



July – August - September 2013

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*

Summer

by Keith Swett, Matt's dad

It is summer and the neighborhood rings with the laughter and excitement of children enjoying their freedom. Their joy is a two edged sword. The lazy afternoons spent on the jungle gyms in the park are a great source of both joy and comfort. A fielder watching a butterfly instead of the game brings back memories worth more than gold. How often did the days fly by as we swam and picnicked at the lake? But today Matt does not play ball, swim or climb the monkey bars.

Ten years is a long time to wait to see your son. Neighbor kids come home from college, stop and talk, laugh and remember incidents from English class. Matt does not. Matt does not but I do. My body remembers first. The feel, the sound, the smell, the taste combine to capture the day now so long gone. But it is the heart that saves me. Love cannot bring back Matt's body but in all other ways he is here. To deny the laughter of children is to die to the world. The world did not die. Neither did I. Really, really, neither did Matt.

So instead of hiding from the laughter and excitement I will embrace it. I'm coming Matt. I am just a little slower than I was. Don't worry about that limp. Hold my hand. The lake is just over the hill. 🌳

UPCOMING MEETINGS & EVENTS:

Tuesday, July 2 - Monthly Chapter Meeting: 7:00 PM to 8:30 PM - Balloon Release - Release balloons in honor of your child. Balloons will be provided. Also create the butterfly memorial template in preparation for this year's National Gathering in California. (bring a color copy of a photo of your child)

Saturday, July 13 - Ladies Morning Coffee: 10:00 AM - Panera Bread, 439 N. LaGrange Rd, LaGrange Park

Sunday, July 14 - Butterfly Release & Family Picnic
KLM Park, Hinsdale - South Pavilion @ 12:00 noon; PLEASE RSVP - See Invitation in this newsletter

July 26 - July 28 - National BP/USA Gathering, Sacramento, California

Tuesday, August 6 - Monthly Chapter Meeting: 7:00 PM to 8:30 PM - To be Announced. Bring school supplies donation for needy children.

Tuesday, September 3 - Monthly Chapter Meeting: 7:00 PM to 8:30 PM Grief & Anger. Bring school supplies donation for needy children.

New 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.

♥ ♥ ♥ 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
Matthew Corrigan
July 4, 1977 until August 12, 1991*

It's hard to believe you have been gone so long. Our lives have moved forward but we can always stop and smile and just remember that special guy who was in our lives. We love you!

Love
Mom and Dad
and Christy and Beth and Erin and Meghan and Annie
Donna & Mike Corrigan



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@sbcglobal.net.

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 attendee:

♥ Cindy Cox, mother of **Casey Cox**

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

School Supplies

For the last several years our chapter has donated school supplies to needy children at a local public school, in memory of our children.

Some suggestions for your purchase include jumbo glue sticks, pencils (sharpened), erasers, colored pencils (sharpened), Fiskars scissors (pointed), Crayola markers (any color), and spiral notebooks.

Any supplies will be appreciated. Just bring them to the August or September meeting. 🙏



Butterfly Release & Family Picnic

Sunday July 14, 2013; 12:00 (noon)

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

Donations \$10.00 per adult or \$20.00 per couple and \$5.00 per child
1 butterfly included with adult donations
Extra butterflies \$10.00/butterfly

Chicken, Beverages and Utensils will be provided by BPUSA

Please bring a dish to share:

A-H Bring a side dish to share (serving 12)

I-Z Bring a dessert to share (serving 12)

Please RSVP with donation by July 7, 2013:

Bereaved Parents of the USA

Chicagoland Chapter

P.O. Box 718

Lyons, IL 60534

Name:

Number of People:

Amount Enclosed:

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

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

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

Amy Elizabeth Gales - 19
Jul 18, 1975 - Mar 08, 1995
Auto Accident
Ron & Sandy Gales

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

Brendon Anderson - 22
Jul 18, 1976 - Mar 16, 1998
Murdered
Rob Anderson

Bryce Stack - 30
Jan 26, 1979 - Jul 24, 2009
Accidental Overdose
Trish DeBauche

Carl Alan Vuillaume - 16
Mar 14, 1989 - Jul 21, 2005
Accidental Drowning
Rob & Char Vuillaume

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

James G. Frale - 13
Jul 11, 1967 - Sep 13, 1981
Electrocution
John & JoAnn Frale

Jamie Lee Hoebble - 21
Jul 26, 1983 - Sep 23, 2004
Karen & John Pech

Jennifer Erin Morris - 16
Jul 15, 1982 - Aug 10, 1998
Auto Accident
Wendy & Dan Morris

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

Maria Elena Nudell - 14
Apr 17, 1981 - Jul 07, 1995
Horseback Riding Accident
Marilyn Cocogliato

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

Matthew Corrigan - 14
Jul 04, 1977 - Aug 12, 1991
Auto Accident
Donna & Mike Corrigan

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

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

Rob Funston - 25
Aug 22, 1955 - Jul 30, 1981
Pneumonia
Bob & Fran Funston

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

Sara Jane Melton - 27
Mar 19, 1969 - Jul 09, 1996
Anaplastic Thyroid Carcinoma
Jack & Jane Larson

Sarah Marie Fink - 3 1/2 Mos.
Jul 11, 1977 - Nov 02, 1977
SIDS
Sue & Garry Fink

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

Tamaron "Tami" Racky - 21
Jul 08, 1975 - Sep 12, 1996
Accidental Drug Overdose
John & Debbie Racky

Thomas A Walsh Jr - 32
Oct 16, 1970 - Jul 20, 2003
Unknown
Karen Richards

Trudy Boskey - 47
Jul 06, 1953 - Aug 03, 2000
Cancer
Rose Conway

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

Zachary "Zach" Pfingston - 13
Sep 20, 1996 - Jul 31, 2009
Seizure
Manjula & Jack Pfingston

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

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

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

Brian Sirotzke - 26
Aug 03, 1982 - Sep 05, 2008
Anne Sirotzke

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

Corinne Naumann - 23
Aug 14, 1986 - Apr 14, 2010
Cheryl Naumann

Danny Golden - 22
Aug 26, 1975 - Aug 24, 1998
Suicide
Janet Mallo

David Horn - 7
Aug 05, 1973 - Nov 20, 1980
Leukemia
Russ & Linda Horn

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

Gregory Michael Humbert - 30
Aug 31, 1961 - Oct 31, 1991
Auto Accident
Marge Humbert

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

Thomas Burton - 22
Apr 14, 1954 - Aug 27, 1976
Suicide
Patricia & Erwin Burton

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

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

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

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

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

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

Patrick Dore - 12
Aug 08, 1990 - Aug 25, 2002
Meningitis
Lois McDonald

Patrick Dore - 12
Aug 08, 1990 - Aug 25, 2002
Meningitis
Phil & Linda Dore

Patrick Vincent DeMauro - 19
Jan 28, 1982 - Aug 29, 2001
Car Accident
Vincent & Debbie DeMauro



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

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

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

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

Christopher Kavanagh - 25

Sep 23, 1984 - Nov 15, 2009
Undetermined
Sherri Kavanagh

Daniel Meyer - 7

Sep 21, 1977 - Sep 21, 1984
Hit by Car
Kenneth & Olivia Meyer

Daryle J. "DJ" Hall - 22

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

Douglas McCallum - 19

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

Eric Byrne - 44

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

Frank P. Amelio - 27

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

Jennifer Lynn Kirwan - 17

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

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

Johnny Hurley - 28

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

Joshua Burkett - 27

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

Kelly Ann Meicrotto - 23

May 25, 1980 - Sep 01, 2003
Lenore Robinson

Kerri L. Gartner - 22

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

Laura Ryeczyk -

Sep 03, 1965 - Sep 03, 1965
Cord Strangulation
Jack & Karen Ryeczyk

Lily Claire Domagala - 16 Months

May 11, 2002 - Sep 12, 2003
Heart & Lung Defects
Lisa Domagala

Marty Sobanski (Brother) - 28

Dec 08, 1961 - Sep 05, 1990
Seizure Disorder
Helen Sobanski-Hennessey

Michael Atella - 60

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

Mike Seaney - 44

Feb 24, 1951 - Sep 23, 1995
Medical Misdiagnosis
Vernadene Tolman

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

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

Phillip G. Dore - 21

Nov 11, 1988 - Sep 02, 2010
Suicide
Phil & Linda Dore

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



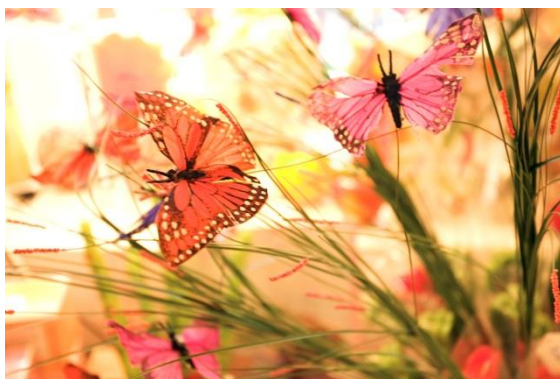
William E. Barth - 20 1/2

Sep 23, 1965 - Jun 05, 1986
Suicide
Karen Barth

A note from Eleanor...

When our son, Eric, died May 9th, 2005, I knew I needed to be in a place with other bereaved parents. My search for a group quickly led me to this chapter of Bereaved Parents USA in the summer of 2005. There, under the capable leadership of Donna Corrigan, I found the support, understanding, compassion and the many hugs I so badly needed. The friends I've found within this group continue to be a source of comfort and inspiration to me. Because of my background in grief work, plus enduring the loss of my son, there came a time when I wanted to help others as I continued to deal with my own grief. My hope is that my knowledge and experience can be used to aid others who have lost children as we share this difficult journey. My commitment to this chapter continues to be a priority in my life as I share the leadership role with Sally Yarberry.

Eleanor Byrne, Co-Chapter Leader



A Note from Sally ...

I vividly remember the very first Bereaved Parents' meeting I attended. It was a few months after our daughter Paula had died, and I desperately needed to find someone, anyone, who could tell me how it was possible to survive the loss of a child. I didn't get a lot of answers at that first meeting, but I did get enough understanding and hope to bring me back again and again. There was so much I didn't know, but gradually I learned that although I would never "get over it", I would eventually adjust to the new normal, and with enough time it would get easier. I came to realize that life would go on, and that I could not only survive, but prevail. I will always be grateful to all of the chapter members who've generously shared their personal grief journeys.

I also learned that I still had things to be thankful for, which motivated me to begin to "pay it forward" by volunteering to be on the Steering Committee. Now, as one of the new co-leaders of the Chicagoland (formerly Hinsdale) Chapter, I am committed to working hard to sustain and strengthen our chapter so that we can remain a refuge and healing resource for grieving families.

Sally Yarberry



Letting Go of Pain

by Margaret Gerner
Arthur's Mother
Emily's Grandmother
BP/USA St. Louis, MO

"It just isn't right! I go a month, sometimes, and don't cry. I actually get involved in something and don't think about my daughter for hours. I had fun at the company picnic last week. I feel so guilty. Am I forgetting my daughter?"

The mother who said this to me was two years into her grief. She was doing good griefwork...leaning into the pain, talking out her feelings, expressing emotions and attending Bereaved Parents meetings. But was she hurting less?

When parents begin to reap the harvest of griefwork well done, they fear they are losing their children. The truth is that they are doing just that...reaping the harvest of their griefwork well done. In the first couple of years, pain ties us to our children. During that time we equate pain with love. By the time we are beginning to resolve our grief, and that is what is happening, the pain has been our companion for so long we feel lost without it. This is one of the few places in grief where our minds need to take over for a while. We need to look at the illogic of prolonged grieving. We need to see that we are beginning to reach the goal we had hoped someday to reach.

Self talk can help us rid ourselves of this illogical emotion. Ask yourself...

- If you believe that to keep your child in your heart for the rest of your life is wrong?
- Will your prolonged misery make your child any less dead?
- Does the fact that your child has died mean you must die also?
- Does your prolonged misery accomplish anything? What purpose does it serve?
- Will hanging onto your pain make you grow and change; or will it make you unhappy and bitter?
- What effect will your prolonged grief have on your marriage and/or surviving children?
- Do you really want to stay in the pit of grief indefinitely?
- Will your continuing pain honor your child?

These questions can help you see that beginning grief resolution is as healthy and normal, after a couple of years, as allowing yourself to enter into your grief in the early months after your child died.

Rethink your reactions. Let yourself get to the other side of your grief. Let yourself appreciate the peace and comfort that is beginning to be yours. Most importantly, let yourself feel the joy of remembering your child without the deep searing pain you have felt for so long. ☸

The Light

by Anita Stout

A certain young man died today
and all that knew him wept,
while all of those less fortunate,
their hurried paces kept.

I felt despair as the sun rose high
and birds sang melodies sweet,
while he still in the spring of life,
was laid beneath our feet.

At first an anger racked my heart,
despondent heartache, grief,
to think that one so loved as he
should visit all too brief.

Then from heaven came the light
that set my soul at peace.
It said "he walks with God tonight
with joy to never cease."

(submitted by Vic Grandenitti,
in memory of his son Gino)

Carson's Community Days

Our Bereaved Parents Chapter will once again be doing Carson's Community Days Fundraiser. This is a wonderful opportunity to raise money as well as inform the community of our mission. All it requires is 2 hours of your time at the Yorktown Carson's store... sitting at a table, selling the booklets, and passing out our literature. Won't you volunteer, at least one shift? We can have as many openings as we can handle from Sept - November 10th.

Please check your calendars and sign up with your choices:

Day of the week?

Time of day?

Email it to Donna at Silks6@aol.com along with any questions. ☸

In Loving Memory of My Son

by Sandra Benson Brown, BP/USA, CSRA Chapter

Another Day

I woke up this morning with thoughts of you
As I drove to work I remembered mornings of
rush,
A little boy who still had everything to do
Always running to barely catch the bus.

I took a lunch break at noon today
Remembered phone calls from a teen with
nothing to do,
“Momma, what’re you doing?”
“Working, baby,” is what I’d say
Now I’d give anything to receive another
phone call from you.

A thousand memories locked in my mind
Daily routines I never thought would end,
Ties since birth that would forever entwine
Some kind of sign I pray you would send.

Gone in a flash, quick as you came
Easy to anger, eager to defend,
I scream silently, “Jamie, can you hear your
name?”
Why did God only give me you as a lend?

So many questions as parents left behind
The when, the why, the how, why me’s?
Wonder at times if I have lost my mind.
Jamie I miss you, I hope this you see.

As I go to bed at the end of the day
My thoughts will once again roam through,
All the words I saved up to say
Boil down to just, “Son, I love you.” 🌿



The Three R's of Grief's School

from *I walked A Mile with Sorrow* by Mary S. Cleckley
Centering Corporation 2006

Elementary school does not have exclusive rights to the three R's; grief's school has its basic three R's as well. Though they differ, each is important.

The first R stands for Rights—and you do have rights. Among them is the right to grieve in your own unique way and at your own pace. If you are one of those who needs the company of others so much you are willing to try to please them when they play the old “pretend you’re okay” game, I hope you will decide no one is that important. Don’t play that game. If your friends and acquaintances can’t be there for you when you are hurting, then decide not to play pretend games just to have them near. As a grieving parent, you have the right to lament and be weak when you child dies; conversely, you also have the right to recover.

The second R is Responsibility. It isn’t fair, and much of life isn’t, but those of us who are grieving find ourselves responsible for maintaining the important relationships in our lives. If the people involved, no matter how close, haven’t experienced the death of one of their children, they don’t understand your needs as you struggle to survive. It is important for you to remember back to your own inadequacies before your tragedy occurred. I suspect you didn’t know what to say or do to comfort a grieving parent either. Now that you have been on both sides of that grief fence, it is up to you to educate the people who care for you about the appropriate ways for them to go about supporting and helping you to survive. If you are married, responsibility comes into play again, for you and your spouse are each responsible for recognizing the differences in the way men and

Continued on next page

The Three R's of Grief's School (continued)

women typically grieve. By doing so, you better ensure the survival of your marriage during this stressful time. Certainly you don't have to do your grief work as anyone else thinks you should; on the other hand, you don't have the right to demand anyone else do it your way either. You must choose to care for your marriage and the other important relationships in your life.

The third R stands for Reinvestment. Here the other two R's also play a part, for it is your right and responsibility to choose to reinvest not only your energy and interest in life as it is for you now, but also your love in those you have left who care for you. It's a temptation to withdraw affection, hoping this act will protect you from ever being hurt this badly again by another loss. It doesn't work, for the love is still there whether you admit it or not, and all such an act accomplishes is to deny you the comfort of the warmth of good relationships. You must choose to value what you have left as much as what you have lost, and by so doing, reinvest wisely in your future.

Yes, the school of grief's three R's differ from elementary school's Reading, 'Riting, and 'Rithmetic, but how well you learn your assignments in each case determines the quality of your life in the years ahead. I hope you will give grief's lessons your full attention so you will travel far and well on the road to recovery. 🌻

Travelers

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

Grief is a long
And lonely trip
On which everyone
Carries his own
Personal baggage.



Compassion

from WINTERSUN by sascha

(L.A.R.G.O. Inc. 1996)

Compassion is a simple word, yet it is not easy to achieve.

Compassion is not approval. Compassion means suspending one's own critical and advisory inclinations to help someone. Compassion is leaving oneself outside.

What the other person may need is often not at all what the compassionate helper believes to be helpful. The helper may want to give advice, or talk about himself/herself. What the griever needs, however, may well be a listener, a focused attention on the griever and on the loss the griever sustained.

Often, compassion means not doing something---listening rather than speaking, crying rather than comforting with words.

Compassion is not an easy task, but it is among the greatest gifts we can give to each other. 🌻



It bears all things, believes all
things, hopes all things, endures
all things.

Love never fails.

1 Corinthians 13:7-8

Golden Nuggets of Hope



**2013 National Gathering for the
Bereaved Parents of the USA
Sacramento, California
July 25 - 28, 2013**

Hosted by the
Sacramento-Placer County Chapter of the
Bereaved Parents of the USA

The2013Gathering@Gmail.com

♥ Mark your calendar ♥

♥ Save the date ♥

♥ Start planning now ♥

Spend time with friends and family as we celebrate our Angels gone too soon and find NUGGETS OF HOPE for the grief journey. You'll hear inspirational speakers and be given the opportunity to attend informative workshops that will give you tools to help you navigate the journey of grief. The famous Lions Gate Chef is planning a fabulous and affordable menu for us to enjoy as we relax together during meals.

Many people who attend the annual Gatherings feel like they are on vacation with their Angels.

They plan their yearly vacation around the Gathering and look forward to it all year long.

The 2013 Gathering has a great committee that is already working very hard to ensure that you have an experience you won't soon forget.

♥ Mark your calendar ♥

♥ Save the date ♥

♥ Start planning now ♥

The Lions Gate Hotel & Conference Center has given us a special room rate of \$89 per night, which includes free breakfast and free shuttle service to and from the airport. They have extended this rate for up to 3 days before and 3 days after the Gathering.
(www.lionsgatehotel.com)

If you decide to take advantage of this price and extend your stay here in the heart of Gold Country, you may want to visit some of the wonderful attractions that draw folks to Northern California, such as:

Lake Tahoe, Lake Shasta, San Francisco, Yosemite National Park, Napa Valley and Calistoga Wine Country, the fabulous Redwoods, Six Flags, Sacramento Zoo, Thunder Valley Casino, the State Capital, the popular Train & Aeronautical Museums, Old town Folsom, Coloma (where gold was discovered), Sutter's Fort, white water rafting, and so much more...

www.VisitCalifornia.com

CALENDAR OF EVENTS

July

July 2	Monthly Meeting: 7:00 PM - Balloon Release - Release balloons in honor of your child. Balloons will be provided.
July 13	Ladies Morning Coffee: 10:00 AM Panera Bread, La Grange Park
July 14	Butterfly Release & Family Picnic: 12:00 Noon - Katherine Legge Memorial Park, Hinsdale. PLEASE RSVP
July 26 - 28	July 26 - July 28 - National BP/USA Gathering, Sacramento, California

August

August 6	Monthly Meeting: 7:00 PM - To be announced. Bring school supplies donation for needy children
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September

September 3	Monthly Meeting: 7:00 PM - Grief and Anger. Bring school supplies donation for needy children
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BP/USA Chicagoland on the Web:

<http://bpusachicagoland.org//>

I will be

by Rob Anderson, Brendon's dad

<http://fromheartbreaktohealing.weebly.com/i-will-be.html>

If you think of me as gone forever,
I will be.

If you think of me as sadness and tears,
I will be.

If you think of me as your broken heart,
I will be.

That's not who I want to be, but I will be.

If you think of me as memories to cherish,
I will be.

If you think of me as laughter and joy,
I will be.

If you think of me as your healing heart,
I will be.

That's who I want to be, please let me be.

Bereaved Parents of the USA

Chicagoland Chapter

P.O. Box 718

Lyons, IL 60534



July - August - September 2013