



Bereaved Parents USA StL

Chapter Newsletter



SAVE THE DATE

BPUSA - St. Louis
 Annual Trivia
 Fundraiser
 Saturday, August 20,
 2016

SAVE THE DATE

Dr. Alan Wolfelt
 Annual Seminar
 Tuesday, October 18

JUL - AUG 2016

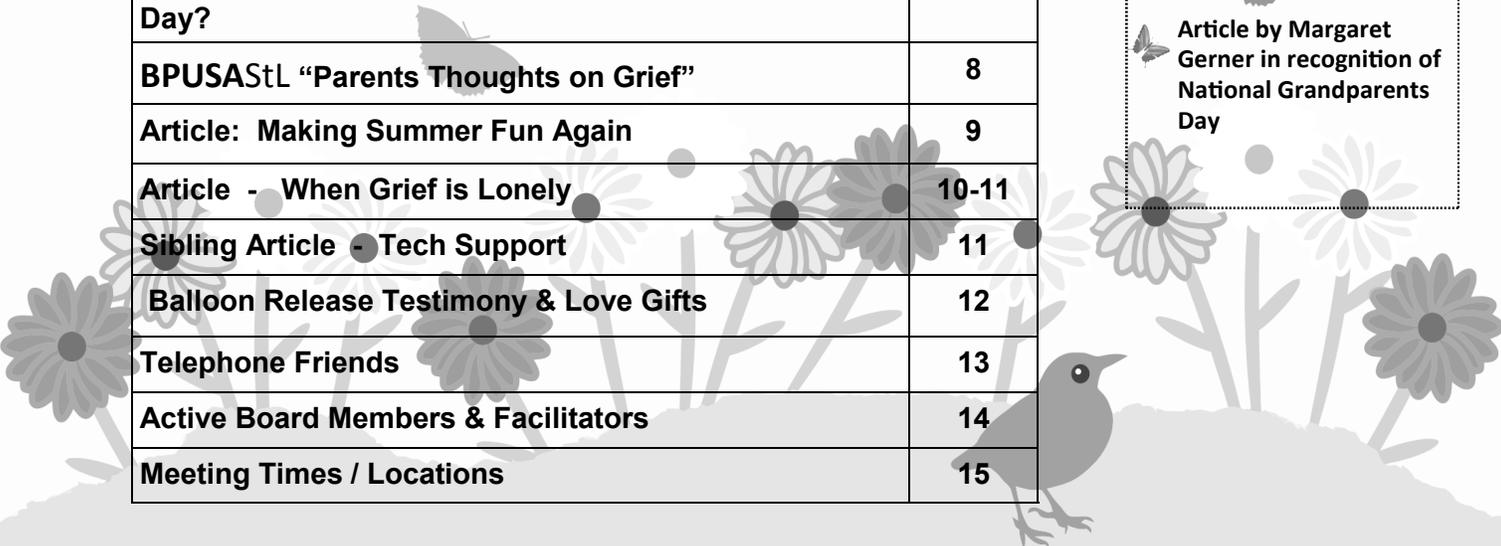
VOLUME 39 - NUMBER 4

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Next Newsletter:

Overview of BPUSA National Gathering

Article by Margaret Gerner in recognition of National Grandparents Day



BEREAVED PARENTS USA-ST. LOUIS TRIVIA NIGHT



Saturday, August 20, 2016

Knight of Columbus –Cottleville

5701 Hwy N

St. Charles, MO

Doors Open @ 6:00 PM

Trivia Begins 7:00 PM

Table of 8 - \$200

Beer and Beverages Included

Call for Reservations:

Terre - 314-393-5713

Courtney - 314-440-7751

**Don't have a table of 8? That's ok, come as a single and
make some new friends.**

Due to limited table space please make sure to call and RSVP



- COME ALONE
- MAKE FRIENDS
- ENJOY YOURSELF
- SUPPORT THE CAUSE
- BPUSASTL - ANNUAL FUNDRAISER



BRING
YOUR
OWN
SNACKS



BRING YOUR

Family'n Friends





Seek Reconciliation, Not Resolution

By Alan D. Wolfelt, PhD

How do you ever find your way out of the wilderness of your grief? You don't have to dwell there forever, do you?

The good news is that no, you don't have to dwell there forever. If you follow the trail markers on your journey through the wilderness, you will find your way out. But just as with any significant experience in your life, the wilderness will always live inside you and be a part of who you are.

A number of psychological models describing grief refer to resolution, recovery, reestablishment, or reorganization as being the destination of your grief journey. You may have heard—indeed you may believe—that your grief journey's end will come when you resolve, or recover from, your grief.

But you may also be coming to understand one of the fundamental truths of grief: your journey will never truly end. People do not "get over" grief. My personal and professional experience tells me that a total return to normalcy after the death of someone loved is not possible; we are all forever changed by the experience of grief.

Reconciliation is a term I find more appropriate for what occurs as you work to integrate the new reality of moving forward in life without the physical presence of the person who died. With reconciliation comes a renewed sense of energy and confidence, an ability to fully acknowledge the reality of the death, and a capacity to become re-involved in the activities of living. There is also an acknowledgment that pain and grief are difficult, yet necessary, parts of life. As the experience of reconciliation unfolds, you will recognize that life is and will continue to be different without the presence of the person who died. Changing the relationship with the person who died from

one of presence to one of memory and redirecting one's energy and initiative toward the future often takes longer—and involves more hard work—than most people are aware. We, as human beings, never resolve our grief, but instead become reconciled to it.

We come to reconciliation in our grief journeys when the full reality of the death becomes a part of us. Beyond an intellectual working through of the death, there is also an emotional and spiritual working through. What had been understood at the "head" level is now understood at the "heart" level.

Keep in mind that reconciliation doesn't just happen. You reach it through deliberate mourning, by

- talking it out
- writing it out
- crying it out
- thinking it out
- playing it out
- painting (or sculpting) it out
- dancing it out
- et cetera!



You don't get to go around or above your grief. You must go through it. And while you are going through it, you must express it. You will find that as you achieve reconciliation, the sharp, ever-present pain of grief will give rise to a renewed sense of meaning and purpose. Your feelings of loss will not completely disappear, yet they will soften. And the intense pangs of grief will become less frequent. Hope for a continued life will emerge as you are able to make commitments to the future, realizing that the person you have given love to and received love from will never be forgotten. The unfolding of this journey is not intended to create a return to an "old normal" but the discovery of a "new normal."

To help explore where you are in your movement toward reconciliation, the following criteria that suggest healing may be helpful. You don't have to meet each of these criteria for healing to be taking place.

“Mourning never really ends. Only as time goes on, it erupts less frequently.”

Continued on next page

Seek Reconciliation, Not Resolution (Continued)



Remember, reconciliation is an ongoing process. If you are early in the work of mourning, you may not meet any of these criteria. But this list will give you a way to monitor your movement toward healing. You may want to place check marks beside those criteria you believe you meet.



Signs of Reconciliation

- As you embrace your grief and do the work of mourning, you can and will be able to demonstrate the majority of the following:
- A recognition of the reality and finality of the death
- A return to stable eating and sleeping patterns
- A renewed sense of release from the person who has died - you will have thoughts about the person, but you will not be preoccupied by these thoughts.
- The capacity to enjoy experiences in life that are normally enjoyable
- The establishment of new and healthy relationships
- The capacity to live a full life without feelings of guilt or lack of self-respect
- The drive to organize and plan one's life toward the future
- The serenity to become comfortable with the way things are rather than attempting to make things as they were
- The versatility to welcome more change into your life
- The awareness that you have allowed yourself to fully grieve, and you have survived
- The awareness that you do not "get over" your grief; instead, you have a new reality, meaning, and purpose in your life.
- The acquaintance of new parts of yourself that you have discovered in your grief journey.
- The adjustment to new role changes that have resulted from the loss of the relationship.
- The acknowledgment that the pain of loss is an inherent part of life resulting from the ability to give and receive love
- Reconciliation emerges much in the way grass grows. Usually we don't check our lawns daily to see if the grass is growing, but it does grow and soon we come to realize it's time to mow the grass again.

Likewise, we don't look at ourselves each day as mourners to see how we are healing. Yet we do come to realize, over the course of months and years, that we have come a long way. We have taken some important steps toward reconciliation.

Usually there is not one great moment of "arrival," but subtle changes and small advancements. It's helpful to have gratitude for even very small advancements. If you are beginning to taste your food again, be thankful. If you mustered the energy to meet your friend for lunch, be grateful. If you finally got a good night's sleep, rejoice.

Of course, you will take some steps backward from time to time, but that is to be expected. Keep believing in yourself. Set your intention to reconcile your grief and have hope that you can and will come to live and love again.

Movement toward healing can be exhausting. As difficult as it might be, seek out people who give you hope for your healing. Permitting yourself to have hope is central to achieving reconciliation.

Realistically, even though you have hope for your healing, you should not expect it to happen overnight. Many grieving people think that it should and, as a result, experience a loss of self-confidence and self-esteem that leaves them questioning their capacity to heal. If this is the situation for you, keep in mind that you are not alone.

You may find that a helpful procedure is to ask yourself questions. Am I expecting myself to heal more quickly than is humanly possible? Have I mistakenly given myself a specific deadline for when I should be "over" my grief? Recognize that you may be hindering your own healing by expecting too much of yourself. Take your healing one day at a time.

You can't control death or ignore your human need to mourn when it impacts your life. You do, however, have the choice to help yourself heal. Embracing the pain of your grief is probably one of the hardest jobs you will ever do. As you do this work, surround yourself with compassionate, loving people who are willing to "walk with" you.



SAVE THE DATE

Dr. Alan Wolfelt Community Grief Seminar

Tuesday, October 18
The Family Arena
2002 Arena Pkwy
St. Charles, MO 63303
6:30pm - 9:00pm

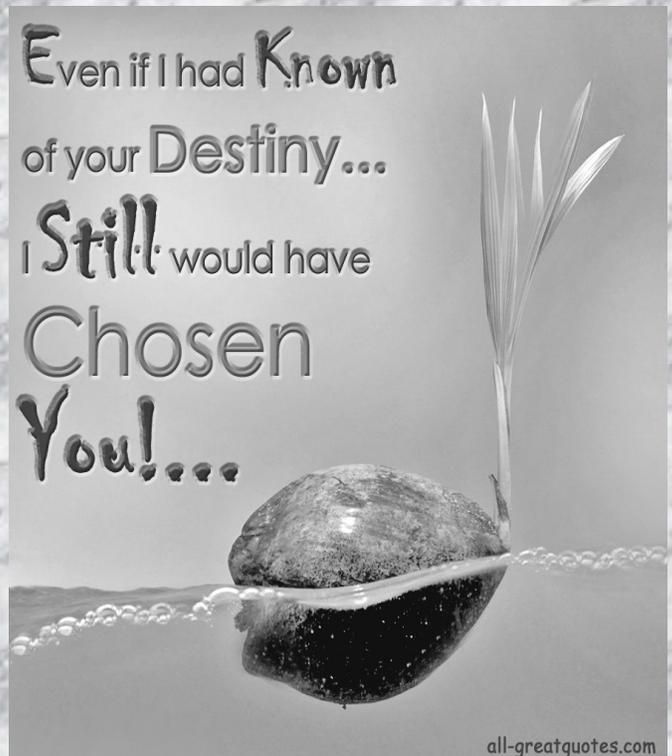
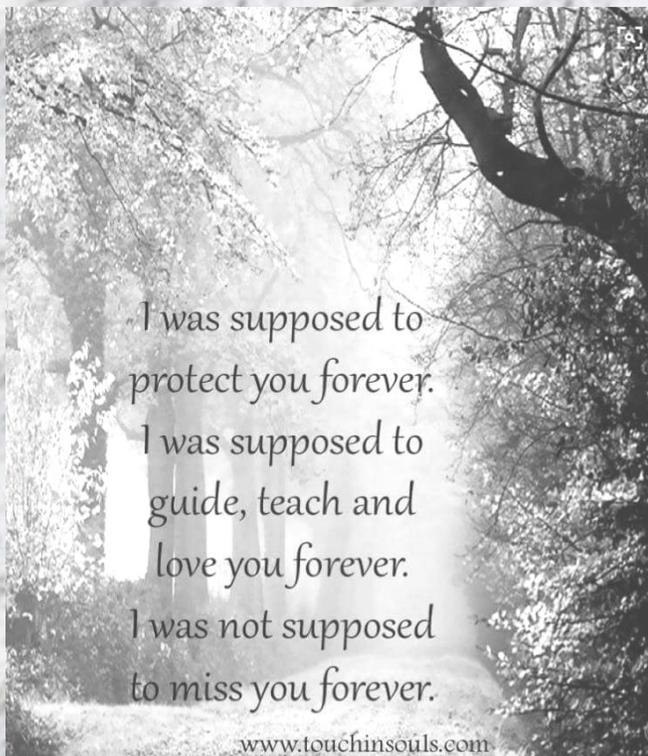
BAUE hosts this seminar by Dr. Alan Wolfelt on an annual basis. It is completely free. Register via the website as the date approaches.



Alan D. Wolfelt, Ph.D., C.T. is an internationally noted author, educator and grief counselor. He serves as Director of the Center for Loss and Life Transition and is on the faculty at the University of Colorado Medical School's Department of Family Medicine.

Past recipient of the Association of Death Education and Counseling's Death Educator Award, Dr. Wolfelt is an educational consultant to hospices, hospitals, schools, universities, funeral homes and a variety of community agencies across North America. Perhaps best known for his model of "companionship" versus treating the bereaved, Alan is committed to helping people mourn well so they can live well and love well.

Also a respected author, Dr. Wolfelt writes the "Children and Grief" column for Bereavement magazine. His many bestselling books on grief are listed on the [Center for Loss and Life Transition](#) website. He has appeared on, and is a frequent resource for the media. Appearances include *Oprah Winfrey*, *The Larry King Show*, *The NBC Today Show* and *Nick News*.



Why do we need National Grief Awareness Day?



Submitted by [GoodGriefWW](#) | April 25, 2014 - 5:58pm

Recently while doing some research, I came across the term “Complicated Grief.” Of course this prompted me to wonder whether I suffered from “complicated grief,” after all it’s been almost five years since Aly, our teenage daughter died, and many days I still certainly suffer profound grief. But what is “complicated grief” and did I have it? Why was that term created, and how do they define it?

It’s true that not all grief is alike. When your beloved cat dies, you experience sadness, loss and, well, grief. When you suddenly or unexpectedly lose a job, you may experience grief feelings too. But both of these examples are clearly a different grief from when we lose a child, or a partner, sibling or parent before their time.

So who, exactly, experiences “complicated grief”? I plugged the term into my search browser and was rewarded with a plethora of answers....nearly 11 million answers in less than three seconds, to be exact. I scanned the search results and selected one near the top by Harvard Health Publications. According to The Harvard Medical School Family Health Guide, “During the first few months after a loss, many signs and symptoms of normal grief are the same as those of complicated grief. However, while normal grief symptoms gradually start to fade over a few months, those of complicated grief linger or get worse.” Harvard went on to say “....it can take intense forms that surprise a bereaved person, including forms that in other circumstances would be called a psychiatric disorder.” And, “But if it’s been several months or more since your loss and your emotions remain so intense or debilitating that you have trouble going about your normal routine, talk to your health care provider.”

As a parent who has experienced what I call profound grief, I respectfully question the term “complicated grief.” And here is why.

When Aly died, I found myself in a fog of shock and horror so thick, I was completely blinded by it for the first three years. I cried daily, and wailed most nights. And only now, nearly five years later....not months, but years....has the fog of pain began to lift enough to allow me to start to assemble the jagged pieces of my life that is left in the wake of my broken heart. Was this abnormal? It didn’t seem so. After all, I was a mother who lost my child, not my goldfish. Yet the signs and symptoms listed by Harvard’s article clearly define me as having “complicated” grief.

I think back to my beloved maternal grandmother, a short, white-haired, bespectacled lady who had an ample bosom always ready for a warm hug. As a young mother, she not only lost an 8 month-old daughter but a short time later, while pregnant with her fifth child, she lost her young husband. Despite the agony of her sorrow in the face of widowhood with five small children, my dear sweet grandmother forged on. It would be terribly shallow to assume she did so unaffected, yet because of how we still view grief in today’s world, I’m almost certain my grandmother experienced the overwhelming anguish in near total silence, the shatter-my-world anguish that only another griever can understand. Yes, most likely in total silence. And most probably with a seemingly heartless smile on her trembling lips. And, I imagine, it was because true grief, noisy grief, was likely viewed as a “nervous breakdown,” a psychiatric disorder....a label that carried with it the threat of removing children from the home. She had to suffer in silence, for their very existence depended upon it.

Fast forward seventy years later, and people now openly discuss once-taboo subjects with so much more understanding and acceptance than ever. Except grief. Grief is still unspoken, it’s deep impact still in the dark ages. And, with any grief lasting longer than a few months being deemed a possible psychiatric issue, it’s no wonder why.

Friends, my grief is not complicated. It is profound and raw, but not complicated. My grief carries with it signs and symptoms mirroring that of most people who have found themselves in the grips of profound loss. There is nothing complicated about it. Misunderstood? Yes. But complicated? In my mind it is painfully simple. My loved one isn’t here any longer. And for the rest of my days, I shall painfully miss her.

Continued on next page

Why do we need National Grief Awareness Day? (continued)

Profound grief....noisy grief...."complicated" grief is exactly why we are asking National Grief Awareness Day to be legally declared. Why we have created not our own awareness ribbon but an awareness badge....the Honorable Badge of Grief. Why we have created a radio talk show about grief. It's simple and clear: the time has come to bring grief out of the dark. To help us all better understand it. To honor it instead of shunning it. Why? So the path of all future griever's will be better understood. So their emotions will be honored and handled with tender loving care and dignity, not shame of weakness. Or a psychiatric label for those grieving longer than three months.

Thanks to generations of misunderstandings about grief, and new labels applied to the old misunderstandings, the time for grief to come out of the dark ages...to be better understood and maybe even embraced....has finally arrived.



AUGUST 30



Grieving together
is
growing together.

Wild Flowers of Memory

There's a very special garden
Where the wild flowers of memory grow
Nurtured by the kindness
And concern that good friends show.
The roots are cherished memories
Of good times in the past
The petals tender promises
That souls endure and last.
It's a place of peace and beauty
Where bright new hopes can start
It's memory's lovely garden
That soothes the hurting heart.



*Healing can only
take place when grief
is not rushed,
shamed or tabooed.*
-Angie Cartwright-

The following are a few of the **Parent's Thoughts on Grief**, from the
2006 *Journey of the Heart St. Louis Style Cookbook*



Rememberance

You can shed tears that he is gone, or you can smile because he has lived. You can close your eyes and pray that he'll come back, or you can open your eyes and see all he has left. Your heart can be empty because you can't see him, or you can be full of the love you shared.

You can turn your back on tomorrow and live yesterday, or you can be happy for tomorrow because of yesterday. You can remember him and only that he's gone, or you can cherish his memory and let it live on.

You can cry and close your mind, be empty and turn your back, or you can do what he'd want...Smile, Open Your Eyes, Love and Go On.

In Memory of Brett Alan Blanton



"Each Life is a miracle that changes the world.....and leaves it a better place that it was before."

Author Unknown

In Memory of Erin Marie Fwing



*A life that touches others,
goes on Forever...*

In Memory of Amanda Jayne Schmidt



"When our child dies you think it is the end of life, and it is the end of life as we know it. Sunny was our only child, but there was a light at the end of the tunnel and I found it in myself to go on. Not to go on as I did before, but to do the best I could as the new person I became.

In Memory of Sunny Jean Zangara



One of the main things we have learned from losing our sister is that we need to live each day to the fullest because we don't know which one might be our last.

In Memory of Gina Michele Moore



We can't control what happens to us. We can control how we react to it and the choices we make. I know one thing for sure...Andrew would not have wanted his mom, dad, brother and family to be miserable for the rest of their lives. Our family decided "to live our lives in such a way to show the love we had for him and hope that people would be able to see him through us".

Your children would want the same for you. I wish all of you peace.

In Memory of Andrew Krezci

Making Summer Fun Again

By [Alisha Krukowski](#)

<http://www.hellogrief.org/making-summer-fun-again/>

Summer is supposed to be a time for sleeping in, daydreaming, and playing outside for hours on end. But the long days can also be a difficult reminder that a loved one is no longer around to share in the fun. Since you and your kids may already be feeling the loss more acutely now, why not take this opportunity to talk about it, and to find new ways to make summer a fun family time?

Here are a few suggestions for discussions and activities that may help you as you work towards finding a new normal for your family's summer time:



- Take turns describing your dream vacation with your loved one. It can be one that you took, or one that you wish you could take. After each person shares their idea, talk about how to make it a reality. If it's something simple and within your budget, like a family picnic at a local park, make plans to make it happen. If the dream vacation isn't something within your means, find a creative way to act it out. For example, if your 6 year old says wishes he could have gone ice fishing in Alaska with his father, you can build an igloo out of ice cubes in the bathtub. Add a small amount of water, drop in some goldfish crackers, grab a kitchen strainer or measuring cup, and go fish! It's ok to be silly!
- Look through old family photos, and find some favorites from summer months if you have them. Tell stories about what was happening in each photo, especially if the photo was taken before the kids were born or old enough to remember. Help them to create new memories through the stories you have to share. You can also have fun by encouraging your kids to make up fun stories about what they think is happening in the photos.
- Go to your local travel agent, and get a few brochures for local attractions that are within your budget, but that you have not been to before. This can include amusement parks, hiking trails, shopping malls, or local oddities (think "largest ball of string on the West Coast!") Spread the brochures out on your floor, and let your child or children pick which one they would like to do. When you go, make it a point to talk about things your loved one would have enjoyed about the trip. Help your child to see that your loved one can still be included in these new activities, and that it's ok to have fun without them there.
- If your family is taking a vacation to a place that you used to go with your loved one, talk about how you would like to celebrate your loved one's memory while you are there. Do you vacation at a cabin in the woods? Take a nature walk and have each family member pick out things that remind them of their loved one. Is your favorite vacation spot at a lake or beach? You can work together to write your loved one's name in the sand and decorating it with rocks or shells. If you vacation in a particular city or town, you can all enjoy a meal at your loved one's favorite pizza place. You may even want to try to do something different each day – it's totally up to you and your children.

Remember, there's no right or wrong way to handle summer and vacations after the death of a loved one. You may choose to do the usual family vacation, or you may want to steer towards something entirely new. What's most important is that your children feel supported and loved as they find new ways to have fun and enjoy family time. You can help them see that having fun doesn't mean they don't miss their loved one, and that it's actually a great way to celebrate their memory. You may be surprised at the wonderful new traditions you build with your children!

When Grief Is Lonely and No One Sees

March 31, 2014 by Diana Stone

<http://stillstandingmag.com/2014/03/grief-lonely-one-sees/>



"I wish someone cared about the babies I lost too."

My heart feels ripped out as I read this comment on the picture of my twins, born at 20 weeks. I head over to her Instagram page to try to find out what happened, if there is anything I can say to reassure this girl that someone cares. Anyone at all. There is nothing, no pictures or explanation of her babies.

As time passes and loss happens again to us, I feel the utter despair behind her words even more. In the women around me, the messages asking what they should do when no one comments on their lost babies' pictures anymore. The emails saying that no one wants to talk about it with them. The comments that push away and minimize their own loss to avoid the hurt of no one saying anything – or someone saying the very wrong thing.

It's hard to lose babies and have life be so online. It's hard to have every thought be public because that's where so much of your support is. It's even harder when it starts to fade.

I struggle between feelings of guilt for how much support I often get, and the urge to tell you all that *it isn't always like that*. I've been tremendously blessed with people around me who remember dates, talks, moments, who want to talk about my babies over and over with me. But there have been and continue to be times where I stand in my kitchen on an anniversary date and wonder if anyone remembered. I hesitate daily to post about my babies online – and the terror of, "What if no one comments?" and "What if someone tells me to get over it?"

I've had both, especially after losing my twins and being pregnant with my son that we lost at 3 weeks old. People were tired of hearing about my loss, I was pregnant again, it was over, move on. 100 kind comments and 1 that rips your heart to shreds. Guess which one often sticks?

When you lose someone you love, most of us want people to show up, hold our hands, *care*. As time passes we want them to remember. What I've learned in 2 years of grief is that we have to show others how to do this with us. Yes, there are some that simply know – maybe they've gone through a loss and maybe they are just incredibly sensitive to this. But most do not know.

I still don't know.

I'd rather have a grieving mama say to me, "This is what I need from you today/tomorrow/next month – but it could change and I'll tell you if you just promise to listen" than to draw back, stop talking, or become angry that I didn't say something when she needed me to.

I often think of the little joke we hear in relationships, where the woman gets all upset that the significant other in her life just doesn't "know" what she wants for Christmas. She doesn't want to tell him, she wants him to just get her the perfect gift. So she often ends up with a vacuum or a pink gun holster.

It was the perfect gift – but only in the giver's confused, frantic-to-please mind.

That's how this is with us. I want my babies to be loved, I want to shower you and your babies with love. *I want to remember them*. But you have to help me. It's terrifying to put yourself out there and wonder, "What if no one..." but do it anyway. If people are uncomfortable, that truly is their issue, yet many times I see that posting something relatable allows them to be a part of this.

"Today is 6 months, we miss our daughter so much. We had a little family dinner and let balloons with her name go. It was really, really hard."

Continued on next page

When Grief Is Lonely and No One Sees (CONTINUED)

Yes, you can post, “My daughter died 6 months ago” but in all honesty, that leaves me wondering what I can put that won’t hurt you more today. I certainly can’t like that post if it’s on FB, and I can’t say anything that makes it better. But the other status – that allows me to do the best I can and relate to the balloons or family dinner or something being hard.

It’s a terribly ugly thing – this grief. It’s awful and it’s unfair that in the midst of this, we worry about how our grief affects others. It’s so lonely, and it gets lonelier in many ways. Make it easier on yourself, open up that door just a little for someone to walk alongside you the only way they might know how.

Allow someone to see your grief so the journey isn’t quite as alone.

TECH SUPPORT

Grieving a death, **Molly Simms** found comfort in a new domain.

 @TheMollySimms

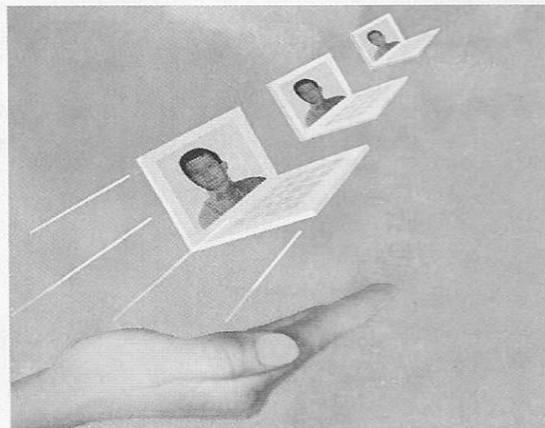
WHEN MY LITTLE brother, my only sibling, died last August, I canceled all plans, dodged phone calls, and curled inside myself like a fiddlehead fern.

A few weeks later, when I lifted my head, it dawned on me that hardly anyone knew of his passing. My parents are nontraditional and private, so there hadn’t been a funeral or any official death notice. And yet the people in his life had a right to know. So I did what comes naturally in the 21st century: I posted about his death on Facebook.

The idea of that information being broadcast next to FarmVille updates made my stomach roil. But I couldn’t figure out where else to share it. A group email was too insular. A newspaper, too 1953. So I scanned a childhood photo of us, him as a baby with dark saucer eyes and doughy, delicious, stubby little legs. I wrote a short missive about all the ways he was wonderful (how he doted on his shelter cats; his love for both heavy metal and the joyously vacant stylings of Justin Bieber) and the things I sorrowfully realized he’d miss out on: the latest Star Wars movie, his 30s. Then I hit Post, dropping that somber declaration into the mundane days of 527 of my closest “friends.”

The news hit my feed like a dirty bomb, and for weeks, my notifications were filled with expressions of suffering: some so loving I choked back tears at the office (“The world seems less bright now”) and some painfully off-kilter (a dashed-off “So sorry!!” felt like what you’d say to someone you’d kept waiting at brunch). But as each incredulous comment blinked onto my screen, I got a small hit of kindness, something I hadn’t realized how much I’d needed. My brother’s college roommate, my third-grade choral teacher, and a woman I met on a beach in Vietnam a decade ago: They all reached out to put their digital arms around me, reeling me in for a moment of communion.

Posting my shell-shocked tribute still felt brutally raw, and it stunned me to think I’d placed my trust in everyone from my elementary school BFF to my former boss. But I’d needed to make the loss real, to let the world know. I’d taken a leap off a concert stage, and each of those comments was a hand underneath me, crowd-surfing me to my destination. I still don’t know quite where that is, but I know 527 people who might help me get there.





BALLOON RELEASE TESTIMONY: Cary's balloon, in honor of his daughter, Kellie, was released in St. Peters, MO at the April 7 BPUSASTL meeting. Two days later it was found:

"This is Mark and Shana, we live in Creal Springs, IL. We found your balloon in our hay field on April 9. We are sorry for the loss of your daughter".

Cary Gregory - BPUSASTL



GRIEF

Grief is a tidal wave that overtakes you, smashes down on you with unimaginable force, sweeps you up into its darkness, where you tumble and crash against unidentifiable surfaces, only to be thrown out onto an unknown beach, bruised, reshaped...

Grief will make a new person out of you, if it doesn't kill you in the making.....

all-greatquotes.com



Love Gifts

Gorge L Tumialan
1975 - 2001



**Gorgi: We love you
and miss you.**

Papi & Mami

TELEPHONE FRIENDS

BPUSA ST. LOUIS CHAPTER CHAIR:

Pat Dodd Phone 314-575-4178

ACCIDENT, AUTOMOBILE	Katie VerHagen	314-576-5018
ACCIDENT, NON-VEHICULAR	Bill Lagemann	573-242-3632
ADULT SIBLING	Mark VerHagen	314-726-5300
DRUGS/ ALCOHOL	Patrick Dodd	314-575-4178
GRAND-PARENTS	Margaret Gerner	636-978-2368
CHILD WITH DISABILITY	Lois Brockmeyer	314-843-8391
ILLNESS, SHORT TERM	Jean & Art Taylor	314-725-2412
JEFFERSON CITY	Sandy Brungardt	314-954-2410
MURDER	Mata Weber Butch Hartmann	618-972-0429 314-487-8989
ONLY CHILD / SINGLE PARENT	Mary Murphy	(314) 822-7448
SUICIDE	Sandy Curran	(314) 518-2302

Do you have an article or poem you wish to see in this newsletter? Emails are in the upper right corner of this page. Please sent it in. Your ideas and input are always welcome.

OUR COMMITMENT



Part of **BPUSASTL's** commitment to you is that we are the space where our parents and families communicate. Printed in your newsletter are articles to educate and ones that are private expressions of writers. We offer our writings only for your reflection. Sometimes serving nature or establishing routines signal solace to the writer. Often they turn to religion or spirituality for comfort and guidance.

BPUSASTL share these insights not only for your contemplation but also to acknowledge our community's many and rich sources for strength and hope.

Newsletter Submissions

Cut-off date for our next issue is August 18, 2016

Send your submissions to:

Newsletter

PO Box 1115

St. Peters, MO 63376

bpusastl@gmail.com or to:

snowwhite6591@gmail.com

If sending payment make checks payable to **BPUSASTL.**

Six issues per year. \$30 *Thank you!!*

As always, for up-to-date information on **BPUSASTL** events visit www.bpusastl.org

Please ensure we have your correct mailing address. Otherwise, newsletters are returned as undeliverable. Thank you in Advance!

you've just walked on ahead of me
And I've got to understand
You must release the ones you love
And let go of their hand.

I try and cope the best I can
But I'm missing you so much
If I could only see you
And once more feel your touch.

you've just walked on ahead of me
Don't worry I'll be fine
But now and then I swear I feel
Your hand slip into mine.

AUTHOR UNKNOWN

Children of BPUSAS^tL's

Active Board Members & Facilitators

Arthur Gerner

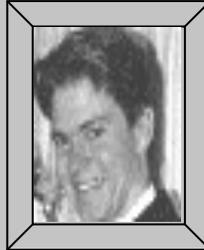


*Son & Granddaughter of
Margaret Gerner
Founder of BPUSAS^tL*

Emily Gerner



Michael Curran



*Son and Daughter-in-law
of Sandy Curran*

Kristen Curran



Joseph DeMarco



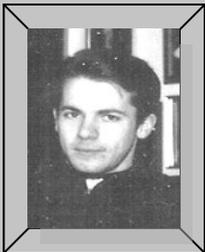
*Son of
Theresa DeMarco*

Lindsay Marie Dodd



*Daughter of
Pat Dodd*

Joel Fehrmann



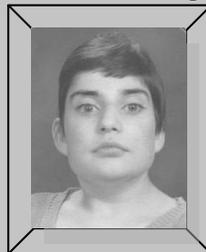
*Son of
Linda Fehrmann*

Jennifer Francisco



*Daughter of
Jeanne & Mike
Francisco*

Natalie Frohning



*Daughter of
Linda Frohning*

Mickey Hale



*Son of
Jacque Glaeser*

Julie Bardle



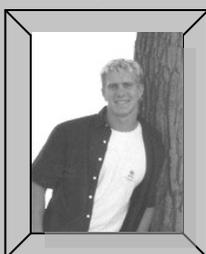
*Daughter of
Marilyn Kister*

Donnie Lagemann



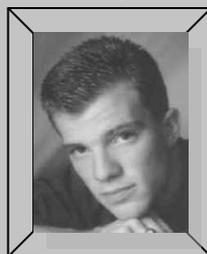
*Son of Bill &
Vicki Lagemann*

Jeffrey Morris



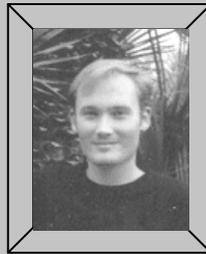
*Son of
Cindy Morris*

Jeff Ryan



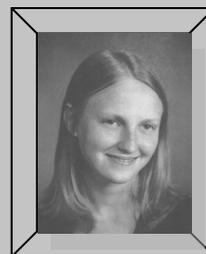
*Son of
Pat Ryan*

Daniel Kohler



*Son of
Arlene Thomason*

Rosie Umhoefer



*Daughter of
Roseann Umhoefer*

Matthew Wiese



*Son of
Kim Wiese*

Honor your child & support BPUSAS^tL

- **Love Gift:** For any donation your child's picture will appear on the Love Gifts page of this newsletter.
- **Tribute of the Month:**
Make a \$20 donation and your child's picture will grace our Website Homepage and have a link to your child's virtual memorial.
- **Virtual Memorial:**
Simply join a group and your child's picture will be added to "Meet Our Children." In addition, make a \$10 donation to submit a one-page story that links to your child's picture.
For any of the above, make sure that your child's picture and angel date is in **BPUSAS^tL** database. If not, mail one to PO Box 1115, St. Peters, MO 63376 or EMAIL: bpusastl@gmail.com Check the link to see if your child is there.

MEETING TIMES & PLACES

Our doors are open for you.

Bowling Green **GROUP**
(3rd Thursday, 7-9:00PM)
Super 8 Motel
1216 E. Champ Clark Dr.
Bowling Green, MO 63334
Fac: Bill & Vicki Lagemann
(573) 242-3632
Bowling Green's Sibling
(time same as Bowling
Green)
Fac: Wendy Koch
(573) 822-6123

St. Peters - St. Charles **GROUP**
(1st Thursday, 7:00PM)
Knights of Columbus Hall
5701 Hwy N, St. Charles, MO
(Cottleville), MO 63304
Fac: Mike & Jeanne Francisco
(636) 947-9403

**OPEN ARMS Parents Left
Behind**
4355 Butler Hill Road
Fac: Kathy Dunn
kathydunn333@yahoo.com
(314) 807-5798

**Grief & Metaphysics Support
Group** 1st Tuesday of the
month...7pm, sharing all aspects
of After Death Communication.
Sandy Curran, 314-518-2302

**GRASP: Grief Relief After
Substance Passing**
Sundays at 5:00PM
Concordia Lutheran Church
505 S. Kirkwood Road
Kirkwood, MO 63122
MaryAnn Lemonds
(314) 330-7586
grasp.stl@gmail.com

BUSINESS
FACILITATORS
MEETINGS @ 9:00AM
July 9, 2016
September 10, 2016
November 12, 2016

BJC Hospital St. Peters
10 Hospital Drive
Room A/B
St. Peters, MO 63376

**ALL ARE
WELCOME!**

Contact:
Pat Dodd
314-575-4178

St. Louis City **GROUP**
Meetings are cancelled.

Life Crisis Center
(Survivors of Suicide)
Wednesdays at 7:00pm
9355 Olive Blvd.
St. Louis, MO 63132
(314) 647-3100

Additional Meetings
www.bpusastl.org

Parents of Murdered Children
Meetings: 3rd Tues 7:30PM
St. Alexius Hospital
3933 S. Broadway
St. Louis, MO 63118
Mata Weber: 618.972.0429
Butch Hartmann (314) 487-8989

Tri-County **CHAPTER**
Meetings temporarily
canceled. Please call:
Brenda Wilson
(573)438-4559

Troy, MO **GROUP**
Meetings temporarily
canceled. Please call:
Cindy Morris
(314) 954-1810

West County **GROUP**
(4th Tuesday, 7:00PM)
Shaare Emeth
Congregation
11645 Ladue (Ballas &
Ladue)
St. Louis, MO 63141
Fac: Jacque Glaser
(636)394-3122
jlynn63021@yahoo.com
CoFac: Kim Wiese
(314)956-3047

Survivors of Suicide
1st & 3rd Mondays at 6:30pm
Baue Funeral Home's
Community Center
608 Jefferson Street
St. Charles, MO 63301
Linda Fehrmann (314) 853-7925

**PALS: Parents affected by the
loss of a child to Suicide**
4th Sat. at 10:30AM
St. Lukes Hospital (141 & 40)
St. Louis, MO 63017
Linda Fehrmann (314) 853-7925

ST. LOUIS CHAPTER
BEREAVED PARENTS U.S.A.
P.O. Box 1115
St. Peters, MO 63376

NON-PROFIT ORG
U.S. POSTAGE PAID
ST. LOUIS, MO
PERMIT # 3659

RETURN SERVICE REQUESTED
POSTMASTER: Dated Material
Contained within...please do not delay!



JUL-AUG 2016

*If you have moved, please notify us of your new address
so you will continue to receive this publication!*

Bereaved Parents of the USA **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 BP/USA to provide a haven where all bereaved families can meet and share our grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusions, 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, what our color or our affluence is 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!

