereavedparentsusa.org**

LETTER TO A FRIEND



Grief is hard on friend-
ships, but it doesn't have to
be. Sometimes, all it takes is
a little honesty between
friends. If we gently and lovingly explain what we
need from the relationship during our time of grief,
and what we are willing to do in return, we can turn
even a lukewarm friendship into something special.
Share the following letter with a friend over lunch.
You'll both be glad you did.

*"Dear Friend,
Please be patient with me; I need to grieve in my own
way and in my own time. Please don't take away my
grief or try to fix my pain. The best thing you can do
is listen to me and let me cry on your shoulder. Don't
be afraid to cry with me. Your tears will tell me how
much you care.*

*"Please forgive me if I seem insensitive to your
problems. I feel depleted and drained, like an
empty vessel, with nothing left to give. Please let
me express my feelings and talk about my memories.
Feel free to share your own stories of my loved one
with me. I need to hear them.*

*"Please understand why I must turn a deaf ear to criti-
cism or tired clichés. I can't handle another person
telling me that time heals all wounds. Please don't try
to find the 'right' words to say to me; there's nothing
you can say to take away the hurt. What I need are
hugs, not words.*

*"Please don't push me to do things I'm not ready to do,
or feel hurt if I seem withdrawn. This is a necessary
part of my recovery. Please don't stop calling me. You
might think you're respecting my privacy, but to me it
feels like abandonment.*

*"Please don't expect me to be the same as I was before.
I've been through a traumatic experience and I'm a
different person. Please accept me for who I am today.*

*"In return for your loving support I promise that, after
I've worked through my grief, I will be a more loving,
caring, sensitive and compassionate friend - because I
have learned from the best.*

Love,
"(your name)"

Margaret Brownley, Simi Valley, CA
Bereavement Magazine, November/December 2001
888-604-4673 (HOPE)



Brian Collum

May 11, 1965 to March 7, 2005



FOR MY SON

*Since you passed, this month marks year four.
Yet at times, I still expect to see you at the door.
This continues to seem like a nightmare,
As my heart aches and I sit and stare.*

*I have trouble with daily organization,
An experience for me that's new.
Even with my many obligations,
My mind is askew.
I'm learning to remember all the good times we all shared,
But it's been hard—with a heavy heart, I'm impaired.*

*You left a sign for me on my birthday this past July,
Unlocking the car, saw your cross was off the rearview mirror and on the seat it did lie.
It was neatly draped — the chain wasn't broken by the sun's heat,
But if it were, it would have fallen at my feet—not on the seat.
I believe it was your way to say
"Happy Birthday"!*

*Your brother, Reid, also received a sign from you,
In the middle of the night he heard "who, who".
Learned it was an owl—once collected and loved by you.
This wasn't the first time the owl made an appearance.
For Reid almost a spiritual experience.
Approximately three years ago, he would stand near Reid's porch and stare -
Enough to give you chills and "raise" your hair.*

*We still miss you more than words can express.
I personally still suffer from fatigue and stress.
I pull strength from the Word of God,
That when my life is over and this path I no longer trod,
I will be with you in paradise—where angels sing -
The home of our Lord—the King:*

Written by Diana Reams for her son, Brian Collum

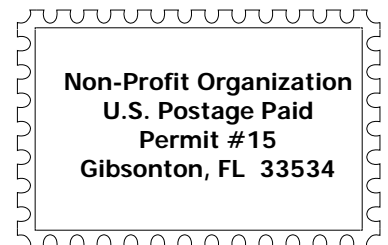
*Endlessly missed by your mother
and brother, Reid Collum*

The telephone rings.
 I answer it, "Hello."
 Quick, bring a hammer and some nails," my daughter replied in an excited tone!
 "Why, what's the matter, honey," I respond?
 "Don't ask questions dad, just bring a hammer and some nails." "Hurry," she snaps in a sharp voice.
 "Ok, I'll be right there." I hang up.
 I knew where she was, of course, just as she knew where I was.
 She was at the stables where she housed her horse, Sheba, and where she worked part time.
 The location was just a short drive from our home.
 Kathryn was around 16 years old at the time. It was 1982.
 I went to the garage immediately and found the hammer and some large nails. Into my car and off to the stables I went, right away.
 During her work schedule that day she was alone, as usual, at the stables with her horse, Sheba, and others.
 The owners kept several horses for clients, as well as some of their own.
 One of the horses had kicked down a few boards of the property fence. There was a danger that some of the horses might escape through the broken barrier. She needed help right away, with a hammer, some nails and her dad.
 We fixed the fence. All was secure.
 Early in 2002, Kathryn died. She was not yet 36. Her son, Israel, our grandson, was almost 7.
 No one can look down the road of life and see what the journey will hold. No one. Not even one.
 We must travel it and try the best that we can.
 A devoted dad has a deep sense of obligation and responsibility to his family. He cares for everyone. He feels his duty to provide for and protect to the best of his ability. This is especially true for his daughter, or girls if more than one. There are trials and tribulations that are difficult to deal with and events beyond our control that overwhelm us. Such is the course we must take.
 There are situations that will baffle us, some that will beat us and others that will bring us grief, pain and sorrow. Sometimes we will know agony and anguish so severe that we feel helpless and hopeless in the grip of such torment. We have no answer, see no solution and sense no relief.
 The burden is too great.
 We feel defeated, crushed, empty and downcast.
 WE NEED HELP. He is there. Ready.
 Psalm 121:1, 2: I lift up my eyes to the hills-where does help come from?
 My help comes from the Lord, The Maker of heaven and earth
 (We can depend upon God for help.)
 Psalm 77:1 : I cried out to God for help: I cried out to God to hear me.
 (God comforts in tough times.)
 Psalm 103:13: As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.
 (God's love for us is great.)
 Romans 8: 38, 39: For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, not any powers, neither height nor depth, nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord.
 (God's love is great and perfect. We are totally secure in Him.)
 God understands our deepest emotional struggles. He knows. He is our comfort.

Written by Tom Sluder
 Kathryn's father



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Please do not delay.

