



# Bereaved Parents of the USAStL

**SEP-OCT 2019**

**VOLUME 42 - NUMBER 5**



**Memories are a legacy  
of hope and courage,  
left to help us go on  
when the giver is gone.**

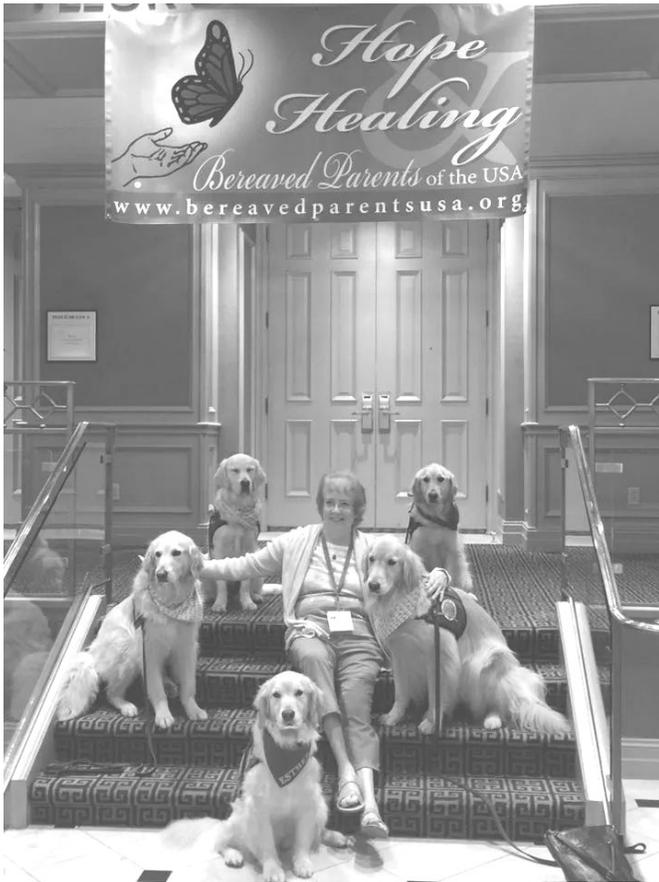
Sascha Wintersun  
Loving lifted from TCF, May 2017 Newsletter

### **National Grandparents Day is Sept 8, 2019 in United States**

“To the grandparents who have lost a grandchild, your grief doesn’t go unnoticed. You may be holding your head high when the world around you is breaking, but we see you and we thank you for your strength when we needed it the most.” by [Stacey Skrysak](#)

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**Jeanne Francisco**  
**Photo by: Jordan Groves**

If you were able to attend the **2019 BPUSA Gathering/Conference** in St. Louis on Aug 1-3, hopefully you met these precious Golden Retrievers that loved your attention as much as you found comfort loving on them. Thank you to Mike and Jeanne Francisco, St. Peters Group Facilitators, for arranging their presence along with their handlers.

Attendees were also given opportunities to attend from a selection of morning and afternoon workshops, painting on canvas, rocks or templates, massages, yoga, musical entertainment, grabbing a snack in hospitality, relaxing in the serene reflection room, and either making and/or reuniting with new and old friends.

BPUSA will celebrate its 25th Anniversary in 2020 and we look forward to seeing you again at the same location in Clayton, MO.

Thanks to the BPUSASTL Board Members and volunteers for countless telecons, trips to the hotel for setup, music, and for giving so much of your time and energy. Anyone is welcome to volunteer next year. Contact a board member and we'll get you in touch with National.

**THANK YOU**

- Debbie Brauch - Danny's Mom
- Theresa DeMarco - Joe's Mom
- Chuck Digney - Shamus' Dad
- Jeanne Francisco - Jennifer's Mom
- Mike Francisco - Jennifer's Dad
- Samantha Schaefer - Danny's Sister
- Michelle Wingier - Jady's Mom

“Thank you”  
 to all the  
 volunteers  
 that helped  
 make Trivia a  
 success!

**Coordinators:**

- Courtney Lehmann** - Aaron's Step Mom
- Terre Rosciglione** - JP's Mom

If anyone was missed, please accept our apologies. And a shout out to all members that brought friends/relatives and donated trivia items. Your participation is **KEY** to this this event.

**TRIVIA**

**We look forward to seeing you next year!!!!**



**IN MEMORY OF  
Jorge Tumialan  
8-11-1975 - 10-19-2001**

Dear "Jorgi",  
We love you and we miss you.  
Papi & Mami

 **LOVE GIFTS**

**IN MEMORY OF  
Amy Jenness Oberreither  
01-22-83 - 10-15-01**



With love for our Dearest Amy, our all.  
We three, together, now and forever.

Love,  
Mom and Dad

Jeff and Persis Oberreither

# Bereaved Parents: When There is No 'First Day of School'

By

Mary McGrath August 14, 2019

<https://www.mykidstime.com/for-parents/bereaved-parents-when-there-is-no-first-day-of-school/>

Losing a child at any age is a parent's worst nightmare. It leaves behind an aching loss, often intensified at a time when everyone else is celebrating milestones. Read this heartfelt advice from one bereaved mother to help other parents when there is **no 'first day of school.'**

When you mourn the death of an adult – a parent, sibling or friend – you are grieving for the life you had together. When a child dies, you grieve for the life that was ahead of them and all the milestones they will never see.

One of those milestones for bereaved parents is the day their child should be starting school. The first day of school is a very important ritual in the life of a child and a family. It is a day all parents look forward to with a mix of excitement and trepidation. *Will my child settle in? Will she make friends? Will he like the teacher? Did I get the right bag? Will the lunch be eaten?*

Buying the books, the bag and all the other gear is so exciting and, naturally, your child will look adorable in their new uniform. You'll join the other parents at the school door and hand your child over to the world. A new adventure begins! You'll shed a little tear – maybe – but you'll know your child is in good hands.

But what about the parent whose child isn't there? For bereaved parents, 'School Season,' as I like to call it, is full of sadness and longing. The back-to-school 'buzz' starts very early, so the dread starts early too. Other parents are excitedly planning their child's first day. We listen to chats about uniforms, shoes, etc., and wish we could join in. If there is another child in the extended family due to start school, and your child has been forgotten, it can be heartbreaking.

Many bereaved parents, especially those living in small towns, have no choice but to drive or walk past the local school every day, and the first day of school in September is no exception. If you have older children already in school, you have no choice but to walk them in. And there they are before you – the new Junior Infant children. But *your* child isn't there.



## Advice for Bereaved Parents

If you are a bereaved parent whose child should be starting school, here is some advice from someone who has been there:

Continued on page 5

1. Don't be hard on yourself. The sadness is normal. You're not going mad and you're not the only person going through this. Connect with other bereaved parents to talk through what you are feeling. **A Little Lifetime Foundation** supports parents whose babies die at or around the time of birth. The charity's support meetings and online discussion forum are available to you to talk about this challenging milestone in your journey.
2. If you have older children already in the school who have to be dropped in but you just can't face it, ask a friend or family member to do this for you. It's okay to take one day off for yourself.
3. Try to stay away from social media for a few days. It can be hard to see the smiling faces of other children, the same age as your child should be, jumping out at you from your phone. You are not begrudging anybody else their happiness, but it makes you wonder what might have been for your son or daughter.
4. Make a plan. Think about what you'd like to do. Maybe go for a walk or meet a friend for a cup of coffee. Or maybe you might prefer just to go to around for the day and not see anyone.
5. Create a little ritual for your child. On what would have been my son Xavier's first day at school, my husband and I both took the day off work. We went to the graveyard and cleaned our son's headstone and then we went for breakfast. We do this every year now. Having been tied up with books, shoes, schoolbags and all the back to school paraphernalia for our other children, it feels nice to spend a little time making a fuss over our missing son too. Find a ritual that works for you. It could be something as simple as lighting a candle, writing about the day in a journal, going to a special place connected to your child, and so on.

## Advice for Friends and Family

If you have a friend or family member whose child should be starting school, here are some things you can do to help them through it.

1. Mention that you are thinking of their child and where they should be now. Ask how the bereaved mom or dad is doing. Something that simple really is very meaningful to bereaved parents.
2. If you have children going to school yourself, please don't complain about the cost. Your friend would love to be spending that money on their child!
3. If your friend has older children in the same school as your child, offer to drop their children to school on the first day. They might want this but feel too guilty to ask.
4. If you are uploading photos of your child's first day to your own social media, don't tag a bereaved parent. We know you don't mean to be hurtful, but we find it very distressing.
5. Offer to take the mom or dad out for a coffee or a walk on the day. But if they would rather be alone, be understanding about that.

If you are facing into what should be your child's first day at school, my heart goes out to you. It is a day full of very complex emotions. If you are further along in your journey and missing out on your child going into, for example, 4<sup>th</sup> grade, that is still challenging and you still need support.

Remember that all these sad days tend to be worse in our imagination. The anxiety of the build-up is awful, but these days are usually never as bad as we think. It will be sad, yes, but you will weather it. Most importantly, be kind to yourself and let others be kind to you.



## Dr. Alan Wolfelt Community Grief



**Venue:** Bogey Hills  
Country Club  
**Location:** 1120 Country  
Club Road, St. Charles, MO  
63303

October 22, 2019, 6:30 pm - 9:00 pm  
Registration is already available at the  
Baue website:

<https://www.baue.com/events/dr-alan-wolfelt-community-grief-seminar-2/>

**BAUE** hosts at no charge, Dr. Alan  
Wolfelt. He is an remarkable  
speaker.

<https://www.centerforloss.com/about-the-center-for-loss/about-dr-alan-wolfelt/>



## EVENT DETAILS Water Lantern Festival St Louis

Date: TBD 2019

<https://www.waterlanternfestival.com/stlouis.php>

**BPUSAStL**

*Invites you, your family and friends to attend*



## *A Candlelight Memorial Service*

In Memory of our Children

**Date:** December 1, 2019

Registration: 2:00-2:45 p.m.

Service: 3:00 p.m.

**Location:** Congregation Shaare Emeth

11645 Ladue Rd, St. Louis, MO 63141

***Invitations will be mailed***



## *Angel of Hope*

*Candlelight Memorial Service  
held every year on*

***December 6th, at 7:00 pm***

### **Local Locations:**

Blanchette Park  
St. Charles, MO

Weinand Park  
1305 Boone Street  
Troy, MO

## National Bereaved Parents of the USA - *They Really Made A Difference Award*

We are proud of the many levels of participation and the many well-deserving volunteers within our organization. We think it's important to honor our extraordinary volunteers who are the backbone of BPUSA. Without them we could not provide the services that we do within our chapters and beyond. The Nominee should be someone who has demonstrated a deep commitment to his or her chapter and its members.



Two of Margaret's children, Dorothy and David, attended to accept the award in her honor. Below is the nomination submitted on behalf of

BPUSASTL.

### **They Really Made A Difference Award – Margaret Rose Gerner**

Early in her adult life, after loss of a child and grandchild, separately over 30 years ago, Margaret was more than heartbroken. At the time, there were few support groups and little knowledge about grief for family members who've lost a child. The second part of her adult life illuminated bereavement of children (which alone, scares those who have not walked in the shoes of the bereaved) and helped bereaved families in their grief journeys. We are pleased and honored to nominate Margaret Rose Gerner for consideration of the 2019 "They Made a Difference Award."

After the deaths of her son, Arthur in 1971 and granddaughter, Emily in 1982, Margaret sought knowledge to learn about grief and the loss of children. She earned a Master's Degree in Social Work with a specialty in Bereavement Counseling. Margaret has since provided outreach grief counseling and education for many families and individuals in the local community.

In 1995, Margaret co-founded the Saint Louis Chapter of Bereaved Parents of the USA (BP/USA). In the beginning, she helped transition the new chapter from "The Compassionate Friends" (TCF), Saint Louis Chapter, which she also was responsible for founding in 1979. Margaret gave freely of her time, talent and compassion in serving as chapter facilitator, bi-monthly newsletter editor and publisher. She was an administrative board member and helped guide the future of our chapter. Additionally, Margaret energized the Saint Louis Holiday Candlelight Program. This outreach program affected approximately 1,000 participants annually in a touching tribute to our children. Her grief journey has "provided her with the experience to offer local workshops, not only as a bereaved parent, but also as a sibling and grandparent."

Margaret "used her personal grief recovery experience as the foundation for many of the articles she has written, which continue to help families survive and grow after the loss of a child." Margaret's articles, which span a multitude of grief topics, are readily available to BP/USA members and the public at BPUSASTL.org. Margaret is also a published author of, "For Bereaved Grandparents," which provides insight and expectations and offers some considerations for what grandparents may find useful to do for themselves and their children who are newly bereaved. It's available from her publisher and book stores. Margaret retired from active involvement in BP/USA in October 2002. On retirement, Margaret continued her association with BP/USA Saint Louis Chapter as our "Advisor," however she was affectionately referred to as our chapter "Matriarch," Arthur's mom and Emily's grand mom. Up until recent time, Margaret had visited our Advisory Board and Group meetings, sharing her experience and listening to newly and seasoned bereaved parents as they strive to move forward in their grief journeys. One last note, Margaret recently passed away on May 28, 2019, the 48<sup>th</sup> anniversary of son, Arthur's passing.

—Written by Mike Francisco, BPUSASTL

## Age Doesn't Matter

Most parents, no matter the age, will tell you they would have gladly taken their child's place in death, but older parents have inordinate amounts of survival guilt to deal with. What right do they, who have lived a long full life, have to be alive when their child is dead? "It should be me," they will tell you with great sadness.

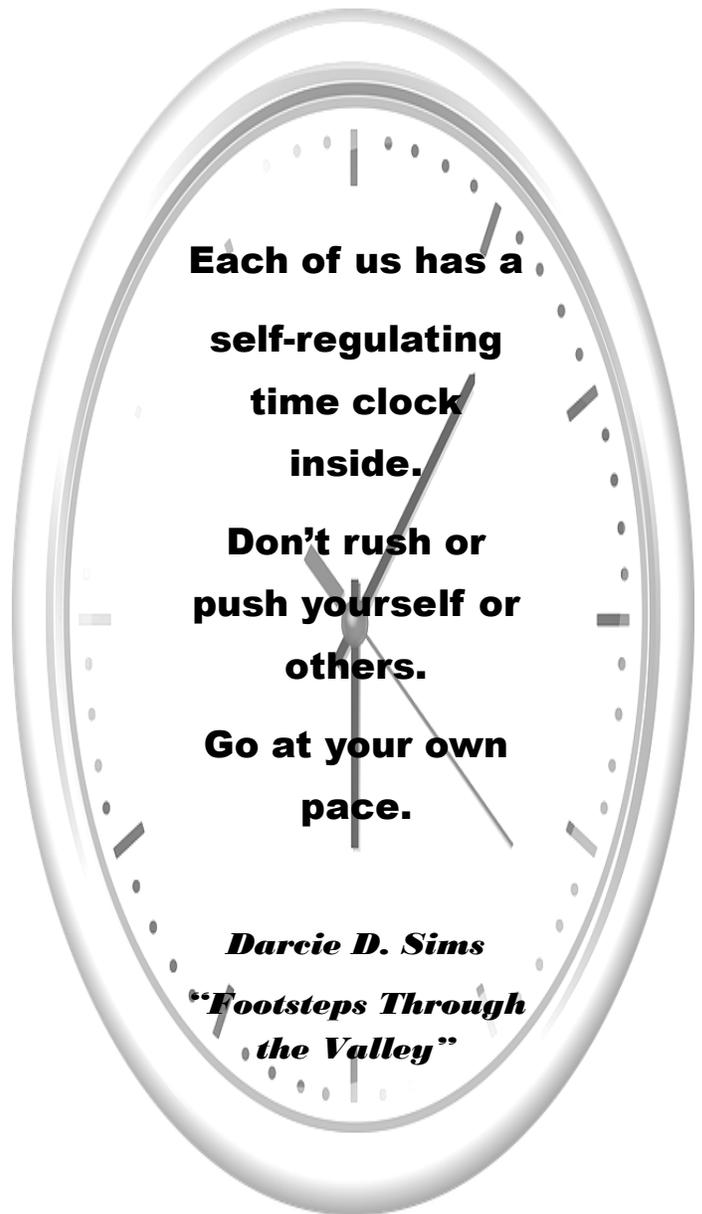
A large part of survival after the death of a child is being able to reinvest in life. If they aren't able to accomplish this after an appropriate length of time, they don't seem to fare as well as those who can. If most of life is behind them, they have already faced a thousand little deaths over the years, have had other losses of family and friends, as well as having to deal with their own mortality.

Some of these parents, with age, aren't as mobile as they once were, so it is difficult for them to take advantage of any new interests that might be available to them. Motivation, then, though not impossible, certainly becomes more difficult. Older parents, like younger parents, are told that time will heal. The older parents answer, "But I don't have that much time."

As you begin to understand the enormity of the loss of older parents, it is once again brought home that there is no good way or age to lose a child - just different ways and ages, and all of them, hard.

*Mary Cleckley, BPUSA-*

*Springfield, IL Newsletter— August 2017*



# WHEN WILL I HEAL?

By Sandy Fox

[http://www.alivealone.org/alivealone\\_whenwilliheal.pdf](http://www.alivealone.org/alivealone_whenwilliheal.pdf)

I often get asked after a parent has lost a child, "When will I heal from this unspeakable loss?" I knew I would never heal completely, but I searched for reasons to move on with my life until I found answers. No one has the same experience, not all people heal the same way or at the same time. You need to be patient with yourself and give yourself time to grieve, no matter how long it takes.

You may feel better one day and the next feel worse. You may begin to go through the five steps of grief (shock, anger, withdrawal, acceptance and renewal) and find yourself making progress and then retreating backwards to the beginning. It may upset you, but know that it is normal for this to happen. For example, after getting over the initial shock and anger, you get to the withdrawal stage, and then find that one day you fall back to the beginning stage. It is like climbing a mountain, getting to a certain point and then your foot slips on a rock and you fall down to the starting area. But, what you would do then, you also do in grief. You start again up the mountain and try to reach the top. Just because you start again still doesn't mean you will get to our goal, but don't stop trying. When you reach a level where you can look back and say to yourself, "I've made it past that original starting point," keep going. It is not uncommon to fall into the crevice many times and your emotions may get the better of you then. It all looks insurmountable, but I can tell you that you will survive.

One day a subtle shift occurs when you wake up. It is a beautiful morning, birds are singing, the sun is shining in the window and your spirits may soar. You know it will be a good day and you go from there. This process is slow. It can take you three months, six months, even a year or two. But, time will be your friend and you will find that eventually you will feel a little better. This doesn't mean you are healed. You will never heal from the loss of a child, nor will you ever forget the child who brightened your life so much.

You don't want to forget, and why should you? People may say to you, "It's been a year. You need to get over this. Forget about what happened." They don't understand; they have probably never had a loss this great. Your feelings may be hurt, but you need to tell them that you are doing the best you can and that even though it is a very bumpy road, you are slowly progressing and improving. Your memories of your child will keep you going, and it is okay to carry those memories with you for the rest of your life.

For myself, not a day goes by that I don't think of my daughter. When I am driving somewhere on a beautiful day, I often have to pull over to the side of the road because my grief overwhelms me. It has been twenty-one years, and I still get teary-eyed thinking of her and all the things she is missing and I am missing by not being together. When I calm down, I continue on.

You, too, will have overwhelming feelings at times, probably for the rest of your life. It is something we learn to live with and accept, for nothing will bring them back. I do know, though, she is in my heart now, and I will keep her there forever.

*Sandy has been a member of Alive Alone since her daughter died and is a regular presenter at national bereavement conferences.*

*Marcy Jeanne Lewis, Sandy's daughter, lived for 27 ½ years and died in 1994 due to an auto accident. "Creating a New Normal. After the Death of a Child" and "I Have No Intention of Saying Good-Bye" are two books which Sandy has authored. These are available through Amazon, Barnes and Noble and Centering Corporation.*



## For My Compassionate Friends

How is it that I know you? How'd you get into my life? Sometimes when I look at you, it cuts me like a knife. I do not want to know you, I don't want to cross that line. Let's both go back into the past, when everything was fine. You've held me and you've hugged me, and dried a tear or two, yet, you're practically a stranger, why do you do the things you do? Of course, I know the reason, we are in this Club we're in, and why we hold on to each other like we are long-lost kin. For us to know each other, we had to lose a kid, I wish I'd never met you, but, I'm so thankful that I did.

*Marilyn Rollins, TCF, Lake/Porter Counties, IN  
Loving lifted from The Compassionate Friends September 2017 Newsletter*



## THE SPIRIT OF LOVE

(Theme Song written for Bereaved Parents USA Conference 2019) ©BJ Jensen 1-2019

### VERSE 1

I close my eyes to see your face, the memories are clear  
In dreams I wrap arms 'round you 'cause, I want to keep you near  
When eyes are opened - you're not gone, I know you're still with me  
Deep in my soul - that's how love works - that's how it's meant to be ...

### CHORUS

That's the spirit of love...  
The spirit of love ...  
Hearts bonded forever - by the spirit of love.

### VERSE 2

I'd climb the highest mountain range or swim the ocean blue  
To feel your arms around me and then spend a while with you.  
You're always in my thoughts and dreams, I love you more than words  
My sorrow turns to soaring when your sweet name I've heard ...

### CHORUS

### VERSE 3

Evermore we're linked through time, though now we are apart  
Our hearts have stayed connected like they were right from the start  
No one can separate us, our relationship's too strong  
It's side by side eternally that's where we do belong

### CHORUS

### BRIDGE

It's love we'll remember - It's love we'll pass on  
It's the joy in retelling our precious child's song... (cause...)

### CHORUS

## Finding choices at the bottom of the hill

## SIBLING CORNER

[http://www.lifewithoutjudgment.com/?utm\\_campaign=369c8aaf-dc5a-4bd7-a26c-3af786b9a5c3&utm\\_source=so](http://www.lifewithoutjudgment.com/?utm_campaign=369c8aaf-dc5a-4bd7-a26c-3af786b9a5c3&utm_source=so) July 27, 2019 by: Sarah Lyman Kravits



When I'm in an unfamiliar place, I like to explore on foot. A couple of months ago, while out of town with my son for a band event, I stayed at the home of a friend. The house is situated high up among rolling hills, and because I generally welcome the challenge of a few hills on a run, I put on my running shoes and headed out to get to know the neighborhood. I ran the main loop of the development, going around several cul-de-sacs in the process, and came upon a road that stretched away from the houses into farmland and then dipped around a corner to the right where it disappeared from view. Following it, I ran along the straightaway until I reached the curve, where I could see that the road began to descend. Figuring that I'd see how far down it went, I kept running.

Well, it went pretty far down, and then dropped even lower, and curved, and then kept heading down ever more steeply, until I wasn't sure whether it was ever going to flatten out. I knew that with every slope I was setting myself up for a tougher and tougher ascent. I kept thinking, maybe I should turn around. But I didn't. My descent had taken on a force of its own, and as for the thought of how I would come back up, somehow it wasn't strong enough to overcome the pull to keep going down.

I reached a STOP sign near the bottom of the hill, but because it wasn't technically the lowest point of the slope, I couldn't bring myself to turn around. I passed the intersection and finally paused at the lowest point possible, near a yellow caution sign. With trepidation I turned around to look up at where I had come from, and where I had to go.

Some believe that people must "hit bottom," as the saying goes, before they can create their best lives. For a long time I questioned the validity of that belief. Weren't there people who made substantive changes without having a life-or-death moment? Weren't there people who led meaningful lives without suffering through an enormous crisis? Couldn't we avoid hitting bottom, and shouldn't we try?

I didn't believe that hitting bottom is an absolute requirement for an enlightened life, and I still don't. But now, after weathering loss and illness and other shocks over the years, I know that many people experience unimagined and unimaginable crises,

jarring blows that send them down toward a pit they never anticipated, and they cannot always stop the momentum.

There was a surprise, though, waiting at the base of this gigantic hill. As I stood and looked up at the looming slope, something shifted in my mind, and I realized: ***There are choices at the bottom.*** I couldn't understand this on the way down, because my thoughts were occupied with the worsening situation. But here at the bottom, in the midst of despair, I discovered options. I could walk up. I could run up. I could continue in the other direction and walk along the highway and see if it led to another way back to the house. I could take a shortcut through the woods. The choice was mine to make.

Seeing choices led to my making one, which was to run back up. Making the choice led to trying it, and trying it led to continuing to try even though it got harder and harder, and continuing to try led me to get up to the top of that hill, footfall by footfall, windsucking breath by windsucking breath. As I finally found myself running on the flat straight road back to the development, my breath slowed and my heart rate calmed. I returned to the house carrying something new -- the gift of knowing that I could go to the bottom, choose to come back up, and survive the trip. I wouldn't have found out I could come back all that way unless I had gone all that way down.

I don't wish for you to hit bottom. But if you do, carried there by grief or any other adversity, stop for a moment where you have landed and consider your choices. They are probably hard. They may seem impossible. But there they are, and you have the power to choose one and try it. You can run, walk, crawl, inch your way from the bottom up to a place where you gain faith in yourself simply because you made it there. The bottom is where you realize that trips back up are available to you, and as you accomplish a tough trip back -- footfall by footfall, windsucking breath by windsucking breath -- you may discover just how amazing you are.

## WEARING A MASK

From the Inside Fernside Newsletter  
A center for Grieving Children

Halloween is a great time to pretend to be someone else. You can be mean and nasty even though you're usually a pretty nice person, or you can be scary when you usually are the one that gets scared. You can pretend to be strong and powerful or beautiful or mysterious or famous. You can pretend to be anything on Halloween.

It isn't fun, though, to try to always wear a mask. Sometimes, for a person who is grieving, it seems like you need to always pretend to be your old happy self. Your friends and others may want you to forget about your loss and go on as if nothing much has changed. But it is really hard to mask your true feelings all the time. It is much better for you, if you can, to take off your mask and just be yourself sometimes. If you let your feelings out, then you are being honest with yourself and others. By taking off your mask and revealing your true self, you will be a much more REAL person. It's better to save masks for Halloween.



Lovingly lifted from "A Journey Together"  
BPUSA Newsletter, Fall 2001

## 2019 "Spirit of Love" National Gathering Conference Testimony - Laura Diehl

Dave and I just got back from a weekend in St. Louis. We were at the Bereaved Parents USA yearly national gathering.

As many of you know, my "story" is that for the first couple of years after Becca died, I didn't want to go to any conferences (or even parental grief groups if there had been any around our area) because I didn't want to be around a bunch of other people who were a mess like me. I thought it would be sad and morbid, and I would leave feeling worse than when I arrived.

But it turns out that just the opposite is true. It is *wonderful* being around a group of people who are a mess like me! No mask is needed. I don't have to spend my time and energy making those around me feel comfortable with my pain and deep loss. I don't have to explain any tears that fall or try to fight a laugh that is trying to find its way out of me because we all "get it." There is an instant bond that unites us in a deep, unspoken way.

Saturday evening, I was talked into pulling out my guitar (I sang my song *I Remember Well* after the luncheon keynote speaker) and joining another guitarist to play in an informal sing-along jam session. There were a few serious moments, but it was mostly a time of smiles and laughter as we just enjoyed being together.

These are my "peeps." YOU are my "peeps." We are all just a bunch of deeply broken people, doing life together. And I wouldn't want to be with anyone else!

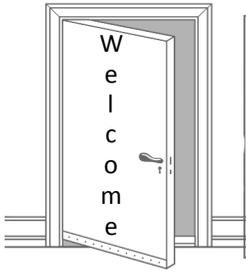


Register to receive Laura's weekly emails

<https://www.gpshope.org/bereavedparent/>

# MEETING TIMES & PLACES

Our doors are open for you.



| <u>BUSINESS / FACILITATORS MEETINGS</u>  | <u>LOCATION</u>   | <u>DATE</u>   | <u>TIME</u> |
|--|---|---|-------------|
| <b>ALL MEMBERS ARE WELCOME!</b><br><br><b>CONTACT: Chuck Digney</b><br><b>267.229.8338</b> | BJC Hospital St. Peters<br>10 Hospital Drive<br>Room A/B<br>St. Peter, MO 63376 | Contact <b>Chuck Digney</b> . Meeting dates vary depending upon unforeseen events | 9:00 AM     |

| GROUP MEETINGS                                    | MEETING LOCATION  | FACILITATOR(S)   | DAY           | TIME   |
|---|---|--|---------------|--------|
| St. Peters / St. Charles, MO                      | Knights of Columbus Hall<br>5701 Hwy N<br>St. Charles, MO 63304     | Mike & Jeanne Francisco<br>636.947.9403  | 1st Thursday  | 7:00pm |
| St. Peters / St. Charles, MO—Siblings Facilitator | Same as above   | Samantha Schaefer<br>636.293.1099  | Same as above | 7:00pm |
| West County, MO                                   | Shaare Emeth<br>11645 Ladue (Ballas & Ladue)<br>St. Louis, MO 63141 | Jacque Glaeser 636.394.3122<br>jlynn63021@yahoo.com<br>Co-Facilitator: Kim Wiese<br>314.956.3047 | 4th Tuesday   | 7:00pm |

| <u>Representation in Lieu of Meetings</u> | <u>Contact</u>                             | <u>Phone</u>        |
|---|--|---------------------|
| <b>Bowling Green</b>                      | <b>Bill &amp; Vicki Lagemann</b>           | <b>573.242.3632</b> |
| <b>Tri-County</b>                         | <b>Brenda Wilson</b>                       | <b>573.438.4559</b> |
| <b>Troy, MO</b>                           | <b>Cindy Morris</b>                        | <b>314.954.1810</b> |
| <b>OPEN ARMS Parents Left Behind</b>      | <b>Kathy Dunn (kathydunn333@yahoo.com)</b> | <b>314.807.5798</b> |

| SPECIALIZED MEETINGS  | MEETING LOCATION   | FACILITATOR(S) / CONTACT                                | DAY              | TIME     |
|---|--|---|------------------|----------|
| <b>GRASP: Grief Relief After Substance Passing</b>              | Concordia Lutheran Church<br>505 S. Kirkwood Road<br>Kirkwood, MO 63122      | Mary Ann Lemonds<br>314.330.7586<br>grasp.stl@gmail.com | Sundays          | 5:00 pm  |
| <b>Life Crisis Center Survivors of Suicide</b>                  | 9355 Olive Blvd.<br>St. Louis, MO 63132                                      | 314.647.3100  | Wednesdays       | 7:00 pm  |
| <b>PALS: Parents affected by the loss of a child to suicide</b> | St. Luke's Hospital<br>(Hwy 141 & 40)<br>St. Louis, MO 63017                 | Linda Fehrmann<br>314.853.7925                          | 4th Saturday     | 10:30 am |
| <b>Parents of Murdered Children</b>                             | St. Alexius Hospital<br>3933 S. Broadway<br>St. Louis, MO 63118              | Butch Hartmann<br>314.487.8989                          | 3rd Tuesday      | 7:30 pm  |
| <b>Survivors of Suicide</b>                                     | Baue Funeral Home-Comm Cntr<br>608 Jefferson Street<br>St. Charles, MO 63301 | Linda Fehrmann<br>314.853.7925                          | 1st & 3rd Monday | 6:30 pm  |

# TELEPHONE FRIENDS

**BPUSA ST. LOUIS INTERIM CHAPTER CHAIR:  
Chuck Digney Phone / Text 267.229.8338  
email: [chuck.digney@gmail.com](mailto:chuck.digney@gmail.com)**

|                            |                  |              |
|----------------------------|------------------|--------------|
| Accident, Automobile       | Theresa DeMarco  | 636-544-3478 |
| Accident, Non-Vehicular    | Bill Lagemann    | 573-242-3632 |
| Adult Sibling              | Samantha         | 636-293-1099 |
| Drugs/ Alcohol             | Mary Ann Lemonds | 314-330-7586 |
| Grandparents               | TBD              |              |
| Child with Disability      | Linda Frohning   | 314-541-3419 |
| Illness                    | Marilyn Kister   | 636-634-6019 |
| Jefferson City             | Sandy Brungardt  | 314-954-2410 |
| Murder                     | Butch Hartmann   | 314-487-8989 |
| Only Child / Single Parent | Donna Arnold     | 314-608-3655 |
| Suicide                    | Linda Fehrmann   | 314-853-7325 |

## OUR COMMITMENT



Part of **BPUSASTL's** commitment to you is that we are the space where our parents and families communicate. Printed in your newsletter are articles to educate and ones that are private expressions of writers. We offer our writings only for your reflection. Sometimes serving nature or establishing routines signal solace to the writer. Often they turn to religion or spirituality for comfort and guidance.

**BPUSASTL** share these insights not only for your contemplation but also to acknowledge our community's many and rich sources for strength and hope.

## Newsletter Submissions

**Cut-off date for our next issue is  
October 15, 2019**

**Send your submissions (poems, articles, love gifts) to:**

**Newsletter**

**PO Box 1115**

**St. Peters, MO 63376**

**[bpusastl@gmail.com](mailto:bpusastl@gmail.com) or to :**

**[snowwhite6591@gmail.com](mailto:snowwhite6591@gmail.com)**

**If you wish to subscribe to the newsletter, six issues per year. \$30**

**If sending payment make checks payable to **BPUSASTL**. *Thank you!!***

**As always, for up-to-date information on BPUSASTL events visit  
[www.bpusastl.org](http://www.bpusastl.org)**



**Please ensure we have  
your correct  
mailing address.  
Otherwise, newsletters  
are returned as  
undeliverable.  
Thank you in Advance!**

# Children of BPUSASTL's

## Active Board Members, Facilitators



**Emily Gerner**



**Arthur Gerner**

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

**Ryan Arnold**



**Son of  
Donna Arnold  
Candlelight Coordinator**

**Joseph DeMarco**



**Son of  
Theresa DeMarco  
Treasurer**

**Shamus Digney**



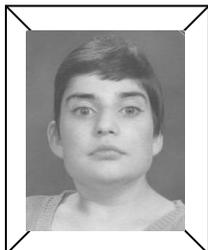
**Son of  
Chuck Digney  
Chapter Chair**

**Jennifer Francisco**



**Daughter of Jeanne  
& Mike  
Francisco  
St. Peters Group  
Facilitators**

**Natalie Frohning**



**Daughter of  
Linda Frohning**

**Mickey Hale**



**Son of  
Jacque Glaeser  
W. County Group  
Facilitator &  
Secretary**

**Kellie Gregory**



**Daughter of  
Cary Gregory**

**Julie Bardle**



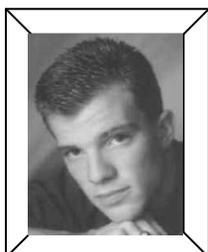
**Daughter of  
Marilyn Kister  
Newsletter  
Editor**

**Donnie Lagemann**



**Son of Bill &  
Vicki Lagemann**

**Jeff Ryan**



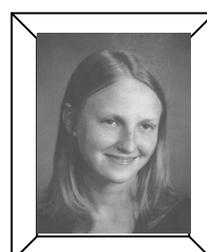
**Son of Pat Ryan**

**Danny Brauch**



**Brother of  
Samantha  
Schaefer  
St. Peters Group**

**Rosie Umhoefer**



**Daughter of  
Rosann Umhoefer**

**Matthew Wiese**



**Son of Kim Wiese  
W. County Group  
Co-Facilitator**

**If you wish to make a love donation - IN ANY AMOUNT - We will include a picture of your child(ren)  
(See page 3 of this newsletter)**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ NAME OF CHILD(REN) \_\_\_\_\_

BIRTH DATE(S) \_\_\_\_\_ ANGEL DATE(S) \_\_\_\_\_

I WOULD LIKE A LOVE GIFT DEDICATED TO MY CHILD(REN) IN THE MONTH OF: \_\_\_\_\_

I WOULD LIKE TO DONATE \$ \_\_\_\_\_ IN LOVING MEMORY OF \_\_\_\_\_

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

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**SEP-OCT 2019**

*If you have moved, please notify us of your new address  
so you will continue to receive this publication!*

*WELCOME*

We are the parents whose children have died. We are the siblings whose brothers and sisters no longer walk with us through life. We are the grandparents who have buried grandchildren. We come together as Bereaved Parents of the USA to provide a safe space where grieving families can connect, share our stories, and learn to rebuild our lives. We attend meetings whenever we can and for as long as we find helpful. We share our fears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness, knowing these emotions will be met with compassion and understanding. As we support, comfort and encourage one another, we offer hope and healing. As we confront the deaths of our loved ones, our shared grief brings us to a common ground that transcends differences, building mutual understanding across the boundaries of culture, race, faith, values, abilities, and lifestyle. Together we celebrate the lives of our children, siblings, and grandchildren, sharing the joys and the heartbreaks as well as the love that will never fade. Together, strengthened by the bonds we create, we offer what we have learned from one another to every bereaved family, no matter how recent or long ago the death.

We are the Bereaved Parents of the USA.  
We welcome you

