

Jul-Aug 2023



VOLUME 46 - NUMBER 4



July 1, 2023



Bereaved Parents Awareness Month

NATIONAL GATHERING 2023



Bereaved Parents of the USA

July 21-23 ♥ Hilton Washington Dulles Hotel ♥ Herndon, VA

www.bereavedparentsusa.org

INSIDE	PAGE
Love Gifts	2-4
Trivia Night Highlights	5
Anniversary Reaction	6
Be Good To Yourself This Summer	7
Weekly Word of Hope	8
Happiness for Harper, 501c3	9
BJC Mom's Retreat	10
Baue Community Grief Events	11
When I Am Gone	12
Meetings/Locations / Dial a Friend	13-14
Board Representation	15



In Loving Memory of

**KENNETH MICHAEL
LEDERICH**



**Thank you
for your love
gifts!**



In Loving Memory of

AMY MARIE LIZZI

Forever in our hearts,

Mom - Mary

Sister - Beth

Dad - Dino



**BEREAVED PARENTS
OF THE USA
ABOUT BPUSASTL**

Meeting Location:

*Scenic Regional Library
60 Wildcat Drive
Wright City, MO 63390*

Meeting Dates / Times:

*Third Saturday of every month
1pm - 3pm*

Facilitated by Bereaved Parents:

*Anne Marie 972-740-9702 (scsalyer3159@gmail.com)
Marilyn 636-634-6019 (snowwhite6591@gmail.com)*

Bereaved Parents of the USA (BPUSA) is a national non-profit self-help group that offers support, understanding, compassion and hope to bereaved parents, siblings or grandparents struggling to rebuild their lives after the death of their loved one.

There are no dues or fees to become a member of BPUSA and there are no paid salaries within the organization. All work on both the national and chapter level is done by volunteers with a strong desire to help other families survive the death of their loved one just as they were helped when they were newly bereaved.



The Wright City group is ready to welcome bereaved parents, grand-parents & siblings every third Saturday of the month. The Scenic Regional Library is small, inviting and the large meeting room is very private. Both men and women are encouraged to attend. Men may be comfortable with another male in the room, and Steve Salyer shares in the discussions. Feel free to share the flyer on the left or ask for an emailed copy. Thanks



It happened! Our Rosie, our fourth daughter, our baby, was gone twenty years on July 3. So she has been gone for as long as we relished her presence. I could have penned a quick poem, a few choice words, but our Rosie, and our subsequent grief, demands more.

I could write pages extolling her virtues, and boasting of her personality. I am drawn everyday, **every single day**, to her pictures gracing our walls, our shelves, our end tables. Her smile makes me smile. Her eyes lighten my heart.

I looked, like all of you bereaved parents, for answers, for relief, for affirmation, for strength, for peace. I looked for my Rosie.

Despite our dismay, time and life continues on a normal pace, in a normal way, each and every day. Except for us, of course, who can't understand why, or how life for us is trapped in a vacuum.

It seems that time, that formidable enemy, makes itself known as a point of reference. Life presents itself as "before our loss" or "after our loss." We live with two lifespans. Although time seems our enemy it also becomes our refuge. It is only time that softens the blow that dropped us to our knees.

In time we will smile, we will create our new normal, we will put ourselves back out there, we will make ourselves vulnerable again. We will accept that time moves on, relentlessly.

We have one choice
to accept with disdain
or to disengage from the world
with the weight of our pain.

I look at her face
and she's smiling at me.
I can't disappoint her.
I must be the best I can be!

In Loving Memory of Rosie Umhoefer

By Rosann Umhoefer, Rosie's
mom - BPUSASTI

*Thank you
for your love
gift!*

Natalie was a special needs child and it was apparent that animals who were near her understood she was “special” and in need of protection.

Her dog, Tara, when she was a baby, allowed her to pull her hair and responded with only hugging her back.

My brother Bryan’s dog, Earl, would sleep next to her side all night and then fall asleep on her lap as she took a nap.

Ducks at *Tilles Park* would come right up to her while she sat in her wheelchair and just hang out next to her.

And a friend’s horse named Cinnamon would hug her after she rode him. She loved riding horses.

.....Awe, the love of pets for a special needs loving child!

**Thank you
for your love
gift!**

**Pets leave imprints
on our hearts!**

**In Loving Memory of
Natalie Frohning**





TRIVIA night was a great success and much fun was had by all. Special thanks to all the volunteers, judges, registration, mulligans/runners, 50/50 and raffle items. Thanks to our trivia Master Brian and The Knights of Columbus for our great venue and service.

And new this year, *Star Wars* characters, complete with Lightsaber.

A special thank you to **Terre Rosciglione & Courtney Lane**, our trivia coordinators, for the many hours they spend pulling these events together. And most importantly, **THANK YOU** to everyone who attended and supported this fundraiser.



Above: Trivia Coordinators:
Courtney Lane & Terre Rosciglione



Above: BPUSaStL Board Members in attendance from left to right:
Theresa DeMarco, Jacque Glaeser, Steve Salyer, Anne Marie Salyer,
Rosann Umhoefer, Jeanne & Mike Francisco, Kim Wiese,
Terre Rosciglione



ANNIVERSARY REACTION

By Margaret Gerner

It doesn't make any difference if it's the first or the twenty-first anniversary of your child's death, you will react to it. You'll be consciously aware that the date is approaching. Strangely, sometimes you'll be deeply disturbed for weeks before the actual date. Other times the fact that an anniversary is nearing, won't seem to bother you much at all. The only thing consistent is that there will be an anniversary, and that you WILL react.

Don't be surprised if you begin reliving the weeks and days before your child's anniversary. In the early years of your grief you may relive her death day minute by minute. It can be extremely painful, but after some anniversaries pass, the details of the day become less vivid and less painful.

For years after Arthur was killed I'd begin my anniversary reaction around Easter. Easter Sunday, 1971 was the last holiday we were together as a complete family. For years Easter Sunday was the starting date for reliving that terrible Friday and the days following. Generally though, the farther I get from Arthur's death date, the less painful it is.

Special circumstances or events can make it painful, even years later. For example, on the eleventh anniversary, I was also grieving the death of my granddaughter. At that time Emily hadn't been dead a year yet. I saw the pain my daughter was experiencing and because I couldn't "kiss it and make it better" for MY child, I hurt even more.

There will be times when a coming anniversary will fill you with fear and pain. Other years it will come with just a ripple in your heart. Accept the varying degrees of pain as normal. Be kind to yourself. You may need of a lot of tender loving care at that time. For the times that you don't hurt deeply, be thankful that some of the pain is gone.

As the years go on you will continue to wonder what your child would look like or what she might be doing at this age, This kind of thing will remain with you until you die. When other young people you know are doing things your child will never do, You may have strong feelings of pain or regret. Let your feelings happen.

Observe the anniversary in some real way. Make plans with family members or special

friends to observe the day. Go to dinner. Let off balloons to your child in heaven. Tie messages of love on them. Place fresh flowers to her grave. Think of your own ways to mark the day. If the tears flow, let them. Remember, love never goes away. Your tears attest to that.



Be Good To Yourself This Summer

Whether you are grieving or not, it is wise to get away and “recreate” yourself. When you are grieving, it is even more important to relax and take time to be good to yourself. Grief work takes an amazing amount of physical, emotional, and spiritual energy. The following are some random thoughts which we hope you will find useful.

- Get outside as often as possible, even if only into the backyard. The warmth of the sun, soft breezes against your skin, the scent of grass and flowers, and the chirping of birds all fill your senses and help to make you feel better and more alive.
- Exercise. Exercise helps to work off anger, frustration, and depression. Search out local parks and nature trails – even walk around your own block. Brisk walking, bike riding, and swimming are all great ways to reduce tension. Be sure to observe safety rules and, if you can, invite a friend, family member, or another grieving person to join you.
- Try to visit places where there is water. Watching water and hearing it lap against the shore is soothing. As the waves recede, try to envision your grief receding. As the waves return, think of them bringing peace and comfort.
- Spend some time alone. Possibly go for a drive and observe pleasant surroundings. Or roll up the windows and yell and scream and vent your anger. Or go somewhere comfortable where you can just sit and reflect.
- Plan a vacation that will be a peaceful, restful time. Don't try to do too much. Try to take a respite from your grief work, knowing that undoubtedly there will be more grief work waiting for you when you return home. Sometimes it's easier if we can put grief work aside for a bit and, when we come back to it, we see it in a different light.
- Attend a support group meeting. Groups keep regular schedules all summer. The newly bereaved will gain helpful ideas on coping. For those who have been bereaved a longer time and who have not attended in a while, go back to visit your support group and lend a hand to the newly bereaved.



HOPELINE

June 2023

**A monthly newsletter of HOPE FOR BEREAVED,
a not-for-profit community organization
providing hope, support and services for the bereaved**





<https://www.gpshope.org>

Weekly Word of Hope

I remember a few months after Becca died (maybe it was only a few weeks – it all blurs together that first year, especially) sitting at a stoplight, and watching people walking and driving by, as if nothing had happened!

I wanted to scream at everyone, because my life had come to a screeching halt, and it felt like everyone else's should, too. How could they just keep on going on with their lives????

But as sat there looking at them all, I realized this was actually a good thing.

I didn't know what all these strangers around me had gone through – maybe some of them had lost a child, and now were back to living again, and that meant I could get to that place, too!

All of those people I was wanting to scream at were somehow able to continue their lives, including those who may have lost a child like I had. That gave me a spark of hope!

And now I am one of those that others might want to scream at, because it happened. I have been able to go on living. No, my life is not the same, but it did not come to a stop for the rest of my time here on earth.

It *is* possible to go on living after the death of our child. Not not right away, but if it happened to me, it *can* happen to you.

Permission to use article from: Laura Diehl and keynote speaker at the 2023 BPUSA Gathering.



We are a Christ-centered non-profit dedicated to spreading love, joy, and hope in honor of Harper Danielle Pillman.

HARPER PILLMAN

Harper Danielle Pillman was born December 1, 2016. Even though she face many health challenges, Harper radiated joy, laughter and love to everyone she met. In 2018, at 16 months old, her beautiful life was cut short when she suffered a pulmonary hemorrhage at St. Louis Children’s Hospital. Doctors have stated that science is not advanced enough to understand what illness would cause such a catastrophic event.

HAPPINESS FOR HARPER

Harper spread love and joy through her beautiful smile, contagious laugh, and her determined spirit. In admiration, Happiness for Harper was created to continue the beautiful ripple effect of her life by finding ways to spread love, joy, and hope in her honor. We focus our efforts on helping children in our community and those grieving the loss of a child. As our mission continues, we aim to expand the ways in which we can help.

CONTACT US

Kelly and Steve Pillman - Founders
636-357-1861
HappinessforHarper@gmail.com
www.facebook.com/HappinessforHarper

DONATE

PayPal: HappinessforHarper@gmail.com
Venmo: @HappinessforHarper

WHAT WE DO?



CHRISTMAS GIFT GIVING

We purchase gifts all year round to sponsor the St. Charles County Police Department’s giving program: SANTA COPS. Over 5,000 gifts have been donated since 2018.



KIDS HELPING KIDS

We look for opportunities for kids to help kids. For example, we have taken kids shopping to purchase gifts for children in need. We donated materials for kids to make blankets for the Crisis Nursery and St. Louis Children’s Hospital.



BRING HOPE

We provide memorial gifts to those who reach out to the Reproductive and Child Loss Ministry at Immaculate Conception Dardenne Chruch. We also purchase memorial gifts and other needed items for Progress West Hospital for parents that experience the loss of a child during labor and delivery.

501(c)(3) Non-profit

TRIVIA NIGHT

Save the Date

Saturday, October 28th

Harper’s parents often attend the BPUSA-St. Louis group. Also, check out their Facebook page to view other activities in honor of Harper. In February, Harper’s sister Ella’s 3rd grade classroom made blankets for the Crisis Nursery & Children’s Hospital as a Valentine’s Day service project.

RETREAT

for mothers grieving the death
of their child

Weavings



IN-PERSON RETREAT

November 3-5, 2023

Pallottine Renewal Center,
Florissant, MO

Weavings, available at no cost to the participant, is open to mothers who have experienced the death of a child at any age, not only those served by BJC Hospice.

WHAT

Weavings creates a safe space for mothers to express their grief while honoring their children and celebrating their forever motherhood. By participating, mothers can experience support from a community of other women who have also lost a child, learn new coping tools, and take time to care for themselves.



CS_95140L1/23

BJCHOSPICE.ORG
TO REGISTER CALL 314.953.1676
OR EMAIL GRIEFSUPPORT@BJC.ORG

The logo for BJC HealthCare, featuring the text "BJC HealthCare" in a blue serif font with a blue square icon containing the letters "BJC" above the word "HealthCare".

*****This is highly recommended
by many BPUSASTL attendees.**



Complimentary to the Community

Visit Baue.com to Register or call 314-399-9290

Meditation and Peace in the Garden


Join us for guided meditation at St. Charles Memorial Gardens. You will learn to quiet your mind, listen to your body, and focus your energy to help yourself be calm and centered. Afterwards, join us for refreshments and a tour of our beautiful gardens.


Date, Location, and Times

September 13th 2023

St. Charles Memorial Gardens
3950 West Clay St.
St. Charles, Mo 63301

2pm

 October 11, 2023

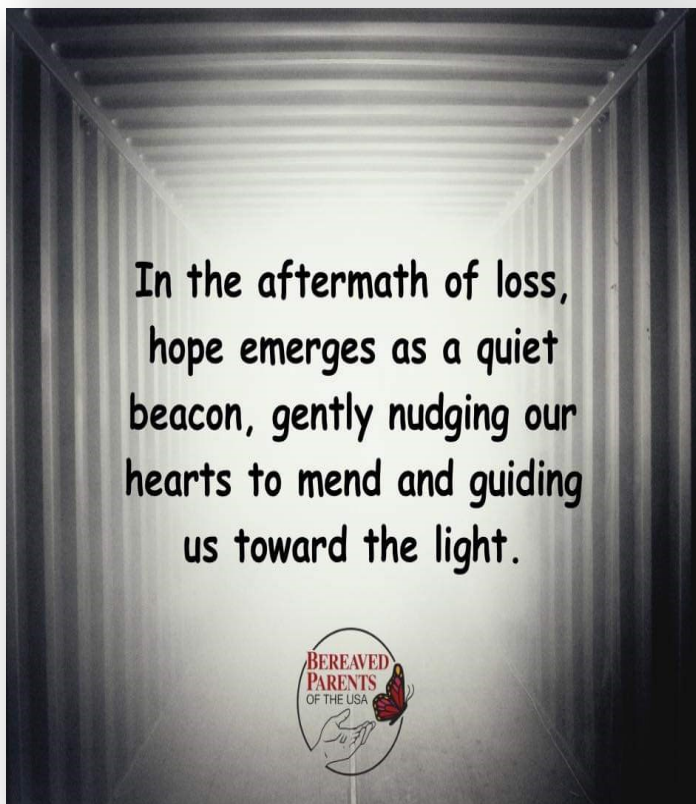
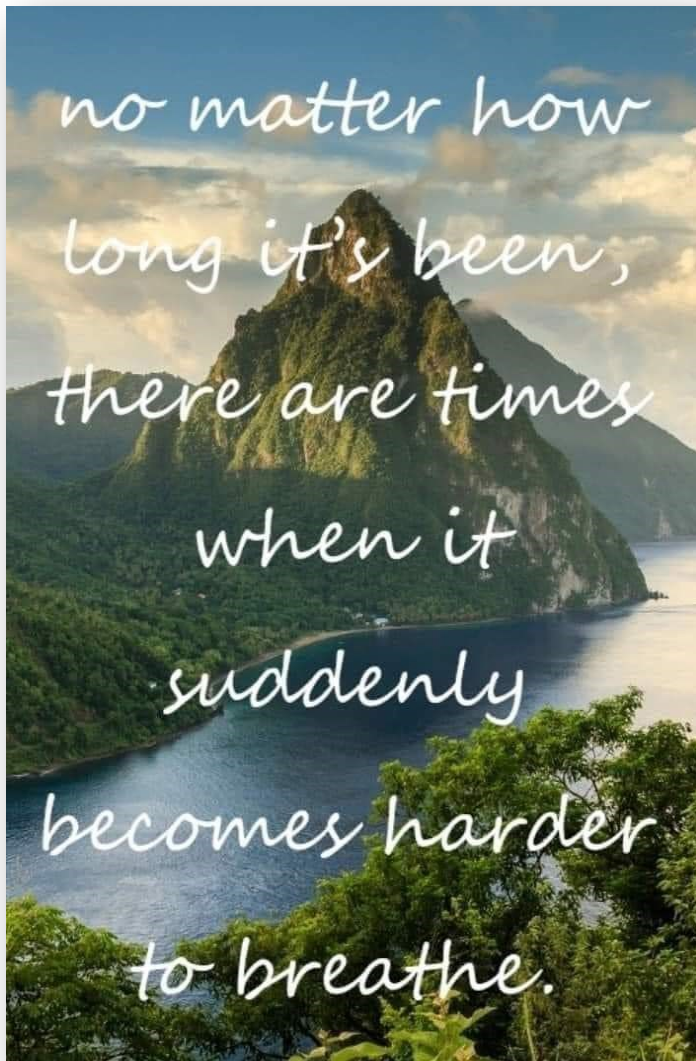
 6:30 pm - 8:30 pm



Community Grief Seminar

Presented by Kelly Karavousanos, LPC, CT a compassionate and passionate licensed professional counselor, certified thanatologist, licensed funeral director, coach, educator, and public speaker. We look forward to having you join us for an evening of hope and healing. Participants will be able to quietly reflect on their losses and honor their unique version of grief. They will be able to identify strategies for growth, nurture themselves through their grief process, and cultivate self-compassion while grieving.

Venue: The Christy Banquet Center
Address: 9000 Veterans Memorial Parkway,
O'Fallon, MO 63366



When it comes to grief, remember this:

You have not broken a bone.
There is no default treatment,
no cure, no timeline for your healing.

You cannot strap your heart to the heart next to it
and hope that it mends itself.

You cannot wrap it in a cast
and protect it from further breaking.

You cannot rest it for weeks or months.

You cannot rely on your other heart
like you might a leg or an arm.

You have not broken a bone.

And yet, like a broken bone, your heart will always
now have a vulnerable spot. A bruise, a burn, a
scar.

And just as your arm can still ache after breaking
when it has been holding too much for too long,
so your heart may ache.

When it has been holding too much.
For too long.

But just as your once-broken arm can still hold
things and your once-broken leg can still dance,
so your heart will learn to carry you forward.

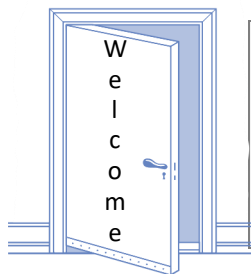
Even when it aches.



From When I Am Gone
Facebook

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 636.233.8490	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
BPUSASTl—St. Peters / St. Charles, MO	Knights of Columbus Hall 5701 Hwy N Cottleville, MO 63304	Mike & Jeanne Francisco 636.233.8490	1st Thursday - Please contact facilitators for meeting status	7:00 pm
St. Peters / St. Charles, MO—Siblings Facilitator	Same as above	Samantha Schaefer 636.293.1099	Same as above	7:00 pm
Wright City Group (New group started in June 2023)	Scenic Regional Library 60 Wildcat Drive Wright City, MO 63390	Anne Marie Salyer 972.740.9702 Marilyn Kister 636.634.6019	3rd Saturday	1-3 pm

SPECIALIZED MEETINGS	MEETING LOCATIONS Please contact facilitators to verify meeting dates/times.	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
Healing After Suicide Loss	Baue Funeral Home 608 Jefferson St. Charles, MO 63301	Kristen Ernst: Call to confirm meeting location and time 636.328.0878	1st & 3rd Monday	6:00 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 use this link to register: https://virtual-bereaved-sibling-chapter-meeting.mailchimpsites.com/	Katie Alger 845.443.0614	Last Thursday of the month	7:00 pm CST
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TELEPHONE FRIENDS

BPUSA ST. LOUIS CHAPTER CO-CHAIRS:

Mike & Jeanne Francisco

636.233.8490

Accident, Auto	Theresa DeMarco	636.544.3478
Adult Sibling	Samantha Schaefer	636.293.1099
Drugs/ Alcohol	MaryAnn Lemonds	314.330.7586
Child with Disability	Linda Frohning	314.721.5517
Illness	Marilyn Kister	636.634.6019
Jefferson City	Sandy Brungardt	314.954.2410
Only Child /Single Parent	Donna Arnold	314.608.3655



Representation in Lieu of Meetings

Franklin County, MO	Cindy Morris 314.954.1810
Tri-County, MO	Brenda Wilson 573.438.4559
OPEN ARMS (Parents Left Behind)	Kathy Dunn - 314.807.5798 kathydunn333@yahoo.com
West County Group Ladue, MO	Jacque Glaeser 636.236.5103 jlynn63021@yahoo.com

Newsletter Submissions

Cut-off date for our next issue is

August 15, 2023

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.

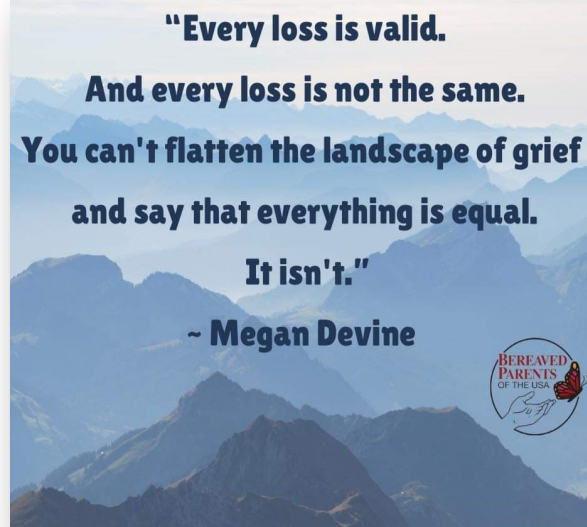


OUR COMMITMENT



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.



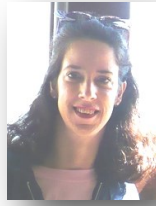
Children of BPUSASTL's Board Representation



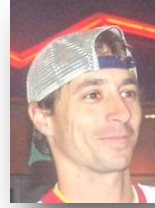
Julie Bardle
*Daughter of Marilyn Kister
Newsletter Editor & Wright City Group Facilitator*



Joseph DeMarco
*Son of Theresa DeMarco
Treasurer*



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



Mickey Hale
*Son of Jacque Glaeser
Secretary*



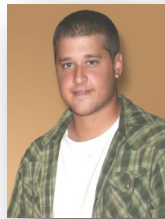
J. P. Rosciglione
*Son of Terre Rosciglione
Trivia Coordinator*



Patrick Salyer
Son of Anne Marie and Steve Salyer & Wright City Group Facilitators



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 pages 2-4 of this newsletter)

NAME _____

PHONE _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____ NAME OF CHILD(REN) _____

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: Bereaved Parents of the USA-St. Louis,
P. O. BOX 1115, ST. PETERS, MO 63376**



In the silence of absence,
their spirits live on.
They are forever cradled
within the depths
of our unfading love.



"And when great souls die, after a period peace blooms, slowly and always irregularly. Spaces fill with a kind of soothing electric vibration. Our senses, restored, never to be the same, whisper to us. They existed. We can be. Be and be better. For they existed."

~ Maya Angelou



If I was to survive, grief had to become a part of my essence. In that realization, I felt a release: Grief was love and had been right from the start.

Only then did I understand why grief had never left my side and never would –

because it was the love for my child, and that was everlasting.

KATJA FABER

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