



*The
Compassionate
Friends*
Supporting Family After a Child Dies

The Greater Baltimore Chapter
P.O. BOX 2103 Ellicott City, MD 21041-2103
(410)560-3358
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July - August 2019

MEETINGS

WEDNESDAY August 7, 2019

WEDNESDAY SEPTEMBER 4, 2019

WEDNESDAY OCTOBER 2, 2019

SUMMER



NATIONAL BEREAVED PARENTS MONTH

July is recognized as National Bereaved Parents Month. The loss of a child is the most inconsolable of losses to deal with. It violates the natural order of things and it's not fair for an innocent to see their dreams unfulfilled. As parents, we feel we are solely responsible for the well-being of our children and we may feel like we have failed and let our child down. There are so many expressions of grief after the loss of a child that often it is hard to sort out how a bereaved parent is really coping. These are a few of the expressions :

Disbelief: Often people will comment on how well they are doing, but it could be, they just don't believe that it has really happened.

Shock: The bereaved parent may feel or appear disoriented, restless, numb, bewildered, stunned and unable to think.

Sobbing is helpful to cry to release all that pent-up emotion.

Physical Symptoms: The bereaved parent may lack or have an increase of appetite; sleeplessness or oversleeping; knot or emptiness in pit of stomach; tightness in throat; shaky legs; headaches; trembling; chills; fatigue; chest pains; general achiness; difficulty swallowing and/or speaking; digestive disorders (indigestion, nausea, diarrhea); feeling weak or faint; tension; slower in speech or movement; temporary paralysis of limb or sight.

Denial: The bereaved parent may subconsciously be searching for their child when out in a crowd or when they open the door. Why?: "WHY" seems to need to be asked repeatedly in an effort to make sense of the loss.

Repetition: The bereaved parent may repeat the same things to the same people. Reality of

Death: This is a frightening time as it may seem as if the bereaved parent is going backwards.

Confusion: The simplest decisions may seem impossible and the bereaved parent may have difficulty concentrating.

Idealization: The bereaved parent may only see their child as perfect and may compare themselves or others to that loved one.

Identification: The bereaved parent may seek to identify with their child by wearing their clothes or taking up a sport they liked.

Anxiety/Panic: The bereaved parent may fear being alone **or be worried about the future.** They may feel like they are losing control or are "going crazy." Bargaining: The parent may try to bargain with God that "things will be different;" or that they will try to be a better person if only their child can be alive again.

Depression: Sometimes the bereaved parent may hurt so much that they just don't care about anything. It may be an effort just to get out of bed, to shop, or fix a simple meal.

Relief (Laughter): This phase comes and goes and the bereaved parent may be able to recall the fun times.

Lowered Self-Esteem: A bereaved parent's confidence is often undermined.

Preoccupation: The bereaved parent may think of nothing but the loss.

Guilt: Bereaved parents tend to blame themselves for something they did or didn't do that may have contributed to the death, or for things that wished that they had done for their child.

Anger: Anger is normal. Pushing down anger is harmful. **Loneliness:** The bereaved parent may feel intense loneliness due to the absence of their child, because they are unable to share thoughts and feelings, to touch, or to be understood.

Despair: The bereaved parent may feel as if there would be little difference if they lived or died. They may have suicidal thoughts.

Sadness: These feelings seem to pervade their life. **Helplessness:** The bereaved parent may feel that they are unable to help themselves or others cope, or get better.

Envy: They may feel jealous of people who still have their child.

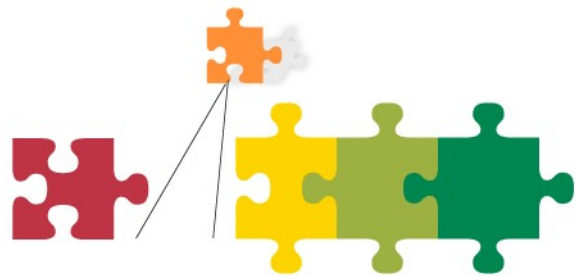
Frustration: They may be disappointed that they are not coping as well as everyone thinks they should.

Resentment/Bitterness/Hatred: Bereaved parents may feel resentful about the death and their changed circumstances.

Limbo: The bereaved parent may reach an inbetween point between the reality of death and the point where life seems worthwhile again.

Hope Emerges: The good days outbalance the bad days and they may feel encouraged that they will get better.

Missing: The bereaved parent will always miss their child and special events may trigger the feeling of longing even more. bereaved parent starts to rebuild a new life that will be different but can be enjoyed. **Life is Worth Living:** Eventually the bereaved parent may be able to think and talk about their child with happiness and a sense of peace. **Pride:** The bereaved parent may overcompensate for how they are really feeling or may not ask for help and can complicate the grief process.



Remember Christina Rossetti

Remember me when I am gone away,

Gone far away into the silent land;

When you can no more hold me by the hand,

Nor I half turn to go yet turning stay,

Remember me when no more day by day

You tell me of our future that you plann'd; Only remember me; you understand

It will be late to counsel then or pray, Yet if you should forget me for a while

And afterwards remember, do not grieve;

For if the darkness and corruption leave A vestige of the thoughts that once I had,

Better by far you should forget and smile Than that you should remember and be sad.



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Meeting Information

**The First Wednesday of the month at:
Govans Presbyterian Church
5828 York Road
Baltimore, MD 21212
7:30-9:30 PM**

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To Our New Members:

Coming to your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. We do understand.

To Our Seasoned Members:

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. TCF is here to welcome you, share your grief and encourage you.

The Sibling Corner

Our chapter meeting hosts a Sibling Group which coincides with our regular meeting time. There are so many special issues that occur when you lose a brother or sister. This group offers a safe place for you to share your challenges, concerns and successes when walking this path. Siblings age 16 and over are welcome and encouraged to attend. This will be facilitated by siblings for siblings.



In the past the 4th of July often meant family picnics and joyous celebrations.

Now you may believe they can never come again.

But those of us who have worked through our grief have found new joys in life. Persevere and you will too.

Lifedates

July

August

Birth Days

Remembrance Days

Birth Days

Remembrance Days

James Shmall Watts
Christopher Aaron Bruce
Diamonic Arca-Jones
Olivia Justis Jacob
DeYonte Clarence Hicks
Deyonte Hicks
Diaz Jamie Wheeler
Michael Angelo Osborne
Charles Adrian Alois LaChapelle
Katrina Lenore Sevich
Charlotte Rose Bohn
Brenda Thorne
Roger Lawrence Simpson
Eric Thalwitzer
Andrew Thomas Russell
Casey Robert Leavitt
Megan Richardson
Raquan Demetrius Ali Campbell
Travis Anthony Jenkins
Chase Smith
Joshua Elisha Harris
Corinne Palo Ferguson
Brearah Karli Stevens
Wayne Granger
Amanda Kay Arnold
Amelia Gresham
Sunshine Marie Royston
Phillip Holmes
Joe Harlee
Hope Lorden
Stephen John Schultz III
Wyatt Duff
Aiden Joseph Johns
Jonah Alexander Respass
Jesse Hollen Elkins
Rachel Lynn Orr
Trenton B. Reightler
Chamara Ashby

Delaney Marie Gaddis
Jenna Marie Manuel
Olivia Justis Jacob
Alexander Bertucci Hoehn
Beatrice Bug Taggart-Hurst
Michael Mikey Eades
Golden OBrien
Lance Eager
Chris Doyle
Deborah Castro
Casey Robert Leavitt
Corey Alexander Springmann
Jack Levee
Irina Goslin
Robert Lee Johnson
Marcie Elizabeth Warch
Ashlyn Marie Sutherland
Kallie Lynn Esquer
Julie Ann Webster
Jason Robert Kuzniarski
Joseph Miranda
Amelia Gresham
Stephanie Sanzone
Andrew Alton Dowley
Hope Lorden
David L. Murphy
Amelia Panuska
Brooklyn Wilhite
Wyatt Duff
Keteylan Garner
DJ Knight
Aiden Joseph Johns
Jacob Edward Ramos-Grey
Tiffani Rose Wiberg
Jason D. Verfaillie

Angela Grace DeCarlo
Ronnie Kuhn
Jeffrey Brian Reilly
Sherri Lynn Wooten
Eileen Ernsberger
Lance Eager
Hannah Paige Potis
Warren Jeffery Keim
Chris Doyle
Megan Ann Estey
Andy Dorsey
Brad Wisniewski
Madison Summer Lynn Corcoran-Narup
Jerry Cooper, Jr.
Zakary Aaron Osiris DeGross
Emily Elizabeth Blische
Anna Treseder Bettenhausen
Alex Elste
Julio Speedy Gonzalez II
Robin Tonette Thomas
Michael Leo Swift III
Rebecca Hild Caudell
Jason Robert Kuzniarski
Vicki Gail Sears-Hube
Emily Ann Higgins
Elisa Michelle Guibas
Kareem Kelly Guest
Jessica Stallings

Stephen Robert Bogusky III
William James Taylor IV
Brian Allen Sweet
Henry (Hank) Long
Lorene LaFon
John Adam Corvin, Jr.
William Warren Pease, Jr.
Katie Henninger
Alex (Peanut) Wine
Elizabeth Conway Nass
James William Day
Ellagrace Ann Garrison
Eric Montgomery
Eric Nolan Ramey
Joshua Elisha Harris
Brendan James Truffer
Anna Treseder Bettenhausen
Alex Elste
Carl Edward Palo
Sarah Alexandria Hinton
Nathan Krasnopoler
Lillian Naomi Johnson
Rachael Marie Wade
Nickolas Benjamin Phippen
Shannon Lynne Van Gilder
Heather Anderson
Jeffrey Alston
Karlee Marie Andrews
Wanda Louise Lulu Huester
Ashley Paige Tollenger
Marc Rory Goldberg
Carmen Odessa Dixon
Jessica Stallings