



## A Journey Together: Hinsdale Chapter - Bereaved Parents of the USA www.bpusahinsdale.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 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)*

*Ruth Juergensen, Chapter Leader (815) 325-4132*

## Thank You from Donna

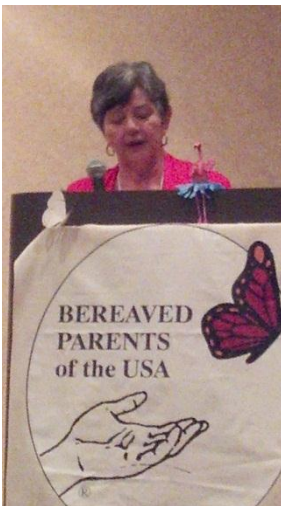
When Matthew died, I knew that with God's help, I would survive but I sure had no idea how it would happen! Little did I know all the other bereaved parents who would cry with me, listen to me, and even laugh with me on this journey.

Thank you for your cards and phone calls, your incredible monetary gift, your words of appreciation. I am overwhelmed.

Receiving the Roy & Juanita Peterson Award in Tampa was a wonderful surprise but finding out that my own steering committee nominated me truly rendered me speechless (can't imagine that can you?)

Thank you all, from the bottom of my heart.

Donna Corrigan



*Donna was the  
Breakfast  
Speaker at the  
National  
Gathering in  
Tampa on  
Saturday, June  
30<sup>th</sup>.*

### UPCOMING MEETINGS & EVENTS:

**Friday, August 3 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - Stress & Grief - Releasing a Bereaved Parent's stress

**Wednesday, August 15 - Men's Night Out:** - Meet at Hardys' house in Westmont for a cookout at 6:30 PM Please RSVP to Jerry (630) 205-4552 or Don (630) 222-3341 or [d.hardy@comcast.net](mailto:d.hardy@comcast.net). Please RSVP so we can plan the right amount of food.

**Friday, September 7 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - Are there holes in your life?

**Friday, October 5 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - Grief triggers

## The Sampler

*by Richard A. Dew, M.D.*

Carefully stitched and knitted  
By our controlling hand,  
A design just to our liking,  
A pattern we had planned.  
Comfortable, familiar,  
Held up for all to see,  
A source of pride and pleasure  
Defining who are we.  
Thus double our consternation,  
When tragedy arrives  
And relentlessly unravels  
The fabric of our lives.

*Reprinted with permission from, "Rachel's Cry A Journey Through Grief", Tennessee Valley Publishing, 1996*

♥ ♥ ♥ 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 our beautiful babies  
Jeffrey and Natalie Snyder  
July 14, 1986 until June 23, 1989***

"You were born together, and together you shall be forevermore." ~Gibran

Forever in our hearts....

With love,  
Mom, Dad, Jamie & Michael  
Don & Leslie Snyder



***In loving memory of  
John Crider***

Love you & miss you my son

With love,  
Mom  
Helen Bapes-Crider



♥ ♥ ♥ Love Gifts ♥ ♥ ♥



***In loving memory of our precious son  
Patrick Vincent De Mauro  
January 28, 1982 until August 29, 2001***

So many memories of you, Anthony & Melissa, as we watch your beautiful nieces & nephews grow. They know all about "Uncle Patrick" as if they know you. We all love & miss you more every day.

Love always,  
Mom, Dad, Melissa, Anthony, & families  
Debbie & Vincent De Mauro



***In loving memory of  
Eric-Alan Gottung  
October 10, 1986 until March 4, 2011***

Love you & miss you

With love,  
Mom & Dad  
Nancy & Eric Gottung



***In loving memory of  
Nicholas Martino-Krueger  
June 23, 1995 until April 15, 2006  
and  
Rachel Krueger  
December 29, 1986 until September 23, 2008***

With love,  
Aunt Marge & Grandma Maria



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



## Congratulations Donna!

### Roy & Juanita Peterson Award



On Saturday, June 30<sup>th</sup> at the Bereaved Parents of the USA National Gathering in Tampa, Florida, our own Donna Corrigan was presented with the Roy & Juanita Peterson Award. The Roy & Juanita Peterson Award honors those persons who have exemplified truly dedicated service to BP/USA, usually at both the national and local levels. The persons so honored are volunteers who have given extraordinary amounts of time and energy to assisting newly bereaved families in our common grief journey as well as helping with the work crucial to the operation of our organization. Donna is the very deserving winner of this year's award. She had multiple people submit nominations for Donna, including the nomination submitted by members of our Chapter. Following is an excerpt from our nomination:

Donna Corrigan's son Matthew was killed in a car accident on August 12, 1991. Donna was in the car and injured so severely she was unable to plan and/or attend her son's funeral. From this tragedy the bereaved parent community received the tremendous gift of Donna's spirit, dedication and hard work. She came to the Hinsdale Chapter of the Bereaved Parents of the USA in search of

much-needed support. As soon as she was able to begin her journey out of the pit of despair familiar to so many of us, she began to give back to the Chapter. Donna joined the Chapter Steering Committee and soon became the meeting planner/coordinator. She worked on scheduling/organizing the topics for each Chapter meeting. When the Chapter Leader decided it was time to step down Donna assumed the role of Chapter Leader in addition to the meeting planner/coordinator role. In this role she has a knack for seeking out meaningful speakers for our special meetings, such as the annual Potluck in November. She has served as the Chapter Leader and Meeting Planner/Facilitator for many years. Donna always goes above and beyond in making sure the meetings are a safe haven of self-help support. There is also everything that Donna does outside of the meetings that makes her so special to the bereaved. She takes phone calls at all hours from distraught bereaved parents. She meets with them on her own time and listens to their tragic stories. She meets with funeral directors and others in the bereavement community to help them to understand what it is like to be a bereaved parent and how best they can help us.

In 2007 she was the National chairperson for the BP/USA National Gathering in Chicago, Illinois. Her tremendous hard work and dedication to that wonderful event began long before the registration table opened in July 2007. So many bereaved families benefitted from Donna's selfless efforts leading up to that Gathering.

Donna reaches out to other bereavement support groups, e.g. Compassionate Friends, Still Missed, Alive Alone, and many others, to share ideas and keep communications open. Her reputation in the bereavement community has earned her the recognition as someone to be referred to for families who have faced the death of a child/children.

Donna served on the National Board for 6 years. She was the Vice President during her last 2 years on the board; the Chair of the Board Nominating Committee and was Chapter Chat editor. She has been a Workshop Presenter at the National Gathering and was a Speaker at this year's Gathering. It is impossible to measure the positive impact Donna has had on the hundreds of people she has touched in the years since Matthew's death. Her tireless commitment and natural communicative ease has been a welcoming comfort for so many bereaved parents. #

*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*

**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 Stolfa

**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

**Jennifer Erin Morris - 16**

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

**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

**Matthew Corrigan - 14**

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

**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

**Rob Funston - 25**

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

**Ron Buccieri - 42**

Mar 22, 1961 - Aug 31, 2003  
Unknown  
Carol Polich

**Thomas Burton - 22**

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

**Trudy Boskey - 47**

Jul 06, 1953 - Aug 03, 2000  
Cancer  
Rose Conway

**Brian Eck - 39**

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

**Zachary "Zach" Pfingston - 13**

Sep 20, 1996 - Jul 31, 2009  
Seizure  
Manjula & Jack Pfingston

**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

**Douglas McCallum - 19**

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

**James G. Frale - 13**

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

**Jennifer Lynn Kirwan - 17**

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

**Johnny Hurley - 28**

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

**Kerri L. Gartner - 22**

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

**Marty Sobanski (Brother) - 28**

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

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

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

**Richie Chow - 27**

Dec 22, 1983 - Sep 30, 2011  
Unknown  
Joyce Chow

**Daniel Meyer - 7**

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

**Eric Byrne - 44**

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

**Jamie Lee Hoebble - 21**

Jul 26, 1983 - Sep 23, 2004  
Karen & John Pech

**Jill Kathleen Ebert - 6**

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

**Joshua Burkett - 27**

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

**Laura Ryczzyk -**

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

**Michael Atella - 60**

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

**Phillip G. Dore - 21**

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

**Tamaron "Tami" Racky - 21**

Jul 08, 1975 - Sep 12, 1996  
Accidental Drug Overdose  
John & Debbie Racky

**Daryle J. "DJ" Hall - 22**

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

**Frank P. Amelio - 27**

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

**Jamie Mitchell - 31**

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

**Jimmy Lekas - 18**

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

**Kelly Ann Meicrotto - 23**

May 25, 1980 - Sep 01, 2003  
Lenore Robinson

**Lily Claire Domagala - 16 Months**

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

**Mike Seaney - 44**

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

**Rachel Krueger - 21**

Dec 29, 1986 - Sep 23, 2008  
Pulmonary Embolism  
Jim Krueger & Rose Martino-Krueger

**William E. Barth - 20 1/2**

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

## Shoes

by Mary S. Cleckley, from "I Walked a Mile With Sorrow", Centering Corporation, 2006

What is there about someone's shoes? Why does it seem they are indelibly stamped with that person's signature more so than most any other personal article?

In talking to people who have trouble with the putting or giving away of their child's belongings, the shoes are one of the things that will devil them the longest. There are their toes, their peculiar turn of the heel, their signature, so to speak.

In deciding about our son's belongings, I asked my husband to go through and keep anything he could use or wanted to keep. We each had some particular items that we identified with our son. One of the things my husband chose to keep was our son's casual shoes, since they both wore the same size. Many times after that I found myself almost gasping as I looked under the coffee table and saw those shoes, just as though my son were still sitting there.

My first impulse was to ask my husband to please not wear them. I realize, though, that it must be a particularly comforting thing for him to wear those shoes. I didn't mention them and how they made me feel, and I am glad I didn't for they have taken on a peculiar combination of both my son and my husband. I find that combination comforting in a way that might be difficult for someone, other than one who has had my experience, to understand.

The important thing I have learned is that it is possible, given enough time, for something that once was painful to become a comfort. That's a truth I associate with much of what has happened since my son died. 🌿



### 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.



## Thoughts about the BPUSA Gathering in Tampa

*By Marilyn Cocogliato, Maria Elena's mom  
BP/USA Hinsdale*

I cried so, so hard last night. You all know these bittersweet tears we shed remembering what was and contemplating what is now. But I haven't cried like this in many years. I recalled so many losses in my own life including that of my sweet only child, Maria Elena. But I just returned from the Bereaved Parents of the USA Gathering in Tampa, so I also held the grief of many, many more on my heart...yours, too...all of ours. As you know all too well, these times of tears are thoroughly draining. We finally reach the point where we can no longer cry. What's the point? We cannot cry forever. But the experience is cleansing. It is cathartic. Taking part in one of these conferences for us bereaved parents is similar. Given the nature of the event, of course it is thoroughly draining, but it is cleansing and cathartic, too.

I have had the opportunity to attend the last three National Gatherings - here in Chicago, in Virginia and this past one in Florida. My daughter, Maria Elena, died at the age of fourteen already sixteen years ago. Prior to these gatherings, I hadn't attended but one or two others. I gained much from these gatherings earlier on in my grief and was curious to see what I might learn even after I had come to smile again and yes, even enjoy life again.

I was amazed at how much I was affected by these gatherings. You are surrounded by persons who know firsthand what you are going through. Some have experienced this sooner; some have had more time processing their children moving on. Each person KNOWS. There is no small talk; you cut through the chase and really TALK. You have

the opportunity to speak about your child, to share the intimate details of their lives and their deaths. You have the opportunity to be HEARD.

I have come to call this time spending quality time with our children. This weekend is set aside expressly for them. The pressures of the job, the phone ringing, the TV blaring, the other children pulling at us are set aside for our other child/children who are no longer physically with us. They deserve this time as we deserve the time with them in this special way. Though you may not realize it, you need the interaction with others in your situation. This nurturing environment brings us a greater understanding and acceptance of where we are in this grief process and where we are going.

You have the opportunity to choose from a multitude of workshops with fine, caring speakers who are overwhelmingly bereaved parents themselves. They have many insights to share with you. You may choose four workshops a day, one or none. No pressure. I know of no one who has attended one of these conferences who hasn't left changed in some way for the better. You and your child both deserve this quality time! Please promise yourself the gift of attending the National Gathering in California next year! 🌸

*Save The Date!*

**BP/USA 2013 National Gathering**

**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**

*For more information:*

<http://www.bereavedparentsusa.org/Gathering.html>

## GOOD VACATION!!!

by Pat Moser, Joey Starling's Mother  
Marion County Chapter BP/USA

As fall begins to set in and the leaves begin to change colors and fall and there is just a hint of crisp-ness in the air, I began to reflect to myself on the summer that had just passed.

Much to my surprise, I was able to think to myself that Pete and I had had a great summer....yes a great summer. To most people being able to say they had a great summer is no big thing. Most people do have great summers, but to us, as bereaved parents who had had a precious son die, saying we had a great summer was indeed a big thing to be able to say.

Before our Joey's death every summer to us had been a great summer. We had shared many happy fun filled vacations with Joey and his sisters, Kelly and Stacy. Our life was great, but with Joey's death life was no longer great and summers and vacations were no longer fun.

Sure we tried, as each of you has or will try, to go on vacations. We tried to make life good again, but we found ourselves no longer interested in traveling or seeing any sights. We were so consumed with grief for our son. Short trips to the beach were our only vacations. There I found myself walking the beach and crying; crying at every sunrise, crying at every sunset, crying when I saw other families still intact, crying at every little blonde headed boy playing on the beach, and hurting beyond belief at the sight of a teenage boy having a good time.

Five very long, very sad and very hard years changed things for us. This year we made the big trip out west to the Grand Canyon that we had planned for the year that Joey died. We saw so much of the country and so many beautiful sights. I found to my great surprise that the Grand Canyon was indeed GRAND and that the beauty of the mountains in Colorado was overwhelming and made me feel the closest I have felt to my son since he died. I marveled at the nature and the beauty of it all.

I am not saying that I don't miss my son every day of my life, but time and a lot of hard grief work have made things better for us. I share our happiness with you in hopes that it gives you hope that you too will again find beauty and happiness in life. ☾☾☾

### Summer's End

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

Always at summer's end  
there comes that moment when  
memory brings to me  
gifts from the past.

I see your faces then,  
glistening in the sun.  
I hear your laughter then,  
shared by the wind.

And in that glint of time  
I feel you near again,  
as you were, long ago,  
at summer's end.

### School Supplies

For the last several years our chapter has donated school supplies to a local public school, in memory of our children. The following list has some suggestions for your purchase.

Jumbo glue sticks  
Baby wipes for dirty hands  
Erasers  
Pencils  
Colored pencils-sharpened  
Fiskars scissors-pointed  
Crayola markers-any colors  
Paper plates (cheap)  
Elmer's glue  
Spiral notebooks

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



## Ten Things We Need to Know About Grief

by Chuck Prestwood  
Jackson, MS

1. **Grief hurts.** There is real pain.
2. **Grief is normal.** The pain, anger, depression, numbness, guilt, mental confusion, etc. is all NORMAL. You are not going crazy if you experience these.
3. **Grief endures.** It takes years for healing to occur.
4. **People grieve differently.** Everyone is an individual and does his/her grief work differently. There is no right way to grieve.
5. **Physical reactions.** A. Loss of appetite or overeating. B. Insomnia - sleeplessness. C. Sleeping all the time - depression? D. Sexual difficulties - not wanting/deserving pleasure. E. Loss of energy - it takes all you have to get out of bed. F. Difficulty concentrating. G. Physical ailments.
6. **Grief brings tears.** Crying is healthy. Men should cry, too!
7. **Holidays/anniversaries/special days are stressful.** Holidays are "family time" and are difficult when a child is absent.
8. **Grief causes one to examine his/her philosophy of life.** We now question many religious principles we've always accepted in the past. Questioning God and someone you don't believe in! God hurts when we hurt.
9. **Grief changes you!** When your child dies you will never be the person you were before! Don't be frightened by the changes taking place inside you. You will eventually find your "resting place" as healing takes place.
10. **Recovery and healing is possible!** You will never "get over" the death of a child, but

you won't always hurt like you do initially. All attempts to avoid grief will only postpone it.

IT DOES GET BETTER!

Reprinted from "Sharing The Journey", Bereaved Parents of Springfield & Jacksonville, Illinois, May 2012

### You're Not Alone

By Tonie Mason  
BP/USA St. Louis, March-April 1997

At first you are numb -  
Family and friends, they do care;  
But when you can feel again  
Family and friends are not there.

It may take them weeks,  
It will take you years  
To get through the pain  
That still brings you tears.

So you cry, then you search.  
You pray and you plan  
To find answers to questions  
They don't understand.

It takes someone special  
To help ease that pain.  
Someone who will listen  
Because theirs is the same.

In the room full of people,  
You have never known -  
In this room there's compassion  
And you're not alone!

## 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

## Unwelcome Grief

*By Lee Ann Hutson BP/USA  
Montgomery County, IN*

I miss my life, before grief walked in, and made itself at home.  
Grief is something I wish would go away and forget how he found his way here.  
Who does he think he is, just showing up unexpected, taking control.

I want him to go away, never to return.

Grief is so powerful, it causes so many emotions.

Grief can silence you, but can make you want to scream.

Grief will bring you to your knees, but also make you want to run as far away as you can.

Reading a good devotional can bring you comfort, and going into the woods and yelling at trees can be as soothing.

Grief is so powerful.

I want it to go away, but I also need it to stay.

It makes me numb, but also make me feel.

Grief is so confusing, but makes so much sense. Grief can stay in my house.

Grief can be overpowering but can be contained.

Mature grief can be told when to go away and when it is needed.

Mature grief can be entwined in my life and lived with.

Grief. My life. Forever my enemy and my companion.



## My Sister Watches Over Me...

*By Jessica Bryan  
BPI/USA, Augusta GA*

My sister's up in Heaven  
Not underneath this stone,  
Not buried in the ground  
All quiet and alone.

She's with the other angels  
As happy as can be,  
And from her lofty window  
She watches over me.

And so I bring her flowers  
She'll see them from above,  
For though I cannot see her  
My heart can feel her love.

## 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	Ruth Juergensen	(815) 325-4132
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
Newsletter Editor	Celeste Hardy	(630) 963-0096
Members at Large	Donna Corrigan	(630) 279-6148
	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/>

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

Maybe you have heard the old adage, “.. pulled the rug out from under me.” That thought came to me this week when we were having our floors replaced. In a matter of minutes they ripped the carpet up. In a matter of minutes we found out our child had died and the rug was pulled out from under our lives. We were no longer on stable ground. Physically we did everything we could to stand upright but emotionally the floor was torn away from us suddenly. After our friends and family were gone following the funeral we had to find a way to stand on our own two feet. Some days it was like jumping from rock to rock in a shallow river. Some days it was like hurdling mountains or rooftops to get to a place where we felt safe.

Our flooring project should end up as something beautiful but the rug that gets pulled out from under us when our child dies doesn't leave something beautiful, just emptiness. **Unless we make a decision to work at it...** If we choose to work at rebuilding our lives, rebuilding the flooring of our existence, we can re-gain some solid ground from which peace and hope can grow. We might not call it “beautiful”, but I believe we can find peace and even joy after our child dies.

At the National Gathering this year many of the speakers talked about making choices. It is not easy to even get to the point where we want or even know we should make a choice. But when we get there, making the choice to rebuild our lives in a positive way will start us on the journey to find that floor or path where we can walk steady through grief and on to hope and eventually peace.

*Praying for all bereaved parents whether they are just starting or further along in the project to rebuild their lives...*

*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

### August

August 3	<b>Monthly Meeting: 7:30 PM - Stress &amp; Grief</b>
August 15	<b>Men's Night Out: 6:30 PM - - Meet at Hardys' house in Westmont for a cookout at 6:30 PM Please RSVP to Jerry (630) 205-4552 or Don (630) 222-3341 or <a href="mailto:d.hardy@comcast.net">d.hardy@comcast.net</a>.</b>

### September

September 7	<b>Monthly Meeting: 7:30 PM - Are there holes in your life?</b>
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### October

October 5	<b>Monthly Meeting: 7:30 PM - Grief triggers</b>
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**BP/USA Hinsdale on the Web:**  
<http://www.bpusahinsdale.org/>



## To Know or Not

*by Richard A. Dew, M.D.*

I wept I never had the chance  
In which to say good-bye.  
But would it have sat more lightly  
Had I known you were to die?

I've often pondered late at night  
About which would hurt the most,  
Anticipation of your leaving,  
Or acceptance of your loss.

*Reprinted with permission from, "Rachel's Cry A Journey Through Grief", Tennessee Valley Publishing, 1996*

Bereaved Parents of the USA  
Hinsdale Chapter  
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August 2012 - September 2012