



NOV-DEC 2024

**Bereaved
Parents
OF THE USA**
ST. LOUIS, MO

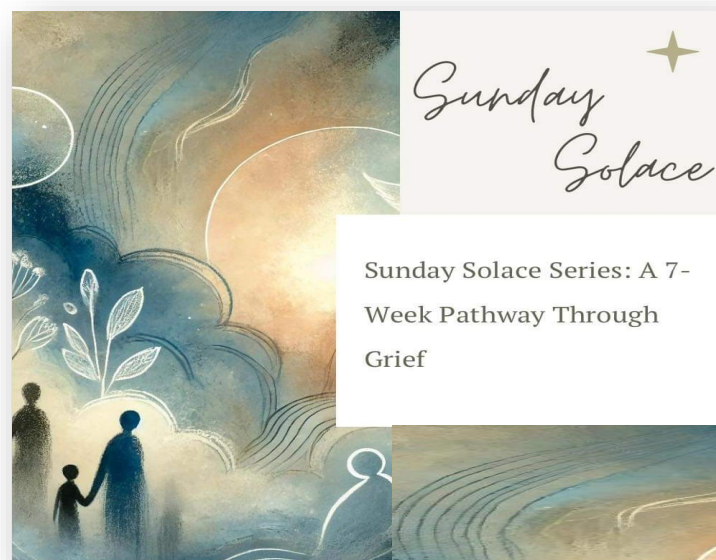
Chapter Newsletter

VOLUME 47 - NUMBER 6

Bereaved Parents of the USA – National introduced the “Sunday Solace Series” - a special 7-week journey of support for bereaved parents, siblings, and grandparents. Grief following the loss of a child, grandchild, or sibling is an overwhelming, life-altering experience, and we recognize that no two journeys are alike. Every Sunday, a new strategy is discussed and goes beyond the usual advice—designed to help you navigate this profound loss in a way that resonates with your unique experience. These strategies are crafted with the belief that small, intentional acts of remembrance and healing can offer powerful moments of peace along the way.

See more on each one throughout this newsletter.

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Strategy 1: Establish a Grief Practice Instead of a Routine

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Save the Dates

We've Moved



BPUSAStL

Invites you, your family and friends



A Candlelight Memorial Service

In Memory of our
Children, Grandchildren & Siblings

Date: Sunday, December 1, 2024

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, especially for
any cancellations due to inclement weather*

www.bpusastl.org

Beginning Nov 7, 2024 @ 7pm, the Cottleville group will begin holding meetings at **Share, 1600 Heritage Landing, Suite 109, St. Peters, MO 63303.**

The Knights of Columbus Hall in Cottleville has schedule conflicts. Changing locations will enable us to meet on a consistent basis.

SAVE THE DATE

Saturday, March 22, 2025

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!!



Angel of Hope

*Candlelight Memorial Service
held every year on*

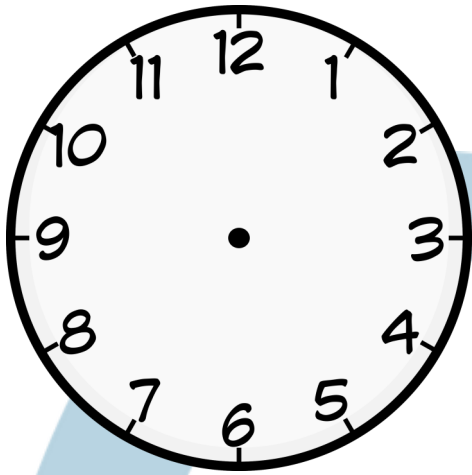
December 6th, at 7:00 pm

This memorial is hosted by Share Pregnancy & Infant Loss, and well attended by BPUSAStL for child loss at any age. Please review their website for COVID-Related updates: <http://nationalshare.org>

Local Locations:

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

THANK YOU FOR YOUR LOVE GIFT



Time - enemy or friend?
We've all heard that time will help
over and over again.

Time is supposed to soften the grief.
Give us time to grow stronger,
that is the long-standing belief.

Yet time seems horrid each and everyday
when we awake and realize
our child is gone and we're left to stay.

Time seems to drag its feet sadly,
until the anniversary date approaches
and the buildup makes us feel so badly.

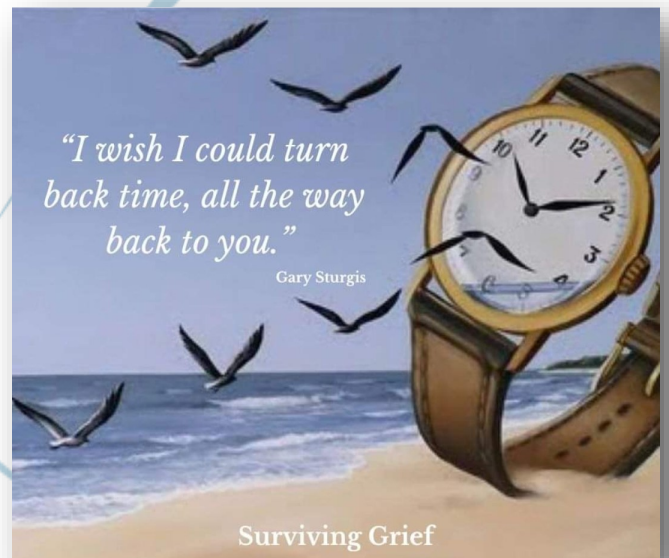
When we used to look ahead
to all the celebrations and holidays
Now we face them with such dread.

Then we find ourselves years out,
maybe stronger, maybe wiser.
Still grieving and longing, no doubt.



In Loving Memory of Rosie Umhoefer

Poem by Rosann Umhoefer,
Rosie's mom - BPUSAStL





**Jeanne & Mike Francisco -
BPUSASTL Chapter Chairs Received
the 2024 BPUSA National Award**

(Middle: Marilyn Kister - Presented the
award at the Sept 14 BPUSASTL Chapter Board
Meeting)



Roy and Juanita Peterson Award

In 1998 the **Roy and Juanita Peterson Award** was created to annually recognize and honor a BPUSA member who has exemplified truly dedicated service to our organization, usually at both the national and the local levels. The persons so honored are volunteers who have given extraordinary amounts of time and energy to assisting newly bereaved families in our common grief journey as well as helping with the work crucial to the operation of our organization.



**I might cry when you say
My child's name.
But it means the world to me
Because you remembered.**

SilentGriefSupport.com

Grief is very sneaky. A sound. A scent.
A song. A smile becomes tears.



Strategy 1: Establish a Grief Practice Instead of a Routine

After the loss of a child, grandchild, or sibling, returning to our old routines can feel impossible. Familiar tasks and schedules may seem empty or unbearable. Instead of forcing yourself back into a "normal" routine, we invite you to create a grief practice—a series of small, personal actions that help you honor your grief in a meaningful way.

A grief practice might include simple rituals, like playing a song that reminds you of your loved one each morning or lighting a candle every evening in their memory. It could be creative, like working on a special art project or writing letters to your child, grandchild, or sibling. It might be as personal as finding a quiet moment each day to speak aloud to them or reflect on your memories.

The goal is to create space for your grief—without the pressure to "move on" or fit into anyone else's expectations. A grief practice is a way to stay connected to your loved one while allowing healing to unfold at your own pace. Whether daily or weekly, these moments of reflection can be a gentle reminder that although your world has changed, your bond with your loved one endures.

Strategy 2: Create a Comfort Box for Crisis Moments

When grief suddenly hits hard—and it will—sometimes all the self-care advice in the world just doesn't seem to help. These moments can feel suffocating, like you're being pulled under. It's during these times that having a comfort box can be a lifeline.

A comfort box is a small collection of sensory items that can help you feel grounded when the pain of loss becomes unbearable. Think of it as an anchor, a reminder that even in your darkest moments, there are tools to help you through. Here are some ideas for what to include in your comfort box:

Scent: Include something with a calming scent, like lavender, eucalyptus, or another fragrance that soothes you. Scents can trigger memories and help calm your nervous system.

Touch: Find objects that feel good in your hands. It could be a smooth stone, a piece of fabric that reminds you of your loved one, or something soft to hold onto when you need grounding.

Sight: Consider adding an old photograph, a handwritten note, or a picture of a place that brings you peace. Visual reminders of love and support can offer comfort during intense grief.

Sound: If music is important to you, include a small playlist or keep a favorite song accessible. The familiarity of music can be a powerful way to steady yourself.

Words: Write notes to yourself from calmer moments. These can be reminders that you've survived these feelings before, that you are strong, and that this wave will pass. Reading words of comfort from your own hand can be an incredibly powerful form of self-compassion.

Opening your comfort box can become a grounding ritual during moments of crisis. Sometimes, simply the act of opening the box and engaging with its contents is enough to create a small space of calm in an otherwise chaotic emotional storm. These items offer more than just distraction—they are reminders of your resilience, of the moments when you've been able to endure.

Ten Things Bereaved Parents Wish You Knew

☐

Please don't be afraid to talk to me about my child. My child lived and was very important to me, and it is a comfort to me to know that he or she was important to you, too. My child is pretty much always on my mind anyway...you're not going to "remind" me that he or she is gone.

☐

If I cry when you speak of my child, it isn't because you have hurt me. My child's death is the cause of my tears. You have talked about my child and allowed me to share my grief and I thank you for both.

☐

If I seem absent-minded and forgetful, that's because I am! "Grief Brain" is a common malady in bereaved parents. I'm really not losing my mind, but sometimes I may feel like I am.

☐

Please don't expect my grieving to be over in six months, or even a year. The early months may be the most traumatic for me, but please understand that my grief will never fully end until the day I am reunited with my child in Heaven. And though it may sound strange, I don't really want my pain to completely go away....it helps me feel connected to my child.

☐

When you ask me how I'm doing, that's a really hard question for me to answer. I will probably tell you I'm fine or I'm doing okay, but neither one of us has enough time for me to fully and accurately answer that question.

☐

Please excuse me if I seem rude at times. Sometimes I just don't have the emotional stamina to participate in small talk and keep the smile on my face. I may just have to "check out" for a while.

☐

Please don't tell me you understand or that you understand how I feel. Unless you have lost a child, you cannot understand how it feels. I pray that you will never know how I feel.

☐

Being a bereaved parent is not contagious, so please don't shy away from me. I need your support now more than ever before.

☐

You may see me struggling emotionally sometimes, but this is just me trying to survive. For a variety of reasons, anywhere I am or anything I'm doing anymore is just a very emotional place to be. But I'm trying.

☐

Please understand that the loss of a child changes a person. When my child died, a large part of me died with him or her. I am not the same person that I was before my child died and I will never be that person again.

Author Unknown





<https://www.gpshope.org>

Do you feel exhausted, trying to explain to family and friends why you didn't have it in you to celebrate Christmas like you have in the past? It can be even worse when they just don't get it and think that doing things we used to do will help us "get back to normal."

Here is something that might help you explain it to those who don't get it, as well as give yourself confirmation that it isn't just you.

For those first few YEARS, grieving the death of our child is like having a full-time job with overtime! It consumes us. It takes everything we have, whether we want it to or not. It drains us and leaves us feeling like there is just no way we can go on.

Eventually (and it usually sneaks up on us around 3-5 years into our grief, without us even realizing it at first) our grief becomes more like a full-time job, thankfully without all the constant overtime.

It is still the greatest part of our life. It still drains us and exhausts us, but we now have times of reprieve. We can go out and do something without feeling like we are on the verge of falling apart. We can join certain activities or family events and actually have some smiles and laughs. We can watch a movie and not just stare at the screen without paying attention to what we are watching, but enjoy the TV show or movie.

We always go back to our full-time job of grieving afterwards, but it isn't all-consuming anymore, although we can still slip into overtime for a few days (even weeks) here-and-there.

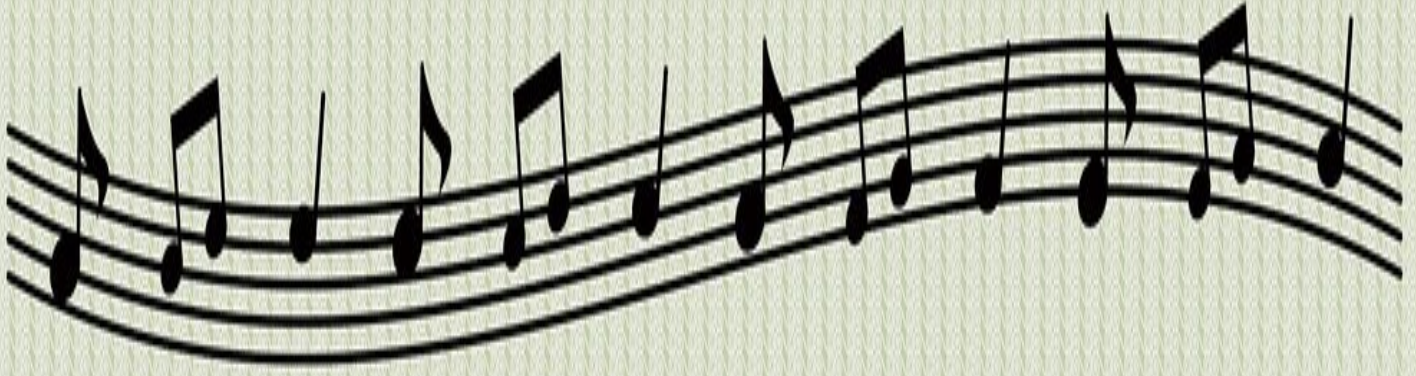
Then, after several years of really hard work, we find ourselves able to go down to part-time grief, where we will stay for most of the rest of our lives. Our grief is like an undercurrent, ready to surface in a split second. Sometimes we know there is something coming that will be a trigger, and other times we get slapped with it out of the blue with no warning, in a place we least expect it. When that happens, we clock-in to do the work of our part-time grief.

Sometimes we are clocked in for a few minutes or hours. Sometimes it is for a day or two. And there are occasional times, we need to go back to full-time, such as when our child should be graduating with their classmates, or a wedding happens that our child would have been in.

And yes, there will still be rare times when we go back to overtime, like the death of another close family member that triggers our deep grief.

I am so glad to be back to part-time right now. But I know there will continue to be times when it goes back to fulltime for a while, and unfortunately, also overtime. But thankfully, that is very rare.

Permission to use 12/27/23 article from: Laura Diehl, author and keynote speaker at the 2023 BPUSA Gathering.



Grief has a way of quieting the world around us, leaving space for an unrelenting silence that can feel overwhelming. In that silence, sometimes words fail us, unable to express the depth of our pain, confusion, and sorrow. But music? Music often fills that void in ways we could never anticipate.

I've found that certain songs speak to grief when I can't. It's like they find the notes and melodies that give voice to what I feel but can't say. Sometimes, it's a song I've known for years that suddenly takes on new meaning. Other times, it's a piece I've never heard before that resonates so deeply, it feels like it was written just for me. In either case, music connects me to my emotions, to my memories, and even to the person I've lost.

For me, music has been a companion through the darkest days of grief. It allows me to sit with my sadness, to cry, to remember, to feel. There are songs that stir up beautiful memories, taking me back to moments of laughter and love. And then there are others that help me release the anger and the pain, allowing me to process the complex and often contradictory feelings that come with loss.

What I've come to realize is that music holds a unique place in grief—it doesn't rush you to move on, but instead meets you where you are. It gives you permission to feel, to mourn, and even to find a sense of peace or solace, if only for the duration of a song.

If you've experienced loss, you might have your own soundtrack to grief. Maybe it's the song that played at the service or one that was special to you and your loved one. Maybe it's something you've discovered in the aftermath, a melody that speaks to your pain. Whatever it is, know that music can be a powerful tool, not to heal or fix your grief, but to accompany you through it.

And sometimes, that's all we need—a companion for the road.

Jelly Roll's, "I Am Not Okay," has been at the top of my playlist lately.

What songs fill your silence?

~Izzy (Christine Roe - BPUSA National President)

#bereavedparentsoftheusa

#bpusacelebrating30years

#jellyroll

#iamnotokay



Strategy 3: Finding Your Grief Allies

In the wake of losing a child, navigating support can feel overwhelming. While broad support networks are well-intentioned, they often don't fully grasp the depths of the pain you're enduring. Educating those around you about your grief can be draining, and sometimes it feels like you're carrying more than you should.

Instead, focus on cultivating a smaller circle of "Grief Allies"—people who truly understand your loss and can meet you exactly where you are. Your grief allies could be fellow bereaved parents who have walked a similar path, a therapist who provides a safe space for your emotions, or a spiritual mentor who can help you find meaning in the darkest moments. These are your go-to people when the weight of the loss feels unbearable. This close-knit circle will offer targeted support in ways that even your closest family members might not be able to.

Identifying your grief allies can help lessen the burden, giving you a place to lean into your pain without having to explain or apologize for it. Grief allies allow you to be exactly who you are in that moment—broken, healing, angry, or hopeful.

This week, reflect on who your grief allies might be. Reach out to one or two people who have shown up in a way that resonates with you and let them know how important their support has been. Your circle doesn't have to be big; it just has to be strong.

Are there individuals in your life who have stood by you as grief allies? How did they show up for you when others couldn't? Share your experiences in the comments and let's encourage each other in finding our own grief allies.

Strategy 4: Give Yourself a "Permission to Change" Pass

Grief often brings about profound shifts in who we are—our personalities, our interests, and our priorities. You may notice that what once filled you with excitement now feels distant, while new passions begin to emerge. This week, we're focusing on granting yourself a "Permission to Change" pass.

Allow yourself to evolve without guilt or the pressure to stay the same. This can include changes that others might not fully understand—moving away from long-time friendships, exploring a new career path, or even adjusting your faith or spiritual practices. Grief is transformative, and it's okay to let yourself be transformed.

Give yourself the freedom to grow, adapt, and change—without needing permission from anyone but yourself.

As you navigate these changes, remember that your grief journey is uniquely yours. Embrace the evolution, and trust that each step forward is part of your healing. Be gentle with yourself and honor the new paths that unfold. You are allowed to change.

Strategy 5: Lean Into the Mundane as a Form of Healing

In grief, there's a temptation to overcompensate with grand gestures—fundraisers, advocacy, major life overhauls—but sometimes the most healing actions are the small, mundane tasks. Washing dishes, organizing your closet, or walking the dog can offer respite. These activities anchor you in the present moment without requiring deep emotional engagement. They also remind you that, despite your loss, life continues—and that's okay. Let the ordinary become a soft landing when the chaos of grief overwhelms you.

Here's an expanded list:

Washing Dishes:

The rhythmic motion of washing dishes can be meditative, allowing your mind to slow down. It's a task with a clear beginning and end, offering a sense of completion that can be reassuring when everything else feels chaotic.

Folding Laundry:

Sorting and folding clothes provides structure and order, which can be soothing when grief makes life feel disorganized. The repetition of folding allows your mind to rest while still keeping your hands busy, creating a balance between movement and mental quiet.

Walking the Dog:

Taking your pet for a walk provides fresh air, light exercise, and connection to the outside world, all of which can lift your spirits. This simple act forces you into the present moment, with nature offering a gentle back-drop for reflection without pressure.

Sweeping the Floor:

Sweeping brings an immediate sense of clearing, not just physically but mentally as well. It's a task that, though small, provides instant results, reinforcing that small efforts can lead to noticeable changes.

Making the Bed:

Starting the day by making your bed creates a sense of order and accomplishment, even on hard days. It signals to your brain that the day is beginning and sets a tone of care for yourself, even in the smallest of ways.

Organizing a Drawer:

Focusing on organizing a small, confined space like a drawer allows you to exert control over your environment, which can be comforting when everything else feels out of control. It's a small project that helps restore a sense of balance.

Cooking a Simple Meal:

Preparing a meal for yourself or others brings a focus on nourishment. The steps of following a recipe or even cooking from memory ground you in routine, reminding you of the importance of self-care even when you feel you have little to give.

Tidying Up a Space:

Decluttering a living room or workspace allows for more mental clarity. A tidy space can feel less overwhelming, helping you breathe easier and regain a sense of control in small, manageable ways.

These tasks might seem insignificant, but they offer grounding through structure, routine, and small wins. In grief, they serve as gentle reminders that life moves forward and that it's okay to take things one small step at a time.

What mundane tasks would you add? Why?



Strategy 6: Create Micro-Goals That Reflect Your Child's Spirit

Each week, we've explored new ways to cope with the complexities of grief, offering tools to help navigate this difficult journey. Today's strategy focuses on finding meaningful ways to honor your child's memory in a way that feels achievable—by creating micro-goals that reflect their unique spirit.

When you're grieving, the idea of setting long-term goals or taking on big projects can feel overwhelming, even impossible. Yet finding small, intentional ways to stay connected to your child's memory can be a powerful source of healing. This week, we encourage you to focus on micro-goals—small, manageable actions that honor your child's passions, interests, and the joy they brought to the world.

These micro-goals are not about accomplishing large, monumental tasks. Instead, they are about integrating small acts of remembrance into your everyday life, in a way that feels personal and comforting. Here are a few examples to inspire you:

- If your child loved reading, commit to reading a book that reminds you of them or reflects their favorite themes. It could be a genre they loved, an author they adored, or even a children's book that brings back warm memories.
- If animals held a special place in their heart, donate a small amount of time or money to a local animal shelter in their honor. Volunteering or supporting causes they cared about can be a comforting way to keep their influence alive.
- For the artistically inclined, consider creating something small in their memory. Whether it's a doodle, a poem, or a craft, it doesn't have to be perfect—it's the act of creating in their spirit that matters.
- If your child was passionate about helping others, perform an act of kindness in their name. It could be as simple as paying for someone's coffee, sending a thoughtful note, or offering a helping hand to a neighbor. These small gestures carry their spirit forward and remind you that their legacy lives on through you.

The beauty of micro-goals is that they don't require grand gestures or intense planning. They are small, intentional acts that help keep you connected to your child without the pressure of completing something monumental. Over time, these small acts can bring comfort and peace, knowing that their impact continues in meaningful ways.

Remember, these micro-goals are a way to honor your child's unique spirit while allowing yourself to move forward in manageable steps. Grief can feel like an insurmountable mountain, but these tiny, purposeful actions can help you navigate it—one step at a time.

GRIEF IS LOVE, JOY IS LOVE

BY JUDY LIPSON

What words come to mind when we think of love? I think of emotion, devotion, adoration, and respect. Each person may have their own unique definition of love. I want to speak about love in grief and love in joy, two powerful feelings, and how I came to realize love is the connection to both.

For years, the dichotomy in my brain never allowed me to witness the symmetry of grief and joy, and find a place in my heart for both.

GRIEF IS DEEP

Losing my cherished sisters Margie and Jane forever changed me. I felt a hole in my heart. Because of the intense love I felt for Margie and Jane, the feeling of grief is deep.

When I held my three precious grandchildren for the first time, I didn't want to allow myself the freedom to experience joy. How can I allow myself to feel joy? The love and intense joy I experienced the instant I saw each grandchild, changed my feelings.

With the birth of Benji, Jake, and Madelyn, born in the past four years, I looked into their bright eyes, my heart bubbled over with happiness; a new life, a new beginning, and a new legacy. Their eyes met mine, I melted, and their births forever changed me. My heart hurt missing Margie and Jane, wanting them beside me. Love is the common denominator. I may have joy and grief surrounded by love.

GRIEF AND JOY MERGE IN LOVE

The cycle connected by hearts meaning love, and to my beloved sister Margie. Margie adored hearts. Every piece of her connected to hearts in how she signed a card, in mementos she chose from travel, her many pieces of heart jewelry, and most importantly her warm, generous heart.

Cherished memories of my sisters and I buying the packaged Valentine's in the red box with a see-through heart displaying tiny cards to distribute to our classmates along with the sugary sweetheart candies. We brought our valentines home in a brown bag and excitedly opened them together at the kitchen table. Margie liked the red-hot heart candies, Jane the sweethearts, I liked both. Chocolates and flowers were the norm, and today the stores chocked full of heart merchandise from clothing, mugs, and candles.

I recently attended a concert of the music of Burt Bacharach. I was struck by one of his songs, "What the World Needs Now Is Love." Love is the center of many emotions, a commonality, and how we merge our grief and joy, allowing our hearts space for both.

I hope that wherever you are, whatever your circumstances, you have a piece of love in your heart for someone or something special to you.

JUDY LIPSON

I am a sister who sadly lost both my sisters. I lost my younger beloved sister Jane died at age 22 in an automobile accident in 1981, and my older beloved sister Margie passed away at age 35 after a 20-year battle with anorexia and bulimia in 1990. I am the sole surviving sibling. As the Founder and Chair of "Celebration of Sisters," this annual ice skating fundraiser honors and commemorates the lives and memories of my beloved sisters to benefit Massachusetts General Hospital in Boston, MA. Judy writes article for **Open to Hope**.

MEETING TIMES & PLACES

Call for meeting status



<u>BUSINESS / FACILITATORS MEETINGS</u>	<u>LOCATION</u>	<u>DATE</u>	<u>TIME</u>
ALL MEMBERS ARE WELCOME! CONTACT: Mike & Jeanne Francisco 636.233.8490	BJC Hospital St. Peters Medical Center Bldg. 1 St. Peters, MO 63376	Contact Mike & Jeanne. Meeting dates vary depending upon unforeseen events.	9:00 AM

GROUP MEETINGS	MEETING LOCATION	FACILITATOR(S)	DAY	TIME
BPUSASTL—St. Peters / St. Charles, MO	Share 1600 Heritage Landing, Suite 109 St. Peters, MO 63303	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	1:00-3:00 pm
Troy Group	Dept. of Health Conference Rm #5 Health Dept. Drive Troy, MO 63379	Cindy Morris 314.954.1810	1st Wednesday	7:00-9:00 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	5:00 pm
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 at 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 kathydunn333@yahoo.com
West County Group (formerly held in Ladue, MO)	Jacque Glaeser 636.236.5103 jlynn63021@yahoo.com

Newsletter Submissions

Cut-off date for our next issue is

December 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.

QUESTION

*What are some ways that you
get through holidays, birthdays,
and special anniversaries?*



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.

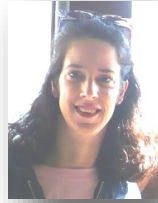
Children of BPUSAStL's Board Representation



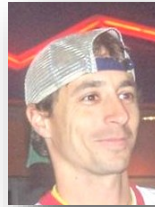
Julie Bardle
*Daughter of
Marilyn Kister
Newsletter
Editor & Wright
City Group
Facilitator*



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*



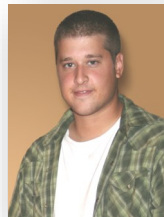
J. P. Rosciglione
*Son of Terre
Rosciglione
Trivia
Coordinator*



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



There's no
greater heartache
than having to
live life without
your child.



Strategy 7: Creating a memory sanctuary

For week 7, the final installment of our Sunday Solace Series, we're focusing on creating a memory sanctuary—a space dedicated to remembering and honoring your loved one. This could be a physical area in your home where you keep cherished mementos, or it might be a place in your heart and mind where you revisit treasured memories. The important part is that it becomes a sanctuary—a safe, peaceful space where love and remembrance take center stage, free from the heaviness of pain.

Your memory sanctuary is deeply personal. It could be as simple as a shelf with photos and a candle or a garden where you plant flowers in their honor. It might even be a quiet place in nature where you go to feel close to them. The idea is to create a space where the focus is on love and connection, a place where you can celebrate the impact they've had on your life in a way that brings you comfort.

As we close out this series, I encourage you to take a moment to reflect on your own memory sanctuary, or if you haven't created one yet, perhaps this can be your opportunity to do so. If you feel comfortable, please share a photo of your memory sanctuary with us. By sharing, we can inspire one another and find solace in knowing that the love we hold for those we've lost is something we all carry in unique and beautiful ways.

Thank you for joining us on this journey through the Sunday Solace Series. Remember, grief is not something we overcome—it's something we learn to live with, and together, we continue to find ways to honor the love that remains.

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