



You are not lazy, unmotivated, or stuck. After years of living your life in survival mode, you are exhausted.

There is a difference.

—Nakeia Homer

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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.bpusastl.org

IN MEMORY OF
AMY JENNESS OBERREITHER
01/22/83 - 10/15/01

“When you have gone so far that you can’t manage one more step, then you’ve gone just half the distance that you’re capable of.”

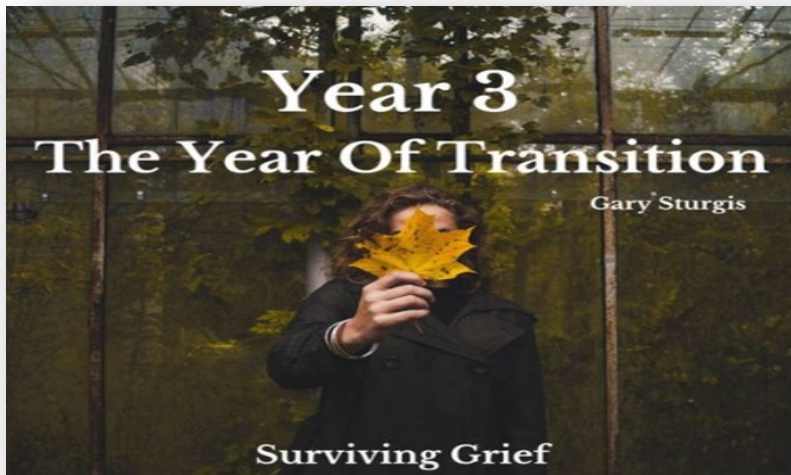
Greenland Proverb

*Our Dearest Amy,
Knowing you are by our sides each and every day, we can manage one more step, and another...and another...and another...*

Forever and Ever,
Mom and Dad
Jeff and Persis Oberreither

**Thank you for your
love gift**





Permission to use article
from: **Gary Sturgis**

**Grief Specialist, Speaker,
Group Facilitator**

**Author of: “Surviving -
Finding Your Way from Grief
to Healing”**

The first year after a major loss is all about survival.

The second year is all about existing.

The third year is all about living again.

The third year of grief is what I call 'the year of transition.' The one really big challenge...is beginning to rebuild your life.

You still have upsurges of sadness, you still miss your loved one, you still yearn for them. The only difference is that these feelings aren't as prominent as they once were.

You may no longer feel that continuing your life is a betrayal of your love, because you understand that you've never had a choice in the matter. You don't feel like you're betraying the person you once were, because you're no longer that person. The new problem is...you also may not have developed yet into the person you're destined to become. You're still trying to figure out who that person is...and what that person wants and needs.

Although this transition between your old life and your new life alone seems to be a time of inactivity, you're still rebuilding your life day by day, becoming who you need to be. You're also beginning to look beyond this transitional stage to what will come after, which is a sign of life and hope for the future...even if you're not yet feeling hopeful.

Here's the thing...the third year is still a time of confusion. It can seem like an impossible task to go from where you are to where you want to be, and creating a life after loss can feel like walking through a minefield.

As time marches forward you may have feelings of guilt...that you could be happy in a life without them. This is normal...but it can seem so unfair. It's a battle between knowing life is short...and feeling guilty for living a full life.

Living in the third year after a loss is remembering that whatever life brings in the future...you'll always have the time you did with the one you love. The good times and the bad.

Whatever the challenges you have to deal with in the third year...you'll meet them as you did all the other challenges you've faced...with courage, perseverance, and strength.

Grief will be with me until I die, but so will joy. - Gary Sturgis

Gary Sturgis graciously shared BPUSASTL on his facebook page. He has over 200K followers and reaches over 25M people a week. His books are available at Amazon.com

"HOPE FOR THE DAY" from SilentGrief.com

<http://www.silentgrief.com>

AUTUMN'S GRIEF


Grieving has its seasons, and autumn seems to be a particularly difficult season for those who have gone through loss. Maybe it's the visual of seeing the flowers stop blooming and the leaves falling off of the trees. Perhaps it's feeling the warm summer sunshine fading and suddenly feeling the lingering chill in the air. For most of us who have experienced loss, autumn is a time of reflection and bracing ourselves for the days of winter that lie ahead.

What if – what if we viewed autumn a bit differently this year? What if we reminded ourselves of how beautiful spring will be when it arrives again? What if we took the time to plant flower bulbs in the fall so that we can look for our spring following the dark days of winter? What if we promise ourselves to keep focused on the beauty of spring and summer rather than facing autumn with fear and dread?

Many years ago, following the loss of a baby boy, I went through a terrible autumn of grief. Winter was even worse, and I was not certain that springtime in my life would ever again return. I'm not sure what moved me to plant daffodil bulbs that fall, but I did. As I planted them, they were watered with my tears. The more I dug into the chilled, barren earth, the more my tears fell. Yet, I continued to dig and plant. Dig and plant. Dig and plant.

Autumn passed, the ground lay frozen and covered in snow for months in the mountains of Pennsylvania. And, my sorrow remained heavy. Little did I know how much spring would awaken my soul that year! Little did I know how much my grief would be lifted when I saw the first signs of those daffodils breaking through the ground that was now beginning to thaw! Little did I know how much of my grief would be lifted as I saw those first springtime blooms of daffodils! Hope returned! MY hope returned!

Are you facing autumn with dread and fear? Why not buy a bag of flower bulbs and plant them now? And, then wait.....patiently and knowingly wait for your spring to return! And, when it does, I can assure you that it will be more beautiful than ever! ~ Clara Hinton



Fall view from Mueller Road,
along Hwy. 370, St. Charles, MO
Taken by Marilyn Kister,
Sep 29, 2023

Please email me your favorite outdoor nature photos. I love to use various backgrounds in the newsletters. Provide location and photo source.



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 <http://nationalshare.org>

Local Locations:

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

This past June I had the pleasure to attend a writer's retreat at Rick's Utah ranch. Having read just about all of his books, naturally I was in awe to be in his presence. He hosts many author mentoring programs to share his writing, publishing & marketing tips. He also makes a mean breakfast! So far I plan to attend a 2024 retreat.

Marilyn



Research angel locations and learn about The Christmas Box House at <https://richardpaulevans.com>

History

The Christmas Box Angel Statue was introduced to the world in the book *The Christmas Box*, a worldwide bestseller and hit television movie by author Richard Paul Evans. In the book, a woman mourns the loss of her child at the base of an angel monument. Though the story is mostly fiction, the angel monument once existed but is speculated to have been destroyed. The new angel statue was commissioned by Richard Paul Evans, in response to reports that grieving parents were seeking out the angel as a place to grieve and heal. The monument was dedicated on December 6, 1994 -corresponding with the date of the child's death in *The Christmas Box*.

Coincidentally, Dec. 6th is celebrated in many parts of the world as Children's Day.

And, in 1998, founder and New York Times best-selling author Richard Paul Evans created a safe place for Utah's children, an emergency shelter called **The Christmas Box House**, naming the charity after his first novel, *The Christmas Box*. Annually, more than 10,000 children, teens and young adults who are victims of abuse, neglect, abandonment, or homelessness are served locally, nationally, and internationally through our programs. Since completing construction of three Christmas Box House children's shelters, we continue to grow our programs. From providing needed children's items through 10 community-based resource rooms, connecting teens aging out of foster care with resources, or making a Christmas morning bright, our programs aim to serve the same youth that inspired the first Christmas Box House.



The early June 2023 retreat attendees.

Richard Paul
Evans
&
Marilyn Kister



A GRANDPARENT'S HOLIDAY DILEMMA

By: Margaret Gerner, Bereaved Grandmother and Bereaved Mother, St. Louis, MO



A difficult part of being a bereaved grandparent at the holiday time is that we are expected to be all things to all our children. To those who have healthy and complete families we are expected to share in their joy. To our bereaved child we are expected to understand, empathize and, above all, be aware of the special difficulty the holidays bring for them. We are put in the middle between our children, happy families on one side, and a sad one on the other. In addition, we have our own pain to deal with.

It seems to me that this is an impossible situation and frequently we are expected to do the impossible, but I don't think we can, nor do I think we should try. Because I am a bereaved parent myself and I have experienced that special grief, I know my bereaved daughter's second Christmas without her Emily will be a hard one, maybe even harder than the first one. It will be especially hard for her because this year my oldest son and his (complete) family will come from Minneapolis to St. Louis for Christmas. He has three little ones; the oldest is the same age that Emily would be. Seeing Bob's children, especially Robbie, will remind Dorothy even more that Emily will not be physically a part of our holidays.

For weeks I have been tormented with thoughts on how I will handle this situation. Will I act at the holidays in a way that will make my son happy, or in ways that will be supportive of my daughter? Granted, there will be separate times when I can be happy that my son and his family are here and happy to see my grandchildren, whom I don't see often; and there will be a time when I can be totally supportive of my bereaved daughter. But this will not be possible for all the time, especially on Christmas Day.

I have decided that, as hard as it may be to do, I must make a choice between them this year, and I choose to be supportive of my bereaved daughter. This may sound unfair, but is it? When our children were younger, weren't there times, such as when one was sick and needed our special attention, didn't we give it to them, oft times to the neglect of the others? This didn't mean we loved the sick child more than the others. It simply meant that the sick one needed us more than the others at that time. Our bereaved child is experiencing the most pain he/she will ever experience in his/her life and right now, needs us more.

Unfortunately, our child with the complete family may resent our attention to the bereaved child and feel neglected maybe even hurt, and for that we are sorry, but our child who has not lost a child has not experienced the constant pain and hurt our bereaved child has for a year or longer. We cannot let ourselves be too concerned that he/she may feel neglected or hurt for a few days.

To benefit ourselves as well as our bereaved child, we may consider changing some of our holiday traditions this year. Have a buffet instead of a sit-down dinner. Put the tree in the living room instead of the family room this year. A number of changes are possible. As in my case, my bereaved child lost her only child. I have asked her to come later, after my son's three little ones have opened their presents, so that she won't have to see the joy in their eyes that she will never again see in Emily's.

Even as parents of grown and married children, we never stop being teachers to them. We can take this opportunity to teach our non-bereaved children empathy and concern for others. This too can be a special lesson for our surviving grandchildren that they can learn from us.

We can enlist our non-bereaved children's aid in helping the bereaved child get through the holiday with a little less pain. We can remind them that while it may be somewhat uncomfortable for them to acknowledge or talk about a child who is dead, how much more uncomfortable it is to the parent of a child who is dead. We may suggest some special ways to remember the dead child in our family celebration.

Each person may make some statement about how they miss that child or a certain thing they remember about him/her. Or, we might light a special candle on the dining room table or hang a special ornament. This serves two purposes. It is helpful to the bereaved child because it lets him/her know his/her child has not been forgotten and is still, in a special way, a part of the family. And, it helps the non-bereaved children because it clears the air of unspoken thoughts and feelings.

Source: www.bereavedparentsusa.org



The Importance of Self-Care During Grief

Each grief journey is as unique as the individual who walks its path. That being recognized, an aspect of grief that is common to all who grieve is the need for self-care. Grief may be experienced in a variety of ways—emotionally, physically, cognitively, psychologically and even spiritually. The reactions of our minds and bodies to grief can include symptoms such as fatigue, sleep disturbances, appetite changes, mood fluctuations, forgetfulness, loss of concentration and even despair. Coping with all of these potential responses may be overwhelming, but there are some things you can do to manage your grief while continuing to function day-to-day.

Accept your feelings.

Feelings are neither right nor wrong, they just are. Sadness, loneliness, fear, confusion, anger—these are among the many feelings you may experience, and are completely normal. Emotions are often raw early in the grief process, but it is important to express them. Attempting to stifle feelings usually leads to an emotional outburst at an inconvenient time.

Be patient with yourself.

Grief is an intensely personal process. Accept that it follows no magic formula or time frame. It will take as long as it takes. Think of the care you would extend to a friend in the same situation of loss, and allow yourself that same grace. Be careful not to take on responsibilities beyond what is realistic. It is better to allow for some flexibility in your obligations during this time.


Pay attention to physical needs.

It can be very easy to neglect your physical needs while grieving. However, this is a time when taking good care of yourself is crucial. As difficult as it may seem, making every effort to get adequate sleep, eat nutritionally balanced meals and fit in regular exercise and intentional relaxation can do wonders.


By pursuing a healthy routine, you are preparing yourself to take on the new challenges facing you during this difficult time. In addition to these efforts, a check-up with your physician is also recommended. Be certain to make your physician aware that you have experienced a loss.

Accept the help of others.

Understand that grief is hard work. It requires a great deal of energy and can be exhausting. Even though we place a high value on self-sufficiency, it is important to ask for, and accept, help from those close to you. Others care and genuinely want to be of assistance, but usually do not know what to specifically offer. In particular, it is vital to know who will listen and be supportive. Sharing your story out loud is one key to healing. And, remember that professional guidance is also available.


 *Hospice of the Red River Valley has many resources available for the public, on a loan basis, through the resource libraries in each of our offices. Topics include caregiving, terminal illness, dying, death, grief and loss. For more information about grief and loss, visit our website: www.hrrv.org or call us at (800) 237-4629.*

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 (800) 237-4629

 questions@hrrv.org

 www.hrrv.org

 bloghrrv.org

 facebook.com/hospicerv

 twitter.com/hrrv

Hospice of the Red River Valley has many resources available for the public, on a loan basis, through the resource libraries in each of our offices. Topics include caregiving, terminal illness, dying, death, grief and loss. To view more information about our grief support services, visit the [grief support section of our website](#) or call us at [\(800\) 237-4629](tel:(800)237-4629). Permission to use article from: Sylvia Lizotte, www.hrrv.org



HANDLING THE HOLIDAYSAND OTHER SPECIAL DAYS



Holidays, birthdays, and other special days are usually times for family gatherings and celebration. When we come together for the first time after the death of our loved one, it can be really difficult! Our families try to protect us in the best way they can, but it can still hurt. How can we cope? How can we handle these times in a realistic and effective way?

First, acknowledge and accept your feelings. Tears, depression and loneliness are all natural reactions to a loss—months, a year, or even more after the loss. At the same time, do not feel as though you are betraying your loved one if you are able to enjoy some of the festivities.

If the thought of preparing for these special days seems overwhelming, one helpful first step may be to make a list of things to be done in planning for the holiday. Have a family conference and together decide what is really important: What traditions do you want to carry on? What would some members find meaningful, or what things might be too painful? What changes, if any, would you want to make? Consider whether a task can be shared, if someone else can take it on, or whether it should be eliminated. Whatever decisions are reached, this sharing can demonstrate recognition and respect for each person's values.

In setting priorities, guidelines to use are: Would the holiday or special day be the same without it? What gave meaning to our holidays in the past? If you have family traditions, decide together whether you want to carry them on this year or if this is a good time to begin new ones. Consider and discuss ways of keeping traditions while trying to lessen the pain of loss, perhaps by making some changes in the usual way of doing things. Remember that although we may decide to do some things differently this year, we can decide to return to earlier customs another year if we wish.

It is important to realize that while holidays and special days are traditionally a time of festivity, they can also be a time of frantic busy-ness and resultant fatigue. Don't set unrealistic expectations for yourself. As grieving persons, we must recognize that we may simply be unable to function at our usual pace. We may need to break things down into smaller, more manageable +++goals we can achieve. Fatigue can be deadly, and lead to feelings of depression under the best of circumstances. Don't overextend---don't over commit. Eliminate the unnecessary and reduce the pressure on yourself and others. By talking over what is really important with family members, priorities can be set, tasks shared, and plans made to accomplish those things considered essential. Decide what you can handle comfortably, and then let your needs be known to friends and relatives.

If your faith has been an important part of your life, allow time for its expression during these holidays and special days. If it has not, this may be a fitting time to approach the clergyperson or church/synagogue of your choice. In either case, you may find that by enriching and deepening your religious experience, you have added a new dimension to your life.

Our lives have changed. Our holidays will be different. It's not a choice of pain or no pain, but how we manage the pain we feel. The important thing to remember is to do what is comfortable for you and your family. It may help to know that those of us who've been through these holidays and special days before have found anticipation is frequently worse than the day itself!

HANDLING THE HOLIDAYS...AND OTHER SPECIAL OCCASTIONS (Continued from page 8)



As you seek to make sensible plans, remember to make them firm enough to support you but flexible enough to leave you some freedom:

Know When Your Holidays are:

Holidays are not just at Thanksgiving, Chanukah, Christmas or New Year's. They are the times when family and friends get together for fun or celebration. It may or may not be associated with one of the traditional days.

Mark on your calendar the months during which your family's holidays occur.

Begin early to plan your coping strategies.

Be intentional about How You Plan Your Holiday:

Together, as a family, examine the events and tasks of the celebration and ask the following questions:

Do we really enjoy doing this? Is it done out of habit, free choice, or obligation?

Is this a task that can be shared?

Would the holiday be the same without it?

Decide What You Can Handle Comfortably:

Whether we are open to talk about our loved one.

Whether we feel able to send holiday cards this year.

Whether we can handle the responsibility of the family dinner, holiday parties, etc. or if we wish someone else to take over some of these traditions this year.

Whether we will stay at home for the holidays or choose a different environment.

Shopping is definitely easier if you make the entire list out ahead of time. Then when one of the "good days" comes along, you can get your shopping done quickly and with less stress. It is important to remember there is no right or wrong way to handle the holidays. Do whatever you feel comfortable with and believe will work best for you!

It is important to remember there is no right or wrong way to handle the holidays. Do whatever you feel comfortable with and believe will work best for you!



December 10, 2023

Now believed to be the largest mass candle lighting on the globe, the annual Worldwide Candle Lighting (WCL), a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WCL started in the United States in 1997 as a small internet observance and has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held, and thousands of informal candle lightings are conducted in homes, as families gather in quiet remembrance of children who have died and will never be forgotten.

Community Events

Holiday Remembrance

Candlelight Memorial Program

November 30, 2023 | 6:00 pm

Baue O'Fallon

311 Wood Street, O'Fallon, MO 63366



December 2, 2023 | 11:00 am & 2:00 pm

Baue Cave Springs

3950 W. Clay Street, St. Charles, MO 63301

December 4, 2023 | 6:00 pm

Baue St. Charles

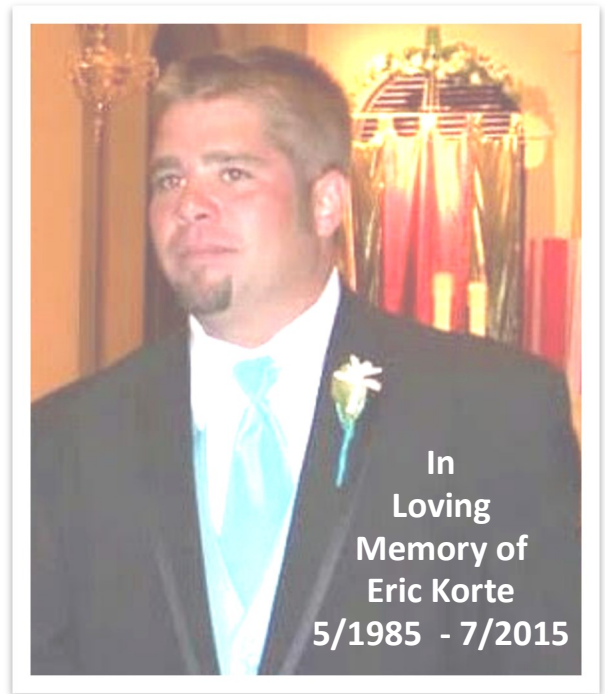
620 Jefferson Street, St. Charles, MO 63301

The Holidays are a difficult time for those who are grieving. Baue Invites you to the Holiday Remembrance where we will remember those we have lost with a name reading ceremony, music, light refreshments and a candle lighting.

Please join us remembering those who have passed.

Register to include your loved one's name(s).

<https://www.baue.com/events/holiday-remembrance>



I have no place to go with these feelings so I come here where it is safe.

Here with you.

You know, you understand the wide range of emotions that flow through me.

The anger that is still so prevalent in my life. You don't judge me, you know that it is a part of it all.

When I feel so incredibly lonely and empty you can understand that feeling also.

I am safe when I cry out in pain, a pain that has no words to describe it, but you understand.

I come here when I can't form the words, or my thoughts for that matter, because I am just not present.

You understand, you have felt this too.

I come here because I am safe, I need to feel understood, I need to see that I am reacting like every other unfortunate parent that has lost their child.

When I just want to share his name, you will listen because you also want to share your child's name, their story, their life.

I may not speak much, I may just listen, but I feel your pain just like you feel mine.

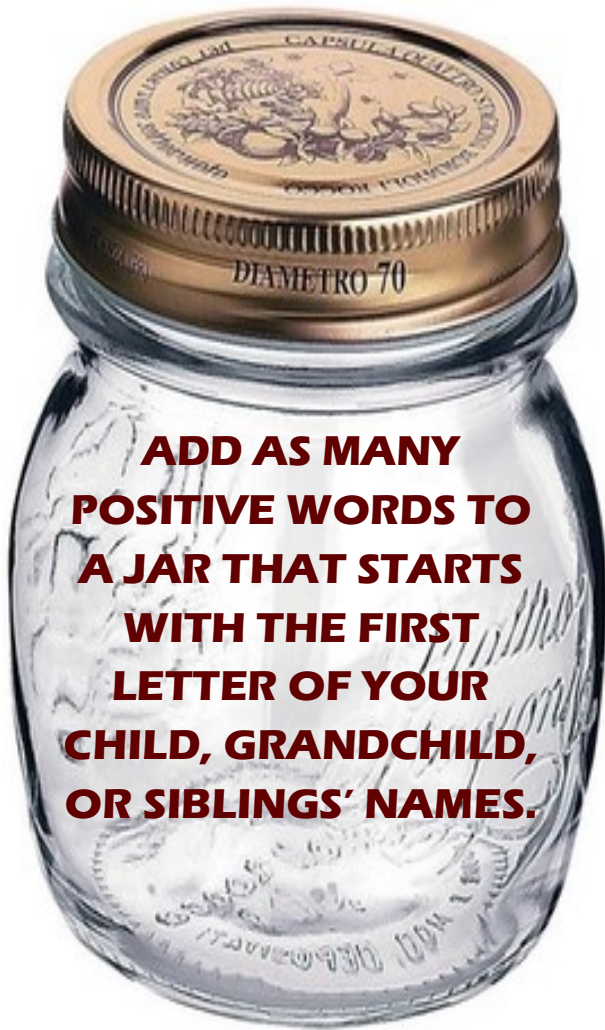
That is why I come here, it is safe here, with you, strangers and not yet.

I may not know your name, maybe have never spoken to you but I know you, unfortunately we know each other on a very deep level.

We know each other through our grief and pain.

You understand and so do I.

Lorna Korte (Eric's mom)



**ADD AS MANY
POSITIVE WORDS TO
A JAR THAT STARTS
WITH THE FIRST
LETTER OF YOUR
CHILD, GRANDCHILD,
OR SIBLINGS' NAMES.**

SAVE



the
DATE

BPUSA

2024 NATIONAL GATHERING
HERNDON, VIRGINIA
JULY 26 - JULY 28TH

Help for families struggling after child loss.

**The only cure
for grief
is to grieve.**

EARL GROLLMAN

Grief is like a shadow. It follows me. Even on the sunny days there is a spot of darkness around me. But shadows are only cast where there are rays of light first.

You were that light.

The After Glow

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!	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
CONTACT: Mike & Jeanne Francisco 636.233.8490			

GROUP MEETINGS	MEETING LOCATION	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	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
Troy Group	Dept. of Health Conference Rm #5 Health Dept. Drive Troy, MO 63379	Cindy Morris 314.954.1810	1st Wednesday Note: December meeting is Tuesday, 12/5/23	7-9 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)	Concordia Lutheran Church 505 S. Kirkwood Rd, Kirkwood, MO 63122 Or viz Zoom (holiday weekends and church conflicts) *Be sure to contact MaryAnn before attending	MaryAnn Lemonds 314.282.7453 (landline) 314.330.7586 (cell) survivingOUL@gmail.com	Sundays *To confirm dates, contact MaryAnn before attending	5pm
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

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.bpustl.org

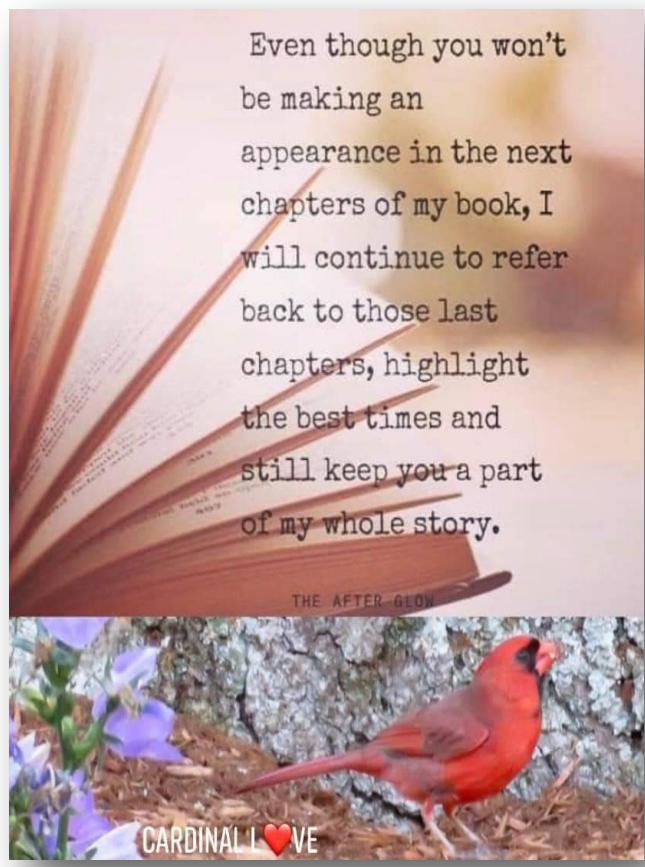
Representation in Lieu of Meetings

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
December 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.

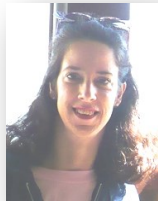
Children of BPUSASTL's Board Representation



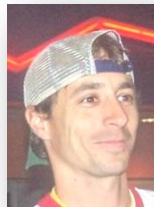
Julie Bardle
Daughter of
Marilyn Kister
Newsletter
Editor & Wright
City Group
Facilitator



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



Jeffrey Morris
Son of
Cindy Morris
Troy Group
Facilitator



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**

I thought I was broken and
needed fixing.

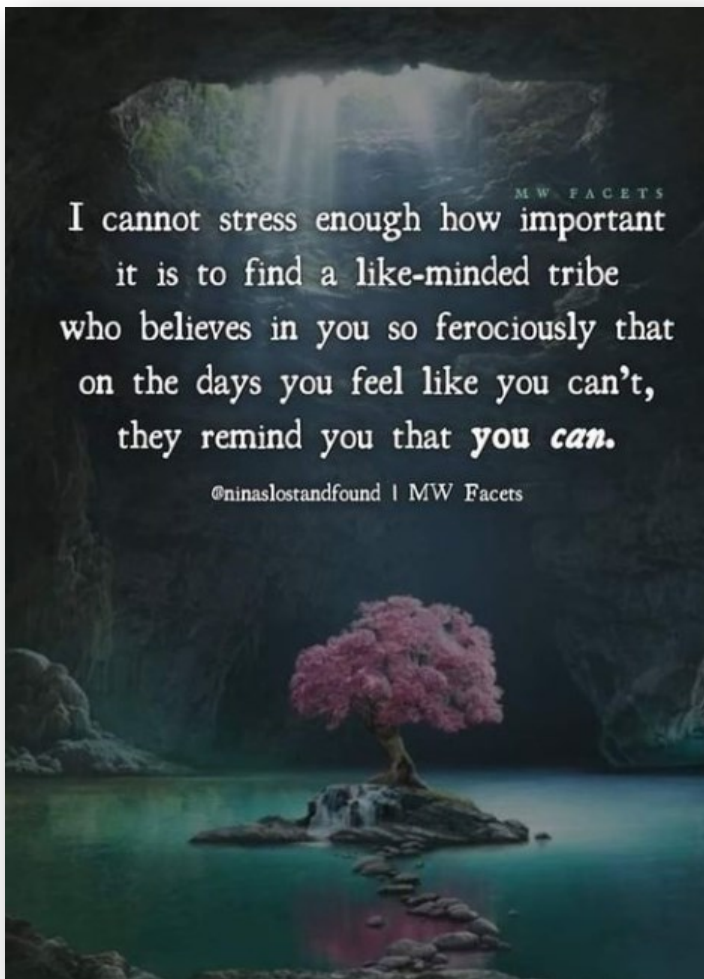
NOT TRUE!



I was hurt and needed
healing.

A completely
different concept.

[@mendedlight.com](http://mendedlight.com)



M W FACETS
I cannot stress enough how important
it is to find a like-minded tribe
who believes in you so ferociously that
on the days you feel like you can't,
they remind you that **you can.**

@ninaslostandfound | MW Facets



Time doesn't heal
anything, it just
teaches us how to
live with the pain.

@Advanced Life Skills



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