

Bereaved Parents of the USA

Mar-Apr 2024



VOLUME 47 - NUMBER 2

I miss you every day.



© PNTS

“It has been said, ‘time heals all wounds.’ I do not agree. The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue and the pain lessens. But it is never gone.”

- Rose Kennedy

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**BEREAVED PARENTS USA
TRIVIA NIGHT**

Saturday, April 27, 2024

Trivia is our annual fundraiser.

Knights of Columbus
5701 Hwy N
Cottleville, MO 63304

Doors Open at 6:00 PM - Trivia Begins at 7:00 PM

Table of 8 - \$240 or \$30/person

Beer & Beverages Included

Call today for reservations:

Terre - 314.393.5713 or Courtney - 314.440.7751



Bereaved Parents of the USA
NATIONAL GATHERING CONFERENCE
July 26 - July 28
HERNDON, VIRGINIA

Registration now open:

www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/

Information and Registration

Hotel Accommodations

Workshop Presenters Application



See keynote
speakers, on page
12 of this newsletter.

THANK YOU FOR YOUR LOVE GIFTS

*I have not written a poem for a while.
Life hit me hard again,
lost my way, lost my smile.*

*My daughter's death was marked by 20 years,
then in 2020, my sweet husband's death
and I thought there could be no more tears.*

*Life has a way of showing us who is the boss.
We all, our family, were happy and hopeful
but alas another crippling loss.*

*Plans were made, gifts and clothes were bought,
waiting for my first great-granddaughter's birth.
And then what a brave fight my granddaughter
fought.*

*Our precious, sweet baby girl silently passed away.
Then our thoughts, tears, and prayers turned
to our granddaughter, who had to fight every day,*

*for over a week for her life
lay in the balance as we
tried to handle the added strife.*

*For her recovery we are blessed,
as we attempt our new grief
once more we are put to life's test.*

*So, to heaven I raise my eyes,
one more angel, our Emma Rose
tugs at my heart and evokes a sigh.*

By Rosann Umhoefer, Rosie's
mom - BPUSAStl



In Loving Memory of
Rosie Umhoefer



WHEN I AM GONE



When I am gone, release me – let me go
I have so many things to see and do.
You must not tie yourself to me with tears
Be happy that we had so many years. I gave you
love,
you can only guess, how much you gave me in
happiness.

I thank you for the love each have shown,
but now it is time I travelled alone.
So grieve awhile for me if grieve you must,
then let your grief be comforted by trust
It is only for a while that we must part
so bless those memories within your heart.
I will not be far away, for life goes on.
so if you need me, call and I will come.
Though you cannot see or touch me, I will be near
And if you listen with your heart, you will hear
All of my love around you, soft and clear.
Then when you must come this way alone,
I will greet you with a smile and “Welcome
Home.”



—Anonymous

Support That Surrounds

2024 BJC Hospice Community Grief Support Programs

GRIEF SUPPORT GROUPS

- **MONTHLY GRIEF GROUP FOR SPOUSE OR PARTNER LOSS**
(First Tuesday of each month, 6-7:30pm, Christ Church, St. Peters, MO)
- **CHILD LOSS GRIEF GROUP, 6 weeks**
(Barnes Jewish West County, beginning in January)
- **HEALING HeARTS, ART THERAPY GROUP**
(For young adults, ages 18-24, beginning in Feb)
- **MANY COLORS OF GRIEF, Parent Loss Group**
(Art therapy group, Fall 2024)

GRIEF EVENTS

MEMORIAL SERVICE

Held in Fall



LOSS OF CHILD

Weavings is a retreat for mothers who have lost a child that is held at a retreat center near Saint Louis, MO

April 12-14

November 1-3

Weavings

SUPPORT FOR GRIEVING KIDS AND TEENS

Stepping Stones is a camp for kids ages 6-15 who have lost a friend or family member.

August 9-11, Camp Wyman in Eureka, MO

Stepping Stones

FOR MORE INFORMATION OR TO REGISTER FOR ANY OF THESE EVENTS, PLEASE CONTACT BJC HOSPICE AT GRIEFSUPPORT@BJC.ORG OR 314.953.1676.

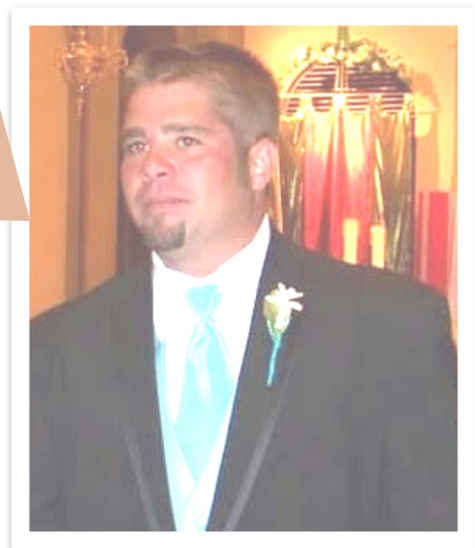
BJC Hospice
Every Moment

The Old Wise Tree

I traveled to a majestic place, as beautiful as can be.
It was quiet and it was peaceful, I sat beneath a tree.
A tree that seemed to welcome me, with its branches reaching wide.
There was wisdom to it, time, it did not abide.
I gazed at water crystal clear and skies that sparkled bright.
I sat in wonderment, I was in awe, everything felt just right.
There was peace that settled in my heart, my spirit felt at home.
I had no desire to leave, I did not need to roam.
I was surrounded by a love so very deep and strong.
I was floating in the melody of a very beautiful song.
Tears started to flow as I knew I must soon depart.
My son appeared, held out his hand, and love filled my heart.
I knew that he was there to wake me from my dream.
He was there to show me that life is not what it seems.
I did not want to leave him yet I knew I could not stay.
I opened my eyes to the dawning of a new day.
I slowly remembered where I had been and I truly do believe.
He does exist in another place, he is happy, he is free.
And we will meet again someday beneath **the old wise tree.**

Lorna Korte
Eric's mom

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



Growing Through Grief: Christina Slate

APRIL 6 2023

Facebook Twitter Email

By Christina Slate

When the — “*That* only happens to other people” — happened to me and no one handed me a “What to do when Caleb dies handbook,” all I wanted to do was go to sleep and never wake up again. Unimaginable heartache and unanswerable questions about my son’s suicide took over my life. In this article, I share how I’ve grown through grief and how I’ve been able to go on in life since that tragic Monday night.



Having never experienced anything as painful as my son’s death, I first had to learn about grief and how to manage it. It set in quickly, fierce and planted itself like a shadow around my every move. I had experienced grief many times before for many different reasons in my 40 years of life, but it did not compare at all to the grief and unbearable emotions I now knew. Life was pulling me forward and I was breathing, but I felt like a shell of a person just pushing my feet along day in and day out. Shock, confusion, sadness, anger, guilt and a host of other emotions took up camp in my mind and heart. The words “grief work” were new to me, I never knew how much work it took to move through grief towards healing. It was at this point I understood why some bereaved people run from grief... because it is hard painful work and healing doesn’t happen overnight!

About seven weeks after Caleb died, I had a conversation with another bereaved mother and was hoping she would give me some good advice and encouragement, but the opposite happened. I looked into her eyes as she was telling me that it never gets easier and that she is depressed all the time. I walked away from her knowing that I have a few things she doesn’t. Faith, hope and a fighting spirit! I had faith that God was near, hope that I would heal and a fighting spirit that wasn’t going to give up.

I wasn’t ready to move on from the really dark and heavy days of grief for nearly a year. It was then that I felt I had learned enough about what grief looks like, feels like and how to live with it. Before being forced onto this child loss journey I had the assumption that grief was linear; you start here, end there and “poof” you’re healed. Nothing could be farther from the truth! I had to choose to control my grief instead of allowing it to consume me, but without my counselors and grief resources, it would have been much, much harder. I definitely needed to be taught how to grieve and how to live with loss. I slowly began to lean into a life where grief and joy could coexist. I had to learn and experience that it’s okay to have a good day, a great day and a bad day too, and that I shouldn’t feel guilty for any of them.

Growing Through Grief: Christina Slate (continued from page 7)

There's no way I could grow through grief until I was ready to acknowledge it, honor it and manage it. In the beginning, I didn't want to grow. I didn't want to heal. I didn't want to live life without my precious son. Living with joy felt cruel to me in the early weeks and months. I needed to take time to just sit in the darkness and horribleness of what happened and just be sad. As time went on and the more I read, the more I built a support system of other bereaved parents and listened to podcasts on grief and child loss, the more I began to understand that Grief is Love. My grief is an expression of the love I have for my son, which did not and will not ever, stop just because he went to Heaven. I still have heavy grief days when I need to sit in the darkness, and horribleness and just be sad, but those days and the time spent there are getting less and less. As I read about and began to understand Lament, I felt God come closer to my broken heart. I began to feel for myself what authors wrote about in books. As I lay on my bathroom floor anguished, sorrowful, broken and done with this life, I cried out to God to help me. I couldn't formulate a fancy prayer. Through my tears, sobs and screams came "God, please help me." I visioned him lying right next to me, weeping with me over the death of my son and catching my tears in the palm of his hand. I visioned Caleb with Jesus living his best adventure in Heaven, and that brought me peace knowing he is safe and okay. I visioned the Holy Spirit wrapping arms around me, holding me and when I was ready, slowly helping me to my feet again. Lament is a passionate expression of sorrow, it's proof of my relationship with God and Lament is a prayer for God to act. I have trusted and leaned on this promise, "Because of the Lord's great love we are not consumed; for his compassions never fail. They are new every morning; great is your faithfulness." He has been close to my broken heart and He has saved my crushed spirit. Does that make it easy? No! It makes this journey possible.

How have I grown through grief? I understand that grief is very personal and no two people grieve the same way. I understand what grief is and how confusing and complex it can be. I understand that finding healthy ways to express grief is very important. I started to see that when I gave grief the time and attention it deserves, it became easier to manage. I've also grown to be more compassionate, gentle, and patient and to not take a single minute for granted.

I will grieve Caleb and my heart will ache and long for him every day until I am reunited with him. You don't "get over" or "move on" from child loss, it will always be a part of me, but it doesn't define me, and Caleb wouldn't want it to. Early on I knew that my son would be devastated if I let a choice he made destroy me, my life and our family. Acknowledging that truth is what pushed me into grief work and healing. I'll never understand why God allowed Caleb to take his life that day, and I don't have to. There isn't a single answer that will bring him back or make my pain any less. In my brokenness, with faith hope and a fighting spirit, I choose to grow through grief instead of being stuck in it.



Weekly Word of Hope

<https://www.gpshope.org>

I am not sure if you know who Mitch Carmody is, but for many years he was one of the most known and sought-after speakers in the world of bereaved parents, having given his life to those who are grieving, after the loss of his nine-year-old son, Kelly, over 30 years ago. (He has since retired from all the traveling and speaking.)

When Mitch was getting ready to move (part of his retirement), he posted a video. The only way I can describe it is that he allowed people to enter a sacred moment in time for him and his wife. They had just signed the papers to sell their farm they have lived on for over two decades, and were moving to another state (here in Wisconsin, as a matter-of-fact).

Together, they decided it was time. After 30 years of still having many of their son Kelly's possessions in a large trunk, they pulled out a few items and then burned the entire trunk with most of the items still inside (which included the blanket he died in and all of the condolence cards received) instead of taking all these mementos with them.

It made me so thankful to have people ahead of us like this.

- That there are those who are willing to let us know that it is okay if you still have your child's room the same way, years later.
- That it is normal to hang on to as much as we can of our child who is no longer with us on earth for years and years and years.
- That there is no timeline; no right or wrong way to grieve and to remember our children.
- Especially that no matter what we save or don't save of the items that belonged to our children, or if we move away from the cemetery our child is buried in, that we will ALWAYS carry our children deeply in our hearts. *Nothing* will ever be able to change that.

So, I just want to assure you that your heart will tell you when (or if) it is time to enter into this same kind of sacred moment. And to also assure you that when it comes (which sometimes that decision is made for us, such as moving and we have to pack up their bedroom, or start giving away their things to make room for a growing family) that it does not mean you are moving on without your son or daughter, or that you are leaving your child behind.

It just means you are stepping into another level of healing, because you know, that you know, that you know your child is still with you, and the physical mementos are not as needed as they were before.

Just another reminder...

We are having a special event here in Wisconsin called a Weekend of Hope.

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<https://www.gpshope.org>

GPS Hope will be celebrating our 10-year anniversary, and we want to start our time of celebration by inviting YOU to join us for a weekend of being ministered to as a bereaved parent.

This will be a special time for bereaved parents to come together, be ministered to, and share our children with each other the weekend of **August 2nd and 3rd**.



Dr. Doug and BJ Jensen (who are parents and have experienced the suffocating darkness of child loss) will be joining us with their wonderful talents of drama and using American Sign Language as choreography, to bring a measure of healing to our wounded souls.

The weekend will culminate on Saturday evening with our big **Celebration of Hope**, where the **Friends of GPS Hope** who have supported this ministry with prayers, encouragement and finances can join us for a special evening of celebrating **GPS Hope's 10th anniversary**.

Along with a great dinner, we will rejoice in what God has done for the past ten years and look ahead at the possible future of GPS Hope. Dr. Doug and BJ Jensen will be sharing with everyone during this time as well, in drama and signing. (Your registration fee includes this event.)

Tentative Schedule:

Friday

1:00 – 4:00 conference
5:00 Supper (provided)
6:30 – 8:00 conference

Saturday

9:00 – 11:45 conference
12:00-1:00 lunch (provided)
1:00 – 4:00 conference
6:00-8:00 Celebration of Hope special dinner (provided)

Cost:

Early bird pricing through July 5: **\$75** per person, **\$125** per couple

July 6 - 22 registration price: \$90 per person / \$150 per couple

(Does not include lodging or travel)

REGISTRATION CLOSSES ON JULY 22.

Where:

1141 Black Bridge Rd. Suite #190
Janesville, WI (Legacy Athletics building)

But wait... there's more!

For those who would like to come before the weekend and make it more of a vacation, we have some fun group events planned.

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continued from page 10

Monday evening take a stroll with us at the Janesville International **Rotary Gardens** (\$9 adult admission or \$7 for seniors 65+ or \$6 for active/retired military). It is a beautiful garden on a lake, and tour buses come from all over to see it. (Exact time to be determined.)

Tuesday spend time together at **Music at the Marv**, a summer-long free concert series featuring local and regional acts in a variety of genres. There will be food vendors, as well as beverages sold from Gray Brewing Company and Rock County Brewing Company. (Time is 6:30-8:00PM)

On Wednesday night join as a group to watch the local 22-time National Champions water ski team. This is a free show, and you will see some incredible stunts, including a 4-5 level high pyramid on the water. (In 2024 they got into the Book of Guinness World Records with a 93- Skier Pyramid!!!) Look up the [Rock Aqua Jays Water Ski Show Team](#) on YouTube. You will be amazed at their skills.

Thursday evening come to a casual cookout at our permanent campsite with the Hope Mobile, overlooking a beautiful lake. You can swim in the pool or in Clear Lake if you want to go early before the cookout.

Friday morning meet for breakfast at a time and place yet to be determined.

One of the days we will have **lunch at the world's largest Culver's**, just down the road from our campground, where you will get to experience deep fried cheese curds, delicious butter burgers and smooth Wisconsin custard.

Arrive at any point in the week and join in the activities for the days you are there.

We look forward to spending time with you this coming August in our very own stomping grounds of beautiful Wisconsin.

After registering, we will email you an invoice.

If you are coming from out of town and need accommodations, we suggest the following:

[Hampton Inn](#) 608-754-4900

[AmericInn](#) 608-371-9981

[Baymont](#) 608-758-4545

[Holiday Inn Express](#) 608-756-3100

[Blackhawk Campground](#) 608-868-2586 (This is where the Hope Mobile is!)

There is also a Super 8, Motel 6 and others.

Airport Information:

Chicago O'Hare (ORD) - 1.5 hours away (Bus to Janesville available)

Milwaukee (MKE) - 1.5 hours away

Madison (MSN) - 45 minutes (more expensive)

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



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 **April 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 source for strength and hope.

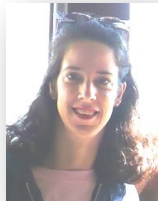
Children of BPUSASTL's Board Representation



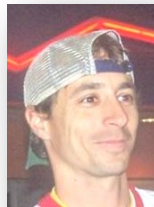
Julie Bardle
Daughter of
Marilyn Kister
Newsletter
Editor & Wright
City Group
Facilitator



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



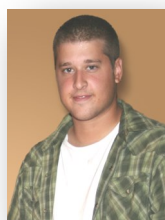
J. P. Rosciglione
Son of **Terre**
Rosciglione
Trivia
Coordinator



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



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 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: _____

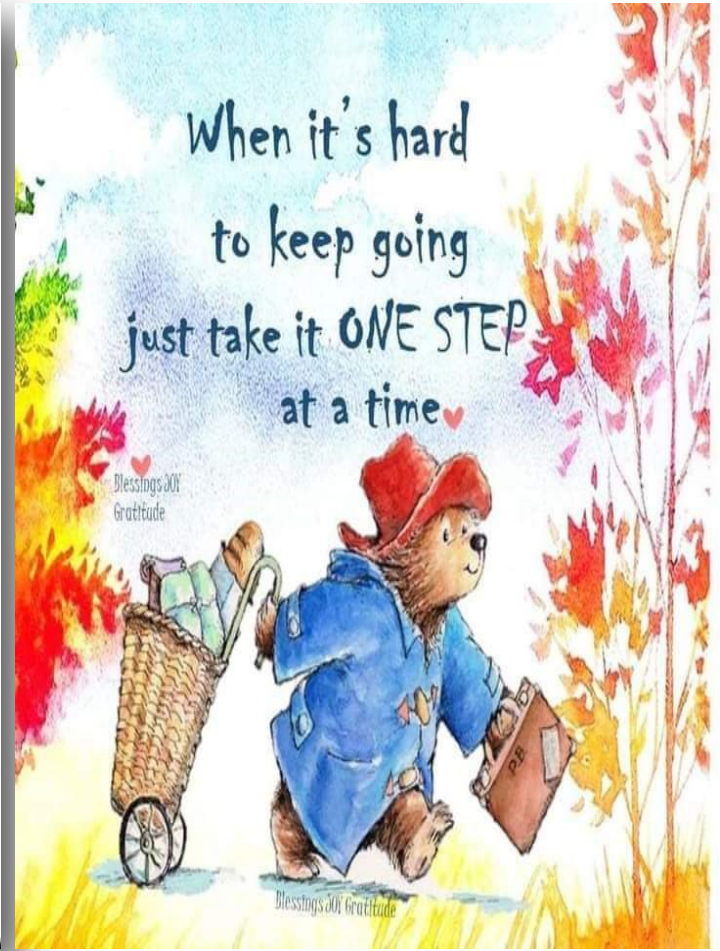
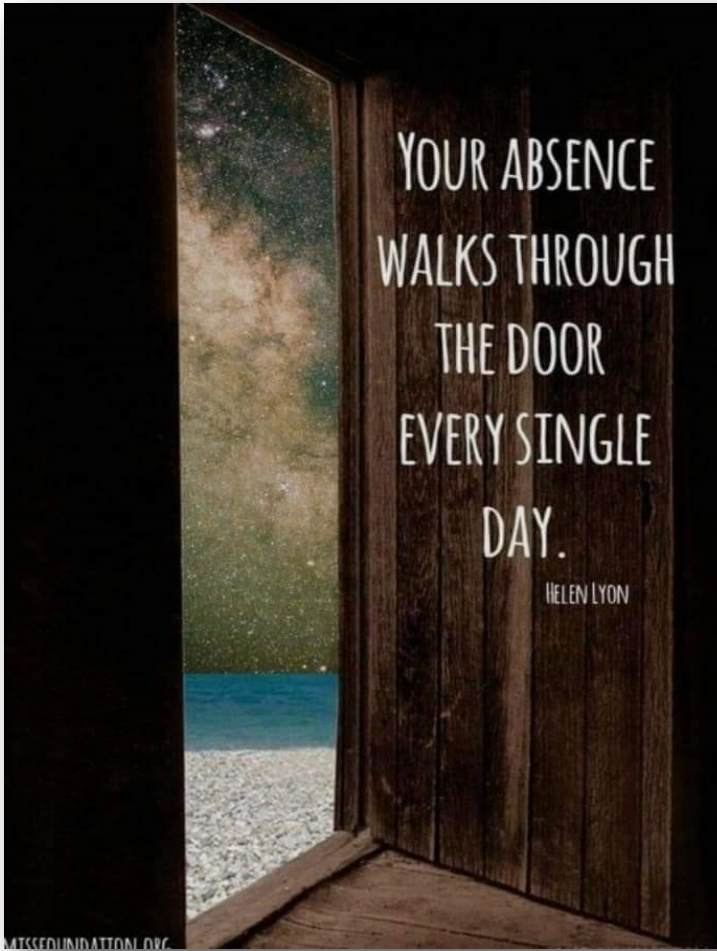
I WOULD LIKE TO DONATE IN LOVING MEMORY OF _____

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

There will always
be "those" days.
Grief isn't something that
magically leaves
one day and
never returns.
Just as your love for the
one you lost always remains,
so does the void they left.

JONI GRIEFTOLIFE.COM





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