



Bereaved Parents of the USAStL

SEP - OCT 2016

The
 Tree of
 Hope is a quiet
 and personal place.
 It has a mighty trunk
 supporting its many branches
 reaching out to simply ask that we
 believe. We all need a Tree of Hope to
 embrace us at the place where we are. The
 Tree of Hope will provide shelter if our journey
 becomes too difficult...it will then guide us in the
 right direction... Hope isn't about waiting for the storms
 to pass.. Hope is about how to dance in the rain. Embrace
 every Hope as it
 comes your way.
 Hope endures all
 things... If you
 simply believe...



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Welcome **Cary Gregory** for recently joining the board. Cary often contributes his poems to this newsletter and regularly attends the Bowling Green and St. Peter's monthly meetings.

OPEN ARMS Parents Left Behind, formerly meeting on Butler Hill Road, is discontinued.

Stay encouraged as you continue balloon launches in honor of your loved ones. Both Debbie Brauch and Marilyn Kister received messages that their balloons, which were launched from St. Charles, MO, were found in the North County, MO area.

To lend each other a hand when we're falling, perhaps that's the only work that matters in the end.

———Brennan Manning



BPUSA National Gathering, Indianapolis, IN - July 2016

This year's Gathering was held at the Wyndham Indianapolis West Hotel. Close to downtown and the airport, some of us arrived early and enjoyed the Trolley Tour. (www.indyfuntours.com). I was particularly touched by the 9-11 Memorial. *

On Thursday evening, **Bart Sumner** kicked off the Gathering with a "Meet and Greet" which included ideas from his book *Healing Improv: A Journey Through Grief to Laughter*. At one time we took turns giving ourselves a super hero name and we played song tag. It's too difficult to explain this on paper, but we shared some laughter in the midst of our grief.

The amazing "**Love In Motion**" Signing Choir once again delighted us with their beautiful American Sign Language presentations. Everywhere we turned they are performing or serving...by collecting meal tickets, working the book store, hugging and pouring out their love to us. **Dr. Doug and BJ Jensen** are bereaved parents. I encourage you to peruse their website for YouTube videos and inspiration. <http://www.signingchoir.com/index.html> Have tissue on hand when you watch their "Healing Hallelujah" Youtube video.

Four sessions of workshops were offered on both Friday and Saturday. It can be tough to select only one of 4-5 workshops to attend at each session. Our BPUSASTL Chapter Chair, **Pat Dodd**, facilitated a workshop entitled "*Alcohol, Drugs, and Suicide, the Non-Respectable Deaths*". **Cary Gregory**, author of five published works, and BPUSASTL member, presented a workshop entitled "*Expressing Grief through Writings and Publications*".

A wide variety of workshops were offered..... Survival & Hope for Childless Parents, Holding onto Hope by Faith, Exploring Natural Ways of Healing, Men & Women Grieve Differently, Healthy Ways of Managing Anger, Bereaved Siblings, Receiving Signs from Your Loved Ones, Discovering Our Strengths for the Grief Journey, Art as Therapy, & Understanding Children and Grief. These were just a few.

Some of us learned about a Latin American custom.....Dia de los Muertos.....a combination of Aztec ritual with Catholicism brought to the region by Spanish conquistadores that celebrates life with foods, drink and activities the deceased enjoyed in life. In this workshop we made roses from tissue paper, decorated cookies with edible paints and sipped Sangria. This tradition is often used to raise funds for charity.

It was also good to meet some parents that consistently support this Newsletter. On behalf of BPUSASTL....Thank you!

Two deceased members of BPUSASTL were recognized for the "**They Really Made A Difference**" Award. These will be presented to the families of **Barbara Blanton** and **Jamie Ryan**.

Award Description:

This award is given posthumously to a BP/USA member who has made extraordinary contributions to the organization, usually over a sustained period of time. These contributions have made a significant difference in the strength and ability of BP/USA to comfort and support families as they rebuild their lives after the death of their children.

*Established in 2010 to honor those killed in 9/11 attack, the memorial consists of two 11,000-pound beams from the Twin Towers. Behind the beams stand a pair of six-foot tall black granite walls inscribed with remembrances of the events in New York City; Washington, D.C.; and Shanksville, Pennsylvania. Perched atop one of the beams is a bronze, life-size sculpture of an American Bald Eagle, with wings outstretched and gazing east toward New York City. <http://www.visitindy.com/indianapolis-monuments-memorials>

BPUSA Gathering (Continued)

The organizations below are ones I became aware of at the Gathering. The websites are provided as possible resources to use on your journey of help and healing:

Alive Alone - "Alive Alone is an organization for the education and charitable purposes to benefit bereaved parents, whose only child or all children are deceased, by providing a self-help network and publications to promote communication and healing, to assist in resolving their grief, and a means to reinvest their lives for a positive future."
<http://www.alivealone.org/>

Empowering Grieving Hearts to Heal, **Sandra Brosam**, www.griefbeach.com

Hope, Healing & Help - Radio Program by **Ron Harder** <http://hopehealinghelp.com>

Sibling Coordinator for BPUSA, **Sara Kravits**, is a writer and blogger. Her website is at www.lifewithoutjudgment.com. She can also be found on Modern Loss (www.modernloss.com), Open to Hope (www.opentohope.com), and the Huffington Post (<http://www.huffingtonpost.com/sarah-lyman-kravits/>)

Rod Mebane, Tributes to Lost Children <http://starshinegalaxy.org/the-foundation/>

Chris Mulligan, Website and Blog, http://www.selfgrowth.com/experts/chris_mulligan.html

Sara Ruble, blog "Death Teaches" www.deathteaches.com

Retired Pastor, **Terry Samples** www.littlewhileministries.com

The **Shore Grief Center**, Children and Teen Grief <http://www.theshoregriefcenter.org/>

Interested in creating a free website? An easy, do-it-yourself website builder is www.wix.com

Bereaved Parents of the USA National Gathering - August 4-6, 2017

REFLECT RENEW REMEMBER

Washington, D.C.

Hilton - Washington Dulles Airport

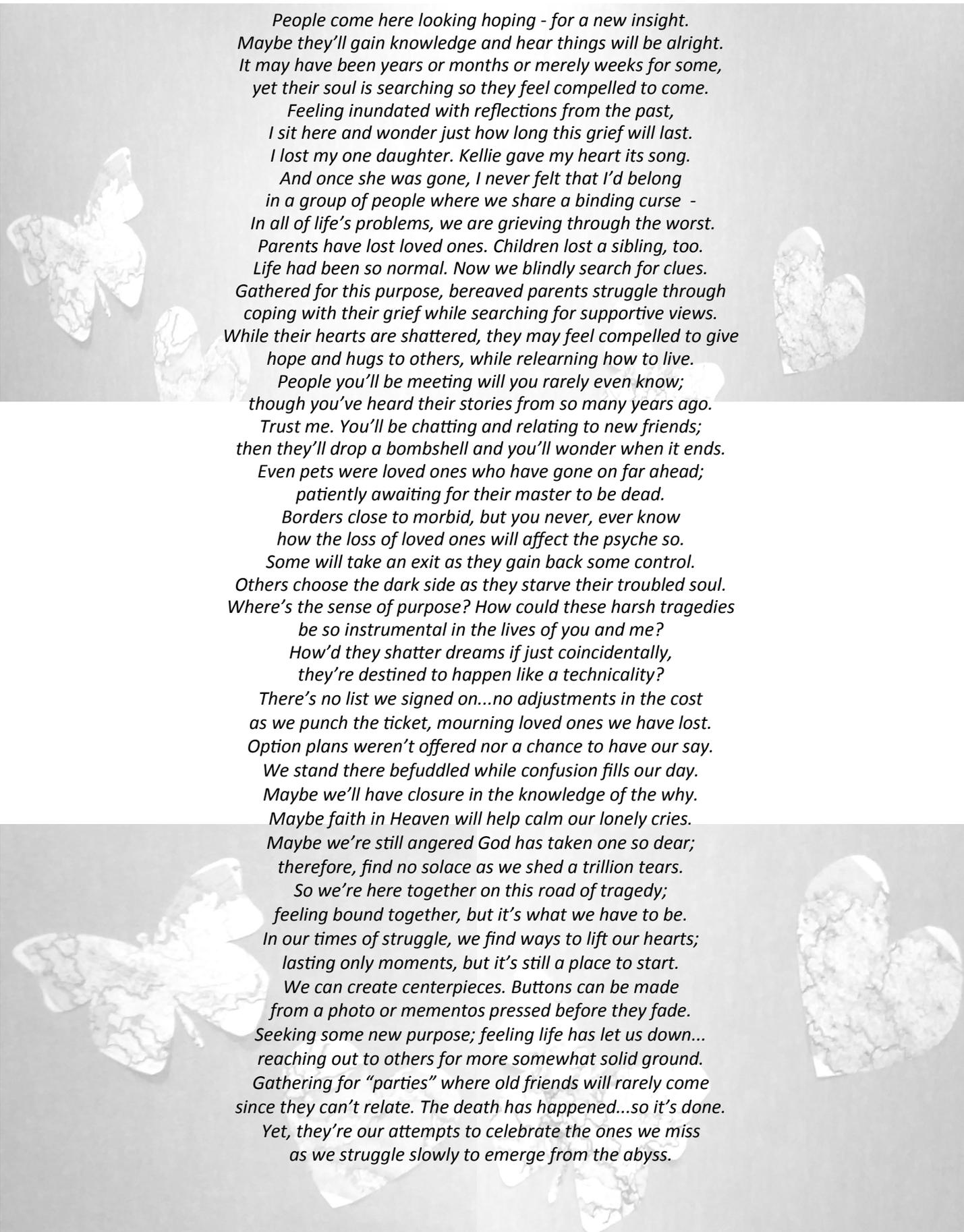
Herndon, Virginia

Guest Room Rate \$89.00 plus taxes per night

One mile from the National Air and Space Museum's Steven F. Udvar-Hazy Center and less than three miles from Washington Dulles International Airport (IAD) and 30 minutes from downtown Washington, D.C.

SURVIVING GRAVE LOSSES

Cary Gregory was inspired to write a poem about his attendance at various BPUSA Gatherings



*People come here looking hoping - for a new insight.
Maybe they'll gain knowledge and hear things will be alright.
It may have been years or months or merely weeks for some,
yet their soul is searching so they feel compelled to come.
Feeling inundated with reflections from the past,
I sit here and wonder just how long this grief will last.
I lost my one daughter. Kellie gave my heart its song.
And once she was gone, I never felt that I'd belong
in a group of people where we share a binding curse -
In all of life's problems, we are grieving through the worst.
Parents have lost loved ones. Children lost a sibling, too.
Life had been so normal. Now we blindly search for clues.
Gathered for this purpose, bereaved parents struggle through
coping with their grief while searching for supportive views.
While their hearts are shattered, they may feel compelled to give
hope and hugs to others, while relearning how to live.
People you'll be meeting will you rarely even know;
though you've heard their stories from so many years ago.
Trust me. You'll be chatting and relating to new friends;
then they'll drop a bombshell and you'll wonder when it ends.
Even pets were loved ones who have gone on far ahead;
patiently awaiting for their master to be dead.
Borders close to morbid, but you never, ever know
how the loss of loved ones will affect the psyche so.
Some will take an exit as they gain back some control.
Others choose the dark side as they starve their troubled soul.
Where's the sense of purpose? How could these harsh tragedies
be so instrumental in the lives of you and me?
How'd they shatter dreams if just coincidentally,
they're destined to happen like a technicality?
There's no list we signed on...no adjustments in the cost
as we punch the ticket, mourning loved ones we have lost.
Option plans weren't offered nor a chance to have our say.
We stand there befuddled while confusion fills our day.
Maybe we'll have closure in the knowledge of the why.
Maybe faith in Heaven will help calm our lonely cries.
Maybe we're still angered God has taken one so dear;
therefore, find no solace as we shed a trillion tears.
So we're here together on this road of tragedy;
feeling bound together, but it's what we have to be.
In our times of struggle, we find ways to lift our hearts;
lasting only moments, but it's still a place to start.
We can create centerpieces. Buttons can be made
from a photo or mementos pressed before they fade.
Seeking some new purpose; feeling life has let us down...
reaching out to others for more somewhat solid ground.
Gathering for "parties" where old friends will rarely come
since they can't relate. The death has happened...so it's done.
Yet, they're our attempts to celebrate the ones we miss
as we struggle slowly to emerge from the abyss.*

Continued on next page

Surviving Grave Losses -Continued

*Lots of bereaved parents with our futures gone awry;
all because we face it was our loved ones' time to die.
You ask if time heals the pain or will the gloom persist?*

*Without hesitation, I can answer you like this.
I've always believed we needn't suffer to know love
nor need loss to find the gifts we have possession of.
I had plans with Kellie, but we never planned on this.
It's as if she vanished, like a figure in the mist.
If shared thoughts and poems help to celebrate her life,
then they'll have accomplished helping others through their strife.
But the senseless void created has no likely cure;
wounds exist your heart and mind are ordered to endure.
Health and faith are challenged as a new priority
rises from the storm to clarify the tragedy.
Hence, we share our sorrows, feeling grief for our new friends;
making tearfilled pacts to be supportive through the end.*

Kellie Gregory
1986 - 2011



MATTHEW DAYS

Here comes another birthday & our table where you would sit
will have a picture of you smiling and a candle that is lit.

This year you would turn 25 and I wonder every day
what your life would be like if you hadn't been called away.

Would you be that honorable fireman that you always hoped to be?

I must admit seeing a fire truck always captures me.

There are times I still look for you at the places you would go

Yet all I see are shadows past and no one that I know.

I could feel you smiling down on grams, your sisters, aunt and me
on the day your precious nephew joined our family tree.

A joy embraced us heart by heart and we celebrated you

As your namesake was embraced with love

I was certain that you knew.

I was deep asleep one night and I could clearly hear you say

"I'm really, really, happy mom", you will see some day".

As your birthday comes around each year it is somewhat bittersweet

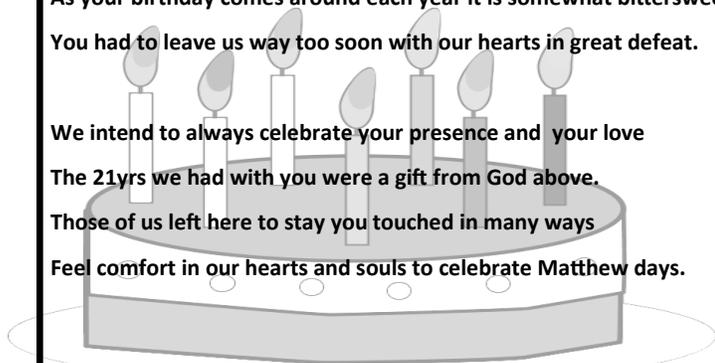
You had to leave us way too soon with our hearts in great defeat.

We intend to always celebrate your presence and your love

The 21yrs we had with you were a gift from God above.

Those of us left here to stay you touched in many ways

Feel comfort in our hearts and souls to celebrate Matthew days.



*Kim Wiese, BPUSASTL member,
helps find peace by writing
about her son Matthew. She
wrote these two poems.*

Matthew Wiese
1991 - 2013



A Bereaved Parent

In less than a moment's notice we may be reduced to tears
We are bereaved parents living one of life's worst fears.
At first the pain was so intense that it even hurt to breathe
To imagine life without our child is impossible to believe.

Our grief has no boundaries and it will never end
We hope this pain will soften as we try our best to mend.
We will not make excuses that we are not the same
This painful void has changed us that only time can tame.

Bereaved parents are a special group we never asked to belong
Our bond can bring us strength and hope through fellowship and song.
We understand without one word what it feels to lose our child
Together we can comfort our loss and connect a little while.

Each hour that passed turned into a day and each day into a year
Each year that passes reinforces for us that our memories are so dear.
Our lives become deeply touched by sharing how we feel
We come as one to honor our child's love which for us remains so real.

In Loving Memory

Jorge L. Tumialan

1975 - 2001

**"Jorgi"...We love and miss
you. Papi & Mami"**



IN LOVING MEMORY

Amy Marie Lizzi

1966 - 1988



IN LOVING MEMORY

**Thank you for the anonymous,
monthly donation
from the Duke Energy
matching foundation.**



IN LOVING MEMORY

AMY JENNESS OBERREITHER

1983 - 2001

**"SIDE BY SIDE; TOGETHER FOREVER. WE
LOVE YOU WITH ALL OUR HEARTS.**

LOVE, MOM AND DAD"

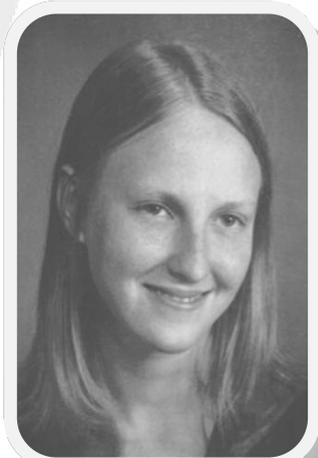
JEFF & PERSIS OBERREITHER

IN LOVING MEMORY

ROSIE UMHOEFER

1983 - 2003

Cool weather,
Warm sweaters,
Pumpkin farms,
Autumn's colors,
How you loved this
time of year.
Miss you so, our dear.



Helping Your Grieving Child

by Margaret H. Gerner

One grandmother told me: *Timmie's death is tearing me up, but seeing my daughter, Terry, in such pain is much worse. She is so different. The sadness I see in her eyes haunts me. Nothing pleases her. She's not interested in anything. All she does is talk about Timmie. She tells me she just wants to die so she can be with him. She cries and cries and there isn't anything I can do to make it better for her. I don't know what I'm going to do.*

I felt like Timmie's grandmother. While I knew what Dorothy's needs were, and I tried to meet them every way I could. There were times I doubted that anything I did helped. I wanted to "kiss it and make it better;" and I wanted her better **now**. Without a moment's hesitation, I would have gladly taken her pain myself. I missed my precious Emily, but the feelings of helplessness around Dorothy's pain were even greater.

This is the hardest part of being a bereaved grandparent. There will be times you feel that nothing you do makes a difference. You will think your child will never "get over" this. But remember, the grief will not always be as intense and devastating as today, and your help will be forever appreciated.

The most important thing you can do is to understand your child's grief. If you have never lost a child yourself, then read *The Bereaved Parent*, by Harriet Schiff or any other book you can get your hands on that will help you to understand the unique, intense grief that is part of the loss of a child. Be assured, your child is not emotionally ill. There is no grief exactly like that which comes with the loss of a child.

There are several factors that make parental grief unique:

Loss of Part of Self - The parent/child relationship is the most intense that life can generate. The child was literally a part of the parent at one time. When you lose a child, you lose a part of yourself.

Loss of Meaning - Children give direction to life. Rearing and providing for them becomes a primary goal. With a child's death, even if there are other children, this goal changes. Life seems meaningless.

Loss of Support - Expectations are that parents will lean on each other and support each other. Parents themselves expect this, but it rarely happens. Each parent is so debilitated by grief that neither has the energy to support the other. One mother said, "It's impossible to lean on a tree that is already bending." Loss of support takes many forms.

Different grieving styles can create problems in a relationship. One may grieve openly, with much expression. The other may grieve inwardly and quietly. It is difficult for parents with opposite coping styles to respect the other's way of grieving. The inward-griever doesn't want to see the constant crying and lamenting of the other. The open-griever doesn't think the other one cares or has feelings. This leads to wrong assumptions and misinterpretations of feelings.

Changes in sexual activities can create problems, too. One may want the warmth and intimacy that intercourse gives them, while the other may suddenly find sex repulsive.

Guilt and blame can also prevent support. One may blame the other for real or imagined wrongs. The one blamed may withdraw with intense guilt feelings. This can create a wedge that may take professional help to resolve, especially if, in fact, one was somehow involved in the death.

What Can We Do

Encourage Talking - Like you, bereaved parents have a strong need to talk about what they think and feel. Encourage talking. Never say, "You shouldn't say that." Allow them to talk about their child and about their child's death.

Allow your Child to Cry - Crying, even sobbing, is healthy and necessary. Repressed tears can lead to a host of physical ailments. Tears are helpful in getting out the pain and releasing pent up stress. Never say, "control yourself." Avoid worrying about what other people will think if your child cries in front of them. Your child is not there to take care of others. Remember, this bout of crying will pass, and while it may disturb you for awhile, your child will feel better. Crying *with* your child can be therapeutic for both of you.

Continued

Helping your Grieving Child (Continued)

Talk about your Grandchild - Don't worry that it will make your child cry. You don't remind her of her child. He is on her mind most of the time, anyway. Talking about the child tells her you care. If she cries, she is crying because her child is dead, not because you brought it up. Actually, the tears you may help to precipitate can be good for her.

Listen to your Bereaved Child - The greatest gift you can give your child is a listen. Few bereaved parents have someone who will listen to stories about their child or to how guilty or angry they feel. You can be that listener. Even if you have not had open communication with your child up to now, you can change that. One of the most talked-about subjects in groups of young bereaved parents is the lack of understanding from their parents. If you really listen, you'll understand. Your child needs you to listen and needs you terribly.

Non-judgmental listening. Our generation has been taught to:

"Control" ourselves, keep feelings inside, that the person who doesn't talk about the loss of a loved one and who doesn't cry is doing "well".

These ideas are wrong, and certainly not helpful. We now know that suppressed grief is unhealthy, both emotionally and physically.

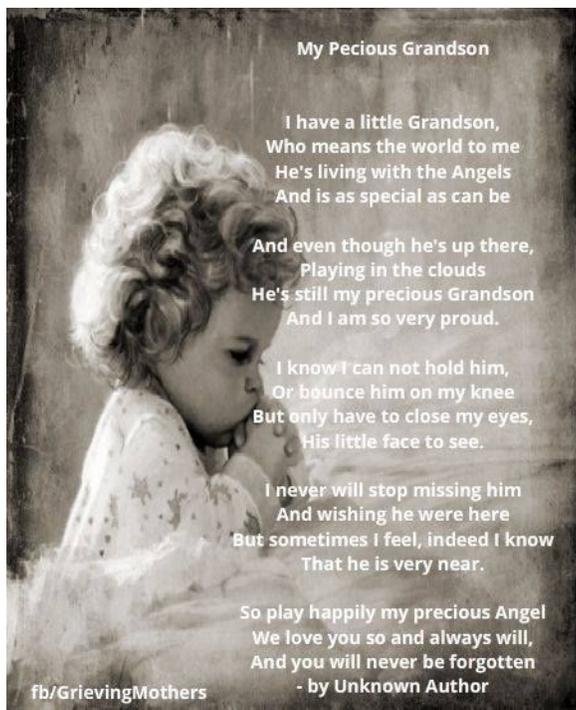
At the same time, we have been taught to love, to help others, to grow and adjust. We've been taught to be creative and try new things. You can use these positive teachings in listening to and loving your child.

A lot of what your child may say and feel will seem irrational. Just putting these things into words helps them to realize how illogical these thoughts may be. Just let them speak and discover for themselves.

Physical support is important. you can certainly help your child in this respect if you live close by. The fatigue that is part of grief is debilitating. In many cases your child is maintaining a full time job as well as keeping a home. Many have surviving children to care for as well. Help with laundry, cooking meals, shopping, running errands. But ask first. Having someone suddenly take over your household can only add to the stress.

Take the surviving children for a day or afternoon. This will give your bereaved child some time. the grandchildren might enjoy it, too. This gives them an opportunity to be away from the constant sadness that is likely to permeate their home and have a day with a good grandparent. When they are with you, if they want to talk about their dead sibling, by all means, practice your listening skills.

Physically hold your child. We are willing to bet there are times when your child would love to crawl up on "mommie's" or "daddy's" lap to be comforted as in years past. Be aware of this and actually allow it in any way possible. Even a hand on an arm means a lot. The need to be held is stronger during tears or an especially hard time. Many times, your child may not be aware of wanting to be held, but you can't take the initiative, for sons as well as daughters. The real benefit is that you feel you are doing something to help, not just sitting back helplessly watching your child suffer. It's perfectly all right to offer your lap as well as your hands, shoulders, heart and tears.

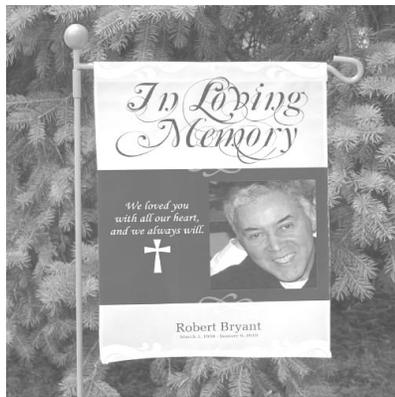
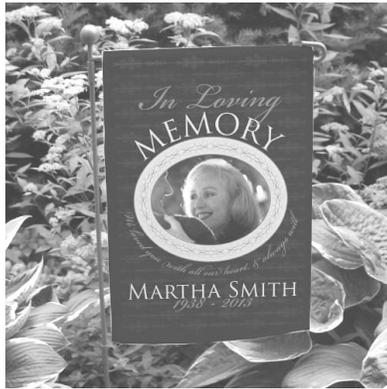


WEST COUNTY MEETING NOTICE: Shaare Emeth, the location for West County Meetings, is using the space for other obligations only in **October & December**. Facilitator, Jacque Glaseser, may plan an October dinner meeting for those who wish to attend. Watch for her email or please feel free to call her at 636.394.3122.

Jacque is also trying to coordinate a different date for a December meeting...however, this is still to be determined.

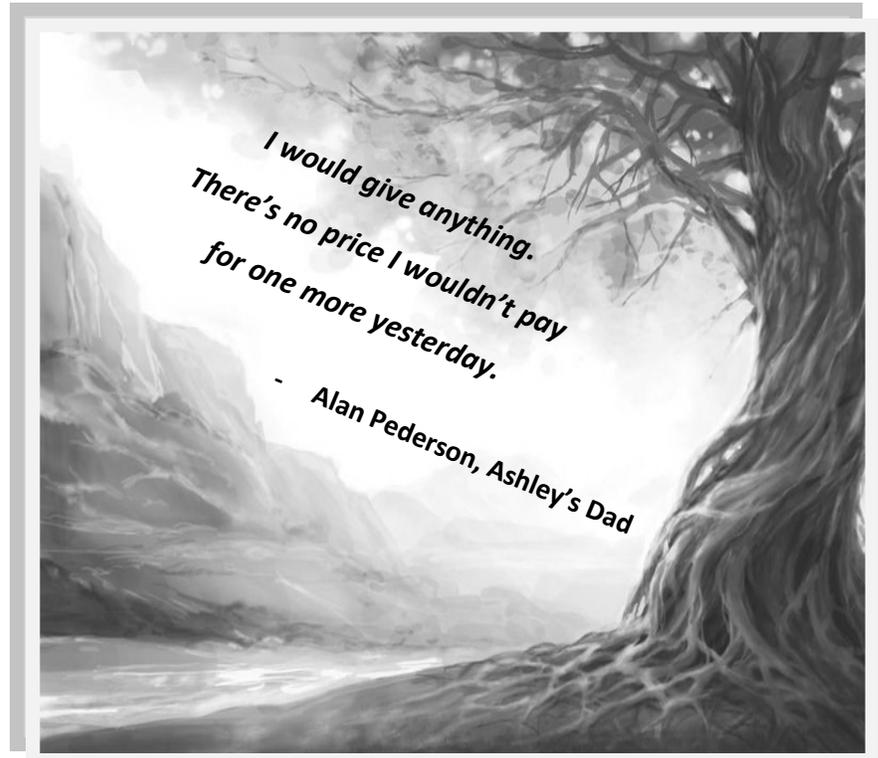
The November 22 meeting will still be held at the same location as usual. See page 15 of

INFORMATION ONLY



This is for information only. Recently, while visiting my daughter's grave, I happened upon a personalized garden flag similar to the ones on the left. This is only one of various websites that offer personalized flags. →

<http://www.giftsforyounow.com/in-loving-memory-photo-memorial-garden-flag-83071392x.aspx?product=personalized>



Copy or clip this certificate and make it available to your family and friends. It may help when they ask "what can I do for you".

**Tears
are the
silent
language
of grief.**

~ PERMISSION TO MOURN

The holder of this certificate is hereby entitled to publicly acknowledge his or her loss, mourn openly, to share narratives of the loss, and to recruit social support in his or her own way and time, without apology or embarrassment.

Tears, memories, silence, uncertainty, and strong emotions are hereby allowed.

Please treat this griever with kindness, compassion, and love.

This certificate has no expiration date.

Bereaved Parents of the USA



Terre, Courtney, Justin and Brodie did another fabulous job of coordinating the 2016 BPAUSASTL Trivia event. This year, Brian with *triviarior.com* was the host for the event, and it proved to be a fun, successful evening. A huge thanks to everyone that helped with the event, donated auction items and for inviting your friends/family to help support this annual fundraiser.



DECISIONS

What to do with the belongings of a deceased child

By Howard & Rose Muller, TCF – Burlington, NJ

COEUR d'ALENE CHAPTER NEWSLETTER - JULY 2016



What to do with the belongings of a deceased child is one of the most traumatic decisions a parent will have to make. To some the thought of disposing of even the most minute possessions is unacceptable. It is almost as if their touching of an object imbues it with the spirit of the deceased. In the extreme, even the rearranging of the child's room cannot be tolerated. Carried to a conclusion, the behavior leads to the creation of a shrine to the deceased.

Other parents cannot bear to be reminded of a child's death and they remove and dispose of his or her clothing and other possessions as soon as possible. Often the room is refurbished or rearranged in an effort to further eliminate unpleasant reminders. Other parents find their comfort in taking a position somewhere in between these extremes.

As with most emotional decisions, there is no right or wrong way to handle this. However, based upon our own experience, I believe it would be wise to withhold any irrevocable decisions for at least three months or even longer. The mind already overloaded with turmoil and trauma of the loss of a child, is just not capable of making any decision on such a sensitive issue.

When our son Drew died, we kept the door to his room closed for almost a year, entering it only for an occasional cleaning, or to remove or store some items. The pain of seeing his clothes and possessions and knowing he would never be able to use them again was insurmountable, and prevented us from making any decision on what to do. When the pain subsided enough to plan a course of action, we decided that we did not want to maintain a shrine.

We decided to open the room and make it available for use. We removed and gave away some of his clothes and things for which we had the least emotional attachment. We packed and consolidated other things that we felt we might want to use or give away later. We cleaned and painted the room, hung new curtains and bought a high riser that would accommodate guests for an overnight stay. We hung his button collection and some of his posters on the walls.

Probably the most important decision we made was to keep the door to the room open. When we look in the room now and see Drew's things, it reminds us of how vibrant and alive he was, and although we still miss him terribly, somehow his things provide an important link between us.

Just recently, almost 11 years later, we gave away most of the things we had so lovingly saved so long ago. Our handling of the situation best satisfied our needs. You may need more or less time, but it must be enough to think things out clearly.

FROM SIBLINGS, FOR SIBLINGS

Don't be afraid of showing your feelings.

If your parents keep saying things about your sibling like "He was too good for this world," don't take that to mean that you are not as good because you are still here.

Remember that parents don't expect to outlive their children, and they are searching for a justification.

If your parents seem to be ignoring your needs, don't think they have forgotten you. They just have to have time to themselves to grieve. And if you really need attention, try telling them in a calm way that you would really appreciate it if they would take time to go with you to an event or look at something. Don't make accusations, though.

FIRST STEP

When my brother died in a car accident seven years ago, I was reminded of a 17 year old boy I knew in high school who had lost his father suddenly. I hadn't known anyone who'd lost a parent before then, and I was curious about how he had acted at the funeral. It made quite an impression on me when I heard that he was calmly speaking with his friends and thanking them for their support. I told myself then, that if I were ever in that situation, I would also be strong.

As I stood in the kitchen seven years ago with "He didn't make it" echoing in my head, I remembered the boy whose father had died, I wanted to be brave like him, to be strong for those around me. I wanted to show everyone that I was resilient, and I wanted to deliver what everyone was telling me to deliver. All the calls and visits began or ended with someone saying "Be strong for your parents. They need you to be strong for them now." There was also a popular song playing on every station with the lyrics "You got to be cool. You got to be calm. You got to stay together. . . You got to be strong. You got to be wiser." I made it my mantra. I couldn't sleep, so I'd silently chant to myself, "You've got to be strong. You've got to be strong."

At first my parents thanked me for showing strength. They were amazed that I was able to walk around and shake hands and thank people for coming to the wake. I tried to reassure everyone while my parents struggled to respond to the sympathy of friends and family members. They didn't feel capable of much conversation. I spoke at the funeral while they listened, teary-eyed, in the pew. I thought I was reaching deep, pulling out powers of resilience that had been dormant in me. I was proud of myself for putting others at ease.

At the same time, there were questions slowly rising to the surface of my consciousness. What about you, Scott? When do you take care of yourself? What do you need? I felt guilty worrying about myself when, according to everyone around me, my parents were depending on me. Not that I ever took the time to actually discuss it with them—I just assumed I was supposed to be the unbending oak. I cried every day, but I made sure I didn't cry in front of them. I left the room if I felt tears building. I tried to push the questions into a dark, distant corner of my mind. I'd answer the phone and hear, "It must be hard for them." When I hung up, I couldn't help wondering why the callers didn't say, "It must be hard on the three of you. Our prayers are with you."

Then my parents began expressing their concern for me. Sensing my isolation, they began to realize that my grief was being overlooked. They realized that they were getting all the support while I was being told to support them. They said they worried about me. They asked who was supporting me. Their empathy helped me accept and admit to my private concerns. I could only be strong for so long. I didn't want to be selfish, but I knew that my brother's death was an extraordinary circumstance. I missed him terribly, and each day I felt more exhausted. Nature was telling me something. I had to stop moving, stop reassuring, and stop acting for the sake of others. I had to admit that I didn't know how to handle grief. I had to stop being the steady, reassuring voice in our family and let the sadness come over me. I had to cry and find some time to be alone. I didn't have to learn to live with the full reality of my loss overnight, but I had to let the grief take me and begin to learn. That's when my journey, as a surviving sibling, began.

By Scott Mastley—TCF, Atlanta, GA



Sibling's Corner

Don't keep waiting for things to return to "normal." Normal will be different now than it was before your brother's or sister's death. Try to understand that there is no "right" way to grieve. What you're going through is different from what your parents are going through, and all members of your family will grieve in different ways.

Know that life does get better. The pain will decrease in intensity, even though there will be small spells of it throughout your life. And memories that seem painful now will become precious.

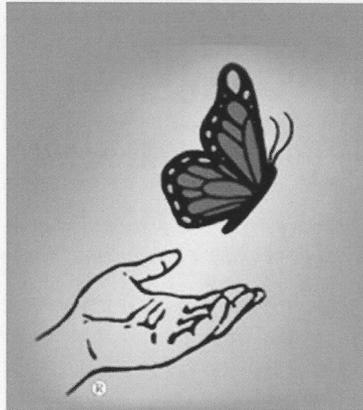
TCF Acadiana Chapter, IL Newsletter, July 2016 - Originally from Birmingham News by Betsy Burgereit, staff writer.



**Bereaved Parents of the USA
has partnered with
Flower Power Fundraising
for this season's fundraiser.**

Flower Power offers **top-quality flower bulbs** for our friends and family members to purchase. All orders ship directly* to our customers' homes and come with a **100% money-back guarantee**. And the best part, we get to keep 50% of every dollar sold! Start now by sharing the link below!

***Plants will ship to your location when it's the appropriate growing time to safely plant your flowers and/or bulbs.**



**THIS FUNDRAISER
HELPS SUPPORT
NATIONAL BPA,
WHICH IN TURN
HELPS ALL THE
CHAPTERS.**

**In addition to
bulbs, Flower
Power also offers
herb gardens,
alfalfa and broc-
coli sprouts and
an assortment of
high quality
Christmas wrap
for \$10 and under.**

Here's how the program works:

We've created a special web page, dedicated to our organization. The page features specific information about our group and explains how supporters can help us achieve our fundraising goals by purchasing flower bulbs and plants directly from Flower Power. You can order up until October 15, 2016

For every purchase made Bereaved Parents of the USA receives 50% of the sale price which counts toward our fundraising goal.

Now here's where you come in!

Automatically invite friends and family members to buy from our fundraiser.

Go to www.flowerpowerfundraising.com.

On the top right side you can search for Bereaved Parents of the USA under Find A Group, you will also be able to share it on Facebook with your friends and family.

Our success is up to you! Please share with your friends and family!!!

Have fun and thank you!

Questions? – Contact Fran Alger – franbpusa@gmail.com

Bereaved Parents of the USA

**Shop for yourself
or send a gift.**



Log onto:

www.flowerpowerfundraising.com

At the upper right corner click on "Find a Group".

Search **Organization Name**

Use: **Bereaved Parents**

This comes up: [Bereaved Parents of the USA— Create A Memory Garden - Highland, NY](#)

Click the link and you can make your purchase.

Thank you

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 are 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
October 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!!

These meetings are temporarily cancelled.
 For more information, please call:
Tri-County Chapter:
 Brenda Wilson 573.438.4559
Troy, MO:
 Cindy Morris 314.954.1810

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

Active Board Members & Facilitators

Arthur Gerner



Son & Granddaughter of
Margaret Gerner
Founder of BPUSASTL

Emily Gerner



Joseph DeMarco



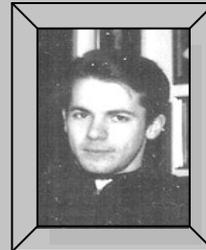
Son of
Theresa DeMarco
Secretary

Lindsay Marie Dodd



Daughter of
Pat Dodd
Chapter Chair

Joel Fehrmann



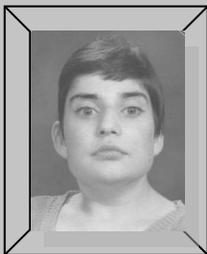
Son of
Linda Fehrmann

Jennifer Francisco



Daughter of
Jeanne & Mike
Francisco

Natalie Frohning



Daughter of
Linda Frohning

Kellie Gregory



Daughter of
Cary Gregory

Mickey Hale



Son of
Jacque Glaeser

Julie Bardle



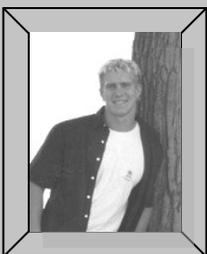
Daughter of
Marilyn Kister
Newsletter
Editor

Donnie Lagemann



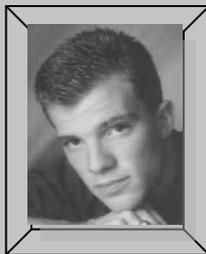
Son of Bill &
Vicki Lagemann

Jeffrey Morris



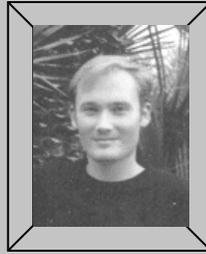
Son of
Cindy Morris
Treasurer

Jeff Ryan



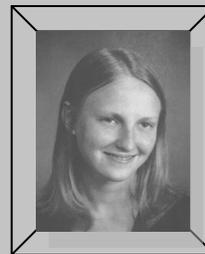
Son of
Pat Ryan

Daniel Kohler



Son of
Arlene Thomason

Rosie Umhoefer



Daughter of
Roseann Umhoefer

Matthew Wiese



Son of
Kim Wiese

Honor your child & support **BPUSASTL**

- **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 online picture.
For any of the above, make sure that your child's picture and angel date is in **BPUSASTL** database. If not, mail one to PO Box 1115, St. Peters, MO 63376 or EMAIL: bpusastl@gmail.com

MEETING TIMES & PLACES Our doors are open for you.

<u>BUSINESS / FACILITATORS MEETINGS</u>	<u>LOCATION</u>	<u>DATES</u>	<u>TIME</u>
ALL MEMBERS ARE WELCOME!	BJC Hospital St. Peters	September 10, 2016	9:00 AM
CONTACT: PAT DODD	10 Hospital Drive	November 12, 2016	9:00 AM
314.575.4178	Room A/B St. Peter, MO 63376	January 14, 2017	9:00 AM

GROUP MEETINGS	MEETING LOCATION	FACILITATOR(S)	DAY	TIME
Bowling Green, MO	Super 8 Motel 1216 E. Champ Clark Dr. Bowling Green, MO 63334	Bill & Vicki Lagemann 573.242.3632 Sibling Fac: Wendy Koch 573.822.6123	3rd Tuesday	7-9pm
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
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 See Note on Page 6 of this Newsletter	7:00pm

SPECIALIZED MEETINGS	MEETING LOCATION	FACILITATOR(S)	DAY	TIME
Grief & Metaphysics Support Group	Contact Facilitator Sharing all aspects of After Death Communication	Sandy Curran 314.518.2302	1st Tuesday	7:00pm
OPEN ARMS Parents Left Behind	Meetings have been discontinued.	Kathy Dunn kathydunn333@yahoo.com 314.807.5798		
GRASP: Grief Relief After Substance Passing	Concordia Lutheran Church 505 S. Kirkwood Road Kirkwood, MO 63122	Mary Ann Lemonds 314.330.7586 malemonds@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. Lukes 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	Mata Weber: 618.972.0429 Butch Hartmann: 314.487.8989	3rd Tuesday	7:30 pm
Survivors of Suicide	Baue Funeral Home's Community Center 608 Jefferson Street St. Charles, MO 63301	Linda Fehrmann 314.853.7925	1st & 3rd Monday	6:30 pm

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

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SEP - OCT 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!

