



# Tampa Bay Chapter

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

## October 2007

Please note - Our website is now [.com](http://www.bpusatampabay.com)  
and not [.org](http://www.bpusatampabay.org) -  
[www.bpusatampabay.com](http://www.bpusatampabay.com)

### MEETING INFORMATION

#### Regular Monthly SUNDAY Meeting

Sunday, October 14, 6:30 to 8:30

(We normally have short separate break out sessions for Fathers and Mothers)

St. Joseph's Hospital

Medical Arts Building, Auditorium

3001 Martin Luther King Jr. Blvd.

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

#### Regular Monthly DAYTIME Meeting

Riverview/Gibson/Brandon areas

(held the second Friday each month)

Friday, October 12,

10:00 a.m. to noon

The Greater Brandon Chamber of Commerce (new building)

330 Pauls Drive, Ste. 100 (TECO Board Room)

Brandon, Florida 33511

PLEASE CALL Linda Delk at 813-661-0680

for directions or information.

#### Regular Monthly BRADENTON Meeting

(held the third Monday each month)

Monday, October 15,

7:30 to 9:30 p.m.

NEW LOCATION

Melissa Coxwell at 941-708-7052

for directions or information.

#### Regular Monthly PLANT CITY Meeting

(held the fourth Thursday of the month)

Thursday, October 25,

7:00 to 9:00 p.m.

South Florida Baptist Hospital

301 N. Alexander Street, Plant City

in the Community Conference Room

Call Sue Bowditch at 813-661-9334

for directions or information.

### Upcoming Events:

**Angel of Hope monthly meeting,**

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

AOH Golf Tournament, Monday, November 5

(See Page 5 for more information)

### November 9 - Gift Night

Share a special Christmas story or memory about your child and if you can handle it, purchase a gift that you would have bought for your child.

All gifts will be donated to charity.

(This is strictly voluntary-please do not wrap gift)

### December 9 - Annual Candle Light Service

Mark your calendar and invite family and friends to attend our annual Candlelight Remembrance Service at St. Joseph's Hospital. *If you want to volunteer to help with this service or donate items for the boutique in memory of your child, please call Beverley Hurley at 813-832-3175!*

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	OCTOBER		

### To Our Surviving children

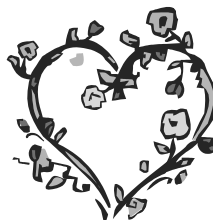
And you were with us  
When the darkness came  
You stood and grieved  
And kept yourself alive.  
WE THANK YOU NOW.

We have not always  
Honored who you are  
And often did not tend  
Your hidden sorrows.  
FORGIVE US NOW.

Because you loved us  
Well enough to wait  
Until we could  
Return to you and know  
with joy and hope and love:

You are tomorrow.  
WE CELEBRATE YOUR LIFE.  
And while we will remember always,  
Always the one, the many souls who

Did not live,  
We see you once again  
For what you are:  
The wealth you are,  
The comfort  
And the promise.  
WE THANK YOU NOW!



From *the Sorrow and the Light*  
By *Sascha Wagner*  
LARGO Press, Aurora, CO '92

LIFE TURNS OUT BEST  
FOR THOSE WHO MAKE  
THE BEST OF THE  
WAY LIFE TURNS OUT.  
*Art Linkletter*  
Father of two children who died

## Chapter News

### ANGEL OF HOPE UPDATE

Please check out our new website at [www.angelofhopetampabay.com](http://www.angelofhopetampabay.com)



### LOCATION

Now that we have confirmed a beautiful location in Temple Terrace on Riverhills Drive and 56<sup>th</sup> street closest to the beautiful Hillsborough River, we can move forward with more publicity and construction plans. This centrally located memorial will be for all of Hillsborough County and surrounding communities.

Don't forget that we already have **memorial bricks** available to order that will be placed in loving memory of your loved ones on the surrounding patio around the Angel. Order forms are available on the website or by calling Beverley at 813-832-3175! Thank you for your continued support and interest!



### GOLF OUTING!

Save the date of Monday, **November 5, 2007**, Temple Terrace Golf and Country Club, 200 Inverness Ave., Temple Terrace, FL 33617! We need sponsors, donors, workers and golfers! Please call Gina Casal at 813-813-746-4796 for more information!

### Cartridge Buy Back Program to Benefit the Angel of Hope!

Please bring your empty inkjet and laser toner cartridges to any of our Angel of Hope or BP/USA meetings. Barbara Dietrich has volunteered to collect these and turn them in for a refund to benefit the Angel of Hope or call her at 813-340-9120.

### A New Magnet Available

Angel of Hope has a new supply of the ribbon magnet "In Loving Memory of". You can write your loved one's name and date on the magnet with a permanent marker. Only \$5.00 each!



Please mail your order and check to:  
Angel of Hope, P.O. Box 2573, Lutz, FL 33548

### Tee Shirts

Angel of Hope Tee Shirts available at \$12 each!  
Please call Gina Casal to order your tee shirt!  
813-495-7539 / email [GinaCasal15@tampabay.rr.com](mailto:GinaCasal15@tampabay.rr.com)



### Telephone Friends

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

Linda Delk (General Information) (813) 661-0680

Theresa Farmer (Homicide) (813) 994-0707

Traci Cooley (Drowning) (813) 300-6877

Ron Ellington (Suicide/Grandparent) (727) 410-2308

Serena Graves (Sibling Contact) (813) 810-7169

Violeta "Cookie" Fernandez (813) 996-4281  
(Se Habla Espano)

**CRISIS CENTER** 211

## Love Gifts



Bill & Georgia Schneider  
In loving memory of their son  
**Adam Schneider**  
01/29/71 - 10/23/75



Patricia Schulman  
In loving memory of her son  
**Adam J. Schulman**  
6/7/1971-9/26/2004

Thomas & Judy Sluder  
In loving memory of their children  
**Kathryn Sluder**  
8/31/1966-3/17/2002  
**Keith Sluder**  
4/25/1964-5/11/2006

### **Love Gifts**

#### **A Thoughtful Way to Remember**

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

### **MONTHLY MEETING TOPICS**

**October-Surviving the Holidays!**

**November-Gift donations!**

**December-Candle Light Service**

### **Electronic Newsletter**

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

### **Address Change**

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

### **Picture Boards**

Please bring your child's picture for our Picture Board to be displayed at all meetings!

### **Refreshments**

Some of us like to remember our child's birthday or the anniversary of his or her death by bringing a cake or cookies to the meeting that month.



We would appreciate having you bring a special treat to any meeting. You may also want to bring and share a picture of your child. Thank you!

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

**Please note - Our website is now .com and not .org - [www.bpusatampabay.com](http://www.bpusatampabay.com)**



## Our Children . . . Remembered

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

### October Birthdays

Baez, Roberto G.  
10/30/1985 - 10/3/2005  
M-Jeannette Carrasco Baez

Baker-Dixon, Lori Kathleen  
10/29/1975 - 4/12/2001  
Child - Ryan  
Spouse - Rusty  
P - Donna Budd and Bill Baker  
S - Tracy Howard & Phylcia Baker  
B - Jamey Baker

Burger, Teresa  
10/26/58 - 07/10/87  
M - Cecelia Burger  
B - Hal & Curt Burger

Cason, Todd  
10/28/1968 - 4/12/2003  
P-Earl and Kay Cason  
Child-  
Spouse-

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

Fitzpatrick, Brad R.  
10/8/1972 - 10/27/2000  
M - Barbara Fitzpatrick

Glim, Melissa  
10/15/1995-10/15/1995  
GM-JoAnn Glim  
Hester, Debbie  
10/14/61 - 07/15/98  
P - Buddy & Sue Butler

Howard, Joseph  
3/14/1985-10/5/2002  
M-Krista Howard

Kerby, Kristen Elizabeth  
10/21/1979 - 3/31/2002  
P-Larry & Vickie Kerby  
S-Kimberley  
B-Mark

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

Mercer, Bret  
10/5/1988 - 6/25/1992  
P - Eddie & Darlene Mercer  
S - Lindy, Crystal & Kaley  
GP-Loren & Christine Mercer  
GP-Beverly Jaudon Quincannon

Miller, Tyler Lee  
10/16/2003 - 10/16/2003  
P-Perry and Barbara Miller

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

Peters, Chalama  
10/29/1988 - 10/4/2005  
P-Veronica and Thaddeus Francis

Pippin, Shawn  
10/16/1984 - 9/16/2002  
M-Anita Pippin

Quincannon, Mark Milton  
10/5/1981 - 2/17/1996  
P - Alana & Joe Quincannon  
S - Emi l y & Shannon  
GP - Walter Milton  
GM - Margaret Quincannon

Schmedlen, Nathan  
10/27/1968-2/2/1990  
M-Rose Schmedlen

Short, Kimberley  
10/21/1969 - 2/11/1993  
P - Terrance & Sue Short

Smith, Clay Daniel  
10/24/1967 - 9/30/1996  
P-Francia & Chuck Smith  
B - Jed & Kyle

Snyder, Janna Marie  
10/21/1978 - 11/11/1995  
GP Marian & Paul Bullard  
P - Dana & Connie Snyder  
B - Jeff Snyder

Theriahult, George L.  
10/13/1951 - 6/1/1996  
P - Mae Theriahult

Thomas, Destiny Jean  
10/1/1990 - 4/24/1998  
F-Craig Thomas  
B-Braxton  
S-Justin  
GP-Augie & Betty Thatcher and  
Marty & Carol Thomas

Thompson, Timothy A.  
10/27/70 - 01/07/93  
P- Bettie & Richard Thompson

Wallowicz, Michael (Mikey) Kevin  
10/23/1981 - 4/28/1990  
P - Jim & Judy Wallowicz  
B - Jimi Wallowicz  
GM-Josie Varselona

Welch, Kimberly Michelle  
10/24/1971 - 8/28/2003  
M-Nancy Welch  
Child-

Wynne, Adam Charles  
10/13/1971 - 4/24/1993  
P-Chuck & Gloria Judson  
S-Lori Wynne  
Father to Morgan Wynne



### October Anniversaries

Baez, Roberto G.  
10/30/1985 - 10/3/2005  
M-Jeannette Carrasco Baez

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

Ferrera, Alex  
8/11/1977 - 10/4/1997  
P - Nelson & Guisela Ferrera  
B - Paolo Ferrera  
GM - Magda Alvarez  
Aunt - Mirta Diaz  
Uncle - John Ferrera

Fitzpatrick, Brad R.  
10/8/1972 - 10/27/2000  
M - Barbara Fitzpatrick

Gardner, Gary Jr.  
8/25/1995 - 10/4/2000  
P - Gary & Janelle Gardner  
B - Jacob Gary Gardner

Glim, Melissa  
10/15/1995-10/15/1995  
GM-JoAnn Glim

Griner, Ian  
7/10/1985-10/27/2006  
M-Barb Griner

Gugliotta, Dan & Nadine  
3/26/1976 - 10/14/2003  
P-Dan & Nadine Gugliotta

Kelley, Emmanuel  
2/27/1987-10/25/2006  
M-Cynthia Kelley

Knox, Patricia Lynn  
7/27/1964 - 10/21/1997  
M - Shelby Jean McClure

Kushner, Jonathan  
09/13/62 - 10/28/73  
P - Lorraine & Gil Kushner  
B-Andy & David

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

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

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

Miller, Tyler Lee  
10/16/2003 - 10/16/2003  
P-Perry and Barbara Miller

O'Neil, Clark Dean  
9/1/1962 - 10/24/2004  
P-Larry and Jeanne O'Neil  
B-Kevin & wife Rene'  
S-Kitty & husband Joseph; Jennifer &  
husband Randy

Parrish, Tyler Stephen  
8/6/1991 - 10/24/1991  
P - June & Terry Parrish

Peters, Chalama  
10/29/1988 - 10/4/2005  
P-Veronica and Thaddeus Francis

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

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

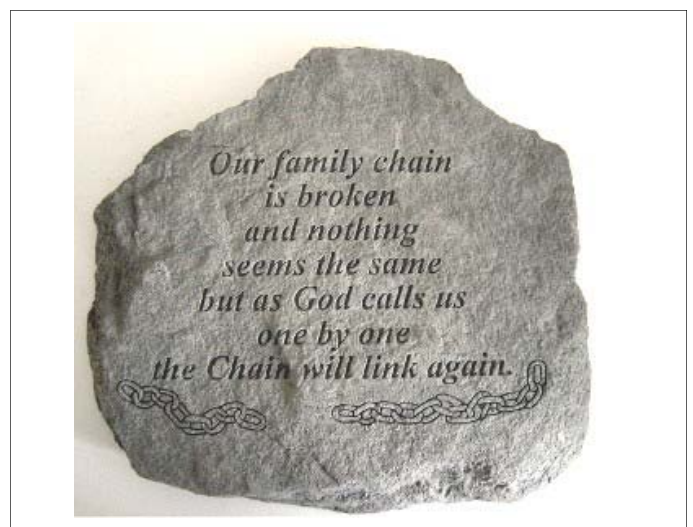
Schneider, Adam  
01/29/71 - 10/23/75  
P - Bill & Georgia Schneider

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

Stanley, Gregory  
3/2/1985-10/6/2004  
M-Darlene Stanley

Will, Madison Kathleen "Madi"  
9/2/1995 - 10/4/1995  
P - Carl & Lisa Will  
S - Megan & Rachel Will  
B- Zachary & Seth Will

*If we have omitted your child,  
misspelled your child's name, or  
listed incorrect dates, please  
accept our apologies and call  
Beverley Hurley at (813) 832-  
3175 to correct the information.  
Call any of our telephone friends  
if you are having a  
hard time on these days.  
We truly understand your pain;  
for we, too, remember our  
own children.*



Sips of cider, pungent with brown sticks of cinnamon, foretell the swift approach of fall. Another autumn, when the winds of change return the memories of Halloweens long past - devils, bunnies, pirates, gypsies, cowboys too, and astronauts and bums and clowns - I made the costumes each fall for my two sons and also for my daughter.

My daughter had not yet outgrown her love of Halloween the fall before she died. Though she was 25, she claimed the season as her own to execute a harmless prank on me, her mother - oh, maybe not for me alone, but rather planned to share the fun with all her friends. Well, she became a nun. Her habit, black and white, was quite authentic. Her face was scrubbed and saintly, free of rouge or gloss. Instead of oxfords, on her feet she wore a pair of disco-demiboots. Unlikely, yes - but black!

She kept her normal stride (quite brisk and long) while walking through the halls to my office after class. She entered; but I, completely unaware of who she was, said "May I help you?" Only when she laughed did I look again and recognize her cherub face. Then I laughed too, and laughing, told the story several times to others. One colleague laughed and added later, "Yes, I saw her too, and said to my companion, can you believe the shoes that nun is wearing?"

And so I'll bet that she'll be up to her old tricks again this Halloween. And I'll be listening. The roar of heavenly laughter makes for wonderful imagining.

*Shirley Ottman,  
BP/USA, Denton, TX*

## Halloween

*It is here, this day of merriment  
d' children's pleasure.  
Gremlins and goblins  
and ghosties at the door  
of your house.  
And the other children  
come to the door of your mind.  
Faces out of the past,  
small ghosts with sweet, painted faces.  
They do not shout.  
Those children  
who no longer march laughing  
on cold Halloween night,  
they stand at the door of your mind -  
and you will let them in,  
so that you can give them  
the small gifts of Halloween -  
a smile and a tear.*

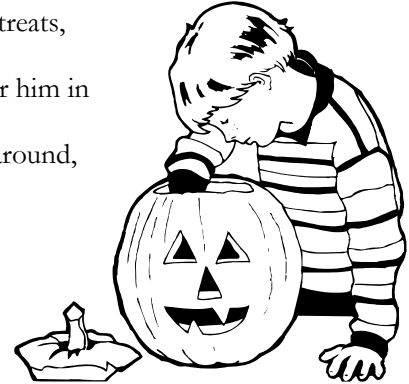
*~WINTERSUN by Sascha*

## ANOTHER HALLOWEEN

### The Last Trick or Treater

**I**t's late Halloween night,  
The candle in the pumpkin is nearly out,  
The candy is almost gone,  
The doorbell rings one last time.  
It's a little boy in costume  
With a jack-o'-lantern for his treats,  
Only he has no candy  
And he has no one waiting for him in  
the dark.  
As he leaves, he stops, turns around,  
And waves to me.  
Could it be?

*By Barbara April  
Richmond, VA*



## "That" Time of Year

It's Halloween time again. Is that thought bothering you? It probably is, particularly if you had a little one who would have been out doing a little tricking and getting a lot of treating that night. Or, Maybe your child was too small or didn't live to see even one Halloween. That hurts, too, doesn't it? Sometimes we grieve for what was and sometimes we grieve for what could have been

Maybe, like me, you child was too old for conning neighbors into treat, but it still is a hard night in the beginning. All special days and nights are.

If you have small children who need to be a part of this special night, maybe a family member or a good friend will accompany them on their appointed rounds. They'll enjoy the evening just as much and you can "treat" yourself by choosing to stop the world and get off for a little while.

If you have no children at home, this may be a good time to close up shop for that one night. Take in a movie - or stay home and give no inviting signs that say you want to participate in the festivities of the evening. Do what is comfortable for you.

One day you will be able to enjoy treating the little ones again. This just may not be the year. Isn't it good to know our needs and abilities change as time goes by?

*Mary Cleckley, BP/USA*

## Flower

*by Callie Anderson*

*This little flower was given to  
me to bud on earth, and bloom  
in Heaven.*





## 1<sup>st</sup> Annual Angel of Hope Memorial Garden, Tampa Bay Charity Golf Tournament

Sponsored by the Angel of Hope Memorial Garden, Tampa Bay  
Monday, November 5, 2007

### Golf Day Includes:

Pre-Tournament Lunch  
Post Tournament Awards Dinner  
Canvas Goodie Bag  
Awards for Top Three Teams  
Raffle Prizes, Silent Auction, Mulligans  
AND MUCH MORE!!!

1:00 pm Shotgun Start  
Four Player Scramble  
Temple Terrace Golf & Country Club  
200 Inverness Avenue  
Temple Terrace, FL 33617

You and your business can participate in many different ways! All proceeds will benefit the Angel of Hope.  
Please contact Gina Casal (813)495-7539 or Barbara Dietrich (813)340-9120.

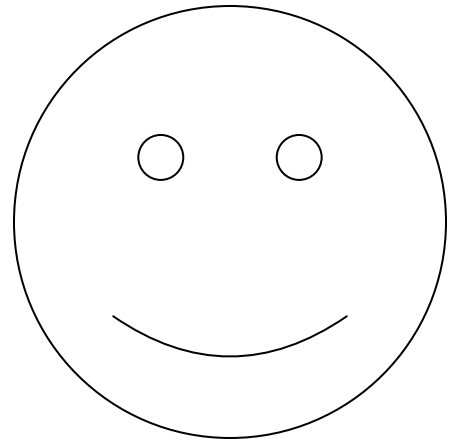
### Again This Year ... Picture Buttons

Families wishing to have a picture button of their child made can do so at the Candlelight Ceremony. Price for each button is \$3 and you can get one made 30 minutes before the start of the ceremony. Buttons are round and measure approximately 2 1/4 inches in diameter.

If you are interested in having a button made, be sure to bring a 3" to 4" picture.

You can even have a copy of your child's footprint and/or handprint made into a button.

Note: Use Mr. Smiley Face to measure your desired picture!



## A Solitary Journey

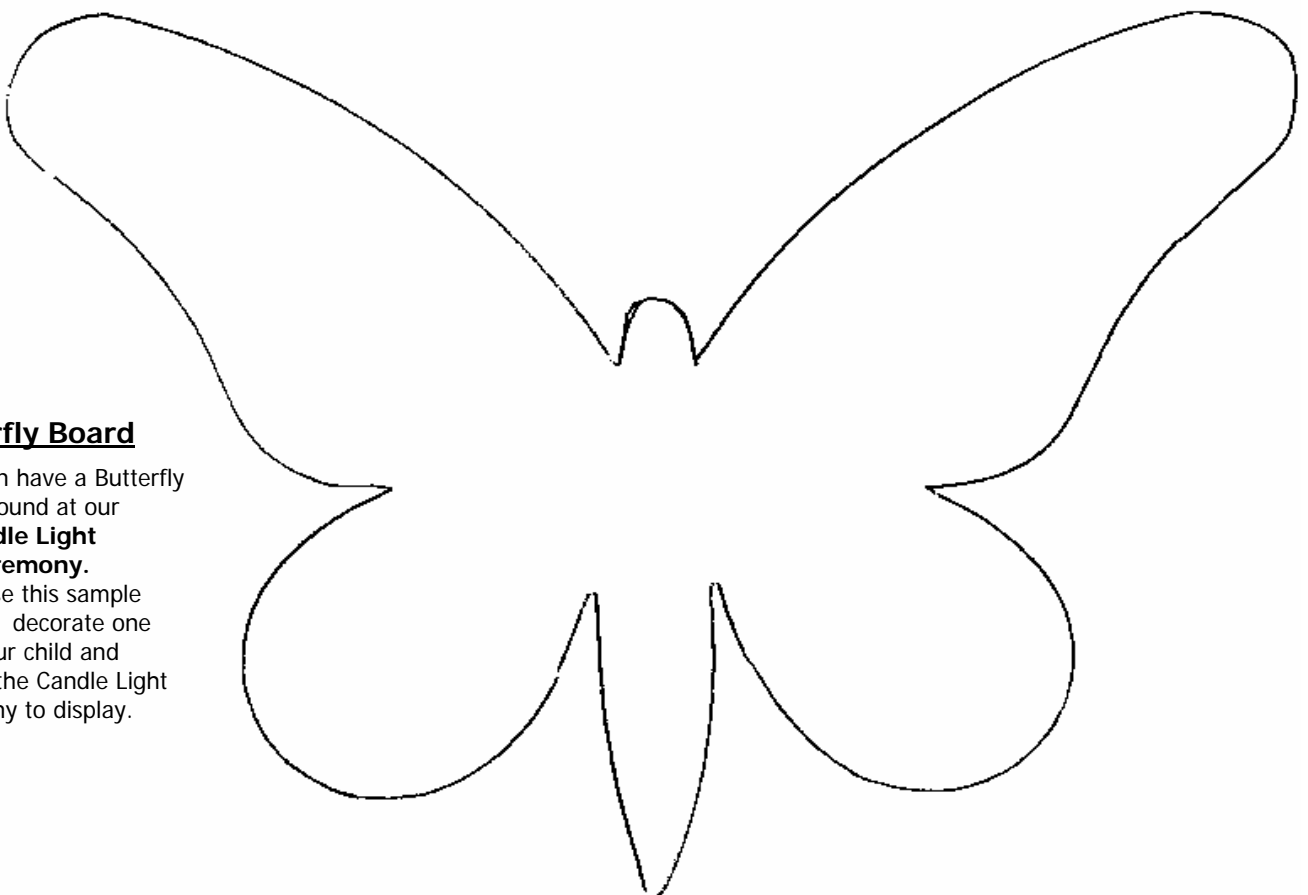
Grief is a solitary journey. No one but you knows how great the hurt is. No one but you can know the gaping hole left in your life when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song. It is the nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again.

~ Helen Steiner Rice

### Butterfly Board

We will again have a Butterfly Background at our **Candle Light Ceremony.**

Please use this sample pattern to decorate one for your child and bring it to the Candle Light Ceremony to display.



# Change in Self, After the Loss of a Baby

by Susan Erling  
Bereavement Magazine - July/August 1988



When I was twenty-eight years old, in a way I died, and I was still twenty-eight years old when I came back to life. On July 7, 1981, my unborn son died, and in a sense, so did I. It was as if time stopped for an inexplicable moment, as my old self departed, and my new self emerged. I have never been quite the same.

It wasn't until about six months after the stillbirth that I realized how much I had changed as a result of that traumatic experience. Secretly, I feared the changes might be permanent ones. Not knowing how profoundly such a little death could affect me, I began to doubt my sanity. People began to notice and comment on how different I was--and not in a positive light. It was apparent they wanted the "old me" back: the fun me, the spirited me, the trusting me, the open me, the unjaded me. So did I. I remember crying and wishing and hoping in the worst way that she would magically return. I naively thought if she were back, I would be happy and carefree, as I had been before. I desperately wanted to go back to being untouched and unscarred by tragedy.

For a year I asked myself, "Why should I accept this change?" I had struggled for twenty-eight years to accept myself and to find my own identity. I thought that accepting the change in me would be like accepting defeat, similar to the defeat I felt when I couldn't keep my son alive inside me. I had already lost too much. So with my characteristic stubbornness, I fought the process of change for a year. Eventually I found myself exhausted, emotionally beaten up and unhealed. Finally, I was unable to fight the inevitable any longer. I quit. I gave in to the change that I dreaded and associated with weakness. I reluctantly accepted who and what I had become; and in a more profound way, finally I accepted Jesse's death.

The old me has never returned and those who couldn't accept the change are, sadly, no longer close to me. This is another kind of loss--an inevitable one. But I have also gained much: new friends, new loves, new pleasures. Not that it's necessary to find positives in negative situations, but I did, nonetheless. After I had consciously accepted the new me, including my new strengths and weaknesses, I felt a sense of peace, of true healing, come over me. For the first time in many, many months I felt good. This new acceptance of "me" was aided by reading thought-provoking books, listening to music, praying, talking to others who had "made it through the rain," and meditating.

I think of Self as four-parted: the physical self, the intellectual self, the emotional self, and the spiritual self. All of the facets of my "self" were touched by the stillbirth, some in good ways, some in startling ways and some in disturbing ways.

The physical changes were more subtle. My salty streams of tears were not forever etched on my cheeks, nor were the dark, smudgy, semi-circles under my eyes permanent. Being healthy and taking care of my body suddenly became a priority. I became preoccupied with getting in shape. Perhaps I had become more concerned about my health because I, too, had been close to death.

Intellectually, I feel wiser, having logically (and sometimes illogically) dealt with what happened to me. I'm stronger now, and more resilient; less of a girl and more of a woman. I face upsetting experiences more squarely, not seeking "easy fixes," allowing myself to feel the pain or the disappointment. I permit my life to go on. I unconsciously compare other unfortunate things that happen to me against the tragedy I have already endured and, in comparison, I find them easier to deal with. Nothing since has hit me as hard, and things that once seemed monumental to me, no longer do.

I find I am no longer a "future planner," but rather a day-at-a-time person. When the bubble of my future with my baby burst in mid-air, I was left sorely shaken and reluctant to make such plans again so easily. I live more quickly, too, keenly aware of the shortness of life. It's as if I try to cram years into months, and months into days, forever afraid I'll miss something. I simply refuse to die with too many "if only I had" thoughts still bubbling inside me. I have also acquired a newer and deeper appreciation of the preciousness of life, and I try not to take people or situations for granted. Nothing is for sure; life comes with NO guarantees!

I was emotionally crushed from the loss, and subsequently emotional changes were the most dramatic ones. I had given my love away so freely, and I was left broken-hearted. Today, I hold back slightly, not giving myself away completely. I love, but not as I did before. It's as if I'm afraid of loving and losing again, and I'm protecting myself beforehand. My heart is no longer on my sleeve.

From a spiritual perspective, I'm less trusting of God's Almighty plan, and more in control of my own destiny. Not that I'm any less God-loving, but maybe a little more open-eyed. I no longer buy into the adage, "God will provide." I feel it's up to me to provide myself with the coping skills I need, and not blindly hope God will erase my pain and mystically make my life sunny. I believe He's too busy to fret over every little thing that concerns me. My spiritual, trusting innocence or naiveté is gone now, never to be recaptured.

So I have found that change is really an exchange. I died in a way, but I also came back to life with keener insights, with compassion for others in pain, and with a deeper sense of self. Jesse's birth spawned my rebirth. It doesn't make up for my intense loss, but it does add a new dimension to me. I am happy again, but "...it's a happiness robbed of innocence, born out of fire, forged by a flame..."

And I no longer fear change quite so much.

*October is Pregnancy and Infant Loss Awareness Month*

*October 15th is the National Pregnancy and Infant Loss Awareness Day*

*There are several ways to remember this. Some groups give out pink or blue ribbons for the parent to wear all month. Also they are asked to light a candle in memory of their baby/ies at 7:00 PM in their time zone to honor their baby.*

**Why have an Awareness Month?**

*Because each baby, no matter how small, is special;*

*Because parents want to remember;*

*Because this increases awareness of infant loss in our community;*

*Because society needs to be reminded that each baby, even the tiniest life;*

*....was wanted,*

*.....was real,*

*....is loved.*

*This was from a SHARE newsletter and relayed by Karen Frazier of the Tampa Chapter of A.M.E.N.D. Thank you Karen!*

## Be Gentle

by Jill Englar

Bereavement Magazine - July/August 1999

*Please be gentle with me for I am grieving. The sea I swim in is a lonely one, and the shore seems miles away. Waves of despair numb my soul as I struggle through each day.*

*My heart is heavy with sorrow. I want to shout and scream and repeatedly ask, "Why?" At times, my grief overwhelms me, and I weep bitterly, so great is my loss.*

*Please don't turn away or tell me to move on with my life. I must embrace my pain before I can begin to heal. Companion me through my tears and sit with me in loving silence. Honor where I am in my journey, not where you think I should be.*

*Listen patiently to my story. I may need to tell it over and over again. It's how I begin to grasp the enormity of my loss. Nurture me through the weeks and months ahead. Forgive me when I seem distant and inconsolable. A small flame still burns within my heart, and shared memories may trigger both laughter and tears. I need your support and understanding. There is no right or wrong way to grieve. I must find my own path.*

*Please, will you walk beside me?*

**2007 Candlelight Ceremony Participation Form**

*(Please return by November 20 to have your child's name/picture appear in the Program)*

**To: BP/USA, c/o 3805 W. San Juan Street, Tampa, FL 33629**

- I (family) will be attending the service on December 9, and will light a candle in remembrance of my child/children

Number of people attending \_\_\_\_\_

- 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 your understanding.

- I have enclosed a picture for the Presentation.  Please use the picture from last year Presentation.

Child's name:

Date of Birth:  Death Date:

Type of Death:

Son or Daughter of:

Sister or Brother of:

Grandson or Granddaughter of:

- I would like to furnish \_\_\_\_\_ for the reception. NOTE: Please try to furnish 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 honor of my child/children.

Your Name:

Address/Zip:

Telephone Number:

Email Address:



**December 9, 2007 Candle Lighting Remembrance Ceremony**



Bereaved Parents of the USA, Tampa Bay Chapter will hold its annual Candlelight Remembrance Ceremony at 7 p.m. on Sunday, December 9. The ceremony will be held in The Medical Arts Building (MAB) Auditorium at St. Joseph's Hospital in Tampa.

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.

**RECEPTION**

We will have a reception following the ceremony and we invite you to bring, if possible, your child's favorite food (i.e. vegetables, chips, snack, sandwiches, etc.) to share with others.

**PICTURE PRESENTATION**

A Special Slide Picture Presentation of our beautiful Children! If you are planning to attend our Candle Light Ceremony, mail a picture of your child, and include their full name as you want it displayed on the slide presentation and also the birth and death dates, to:

**David Hurley  
3805 W. San Juan Street  
Tampa, FL 33629**

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 any of the National Gathering closing ceremonies or Chapter Newsletters and you want to use the same photo, just let David 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 david.hurley@gte.net Any questions please call David Hurley 813-831-2588.

**BUTTONS**

We have the equipment to make picture buttons. Bring a picture no smaller than 3" x 5". Buttons are round and measure approximately 2.25" in diameter. Cost per button is only \$3.00.

**BOUTIQUE**

There will be an Angel/Butterfly Boutique to purchase holiday items or gifts. All items are donated and all proceeds benefit your local BP/USA Chapter. To donate items, please call Sue Bowditch at 813-661-9334!

**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 above and send it in before **November 20** to:

**BP/USA Tampa Bay Chapter  
c/o 3805 W. San Juan Street  
Tampa, FL 33629**

*Thank you!  
See you there!*

# Our Credo

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys.

We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our tears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort and encourage each other, we demonstrate to each other that survival is possible.



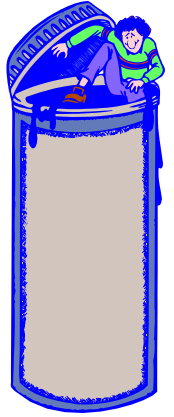
Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, our color, our affluence, or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family.

We are the Bereaved Parents of the USA.  
We Welcome You.

IT HAS BEEN SAID THAT TIME  
HEALS ALL WOUNDS.  
I DO NOT AGREE.  
THE WOUNDS REMAIN.  
IN TIME  
THE MIND PROTECTS ITS SANITY.  
COVERS THEM WITH SCAR TISSUE  
AND THE PAIN LESSENS.  
BUT IT IS NEVER GONE.  
  
ROSE KENNEDY

# Being A Container

We have all been called upon at one time or another to help a loved one through a difficult time. When the help required consists of concrete actions, such as running errands or making phone calls, we know what to do. But sometimes we are called simply to hold space for the person as they go through whatever they need to go through. They may need to express anger or grief; they may need to talk or be silent. They may need us to hold their hand; they may need us to give them time alone. Whatever the case, when we hold space for someone, we offer ourselves up as a container for the overwhelming feelings they may be encountering due to their circumstances.



When we offer ourselves in this way, the more centered and grounded we are, the better. Our steadiness allows our companion to lean into us for support, as our presence provides an environment in which they can be free to move. We can also help by being responsive, allowing them to dictate the flow of action from talking to not talking, from anger to grief, and back again. By being aware and open, we can help them confront their feelings when that feels right, and back off from them when they need a break. Holding space requires humility, conscientiousness, and the ability to step out of the way, to honestly understand that this is not about us.

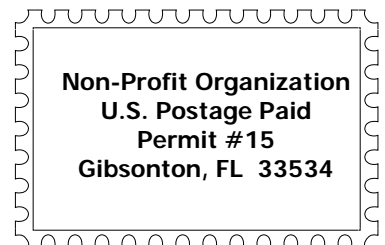
When we love someone in this way, we provide a space in which they can simply be. Able to feel what they need to feel without worrying about how they are being perceived. We can provide this offering in person, over the phone, or even from a distance, through meditation. However we do it, when we hold space for someone in need, we are offering a gift of the highest nature.

## AUTHOR UNKNOWN TO ME...

Please note - Our website is now .com  
and not .org -  
[www.bpusatampabay.com](http://www.bpusatampabay.com)



The Bereaved Parents of the USA  
P.O. Box 156  
Gibsonton, FL 33534



**October 2007**  
POSTMASTER - Dated Material  
Please do not delay.

