



### Important UPDATE for the Bereaved Siblings Virtual Chapter:

Siblings, please use the NEW LINK below to be added to the Chapter Meeting Mailing List.

<https://virtual-bereaved-sibling-chapter-meeting.mailchimpsites.com/>

Signing up for the newsletter will automatically add you to the meeting mailing list.

*(Note: In an effort to honor their grief and hold space for other siblings, we ask that parents refrain from requesting the link for their adult children and from joining us at the chapter meetings.)*

Thank you.

Virtual Siblings Chapter Leader – *Katie* ❤️

**Note:** The next siblings virtual meeting will be held Thursday, Dec 29. No November meeting due to Thanksgiving.

INSIDE	PAGE
Thank you for your love gifts	2-3
Grief Haven-To the Newly Bereaved	4-5
20 Steps for Healing Along Side Your Child	6
Grief and the Changing of Season	7
Candlelight Memorials / Awareness	8
Missing A Loved One on Thanksgiving	9
Managing Grief at Christmas (After Losing a Child)	10-11
Meeting Locations	13
Telephone Friends	14
Board Representation	15



People tend to believe that grief shrinks over time



What really happens is that we grow around our grief

—Remembering Your Words—

“I Love my Dad & Mom SO much. I never tell them enough! (Every time you see a SHADOW, it’ll be me). [This is from a dream I had]. He juggled three oranges for me the last night I ever saw him! For 33 years we’ve missed you! ♡

DAD & MOM & BROTHER



**I’ll See You Again in Heaven!**

When I see you  
I shall not say...  
how it has been  
with you away.

I shall not tell  
you how at night  
I dream of you  
past all starlight.

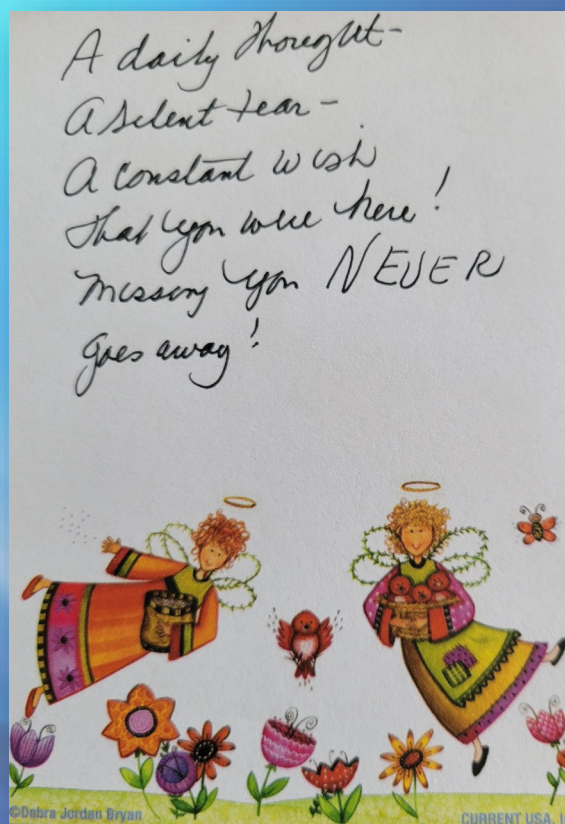
Nor have the minutes  
of the day  
walk slow paced  
with you AWAY.

No, I shall run to you  
And meet your SHADOW  
Falling upon my HEART’S OPEN  
MEADOW.

Needing no words  
To tell or show  
What you  
MY LOVE  
Already know!

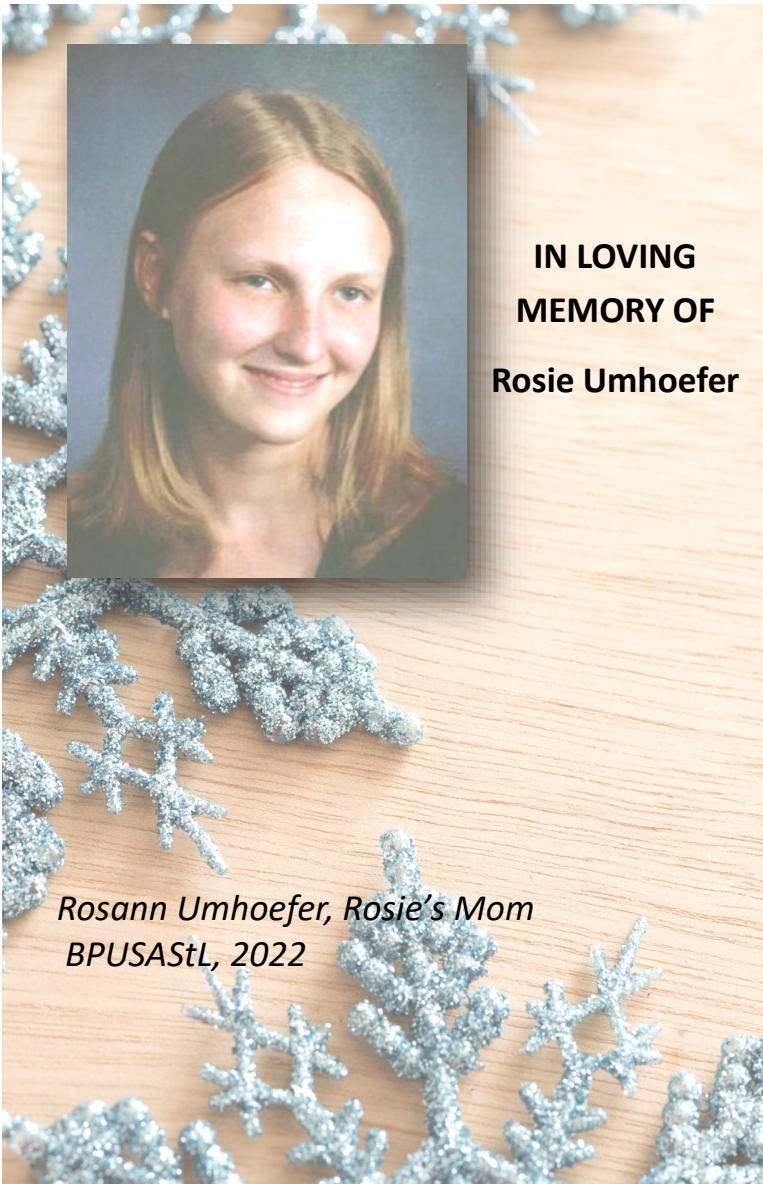
**IN LOVING MEMORY  
OF  
DARREN YOUNG  
1968 - 1989**

**Thank you  
for your love  
gift.**



Author Unknown





**IN LOVING  
MEMORY OF  
Rosie Umhoefer**

*Rosann Umhoefer, Rosie's Mom  
BPUSAStL, 2022*

## THE HOLIDAYS

We may be wondering  
in this 'thankful season'  
just why would I be?  
What's my reason?

And then before we know it,  
shockingly along comes Christmas.  
All the glitter, all the gladness,  
and we wish it could just pass us.

Yet at this holiday season  
try to be brave and recall  
the beautiful life that was shared,  
the love, the laughter, the joy of it all.

And when we face these months,  
avoid the pitfalls that entrap you.  
Adjust your routine, **restore yourself**.  
Do what's best for you, and create anew.

Remember, please, the simple fact...  
They are still with us everyday.  
Try to mimic their love and brightness.  
Let them see us in that same way.

*thank you For your love gifts*



**In our eyes she is forever 36. Our beautiful, vibrant daughter who had so much in her life was taken from us all too soon.**

**We do not know where we would be today without those beautiful memories that we hold dear. We hope that you are riding horses along the sand next to the ocean. We all love and miss you so much. Wishing you a Peaceful 50th birthday in Heaven.**

**Love Mom and Dad**

**In Loving Memory of  
Jennifer Michelle Francisco**

**Note: BPUSA often shares various grief support resources. Grief Haven mails information packets to your home and a newsletter link is also available.**



☐ (310) 459-1789 ☐ [hope@griefHaven.org](mailto:hope@griefHaven.org)

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[MEDIA](#)

[ABOUT](#)

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## *To the Newly Bereaved*

### Please Know That You Are Not Alone.

Losing someone you love is one of life's greatest and most enduring challenges. The pain and sorrow that follows the death of a loved one can be overwhelming and shocking, leaving you wondering what to do. The flip side is that some people think that, because loved ones have been dying for hundreds of years and they all survived without special grief support, why would they need it now?

Here's the answer.

With new psychological revelations and many new inventions, such as the MRI machine (and now fMRIs), we are now able to better see how to provide appropriate, efficient, and effective grief support in ways we could not before. Why should anyone suffer through years of anguish when there are now tried and proven tools and approaches to grief that we know to soften the blow and actually help support the grief journey? This is what we do. This is what we are passionate about.

**The key to helping yourself with your grief is using those tools on a regular basis.**

griefHaven is here to provide you, in one easily accessible location, a large array of varied tools to pick and choose from. As a newly grieving person, this can become your "haven of hope and support." We hope it will become that one place where you who are grieving, and you who want to know how to help someone who is grieving, will regularly visit, in the privacy of your own home, and receive the guidance and support you want and need.

Here are some ways to get started for the newly bereaved.

Sign up to receive our free Packet of Hope, visit and join our new support forum, and sign up for our amazing newsletter packed full of content that will help you live a better and more meaningful life.

Continued on page 5



Sign up to receive our free Packet of Hope, visit and join our new support forum, and sign up for our amazing newsletter packed full of content that will help you live a better and more meaningful life.



Get Some Hope Today  
Order a Packet Of Hope

This packet will give you tools to help you through the grieving process.

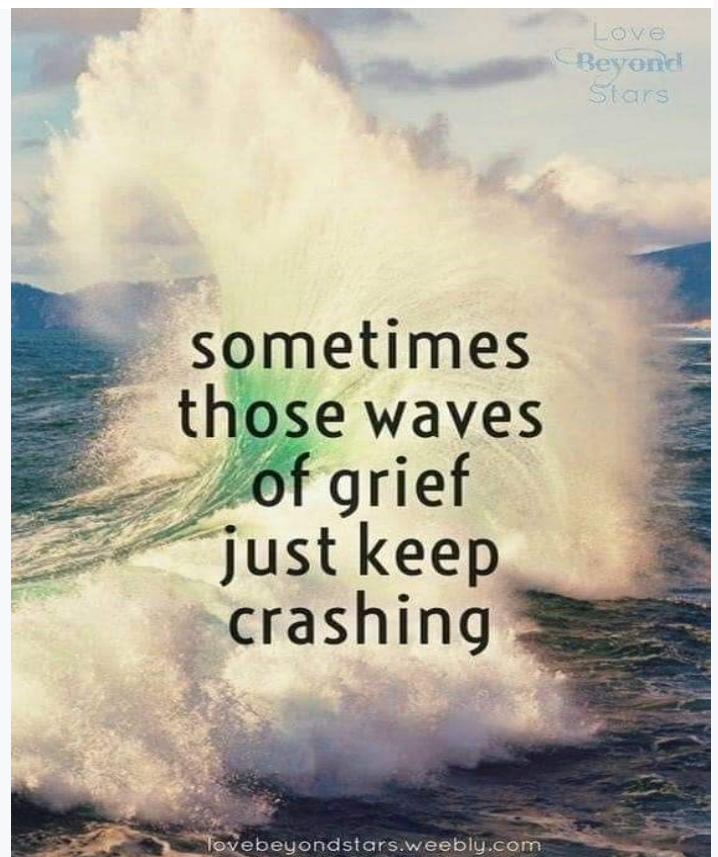
[Order Your Packet Of Hope](#)



Sign Up For *The Journey*  
A Newsletter About Life

*The Journey* newsletter is packed with useful interviews, stories, and hope.

[Sign Up For Our NewsLetter](#)





*Helping grieving parents and their families rebuild their lives following the death of a child.*

## ***20 TIPS FOR HEALING ALONGSIDE YOUR CHILD***

By Nikki Elliott

1. Cry scream, yell, cuss, sleep, repeat. Over and over as the waves roll in. Purge pain.
2. Be open to any and all healing tools even if they're not what you're used to
3. Know that your grief DOES NOT keep you connected to your child. At some point admit that your grief is not the depth of love for your child... your HEALING is.
4. Find your child. They are not lost. They aren't gone. They have not left. They are different now but very real. In a new way.
5. Be open and fluid in your beliefs.
6. Let go of any painful beliefs that no longer serve you. (Even... My child is dead or that they are a forever age)
7. Recognize your truth by the peace it brings (example... there is physical death only and my child is more alive now without a dense body vs my child is dead and gone. Peace equals truth)
8. Seek knowledge and guidance for expansion, growth and understanding
9. Find the others. Like minded folk who travel with you.
10. Recognize when you're stuck and reach out for help from those who walk with you.
11. Establish a new spirit to spirit relationship with your child.
12. Recognize where you are... the early days? The waiting room? The reentry?
13. Identify your pain to peace shifts and practice them
14. Be still.
15. Let go of who you used to be. A new authentic you will emerge from this. This is our rebirth to our truest self
16. Focus on the found.
17. Gratitude, gratitude, gratitude.
18. Eliminate toxic people from your daily life. Protect your peace
19. Stand strong in your truths. Regardless of what the outside world says

Vow to make the rest of your life the best of your life. That is how we honor our kids and it makes them so proud and gives them huge purpose.

**This quote, etched in concrete, is on the wall at the 9/11 Tribute Museum in New York.**





## Grief and the Changing of Seasons



“Trust that you will find your way back to life just as a daffodil breaks through the frozen ground” – Linda Lehmann

The first year following the death of a loved one you may reflect on the significant and insignificant events of your life from the previous year. You may catch yourself thinking, “Last year, at this time, we were...”. Your memories of those seasons of life include your loved one and you may be painfully aware that when the season comes again, you will have lived a whole year without him or her. This reality confirms what you may already have known – that the physical presence of your loved one is lost forever – just like the last hint of snow that melts into the ground. And with that realization comes a new sense of how time and the seasons pass.

The change of seasons signifies the many roles that your loved one played in each of the seasons of your life. These role losses may trigger your grief all over again. The subtle changes that signal the approach of a new season observed by others may be overshadowed by the grief that looms over each passing day for you. And then, before you know it, time has continued to tick off minutes, hours, days, weeks, and months as you are confronted with a new season that brings with it more loss and grief.

### **As each season arrives, ask yourself:**

- What roles did my loved one play in this season?
- Who will fill that role now?
- What role did I play in my loved one’s life that is now gone?

If no one can fill that role, you may need to ask for help from others who may be waiting for that opportunity. You will need to allow yourself to grieve the unique role your loved one played in your life, as well as the role you played in his or hers.





## Angel of Hope

*Candlelight Memorial Service  
held every year on*

*December 6th, at 7:00 pm*

This memorial is hosted by Share Pregnancy & Infant Loss, and well attended by BPUSASTL for child loss at any age. Please review their website for COVID-Related updates: <http://nationalshare.org>

### Local Locations:

- Ben Rau Memorial Garden, Blanchette Park, St. Charles, MO 63301
- Weinand Park, 1305 Boone Street, Troy, MO 63379

## Children's Grief Awareness Day™ | Nov. 17 2022

Children's Grief Awareness Day is designed to help us all become more aware of the needs of grieving children — and of the benefits they obtain through the support of others. Children's Grief Awareness Day is an opportunity to make sure that grieving children receive the support they need.



### BPUSASTL

*Invites you, your family, and friends*



## *A Candlelight Memorial Service*

In Memory of our  
Children, Grandchildren & Siblings

**Date:** Sunday, December 4, 2022

**Registration:** 1:30 - 1:45 pm

**Service:** 2:00 pm

### **Location:**

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

*Invitations containing additional  
information will soon be mailed.*

*Please review the website*

**[www.bpusastl.org](http://www.bpusastl.org)**



# Missing a Loved One on Thanksgiving: Ways to Remember Them + Cope With Grief

8 min read / Words by: Dani Hart

Article Category: **Grief Wellness**

An excerpt from the article

<https://www.eterneva.com/resources/thanksgiving-grief>

The turkey is hot out of the oven, potatoes are mashed, the table is set. You're surrounded by loved ones at Thanksgiving dinner, and yet you somehow feel empty inside.

A once joyous time filled with laughter, good food, and even better memories, now feels like nothing more than a trigger to miss the one who's so painfully not there.

When we enter the holiday season grieving the loss of a loved one, everything feels different, flipped upside down. A piece is missing and we're often expected to go on living like everything is normal.

Bereavement is heavy and can easily become too much to carry alone when Thanksgiving, Christmas and other holidays approach.

As Megan Devine explains in [It's OK That You're Not OK...](#)

“The reality of grief is far different from what others see from the outside. There is pain in this world that you can't be cheered out of. You don't need solutions. You don't need to move on from your grief.

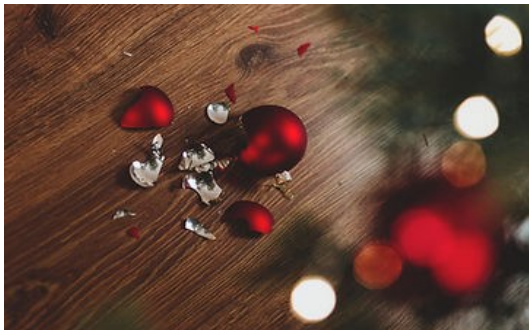
You need someone to see your grief, to acknowledge it. You need someone to hold your hands while you stand there in blinking horror, staring at the hole that was your life. Some things cannot be fixed. They can only be carried.”

So, if you're heading into the Thanksgiving meal missing a loved one who's recently passed away, know that you're not alone and it's totally okay to feel whatever you're feeling.

# Managing Grief at Christmas (after Losing a Child)

Updated: Dec 19, 2021

<https://www.lisakboehm.com/post/christmas-after-child-loss>



Managing grief over the holidays can be overwhelming.

How can you possibly go on after you lose a child? And how on earth, can you celebrate Christmas? There's a hole in your family. Someone very important is missing - your child.

We were faced with that reality 17 days before Christmas in December 2015.

That day, I decided to take the afternoon off of work and spent the afternoon Christmas shopping for my two kids. I was behind on everything that year! I thought I'd take the time to catch up on shopping, baking, and decorating.

It was a pretty average day - until the police and coroner came to my door. Five days after that we had Katie's funeral and less than two weeks after that was Christmas.

Looking back, it seems impossible that we made the 2-day journey to go snowboarding on Christmas Day. We had made plans prior to Katie's accident to spend the holiday with my brother and his wife in British Columbia, so that's what we did the first year. Less than two weeks after our daughter's funeral we somehow packed suitcases and a car full of gear and headed west. I'm still not sure how it happened, but I knew I couldn't be at home that year.

We marked the day with whatever had been bought before Dec 8. It was quiet and we spent the majority of the day on the slopes at SunPeaks and ended it in the hot tub looking at the stars. Katie's spirit was everywhere.

Here's what I want you to know - as extremely difficult as these days are, somehow grieving families survive and you will too. Self-care is of the essence at this time of the year. Try to get outside for some fresh air, eat foods that make you feel good, keep up your fluids, and sleep as much as you can. Instead of wandering through malls, take care of yourself and avoid the tasks and people that are challenging you right now. Most importantly, be gentle with yourself.

Like it or not, Christmas is coming. Each year I feel a bit like the Grinch when he thinks aloud "*I must stop Christmas from coming!*", but we all know we can't. Instead, we must learn how to get through it.

**As we head into the holiday season, I recommend  
five things to maintain your sanity:**

Continued on page 11

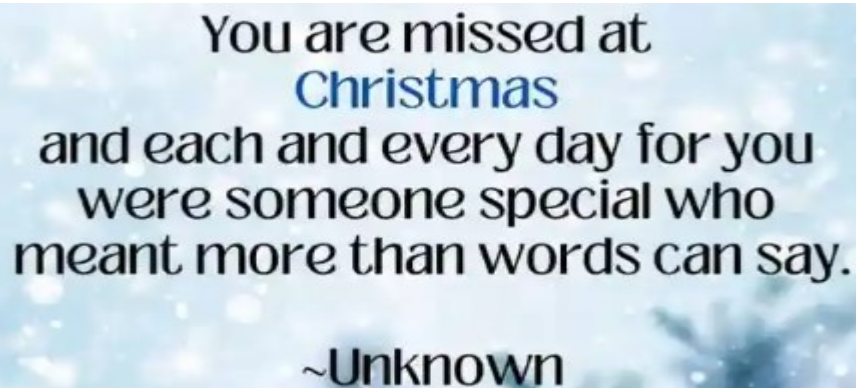


1. Plan ahead. Know the season will be hard. Stores will be crowded and carols will be playing incessantly everywhere you go. Plan to shop during quiet times when you can get in and out quickly. Shop online or better yet buy gift cards.
2. Establish healthy boundaries. Ensure that you always have a place to retreat to and a place to cry or be alone, or stay in bed if needed. Communicate your needs and plan with friends and family so they know and can support you and your wishes.
3. Find ways to include your child in the holidays. It can be aggravating when it seems that our child has been forgotten. Most likely they have not, but others don't know how to respectfully include them, so I suggest you set the tone and find a way to include them. You might set a place at the table or have their picture as part of the centerpiece. Let people know that you love to hear your child's name and to hear stories about them.
4. Create new traditions. It can be incredibly difficult to do the same thing you used to do when your child is no longer here. An incredible angel mom that I met early on my journey inspired me when she said "We still do Christmas, but it's different now. We do puzzles and have chili now and we look at photo albums. It hurts too much to do the things that we used to do with our child, but we do new things".
5. Give yourself permission to opt-out. If it's just too much to fathom right now, then hit the pause button. Do what you need to do to take care of yourself. Book a massage and buy a good book, soak in the tub, and be gentle with yourself. Gently inform your friends and family. Let go of the idea you have to please everyone and hold your ground. People may be upset, but this is not about them.


Do Christmas and the holidays YOUR way this year.

*Walking beside you today and always,*  
Lisa

---



You are missed at  
Christmas  
and each and every day for you  
were someone special who  
meant more than words can say.  
~Unknown



*Where there is deep grief  
There is great love...*



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THIS MORNING  
I CRIED MISSING YOU,  
I SMILED REMEMBERING YOU,  
I FELT LOST WITHOUT YOU,  
I SENSED YOUR PRESENCE NEAR ME,  
I WISHED YOU COULD COME HOME,  
AND I THOUGHT OF THE DAY  
WE WILL BE REUNITED...  
ALL WITHIN THE SAME MINUTE;  
GRIEF IS EXHAUSTING

*Grief to Glorious Unfolding ©*



# MEETING TIMES & PLACES

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



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

<b>GROUP MEETINGS</b>	<b>MEETING LOCATION</b> Some are currently on pause pending COVID restrictions	<b>FACILITATOR(S)</b>	<b>DAY</b>	<b>TIME</b>
St. Peters / St. Charles, MO	Knights of Columbus Hall 5701 Hwy N Cottleville, MO 63304	Mike & Jeanne Francisco 636.947.9403	1st Thursday - <b>Please contact facilitators for meeting status</b>	7:00 pm
St. Peters / St. Charles, MO—Siblings Facilitator	Same as above	Samantha Schaefer 636.293.1099	Same as above	7:00 pm
BPUSASTL 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	Fourth Tuesday, members will be emailed reminders. <b>Please contact facilitators for meeting status</b>	7:00 pm
<b>SPECIALIZED MEETINGS</b>	<b>MEETING LOCATIONS</b> All may be on pause pending COVID restrictions—phone facilitators	<b>FACILITATOR(S) / CONTACT(S)</b>	<b>DAY</b>	<b>TIME</b>
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 & 64/40) St. Louis, MO 63017	Linda Fehrmann <b>Currently meeting online</b> 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 Tuesday	6:00 pm to approx. 7:30 pm
BPUSA Virtual Bereaved Sibling Chapter — Ages 18+	Please email <a href="mailto:bpvirtualsiblingchapter@gmail.com">bpvirtualsiblingchapter@gmail.com</a> for the zoom link.	Katie Alger 845.443.0614	Last Thursday of the month	7:00 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	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](http://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

**December 15, 2022**

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

Newsletter  
PO Box 1115  
St. Peters, MO 63376

or to :

[snowwhite6591@gmail.com](mailto: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.





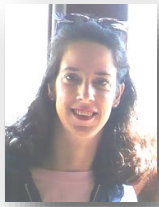
# Children of BPUSASTL's Board Representation



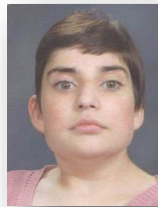
**Julie Bardle**  
Daughter of  
Marilyn Kister  
Newsletter  
Editor



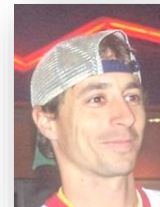
**Joseph DeMarco**  
Son of  
Theresa DeMarco  
Treasurer



**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



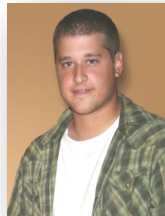
**J. P. Rosciglione**  
Son of Terre  
Rosciglione  
Trivia  
Coordinator



**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 and 3 of this newsletter)

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

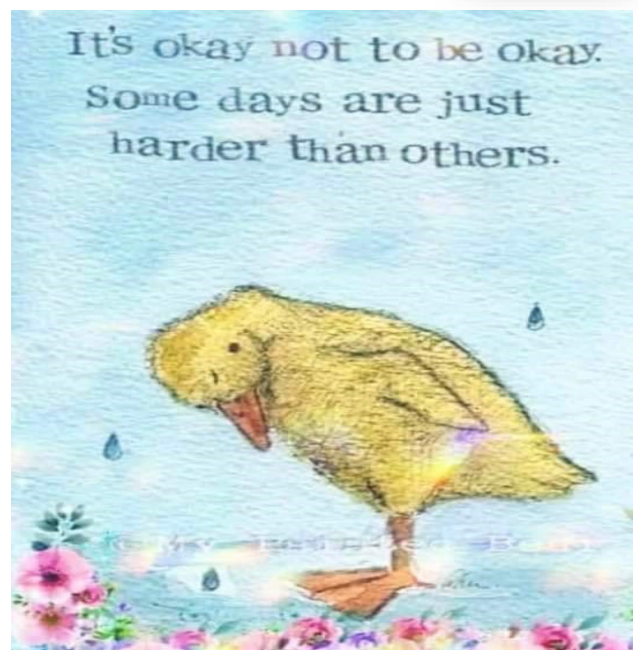
STATE \_\_\_\_\_ ZIP \_\_\_\_\_ NAME OF CHILD(REN) \_\_\_\_\_

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 \_\_\_\_\_



Pretending you're okay  
is easier than having to  
explain to everyone  
why you're not.



IN A SEA OF  
PEOPLE,  
MY EYES  
WILL ALWAYS  
SEARCH FOR  
YOU

## 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