



# Chapter Newsletter

# Bereaved Parents of the USAStL

**MAR-APR 2020**

**VOLUME 43 - NUMBER 2**

## **I KNOW YOU BY HEART** By Alan Pederson In Memory of Ashley

*There's time and space between  
where we are and where we've been.  
I grieve for what I cannot have  
or ever hold again.  
Just when I think I'm all alone  
'cause you're so far away,  
it suddenly occurs to me  
I see you ever day.  
You're that hint of inspiration  
urging me to carry on -  
A boost of needed energy  
when all my strength is gone.  
You're a simple shining ray of hope  
when faith is hard to find.*



*And twenty-twenty vision when grief  
has left me blind.  
You're a lonely road's companion  
when it's hard to find a friend -  
A much-needed reminder  
that good-bye is not the end.  
You're calm and reassurance  
when I scream for answers, why -  
A gentle voice that whispers,  
"Daddy, it's okay to cry."  
You're part of everything I am  
and all I'll ever be -  
The one who, when I'm at my worst,  
still sees the best in me.  
And though you're just outside my reach  
we are never far apart.  
I recognize you everywhere,  
Child, I know you by heart.*

*Lovingly lifted from BPA "Sharing the Journey"  
Springfield, IL February 2020 Newsletter*

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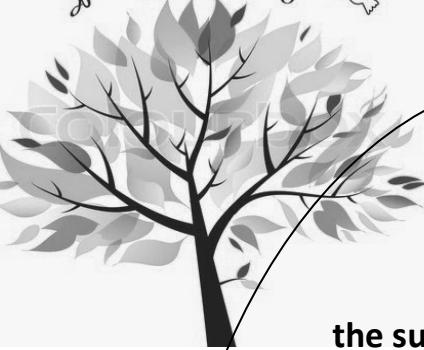
In Memory of  
John C. Long, IV  
10/11/63 -  
04/25/92



IN MEMORY OF  
ROSIE  
UMHOEFER  
4/24/1983  
7/03/2003



Spring is Coming!

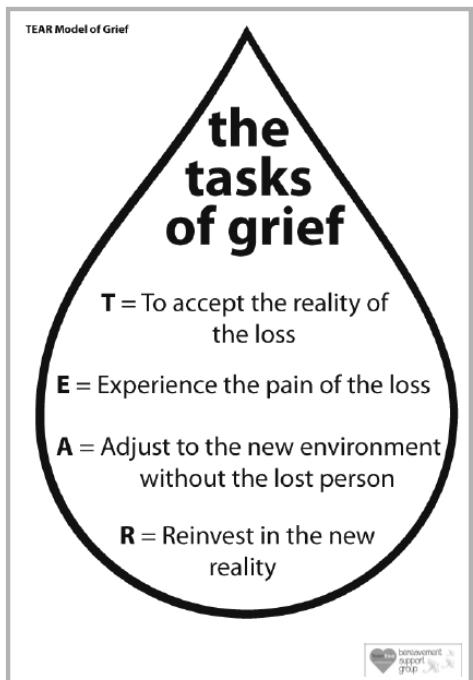


Spring has to be  
at least for me,  
the surest season of promise.  
It unleashes feelings of "I believe."

"I believe" life does continue on.  
New life sings spring's song,  
crocus popping up their heads.  
"I believe,  
spry young robins chirping,  
I believe."

Shoots from Tulips pushing up the  
soil,  
"I believe"  
A number of unwanted insects  
"I believe."

What once was  
may be gone,  
but transformation  
leads us on.  
"I believe!"



<https://www.psychologytools.com/resource/tear-model-of-grief/>

**Note:** Once the newsletter is sent to print, it can take as long as three weeks to make it to our mailboxes. If a love gift is made and your child(s) picture is missing, it will be posted in the next publication. Thank you!

**Poem by:  
Rosann  
Umhoefer  
BPUSAStL-St.  
Peters Group.**

You ask me where I've been these past few years,  
 I've been neither here nor there.  
 It isn't light, it isn't dark.  
 It's a place where happiness and sorrow are one.  
 A place of deep strength and overwhelming weakness.  
 A prison of sorts, but the door is open.  
 You're free to leave but you can't or won't.  
 It's a place where anger and forgiveness are at odds.  
 Where guilt and wonder prevail.  
 It's a place of learning but you know nothing.  
 It's so lonely here but you are not alone.  
 It's a spiritual place but God seems so far away.  
 It's grief, soul shattering grief.

**By Lorna Korte...BPUSAStL-St.  
 Peters Group. "Writing has been  
 a way for me to cope  
 over the loss of Eric."**

Eric Korte  
 May 1985 - July 2015



## Annual Gathering Conference

25th Anniversary Year BEREAVED PARENTS OF THE USA National Gathering  
 Conference August 7-9, 2020 St. Louis Missouri



Please join us as we commemorate 25 years of helping grieving parents and families rebuild their lives after the death of a child.

Our Gathering theme "25 Years of Hope" says it all. BPUSA has been a beacon of hope for grieving families since its beginning in January 1995.

The Gathering Conference will be a three-day event with keynote speakers, workshops, meals, entertainment and memorial ceremonies all designed to help bereaved parents and their families understand that they are not alone in their grief. Our annual Gatherings have been praised as wonderfully meaningful experiences, life-changing in many ways. Participants come away feeling refreshed and revitalized, better informed about the grieving process, more aware of hope and promise and affirmed by meeting new friends who travel the same path. This year, our closing ceremony on Sunday morning will include a short bus trip to visit the Angel of Hope Memorial in Blanchett Park, St. Charles, MO.

### BPA On-line registration

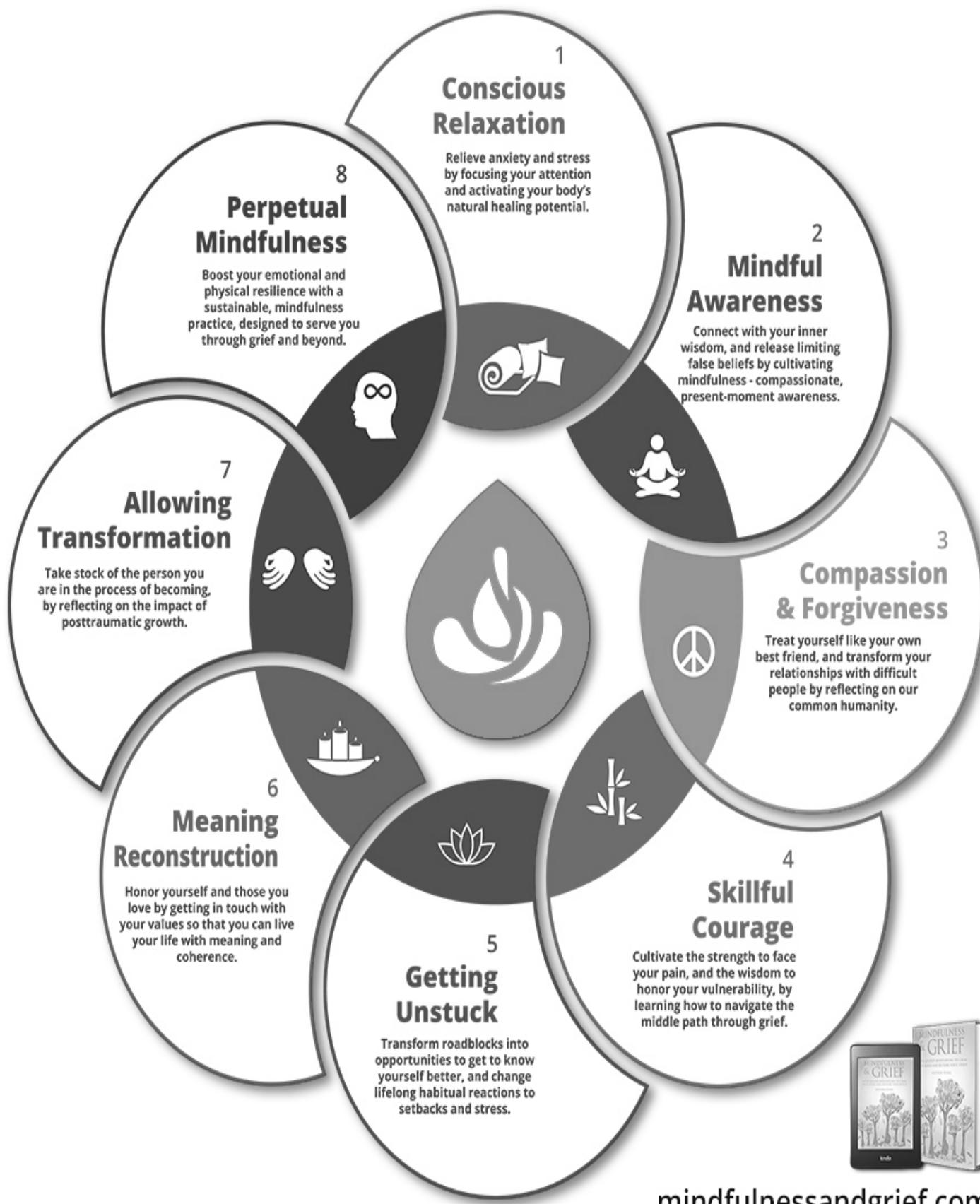
**NOW AVAILABLE**

\*\* Hotel Registration available  
 in April

**Le Méridien St. Louis Clayton Hotel St. Louis, Mo**

Before registering online, please read the Registration Packet  
 for complete information on the Gathering Weekend.

# The Mindfulness & Grief System



[mindfulnessandgrief.com](http://mindfulnessandgrief.com)

We are sharing information about this support group in the St. Louis area.  
Although it is not affiliated with BPUSA, it is another source that may interest you.

Christian Hospital's

**Johnnie Coleman**

## Hugs and Healing Grief Support Group



Are you or someone you know suffering the loss of a child, spouse, friend, parent, sibling, pet, marriage, or job? Grief comes in many shapes and sizes. The pain is real, the hurt is real. Join us and talk with Johnnie Coleman and get the support you need or help support others.

Meetings are the **second Wednesday of every month**  
6:30-8 p.m. | Christian Hospital's Community Room

Christian Hospital's Community Room is located in the main lobby of the hospital at 11133 Dunn Road, St. Louis, MO 63136

**christian hospital**  
BJC HealthCare

Please be patient with me. You see, I lost my child.  
And while it might seem like a long time to you,  
it is everyday for me.

# When Grief Gets Physical: Dealing with Physical Grief Symptoms

<https://whatsyourgrief.com/physical-grief-symptoms/>

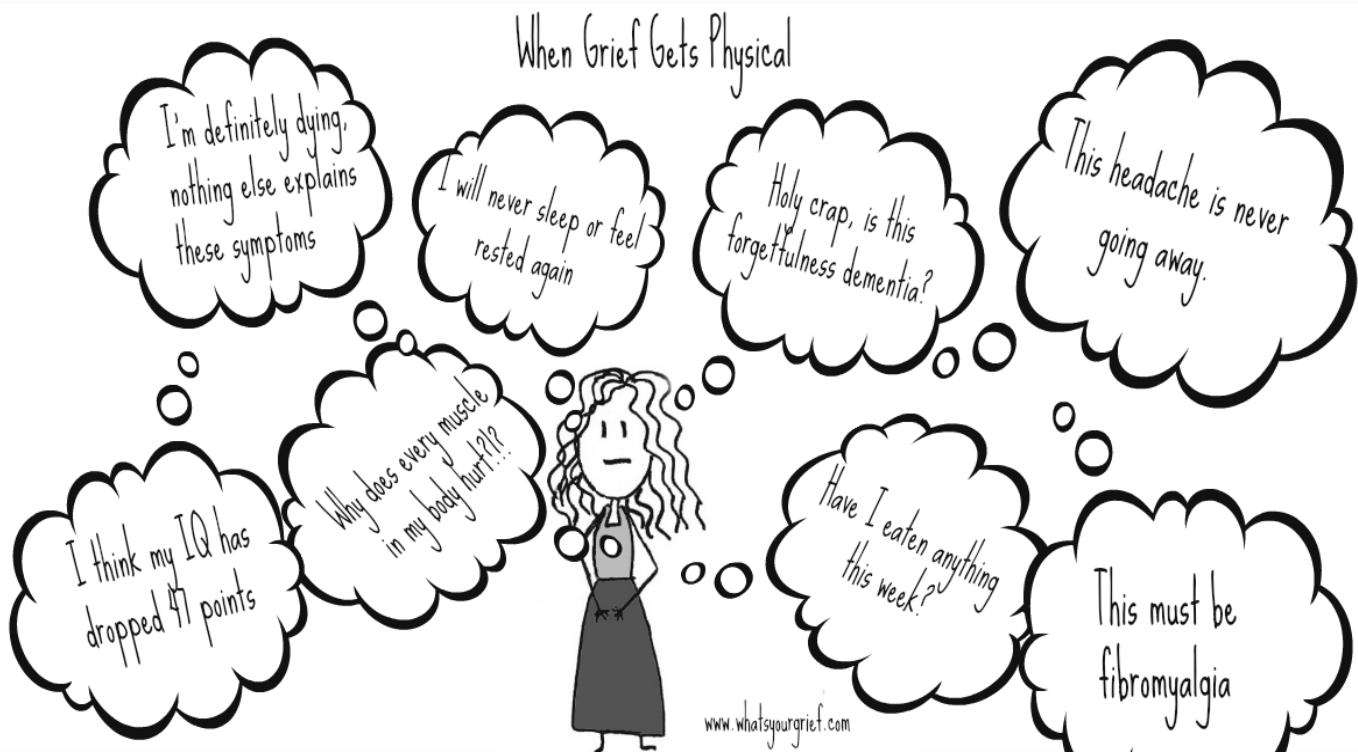
Of all the unimaginable aspects of grief, there is one thing we hear people say time and again that they really didn't expect: physical grief symptoms. Though they may be surprised by the intensity or type of emotions they experience, they at least saw them coming. Physical responses, on the other hand, are an unanticipated and unwanted bonus.

In grief, the tendency to interpret physical symptoms as threatening may be increased. Just ask Google about the billions of searches dedicated to phrases like "*I have a toothache, am I dying?*" In the past, a headache was a headache, but after the devastating loss of a loved one, you are all-too-familiar with the reality that life can turn on a dime.

Suddenly that headache is clearly a sign of something terrible. This distress around physical grief symptoms often emerges with thoughts like:

In this article, we're going to discuss some of the more common physical grief symptoms. We want to normalize these somatic experiences and encourage you NOT TO PANIC if you experience them. Things like fatigue, aches, pains, changes in appetite, etc are normal in acute grief.

That said, we are not doctors and your health is very specific to *you*. So, we do recommend you discuss with your doctor any symptoms that you find concerning. Especially symptoms that are ongoing; that don't get better with time; or which you feel are impacting your day-to-day functioning. Not only can your doctor rule out any underlying causes, but they may also be able to help you make a plan for managing your physical discomforts.



Continued on page 8

ANNUAL  
FUNDRAISER  
**TRIVIA**

LOCATION

**Knights of Columbus Cottleville**  
5701 Hwy N  
St. Charles, MO 63304

CONTACTS

Terre 314.393.5713  
Courtney 314.440.7751

**Aug 22, 2020**



*I never left you*

I watch you everyday.  
I am always very near.  
I know deep in your heart.  
You realize I am here. I  
watch you while you sleep.in  
your bed at home. I hear you  
when you speak to me. When  
you are on your own.  
You cannot understand  
The reason why I have gone.  
But I'll never leave you  
I am there to keep  
you strong.

Talk to me I hear you  
Though you may not see.  
We share an unbroken bond.  
That will always be. Death  
won't keep us apart. For our  
love is forever. Just remember  
me in your heart. And one  
day we will be together.  
Love your life and live  
it full. Don't waste a  
single day. Remember  
I am always with  
you

*Every step of the way.*

# Physical Symptoms of Grief

## Fatigue:

You feel exhausted all the time. You feel run down. You are always ready for a nap. Ironically, when you try to sleep you may not be able to, only making your fatigue worse. Or maybe you're getting plenty of sleep and still feeling fatigued, due to the constant emotional strain of grief.



### Aches and pains:

It is not uncommon for people to experience generalized muscle aches in grief, sometimes so severe it feels like the flu! You are experiencing the weight of constant stress, you are fatigued, you may not be sleeping, your body is tense. Research has even found that grief "aggravates" symptoms of physical pain in older adults.

**Tips:** Focus on body relaxation. Things like meditation, getting a massage, and stretching can sometimes be helpful. And who doesn't need an excuse for a massage! If you can't afford a massage, check to see if there is a local massage school in your area – they often need practice clients so you can get a massage for a deep discount or free.

If you are struggling with chronic pain that you feel may be exacerbated by your loss, talk to a pain management specialist. Be aware of the risks of "self-medicating" with drugs and alcohol when physical pain is increased, and consider looking into alternative therapies, like acupuncture, biofeedback, and talking to a therapist.

## Tightness in the chest, shortness of breath

This is a symptom that can be associated with cardiac issues, so definitely a reason to talk to your doctor. That said, a more generalized sense of tightness or shortness of breath may be the result of anxiety.

**Tips:** Look into tips for coping with anxiety in grief, as well as some general relaxation approaches like meditation and deep breathing. Breathing techniques can be helpful and calming not just with tightness and shortness of breath, but in many difficult and stressful situations.

## Headaches

Yes, this is a type of ache/pain, but it is a very specific and very common type. Stress is the most common source of headaches and, as you well know if you're reading this, grief is one, huge, immense, life-encompassing stressor.

**Tips:** There are a lot of lists out there for managing tension headaches, though many only scratch the surface (think cool compresses and ibuprofen).



Continued from page 8

## Forgetfulness

Grievers often tell us, “*It feels like I can’t remember anything!*” From losing keys to forgetting to pick kids up from daycare, to missing meetings or appointments, and on and on, forgetfulness can start to feel like a new way of life.

Try not to get too worried. For most people, this slowly improves with time. If you don’t see this improving, talk to your doctor to make sure nothing else is going on!

Tips: Use the simple tools at your disposal: to-do lists, phone alerts/reminders, phone calendars with alerts (that you can set a day or week in advance, so you aren’t getting the first reminder 5 minutes before!).

Create an “important stuff” spot in your house – it doesn’t have to be organized, but if it is something really important at least you know what general area it is in. Try to keep a sense of humor – it is hard to laugh at yourself when you get to the grocery store without your purse, when you’re emotionally teetering and about to burst into tears, but it can help if you can muster it.

## Inability to focus



You may be seeing a connection here. It can feel impossible to focus on anything when you are under stress, distracted and forgetful, or struggling with fatigue or headaches.

You may find yourself totally zoning out in meetings, in class, in conversations, and almost anywhere else. Sometimes you may be distracted by memories of your loved one or thinking about life stressors that have come with the loss.

## Appetite changes or digestive issues

Maybe you have only eaten 2 pieces of toast all week. Maybe you stopped at McDonald’s three times yesterday. Whether it is significant increases or decreases, changes in appetite are normal with grief and many other life stressors. Even if your appetite has stayed the same you may experience feelings of nausea or other digestive issues that can come with grief and stress.

Tips: Food is connected to both physical and emotional health, so getting this in check can be helpful. If you are struggling with eating enough, focus on at least making sure your basic nutritional needs met. A healthy smoothie or soup with a good balance of fats, proteins, and carbs can go a long way in helping you get what you need.

## Getting sick more often

There is plenty of research showing that stress in general, and grief specifically, can take a toll on the immune system. Research has also shown this impact on the immune system is most significant in older adults who are grieving.

Tips: Follow suggestions for many of the other physical grief symptoms mentioned above. Improving sleep, diet, and managing stress can all help in lowering your risk of getting sick. In addition, you can talk to your doctor about nutrition and supplements that help with boosting your immune system.

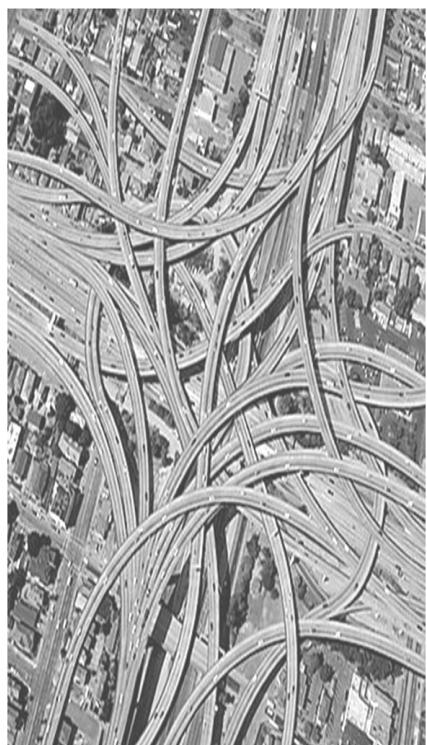


# Grief is a spaghetti bowl

November 10, 2014, by Sarah Lyman Kravits; <http://www.lifewithoutjudgment.com/>

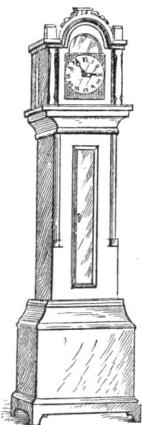
The more I read and talk about grief, the more I hear the word “nonlinear,” and the more applicable that word becomes. From my experience so far, there is nothing predictable, orderly, or step-by-step about the grief process. At times I spend several days in one state – perhaps wound up with anxiety over every tiny setback (a broken egg yolk), or having to drag myself even to do the most minor task (put my shoes away), or so raw that random issues (a child’s lost glasses) will send me into the emotional stratosphere. Often I will spend only part of a day in one of those states, or an hour, or even a few minutes. Sometimes a day will be spent largely in one state with random moments or hours of another sprinkled in. Occasionally, although not often, a day goes by without much notice. No day is the same as another; every day brings a completely new landscape. Given that humans tend to build routine and structure in a quest for control, I can see now why grief, with its way of trampling over such constructions, can be so tremendously destabilizing.

There are days when I am oddly calm for a while, and then the bottom drops out from under me without warning. A few days ago I was at my computer working on something in connection with the textbooks I write. I thought to myself, Huh, self, you actually seem fairly positive and productive today! I smiled at the thought. Then literally within seconds I was wracked with heaving sobs and ended up on the floor of my office. I don’t even know what triggered it. But there was no doing anything about it. One of the few things I *can* predict, so far, is that after an emotional episode I will feel like the life has been drained out of me, completely spent. Usually I have to lie down somewhere, even if it is for five minutes, and collect a little bit of energy back from the universe around me, call in some strength so that I can get through the rest of the day.



A “spaghetti bowl” in the traffic sense is a complicated highway interchange, often with random, asymmetrical elements. In New Jersey where state routes 23 and 46 intersect with I-80, there is a lovely one in which I’ve spent quite a bit of unplanned travel time. When you are driving through a spaghetti bowl, you might come out somewhere completely other than the place you intended or expected. You might drive the same ramp several times. You might end up on one ramp and look down to see another ramp that you realize you were on before, or perhaps want to be on. You might need to make one or more restarts, U-turns, stops for GPS recalibration. You’re on a journey, but it doesn’t look like any journey you had in mind.

Such is my path of grieving, a winding through an ever-surprising spaghetti bowl. I do have a vague notion of a destination entitled “peace” or “acceptance” or something like that, so I am determined to keep moving. But I’m letting go, a little bit every day, of my expectations of a typical sort of forward progress. I’m working not to judge myself if I am on the same ramp over and over, if I have to keep turning around, or if I can’t seem to get to that route that looks like it heads toward a better place. Probably, for right now, it’s enough to simply keep my hands on the wheel and my eyes on the road.

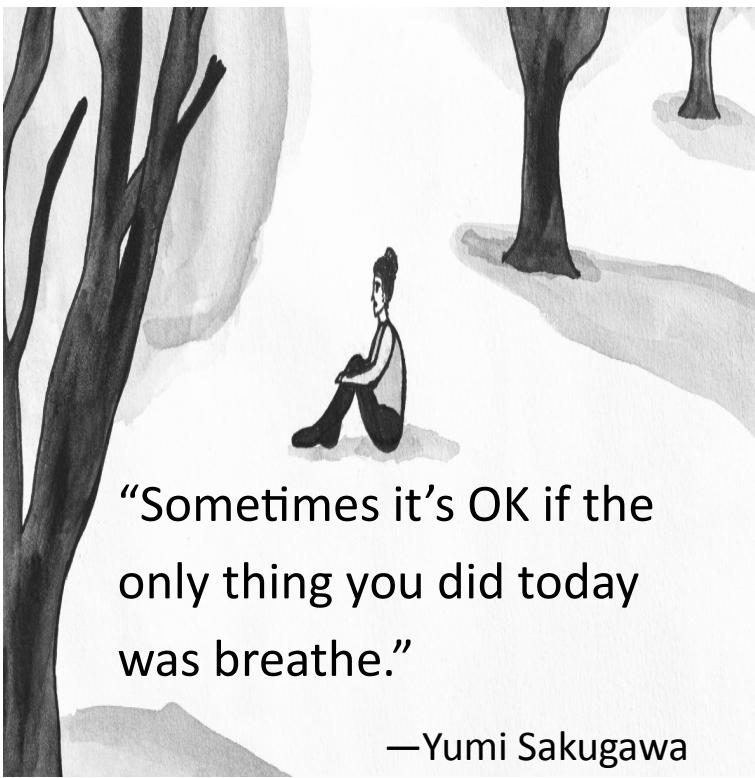


# GRIEF RESETS THE CLOCK OF LIFE TO before & after.

LYNDA CHEDELIN FELL  
GRIEF DIARIES

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love."

-Washington Irving



"Sometimes it's OK if the only thing you did today was breathe."

—Yumi Sakugawa

## HOW MANY CHILDREN DO YOU HAVE?

How many children do you have? A simple, innocent question, but one a bereaved parent struggles with.

If we don't include our children who died when we answer the question, we feel as if we are denying their existence. One mother told me that she cried for hours because she told someone she had no children (her two children had been killed earlier that year).

If we do include our deceased children when we answer, somehow we fear the response or discomfort that is felt by the person hearing the news.

For the bereaved parent, there is really no "right" answer to this question. We must respond the way our heart and the situation dictates. We should not fear how the person we are talking to feels about the truth. We should only be concerned with how we feel at the moment we are telling it. We need to be considerate of our own feelings and, if the situation is such that we do not include our children who have died in the answer, that's okay, too . . . because we may be at a point in our grief that doing so may be painful.

We are the only ones who need to be pleased with our response!!

Pat Loder  
TCF Lakes Area Chapter, MI

Loving lifted from The Compassionate Friends March 2015

## 25 Ways To Honor The Memory Of Someone's Life

Keep their legacy alive.

After someone dies, the people left behind are tasked with carrying on with their lives.

This can be particularly difficult if the individual was a family member or a close friend, but it must be done. No matter what your religious beliefs (or lack thereof), grieving after a loss is healthy and completely necessary.

Though a loved one may be gone, you can keep their memory and legacy alive by honoring them in one or more of these 25 ways:

1. LIGHT A CANDLE. YOU CAN DO THIS AT CHURCH AND SAY A PRAYER, OR DO IT AT HOME AND FEEL THE WARMTH OF THEIR MEMORY.

2. Make a quilt out of their old clothes.

3. Hold a memorial service or candlelight vigil.

4. Finish any projects they were working on.

5. Bring flowers to their grave and keep the area well-tended.



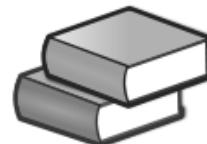
6. COOK THEIR FAVORITE MEAL. THE AROMA AND TASTE WILL BRING BACK AMAZING MEMORIES.

7. Make a scrapbook of their life.

8. Get a tattoo of their name or of their handwriting.

9. Reach out to family and friends who are also grieving and share stories about the departed.

10. Plant a tree or have one planted.



11. READ THEIR FAVORITE BOOKS.

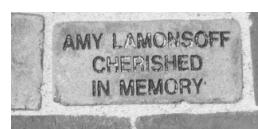
12. Volunteer for their favorite causes, or give a donation in their name.

13. Plant a flower or vegetable garden and put in a decoration that reminds you of them.

14. Hold a charity drive in their name for food, toys or something to help others.



15. Wear their favorite perfume or cologne.



16. WRITE A LETTER AND AIR ANYTHING THAT MAY HAVE BEEN LEFT UNSAID.

17. Adopt a section of highway in their name.

18. Sing their favorite song.

19. Complete their bucket list.

20. Sponsor a bench or brick at one of their favorite places.

21. PARTICIPATE IN SOME OF THEIR FAVORITE HOBBIES, EVEN IF YOU HAVE A LOT TO LEARN ABOUT THEM.

22. Make amends with someone you've been avoiding.

23. Frame something they've written, like a poem or a recipe.

24. Remember them during life events like weddings, anniversaries, and holidays.

25. Live your life in a way that would make them proud. Finish (or go back to) school, have adventures, and be happy. It's what they would have wanted for you.

*Note: Releasing balloons or lanterns was kept off of this list on purpose, as they are both harmful to wildlife.*

Source: <https://articles.aplus.com/a/25-Ways-To-Honor-Memory-Loved-One>

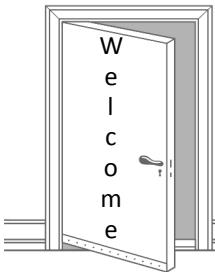


Article lovingly lifted from HOPELine Newsletter, January 2020



# MEETING TIMES & PLACES

**Our doors are open for you.**



## BUSINESS / FACILITATORS MEETINGS

**ALL MEMBERS ARE WELCOME!**

**CONTACT: Chuck Digney  
267.229.8338**

## LOCATION

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

## DATE

Contact Chuck  
Digney. Meeting  
dates vary depending  
upon unforeseen  
events

## TIME

9:00 AM

GROUP MEETINGS	MEETING LOCATION	FACILITATOR(S)	DAY	TIME
St. Peters / St. Charles, MO	Knights of Columbus Hall 5701 Hwy N St. Charles, MO 63304	Mike & Jeanne Francisco 636.947.9403	1st Thursday	7:00pm
St. Peters / St. Charles, MO—siblings Facilitator	Same as above	Samantha Schaefer 636.293.1099	Same as above	7:00pm
West County, MO	Shaare Emeth 11645 Ladue (Ballas & Ladue) St. Louis, MO 63141	Jacque Glaeser 636.394.3122 jlynn63021@yahoo.com Co-Facilitator: Kim Wiese 314.956.3047	4th Tuesday	7:00pm

<u>Representation in Lieu of Meetings</u>	<u>Contact</u>	<u>Phone</u>
Bowling Green	Bill & Vicki Lagemann	573.242.3632
Tri-County	Brenda Wilson	573.438.4559
Troy, MO	Cindy Morris	314.954.1810
OPEN ARMS Parents Left Behind	Kathy Dunn (kathydunn333@yahoo.com)	314.807.5798



SPECIALIZED MEETINGS	MEETING LOCATION	FACILITATOR(S) / CONTACT	DAY	TIME
GRASP: Grief Relief After Substance Passing	Concordia Lutheran Church 505 S. Kirkwood Road Kirkwood, MO 63122	Mary Ann Lemonds 314.330.7586 grasp.stl@gmail.com	Sundays	5:00 pm
Life Crisis Center Survivors of Suicide	9355 Olive Blvd. St. Louis, MO 63132	314.647.3100	Wednesdays	7:00 pm
PALS: Parents affected by the loss of a child to suicide	St. Luke's Hospital (Hwy 141 & 40) St. Louis, MO 63017	Linda Fehrmann 314.853.7925	4th Saturday	10:30 am
Parents of Murdered Children	St. Alexius Hospital 3933 S. Broadway St. Louis, MO 63118	Butch Hartmann 314.487.8989	3rd Tuesday	7:30 pm
Survivors of Suicide	Baue Funeral Home-Comm Cntr 608 Jefferson Street St. Charles, MO 63301	Linda Fehrmann 314.853.7925	1st & 3rd Monday	6:30 pm

# TELEPHONE FRIENDS

**BPUSA ST. LOUIS CHAPTER CHAIR:  
Chuck Digney Phone / Text 267.229.8338  
email: chuck.digney@gmail.com**

Accident, Automobile	Theresa DeMarco	636-544-3478
Accident, Non-Vehicular	Bill Lagemann	573-242-3632
Adult Sibling	Samantha	636-293-1099
Drugs/ Alcohol	Mary Ann Lemonds	314-330-7586
Grandparents	TBD	
Child with Disability	Linda Frohning	314-541-3419
Illness	Marilyn Kister	636-634-6019
Jefferson City	Sandy Brungardt	314-954-2410
Murder	Butch Hartmann	314-487-8989
Only Child / Single Parent	Donna Arnold	314-608-3655
Suicide	Linda Fehrman	314-853-7325

## 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  
April 15, 2020**

**Send your submissions (poems, articles, love gifts) to:**

**Newsletter**

**PO Box 1115**

**St. Peters, MO 63376**

**or to :**

**snowwhite6591@gmail.com**

**Your writings may help someone.**



**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!**

# Children of BPUSAStL's Board Representation



**Ryan Arnold**  
*Son of  
Donna Arnold  
Candlelight Coordinator*



**Julie Bardle**  
*Daughter of  
Marilyn Kister  
Newsletter  
Editor*



**Joseph DeMarco**  
*Son of  
Theresa DeMarco  
Treasurer*



**Shamus Digney**  
*Son of  
Chuck Digney  
Chapter Chair*



**Jennifer Francisco**  
*Daughter of Jeanne  
& Mike  
Francisco  
St. Peters Group  
Facilitators*



**Natalie Frohning**  
*Daughter of  
Linda Frohning*



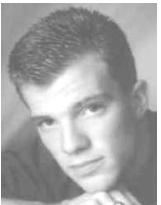
**Kellie Gregory**  
*Daughter of Cary  
Gregory*



**Mickey Hale**  
*Son of  
Jacque Glaeser  
W. County Group  
Facilitator &  
Secretary*



**Donnie Lagemann**  
*Son of Bill &  
Vicki Lagemann*



**Jeff Ryan**  
*Son of Pat Ryan*



**Rosie Umhoefer**  
*Daughter of  
Rosann Umhoefer*



**Matthew Wiese**  
*Son of Kim Wiese  
W. County Group  
Co-Facilitator*

**Arthur Gerner / Emily Gerner**  
*Son & Granddaughter of  
Margaret Gerner  
Founder of BPUSAStL*

**J. P. Rosciglione**  
*Son of Terre  
Rosciglione  
Trivia Coordinator*

**Aaron Cole**  
*Son of Courtney &  
Justin Lehmann  
Trivia Coordinators*

If you wish to make a love donation - IN ANY AMOUNT - We will include a picture of your child(ren)  
(See page 2 of this newsletter)

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ NAME OF CHILD(REN) \_\_\_\_\_

BIRTH DATE(S) \_\_\_\_\_ ANGEL DATE(S) \_\_\_\_\_

I WOULD LIKE A LOVE GIFT DEDICATED TO MY CHILD(REN) IN THE MONTH OF: \_\_\_\_\_

I WOULD LIKE TO DONATE \$ \_\_\_\_\_ IN LOVING MEMORY OF \_\_\_\_\_

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

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## **MAR-APR 2020**

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

### **WELCOME**

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

