



# Bereaved Parents USA

St. Louis Chapter Newsletter

SEPTEMBER - OCTOBER 2015

Save the Dates



Tuesday, October 13, 2015

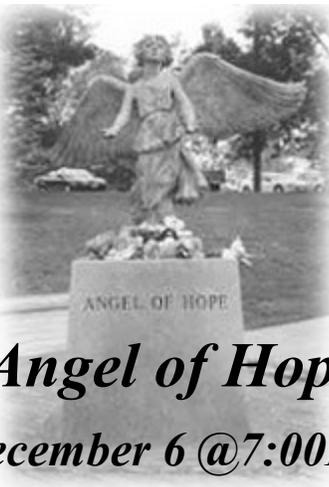
Every October, Baue Funeral Home sponsors a Community Seminar presented by noted author, educator and grief counselor, Alan D. Wolfelt, Ph.D. Dr. Wolfelt serves as the Director of the Center for Loss and Life Transition in Fort Collins, Colorado.

7:00 pm - 9:00 pm

The Stegton Banquet Center, 1450 Wall Street, St. Charles, MO 63301

FREE Seminar, Registration Encouraged

[www.baue.com](http://www.baue.com)



## Angel of Hope

December 6 @7:00PM

Blanchette Park  
St. Charles, MO

Weinand Park  
1305 Boone Street  
Troy, MO

S. Lakeshore Dr.  
Washington, MO

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

Above are local locations.

<http://www.richardpaulevans.com/angel-statues/locations/>



## A Candlelight Memorial Service

In Memory of our Children

Date: Sunday, December 13, 2015

Registration:

Service: 4:00 p.m.

Shaare Emeth Congregation

11645 Ladue Road  
(corner of Ballas & Ladue)  
St. Louis, MO 63141

Invitations will be mailed

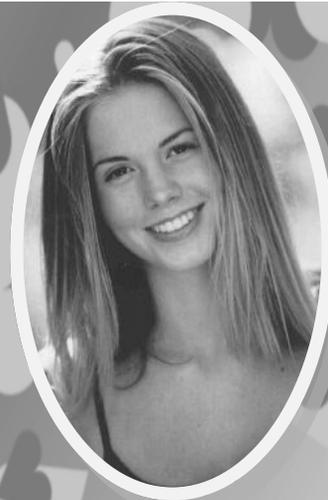
*"The reality is that we do not forget, move on, and have closure, but rather we honor, we remember, and incorporate our deceased children...into our lives in a new way. In fact, keeping memories of our loved one alive in our mind and heart is an important part of our healing journey." Harriet Schiff*

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NUMBER 4

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In loving memory of Amy  
Jenness Oberreither.

We love you, Amy.

1983 - 2001

Together Forever.

All our love,

Mom and Dad

Jeff & Persis Oberreither



In loving memory of

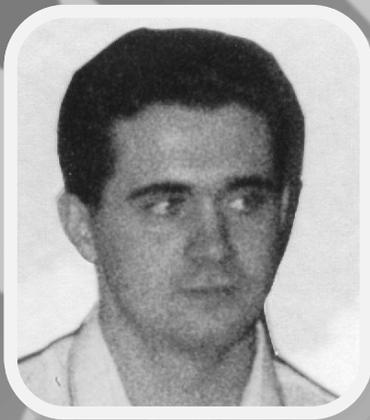
Jackie Esworthy 1978 - 1997

Jennifer Esworthy 1975 - 1997

In loving  
memory of

Amy Marie Lizzi

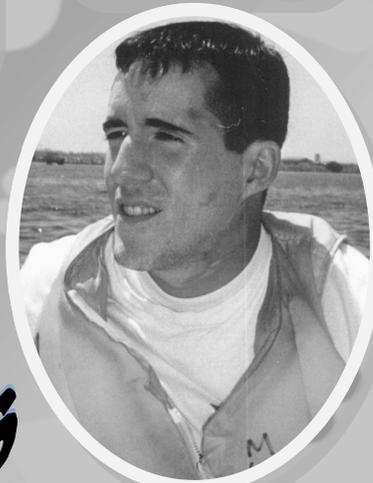
1966 - 1988



Bill Steiner

1973 - 1993

Miss you, Love you,  
Mom and Mike



Jorge Tumialan

Born: 1975

Rest in Peace: 2001

We love you and miss  
you,  
Papi and Mami

In loving memory of

Sharon Rene' Przybylski

1969 - 1990

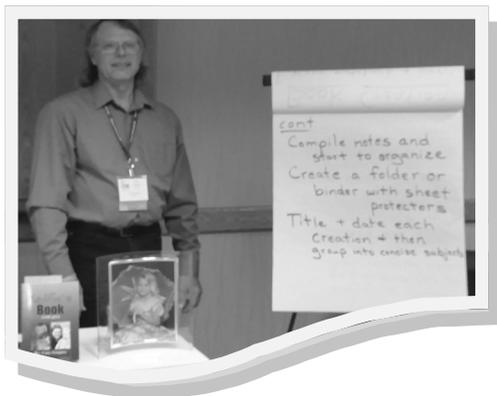
Love Dad,

Joseph Przybylski

**LOVE GIFTS**

**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.**

# A few highlights from the 2015 BPA National Gathering



Cary Gregory (Kellie's dad) attends the Bowling Green, MO BPA meetings and is a published author. Cary gave his debut workshop, sharing published poems that he has written before and after losing his sweet daughter. In the workshop Cary shared with those who wish to learn how to be published. Cary's current writings include:

## *Kellie's Book (A poetic biography)*

### Children's books:

*Tania and Her Pet Whale (Under Pen Name: Jon Ocee)*

*Kibbles and Bits (Under Pen Name: Jon Ocee)*

**Jordan Herskowitz** entertained on Thursday evening with his award-winning autobiographical one-man play, *Growing Up Jordy Pordy*. Jordan includes a tribute to the loss of his brother. Visit [www.jordypordy.com](http://www.jordypordy.com) and [www.richiesspirit.org](http://www.richiesspirit.org)

**"LOVE IN MOTION"** signing choir always warms our hearts. Directed by bereaved parents, Dr. Doug and BJ Jensen. Their signing choir from San Diego, CA, is made up of Christian sign artists of all ages who travel internationally. Check them out on line. <http://signingchoir.com/gallery.html> One of their latest videos, *"Healing Hallelujah"*, is a must see!!!!



**Scarlett Lewis** lost her son Jesse on 12/14/12 at the age of six during the Sandy Hook School shootings. Sandy teaches *"Nurturing Healing Love"* - "Choose Love, Change one angry thought a day to a loving thought for a more peaceful world." Scarlett continues to speak at schools, universities, and prisons.

**Memorial Geocaching:** Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. <https://www.geocaching.com/>

Feel free to write **Paul Balasic** at [pjbspmd@gmail.com](mailto:pjbspmd@gmail.com) to receive his slide presentation **"A Grief Equation - An Engineer Looks at Grief."** Paul actually created a mathematical model of his "grief journey"....an equation to quantify grief". Very creative!!!!!!!!!!!!

Create a free account to view geocaches in your area... or create your own. "Memorial geocaches can be decorated reflecting your loved one's personality, filled with inexpensive give-away trinkets, "trackables" that can travel all over the world." This tool can help fill an empty space in your heart. [This workshop was presented by Bettie-Jeanne Rivard-Darby.]

P.S. There are many Geocaches in the St. Charles / St. Louis areas. Perhaps some Groups can get together and explore!!!! See the bottom of page 10 of this newsletter.

Make plans to attend The 2016 National Gathering, *"Crossroads of Your Heart"*, will be held in Indianapolis, Indiana, June 29 - July 2, 2016. Visit these websites to see everything Indiana has to offer:

[VisitIndiana.net](http://VisitIndiana.net)

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

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

In her topic, "The Elephant in the Room", **Nancy Cayward** helped us understand that "committed" denotes a crime and suicide is not a crime...unlike "committed murder". Let's help educate people to avoid the term "committed suicide".

**Michelle & Clifton Cottom** are the parents of Asia. She was on Flight # 77 that was crashed into the Pentagon on 9/11. They are now authors and the co-founders and executive board members of the Asia SiVon Cottom (ASC) Memorial Scholarship Fund.



# 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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](mailto: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/>

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

**Seats still available!!!**

**Bring your own snacks**



**This form is also downloadable  
from the website.**

**Please do what you can to support  
BPUSAtl**

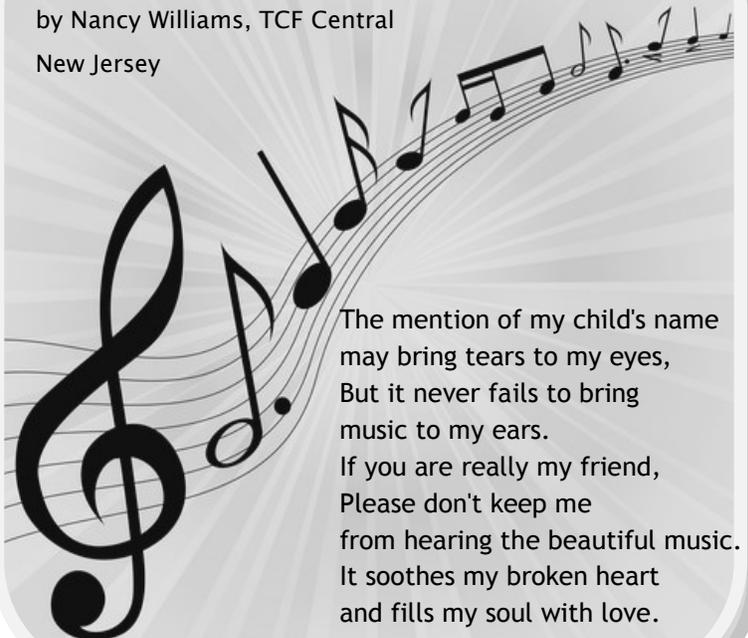
For that uncomfortable question...  
change the numbers to this quote:

***"I have three children; two that walk  
and one that flies" - unknown***



## A LOVE SONG

by Nancy Williams, TCF Central  
New Jersey



The mention of my child's name  
may bring tears to my eyes,  
But it never fails to bring  
music to my ears.  
If you are really my friend,  
Please don't keep me  
from hearing the beautiful music.  
It soothes my broken heart  
and fills my soul with love.

## MEN DO CRY

I heard quiet often "men don't cry"  
Though no one ever told me why.  
So when I fell and skinned a knee  
No one came by to comfort me.  
And when some bully boy at school  
Would pull a prank so mean and cruel  
I'd quickly learn to turn and quip  
"It doesn't hurt" and bite my lip.  
So as I grew to reasoned years  
I learned to stifle any tears.  
though "Be a big boy" it began  
quiet soon I learned to "Be a man."  
And I could play that stoic role  
while storm and tempest  
wracked my soul.  
No pain or setback could there be  
Could wrest one single tear from me.  
Then one long night I stood nearby  
And helplessly watched my son die.  
And quickly found to my surprise  
that all that tearless talk was lies.  
And still I cry and have no shame  
I cannot play that "big boy" game.  
And openly without remorse  
I let my sorrow take its course.  
So those of you who can't abide  
A man you've seen who's often cried  
Reach out to him with all your heart  
As one whole life's been torn apart.  
For men do cry when they see  
their loss of immortality.  
And tears will come in endless  
streams  
When mindless fate destroys in  
their dreams.

Author unknown

*South Central Arkansas Bereaved  
Parents USA  
June 2008 Newsletter*

You never know  
how **STRONG** you are  
until being **STRONG**  
is the only  
choice you have



They avoid speaking of  
your child to keep  
from upsetting you.  
They do not realize that  
no one ever speaking  
of them is your biggest fear.

mommies with angel babies Shell

## The Leah Fund

In Memory of Jamie Ryan and her Daughter, Leah Ryan Eisenberg

The purpose of the Leah Fund is to help kids who just need a little boost with material things, now and then, so they can focus of their education and participate fully in school and community activities.

May 6, 2015

St. Louis BP USA Chapter  
PO Box 1115  
St. Peters, MO 63376

Dear Board Members,

Thank you so much for your gift of \$100.00 in memory of Jamie. BP USA was a big part of Jamie's live after losing Leah nine years ago. You provided a community of care, compassion, and resources that became a critical part of Jamie's grief journey. And her work with the newsletter became an important part of her healing process.

I have added your memorial gift to the Leah Fund. So far this spring, The Leah Fund has invested over \$600.00 in clothing items and school fees so needy students in the Jennings School District can focus of their education and participate fully in school and community activities.

With kind regards,

David Whiteman

Jamie passed in January 2015. She was the BPAsTl Newsletter editor for many years. Her daughter Leah became an Angel in 2006 at the age of 21.

### Exercise for the soul

*by Rob Anderson*

At my first support group meeting the facilitator suggested I try at least three meetings before deciding if a support group was for me. He said they work for some and not for others and that I might actually feel worse after the first meeting, but give it three meetings before I decide. The part about feeling worse sounded odd, but I allowed the three meeting advice into me because I assumed he knew more about this process than I did. He could actually put a few sentences together that made sense. I was still having trouble with that. At the first meeting not too much was making sense and I didn't know what was going to work. All I knew was that I needed something to help my pain.

"Okay," I thought, "let's get through the next minute and then the next one after that and this meeting will end and if somehow I make it to the day before the second meeting I'll decide what to do at that point." The day before the second meeting came and I remembered that yes, I had felt worse at the end of that first meeting. I'd felt beaten up and beaten down, but I trusted the facilitator and I went to the second meeting. That meeting was a little better and the third was even better and by that time I was hooked. I was a support group junkie. I found it worked for me in many large and small ways. I felt comfortable in the group setting knowing I could express myself in anyway I wanted, knowing I would not be judged or "shoulded" on. Express myself I did. Those first few meetings are a bit hazy, but I remember anger, tears, yelling and pounding the table. I was a scary guy, but every time I let out my pain, I let healing in. Now many years down the road I'm grateful for the "three meeting" advice.

Through the years I've kept trying to think of an analogy that would help describe how important it is to keep coming back to those meetings. When you're at your first meeting and someone's asking you to come to the third meeting, it really doesn't make sense. It feels too far away. Here's the analogy I've come up with. Joining a support group is like starting an exercise program after many years on the couch. Make sense? Stay with me. Just like going to that first meeting is hard, it's also hard to start exercising again. The first workout consists of figuring out what to do and where to start. The weights are dusty, the treadmill is covered with clothes and who the heck knows where the exercise mat is located.

That first meeting may also be hard to start. You'll awkwardly introduce yourself and hear strange things like, "I'm glad you're here." which kind of upsets you

because you don't really know what that means. Your clothes will feel heavy, your body will feel awkward, not to mention you've got to figure out a place to sit, who to sit next to and what to say. "Lost" is where you are, but as you look around the room and see parents smiling, laughing and hugging, a little teeny tiny bit of "found" will creep into you. You won't recognize it and it will take a few more meetings before you realize what that means, but it will find its way into you and gently wait for you to find its meaning.

Now back to the exercise analogy. You start your exercise program by doing as little as possible because you don't really want to be doing anything, but deep down you know it's important to your health, so you push on. You may do two sets of five push ups, ten crunches, hit the treadmill for five minutes and call it quits. That first session will be over and you won't feel very good. Your body will be yelling at you and the couch will be calling you. Just like your first workout, at your first support group meeting you might not want to do much either. You may do as little as possible and then find your soul is yelling at you and your pain is calling you. Pain you didn't know you had may have come to the surface and it scared you which made you think, "Why should I come back if I feel worse than when I came in?"

The morning after your first workout you throw your legs over the side of the bed and every single muscle in your body is screaming at you. "Oh my gosh," you think, "what did I do to myself? Why should I do that again?" You may feel the same way the day after your first support group meeting. When you wake up the next morning, tears may run down your cheeks when you think about what happened and you may think, "Oh my gosh, what did I do to myself? Why should I do that again?"

You manage to gently but gingerly get back into your workout clothes and head to the basement for another try. After stretching out and again convincing yourself it's a good thing, you get started. Much to your surprise you're able to add one push up, one crunch, but decide to stay the same distance on the treadmill because, "Hey, let's not get nuts here." What you find is that you saw progress, you moved forward, got a little stronger and you feel a little better about yourself. "Hey, maybe I should keep coming back," you say.

*Continued on the next page*

When the day before the second support group meeting comes you have to decide what to do. Go, not go; go, not go; go, not go? In the back of your mind you keep hearing the facilitator asking you to try three meetings, but you're scared. Just like you know that exercising is good for you, you kind of think going to another meeting will be good for you, so you decide to give the support group another try. When you walk in, the surroundings feel a little more familiar, you get hugs from the same people (and maybe new ones) that you got them from last month and the statement, "I'm glad you're here," makes a little more sense. You may open up just a little bit more, share a little more of your pain and feel just a little bit better at the end of the meeting. Your second workout comes to mind and you realize that here too you saw progress, you moved forward, got a little stronger and you feel a little better about yourself. But, it still wasn't all that great. It still hurt. You're still sore.

Now onto your third workout and even though you're no tri-athlete, you feel a little less sore, a little stronger and a little more motivated. You may add nothing to your push-ups, crunches and treadmill, but you showed up and got involved; a victory. Things are moving along in little steps, but they're moving along. Your body is less angry and motivation becomes a word that's starting to make sense. The day before the third support group meeting arrives and even though you're still hesitant because your soul still hurts, the facilitator's advice is now stronger and making more sense. In you go.

This time you initiate the greetings and hugs, which kind of surprises you. You find yourself gravitating to certain people and feel comfortable talking with them. You never had that feeling before and are very grateful for their presence. They're probably thinking the same thing about you. The circle of mutual support is beginning to surround you. On the way home from your third meeting you know what the facilitator meant by asking for three meetings and you silently thank him.

Over the next several months of exercising you get very strong and very healthy. Your attitude is better; your body feels wonderful; no part of it is yelling at you anymore. Instead it's thanking you. You're now highly motivated and look forward to working out. It can be the same for your healing. By this time you've attended eight or nine meetings and can't wait to get to the next one. Even though you don't feel wonderful by any means, you feel better, you continue to move forward and get stronger. Deep down in your soul you think you heard a laugh. It's a distant echo, but you're sure it's

what you heard. Just like you've been exercising your body, you've been exercising your soul by attending a support group.

The point of this story is that if you exercise your soul by continuously sharing your story and reaching out for help, you can get stronger, you can get happier and your life can get better. However you exercise your soul is up to you. There are many ways to do it. The important thing is to do it consistently and with as much enthusiasm as you can muster. By working at your grieving and healing, good things can happen. You can one day smile and find meaning in your life again; and those are very good things. #

***NOW MANY  
YEARS DOWN  
THE ROAD I'M  
GRATEFUL  
FOR THE  
"THREE  
MEETING"  
ADVICE.***



# Your Page

As part of our journey, a **Memory Garden** can be “a labor of love and a place of peace.”



This is our Donnie Garden. It was started the first summer after Donnie died. It was my therapy that summer. I worked, I sweat, and I cried. But I was determined to make it special. Two years ago we moved and my Donnie Garden moved with us. The week after we moved in, we began work on our new garden. Our garden consists of plants we received from "plant exchanges" at our St. Peters Bereaved Parents Group, as well as other plants that were given to us or that we purchased. Donnie's paternal grandmother purchased a garden bench for us and Bill blessed me with the beautiful angel that is the focal point of our special garden. Our "Donnie Garden" is a labor of love and a place of peace and comfort.

**Bill and Vicki Lagemann, Donnie's Mom and Dad**

## Word Find

- |           |          |          |          |
|-----------|----------|----------|----------|
| ANGEL     | DELICATE | MEMORY   | SERENE   |
| BEAUTY    | DESIGN   | MOMENTOS | SHARE    |
| BEEES     | FEELINGS | PEACE    | SILENT   |
| BENCH     | FLOWERS  | REFLECT  | SIT      |
| BIRDS     | FOUNTAIN | RELAX    | STATUE   |
| BUTTERFLY | GARDEN   | REMEMBER | SUNSHINE |
| COLORFUL  | GREEN    | REST     | TRANQUIL |
| COMFORT   | LOVE     | SCENT    | TREE     |
| CREATIVE  | MEDITATE | SEEDS    | WINGS    |

### GARDEN WORDS

Circle the words....  
horizontally,  
vertically,  
diagonally.

*Created by: Marilyn Kister*

Thoughts of You  
Forever Bloom

A	K	L	D	X	A	U	B	J	C	D	P	X	N	O	L
Z	E	Z	G	F	E	E	L	I	N	G	S	B	P	I	U
R	W	Y	R	O	M	E	M	Z	H	W	C	M	U	Z	F
E	N	H	I	P	C	B	E	E	S	M	E	Q	B	S	R
M	B	Q	A	O	O	E	D	A	N	H	N	S	A	Z	O
E	O	C	A	D	M	N	I	X	D	A	T	R	E	E	L
M	H	M	J	Q	F	C	T	J	R	S	H	E	J	I	O
B	V	T	E	K	O	H	A	T	N	P	T	F	H	E	C
E	Q	O	D	N	R	H	T	C	Q	J	F	L	N	T	Q
R	B	Z	B	U	T	T	E	R	F	L	Y	E	I	A	I
G	O	W	E	R	N	O	C	D	O	X	N	C	A	C	X
U	H	Q	A	H	E	G	S	W	H	P	E	T	T	I	S
S	S	X	U	U	L	J	E	J	I	Q	E	L	N	L	F
D	U	N	T	D	I	R	F	X	Q	N	R	F	U	E	W
E	B	A	Y	E	S	H	A	R	E	Q	G	M	O	D	S
E	T	Q	F	P	W	J	O	R	C	A	L	S	F	L	B
S	U	N	S	H	I	N	E	B	R	R	N	K	Q	E	I
C	D	R	H	J	R	S	W	D	E	S	I	G	N	Z	R
P	M	G	F	E	C	A	E	P	S	L	M	C	E	U	D
H	B	J	L	Z	K	N	W	A	T	O	H	N	C	L	S
M	D	A	O	C	R	E	A	T	I	V	E	X	Q	C	H
Q	X	B	Z	W	B	R	D	F	N	E	D	R	A	G	B

**Larry & Roseann Umhoefer, Rosie's parents,** have both sun and shade gardens in their backyard. "Our sun memorial garden with angel statue and plaque is in the back yard next to the patio. Our shade garden has an angel fountain under the deck steps."



**"Ney-Ney's" Memorial Garden:** You've experienced the loss of a child and you seek ways to honor her.

The Bereaved Parents of the USA National Gathering at Sacramento in 2013 gave us an opportunity to "get out of town" and "see the sights" of sunny California. My job had previously taken me to California's wine country, however, Jeanne and I never had the chance together. We knew that on our return, we'd find something special. Our Sunday return from the west coast to the Midwest got us in after darkness had settled. Our Lambert Airport Taxi pulled up to our home and we immediately saw floodlights coming from the rear garden area. We entered our home and again saw floodlights, but through the French door entrance to the garden. Opening the door, we saw the "Ney-Ney" Garden. (Our grandson's name for our late daughter was "Ney-Ney." He never knew her by "Jennifer," and when spoken, it always came out "Ney-Ney." He was 3 ½ years old when she left his side. They seemed joined-at-the-hip, almost always together.)

We've heard of honoring our lost children in many ways at our Bereaved Parents group. After seeing some of the garden features used by our group members, we decided we were drawn to a memorial garden theme.

Our gardener, Brian Wolf, knew about Jen. We already had an angel water feature and bench as a place of solitude. We asked if he could help us enhance our "Ney-Ney Garden." He asked if we wouldn't mind moving it to another garden location. We had previously discussed installing a short retaining wall and some lighting. We let him know we'd be away for the Annual Gathering. He said "perfect," and ran with it.

Our retaining wall gave us additional garden area adjacent to our patio. Four low-voltage walkway lights and two spots run dusk-to-dawn providing aesthetics and safety. Three large rock slabs provide a bench base and stepping foundation. Iowa rock fills in the spaces. Perennials pop-up every year. Brian added his own horse head statue with "Ney-Ney" inscribed on its base. Jen loved horses and volunteered time handling them weekly at "Therapeutic Horsemanship." Brian also presented us with a "girl with horse" statue for our inside mantle. At a later time, when all of our family was together, Brian surprised us with four concrete horseshoes for "Ney-Ney," to be placed in Jen's garden. Brian made sure that if we ever must sell the home, all garden items may be moved, too.

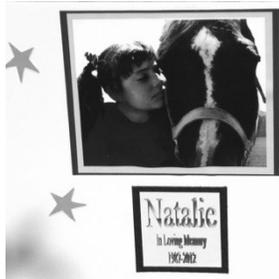
**Mike & Jeanne Francisco, Jennifer's Dad & Mom**



NOTE: Landscaping and Creativity by Brian Wolf Landscaping

## Natalie's Pay-It-Forward Garden

People enjoy a garden retreat because it slows us down and makes us appreciate nature and the beautiful, comforting, simplistic things in life. Natalie was a special needs child who could only speak a few words. She communicated through her beautiful smile and loving laugh. She loved to sit on the backyard patio and listen to the water in the nature fountain, watch the birds take a birdbath and enjoy the beauty of the side yard street garden.



★ Her greatest gift was in making people more compassionate and understanding. ★



Natalie's mom has shared perennials from Natalie's memory garden with 15 other neighbors and friends.

Natalie's "Pay it forward plants" have also traveled to three other states as far as Texas. So each time plants are shared with other people, Natalie's tenacious spirit goes along with them.

Natalie's garden is graced with a mother of compassion statue that watches over her and a birdbath water fountain that depicts her sense of humor, that being an angel sitting on a turtle's shell back. On special occasions such as Natalie's birthday and angel date, Mothers Day and Fathers Day, (Natalie's father, Fred, passed away in 2004), Natalie's garden is accented with a large poster of her hugging a large poster of her hugging a horse named, Cinnamon.

*Natalie Ann Frohning, age 24, passed away with Rett Syndrome on June 20, 2012. —Linda Frohning, Natalie's Mom*

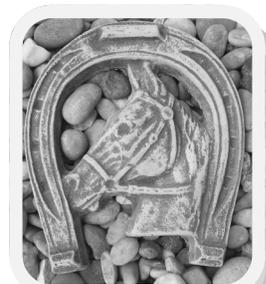


**Although we have not created a memory garden, we do have an engraved rock that sits right outside our front door at home. It's the perfect thing to see on the way out in the morning and after a long day coming home.**

**— John & Cindy Blasé, Clare's Dad and Mom**



Close-up of beautiful pieces from Jennifer Francisco's Memory Garden on page 9.



**YOUR PAGE Topic:** For the Nov — Dec newsletter, we want to share your Geocaching finds. Send a photo, location, and tell us a little about your experience. And if you decide to create our own Geocache.....**LET US KNOW.** Also, Kathryn Linnemann Library, St. Charles, is hosting a class at 9:30am on Saturday, 9/19/15 Register at <http://host5.evanced.info/stcharles/evanced/eventsignup.asp?ID=38459>

## "Love You Forever"

By: Kim Wiese, Matthew's Mom, St. Charles, MO



Matthew Wiese  
1991—2013

I became a mother three times in four years. I was blessed with two daughters and a son. In that order. I quickly got into a mode of non stop action. We had schedules of everyone being fed, dressed, naps, activities, baths and bedtimes. I was diligent about routine. I worked full time as a respiratory therapist until my son was five years old and then I went part time because I was overwhelmed with the monumental daily schedules of children in school, sports, friendships, and having a husband that traveled. As parents it doesn't take us long to learn that each of our children are cute little bodies with their own personalities and spirits. They do not come with instructions. We also learn in a very short lesson that what works for one child will not necessarily work for the other. It was a never ending learning experience for me. As the children were getting more logical I decided to take a parenting class, I signed up for a class at St. Johns Mercy called "Free the Horses" directed by Dr. Tim Jordan. The class was inspirational and helpful in teaching me about choices and consequences. The last class we were given a book titled "Love You Forever" by Robert Munsch. I would read the book to my children and I would sing the little song to them.

The words to the song were  
**"I'll love you forever  
I'll like you for always  
As long as I'm living  
my baby you'll be."**

I decided to buy each of my children a copy of their own book to give them on the day they become parents. Becoming a parent is the definition of true love to me. Oh my! Did life have it's challenges! Everything my children would experience, I would also experience! All parents do! The good, the bad, and everything in between. I have never laughed so hard or cried so hard since becoming a parent. **Always, I loved them!** Perhaps I didn't say it as much as I could have?

My daughters both made career choices and left home to begin their paths. Both daughters actually live out of town. My son Matthew was 21 years old and still living at home. He had recently passed his Missouri EMT license and was anxious to begin paramedic school to eventually become a fire fighter. I would tease him about how nervous it made me that he wanted to run into a burning building but I knew his tender heart and dedication to helping people would make him an honorable firefighter. God had other plans!

On April 9th of 2013 Matthew decided to do his favorite past time and go fishing at a local conservation area. It was a gorgeous Tuesday. I was at work when he headed out that day. I remember so vividly looking at him that morning as I passed his room thinking how long and curly his hair was getting. I wanted to run in his room and toss my fingers through his hair and tell him that he needed a hair cut. I refrained as I knew he would not appreciate a 6:00 am wake up from me.

When I got home from work Matthews car was gone. I asked my husband where he was and he said "fishing". Something just feeling unsettling with me. I couldn't put my finger on it! I tried to call him and txt him but received no response. As the hours past from dinner I became sick with worry. It was about 7pm when that dreaded parents nightmare hit me. The door bell rang and there were two Missouri State troopers. I remember closing my eyes because I didn't want to see them and I certainly didn't want to hear them! They asked me if I was Matthews mom. Not a sound could come from my mouth until they told me he was in a single fatal car accident. Then I screamed until my voice was gone. As each of you know there are no words to describe the pain! There are no words to prepare us for this grief! This was the one thing for certain that does not come with an instruction manual. It absolutely was the single most life changing event that I ever experienced without preparation.

The week of Matthews death was a blur. Most of the past two years can be described as a blur. But one thing I vividly remember was the morning of his funeral I went to my nightstand drawer and took out the book that I had planned to give him one day. I wrote him a note on the inside of the book and before the farewell service I whispered the song to him one more time. I placed the book next to his body and was consumed with a loss in every dimension. On the one year anniversary of his angel date I wrote each of my daughters a letter telling them how much I love them and what gifts they are to me. I wished I had done the same for Matthew. I know life is full of clichés. but as parents we know that age is a privilege denied to the child we lost. Our lives will never be the same!

We know the depth of unspeakable pain and we know the tower of never ending love. I believe that if we all just close our eyes and closely listen we hear our children whispering that they "**Love us forever!**"

**Kim attends some West County & Cottleville meetings.**

# Children of BPUSASTL's

## Active Board Members & Facilitators

**Arthur Gerner**

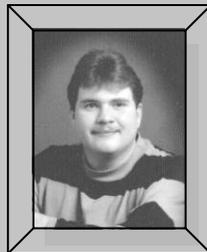


*Son & Granddaughter of  
Margaret Gerner  
Founder of BPUSASTL*

**Emily Gerner**



**Brett Alan Blanton**



*Son of Barb Blanton*

**Michael Curran**



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

**Kristen Curran**

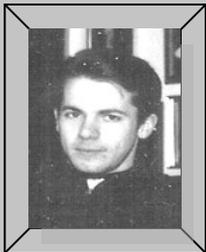


**Joseph DeMarco**



*Son of Theresa  
DeMarco*

**Joel Fehrmann**



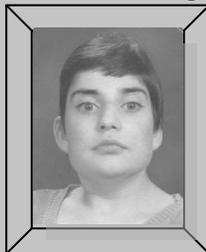
*Son of Linda  
Fehrmann*

**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**



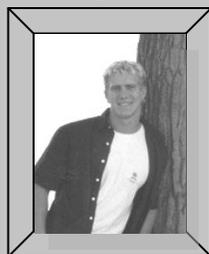
*Son of Bill & Vicki  
Lagemann*

**Meredith Littlejohn**



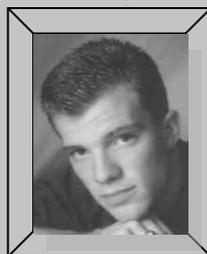
*Daughter of  
Stefanie London &  
Steve Littlejohn*

**Jeffrey Morris**



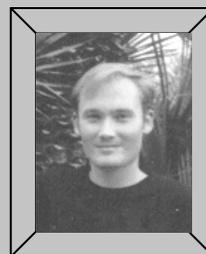
*Son of Cindy Morris*

**Jeff Ryan**



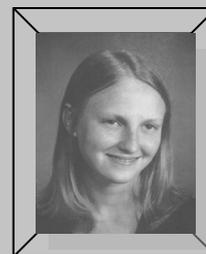
*Son of Pat Ryan*

**Daniel Kohler**



*Son of Arlene  
Thomason*

**Rosie Umhoefer**



*Daughter of  
Roseann Umhoefer*

### 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](mailto: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/ 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 PARENT	Mary Murphy	(314) 822-7448
SUICIDE	Sandy Curran	(314) 518-2302

## Notes from Board Meetings:



**In these times of identify theft threats and uncertainty as to where hackers search for data, we will be more cautious in sharing our children's complete birth and angel dates in newsletters. Instead, we will use only the years.**



**Thank you for sending your newsletter subscriptions.**



**Welcome to Stefanie London for stepping up as Co-Facilitator for the St. Louis City GROUP.**



**Note: One time only: The West County Group will meet Sept 29 vs Sept 22. See Page 14 of this publication.**

## Newsletter Submissions

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

**Send your submissions to:**

**Newsletter**

**PO Box 1115**

**St. Peters, MO 63376**

**[bpusastl@gmail.com](mailto: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](http://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](mailto: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](mailto:malemonds@gmail.com)

## BUSINESS FACILITATORS MEETINGS @ 9:00AM

September 12, 2015  
November 14, 2015  
January 9, 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

## Additional Meetings [www.bpusastl.org](http://www.bpusastl.org)

## 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

## 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

## 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)

**Note: One time only:  
Meeting will be held Sept  
29 vs Sept 22.**

Shaare Emeth  
Congregation  
11645 Ladue (Ballas &  
Ladue)  
St. Louis, MO 63141  
Fac: Jacque Glaser  
(636) 394-3122



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.

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

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**SEP - OCT 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!**

