



April – May – June 2017

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 Mary Cleckley, Jack's Mother, Atlanta, GA BP / USA

We all have our seasons; yours may be spring. You may welcome spring with open arms, glad that the season of forced hibernation of winter is over and ready to bask in the warmth and promise of the season.

Or you may find the change of seasons an emotionally hard time. Was springtime a special time for your child? Do you have a mental picture of him or her dancing with the winds of March or enjoying a walk or playing in a gentle, warm April shower? Maybe there was a special place to go on the first warm weekend of spring and now it hurts too much to go there. Or does the noise of neighborhood children playing make it more obvious that one of yours is missing? It may be that your child's birth or death falls during spring, and the anticipation of that date interferes with any joy of the season.

Spring is a time of rebirth, and it may be hard to come to grips with the newness of the season, knowing that your child is not here to participate as life goes on. You want him or her to be a part of life forever, but the advent of spring denies that possibility. Easter or Passover brings religious beliefs more in focus. You may still be struggling with those beliefs, or even if you are at peace about what you now believe, you may not be ready to cope with the depth of feelings that those holidays may evoke.

Those who have not experienced the deep grief for the loss of a person as vital as one's child may not understand how a beautiful, warm, enticing spring can be painful. They cannot know the pain spring evokes. Those feelings are normal for some newly bereaved parents for a while, but the important thing to note is that nothing stays the same.

One beautiful spring morning, after enough time has elapsed, it is possible to again anticipate this season without dread.

Continued.....

UPCOMING MEETINGS & EVENTS:

Meetings are held on the first Tuesday of each month at the First Congregational Church of Western Springs, 1106 Chestnut Street, in the Education Building, on the 2nd floor in the Seim Room. Please enter the building through the north doors by the playground.

Tuesday, April 4 - Monthly Chapter Meeting:

7:00 PM to 8:30 PM – General Discussion

Tuesday, May 2 – Monthly Chapter Meeting:

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

Tuesday, June 6 - Monthly Chapter Meeting:

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

Sunday, July 9 – Butterfly Release Picnic: Katherine Legge Memorial Park, South Pavilion: 12:00 noon
(see RSVP form in this newsletter)

You may do different things in different places, but peace can again come into your life, allowing you and life to go on hand-in-hand. This may even be your year. If not, look forward to that time and allow it to happen. I don't know anybody who deserves and has a right to peace more than a bereaved parent. ❀



Grief, I've learned, is really just love. It's all the love you want to give but cannot. All of that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go.

~ Wake Me Up! How Chip's Afterlife Saved Me from Myself, by Lyn Ragan

♥ ♥ ♥ Love Gift ♥ ♥ ♥

In loving memory of my son

Joseph James Craig

December 5, 1974 until December 15, 2009

Joey,
You live on in my hearts and thoughts.
Love, Dad

Joseph R. Craig



♥ ♥ ♥ Love Gift ♥ ♥ ♥

In loving remembrance of

Ryan Vesely

October 3, 1974 until January 18, 1992

You are forever so missed.
Our love always,
Mom and Dad

Stan and Val Vesely



♥ ♥ ♥ Love Gift ♥ ♥ ♥

In loving memory of our daughter

Nadia Chowdhury

May 14, 1983 until February 21, 2004

Endless love,

Mom, Dad & your little brother Rashed

Nasrin & Shamshul Chowdhury



♥ ♥ ♥ 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**, 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 320, Western Springs, IL 60558**

It is also recommended that you email your love gift message to the newsletter editor and chapter co-leader, Sally Yarberry, at psyrbrry@hotmail.com. 🙏



♥ ♥ ♥ Love Gift ♥ ♥ ♥

In loving remembrance of my daughters

Roseanne D. Strick

February 27, 1969 until October 13, 1991

Patricia J. Strick-Hawkins

October 31, 1959 until March 18, 2015

I miss them both so much.
They both were just the nicest and kindest and most loving daughters.

Your Mom, and brother Michael and Families

Ilse Strick



BP/USA Chicagoland Chapter Needs Volunteers

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 talents, please contact Eleanor or Sally.

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

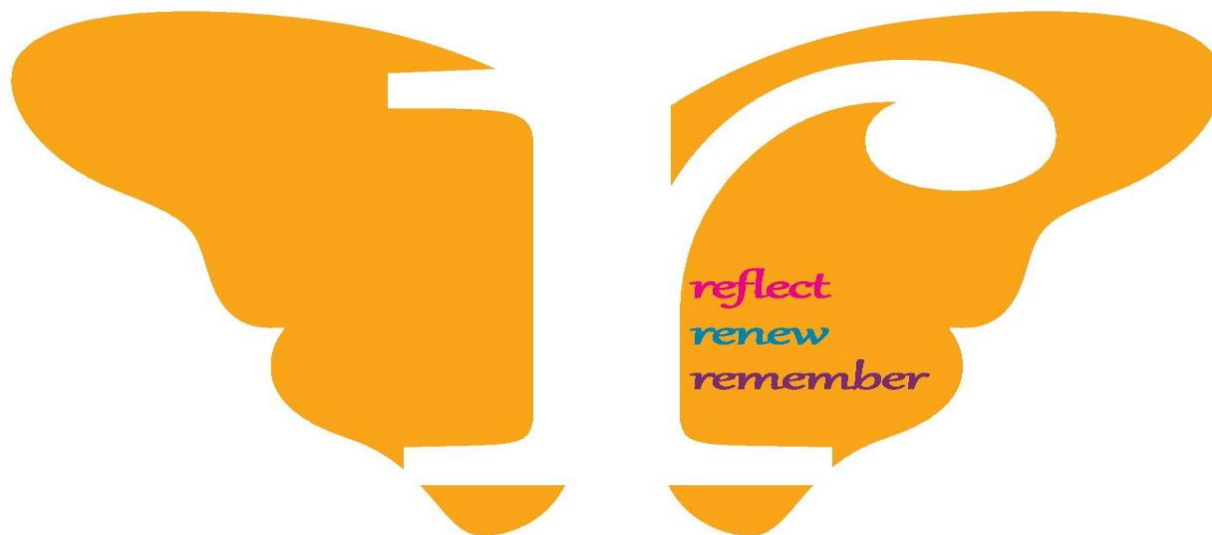
Welcome

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:

- ♥ Ryan & Sheila McNaughton, parents of Patrick
- ♥ Jo Olenec, mother of Michael
- ♥ Kristy Pauley, mother of Keira
- ♥ Carrie Rush, mother of Aaron
- ♥ Bill & Jeanne Schmid, parents of Daniel

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



bereaved parents usa
national gathering
august 4-6, 2017 | washington, dc
www.bereavedparentsusa.org

Hilton Washington Dulles Airport
13869 Park Center Road, Herndon, VA 20171 / (703) 478-900 / <http://www.dulleshilton.com>
For info contact Jodi Norman, Gathering Chairperson, 703-656-6999
<http://bereavedparentsusa.org/gathering/>

***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*

Aaron Rush - 30

Jun 14, 1985 - Apr 06, 2016
Accidental Overdose
Carrie Rush

Amanda Aadson - 20

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

Caitrin Paige Gadomski - 6

Apr 16, 2007 - Nov 17, 2013
Cancer
Joe & Becky Gadomski

Cameron L. Chana - 22

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

Celeste Tomasello - 17

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

Challing Eugene Albert LeBlanc - 4

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

Corinne Naumann - 23

Aug 14, 1986 - Apr 14, 2010
Cheryl Naumann

Dana Samuel - 32

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

Daniel M. Schedler - 23

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

Dennis Rich - 37

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

Evan Holmes - 20

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

Frank P. Amelio - 27

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

Keya Sansquiri - 5

Apr 07, 2010 - Feb 13, 2016
Cardiac Arrest
Nella Sansquiri

Hudson Colwell - 1

Mar 28, 2014 - Apr 24, 2015
Virus
Megan & Chris Colwell

Jacob Kowalik - 10

Feb 26, 2004 - Apr 15, 2014
Heart Attack
Mike & Jennifer Kowalik

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

Michael Walter Schulman - 28

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

Melissa Renee Wolfram - 30

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

Paul Anthony Schneider - 17

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

Nancy Inamine - 47

Apr 15, 1967 - Feb 07, 2015
Cancer
Joyce Connolly

Nicholas Martino-Krueger - 10

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

Patrick McNaughton - 2

Mar 27, 2014 - Apr 28, 2016
Viral Meningitis
Sheila & Ryan McNaughton

Riley McBride - 30

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

Susan G. Gabrielsen - 31

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

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

Scott Wesolowski -

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

Tony Jurkas Jr. - 23

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

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

Cole Exner - 22

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

Colt Grabowski - 20

Feb 21, 1993 - May 16, 2013
Car Accident
Meg Iorfida

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

David A. Schreck -

- May 30, 2014
Overdose
Josie & Mark Schreck

Elizabeth Nelson - 23

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

Eric Byrne - 44

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

Eric J. Munzenmay - 12

May 07, 1969 - Jun 28, 1981
Pneumonia
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
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

Kevin O'Malley - 25

Mar 04, 1990 - May 30, 2015
Murder
Brian & Sharon O'Malley

Lily 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

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

Melissa Juergensen - 19

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

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

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

Phillip Butler - 30

Dec 29, 1982 - May 13, 2013
Atherosclerotic Heart Disease
Nancy Butler

Ryan A. Minor - 30

May 04, 1980 - Jun 19, 2010
Overdose
Betsy Minor

William Kavanaugh - 3

May 24, 1992 - Jul 04, 1995
Hit by Van
Maribeth Kavanaugh

Robert J. Gentilini, Jr. - 25

Mar 20, 1964 - May 18, 1989
Brain Infection
Bob & Mary Gentilini

Anthony Neri - 21

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

Shawn Lighty - 37

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

Russel Witek - 14

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

Branden Martinez - 6 Weeks

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

Carole "Suzie" Pavett - 56

Jun 03, 1953 - Aug 20, 2009
Heart Attack
Audrey Stolfa

Dominic Cairo - 8

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

Eric Robisch - 22

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

Daniel Stoothoff - 34

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

Eric Fitzpatrick Bucholz - 19

Jun 26, 1974 - Dec 24, 1993
Electrocution
Sue Bucholz

Elizabeth Anne Barrett - 15 ½

Dec 29, 1976 - Jun 29, 1992
Hit by Van
Kay & Phil Barrett

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

Paul Moore - 17

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

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

Our Children Remembered (continued)

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

William E. Barth – 20 ½
 Sep 23, 1965 - Jun 05, 1986
 Suicide
 Karen Barth

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



Helping a Father Through Father's Day

Written by Clara Hinton, from www.silentgrief.com

Father's Day has become a traditional holiday celebrated by many with gifts, cards, family gatherings, and perhaps even a special dinner out just for daddy. Stores begin advertising for Father's Day weeks in advance of the actual holiday. The scenes in advertisements and cards always depict a loving father with a child snuggled close to that special man called daddy.

Many fathers, however, have experienced the devastation of losing a child, and there seems to be an almost non-existent recognition of the fact that fathers suffer from feelings of lost dreams, loneliness, failure, and loss of identity when a child has died. Very rarely are comments of support made to the father in a family when a child has died. For some reason, our society seems to be more in tune to the feelings of the pain a mother experiences during child loss. Fathers are somehow expected to be stronger emotionally, and they are expected to heal much sooner.

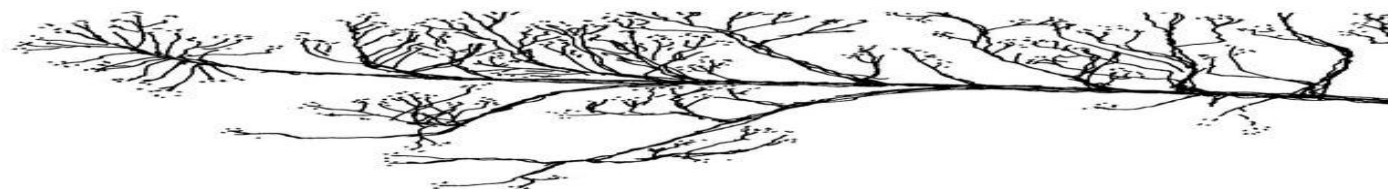
What can be done to show support on Father's Day to a father who has experienced the deep pain of losing a child? Probably the most appreciated gesture of support would be to acknowledge the fact that the father is still a father even though his child is no longer living on this earth. Refer to him as a father, and express your genuine sorrow for his loss. Fathers who have lost a child as early as miscarriage should certainly be included among the group of grieving fathers. Often, fathers of miscarried babies are never given any recognition of being a father.

Finding a Father's Day card specifically for fathers who have lost a child can be next to impossible. If you cannot find a card with an appropriate verse, choose a blank card and write your own message from the heart. "Sharing in your sorrow this Father's Day" or "Blessings to you this Father's Day as God watches over your heavenly angel" will show a tremendous amount of compassion and support to a father who is grieving the loss of a child on Father's Day.

Recognize the fact that fathers go through emotional upheavals during the grief of child loss. Fathers grieve differently than mothers, so they might not want a lot of special treatment on Father's Day. Men are generally less apt to talk about their feelings of hurt and loss than women, but those feelings are still there and need to be recognized. Father's Day without a child can be just as emotionally heartbreaking for a father as Mother's Day is for a mother without her child. We need to be sensitive to the needs of fathers, too!

Special holidays stir up many different emotions for fathers, and Father's Day is a particularly difficult holiday to go through following the loss of a child. With help and support from family and friends, a father can move forward in his grief. By letting a father know that he has not been forgotten on Father's Day, you will validate his identity as a father, and you will allow him the special privilege of once again being called that most cherished name of all—daddy.

Finally, find some way to validate the fact that a father is still a father even though his child is not living. Fathers are by nature "fixers" and the loss of a child is one loss that cannot be fixed. This fact is often very hard for a man to accept. By giving a card and a personal word on Father's Day, you will help validate to the father that he is still honored among that special group of men called fathers on Father's Day. Validation of fatherhood on Father's Day is one more step forward in this process we call grief.



15 Things I Wish I'd Known About Grief

~ Tryn O'Brien, <http://www.terynobrien.com>

After a year of grief, I've learned a lot. I've also made some mistakes along the way. Today, I jotted down 15 things I wish I'd known about grief when I started my own process.

I pass this on to anyone on the journey.

1. You will feel like the world has ended. I promise, it hasn't. Life *will* go on, slowly. A new normal will come, slowly.
2. No matter how bad a day feels, it is *only* a day. When you go to sleep crying, you will wake up to a new day.
3. Grief comes in waves. You might be okay one hour, not okay the next. Okay one day, not okay the next day. Okay one month, not okay the next. Learn to go with the flow of what your heart and mind are feeling.
4. It's okay to cry. Do it often. But it's okay to laugh, too. Don't feel guilty for feeling positive emotions even when dealing with loss.
5. Take care of yourself, even if you don't feel like it. Eat healthily. Work out. Do the things you love. Remember that *you* are still living.
6. Don't shut people out. Don't cut yourself off from relationships. You will hurt yourself and others.
7. No one will respond perfectly to your grief. People—even people you love—will let you down. Friends you thought would be there won't be there, and people you hardly know will reach out. Be prepared to give others grace. Be prepared to work through hurt and forgiveness at others' reactions.
8. God *will* be there for you perfectly. He will never, ever let you down. He will let you scream, cry, and question. Throw all your emotions at Him. He is near to the brokenhearted.
9. Take time to truly remember the person you lost. Write about him or her, go back to all your memories with them, truly soak in all the good times you had with that person. It will help.
10. Facing the grief is better than running. Don't hide from the pain. If you do, it will fester and grow and consume you.
11. You will ask "Why?" more times than you thought possible, but you may never get an answer. What helps is asking, "How? How can I live life more fully to honor my loved one? How can I love better, how can I embrace others, how can I change and grow because of this?"
12. You will try to escape grief by getting busy, busy, busy. You will think that if you *don't* think about it, it'll just go away. This isn't really true. Take time to process and heal.
13. Liquor, sex, drugs, hobbies, work, relationships, etc., will not take the pain away. If you are using anything to try and numb the pain, it will make things worse in the long run. Seek help if you're dealing with the sorrow in unhealthy ways.
14. It's okay to ask for help. It's okay to need people. It's okay, it's okay, it's okay.
15. Grief can be beautiful and deep and profound. Don't be afraid of it. Walk alongside it. You may be surprised at what grief can teach you.



Shared Thoughts on Mother's Guilt

~ Marie Hofmockel, TCF Valley Forge, PA

The month of May has always been an ego booster for most of us mothers, as we receive cards of praise and flattery from our children. But now, our child has died, and we are walking around with a hole in our soul. Those same greeting cards can cause us guilt by making us not feel worthy of the words.

We must always redefine our priorities, and make new standards for ourselves after the death. One of those priorities is don't put off time spent together and expressing our love, and with our hindsight of knowing the child's life was cut short, we critique our motherhood as though we could have been superhuman. We measure our mothering performance as though we could have given 100% of our time to our precious child. We punish ourselves with guilt by remembering the specifics of harsh words or deeds. Most often these are very normal things most parents do and say. We know we cannot change, or take back, any infliction we place upon our child.

When we were entrusted with the gift of our children, we were not given hindsight, nor the ability to be perfect. We were expected to handle all the other responsibilities placed upon us by other family members, and many mothers dealt with jobs to provide financial support for the family. This means there was not time, nor energy, to be the perfect parent. We were even expected to make mistakes, but now guilt holds us responsible for all our parental shortcomings. I have learned if we did what we thought was right at the time, or the best we could, that was all we could do. It is unfair to measure our performance as a parent with hindsight or superhuman powers that we did not possess. I'm sure our children did not judge us nearly so harshly as we judge ourselves. You may find it very helpful to tell your deceased child how you feel, what you wish you could have done, and how much you love them. I, personally, feel they are in an all knowing state, and can better understand our expression of love. I'm sure a lot of our guilt would subside, if our children could express their image of us as parents.

Love is the greatest gift we have ever given or received. Just the fact that we hurt so badly, and our pain is so intense, tells us we have great love for our children. The pain of losing our children can never stop totally, but we can help to ease it to the point we can live with it.

We would be very angry if someone would judge us, as unfairly as we judge ourselves. We must first learn to love ourselves again, so we can love others. We love our children, even with their flaws. We must respect our children enough to know they love us, even when we are not the perfect parent. Don't minimize their love by thinking they were not capable of forgiving or understanding that we did our best, and that was good enough.

HAPPY MOTHER'S DAY! 🌸



BUT IT HURTS....DIFFERENTLY

~ Rabbi Earl A. Grollman, *Living When a Loved One Has Died*

There is no way to predict how you will feel.

The reactions of grief are not like recipes, with given ingredients, and certain results.

Each person mourns in a different way.

You may cry hysterically,
or
you may remain outwardly controlled, showing little emotion.

You may lash out in anger against your family and friends,
or
you may express your gratitude for their concern and dedication.

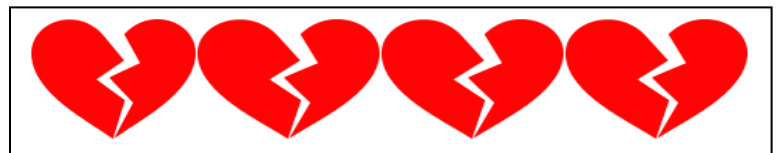
You may be calm one moment – in turmoil the next.

Reactions are varied and contradictory.

Grief is universal.

At the same time it is extremely personal.

Heal in your own way.



26 Steps to Effectively Writing The Heartache

~ by Alice J. Wisler, from *Down the Cereal Aisle* (Daniel's House Publications, 2003)

Writing through the fears, sorrow, and yearning has helped me, and therefore, I've become an advocate for grief-writing. There are many sorrows in life; writing through them brings healing, health and hope!

1. Buy a journal.
2. Find a secluded place to write where you can think clearly without distractions.
3. Candles and/or soft music may create a soothing mood for you as you write.
4. Write freely.
5. Write honestly.
6. Don't worry about grammar or penmanship.
7. Write, at first, for your eyes only. This doesn't have to be shared with anyone.
8. Write daily, if you can.
9. Write to remember your child. Your thoughts and reflections of him or her are a keepsake or a legacy.
10. Write to gain insight into this bereavement journey.
11. Write to chart progress for you to read years down the road.
12. Write with the feeling: I will survive this.
13. Write to identify your emotions and feelings.
14. Write to help solve some of the new situations you must now face.
15. Write to understand the new you (self-awareness).
16. Carry your journal and /or paper with you at all times in case you have the need to write. Even place your journal by your bedside to record in the mornings dreams you find significant.
17. Think of your journal as a friend who never judges and who can never hurt you.
18. Write your spiritual struggles.
19. Write a letter to your child about what has happened since he died.
20. Write a food-related memory you have of your child.
21. Write of hope even if it may only seem too far to grasp during the early season of loss. People who have had a child die many years before you, now speak of hope. One day you will be able to tell newly bereaved parents hope can be gained.
22. Write your own Psalm of agony or of gratitude.
23. Take the memory of your child with you on an outing and write about the day through his eyes.
24. Use your journal as a punching bag in the sense you can spout off through your pen at someone who has been insensitive towards you without having to literally punch him or her.
25. Write to rebuild your self-esteem and self-confidence.
26. Write a poem of love to your child.





Annual Butterfly Release & Family Picnic

Sunday, July 9, 2017; 12:00 noon
Katherine Legge Memorial Park – South 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 have to be released at 12:15 p.m.....don't be late!

Chicken, 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 Wednesday, July 5, 2017:

Sally Yarberry
Cell: 708-738-0396
Hm: 708-560-0393
psyrbrry@hotmail.com
BP/USA Chicagoland Chapter
P.O. Box 320
Western Springs, IL 60558

Name: _____

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

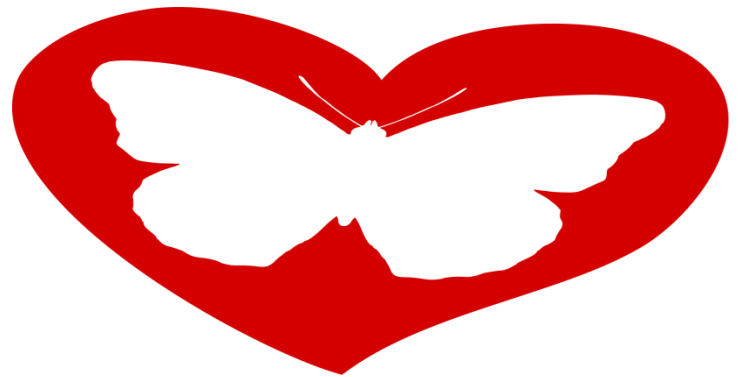
No. of Butterflies: _____ Amount Enclosed: _____

Bereaved Parents of the USA
Chicagoland Chapter
P.O. Box 320
Western Springs, IL 60558



April - May - June 2017

CALENDAR OF EVENTS	
April	
April 4	Monthly Chapter Meeting: 7:00 PM – General Discussion
May	
May 2	Monthly Chapter Meeting: 7:00 PM – General Discussion
June	
June 6	Monthly Chapter Meeting: 7:00 PM – Balloon Release (Balloons are provided)
July	
July 9	Butterfly Release Picnic: 12:00 noon - Katherine Legge Memorial Park, South Pavilion



*I was supposed to protect you forever.
I was supposed to guide, teach and love you forever.
I was not supposed to miss you forever.*

~ Sandra Homer:

<https://www.facebook.com/search/top/?q=heavensbook>

BP/USA Chicagoland on the Web:

<http://www.bpusachicagoland.org/index.html>

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