



January - February 2013

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

Snow

by Keith Swett, Matt's dad

We cannot live in Wisconsin unless we learn how to drive in the snow. Six, twelve, twenty inches life goes on, work continues, churches meet, schools gather. Daily life just isn't affected much. But just below the snow a thin coat of black ice can make life treacherous.

The funny thing is that every year, every single year, the first snow brings with it a rush of fender benders. People forget how to drive in the snow and four inches which won't even slow us down in January devastates individual lives.

You and I are a lot like Wisconsinites learning to drive in the snow. In order to get through life we have to deal with our grief. We cannot hide from grief. Life continues whether we grieve or not.

It is that treacherous black ice which surprises us leading to a series of break downs on the path to healing. Maybe it is a song or a Hallmark ad. We think we're OK. We've driven through birthdays and holidays. We're confident that we can handle all this snow.

Then we're spinning out of control. Shocked, we desperately grab for security. In Wisconsin we all pack blankets, food, water and a shovel. Bereaved parents need emergency supplies too. Friends, meetings, whatever it takes to get through this winter season. We

UPCOMING MEETINGS & EVENTS:

Friday, January 4 - Monthly Chapter Meeting: 7:30 PM to 9:30 PM - Grief & Movies - Watch clips from some famous movies then talk about the emotions around grief in each clip

Saturday, January 12 - Ladies Morning Coffee:

10 AM - Meet at Panera Bread in La Grange; join us for a peaceful morning of sharing.

Friday, February 1 - Monthly Chapter Meeting: 7:30 PM to 9:30 PM - Chair Yoga & Meditation - learn a few gentle yoga concepts to relieve stress & encourage relaxation

Friday, March 1 - Monthly Chapter Meeting: 7:30 PM to 9:30 PM - 1 on 1 Sharing - short 1 on 1 sharing sessions between group members

Friday, April 5 - Monthly Chapter Meeting: 7:30 PM to 9:30 PM - Ask It Basket - put a question in the basket & listen while a panel answers & facilitates a discussion on the topic

need to slow down, adjust to the conditions, think ahead. We'll make it and people who live in the sunshine will wonder how we can in the snow. It just takes a little practice. 🙏



Like us on Facebook:

www.facebook.com/BereavedParentsUsaHinsdaleILChapter

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How special to know that our children were remembered at the zoo where many of them had created memories while visiting the giraffes and zebras and bears and monkeys... 🌳

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

Bryce Stack - 30

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

Dana Samuel - 32

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

Denise Dubois - 38

Feb 12, 1960 - Jan 02, 1999
Cancer/Suicide
Janet & Bernie Finnigan

Gerrick Davies - 18

Jan 21, 1986 - Feb 09, 2004
Murdered
Diane Davies

Heather Runge - 6 Wks.

Nov 21, 1989 - Jan 04, 1990
Neuroblastoma
Sandy Sand

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

Jennifer Roley - 22

Nov 26, 1989 - Jan 15, 2012
Drug Overdose
Lynn Gantner

Josiah Weiberg - 10 Months

Jan 16, 2009 - Dec 03, 2009
SMA Type 1
Alesha & Jim Weiberg

Martin K. Adams - 42

Dec 11, 1960 - Jan 06, 2003
Marge & Bill Adams

Matthew Swett - 25

Jan 07, 1979 - Jan 25, 2003
Accident
Keith & Jean Swett

Patrick Vincent DeMauro - 19

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

Renee Michelle Saban - 21

Jan 07, 1964 - Apr 05, 1985
Auto Accident
Jackie & Joe Saban

Ryan James Moravcik - 21

Jan 07, 1980 - Dec 31, 2001
Suicide
James & Lucille Moravcik

Ryan Vesely - 17

Oct 03, 1974 - Jan 18, 1992
Auto Accident
Stan & Val Vesely

Roseanne Strick - 22

Feb 27, 1969 - Oct 14, 1991
Brain Aneurysm/Heart Attack/Car
Accident
Ilse Strick

Sean Howard Anderson - 17

Feb 22, 1983 - Dec 05, 2000
Suicide
Maureen Anderson

Steven Glosky - 23

Feb 16, 1972 - Nov 13, 1995
Suicide
Judy & Danny Glosky

Thomas (Tommy John) Adams - 35

Feb 01, 1966 - Nov 01, 2001
Marge & Bill Adams

Tim Schiefelbein - 18

Dec 07, 1989 - Feb 24, 2007
Car Accident
Diane Grabowski

Timmy Ciametti - 5

Feb 12, 1985 - Mar 18, 1990
Adult Respiratory Distress Syndrome
Vince & Gloria Ciametti

Tony Jurkas Jr. - 23

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



Our Children continued on next page

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

Mike Seaney - 44

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

Nadia Chowdhury - 20

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

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

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

Alyssa Dabrowski - 22

May 20, 1979 - Feb 03, 2002
Car Accident - Hit & Run
Allen & Rosemary Dabrowski

Dan Parmenter - 20

Oct 15, 1987 - Feb 14, 2008
NIU Classroom Shooting
Gary Parmenter

Daniel Meyer - 7

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

Deborah Gilligan Main - 35

Mar 18, 1965 - Feb 13, 2001
Melanoma
Margaret Gilligan

**Dennis Rich - 37**

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

Donna Hark - 48

Oct 28, 1961 - Feb 08, 2010
Pulmonary Hypertension
Geraldine Ploskonka

Douglas McCallum - 19

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

**Emily Rose Ford -**

Feb 23, 2010 - Feb 24, 2010
Prematurity
Jeremy & Jaime Ford

Henry J Ford -

Feb 25, 2010 - Feb 26, 2010
Prematurity
Jeremy & Jaime Ford

Eric - 22

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

Evan Holmes - 20

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

Evan Holmes - 20

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

Foly Phillips - 26

Feb 18, 1982 - Feb 26, 2008
Sickness
Yinka & Grace Phillips

Glenn Patrick Beach - 31

Nov 07, 1960 - Feb 16, 1992
Murdered
John & Grace Beach

**Ian McDonald-Shumaker - 17**

Feb 06, 1989 - May 11, 2006
Suicide
Stacia McDonald-Shumaker

Jamie Mitchell - 31

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

Joseph Ross - 23

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

Kate Pranno - 24

May 19, 1977 - Feb 22, 2002
Liver Failure from Drugs & Alcohol
Suzi Scott

Our Children continued on next page

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

Katherine Lacewell - 41
Feb 27, 1969 - Oct 16, 2011
Alcoholism
Allen Lacewell

Kimberly Ann Olson - 15
Feb 24, 1983 - Aug 20, 1998
Hysteric Disorder
Larry & Danita Olson

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

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

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

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



Dear Child of Mine

By Betty Stevens, BP/USA, Baltimore, MD

Dear child of mine, who died before your time
I am grateful for your life.

Though death brought the end of hopes and
dreams
Still I am grateful for your life.

Through you I have known joy and sorrow,
laughter and tears.
Through you my life has been enriched, my
compassion heightened and I am more keenly
aware of the grief of others,
I am grateful for your life.

Now I draw upon my memories of you, some
happy and some sad.

They keep me close in so many ways.
They are priceless, precious memories that help me
bear the pain.
Through them I will learn to live again.
I am grateful for your life.

I have been blessed by your life and left with your
love.
I will share that love and strive to live to be a
blessing to others.
Dear child of mine, though you died before your
time, you are never far away from me.
I have locked you in my secret heart of hearts and
there I will love you through eternity.
I am grateful for your life – dear child of mine.

Bereaved Parents of the USA 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.

From Your Editor

In the last couple months our Chapter has had 3 meaningful and special meetings/events which could be categorized as 'gratitude' sessions.

In November the annual pot luck was truly an evening of gratitude as we shared a meal and friendship. We are thankful for our fellow bereaved parents who help make these events possible and also make it possible for us to sit down at a table and look into the eyes of others who are walking this grief journey.

At our December meeting many brought gifts for needy school children in memory of their children. It reminds us that although we have lost much we still have love in our hearts to give to others. At that meeting we also were lead through a gratitude exercise which put us in groups to think of at least 26 'things' (A to Z) we are grateful for. Again we are reminded that no matter how bad a day (or series of many bad days) we are having we can find something to be thankful for. It was interesting to note the themes. Food was a big topic in our group. Bereaved parents are definitely thankful for nourishment, especially comfort food! But we also talked about how thankful we are for that which nourishes are hearts and souls. "L" is for Love... "H" is for Hugs... "M" is for Music...

On Sunday, December 9th we gathered for the annual candlelight observance of National Children's Memorial Day. This day in honor of all children who have died is also a day of gratitude - gratitude for our children! The evening was a beautiful way to remember our children and say thank you to them. Seeing their faces on the screen and hearing their names filled our hearts with their love. We lit their candles and held them tight just as we grasp onto the light of their love. It was a special few minutes set aside, away from everything else that is going on in our lives, to just think of them.

May you find something to be grateful for every day.

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.**

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.

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
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Newsletter Editor	Celeste Hardy	(630) 963-0096
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	Jerry Schulman	(630) 205-4552
	Linda Tomasello	(630) 420-1649

"A Journey Together: Hinsdale Chapter BP/USA"

The Hinsdale Chapter newsletter is compiled by volunteers, in loving memory of our children. Please send **address changes** to Angelo Tomasello at angelotomasello@comcast.net.

The newsletter is published on the Hinsdale Chapter website at:
<http://www.bpusahinsdale.org/>

It's also okay not to grieve

By Rob Anderson, Brendon's dad

"Wow," you say, "I've never heard someone say that before. All I've heard are things like, 'Get it out,' or, 'You've got to express yourself,' or, 'Don't keep your pain inside.'" All of those are true, but I don't believe they're true all the time. Yes, it's critical you share your suffering. Yes, it's critical to bleed out the poison of your child's death. Their death is an absolute horror that you might not know how to handle, especially if you're newly bereaved. Grieving is hard work. It's exhausting, draining and essential work if you want to smile again; but you can't do it all the time.

Have you ever worked seven days a week for a month, or even longer? Not one day off. You get up, go to work, come home, go to bed; get up, go to work, come home, go to bed, etc., etc. At some point you say, "Enough already, I need a break from my job." You may do that with a reward of a night out, a massage, a vacation or just a quiet evening with a good book. Whatever you do, it's a way to get away from the work of doing your job. You may love what you do, but at times you need some emotional distance from doing it. It's the same way with our job of grieving. Getting it out, letting go, crying, beating up a pillow, talking, and the myriad of other ways to express ourselves are healthy and constructive, but can also be exhausting. The grieving and healing soul can only handle so much.

When your child died you may have felt like your life had been tossed into a blender and switched on high. Around and around you spun, confusion reigned, and may still. You were doing grief work but probably didn't know it. What you knew for sure was that at the end of each day you were exhausted, not knowing if you could go on. When the blender slowed down a bit and you found your pain was still with you, and you made the decision to feel better, your work began in earnest.

How you heal is up to you. Healing is a lifelong process, full of bumps in the road, falling down and getting back up. It's hard work but doable work and can actually be rewarding (it's true) when done with enthusiasm and optimism, both of which are in short supply if you're new to your journey. A "can do" attitude can take a while to find, but if

you do your work, that attitude can enter your life and you can heal. Time, and what you do with it, and being good to yourself, will help you once again find your smile. This journey is survivable, joy can return, but you will need to invest yourself in the process for that to happen. But it's also important to back off, get some perspective and take a break from grieving.

The work of grieving and healing is done in many different ways. Sometimes you'll hear, "There are no wrong ways to grieve." For the most part that's true. But if you're abusing yourself or others, your grief is moving in a dangerous and unhealthy direction. There are no good ways to run from your pain. Yes, it can be difficult to express how you feel and you may try to bury your suffering in ways that are destructive and hurtful. That behavior will not make your pain go away. It will still be there when you return. If you find yourself walking down that path and feel helpless and alone, search for help. You are never, ever, ever alone in your journey. There are many ways to help yourself and many understanding and compassionate people to help you. You can get better, you can move in a positive direction, but you might need assistance in finding that path. Seeking help is a sign of your strength and desire to get better. You're saying, "I don't know what to do here, I need help." Reach out for help; it can only do good things for you. The work of grieving in negative ways will be a lot harder on you than working on your healing in positive ways.

As you do your grieving and healing work, you'll find many ways to do that work. Grab as many as you can, throw them into the mix of your life; take what works and throw away what doesn't. Give them all a chance. In other words, do what's best for you, not necessarily what others think you should do. Try not to be a "pleaser griever." Actively participate in your healing and express it in positive ways. There are books to read, people to talk to, conferences to attend and support groups to join. There are many ways to heal. But just as your grief can overwhelm you, so can the process of grieving. At some point you may say, "Enough already, I need a break!" That's fine.

Try not to feel bad about taking a break from your job of grieving. If you leave grieving behind for a while, you're not leaving your child behind. Try not to think of taking a break from your pain as taking a break from the love you have for your child. You will always love them and you will never forget them whether you're expressing your pain or getting away

Continued on next page

It's Also Okay Not to Grieve (continued)

from it for a while.

There's healing in routine and normalcy. Before your child died you probably went to dinner, the show, a sporting event, bowling or dancing. Those activities filled your life with laughter and joy. They won't fill your life like they used to because your life is so different now, but if you let them, those fun activities can take you away from your pain for a while and make your life better. Getting away from grieving can be healing. When you take a break from grieving, don't stay away too long, but stay away long enough to recharge your heart and your enthusiasm for your healing work. Escape to a world where your child's death isn't on your mind all the time. Let yourself feel true and genuine laughter. You're not forgetting your child or disrespecting their memory. To the contrary, you're embracing your healing, and their life, in a positive way. They are proud of you.

Life is very difficult after our kids die. It will never be the same but it doesn't mean life has to be painful and filled with suffering. Healing work takes time and at times can consume us. Smiles and joy are out there to be found. They're found in our healing and in the lives of our kids. When grieving becomes overwhelming, take a break, it's also okay not to grieve. 🌱

BP/USA – Affiliated

Member of Amazon.com

Recently, BP/USA has become an Affiliated Member of Amazon.com. When you visit the BP/USA National website, <http://www.bereavedparentsusa.org/> near the bottom of the homepage, you will see an Amazon.com link.

If you access Amazon by clicking on this link, BP/USA will receive a percentage of all sales. The use of this link does not increase the cost of your purchase. 4-13% of all sales comes back to BP/USA. Please share this wonderful opportunity with your families and friends. 🌱

Can You See My Son?

by David Heimlich, BP/USA Springfield, IL

Last night I dreamt of John. He was six years old, just as before he died. I held him tight and carried him. A man walking several yards in front of us, turned and faced us. For some reason, I asked, "Can you see my son?" He answered with a queer look. I realized he could not! I pleaded with him to believe me. "Look at the way I walk and move. Can you not tell I'm carrying someone special? Watch! I'll try to jump as high as possible. See how difficult this simple effort is while holding my precious one?"

Sensing he was unconvinced of my claim but certain of my insanity, I offered another demonstration. "John, may I throw you into the air and then catch you?" He answered with an emphatic "NO!" but I counted to three and up he went anyway. Returning to my arms with a big smile, we repeated the fun several more times. How could I toss fifty pounds of red-haired boy into the air and counterfeit a catch of such tender care? Still, this stranger would not believe.

In desperation, one last idea came to me. I lifted John to a full standing position on my shoulders and while bracing him, asked that he grab a low branch of a tree overhanging the sidewalk. As his little hand caught the bough and shook the leaves back and forth, water from a recent rain cascaded down on all of us. Wide-eyed with incredulity, the stranger turned quickly and disappeared from the scene of the unexplained.

As John leapt down into my arms, we were separated by the sound of running water from the bathroom. I sat up in bed and rubbed the sleep from my eyes. Spontaneously they filled with tears. It was one of the few dreams of John in many months and I didn't want it to end.

Tears came again later in the day when the meaning of the dream suddenly became clear. I realized that even when awake, I carry him always, his little arms and legs wrapped around me, face nuzzling my neck. If you look closely, you will notice I walk with a slightly bent gait as if holding a special kind of weight, unable to leap and land lightly. Though a few close friends have the sight, most people look and see

Continued on next page

Can You See My Son? (continued)

only me, not the burden of my loss, the heaviness of heart as I tightly hold the memory of my beloved. And, as in my dream, when I look into their eyes, I silently ask, "Can you see my son?" ❧

We Are On This Journey Together

*by Donna Corrigan, Matt's mom, reprinted from
BP/USA Hinsdale Chapter January 2006 Newsletter*

"Heartache" by Anton Chekov tells the story of a poor carriage driver in Russia in the 1800s. As he picks up celebrating partygoers he tries to squeeze out the words "my son died last week." Their response is predictable, "We all must die" or the man who pretends sleep so as to ignore this horrible conversation. Iona himself comes to the conclusion, "It must be God's will." At the end of the cold lonely night he heads back to the barn to feed and bed down his horse. There he settles himself in and then sits down to tell his trusty horse about his son who has died.

We all need to tell our story. We need to speak our child's name out loud, we need to cry and mourn. It may be very hard for our former circle of friends to understand us, but their world has not been turned upside down as ours has. We're trying to figure out what to do with ourselves too!

As you begin the new year, be gentle with yourself. Surviving the holidays may leave you feeling very depleted; you've used up that last bit of energy!

Don't be afraid to reach out to your new circle of friends, other bereaved parents. Sometimes an understanding word of encouragement can turn your day around. We are on this journey together. ❧



~ Candlelighting ~ A Sincere Thank You

Sunday, December 9th was our annual candle light observance of National Children's Memorial Day. It was a beautiful evening of remembrance for our children.

A sincere thank you to all who made this evening possible including Eleanor Byrne, Rose Martino-Krueger, Sally Yarberry, Donna Corrigan, Bob & Carol Gordon, Joe Craig, Vic Grandenitti, Carol Zimmerman and Marilyn Cocogliato.

Monetary Contributors:

Donna Corrigan: In memory of Matthew Corrigan
Sally Yarberry: In memory of Paula L Yarberry Van Horn
Betty Clinton: In memory of Christopher Kavanagh
Eleanor Byrne: In memory of Eric Byrne
John & Joan Schroder: In memory of Alan Schroeder
Robert & Frances Funston: In Memory of Rob & Robbie
Helen Bapes Crider: In memory of John C Crider
Frank & Jennifer Vlazny: In Memory of Peter
Anthony & Margery Longo: In Memory of Chris Marie Longo
Audrey Stolf: In Memory of Carole "Suzie" Pavett
Philip & Kay Barrett: In Memory of Elizabeth Anne Barrett
Angelo & Linda Tomasello: In Memory of Celeste Tomasello

Many, many thanks!

2013 Meeting Dates and Topics
(Topics Subject to Change – Please check our website for updates)

Jan 4: Grief and Movies

We will watch a collection of movie clips in which grief is the topic and then have the opportunity to discuss the emotions expressed in each clip.

Feb 1: Chair Yoga and Meditation

Learn to use a gentle form of yoga to help relieve stress and promote relaxation. Wear comfortable non-restrictive clothing for ease of movement – there are no extreme motions or positions.

Mar 1: 1 on 1 Sharing

We will pair up with another group member 1:1 to ask a question and then rotate throughout the group giving everyone a chance to do a 1:1 with each group member.

Apr 5: Ask it Basket

Write down an anonymous question and place it in the basket. A panel of members will then attempt to answer the question and facilitate a discussion about the question topic.

May 3: Intentions

Small group discussions and an opportunity to write and release your thoughts, feeling, should-haves etc. into our wishing fountain.

Jun 7: Balloon Release

Release balloons in honor of your child. Balloons will be provided.

Jul (TBA): Butterfly Release and Picnic

Group picnic and butterfly release in place of the usual Friday meeting.

Aug 2: DVD "Portraits of Hope"

Watch the DVD "Portrait of Hope", followed by small group discussion. The DVD is composed of interviews with bereaved families on topics related to their grief experience.

Sept 6: Grief & Anger with a Guest Speaker (TBA)

Oct 4: Brookfield Zoo Christmas Tree Ornaments

Make ornaments at the meeting for our BPUSA Brookfield Zoo Christmas tree.

Nov 1: Potluck Dinner and Guest Speaker (TBA)

Dec 6: Children's Gifts

Bring an unwrapped gift in honor of your child and share each gift's significance. The gifts will be donated to underprivileged children.

Dec 8: Candle Lighting

CALENDAR OF EVENTS

January

January 4	Monthly Meeting: 7:30 PM - Grief and Movies
January 12	Ladies Morning Coffee: 10 AM - Meet at Panera Bread in La Grange

February

February 1	Monthly Meeting: 7:30 PM - Chair Yoga and Meditation
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March

March 1	Monthly Meeting: 7:30 PM - 1 on 1 Sharing
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April

April 5	Monthly Meeting: 7:30 PM - Ask It Basket
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BP/USA Hinsdale on the Web:

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



Carrying Memories Into the New Year

by Alice Wisler, Daniel's mother, Durham, NC

With the church bell's ringing, the New Year enters
echoing the days of yesteryear.
Memories of happiness, the smiles of our children,
the sunlight within each face.
Who will remember these dear ones far from our
yearning arms?
Who remembers all they were, the way she danced,
the hat he wore?
With the old year gone, will they no longer be
known?
We will remember them, each one.
We will hold them in our hearts as we carry
memories into this New Year.
We will allow the memories to make us laugh, to
make us sing.

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



January - February 2013