



# A Journey Together: Hinsdale Chapter - Bereaved Parents of the USA www.bpusahinsdale.org

April 2011 – May 2011

## Bereaved Parents of the USA Mission:

We, as bereaved parents, help grieving parents and families rebuild their lives following the death of a child.

*Meetings are generally held the first Friday of every month. Doors open at 7:00 PM for greeting and fellowship.  
Redeemer Lutheran Church, 139 East First Street, Hinsdale, Illinois  
(One block east of Garfield Street & one block south of the railroad tracks)  
Donna Corrigan, Chapter Leader 630-279-6148 or 630-841-7056 (cell)*

## The Magic Clock

*by Donna Corrigan*

How many times have you been told, "Time heals?" It is such a well-meaning statement, but it is so untrue. Time is just a clock; it has no magical power in itself.

To disprove the time heals theory; imagine treating a broken leg with just a calendar. Don't protect or immobilize the leg with a cast, you can skip the pillows, the pain medication, and the physical therapy. Of course you can walk on the leg, it doesn't really hurt. Can you imagine what kind of healing would take place? A broken leg cannot even be compared to the heart that is broken by the death of a child.

The tasks associated with grief take lots of time. Little by little we come to accept the reality of our loss. Our beloved child is really not here anymore. We hate having to say the words, but they are true. Our child has died.

The pain we feel cannot even be explained... to those who say they can't imagine what we are going through... they can't, it's beyond comprehension. Somehow, miraculously, we do survive. It's not because we are special people, somehow singled as stronger, we just don't have a choice.

As we reach a place in this new world without our child, it is sort of like existing on a new planet. We move, however slowly through life, our child is now memories we bring with us. We work at adjusting to a new environment where our child doesn't live anymore; we try to find a new normal.

Grief is work; the hands of the clock may move

*The Magic Clock ... continued on next page*

## UPCOMING MEETINGS & EVENTS:

**Friday, April 1 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - Stress & Grief - Our whole beings are affected by our grief. Come join us as Tory Altree, physician and certified yoga instructor leads us in some "de-stressing" and breathing techniques

**Wednesday, April 6 - Ladies' Night Out: (NEW LOCATION)** - Meet at Capri Ristoranti, 5010 S. Main in Downers Grove at 6:30 PM

**Wednesday, April 13 - Men's Group:** - Meet at Kappy's in Villa Park at 6:30 PM

**Friday, May 6 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - Hope, Butterflies & Flowers - Perennial plant exchange. Bring a plant from your garden or local plant store. Write your child's name on biodegradable paper (provided at meeting) & bury it in the soil. You take a plant, dedicated to another child, home with you and nourish in your own garden or another favorite location.

**Monday, May 16 - Steering Committee Meeting** - 6:00 PM at Redeemer Lutheran

**Friday, June 3 - Monthly Chapter Meeting** - 7:30 PM to 9:30 PM - Balloon Launch



***As always, this newsletter is compiled in loving memory of our precious children. Thank you to everyone who helps make BPUSA Hinsdale chapter possible.***



*The Magic Clock ... continued from previous page*

effortlessly, bereaved parents do not. Not caring about the task at hand, sitting, staring, thinking, remembering and crying. Wondering if you weren't missing something important, but not really caring. Have you had a day when you had to remind yourself to breathe? Talk about slow motion, you feel like you are going backwards not making the progress others expect of you.

Time does not heal, it's what you do with the time that matters, but healing does take a very long time. Grieve and mourn, weep for the child you have lost. When you have moments of sunshine in the shadows, be glad.

Someday these moments will become hours, even days. It may be hard to believe but someday the joy of your child's life can outshine their passing. #H



♥ ♥ ♥ Love Gifts ♥ ♥ ♥

A Love Gift is a donation to the chapter in memory of your child, grandchild or sibling. All Love Gifts are gratefully acknowledged in the newsletter accompanied by wording exactly as the donor submits. BP/USA is a national non-profit organization therefore; all donations to the chapter are tax deductible as allowed by law.

When mailing in a love gift, **please include your child's name, your address** and any other info you would like in your love gift message. Make your check payable to: **BP/USA Hinsdale** and **mail it to arrive by the 10<sup>th</sup>** of the month prior to the upcoming newsletter. The newsletter is published every other month. Mail your check to:

**BP/USA Hinsdale Chapter  
PO Box 703  
Hinsdale IL 60522**

It is also recommended that you email your love gift message to the newsletter editor, Celeste Hardy, [celeste\\_hardy@hotmail.com](mailto:celeste_hardy@hotmail.com).

Thank You for your continued support of Bereaved Parents of the USA - Hinsdale Chapter.

♥ ♥ ♥ ♥ Love Gifts ♥ ♥ ♥ ♥



*In loving memory of  
Jeffrey Anderson  
January 28, 1981 until May 25, 1998*

Jeff, this May will be 13 years since you left us. We have to mourn 2 days, the 25<sup>th</sup> and Memorial Day. As usual we talk about you every day and miss you as much now as we did the day you left us. There are always Seasonal flowers on you gravesite, which we do with love. Our love for you has not lessened and never will.

Until we meet in Heaven  
Mom and Dad  
Irene & John Anderson



*In loving memory of  
Susan Gale Gabrielsen  
April 18, 1963 until October 14, 1994*

Forever in my Heart.

Love always,  
Mom  
Patricia Jacobi



*In loving memory of  
William "Bill" Collins  
November 15, 1965 until December 24, 1989*

"The true measure of ones life is not the present fire of their character – but the flame that continues to burn even after death."

Love you Billy,  
Mom, Dad & family  
Sue Collins



*Love Gifts ... continued on next page*

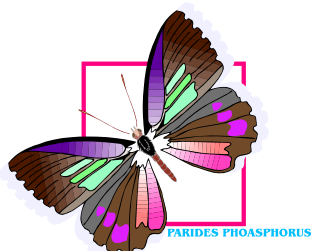
♥♥♥♥ Love Gifts (continued) ♥♥♥♥



*In loving memory of  
Frank Knapczyk Jr.  
March 28, 1967 until October 24, 1992*

Frankie –  
A touch of your hand..  
A smile on your face  
Another time, another place  
Death cannot dim memories so fine  
Your place is here in this world of ours

Love,  
Mom, Dad & sisters Gayle & Laura  
Barbara & Frank Knapzyk



## Welcome

We would like to extend a warm welcome to the new attendees at our recent meetings. We hope you were able to take home at least a small glimmer of hope.

New attendees:

- ♥ Roberta Brow, mother of Stevie

We are very sorry for the reason you are here, however we are glad that you found us. 🙏

## Telephone Friends

When you have a need to talk to another bereaved parent, these members are available to listen:

- Val Vesely (630) 469-9584
- Donna Corrigan (630) 279-6148
- Marge Humbert (815) 609-4151
- Jim Moravcik (suicide) (630) 904-9094

## BP/USA Hinsdale Chapter

**Bereaved Parents of the USA** is a self-help support group which is run entirely by volunteers who are also bereaved parents. The volunteers are a little further down the road in their grief and can give back to the chapter by helping with the many jobs it takes to keep the chapter running. This makes it possible for new bereaved parents to see survival and hope when they walk through the door of their first meeting.

The steering committee meets periodically during the year to discuss future meeting programs, fund raising, member involvement, our library and other pertinent issues. Contact a member below if you would like to get involved

HINSDALE BP/USA STEERING COMMITTEE		
Chapter Leader	Donna Corrigan	(630) 279-6148
		Cell: (630) 841-7056
Database Administrator	Angelo Tomasello	(630) 420-1649
Hospitality	Sally Yarberry	(708) 560-0393
Treasurer	Jerry Schulman	(630) 205-4552
Librarian		
Newsletter Editor	Celeste Hardy	(630) 963-0096
Members at Large	Eleanor Byrne	(708) 485-6160
	Ruth Juergensen	
	Rose Martino-Krueger	(847) 208-5620
	George Ragusa	(630) 637-1548
	Linda Tomasello	(630) 420-1649

## Chapter Library

We maintain a large lending library of books and tapes of interest to bereaved parents, siblings and grandparents. These resources are available to check out at each meeting to be returned at the following meeting, if possible. If you come across a book at home that belongs to our library, please **mail it** to us at the reduced **"media rate"** to: **PO Box 703, Hinsdale IL 60522-0703.**



*Our Children, Loved Missed and Remembered - Anniversaries and birthdays are difficult for bereaved parents and families. In the days ahead, may we lovingly remember these children and send our prayers, love and support to their parents and families*

**Amanda Aadson - 20**

Apr 08, 1981 - Nov 25, 2001  
Car Accident  
Sullivan Mary Jo

**Cameron L. Chana - 22**

Apr 02, 1987 - May 30, 2009  
Bus Accident  
Lori & Rob Chana

**Celeste Tomasello - 17**

Apr 20, 1982 - Nov 05, 1999  
Accidental Fall  
Linda & Angelo Tomasello

**Challing Eugene Albert LeBlanc - 4**

Apr 11, 1997 - Jun 02, 2001  
Boating Accident  
Liz & Stephen LeBlanc

**Corinne Naumann - 23**

Aug 14, 1986 - Apr 14, 2010  
Cheryl Naumann

**Dana Samuel - 32**

Apr 07, 1970 - Jan 23, 2003  
Asphyxiation  
Lana Samuel

**Daniel M. Schedler - 23**

Dec 16, 1969 - Apr 06, 1993  
Auto Accident  
Tom & Judeen Schedler

**Dennis Rich - 37**

Feb 11, 1971 - Apr 01, 2008  
Cancer  
Karen Rich

**Evan Holmes - 20**

Feb 09, 1990 - Apr 02, 2010  
Unknown  
Irene Gangemi

**Evan Holmes - 20**

Feb 09, 1990 - Apr 02, 2010  
Unknown  
Mason Holmes

**Evan Holmes - 20**

Feb 09, 1990 - Apr 02, 2010  
Unknown  
Irene Gangemi

**Frank P. Amelio - 27**

Apr 25, 1980 - Sep 13, 2007  
Drug Overdose  
Helen Amelio

**Johnny Hurley - 28**

Apr 15, 1977 - Sep 11, 2005  
Motorcycle Accident  
John & Pat Hurley

**Kevin Jon Ryeczyk - 8**

Mar 29, 1972 - Apr 15, 1980  
Lung Ailment  
Jack & Karen Ryeczyk

**Maria Elena Nudell - 14**

Apr 17, 1981 - Jul 07, 1995  
Horseback Riding Accident  
Marilyn Cocogliato

**Melissa Renee Wolfram - 30**

May 18, 1971 - Apr 26, 2002  
Pulmonary Embolism  
Earl & E. Renee Bailey

**Michael Walter Schulman - 28**

Apr 21, 1978 - Nov 28, 2006  
Traffic Accident  
Jerry, Mary, Melissa, Jonathon, & Katie Schulman

**Nicholas Martino-Krueger - 10**

Jun 23, 1995 - Apr 15, 2006  
Hit by Train  
Jim Krueger & Rose Martino-Krueger

**Renee Michelle Saban - 21**

Jan 07, 1964 - Apr 05, 1985  
Auto Accident  
Jackie & Joe Saban

**Scott Wesolowski - 18**

Dec 13, 1984 - Apr 08, 2003  
Drug Overdose  
Sue Berger

**Susan G. Gabrielsen - 31**

Apr 18, 1963 - Oct 14, 1994  
Breast Cancer  
Patricia Jacobi

**Thomas Burton - 22**

Apr 14, 1954 - Aug 27, 1976  
Suicide  
Patricia & Erwin Burton

**Todd J. Smith - 23**

May 12, 1983 - Apr 26, 2007  
Cancer  
Marie Smith



*Our Children, Loved Missed and Remembered (continued) - Anniversaries and birthdays are difficult for bereaved parents and families. In the days ahead, may we lovingly remember these children and send our prayers, love and support to their parents and families*

**Alyssa Dabrowski - 22**  
May 20, 1979 - Feb 03, 2002  
Car Accident - Hit & Run  
Allen & Rosemary Dabrowski

**Amanda Coughlin - 10**  
May 11, 1991 - Mar 15, 2002  
Cathy Coughlin

**Anna Nylec -**  
May 04, 1998 - May 04, 1998  
Anencephaly and Prematurity  
Jena Nylec

**Athena Marie Myers - 11 Months**  
Jun 03, 2001 - May 27, 2002  
Car Accident  
Polly Myers



**Cole Exner - 22**  
Jun 09, 1983 - May 21, 2006  
Automobile Accident  
Scott & Janie Exner

**Diane Nylec -**  
May 04, 1998 - May 04, 1998  
Prematurity  
Jena Nylec

**Elizabeth Nelson - 23**  
Jul 27, 1980 - May 31, 2004  
Car Accident  
Tom & Kathy Nelson

**Eric Byrne - 44**  
Sep 04, 1960 - May 09, 2005  
Pulmonary Embolism  
Eleanor & Joe Byrne

**Eric J. Munzenmay - 12**  
May 07, 1969 - Jun 28, 1981  
Pneumonia  
Eric & Lillian Munzenmay

**Ian McDonald-Shumaker - 17**  
Feb 06, 1989 - May 11, 2006  
Suicide  
Stacia McDonald-Shumaker

**Jeffrey Anderson - 17**  
Jan 28, 1981 - May 25, 1998  
Asphyxiation  
John & Irene Anderson

**Jeffrey Scott Caccavari - 34**  
Jan 16, 1967 - May 10, 2001  
Unknown  
Dominic & Karen Caccavari

**Joanna Nylec -**  
May 04, 1998 - May 04, 1998  
Prematurity  
Jena Nylec

**Joshua Burkett - 27**  
Sep 14, 1982 - May 04, 2010  
Car Accident  
Dan Burkett

**Kate Pranno - 24**  
May 19, 1977 - Feb 22, 2002  
Liver Failure from Drugs & Alcohol  
Suzi Scott

**Katie Satkamp - 7**  
Jul 12, 1974 - May 12, 1982  
School Bus Accident  
Ronda & Steve Satkamp

**Kelly Ann Meicrotto - 23**  
May 25, 1980 - Sep 01, 2003  
Lenore Robinson

**Ken Putnam - 28**  
May 11, 1967 - May 23, 1995  
Auto Accident  
David & Karen Putnam

**Lily Claire Domagala - 16 Months**  
May 11, 2002 - Sep 12, 2003  
Heart & Lung Defects  
Lisa Domagala

**Lt Adam Philip Kass - 25**  
May 29, 1977 - Jun 25, 2002  
Motorcycle Accident on Military Duty  
Cindy & Dave Kass

**Mark Thomas Fornek - 6**  
May 16, 1992 - Aug 04, 1998  
Floodwater Drowning  
Greg & Wendy Fornek

**Martin K. Adams - 42**  
May 13, 1905 - Jun 25, 1905  
Marge & Bill Adams

**Melissa Juergensen - 19**  
Feb 24, 1989 - May 03, 2008  
Auto Accident  
Ruth Juergensen

**Melissa Juergensen - 19**  
Feb 24, 1989 - May 03, 2008  
Auto Accident  
Sarah Brewer



**Michael Knorps - 51**  
Aug 17, 1957 - May 30, 2009  
Mary Ann Knorps

*Our Children, Loved Missed and Remembered (continued) - Anniversaries and birthdays are difficult for bereaved parents and families. In the days ahead, may we lovingly remember these children and send our prayers, love and support to their parents and families*

**Nadia Chowdhury - 20**  
May 14, 1983 - Feb 21, 2004  
Hit & Killed by Drunk Drivers  
Nasrin & Shamsul Chowdhury

**Robbie Funston - 18**  
May 30, 1990 - Jun 22, 2008  
Accidental Drowning  
Ric Funston

**Robert Conway - 15**  
May 12, 1975 - Oct 22, 1990  
Hit by Van while Bike Riding  
Rose Conway

**Robert Joseph Gentilini, Jr. - 25**  
Mar 20, 1964 - May 18, 1989  
Brain Infection  
Bob & Mary Gentilini

**Ryan A. Minor - 30**  
May 04, 1980 - Jun 19, 2010  
Overdose  
Betsy Minor

**Sarah Callister - 16**  
Aug 09, 1980 - May 03, 1997  
Cardiac Arrhythmia  
Lynn Callister

**Shawn Lighty - 37**  
May 05, 1972 - May 23, 2007  
Accidental Drug Overdose  
Jan Lighty

**Stevie Brow - 8**  
Dec 13, 1964 - May 18, 1973  
Gunshot  
Roberta Brow

**William Kavanaugh - 3**  
May 24, 1992 - Jul 04, 1995  
Hit by a Van  
Maribeth Kavanaugh



## Bereaved Parents of the USA

### CREDO

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or our affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family. We are the Bereaved Parents of the USA. We welcome you.

## The Sounds of Silence

by Mel Winer, Pennsylvania, reprinted from BPUSA St. Louis Chapter Newsletter, May-June 2008

The sounds of silence are everywhere—it is the silent pain of the loss of our son, Andy, it is the silence of our home because one of our children is gone, and it is the silence of the sudden quiet that comes over people when we mention Andy.

We have become both better and worse in the six years since Andy died of cancer at the age of 22. We are better because we are able to get on with our lives and even enjoy ourselves occasionally. We have gotten worse because, as the years go by, we feel his loss more deeply.

We feel his loss every time we participate in a celebration marking some milestone of our friends and relatives or their children. We feel the loss because in any celebrations of our own, one person will always be absent and not there to celebrate with us or to enjoy his own milestones. The pain of his absence is always present at these events.

When Andy died, the pain of his loss was sharp, acute screaming pain that tore a hole inside of us. Now, the pain is a silent, steady pain. The hole is now covered by a scar, but it is still there. It doesn't scream out loud anymore, but instead just remains as a steady, never ending ache and sadness—a silent pain.

The silence of our home is a different kind of quiet. By now, if Andy had lived he probably would have been out on his own. We would have been empty nesters anyway. But when a home becomes empty because of the death of a child, it is a different kind of empty nest. Our daughter, Lesley, is married and out on her own, the way it should be. But Andy is gone for a different reason. So the silence of our empty nest is now the silence of knowing we raised two children and who are both out leading their own lives. Instead it is the silence of a home that is empty because one child is gone forever—of having to deal with the reality that phone calls come from only one child, not two; that only one child stops by for a visit, not two. There is a silence in our home that often seems to pervade every space. It is a sad silence, not the temporary quiet of a happy home.

And then, there is the silence of relative and friends when we talk about Andy—not his death but the things he did while alive. It is as if Andy has become a forbidden topic because he died, as if his death wiped out the twenty-two years he did live. It occurs when a relative whispers that our son died when someone asks how old he is—like his life was a big secret. It occurs when people suddenly get a funny look on their faces and don't know what to say next when you mention something about Andy. It occurs when you get the feeling that people want to avoid you because you remind them of a horror that could happen to anyone. It is a silence that reminds you that your emotions and feelings are different from those of others, and that you will always have to live with the sound of silence resulting from your son's death. 🌿



### In Flanders Fields

By: Lieutenant Colonel John McCrae, MD (1872-1918)  
Canadian Army

In Flanders Fields the poppies blow  
Between the crosses row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



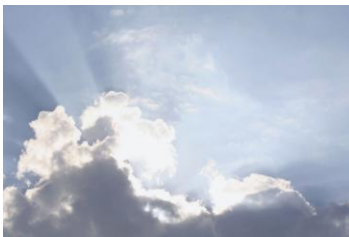
## April 1 Meeting - "De-Stressing" Techniques

Grief can cause a lot of stress. Join us on Friday, April 1 at our monthly meeting to learn some techniques for easing that stress. Our guest speaker will be Tory Altree. Tory is a physician, Certified Yoga Teacher, and graduate of Kurt Hill's Advanced Psychosomatic Character Therapy II Course, the Art of Mystical Healing. She believes in the integration of therapeutic applications of yoga with Allopathic (Western) medicine.

Altree's website says her mission is to facilitate the awakening of the individual's power for self healing. In keeping with this goal, Tory assists clients in creating a holistic practice, including yoga poses, breathing, diet, and meditation. By stretching body, mind, and spirit, these rituals invite presence and awareness and enable a deep connection to self. ☸

### Linda Horn

On Sunday, March 13<sup>th</sup>, Linda Horn lost her long battle with cancer. We extend our condolences to Linda's husband, Russ, and their entire family. Linda and Russ's son, **David Horn**, died in 1980. Linda was one of the founding members of Bereaved Parents of the USA. She was also a key member on our chapter steering committee and the National Gathering Committee. I personally remember her encouragement and sound advice when I first took over responsibility for the chapter newsletter. Linda will be missed. ☸



*Gone - flitted away,  
Taken the stars from the night and the sun  
From the day!  
Gone, and a cloud in my heart.  
~Alfred Tennyson*

[www.quotearden.com](http://www.quotearden.com)

### *From your editor....*

From a bereaved parent's perspective, joyful Spring events can seem like delicate rays of sunshine through dark clouds. My husband and I are blessed to have 2 surviving sons who are both experiencing joyful events this Spring - a wedding and a college graduation. The journeys leading up to these events have been enriching parent adventures. Yes, they are beautiful rays of sunshine for us, but that sun is partially clouded over because their big brother is dead.

Every special life event is hazy because it is framed in knowing that our oldest son is not here. But the worst part is our surviving sons' uneasiness that their parents are walking around with this permanent cloud. They want it to go away and to just have "normal parents". Our middle son and his fiancé tolerate it and even try to understand. But our youngest son balks when he hears, as he puts it, "death this, blah, blah, blah, bereaved parents that..." I don't blame him but I don't know any way around it. Do we just keep our thoughts about their brother's death to ourselves? Maybe, as Donna mentions in her article on pages 1-2, "The Magic Clock", we have not yet reached the point where the joy of Brandon's life outshines his passing? If only family members could walk the same grief journey... but as we have learned, everyone's grief experience is unique.

I will try to stand in the sun on the days of these upcoming events so that dark cloud doesn't disguise the joy.

*Wishing you some rays of sunshine in your Spring!*

*Celeste*

## "A Journey Together: Hinsdale Chapter BP/USA"

The Hinsdale Chapter newsletter is compiled, stamped and mailed by volunteers, in loving memory of our children. There is no charge to receive it. Please send **address changes** to Angelo Tomasello at [angelotomasello@comcast.net](mailto:angelotomasello@comcast.net).

The newsletter is published and retained in its entirety on the Hinsdale Chapter website at: <http://www.bpusahinsdale.org/>



## A Bereaved Parent's Spring

by Terre Belt, Anne Arundel Co. MD Chapter, BPUSA

Regardless of the calendar or the meteorologists, April marks the beginning of spring for many of us. The world outside begins to awaken from its winter slumber, and the sights and sounds and smells of spring abound, from the flowers peeking out of the ground to the birds chirping merrily outside our windows to the smell of the blooming trees as we venture out for our first walk of the season.

This is what spring is all about unless, of course, you are a "newly" bereaved parent, and then you might just be oblivious to it all. In fact, you may even resent the reappearance of spring and its symbolic rebirth.

The message to you from an "old timer" on this grief journey is to be easy on yourself --it won't always be this hard -- and just feel whatever you feel. Don't let anyone tell you how you "should" feel this spring (or next).

Like all seasons, spring will have its share of emotional triggers for the newly bereaved - graduations, Mother's Day, planning for summer vacations, favorite flowers, and just waking up. But just as April showers bring May flowers, the tears of grief will ultimately sow the seeds of hope, and someday you, too, will see the beauty of spring again.

For those of us who have been on our grief journey for awhile, not only do we recognize (and welcome) the beauty of spring again, but we also see our children in everything that is beautiful in spring. It's our way of carrying them with us through spring and through all of the season. So, as spring unfolds, here's wishing each of you peace and whatever joy you are able to find. 🌱



## MOTHER'S DAY

by Judy A Sittner

(Borrowed from HOPELine, a newsletter published by HOPE FOR BEREAVED, Syracuse, NY)

Another Mother's Day!  
But a different one this year.  
for you see, I am a mother,  
but my child isn't here.

I am a mother who is hurting  
for this child who was so dear,  
as I face this and other occasions,  
each and every year.

I am a mother who feels an emptiness  
over and over again,  
because I miss THIS child  
and all that could have been.

I am a mother who cared  
as I watched my child grow,  
and truly loved her more  
than anyone will ever know.

I am a mother who has memories  
and many tears to cry  
over regrets I'll have to live with  
until the day I die.

I am a mother who is thankful  
for the miracle of birth,  
and all my child has taught me  
about life and my own self-worth.

I just can't stop being a mother  
just because my child isn't here,  
because the love we had for each other will  
continue for years and years.

And so...

On this special "Mother's" day,  
I will feel within my heart,  
all the pride, love and joy  
which are the parts that make me: who I am,  
and what I'll always be -

A MOTHER

Just remember that...please?

## HELPFUL HINTS ...

by Vicki Tushingam

*When you are bereaved,  
it's all right to:*

Scream in the shower.  
Yell in the car.  
Howl at the moon.  
Cry anywhere you like.  
Misplace your glasses.  
Lose the car.  
Forget your own name.  
Put milk in the cupboard,  
Toilet paper in the refrigerator,  
And ice cream in the oven.  
Beat up on a pillow.  
Stomp on the ground.  
Throw stones in a lake.  
Change grocery stores if it hurts.  
Wear one black shoe and one navy.  
Have tear stains on your tie.  
Eat French fries for breakfast,  
Toast for lunch,  
And peanut butter for dinner  
(as long as you eat).  
Write him a letter.  
Bake him a cake.  
Smell his clothes.  
Celebrate his life on his birthday.  
Talk to your pets: they understand.  
Leave his room the way it is  
For as long as you like.  
Say his name just to hear the sound.  
Talk about him to others.  
Tell loved ones what you need.  
Say no when you feel like it.  
Cancel plans if you want.  
Have a bad day.  
It's all right to hurt.

*And one day, when you're ready,*

It's all right to laugh again.  
Dance and feel pretty.  
Have a good time.  
Look forward to tomorrow.  
Sing in the shower.

Smile at a friend's new baby.  
Wear make-up once more.  
Go for a day, a week,  
and even a month without crying.  
Celebrate the holidays.  
Forgive those who failed you.  
Learn something new.  
Look at his pictures  
And remember with happiness  
Not pain.  
go on with your life.  
Cherish the memories.

*And one day when it's time*

It's all right  
To love again! #

## Easter and Passover

by Tracy Rheim, BP/USA Central Arkansas

Coming much too soon for me are these two major holidays of the Christian and Jewish faiths.

PASSOVER -- As a young person, I thought the plagues were something the mean old Egyptians deserved. As a bereaved parent, I think - how did a nation survive with each and every family losing their first-born child? The feeling certainly shifts when you look again with the experience of having had a child die. And I think of the Israelites wandering in the wilderness - how many of them had children die during those years of hardship?

EASTER -- A very hard time for me since my son died the week before Palm Sunday. It is the time when Christians are assured of the Resurrection and Eternal Life - something we look forward to, since we want to spend eternity with our children. But the first year after Jaime died, I took everything personally and literally and, when I heard the words, "O death, where is thy sting? Where's thy victory, O grave?" I was very tempted to stand up and tell the entire congregation that death had the biggest stinger I had ever experienced and the grave certainly had achieved victory over me.

I continue to believe that a little planning helps us over the rough spots. So, decide if you want to celebrate your holiday the same way or make changes. Take care! #



**Bereaved Parents USA National Gathering**  
July 28-31, 2011 Reston, Virginia

- ▶ *The Sheraton Reston Hotel is located just 25 minutes from downtown Washington, DC near Dulles International Airport. Free shuttle service from the airport.*
- ▶ *Hotel rate is \$99 per room (plus taxes), up to 4 people per room. Rate honored 3 days before and 3 days after the Gathering. Call 1-800-561-9186 to make your reservation or visit [www.starwoodmeeting.com/Book/BereavedParents](http://www.starwoodmeeting.com/Book/BereavedParents)*
- ▶ *Thursday night "Kick Off" Program, plan to come early, you don't want to miss this exciting event!*
- ▶ *Outstanding Speakers and Workshops: Speakers are Darcie Sims, Rosemary Smith, Mitch Carmody, Drs. Gloria & Heidi Horsley, Ron Villano, Dave Roberts, Becky Greer*
- ▶ *Sibling Program*
- ▶ *Meal Package only \$149.00 for seven meals.*

Donations are being sought from individuals and chapters for the Butterfly Boutique, Raffles, Silent Auction and Table Favors. Contact Jodi Norman at [bpusa.nova@yahoo.com](mailto:bpusa.nova@yahoo.com) if you are able to help.

If you are interested in presenting a workshop go to [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org) and fill out the on-line application or print out an application and mail to P.O. Box 7675, Woodbridge, VA 22192. Deadline for workshop applications is March 15, 2011.

For full information and registration materials visit [WWW.BEREAVEDPARENTSUSA.ORG](http://WWW.BEREAVEDPARENTSUSA.ORG)

## Voyage of a Son

by Guy Rall, Houston, TX

I sometimes sit and wonder  
About places you have been,  
About sounds of wind and thunder  
About the sights you have seen.

I reasoned if I traveled  
The same roads you had trod,  
My heart could also find  
The peace you found in God.

I went to Arizona,  
To California too,  
I traveled down the highway  
My thoughts still lost in you.

My wanderlust would lead me  
To places you did go,  
To panoramic visions  
That spread their sights below.

I strode down sandy beaches  
Where you have strolled before,  
I toasted salty breezes  
And heard the ceaseless roar.

Of blue Pacific waters  
Onrushing to the land,  
Wiping out the traces  
Of footprints in the sand.

A second sight beset me.  
You had not left behind  
A physical remembrance,  
Just one that filled my mind.

Your days of joy and pleasure,  
your time so free of care,  
These items were your treasure,  
These were your tales to share.

Some think you left behind  
An estate of no worth,  
They cannot look beyond our tears  
At times you filled with mirth.

And then death's angel came  
And God took up life's lease,  
And traveled you to Beulah land  
To find eternal peace.

## CALENDAR OF EVENTS

### April

April 1	<b>Monthly Meeting:</b> 7:30 PM – De-Stress your Grief - Learn some techniques on how to help remove stress from your grief equation
April 6	<b>Ladies Night Out:</b> 6:30 PM – <b>NEW LOCATION</b> - Meet at Capri Ristoranti, 5010 S. Main in Downers Grove
April 13	<b>Men's Group:</b> 6:30 PM – Meet at Kappy's in Villa Park

### May

May 6	<b>Monthly Meeting:</b> 7:30 PM - Hope, Butterflies & Flowers - Perennial plant exchange. Bring a plant from your garden or local plant store.
May 16	<b>Steering Committee Meeting:</b> 6:00 PM at Redeemer Lutheran

### June

June 3	<b>Monthly Meeting:</b> 7:30 PM – Balloon Launch
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**BP/USA Hinsdale on the Web:**

<http://www.bpusahinsdale.org/>



## Find A Little Time for Spring

*by Sascha*

Find a little time for spring  
Even if your days are troubled,  
Let a little sunshine in -  
Let your memories be doubled.

Take a little time to see  
All the things your child was seeing,  
And your tears will help your heart  
Find a better time for being.

Bereaved Parents of the USA  
Hinsdale Chapter  
P.O. Box 703  
Hinsdale, IL 60522-0703



April 2011 – May 2011