



BPUSASTL

Invites you, your family, and friends



A Candlelight Memorial Service

In Memory of our

Children, Grandchildren & Siblings

Date: Sunday, December 3, 2023

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 be mailed in November*

Please review the website

www.bpustatl.org

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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



**Thank you
for your love gift**



Sharing grief with others who have experienced a similar loss is like finding an oasis in the desert of sorrow. Together, we navigate the vast wilderness of emotions, quenching our thirst for understanding and compassion, and discovering that even amidst the arid pain, seeds of hope can bloom into a garden of shared healing.

—•—
[@bereaved_parents_of_the_usa](https://www.instagram.com/bereaved_parents_of_the_usa)



**THE GREATER ST. LOUIS
HOSPICE ORGANIZATION**

PRESENTS

**2023 FALL GRIEF
CONFERENCE**

*Making Sense of
the Senseless:
A Grief Workshop*

ABOUT THE CONFERENCE

A grief workshop for anyone who has experienced the loss of a loved one. We will work on processing our grief in new ways and develop rituals to be used during the holidays and beyond. Come and bring your memories, your grief, a notebook and pen, and a willingness to pursue hope.

OUR PRESENTER

Suzanne Doyle holds a Bachelor's in Nursing and Social Sciences, a Master's in Social Work and a Doctorate in Creative Arts and Cultural Studies. Most recently, she has been working on becoming ordained as an Interfaith Minister. She has worked in a multitude of social service arenas and developed numerous programs including BJC Hospice's Lumina Program (a legacy and life review program) and Weavings Retreat.



DETAILS

Saturday, October 28, 2023

Check-In 8:30-9:00 AM

Program runs 9:00-11:30 AM

DePaul Hospital May Center
12303 DePaul Drive
Bridgeton, MO 63044

This is a **free** program offered to anyone who has experienced the loss of a loved one.

**Advanced registration requested by
October 20, 2023**

CONTACT

RSVP by email to sandra.dillon@bjc.org
Questions? Call 314-267-5967

The Greater St. Louis Hospice Organization is a non-profit organization established to promote the concept of philosophy of hospice in the metropolitan area. Bereavement Coordinators of area hospices have worked collectively to provide this program for bereavement support to all in need. Donations to the Greater St. Louis Hospice Organization will be used to continue these seminars and other bereavement programs available in the future.



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

I WAS ANGRY WHEN YOU DIED.

@GLITTERANDGRIEF

I SHOUTED AT DEATH LIKE DEATH COULD HEAR ME. "THIS ISN'T FAIR." AND I ASKED A THOUSAND **WHYS**. ALL MY QUESTIONS, DOUBTS, AND FEARS WERE ANSWERED WITH **SILENCE**. BETWEEN THE ANGER, THERE WAS HEARTBREAK AND DISBELIEF WHEN I HEARD YOU PASSED AWAY. THIS CAN'T BE REAL. THIS CAN'T BE MY REALITY. THIS CAN'T BE YOURS. BUT THIS NIGHTMARE OF GRIEF WAS REALITY. AND THE REALITY IS I LOST SOMEONE I LOVED. I'LL NEVER KNOW THE **REASONS** AS TO WHY. YET, I DON'T THINK THERE IS AN EXPLANATION THAT WOULD MAKE THIS FEEL OKAY. LOVE HAS BEEN FILLED WITH **GRIEF**. WHAT ONCE WAS, CAN NO LONGER BE. AND WHILE THE ANGER FADES, THE WISHING YOU WERE HERE NEVER DOES.

Hope is heavy at times

and other times

it becomes your wings

and lifts you up.

That's the thing about hope—

sometimes you carry it

and sometimes it carries you.

Kristin Kory

AN EXCERPT FROM
*GRIEF ONE DAY
AT A TIME*

JANUARY 13

*"Be yourself. Everyone
else is already taken."*

— Oscar Wilde

We are all mourners, but no two of us are traveling the exact same grief journey. Our grief is unique, shaped by our one-of-a-kind histories, personalities, relationships with the people who died, spiritual or religious backgrounds, circumstances of the death, support systems, and other factors.

We'll grieve as only we would grieve, and we need to mourn in ways that work for us. When others tell us we must do this or that, we have the right to ignore them.

*I'll be myself in grief,
and you be yourself.
Everybody else is
already taken.*



Dr. Alan Wolfelt's website

<https://centerforloss.com/>

Tiny fragments scattered all around.
Sharp and painful, like shattered glass.
I carefully tiptoe through them hoping to find my way.
Some of the pieces sparkle brightly in the light.
Just like he did.
Other pieces are sharp and jagged, so I try to avoid them.
I know that if I don't the pain will be devastating.
Just as sharp as the day I lost him.
Through the years I have learned to avoid the harmful pieces.
Most of the time...
But sometimes I can't avoid the jagged pieces that lay in my way.
And it hurts....really hurts.
Nothing can heal this wound, it will not go away.
Yes I can bandage it for a while, but it is still there open and raw.
That is grief, your world shatters, you learn to walk around the pieces but
you know that at some point you will feel the sharp pain of loss time and time again.
The pieces can't be swept away, your life can't be repaired to its previous blissfulness.
I can only hope to walk through carefully, at times feeling the pain but also
appreciating the glittering moments of his life.

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Lorna Korte
Eric's Mom



What Do You Call Someone Who Has Lost a Child?

Laura Diehl



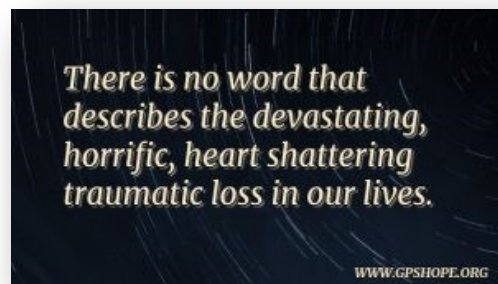
After our daughter, Becca, died, I knew there was no word that could even come close to describing my pain. At the same time, I wondered why there is not a word for those of us who are still here after the death of our child. Someone who has lost their parents is an orphan. My son-in-law became a widower, and of course, a woman whose husband has died is

called a widow.

This started to really bother me.

I did a search to see if I could find something. Nothing came up at the time. Since then, there is a word I have seen around here and there, which I talk about on the **Grieving Parents Sharing Hope podcast (episode 216** where this specific blog came from).

When we hear the word widow or orphan about someone, we know what type of life-changing loss they have experienced. But when telling someone about our loss, it is along the line of, "Her child died." There is no word that identifies the devastating, horrific, heart shattering traumatic loss in our lives.



When we lose a child, it changes our identity, even if we still have other children still here with us. It especially changes our identity if you have lost your only child, or all your children.

Even though all our journeys are different, when you meet someone who has lost a child, there is an instant connection. It doesn't matter what different beliefs we might have politically, spiritually, or otherwise. There is something that pulls our hearts together because *you are someone who can relate to me in a way very few others can. You know what it is like to experience this loss that is like no other loss.*

I think it is important to have a word that validates the fact that parents who have lost a child through death have a weight that is extremely heavy...heavier than most will experience in this life. Not as a label to give us permission to wallow in our deep sorrow, but one that draws us together to be able to strengthen and encourage each other within our life-long club membership that none of us wanted.

So, just who are we after the death of our child? Is there a word that unites us? A word that at least implies the depth of our pain?

I believe there is, and it is the word pareavor.



What Do You Call Someone Who Has Lost a Child? Continued from page 6

“Reave” comes from the word bereave. According to Merriam-Webster the meaning/definition of the actual word “reave” is: to plunder or rob, to deprive one of, to seize, to carry or tear away.

I think those are some pretty good descriptions of how we felt when our child died.



So, if we take away the “be” in bereave and replace it with a “pa” (because “pa” comes from the word parent: a person who is a father or mother; a person who has a child (Merriam-Webster)), we get pareave.

Then when you add an “or” at the end (indicating a person who does something (Wiktionary)) you get the word pareavor.

The word pareavor sounds like a pretty good description of what happens when our child dies, no matter the age of the child. We are parents who have been deprived of our children who were seized and torn away from us through death. We are pareavors.

Who am I? I am a teacher, an author, a podcaster host, a singer/songwriter, full time RVer; I am a wife, a daughter, a mom, a grandma, an aunt, a niece, a friend, a cousin, a cat-lover, and... I am a pareavor. A parent who was violently robbed of my daughter’s life – a parent bereaved of my child.

No matter what words we use, either to try and describe what it is like or to specifically identify ourselves as someone who has faced the devastation of child loss, we are still all in this together.

We are pareavors – parents who are bereaved of our child. They may have been ripped away from us here on earth, which causes tremendous pain, but thankfully, it is not a permanent separation.



This was taken from the **Grieving Parents Sharing Hope podcast**, episode 216. To listen to more than what was shared in this blog, find the Grieving Parents Sharing Hope podcast on your favorite listening app.

<https://www.gpshope.org>



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

background by
oliveandteal.blogspot.com

A LETTER TO ANYONE GRIEVING@ GlitterAndGrief

I know you feel **broken**,
even when you try to be **strong**.
I know your world has **shattered**,
yet somehow you're still going.
You may not feel like it, or even want it,
but you, my Dear, are **healing**.
It's not always going to be **pretty**.
It's not always going to feel **peaceful**.
But next time you look at yourself in the
mirror, please remember, you've kept going!
Whether that's because you're living in
honor of their **memory**, or living a life
they'd be **proud** to watch over. Or just because
you simply have no other **choice**. You're doing it.
And I hope some part of you recognizes your
own **resiliency** in all this grief.

Also published in the June 2023 HOPELINE newsletter.

Author unknown

*Used with permission by Jennifer Atwood, The Visiting
Nurse Association of Texas*

Saying Goodbye to Your Loved One's Belongings

By Susan Bryan, LPC – VNA Collin Bereavement Coordinator

The aftermath of your loved one's death is a difficult and challenging process. You are already exhausted from the caregiving and death. After the death there is much more to do and it can be overwhelming. You are flooded with emotions of shock, numbness, deep sadness, anger, anxiety, guilt, regret, loneliness, and longing for them to return. These are all normal grief feelings and reactions, yet you may feel you are going crazy or will never be happy again. Grief is such a long and winding process and journey. With time and attention to your grief feelings and reactions, you can and will be happy again.

Grief is hard work. One of the topics that comes up most often in our grief groups is about getting rid of your loved one's belongings. This is so difficult and emotionally charged, since their things remind you of them, represent who they were, and bring back so many memories. Sometimes well-meaning family members swoop in after the death and say you need to get rid of these things now. Maybe you're not ready and maybe you will never be, and that's okay. There is no hurry or deadline to get this done. Set boundaries and say no when you aren't ready.

If you are ready and want to start the sorting out process, you might keep these suggestions in mind:

- Only get rid of things that you are certain about. Once gone, you can't get these things back.
- First, give your family a chance to take the things that you don't mind giving away that they will treasure and enjoy.
- Holidays, when you are all together, are great times to let family members take a few items that will be meaningful for them from a collection or room.
- Ask a friend or family member to help with this process so you aren't all alone. Make sure this trusted person will go at your pace and respect your wishes on what to keep and what to get rid of.
- Set an intention for what you want to get done and how long you will spend – an hour, a half day, all day, or one week.
- It can be tempting to put everything in storage to deal with later. However, these things will probably sit there a long time until someone else throws them away later.
- Start with a room that will be the least emotional and easier to clear out. You might start with the bathroom or other small room.
- Have piles: Keep for Yourself (or think about, for now), Give to family/friends; Throw Away, Give to Charity, Sell
- Consider saving some of your loved one's clothing for someone to make pillows or quilts out of them for you and family members.
- If there are things that are important to you that you don't have room for or don't want to keep, take photos of them to be able to look at later.

(Continued on page 11)

Saying Goodbye to Your Loved One's Belongings (Continued from page 10)

- Donate these items to a charity that really needs them or sell them to persons who really need them.
- Wait until later to look through old photos and read cards or letters. If they are important to you, save them for now and do this later.
- Use a company who specializes in helping with this process like Caring Transitions. They help sort things out and then hold an estate sale, where you will receive a portion of the proceeds.

Going through your loved one's belongings is such an arduous and emotional task. Go at your own pace. Break this process down into doable parts. Take care of yourself with frequent breaks. Let yourself cry when you need to – tears are normal and healing. Be flexible and gentle with yourself. Don't try to do this all alone – get the help of others. Most of all, do what works for you and brings you peace, comfort, and meaning.



1333 W Lockwood Ave, St. Louis, MO 63122



(314) 965-5015

Tour our Program Spaces

YOU'RE INVITED

Surprise Guests

Family Activities

to celebrate the **25th Birthday of Annie's Hope**

SATURDAY, SEPT. 23

Open House 1:00 - 4:00 pm

Everyone is welcome * No cost to attend * Reservation required.

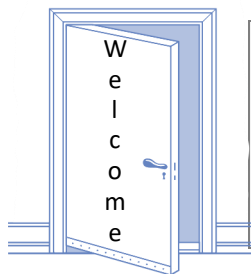
What about Me?

By: Traci Morlock
BPUSA Bereaved
Sibling St. Louis, MO

Have you ever felt that, as a surviving sister or brother, that we are often forgotten? I have felt this way quite often in the last six years. Over time, the feeling becomes less and less. When a parent loses a child, they are the ones that immediately come to mind. I am not trying to slight the pain they feel by any means, but we, as siblings, are often swept to the side. Our parents' grief is so much different than ours is. No more or less hurtful than ours, but different. They lost their child. I hope that in my lifetime, I never have to know how that feels. I know how painful it was for me when Sean died; I don't want to know the pains of having a child die. But often at times, we are the "Forgotten Mourners". I love my brother very much and miss him just as much. I think that people sometimes forget that we are hurting also. My parents were offenders of that too. I know that they knew my sister and I were hurting, but they were so wrapped up in what they were feeling, that they didn't have time to worry about what my sister and I were feeling. I tried so hard to make my parents well again that I neglected my grief. Pretty much denied it. We really want to make our families "normal" again. I have had some awful things said to me over the last six years. Two weeks after Sean died, someone said to me, "Well, you do still have a sister." Well yes, I do still have a sister, but that still doesn't lessen the pain of my brother's death and my sister can't possibly replace my brother. Probably the worst thing anyone has said to me is "Why aren't you over this? Sean's been dead six months." Well, it's not something you just "get over!" I have learned a lot of things over the years and if I hadn't been in such a state of shock, maybe I would have had some of those responses. When I think back on it, I wish I had. I have decided that from what I have learned, I need to educate people and make them understand that siblings and friends have the right to grieve, too. As surviving siblings and friends we also have to realize that we need to find a new "normal". We also need to know that it's okay to feel all of the things that we feel, be it anger, sadness, guilt, or any other emotion that we may have. Just know that you're not crazy or wrong to grieve. Know also that it is alright to think and talk about them when you're ready. Not when someone else says or thinks you should be ready. Death and grieving is, unfortunately, a part of life.

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

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

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 <i>kathydunn333@yahoo.com</i>
West County Group Ladue, MO	Jacque Glaeser 636.236.5103 <i>jlynn63021@yahoo.com</i>

Newsletter Submissions
Cut-off date for our next issue is **October 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.



The days leading to a death anniversary can be harder than the actual day.



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.

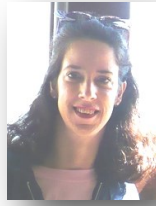
Children of BPUSASTL's Board Representation



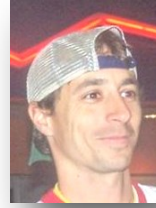
Julie Bardle
Daughter of Marilyn Kister
Newsletter Editor & Wright City Group Facilitator



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



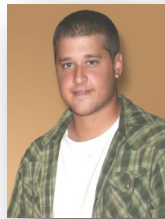
J. P. Rosciglione
Son of Terre Rosciglione
Trivia Coordinator



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 of this newsletter)

NAME _____

PHONE _____

ADDRESS _____

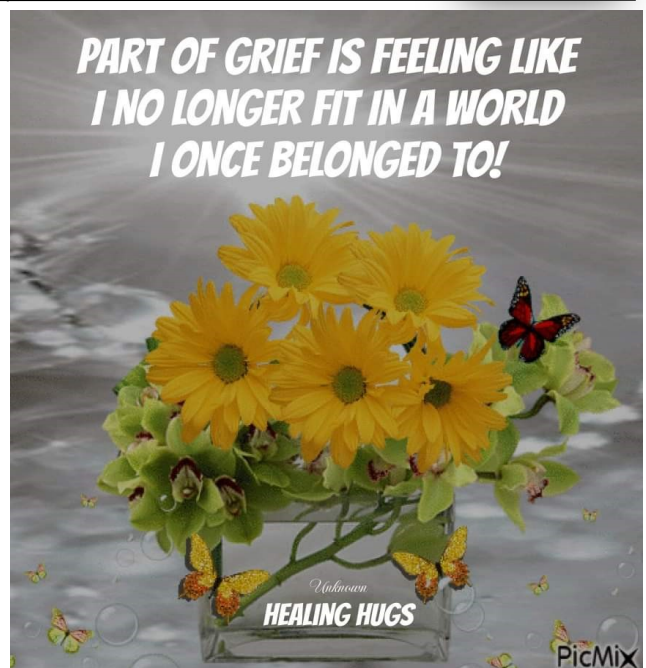
CITY _____

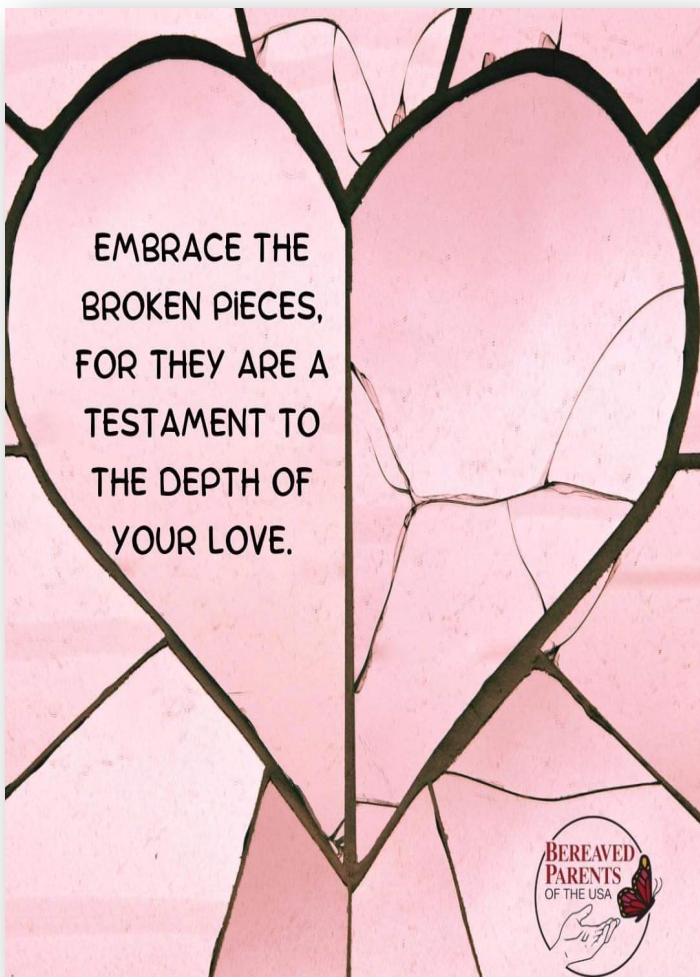
STATE _____ ZIP _____ NAME OF CHILD(REN) _____

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**





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