



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

www.bpusatampabay.com

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

Matthew Gallagher,

Steve Gregory, and

Robyn Michelle Nemitz

MEETING INFORMATION

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

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 Brandon **NIGHTTIME** Meeting*

Riverview/Gibson/Brandon areas

*** (held the last Thursday of each month)*

6:30 PM to 8:30 PM

HCA Florida Brandon Hospital

119 Oakfield Drive, Brandon, FL

Cafeteria - Oak Room

Call Lori Scragg at 813-361-2946

for directions or information.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
November 2024						

.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				
December 2024						

**DON'T FORGET TO
 REGISTER FOR CANDLE
 LIGHTING**

Once again it's the holiday season, and with it the end of another year. Our Candle Lighting is almost here. Please see pages 10-11 for the form and information. We are very disappointed that we have a very poor response this year. The deadline is November 24th. We really hope that you are slowed down by Gilbert and the election, but still planning to attend the event.

Holidays without our loved ones, especially our children, can be very difficult. Give yourself time to rest and not overdo or expect too much from yourselves. Enjoy the rest of 2024.

Debbie

Chapter News

Angel of Hope Information

www.angellofhopetampabay.com

Located at:

Riverside Park

201 Riverhills Drive,

Temple Terrace

Mailing Address:

P. O. Box 2573, Lutz, FL 33548

813.784-6929



www.angellofhopetampabay.com/

Telephone Friends

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

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

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 - 12/12/11



**Missing and Sending You Our Love on Your
13th "Angel" Birthday!**

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



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	Schank, Jamie 11/3/1972-10/26/2003 P- Joan Schank
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	Scheurich, Annabelle 11/1/2013 - 11/1/2013 M - Kate Scheurich
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	Shockey, Ann 9/3/1980-11/11/2005 11/08/56 - 04/26/70 P - Dick & Connie Shockey
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.	Titer, Kenric 11/26/1985 - 7/2/1997 M - Jackie Mentor
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	Toler, Jeremiah 11/8/1985 - 11/18/2013 M - Tracy Toler
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 Robles-Greene, Brodie Shane 11/15/1996 - 11/29/1996 M - Denise Robles F - Ronnie Greene B - Shane	Torres, Angel Luv 11/19/1982 - 11/2/1994 P-Aida & Angel Torres B-Nicolas Torres GP-Pola Lespier
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	Rosas, Ricardo 11/4/1991 - 8/12/2013 M - Leticia Rosas S - Alejandra B- David and Daniel 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	Troxell, Dakota 11/28/88 - 1/19/18 M - Beth Troxell
Dominguez Mario 11/1/1987/ M-Sonia Dominguez	Lagana, Joseph 11/6/92 - 7/8/18 P - Veronica & Rocco Lagana	Walker, Nick 11/12/1983 - 1/11/2001 M - Denise Walker GM - Shirley Walker	Wheeler, Clifford Denmark 11/1/1979 - 1 /18/1996 M-Donna Wheeler B-John, James & Duane GP-Lynn & Marcel Baker
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		
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		
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, Holly K. 02/11/84 - 11/15/96 M - Evonne M. Baker	Buzbee-Reeves, Devon Michael 11/16/1994 - 11/19/1994 M - Celeste Buzbee F - Mike Reeves B-Tristan Alan Buzbee-Reeves	Clark, Emily 2/28/89 - 11/9/19 M - Sarah Clark
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	Justin, Chris 10/3/1989-11/6/2007 P-Chris Black	Chartier, Eric 9/3/1978-11/2007 P-Linda Chartier & Joe Phillips	Dietrich, Jamie Rachel 11/20/1977 - 11/17/2004 P-Tommy & Barbara Dietrich
	Bridgmon, Matt 2/11/1978-11/4/2006 M-Jean Bridgmon	Chilson, Candice 10/24/83 - 11/10/01 M - Wendy Chilson	Forcke, Emily 8/30/69 - 11/9/19 M - Sarah Clark S - Ashley Forcke
	Butler, Mark Anthony 7/7/1977 - 11/24/2001 P-Ray & Chris Butler GM-Alice Butler		Ford, Kelli 4/21/88 - 11/10/16 M - Rose Ford

November Anniversaries cont'd

Gladen, Renee' Rose 4/21/1961-11/17/1999 S-Diana Gaden	Jakabowski, Jerome (Jerry) 2/9/1971-11/5/2009 M-Marsha Schemela B-Jason Jakabowski	Moore, Vanessa 9/3/1980-11/11/2005 M-Pat Moore	Verde, Alex 10/1/97 - 11/14/16 M - Andria Verde S - Amber Davis
Gray, Jay 09/07/70 - 11/09/01 M - Dee Gray	Lind, Joshua Richard 11/9/1983 - 11/14/1999 F - Richard Lind	Robles-Greene, Brodie Shane 11/15/1996 - 11/29/1996 M- Denise Robles F-Ronnie Greene S - Shane	Wisniewski, Tyler 3/11/97 - 1 1/2/23 P - Sonya & Thomas S - Breanna and Seth
Harrigan, Kimaura 12/04/1995-11/1/2008 M-Kichma Nieves	Lopez, Jakub 9/6/06 - 11/2/22 P - Claudia and Julio B - Julio Lopez Jr S - Alexa Lopez	Rogers, Dayna Andrew 3/12/1973 - 11/27/1994 M - Linda Heatherly S - Misty Walker & Amber Roger	
Hines, Heather 4/28/1975 - 11/25/1998 M - Sue Hines	McCoy, Sean Patrick 3/17/06 - 11/23/13 P - David & Siobhan McCoy B- Michael McCoy	Ruiz, Marcus Nelson 12/29/1996 - 11/12/2000 P - Aleida & Nelson Ruiz S - Illana	
Horne, Kaitlyn 12/9/94 - 11/2/14 P - Katherine & John Horne	McKaughan, Michael 5/19/1989-11/3/2000 P-Darlene & Michael Lack Sibs-Andrew McKaughan & Lauren Lack	Russo, Marilyn 9/3/45 - 11/10/18 S - Barbara Dietrich	
Hunter, Eve 6/19/04 - 11/4/22 P - Melissa & Doug Hunter			
Kettlety, Daniel S. 11/7/1978 - 11/10/1997 P-Wayne & Sherry Kettlety			



December Birthdays

Baker, Jennifer 12/13/1973 - 10/15/1995 P-Terry & Susan Baker	Lingefelt, Fiona 12/20/1989 - 10/15/2000 P - Karen & Douglas Lingefelt B-Alexander & Andrew	Peck, Trent 12/5/69 - 8/27/13 P - Bob & Sally Hoffman F - Frank Peck	Saint Jaques, Myriam 12/4/80 - M - Oliant Saint Jaques
Barnes Hannah D. M. 12/28/94 - 12/28/94 P - Alfred & Sabrina Barnes	Lloyd, Briana 12/12/96 - 4/17/15 P - Lucile and Ed Lloyd	Pitts, Joseph David 12/8/1971 - 7/16/1998 P - Ruth & Richard Pitts	Sasnett, Debbie Powell 12/14/1956 - 03/31/2000 P-Jackie & Billy Powell B-Debbie & Tony S-Penny
Fernandez, Jonathan Lee 12/13/86 - 6/20/10 M - Elaine Fernandez	Lovett, Sandra Sandy 12/3/1968 - 10/4/1997 M - Barbara Bryant	Presley, Tristan 12/1/2010 - 8/2/2011 M - Brittany Presley	Thomas, Carol 12/16/1955-2/16/2003 M-Betty Thatcher
Flynn, Philip 12/17/1977-8/8/2002 M-Roseanne Flynn	Martin, Amanda Louise 12/31/1971-6/19/2008 M- Toni Martin	Price, Karissa Danielle 6/19/90 - 12/8/12 P - Karen and Dan Price S - Kaleigh GP - Eleanor Arnold and Jerry and Kathie Sealock	Sibs-Deb Waldfoe, Ellen Williams, on Fran Thatcher & Gerri Hust
Gonzalez, Miriam 12/10/1948 - 7/26/1995 P-Fernando & Paula Lespier S-Maria , Aida & George	Montagano, Anthony J. "Tony" 12/02/91 - 01/02/01 P-Luli and Jim Montagano S-Alessandra Montagano GP-Henry and Eloisa Valenzuela	Robertson, Kristi Lee 12/15/1969 - 7/29/1994 M - Janice & Joe Robertson S - Kathy Sanchez & Karen Demeria GM-Mildred Trigg	Waller, Lauren Marie 12/12/1990 - 4/16/2000 M - Kristine Colding & Bryan Strahan B-Christopher S-Faith B - Siobhan Castillo S - Brayden Castillo
Hidalgo, Christopher 12/14/1989 - 7/5/2004 M-Tammy Hidalgo	Murphy, Mark Lawrence 12/22/1968 - 2/21/2000 M - Rosalie Baum B - John Murphy	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	Williams, Paul X. 12/2/1986-12/24/2005 P-Amber & Tracy MacDonald Sibs-Molly & Daniel Williams GP-John & Rosemarie Binder
Horne, Kaitlin 12/9/94 - 11/2/14 P - Katherine & John Horne	Nemitz, Robyn Michelle 12/28/82 - 06/16/98 P - Debbie & Bill Nemitz B - John Nemitz GP - Laura Nemitz	Ruiz, Marcus Nelson 12/29/1996 - 11/12/2000 P - Aleida & Nelson Ruiz S - Illana	
Horton, Ryan 12/21/1980 - 1/23/2005 M-Sue Horton	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		
Libby, Josalin Katherine "Josie" 12/20/11 - 1/30/12 M- Katelin Abney F- Joseph Libby S - Sebie Aronson			



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

Schlechty, Michael
2/5/59 - 12/4/01
P - Nancy & Vernon Schlechty
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

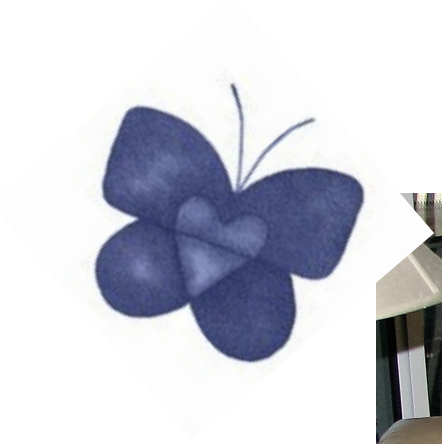


I want to let new members know that if you want your child listed in the newsletter during their birth and anniversary months, I need to hear from you. I need their full name, dates of birth and death and names of parents or siblings or even grandparents you want listed. I will list missed children in 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.

Steve Gregory

11/4/62 - 9/1/16



Thinking of you Steve, especially on your birthday 11/4, and wishing we were celebrating it with you. We'll celebrate your birthday this year and every year while we remember you fondly for all your positive energy, funny video gags you took, that big smile, and all the thoughtfulness you always showed to everyone. It's difficult to put into words how much we are missing you, Steve.

**Love you. xoxo
Mike, Pam, Mom and John**

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 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 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!!

Robyn Michelle Nemitz

12/28/82—6/16/98



My dearest Robyn,

What a beautiful daughter you were...not only on the outside, but on the inside also. I could not have asked for a more lovable, sweet, kind, and obedient child. You were always wanting to please. I can't believe that you would be 42 this year. Life has never been the same since you went to heaven. I have really missed your beautiful smile and wonderful big hugs. You are missed and loved more than words can express. I hope you and your dad are doing well with God in Heaven.

Loving you today and forever,
Mom

Merry Christmas from Heaven

I still hear the songs
I still see the lights
I still feel your love
On cold winter nights.

I still share your hopes
and all of your cares
I'll even remind you
to please say your prayers.

I just want to tell you
you still make me proud
You stand head and shoulders
above all the crowd.

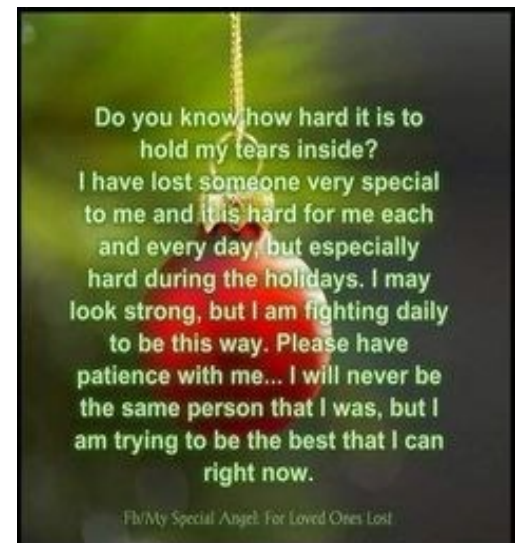
Keep trying each moment
to stay in his grace
I come here before you
to help set your place

You don't have to be
perfect all the time
he forgives you the slip
if you continue to climb.

To my family and friends
please be thankful today
I'm still close beside you
in a new special way.

I love you all dearly
now don't shed a tear
cause I'm spending my
Christmas with Jesus this
year

By John Mooney



2024 Candlelight Ceremony Sunday December 8**Participation Form**

(Please return this registration by November 24 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 8, 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: _____

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

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 8, 2024 Candle Lighting Remembrance Ceremony

Bereaved Parents of the USA, Tampa Bay Chapter, will hold its annual Candlelight Remembrance Ceremony at 7 PM. on Sunday December 8, 2024. (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 24th 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.



Thanksgiving As Sacrifice

By Melanie Desimone

Rocking babies I never dreamed that one day my life would look like this. I never imagined that one of those tiny bodies I held close to my mama heart would not outlive me. Now I sit in the same rocking chair in the dark, thinking about how so many things I wouldn't have written into my story are now part of it. And if I'm honest, it can easily overwhelm my heart. It can carry me to a place of despair and desperation where there's no room for thanksgiving-not the holiday OR the feeling. Here we are-the fifth year of holidays without Dominic-and I'm no better at it than I was at first

Oh, I've figured out how to make my way through the day. I can lay out the plates, fill the pantry and put on a spread. I am not nearly as prone to tears as I once was-at least not while folks are watching.

But that easy flow of laughter and near chaos that once marked our gatherings has been replaced by a kind of mechanical plodding that moves from one moment to the next until the day has passed and I've survived once again.

I always expected our family to grow larger. I looked forward to the day we would no longer fit around the dining room table and we'd have to figure it out. Spouses and then grandchildren peopled my imagination with such clarity! While I never saw faces, I could hear the laughter and watch the motion of so many new lives filling my home.

This year is especially strange.

Circumstances and work schedules and distance dictate that Thanksgiving will be spent with most of my family far away from my table.

So there won't be just one empty chair today, there will be several.

And if I stare too long or focus too closely on what I don't have, I can forget what I still possess.

It's a temptation-always.

But temptation can be resisted. I am not doomed to follow that train of thought to the bottom of the pit of despair.

I refuse to let the darkness overwhelm the light.

I will be thankful for all the love this house has known, still knows and will know. I will be grateful that even though we are physically distant, we talk to one another, sharing laughter across the miles. I will cherish the moments I had with Dominic and rest in the knowledge that in eternity we will have so many more.

I can't fill that chair-no one can fill that chair except my son-but I can fill my heart with good things.

I can choose thankfulness even when it's hard.

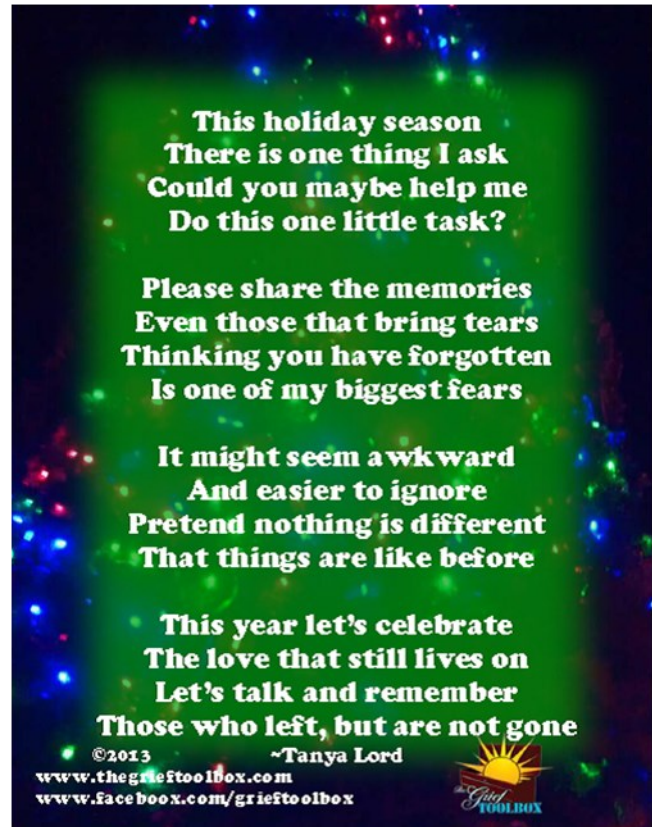
Maybe that's what Thanksgiving is really about-not an unending list of all the sweet things in life-but a short list of beauty extracted from the hard places.

Thanksgiving isn't always bounty, sometimes it's sacrifice.

We Remember You

(a poem from a Hebrew Book of Prayer)

In the rising of the sun and in its going down,
 We remember you.
 In the blowing of the wind and the chill of winter.
 We remember you.
 In the opening of buds and in the rebirth of spring,
 We remember you.
 In the blueness of the sky and the warmth of summer,
 We remember you.
 In the rustling of the leaves and in the beauty of autumn,
 We remember you.
 In the beginning of the year and when it ends.
 We remember you.
 When we are weary and in need of strength,
 When we are lost and sick at heart,
 When we have joys we yearn to share,
 We remember you.
 So long as we live,
 You too shall live,
 For you are now a part of us,
 as we remember you.
 All our love forever....We remember you.



On occasion, Bereaved Parents is asked to attend various events that are somewhat related to us. St. Joseph's held an event on October 5th in memory of some of those children who died at St. Joseph's Hospital. It was a lovely ceremony. They allowed each family to share a little of their story. I believe it was for around 25 children. We had a table and gave out brochures, pens and other items. We let attendees sign up for our newsletter and gave them information about our Candle Lighting.



October is Pregnancy and Infant Awareness month. An event was held on October 15th, sponsored at Adam's Garden at HCA Brandon Hospital. Lori was able to attend the event and again represented BP by handing out brochures, pens and having attendees sign up for the newsletters and information about the Candle Lighting.



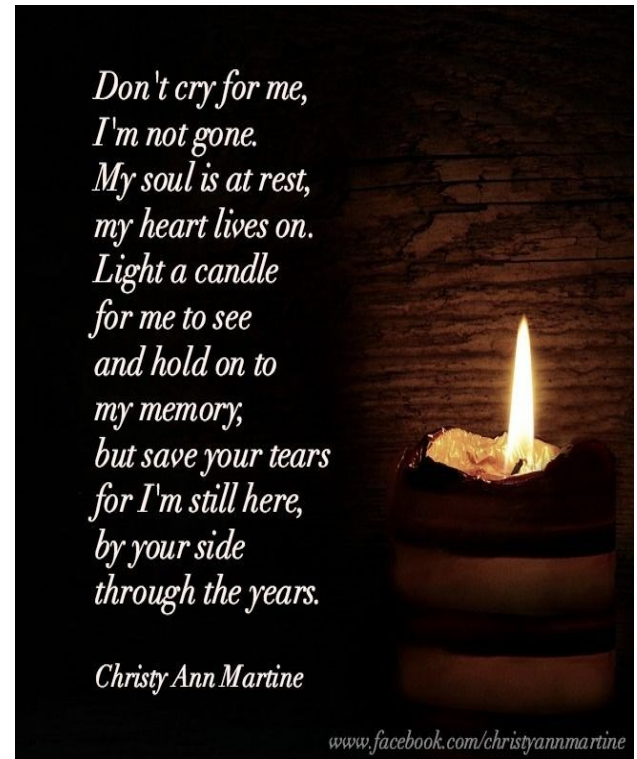
Welcome

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.



Address Correction Requested

The Bereaved Parents of the USA
P.O. Box 7034
Brandon, FL 33508

October-November 2013
POSTMASTER - Dated Material
Please do not delay.

