

Tampa Bay Chapter

P.O. Box 3226 Tampa, Florida 33601-3226 www.bpusatampabay.com This month's newsletter lovingly sponsored by the families of:

Caylee Marie Cepero Captain Christopher G. Cash

September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	HAPPY LABOR DAY AMERICAL	8	9	10)11\ \	12
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MEETING INFORMATION

Regular Monthly SUNDAY Meeting (held the second Sunday of the month)
Sunday, September 13, 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/Gibsonton/Brandon areas (held the second Friday each month) Friday, September 11, 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, September 24, 7:00 to 9:00 p.m.

South Florida Baptist Hospital

301 N. Alexander Street, Plant City in the Community Conference Room Call Janice Falcon at 813-779-9353 for directions or information.

UPCOMING EVENTS

ANGEL OF HOPE OFFICIAL DEDICATION SUNDAY, OCTOBER 4, 4:00 P.M.

(See Page 2 for more info)

If you ordered an engraved brick, you will be personally invited to this event. All are welcome but you must RSVP BY SEP 20 to Beverley Hurley at 813-832-3175 so we can prepare for each attendee.

BP/USA TAMPA BAY CHAPTER CANDLIGHT PROGRAM AND CEREMONY

Sunday, December 13, 7:00 p.m. St. Joseph Hospital Medical Arts Bldg. Auditorium Annual Children's Worldwide Candle Lighting Mark your calendar and invite family and friends to attend our annual candlelight remembrance ceremony 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

Remember Grandparents Day Sunday, September 13

From A Grandmother's Viewpoint

Death was not something I thought about when my grandchildren were born. Thirteen months after our fifth grandchild came into this world, I was standing in the snow, holding my daughter's arm and looking down at a tiny white box containing him.

The grief came in waves, sometimes bearable ... sometimes not. Dealing with the loss and watching my daughter, her husband and two sons grieve, I felt helpless to ease their pain. When you lose a grandchild, you also lose the people that your daughter and her family were. They no longer look at life the same -- they change. Grief does that -- it changes the entire family and all those the family touches.

Unless one has lost a child or grandchild, you cannot even imagine what life is like in this grieving process. It's been six years since Kyle died. We're still healing, yet we have come a long way. We are stronger for having come this far. We will never forget this child!

Kyle's Grandmother, Central CT

When You Lose A Grandchild

When you lose a grandchild, the grandparent is twice bereaved: once for the grandchild in whom you can no longer take delight, be proud of and love, whose future you will never be able to watch unfold; the second is for your grown children, the parents, who cannot imagine a future at all without their child, but who are attempting to go on in excruciating pain and who you are powerless to console.

One loss leaves a constant and gnawing void in your life. The other brings a constant challenge to your heart -- which aches for all of them.

Lorell Thompson, Phoenix, AZ Grandmom to David Samson (1982-1998)

Lovingly lifted from BP/USA Central Savannah River Area Chapter Newsletter

Chapter News



ANGEL OF HOPE UPDATE

www.angelofhopetampabay.com

FINALLY HERE!!

Angel of Hope
Memorial Garden Official
Dedication and Unveiling
Sunday, October 4, 4:00 p.m.
Riverside Park, 201 S. Riverhills Drive,
Temple Terrace, Florida.

If you ordered an engraved brick, you will receive an invitation in the mail and you must send in your RSVP card to attend. All members are invited but you must RSVP, by Sep 20, Beverley Hurley at 813-832-3175

We will have a special ceremony to honor our children. The engraved brick(s) you ordered will be in place but you will be able to locate it and help to set the sand around it.

The dedication will also include placing a white flower, which we will provide, in the arms or at the base of the angel.

I am sure you do not want to miss this memorable and healing event with speakers, readings, and songs.

Please <u>RSVP by SEP 20</u> so we can plan on how many people will be attending and we can have the correct number of flowers and refreshments.

Thank you!

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.

Linda Delk (General Information)	(813) 661-0680		
Sue Bowditch (Adult Child)	(813) 661-9334		
Theresa Farmer (Homicide)	(813) 994-0707		
Traci Cooley (Drowning)	(813) 464-4525		
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	(813) 996-4281		
(Se Habla Espano) CRISIS CENTER	211		

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



The members below have been a big help to our chapter and have giving a Love Gift with their time and efforts:

Rita Zvada
In loving memory of her son
Christopher Cash
9/13/1977-8/23/2004

Dawn and Lee Cepero
And Sandy Boehning
In loving memory of their daughter & granddaughter
Caylee Marie Cepero
9/3/2000 - 3/8/2005

Larry and Jeanne O'Neil In loving memory of their son Clark Dean O'Neil 9/1/1962 - 10/24/2004

Scott & Traci Cooley
In loving memory of their daughter
Malena Rose Cooley
3/23/1998 - 9/4/2000

Mike & Pam Harris
In loving memory of their son
Eric Michael Harris
2/4/1984 - 9/12/2003

Ben & Sue Bowditch
In loving memory of their daughter
Karron Michelle Russell
1/20/1967 - 9/12/2000

We want to extend a special Thank You to the <u>Hillsborough</u> <u>County Sheriffs Department</u> for selecting our Chapter to receive a Community Enrichment Grant. Some of our members speak with the First Offenders Shock Program about how the choices the teens make can affect the whole family for the rest



of their lives

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.

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 June also want to bring and share a picture of your child. Thank you!

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 in-cludes one black and white scan of one 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.

To sponsor a newsletter page, contact Beverley Hurley at



Our Children . . . Remembered

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

September Birthdays

Brady, Mark A.
09/27/57 - 01/03/89
M - Margaret Brady
S -Margaret J. Bruner
B - Hayward L. "Bubba" Brady, Jr.
GP-Wallace & Josephine Bagley and
Wm. & Cinderalla Brady

Cash, Christopher G. 9//13/1977 - 8/23/2004 M-Rita & Thomas Zvada P-Charles & Mika Cash Child-Leah Cash B-Charles Cash II S-Colleen & M?? GP-Gustavo & Ida Arencibia

Castellano, Lina 9/15/1966 - 2/20/2004 P-Sam & Jean Castellano

Cepero, Caylee Marie 9/3/2000 - 3/8/2005 P-Dawn and Lee Cepero B-Corbin S-Kennedy GP-Sandy Boehning

Chartier, Eric 9/3/1978-11/07 M-Linda Chartier S-Danielle (deceased)

Daly, Cole 9/9/1983 - 12/17/2001 M-Katie Brock Dechant, Matt 9/26/1984-4/14/2007 F-Tom Dechant S- Collin (stillborn) Donnarumma, Sophia Marie 9/1/2000 - 12/23/2004 P-Benjamin & Diane S-Olivia

Durazzo, Jill 9/8/1964-3/13/2008 P-Diane & Paul B-Richard (deceased)

GM-Pat Donnarumma

Funk, Benjamin 9/9/1976 - 6/25/2001 P - Mr & Mrs Funk

Goldstein, Justin 9/15/1987-11/14/2007 M-Terri Goldstein

Gould, Richard J. 9/26/1981 - 3/3/2001 M-Cindy Phelps-Wise F-Ralph Gould B-Ryan, Bryan & Mark S-Karen

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

Knight, Matthew A. 9/1/1982 - 12/28/2001 P-Ron & Sandy Knight GM-Jack & Mary Griffin & Doris I. Knight Kushner, Jonathan 09/13/62 - 10/28/73 P - Lorraine & Gil Kushner B-Andy & David

Lane, Jim 9/7/1966 - 1/2/2005 M-Carol Lane

Libby, Denise 9/13/1982-6/9/2007 M-Christine

Mart, Aaron Paul

09/24/96 - 09/11/99 P - Hank & Donna Mart B - Daniel GP-Betty & Trevor Harvey, Michael & Iris Willsher, Gene & Mim

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

Morrill, Daniel 9/30/1972 - 9/8/2007 M-Amelia Lubrano

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 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

Peel, Matthew Shane 9/9/92 - 9/9/92 A - Beth Biggs U- Eddy Biggs GM - Patricia Campbell

Perrotti, Paul 9/5/1969 - 9/25/1995 F - Donald J. Perrotti

Scragg, Keith Joseph 8/4/1986-9/5/2008 P-Richard & Lori Son-Macklin B-Matthew S/O-Emily Popke

Stock, Rose 9/21/1978-6/6/2004 M-Rose Stock

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

Williams, Travis Aaron 9/11/1979 - 4/19/2000 P - Bill & Linda Williams GP - Loretta Ayers, Raymond Ayers & Edna Williams

September Anniversaries

Carter, Cassandra D. "Casie" 2/22/1982 - 9/28/1999 P-Ted & Gayle Carter B-Justin Carter GP-Luna Carter

Chartier, Danielle 8/15/1981-9/5/ M-Linda Chartier B-Eric (deceased)

Cooley, Malena Rose 3/23/1998 - 9/4/2000 P - Scott & Traci Cooley B - Nolan

S - Madelyn & Olivia

Hall, Louis 12/6/1981-9/5/2008 P-Bruce & Sharon Hal'

Harris, Eric Michael 2/4/1984 - 9/12/2003 P-Mike & Pam Harris B-Mark Harris GM-Joan & Verna Harris

Henry, Sumara Raquel 07/12/88 - 09/18/93 P - Louis & Cindy Henry GP-James & Ruby Reese & Bernice Henry

Horst, Trey 4/16/1974 - 9/8/2000 P - Art & Linda Horst B-Todd & Thad S-Trisha & Tammy

Lowe, Anna 1/30/1994-9/30/2007 M-Ann Lowe GM-Beth Lowe Mart, Aaron Paul 09/24/96 - 09/11/99 P - Hank & Donna Mart B - Daniel

GP-Betty & Trevor Harvey, Michael & Iris Willsher, Gene & Mim

McMillion, James Christopher 7/26/1984 - 9/26/2003 GP-Ralph & Martha Hamilton

Metallo, Armando 5/3/1984 - 9/15/2005 P-Angelo & Luisa Metallo S-Ana, Angelo, Luisa, & Joe Metallo GP-Armando & Ana Metallo and Graciela & Dorotheo Martinez

Mink-Miller, Deborha 3/26/1965 - 9/27/1991 M-Diane Mink S-Renee Mink Crosby

Morrill, Daniel 9/30/1972 - 9/8/2007 M-Amelia Lubrano

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

Peel, Lee Anna Campbell 8/5/1972 - 9/9/1992 M - Patricia Campbell S - Beth Biggs B - Eddy Biggs

GP - Estele & James Carleton

Peel, Matthew Shane 9/9/92 - 9/9/92 A - Beth Biggs U- Eddy Biggs GM - Patricia Campbell Perrotti, Paul 9/5/1969 - 9/25/1995 F - Donald J. Perrotti

Pippin, Shawn
10/16/1984 - 9/16/2002
M-Anita Pippin
Pispitsos, Richard John
01/23/72 - 09/14/98
P - Catherine Webb & Philip Finkelstein
S - Michelle Webb

Roberts, J. Michael 5/31/1963 - 9/25/2002 M-Ann Roberts Mitchel GP Merle H. Brunson

GP-Anne & Owen Beglane

Russell, Karron Michelle 1/20/1967 - 9/12/2000 P - Ben & Sue Bowditch and Children - Brytani, Derak & Melody Sisters - Catherine, Roben & Laurie Bobby Jr. & Scott GP-Cathren Dickerson and Jimmy & Kay Senseney

Schulman, Adam J. 6/7/1971 - 9/26/2004 M-Pat Schulman Freddie Kelly Jr. and Kenny Schulman Scragg, Keith Joseph 8/4/1986—9/5/2008 P-Richard & Lori Son—Macklin B-Matthew S/O-Emily Popke Smith, Clay Daniel 10/24/1967 - 9/30/1996 P-Francia & Chuck Smith B - Jed & Kyle

Thornton, Teresa E.
01/12/66 - 09/24/81
P - Ken & Mirta Thornton
S - Lisa Buckner
B - Nick Thornton
GP-Tony & Berneda Pino

Touchstone, Malia 3/15/2005-9/18/2008 M-?Angela Touchstone

Victa, April Melody 2/20/1976 - 9/17/1998 P-Ron & Suzie Giles



Our Apologies

The following name should have been included in August Anniversary/Birthday listings: Keith Joseph Scragg

August 4, 1986 to September 5, 2008
P-Richard & Lori

P-Kichard et Lori Son-Macklin B-Matthew S.O.-Emily Popke

I Sit and Listen

I sit and listen. It think I hear your steps, your sigh, the feel of your touch. I sit and listen... and ache. I sit and listen to the overwhelming strength of reality. I sit and listen... hoping, and just wondering. It could happen. I hear your steps, hear your sigh, and feel your touch. I sit and listen... and wait.

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Rainy Day

-Lily de Lauder

It rained today

And all the world seemed sad,

While angels wept

With tears of empathy.

And all I thought about

Was you, my child...

Remembering when You ran home through the rain, With dripping hair And raindrops on your nose, Glistening like my tears This rainy day.

FALLING APART

I seem to be falling apart. My attention span can be measured in seconds; My patience in minutes. I cry at the drop of a hat. I forget things constantly. The morning toast burns daily. I forget to sign the checks. Half of everything in the house is misplaced. Feelings of anxiety and restlessness are my constant companions. Rainy days seem extra dreary. Sunny days seem an outrage. Other people's pain and frustration seem insignificant. Laughing, happy people seem out of place in my world. It has become routine to feel half crazy. I am normal I am told. I am a newly grieving person





From the newsletter editor, Celeste Hardy, of the BP/USA Hinsdale, IL Chapter....

I was thinking about the healing event our chapter has coming up in July. We have the Annual Balloon Release. What is so special about this event? The word "release" implies freedom. We can think of the floating balloons as symbols of freedom from the shackles of our grief. When you release your balloon into the air, imagine you are releasing a small part of that ache that sits in your heart and gnaws at your soul. As the heartache is released it changes you in a way that leaves room for new strength, new passion or maybe just allows you to breathe or sleep better. The pain of a child's death never completely disappears but the efforts we make to try to release the pain shape it into something we can handle over time.

Loving lifted from the BP/USA Hinsdale, IL June/July 09 Newsletter

The Journal of Sri Ganeshaswami Hanumana Krishna

The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing not healing, not curing... that is a friend who cares.

Henri Nouwen

Loving You is Easy
We Do H Everyday
Missing You Is A Heartache
That Never Goes Away.

WHY DO I COME TO BEREAVED PARENTS MEETINGS?

By Charlotte Miller, BP/USA Central Arkansas Chapter

A family member recently asked me why I continue to come to Bereaved Parents meetings. She said, "After all, it's been 5 years since your son died. Don't you find it depressing to go to those meetings?" I stopped and thought for just a minute... It is incredibly sad to hear the stories of loss and pain, but it does not depress me. I ache for those families whose loss is more recent, where the pain is a heart savagely torn into raw pieces and where the pain seems relentless and like it will last forever. But had I not had the support of this group, I wonder if I would have made it, and kept my sanity, through the past 5 years. I know for certain that my grief journey, as hard as it has been, was made easier, and my burden lighter, because it was shared by those who truly understood my loss and who constantly reassured me that I was not losing my mind...I was just grieving.

I have personally been blessed by a supportive family and by loyal friends at church and at work who, even after 5 years, send me cards or flowers or call or e-mail to see how I am doing. And I am grateful for their support. But somehow there is nothing quite like the hug of another bereaved parent and the tears that mingle with mine as we grieve together the death of our own child and our friend's child. I can't explain it. I can only be grateful to have experienced this amazing support that has made this unending grief journey bearable.

I can share laughter and tears at the same time with parents who understand the guilt that accompanies those first moments of laughter. It seems like a betrayal of our children... even though we know that they would want us to go on and they would not want us to be miserable.

A friend who was recently widowed told me just today that she was so sorry that I had the grief experience to be able to comfort her and yet she was inexplicably comforted by the fact that she was not alone in her grief... that there were others who understood even a portion of what she was feeling. I know what she means.

I felt that way the first time I came to a Bereaved Parents meeting and every time I have come since then. I would not have chosen the pain of this loss and yet I would not want those whose children have recently died to not have the loving support that others gave to me when I thought I could not stand another day, another minute of the pain of our loss.

And so we continue to come monthly... to meet, to hug, to cry, to laugh, to listen and to try to understand another's story. And we come to love each other's children that we never got to meet. Their faces become almost as familiar as our own children's countenance and so incredibly dear because they were so special to our friends. In sharing our children's lives and their deaths, they continue to live on through our stories and our pictures and we are comforted as we grieve together.

Lovingly lifted from the BP/USA Mid Hudson New York Chapter

Practical Ways to Deal with Your Grief

By: Cheryline Lawson, bereaved mother

Surround yourself with people who are positive and who will understand your pain. Each day, leave the day before behind. Don't retrace your steps. You are on a healing path and looking back is a reason to intensify your pain.

Believe it or not, your loved one would have wanted you to be happy. Do something spontaneous like going on a cruise or going to dinner. It will enlighten you or it may make you feel sad, but you will never know unless you try something.

Never give up hope because while there is a life there is always hope for your future. Your dreams are still real. You have much to love for in fulfilling your purpose on earth. Be encouraged to know that you are important and there is a reason why you are still alive.

Every day will be different for you, but hold on to your sanity. You need this to advance into the future. Read books that will motivate and encourage you. Do not withdraw yourself. I cannot stress this enough. This will sink you into a depression that is hard to shake off.

Cry if you want to. This is completely reasonable for someone going through the grieving process. It is a way of purging your soul. Never be too hard on yourself and never feel guilty about being happy.

There are times when you feel lost and alone, but I want to remind you that there are people like me who want to provide support and encouragement, not for financial gain, but a genuine concern because we have experienced what you are going through right now.

Everyone deals with grief differently, but for the most part, there are some specifics that are universal. I am speaking from the heart of my experiences and hope that the encouragement will lead you to a peaceful place of new beginnings. Don't give up. Keep holding on to each day and be thankful for each new day that you get closer to your healing.

Caylee Marie Cepero
Born: September 3, 2000 at 3:26am

Long before you were born God dreamed of you.

Even before the earth was created, before the rocks shook and pushed out of the earth to become mountains, before the sun heated the deserts and the wind cooled the valley floor and the rivers flowed through the land - God loved you and he knew we would too.

He wanted you to be born. He dreamed of you and so did we.

We love you and wish you were here with us now to celebrate your 9th birthday, but it wasn't meant to be. So, we will dream of you, till we are together again.

We love you! Besitos Mini-Me and Happy Birthday in Heaven.

Love, Mama, Papa, Corbin, Kennedy, Lelu, Grandma, Morgan, Riley, and Umple Geoff









Happy Birthday September 13, 1977 Captain Christopher G. Cash



If ever there is tomorrow
when we're not together....
There is something you must always remember.
You are braver than you believe,
Stronger than you seem, and
Smarter than you think,
but the most important thing is,
Even if we're apart...
I will always be with you.

With all my love, Ma and your Family who misses you so much

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.

TEENS! NEED TO TALK?

Call our Sibling Contact Serena Graves at (813) 810-7169
She knows how you feel!



WHY DO PEOPLE OFTEN FEEL BETTER AFTER CRYING?

Alan Wolfelt, Ph.D., a professor at the University of Colorado Medical School, works primarily with people who are mourning loved ones. "In my experience," he says, "I have observed changes in the physical expressions following the expression of tears. Not only do people feel better after crying, they also look better."

And according to Dr. William Frey, a biochemist and director of the Dry Eye and Tear Research Center in Minneapolis, Minn., one reason people might feel better after crying could be because they are "removing, in their tears, chemicals that build up during emotional stress." Frey's research indicates that tears, along with other bodily secretions like perspiration, rid the body of various toxins and wastes.

As far back as 1957, it was known that emotional tears are chemically different from tears that result from eye irritation. Emotional tears contain more beta-endorphins, some of our bodies' natural pain relievers, and protein.

In addition, researchers also are discovering that people who cry frequently enjoy better health overall. Margaret Crepeau, Ph.D., professor of nursing at Marquette University, believes healthy people view tears positively, while people plagued with various illnesses see them as unnecessary, even humiliating.

"I find," Crepeau says, "that well men and women cry more tears more often than men and women with ulcers or colitis."

Consequently, at Marquette's School of Nursing, students and professionals are urged not to automatically provide tranquilizers to weeping patients, but to let the tears do their own therapeutic work. "Laughter and tears," Crepeau says, "are two inherently natural medicines. We can reduce duress, let out negative feelings, and recharge. They truly are the body's own best resources."



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

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