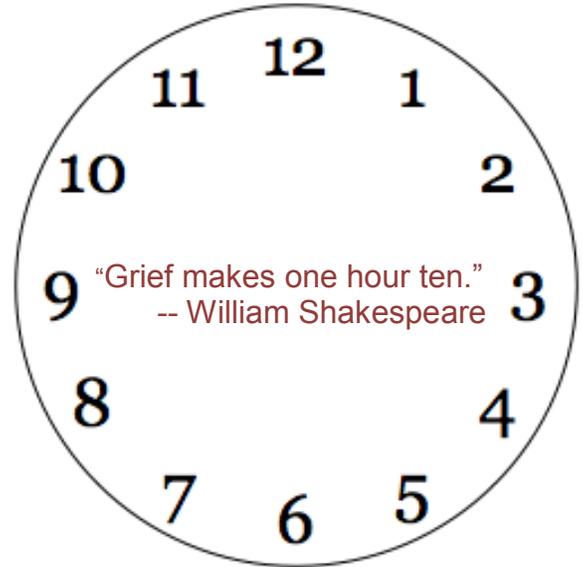




Bereaved Parents USA

St. Louis Chapter Newsletter



Tuesday, October 13, 2015

Every October, Baue Funeral Home sponsors a Community Seminar presented by noted author, educator and grief counselor, Alan D. Wolfelt, Ph.D. Dr. Wolfelt serves as the Director of the Center for Loss and Life Transition in Fort Collins, Colorado.

FREE Seminar, Registration Encouraged

Review Baue website for registration and times

www.baue.com

JUL - AUG 2015

Your Page

We want to hear from you
As part of your journey, some of you created a **Memory Garden**. Please send a photo and share a few words about it.

Please email Marilyn by August 18 at snowwhite6591@gmail.com for inclusion in the September - October Newsletter



TABLE OF CONTENTS	Page
Articles	2, 4, 6, 8, 10, 12
Love Gifts	3
Newsletter Subscription Form	5
Trivia 2015 Flyer	7
Your Page	9
BJC Grief Camps & Retreats Flyer	10
Active Board Members & Facilitators	13
Telephone Friends	14
Meeting Times & Places	15

Making new summer memories



*Sometimes
Memories
Sneak
Out of my
Eyes
And
Roll
Down
My
Cheeks*

“When we are no longer able to change a situation - we are challenged to change ourselves.”

Victor Frankl

It happens once a year. The temperatures start to climb. The summer heat returns, bringing with it that Virginia humidity that makes the air a little harder to breathe on certain days. It brings birthdays and pool days. And, of course, for me, the summer also brings my brother’s “death” day. He was only 10. I was 17. In the time since he died, I have gone from hating the summer, cursing the summer, dreading the summer to now somehow welcoming it like an old friend I don’t get to see often enough. So you might ask how I got from there to here.

Simple: time.

Almost 21 years to be exact. The first 10 years I dreaded the summer. Everything about the heat, the thickness in the air, even the flowers that only bloom late August. It was all a painful reminder of the day that was coming. The one that would remind me that he was gone. The one I would play over and over again in my head the weeks and days leading up to it.

The phone call I didn’t know would be the last time we would speak — or the last time anyone in my family would speak to him. The waiting for what felt like an eternity for someone to tell us what happened, where he was, how he was ... only to watch my dad tell my mom he was gone. Me watching like it was a scene from a movie — the visions of her beating on his chest, calling him a liar.

And that old familiar knot would settle in my chest — heaviness made up of both anxiety and sadness. Then the day would finally arrive.

Then one year it was a little less awful. I found myself half way through the summer before my thoughts kicked into “death day” mode. At first I thought I was betraying him somehow by not being sad enough or crying enough.

To me, feeling the pain was some horrible way of honoring him. It meant I hadn’t forgotten him — that my love for him wasn’t gone just because he was. And with more and more time that passed when I’d see kids playing little league or hear a song he use to sing at the top of his lungs, I would smile.

Then something happened. Something I hadn’t felt in a long, long time. I started to actually look forward to the summer again.

My memories had shifted from being centered on that horrible day to remembering mid-day swims and late afternoon baseball games. Playing hide-and -seek after dark, catching fire flies in mason jars and sunburn!

Maybe it was the new life breathed into our family with the arrival of my niece.

Maybe it’s the way that sometimes when I’m holding my son’s hand I’m reminded of holding my brother’s hand — feeling for a split second like it almost is my brother’s. Or maybe it’s just that old saying, “life goes on.” Because in essence it did and has.

So what have I learned? That pain doesn’t honor my brother, it only punishes me. To honor him means to continue on living. To see him reflected in my son’s smile or hear his laugh echoed through my daughter. It means it’s OK to still cry after so long because I miss him — and I still miss him. But ultimately it means that summer doesn’t stink anymore!

Children of BPUSASTL

<http://www.bpusastl.org/>

Simply join a Chapter, and your child's picture will be added to "Meet Our Children." Mail one to PO Box 1115, St. Peters, MO 63376 or EMAIL: bpusastl@gmail.com

Check the link to see if your child is there.

I only miss you when I'm
breathing
~ Jason DeRulo, Breathing

*I wish I could tell you it gets better.
It doesn't get better.
YOU get better.
~ Joan Rivers*

"It has been said, 'time heals all wounds.' I do not agree. The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue and the pain lessons. But it is never gone."
- Rose Kennedy

Love Gifts

LOVE



In loving memory of
Rosie Umhoefer

We celebrated your 32nd birthday in April. We still get together to mark the day, but it's not quite the same, My Dear.

Love, Dad and Mom

Thank you for your donations. For any tax deductible donation your child's picture will appear on the Love Gifts page. This helps us reach out to newly bereaved parents, helping to defray newsletter printing and mailing costs.



In loving memory of
Julie Bardle

Baby JuJu, our hearts are broken to live everyday without your physical presence. You are forever in our hearts. I will be spending the day with you on your 35th birthday this month of June.

Love, Mom and all your family
and friends

LOVE

Baue offered their annual "Seeds of Hope" Program, name reading ceremony, balloon release and refreshments on June 6. Music and Lyrics were provided by Bridgette Kossor. This free event is open every June to the community. Check the website next May/June to register. www.baue.com

Each new day arrives with many possibilities
Some are apparent and some we don't see
As we breathe and live with the sun and the moon
Some days it feels like life is over much too soon
We try to hold on to the love we treasure
With all the people who have shared our joy and pleasure
The pain of loss seems cruel and unfair
Yet there remains so much more for us to share
For there are Seeds of Hope growing in your heart
A garden full of love, planted from the start
Although there are times when your garden seems empty
Look beneath the surface and know there is plenty
Ready to grow, there are always Seeds of Hope
As a butterfly moves from chrysalis to wing
The process isn't easy; there is pain and struggling
Yet after the pain, there is beauty and light
The butterfly spreads its wings and in freedom, takes flight
It flies for a while, then stops on a flower
Taking in nourishment and resting each hour
From flower to flower, this butterfly descends
In this garden of love, we so carefully tend
For there are Seeds of Hope growing in your heart
A garden full of love planted from the start
Although there are times when your garden seems empty
Look beneath the surface and know there is plenty
Ready to grow, there are always Seeds of Hope
Ready to grow, there are always Seeds of Hope
Seeds of Hope

Late registration is usually still available up until the time of the Gathering.

If you attend the Gathering and wish to share anything that others may benefit from, please provide for the next newsletter.

Bereaved People Are Like Ducks:

**Above the surface . . . looking
composed and unruffled,**



**Below the surface . . .
*Paddling like Crazy!***

Elizabeth Mahaney, M.A. www.SouthTampaTherapy.com

2-2



Bereaved Parents of the USA
2015 NATIONAL GATHERING
HARTFORD, CT • JULY 24 - 26



Newsletter subscriptions now will be due in July. If you made payment since January 2015, please disregard.



Newsletter Subscription Request

\$30 donation for a year subscription (6 issues)

(Newsletter subscriptions start in July. If your request is received after issues have been mailed, we will send previous issues if still in stock.)

We also accept donations to aid us in reaching out to bereaved families.

Make check payable to: Bereaved Parents of USA

Mail to: BPUSA St. Louis Chapter
P.O. Box 1115
St. Peters, Mo 63376

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail address: _____

Your donations are tax deductible to the extent permitted by the IRS.

DON'T ask me how I'm doing
Don't ask if I'm okay
Don't say they're in a better place
As you won't like what I say

NO .. Time is not a healer
And this was NOT Gods will
If He knew how much I've really lost
They would be right here still

I WON'T try to be positive
And this wasn't for the best
My hearts in broken pieces
And it hurts deep in my chest.

Don't say, at least they're out of pain
Well I'm not, and MAY NEVER be.
Their pain is gone, but mines still here
It's been passed on to me.

Don't tell me, you know how I feel
Even though, it may be true.
This Grief is MINE,
For what length of time...
It takes me, to get through.

Toni Kane ©

Don't Ask
If I'm Okay
all-greatquotes.com

The only
people who
think there's a
time limit for
grief, have
never lost a
piece of their
heart.



Take all the
time you need.



But grief is a walk alone.

Others can be there, and listen. But you will walk alone
down your own path, at your own pace, with your sheared-
off pain, your raw wounds, your denial, anger, and bitter
loss. You'll come to your own peace, hopefully....but it will
be on our own,

in your own time.

TRIVIA IS OUR ANNUAL FUNDRAISER
PLEASE HELP MAKE IT A H-U-G-E SUCCESS



BEREAVED PARENTS USA TRIVIA NIGHT

When: Saturday, September 19, 2015

Where: Christian Brothers College High School (CBC) – Ross Hall
1850 De La Salle Drive
Saint Louis, Missouri 63141-8661

Time: Doors Open @ 6:00 p.m., Trivia Begins 7:00 p.m.

Admission: \$200 per table (8 per table) or \$25 per person
{Form your own 8-person team or come solo & make new friends}

Available: Beverages Included (Beer, Soda, Water)
Silent Auction, Raffle, Prizes for 1st, 2nd, and 3rd place tables!!

FUN FOR ALL!!!!

_____ Table of 8 - \$200

_____ # of individuals at \$25 per person

_____ CANNOT ATTEND BUT ENCLOSED IS A DONATION

_____ I wish to donate an item for the silent auction

Call for Information/Reservations:

Terre (314.393.5713) or Courtney (314.440.7751)

or Barb Blanton at barb_blanton@yahoo.com

You can also mail this registration form to:

Terre Rosciglione, 3386 Saddleridge Court, St. Charles, MO 63301

(Make checks payable to BPUSA-STL)

Reservation name(s): _____ Phone: _____

Trivia is our annual fundraiser. All donations benefit Bereaved Parents of the USA,
St. Louis Website: <http://www.bpusastl.org/>

This form is also downloadable from the website.

Please do what you can to support BPAUSA St. Louis

Surviving the Death of a Child: Is the Light at The End of the Tunnel a Myth or Reality?

Those who have endured the “Dark Night of The Soul” hold onto strands of hope. In the deepest, darkest moments of despair, we dare to hope and pray for an hour or a day free of the choice-less sorrow, outrage and overwhelming grief that accompanies the death of a child.

We’re reassured by others, of course, that there’s “light at the end of the tunnel,” “time heals all wounds” and we will “rise from the ashes.” This is good news. We want to believe that life will somehow go on and say, “OK, I’m on board!” And forge ahead bravely in search of the light.

But what does this really mean? What is a light? Is it a real light, not an artificial one? What is a tunnel — a real tunnel? And where is it? How long will it take to get to the light and what are we supposed to do in the meanwhile? The inquiring minds and broken hearts of bereaved parents want to know, “Do we ever *really* heal? Feel joy again? See beauty? Open our hearts to love again? Or, is it possible to make peace with life itself? Is there real cause for hope? If there is, how can we cultivate it when all we feel is pain?”

Skeptics of “the light” claim, “There is no light. It’s a lie. We never get over the death of our child. We’re screwed!” To fight off the debilitating despair, they say, we brainwash ourselves into believing we can be whole again, even if our hearts are broken. The light, they believe, is nothing more than a collective myth. The tunnel, a mirage. We drink the Kool-Aid and survive by dumbing and numbing ourselves down, telling each other fairy tales and convincing others we’re “back” when we know we’re still a sad mess. We put on the mask, nod and smile in all the right ways. And we pass for normal.

This form of disingenuous self-deception may not be a good long-term solution for coping or healing, but it helps some of us get by in the short-term. “It beats the hell out of staring into the abyss” is how I heard one parent put it. Skeptics and cynics of “the light” say “Healing is an illusion, and even quite presumptuous. When your heart’s been ripped out, it doesn’t grow back.”

So what is the truth? Is hope a fabrication? Is there really a light at the end of the tunnel? Are we destined to live out the rest of our lives in despair and heart-ache? Or is it possible to rise out of the ashes into a new normal? The answer might surprise you.

Both are true!

We are both broken *and* whole. Destroyed *and* healed. Screwed *and* not screwed. Our children are both gone *and* with us. Looking at life this way, paradoxically, we go from seeing all things as “either/or” to “both/and.” Both are true!

Viewing our grief this way affords us the much-welcomed safety, permission and freedom to be exactly the way we are — without apology or fear of being judged. It allows us our integrity and humanity.

We are all hard wired to survive. We are born to be resilient. Our cells are programmed to “live,” and “fight back,” even if/when we hurt so bad we want to die. Our minds scan the universe in search of proof and evidence that life can and will go on. Striving for a new season of life free of pain is what we’re biologically programmed to do — even as our hearts break over the reality that our children’s lives have been lost. It’s in our nature to be hopeful. To assure ourselves better days are just around the corner, that our children, now angels, are close and that new found meaning is arising, like the morning sun on the horizon. We are innately faithful.

But there’s more to surviving the death of a child than faith and optimism. We must allow ourselves the time, support, strength and resources we need to grieve, free ourselves of the quick fix spin and solutions of our grief illiterate society, surround ourselves with patient, trustworthy supporters and work hard, day after day, to fight our way back into life. Making our remaining days an expression of love, rather than sorrow and despair is a noble and honorable quest. Learning to speak to (and treat) ourselves with kindness and self-compassion needs to become a daily practice.

Our sorrow may last a lifetime. We may always be triggered into unexpected meltdowns. Our hearts may always have a big hole in them. We may always walk with a limp (so to speak).

And we must summon the courage and faith to love and laugh again, let go and write bold new chapters in our lives with a renewed sense of purpose.

Here are a few other ways to bring light into the tunnel, and illuminate your journey through grief. Every step of the way:

Resolve that it gets different, not better.

Teach yourself to think about the joy in your child’s life, not their death.

Stay spiritually connected to your child by expressing your love and feeling theirs daily.

Choose to believe, or at least consider, that we will be somehow and in some way reunited with our children.

Allow yourself to (constructively rather than destructively) express the sorrow and impotent rage that comes up.

Make sure to count the many blessings that remain in your life.

Ask boldly and specifically for what you need (and don’t need) from others in your circle.

Allow yourself the healing afforded by silence, contemplation and prayer.

Continue to do good things in your child’s name.

Pay forward the generosity others have shown you.

Resolve that in some ways life is not fair, and in others, it’s more than fair.

Surround yourself with people who nourish and support you, not those who take your energy.

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Your Page

What did you or someone you know do within the last year or will do this year to honor your child, grandchild, or sibling?



Jeffrey Williams

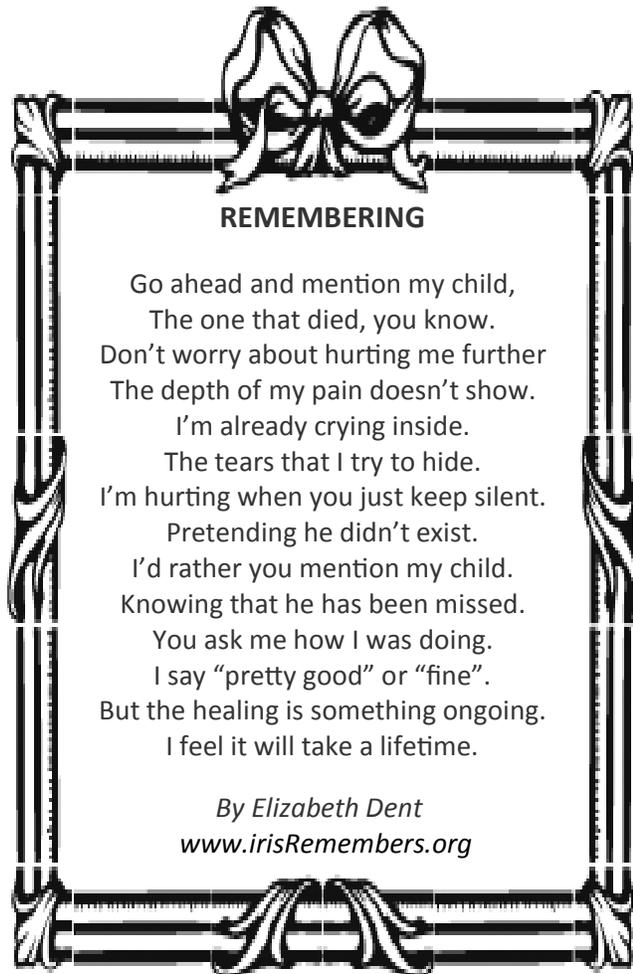
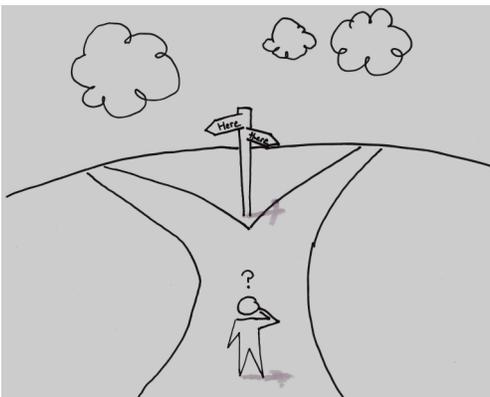
Sunday afternoon, April 12, 2015, a tribute was held for my son, Jeffrey Williams, at Kenny's Bar and Grill in Barnhart, MO. Jeff was a drummer for the past eight years with the band, "Amberfade". There were eight different bands representing musicians that Jeff played with over the years as well as my other son, Chris. The turnout was fantastic and the folks were very generous with their donations to the Stray Rescue Association and with can goods for the local Food Pantry. All this was done in memory of my son, Jeff.

Jeff's Mom: *LaVerne Williams*

A Little Farther Down the Road
I know those tears you're crying.
I've been in your shoes.
You feel like there's no use trying.
Like there's nothing left to lose.
You take one step forward,
Move two steps back.
You may not see it now
But it won't always be like that.

A little farther down the road,
You'll see the sun again.
A little farther down the road,
You'll look back at where you've been.
You'll see how far you've come
And you'll find the strength to go
A little farther down the road.

....
~ by Alan Pederson, in memory of his daughter, Ashley Marie Pedersen



TEENS FIND HELP WITH THEIR GRIEF THROUGH LABYRINTH

by Cara Lotspeich

BJC HOSPICE ■ Much like a labyrinth, the journey through grief can be difficult to navigate. Having a helping hand along the way can make the path easier. A group of 17 teens ranging from 12 to 18 years old recently walked such a path, participating in Labyrinth, a one-day retreat offered by BJC Hospice for teens who have recently experienced the death of a loved one.

The teens, who came from all over the St. Louis metropolitan area, lost parents, cousins, grandparents, and parental figures from long term illnesses, sudden medical issues, accidents, or violent crime. Through special activities and sharing, Labyrinth participants learned ways to identify and express grief, remember the loved one who was lost, and use tools to cope with the loss in the future.

“We had a great group of teens and volunteers this year,” says Andrea Tritinger, BJC Hospice bereavement and retreat coordinator. “Throughout the day, I overheard teens sharing with each other about funny memories, difficult feelings, dreams about the person who died, and things they have found to be helpful,” says Tritinger. “That is part of the gift of these types of experiences; the participants have a chance to recognize that others are going through grief as well, there are things they can do to help themselves cope better, and it is ok to ask for help.”

The event, offered to the community and at no charge to the participants, was held April 25 at Camp Wyman and led by BJC Hospice staff and trained volunteers. ■

Cara Lotspeich, cms0310@bjc.org



“All of the programs are offered at no cost to the community. I would greatly appreciate you sharing any/all of this information in your newsletter.”

Andrea Tritinger



1. The wall climbing activity fosters team building and trust, and gives campers a chance to discuss the importance of communication and teamwork when dealing with difficult situations. | Photos by Danielle Crall
2. Teenagers decorated masks to show the difference between the feelings that they show on the outside and the emotions they're really feeling and may be hiding on the inside.
3. A candle glows in memory of one teenager's mom.
4. One teen is all smiles on the ropes course.
5. The teens did some drumming together to break the ice and talked about how music can bring back memories, how it effects your feelings and shared some personal examples. The teens shared names of songs that connected them with the person who died or a song that helps them when they feel down, compiled them together and created a Spotify playlist. The link to the playlist was given to the teens so they can listen to the songs at any time.
6. The teens at Labyrinth show the masks they made.
7. Teens decorated a memory box to hold special keepsakes of their loved ones.

I was recently hanging out at a BJC hospital and picked up their newsletter. Andrea Tritinger, provided permission to use this interesting article. She also provided the flyer on page 11. If interested, contact Andrea for camp/retreat availability.

Marilyn Kister

The most meaningful part of the day was ...

- learning that there were others in my situation
- when we were telling our group about what happened to our loved one
- talking about my grandpa
- making the memory boxes ... they were very beautiful
- knowing that my life isn't crazy



MAY 18, 2015 | BJC TODAY

The St. Peters Group celebrates Mother's Day Month by sharing treasures made in memory of our children. Women also participated in an optional plant exchange while the men in the group met in a separate room to talk and share.



Many balloons were found from the April Cottleville balloon release. Jeanne and Mike Francisco's balloon was found in Tuplolis, Illinois. Theresa DeMarco's in South East Illinois. Bill & Ruth Green's balloon was found in Staunton, IL and Chris & Carol Connell's went as far as Indiana.

"The Bowling Green Group had a balloon launch at our May meeting. It was a beautiful evening and the balloons headed east in a hurry. We also had a plant exchange which everyone enjoyed. We had a very productive meeting."
Vicki Lagemann

BJC Hospice Grief camps and retreats

BJC Hospice offers the following grief camp and retreats for children, teens, and adults who have experienced the death of a loved one. There is no fee for participants to attend these events.



WHAT: Daybreak is a one-day retreat to help meet the unique needs of a couple grieving the death of their son or daughter. Daybreak encourages communication and partnership, provides opportunities to share feelings and experiences, and fosters a sense of hope.

WHEN: Saturday, October 3, 2015

WHERE: Spencer Library Community Commons in St. Peters, MO



WHAT: Labyrinth is a one-day retreat for teens ages 13-19 who have experienced the death of a family member or close friend. Participants will learn ways to identify and express feelings, share and memorialize their loved one, learn coping tools, and meet other teens who have experienced a loss.

WHEN: Saturday, April 25, 2015

WHERE: Camp Wyman in Eureka, MO



WHAT: Stepping Stones Camp is a weekend camp for kids ages 6-12 who have experienced the death of a family member or close friend. Stepping Stones provides a safe place for campers to explore grief and remember their loved one along with plenty of camp fun.

WHEN: August 7-9, 2015

WHERE: Camp Wyman in Eureka, MO



WHAT: Weavings is a weekend retreat for mothers who have experienced the death of their son or daughter. The retreat creates a safe space for women to share their feelings and stories while learning new coping tools and experiencing a community of support.

WHEN: November 6-8, 2015

WHERE: Marianist Center in Eureka, MO

For more information on the camps and retreats offered through BJC Hospice, call 314-953-1676, email griefsupport@bjc.org or visit www.bjchospice.org.



WANTED: A GRIEF HELPER

By: *Father Joe Mahoney*

http://www.rubinstein-taybi.org/New_Parents/Encouragement/Poem_6/poem_6.html

A strong, deep person, wise enough to allow me to grieve in the depth of who I am, and strong enough to hear my pain without turning away. Not too close, because then you couldn't help me to see. Not too objective, because then you might not care. Not too aloof, because then you couldn't hug me. Not too caring, because then I'd be tempted to let you live my life for me. I need someone who believes that the sun will rise again, but who does not fear my darkness, or my walk through the night; Someone who can point out the rocks in my way without making me a child by carrying me; Someone who can stand in thunder and watch the lightning, and believe in a rainbow.

DID YOU KNOW you can help your organization by making purchases from Amazon.com.....

You can use the amazon.com link located on the bottom of the BP/USA National Website. BPUSA receives 10% of your Amazon.com purchases. *(Circled below is a screen print of where the link is located on the website.)*



We want you to know you are not alone on your grief journey. BP/USA understands and cares about you and knows that we bereaved families truly share "A Journey Together". We invite you to contact any member of the [BP/USA National Board of Directors](#) or [Chapters](#) listed on this site for help or additional information.

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GRIEF RESOURCES

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Also, peruse the Centering Corporation link for everything from books & sympathy cards to bereaved care packages. "The use of these links will not increase the cost of your purchases".

Children of BPUSASTL's

Active Board Members & Facilitators

Arthur Gerner

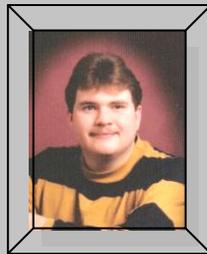


**Son & Granddaughter of
Margaret Gerner
Founder of BPUSASTL**

Emily Gerner



Brett Alan Blanton



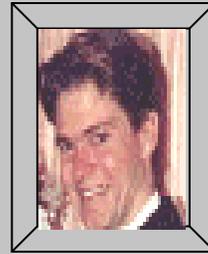
Son of Barb Blanton

Kristen Curran



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

Michael Curran



Joseph DeMarco



**Son of Theresa
DeMarco**

Joel Fehrmann



**Son of Linda
Fehrmann**

Jennifer Francisco



**Daughter of
Jeanne & Mike
Francisco**

Natalie Frohning



**Daughter of Linda
Frohning**

Mickey Hale



**Son of Jacque
Glaiser**

Julie Bardle



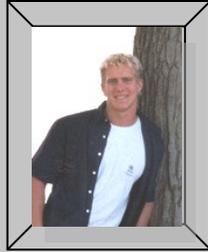
**Daughter of
Marilyn Kister**

Donnie Lagemann



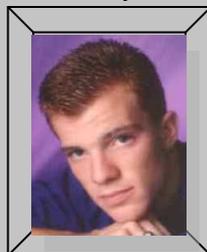
**Son of Bill & Vicki
Lagemann**

Jeffrey Morris



Son of Cindy Morris

Jeff Ryan



Son of Pat Ryan

Daniel Kohler



**Son of Arlene
Thomason**

Rosie Umhoefer



**Daughter of
Roseann Umhoefer**

Honor *your child* & support **BPUSASTL**

- **Tribute of the Month:**
Make a \$20 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 donation to submit a one-page story that links to your child's picture.
For any of the above, make sure that your child's picture and angel date is in **BPUSASTL** database. If not, mail one to PO Box 1115, St. Peters, MO 63376 or EMAIL: bpusastl@gmail.com Check the link to see if your child is there.
- **Love Gift:** For any donation your child's picture will appear on the Love Gifts page.

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

Newsletter Submissions

Cut-off date for our next issue is

August 18, 2015

Send your submissions to:

Newsletter

PO Box 1115

St. Peters, MO 63376

bpsuastl@gmail.com

If sending payment make checks

payable to BPUSASTL.

Six issues per year. *Thank you!!*

HELP needed: If you have written poems or articles or read something that helped you, it might help other bereaved parents. Please submit it for consideration in a newsletter.

Thank you

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

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.

MEETING TIMES & PLACES

Our doors are open for you.

Bowling Green **GROUP** (3rd Thursday, 7-9:00PM)

Super 8 Motel
1216 E. Champ Clark Dr.
Bowling Green, MO 63334
Fac: Bill & Vicki Lagemann
(573) 242-3632

Bowling Green's Sibling
(time same as Bowling
Green)

Fac: Wendy Koch
(573) 822-6123

St. Peters - St. Charles **GROUP** (1st Thursday, 7:00PM)

Knights of Columbus Hall
5701 Hwy N, St. Charles, MO
(Cottleville), MO 63304
Fac: Mike & Jeanne Francisco
(636) 947-9403

Sibling Group

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

OPEN ARMS Parents Left Behind

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

Grief & Metaphysics Support Group

1st Thursday. For more
information and to RSVP Contact
Sandy Curran, 314-518-2302
skc4pets@gmail.com

GRASP: Grief Relief After Substance Passing

Sundays at 7:00PM
Harris House
8327 Broadway, 63111
MaryAnn Lemonds
(314) 330-7586
malemonds@gmail.com

BUSINESS FACILITATORS MEETINGS @ 9:00AM

July 11, 2015
September 12, 2015
November 14, 2015

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

ALL ARE WELCOME!

Contact:
Linda Fehrmann
(314) 853-7925

St. Louis City **GROUP** (3rd Wednesday, 7:00PM)

Fifth Spiritualist Church
(lower level)
6026 S. Kingshighway (Lisette
and Kingshighway)
St. Louis, MO 63109
Fac: Sandy Curran
(314) 518-2302
CoFac: Stefanie London
(314)-651-0752

Life Crisis Center

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

Parents of Murdered Children

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

Tri-County **CHAPTER** Meetings temporarily canceled. Please call:

Brenda Wilson
(573)438-4559

Troy, MO **GROUP** Meetings temporarily canceled. Please call:

Cindy Morris
(636)462-9961

West County **GROUP** (4th Tuesday, 7:00PM)

Shaare Emeth
Congregation
11645 Ladue (Ballas &
Ladue)
St. Louis, MO 63141
Fac: Jacque Glaser
(636)394-3122
jlynn63021@yahoo.com
CoFac: Arlene Thomason
(314)401-2510

Additional Meetings www.bpusastl.org

Survivors of Suicide

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

PALS: Parents affected by the loss of a child to Suicide

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

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

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JUL - AUG 2015

*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!

