



Bereaved Parents of the USA StL

JUL-AUG 2021

VOLUME 44 - NUMBER 4

NATIONAL GATHERING 2021



Bereaved Parents USA
August 6-8 ♥ St. Louis, Missouri

**2021 BPUSA National
Gathering Conference**
August 6-8, 2021

**Le Meridien St. Louis
Clayton Hotel**
St. Louis, MO

Please complete ONE FORM for EACH PERSON attending
Before registering online, please read the Registration Packet
for complete information on the Gathering Weekend.

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COMING SOON !

Read about BPUSASTL
changes on pages 2 & 4.

WEBSITE

NEW



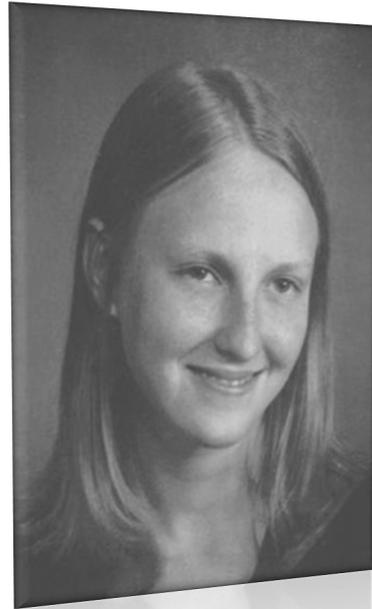
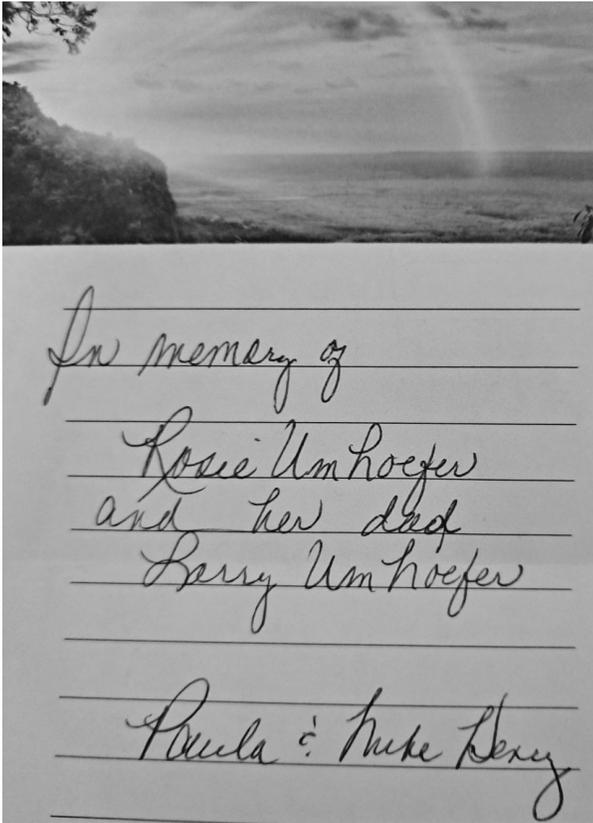
Although **Chuck Digney** is looking forward to his family's upcoming relocation to Arizona, the board sadly accepts his resignation as Chapter Chair. Shamus' dad stepped up on April 1, 2019 to lead BPUSASTL. His first goal was to bring awareness of BPA to our community of bereaved parents, grandparents & siblings. Chuck worked with the Spencer Library in St. Charles County to ensure our organization was well advertised.

We thank Chuck for all he did in support of the St. Louis Chapter. We will miss him and his wife Karen, but wish them only the best as they establish themselves in their new surroundings as they continue to head west.

Mike and Jeanne Francisco, Jennifer's parents, will assume the role of Co-Chairs. You can read their Candlelight Speech via the website in the January/February 2016 Newsletter.



Shamus Digney
11/11/98 - 08/30/14



Rosie Umhoefer
Apr 24, 1983-Jul 03, 2003

**Thank you
for your
Love Gifts!**



Larry Umhoefer
Aug 04, 1949-Apr 26, 2020

Truly we are stronger
than we could ever believe.
We released our children,
however begrudgingly, to Thee.

We lost faith and hope
with the loss of our love.
We screamed and cried
and raised our fists to up above.

Everything changed
with the break of day,
our thoughts, our routines,
when we lied and said we were okay.

Everywhere we looked
we'd see remembrances
of our sweet child and all
those heart wrenching instances.

Time sluggishly went by
although we felt trapped.
Life never stopped moving
so we learned to adapt.

So, I know, as you do,
there is no weakness in tears.
We've survived and prospered
without our children, all these years.

If there is a lesson to be learned,
it is that our love is ever strong.
Our relationship may be different,
but love always continues on.

*By: Rosann Umhoefer,
BPUSAsTL*

BPUSAStL is going

Going green is becoming a new way of life. In many ways, it is already here.

This is the last newsletter that will be mailed. We recently launched a new website where future and archived newsletters are still available.



On the positive side, newsletters will be saved in color and posted by the 30th of every other month. For the remainder of 2021 those months are August, October & December.

We also launched a new website. After much discussion and for internet security reasons only, we chose to eliminate the “Meet Our Children” and “Honor Your Child” pages. We hope you will continue to support BPUSAStL with your love gifts that will continue in the love gifts section of every newsletter. Also, please provide any articles or poems you write or wish to share.



We are offering this year’s candlelight ceremony at The Summit Church in O’Fallon, MO. This decision is based on costly screen rentals and the required technician fees.

Thank you for understanding.

“I can't change the direction of the wind, but I can adjust my sails to always reach my destination.”

-Jimmy Dean.



The latest about West County meetings:

Shaare Emeth

Meetings will be held in the Library on the 4th Tuesdays in August, October & November 2021. The Library is unavailable July, September & December.



SAVE THE DATE

TRIVIA

**TRIVIA IS RETURNING
to BPUSAStL**

Saturday, April 23, 2022

Additional information will be posted on the website as registration nears. Please get the word out to your family and friends, as well.

Trivia is our annual fundraiser and due to COVID in 2021 and 2021, we were unable to host this event.

We look forward to seeing you!!

BPUSAStL

Invites you, your family, and friends to attend



A Candlelight Memorial Service

In Memory of our
Children, Grandchildren, Siblings

Date: December 5, 2021

Location:

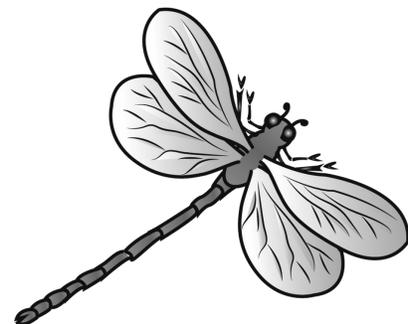
The Summit Church
927 East Terra Lane
O'Fallon, MO 63366

Invitations will be mailed

Pieces of Soul

*Grief
is like glitter.*

You can throw a handful of it in the air,
But when you try to clean it up,
You will never get it all.
Even long after the event, you will still
Find glitter tucked in the corners.
It will always be there...somewhere.





Weavings Returns to In-Person this October

BJC Hospice is excited to announce their annual grief retreat for mothers who have lost children is going to be held October 23-25, 2021 in person at the Pallottine Retreat Center in Florissant, MO. This three day, two night retreat is a free weekend for bereaved mothers to reflect, recharge and remember their beautiful children. Space is limited, but please sign up if you are interested and if we can't accommodate you this year, we will put you on our list for next year. Call Andrea at 314-403-4617 or email her at andrea.tritinger@bjc.org.



Dr. Alan Wolfelt

Dr. Wolfelt may return this fall to St. Charles County.

Check Baue's website soon for dates, times and registration:

<https://www.baue.com/event-calendar/>

Baue hosts this complimentary workshop to the community.

RITUALS FOR REMEMBRANCE ~ After the Pandemic

Perhaps the funeral to honor your loved one was a virtual service. It's likely the visitation was limited by masking, social distancing, and just the **choice of family and friends to stay home and stay safe**. It's never too late to remember your loved one in a special way that speaks to you. As restrictions are lifted and little by little gathering safely is initiated again, you may want to consider some of these ideas for honoring your loved one.

1. Connect with family and friends who may not have heard about your loved ones death. Write a personal letter to notify them and then let them know how you are getting back to life after this loss. Surprisingly, in a day **of technology, traditional ways of notification don't often reach family and friends**. You may have to take the initiative.
2. **Plan an Event.** Send out an invitation for an official "gathering" to remember your loved one. It can be a casual gathering or a traditional Memorial service.
3. Step out of your comfort zone and be the first to connect with someone and plan an in-person lunch, chat in the park, or attending a social event together.
4. **Place flowers or a ribbon around a tree at your loved one's favorite spot.**
5. Create a flower garden or small spot where you can plant something and/or add stepping stones (to remind you grief is one step at a time).
6. Create a permanent memorial such as donating a park bench, planting a tree, or a memorial plaque.
7. Finish a project your loved one started or start a project that your loved one talked about but never did.
8. Wear something significant in public that belonged to your loved one. Make it something that is bound to create conversation such as a team-favorite shirt or hat, shiny piece of jewelry, a sporting goods piece of clothing, or an infectious smile (just like his or hers).
9. Do a random act of kindness in his or her memory.
10. Make a donation to a charitable organization.
11. If a veteran, hang a flag every day!
12. Go on a picnic to a favorite spot. Invite someone close to your loved one to join you.

Source: <https://www.wingsgrief.org/> Spring 2021: ELetter: Wings - A Grief Education Ministry

I look down that dusty gravel road and I can see him.
 My son, walking away that hot summer evening.
 Little did I know, I would never see him again.
 Never.
 Oh, the things I took for granted.
 Losing him has been a painful lesson.
 A life class I never wanted to take.
 The learning never stops.
 I have been forced to remember that
 life is precious, love is real, death is forever.
 Regrets are inescapable.
 Heartache is painful and can last a life time.
 The sun will rise tomorrow.
 Without him.
 The flowers will bloom, the snow will fall.
 Without him.
 Laughter will flow, songs will be sung.
 Without him.
 Tears, will flow down a well-worn path on my face.
 They will always flow because,
 I am living my life without him.



**In Loving Memory of
 Eric Korte
 May 1985 - July 2015**

*It seems so long ago and yet it was yesterday.
 Time is such a fickle thing.
 Speeding by and yet standing still.
 Maybe the theory of alternate realities is correct.
 My time is different than yours, that's for sure.
 I am, in fact, stuck in time now.
 You are moving forward through time.
 I seem to be standing still not willing to let him go.
 I'm not ready to move forward.
 Not now, not yet.
 You see if I truly move on then I am leaving him behind.
 I know I should, he would want me to, and yet...
 To move on feels disloyal to him.
 I must somehow keep him alive through me, through my pain.
 It's the pain that really makes me feel closer to him.
 I know how that sounds but it's true.
 It's the pain that breaks through the numbness I feel.
 That's how I remind myself that this is real, he is gone.
 He was my life, my everything.
 His very presence in this world gave me purpose.
 Oh, how I loved him.
 I love him now even in his absence.
 He is here with me and yet he is not.
 So yes, the passing of time is different for me.
 It seems fast because he has been gone for so long.
 It is slow because it feels like yesterday when he left this world.*



**Written By:
 Lorna Korte, Eric's mom
 BPUSASTL**

She is Gone (He is Gone)

Poem based on a short verse by David Harkins.
An uplifting poem about being grateful for a loved one's life.

You can shed tears that she/he is gone
Or you can smile because she/he has lived
You can close your eyes and pray that she/he will come back
Or you can open your eyes and see all that she/he has left
Your heart can be empty because you can't see her/him
Or you can be full of the love that you shared
You can turn your back on tomorrow and live yesterday
Or you can be happy for tomorrow because of yesterday
You can remember her/him and only that she/he is gone
Or you can cherish her/his memory and let it live on
You can cry and close your mind, be empty and turn your back
Or you can do what she/he would want:
Smile, open your eyes, love and go on.



Mary Lincoln wasn't 'crazy.' She was a bereaved mother, new exhibit says.

By
Gillian Brockell
May 1, 2021

Callie Hawkins had been working at President Lincoln's Cottage museum for 10 years when she became pregnant. She and her husband were thrilled, and she joked with her co-workers about the baby's "perfect" due date — Feb. 12 — Abraham Lincoln's birthday. When the day arrived, Hawkins went into labor right on schedule. But when she and her husband got to the hospital, the medical team couldn't find the baby's heartbeat. Their son Coley James Hobbie was stillborn the next day.

Three years later, Hawkins sits on a picnic bench near the cottage where Lincoln and his wife spent more than a quarter of his presidency, pressing with her thumb a pendant around her neck that says "Mama."

Continued on page 10

“After my son died, I got really afraid that people would maybe judge me or think about me in the way that history has remembered Mary Lincoln,” she said. Which is to say, she was afraid they would think she was “crazy.” In her lifetime, the former first lady lost her husband to an assassin’s bullet and three of her four children to disease. Her lengthy, public mourning defied conventions of the day and led to criticism and questions about her sanity.

With that in mind, Hawkins, now the interim executive director and director of programming at the cottage, helped to create a unique exhibit called “Reflections on Grief and Child Loss” at President Lincoln’s Cottage. In it, accounts of the Lincolns’ grief are presented alongside the stories of modern-day bereaved parents and their kids, showing their similarities across time.

Abraham and Mary Lincoln (she did not go by Mary Todd Lincoln in her lifetime) had four sons; only one survived past age 18. Son Eddy died of an unknown illness at 3 in 1850; Willie died of typhoid at 11 in 1862, while the couple occupied the White House; and Tad died of a lung disease at 18 in 1871.

Back then, Hawkins said, “society allowed certain types of grief. You could wear black, you could have a mourning band on your stationery, and things like that.” But Mary Lincoln didn’t stick to what was socially acceptable. When Eddy died, she tore out her hair; when Willie died she was so overcome she couldn’t leave her bed for weeks and missed his funeral. She would cry loudly and wore black mourning clothes much longer than was socially acceptable.

The modern bereaved parents in the exhibit, who are anonymous, describe a society that is in some ways even more uncomfortable with expressions of grief than it was 150 years ago.

“I think society expected me to just move on,” says the mother of Jacob, who was murdered when he was 6. “I think it is still a surprise for some people that we still talk about her so freely,” said the father of Abby, an only child who died at age 16 five years ago. “I think they are confused as to why we are still talking about her, assuming reflecting on her life, and death, only accentuates the pain.”

Hawkins encountered this discomfort when she presented the project to some colleagues. “Isn’t it going to make visitors sad?” they worried.

The “Reflections of Grief at President Lincoln’s Cottage” places Abraham and Mary Lincoln’s grief over the deaths of their children alongside modern-day bereaved parents. (Chris Ferenzi/ Courtesy of President Lincoln’s Cottage)

LOCATION

Site Entrance

140 Rock Creek Church Rd NW, Washington,

DC 20011



Continued on page 11

Yes, it will, Hawkins replied. And that's a meaningful experience. Some in Mary Lincoln's day thought to grieve as deeply as she did was sacrilege. It showed she didn't trust God's will, they said. A modern-day mother described the same judgment from her religious community. "I thought my faith was not good enough because I was sad and angry," she said. Like Mary, she lost three children — Julia, Matt and Charlie — in separate events.

Mary Lincoln also participated in seances with various spiritualists — generally con artists — who promised to communicate with her dead children, and later, her husband. Instead of judging her supposed gullibility, the modern-day bereaved parents' testimonials give some context to her desire to feel the presence of the dead. They too seek ways to connect: in nature, in prayer, in activism or simply talking aloud to their children before they go to sleep at night. President Lincoln felt these losses deeply, too, but he expressed it in more socially acceptable ways, like throwing himself into work, locking himself in his office or secretly visiting the crypt that temporarily held his son's coffin at night. In a sexist society, his grief was viewed as a more heroic "melancholy" than Mary's, who was dismissed as self-absorbed or insane — a stereotype that persists to this day.

The exhibit has been designed in consultation with grief experts like professor Joanne Cacciatore, who has written several books dear to families going through traumatic death. So while much of it is intended to help bereaved parents feel less alone, it's also meant to demystify this type of grief for people who may be unfamiliar or deeply uncomfortable with it. At the end of the exhibit, visitors can take with them a postcard-sized handout with tips on how to help someone who is grieving. Don't try to fix it or distract them, it says. Show up.

"Other people are far more uncomfortable with my grief than I am. It's a welcome part of my life now. I'm going to love Coley forever, so I am going to grieve him forever, and that is okay," Hawkins said. "And we see that with Mary Lincoln. I mean, she grieved the losses of her children and her husband for the rest of her life. Even when it made other people uncomfortable."

The exhibit puts a poignant emphasis on place and places of refuge. For the modern-day parents, that can be visiting their child's grave, tending to a garden, sitting by a river or preserving their child's bedroom. For the Lincolns, it was the cottage. While they had always planned to decamp to it during humid Washington summers, they didn't get a chance to do so until shortly after Willie's death. It was a balm to them, a peaceful place where they could just be. They spent the next two summers there as well.

In describing the cottage to a friend, Mary Lincoln wrote: "When we are in sorrow, quiet is very necessary to us."

"I always thought that this was a truly special place, but I didn't feel it in my bones the way that I do now," Hawkins said. "I remember the exact moment, as I was sitting at the hospital, thinking, 'Now I get it. Now I know. I know what they needed, and I need that, too.'"

Hawkins now sees the cottage as a place that holds broken hearts, both hers and the Lincolns'. Like the rest of the staff, she used to call their bedroom at the cottage the "Emancipation Room," because it is where Lincoln wrote the historic Emancipation Proclamation. Now, Hawkins also thinks of it as a sacred place where the couple probably shed many tears together.

At the center of the exhibit springs a smooth white trunk evoking a weeping willow tree. On each dangling paper leaf, visitors are encouraged to write the name of a lost child, or someone else they love who has died. When the exhibit concludes in two years, each name will be transferred onto a sheet of seed paper and planted — all that love and grief sustaining something new and alive.

Losing a Sibling

Support for Healing

The death of a sibling is the most neglected loss in adult life. Loss of a sibling means loss of someone who knew your formative past. It might trigger feelings of guilt over unsolved sibling issues or a sense of abandonment.

Adult sibling loss often falls into the category of "disenfranchised grief." Sympathy is traditionally extended to surviving parents, a spouse or children, yet surviving brothers and sisters are sometimes expected to "get over it" quickly so they can comfort others or "replace" the lost sibling. Siblings might not receive the support they need to heal, and they might hide their feelings from others.

Life Changes in an Instant

Common issues faced by surviving brothers and sisters include:

Seeking a New Identity

Someone who has been a part of your life since birth can serve as an essential part of the background from which you live your life, a piece of the unbroken wholeness that defines you.

The death of a sibling, however, upsets birth order within a family, robbing surviving siblings of the individual strengths, characteristics and identifies that are tightly linked to birth order. It takes time to learn how to live your life again. You have to grow within yourself the parts once carried by your brother or sister. You don't "get over" this as much as "grow through" it.

The Loss of a Future With Your Sibling

Not only have you lost the actual person and your relationship with them, but you have lost the part they would have played in your future. You go on to marry, have children, buy a house, succeed or fail, retire. Each event underlines the terrible reality that your brother or sister is not there. Forever after, all events, no matter how wonderful, have a bittersweet flavor. So-called anniversary reactions can arise on birthdays, holidays and other special occasions.

Caregiving

What prevents many bereaved siblings from processing their own grief is a desire to protect someone—perhaps their parents, spouse or children. The focus on "being there" for someone else allows them to put their own grief process on hold. It's not uncommon for surviving siblings to accept the grief of others or take on the role of "compulsive caregivers," always available for others who are grieving.

Compulsive caregivers might focus so much energy elsewhere that they become empty, over-stressed and sometimes clinically depressed. They might appear "bristly," speaking in short, quick sentences while denying the underlying pain. Their unacknowledged feelings can turn heavy and burdensome, preventing them from recovering and regaining a sense of identity.

To resolve compulsive caregiving, confront your own sadness and pain, own it and feel it as deeply as you need to. Author John Gray says, "What you feel, you can heal." You might need to talk about every detail of the death and express the associated feelings over and over until you wear out the pain.

Assert Yourself

One last comment: Don't be embarrassed if one of your worries or thoughts is, "Am I next?" When adult siblings die, it is natural to question your own mortality. Siblings are peers, so it makes sense and is normal to think in this way. Society may not recognize the intensity of sibling loss, but bereaved siblings know that the loss has a real, sometimes devastating impact. You might have to educate the people around you and ask for their much-needed support. Assert yourself and ask for what you need.

MEETING TIMES & PLACES

*****Call for meeting status*****



<u>BUSINESS / FACILITATORS MEETINGS</u>	<u>LOCATION</u>	<u>DATE</u>	<u>TIME</u>
ALL MEMBERS ARE WELCOME! CONTACT: Mike & Jeanne Francisco 636.947.9403	BJC Hospital St. Peters 10 Hospital Drive Room A/B St. Peter, MO 63376	Contact Mike. Meeting dates vary depending upon unforeseen events.	9:00 AM

<u>GROUP MEETINGS</u>	<u>MEETING LOCATION</u> All are currently on pause pending COVID restrictions	<u>FACILITATOR(S)</u>	<u>DAY</u>	<u>TIME</u>
St. Peters / St. Charles, MO	Knights of Columbus Hall 5701 Hwy N St. Charles, MO 63304	Mike & Jeanne Francisco 636.947.9403	1st Thursday - Please contact facilitators for meeting status	7:00pm
St. Peters / St. Charles, MO—Siblings Facilitator	Same as above	Samantha Schaefer 636.293.1099	Same as above	7:00pm
West County, MO	Shaare Emeth 11645 Ladue (Ballas & Ladue) St. Louis, MO 63141 Library -	Jacque Glaeser 636.236.5103 jlynn63021@yahoo.com	Meetings will be held in the Library the 4th Tuesdays in August, October & November 2021.	7:00pm

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

<u>SPECIALIZED MEETINGS</u>	<u>MEETING LOCATIONS</u> All may be on pause pending COVID restrictions—phone facilitators	<u>FACILITATOR(S) / CONTACT(S)</u>	<u>DAY</u>	<u>TIME</u>
GRASP: Grief Relief After Substance Passing	Concordia Lutheran Church 505 S. Kirkwood Road Kirkwood, MO 63122	Mary Ann Lemonds 314.330.7586 grasp.stl@gmail.com	Sundays	5:00 pm
Life Crisis Center Survivors of Suicide	9355 Olive Blvd. St. Louis, MO 63132	314.647.3100	Wednesdays	7:00 pm
PALS: Parents affected by the loss of a child to suicide	St. Luke's Hospital (Hwy 141 & 40) St. Louis, MO 63017	Linda Fehrmann 314.853.7925	4th Saturday	10:30 am
Survivors of Suicide	Baue Funeral Home-Comm Center 608 Jefferson Street St. Charles, MO 63301	Linda Fehrmann 314.853.7925	1st & 3rd Monday	6:30 pm
Hugs & Healing Grief Support Group—Community Room in Main Lobby	Christian Hospital 11133 Dunn Road St. Louis, MO 63136	Johnnie Coleman	2nd Wednesday	6:30-8 pm

TELEPHONE FRIENDS

BPUSA ST. LOUIS CHAPTER CO-CHAIRS:

Mike & Jeanne Francisco

Landline: 636-947-9403

Accident, Auto	Theresa DeMarco	636-544-3478
Accident, Non-Vehicular	Bill Lagemann	573-242-3632
Adult Sibling	Samantha Schaefer	636-293-1099
Drugs/ Alcohol	Mary Ann Lemonds	314-330-7586
Grandparents	TBD	
Child with Disability	Linda Frohning	314-721-5517
Illness	Marilyn Kister	636-634-6019
Jefferson City	Sandy Brungardt	314-954-2410
Murder	TBD	
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

August 15, 2021

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

Newsletter
PO Box 1115
St. Peters, MO 63376
or to :

snowwhite6591@gmail.com

Your writings may help someone.

As always, for up-to-date information on BPUSASTL events visit

www.bpusastl.org

MENTION THEIR
NAME
TELL
THEIR STORY
CONTINUE TO ♥♥
LIVE THEIR LEGACY
BY
Remembering
THEM WITH
ME



NATHALIE HIMMELRICH

Children of BPUSASTL's Board Representation



Julie Bardle
Daughter of Marilyn Kister
Newsletter Editor



Joseph DeMarco
Son of Theresa DeMarco
Treasurer



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



J. P. Rosciglione
Son of Terre Rosciglione
Trivia Coordinator



Rosie Umhoefer
Daughter of Rosann Umhoefer



Matthew Wiese
Son of Kim Wiese



Arthur Gerner / Emily Gerner
Son & Granddaughter of Margaret Gerner
Founder of BPUSASTL

Children of BPUSASTL's Special Events



Aaron Cole
Son of Courtney & Justin Lehmann
Trivia Coordinators



Danny Brauch
Brother of Samantha Schaefer
St. Peters Group Sibling 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 _____

MAIL TO: P. O. BOX 1115, ST. PETERS, MO 63376

I hide my tears when I **say** your name, but the **pain** in my **heart** is still the same. Although I **smile** and **seem** care free, there is **no one** who **misses** you **...more than me!**

all-greatquotes.com



**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!**



JUL-AUG 2021

*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

