



February 2012 - March 2012

## A Journey Together: Hinsdale Chapter - Bereaved Parents of the USA

[www.bpusahinsdale.org](http://www.bpusahinsdale.org)

### 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 New Normal

by Donna Corrigan

On New Year's Day, Lake Superior State University issues a list of "Banished Words." These are the awesome phrases and overused words that have become extremely annoying in the previous year. (I am positive that awesome and annoying have made earlier editions.) I was shocked to learn that "The New Normal" was on the list for 2012.

To a bereaved parent, the new normal describes the lives we are now struggling to live. Our child has died and we are trying to move forward in this life without them. We really haven't been given much choice. We often identify our place in this world as the new normal.

There are times in fact when we may gently encourage our more newly bereaved friends to shake off the "woulda, coulda, shouldas," and not get lost in the "how it used to be" thinking. We have a new barometer to measure what really matters.

The reason the new normal is on the list? Something about bad trends in society, the economy, erosion of civil liberties etc.

Do you wonder if people attended a bereaved parents meeting, would they come away feeling a little differently about what is important? ☘☘

### UPCOMING MEETINGS & EVENTS:

**Friday, February 3 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - We will view the presentation "If I Could Just See Hope: Looking Through Rose-Colored Glasses" by Darcie Sims

**Wednesday, February 15 - Men's Night Out:** - Meet at Kappy's in Villa Park at 6:30 PM. Contact Jerry Schulman 630-205-4552.

**Friday, March 2 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - Grief 1 on 1

**Thursday, March 8 - Ladies' Night Out:** Meet at Cafe Amano, 105 South York Road, Elmhurst at 6:30 PM

**Friday, April 13 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM

## BP/USA 2012 National Gathering

Hosted by the Tampa Bay Chapter  
"Voyage to Strength on Sunny  
Shores"

Join Us in Florida, the "Sunshine State"

June 29 - July 1, 2012  
**More details will be coming.**

For more information:  
Linda Delk 813-661-0680 or  
Gina Casal 813-495-7539

♥ ♥ ♥ Love Gifts ♥ ♥ ♥

A Love Gift is a donation to the chapter in memory of your child, grandchild or sibling. A financial contribution in any amount is appreciated. 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@hotmail.com**.



***In loving memory of  
Denise DuBois  
February 12, 1960 until January 2, 1999***

In memory of our beautiful daughter,  
Always missed, always loved.

Love,  
Mom and Dad  
Janet and Bernie Finnigan



***In loving memory of  
Ryan Vesely  
October 3, 1974 until January 18, 1992***

You are loved and missed each and every day.

Love  
Mom & Dad  
Val & Stan Vesely



♥ ♥ ♥ Love Gifts ♥ ♥ ♥



***In loving memory of  
Alyssa Dabrowski  
May 20, 1979 until February 3, 2002***

My sweet Lissie,  
I don't know how I've made it for 10 years without you.  
I still have my ups and downs and tears when I want to hug you or see your beautiful smile.  
I guess there always will be tears until we meet again some sunny day.  
I love you more with each passing day. You are my soul child...the brightest star in my sky.  
"Thank you for loving me".

Forever my love,  
Mom (Dad too) XOXOXOXOXO  
Rosemary and Allen Dabrowski



***In loving memory of  
Roseanne Strick  
February 27, 1969 until October 14, 1991***

In loving memory of my sweet little daughter.

Love Forever  
Mom  
Ilse Strick



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

## Permission to laugh again...

by *Donna Corrigan*

Winter in Chicago is dreary; that is a fact of life. The sun peeks thru every once in a while... we just went thru 13 days with no sunshine at all! At our last meeting, one of the Dads told us about having to commute to another Midwestern city every week on his job. It's not at all to his liking; being away from his family and living in a hotel. But he has found a bright spot in the whole experience, the plane flies above the clouds and there is sunshine there!

Often, we as bereaved parents, have to fly above the clouds too. The grief journey is often very long and dark. Sometimes we have to make a decision to look for that which will bring us hope, bring us joy!

Don't be afraid to laugh again; it doesn't mean you have forgotten your child or the pain of losing them. It means you are still alive! As much as we loved our children, they loved us. Wouldn't they want us to smile again? ☾☾

*Reprinted from February 2006 BP/USA Hinsdale Newsletter*

## Welcome

Bereaved Parents Hinsdale Chapter extends a warm welcome to the new attendees at our recent meetings. We know it is difficult to come to your first meeting.

New attendees:

- ♥ Kelly Jensen, mom of **Michelle Louise Jensen**
- ♥ Joseph R. Craig, dad of **Joseph James Craig**
- ♥ Laurie Jurkas, mom of **Tony Jurkas Jr.**
- ♥ Lisa Banks, mom of **Maddox Ford Gettys**

We are very sorry for the reason you are here, but 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
Marilyn Cocogliato (only child/all children)	(630) 510-1665

## Never Forgotten

by *Vicki Tushingham, Central Savannah River Area of Bereaved Parents*

I recently had an experience that touched my heart and I wanted to share it with you. I have a new job as general manager of a private tennis club. My first week at the club, I met a member know to all as "Old Bill". Bill is 92 and perfectly independent and active. He comes to the club most every Friday, enjoys lunch and weather permitting, a game of tennis. "Old Bill" likes to talk, and we became fast friends. He told me how he had lost his wife a few years back and how he misses her, particularly so, he said, because it was just the two of them. Bill then went on to tell me that they had lost their only child when she was 8 1/2. He asked if the story was boring me; I assured him it was not, because I, too, had lost my only child.

Bill then sat down and told me the story of his little Shirley's life and death, just as we all tell our stories. He had the same need to tell it again as we all do. But he told it with pride and joy blended with the sorrow of his loss. "She was a beauty" he said, "and bright as a button." If she had lived, she would be 70 years old today, she's been gone 62 years. In turn, I told him of Sandy.

Though I cried for Bill's loss of Shirley as I do for all of us, I was comforted by the confirmation that, while decades pass, our children are never forgotten. I'll now know of a little girl named Shirley, who will always be loved and never forgotten by her dad, and as I pass this story along, you too, will know "Old Bill's little Shirley." ☾☾

*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*

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

**Dan Parmenter - 20**  
Oct 15, 1987 - Feb 14, 2008  
NIU Classroom Shooting  
Gary Parmenter

**Daniel Meyer - 7**  
Feb 21, 1977 - Sep 21, 1984  
Hit by Car  
Kenneth & Olivia Meyer

**Deborah Gilligan Main - 35**  
Mar 18, 1965 - Feb 13, 2001  
Melanoma  
Margaret Gilligan

**Denise Dubois - 38**  
Feb 12, 1960 - Jan 02, 1999  
Cancer/Suicide  
Janet & Bernie Finnigan

**Dennis Rich - 37**  
Feb 11, 1971 - Apr 01, 2008  
Cancer  
Karen Rich

**Donna Hark - 48**  
Oct 28, 1961 - Feb 08, 2010  
Pulmonary Hypertension  
Geraldine Ploskonka

**Douglas McCallum - 19**  
Sep 23, 1980 - Feb 21, 2000  
Accident  
Reg & Marcia McCallum

**Emily Rose Ford -**  
Feb 23, 2010 - Feb 24, 2010  
Prematurity  
Jeremy & Jaime Ford

**Evan Holmes - 20**  
Feb 09, 1990 - Apr 02, 2010  
Unknown  
Irene Gangemi

**Evan Holmes - 20**  
Feb 09, 1990 - Apr 02, 2010  
Unknown  
Irene Gangemi

**Evan Holmes - 20**  
Feb 09, 1990 - Apr 02, 2010  
Unknown  
Mason Holmes

**Foly Phillips - 26**  
Feb 18, 1982 - Feb 26, 2008  
Sickness  
Yinka & Grace Phillips

**Gerrick Davies - 18**  
Jan 21, 1986 - Feb 09, 2004  
Murdered  
Diane Davies

**Glenn Patrick Beach - 31**  
Nov 07, 1960 - Feb 16, 1992  
Murdered  
John & Grace Beach

**Henry J Ford -**  
Feb 25, 2010 - Feb 26, 2010  
Prematurity  
Jeremy & Jaime Ford

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

**Jamie Mitchell - 31**  
Feb 28, 1978 - Sep 19, 2009  
Suicide  
Lance & Kristie Mitchell

**Joseph Ross - 23**  
Jun 09, 1985 - Feb 05, 2009  
Asthma  
Pat Ross

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

**Kimberly Ann Olson - 15**  
Feb 14, 1983 - Aug 20, 1998  
Histicytic Disorder  
Larry & Danita Olson

**Matthew Frank - 17**  
Nov 09, 1989 - Feb 11, 2007  
Auto Accident  
Scott & Donna Dwyer

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

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

**Michael Patrick Gordon - 30**  
Feb 20, 1974 - Aug 08, 2004  
Killed by Drunk Driver  
Robert & Carol Gordon

**Mike Seaney - 44**  
Feb 24, 1951 - Sep 23, 1995  
Medical Misdiagnosis  
Vernadene Tolman

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

*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*

**Nancy R. Lyell (Sue's Sister) - 35**

Feb 14, 1961 - Sep 10, 1996  
Cancer  
Sue & Garry Fink

**Roseanne Strick - 22**

Feb 27, 1969 - Oct 14, 1991  
Brain Aneurysm/Heart Attack/Car  
Accident  
Ilse Strick

**Sean Howard Anderson - 17**

Feb 22, 1983 - Dec 05, 2000  
Suicide  
Maureen & Russ Anderson

**Steven Glosky - 23**

Feb 16, 1972 - Nov 13, 1995  
Suicide  
Judy & Danny Glosky

**Thomas (Tommy John) Adams - 35**

Feb 01, 1966 - Nov 01, 2001  
Marge & Bill Adams

**Tim Schiefelbein - 18**

Dec 07, 1989 - Feb 24, 2007  
Car Accident  
Diane Grabowski

**Timmy Ciametti - 5**

Feb 12, 1985 - Mar 18, 1990  
Adult Respiratory Distress Syndrome  
Vince & Gloria Ciametti

**Tony Jurkas Jr. - 23**

Feb 26, 1983 - Apr 16, 2006  
Suicide  
Laurie Jurkas

**Amanda Coughlin - 10**

May 11, 1991 - Mar 15, 2002  
Cathy Coughlin

**Amy Elizabeth Gales - 19**

Jul 18, 1975 - Mar 08, 1995  
Auto Accident  
Ron & Sandy Gales

**Brendon Anderson - 22**

Jul 18, 1976 - Mar 16, 1998  
Murdered  
Rob Anderson

**Carl Alan Vuillaume - 16**

Mar 14, 1989 - Jul 21, 2005  
Accidental Drowning  
Rob & Char Vuillaume

**Daryle J. "DJ" Hall - 22**

Mar 10, 1984 - Sep 11, 2006  
Accidental Drug Overdose  
Bob and Sherry Hall

**Emily Nylec - 9**

Mar 14, 1995 - Nov 14, 2004  
Single Engine Plane Crash  
Jena Nylec

**Frank Knapczyk, Jr. - 25**

Mar 28, 1967 - Oct 24, 1992  
Electrocution  
Barbara & Frank Knapczyk

**Garrett Joel Zaagman - 7**

Mar 04, 1976 - Dec 09, 1983  
Spinal Meningitis  
Dirk & Florence Zaagman

**Gina -**

Mar 07, 1968 -  
Fred & Carol Renzetti

**Jennifer Lynn Kirwan - 17**

Mar 10, 1981 - Sep 20, 1998  
Auto Accident  
Linda Kelley

**Jessica Louise Lang - 23**

Mar 03, 1980 - Dec 12, 2003  
Heroin Overdose  
Kristine Lang

**Kevin Jon Ryczyk - 8**

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

**Matthew Lane - 27**

Mar 08, 1978 - Oct 10, 2005  
Car Accident  
Joylin Lane

**Michael Werth - 24**

Mar 18, 1978 - Mar 22, 2002  
Janey Reed

*Our Children continued on the next page*

*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*

**Natalie Anne Ragusa - 27**  
Oct 24, 1975 - Mar 04, 2003  
Car Accident  
George Ragusa

**Nicholas Palumbo - 21**  
Jul 10, 1981 - Mar 05, 2003  
Snowmobile Accident  
Debbie Palumbo

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

**Ron Buccieri - 42**  
Mar 22, 1961 - Aug 31, 2003  
Unknown  
Carol Polich

**Russel Witek - 14**  
Jun 16, 1994 - Mar 29, 2009  
Leukemia/Brain Tumor  
Dan & Helen Dennett

**Ryan Paul - 15 1/2**  
Jul 06, 1988 - Mar 09, 2004  
Hit by Car  
Roy & Melody Paul

**Sarah Lynn Moore - 5**  
Dec 18, 1998 - Mar 31, 2004  
Surgical Complications  
Susan Moore

**Scott Saville - 42**  
Mar 29, 1969 - Jul 30, 2011  
Brain Aneurysm  
Mary Saville

**Timmy Ciametti - 5**  
Feb 12, 1985 - Mar 18, 1990  
Adult Respiratory Distress Syndrome  
Vince & Gloria Ciametti

**Timothy Kuzmicki - 16**  
Mar 07, 1986 - Nov 13, 2002  
Motorcycle/Auto Collision  
Kathy Kuzmicki



## 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.

## Candlelighting ~

### Thank You

Sunday, December 11th was our annual candlelighting. It was a beautiful evening of remembrance for our children.

A sincere thank you to all who made this evening possible including Eleanor Byrne, Rose Martino-Krueger, Sally Yarberry, Donna & Mike Corrigan, Bob & Carol Gordon, Val Vesely, Linda & Angelo Tomasello and Dominic & Karen Cacavarri .

#### *Monetary Contributors:*

Audrey Stolfa  
 Anthony and Marge Longo  
 John and Joan Schroeder  
 Joe and Eleanor Byrne  
 Jim and Lucille Moravik  
 Val and Stan Vesley  
 John and Irene Anderson  
 Bill and Marge Adams  
 Helen Bapes Crider  
 Dave and Cindy Kass  
 Robert and Frances Funston  
 Ron and Sandy Gales  
 Jennifer and Frank Vlazny  
 Joe Craig  
 Adele Gianfortune

Many, many thanks!

In the night of death, hope sees a star, and  
 listening love can hear the rustle of a wing.

~Robert Ingersoll

## Thank You for the Toys.....

Lincoln School  
 3545 S 61<sup>st</sup> Ave.  
 Cicero, IL  
 January 2, 2012

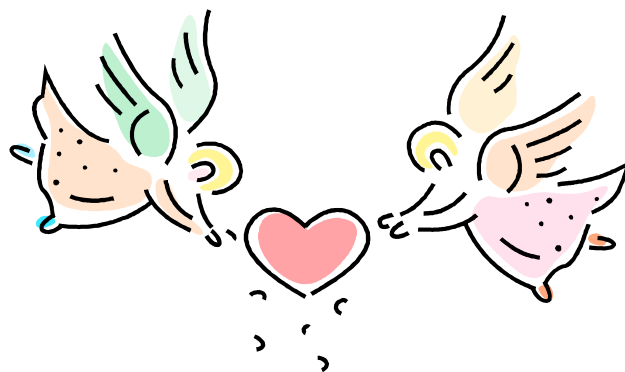
Dear members of Bereaved Parents of Hinsdale,

We were overwhelmed at the quantity and quality of Christmas gifts that you donated to needy families in our school district. The gifts consisted of a huge variety of toys, books and bedding. We asked the teachers to identify the extremely needy students. We then matched the gifts to the gender and approximate age of the children. The volunteer PTA moms delivered the gifts to the families' homes.

Your motive was truly heartwarming, for you were channeling your desire to purchase toys that your child had enjoyed receiving for Christmas. These needy children were thrilled to be the recipients of your generosity. Thank you so much.

Sincerely,

Mrs. Sue Kleinmeyer, principal  
 Mrs. Barb Popish, assistant principal  
 Ms. Suzi Scott, teacher



*I know for certain that we never lose the people we love, even to death. They continue to participate in every act, thought and decision we make. Their love leaves an indelible imprint in our memories. We find comfort in knowing that our lives have been enriched by having shared their love.*

~Leo F. Buscaglia



## Treasure Bears

*By Luci Moravcik*

My daughter had asked me what I was doing on Saturday, October 15<sup>th</sup>; she wanted to do a Mother/Daughter time with me. She took me for breakfast, and then we proceeded to go to her church, Wheatland Salem Church, 1852 95<sup>th</sup> St. (corner of Book Rd. and 95<sup>th</sup>. Street), Naperville, IL. There we met a group of volunteers that helped us make our Treasure Bears.

More than just a Teddy Bear:

At the December 2<sup>nd</sup>, meeting, I presented to the group a Treasure Bear. Treasure Bears are memories either of our lost children or loved one.

Just the sight of a loved one's favorite shirt, dress, or accessory piece brings back a flood of happy memories. Treasure Bear volunteers help you use these materials to construct a precious bear that carries a new set of memories that can be passed from generation to generation.

No sewing experience necessary. You do not need to know how to sew. The experienced volunteers will walk you through every step of the process-from cutting the material to stuffing your unique Treasure Bear.

What to bring: recommend that you bring a couple of items that can coordinate to use for the construction of your Treasure Bear. Suggested items for adults: Men's large or XL long sleeve shirt, ladies' blouse, jumper or skirt, sweatshirt, pajamas or robe, and denim or corduroy. Suggested items for children or infants: blankets or other linens, 5-10 outfits.

The church will provide: All the necessary sewing equipment, stuffing, materials for the nose and eyes, thread and muslin.

The Treasure Bears sessions are in the spring and fall. The next session is March 3<sup>rd</sup> and 10<sup>th</sup>, 2012. There is no cost, as this is a Ministry of the Wheatland Salem Church. All they ask, is that you call.

Please call the church if you are interested in attending, so has to have the staff and materials needed for the sessions.

For more information visit [wheatlandsalem.org](http://wheatlandsalem.org) or contact Pastor Carol Griffith at [Carol\\_griffith@wheatlandsalem.org](mailto:Carol_griffith@wheatlandsalem.org) (note: after carol there is a underscore, and the e-mail address is all together) or 630-904-1035 x 226 ☛☛





## "I Can't Do It"

by Debbie Michael, BP/USA  
Baltimore, MD

As I was reading an old newsletter, I thought about the words "I can't do it". These were the words I had heard over and over again when I was trying to teach my 8-year-old granddaughter how to ride a bike this past weekend. As she kept telling me "I can't do it", I thought back to a time when I said the same words over and over again.

When my son, Paul died twelve years ago in a car accident, I thought to myself that I simply could not go on in life. While I had a younger son at home and a solid marriage, everything dimmed in my life while comparing it to the death of my son. My mind and body were clouded with constant pain and after making it through the first holidays, birthday and anniversary, I thought to myself, "I can't do it" anymore. Simply put, I didn't think any mother or father could continue on living through this devastating time. I read all the grief books, attended a Baltimore County vehicular and homicide support group, visited therapists, attended counseling sessions through my work and counted on friends and family for their support, but the words still rung out in my head-I can't do it anymore.

I honestly thought in the beginning that no one could possibly understand my pain because no one loved a child as much as I had loved my son, but I soon realized I was terribly wrong. After attending the Bereaved Parents support group, I began to see people who were exactly like me. I hated to be part of a group that was full of so much sadness, but I couldn't stay away. Never in my life would I have volunteered to work with a group of bereaved parents unless I had become one myself. Attending these meetings and talking to others very much like myself was where I began my road to recovery.

Everyone has a different timetable for grieving, but for me it was three years to even begin to feel that I could possibly go on with life and not until the fifth year that I decided that I was the only one who could choose happiness for myself. Parents never get over the loss of a child, but they can choose whether or not they want to find happiness once again in their lives. After twelve years I can tell you that I laugh a lot more and especially at myself. I still cry sometimes, but the ravishing pain that constantly

attacks you in the beginning has gone. I also can plan ahead and look forward to a new future, where in the beginning I couldn't plan from one moment to the next. My heart and mind continue to miss my son each day, but I am more thankful than ever that I was able to share time on earth with him for those nineteen years.

So if you are newly bereaved, I just want you to remember that "you can do it" even if you think you can't. If you are constantly swimming upstream against the current of grief, allow yourself time to float. In other words, give yourself a break from all the hard work that grief takes out of you. Floating during difficult times can give you an inner peace that is much needed and will allow you time to renew your strength before you have to swim upstream again and face another holiday, birthday, or special occasion without your child. So bless each and every one of those bereaved parents and just remember that "You Can Do It". 🌿



## Remembered Valentines

by Shirley Cognard Ottman, from "The Slender Thread"

Little hands, dimpled and fair,  
you're pasting lace on chair and hair  
and everything else within your reach.  
But oh, the smile that lights your face  
when you bring your valentine and place  
it in my hands: *Look, Mom; for you.*

You pause to watch for my delight.  
I'll never know as fair a sight  
as seeing love shine in your eyes.  
I hope as age creeps up on me  
I'll never lose my memory,  
for that's where I still play with you.

It's not just that you're grown; you're gone!  
Except in memories and dreams at dawn  
of you and us and happy times.

## Hard Times

by Dennis Klass, Ph.D.  
Former Advisor to BP/USA

How to hold on and how to let go...How to lose and how to keep...these are hard problems for the bereaved parent.

We want to keep the child in our life, we want to remember the child, we want to save those parts of our life which are tied to the child.

Yet, at the same time, we know that the child is dead – things cannot be as they were before. The memories of good times now bring pain; the memories of the bad times raise guilt and feelings of powerlessness.

The end of the grief process is a resolution of this tension between holding on and letting go.

We can remember and be sad; we can remember and be happy; we can remember and just be.

But it takes a long time for such a resolution to happen and while we are in the process, we find ourselves pulled to one side and then to the other.

Sometimes we want to leave the room exactly as it was. Other times we want to put everything away so nothing reminds us of the child.

Sometimes we want to talk over and over again about the events of the death; other times we want to avoid the topic altogether.

Sometimes, when all we have left of our child is our sadness, we don't want to give up our grief for fear of giving up on our child.

All that is a normal process. We go through it at any death. When our parent dies, the problem is how to hold onto our childhood and youth and yet give up our childhood and youth. So, we find ourselves keeping a bit of our parents in ourselves by becoming a little more like them. I was once talking about this in a class when, suddenly, a woman blurted out, "So that's why I wanted to use the good china so much a year after she died."

It is a lot harder to give up the child and keep the

child at the same time because, when our parents die, we have to lose and keep our past. When our child dies, we have to lose and keep our future.

In our grandparent's day, losing a child was an expected part of life. But it is not in our time. Few of us ever knew anyone else to whom it happened. So we have few models.

Each of us seems to have to find out our own way for ourselves. It is a hard and lonely journey. But the experience of others who have gone down this valley is that there is a resolution at the end. We can hold on and let go.

If we can, for a moment, share with others on the same journey, we can help others find directions and let them help us.

That is what Bereaved Parents is all about. #

## It's What's Known as Love

by Rob Anderson

At first I didn't know what was causing my pain.  
Now I wonder how I could have been  
so blind as not to have seen it.  
As I was pounded by my suffering,  
tortured by the poisonous snake of death,  
it sat quietly waiting, knowing when I came back  
I would see it.  
Knowing I would not have it any other way.

To have something like this hurt so much;  
so, so, so, so, so, so, so, so, so, so much  
it meant there must have been something  
on the opposite side of my hurt that felt  
very, very, very, very, very, very wonderful.  
To know the very bad meant  
I must have known the very good.

What did I find when my shattered heart  
began to heal?  
What did I find when my soul  
began to breathe again?  
I found that my pain is so intense  
because of the title of this poem.

We miss them so much  
because we love them so much.

## 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	Ruth Juergensen	(815) 325-4132
Librarian		
Newsletter Editor	Celeste Hardy	(630) 963-0096
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## “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 on the Hinsdale Chapter website at:

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

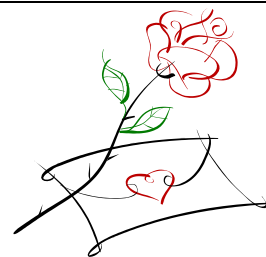
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### *From your editor....*

I have been a bereaved parent for 9 years now. I am not an expert but was thinking for this column I would list a few ideas that have brought me relatively safely to this point. You may have heard them all before. They are not part of a magic grief cure, but hopefully some ideas worth thinking about.

- Take one day at a time. In the beginning it may be one minute or hour at a time. Facing the magnitude of our tragedy in small chunks one at a time is just a little easier.
- Honor the memory of your child, in whatever way works for you - candles at the cemetery, flowers at the base of a tree; donations in memory of your child; eating your child's favorite food...
- Be open to help from unexpected people. Our angels on earth can sometimes be people we just meet by chance.
- Take time to ponder the mystery of life, the mystery of what we can and cannot see. If you are a believer, explore aspects of your faith. If you are not a believer, explore aspects of our lives which we cannot explain.
- Help others. When we help others we help ourselves. I am thankful for all of the Hinsdale Chapter bereaved parents who have helped me.
- Take care of yourself. Your child wants you to.
- "Accept the things you cannot change." It takes a long time to even get close to acceptance but if you can start thinking in terms of acceptance it may buy you some peace.

*Celeste*



## 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.**

## CALENDAR OF EVENTS

### February

February 3	<b>Monthly Meeting:</b> 7:30 PM - We will view the presentation "If I Could Just See Hope: Looking Through Rose-Colored Glasses" by Darcie Sims
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February 15	<b>Men's Night Out:</b> 6:30 PM - Meet at Kappy's in Villa Park Contact Jerry Schulman 630-205-4552.
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### March

March 2	<b>Monthly Meeting:</b> 7:30 PM - Grief 1 on1
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March 8	<b>Thursday, March 8 - Ladies' Night Out:</b> - Meet at Cafe Amano, 105 South York Road, Elmhurst at 6:30 PM
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### April

April 13	<b>Monthly Meeting:</b> 7:30 PM
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**BP/USA Hinsdale on the Web:**

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



## For the Both of Us

*by Sascha - from Wintersun*

As long as I can,  
I will look at this world for both of us,  
As long as I can.  
I will laugh with the birds,  
I will sing with the flowers,  
I will pray to the stars,  
For the both of us.  
As long as I can  
I will remember how many things  
On this earth were your joy,  
And I will live as well  
As you would want me to live  
As long as I can.

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



February 2012 - March 2012