



April – May - June 2014

A Journey Together: Chicagoland Chapter - Bereaved Parents of the USA www.bpusachicagoland.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 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 (708-560-0393), Chapter Co-Leaders*

Spring

by Keith Swett, Matt's dad

The ancient Greeks explained the seasons with a story. Death kidnapped Nature's daughter. The mother's pain caused the harsh, hopeless, bleak winter to be born. Men asked the king of the gods to intercede and a compromise was reached. The daughter stayed with Death for half a year and her mother grieved her loss, but for half a year the daughter lived with her mother and the promise, hope, optimism of spring was born.

All of us know the pain, despair, hopelessness of winter. We have all suffered at Death's hands, curling into ourselves, clutching our pain.

We have all struggled in the endless, hopeless wasteland. We have all lived in that frozen, barren kingdom of Death; but I promise you spring is real. Love and hope are stronger than death. In our pain and loss we gave Death power. It hurt so much we were afraid to move, afraid to try, afraid to love. We were frozen and lost to the world.

Love never, never dies and those we love never leave us. They wait patiently for us to choose life and hope over pain and despair. When we choose to live, to believe, to climb out of this ugly pit they rejoin us.

I visit Matt more now than when he was in college. Two and ten and twenty he challenges me to explore all the beauty of this world, all the joy of love, all the possibilities life offers.

UPCOMING MEETINGS & EVENTS:

Tuesday, April 1 - Monthly Chapter Meeting: 7:00 PM to 8:30 PM - "Time is Different When You're Grieving" & "How My Heart Feels Tonight"

Monday, May 5 - Ladies Night Out: 6:00 PM - TGI Fridays, 601 E Butterfield Rd, Lombard

Tuesday, May 6 - Monthly Chapter Meeting: 7:00 PM to 8:30 PM - "Intentions" Small group discussions and an opportunity to write and release your thoughts, feelings, should-haves, etc. into our wishing fountain.

Tuesday, June 3 - Monthly Chapter Meeting & Balloon Release: 7:00 PM to 8:30 PM - Release a balloon in honor of your child (balloons will be provided). We will craft templates commemorating our children to send to the National Gathering. Please bring a color copy of a photo of your child (photos will not be returned)

Sunday, July 13 - Butterfly Release & Family Picnic: 12:00 Noon Katherine Legge Memorial Park, Hinsdale - North Pavilion - see registration form in this newsletter

Friday-Sunday, July 25-27 - 2014 National Gathering for the Bereaved Parents of the USA: Sheraton Clayton Plaza Hotel, St. Louis, Missouri. Registration forms are available online at www.bereavedparentsusa.org/G_Forms.html

I survived winter. I found Death hollow. I choose life and love and joy. If I am tired and discouraged a small voice sings out "Come on! Come on! There is more to see!" There will always be more to see. I promise. 🌸

BP/USA Chicagoland 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.

If you feel that you are ready to give back to the Chapter and would like to volunteer your time and talent, please contact the Chapter Co-Leaders Eleanor or Sally.

Chapter Co-Leaders:
Eleanor Byrne (708) 485-6160
Sally Yarberry (708) 560-0393



Send Your Email Address to Sally

We are hoping to have up-to-date email addresses for everyone in our database. Please send your email address to Sally at psyrbrry@hotmail.com.

Meeting Day and Location Reminder:

Meetings are held on the first Tuesday of each month from 7:00 to 8:30 PM at First Congregational Church of Western Springs, 1106 Chestnut Street, Western Springs, IL, on the second floor in the youth room. Please enter the building through the north doors by the playground.



She was no longer wrestling with the grief, but could sit down with it as a lasting companion and make it a sharer in her thoughts. ~George Eliot

from <http://quotegarden.com/grief.html>

♥ ♥ ♥ 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 Chicagoland** and mail it to arrive **by the 10th** of the month prior to the upcoming newsletter. **The newsletter is published quarterly.**

Mail your check to:

**Bereaved Parents of the USA
Chicagoland Chapter
P.O. Box 718
Lyons, IL 60534**

It is also recommended that you email your love gift message to the newsletter editor,
celeste_hardy@hotmail.com.



*In loving memory of
Carole "Suzie" Pavett
June 3, 1953 until August 20, 2009*

Happy Birthday to my dear daughter.

June 3rd would have been your birthday. I miss you so because you were not only my daughter, but my best friend. You were a caring and very special person.

Until we are together again, you are forever in my heart.

I Love You,
MOM
Audrey Stolfia



Continued on next page

♥ ♥ ♥ Love Gifts ♥ ♥ ♥



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

It's been 16 years since you left your home on earth.
I always wonder what the future would have held for
you in your life. I miss you and think of you everyday.
You and Dad are with me and are forever in my
heart. I'm ever so grateful for so many good
memories

Love,
Mom
Irene Anderson



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

Donation in loving memory of darling Roseanne,
always in my heart.

Miss you,
Mom
Ilse Strick



*In loving memory of
Matthew John Swett
January 7, 1979 until January 25, 2003*

Matt, we miss you daily: your smile, your laugh, your
goofy self.

You are forever in our hearts.

Love never dies.
Mom, Dad & Laura
Jean & Keith Swett



♥ ♥ ♥ Love Gifts ♥ ♥ ♥



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

Thinking of you always.

Love,
Jerry, Mary, Melissa, Jonathon, & Katie
Jerry Schulman



*In loving memory of
Nadia Chowdhury
May 14, 1983 until Feb 21, 2004*

"Short of being twenty-one on twenty-one,
February will forever carry with it a vacancy,
Though your robe is on your bed,
Your glasses on your nightstand,
And your pictures still hang on the wall".

Love forever
Mom, Dad & Rashed
Nasrin & Shamsul Chowdhury



Separation

*by Richard A. Dew M.D., Bradley's father
from Rachel's Cry A Journey Through Grief, Tennessee
Valley Publishing, 1996*

From where I stand
I cannot see
How far it is
From you to me.
At different times
It seems to be
A step

or an infinity.

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
Mary Jo Sullivan

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
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

Jacob Silver - 22
Oct 05, 1990 - Apr 11, 2013
Suicide
Laureen Dunne

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

Paul Anthony Schneider - 17
Jun 18, 1965 - Apr 11, 1983
Paul & Dolly Schneider

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

Tony Jurkas Jr. - 23
Feb 26, 1983 - Apr 16, 2006
Suicide
Laurie Jurkas

Continued on 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

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

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

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

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

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

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

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

Gino Grandenitti - 20
Aug 14, 1990 - May 30, 2011
Cancer
Vic Grandenitti

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

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
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

Matthew Gavin - 32
Jan 22, 1981 - May 17, 2013
Cancer
Mary Ellen & Glenn Gavin

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

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

Phillip Butler - 30
Dec 29, 1982 - May 13, 2013
Atherosclerotic Heart Disease
Nancy & Bob Butler

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

Continued on 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

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



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

Melissa Renee Wolfram - 30
May 18, 1971 - Apr 26, 2002
Pulmonary Embolism
Earl & E. Renee Bailey

Anthony Neri - 21
Jul 03, 1973 - Jun 24, 1995
Accidental Drug Overdose
Diane Neri

Carole "Suzie" Pavett - 56
Jun 03, 1953 - Aug 20, 2009
Heart Attack
Audrey Stolfa

Branden Martinez - 6 Weeks
Jun 26, 2011 - Aug 08, 2011
Infection
Kyle Martinez & Missy Babyar

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

Elizabeth Anne Barrett - 15 1/2
Dec 29, 1976 - Jun 29, 1992
Hit by Van
Kay & Phil Barrett

Eric - 22
Jun 28, 1970 - Feb 08, 1993
Sue and Lou Robisch

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

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

Jason Matthew Bill - 13
Aug 17, 1981 - Jun 14, 1995
Water Sport Accident
Nancy Stein

Jill Kathleen Ebert - 6
Jun 24, 1984 - Sep 03, 1990
Brain Tumor
Michael P Ebert

Jimmy Lekas - 18
Sep 10, 1969 - Jun 14, 1988
Cancer
Stephanie Lekas

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

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

Mark Susong - 21
Jun 05, 1990 - Feb 10, 2012
Drug Overdose
Jill Susong

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

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

Noah James Farley -
Jun 07, 2006 - Jun 08, 2006
Prenatal Decision Due to Severe Fetal Anomalies
Kelly Farley



Noah Michael Cichorski - 2 1/2
Jun 24, 2001 - Dec 16, 2003
Head Injury (Cause Unknown)
Jeannine Cichorski

William E. Barth - 20 1/2
Sep 23, 1965 - Jun 05, 1986
Suicide
Karen Barth

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

**Butterfly Release & Family Picnic**

Sunday July 13, 2014; 12:00p.m. (noon)

Katherine Legge Memorial Park – North Pavilion
60th and County Line Road, Hinsdale

Donations \$12.00 per adult, or \$20.00 per couple, plus \$5.00 per child

1 butterfly included with adult donations

Extra butterflies: \$12.00 each

To safeguard the butterflies, they will be released at 12:15.....don't be late!

Beverages and utensils will be provided by BP/USA

Please bring a dish to share:

A-H Bring a dessert to share (serving 12)

I-Z Bring a side dish to share (serving 12)

Please RSVP with donation by June 29, 2014:

Sally Yarberry

708-560-0393

psyrbrry@hotmail.com

BP/USA Chicagoland Chapter

P.O. Box 718

Lyons, IL 60534

Name: _____

No. of People (total): _____ No. of Children Included: _____

Amount Enclosed: _____

The Journey

By Kelly Kowall, Spec. Corey Joseph Kowall's mom

You already know what I am about to say because you are alive and a child that you love is dead. When people say they cannot imagine what it must be like to lose a child, I tell them they are right.

The only way I can even begin to convey to them the feeling of what we have been through is to tell them to imagine being in a helicopter that is traveling over an ocean. There is no land in sight. Suddenly, for no reason that YOU can comprehend, you are shoved out the door without a parachute...and then WHAM, you hit the water hard.

As the initial shock begins to wear off, you start to feel the pain and it's excruciating. You think this can't be happening! It can't be true! But then the reality starts to seep in. You are numb with disbelief.

You don't know what to do. You feel you should do something, but you can't think. Your body moves but your mind is not working. You look for land but all you see is water. You know you should swim but have no clue as to which way to go.

Your body tires from treading water. It is an effort just to keep your head above the waves. It is an effort just to breathe.

You have fleeting thoughts about how it might be so much easier to just fill your lungs with water and allow yourself to sink, plummeting into the depths of the ocean below. The wind is howling, the sky is black and the waves are enormous. You fear the storm will never end and you don't know how you will survive.

Then one day you start to realize that the turbulent storm is beginning to wane. The waves that were once over 40 feet high are subsiding. You slowly begin to realize that you are swimming even though you are unsure of your direction.

You begin thinking you may be able to survive if only you can find something to hold on to, and then you see it. It's just a plank of wood but it allows you to grab hold and it gives you hope.

As you drift through the water, still clinging to the board, you become aware that you are not alone. There are others in the water with you. Some have been in the water longer than you and they have

somehow managed to lash their planks together. They have built a boat, and not only have they built a boat but they are rowing.

Throwing you a life line they pull you in. Although they greet you with open arms they wish they did not have to welcome you aboard because they know the price you have paid for this trip is way too high.

But without hesitation they take you on board their vessel. With their knowledge and experiences through this tough journey they comfort you; they provide a safe haven for you to tell your story. They listen, and they listen, and they listen because they understand, because they get it. They encourage you to speak your child's name, to share your child's story, to share with them your journey. They give you hope.

Although unsure of your destination, knowing that your life will never be the same again, you join them and slowly begin to row.

My name is Kelly Kowall and I am the proud Gold Star mother of Specialist Corey Joseph Kowall. On September 20th, 2009 my son was killed in Afghanistan. My life as I knew it came to an end.

It was on an evening almost 15 months ago that two soldiers knocked on my door and then proceeded to push me out of that helicopter. I remember screaming during my fall, and I remember my cries of anguish and pain after hitting the water.

Although the ocean is a treacherous place when there is a storm, when the waters are calm it can be quite magical and healing. I guess that is why I envision my journey of grief to that of being adrift in an ocean as I try to survive and navigate my way to a new world.

It is also the reason that upon returning home to Florida after my son's funeral I bought a boat. My son and I always loved spending time together on the water. So it just felt right when I began providing boat outings to a few veterans, some active duty soldiers and a couple of local Gold Star families.

On these excursions, I would take them out to some of my son's favorite places. I felt it was a way that I could honor him. At the same time it was a way I could thank others for their service and sacrifice. What started out as some simple boating trips ended up being so much more than just a ride. Soon friends started getting involved, volunteering their sailboats, fishing boats, canoes and kayaks.

Continued on the next page...

The Journey....continued from page 8

What we found is that these boating expeditions could be mentally and emotionally healing to everyone on board. What I found is that by reaching out and trying to do something for others during my pain I was in fact beginning the journey to heal myself.

In April of this year, with the help of family, friends and an attorney, we founded a non-profit organization by the name of FAVE Boating Expeditions. It is through these boating experiences that we reach out to other survivors who had experienced the loss of a military hero.

There is just something about the smell of the sea air, and feeling the sun on your face, the wind in your hair, and the gentle rocking motion of the waves. Your cares and worries just seem to drift away, and for that moment you may find peace.

Although the waters are not always calm, for the moments when they are these boating expeditions can be a vessel for hope and healing.

How do I know? Because I have been out in that ocean. I have endured many storms and I will continue to do so as they come. But mostly I know because I am a survivor.

God bless each and every one of you during this holiday season. Remember you are not alone. Remember to reach out to others. Be involved. And my hope is that each one of us will always be able to find a safe harbor when a storm blows in as we continue on our grief journey. 🌿

Kelly Kowall spoke at a BP/USA Tampa Bay Chapter candle-lighting. This article is a transcript of her speech.

It is reprinted from the December 2013 edition of the Bereaved Parents of the USA - Baltimore Metropolitan Area Chapter newsletter.

Silence is Not an Answer in the Time of Grief

by Elizabeth Cross McDonald

This summer I survived the two most devastating realities I have experienced since my father's death in 1980. The first was anguishing in its inevitability: my 31 year old brother's death from the cancer that stalked him for seven years. The second was worsened by its utter uselessness and avoidability: the deliberate way virtually every friend and acquaintance, save my very closest, has avoided and ignored me during this time of grief.

I do not believe that those who knew about Al's death did not worry about me and my family. It is likely that many were concerned. But I know that most of my friends are young, and have not yet had a close family member die. Death is scary or un-real, and few can envision themselves in the position I have been in twice. In a word, they are ignorant about my feelings and how to react to them.

A few of the braver approached me with hearty, superficial greetings that suggested my absence but not its cause: "Well hello, nice to see you back" or "So school's about to start, are you ready?" This was, for all its well meaning, very painful for me. I felt these people were using trivialities as a way of saying, "These things are more important than his death, and I'm more concerned about today's weather than how terrible you feel." With uneasy smiles on their faces, these people made me feel like a fool.

To a few, I said, "Perhaps you didn't know my brother died." The response was a muffled, "Oh, yes... I'm sorry." I stopped volunteering this information: it was awful to realize that these people, through all the banality, knew about Albert, and said nothing. Some people undoubtedly kept silent in the hopes that I would approach them to talk and they could then be duly supportive. This was a gross error of judgment. I needed to have friends

Continued on the next page...

Silence is Not an Answercontinued from page 9

voluntarily open their hearts in sympathy, as I was feeling vulnerable and afraid that those I turned to might turn me away. To me, the silence said, "Leave me alone, I don't care."

Still others made efforts to engage me in conversation, as long as I was able to be cheerful and not talk about Albert. To these people, my casual comment like, "Oh, I remember when Albert and I visited that person" was nervously ignored and met by an embarrassed silence. I needed to be able to remember my brother reflectively, without self-consciousness or shame. And even close friends could not understand that waves of grief, anger and depression affected me in ways I myself could not understand. How I needed their patience and support, their faith that I was angry at Death, and not at them.

My grief is now settling into the long depression that is a necessary step to healing. But every week, people on campus - maybe your friend or roommate - also face the unthinkable tragedy in a place where youth can lead people to feel immortal. These people need your support, and it's not hard to give it to them. If someone you know, whether closely or just vaguely, is bereaved, please don't be shy or afraid. Take the initiative, walk up, look into his or her eyes and say, "I am so sorry to hear about the death." (Only one person did this to me. Though I was not particularly close to him, his generosity moved me to tears.)

You need not give your philosophy on tragedy in life or your favorite remedy for depression. The bereaved person does not expect or want this. And if you consider yourself to be a close friend of the bereaved person, now is your chance to prove it. Listening - not avoiding the bereaved's sadness or being afraid to have the friend cry to you - is essential. If your

friend does cry, consider yourself lucky that he or she is comfortable enough to share these deep emotions with you.

And don't try to stop the tears - they are also a step to healing and must flow freely. If you feel anger or hostility directed at you, take comfort that anger and grief are interconnected. The friend is not angry at you, it is simply his desperate attempt to justify or focus the waves of anger and desolation that surge uncontrollably through him.

If the bereaved are surrounded by people who care, the grieving process is made less bitter and devastating. Yet caring and concern for your friend is meaningless unless you directly tell her that you do care. I understand that Dad and Albert had no intention of abandoning me, that they left me through no power of their own. The intentions of my silent friends are much less clear. Remember this: Just say, "I heard, and I'm sorry." 🌿

Cendra (ken'dra) Lynn, Ph.D. Rivendell Resources griefnet@rivendell.org PO Box 3272 griefnet@ic.net Ann Arbor, MI, 48106-3272 313 / 761-1960
Grace happens

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www.counselingforloss.com/



Bereaved Parents of the USA 2014 National Gathering

Register Online at:

www.bereavedparentsusa.org/Gathering-online.html



BP/USA

2014 NATIONAL GATHERING

ST. LOUIS, MISSOURI | JULY 25-27

Sheraton Clayton Plaza Hotel
7730 Bonhomme Avenue
St Louis, Missouri 63105

For more information contact:
Jodi Norman, Gathering Chairperson
703-910-6277

e-mail: bpusagather@gmail.com

National BP/USA Website:
<http://www.bereavedparentsusa.org>

CALENDAR OF EVENTS

April

April 1 Monthly Meeting: 7:00 PM - "Time is Different When You're Grieving" & "How My Heart Feels Tonight"

May

May 5 Ladies Night Out: 6:00 PM - TGI Fridays, 601 E Butterfield Rd, Lombard

May 6 Monthly Meeting: 7:00 PM - "Intentions" Small group discussions

June

June 3 Monthly Meeting & Balloon Release: 7:00 PM - Release a balloon in honor of your child & create a heart template for the gathering

July

July 13 Butterfly Release & Family Picnic: 12:00 Noon Katherine Legge Memorial Park, North Pavilion; Please RSVP

July 25 - 27 2014 National Gathering for the Bereaved Parents of the USA: Sheraton Clayton Plaza Hotel, St. Louis, Missouri.



Spring Waiting

from WINTERSUN by sascha
(L.A.R.G.O. Inc. 1996)

Winter's end is almost here.
Crocus struggle in the snow.
Sunlight has a softer glow.
Is the winter long this year?
Spring waits, watching for a cue
not to rush your grief away.
but to be there, when you say.
Spring is waiting, friend, for you

BP/USA Chicagoland on the Web:

<http://bpusachicagoland.org/>

Bereaved Parents of the USA
Chicagoland Chapter
P.O. Box 718
Lyons, IL 60534



April - May - June 2014