

November - December 2022



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

www.bpusatampabay.com

MEETING INFORMATION

****Regular Monthly SUNDAY Meeting**

(held the second Sunday of the month)

Sundays November 13 and December 11, 2022

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, November 11 and December 9, 2022

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, November 17 and December 15, 2022

6:30 PM to 8:30 PM

New Hope United Methodist Church

NEW LOCATION 213 N. Knight 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. Park near the awning. You will be walking through the gym.

* Held different weeks during the holidays

Call Lori Scragg at 813-361-2946

for directions or information.

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

*Matthew Gallagher,
 Stephen John Gregory, and
 Robyn Nemitz*

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			
November 2022						

n	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
December 2022						

This year has flown by. The holiday season is already upon us. I wish you all a Happy Thanksgiving and a Merry Christmas. If this is your first holiday without your child, I realize that it will likely be harder to get into the holiday spirit. One thing I discovered my first holiday season was that they were just more bad-days without Robyn. There was a celebration and a good meal, but no day was ever as good as they had been before she died. Hope you will also have a Good New Year!

**Hugs!
 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)	(813) 361-2946
Theresa Farmer (Homicide)	(813) 994-0707
Sandy Boehning (Grandparent)	(813) 989-3255
Lori Scragg (Accidental Death)	(813) 361-2946
Barbara Dietrich (Death of an only Child)	(813) 340-9120
Julie Woofter (Suicide)	(813) 754-4848
Sherry Reber (Sibling & Overdose)	(813) 598-2285
Rita Zvada (Se Habla Espanol)	(813) 961-1011
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.

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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

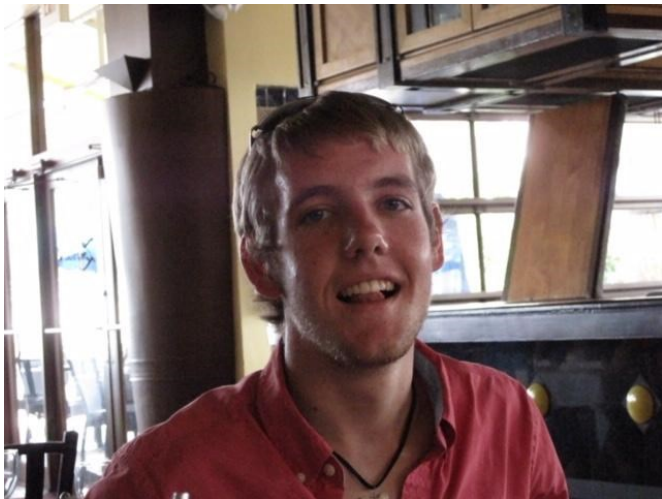
Some of us like to remember our child's birthday or the anniversary of his or her death by bringing a cake or cookies to the meeting that month. We would appreciate having you bring a special treat to any meeting. You may also want to bring and share a picture of your child.

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.

Matthew Gallagher

8/18/92 to 12/12/11



**Missing and Sending You Our Love on Your
11th "Angel" Birthday!**

**Mom, Dad, Tim and
All Your Family and Friends**



Our Children . . . Remembered

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

November Birthdays

Bray, Debbie (Hurley) 11/14/1967 - 6/1/1990 M - Beverley (Bray) Hurley S - Kimberly Gonzalez	Gregory, Stephen John 11/4/62 - 9/1/16 P - DeLores and John Durn (stepfather) B - Mike Gregory S - Pam Gregory	Mentor, Kenric 11/26/87 - 7/2/97 M - Jackie Mentor	Scheurich, Annabelle 11/1/2013 - 11/1/2013 M - Kate Scheurich
Buzbee-Reeves, Devon Michael 11/16/1994 - 11/19/1994 M - Celeste Buzbee F - Mike Reeves B-Tristan Alan Buz- bee-Reeves	Hadley, Katrina 11/17/1961 - 2/4/2006 M-Grace Therman	Milam, Perry Edward 11/4/1974 - 10/1/1994 M-Nancy Milam S-Suzanne Milam Clark	Shockey, Ann 11/08/56 - 04/26/70 P - Dick & Connie Shockey
Celestey, Shaun 11/16/1980-1/3/1980 P-Vick & Paula Celestey	Harless, Jessica Nicole 11/15/1988 - 5/10/2000 M - Heather Harless	Miulli, Matthew Michael 11/27/1987-1/19/2005 P-Jim & Kathy Miulli GP-Rudy Prehnal and Mike & Sue Miulli	Titer, Kenric 11/26/1985 - 7/2/1997 M - Jackie Mentor
Colla, Aaron Dante 11/15/01 - 05/24/02 P-Amanda Colla GP-Jana & Frank Colla A-Danielle B-Dylan	Hinchey, Ronald 11/17/1974 - 12/10/1999 P - Ronald & Donna Hinchey S - Tracy Foster	Nichols, Melissa 11/9/1982 - 9/4/2002 M-Terrena Nichols F-Shannon Nichols S-Brandy Nichols B-Shannon Nichols, Jr.	Torres, Angel Luv 11/19/1982 - 11/2/1994 P-Aida & Angel Torres B-Nicolas Torres GP-Pola Lesprier
Decosta, Brittany 11/19/87 - 04/07/91 M - Kay Decosta	Jacobson, Nathan 11/9/1994-2/16/2008/ P-Amy & Pete Jacobson	Pike, Taylor K. 11/9/1985-5/14/2007 P-Bob & Connie Pike S-Megan Pike	Troxell, Dakota 11/28/88 - 1/19/18 M - Beth Troxell
Dietrich, Jamie Rachel 11/20/1977 - 11/17/2004 P-Tommy & Barbara Dietrich	Kelly, Amanda Jean 11/15/1986 - 7/7/1987 P-John & Brenda Kelly S-Matthew & Ryan GP-John Keller & Elizabeth Kelly	Rivera, Damian Elijah 11/19/2001 - 01/10/2002 B - Siobhan Castillo S - Brayden Castillo	Walker, Nick 11/12/1983 - 1/11/2001 M - Denise Walker GM - Shirley Walker
Dixon Jr., Anthony Howard 11/27/1978 - 4/1/1996 M - Brenda & Toney Dixon B - David Dixon	Kettlety, Daniel S. 11/7/1978 - 11/10/1997 P-Wayne & Sherry Kettlety	Robles-Greene, Brodie Shane 11/15/1996 - 11/29/1996 M - Denise Robles F - Ronnie Greene B - Shane	Wheeler, Clifford Denmark 11/1/1979 - 1 /18/1996 M-Donna Wheeler B-John, James & Duane GP-Lynn & Marcel Baker
Dominguez Mario 11/1/1987/ M-Sonia Dominguez	Lagana, Joseph 11/6/92 - 7/8/18 P - Veronica & Rocco Lagana	Rosas, Ricardo 11/4/1991 - 8/12/2013 M - Leticia Rosas S - Alejandra B- David and Daniel	
Douglas, Christopher 11/4/1977 - 12/22/1997 M - Laren & Michael S - Stacy & Leigh B - Clinton	Lind, Joshua Richard 11/9/1983 - 11/14/1999 F - Richard Lind	Russell, Melody 11/25/1985 - 11/25/1985 M-Karron Russell GP - Ben & Sue Bowditch S/B - Brytani and Derak Aunts Aunts- Catherine and Roben	
Finucane-Terlop, Peter 11/23/1997 - 9/1/2017 M - Cindy Finucane	Loadholtz, Glenn Edward 11/25/1969 - 2/15/2005 P-George & Jackie Loadholtz S-Gwen Walkowiak	Schank, Jamie 11/3/1972-10/26/2003 P- Joan Schank	
Garcia, Larry D. 11/8/1983 - 1/10/2007 M-Consuelo Rios	McDonald, Brooke 11/8/1990-10/4/2008 P-Mitch & Barbara McDonald		



November Anniversaries

Arnold, Ryan 9/1/1988-11/28/2007 P-Ron & Marcia Arnold B-Jason & Matt GP-Charlie & Kathy Arnold, and Allan & Florence Knopf	Baker, Brendolyn Joyce Butterfly 1/1/1948 - 11/9/1990 M - Rebeckah Mitchell SF - Daniel Mitchell B - Daniel Leroy Mitchell S - Sharolyn Mitchell, Rhondolyn Shedrick, Lerolyn Capehart, and Angelyn Capehart	Baker, Holly K. 02/11/84 - 11/15/96 M - Evonne M. Baker	Bridgmon, Matt 2/11/1978-11/4/2006 M-Jean Bridgmon
		Justin, Chris 10/3/1989-11/6/2007 P-Chris Black	Butler, Mark Anthony 7/7/1977 - 11/24/2001 P-Ray & Chris Butler GM-Alice Butler

November Anniversaries cont'd

Buzbee-Reeves, Devon Michael
11/16/1994 - 11/19/1994
M - Celeste Buzbee
F - Mike Reeves
B-Tristan Alan Buzbee-Reeves

Chartier, Eric
9/3/1978-11/2007
P-Linda Chartier & Joe
Phillips

Chilson, Candice
10/24/83 - 11/10/01
M - Wendy Chilson

Clark, Emily
2/28/89 - 11/9/19
M - Sarah Clark

Dietrich, Jamie Rachel
11/20/1977 - 11/17/2004
P-Tommy & Barbara Dietrich

Forcke, Emily
8/30/69 - 11/9/19
M - Sarah Clark
S - Ashley Forcke

Ford, Kelli
4/21/88 - 11/10/16
M - Rose Ford

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

Gray, Jay
09/07/70 - 11/09/01
M - Dee Gray

Harrigan, Kimaura
12/04/1995-11/1/2008
M-Kichma Nieves

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

Horne, Kaitlyn
12/9/94 - 11/2/14
P - Katherine & John Horne

Kettlety, Daniel S.
11/7/1978 - 11/10/1997
P-Wayne & Sherry Kettlety

Jakabowski, Jerome (Jerry)
2/9/1971-11/5/2009
M-Marsha Schemela
B-Jason Jakabowski

Lind, Joshua Richard
11/9/1983 - 11/14/1999
F - Richard Lind

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

McKaughan, Michael
5/19/1989-11/3/2000
P-Darlene & Michael Lack
Sibs-Andrew McKaughan &
Lauren Lack

Moore, Vanessa
9/3/1980-11/11/2005
M-Pat Moore

Robles-Greene, Brodie Shane
11/15/1996 - 11/29/1996
M- Denise Robles
F-Ronnie Greene
S - Shane

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

Ruiz, Marcus Nelson
12/29/1996 - 11/12/2000
P - Aleida & Nelson Ruiz
S - Illana

Verde, Alex
10/1/97 - 11/14/16
M-Andria Verde
S - Amber Davis



December Birthdays

Baker, Jennifer
12/13/1973 - 10/15/1995
P-Terry & Susan Baker

Barnes Hannah D. M.
12/28/94 - 12/28/94
P - Alfred & Sabrina Barnes

Fernandez, Jonathan Lee
12/13/86 - 6/20/10
M - Elaine Fernandez

Flynn, Philip
12/17/1977-8/8/2002
M-Roseanne Flynn

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

Hidalgo, Christopher
12/14/1989 - 7/5/2004
M-Tammy Hidalgo

Horne, Kaitlin
12/9/94 - 11/2/14
P - Katherine & John Horne

Horton, Ryan
12/21/1980 - 1/23/2005
M-Sue Horton

Libby, Josalin Katherine "Josie"
12/20/11 - 1/30/12
M- Katelin Abney
F- Joseph Libby
S - Sebrion Aronson

Lingefelt, Fiona
12/20/1989 - 10/15/2000
P - Karen & Douglas Lingefelt
B-Alexander & Andrew

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

Lovett, Sandra Sandy
12/3/1968 - 10/4/1997
M - Barbara Bryant

Martin, Amanda Louise
12/31/1971-6/19/2008
M- Toni Martin

Montagano, Anthony J. "Tony"
12/02/91 - 01/02/01
P-Luli and Jim Montagano
S-Alessandra Montagano
GP-Henry and Eloisa Valenzuela

Murphy, Mark Lawrence
12/22/1968 - 2/21/2000
M - Rosalie Baum
B - John Murphy

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

Patet, Nathan Gabriel
12/18/88 - 06/10/90
P - Maritza & Jeff Patet
S - Mallory Patet & Gina Patet
GP-Gus & Lourdes Arenas and
Don and the late Betty Patet

Peck, Trent
12/5/69 - 8/27/13
P - Bob & Sally Hoffman
F - Frank Peck

Pitts, Joseph David
12/8/1971 - 7/16/1998
P - Ruth & Richard Pitts

Presley, Tristan
12/1/2010 - 8/2/2011
M - Brittany Presley

Price, Karissa Danielle
6/19/90 - 12/8/12
P - Karen and Dan Price
S - Kaleigh
GP - Eleanor Arnold and
Jerry and Kathie Sealock

Robertson, Kristi Lee
12/15/1969 - 7/29/1994
M - Janice & Joe Robertson
S - Kathy Sanchez & Karen Demeria
GM-Mildred Trigg

Rucys, Elliott Joseph
12/19/2007-1/18/2008
P-Pete & Libbie Rucys
S-Sydney & Aiden Rucys
GP-Wynn, Cheryl, Jodi Elliott and
Joe & Sandra Rucys, Nancy Alvis

Ruiz, Marcus Nelson
12/29/1996 - 11/12/2000
P - Aleida & Nelson Ruiz
S - Illana

Saint Jaques, Myriam
12/4/80 -
M - Olliant Saint Jaques

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

B-Debby & Tony
S-Penny

December Birthdays cont'd

Thomas, Carol
12/16/1955-2/16/2003
M-Betty Thatcher
Sibs-Deb Waldfoege, Ellen Williams, on
Fran Thatcher & Gerri Hust

Waller, Lauren Marie
12/12/1990 - 4/16/2000
M - Kristine Colding & Bryan Strahan
B-Christopher
S-Faith
B - Siobhan Castillo
S - Brayden Castillo

Williams, Paul X.
12/2/1986-12/24/2005
P-Amber & Tracy MacDonald
Sibs-Molly & Daniel Williams
GP-John & Rosemarie Binder



December Anniversaries

Antinora, Joseph A.
8/18/1967-12/9/2006
M-Susan Antinora
S-Tina Baxter
GF-Jos. Harnishfeger

Bailey, Destiny Taylor
1/7/1999 - 12/26/14
M- Stacey Bravick
B- William
S - Lena & Amber

Barnes Hannah D. M.
12/28/94 - 12/28/94
P - Alfred & Sabrina Barnes

Bishop, Krystal Lee
8/1/1988 - 12/24/2001
P-Pam & Rick Bishop
S-Angie Valente & Missy Bishop
B-Greg Bishop
GM-Marilyn Eddy

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

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

Cintron, Bella
2/5/13 - 12/8/18
P - Manuel & Angela Cintron
S - Rotsen, Dawson, Jackson, Nahiomy & Christopher

Daly, Cole
9/9/1983 - 12/17/2001
M-Katie Brock

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

Donnarumma, Sophia Marie
9/1/2000 - 12/23/2004
P-Benjamin & Diane
S-Olivia
GM-Pat Donnarumma

Douglas, Christopher
11/4/1977 - 12/22/1997
M - Laren & Michael
S - Stacy & Leigh
B - Clinton

Durr, Jacob Nathaniel
7/16/1982-12/14/2009
M-Karen Durr
S-Danielle Roberts
GP-Samuel & Margaret Minton

Ellis, Douglas William
01/09/62 - 12/17/83
M - Alicia Ellis West
B-Harry Jr. & Edward Ellis

Gallagher, Matthew
8/18/92 - 12/12/11
P- Kelly & Jim Gallagher
B-Tim

Hinchey, Ronald
11/17/1974 - 12/10/1999
P - Ronald & Donna Hinchey
S - Tracy Foster

Knight, Matthew A.
9/1/1982 - 12/28/2001
P-Ron & Sandy Knight
GM-Jack & Mary Griffin & Doris I. Knight

Lane, Catherine Novak
6/8/1967 - 12/13/2008
M- Christina Daws
B- Michael, John & Richard Lane

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

Mira, Anita
10/22/1992 - 12/4/2010
M - Patricia Mira

O'Berry, Michael Sean
09/13/94 - 12/15/97
P - Mike & Valerie O'Berry
B - Christopher O'Berry
GM - Linda Hoffman
A - Joyce Weil
U - Mike Kasrich

Parnell, Jordan
6/6/85 - 12/23/17
M - Polly Parnell

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

Price, Karissa Danielle
6/19/90 - 12/8/12
P - Karen and Dan Price
S - Kaleigh
GP - Eleanor Arnold and Jerry and Kathie Sealock

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

Rigney, Kyle
10/23/90 - 12/13/20
F - Louis Rigney

Sampson, "Little One"
11/15/99 to 11/15/99
P - Brad and Cindy Sampson

Schlechtly, Michael
2/5/59 - 12/4/01
P - Nancy & Vernon Schlechtly
Children - Michael Leann & Morgan Lynn
B - Mark
S - Amy

Shearer, Shane
08/03/73 - 12/05/89
M - Linda Shearer
SF - Keith Gregory
S - January Shearer

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

Troxell, Jacquelyn
6/11/85 - 12/2/16
M - Beth Troxell

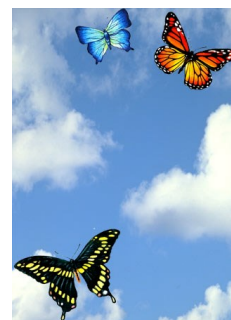
Watson, Jessica
4/18/05 - 12/3/18
F -Dan Watson
S - Kayla
B - James

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

Williams, Paul X.
12/2/1986-12/24/2005
P-Amber & Tracy MacDonald
Sibs-Molly & Daniel Williams
GP-John & Rosemarie Binder

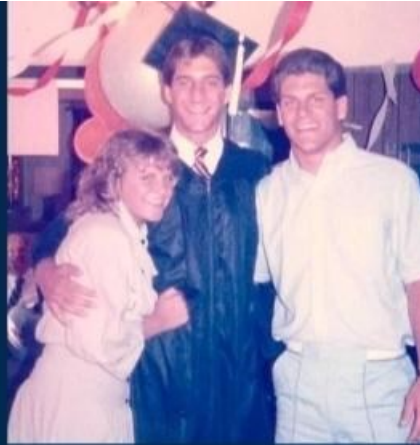
Woofter, Kimberly Ann. "Kimie"
2/24/1970 - 12/25/2006
P-Julie & Steve Woofter
Children -Michael & Dystin
Sibs-Angela Huntley & Donny

Zorn, Wayne
7/15/1964 - 12/30/2006
M-Charlotte Zorn



Stephen John Gregory

11/4/62 - 9/1/16



Stephen John Gregory



LOVE
★ you
to the
moon
& ★
back



Honoring you on what would be your 60th birthday.

Love,
Mom, John, Mike and Pam

2022 Candlelight Ceremony Sunday December 11**Participation Form**

(Please return this registration by November 30 to have your child's name / picture appear in the Program. Send to: BP/USA, c/o Lori Scragg, 1406 Stephens Oak Ct., Plant City, FL 33567

I (family) will be attending the service on December 11, and will light a candle in remembrance of my child/children

Number of people attending _____

I have enclosed a picture for the Presentation OR Please use the picture from last year's Presentation.

I will be unable to attend the service, but would like to have a candle lit in memory of my child / children. NOTE: Due to time restraints, **only picture for parents ATTENDING the Ceremony will be shown.** Thank you for understanding.

Child's name: _____

Date of Birth: _____ Date of Death: _____

We will be having a reception after the presentation. We appreciate all food donations, but would especially encourage more meal type items so we don't have too many desserts.

I am enclosing a donation in the amount of \$_____ in memory of my child / children.
I would like to donate a gift basket in memory of my child.

I would like to donate ___ poinsettia(s) in the amount of \$10.00 each in memory of my child / children to be used for decorating at the Candle Lighting (you take it/them home afterwards).

Your Name _____

Address/Zip: _____

Telephone Number: _____

Email Address: _____

December 11, 2022 Candle Lighting Remembrance Ceremony
**We are encouraging everyone in attendance to wear a mask for the safety of all,
but is not required to attend.**

Bereaved Parents of the USA, Tampa Bay Chapter, will hold its annual Candlelight Remembrance Ceremony at 7 PM. on Sunday December 11, 2022. (Please begin to arrive by 6:15 PM so that we can begin the program on time at 7). The ceremony will be held at: St. Joseph's Hospital Medical Arts Building.

This day is the day of the Children's Worldwide Candle Lighting event (created and shared by TCF) where candles will be lit around the world in memory of all children that have died in every time zone starting at 7:00 PM. Please join us in this beautiful tribute to our children. Any bereaved parent or family member and friends are invited to participate. For those of you who are newly bereaved, we encourage you to attend. This service can make handling the holiday season a little easier.

KEEPSAKE VOTIVE - Each family who attends will light a candle in honor of their child and take the candle home to light throughout the holidays. Due to a decrease in the amount of donations we have received, we are asking for a donation of \$1.00 per person. *

RECEPTION – This year we will be having a pot-luck dinner after the Candle Lighting as we have done in previous years. We encourage all to participate in the dinner. During this time, we will be announcing the winners of the raffled gift baskets.

PICTURE PRESENTATION-A Special Slide Picture Presentation of our beautiful Children! If you are planning to attend our Candle Light Ceremony, email a picture of your child to debbiebpnews@aol.com or mail a picture of your child to: Lori Scragg, 1406 Stephens Oak Ct., Plant City, FL 33567. Either way include their full name as you want it displayed on the slide presentation and also the birth and death dates, NOTE: Due to time restraints, only pictures of children whose parents are attending the ceremony will be shown. Thank you for your understanding.

Picture should be of your deceased child only. If your child's picture was included in previous year's candle lights, any of the National Gathering closing ceremonies, or Chapter Newsletters and you want to use the same photo, just let Debbie Nemitz know that. Pictures mailed in will be returned to you at the Candle Light Service - please pick them up at the registration desk. You can scan the picture yourself and email to debbiebpnews@aol.com, but please be sure it is at least 600 dpi. If you have an questions, please call Debbie Nemitz at 813-501-9567.

BUTTONS- We have the equipment to make picture buttons. Bring a picture no smaller than 3" x 5" and picture will be cut and become the button. Buttons are round and measure approximately 2.25" in diameter. Cost per button is only \$3.00. (picture used in button should have plenty of space around it)

NO BOUTIQUE-There will be 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 do one for you in memory of your child/children. Please call Lori Scragg at 813-361-2946 if you have questions. The raffle tickets will be \$1 for one ticket, \$5 for 6 tickets, and \$10 for 15 tickets and \$20 for 35 tickets.

PARTICIPATION FORM-For planning purposes, or to ensure your child's name appears in our candle lighting program, or if you wish to have a candle lit for your child in your absence, please complete and submit the form attached and send it in before November 30 to: BP/USA Tampa Bay Chapter, c/o Lori Scragg, 1406 Stephens Oak Ct., Plant City, FL 33567

*** If you have votives from previous years that you would like to donate, please get in touch with us so that we can plan accordingly. You may call either Lori at 813-361-2946 or Debbie at 813-501-9567.**

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**

TIPS FOR HANDLING THE HOLIDAYS

Darcie D. Sims, Ph.D.

Grief Inc. Published by Big A and Company, 2000

The holiday season is a time of short days and longer nights, of icy winds, cold hands and empty hearts. It can be a time when the PAST and the PRESENT collide. We try to recapture what we once had or blot out bad memories. We try to ignore the empty chair. It is the perfect time to take a nap, but sometimes wishing we could sleep until springtime comes to lift our spirits doesn't work.

Time moves at its own pace and nothing can speed up or slow down the march of the hours, days, weeks and months across our grieving heart. So, if napping doesn't work for you, there are some things you can do to help ease the foot prints that grief leaves on our heart. So, in this time of icy hearts and frozen feelings:

BE PATIENT WITH YOURSELF. Know that hardly anyone is as happy as you think they might be. We all have our hurts to bear. We are always in a hurry. We want things to BE BETTER NOW. Do what you can this season and let it be enough.

BE REALISTIC. It will hurt, especially if there is an empty chair at the table. Be ready for them. Lay in a supply of tissues (a roll of toilet paper is even more efficient). Anticipation is often far worse than reality. Let those hurting moments come, deal with them and let them go.

BE KIND AND GENTLE TO YOURSELF. Figure out what you SHOULD do, balance it with what you are CAPABLE of doing and then COMPROMISE. Forgive yourself for living when your loved one died.

PLAN AHEAD. Grieving people often experience a lack of concentration. Make lists. Prioritize everything. Decide what is REALLY important to YOU.

REDEFINE EXPECTATIONS of self and others. Be honest in what you expect to be able to do. We live in a world of OUGHTS and SHOULDs and suffer from guilt because we cannot meet our own expectations. Let the OUGHTS and SHOULDs go.

LISTEN TO YOURSELF. Find the quiet space within where all the answers live. As you become aware of your needs, tell family members and friends

ASK FOR HELP WHEN YOU NEED IT. Make a help-on-a-stick sign and stand on the porch, waving it. Someone will notice (but may not stop. Just because you ask for help does not guarantee you will get some, but if you never ask, no one will ever know how much you might need a hug!!)

KEEP SOME TRADITIONS. Choose which ones. Don't toss out everything this year. You can always try changing a routine. Try whatever pops into your head. You can always scrap it if it doesn't work.

TAKE CARE OF YOURSELF PHYSICALLY. Eat right. Exercise (or at least watch someone else). Gift wrap some broccoli. If nothing else, jog your memory! Take a NAP!

RECONNECT TO YOUR SOURCE. Find whatever renews your spirit and recharge your "batteries." Many find their faith to be a great source of strength while others find moments of solitude, meditation or prayer to be helpful. Surround yourself with the people and things that lift your spirits.

CHANGE SOMETHING. Everything has already changed, so don't be afraid to change some traditions. But don't toss out everything this year. Keep some traditions. You choose which ones.

SCREEN ALL HOLIDAY ACTIVITIES:

Will it be the holidays without it? Why do you do this activity? Tradition, habit, obligation? Do YOU have to do this, or can others do it for you?

Do you LIKE doing it? How could this activity be done differently?

LEAVE THE WORD "OUGHT" OUT OF THIS HOLIDAY SEASON.

HOLD ON TO YOUR WALLET AND CHARGE CARDS. You can't buy away grief, but you might be tempted to try.

BUY YOURSELF A SMALL GIFT. Use someone else's charge card. Whose? Remember all those people who said to call "if you ever needed anything"?.....Give them a call now! (buy yourself a small treat for one of those really hard days and enjoy it without guilt).

UNDERSTAND THAT HEARTACHES WILL BE UNPACKED as you sift through the decorations, but so, too, are the warm, loving memories of each piece. Don't deny yourself the gift of healing tears.

GIVE YOURSELF THE GIFT OF EMOTIONS. Put the motion back into the emotions. Toss a Nerf brick when you're angry or pound a pillow.

Go outside and yell while you shovel snow. Find a way to express the intensity of your feelings in a PERSONALLY NON-DESTRUCTIVE way.

REALIZE YOU AND YOUR GRIEF ARE UNIQUE. Everyone grieves differently, yet we often use our differences as weapons. We misinterpret words and actions and may assume that no one else is grieving the "right way". Remember that, just as each snowflake is unique and special, so is each person. Your grief is yours and what works for you may not help someone else. Give everyone the gift of TOLERANCE and allow everyone to grieve in his own way.

SHARE YOUR HOLIDAYS with someone, anyone! Ride the ferry, visit a soup kitchen or nursing home, spend an evening at the bus station. There are lots of lonely people who could use your love and caring.

BUY A GIFT FOR YOUR LOVED ONE. Give it away to someone who would otherwise not have a gift. It is the giving, the exchanging of love that we miss the most. When you share love, it grows.

WORK AT LIFTING DEPRESSION. Take responsibility for yourself. We cannot wait for someone else to wrap up some joy and give it to us. We have to do that for ourselves. Think of things you enjoy and give yourself a treat. (ONE cookie will NOT cause mounds of fat to be deposited on your hips, a dozen, however, might so be careful!)

HANG THE STOCKINGS, PLACE A WREATH ON THE GRAVE. Do whatever feels right for you and your family.

LIGHT A SPECIAL CANDLE. Not in memory of a death, but in celebration of a life and a loved one shared. NEVER FORGET THAT ONCE SOMEONE LOVED US AND WE LOVED BACK. NO ONE CAN DENY THAT GIFT EXCHANGE!

LEARN TO LOOK FOR JOY IN THE MOMENT. Get a pair of rose-colored glasses and change the way you look at things. Joy happens when we look for it! Learn to celebrate what you do have instead of making mental lists of what you're missing.

FIND THE GIFTS OF YOUR LOVED ONE'S LIFE. Think of all the "gifts" that your loved one gave to you ... joy, safety, laughter, companionship, etc. List these "gifts" on strips of paper and keep them somewhere close to you. Some may put them in a gift box while others may decide to place them in the stocking. Some may decorate the tree with them or simply keep them in a memory book or in a secret place. But, wherever you place them, know these small strips of paper hold treasures far beyond our capacity to understand. They hold tangible evidence that someone lived. It is a reminder that we did exchange gifts and that we still have those gifts, even if the giver has gone.

LIVE THROUGH THE HURT SO THAT JOY CAN RETURN TO WARM YOUR HEART!

Take a nap! Hide in the closet. Run through the snow or weed a garden. Whatever works for you is your gift to you this holiday season.

Treat yourself kindly and with the same compassion you extend to others. Be gentle this holiday season and may its gifts of love be forever in your being. Love has woven a fabric of memory for you. Find that and wrap yourself in the warmth of love given and received.

Whatever holidays these are for you, may they be manageable and may you find the love you remember.

MAY LOVE BE WHAT YOU REMEMBER THE MOST!!

Happy 40th-
Birthday
Robyn!



Dear Robyn,

It's very hard for me to believe that you would be turning 40 this year.

We surely have missed you these last 24 1/2 years. A day doesn't go by that you aren't thought of with love.

John and dad join me in sending love
Mom

To my Special Angel

Thanksgiving will feel so empty without you...But I thank God that you were in my life. I will always be grateful for you.



Do you know how hard it is to hold my tears inside? I have lost someone very special to me and it is hard for me each and every day, but especially hard during the holidays. I may look strong, but I am fighting daily to be this way. Please have patience with me... I will never be the same person that I was, but I am trying to be the best that I can right now.

Fl/My Special Angel: For Loved Ones Lost

Welcome

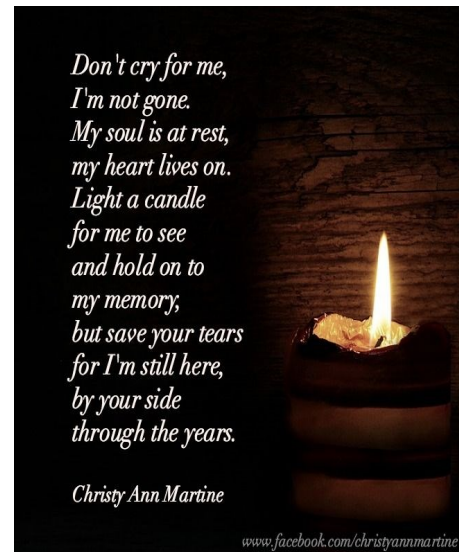
We are the parents whose children have died. We are the siblings whose brothers and sisters no longer walk with us through life. We are the grandparents who have buried grandchildren.

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.



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

