

Tampa Bay, FL
2025 Nov/Dec



NEWS letter

“MISSION

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

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

Tampa Bay Chapter

Chapter leader

c/o Lori Scragg

1406 Stephens Oak Ct

Plant City, FL 33567

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Newsletter Editor

Blanka Roundtree

news.bptampabay@gmail.com

Contact us to

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

“ BPUSA

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

Meeting Information

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

SUNDAY

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

Tampa area

Nov 9 and Dec 14

6:30 PM to 8:30 PM

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

11 | NOVEMBER 2025

Su	Mo	Tu	We	Th	Fr	Sa
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

THURSDAY

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

Riverview/Gibson/Brandon areas

Nov 20 and Dec 18

6:30 PM to 8:30 PM

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

12 | DECEMBER 2025

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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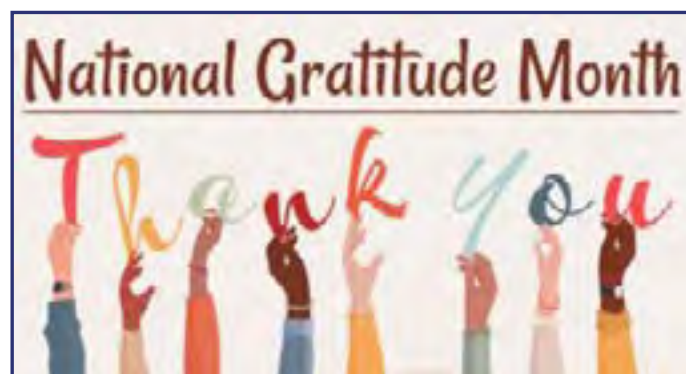


Chapter News

November Activities

November 9 and 27, 2025

- Friends Giving and Gratitude

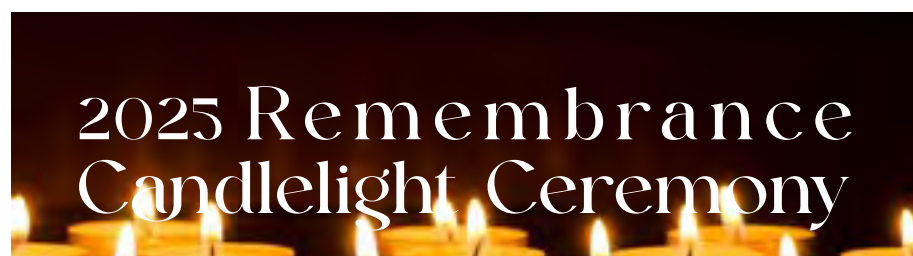


**Don't Forget
to Register for
Candle Lighting
pg 6&7**

December Activities

December 14, 2025

- Remembrance Candlelight Ceremony



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 {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

Sponsorship, Contribution and Charitable Donations

Sponsor a Newsletter Page

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

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

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

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

To sponsor a newsletter page, contact Newsletter Editor at:
news.bptampabay@gmail.com

Please note that sponsorship pages are due by the 25th of the month before the publication month. We publish every 2 months.

Charitable Donation / Love Gift

A Thoughtful Way to Remember

Love Gifts are a beautiful and loving way to remember a loved one. Through Love Gifts, we are able to reach out to others with our brochures and newsletters as well

as obtain books and other information for our library. We truly appreciate every Love Gift, donation and sponsorship. **Our Chapter work is done by volunteers and these donations help us reach out in many ways.**

Newsletter Contributions

Have you written a poem or article about your bereavement process? Would you like to share it in the newsletter? We are looking for article submissions every month from members of our chapter. Articles will be edited if needed. Contact the Editor at news.bptampabay@gmail.com if you have any questions.

2025 Remembrance Candlelight Ceremony

Date:

December 14, 2025; Sunday

Time:

7 PM (Please begin to arrive by 6:00 pm; program will begin promptly at 7pm)

Location:

St. Joseph's Hospital Medical Arts Building; (3003 W MLK Blvd, Tampa)

Bereaved Parents of the USA, Tampa Bay Chapter

will hold its annual Candlelight Remembrance Ceremony at 7 PM. on Sunday December 14, 2025.

This day is the day of the Children's Worldwide Candle Lighting event, created and shared by The Compassionate Friends (TCF), initiated in 1997.

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 may 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. 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.

**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.

PHOTO PRESENTATION

A Special Slide Photo Presentation of our beautiful Children! If you are planning to attend our Candle Light Ceremony, please see Participation Form. Include your child's full name as you want it displayed on the slide presentation including the birth and death dates.

Photo should be of your deceased child only. If your child's photo 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 us know that. Photos mailed in will be returned to you at the Candle Light Service - please pick them up at the registration desk. You can scan the photo yourself and send via email, but please be sure it is at least 600 dpi. If you have an questions, please contact us.

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.

The raffle tickets will be:

\$1 for one ticket,

\$5 for 6 tickets,

\$10 for 15 tickets

\$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.

2025 Candlelight Ceremony Participation Form

2025 Candlelight Ceremony Sunday December 14 at 7pm

Please return this registration by November 30 to have your child's name / photo appear in the Program.

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

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

I (family) will be attending the service on December 14, and will light a candle in remembrance of my child/children

Number of people attending: _____

New participants

I have enclosed a photo

Use the photo from previous 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: _____

Keepsake Votive donation \$1.00 per person Number of votives _____

I would like to provide / bring / donate for the reception:

NOTE: Please try to donate food (sandwiches, salads, deviled eggs, etc.) since we seem to have an abundance of desserts.

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

I would like to purchase _____ **Poinsettia(s)** in the amount of **\$12.00 each**
in memory of my child / children; to be used for decorating at the
Candle Lighting. (You will take the poinsettia home afterwards)

Your Name:

Address:

Telephone:

Email:



Pregnancy and Infant Loss

Remembrance Day honored by HCA Florida Brandon Hospital



On October 15th, Debbie Nemitz and Lori Scragg, our Co-Chapter Leaders, attended the Annual Pregnancy and Infant Loss Remembrance Ceremony at HCA Brandon Hospital, held in Adam's Garden. A wrought iron arch frames the entry to the garden with a plaque honoring the namesake of the garden, Adam Cardman Allred. A remembrance ceremony is held annually on October 15, featuring a candle lighting, roll call, and a remembrance slideshow. This was the 3rd year Lori and Debbie were able to address the crowd, introduce our group, and speak about our monthly meetings.



Shattered –Surviving the Loss of a Child

Gary Roe

Gary Roe has created a book that meets you in hell and doesn't try to drag you out before you're ready. He sits with you in the ashes. He validates your rage, your despair, your guilt, your numbness, your desperate bargaining with God or the universe or fate.

1. Your Grief Is Yours Alone And That's Sacred

No two parents grieve the same child the same way. Roe affirms what you already know but everyone else seems to forget: your relationship with your child was unique, unrepeatable, and irreplaceable. Your grief doesn't need to look like anyone else's. You don't need to grieve on anyone's timeline. The depth of your sorrow is the measure of your love, and both are holy.

2. You're Not Going Crazy, You're Experiencing Trauma

The physical symptoms, the mental fog, the way you can't remember simple things, the feeling that you're losing your mind—Roe names these experiences with clinical understanding wrapped in compassionate recognition. Your body and mind are doing exactly what they're supposed to do when confronted with the impossible. This isn't weakness. This is your system trying to survive the unsurvivable.

3. The Secondary Losses Keep Coming Like Waves

Losing your child isn't one loss, it's a thousand. The future you'll never see. The milestones that will never come. The identity of being that child's parent in the world. The relationships that don't survive the strain. The version of yourself who existed before. Roe doesn't minimize these cascading griefs. He acknowledges each one, giving you permission to mourn not just who you lost, but everything else that died with them.

4. People Will Fail You And You'll Survive That Too

With brutal honesty, Roe prepares you for the isolation that often accompanies child loss. Friends will disappear. Family members will say devastating things. People will expect you to "move on" before you've even figured out how to move at all. He doesn't sugarcoat this reality, but he also shows you how to find your people; the ones who can sit in the dark with you without trying to turn on the lights.

5. Survival Is Not Betrayal

One of the book's most profound gifts is Roe's gentle insistence that continuing to live is not dishonoring your child's memory. Finding moments of peace doesn't mean you've forgotten. Experiencing joy again doesn't mean you love them less. He gives you permission to survive your child, even when survival feels like the ultimate act of disloyalty.

6. The Love Never Dies, It Just Changes Address

Perhaps the most beautiful truth Roe offers is that your relationship with your child didn't end. It transformed. You're still their parent. That bond is eternal, unbreakable, and continues beyond death's border. Learning to parent a child you can't hold, can't see, can't touch; this becomes your new, aching reality. And Roe shows you that this continuing bond isn't denial or pathology. It's love doing what love does: persisting.

Angel of Hope Memorial Garden Information

Riverside Park
201 S. Riverhills Drive, Temple
Terrace, Florida

Parking lot is across the street and
up a hill on the left as you turn
onto S. Riverhills Drive from 56th.
Street.

Follow either path to the back to
the ANGEL!

angelofhopetampabay.com



November Birthdays

Bray, Debbie (Hurley)
11/14/1967 - 6/1/1990
M - Beverley (Bray) Hurley
S - Kimberly Gonzalez

Brian Bridgeman
11/18/90-6/19/25
M- Gina Wright-Wills
B- Christian

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

Celestey, Shaun
11/16/1980-1/3/1980
P-Vick & Paula Celestey

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

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

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

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

Dominguez Mario
11/1/1987/
M-Sonia Dominguez

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

Finucane-Terlop, Peter
11/23/1997 - 9/1/2017
M - Cindy Finucane

Garcia, Larry D.
11/8/1983 - 1/10/2007
M-Consuelo Rios

Gregory, Stephen John
11/4/62 -9/1/16
P - DeLores and John Durn (stepfather)
B - Mike Gregory
S - Pam Gregory

Hadley, Katrina
11/17/1961 - 2/4/2006
M-Grace Therman

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

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

Jacobson, Nathan
11/9/1994-2/16/2008/
P-Amy & Pete Jacobson

Kelly, Amanda Jean
11/15/1986 - 7/7/1987
P-John & Brenda Kelly
S-Matthew & Ryan
GP-John Keller & Elizabeth
Kelly

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

Lagana, Joseph
11/6/92 - 7/8/18
P - Veronica & Rocco Lagana

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

Loadholtz, Glenn Edward
11/25/1969 - 2/15/2005
P-George & Jackie Loadholtz
S-Gwen Walkowiak

McDonald, Brooke
11/8/1990-10/4/2008
P-Mitch & Barbara McDonald

Mentor, Kenric
11/26/87 - 7/2/97
M - Jackie Mentor

Milam, Perry Edward
11/4/1974 - 10/1/1994
M-Nancy Milam
S-Suzanne Milam Clark

Miulli, Matthew Michael
11/27/1987-1/19/2005
P-Jim & Kathy Miulli
GP-Rudy Prehnal and
Mike & Sue Miulli

Nichols, Melissa
11/9/1982 - 9/4/2002
M-Terrena Nichols
F-Shannon Nichols
S-Brandy Nichols
B-Shannon Nichols, Jr.

Pike, Taylor K.
11/9/1985-5/14/2007
P-Bob & Connie Pike
S-Megan Pike

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

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

Schank, Jamie
11/3/1972-10/26/2003
P- Joan Schank

Scheurich, Annabelle
11/1/2013 - 11/1/2013
M - Kate Scheurich

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

Titer, Kenric
11/26/1985 - 7/2/1997
M - Jackie Mentor

Toler, Jeremiah
11/8/1985 - 11/18/2013
M - Tracy Toler

Torres, Angel Luv
11/19/1982 - 11/2/1994
P-Aida & Angel Torres
B-Nicolas Torres
GP-Pola Lespier

Troxell, Dakota
11/28/88 - 1/19/18
M - Beth Troxell

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



Spiritually, November



symbolizes transition, remembrance, and preparation, as it marks the end of the year's cycle and the beginning of a new one. It is seen as a time for gratitude, releasing the old, preparing for the darker months ahead, and recognizing the spiritual cycle of life and death. We honor the ancestors while restoring relationships on behalf of all life to come. In some traditions, the month is associated with divine preparation and the spiritual struggle within oneself, and finding strength in confronting inner truths.

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

Justin, Chris
10/3/1989-11/6/2007
P-Chris Black

Bridgmon, Matt
2/11/1978-11/4/2006
M-Jean Bridgmon

Butler, Mark Anthony
7/7/1977 - 11/24/2001
P-Ray & Chris Butler
GM-Alice Butler

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

Gladen, 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

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

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

Russo, Marilyn
9/3/45 - 11/10/18
S - Barbara Dietrich

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

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



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 - Sebbie 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 - Oliant Saint Jaques

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

Thomas, Carol
12/16/1955-2/16/2003
M-Betty Thatcher
Sibs-Deb Waldfoge, 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



Matthew Gallagher

8/18/92 - 12/12/11



Missing and Sending You Our Love on Your
14th "Angel" Birthday!

Mom, Dad, Tim and
All Your Family and Friends



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





How to Honor

Your Holiday Grief

Biting your quivering lip through a holiday prayer... excusing yourself to the bathroom during a tradition a loved one used to enjoy... banishing the mention of certain names during family gatherings... Does that sound familiar?

Because the holidays are such a special time for most people. Almost every family has a set of traditions, across the aisle and from the very religious to the totally secular. And during the six weeks of winter where most of the Western world is putting aside their differences (or not) and celebrating each other with quality time, gifts, joint activities, memory sharing, and general revelry...

It's a common time to feel the sting of someone's absence as strongly as the presence of those still remaining. First of all, it's important to remember a few things:

- Grief is personal and individual.
- Grief is not limited to death — distance, uncoupling, and growing apart are grief too.
- There isn't a wrong way to grieve.
- There is no statute of limitations on feeling loss.

And here's a big myth that needs busting: you don't get over grief. You move forward with it. (In fact, if you have specific grief and trauma you've been trying to grow with, you may benefit from this course.)

You don't have to suffer through the holidays, aching and remembering. Today, we're going to talk about how to honor your grief during the holidays — *it's as much a part of you as your liveliness, love, and longing is.*

If it isn't unhealthy for you to speak about your lost one, don't speak about them. In some cases of trauma or abuse, mentioning the name of the person in question may not be helpful to your healing.

But if you're worried that talking about an important person who has passed, or a person who isn't a part of your life anymore, will be annoying, or a downer, or make you seem weak, put that away.

Your grief and pain are alive in you always. Let the loss be alive as well. Point out what they would have loved. Tell the story of a memory that's dear to you. Lament that they're missing being with you and yours.

Start a new tradition in their honor. Maybe you remember something that they loved

the most about this time of year — making homemade hot chocolate, or ice skating, or watching a certain movie.

Turn that activity into a ceremony. Speak about it. Think about it. Invite people to it. Let it take on a life of its own and infuse as much of your missing piece into the new tradition as you can. Wear their favorite color, start the night off with the song they always sang.

Plan for what you know your triggers are. If you have tried to be in church, or lighting the menorah and saying the mourner's kaddish, or going caroling on your old route, and it's proven too difficult for you, that's okay.

That's where you are right now. And it doesn't mean it's where you'll be forever.

But honor how you feel and what you know won't make you feel better. And that's the only explanation you need to give: *"This won't help me right now."*

Tell anyone who will expect you to participate — maybe because they grieve differently — that you won't be able to enjoy that tradition with them this year because you aren't ready.

Reach out about where you are in your grief

and ask for help. The holidays generally come with extra responsibility for everyone. Whether your grief is too recent for you to rise to the level of commitment people have come to expect of you, or you aren't able to perform certain tasks, speaking out can help.

Not only does it let the people who love you know how they can help you, it also gives them room to speak about their own grief and limitations.

Making a batch of latkes just like you used to with someone you've lost might hurt too much. But when you ask for help, you may find that someone else would like to honor their grief in that way.

Most of the time, people who love you want to make you feel better and don't know what will.

Sometimes, it's just being listened to.

The holidays after or during a loss can be the darkest time of the year for a lot of people.

And it may still be, even if you follow this advice.

And that is okay too. Have a sad holiday. Allow yourself to cry, to mourn, to bemoan the fates.



Don't tell yourself to get over it
or to move on.

Only move with.

“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 grand children. 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.

BPUSA National Office

bereavedparentsusa.org