

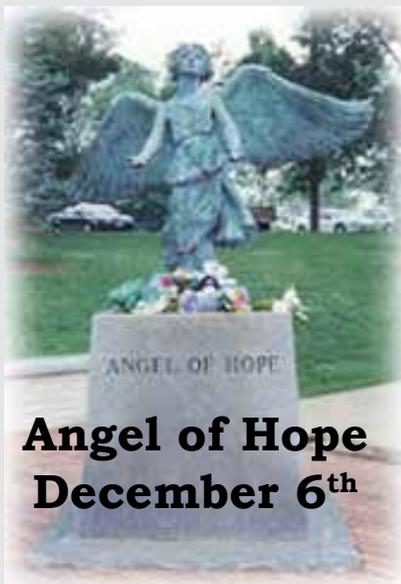
St. Louis Chapter Newsletter
Bereaved Parents USA
 September • October 2014



**Upcoming
 BPUSA StL
 December events:**



**A
 Candlelight
 Memorial Service
 2014**



**Angel of Hope
 December 6th**

**BEREAVED PARENTS USA
 TRIVIA NIGHT**



Friday, September 26, 2014
**Machinist Hall 12365 St. Charles Rock
 Road, Bridgeton, MO**
Doors Open @ 6:00 PM
Trivia Begins 7:00 PM
Table of 8 - \$200
Beer and Beverages Included
Seating is limited
Call for Reservations:
Terre - 314-393-5713 or Courtney - 314-440-7751

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Margaret's CORNER

Margaret Gerner, MSW

Death by Murder

There is a commonness in grief that all bereaved people experience. We all suffer the same grief manifestations, but people who lose family members to murder have the additional problems caused by media coverage, the legal system and the knowledge that someone deliberately killed their loved one. As a result they experience extreme shock, anger, hatred, feelings of injustice and the need for retribution.

Usually the murder is sensationalized by the media. Newspapers sometimes print half-truths or blatantly inaccurate stories. They ask insensitive questions of the family, not only immediately after the death, but during the trial periods and even on anniversary dates. How a person responds to this coverage depends on the individual. Some refuse to even speak to media people and try to ignore the false information they may print. Others meticulously tell the truth in the hope that truth will be reported. Either way, persistence by the media can be cruel and never ending, thus adding to the pain.

There are times that the murderer is never apprehended. Sometimes the police have strong beliefs as to who the murderer is, but cannot prove it



and the killer may go free, or they do not have enough evidence to convict the killer. Other times the murderer is unknown. Surviving family members can rarely let go of the need to find and convict the one or ones who killed their loved one. This has the effect of inhibiting grief resolution because the murder itself is not resolved.

If the murderer is found, the family members are frustrated at the slowness of the legal system, the delays and postponements, the technical details and legal bargaining. Then, if the murderer does go to trial there is the painful rehashing of details that keep the wound of grief open.

Frequently the murdered person is made to seem deserving of the murder, or at least is made to seem less than good. The person's life is exposed to detailed scrutiny and many times attempts are made to disparage her character.

People whose loved ones die violently and suddenly must deal with the question of their thoughts and feelings at the time of the death. Was she afraid? Did she suffer? and on and on.

The terrible feelings of regret that you weren't there to help your love one plays over and over in your mind.

Of all the emotions survivor's of murdered people experience, frustration and anger are probably the most intense. You are constantly being thwarted in your efforts to find and punish the killer through the legal system that seems to favor the murderer while the victim and survivors are ignored. The anger, not only at the death of your loved one and her killer, but the unfairness in the treatment of both you and your loved one's memory can be overwhelming.

It is important that both the emotions of frustration and anger be expressed. Anger and rage can spill out onto undeserving people. Be careful of this. It is absolutely necessary to express your rage, lest you become personally consumed by it. Both emotions can be expressed through hard physical activity. Hitting a punching bag or beating a pillow is especially helpful in releasing emotions. You may need *cont on pg 9* ►

For years I never knew whether the twilight as the ending of the day or the beginning of the night and then, suddenly one day, I understood that this did not matter at all, for time is but a circle, and so there can be no beginning and no ending, and this is how I came to know that birth and death are one, and it is neither the coming or the going that is of consequence.

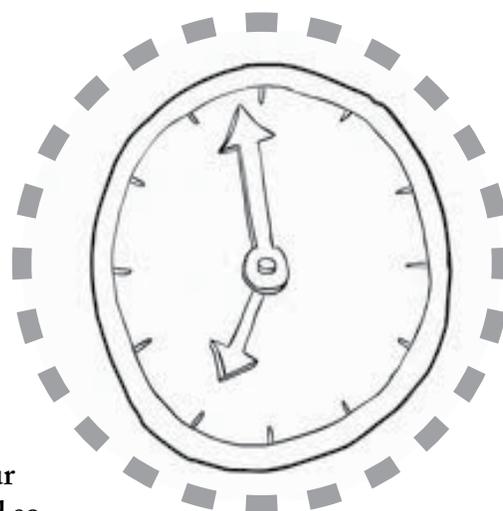
What is of consequence is the beauty that one gathers in this interlude called life. ■

—Winston Abbott
“Come Walk Among the Stars,”

TIME

—Becky Pritchard, BPUSA
St Louis, mother of Timothy Leavy.

Time is not concrete, you cannot see it or touch it, yet it is always there. The days of our lives are marked by time and so, too, are events in our lives. Losing a loved one is one such event. Time suddenly stops and changes our lives forever.



Family, friends and acquaintances struggle to find the right words to say. They offer, “Our thoughts and prayers are with you at this difficult time.” What about the “time” for the rest of our lives as we try to figure out how to put one foot in front of the other each and every day, searching to find “balance” or “the new normal”?

The healing journey continues and so, too, does “TIME”.

The old cliché, “Time heals all wounds”, certainly was never uttered by a person who has just experienced the devastating loss of a loved one, leaving them with the true pain of a broken heart.

Eventually our conversations make references to time as “before” and “after” the loss. The pain is so intense it creates an indelible mark in our memory. We don’t know how to face the time of each new day. Time passes. We don’t forget and we shouldn’t! Time passes and our healing journey begins. On this journey we begin to collect healing patches to encase the hole in our hearts. The void will always be there, but now the collected patches will provide healing so we are not totally consumed by our loss.

Time passes and our memories, no matter how many or how few, will become some of those patches. The patches will come from many different sources and often at unexpected times. We have been given “time” for the rest of our lives to continue collecting healing patches. The healing journey continues and so, too, does “TIME”. ■

How Does a Grieving Kid Deal with School?

—Dana Ward, Erin Helmer & Barb Coe

Going back to school is always tough, but when there has been a death in your family, it's really hard. You wonder how your friends will treat you. You don't think you can concentrate or listen very well because your mind feels all confused. You worry how the rest of your family will be without you around. You just feel so different and school is sure to be just the same!

DANA (AGE 12): "I remember when I went back to school how terrified I was. My heart began to beat faster as I reached for the doorknob." Sometimes kids and teachers don't know what to say, they say something dumb or don't say anything at all. Some days it seems almost impossible to keep from crying in front of people. Everyone thinks you should be "over it" right away.

DANA: "Fortunately the kids treated me very considerately. But the teacher wasn't very nice. She thought I was using my father's death to make her go easy on me. But as all of us know, that's not how it is. We can't help it if we get upset. But some people don't understand."

School can be very hard for a kid who is grieving the death of a loved one.

As you go through the school year, there will be some good days and some tough ones.



SOME THINGS THAT MIGHT HELP A LITTLE ARE:

- ⊙ Talk with your teacher about what you want the class to know about the death and who should tell them.
- ⊙ Make a plan with your teacher so you can leave the room if you start feeling upset.
- ⊙ Try to find a safe quiet place to go: the library, the nurse's office, etc.
- ⊙ If people ask you questions that you don't want to answer, say something like, "I'd rather, not talk about that right now."
- ⊙ Try to find at least one person who you feel comfortable talking to when you want to talk. Or start to write your thoughts in a journal.

AN ENTRY IN ERIN'S JOURNAL: (AGE 17) THE MONTH HER BABY BROTHER DIED: "I thought high school would be hard, but after

what Tom had to go through, it wasn't bad. I've been in school for two weeks now, and most of the teachers are nice."

If you are bothered by what other kids say, try to talk to them and get them to understand that you need their support. If that doesn't work, talk with your teacher or a parent. If you think that your teacher doesn't understand, do your best to talk with him or her, and bring in an understanding adult to help, if necessary.

To keep up with your homework, maybe you could study with a friend or get an older student to help you, or ask your teacher for some extra time. As long as you are really trying, that's all anyone should ask of you.

As you go through the school year, there will be some good days and some tough ones. Don't be upset with yourself if you don't do as well as usual on grades, or if you have trouble getting along with your same old friends. Be patient with yourself, because you want everyone to do the same for you.

Grief is a big, long process that changes people, and change can be tough. But change can bring good things too.

Perhaps you will find yourself appreciating the little things more, or being kinder to people, or wanting to make the most of your time, or developing an ability to express yourself creatively. These are things you don't normally learn in school, but these are things you learn from living. ■

Drug-Death Bereaved Parents: A Highly Stigmatized and Neglected Group of Mourners

by William Feigelman, Ph.D.*

*This article appeared in The Compassionate Friends We Need Not Walk Alone Magazine, Winter 2011/Spring 2012, pgs. 5 and 7.

Parents losing children to a drug overdose or to a drug-related death face one of the most daunting challenges of post-loss adaptations compared to other bereaved parents, such as those whose children die from suicides, automobile accidents and natural causes. To sum up our survey research results, based on 48 drug-death-bereaved parents, 462 suicide-bereaved, 37 mostly accidental deaths and 24 natural death cases, findings showed that the drug-death bereaved faced similar social stigmatization from family, friends, coworkers and acquaintances as the suicide survivors did, and the drug-death bereaved seemed to offer more reports of stigmatization than those whose children had died from accidents and natural causes.

What sets these mourners apart from most other bereaved parents is the scarcity of drug death-specific literature to guide them along their difficult healing journeys following their children's deaths. After extensive searches of all

on-line medical, psychological and bereavement professional literature indexes, we were surprised to find only two research notes on this subject, one written by a Brazilian psychologist (based on 6 cases), and another by a British social worker, (based on four cases). One might erroneously conclude from the little written on this topic, that drug deaths are relatively rare events. Yet, this hardly is the case. When we examined the incidence of drug deaths among the U.S. youth and middle age populations, the evidence suggested that drug deaths easily outnumber those dying from suicide within these same age categories. However, unlike the bereaved by suicide, who may find a wide variety of articles, books, memoirs, and systematic surveys written by professionals and bereaved alike, to help them adapt after their losses, the drug-death bereaved are further challenged, unfortunately, by the paucity of written materials available to guide them with their distinctive bereavement issues and needs.

Following their children's deaths, a majority of drug-death-bereaved parents are confronted with avoidance and occasional acts of outright scorn expressed toward them and their children from some of their significant others. Approximately half of the drug-death and the suicide bereaved parents reported hearing blaming comments following the death where close family members or friends blamed the deceased child or the parent for the death. It should also be noted that about

half of our respondents reported receiving altogether positive responses from their significant others after the death. Among the hurtful statements reported by our respondents were: "It is almost better that Kevin died from drugs now, sparing you all the lifelong saga of his reverses and disappointments." Or "My priest said our daughter might not be going to heaven to live among the angels because of all the bad things she did during her life and because she wasted her life away with drugs." Child-denigrating statements such as these result in "disenfranchised grief," a term bereavement professionals use to refer to people's unsupportive responses to the bereaved after a loss, essentially claiming that the deceased is unworthy of being mourned.

In other cases of blaming comments the parent may be exposed to statements like these, which some of our respondents reported "My ex-husband blamed me for our son's death. He never let up on his accusations of me for not supervising him closely enough. He even claimed I did drugs with him." Or "How come you didn't get your daughter into a better treatment program?" Such parent-blaming statements add to the parent's own feelings of inadequacy and failure to prevent the death. Any parent sustaining a child's drug-death has repeatedly engaged in a near endless obsessional review of what they 'could' and 'should' have done to avoid the death.

They hardly need additional reminders from

cont on pg 9 ►

St Louis Bulletin Board

Honor *your child* & support **BPUSAStL**

♥ **Tribute of the Month:** Make a \$20.00 donation and your child's picture will grace our 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 \$10.00 donation to submit a one page story that links to your child's picture.

♥ **Love Gift:** For a donation your child's picture will appear on the Love Gifts page.

For any of above, make sure that your child's picture and angel date is in **BPUSAStL** database. If not, mail one to PO Box or **EMAIL:** bpustl@gmail.com. ■

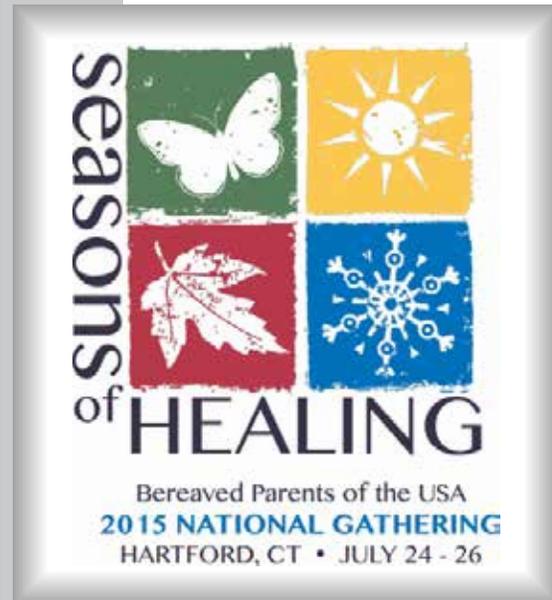
As always for up-to-date information on **BPUSAStL** events visit: www.bpustl.org



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 their writings only for your reflection. Sometimes observing nature or establishing routines signal solace to the writer. Often they turn to religion or spirituality for comfort and guidance.

BPUSAStL shares 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 **October 19th**

Send your submission to:

Newsletter
PO Box 1115
St. Peters, MO 63376

bpustl@gmail.com

If sending payment make checks payable to

BPUSAStL Thankyou! ■

Children of BPUSA *StL's* Board Members & Facilitators

Joseph DeMarco
son of
Teresa DeMarco



Michael A. Maixner
son of
Bob Maixner



Michael Yackly
son of
Victoria Kellison

Arthur & Emily Gerner
son &
granddaughter of
Margaret Gerner



Jennifer Francisco
daughter of
Jeanne & Mike
Francisco



Daniel Kohler
son of
Arlene Thomason



Donnie Lagemann
son of
Bill & Vicki
Lagemann

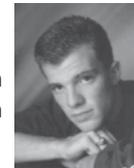


Jeffrey Morris
son of Cindy Morris

Mickey Hale
son of
Jacque Glaeser



Jeff Ryan
son of Pat Ryan



Leah Eisenberg
daughter of
Jamie Ryan

Natalie Frohning
daughter of
Linda Frohning



Brett Alan Blanton
son of
Ron & Barb Blanton



Julie Bardle
daughter of
Marilyn Kister

Joel Fehrmann
son of
Linda Fehrmann



Michael & Kristen
Curran
son &
daughter in-law
of Sandy Curran



In Memory of
Jennifer Esworthy
—Jim and Barb Esworthy



In Memory of
Jackie Esworthy
—Jim and Barb Esworthy



In Memory of
Jorge Tumialan
August 11, 1975—
October 19, 2001
*Dear Jorgi,
We love you and we miss you
Mami & Papi*
—Luis Tumialan



In Memory of
Jeff Ryan
—Pat Ryan



In Memory of
**Sharon Rene
Przybylski**
—Joseph Przybylski



In Memory of
Amy Jenness Oberreither
January 22, 1983 - October 15, 2001
*Love you, Amy,
with all our hearts.
Love, Mom and Dad*
—Jeff & Persis Oberreither

What Is A Love Gift? It is a donation made in your child's memory to BPUSASTL. We are a self-supporting organization. Our St Louis Chapter runs entirely with volunteer staffers. For that reason fund raising efforts and donations pay all our expenses.

from 2 Margaret's ►

to do this many times. One father used a punching bag almost daily. He drew a face on it and pretended it was whomever he was angry with that day--the murderer, the court system, or the media. A number of murdered individuals are mutilated. Sometimes they are mutilated so badly that officials don't let the survivors see their loved one. Sometimes they don't release the autopsy report. Survivors see mutilation as the ultimate insult in the final hours of their loved one's life. This adds to the subsequent rage.

I can't stress strongly enough the necessity of expressing the intense emotions of anger or rage. If these emotions are not expressed, bitterness and depression will follow and your grief will never be healthily resolved.

The grief of survivors of murdered people usually lasts longer than any other grief because of the anger and frustration, constant delays and drawing out of the trial, the feelings of injustice, sensationalism by the press and the constant rehashing of the painful details surrounding the actual killing. If your loved one was murdered, know that longer than usual grief is normal for you.

Charlotte Hullinger, founder of the national organization PARENTS OF MURDERED CHILDREN

advises survivors to let themselves experience whatever emotions they feel. She says, "Let your anger out. Those around you may be uncomfortable to hear your expression of rage, hate and frustration, but don't let that deter you. It is imperative that you do not bury these emotions. You can't move beyond these emotions until you have let them out. Give yourself permission to be mad, sad, or even glad." ■

from 5 Drugs ► others that may exacerbate their grief.

Interestingly, as a contrast to the drug and suicide bereaved, none of the parents losing a child to natural causes reported hearing blaming comments and only one (out of 37) whose child died by an accident reported hearing such a comment. We asked our respondents to give us details on the troublesome responses they heard from close associates after the deaths and we grouped responses into seven different types. In addition to the already mentioned Blaming comments mentioned above, we add: Avoidance, e.g. "People avoided me," Unhelpful advice; e.g. "Isn't it time you moved on?" "Are you still going to that support group"? Absence of a caring interest e.g. "no one asked me how I was feeling afterwards". "No one mentioned my child's name afterwards; it was as if he never

existed.; Spiritual responses, e.g. "She's with God now," "it was God's will." Miscellaneous negative, e.g. "At least he didn't kill anyone else when he died" or "I know how you must feel; I felt that way when my dog died."



Our data showed a trend, with drug and suicide-bereaved

reporting more negative comments heard than reported by accident- and natural-death bereaved. What was even more striking and significantly different were the reports of grief difficulties, complicated grief, post-traumatic stress, depression and other psychological difficulties, showing higher incidences of these problems among the drug- and suicide-bereaved parents as compared to the accident and natural death

bereaved. It was evident that these "blameworthy" subgroups of bereaved parents were not receiving similar caring and supportive responses as the accident and natural death bereaved parents. What distressed these bereaved parents, who generally perceived themselves to be at their life's most difficult and dreadful low point, was the absence of compassionate understanding shown by some close family members and friends.

We also investigated the different kinds of healing resources that bereaved parents used. Drug-death bereaved parents were most likely to use general bereavement support groups like The Compassionate Friends or Bereaved Parents USA for help after a loss, with 85% reporting that they used these groups. A smaller number, about 10%, sought help from survivor of suicide support groups; 40% had sought help from clergy. *cont p10* ►

TRIBUTE TO MY SISTER

—Lisa Sockwell Meredith Snellville, Ga

You always held within your heart a strength and purpose that few others would have known. My success in life and joy I owe to you for helping me along the way. When I was ignorant, you taught me. When I lacked experience in life, you gave me new challenges. When I stumbled and fell, you gently helped me up again. When I was lost in the darkness of depression, you were the beacon on which I focused to find my way again. When I had gained strength, you trusted me to help you with your own difficulties. And, always, when I needed a friend, you were there.

Throughout the years you were always my family. You honored me with your love and trust, and accepted me just as I was. More than my own flesh and blood, you were my sister, and I will always cherish the time we had together. We have laughed, complained, and sometimes wept, but we always persevered. The good times, the bad times, the joy and sorrow, will always bind our hearts as long as I am able to draw



my breath.

We traveled together for awhile and our journey was fulfilling, but now our paths have diverged and we had to say goodbye. To my years with you, I bid farewell. Ahead of me lies a life without you, a new definition of myself. For all that I may someday become, you will always be a part of me.

On some distant day, when something reminds me of you, I will lovingly think of you and remember the smile you had. From time to time, I will remember the years spent with you and what we have shared. I will always miss your sweet voice and your unconditional support and endless companionship. May we carry that beyond the grave. For all the smiles and tears, for all of the love and laughter, and above all, for being the person that you were, I will carry you in my heart. I will always, always love you. ■

In Loving Memory of Ashley Marie Sockwell January 31, 1978 to October 22, 1996 from your sister

from 9 **Drugs** ► and about 50% reported seeing bereavement or other mental health counselors. In these respects, drug-death bereaved were much like the other bereaved parents, except for the suicide survivors, who often sought help from SOS groups.

There was one striking difference: the drug-death bereaved sought help more often from psychics and spiritualists at a rate of 54%, contrasting sharply with other bereaved parents who averaged a 30% use rate. Surprised by this

trend, we speculate that this may be related partly to the realities of drug use. Given the sudden and self-inflicted nature of many drug deaths, often marked by extended struggles with mental health and drug problems, parents of these children often wonder if there was a rupture in their relationship with their child. Visits to psychics offer comforting reassurances that the parent-child bond remains intact and that both are well and continuing on with their lives in their respective places. This is an important new idea for further

exploration in future research. ■

Those seeking further information on drug-death bereavement are encouraged to read our collaborative article: "Parental Grief After A Child's Drug Death Compared to Other Death Causes" (2011) W. Feigelman, J. Jordan and B. Gorman, *Omega*, Vol. 63(4) pp. 291-316. Or our forthcoming book: *Devastating Losses: How Parents Cope With a Child's Death From Suicide or Drugs*. W. Feigelman, J. Jordan, J. McIntosh & B. Feigelman NY: Springer Publications, Available June, 2012

William Feigelman is a bereaved parent, whose 31 year old son, Jesse, died by a drug-induced suicide nine years ago. He and his wife, Beverly, co-lead a survivor of suicide support group in Nassau County, New York (www.lisos.org). Dr. Feigelman is Emeritus Professor of Sociology from Nassau Community College, Garden City, New York. His email is: feigelw@ncc.edu

NEWLY BEREAVED

Burden of Grief

— *Sally Migliaccio, TCF Babylon, NY*

As I struggle with words
to find answers,
reading and writing my pain.

The pages grow blurred before
eyes that are tired from this
crushing emotional drain.

The relief that
comes from the writing, parallels
what I feel when I read.

To open myself to the torture
of loss, seems to soothe this
unbearable need.

There's no pleasure
in life at this moment.
It's an effort
to get through
the day.



And I labor to stay
above water...
but the shoreline is so far away.

So I pick up a pen or
a book about grief—
and it serves as a raft for a while.

And I hope, as my tears fall on
pages of pain, that I'll
learn once again how to smile.

As I swim toward
the shore of acceptance—
I pray for the peace of belief.

That heaven's your home
and you're waiting for me,
then I'll finally
be free of this grief. ■

The Language of Tears

—*Yvonne Williams M.S., Muncie, Indiana,*

When someone you love dies, many different feelings flood into your heart, many thoughts and unanswered questions fill your head. These thoughts and feelings are hard, if not impossible, to express in words. But there is a wordless language that can pour out all these things that are so hard to speak about.

This special language flows naturally when you need it - it's your tears.

The language of tears is a gift we all have that can communicate deep feelings we might not even understand, much less be able to describe with words.

When we cry, our tears are like a river to carry us closer to what we need to understand about ourselves.

What do your tears seem to be telling you? Do they want you to pay attention to your painful sadness? Your loneliness?

Your anger? Your fear? Your disappointment?

Do our tears ever help you feel better? Can you think of some blessing that your tears have given you?

When we hold back feelings or try to hide or ignore our emotional discomfort, tears often burst forth.

This is a sign that your feelings need to come out. Sometimes when we cry it helps to talk to the person who died - like having a long distance phone call to heaven.

After a good cry, we feel better. It is a relief to let out these emotions without having to talk about them if we don't want to. Our tears can say it all for us.

At times, we are embarrassed to let our tears show. However, our tears can tell others that we hurt and need comfort. Tears can be our best friend - always there when needed. Tears can understand us and know what we need. It is important to honor our tears and be thankful for them. ■

from Bereavement Magazine, January 2001

TELEPHONE FRIENDS

BPUSA ST LOUIS CHAPTER CHAIR:

Linda Fehrmann (314) 853-7925

ACCIDENT, AUTOMOBILE:

Katie VerHagen(314) 576-5018

ACCIDENT, NON VEHICULAR:

Bill Lagemann(573) 242-3632

ADULT SIBLING:

Mark VerHagen..... (314) 726-5300

DRUGS OR ALCOHOL:

Patrick Dodd.....(314) 575-4178

GRANDPARENT:

Margaret Gerner (636) 978-2368

CHILD WITH DISABILITY:

Lois Brockmeyer (314) 843-8391

ILLNESS, SHORT TERM:

Jean & Art Taylor(314) 725-2412

ILLINOIS CONTACT:

Barb Blanton.....(314)-303-8973

JEFFERSON COUNTY CONTACT:

Sandy Brungardt (314) 954-2410

MURDER:

Mata Weber(618) 972-0429

Butch Hartmann (314) 487-8989

ONLY CHILD:

Mary Murphy.....(314) 822-7448

SUICIDE:

Sandy Curran (314) 518-2302

SINGLE PARENT:

Mary Murphy(314) 822-7448



What sweetness
is left in life,
if you take away friendship?

Robbing life
of friendship is like
robbing the world of the sun.
—Cicero

LITTLE BABY

Little Baby who was
not to be,
you were a person—
at least to me.

Would your eyes be blue?
Or hazel and dark?

Would you caw like a crow?
Or sing like a lark?

Would you have ten little fingers and ten
tiny toes?

A rosebud mouth? Or turned up nose?

Would you be laughing and happy; or
somber and quiet?

Would you run and jump
or rather be still?

Would you like to read, or prefer to play?

None of my questions will have an answer.

Your chance to
live will never be.

The only thing I
truly know—
little Baby.

We would have
loved you so! ■

—Joan D. Schmidt,
TCF Spotswood, NJ



Grief cannot be
conquered like an
enemy.

Grief can only
be changed from
pain to hope

From hope
to deeper life.

—Sascha Wagner, Des Moines, IA

Dearest Adam

—Linda Katz, Leesburg TCF

I spoke these words at Adam's unveiling on August 29, 2010. An unveiling is a Jewish rite where the gravestone is uncovered, prayers are recited and readings may be done.

Dearest Adam,

I miss your big, yet gentle presence, your warmth, humor, sweetness and humility. I miss your gorgeous eyes and smile, your walk, your smell, your hugs and kisses and the way you said "I love you too, Mom". I miss your resonant voice and your excitement over a great movie, video game, new restaurant and travel experiences. I miss hearing about the fun you had with friends. I miss your coming over and inspecting our refrigerator and pouring crushed red pepper on everything and chiding me for my expired condiments. I miss your coming to us for advice and help with important matters.

"Did you know I always felt it was a privilege and honor being your mom?"



I miss witnessing your beautiful relationship with Kim. I miss seeing you bond in an adult way with your sister, Lauren. I miss the respect you had for and the fun you had with your dad. I miss how wonderful you were with your niece, Darby and nephew, Hank and regret that your nephew Bram will only know you from what we tell him. I miss the feeling that everything was perfect when our family was together for holidays, birthdays, barbeques and many everyday events.

Did you know that I admired the way you surmounted obstacles in your life with dignity and without complaint? Did you know I always felt it was a privilege and honor being your mom?

I miss the hope that we had for your future: a home, marriage, career advancement, children, travel and more family time together. All of these things I miss and so much more.

I pray your spirit or energy is at peace in your eternal home. I hope you are able to forgive. I hope you are watching over us and enjoying the view. I know you see that we are heartbroken, but we are doing our best to cope and find beauty in this life. I hope you realize that you are loved, you will never be forgotten, and will always be an integral part of our lives. This world has lost a really good man.

With Utmost Love,
Mom ■

THE EXISTENCE OF LOVE

—Marjorie Pizer

I had thought that your death was a waste and destruction,
a pain of grief hardly to be endured.

I am only beginning to learn that your life was a gift and a growing, and a loving left with me.

The desperation of death, destroyed the existence of love, but the fact of death
cannot destroy what has been given.

I am learning to look at your life again instead of your death and departing. ■

MEETING Times & Places

Bowling Green **Group**

(3rd Thursday, 7-9:00 PM)
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, 7:00 PM)
Knights of Columbus Hall
5701 Hwy N, St Charles, MO
(Cottleville) 63304
Fac: Mike & Jeanne Francisco
(636)947-9403

Sibling Group

(time same as St Peters-St Charles)
Fac: Julie Garland (314) 496-9197

Troy, MO **Group**

(2nd Tuesday, 7:00 PM)
1302 Boone St.
Troy, MO 63379
Fac: Cindy Morris
(636)462-9961

Tri-County Chapter

(2nd Thursday, 6:30 PM)
First Baptist Church
402 North Missouri St
Potosi, MO 63664
Fac: Brenda Wilson
(573)438-4559

West County **Group**

(4th Tuesday, 7:00 PM)
Shaare Emeth Congregation,
11645 Ladue (Ballas & Ladue)
St. Louis MO 63141
Fac: Jacque Glaeser,
(636)394-3122,
jlynn63021@yahoo.com
Co Fac: Arlene Thomason
(314)401-2510

St Louis City **Group**

(3rd Weds. of month, 7:00PM)
Fifth Spiritualist Church (lower level)
6026 S. Kingshighway (Lisette and Kingshighway)
St. Louis, Mo. 63110
Fac: Sandy Curran
(314)518-2302

BPUSA^{StL}

BUSINESS • FACILITATORS MEETINGS @ 9:00 AM

2ND SATURDAY in September
BJC Hospital St. Peters
10 Hospital Drive
Room A/B
St. Peters, MO 63376

All are welcome!

CALL: Linda Fehrmann
(314) 853-7925



ADDITIONAL MEETINGS

PARENTS OF MURDERED CHILDREN:

Meetings: 3rd Tues 7:30 PM
St Alexius Hospital
3933 S Broadway, StLMO 63118
MATA WEBER (618)972-0429
BUTCH HARTMANN (314)487-8989

LIFE CRISIS CENTER:

(Survivors of Suicide)
12755 Olive, Suite 115
Creve Coeur, MO 63103
Meetings: Weds 7:00 p.m.
(314)647-3100

PALS:

4th Sat at 10:30AM
St Lukes Hospital (141 & 40)
St. Louis, MO 63017
*Linda Ferhmann
(314)853-7925

Survivors of Suicide:

1st & 3rd Monday
Baue Funeral Home
620 Jefferson Street
St. Charles, Mo 63301
*LF (314)853-7925

GRASP:

Sundays at 700 PM
Harris House
8327 Broadway 63111
MaryAnn Lemonds
(314)330-7586
malemonds@gmail.com

Open Arms* Parents Left Behind:

4355 Butler Hill Rd
Fac: Kathy Dunn
(636)343-5262

www.bpustastl.org

Bereaved Parents USA

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BEREAVED PARENTS U.S.A.
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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. ■

