



VOLUME 47 - NUMBER 1



SAVE THE DATE

Saturday, April 27, 2024

Additional information will be posted on the website as registration nears. Please get the word out to your family and friends, as well.

Trivia is our annual fundraiser.

Knights of Columbus
5701 Hwy N
Cottleville, MO 63304

We look forward to seeing you!!

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SAVE

See keynote speakers, page 17 of this publication



the

DATE

BPUSA

2024 NATIONAL GATHERING

HERNDON, VIRGINIA

JULY 26 - JULY 28TH

Help for families struggling after child loss.

THANK YOU FOR YOUR LOVE GIFTS



In Memory of
**Daniel Mark
Kohler**



In Memory of
**Kenneth Michael
Lederich**



In Memory of
**Sharon Renee
Przybylski**



In Memory of
**William Raymond
Bousman**



In Memory of
**James Kevin
Foley**



In Memory of
**Christian Thomas
Allen**

THANK YOU FOR YOUR LOVE GIFTS



In Memory of
**Ryan Matthew
Corzine**



In Memory of
**Jennifer Ameli
Daugherty**



In Memory of
**Luca Julian
Rose**



In Memory of
Ronnie Sanchez

*"It's your grief.
Do it your way."*

Gary Sturgis



Surviving Grief

CANDLELIGHT

Chris & Carol Connell, Valene's dad and mom

VALENE MARIE CONNELL'S STORY

It all started on June 28, 1986 when Valene was born at Portsmouth naval hospital in Virginia because dad was in the navy. We were blessed with our one and only beautiful baby girl. We named her Valene Marie, but she was also known as Val, her name meant strength, and she was a very strong girl. When mom went into labor and her water bag broke and released green fluid, we knew that there was a problem.

Then we found out that Valene had meconium aspiration pneumonia lung disease from swallowing her bowel movement from being under stress. It went into her lungs and Valene had to go the NIC unit because she was a very sick baby. Valene was baptized when she was 3 days old.

The Navy gave Valene her first personal plane ride with the doctors and nurses to Wilford Hall Medical center In San Antonio Texas where she was on the 2nd floor, mom stayed on the 5th floor of the hospital and dad stayed in the barracks on Lackland Air Force base. We were always right there for her.

Valene needed a special Ecmo machine to help her breath, but by the time she got to the hospital in Texas, she did not have to go on the Ecmo machine. Valene was still in the NIC unit 3 weeks and needed a lot of care, an oxygen machine to breath, multipliable blood transfusions, blood work, and medicine to help her to get better.

Valene was a good size baby girl weighting 7 lbs. 10 oz. and they had to give her medicine to sedate her so she would not move. We were able to hold her for the first time when she was 10 days old and she got better and stronger day-by-day. We left the hospital to return home to Norfolk, Virginia when she was 1 month old. We are forever thankful for all the Navy did.



Valene was a happy, easy baby to take care of, but did have many complications and obstacles to overcome from birth; but, she was an overcomer and fighter for life since birth. Valene had ear tubes and delays in motor skills in the area of rolling over, sitting up and walking.

Valene was still not walking, so she had to go to Shriners Hospital to rule out Cerebral Palsy that she did not have, thank God. Valene had a bad case of tight heel cord tendons and she could not put her feet flat on the floor and she was on her tiptoes. Of course, Shriners gave Valene her first pair of night braces to sleep in and stretch out her tendons to make her feet go flat. We had to carry her around or in a stroller until Valene started to walk at all most 2 years old, and then Shriners gave Valene her first pair of walking shoes.

Then realizing Valene had a bad case of knock-knees, she had to wear leg braces attached to her shoes and up to her thighs for a couple years to correct the knock-knees. Let me tell you, that did not stop her from doing the jungle Jim, monkey bars, riding bikes, slides and everything with those braces on. They helped her tremendously to walk correctly.

Valene went to Shriner until the age of 18 and they helped her so much.

Valene went to preschool at the age of four to learn and play with other kids. We found out Valene had learning and behavior problems and at age five they said she was ADD. They recommended Ritalin, but we did not put her on it at that time. When Valene was 6 years old, she went to regular public schools and they suggest special education for her learning and behavior problems and streamlined classes with extra help. School was very hard for Valene and challenging at times. Valene started Ritalin in first grade and it helped her to focus and concentrate, though she still had struggles. Valene was strong and did not let it stop her.

Valene was doing regular kid stuff like being in girl scouts since kindergarten as a daisy and up until 5th grade in brownies. Valene played softball a couple years. Valene was so smart, she loved to swim, dance, read, watch TV, movies and listen to music. Valene was 10 years old when she got her first dog Cuddles and then came along Mitzy, they were her babies. Valene collected Tweety bird, Wizard of Oz and Titanic.

Valene was 14 years old when we were trying to take her off Ritalin medicine, so we enrolled her in Eli Lilly's ADD research study for a different medicine. That is when we found out that her liver enzymes were too high and she could not do the study. We took Valene to the doctors for more blood work to find out Valene had Hepatitis C with cirrhosis of the liver from the blood transfusions she received as a baby. In 1986, they were not checking the blood for Hepatitis C; they started checking in 1990. We are forever grateful for Eli Lilly blood tests. We do not know when or how Valene would have found out, she had Hepatitis C and cirrhosis of the liver.

Valene had to go to St. Louis children's hospital to see a specialty doctor for the liver. Valene tried a treatment of medicine, Ribavirin, that entailed her getting shot every other day by her dad, but Valene got strong enough to give shots to herself. The side effects were not good, there were symptoms of aches, so painful, tired, depression, nausea so hard that she couldn't function every day routines. She had to be home tutored her 7th grade school year. Many months later of doing the treatments, Valene had to stop taking the medicine, for it did not cure the hepatitis C.

Valene belonged to a Hepatitis C support group and they dismissed her because she was too young for the group, even though mom was there with her. Valene knew a lot and had been though more than most of them, plus she taught them a few things. Not knowing what else to do, mom called the American Liver Foundation for help and they suggested Valene become the honorary guest speaker for the American Liver Foundation. It was so awesome and a blessing for Valene.

For Valene's high school years, she went to an alternative schooling that was very good for her and helped her to successfully graduate from high school in 2005. VALENE DID IT.... WOO-HOO!

Valene had to leave children's hospital and find an adult doctor. Valene went to Washington University and she went through another treatment of medicine called Interferon for Hepatitis C, which entailed many shots and many side effects. Valene did that for many months to find out finally it worked; it healed her Hepatitis C. WOO-HOO!!!! Valene still had cirrhosis of the liver. For all the adversities and struggles Valene dealt with every day of taking care of herself was a challenge with many doctor appointments, side effects of medicine, having a different issue every day and a lot of weight gain that she could not work. Valene said taking care of her life and health was enough for her. Valene got to hang out with her mom all the time.

Valene once again found a new doctor and started going to St. Louis big Barnes for care and she had to meet with the liver transplant team to see if she qualified and had to meet special criteria and melt scores for a liver transplant. Finding out what she had to do to get a transplant inspired that last year of her life to live it to the fullest. Valene cleaned up her room, went to the gym, walked, lost 90 lbs., got her driver's license on June 10, 2014, turn 28 on the 28th of June, her golden birthday, got her dream car, a Green Volkswagen Beetle, went to Ohio 4 times that year and felt good about herself.

CANDLELIGHT

Though Valene was doing better, she started having more complications of getting tired, ascites, swelling of the stomach, hospitalized for skin infections. Side effects of the liver started happening more quickly. In November, Valene was hospitalized for weeks with many complications of the liver and she did not meet the qualifications or melts score for a liver transplant. Valene went into liver failure and passed away on December 10, 2014.

Valene was a beautiful, intelligent, and amazing girl that was strong and an overcomer. Valene lived for life, family, friends, birthdays, holidays (Christmas was favorite), loved the color pink, going to Ohio and Branson. Valene was fun, loved to laugh and make people laugh, had a big heart, but most of all had a SMILE that would light up the room.



**Valene's mom
and dad**

Below: Little did the church know, their season decorations were appropriate to BPUSA's candlelight service...HOPE.



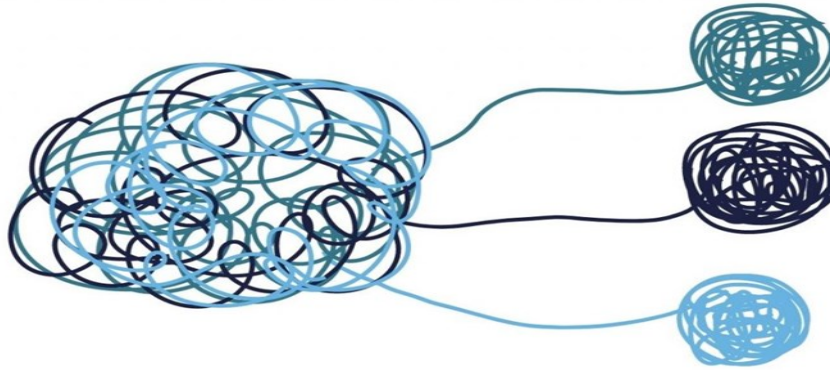
Right: Our children's pictures on display.



A New Year's Resolution for Grievors

HOLIDAYS AND SPECIAL DAYS / HOLIDAYS AND SPECIAL DAYS : ELEANOR HALEY

I resolve to take you with me into the new year and then every day after that. I'll hold onto memories of you, each a separate thread connected to our life together. I'll jumble them up into a ball, so I'm not constantly getting tangled in the past. But I'll make sure I can still pull out a single string whenever I want to remember.



I resolve to talk to other people about you. I'll tell someone who never knew you about the type of person you were. I'll ask those who knew you to share their stories with me. I'll sing the songs you used to sing. I'll watch the movies you loved. I'll say the phrases you used to say, and after I'll tell someone standing nearby, "*my mom always used to say that.*" I'll imagine what you'd be like if you were still alive today. What would you say to me if we could talk about kids, relationships, religion, and politics? I'll wonder if I would agree with your opinion, but when it comes time to make an important decision, I'll always take the advice I imagine you'd give.



Continued on page 11

A New Year's Resolution for Grievers (continued from page 10)

I will play both parts of our relationship because you cannot speak for yourself, and I'll accept this one-sided, unrequited love because it's all there is. I will be happy with what I have left of you but feel sad for what I've lost. And this grief loop will play on repeat forever, and I will be okay with that.

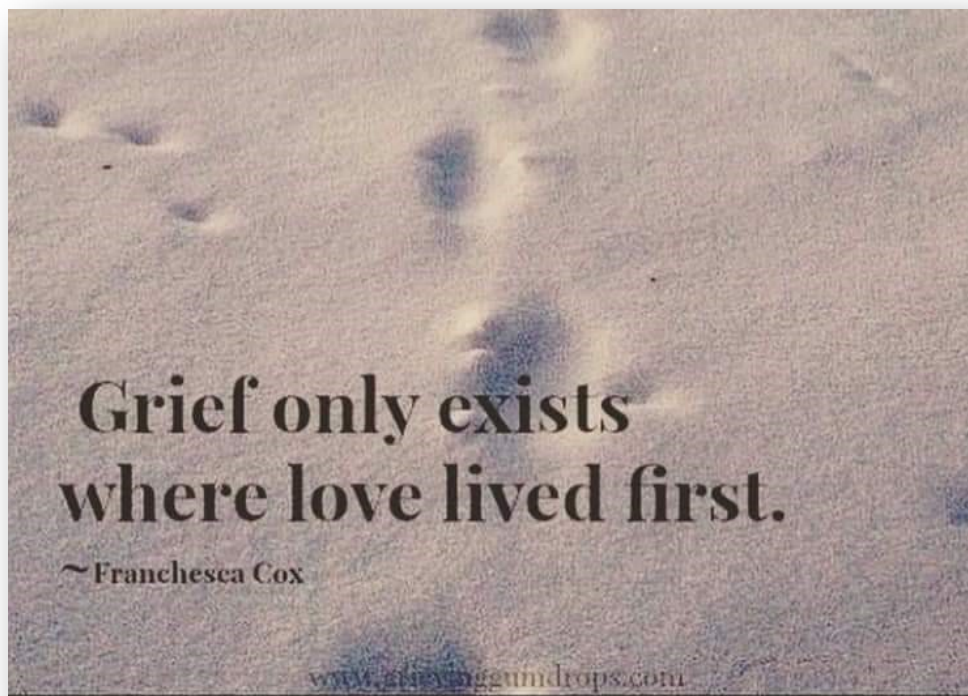
I resolve to do these things this year, just as I've done every year since you died. And I won't apologize or feel foolish for doing any of it because there is no right or wrong way to love someone who's died.

And I love you still.

We're wishing all our readers a safe and peaceful New Years.
DECEMBER 30, 2021

**Permission to use article from: Mary Manera,
Grief Services Coordinator**

<https://whatsyourgrief.com/a-new-years-resolution-for-grievers/>



The Prize Fighter

She is a prize fighter.
Yet there are no trophies to show.
She carries more battle wounds than you will ever know.
She's been knocked down, she's been knocked out.
She has suffered greatly, of that, there's little doubt.
She doesn't fight the fights where crowds gather around.
There is usually no one to pick her up off the ground.
Somehow she manages to stagger to her feet.
She knows there's another opponent waiting for her to meet.
This is a fight she knows will never be won.
She fights the darkness of death, the loss of her son.
It's not in her to give up, to just fade away.
So she enters the ring day after day.
She wants no attention or metals to show.
There is only one thing she wants you to know.
It's her never ending love for him that helps her survive.
She feels a desperate need to keep his memories alive.
Everyday she will battle the sadness she feels.
She will continue to fight for the happiness it steals.
Maybe there will come a day when her heart feels lighter.
But until then she remains...**a prize fighter.**



Lorna Korte
Eric's mom



In
Loving
Memory of
Eric Korte
5/1985 - 7/2015



Linda D Fehrmann

November 1, 1947 — December 15, 2023
St. Charles, Missouri

Our condolences to family and friends of Linda, Joel's Mom. Linda did a lot for Bereaved parents, which included serving as BPUSAStL Chapter Chair. She was also instrumental in running several groups for survivors of suicide, amongst many other things.



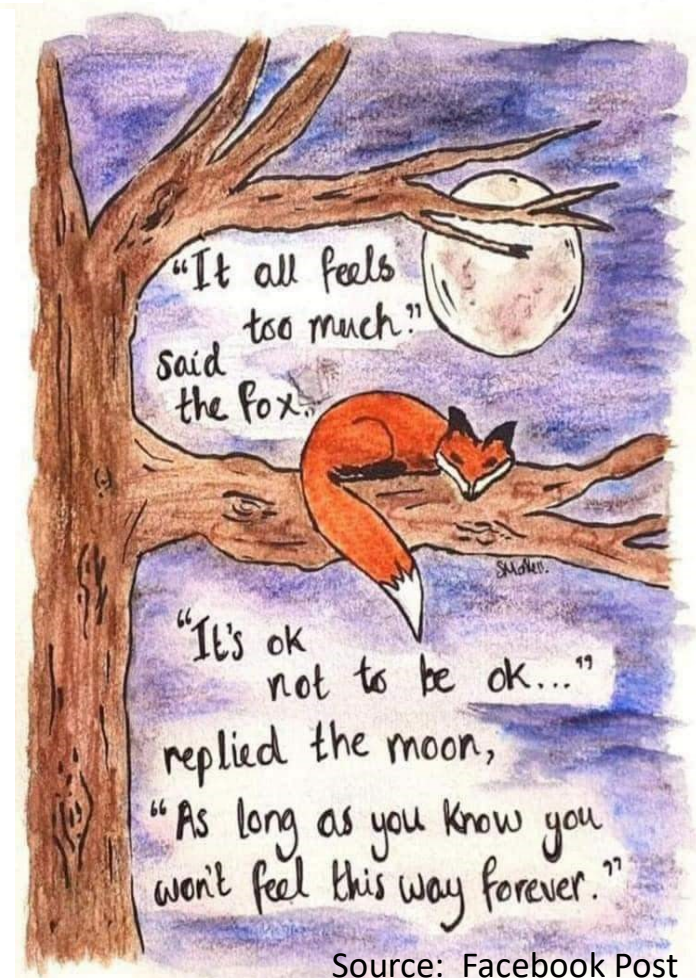
Joel

HOW CAN I TELL THEM?

—Mary N. Moore, TCF, Toms River, NJ

How can I tell them that the grief they feel today will fade with the merciful, steady march of time? They won't, nay, can't, believe-- as I did not when I was told.

Shall I say to them, "While memories never die, the sharp and bitter edges blur."? And there will come a time to them as it has come to me, when happy memories transcend the bad, and life again is good. I know so well the hurt they feel, and also know that each of us must find their own way out. No matter how deeply friends may care, it is a private struggle we must wage.



Afterparty

I held a party the other week and grief came. She wasn't invited but she came anyway; barged her way in through the door and settled down like she was here to stay.

And then she introduced me to the friends she'd brought with her.

Anger

Fear

Frustration

Guilt

Hopelessness

And they sang in the loudest voices, took up space in the corner of every room and spoke over anyone else that tried to talk.

They made it messy and loud and uncomfortable.
But finally, they left.

And long afterwards, when I was all alone, I realised there was still someone here.
Quietly clearing up after the rest.

I asked who she was. And she told me, "Love."

And I assumed that's why she looked familiar - because I had met her before.

"Or perhaps," she said, "it's because I've been here the whole time."

And I was confused then, because I hadn't seen her all evening.
But when I looked more closely,
when I looked into her eyes,

I realised quietly that she had been here. All the time.

She'd just been dressed as grief.



© Becky Hemsley

<https://www.beckyhemsley.com/about-3>

Used with permission from Becky Hemsley

THANK YOU to the Bronder Family for the wonderful boxes of cookies.

From The Bronder Family: "Knowing You Ministries began in honor of our daughter Kylene who inspired us to open our eyes to those hurting hearts around us."

The Bronder's also accept help in cookie donations, either bought or baked, packaging and delivering.

If you wish to receive cookies during the month of December 2024 in memory of your child, please let someone on the BPUSASTL Board know in October 2024. Or contact Deb Bronder with your address: knowingyou@sbcglobal.net



**To love
to give
to share**

**In Loving Memory of
Kylene Bronder**



Weekly Word of Hope

There is a conversation I have with parents often enough that I thought maybe I would write about it here.

When our child dies, we are surrounded by family and friends who hurt with us, cry with us and pray with us. Some of them will sit with us, call to see if there is anything we need, and we often get a couple weeks' worth of meals brought to our house.

Then 3 months, 6 months, 12 months later, it seems some of those same people either start avoiding us, or start hinting that maybe it's time to pull ourselves out of our grief pit and start to move on (or they outright tell us that).

Two years, three years, five years, ten years later, many of those people who were with us when it happened almost seem to roll their eyes if we are "still" bringing up our child, especially if it is something that brings us to tears.

BUT... two years, three years, five years, ten years later, when someone who didn't know us then finds out we had a child who died, there is so much compassion and care voiced to us. They may even find a tear or two in their own eye, thinking about what we have gone through.

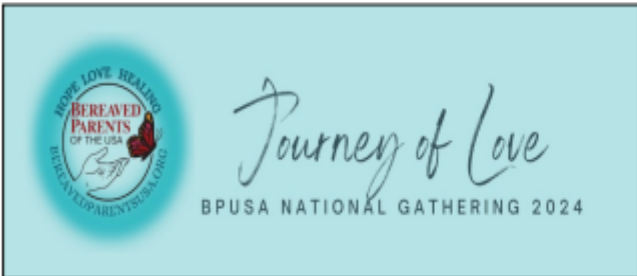
Weird, isn't it?

Why is that? I am sure I could sit and try to analyze it and come up with a reason.

Instead, I want to call attention to it, so if you are in that place where you don't like to talk about your child because you know the people around you are tired of hearing about it, take a risk and open up to someone who doesn't know that about you.

At the very least, don't feel like you have to run and hide if you get hit with an unexpected grief trigger. Let those who are with you know why you are tearing up and invite them to join you in that sacred place of missing your child.

You just might be amazed at how they will enter in, remember your child with you and comfort you during that moment!



Welcome to the heart of the 2024 Bereaved Parents of the USA National Gathering, our speakers. As we embark on our "Journey of Love," we are pleased to introduce the exceptional keynote speakers who will illuminate our path with insights, compassion, and shared experiences. These individuals bring a wealth of wisdom and strength, each with a unique story that resonates with the theme of love, resilience, and the enduring power of the human spirit.



Michele Benyo is a Certified Grief Recovery Specialist, early childhood parent educator and coach, and the founder of *Good Grief Parenting*. After her 6-year-old son David died of cancer, her 3-year-old daughter Deanna said, "Mommy, half of me is gone." This heartbreaking statement defined Michele's life purpose. Her mission is twofold: to help parents navigate the unimaginable challenges of parenting through the formative early years while grieving the death of a child, and to equip parents to meet the unique needs of a child who lost a sibling in the early childhood years. The desire of Michele's heart is to see families live forward after child loss toward a future bright with possibilities and even joy.

Mandy Eaton is a resilient and compassionate keynote speaker with a powerful story of personal tragedy turned into a force for positive change. In 2017, Mandy experienced the devastating loss of her daughter, Adrienne, who succumbed to a heroin/fentanyl overdose after bravely battling substance use disorder. Adrienne's passing, just days before reaching her one-year sobriety milestone, left Mandy and her family shattered. After six years of grappling with grief, Mandy found the strength to transform her pain into purpose by launching *Adrienne's Fund*, a fundraising campaign in partnership with Cone Health. As the Chief Operating Officer at Cone Health, Mandy has donated \$100k to kickstart the fund, and since its launch on Adrienne's birthday, August 15, they have raised over \$30k. This special partnership aims to design innovative solutions for individuals like Adrienne and their families. Mandy's journey of healing through advocacy and fundraising has empowered her to share Adrienne's story with courage and resilience, making her an inspiring keynote speaker dedicated to making a positive impact on the lives of others.



Roger Moroney is a compassionate keynote speaker and grief advocate who embarked on a profound journey of understanding and healing after the tragic loss of his only child, Kyle Mathias Moroney, in a car accident on June 3, 2017. Faced with the scarcity of resources tailored for grieving fathers, Roger sought solace through literature and discovered a supportive community of bereaved parents. His exploration led him to grief conferences and workshops, where he not only found comfort in the company of those who shared similar experiences but also contributed by sharing his insights. Roger's commitment to helping others navigate the complexities of grief is evident in his active involvement in organizing and presenting at the BPUSA Gatherings, where he delves into such topics as *"Managing Your Child's Digital Legacy"*. As a board member of *Alive Alone*, Roger has taken on roles such as webmaster and proposed innovative outreach programs for funeral directors. Beyond his grief advocacy, Roger brings a wealth of professional experience, having worked in radiation protection for 25 years, primarily in the manufacturing of radiopharmaceuticals. Recently retired from Siemens, he now channels his energy into running a bed & breakfast, drawing inspiration from his son Kyle's caring nature. With a heartfelt mission to honor Kyle, Roger shares his personal journey and valuable insights to inspire and support others in their grief and healing processes.

Becky Russell MSN, MA, RN holds a Bachelor of Science in Nursing and two master's degrees in Health Care Administration and Education. She is experienced in intensive care nursing, nursing education and professional development, and retired in 2022 as the director of the *Center of Learning and Professional Development* from the largest health care system in Arkansas. As a Registered Nurse, Becky had experience in assisting others in the grieving process. As a teacher, she taught the grieving process. On March 18, 2004, she became a participant in the grieving process when Jae Lynn, her oldest daughter, and two of Jae Lynn's friends were killed in a car accident. Becky is the BPUSA Chapter Leader in North Central Arkansas, has been a local and national speaker for BPUSA, an accomplished educator and leader in Arkansas healthcare and is the creator of a 30-minute visual presentation entitled *"10 Things I Did Not Know About Grief"*. She currently authors a Facebook blog entitled *"Weepyseeds"*. Becky lives in Jacksonville, Arkansas, is married to Ralph and is mom to Jae Lynn's surviving sisters Casey and Abby.



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	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 via 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**

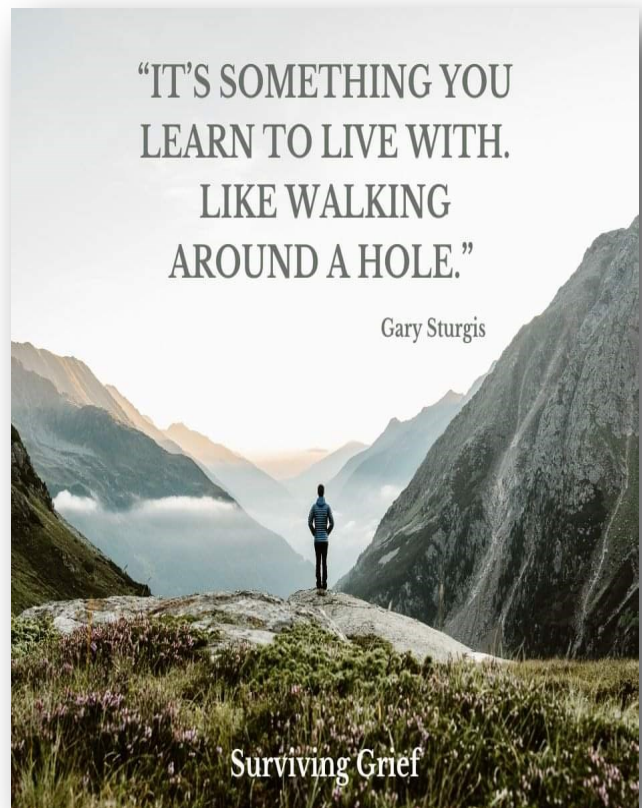
Accident, Auto	Theresa DeMarco	636.544.3478
Adult Sibling	Samantha Schaefer	636.293.1099
Drugs/ Alcohol	MaryAnn Lemonds	314.330.7586
Child with Disability	Linda Frohning	314.721.5517
Illness	Marilyn Kister	636.634.6019
Jefferson City	Sandy Brungardt	314.954.2410
Only Child /Single Parent	Donna Arnold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

As always, for up-to-date information on BPUSASTL events, visit www.bpusastl.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 **February 15, 2024**
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.

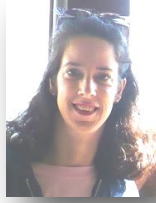
Children of BPUSASTL's Board Representation



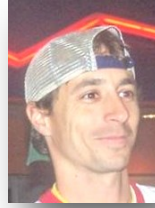
Julie Bardle
Daughter of
Marilyn Kister
Newsletter
Editor & **Wright**
City Group
Facilitator



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



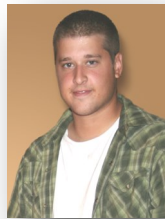
J. P. Rosciglione
Son of **Terre**
Rosciglione
Trivia
Coordinator



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
Deceased **Margaret Gerner**
Founder of **BPUSASTL**

Children of BPUSASTL's Special Events

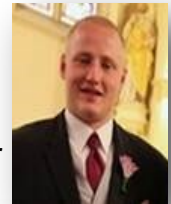


J. P. Rosciglione
Son of **Terre**
Rosciglione
Trivia
Coordinator



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 2-3 of this newsletter)

NAME _____

PHONE _____

ADDRESS _____

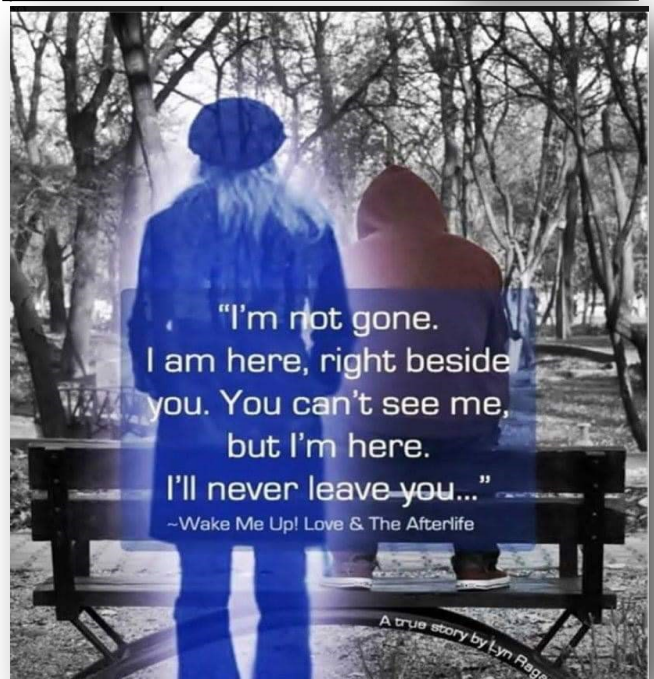
CITY _____

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