



Tampa Bay Chapter

P.O. Box 7034
Brandon, Florida
33508

www.bpusatampabay.com

MEETING INFORMATION

Regular Monthly SUNDAY Meeting

(held the second Sunday of the month)

Sundays November 11 and December 9, 2018

6:30-8:30 PM

St. Joseph's Hospital

Medical Arts Building, Auditorium

3001 Martin Luther King Jr. Blvd., Tampa, FL

Call Lori Scragg at 813-361-2946

for directions or information.

Regular Monthly DAYTIME Meeting

Riverview/Gibson/Brandon areas

(held the second Friday each month)

Fridays, November 9 and December 14, 2018

10:00 AM to Noon

New Hope United Methodist Church

121 N Knights Ave, Brandon, FL

Call Debbie Nemitz at 813-501-9567

for directions or information.

Regular Monthly NIGHTTIME Meeting

Riverview/Gibson/Brandon areas

(held the last Thursday each month)

Thursdays November 29 and December 27, 2018

6:30 PM to 8:30 PM

New Hope United Methodist Church

121 N Knights Ave, Brandon, FL

Call Charles L'Homme at 813-335-7628

for directions or information.

(note: We are now meeting in the Church building rather than the office building.

After entering the sanctuary doors, go left and enter the first door on right for daytime and go right for nighttime meeting)

IT IS VERY IMPORTANT THAT YOU RSVP FOR THE CANDLE LIGHTING. WE PLAN TO TAKE OUT SOME OF THE PICTURES AND ALSO LORI WILL BE MAKING A PERSONALIZED FAVOR FOR THOSE WHO LET US KNOW THEY ARE ATTENDING.

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

Matthew Gallagher,

Larry D. Garcia,

Steve Gregory,

Robyn Michelle Nemitz and

"Kimie"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
November 2018						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31		December 2018			

The holidays are here. We wish you a good Thanksgiving, Chanukah, Christmas and New Years. This is a time of year which is harder for most of us who have lost a child. Anytime there are family get togethers, we are more clearly reminded of our children who are no longer with us and can't participate in the occasion. We hope that you will choose to attend our Candle Lighting. It will be held on Dec 9th at 7 (begin arrival at 6:30 to insure we can begin on time and so that you can buy raffle tickets and choose which baskets to try to win). See pages 12-13 for all the information. May your holidays be peaceful!
Debbie

Chapter News

Angel of Hope Information

www.angelofhopetampabay.com

Located at :

*Riverside Park
201 Riverhills Drive,
Temple Terrace*

Mailing Address:

*P. O. Box 2573, Lutz, FL 33548
813.784-6929*



www.angelofhopetampabay.com/

Telephone Friends

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

Debbie Nemitz (General Information

and Long Term Illness) (813) 501-9567

Sue Bowditch (Adult Child) (813) 390-9734

Theresa Farmer (Homicide) (813) 994-0707

Sandy Boehning (Grandparent) (813) 989-3255

Charles L'Homme (Accidental Death) (813) 335-7628

Barbara or Tommy Dietrich (Death of an Only Child) (813) 340-9120

Julie Woofter (Suicide) (813) 754-4848

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

Rita Zvada (Se Habla Espanol) (813) 961-1011

Crisis Center 211

Love Gifts

Love Gifts-A Thoughtful Way to Remember

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

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PRICE ADJUSTMENT TO Sponsor A Newsletter Page

Since we no longer print the newsletter, we have decided to reduce the costs of the memorial pages. Anyone can sponsor a page in this newsletter in memory of their child. The price for a **full page is \$30** which includes photographs and your tribute to your child (poems, stories or whatever you like). You may also choose a **half page for \$15**. Your contribution supports the chapter.

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

To sponsor a newsletter page, contact Debbie Nemitz @ 813-501-9567 or at debbie.bpnews@gmail.com. Please note that sponsorship pages are due by the 25th of the month BEFORE the publication month. We publish every 2 months.

Refreshments

Some of us like to remember our child's birthday or the anniversary of his or her death by bringing a cake or cookies to the meeting that month. We would appreciate having you bring a special treat to any meeting. You may also want to bring and share a picture of your child.

Newsletter Articles or Contributions

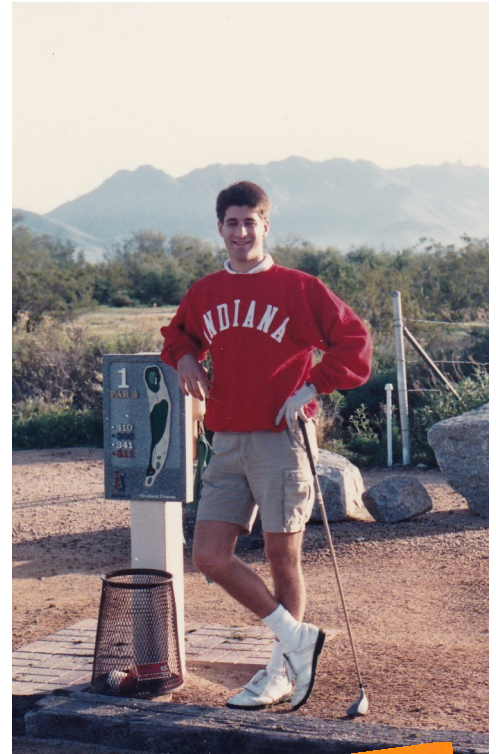
Have you written a poem or article about your bereavement process? Would you like to share it in the newsletter? We are looking for article submissions every month from members of our chapter. Articles will be edited if needed. Please contact Debbie Nemitz @813-501-9567 or debbie.bpnews@gmail.com if you have any questions.

HAPPY BIRTHDAY STEVE!

In your honor, the Steelers won one for your birthday.

We love and miss you each and every day.

Pam, Mike, Mom and John





Our Children . . . Remembered

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

November Birthdays

Bray, Debbie (Hurley) 11/14/1967 - 6/1/1990 M - Beverley (Bray) Hurley S - Kimberly Gonzalez	Finucane-Terlop, Peter 11/23/1997 - 9/1/2017 M - Cindy Finucane	Loadholtz, Glenn Edward 11/25/1969 - 2/15/2005 P-George & Jackie Loadholtz S-Gwen Walkowiak	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
Buzbee-Reeves, Devon Michael 11/16/1994 - 11/19/1994 M - Celeste Buzbee F - Mike Reeves B-Tristan Alan Buz- bee-Reeves	Garcia, Larry D. 11/8/1983 - 1/10/2007 M-Consuelo Rios	McDonald, Brooke 11/8/1990-10/4/2008 P-Mitch & Barbara McDonald	Schank, Jamie 11/3/1972-10/26/2003 P- Joan Schank
Celestey, Shaun 11/16/1980-1/3/1980 P-Vick & Paula Celestey	Gregory, Stephen John 11/4/62 -9/1/16 P - DeLores and John Durn (stepfather) B - Mike Gregory S - Pam Gregory	Milam, Perry Edward 11/4/1974 - 10/1/1994 M-Nancy Milam S-Suzanne Milam Clark	Scheurich, Annabelle 11/1/2013 - 11/1/2013 M - Kate Scheurich
Colla, Aaron Dante 11/15/01 - 05/24/02 P-Amanda Colla GP-Jana & Frank Colla A-Danielle B-Dylan	Hadley, Katrina 11/17/1961 - 2/4/2006 M-Grace Therman	Miulli, Matthew Michael 11/27/1987-1/19/2005 P-Jim & Kathy Miulli GP-Rudy Prehnal and Mike & Sue Miulli	Shockey, Ann 11/08/56 - 04/26/70 P - Dick & Connie Shockey
Decosta, Brittany 11/19/87 - 04/07/91 M - Kay Decosta	Harless, Jessica Nicole 11/15/1988 - 5/10/2000 M - Heather Harless	Nichols, Melissa 11/9/1982 - 9/4/2002 M-Terrena Nichols F-Shannon Nichols S-Brandy Nichols B-Shannon Nichols, Jr.	Titer, Kenric 11/26/1985 - 7/2/1997 M - Jackie Mentor
Dietrich, Jamie Rachel 11/20/1977 - 11/17/2004 P-Tommy & Barbara Dietrich	Hinchey, Ronald 11/17/1974 - 12/10/1999 P - Ronald & Donna Hinchey S - Tracy Foster	Pike, Taylor K. 11/9/1985-5/14/2007 P-Bob & Connie Pike S-Megan Pike	Toler, Jeremiah 11/8/1985 - 11/18/2013 M - Tracy Toler
Dixon Jr., Anthony Howard 11/27/1978 - 4/1/1996 M - Brenda & Toney Dixon B - David Dixon	Jacobson, Nathan 11/9/1994-2/16/2008/ P-Amy & Pete Jacobson	Rivera, Damian Elijah 11/19/2001 - 01/10/2002 M-Nicole Rivera	Torres, Angel Luv 11/19/1982 - 11/2/1994 P-Aida & Angel Torres B-Nicolas Torres GP-Pola Lesprier
Dominguez Mario 11/1/1987/ M-Sonia Dominguez	Kelly, Amanda Jean 11/15/1986 - 7/7/1987 P-John & Brenda Kelly S-Matthew & Ryan GP-John Keller & Elizabeth Kelly	Robles-Greene, Brodie Shane 11/15/1996 - 11/29/1996 M - Denise Robles F - Ronnie Greene B - Shane	Walker, Nick 11/12/1983 - 1/11/2001 M - Denise Walker GM - Shirley Walker
Douglas, Christopher 11/4/1977 - 12/22/1997 M - Laren & Michael S - Stacy & Leigh B - Clinton	Kettlety, Daniel S. 11/7/1978 - 11/10/1997 P-Wayne & Sherry Kettlety	Rosas, Ricardo 11/4/1991 - 8/12/2013 M - Leticia Rosas S - Alejandra B- David and Daniel	Wheeler, Clifford Denmark 11/1/1979 - 1 /18/1996 M-Donna Wheeler B-John, James & Duane GP-Lynn & Marcel Baker
Lagana, Joseph 11/6/92 - 7/8/18 P - Veronica & Rocco Lagana	Lind, Joshua Richard 11/9/1983 - 11/14/1999 F - Richard Lind		



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	Bridgmon, Matt 2/11/1978-11/4/2006 M-Jean Bridgmon
		Justin, Chris 10/3/1989-11/6/2007 P-Chris Black	Butler, Mark Anthony 7/7/1977 - 11/24/2001 P-Ray & Chris Butler GM-Alice Butler

November Anniversaries cont'd

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

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

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

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

Russell, Melody
11/25/1985 - 11/25/1985
M-Karron Russell
GP - Ben & Sue Bowditch
S/B - Brytani and Derak
Aunts - Catherine and Roben

Sluder, Theresa Elaine
10/14/61 - 11/17/2008
P-Tom & Judy Sluder
S-Kathryn
B-Tom III & Keith
Children-Brandy & Brandon
Grandchildren-Romeo, Thaliana
N/N-Israel, Keith II and
Miranda

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

Szczepanek, Daniel
6/21/1988 - 11/10/2006
M-Debra Szczepanek

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 Lesprier



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

Flynn, Philip
12/17/1977-8/8/2002
M-Roseanne Flynn

Gonzalez, Miriam
12/10/1948 - 7/26/1995
P-Fernando & Paula Lesprier
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

December Birthdays cont'd

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 Waldfoe, 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
GP-Joyce & Gene Waller

Williams, Paul X.
12/2/1986-12/24/2005
P-Amber & Tracy MacDonald
Sibs-Molly & Daniel Williams
GP-John & Rosemarie Binder



December 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
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Buzbee-Reeves, Devon Michael
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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
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Robles-Greene, Brodie Shane
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F-Ronnie Greene
S - Shane

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M - Linda Heatherly
S - Misty Walker & Amber Roger

Ruiz, Marcus Nelson
12/29/1996 - 11/12/2000
P - Aleida & Nelson Ruiz
S - Illana



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

I have added a few new ones without having heard from the parent(s). Therefore if the last name of the child is different from yours, I have made an error. I also have not had siblings or grandparents to add. I apologize, but figured it was better to include even if an error or omission occurs. Please get in touch with me if you want additional information listed or have any corrections.

Coping with Grief During the Holiday Season

By [Alice Wisler](#)

Bereavement Specialist

Coping with grief during the holiday season can be exhausting. Holidays tend to bring out cherished memories and make you miss your loved ones that much more.

The Holidays and Grief

If you have experienced the loss of someone you love, the days following his or her death are long and hard. Yearning for the person takes much of your time. As you anticipate life without them during Thanksgiving, Christmas and New Year's Day, you may wonder if you will be able to handle the holidays. What will these special times be without their presence? How will you get through them?

Advice on Coping with Grief During the Holiday Season

Experts and those who have been through the holidays without a loved one give advice on what you can do. Ponder on the following suggestions:

- **Be realistic.** The holiday season is going to be different and possibly not at all festive in your mind without your loved one. You might experience anger or frustration, along with intense sorrow.
- **You do not have to do it all.** Perhaps in the past you were the one who made the lavish meal at Thanksgiving or had all the grandkids over at Christmas. The first years, and especially the first year of holidays without your loved one, might be a time for you to curb the many activities you once did. You may not have the energy to cook, bake, or entertain. Let someone else do the work.
- **Create a new tradition that encompasses your loved one's memory.** This can be done by lighting a candle in his or her memory at the meal time, or by having each one around the dinner table share a short story about the deceased.
- **There is no right or wrong.** Handle the holidays the best you can. If you choose not to participate in a particular service or outing due to your grief, do not judge or be critical of yourself.
- **Take care of you.** Be sure to eat healthy meals and get the rest you need. If journaling your thoughts or emotions helps, buy a journal and pen your feelings. Writing is therapeutic for many.
- **One day at a time.** You will survive the holidays without your loved one. One day the season will end and you will see that you lived through each day. What an accomplishment!

http://dying.lovetoknow.com/Coping_with_Grief_During_the_Holiday_Season

A Messenger from Heaven

A gentle reminder that
We're never far apart.
My spirit will live on forever
There within your heart.

And when you see a butterfly,
Here to brighten your day,
Remember that I'm there with you,
And there I'll always stay.



we love you. "If there ever
comes a day when we can't
be together, keep me in your
heart. I'll stay there forever."-
Winnie the Pooh



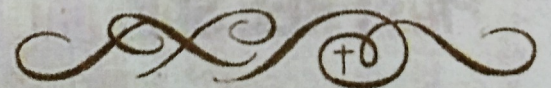
"Kimie"

2/24/70 to 12/25/06

Heaven's Embrace

On Angel's wings
you were taken,
But in my heart
you'll stay,

In God's light
you will find joy,
till we meet
again someday.



Matthew Gallagher

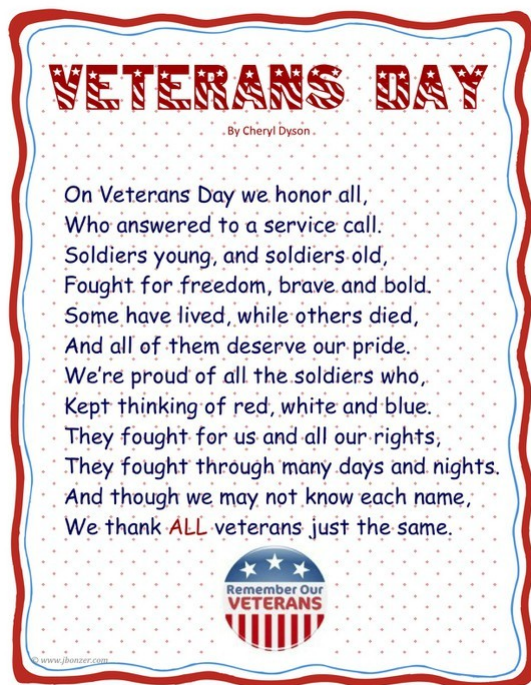
8/12/92 to 12/12/11



**Missing and Sending You Our Love
on Your 7th "Angel" Birthday!**

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

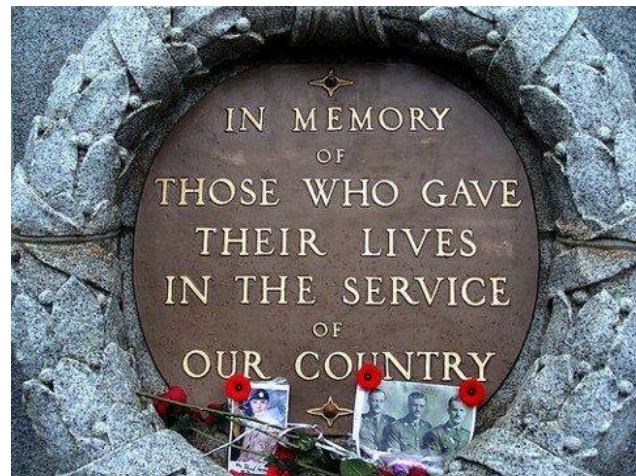




Source: [Pinterest.com](https://www.pinterest.com)



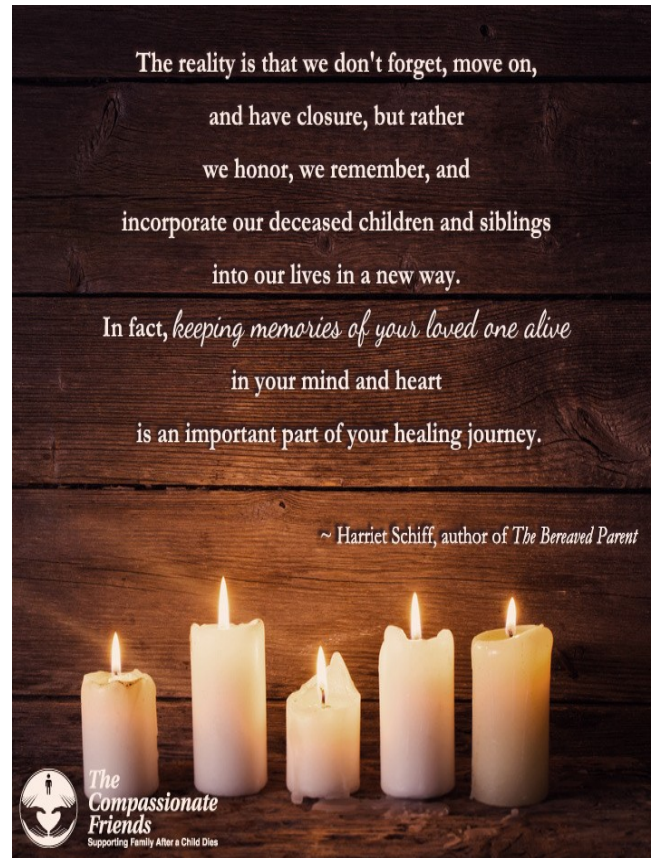
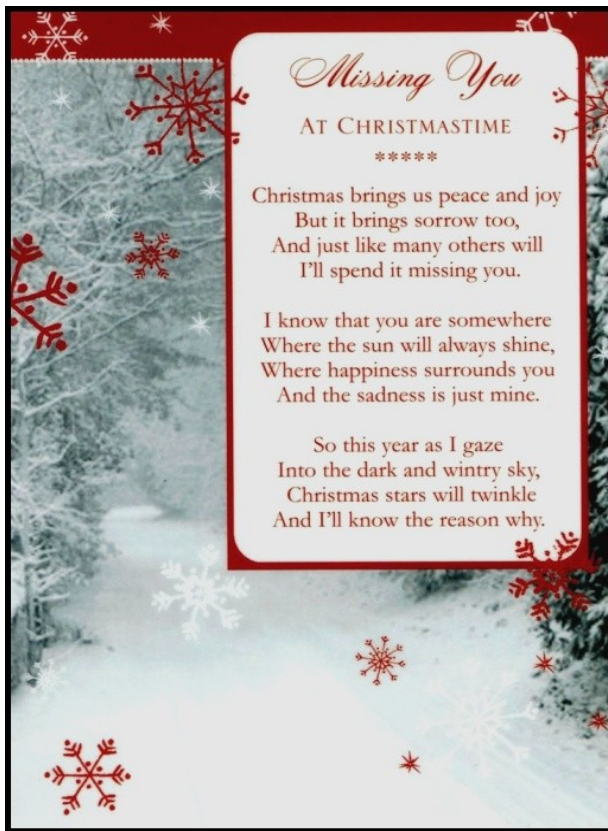
Source: [Pinterest.com](https://www.pinterest.com)



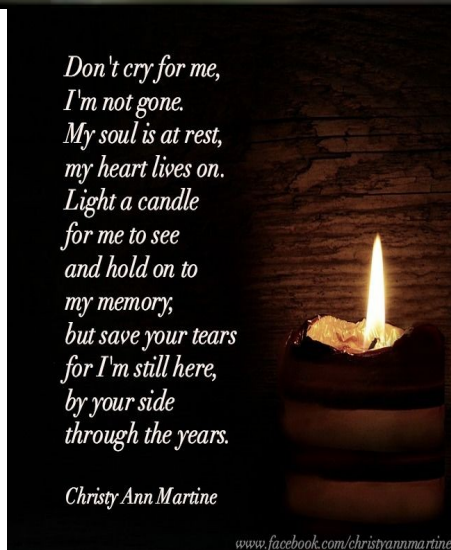
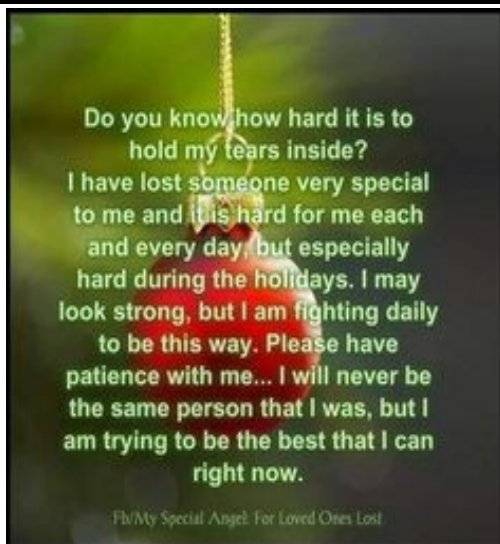
Source: [facebook.com/TeamBridgeportWreathsAcrossAmerica](https://www.facebook.com/TeamBridgeportWreathsAcrossAmerica)

I found everything on this page in the BPUSA
November 2018 Generic Newsletter





I found all of these in the BPUSA December 2017
Generic Newsletter



2018 Candlelight Ceremony (December 9) Participation Form

(Please return this registration by November 30 to have your child's name / picture appear in the Program. Send to: BP/USA, c/o Lori Scragg, 1406 Stephens Oak Ct., Plant City, FL 33567

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

Number of people attending _____

I have enclosed a picture for the Presentation OR Please use the picture from last year's Presentation.

I will be unable to attend the service, but would like to have a candle lit in memory of my child / children. NOTE: Due to time restraints, **only picture for parents ATTENDING the Ceremony will be shown**. Thank you for understanding.

Child's name: _____

Date of Birth: _____ Date of Death: _____

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 memory of my child / children.

I would like to donate ___ poinsettia(s) in the amount of \$10.00 each in memory of my child / children to be used for decorating at the Candle Lighting. (you may take it (them) home afterwards)

Your Name _____

Address/Zip: _____

Telephone Number: _____

Email Address: _____

December 9, 2018 Candle Lighting Remembrance Ceremony

Bereaved Parents of the USA, Tampa Bay Chapter, will hold its annual Candlelight Remembrance Ceremony at 7 PM. on Sunday December 9, 2018 (Please begin to arrive by 6:30 PM so that we can begin the program on time at 7). The ceremony will be held in The Medical Arts Building (MAB) Auditorium at St. Joseph's Hospital in Tampa. This day is also the Children's Worldwide Candle Lighting event (created and shared by TCF) where candles will be lit around the world in memory of all children that have died in every time zone starting at 7:00 PM. Please join us in this beautiful tribute to our children. Any bereaved parent or family member and friends are invited to participate. For those of you who are newly bereaved, we encourage you to attend. This service can make handling the holiday season a little easier.

KEEPSAKE VOTIVE - Each family who attends will light a candle in honor of their child and take the candle home to light throughout the holidays. Due to a decrease in the amount of donations we have received, we are asking for a donation of \$1.00 per person. *

RECEPTION -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, snacks, sandwiches, etc.) to share with others. We normally have an abundance of desserts.

PICTURE PRESENTATION-A Special Slide Picture Presentation of our beautiful Children! If you are planning to attend our Candle Light Ceremony, email a picture of your child to debbiebpnews@aol.com or mail a picture of your child to: Lori Scragg, 1406 Stephens Oak Ct., Plant City, FL 33567. Either way include their full name as you want it displayed on the slide presentation and also the birth and death dates, NOTE: Due to time restraints, only pictures of children whose parents are attending the Ceremony will be shown. Thank you for your understanding.

Picture should be of your deceased child only. If your child's picture was included in previous year's candle lights, any of the National Gathering closing ceremonies, or Chapter Newsletters and you want to use the same photo, just let Debbie Nemitz know that. Pictures mailed in will be returned to you at the Candle Light Service - please pick them up at the registration desk. You can scan the picture yourself and email to debbiebpnews@aol.com, but please be sure it is at least 600 dpi.. If you have any questions, please call Debbie Nemitz at 813-501-9567.

BUTTONS- We have the equipment to make picture buttons. Bring a picture no smaller than 3" x 5" and picture will be cut and become the button. Buttons are round and measure approximately 2.25" in diameter. Cost per button is only \$3.00. (picture wanted in button should have plenty of space around it)

NO BOUTIQUE-There will be FUNDRAISING RAFFLE OF GIFT BASKETS. You can donate a basket in memory of your child/children or you can send a donation in with your registration and we will do one for you in memory of your child/children. Please call Lori Scragg at 813-361-2946 if you have questions.

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

* If you have votives from previous years that you would like to donate, please get in touch with us so that we can plan accordingly. You may call either Lori at 813-361-2946 or Debbie at 813-501-9567.



TIPS FOR HANDLING THE HOLIDAYS

Darcie D. Sims, Ph.D.
Grief Inc. Published by Big A and Company, 2000



The holiday season is a time of short days and longer nights, of icy winds, cold hands and empty hearts. It can be a time when the PAST and the PRESENT collide. We try to recapture what we once had or blot out bad memories. We try to ignore the empty chair. It is the perfect time to take a nap, but sometimes wishing we could sleep until springtime comes to lift our spirits doesn't work.

Time moves at its own pace and nothing can speed up or slow down the march of the hours, days, weeks and months across our grieving heart. So, if napping doesn't work for you, there are some things you can do to help ease the foot prints that grief leaves on our heart. So, in this time of icy hearts and frozen feelings:

BE PATIENT WITH YOURSELF. Know that hardly anyone is as happy as you think they might be. We all have our hurts to bear. We are always in a hurry. We want things to BE BETTER NOW. Do what you can this season and let it be enough.

BE REALISTIC. It will hurt, especially if there is an empty chair at the table. Be ready for them. Lay in a supply of tissues (a roll of toilet paper is even more efficient). Anticipation is often far worse than reality. Let those hurting moments come, deal with them and let them go.

BE KIND AND GENTLE TO YOURSELF. Figure out what you SHOULD do, balance it with what you are CAPABLE of doing and then COMPROMISE. Forgive yourself for living when your loved one died.

PLAN AHEAD. Grieving people often experience a lack of concentration. Make lists. Prioritize everything. Decide what is REALLY important to YOU.

REDEFINE EXPECTATIONS of self and others. Be honest in what you expect to be able to do. We live in a world of OUGHTS and SHOULDs and suffer from guilt because we cannot meet our own expectations. Let the OUGHTS and SHOULDs go.

LISTEN TO YOURSELF. Find the quiet space within where all the answers live. As you become aware of your needs, tell family members and friends

ASK FOR HELP WHEN YOU NEED IT. Make a help-on-a-stick sign and stand on the porch, waving it. Someone will notice (but may not stop. Just because you ask for help does not guarantee you will get some, but if you never ask, no one will ever know how much you might need hug!!)

KEEP SOME TRADITIONS. Choose which ones. Don't toss out everything this year. You can always try changing a routine. Try whatever pops into your head. You can always scrap it if it doesn't work.

TAKE CARE OF YOURSELF PHYSICALLY. Eat right. Exercise (or at least watch someone else). Gift wrap some broccoli. If nothing else, jog your memory! Take a NAP!

RECONNECT TO YOUR SOURCE. Find whatever renews your spirit and recharge your "batteries." Many find their faith to be a great source of strength while others find moments of solitude, meditation or prayer to be helpful. Surround yourself with the people and things that lift your spirits.

CHANGE SOMETHING. Everything has already changed, so don't be afraid to change some traditions. But don't toss out everything this year. Keep some traditions. You choose which ones.

SCREEN ALL HOLIDAY ACTIVITIES:

Will it be the holidays without it? Why do you do this activity? Tradition, habit, obligation? Do YOU have to do this, or can others do it for you? Do you LIKE doing it? How could this activity be done differently?

LEAVE THE WORD "OUGHT" OUT OF THIS HOLIDAY SEASON.

HOLD ON TO YOUR WALLET AND CHARGE CARDS. You can't buy away grief, but you might be tempted to try.

BUY YOURSELF A SMALL GIFT. Use someone else's charge card. Whose? Remember all those people who said to call "if you ever needed anything"?.....Give them a call now! (buy yourself a small treat for one of those really hard days and enjoy it without guilt).

UNDERSTAND THAT HEARTACHES WILL BE UNPACKED as you sift through the decorations, but so, too, are the warm, loving memories

of each piece. Don't deny yourself the gift of healing tears.

GIVE YOURSELF THE GIFT OF EMOTIONS. Put the motion back into the emotions. Toss a Nerf brick when you're angry or pound a pillow. Go outside and yell while you shovel snow. Find a way to express the intensity of your feelings in a PERSONALLY NON-DESTRUCTIVE WAY.

REALIZE YOU AND YOUR GRIEF ARE UNIQUE. Everyone grieves differently, yet we often use our differences as weapons. We misinterpret words and actions and may assume that no one else is grieving the "right way". Remember that, just as each snowflake is unique and special, so is each person. Your grief is yours and what works for you may not help someone else. Give everyone the gift of TOLERANCE and allow everyone to grieve in his own way.

SHARE YOUR HOLIDAYS with someone, anyone! Ride the ferry, visit a soup kitchen or nursing home, spend an evening at the bus station. There are lots of lonely people who could use your love and caring.

BUY A GIFT FOR YOUR LOVED ONE. Give it away to someone who would otherwise not have a gift. It is the giving, the exchanging of love that we miss the most. When you share love, it grows.



Robyn Michelle Nemitz

12/28/82 to 6/16/98

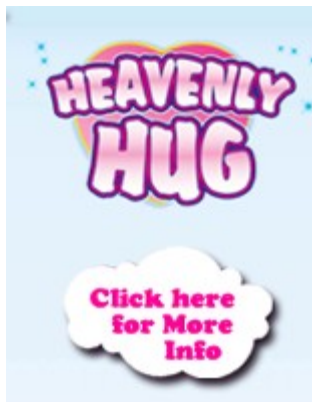


My dear Robyn, I still have trouble accepting that you getting cancer was God's will. I do however believe that He allowed it for some reason. I have finally gotten past the "cancer years" and can remember and enjoy all the good times that we had in the 13 years before you got diagnosed.. Although your last 2 1/2 years were horrendous (especially for you), even during those bad times there were good memories....like our "big stand up hugs". You were beautiful inside and out and you are missed by your dad, brother, friends and of course myself. I wish you were still here to celebrate your 36th birthday. **HAPPY BIRTHDAY ROBYN!**

ONGOING FUNDRAISERS

We have added a new page to our website and to our newsletter. It will be for ongoing fund raisers. There are already a couple of companies who have an ad and will be making a donation to Bereaved Parents when their items are purchased. If any of you have businesses and would like to advertise, please get in touch with Debbie by calling 813-501-9567 or emailing debbie.bpnews@gmail.com.

Please check out the first two companies who are participating. There is more information on our site.



Please check this page out. The link on our website will take you to their website where you can order one of these very well made, soft, beautiful angels with long arms and a Velcro closure so they can actually hug you. Be sure to go through the link on our webpage so that Bereaved Parents gets the generous amount being donated with each purchase.

Thanks to those who have ordered from Heavenly Hug. We appreciate your support.

<http://www.bpusatampabay.com/>

We are happy to present our newest fund raiser **Rosemary's Angels**

We sold these at the Candle Lighting. We still have some and will take orders if we sell out.



This angel is about 2 inches tall with a wing span of 1 ½ inches. It is all silver except for the pearl head and gold halo.

Can be purchased with bail, pin, or visor clip.

Cost \$15.00

The Christmas ornament is molded and plated. A ribbon is put through the hole at top of the angel (bail) so it can be hung on the tree. I added the butterfly because of your organization symbol. This ornament is about 3 inches tall, wing span about 2 1/4 , all silver except for the gold butterfly and halo. The ornament is heavier than the angel pins. Also a name can be engraved on the back of the angel ornament.

Cost \$20.00



This ornament is 2 1/2 inches high. We have ordered them in blue as shown, but also in pink and silver.

**We will have some for sale
at the Candle Lighting.**

Listen to *“Hope, Healing & Help”* every Saturday from 11:00 til noon Pacific Time on KFIA 710AM Sacramento or www.kfia.com. Can't listen in at that time? All of their programs are available to listen to on their website, www.hopehealinghelp.com.

Our Credo (new)

We are the parents whose children have died. We are the siblings whose brothers and sisters no longer walk with us through life. We are the grandparents who have buried grandchildren.

We come together as Bereaved Parents of the USA to provide a safe space where grieving families can connect, share our stories, and learn to rebuild our lives.

We attend meetings whenever we can and for as long as we find helpful. We share our fears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness, knowing these emotions will be met with compassion and understanding. As we support, comfort and encourage one another, we offer hope and healing. As we confront the deaths of our loved ones, our shared grief brings us to a common ground that transcends differences, building mutual understanding across the boundaries of culture, race, faith, values, abilities, and lifestyle.

Together we celebrate the lives of our children, siblings, and grandchildren, sharing the joys and the heartbreaks as well as the love that will never fade. Together, strengthened by the bonds we create, we offer what we have learned from one another to every bereaved family, no matter how recent or long ago the death.

We are the Bereaved Parents of the USA. We welcome you.



Address Correction Requested

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



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