



*10 Lies  
We're Told About Grief*

- 1. Grief has a timeline.*
- 2. You should be "over it" by now.*
- 3. If you're not crying, you're not grieving.*
- 4. Staying busy means you've moved on.*
- 5. Strong people don't fall apart.*
- 6. Time should've fixed this by now.*

- Dealing With Grief

*7. If it still hurts years later, you're the problem.*

*8. You're grieving wrong.*

*9. If you were stronger, you'd be fine by now.*

*10. Love should fade.*

**See Page 11 of this newsletter for the author's comments to each one.**

*FB ~ Dealing With Grief Official*

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There will  
**NEVER**  
be a day when  
I won't think  
of you and  
wish you were  
still here by  
my side



THANK  
YOU  
FOR  
YOUR LOVE  
GIFTS

**In Loving Memory of Darren Young**

It's been awhile since I put pen to paper.  
Life, it seems, has gotten in my way.  
As time passes by quicker and quicker  
I'm amazed how fast goes my day.

I've noticed in the past few years  
as time passes and I get older  
the days and nights blur together.  
Time flies by, but I move slower.

I tell myself it's quite okay  
not to finish what I start,  
that some chores can wait another day.  
It's not like my world will fall apart.

In fact, that already happened,  
when I lost my sweet, sweet girl,  
and time for me became "before and after"  
while the rest of the world went by in a whirl.

Even though I can't complete everything,  
I don't mind the slower pace.  
I think I've earned some calm and peace  
to sit with angels in my quiet place.



**In Loving Memory of  
Rosie Umhoefer**

Poem by Rosann Umhoefer,  
Rosie's mom - BPUSASTL



# Jacquie Lynn Glaeser (nee McKay)

September 9, 1947 - March 29, 2026

*BPUSAsTL will miss our friend and board member. We are grateful for her dedication and positive impact on our organization. She will be missed.*

## JACQUE'S OBITUARY

Glaeser, Jacquie Lynn (nee McKay), baptized into the hope of Christ's resurrection on Sunday, March 29, 2026. Beloved mother of Bradley (Amy) Hale, Gregory (Kellie Sutton) Hale and the late Michael "Mickey" Hale; loving grandmother of Heather, Lauren, Austin, Adam and Gavin Hale; great-grandmother of Charlie and Hannah Grossman; sister of James "Jude" (Clare) McKay; Cherished companion of her dog Sandy; Dear cousin and friend of many.

### **A Legacy of Service**

Jacquie dedicated 25 years of her life to the Drug Enforcement Administration (DEA), where her career was defined by integrity and leadership. She retired as an Assistant Special Agent in Charge, having earned the deep respect of her colleagues and leaving a lasting impact on the agency's mission.

### **A Heart for the Community**

Her commitment to service extended far beyond her professional life. Jacquie was a tireless volunteer, giving her time and energy to causes that touched the lives of many. She was a familiar face at the American Cancer Society's Relay for Life, an active supporter of Rockwood South Middle School, and a compassionate presence within the Bereaved Parents Association, where she offered strength and guidance to those navigating their hardest moments.

### **Joy and Connection**

Jacquie found joy in the simple and the active. She could often be found at water aerobics, enjoying the movement and the company, or spending time with her beloved singles group. She was known for her "strong-spirited" nature—a woman whose life was built on the pillars of faith, family and friends.

While her professional achievements were many, Jacquie's greatest pride was the circle of people she loved. She leaves behind a legacy of resilience, deep-rooted friendships, and a family that was the center of her world.

Memorial Contributions: In honor of Jacquie's lifelong commitment to helping others, memorial donations may be made to the [American Cancer Society](#) or the [Bereaved Parents of the USA](#).

## 2026 KEYNOTE SPEAKERS



**BEREAVED PARENTS OF THE USA NATIONAL GATHERING**  
July 24-26  
Pittsburgh Airport Marriott

WHERE HEALING HEARTS MEET

2026 Gathering

**John DeDakis**   **Lenny Hunt**   **Erin Blechman**   **Janet Geller-Lesko**

### Exciting News About Our 2026 Keynote Speakers!

This year, we were thrilled to receive 25 applications from individuals eager to share their stories, wisdom, and hope as keynote speakers for our 2026 National Gathering. The passion and dedication within our community continues to inspire us, and we are deeply grateful to everyone who took the time to apply.

Choosing just a few speakers from such a heartfelt group was no easy task — each submission reflected courage, compassion, and the desire to help others heal.

We're excited to introduce our selected keynote speakers over the next two pages. Each one brings a unique perspective shaped by loss, resilience, and love. We can't wait for you to meet them and experience the strength and connection they'll bring to our Gathering in Pittsburgh next July.

## REGISTRATION IS NOW OPEN

Every year, the National Gathering becomes a place where something rare happens.

You walk into a room where no explanations are required.  
Where names are spoken freely.  
Where your child is understood—not just remembered.

The Gathering isn't about fixing grief. It's about being surrounded by people who already get it. Parents, siblings, grandparents—each carrying their own story, each walking a path none of us chose, but all of us understand.

Over the course of the weekend, you'll find:

- Space to honor your child openly and safely
- Meaningful workshops led by people who truly understand loss
- Quiet moments, shared tears, unexpected laughter
- And connections that often last long after the weekend ends

So many families tell us the same thing afterward:

"I didn't realize how much I needed this until I was there."

Because space at the Gathering is limited, we strongly encourage you to register early.

If you're even thinking about attending, trust that nudge.

You can register here: <https://www.zeffy.com/en-US/ticketing/bereaved-parents-of-the-usa-national-gathering--2026>

**DON'T FORGET THAT YOU MUST USE THE LINK IN THE REGISTRATION FORM TO GET OUR GROUP RATE. ROOMS ARE LIMITED SO BOOK NOW!**



**2026 NATIONAL GATHERING CONFERENCE**  
JULY 24-26  
PITTSBURGH AIRPORT MARRIOTT

**Bereaved Parents OF THE USA**



# Support That Surrounds

## 2026 Community Grief Support Programs

### GRIEF SUPPORT GROUPS

- **SPOUSE/PARTNER LOSS GROUP @ Progress West Hospital**  
Groups will start in January and August. Call Christy Brimm to register: 314-225-0902
- **SPOUSE/PARTNER LOSS GROUP @ Christian Northwest Medical Building**  
Group will start in late spring. Call Kristin McGilligan to register: 314-304-6038

- **HEALING HeARTS ART THERAPY GROUP**  
Virtual group for young adults (ages 18-30) beginning in February. Call Tali Light to register: 314-713-6739
- **PARENT LOSS GROUP**  
Group will be held in North County beginning in the fall. Call Kristin McGilligan to register: 314-304-6038
- **CHILD LOSS GROUP**  
Group will be held at Barnes West County beginning in January. Call Sandy Dillon to register: 314-267-5967

### GRIEF EVENTS

**Walking Together Through Grief**  
October 2026 (specific date & location TBD)

**HOLIDAY CANDLE LIGHTING at The Heights Community Center**  
November 2026 (specific date TBD)



### LOSS OF A CHILD

**Weavings** retreat for mothers who have lost a child

October 23-25, 2026  
April 2-4, 2027  
October 22-24, 2027

Weavings 

### SUPPORT FOR GRIEVING KIDS & TEENS

**Stepping Stones** camp for kids ages 6-15 who have lost someone important  
August 7-9, 2026  
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](mailto:GRIEFSUPPORT@BJC.ORG) OR 314-953-1676.

BJC   
Hospice  
Every Moment

# The Flame

There's an order that life is supposed to follow. An order of breaths we are supposed to take, as if we are passing a torch from one generation to the next.

And our torch is supposed to go out before our child's flame is extinguished.

We are supposed to watch them take their first breath. But not their last.

We are supposed to hear the thud-thud of their heart when it starts beating. But never the silence when it stops.

The heart that we once carried inside of us. That breath that we gave them. That life that we kept safe, protected.

So when the order of life is disrupted, when their torch goes out before yours, it is as if you too have been robbed of your breath and as if your heart has stopped beating as well.

There is nothing that can make it less painful. You would happily blow out your flame if it meant theirs could burn.

But you can't. Even though that's how it should be.

So all you can do is carry them inside you - like you did once before. Except now they have to stay in your heart forever.

And though it hurts, just know that they are safe there. They are protected.

Because a mother's love is unending. Because it burns with every breath you take and with every beat your heart makes.

Because a mother's love is a flame that can never be extinguished.



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Have you ever noticed how quiet grief can be for men?

So often, when tragedy strikes, men are met with silence, sometimes their own, sometimes from others who expect them to 'be strong.'

If you're finding yourself in that silence, or know someone you love who is, this blog is for you...and you're far from alone.

I hear from so many men who feel out of place in grief support spaces, or who struggle to find words for what's happening inside them. So much of our culture teaches boys to fix problems, provide, and hold it together. That teaching runs deep.

When loss breaks through, society often doesn't leave much room for tears, for openly missing someone, for being vulnerable in front of others.

It's no wonder so many men choose to grieve through action rather than conversation. Fixing the faucet, mowing the lawn, going for a long drive, or losing themselves in work or projects, these become outlets for pain that's hard to speak.

Men sometimes describe it as feeling the loss 'in their bones,' unable to cry, but still aching every single day. But just because men might not talk about their pain openly doesn't mean the hurt isn't there.

Every man's path through grief will look a little different, but I want to share a few gentle ideas that might help if you, or someone you love, is struggling:

- *Move your body: Grief lives in us physically. Even a short walk or time in nature can help release what words can't.*
- *Take action in their name: Whether it's fixing something, organizing belongings, or building something new, actions can be a way to honor your person while processing loss.*
- *Let yourself feel...privately if you need to: Tears behind closed doors are just as valid as those shared in public. Journaling, music, or time spent in a quiet place can make room for emotions.*
- *Connect, in your own way: You don't have to bare your soul in a circle, but maybe you send a text, join an activity-based group, or find a small online space that lets you quietly listen and chime in when ready.*
- *Consider professional support: Therapists can provide a private, non-judgmental setting. Even one conversation can make a difference, and many counselors are trained specifically to support grieving men.*

If there's a man in your life who's lost someone and seems to be shouldering it alone, reach out. No pressure, no fixing. Just an "I'm thinking about you." Sometimes what helps most is knowing you see their pain, even if they can't show it yet.

And to the men who are quietly carrying their pain...you don't have to hold it alone.

There's no 'right' way. Whatever you feel is real.

And your grief deserves to be witnessed...whether you speak it or not.

**Gary Sturgis—Author: 'SURVIVING GRIEF – 365 Days A Year'**

# About the Ryan Robert White Foundation

## Remembering Ryan's Light

The Ryan Robert White Foundation was created after the tragic loss of our 19-year-old son, Ryan. On April 24, 2024, Ryan lost his life in a motor vehicle accident while driving to the gym-something he did every day.

Through our grief, we chose to honor his life by creating a way for his light to continue shining.



<https://ryanslight.org/our-mission/>

## Ryan's Story

Ryan was smart, enthusiastic, and deeply kind. He loved his friends and family wholeheartedly and was an amazing big brother to his younger siblings, Adelyn and Louis.

He showed up for people in meaningful ways, offering friendship, warmth, and encouragement. His kindness and spirit touched everyone who knew him.

## Finding Hope & Meaning

After losing my son Ryan, I began a journey shaped by grief, reflection, and the search for light during life's hardest moments. A lighthouse placed at his memorial became a powerful symbol of hope, inspiring me to create a mission that offers comfort and encouragement to others facing loss.



## Scholarship Program

We award an annual \$2,000 scholarship to a graduating Liberty High School senior. By supporting students pursuing their dreams, we celebrate Ryan's ambitions and help young people take meaningful steps toward their future with confidence and opportunity.

## Why This Foundation Exists

As we move forward, we honor Ryan by helping others as he did. This foundation exists to provide support, encouragement, and compassion to individuals and families navigating grief and loss.

Our mission is to bring light and hope during life's darkest moments.

## A Message to Grieving Families

The resources shared through this foundation are ones that have helped us along our own journey. Everyone experiences grief differently, but no one should have to face it alone.

We hope you find comfort here and reassurance that you are supported and understood.

### With Love

We are deeply sorry for your loss. May your child's light continue to shine and guide you forward.

**Sending All Our Love,  
Amanda Mohr & Family**

[Tell Us Your Story](#)



**Ryan's mom, Amanda Mohr, attends the St. Peters / St. Charles Group**

# Supporting Student Leadership

We donate annually to Liberty High School's DECA chapter to help students attend competitions. Supporting leadership development, confidence, and career readiness allows us to invest in young people while continuing Ryan's legacy of encouragement and growth.

## Grief Support Initiative

We provide grief baskets to bereaved parents, filled with comforting items, helpful resources, and financial support. Each basket serves as a reminder that no family walks through loss alone and that compassion and understanding can bring light during dark times.



## Making a Difference Through Meaningful Contributions

When you choose to support grief nonprofit work through The Ryan Robert White Foundation, you become part of a compassionate community dedicated to healing, hope, and honoring Ryan's memory through meaningful action.

[Make a Contribution](#)


## Continuing Ryan's Light

After additional personal loss, our mission deepened. We remain committed to supporting bereaved families and offering hope, striving to be a steady light for others navigating grief, healing, and remembrance.

[View Resources](#)

# 10 Lies We're Told About Grief

1. Grief has a timeline.  
Like love expires after a certain number of months.
2. You should be "over it" by now.  
Because everyone else moved on....so you're supposed to.
3. If you're not crying, you're not grieving.  
As if grief doesn't also look like silence and survival.
4. Staying busy means you've moved on.  
Sometimes busy is the only thing keeping you upright.
5. Strong people don't fall apart.  
Strong people fall apart privately.....and still show up.
6. Time should've fixed this by now.  
Time moves forward. Love doesn't.
7. If it still hurts years later, you're the problem.  
It still hurts because they still matter.
8. You're grieving wrong.  
There is no right way to miss someone who changed your life.
9. If you were stronger, you'd be fine by now.  
Grief isn't weakness. It's proof of attachment.
10. Love should fade.  
The kind of love that changes you.....doesn't.

And none of them are true. 

#Grief  
#LifeAfterLoss  
#MentalHealth  
#LoveNeverLeaves  
#YouAreNotAlone  
#dealingwithgrief

If you've believed even one of these.....this is your permission to stop apologizing for loving someone deeply.

Some of these weren't said out loud.  
But you felt them anyway.

“On the hard days, you must remember:  
Grief is not a burden.  
It's love refusing to let go.”

- *Jameson Arasi*

## Weekly Word of Hope



I remember talking to a precious friend a few years ago who has been with us literally since the very first day GPS Hope was birthed, when we opened our home as a church life group to meet with other parents who had lost a child.

As we were talking, a question she asked with tears was, “Why doesn’t my own family remember the dates? Not a single one of them contacted me this year. I am afraid they are forgetting my son!”

I am pretty sure there are several of you out there who feel the same way, so I thought I would share my answer to Donna with you, as well.

Let me start by asking you a few questions. Do you have high school (or college friends) that you thought would be good friends for the rest of your life, but you haven’t seen or heard from them in years? How about people you met on a mission’s trip? Was there someone you connected with on a deep level, and you were sure that relationship would continue once you returned home, but it has fallen off? How many coworkers from your last job were you friends with outside of work, whom you barely talk to anymore, after saying you would still hang out together?

We all have good intentions, but most of the time, what is going on right in front of us, is what gets our attention. Does that mean you have forgotten them? Of course not! It just means you haven’t made it a priority or made the time to communicate. It isn’t intentional, it just happens.

Yes, those around you may forget dates, but I can guarantee they won’t forget your child! He or she was part of their lives.

Like it or not, often it is going to be *our* effort that keeps them there. That’s just the way the business of life works.

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<https://www.gpshope.org>

# MEETING TIMES & PLACES

\*\*\*Call for meeting status\*\*\*



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

GROUP MEETINGS	MEETING LOCATION	FACILITATOR(S)	DAY	TIME
BPUSASTL—St. Peters / St. Charles, MO	Life Gate International Church 7575 Veterans Memorial Pkwy. St. Peters, MO 63376 Please check the website for any updates.	Mike & Jeanne Francisco 636.233.8490	1st Thursday - <b>Please contact facilitators for meeting status</b>	7:00 pm
St. Peters / St. Charles, MO—Siblings Facilitator	Facilitator TBD	Contact info above		
Wright City Group	Discontinued meetings. Feel free to call one of us.	Anne Marie Salyer 972.740.9702 Marilyn Kister 636.634.6019		
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) <b>*Be sure to contact MaryAnn before attending</b>	MaryAnn Lemonds 314.282.7453 (landline) 314.330.7586 (cell) SurvivingOUL@gmail.com	Sundays <b>*To confirm dates, contact MaryAnn before attending</b>	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
Grief Support Group	Ferguson Library 35 N. Florissant Road St. Louis, MO 63135	Pat Ryan 314.605.3949	3rd Saturday	2:00 pm
BPUSA Virtual Bereaved Sibling Chapter — Ages 18+	TBD	TBD		

# 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](http://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 <a href="mailto:kathydunn333@yahoo.com">kathydunn333@yahoo.com</a>

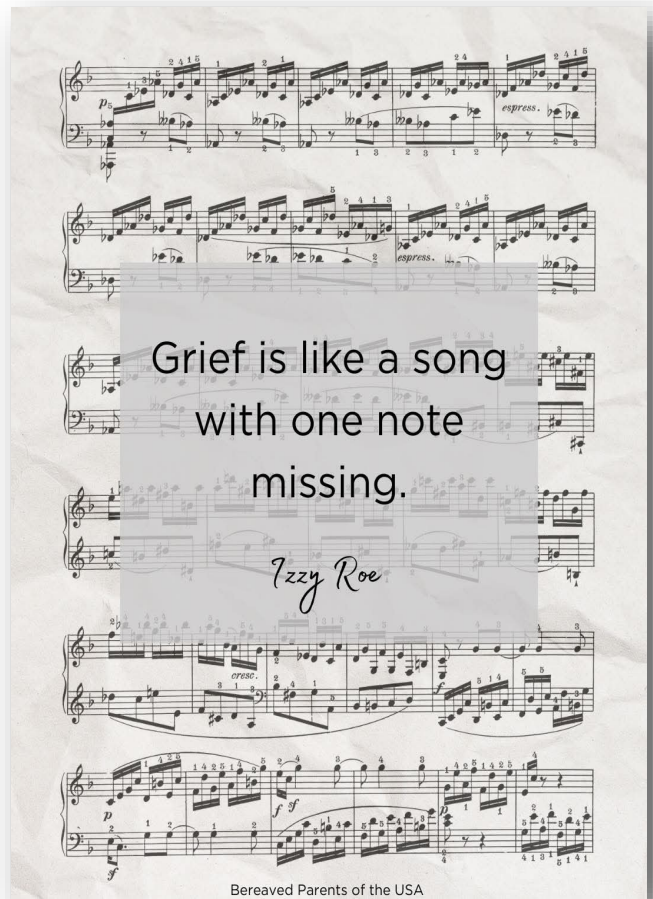
**Newsletter Submissions**

Cut-off date for our next issue is **June 15, 2026**

Send your submissions (poems, articles, love gifts) to:

Newsletter  
PO Box 1115  
St. Peters, MO 63376  
or to :  
[snowwhite6591@gmail.com](mailto: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.

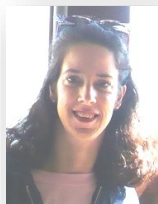
## Children of BPUSASTL's Board Representation



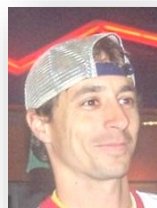
**Julie Bardle**  
Daughter of  
Marilyn Kister  
Newsletter  
Editor



**Joseph DeMarco**  
Son of  
Theresa DeMarco  
Treasurer



**Jennifer Francisco**  
Daughter of Jeanne  
& Mike  
Francisco  
St. Peters Group  
Facilitators  
& Co-Chairs



**Mickey Hale**  
Son of  
The Late  
Jacque Glaeser



**Jeffrey Morris**  
Son of  
Cindy Morris  
Troy Group  
Facilitator



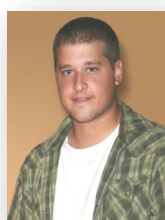
**J. P. Rosciglione**  
Son of Terre  
Rosciglione  
Trivia  
Coordinator



**Patrick Salyer**  
Son of Anne Marie  
and Steve Salyer



**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



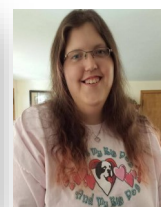
**J. P. Rosciglione**  
Son of Terre  
Rosciglione  
Trivia  
Coordinator



**Aaron Cole**  
"Aaron's Ms.  
Courtney"  
Trivia Coordinator



**Danny Brauch**  
Brother of  
Samantha  
Schaefer  
St. Peters Group  
Sibling Facilitator



**Valene Connell**  
Daughter of Chris  
Connell  
Candlelight  
Coordinator

If you wish to make a love donation - IN ANY AMOUNT - We will include a picture of your child(ren). (See page 2 of this newsletter)

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

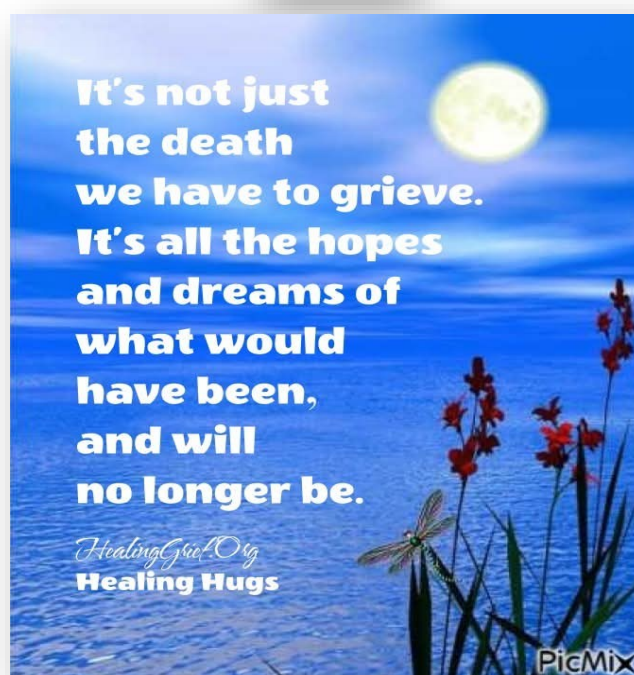
CITY \_\_\_\_\_

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**





# What we can't control in grief



@LisaAppelo

## 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