



Tampa Bay Chapter

P.O. Box 3226
Tampa, Florida
33601-3226

www.bpusatampabay.com

MEETING INFORMATION

Regular Monthly SUNDAY Meeting

(held the second Sunday of the month)

Sunday, October 12, 6:30 to 8:30 p.m.

St. Joseph's Hospital

Medical Arts Building, Auditorium

3001 Martin Luther King Jr. Blvd.

(We will have separate break out sessions for men and women)

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 10, 10:00 a.m. to Noon

The Greater Brandon Chamber of Commerce

330 Pauls Drive, Brandon, Florida 33511

Please call Linda Delk at 813-661-0680

for directions or information.

Regular Monthly PLANT CITY Meeting

(held the fourth Thursday each month)

Thursday, October 23, 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.

Our Plant City Group is planning to have a small candle light event. Anyone who wants to have their child's picture displayed during the ceremony, please mail a picture to Janice Falcon, 38848 Pretty Pond Rd., Zephyrhills, FL 33540

Upcoming Events:

Angel of Hope monthly meeting

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

Next meeting November 3, 7:00 pm.

MEMORIAL BRICK ORDERS

Now is the time to get your Angel of Hope Memorial Brick Order in! See page 6 for your Order Form to complete and mail so your brick for your loved one can be part of the first dedication we have planned.

MONTHLY MEETING TOPICS

October - Surviving the Holidays!

November - Gift donations!

December 14 - Candle Light Service!

November Meetings - 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 14, 7 P.M. Annual Candle Light Service and Children's Worldwide Candle Lighting

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!

October 2008

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

Janna Marie Snyder

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
OCTOBER						
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		

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

WHAT I DID ON MY SUMMER VACATION!

Submitted by Donna Corrigan

Hinsdale BP/USA Chapter, BP/USA Board Member

As I see summer coming to an end and the children preparing for a new school year, I remember that dreaded first assignment in grade school: "What I did on my summer vacation!" I knew my boring trips to visit the extended family didn't compare to the exotic trips that included hotels and campgrounds and national parks like so many others.

Fast forward 40 some years; it's still not the "summer vacation" that most would dream of, but it's mine.

Two events stand out: a four-day seminar at the National Academy of Bereavement where I learned the anachronism S.T.U.G. For many years, bereavement counselors believed that it was abnormal for the healing path of the bereaved to have huge, overwhelming valleys of pain interrupt their "normal journey". Dr. Christine Rando recognized these as being very normal responses to a sensory experience. In other words, a sound, a smell, a picture, etc. would trigger a S.T.U.G. (Sudden Temporary Upsurge of Grief). How well we know that these are normal, very common events in our new abnormal lives.

At the Bereaved Parents National Gathering, I learned another new term: "Civilians". It describes those fortunate people who are not bereaved. Such a simple term, but it says so much! We have been drafted into a whole new society; we are, and always will be bereaved parents.

So, what did I bring away from my summer vacation trips? Some new knowledge and understanding to carry on my grief journey and a renewed appreciation for those who choose to take the pain of their loss to help people just like me.

Were either of these trips the summer vacation I always dreamed of? Of course not! But it's mine.

Chapter News



ANGEL OF HOPE UPDATE

Please check out our website at www.angelofhopetampabay.com
 Angel of Hope, P.O. Box 2573, Lutz, FL 33548

Angel of Hope monthly meeting

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

Angel of Hope Memorial Bricks

Please get your order in for a memorial brick in memory of your child, grandchild, sibling, niece or nephew. **See Page 6!!!** Order Now to be a part of the original dedication of the AOH Memorial Garden in the new Riverside Park now being planned!



Deb's 100% Soy Candles

Candles make great gifts, Christmas is sooner than you think, as well as adding to your home atmosphere.

One Christmas I ordered these candles for my family and friends, in the Angel scent of course, and in memory of my daughter, Debbie.

Please call Debbie at 813-907-8239 for more information or to order your 100% Soy Candles. Be sure to mention the "Angel of Hope" when placing your order for a portion of your sale to be donated to this memorial to our children.

We want to thank Debbie Nemitz for offering these candles and this promotion in loving memory of her daughter Robyn.



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
Sue Bowditch (Adult Child)	(813) 661-9334
Theresa Farmer (Homicide)	(813) 994-0707
Traci Cooley (Drowning)	(813) 300-6877
Ron Ellington (Suicide/Grandparent)	(727) 410-2308
Charles L'Homme (Accidental Death)	(813) 335-7628
Debbie Nemitz (Long Term Illness)	(813) 907-1441
Barbara or Tommy Dietrich (Death of an Only Child)	(813) 234-4705
Serena Graves (Sibling Contact)	(813) 810-7169
Violeta "Cookie" Fernandez (Se Habla Espano)	(813) 996-4281
CRISIS CENTER	211

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

Love Gifts



Rebeckah Mitchell
 In loving memory of her daughter
Brendolyn Joyce Butterfly Baker
 1/1/1948 to 11/9/1990



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.

A Special Way To Remember Your Child: Sponsor A Newsletter Page

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

The newsletter page will also be posted on our new and improved website for one year on the *Our Children* page!

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

Chapter Library Books

If you have finished reading a BP/USA Library book, please, **please** return it to our library. There is no time limit for how long you can have a book, but the longer you borrow a book, the less opportunities other bereaved parents have to read it. We also gladly accept book donations.

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

Electronic Newsletter

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

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!



November Meetings - 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)

Please note—Every meeting can't speak to everyone's needs, so we do try to offer a variety of topics. We do offer strength, understanding and hope.



We need not grieve alone!



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	Fitzpatrick, Brad R. 10/8/1972 - 10/27/2000 M - Barbara Fitzpatrick	Peters, Chalama 10/29/1988 - 10/4/2005 P-Veronica and Thaddeus Francis	Therault, George L. 10/13/1951 - 6/1/1996 P - Mae Therault
Baker-Dixon, Lori Kathleen 10/29/1975 - 4/12/2001 Child - Ryan Spouse - Rusty P - Donna & Ron Budd and Marie & Bill Baker S - Tracy Goodson & Phylcia Baker B - Jamey Baker	Hester, Debbie 10/14/61 - 07/25/98 P - Buddy & Sue Butler	Pippin, Shawn 10/16/1984 - 9/16/2002 M-Anita Pippin	Thomas, Destiny Jean 10/1/1990 - 4/24/1998 F-Craig Thomas B-Braxton and tin GP-Augie & Betty Thatcher and Marty & Carol Thomas
Black, Justin 10/3/1989-11/6/2007 P-Chris Black	Knight, Arleen Diane 10/16/1947 - 5/4/2004 P-Arthur & Ethel Fernandez S-Elaine Rogers Daughters-Trina Fuller, Amy Diaz, Katie Tuclula	Quincannon, Mark Milton 10/5/1981 - 2/17/1996 P - Alana & Joe Quincannon S - Emi l y & Shannon GP - Walter Milton GM - Margaret Quincannon	Thompson, Timothy A. 10/27/70 - 01/07/93 P- Bettie & Richard Thompson
Burger, Teresa 10/26/58 - 07/10/87 M - Cecelia Burger B - Hal & Curt Burger	Mercer, Bret 10/5/1988 - 6/25/1992 P - Eddie & Darlene Mercer S - Lindy, Crystal & Kaley GP-Loren & Christine Mercer GP-Beverly Jaudon Quincannon	Short, Kimberley 10/21/1969 - 2/11/1993 P - Terrance & Sue Short	Wallowicz, Michael (Mikey) Kevin 10/23/1981 - 4/28/1990 P - Jim & Judy Wallowicz B - Jimi Wallowicz GM-Josie Varselona
Cason, Todd 10/28/1968 - 4/12/2003 P-Earl and Kay Cason Child- Spouse-	Miller, Tyler Lee 10/16/2003 - 10/16/2003 P-Perry and Barbara Miller	Smith, Clay Daniel 10/24/1967 - 9/30/1996 P-Francia & Chuck Smith B - Jed & Kyle	Welch, Kimberly Michelle 10/24/1971 - 8/28/2003 M-Nancy Welch Child-
Chilson, Candice 10/24/83 - 11/10/01 M - Wendy Chilson	Nichols, Shannon Jr. 10/5/1979 - 3/29/2004 M-Terrena Nichols F-Shannon Nichols S-Brandy & Melissa Nichols	Snyder, Janna Marie 10/21/1978 - 11/11/1995 GP Marian & Paul Bullard P - Dana & Connie Snyder B - Jeff Snyder	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	Kushner, Jonathan 09/13/62 - 10/28/73 P - Lorraine & Gil Kushner B-Andy & David	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	Stanley, Gregory 3/2/1982-10/6/2004 M-Darlene Stanley
Baker, Jennifer 12/13/1973 - 10/15/1995 P-Terry & Susan Baker	Lane, Matthew 3/8/1978-10/10/2005 M-Joylin Lane	Schneider, Adam 01/29/71 - 10/23/75 P - Bill & Georgia Schneider	Will, Madison Kathleen "Madi" 9/2/1995 - 10/4/1995 P - Carl & Lisa Will S - Megan & Rachel Will B- Zachary & Seth Will
Ferrera, Alex 8/11/1977 - 10/4/1997 P - Nelson & Guisela Ferrera B - Paolo Ferrera GM - Magda Alvarez Aunt - Mirta Diaz Uncle - John Ferrera	Lingefelt, Fiona 12/20/1989 - 10/15/2000 P - Karen & Douglas Lingefelt B-Alexander & Andrew	Simone, Benjamin Arthur 3/29/1975 - 10/10/1997 P - David & Kathy Simone S - Dawn Figueroa	Zapada, Tarik 1/16/1976 - 10/12/2007 M-Susan Zapata GM-Jacqueline Rodriguez
Fitzpatrick, Brad R. 10/8/1972 - 10/27/2000 M - Barbara Fitzpatrick	Martinez, Joseph Dominic 4/23/1972-10/13/2007 M-Josie Martinez	Milam, Perry 11/4/1974 - 10/01/1994 M - Nancy Milam	
Gardner, Gary Dwain Jr. 8/25/1995 - 10/4/2000 P - Gary & Janelle Gardner B - Jacob Gary Gardner	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	
Griner, Ian 7/10/1985-10/27/2005 M-Barb Griner	O'Neil, Clark Dean 9/1/1962 - 10/24/2004 P-Larry and Jeanne O'Neil B-Kevin & wife Rene' S-Kitty & husband Joseph; Jenni-fer & husband Randy	Parrish, Tyler Stephen 8/6/1991 - 10/24/1991 P - June & Terry Parrish	
Gonzalez (Zapada), Tarik 1/16/1976 - 10/12/2007 M-Susan Zapata GM-Jacqueline Rodriguez	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	
Gugliotta, Dan & Nadine 3/26/1976 - 10/14/2003 P-Dan & Nadine Gugliotta Son-Jason	Peters, Chalama 10/29/1988 - 10/4/2005 P-Veronica and Thaddeus Francis		
Joseph, Martinez 4/23/1972 - 10/13/2007 M-Josie Martinez			
Kass, Jeffrey Scott 7/22/1963-10/3/2007 M-Beverly Kass			
Knox, Patricia Lynn 7/27/1964 - 10/21/1997 M - Shelby Jean McClure			



Halloween Magic

Nancy Cassell, Momnuth Country, NJ

Halloween has always been a special holiday time. I regret that our son only had one time experience at this magical time of year. I remember as though it were yesterday, the wonder in his face, how he tried to eat the candy through his mask, how he said thank you without coaxing. Then I think of all the parents whose child never had the opportunity and I am grateful for that one time.

It's hard watching all the other children trick-or-treating and yet there is something special about this season that comforts me. As I watch the trees around me, I am reminded that there is a beauty even in their drying leaves. There's a special aroma, a breath-taking color scheme, and if you listen, a rustling in the air. I believe there is a message in fall. I believe God wants us to know that death is a season, that death is like a change of season, that our children now know far more beauty than we can ever imagine. Like the tree that lives on through the barren winter and comes alive again in spring, our children are not gone. They live.

Janna Marie Snyder

October 21, 1978 to November 11, 1995



Memories create a bond that parting cannot sever....
Love and joy remembered live on forever and ever!

WE LOVE YOU SO MUCH AND WILL
ALWAYS HOLD YOU IN OUR HEARTS

MOM AND DAD
BROTHER JEFFREY
GRANDMA

AUNTS AND UNCLES
COUSINS
FRIENDS

The Grief Quilt

Those suffering souls with broken hearts
meet and share with one another
expressing the pain of their bereavement
to try to heal and give comfort to each other

We meet in anguish from our losses
tears ready to flow from our eyes
discussing the most painful parts of our lives
trying to find answers to the what ifs and whys

We confront the devastating reality
rubbing salt in our gaping wounds
trying to live when we want to die
together in this grief filled room

We examine each other's pain
each story a world apart
yet so close in emotional impact
we find comradery from the start

We are everywhere from all walks of life
grieving for our loved one who as died
losing a son or daughter
on whose love we had relied

We would like to curl up in a ball
fade out and find relief
but there is are others that rely on us
who are suffering in their grief

Be compassionate and show others your heart
give love and it returns
help with the conditions of other's mourning
and ease their soul that aches and burns

We know all too well
the pain they feel is real
together we can hold their hand
so their sorrow can too can begin to heal

That is why we are here together
as we share our tender moments
we can scream and cry, laugh or rage
expressing the emotions of our laments

In giving we shall receive
and forget our pain for awhile
be able to laugh again
and attempt and honest smile

This is not an easy task
for our energy is constantly drained
we have to be selfish and good to our-
selves
or lose anything we have gained

We can only give what we have
so let yourself receive
let people know of your pain
show them that you still grieve

Even good people tend to forget
not seeing things with our eyes
their ears don't hear what we hear
they do not perceive our inner cries.

Some people are helpful, some are not
we have to pick and choose
catch a stranger unawares
and unload your pent-up blues.

Openly weep your sorrow
express that anger that lies inside
explore every avenue you can
find those fears that tend to hide

Talk about IT whenever you can
for IT colors your very being
every atom of your essence
that affects the way you are seeing

A cloak of intangible thickness ad depth
a patchwork of pain that covers our soul
it's pure weight drains us down
and begins to take its toll

It is an overwhelming blanket
this grief quilt that we wear
but it will and does get lighter
if we let go of guilt and fear.

Fear that we shall never recover
that we shall always feel like this
guilt of letting go of the pain
of our loved one we so dearly miss.

Guilt for being angry with God
fear we did something wrong
how could He be so cruel
and give us such pain for so long?

It is a Herculean task we are asked to do
that takes time and many tears
but being here shows you want to heal
in the coming weeks, months, and years.

*God bless you all,
Mitch Carmody
author of "Letters To My Son"*



The Dress of Grief

By Lana Golembeski

She wears her grief like an old worn out dress.
It hangs heavily on her shoulders.
It is shabby and ugly and carries anger and denial with it.
Sometimes she thinks she has shed her grief.
She feels free and sees some sunlight in her dreary world.
But then grief commands her to put it back on.
And then her pain begins all over again.

Sometimes grief comes in a different form.
Sometimes it comes as anger and fills her from the inside.
It burns her stomach and throat like a hot cup of coffee.
It is bitter and distasteful.
But it is all she can think about as it grows and grows.
She thinks it is well hidden but it is visible to others.
It lives in the face she wears behind that mask...
The mask that refuses to hide all that lies within her.

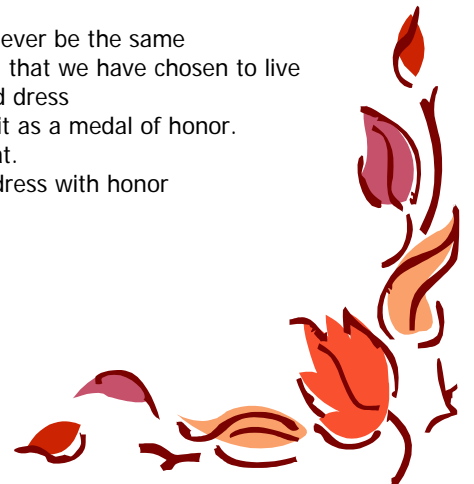
She finds relief in her denial.
She hides that old dress in the closet.
She puts on a pretty new one and pretends that the grief is all
gone.
She is done with grief.
But grief doesn't give up so easily.
She opens that closet door to find another new dress.
But grief is hanging there; front and center,
Imploring her to put it back on.
She has no choice but to obey.
Grief is not done with her yet.

It takes strength and courage to live with grief.
Grief is ugly and mean.
It eats at the very depths of your soul and it is relentless.
We only think it relents.
But it is always present.
It disguises itself in new toys and then it emerges and
Laughs at us for being so naïve to think that we defeated grief.

Just as grief thinks it has won the battle
It realizes that it has only given us strength.
Grief has given us the power to defeat it.
Grief has made us stronger and
It has made us open our eyes to the blessings in our life.
We appreciate the goodness and gifts that we so long took
for granted.
It has molded us into women who can fight any battle.
We have been armed with the armor of grief.

So we laugh at grief.
We embrace it!
We take out that old shabby dress and we wear it with pride.
For we have defeated grief!
We have discovered hope and the possibility of joy again in
our lives.
And our children smile from heaven watching our growth;
Knowing that we will be okay.

They know it will never be the same
But they are proud that we have chosen to live
our lives in that old dress
And that we wear it as a medal of honor.
For it is exactly that.
We wear that old dress with honor
And with love.





Angel of Hope Memorial Garden, Tampa Bay

Brick Order

Remember your child or loved one by purchasing an engraved paving brick for the Angel of Hope Memorial Garden.

The Brick may be purchased for a contribution of \$100.00 or more, and includes up to 3 lines of engraving with as many as 15 characters, alpha or numeric, per line. Spaces, dashes, etc., count as a character. Your lines will automatically be spaced and centered by the engraver.

Brick orders will be processed on a regular basis and placed randomly. Should multiple brick orders be purchased by an individual, they will be grouped together.

For more information about the Angel of Hope Memorial Garden, Tampa Bay, please contact Beverley Hurley at 832-3175 or at www.angelofhopetampabay.com.

Line #1: _____

Line #2: _____

Line #3: _____

Purchased by: _____

Address: _____

City, State, Zip: _____

Phone Number: _____

Email Address: _____



Make check payable to: **Angel of Hope**

Mail payment and Order Form to: **P.O. Box 2573
Lutz, Florida 33548**



THE CORPORATION'S FLORIDA CHARITABLE SOLICITATION REGISTRATION NUMBER IS 13-4323492. A COPY OF THE OFFICIAL STATE REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. THE CORPORATION DOES NOT HAVE A PROFESSIONAL SOLICITOR.

ATTENTION—IMPORTANT MESSAGE

We are now preparing to purchase the bricks to be placed around the Angel of Hope in the new Riverside Park in Temple Terrace along the beautiful Hillsborough River!

If you want to be one of the first bricks placed and part of the original dedication of this Beautiful Memorial Garden, in memory of our children gone but never forgotten, and have not ordered your brick yet, please return this Order Form ASAP to order your brick.

(Bricks also make wonderful gifts to family members and friends in memory of their loved ones!)



2008 Candlelight Ceremony (December 14) 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 14, 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 14, 2008 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 14. The ceremony will be held in The Medical Arts Building (MAB) Auditorium at St. Joseph's Hospital in Tampa. This day is also the 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 p.m. 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 previous years candle lights, 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. Your picture will be cut and become the button! 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 December 14, 7:00 p.m.!

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.

Into The Deep



In the still, clear waters
Your ashes, they sleep...
I released you my son,
Into the deep.

My soul shattered that day...
My heart, it does weep...
The pieces in shards...
They lie in a heap.

My times spent with you
Through my fingers, they seep
But my Mikey memories
Forever alive, I will keep.

Copyright, all rights reserved. Diane Heyerdahl, 2002.

Predictable Grief During the Holidays

As unpredictable as grief is, one can expect that the holidays, birthdays, and anniversaries that were important, shared times with your loved one will cause a huge wave of emotion. These events, once anticipated with joyous pleasure, are now often painful reminders that your loved one is not here to celebrate with you. The good news is that you can help yourself.

Something to keep in mind as this holiday season approaches: for many, the anticipation of a holiday is worse than the actual day. Make a plan for the holiday that is approaching. If it is difficult to decide what you want to do, think about what you **don't** want to do. Discuss your plan with your family. Don't fool yourself into thinking you can ignore the holiday in hopes it will go away. Everywhere you look, you will probably be reminded that this is a holiday season. Stores will be decorated, there will be holiday ads in the newspaper and on TV. People will greet you with a "happy" or a "merry" something or another. And it is not a happy or merry time for you.

Holidays are different for each person. One particular holiday may be very difficult for you but a breeze for others. A particular holiday may not have much meaning for some, but if your family always hosted a huge neighborhood costume party, on that particular holiday you will really feel your loss on that day.

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NOVEMBER 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 - please purchase gifts fitting for ages from infant to 15 years old. All gifts will be donated and delivered to charity by Charles L'Homme!
(This is strictly voluntary-do not wrap gifts!)



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October 2008

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