



Bereaved Parents

St. Louis Chapter Newsletter

NOV - DEC 2015



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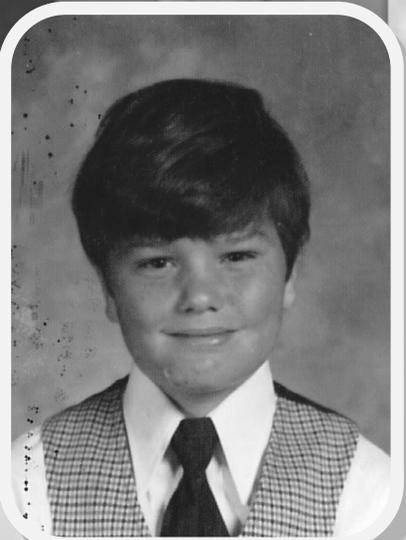


In loving memory of
John C. Long
1963 - 1992



In loving memory of
Michael A. Maixner
1987 - 2009

MISS
YOU



In loving memory of
Darren Christopher
Young
1968 - 1989

TEARS are
the VOICE
of the
HEART

ANONYMOUS
DONATION



We are grateful for your donations. Love gifts allow us to offer resources, this newsletter, brochures, and special remembrance ceremonies to assist bereaved parents, grandparents and siblings. Love gifts are not required, but are very much appreciated. All donations are tax deductible.



Angel of Hope

December 6

Blanchette Park
St. Charles, MO

Weinand Park
1305 Boone Street
Troy, MO

S. Lakeshore Dr.
Washington, MO

*Candlelight Memorial Service
held every year on December 6th,
at 7:00 pm.*

Above are local locations.

[http://www.richardpaulevans.com/
angel-statues/locations/](http://www.richardpaulevans.com/angel-statues/locations/)

Memorials





*A Candlelight
Memorial Service*
In Memory of our Children
Sunday, December 13, 2015

Service: 4:00 p.m.

**KEYNOTE SPEAKERS
MIKE & JEANNE**

**Invitations with additional
information will be mailed.**

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How Did GRIEF Get an Expiration Date?

Certain things need an expiration date. Milk, eggs, mayonnaise, meat, fish... there is a time we need to be done with them, and throw them away... I get all that. But does grief have an expiration date? For some reason, there seems to be an acceptable shelf life—6-12 months—and then grief should be off the shelf, out of the home and permanently removed with the weekly trash service. If it was only that simple...

The “grief expiration date” myth must come from people who have never experienced a close death – otherwise they would know the truth. Everyone fears facing such a loss. They are hopeful that should death touch their world, it will only take 6-12 months to recover. No one wants someone they love to die. So, until faced with the reality, it’s easier to think ‘this won’t happen to me, AND if it does it will only be bad for a finite, short amount of time and then...there’s an expiration date and it is magically all gone.’ What a wonderful world that would be.

I’ve heard time and time again there is a societal expectation to “get over” grief in 6 months, and at the longest, a year. Those who aren’t grieving believe it, and often those who are also believe it – this sets grieving people up for false, and ultimately disappointing, expectations.

The one year mark looms like some golden carrot over the heads of those who are grieving. It is a symbol of hope that if they make it to the one year mark they will be in a much happier and pain free place.

The reality is they won’t be over it, nor should they be. If someone spent years loving another person, the pain of that person’s death simply will not be removed due to a date on the calendar. The opposite actually might happen – people who are grieving may feel even more pain in year two because the initial numbness, which often serves as a protective barrier at the onset of loss, has worn off and they begin experiencing the full intensity of their feelings and grief. This is accompanied by the realization that life with loss is their “new normal.”

I lost my mother at 9 and father at 12. I remember feeling the expectation of a grief expiration date myself. I remember being 15, five years after my mother died and three years after my father died. If I had a tough day missing my parents, people looked shocked, or avoided the subject, or avoided me. Sometimes I would hear insensitive comments, like “aren’t you over that?” Or when someone experienced a more recent loss, I would get “Oh, poor [so and so]. What a tragic loss. Aren’t you glad you are over that now?”

I remember beating myself up and doubting how well I was coping. If you allow yourself to believe there is an expiration date for grief, you will start to think you aren’t doing well if you still miss your loved one 5, 10, 20, 40 years after the loss. In reality – it’s normal. And it’s okay.

This is what I know to be true:

Grief IS a life-long journey. An emotional handicap you get up, and live with everyday. It doesn’t mean you can’t lead a happy life, but it is a choice, and takes work.

The frequency and intensity of those grief pangs/knives should lessen over time, but the reality is every now and then for the rest of your life, you will feel those pangs. Everyone grieves at their own pace, and in their own way. There is no one way to grieve, and no certain order, and no timeline. There is definitely not an expiration date.

Continued on Page 5

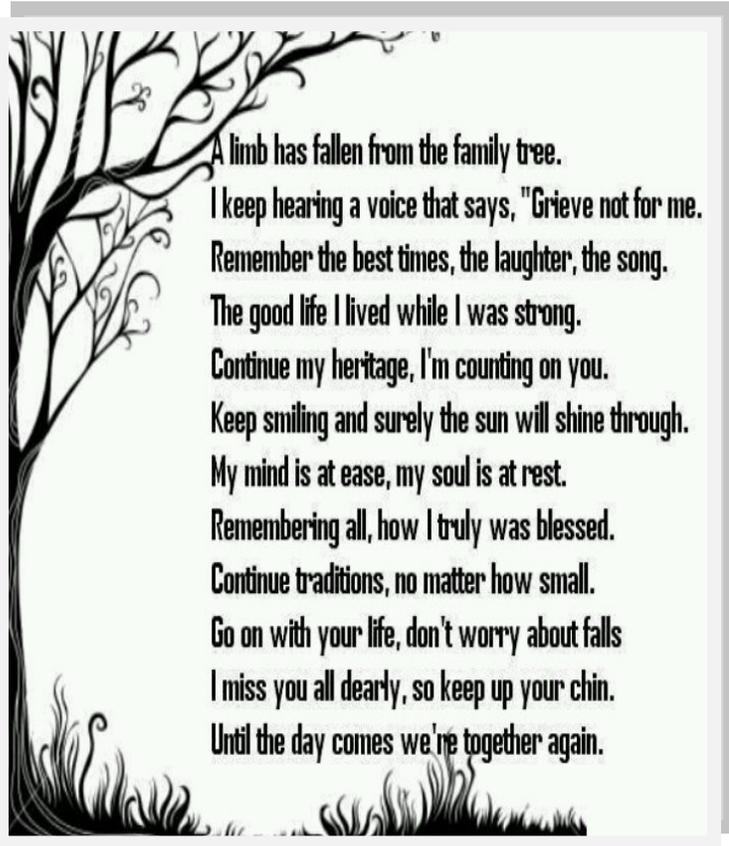
How Did GRIEF Get an Expiration Date? (Continued from Page 4)

Grief will take on different forms in different people. Not everyone cries; others cry all the time. Some exercise a lot. Others talk about it a lot. Many seek counseling or join a support group, and enjoy the company of a good and understanding listener.

If years after your loss, thinking of your loved one missing a special day or milestone in your life, makes you sad, puts you in a funk, or makes you cry, don't beat yourself up. Allow yourself the ability to grieve the loss of memories not created. As long as the frequency and intensity of grief eases—even if it is slowly over time—you are coping in positive ways. Alternatively, if years after the loss, you can't bear the mention of your loved ones name, you sleep all day, you aren't participating in your normal everyday activities, you do things to "numb" or escape your grief, those are warning signs that you are not coping well, and should seek the assistance you need to begin healing.

Grieving in a healthy manner, taking steps to move forward, and rebuild your life with a new normal, doesn't mean you won't have those tough days or tough moments.

There is no expiration date. Grief never fully goes away. That doesn't have to mean you can't and won't live a happy and productive life. What it does mean is the love you shared with loved ones lost, doesn't have an expiration date either.



Thank you to the following for another successful Trivia Event:

Coordinators: Terre Rosciglione, Courtney & Justin & Brody Lehmann

Assistants/Donations: Debbie Brauch, Theresa DeMarco, Chuck & Karen Digney, Mike Francisco, Jacque Glaeser, Linda Frohning, Kelly Kirn, Marilyn Kister, Greg & Jan Klocke, Kevin LeBlanc, Bob Maixner, Samantha Schaefer, Larry & Rosann Umhoefer. And a huge thanks for inviting your friends and family to play. See you next September!!!!

Thanks to this team for handling the beverage bar!!





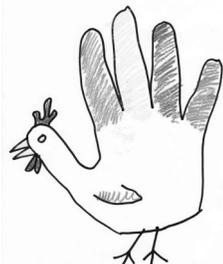
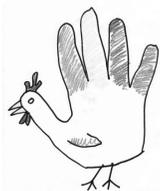
Hope for the Thanksgiving Holiday

www.hellogrief.org

The holidays can be an especially difficult time of year for those who are grieving. When everyone around you seems happy and full of holiday cheer, you may want to just skip the holidays all together. The sights, sounds and smells of the holiday season can be overwhelming and the period of time leading up to the holidays can actually be worse than the day itself.

Before Thanksgiving Day, think about what might be tough and plan ahead, for example the "empty chair," should you keep it in place or remove it from the table all together? Should the oldest child or another family member sit there now? Should you set a place in honor of your loved one? There's no right or wrong answer, do what's best for you and your family.

Be realistic... Don't over schedule, you know yourself better than anyone. Set realistic goals and always have more than one plan. By having multiple plans – plan A, B and C – you can quickly move to the next plan if the previous one isn't working or becomes too difficult.



It's important to remember that you don't have to do things the way you've always done them. It may be a good time to start some new traditions, this doesn't mean you're going to lose the old traditions; you can always go back to them or incorporate them again when you're ready. Just because you've always put on a huge feast doesn't mean you have to this year, have everyone bring a dish, have another family member host Thanksgiving dinner, or go out to a restaurant this year.

Address the "elephant in the room," by acknowledging your loved one and including him or her in your gathering by lighting a candle, making a toast in his or her honor, or sharing favorite memories and funny stories about them. It may be difficult to start these conversations but it will benefit everyone around you and help each of you heal a little bit at a time.

A wonderful new tradition is to cover the table with a plain table cloth, provide permanent markers for family members and guests to write what they're "thankful" for on the table cloth, a favorite memory or message to your loved one, and children can have fun by drawing pictures. Bring the tablecloth out at each holiday until it's full and then start a new one!

Remember to give "thanks" for what you had and what you still have... memories, love and feelings in our hearts can never be taken from us unless we let them. This year give thanks that the grief you feel is based on the enormous love you've shared!





By Margaret Gerner
Arthur's Mom and Emily's Grandmother
Chapter Newsletter Fall 2010

I sat down regularly to read the many newsletters that I receive from the chapters across the county. Most of the time there were articles in them that made me cry a little. I read about children who are dead and parents who were hurting, but never did I come away from those reading sessions depressed. I came away with hope, hope that the searing torment does lessen and eventually give way to warm, loving memories of our child!

When we are in the deepest throes of our grief, when our beloved child has just recently been snatched from life by a tragic accident or succumbed to a fatal illness, or died in some other way, can we believe we can ever be happy again?

When to simply get up in the morning is a major accomplishment, can we believe that we will ever be able to function with enthusiasm or purpose? When every thought of our children brings excruciating pain, can we believe that we will someday be able to think of him/her and smile? I know it is hard to believe that this will ever happen, but it will. The words used in defining **HOPE** are expect, trust, anticipate, wish, desire and confident. These are the key words. If we expect, trust and anticipate feeling better, we will in time. If we wish it and are confident, the day will come when we will feel better. Of course, it doesn't just happen. It takes long hard grief work. It takes many painful hours of allowing ourselves to go through our grief. It takes patience and it takes time. But know you will come to the light at the end of the tunnel. Know that there is hope. Know that many bereaved parents who have been in the same painful place that you are now have found life meaningful again. Know that you will too.

Believe

Someone is Missing...

Every day since I lost my little girl Kimberly
I wake up with the knowledge...someone is missing.
I go through my day and in the back of my mind
I hear a whisper...someone is missing
I sit down to dinner with my husband and son,
and in the back of my mind
I hear a whisper...someone is missing
I wake up and think...
there should be a birthday to celebrate today
and I hear clearly...Someone Is Missing
I wake up and think...
this is the day my whole world changed
and I hear clearly...Someone Is Missing
I wake up and the holiday season is here
and I hear loudly...SOMEONE Is Missing.
I try to get into the holiday spirit
and I hear a whisper...someone is missing
I gather with family to celebrate the holiday season
and I look around the room and inside my head
I hear screaming...SOMEONE IS MISSING!!
Please understand I enjoy spending time with family
but this voice that I hear squeezes my heart...
I love each and every one of you
but please understand...Someone Is Missing!

Kimberly, mommy misses you to the moon and back!

*In Loving Memory of my beautiful daughter
Kimberly Darlene Clark, by Jennifer Malloch*
<http://elliesway.org/griefpoems/>





Dealing with Grief During the Holidays



<http://www.surviveyourgrief.com/dealing-with-grief/dealing-grief-holidays/>

From "How to Survive Your Grief" by Susan L. Fuller

Grief is a hot topic these days. Every newspaper and blog seems to have advice on how to get through the holidays. Where are they the rest of the year?

Rather than add to the noise, Susan scoured the web to share some of the better articles and lists on dealing with grief during the holidays.

What none of them say is that the anticipation of the holiday is almost always worse than the reality. The day itself is a day that can be hard but not nearly as hard as the string of days and weeks leading it up to it.

Grieving during the holidays

Keep things as simple as possible. Limit activities to the ones which are the most meaningful and enjoyable for you and your family.

While keeping some (or all) of your holiday traditions is comforting, you may also want to create new traditions that bring meaning to your life as it is now.

Don't get caught up in the shoulds. In grief, there are no shoulds. What you should do is what feels best for you — even if it means going away for the holidays.

from [Democrat and Chronicle](#)

Memorialize the loss of our loved one. This tangible acknowledgement of their life can be very comforting. There are many ways to do this:

- Donate time or money to a charity in their name.
- Look through photo albums and/or create a scrapbook.
- Plant a tree.
- Prepare their favorite food.
- Visit the cemetery.
- Hang a memorial ornament on your Christmas tree.
- Light a candle.
- Have a prayer service.
- Write a letter to our loved one.
- Gather together family & friends to share stories and memories of our loved one.

For the grieving, Christmas is hard work

The purpose and meaning of life events have changed. A new meaning must be born where new practices begin.

We grieve not only the person who has died; we grieve the life we lived with our loved one. There are many fears and much pain as the season approaches.

Fear of preparations such as shopping, the holiday parties, the cooking, the Christmas music, sending out the greeting cards and seeing friends can all be disturbing for the grieving person. If you are the parent of a child who has died, it is difficult but wise to maintain some of the traditions for the siblings, for you and for the grandparents of the child.

from [Ottawa Citizen](#)

Grief: Coping with the holidays

My favorite holiday story is that of a woman who told me she decorated her Christmas tree with her mother's costume jewelry. That tribute must have been a spectacular and dazzling sight.

Here's a list of suggestions we offer in the bereavement center.

- Plan ahead.
- Do what you want, not what you feel you should do.
- Surround yourself with those who are supportive and understanding.
- Lower your expectations during the holiday season.
- Allow someone else to do the baking, cooking and decorating this year.
- If you go to an event, take your own car so that you can leave when you choose.
- Shop using catalogs or the Internet or don't shop at all this year!

I have always encouraged folks to take their own car to events throughout the year so they can make an early departure. Now I add, park in the street so your car doesn't get blocked in the driveway. There's nothing like trying making a quick getaway when you have to ask 3 people to move their car!

Finally, give yourself permission to be happy. It's OK to feel good. Feeling good and laughing is your body's way of letting you relax and let go of stress. This is a normal, healthy reaction. If you enjoy yourself at times, you are not being disrespectful to the memory of your loved one.

DEAR CHILD OF MINE

Dear Child of Mine, who died before your time, I am grateful for your life, though death brought the end of hopes and dreams, still I am grateful for your life.

Through you I have known joy and sorrow, laughter and tears, through you my life has been enriched, my compassion heightened and I am more keenly aware of the grief of others, I am grateful for your life.

Now I draw upon my memories of you, some happy, some sad, they keep you close in so many ways, they are priceless, precious memories that help me bear the pain.

Through them I will learn to live again, I am grateful for your life.

I have been blessed by your life, I will share that love and strive to live to be a blessing to others.

Dear Child of Mine, though you died before your time, you are NEVER far away from me. I have locked you in My Heart of Hearts, and there I will love you through ETERNITY!!

I am grateful for your life,

Dear Child of Mine!!!

By B. Stevens

Provided by Dick & Doris Young

In memory of Darren Christopher Young,
his 26-year Angel date is October

1968 - 1989

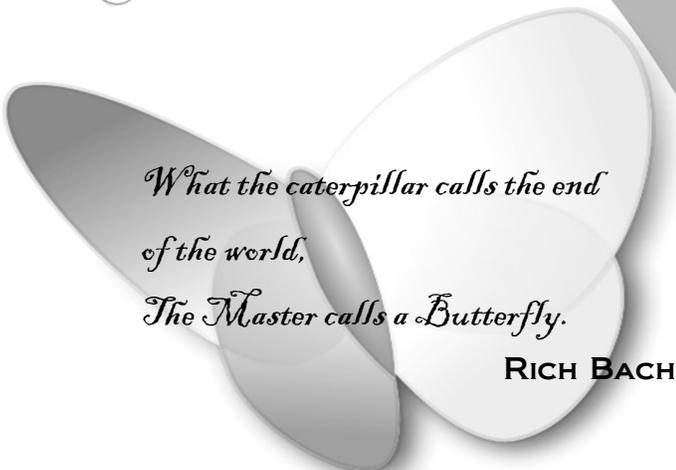
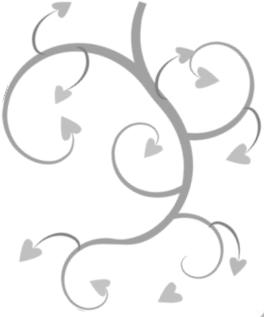
Learning To Walk After Grief

Putting One Foot In Front Of The
Other

By: Regina Sanders

*What the caterpillar calls the end
of the world,
The Master calls a Butterfly.*

RICH BACH



Couples dealing with the death of a child

We understand how devastating it is to lose a child and how much of a strain your grief can place on relationships. There will be challenges ahead, and no one will pretend it is going to be easy or that parents will ever truly get over the loss of their child but, together they can learn to adjust and integrate the loss into their new lives.

What challenges might our relationship face?

As a couple dealing with bereavement there will be many trials to face as you come to terms with your grief, including changes to your routine and trying to stay strong for the rest of your family. The first thing to be aware of is that there are often clear differences in the way that Men and Woman deal with loss. Men tend to have a desire to get back to work and to keep busy, whereas Women want to stay with their feelings and talk about their loss. It's important to know that both reactions are absolutely normal.

These differences in the ways which men and women grieve can lead to challenges in the relationship. Common signs are an increasing lack of communication with each other or they could find themselves blaming each other and subsequently feelings of resentment between the parents can take hold. Resentment can turn to guilt; guilt that you are still here or, that you feel guilty to smile again. Such challenging times can also exacerbate existing problems in your relationship. There is potential for these new heightened emotions to be directed to unrelated issues such as health, personal finances or indeed, to foster new dependencies on drink or drugs by way of an escape. Being aware of these potential effects and possible new behavioral patterns means that you can, as a couple work, together to help each other.

What can I do to help my relationship?

It is important at this time to acknowledge your feelings with one another. You may be feeling weak and alone however, the value of being able to talk to one another and communicate honestly cannot be underestimated. Try your best to discuss how you are both feeling, and be aware that you may both experience very different emotions at different times. This is perfectly normal; the stages of grief have no set rules or guidelines in which they should be followed.

Show your love for one another; commonly, men feel loved when they are valued and women when they are shown compassion. There are no quick fixes for a couple when dealing with the death of a child, it will take time but, by working together and being open with your feelings and emotions will help. You may find great benefit in bereavement counseling for both you as a couple but also for any other children you have. Even if there aren't any major relationship or behavioral issues, counseling will help you both cope with the situation better. On our website you can read more about counseling and how to access it.

Will our relationship be the same again?

Losing a child is the most profound loss anyone can experience. Nothing can prepare you for the intense emotions and feelings, or the strains that it can put on you as a couple. But, the bond and commitment of your relationship will help you survive and can even strengthen your relationship in the months and years to come. Life after the death of your child will never be the same and it is something you will never get over however, in time you will learn to be happy again, look forward and enjoy a "new normal" life together.



Lovingly lifted from:

**Anne Arundel County Chapter of
The Bereaved Parents of the USA**

March 2003

SIBLING SURVIVORS

Gloria Carton

SIBLING



The Loss of a Brother or Sister Can Recast a Child's Destiny... This was the title in the Washington Post Health section in January, 1993. A social worker whose sister died of a brain tumor when he was five now works with families of children who have cancer. Another surviving sibling is a laboratory chief at NIH who was driven to succeed after his sister died of leukemia.

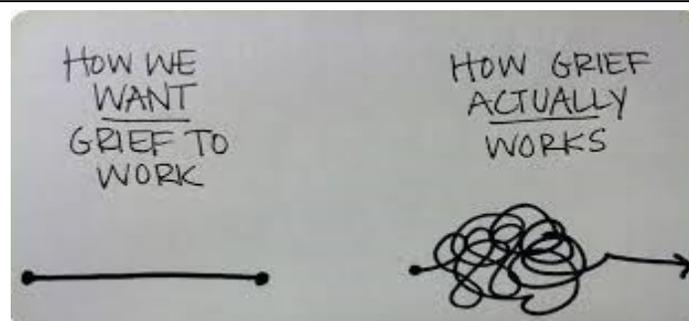
The article explains how, many years ago, a fourteen year old boy died of a brain hemorrhage. His mother stayed in her bed, refusing to accept a future without him. Her other son who was seven years of age began to write amusing stories to read to her. This son was James Barrie who went on to immortalize his brother by writing "Peter Pan", the Boy who Never Grew Up.

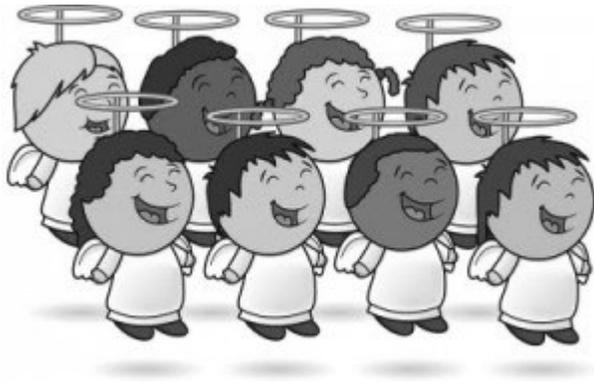
Surviving siblings know that their lives are shaped by the brother or sister who never grew up. Sometimes they overcompensate and try to live for two. Sometimes they build a protective wall so as not to feel the pain. Often the missing link in their lives is found after many, many years. Such is the case of our daughter, Emily who responded to this article and last month decided that she was ready to let me read the following letter which was accepted and printed on the editorial page of the Washington Post in February, 1993.

Losing a Sibling The article, "Sibling Survivors", touched upon many issues that children face when they lose a brother or sister. My oldest sister, Isabel died of leukemia when she was 15. I was five years younger. Besides the loss of someone I deeply loved and depended upon and who had been part of my constellation since birth, there was the loss of my parents to their grief. Each day, I questioned the reason for her death and the reason for my survival. Secretly, I wondered if my parents had wished it had been me. Instead of compensating for my sibling's death by trying to live and to achieve for two as those described in the article did, I became paralyzed and lived below my potential. I could not overcome the feeling that to live and to embrace life fully would mean a betrayal of her memory. Decades later, the birth of my children brought all my unresolved feelings to the surface. Loving my son and daughter with the intensity and abandonment with which I had once loved my sister opened the door to memory. Only now, 30 years after my sister's death am I able to acknowledge that my life had been formed by the experience and that most of my choices, including my social work profession have been in response to that event. Through the hard and painful work of sifting through that time of life, I am able to forgive myself for surviving and to forgive my parents for the grief that paralyzed their own lives. I only wish that there had been someone in my life who understood what I was going through and could have helped me through the wrenching emotional odyssey that followed.

Emily Carton

Washington, D.C.





BIRTH DAY

How could I, without warning, have known that you'd be gone to Heaven on your birthday, with angels, singing songs?

Why would I ever think that my years of having you would so abruptly end before turning 52?

Parents love their children. They guide their early years and help them through life's problems by squelching many fears.

They then spend time rejoicing and watching as they dive head first into adulthood while thrilled to be alive.

I thought I'd get to sit back and watch you as you grew, applying all your wisdom to lessons I'd taught you.

As I had often told you, you were my greatest gift and source for inspiration when asking for a lift.

You were such joy and pleasure whenever you were near.

I always took for granted you'd somehow still be here.

Discussions of the future were not dwelled on since we were living in the present and just happy to be.

We never got the pleasure to share so many things that I had always hoped for, since time heals everything.

We said we're getting closer and healing some old scars.

But God, He took you from me to live among the stars.

I guess your pain is over and joy is all you know, but still I'm left here crying, the lowest of all lows.

To celebrate a birthday, makes sense while still alive, but with your unknown causes, you couldn't then survive.

I guess I should be happy you passed through Heaven's door, but there's no celebration in my heart anymore.

Written by: Cary Gregory, Wentzville, MO
Kellie's Dad

To Love
& Cherish

"One day, each of us will rediscover whatever we cherish about life. Each of us will find the laughter that echoed throughout our life with our loved one – if we will look for it." **Darcie D. Sims**

"I found that grieving is a uniquely individual experience - we grieve as differently as we look. I learned that I could separate the grief from the good memories. On birthdays and holidays, I gradually became able to celebrate my family's lives without breaking down in tears every time. I learned that it was indeed possible to move on with life and still never forget my family. And I took comfort in the fact that purging the past does not mean forgetting. It means releasing. "

An excerpt from the book: *"Into the Deep...One man's story of how tragedy took his family but could not take his faith."* Robert Rogers with Stan Finger

Older Grief

It's about sudden tears swept in by a strand of music.

It's about haunting echoes of pain on anniversaries.

It's about feeling his presence for an instant one day while dusting the room.

It's about early pictures that invite me to hold him in my arms again.

It's about memories blown on wisps of wood smoke and sea scents.

Older grief is about aching in gentler ways, rarer longing, less engulfing fire.

Older grief is about searing pain wrought into tenderness.

Anonymous

Lovingly lifted from *"Children of the Dome"* by Rosemary Smith

Children of BPUSAS^tL's

Active Board Members & Facilitators

Arthur Gerner

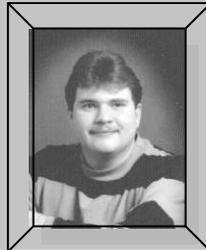


*Son & Granddaughter of
Margaret Gerner
Founder of BPUSAS^tL*

Emily Gerner



Brett Alan Blanton



Son of Barb Blanton

Michael Curran



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

Kristen Curran

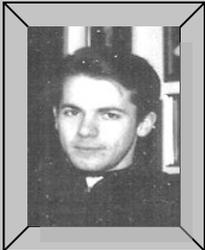


Joseph DeMarco



*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
Glaeser*

Julie Bardle



*Daughter of
Marilyn Kister*

Donnie Lagemann



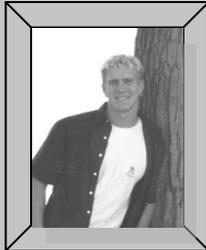
*Son of Bill & Vicki
Lagemann*

Meredith Littlejohn



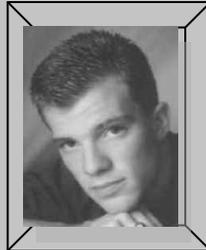
*Daughter of
Stefanie London &
Steve Littlejohn*

Jeffrey Morris



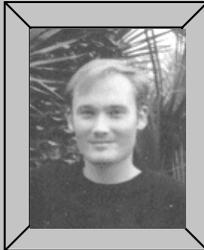
*Son of
Cindy Morris*

Jeff Ryan



Son of Pat Ryan

Daniel Kohler



*Son of Arlene
Thomason*

Rosie Umhoefer



*Daughter of
Roseann Umhoefer*

Matthew Wiese



Son of Kim Wiese

Honor your child & support BPUSAS^tL

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

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/ 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
ILLINOIS, CONTACT	Barb Blanton	314-303-8973
JEFFERSON CTY CONTACT	Sandy Brungardt	314-954-2410
MURDER	Mata Weber Butch Hartmann	618-972-0429 314-487-8989
ONLY CHILD / SINGLE	Mary Murphy	(314) 822-7448
SUICIDE	Sandy Curran	(314) 518-2302

Notes from Board Meetings:

-  Welcome Kim Wiese to the BPUSASTL Board
-  Linda Fehrmann, BPUSASTL Chapter President, is stepping down at the end of 2015. If you wish to be considered for the position, please contact Linda.
-  BPUSASTL will host the annual BPA Workshop on April 23, 2016 at the Machinist's Hall in Bridgeton. Watch future newsletters for more details.

Newsletter Submissions

**Cut-off date for our next issue is
December 18, 2015**

Send your submissions to:

Newsletter

PO Box 1115

St. Peters, MO 63376

bpusastl@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.

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.

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

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

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

BUSINESS
FACILITATORS
MEETINGS @ 9:00AM

November 14, 2015
January 9, 2016
March 12, 2016

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

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

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

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

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

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

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

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

NOV - DEC 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!

