



*Helping grieving parents and families rebuild their lives after the death of a child*

[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org) October – November – December 2019

Meetings are generally held the first Tuesday of every month, 7:00 – 8:30 PM. Doors open at 6:30 PM for greeting and fellowship.  
First Congregational Church of Western Springs, 1106 Chestnut Street, Western Springs, Illinois  
Eleanor Byrne (708-485-6160) and Sally Yarberry (708-738-0396; [psyrbrry@hotmail.com](mailto:psyrbrry@hotmail.com)). Chapter Co-Leaders

## The Stone

~By Jessica Watson,

<https://fourplusanangel.com/2015/02/the-stone/>

The best way I can describe grieving over a child as the years go by is to say it's similar to carrying a stone in your pocket.

When you walk, the stone brushes against your skin. You feel it. You always feel it. But depending on the way you stand or the way your body moves, the smooth edges might barely graze your body.

Sometimes you lean the wrong way or you turn too quickly and a sharp edge pokes you. Your eyes water and you rub your wound but you have to keep going because not everyone knows about your stone or if they do, they don't realize it can still bring this much pain.

There are days you are simply happy now, smiling comes easy and you laugh without thinking. You slap your leg during that laughter and you feel your stone and aren't sure whether you should be laughing still. The stone still hurts.

Once in a while you can't take your hand off that stone. You run it over your fingers and roll it in your palm and are so preoccupied by it's weight, you forget things like your car keys and home address. You try to leave it alone but you just can't. You want to take a nap but it's been so many years since you've called in "sad" you're not sure anyone would understand anymore or if they ever did.

But most days you can take your hand in and out of your pocket, feel your stone and even smile at its unwavering presence. You've accepted this stone as your own, crossing your hands over it, saying "mine" as children do.

You rest more peacefully than you once did, you've learned to move forward the best you can. Some days you want to show the world what a beautiful memory you're holding. But most days you twirl it through your fingers, smile and look to the sky. You squeeze your hands together and hope you are living in a way that honors the missing piece you carry, until your arms are full again. ❧❧



## UPCOMING MEETINGS & EVENTS:

### **Tuesday, October 1 – Monthly Chapter Meeting:**

7:00 PM to 8:30 PM – Open discussion

### **Tuesday, November 5 – Monthly Chapter Meeting:**

7:00 PM to 8:30 PM – Topic to be determined

### **Tuesday, December 3 – Monthly Chapter Meeting:**

7:00 PM to 8:30 PM – Children's Gifts - Bring an unwrapped gift in honor of your child and share each gift's significance. The gifts will be donated to underprivileged children

### **Sunday, December 8 - Candle Lighting Program:**

Doors open 6:30 PM; Program at 7:00 PM. Please RSVP. See additional information and form in this newsletter

### **Tuesday, January 7 – Monthly Chapter Meeting:**

7:00 PM to 8:30 PM – Topic to be determined



## Holiday and All Occasion Cards Available

We're pleased to announce that we still have a limited supply of Bereaved Parents Holiday and All Occasion cards, so we're able to offer them for sale at least once more. The holiday cards are an assorted package of previous favorites including a wreath, an ornament, a bell and an angel. The butterfly, the BP-USA symbol of hope, is uniquely featured on each of the cards. This is a general holiday greeting card with special meaning for bereaved parents, siblings, and grandparents, as well as those who support them.

The all occasion card is blank inside and the cover features an embossed white-on-white floral design with a periwinkle blue butterfly.

Printed on high-quality paper, the actual size of the card is 4"x 6". Envelopes are included. The cards come in packages of twenty (five of each design). The order form is available on our chapter website, or you can email Sally at [psyrbrry@hotmail.com](mailto:psyrbrry@hotmail.com). ❧❧

## Welcome

Bereaved Parents Chicagoland 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:

- ♥ Rian & Leigha Jacobi, parents of Heather Jacobi and Colson Cole
- ♥ Ruth Klinger, mother of Mike Klinger

We are very sorry for the reason you are here, but we are glad that you found us. #H



## ♥ ♥ ♥ 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, birth and death dates, and the actual wording of your love gift message. Make your check payable to **BP/USA Chicagoland** and mail it to arrive **by the 10<sup>th</sup>** of the month prior to the upcoming newsletter. **The newsletter is published quarterly (January, April, July, October).**

Mail your check to:  
**Bereaved Parents of the USA  
Chicagoland Chapter  
P.O. Box 320  
Western Springs, IL 60558**

It is also recommended that you email your love gift message to the newsletter editor Sally Yarberry at [psyrbrry@hotmail.com](mailto:psyrbrry@hotmail.com).



*In loving remembrance of  
Michael Walter Schulman  
April 21, 1978 until November 28, 2006*

For Michael:  
We miss you more than ever.  
We missed the man you were becoming  
and all the wonderful things that you would  
have brought into our lives.

We love you Michael.

All the Schulmans



*In loving remembrance of  
Paula Lynn Yarberry VanHorn  
October 3, 1968 until October 27, 2006*

Dearest Daughter,  
Your absence is an abyss that I must struggle  
constantly to avoid. When things are going well, I miss  
celebrating with you, and if things are going badly, I  
miss your concern and your confidence in my ability to  
persevere. I miss the laughter and the joy you brought  
into our lives.

*"Tell me where it hurts..."  
And with my palm to the chest, all I could do was  
speak your name.*

I carry your heart in my heart.

Always and forever,  
"MamaSama and Bry"  
Sally Yarberry and Bryan Yarberry (brother)





### ANNUAL HOLIDAY GIFTS DRIVE

At our December meeting, we suggest that everyone bring an unwrapped toy (or toys) that your child would have enjoyed. We will donate the toys to Thumbbuddy Special (participation is optional).

Thumbbuddy Special is a non-profit organization that was started over 16 years ago by a group of special education teachers and therapists to provide adaptive equipment for children with special needs. They supply equipment such as wheelchairs, walkers, bath chairs, adapted bikes, ramps and computers to families who lack the resources to purchase the equipment their child needs.

Every Christmas season, Thumbbuddy Special also sponsors needy families in low income communities. They sponsor the Polar Express where Santa reads to the children and distributes Christmas gifts aboard the train. #

### The Keeper of Memories

~ By Cheryl Pelletier, Bereaved Parents USA –  
Baltimore Chapter Newsletter, March/April 2019

You make friends because you have things in common. We are friends because of our children – the older ones, the younger ones, the ones who never even had a chance to breathe.

They are our reason for being – our heartbeat, our life's blood. Whether we have lots of memories or only a few, we are joined by an unbreakable bond.

We are the ones left behind, to remember and carry the torch for those we remember so lovingly. We are there for ourselves and each other, because we understand the pain of loss. We must also be there for those who unfortunately join our ranks. Because we are the parents of lost children, the bruised hearts, the keepers of memories. #



*Our donated school supplies were greatly appreciated.....*

Dear Bereaved Parents,  
Thank you so much for all of the great school supplies! There were so many supplies and just what the kids needed. The homeroom teachers told me who didn't bring in their supplies, so we placed a bag in the lockers of those kids.

It's such a kind gesture that you turned your desire to purchase school supplies when August rolled around into providing happiness for economically-disadvantaged kids.

Suzi Scott  
Mom of Katherine Pranno  
05/19/1977 – 02/22/2002



## Holiday Survival Strategies for Coping With Grief

~ By Angela Morrow, RN, [www.verywell.com](http://www.verywell.com), August, 2019

For anyone dealing with an illness, grief, or the loss of a loved one, the holidays can be a time of sadness, pain, anger, or dread. It can be difficult to cope, especially when you see the sights and sounds of holiday happiness all around you.

The ebb and flow of grief can become overwhelming with waves of memories, particularly during Valentine's Day, Thanksgiving, and Christmas. Grief can also magnify the stress that is often already a part of the holidays. How can you begin to fill the emptiness you feel when it seems that everyone else is overflowing with joy? There are a few strategies that you can employ to help you get through this time.

### OFFER YOURSELF SOME GRACE

One of the best things you can do is give yourself permission to feel whatever it is you're feeling. Try not to fall prey to the belief that you have to feel a certain way or do certain things in order to make the holiday "normal." If you feel sad, allow the tears to come; if you feel angry, allow yourself to vent some steam.

### BE KIND TO YOURSELF

It's important that you get the rest and nourishment you need and try not to take on more than you can handle. If you need to be alone, then honor that. If you crave the company and affection of others, seek it out. Do whatever feels right to you during this difficult time.

### ASK FOR AND ACCEPT HELP

The holiday season is no time to feign strength and independence when you're grieving a death. You will need the help and support of others to get through, so don't feel as if you are a burden. People generally receive satisfaction and even joy from helping those they care about.

After a death, people often desire to help but simply don't know how. If you need someone to help you prepare meals, shop, or decorate, this is the time to speak up and make your needs known. Quite often, they will be delighted to feel like they are helping you in some way.

The same holds true for your emotional needs. Friends and family members might feel uncomfortable talking about your grief. They might think that you don't want to talk about it and don't want to be reminded of your pain.

The American Psychological Association (APA) notes that not talking about someone's death lead to isolation and discourages those who are there to support you. Again, you will have to tell your loved ones the best way that they can help you. If you want to talk about what you're going through, or you just need a shoulder to cry on, let them know.

### FIND SUPPORT

Sharing your feelings is often the best way to get through them and finding people you can talk to will help. Friends and relatives can be a great support during times of grief. However, they might be coping with their own feelings or so immersed in the holidays that they cannot offer the support you need.

Another good option is to look for a grief support group. You can search online or check with local churches, community centers, funeral homes, or a hospice to find a group that suits you. Support group members often make friends that end up being a source of comfort and care for many years to come.

### MAKE A DIFFERENCE

Many people like to help others in large or small ways during the holiday season. We may drop our change in a charity basket, purchase a gift for a needy child, or donate to a favorite organization. This can help us feel like we are contributing to the greater good.

Likewise, helping improve the lives of others can help take the focus off your loss. Studies show that volunteering can be beneficial to our mental health, particularly as we age.

Consider volunteering at a nursing home, hospital, hospice, children's shelter, or soup kitchen. You can also find a way to help another family member or friend who may need it. Any of these things can prove cathartic and help in the healing process.

### STOP MAKING COMPARISONS

It's easy to see other people or families enjoying holiday festivities and compare their experience to what you feel during this difficult time. This may make you feel worse or that you're lacking in some fashion.

Keep in mind that the holidays are stressful for most people and they are rarely the "magical" gatherings depicted in greeting cards, movies, or on television. Try to embrace what you have rather than compare it to what you think others have.

As difficult as it seems, you will survive the holidays in one piece. Because of your grief, this holiday might prove to be a very difficult experience. However, you will get through it and come out on the other side stronger than before. You don't necessarily have to enjoy the holidays or even go through the motions of pretending to enjoy the festivities.

That said, it's also fine to have a good time in spite of your grief. If happiness slips through your window of grief, allow it to happen and enjoy it. You won't be doing your loved one an injustice by feeling joyous. The best gift you can give anyone you love is that of being true to yourself and living your life to the fullest, even as you adjust to the loss and remember your loved one. ❀❀

*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*

**Alan Schroeder - 22**

Oct 11, 1985 - Dec 04, 2007  
Joan & John Schroeder

**Bobby Vargas - 16**

Oct 08, 1972 - Oct 26, 1988  
Auto Accident  
Susan Vargas

**Cindy Cebrzynski - 21**

Oct 18, 1983 - Nov 07, 2004  
Victim of a Drunk Driver  
Pam & Bob Cebrzynski

**Cory Payne - 39**

Mar 27, 1978 - Oct 17, 2017  
Accidental  
Don & Terri Liebentritt

**Dan Parmenter - 20**

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

**Daniel (Dan) Schmid - 50**

Jan 27, 1966 - Oct 11, 2016  
Heart Failure  
Bill & Jeanne Schmid

**Dominic Cairo - 8**

Oct 14, 2002 - Jun 26, 2011  
ALL / CNS Cancer  
Anna Cairo

**Donna Hark - 48**

Oct 28, 1961 - Feb 08, 2010  
Pulmonary Hypertension  
Geraldine Ploskonka

**Eric-Alan Gottung - 24**

Oct 10, 1986 - Mar 04, 2011  
Suicide  
Nancy & Eric Gottung

**Frank Knapczyk, Jr. - 25**

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

**Gabriella (Gabby) Dunn - 9**

Oct 8, 2007 - Oct 7, 2016  
Car Accident  
Brian Dunn

**Gregory Michael Humbert - 30**

Aug 31, 1961 - Oct 31, 1991  
Struck by Van  
Mary (Marge) Humbert

**Jacob Silver - 22**

Oct 05, 1990 - Apr 11, 2013  
Suicide  
Laureen Dunne

**Katherine Lacewell - 41**

Feb 27, 1969 - Oct 16, 2011  
Alcoholism  
Allen Lacewell

**Kerri L. Gartner - 22**

Sep 09, 1981 - Oct 24, 2003  
Auto Accident  
Ervin & Kathleen Gartner

**Lisa M. Zimmerman - 32**

Nov 24, 1971 - Oct 13, 2004  
Medication Overdose  
Carol & Bill Zimmerman

**Matthew Lane - 27**

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

**Michael Atella - 60**

Oct 11, 1949 - Sep 12, 2008  
Heart Attack  
Edna Atella

**Michelle Louise Jensen - 30**

Nov 08, 1980 - Oct 13, 2011  
Drug Overdose  
Kelly Jensen

**Natalie Anne Ragusa - 27**

Oct 24, 1975 - Mar 04, 2003  
Car Accident  
George Ragusa

**Patricia Strick-Hawkins - 54**

Oct 31, 1959 - Mar 18, 2015  
Ovarian Cancer  
Ilse Strick

**Paula L. Yarberry VanHorn - 38**

Oct 03, 1968 - Oct 27, 2006  
Sepsis  
Sally Yarberry

**Robert Conway - 15**

May 12, 1975 - Oct 22, 1990  
Hit by Van While Bike Riding  
Rose Conway

**Roseanne Strick - 22**

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

**Ryan Vesely - 17**

Oct 03, 1974 - Jan 18, 1992  
Auto Accident  
Stan & Val Vesely

**Susan G. Gabrielsen - 31**

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

**Thomas A. Walsh Jr. - 32**

Oct 16, 1970 - Jul 20, 2003  
Unknown  
Karen Richards

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**Aidan Samuel Wood - 4**  
Jul 17, 2003 - Nov 30, 2007  
House Fire  
Michelle & Ian Wood

**Amanda Aadson - 20**  
Apr 08, 1981 - Nov 25, 2001  
Car Accident  
Mary Jo Sullivan

**Adam Schar - 33**  
Nov 23, 1976 - Jul 18, 2010  
Accidental Death  
Janet Schar

**Brian Eck - 39**  
Sep 08, 1971 - Nov 08, 2010  
Enlarged Heart  
Kathy Eck

**Brent Evans - 35**  
Dec 27, 1976 - Nov 07, 2012  
Alcoholism  
Anne & Ed Evans

**Celeste Tomasello - 17**  
Apr 20, 1982 - Nov 05, 1999  
Accidental Fall  
Linda & Angelo Tomasello

**Caitrin Paige Gadowski - 6**  
Apr 16, 2007 - Nov 17, 2013  
Cancer  
Joe & Becky Gadowski

**Christopher Kavanagh - 25**  
Sep 23, 1984 - Nov 15, 2009  
Undetermined  
Sherri Kavanagh

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

**Heather Runge - 6 weeks**  
Nov 21, 1989 - Jan 04, 1990  
Neuroblastoma  
Sandra (Sandy) Sand

**Jennifer Roley - 22**  
Nov 26, 1989 - Jan 15, 2012  
Drug Overdose  
Lynn Gantner

**Megan Elizabeth Peters - 23**  
Nov 26, 1980 - Aug 31, 2004  
Drug Overdose  
Kathleen Peters

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

**Nicky Angone - 57**  
Nov 13, 1958 - Mar 26, 2016  
Cancer  
Diane Angone

**Paul Moore - 10**  
Nov 04, 1982 - Jun 08, 1994  
Drunk Driver  
Don & Julie Moore

**Phillip G. Dore - 21**  
Nov 11, 1988 - Sep 02, 2010  
Suicide  
Phil & Linda Dore

**Riley McBride - 30**  
Nov 06, 1984 - Apr 22, 2014  
Overdose  
Mary & Jim McBride

**Sarah Marie Fink - 3 ½ Months**  
Jul 11, 1977 - Nov 02, 1977  
SIDS  
Sue & Garry Fink

**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

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

**Andre Piegat - 28**  
May 30, 1988 - Dec 26, 2016  
Accidental Drug Toxicity  
Barbara Piegat

**Brandon Hardy - 22**  
Aug 13, 1980 - Dec 28, 2002  
Auto Accident  
Don & Celeste Hardy

**Casey Cox - 27**  
Dec 17, 1985 - Feb 14, 2013  
Asthma  
Cynthia Cox

**Casey Reiter - 25**  
Aug 11, 1984 - Dec 15, 2009  
Heart Attack  
Sandy Tumillo

**Garrison F. Haak - 23**  
Mar 02, 1995 - Nov 23, 2017  
Suicide  
Barbara & Frank Knapczak

**Daniel M. Schedler - 23**  
Dec 16, 1969 - Apr 06, 1993  
Auto Accident  
Tom & Judeen Schedler

*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*

**Chris Marie Longo – 18**  
Dec 21, 1951 - Sep 26, 1970  
Brain Aneurysm  
Anthony & Margery Longo



**Garrett Joel Zaagman – 7**  
Mar 04, 1976 – Dec 09, 1983  
Spinal Meningitis  
Dirk & Florence Zaagman

**Daniel Stoothoff - 34**  
Jun 03, 1970 - Dec 07, 2004  
Car Crash  
Sally Stoothoff

**Elizabeth Anne Barrett – 15 ½**  
Dec 29, 1976 - Jun 29, 1992  
Hit by Van  
Kay & Phil Barrett

**Eric Fitzpatrick Bucholz - 19**  
Jun 26, 1974 - Dec 24, 1993  
Electrocution  
Sue Bucholz

**Frank Gianfortune Jr - 19**  
Aug 01, 1968 - Dec 06, 1987  
Auto Accident  
Ms. Adel Gianfortune

**Tim Schiefelbein - 18**  
Dec 07, 1989 – Feb 24, 2007  
Car Accident  
Diane Grabowski

**Jessica Louise Lang - 23**  
Mar 03, 1980 - Dec 12, 2003  
Heroin Overdose  
Kristine Lang

**John C. Crider - 44**  
- Dec 24, 2009  
Helen Bapes Crider

**Joseph James Craig – 35**  
Dec 05, 1974 - Dec 15, 2009  
Drowning  
Joseph R. Craig

**Josiah Weiberg - 10 Months**  
Jan 16, 2009 - Dec 03, 2009  
SMA Type 1  
Alesha & Jim Weiberg

**Mariana Tunstall - 8**  
Dec 29, 1999 - Jul 16, 2008  
E-Coli  
Keith & Kristena Tunstall

**Martin K. Adams – 42**  
Dec 11, 1960 - Jan 06, 2003  
Marge & Bill Adams

**Marty Sobanski (Brother) - 28**  
Dec 08, 1961 - Sep 05, 1990  
Seizure Disorder  
Helen Sobanski-Hennessey

**Matthew Davis - 33**  
Dec 28, 1976 - Jun 10, 2010  
Unknown  
Gloria Smolek

**Mia Bella Meiszner – 9**  
Sep 15, 2008 – Dec 04, 2017  
Organ Failure  
John Meiszner

**Michael Kosinski – 26**  
Dec 17, 1986 – Jun 12, 2013  
Sudden Cardiac Arrest  
Marge & Bill Kosinski

**Nicholas Carl Pica – 21**  
Dec 12, 1984 – Jul 13, 2006  
Sudden Cardiac Death  
Jane & Jerry Pica

**Noah Michael Cichorski – 2 ½**  
Jun 24, 2001 – Dec 16, 2003  
Head Injury (Cause Unknown)  
Jeannine Cichorski

**Phillip Butler – 30**  
Dec 29, 1982 – May 13, 2013  
Atherosclerotic Heart Disease  
Nancy Butler

**Rachel Krueger – 21**  
Dec 29, 1986 – Sep 23, 2008  
Pulmonary Embolism  
Jim Krueger & Rose Martino-Krueger

**Richie Chow – 27**  
Dec 22, 1983 – Sep 30, 2011  
Unknown  
Joyce Chow

**Ryan James Moravcik – 21**  
Jan 07, 1980 – Dec 31, 2001  
Suicide  
James & Lucille Moravcik

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

**Scott Wesolowski – 18**  
Dec 13, 1984 – Apr 08, 2003  
Drug Overdose  
Sue Berger

**Sean Howard Anderson - 17**  
Feb 22, 1983 – Dec 05, 2000  
Suicide  
Maureen Anderson

**Stephanie Bartik – 30**  
Jun 15, 1987 – Dec 23, 2017  
Accidental Overdose  
Mike & Cheryl Bartik

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

**William (Bill) Collins – 24**  
Nov 15, 1965 – Dec 24, 1989  
Auto Accident, Hit & Run  
Suzanne Collins

## In Honor of a Girl Who's No Longer Here....

~ *By Heidi Stevens, Chicago Tribune, August 8, 2019*

Today I'll attend a celebration of life for a girl who didn't live past 17.

She was sick, and her parents and doctors went to superhuman lengths to make her well — emotionally, physically. And last week she passed away.

Today we'll gather to hear stories about her too-short life and look at photos of her in this world, where she belongs. Where she still should be.

I didn't know her very well. My grief doesn't even count compared with those who loved and raised her. I wrote about her. They were consumed by her for 17 years.

They always will be. I once interviewed a mom who lost her 11-year-old son to a brain tumor. "I have a hole in my heart that never closes," she told me. "Nothing else fills that hole. It's always there. You learn to garden around it."

We teach our children to survive and thrive without us. Slowly, at first. A day at preschool. A sleepover with a friend. Then for longer, sustained stretches. We prepare them. Nothing prepares us to survive without our children.

I can't make sense of a child's death because there's no sense to be made. Besides, it's crass, I think, to look for lessons in someone else's pain. Other people's pain is not a learning experience for us. Other people's pain is ours to witness, to help carry, if we can.

Still, I find myself wondering what to do — in her honor, in honor of her parents and older brother, in honor of the younger classmate who wrote the family a note saying she looked up to this girl because she watched her be kind, always, to the other kids at school.

I wonder if we have it in us to do good in this girl's honor.

I wonder if we could talk to our people with extra patience and grace today. I wonder if we could make sure to light up when they walk in the room. I wonder if we could try taking nothing for granted.

I wonder if we could tread a little more lightly as we go through the world today, knowing how much pain is out there. Knowing how unfairly it's distributed. Knowing it has landed in places we'd never suspect.

I wonder if we could right a wrong today. Maybe it's a little thing where we live or work or shop. Maybe it's a big, entrenched injustice that we can start to chip away. Maybe we can make the world a little safer for someone.

I wonder if we could do this in her honor. I wonder if we could do it longer than a day. I'm talking to myself as much as anyone. I wonder if I can.

None of it brings this well-loved girl back to her family. But maybe it takes the hole where she should be, the one they'll have to garden around, and surrounds it with love and light and grace.

Maybe that's something. #





**Bereaved Parents of the USA  
Chicagoland Chapter**

Cordially invites you to attend our

**Annual Candle Lighting Observance**

Sunday, December 8, 2019  
1st Congregational Church of Western Springs  
1106 Chestnut Street, Western Springs, IL  
Chapel & Parlor, 1<sup>st</sup> Floor

Program 7:00 p.m. ♥ Doors open 6:30 p.m.

During this observance, the name of each child will be read out loud. If you wish to submit a photo (5x7 or smaller), your child's picture will be shown as his or her name is read aloud. **If you have submitted a photo in the past, you must give us your permission to have the photo shown again this year.** If you are unable to attend, but wish to have your child's name read aloud, please indicate on the return form.

**Refreshments and fellowship will follow the Candle Lighting Observance. You are welcome to bring your child's favorite treat to share. Memorial tables will be available to display your child's picture or remembrance.**

**Send photos to: Bob & Carol Gordon, 7717 Williams St., Darien, IL 60561-4429, (630) 971-9472  
or e-mail photos to: [FLASH22504@comcast.net](mailto:FLASH22504@comcast.net)**

***Deadline for photos, 5x7 or smaller: Monday, December 2, 2019***

**Return Form for Annual Candle Lighting Observance**

Please respond by Monday, December 2, 2019

Return to: Bereaved Parents USA c/o Bob & Carol Gordon, 7717 Williams St., Darien, IL 60561-4429, or  
[FLASH22504@comcast.net](mailto:FLASH22504@comcast.net)

First Name of Child(ren) \_\_\_\_\_

Last Name of Child(ren) \_\_\_\_\_

First & Last Names of Parent(s) \_\_\_\_\_

How many people will attend \_\_\_\_\_ Of those, how many bereaved siblings \_\_\_\_\_

I have enclosed a picture \_\_\_\_\_ I will send a picture \_\_\_\_\_ I will e-mail a picture \_\_\_\_\_

I give permission to use a photo I previously submitted \_\_\_\_\_

Phone number (in case we have to postpone due to inclement weather) \_\_\_\_\_

**Donations to help defray costs are gratefully appreciated.**

***If you are willing to volunteer to help with planning the Candle Lighting Observance, or participate in the program, please contact Donna Corrigan: [silks6@aol.com](mailto:silks6@aol.com)***

## **When Grief's Second Wave Hits You**

<https://medium.com/@shelbyforsythia/when-griefs-second-wave-hits-you-21685a61ddd1>

“Society likes to tell us that grief is a one-and-done event. That after the funeral or after the first year or after “time heals all,” we’ll miraculously be over our grief. We won’t feel pain or heartache or nostalgia anymore. But grief doesn’t work that way. Grief is not an event. It’s an experience. And living with loss means living with grief — making room in your life to interact with grief... especially when you least expect it.

There’s a phenomenon in the world of grief that I like to call the aftershock. Some people call it the second wave. Some people call it the other shoe dropping. Some people call it re-grieving. Whatever you call it, I can define it for you like this: “the feeling of your loss happening yesterday.”

You wake up one morning or your driving home one night and all of a sudden you’re hit with this MASSIVE WAVE of sorrow. Or loss. Or pain. Or longing. However grief shows up for you, it shows the hell up and totally blindsides you.

That is the second wave.

### **Why Does The Aftershock Occur?**

Our brains are not capable of processing all the consequences of grief all at once. Especially in sudden or unexpected deaths — (but in all, grief in general) — we process what we can handle in the first go-round. When we first get the news. And then we process the rest later. The aftershock is the “later.” It’s literally our brains processing what’s left of our grief. And sometimes it’s a lot.

### **When Does The Aftershock Happen?**

The second wave can hit you two weeks after a loss. Or two months. Or two years. Or two decades. Time is trivial to grief. And here’s another point to note: The aftershocks of loss can keep happening across the course of your life. You may experience aftershocks as you hit milestones or grow older or find out new information about a loss. Grief is not a one-and-done event.

What sucks about the aftershock is that most of the time, unless it’s a holiday or a deathiversary or another special occasion, we don’t expect it.

So what do we do as humans when the unexpected happens? We get pissed. We get angry. We allow ourselves to sink. We get stuck in the mindset of shame. All-consuming. Forever. And that is dark, dark, dark.

### **So How Do You Cope When The Second Wave Hits You?**

#### **1. Press pause.**

Recognize the mess of emotions coming up as grief — as the aftershock. As in, “Oh. I’m not crazy! I’m not regressing! I’m not broken! I’m re-grieving!”

#### **2. Forgive yourself.**

Gently remind yourself that grief is ongoing. You are not to blame for experiencing the aftershock and you are most definitely not broken. Tell yourself, “Grief is an experience! Not an event.” Forgive yourself for not being able to control how, why, where, and when grief shows up in your life. It’s okay. It really is okay.

#### **3. Acknowledge your feelings.**

Now that you’ve identified what’s happening and forgiven yourself for feeling bad for feeling bad (Oh yeah. BIG grief myth: Don’t Feel Bad.), sort out exactly what feelings are coming up for you. You can do this internally or write/speak it out. Giving words to specific feelings is an incredibly powerful healing tool.

#### **4. Do what you need to do to cope.**

Rant to some friends. Go off the grid. Watch a movie. Read a book. Make some art. Take a walk. Whatever works for you. But do not complete this step until you acknowledge your feelings in step three. Note: If you skip from step one to step four, your “coping” is just “distracting” and the feelings brought on by the aftershock stay put in your body/mind/spirit which is not good.

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### **5. Rinse, repeat. Repeat again.**

Use this every time you're faced with the second wave of grief. Big or small. Holiday or every day. It's an incredible way to be there for yourself when you're re-grieving.

No matter what you do to deal with the aftershock of grief, it's still hard and it's still scary. It gets easier... not with time, but with practice.

When you really think about it, it would be ridiculous for us not to continue to grieve for our loved ones, relationships, pets, jobs, homes, and dreams. They're such vital parts of who we are and how we shape ourselves in this world. When they go, there's a hole left. And because all relationships are 100% unique, there's nothing that can ever take the place of them. That's worth grieving!

Aftershocks remind us that grief stays with us for the long haul. They remind us that it is up to us to lean into our feelings and continue the work of exploring our relationships to ourselves and others. Feeling a loss again (and again and again and again) is just another reminder that we still grieve through our growth. And through our grief, we are growing. ❧❧❧



## ***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 our child.

Yet, at the same time, we know that the child is dead. Things cannot be as they were before. The memories of the 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.

All that is a normal process. We go through it at any death. When our parent dies, the problem is how to hold on to our childhood and youth, and yet we 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 grandparents' 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 seem to have to find 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 direction and let them help us.

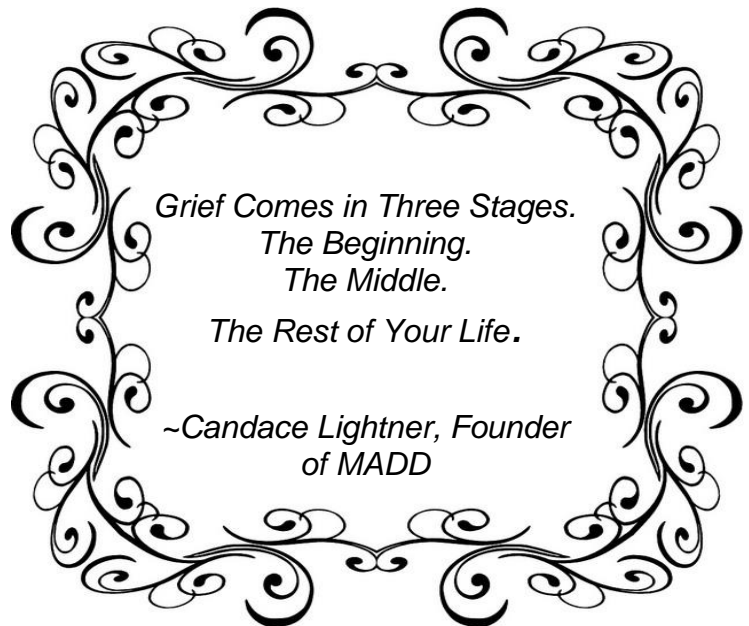
That is what Bereaved Parents is all about. ❧❧❧

Bereaved Parents of the Chicagoland  
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 P.O. Box 320  
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October - November - December 2019

<b>CALENDAR OF EVENTS</b>	
<b>October</b>	
October 1	<b>Monthly Chapter Meeting:</b> 7:00 PM – Open discussion
<b>November</b>	
November 5	<b>Monthly Chapter Meeting:</b> 7:00 PM – Topic to be Determined
<b>December</b>	
December 3	<b>Monthly Chapter Meeting:</b> 7:00 PM - Children's Gifts - Bring an unwrapped gift in honor of your child. The gifts will be donated to special needs children
December 8	<b>Candle Lighting Program:</b> Doors open at 6:30 PM; program at 7:00 PM
<b>January</b>	
January 7	<b>Monthly Chapter Meeting:</b> 7:00 PM – Topic to be Determined



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