



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

www.bpusahinsdale.org

April 2012 - May 2012

## Bereaved Parents of the USA Mission:

We, as bereaved parents, help grieving parents and families rebuild their lives following the death of a child.

*Meetings are generally held the first Friday of every month. Doors open at 7:00 PM for greeting and fellowship.  
Redeemer Lutheran Church, 139 East First Street, Hinsdale, Illinois  
(One block east of Garfield Street & one block south of the railroad tracks)  
Donna Corrigan, Chapter Leader 630-279-6148 or 630-841-7056 (cell)*

## Spring is Coming

by Evelyn Billings, Springfield, MA

If you are newly bereaved and looking toward your "first" spring, you may be surprised at some of the feelings you may experience during the next few weeks.

We hear much about the beauty of spring - the new life and the feelings of renewal that are supposed to accompany this lovely time of year. During my "first" year I expected that spring would cheer me up and make me feel lots better.

How surprised and frustrated I was when, on one of those truly magnificent spring days that life seems to burst forth everywhere, I was in "the pits". When a friend said to me, "Doesn't a day like this really lift your spirits and make you feel better?", I had to reply honestly that I was having a really bad day - that the sense of loss and emptiness was greatly intensified. Gradually I began to realize that my expectations for spring were unrealistically high. I had looked forward to spring with the wrong kind of hope.

When we are newly bereaved, we are constantly looking for something to take away the pain and make our lives all right again. Unfortunately, there is no magical event or moment when this takes place. It does happen, but only with time and the grief work we all must do before we can be "healed".

The coming of spring can't make everything okay again. What it can do, however, is remind

## UPCOMING MEETINGS & EVENTS:

**Wednesday, April 11 - Men's Night Out:** - Meet at Kappy's in Villa Park at 6:30 PM. Contact Jerry Schulman 630-205-4552.

**Friday, April 13 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - **Spring Cleaning** - Bring 1 or 2 items that belong to your child to share in a small group and discuss options for de-cluttering.

**Friday, May 4 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - **Plant Exchange/Memorials for Our Children** - Please bring an outdoor plant and/or photos, stories, something to show, ideas, etc for memorializing your child.

**Thursday, May 10 - Ladies' Night Out:** Meet at Cafe Amano, 105 South York Road, Elmhurst at 6:30 PM

**Friday, June 1 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM **Mother's Day/Father's Day Balloon Release**  
We will also work on the butterfly template for the Gathering.

us that regardless of what happens in our lives, nature's processes will continue and that can offer us hope.

I am looking forward to spring this year. I welcome the sun's warmth, the return of the birds from their winter in the south, the forsythia, the daffodils, and the greening of the world.

Know that someday you will once again welcome spring. Be gentle and patient with yourself and with nature. Don't expect too much. Be ready to let a little of the hope that spring can offer into your heart. ☮

♥ ♥ ♥ Love Gifts ♥ ♥ ♥

A Love Gift is a donation to the chapter in memory of your child, grandchild or sibling. A financial contribution in any amount is appreciated. All Love Gifts are gratefully acknowledged in the newsletter accompanied by wording exactly as the donor submits. BP/USA is a national non-profit organization, therefore all donations to the chapter are tax deductible as allowed by law.

When mailing in a love gift, **please include your child's name, your address** and any other info you would like in your love gift message. Make your check payable to: **BP/USA Hinsdale** and **mail it to arrive by the 10<sup>th</sup>** of the month prior to the upcoming newsletter. The newsletter is published every other month. Mail your check to:

**BP/USA Hinsdale Chapter  
PO Box 703  
Hinsdale IL 60522**

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



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

14 years

Jeff, We are approaching 14 years of Love Gifts. Our love for you has remained as strong as ever. We miss you as much today, as we ever missed you. Your place in our heart has and will remain strong. Until we meet again

Mom and Dad  
Irene and John Anderson



*In loving memory of  
Frank Amelio  
April 26, 1980 until September 13, 2007*

To my wonderful son  
Happy Birthday

Love you so much  
Mom  
Helen Amelio



♥ ♥ ♥ Love Gifts ♥ ♥ ♥



*In loving memory of  
Brandon Hardy  
August 13, 1980 until December 28, 2002*

Dear Brandon,

It is hard to believe that in a few months it will be 10 years since we last talked, hugged or smiled at each other. So much has happened in our lives since that fateful day. You have been and always will be a part of everything we do.

Thank you so much for being our son.

Always in our hearts,  
Love  
Mom & Dad  
Celeste & Don Hardy



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

## Welcome

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

New attendee:

♥ Lynn Gantner, mother of **Jennifer Roley**

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

## Telephone Friends

When you have a need to talk to another bereaved parent, these members are available to listen:

- Val Vesely (630) 469-9586
- Donna Corrigan (630) 279-6148
- Marge Humbert (815) 609-4151
- Jim Moravcik (suicide) (630) 904-9094
- Marilyn Cocogliato (only child/all children) (630) 510-1665

<b>April through December 2012 Schedule of Topics*</b>	
<b>Friday, April 13</b>	<b><u>Spring Cleaning</u> - Bring 1 or 2 items that belong to your child to share in a small group and discuss options for de-cluttering.</b>
<b>Friday, May 4</b>	<b><u>Plant Exchange/Memorials for Our Children</u> - Bring an outdoor plan and/or photos, stories, something to show, ideas, etc.</b>
<b>Friday, June 1</b>	<b><u>Mother's Day/Father's Day Balloon Release</u> We will also work on the butterfly template for the Gathering.</b>
<b>Friday, June 29 - Sunday, July 1</b>	<b>BP/USA National Gathering, Tampa, FL</b>
<b>Sunday, July 15</b>	<b><u>Butterfly Release &amp; Family Picnic</u> - Katherine Legge Park (We will not have a regular Friday meeting in July. Please come join us for the butterfly release and picnic on Sunday, July 15.)</b>
<b>Friday, August 3</b>	<b>Stress</b>
<b>Friday, September 7</b>	<b>Holes in Your Life</b>
<b>Friday, October 5</b>	<b><u>Grief Triggers</u> - Those difficult times when suddenly something pops out at us causing an immediate intensifying of our grief.</b>
<b>Friday, November 2</b>	<b>Pot Luck Dinner with speaker</b>
<b>Friday, December 7</b>	<b>Love Never Dies Gift Giving</b>
<b>Sunday, December 9</b>	<b>Candlelighting</b>
<b>* Topics subject to change. Contact the Chapter Leader or Program Coordinator if you have any questions.</b>	

*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  
Cancer  
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

**Johnny Hurley - 28**  
Apr 15, 1977 - Sep 11, 2005  
Motorcycle Accident  
John & Pat Hurley

**Kevin Jon Ryczczyk - 8**  
Mar 29, 1972 - Apr 15, 1980  
Lung Ailment  
Jack & Karen Ryczczyk

**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

**Renee Michelle Saban - 21**  
Jan 07, 1964 - Apr 05, 1985  
Auto Accident  
Jackie & Joe Saban

**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

*Our Children continued on the next page*

*Our Children, Loved, Missed and Remembered (continued) - Anniversaries and birthdays are difficult for bereaved parents and families. In the days ahead, may we lovingly remember these children and send our prayers, love and support to their parents and families*

**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

**Anna Nylec -**  
May 04, 1998 - May 04, 1998  
Anencephaly and Prematurity  
Jena Nylec

**Anthony Legittino - 23**  
Jun 16, 1987 - May 10, 2011  
Hit by Truck  
Robin Legittino

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

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

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

**Diane Nylec -**  
May 04, 1998 - May 04, 1998  
Prematurity  
Jena Nylec

**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  
Eric & Lillian Munzenmay

**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

**Joanna Nylec -**  
May 04, 1998 - May 04, 1998  
Prematurity  
Jena Nylec

**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  
David & 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

**Martin K. Adams - 42**  
May 13, 1905 - Jun 25, 1905  
Marge & Bill Adams

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

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

**Todd J. Smith - 23**  
May 12, 1983 - Apr 26, 2007  
Cancer  
Marie Smith

*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*

**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

**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



## The Scent of My Baby

*by Debbie Root, St. Louis Chapter*

When we think of babies, we think of that certain scent.  
The scent the newborns seem to have, for me - that came and went.  
The scent of my baby is a different one, it's not shampoo or baby powders.  
It's not that "newborn scent" but that of fresh cut flowers.  
For God chose my son to be with him and leave me down below.  
So the flowers I place upon his grave are the only scent I know.  
So when I smell a flower, my son always comes to mind  
and the delicate scent of a flower seems to suit my son just fine.  
For my son touched and brightened my life just like a flower may.  
And the true beauty of a flower was my son in every way. 🌸

## CREDO

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or our affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family. We are the Bereaved Parents of the USA. We welcome you.

## Dear Hinsdale Chapter,

I really don't have any memory of what my first Bereaved Parents meeting was like; I just remember how I felt when I left and that I was certainly never going back. What a bunch of weirdos! These people were so depressing, they kept talking about their children who had died, like it had just happened yesterday; for most of them it had been months, some even years! I wasn't like them; it certainly wasn't going to take me months to get over Matt's death. My heart was broken and I felt pretty hopeless, but I certainly wasn't like them, I was different. (Although I had to admit, I did visit the cemetery every day.)

At some point, I did go back. I was finding out that I was just like them; my world had been shattered by the death of my child. Time passing didn't seem to help, in fact, it was getting worse. I learned that my ways of coping were just as unique as my heartbreak and that was ok. I listened, I cried, I talked, I read the books. I found my own unique path of healing. Before I knew it, months and even years had gone by. The self-help model of BPUSA was working, I was healing and was now reaching back to help the more newly bereaved.

Many years have passed since that first meeting. I have facilitated countless chapter meetings and been privileged to walk alongside other bereaved parents who were as broken hearted and hopeless as I once was. Our differences may be huge but our children make us one.

The time has come now for me to step down as chapter leader. Hinsdale Bereaved Parents, under the leadership of Ruth Juergensen, will continue the work of the chapter. Eleanor Byrne has agreed to act as the program chair. It will be different under new leadership, but it will always be about grieving parents and families rebuilding their lives following the death of a child. That will always be our mission and I am blessed to have been a part of your story.

*~ Donna Corrigan*

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## Hello Bereaved Parents,

Hello to all the bereaved parents of the Hinsdale Chapter. As you have read in Donna's letter, she is resigning as chapter leader and I will be taking her place as chapter leader. When I initially heard about Donna's resignation I was very worried about the future of this group. Who will take her place? I did not think it would be me. However, as time passed and there were no prospective replacements, I began to consider the opportunity. Shortly after Melissa's death, I knew I needed to do something with this journey, this experience. I needed to share it somehow, use it to help others but did not have any ideas of what to do. Now with the Hinsdale Chapter needing a new leader I thought this maybe what I am supposed to be doing with my grief experience. Keeping the Hinsdale Chapter going is extremely important to me. I remember my first meeting. It was two months after Melissa's death. I sat there and cried the entire meeting. It seems like it took me at least 15 minutes to get through my name, her name and her death during the introduction. I listened to others. Their stories, their children's deaths and length of time they have been attending this meeting. Now I was really petrified. I did not want to be one of the bereaved parents that needed this group for years and years. As time went on, and I sporadically attended the meetings my perspective of the group changed. What I came to realize was that yes I will be grieving for the next 20 years and for all my years left and it is normal. What I came to understand was that my attendance at these meetings was not only for myself but for the other parents. At the beginning of my journey I could only think about how I can survive; now I can think about sharing with others to help them survive.

I remember meeting Donna at my first meeting. I remember thinking she has got this grief thing down pat. That is the kind of bereaved parent I want to be some day. The reality of it is I am not like Donna or any other bereaved parent. I am as unique as all the rest. Our paths are different, our steps in this journey are different but the catalyst that began our journey is the same. Our purpose is the same, helping bereaved parents and families rebuild their lives following the death of their child. So with this as my focus I am grateful to be a part of the bereaved parents' group.

*-Ruth Juergensen*

# ***Bereaved Parents of the USA***

## ***2012 National Gathering***

***Wyndham Tampa Westshore Hotel***

***Tampa, FL***

***June 29-July 1, 2012***



***Thursday Evening  
“Kick-Off Program”  
Concert by Inspirational  
Singer/Song-writer &  
Bereaved Parent  
Alan Pedersen***

### **\*Featured Speakers\***

***Keynote by Bruce Murakami***

***Inspirational story captured in the Hallmark Presentation of  
CROSSROADS A Story of Forgiveness.***

***Darcie Sims, Alice Wisler, Jan Howard, Becky Russell, and Donna  
Corrigan***

### **\*Gathering Highlights\***

***Wonderful Workshops & Sharing Sessions***

***Discounted 7- Meal Plan \$125.00 (after April 30<sup>th</sup> it's \$145.00)***

***Bereaved Sibling Program ages 9 to Adult, Special Candle Light  
Ceremony with a slide show presentation of our beautiful children,  
Fantastic Butterfly Boutique, Silent Auction & Raffle Items, Angel of  
Hope Memorial Garden, Tampa Bay Visit***

***For more information visit the National BP/USA Website***

***[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)***

***or***

***Call 813-661-0680 or 813-495-7539***



## The alphabet of healing

An A to Z guide to healing after the death of a child

by Rob Anderson

*robanderson123@yahoo.com*

**A**lways be good to yourself.

Only you can heal you, so it's very important that you be good to yourself and take care of your body, mind and spirit. You're the driver on this journey, drive carefully, but keep driving by being good to yourself.

**B**elieve in your courage and your power.

Courage you have. Testament to that is that you're reaching out for help by reading this. Believe in your courage and it can guide you to good places where you can use the power of your commitment to help yourself feel better.

**C**onstantly reach out for ways to heal.

There are many ways and places to find avenues for your healing. Through books, support groups, friends, family, asking for help and being in the moment, healing can happen at any time if you allow it to happen

**D**o what's best for you.

To regain your footing, grieve and heal in ways that work best for you. Others may try to steer you down the path they want you to take, but always take the path that feels right to you, regardless of what others want. Listen to your heart. As long as you're not self abusing or abusing others, you're doing fine.

**E**xpress yourself in positive ways.

There are positive ways and negative ways to let out your pain. How you do that will determine your healing habits which will create your healing comfort zone. Grieve positively and you can heal and find your smile and meaning again. Grieve negatively and life will be more difficult for you and those who love you.

**F**ight for the life of your child.

Your child is much more than just their body. Your pain is deepest because of the loss of their physical presence, but your child can still live through your memories, their life force and your love. Death can never take those three things from you. Don't let death take all.

**G**ive yourself time and **G**ive yourself credit.

This is a molasses in winter journey, be patient with your healing. It's slow but it does move forward if you do your work. Don't expect your grief to ever completely leave you. After all, it tells you how much you love your child. Grief will never end because love will never end. At times, look back on your journey to see how far you've come. Give yourself credit for the work you've done and the healing you've found.

**H**eal at your pace, regardless of what others may expect.

"Are you over it?," is what others may think and say.

Pay no attention to them. This is your journey to be walked at your pace. There is no logical conclusion or finish line to your process. Do it at your speed as you move further down your path. Be true to yourself.

**I**t's okay to feel anything you want to feel.

No matter how scary or frightening your emotions are in the beginning, it's okay to feel ALL of them. Let them in, express them in positive ways and the negative ones can leave you. If they linger and become your comfort zone, reach out for help.

**J**ump into a healing life with both feet.

The deep end of the pool may be scary, but for healing to begin, you must jump in with both feet and learn how to swim. Full commitment to your healing can see your return to a happier life where you can find your smile again. Move towards your deep grief, not away from your deep grief.

**K**eep on truckin'.

Keep your petal to the metal and never stop searching for ways to heal. You may have failures and setbacks (those are normal) and your engine may stop working for a while, but to heal your heart, pop the hood, crank your engine back up and throw yourself into forward gear.

**L**et the love for your child keep you moving ahead.

It's in your love where you'll find your greatest healing. There is no past tense to love. The love you have, you will always have. The love they give, they will always give. Love is the Super Bowl of healing. Love is the cause and the cure of your deep grief.

**M**ake the decision to heal.

Healing is a decision. Just like not to heal is a decision.

*The Alphabet of Healing (continued)*

Your broken heart will not mend, your smile will not return until you say, "I want to feel better and I am determined to make that happen." Once that comes to your life, there will be no stopping you.

**N**ever ever, ever, ever, ever give up. Read that again. Winners never quit and quitters never win. Your life will be difficult, no way around that. If you give up on yourself, it will remain difficult. If you never give up, and I mean never give up on yourself, good things can come to your life in many ways.

**O**ccasionally get away from your grief work. It's also okay not to grieve and to get away from your work for a while. Taking a break and having fun doesn't mean you're forgetting or letting your child go. It means their life is returning to your life in positive ways. Express your healing by experiencing the many good things life has to offer. You won't be leaving your child behind, you'll be taking them with you.

**P**atiently, but **p**ersistently **p**ush yourself. There may come a time when you plateau in your journey and you'll wonder if your healing has stopped. It has not stopped, but maybe your expectations set you up for failure because you think you should be further along in your journey. Drop your expectations of being at a certain place at a certain time and keep pushing forward.

**QXZ** – No, you're not going crazy, you're grieving. Just like these letters don't make sense, your life won't make sense for a long time and you might feel like you're going crazy. Your life is in a blender switched on high while you're working through the most difficult journey you've ever begun. Keep doing your work and the blender will slow down and eventually stop. Life can make sense again.

**R**ealize that it's okay to heal. It's okay to feel better. Losing your pain doesn't mean you're losing your love or forgetting the person who died. Guilt is a destructive force with no upside. It's absolutely okay to heal, it's absolutely okay to smile; that's what the life of your loved one is telling you.....listen to them.

**S**tay on track, **S**tay positive, **S**tay strong. Don't let deep grief win. It wants you down and thinking negative, "I can't do this" thoughts. Give deep grief the boot by telling it, "I am strong, I can do this," and keep your eyes on the prize which is the return of a happier, healthier life.

**T**ouch the lives of others through your healing. You get when you give. You can't give your love directly to your child anymore, but you still have all of it. Give that love away by helping others through volunteering, writing, speaking or just holding another bereaved parent's hand. Give away your healing by giving away your love.

**U**nderstand that your journey is survivable. Look to other bereaved people further ahead on their path. Learn from them, listen to their healing stories and believe that you too can someday tell your healing story as well. This is a survivable journey where good things can come from the tragedy of your loved one's death through your giving. Sounds impossible I know, but it can be true. Keep working.

**V**ictory can be yours. As you do your work, you'll experience large and small victories along the way. Embrace them all, absorb them all and use them as a shield against your pain and suffering. Your ultimate victory will come when you think of your child and smile much more than you cry.

**W**indows of opportunity  
Healing is possible every day if you pay attention to the opportunities that come your way. It may be a butterfly, it may be a song, it may be a memory or a feeling of hope. **HOPE** – Healing Opportunities are Possible Everyday. Keep opening windows.

**Y**esterday, today and tomorrow  
If you find yourself living in the yesterdays of your horrible pain, it will be difficult to move forward. You'll forever visit those days, but try not to live there for long. If you live in the yesterdays of wonderful memories combined with your love, life can get better. Today is where memories are made. Today is where you can find ways to smile and be grateful. Tomorrow is unpredictable. No one knows what the new day will bring. If you pay attention to this moment and search for the healing in it, you can find it. Right here, right now is where you'll do your best work. ✨

## BP/USA Hinsdale Chapter

**Bereaved Parents of the USA** is a self-help support group which is run entirely by volunteers who are also bereaved parents. The volunteers are a little further down the road in their grief and can give back to the chapter by helping with the many jobs it takes to keep the chapter running. This makes it possible for new bereaved parents to see survival and hope when they walk through the door of their first meeting.

The steering committee meets periodically during the year to discuss future meeting programs, fund raising, member involvement, our library and other pertinent issues. Contact a member below if you would like to get involved

HINSDALE BP/USA STEERING COMMITTEE		
Chapter Leader	Donna Corrigan	(630) 279-6148
	Cell:	(630) 841-7056
Program Coordinator	Eleanor Byrne	(708) 485-6160
Database Administrator	Angelo Tomasello	(630) 420-1649
Hospitality	Sally Yarberry	(708) 560-0393
Treasurer	Ruth Juergensen	(815) 325-4132
Librarian		
Newsletter Editor	Celeste Hardy	(630) 963-0096
Members at Large	Rose Martino-Krueger	(847) 208-5620
	Jerry Schulman	(630) 205-4552
	Linda Tomasello	(630) 420-1649

## “A Journey Together: Hinsdale Chapter BP/USA”

The Hinsdale Chapter newsletter is compiled, stamped and mailed by volunteers, in loving memory of our children. There is no charge to receive it. Please send **address changes** to Angelo Tomasello at [angelotomasello@comcast.net](mailto:angelotomasello@comcast.net).

The newsletter is published on the Hinsdale Chapter website at:

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

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

In the midst of this Spring season of renewal our Chapter steering committee is undergoing transition. As you read in this newsletter Donna Corrigan has turned in her resignation as Chapter Leader. Effective June 1 Ruth Juergensen will assume this responsibility.

Donna has done so much for our Chapter and the bereaved parent community in general. It is from Donna that I learned that the real healing starts when you are able to start giving back on behalf of other bereaved parents. She taught me that this grief journey is not mine alone. We are all travelling this journey, just following different paths and on our own schedule.

I never met her son Matthew, but judging from Donna's great sense of humor and her ability to reach out to others, I'm sure Matthew would have been a great person to get to know. Thank you Donna for everything!

Donna is one of the speakers at this year's National Gathering in Tampa. If there is any way you can make it to the Gathering (June 29 - July 1) I'm sure she would appreciate seeing her fellow Hinsdale Chapter members there for support!

All the best, Donna!

*Celeste*



## Chapter Library

We maintain a large lending library of books and tapes of interest to bereaved parents, siblings and grandparents. These resources are available to check out at each meeting to be returned at the following meeting, if possible. If you come across a book at home that belongs to our library, please **mail it** to us at the reduced **“media rate”** to: **PO Box 703, Hinsdale IL 60522-0703.**

## CALENDAR OF EVENTS

### April

April 11	<b>Men's Night Out:</b> 6:30 PM - Meet at Kappy's in Villa Park Contact Jerry Schulman 630-205-4552.
April 13	<b>Monthly Meeting:</b> 7:30 PM - <u>Spring Cleaning</u> - Bring 1 or 2 items that belong to your child to share in a small group and discuss options for de-cluttering.

### May

May 4	<b>Monthly Meeting:</b> 7:30 PM - <u>Plant Exchange/Memorials for Our Children</u> - Bring an outdoor plan and/or photos, stories, something to show, ideas, etc.
May 10	<b>Ladies' Night Out:</b> - Meet at Cafe Amano, 105 South York Road, Elmhurst at 6:30 PM

### June

June 1	<b>Monthly Meeting:</b> 7:30 PM - Mother's/Father's Day Balloon Release
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**BP/USA Hinsdale on the Web:**

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



## At Last, the Spring

by Shirley Ottman, BP/USA North Texas,  
from *The Slender Thread*

How is it in the winter of my grief that I can notice how the seasons change with their accustomed regularity?

Just now I cannot bear the taste of Spring, yet She won't sleep forever. This month She's busy pushing trees to bud, and bidding flowers to raise their dormant seeds to life.

All life is reaching for the light. And all my own potentiality, in spite of heavy winter's cloak, races to embrace the good, strong harbingers of joy and peace and transformation.

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



April 2012 - May 2012