



Bereaved Parents of the USA

JUL-AUG 2022

VOLUME 45 - NUMBER 4



INSIDE	PAGE
Love Gifts—Thank you	2-3
July 2022 BPUSA Gathering	3
Siblings & Grief	4-5
Grief Snippets	6
Gathering Workshops & Presenters	7
Local Event—Happiness for Harper	8
Grieving Assistance Card	9
Dear Newly Bereaved Parent	10-11
I Never Know When I'm Going To Miss You	12
Meeting Schedules	13
Telephone Friends	14
BPUSASTL Board Representation	15



In Loving Memory of
Darren Young
Mom & Dad, Doris & Dick



Art by Monica Young, a
granddaughter of
Doris & Dick

Thank you for your love gifts.



In Loving Memory of
Rosie Umhoefer and
her dad Larry.

—Paula Henry





JJ

In Loving Memory of
Jennifer Jo Esworthy
"JJ"

6/3/75 - 6/8/97

and

Jaclyn Marie Esworthy
"Jackie"

12/24/78 -- 6/8/97

and their mom

Barbara D. Esworthy
"Barb"

12/22/41 - 9/27/19



Jackie



Thank you for your love gift.



Bereaved Parents of the USA
27th Annual Gathering Conference

JULY 22-24 ♥ ST. LOUIS, MISSOURI

NATIONAL GATHERING 2022



Le Méridien St. Louis Clayton Hotel
7730 Bonhomme Avenue
St. Louis, MO 63105

Questions? Contact:
Barbara Dietrich, BPUSA Gathering Coordinator
e-mail: bpusagatheringcoordinator@gmail.com

BPUSA Website:
www.bereavedparentsusa.org

See page 7
of this
newsletter
for a list of
workshops
and presenters.

Announcing Our Keynote Speakers

Beth D'Angelo ♥ Diane Bergeron ♥ Crystal Webster ♥ Angela Kennecke



10 THINGS EVERYONE SHOULD KNOW ABOUT SIBLINGS & GRIEF

<https://www.drchristinahibbert.com/>

There are many things people need to learn about siblings and grief. Here are ten I would like everyone to know.

1) Sibling grief is often misunderstood—by parents, families, friends, and counselors, even by the siblings themselves. So much focus is given to the parents of the lost child, to the children of the lost parent, to the spouse of the lost adult sibling. And, rightly so. But, what about the siblings? What about the ones who, like me, have grown up with the deceased? Who believed they would have a lifetime with their sister or brother? Who now face that lifetime alone?

2) Sibling grief “has been almost entirely overlooked in the literature on bereavement.” It’s no wonder, therefore, that even mental health providers misunderstand sibling grief. How are families supposed to know how to help siblings through grief if even the research on the subject is lacking?

3) Common emotions siblings may feel when a brother or sister dies include:

- Guilt
- Abandonment
- Loss of Innocence
- Fallout from the Family
- Somatic Symptoms
- Fears and Anxiety

4) Siblings may feel “trumped” by the grief of other family members. I sure felt this way, and it’s common, since the focus is usually on the parents if a young sibling dies and on the surviving spouse or children if an older sibling dies. This may lead to minimizing a sibling’s own loss.

5) Young siblings lose innocence when a brother or sister dies, which may lead to fears and anxiety. “Survivor guilt” is also common. Experiencing death as a child becomes a lifelong experience of processing and understanding the loss. Children grow up with grief, understanding more as they get older. Fear of death or dying is common. Anxiety or worry about getting sick may become prevalent. In young siblings, guilt for provocative behavior or for unacceptable feelings (jealousy) is common. Young children may think, before the death, “I wish my brother were dead!”, then believe they somehow caused it to happen. Older siblings may wonder, “Why them and not me?” Because siblings are usually similar in age, it can bring up many questions about the sibling’s own life and death, and guilt along with it.

(Continued on page 5)

10 THINGS EVERYONE SHOULD KNOW ABOUT SIBLINGS & GRIEF



(Continued from page 4)

6) Surviving children do, unfortunately, end up taking the fallout from parents', siblings', or other family members' mistakes, emotional blowups, or neglect. In many ways, siblings often experience a double loss: the loss of their sister or brother, and the loss of their parents (at least for a time, but sometimes, permanently). I know this from experience. Though my parents did the best they could, after my youngest sister died, our entire family was different. My mom retreated into her own grief, staying in her room, depressed and sick for years. My dad retreated into work and anything to take his mind from his pain. Luckily, I was already on my own, in college, at the time; my younger siblings weren't so lucky. At 9, 11, 14, and 17 years old, they grew up with a completely different set of parents than I had. I tried to step in as a "parent" figure over the years, but the separation from my parents in their time of need profoundly influenced their lives. It profoundly influenced *my* life. It profoundly changed our family.

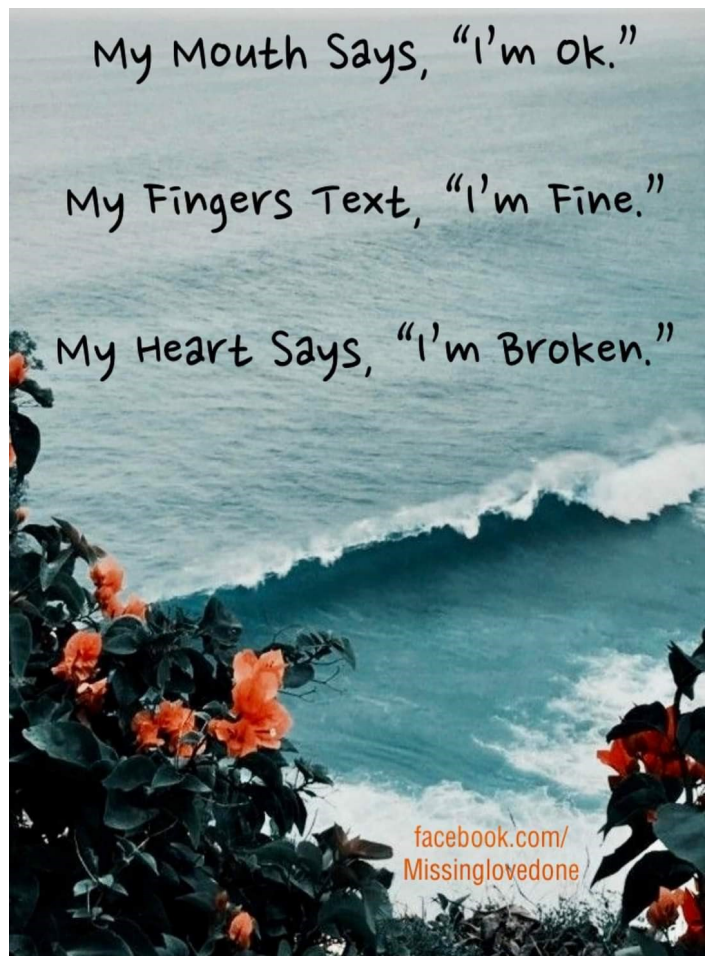
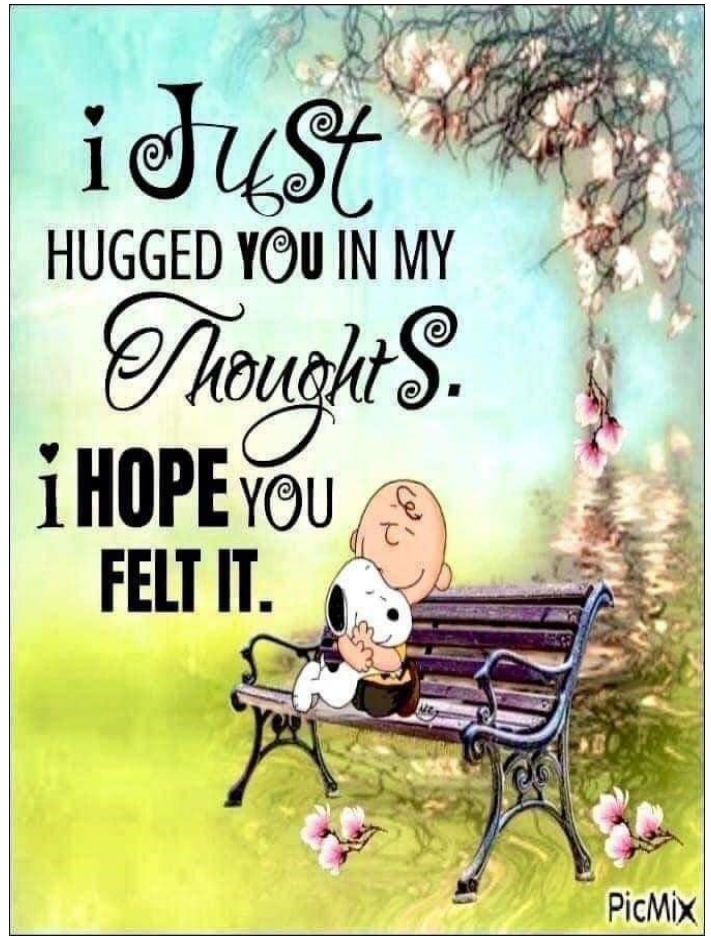
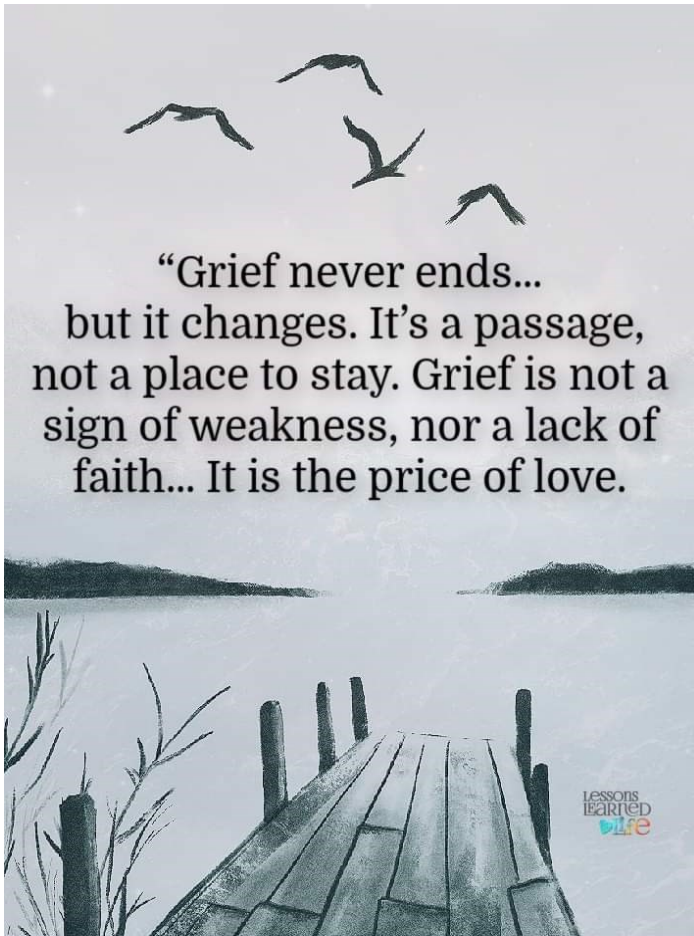
7) Siblings may manifest somatic symptoms of grief, including symptoms that mimic the deceased sibling's symptoms. Especially in young children, symptoms like stomachaches, headaches, nightmares, body pain, digestive symptoms, and trouble sleeping are common. These should be seen as symptoms of grief, and hopefully, an adult in the family can help siblings work through their feelings and show them how to grieve.

8) Having someone explain the loss to younger siblings, to be there for them and help them grieve, is ideal. Little children don't comprehend death in the same way adults do. It is therefore important to have somebody who can walk them through the loss and the grief process, to explain it wasn't their fault, to validate what they feel. If parents aren't able to do so, another family member or friend may, and hopefully will, step in.

9) Even adult siblings will feel the loss deeply. The pain isn't less simply because you're older. In fact, in many ways, it's harder. You understand more. You know what it means to die, and you will feel the pain of the loss in a different way than young children, who still haven't developed abstract thinking and understanding, will. Grieve your loss. If you're not sure how, here are some ideas.

10) My best advice for siblings in grief: Feel the loss as long as you need to, and give yourself time to heal. Because sibling loss is so misunderstood, you may receive messages that make you feel like you should be "over it by now." They don't know sibling loss. Now, you do. It takes time. Lots of time. It's not about "getting over" the loss of a sibling. You don't get over it. You create your life and move on, when you're ready. But you will always remember your brother or sister—the missing piece of your life.

I once heard someone say, "When a parent dies, you lose the past. When a child dies, you lose the future. When a sibling dies, you lose the past *and* the future." That is the grief of a sibling—grief for what was past, and grief for what should have been the future. Just remember these things, my friends. Remember to be there for siblings in grief. You can be the difference in helping them create a bright future, even if they now must do so without their beloved sibling.



2022 BPUSA GATHERING CONFERENCE WORKSHOPS

"Reflecting & Connecting"

Steps to Healing

Increasing Your Resilience – *Becky Russell*
Newcomers First Stop on the Path Towards Healing:
Help Navigating the Gathering – *Chuck & Di Curtiss*
The B.R.E.A.T.H.E Coaching Model for Grief –
Pat Sheveland
Worden's 3rd Task of Mourning Develop a New
Relationship with Your Loved One – *Julie Blackburn*
Traumatic Behavior Syndrome – *Vanessa Pentz*
Multisensory Memories – *Julie Blackburn*

Reflection

Live in The Light and Diminish the Shadow of Grief –
Patti DiMiceli
Sound Journey – *Beth D'Angelo*
Reflecting and Connecting – *Cindy Magee*
Bereaving with Your Love Language – *Sam Timbrook*
The Power of Pebbles & Angels! – *Patti DiMiceli*

Coping

If Only..How Magical Thinking Impacts Our Grief
Journey – *Brenda Daly*
A Demands-Resources Model of Bereavement –
Diane Bergeron
Grief: The Unplanned Road Trip – *Jill Theriault*
Cultivating Peace and Balance – *Beth D'Angelo*
Health - The Missing Link – *Peggy Green*
Apart From Us, But Always a Part of Us –
Lora & Dave Krum
Seasoned Grievors & Navigating Grief – *Jimmy*
DeLoach

Journaling/Expressive Arts

Finding Peace Through the Page: Journaling for the
Non-Journaler – *Crystal Webster*
The Missing Piece: Art for the Heart – *Vickie Lundy*
Soul Collage for Grief – *Justin Phillips*

Men's Grief

Two Fathers' Grief Journey – *Roger Moroney &*
Jim Esworthy
Men, The Invisible Griever? – *Bobby Morton*

Continuing their Legacy

Creating a Legacy in Your Child's Name –
Angela Kennecke
Building a Legacy: Creating a Foundation and Other
Ways to Help Others – *Jimmy DeLoach*
Finding Meaning and Creating Legacy After Your Loss
– *Crystal Webster*

Faith

Struggling to Reclaim My Faith – *Dennis Apple*
Core Value – *Johnnie Coleman*

Signs From Our Loved Ones

Signs from Above, Connecting & Communicating
with Your Loved Ones in the Afterlife –
Deborah Finley
Signs from Our Loved Ones – *Patty Stovall*
Dreams of The Bereaved – *Joyce Harvey*
Co-Existing with Our Children in Grief & Spirit –
Bobby Morton, Beth D'Angelo

For Specific Circumstances

Helping Children with Loss – *Sadija Smiley*
Managing Your Child's Digital Legacy – *Roger*
Moroney
Survive Child Suicide. Yes, You Can – *Peggy Green*
Surviving Loss from Drug Related Cause of Death –
Justin Phillips

For Those With No Surviving Children

Alive Alone Meet & Greet – *Gwen Rice*
Loss of Our Only Child/All Our Children for Aging
Parents with No Legacy – *Panel of 5 parents*
Now Childless: How Do I Go Forward? – *Joyce*
Harvey
This is NOT How We Thought Life Would Be! –
Lora & Dave Krum
Finding Meaning & Creating Legacy After Your
Loss – *Crystal Webster*

(Workshop titles and presenters could be subject to changes)



Local Events

SUNDAY, JULY 24, 2022 AT 1:30 PM - 4 PM

Christmas in July- Happiness For Harper

- Event by Kelly Hinman and Kelly Pillman
- Immaculate Conception of Dardenne Catholic Church
- Duration: 2 hr 30 min
- Public · Anyone on or off Facebook

Have you heard we are throwing the Party Of The Summer?
Well it is true!

Please join us for an amazing afternoon full of fun for the family, especially the kiddos! We will be hosting a fundraiser/ party to support Happiness For Harper!

I WILL BE POSTING UPDATES FREQUENTLY AS THE RAFFLE DONATIONS CONTINUE TO ROLL IN SO YOU CAN SEE WHAT YOU HAVE TO LOOK FORWARD TO!

IMPORTANT INFORMATION

Admission- All Proceeds go to H4H
\$5 Per Person (3 Raffle Tickets)
\$20 Per Family (12 Raffle Tickets)

ADDITIONAL TICKETS AVAILABLE

\$2 A Piece
Or 3 for \$5

This organization was created by Kelly and Steve Pillman to honor the life of their beautiful daughter Harper Danielle Pillman whose life was cut short when she suffered a pulmonary hemorrhage at Saint Louis Children's Hospital when she was just 16 months of age.

Harper's life was filled with joy, laughter and love. Her smile spread so much joy to everyone in her life. And the ripple effect of Harper's story has impacted so many she never even got to meet!

Harper was born on December 1, 2016. With that being the season of giving, the Pillmans started Happiness for Harper with the intention to spread Harper's love and joy! And they are doing just that. Harper was born in the most wonderful time of the year! To honor her birthday, Happiness for Harper collects monetary donations to purchase toys for children in our community. All toys are used to sponsor St. Charles County Police Department's giving program : SANTA COPS. By partnering with the SCCPD they are able to reach children in our own community that are truly in need of feeling love and joy through the holiday season.

SANTA COPS

Officers will forward gifts to families encountered in service calls, students from patrolled schools, hospital patients, and donate to other PD service agency partners. Toys will also be provided to the Police Deputy Sheriff Association for their annual "Shop With A Cop" program. Based on the number of donations, a few deserving families might also be adopted to receive holiday gifts!

The I need help & IDK how to ask for it



Grieving Assistance Card



circle what you need

I need help with...

food

groceries

something I can heat up

recipes

something I can freeze for later

Smoothies

Beverages

something I can eat today

Socialization

phone chat

text chat

walking buddy

I dont feel like talking but would like to know you care

Dont feel like it today

video chat

In person hangout

Distractions

recommendation

can you get this to me?

books TV shows

crafts movies

plants Podcasts

games

video games

board games

card games

health

help finding Dr.

finding a therapist

finding support groups

figuring out insurance

I need a ride

Other

please message me if you're willing to help w/ something else

DEAR NEWLY BEREAVED PARENT

<https://abedformyheart.com/> by Angela Miller

This will likely be the hardest thing you'll ever do. *Survive* this. And eventually, maybe even thrive again.

At times it will feel virtually impossible. You'll wonder how a human being can survive such pain. You'll learn you know how to defy the impossible. You did it from the moment your child's heart stopped, and yours kept beating. You do it with every breath and step you take. You're doing it now. And now. And now.

Your fingernails will become bloodied from clawing your way from the depths of despair. Your spirit will grow weary from fighting to survive. Your eyes will cry more tears than you ever thought possible. Your arms will ache an ache for which there aren't words. For a *lifetime*.

Your heart will break into a million tiny pieces. You'll wonder how it will ever mend again.

But with every morsel of unspeakable pain, there is love. An abundance of love. A love so strong, so powerful, it will buoy you. You will not drown.

Others will say things that are intended to be helpful, but aren't. Take what is, leave what isn't.

Still, you'll meet others along the journey who will get it without ever saying a word. Kind souls who will breathe you back to life again. Let them.

Years down the road you'll tire of hearing the same advice and clichés, over and over again. Advice you don't want or need. Everyone will try to tell you how to best "fix" your broken heart. The trouble is, you don't need fixing.

There is no fix for this.

Eventually you'll learn how to carry the weight of this pain. At times it will crush you. At other times you'll learn how to shoulder the burden with newfound grit and grace. Either way, you'll learn how to bend with the weight of it.

It will not break you. Not entirely.

And even if you don't believe in hope— not even a little— hope will light the way for you. At times you won't realize your path is lit. The darkness feels all consuming when you're in it. But know the light is there. Surrounding you now. And now. And now.

Know you're being guided, by all of us who have survived this impossible hell. You may not hear us, or see us, but we are with you. Beside you. Hand in hand, heart to heart. Always. Just like your child still is.

(Continued on page 11)

Above all else, know that no one can save you but yourself. You are the heroine/hero of this sad story. You are the one who gets to decide how, and if, you'll survive this. You are the one who will figure out a way to survive the sleepless nights, and the endless days. You are the one who will decide if and when you'll find a purpose again that means something to you. You are the one who will choose how you'll live with the pain. You are the one who will decide what you'll cling to, what will make your life worth living again. You, and only you, get to decide how you'll survive.

No one else can do this for you.

People will speak of "closure," of "moving on," of "getting over it," of grief coming to an end. Smile kindly, and know, anyone who says these things hasn't lived this thing called grief.

To lose a child is to lose the very heart and soul of *you*. It is overwhelmingly disorienting. It takes a long, long time to find yourself again. It takes a long time to grow new life around the chasm of such grave loss. It takes a long time to grow beauty from ashes.

There will always be a hole in your heart, the size and shape of your child. Your child is absolutely irreplaceable. Nothing will fill the void your child left. But your heart will grow bigger— beautifully bigger— around the empty space your child left behind.

The love and pain you carry for your precious child will be woven into every thread of your being. It will fuel you to do things you never dreamed you could do.

Eventually, you'll figure out how to live for both of you. It will be beautiful, and it will be hard.

But, the love you two share will carry you through. You will spread this love everywhere you go.

Eventually, you'll be able to see again. Eventually, you'll find your way again. Eventually, you'll realize— you *survived*.

I Never Know When I'm Going To Miss You And It Happens All The Time

www.unexpectedfamilyouting.com; August 10, 2018

I never know when I will miss you.

I can't ever predict just what will grip my heart with the reminder that you are gone. It could be anything. Anytime. Anywhere.

I am reminded of you everywhere.

I remember you are gone when I'm in a room full of people and I notice you are missing when I'm all alone. I feel your absence in joyful melodies and I hear your memory when the music is imbued with melancholy.



You are everywhere and nowhere all at once.

When the days are bright, I am blinded by your presence and even when the world is dark, I still manage to find you. In laughter, I hear the echo of losing you. Your presence is overflowing in the tears that fall.

Now that your body is gone, everything holds your being.

I miss you in the cold depths of winter and I long for you in the thick summer breeze. You are my first rising thought in the morning and my last notion as I sink into the heaviness of the night. I thought we ran out of moments together, but every moment seems to belong to you.

How can you be everywhere when you are nowhere to be seen?

I used to worry about facing the world because I didn't know what would trigger my heartache. I used to be afraid of every feeling, every memory, every moment because I didn't know which ones held you. Now I know you are everywhere and I think that I know why.

You're everywhere because you're somewhere inside of who I am.

I am the bearer of your life and your memory. I am the keeper of your existence. Even though you're gone, I never really have to search for you.

I never know where I'll find you but you are always there.

I never know when I will miss you and it happens all the time.

MEETING TIMES & PLACES

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



BUSINESS / FACILITATORS MEETINGS	LOCATION	DATE	TIME
ALL MEMBERS ARE WELCOME! CONTACT: Mike & Jeanne Francisco 636.947.9403	BJC Hospital St. Peters Medical Center Bldg. 1 St. Peters, MO 63376	Contact Mike & Jeanne. Meeting dates vary depending upon unforeseen events.	9:00 AM

GROUP MEETINGS	MEETING LOCATION Some are currently on pause pending COVID restrictions	FACILITATOR(S)	DAY	TIME
St. Peters / St. Charles, MO	Knights of Columbus Hall 5701 Hwy N Cottleville, 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 Group St. Louis, MO	Shaare Emeth 11645 Ladue (Ballas & Ladue) St. Louis, MO 63141 Library -	Jacque Glaeser 636.236.5103 jlynn63021@yahoo.com ****Please email or call for meeting status.	Fourth Tuesday, members will be emailed reminders. ***Contact facilitator for schedule.	7:00pm
SPECIALIZED MEETINGS	MEETING LOCATIONS All may be on pause pending COVID restrictions—phone facilitators	FACILITATOR(S) / CONTACT(S)	DAY	TIME
SOUL: (Surviving Overdose and Understanding Loss)	Please call for meeting times/location/and or zoom	MaryAnn Lemonds 314.282.7453 (landline) 314.330.7586 (cell) survivingOUL@gmail.com	Please call for meeting times/location/and or zoom	
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 Currently meeting online 314.853.7925 lindafehrmann36@gmail.com	4th Saturday	10:30 am
Survivors of Suicide	Provident Behavioral Health	Linda Fehrmann, Call to confirm meetings 314.853.7925	1st & 3rd Monday	6:30 pm
Trees of Righteousness Grief Support Group—Any loss	Christian Hospital in the main lobby conference room—Please call Johnnie for correct location, dates and times	Johnnie Coleman 314.740.3602	3rd Tuesdays	6:00pm to approx. 7:30pm
BPUSA Virtual Bereaved Sibling Chapter — Ages 18+	Please email bpvirtualsiblingchapter@gmail.com for the zoom link.	Katie Alger 845-443-0614	Last Thursday of the month	7:00pm

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	MaryAnn 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

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

Representation in Lieu of Meetings

Franklin County, MO	Bill & Vicki Lagemann	573.242.3632
	Cindy Morris	314.954.1810
Tri-County, MO	Brenda Wilson	573.438.4559
OPEN ARMS (Parents Left Behind)	Kathy Dunn <i>kathydunn333@yahoo.com</i>	314.807.5798

Newsletter Submissions

Cut-off date for our next issue is

August 15, 2022

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.



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, sometime 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.



all-greatquotes.com

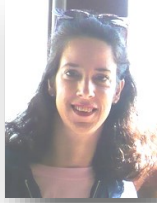
Children of BPUSASTL's Board Representation



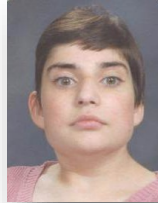
Julie Bardle
Daughter of
Marilyn Kister
Newsletter
Editor



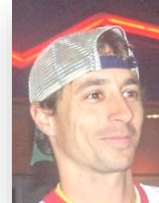
Joseph DeMarco
Son of
Theresa DeMarco
Treasurer



Jennifer Francisco
Daughter of Jeanne
& Mike
Francisco
St. Peters Group
Facilitators
& Co-Chairs



Natalie Frohning
Daughter of
Linda Frohning



Mickey Hale
Son of
Jacque Glaeser
W. County Group
Facilitator &
Secretary



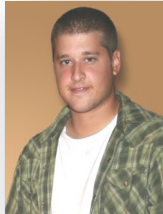
J. P. Rosciglione
Son of Terre
Rosciglione
Trivia
Coordinator



Patrick Salyer
Son of Anne Marie
and Steve Salyer



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

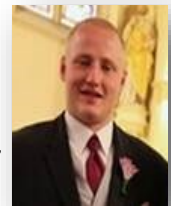


J. P. Rosciglione
Son of Terre
Rosciglione
Trivia
Coordinator



Aaron Cole
"Aaron's Ms.
Courtney"
Trivia Coordinator

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 2 & 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 _____

Someone said,
"I don't know
how you do it."
I said,
"I wasn't given
a choice."



When things
feel too overwhelming
remember:



@Sketches in Stillness

François

- One day at a time
- One task at a time
- One thought at a time
- One moment at a time

2021

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