



July – August - September 2015

## A Journey Together: Chicagoland Chapter - Bereaved Parents of the USA [www.bpusachicagoland.org](http://www.bpusachicagoland.org)

### Bereaved Parents of the USA Mission:

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

*Meetings are generally held the first Tuesday of every month, 7:00 – 8:30 PM. Doors open at 6:30 PM for greeting and fellowship.  
First Congregational Church of Western Springs, 1106 Chestnut Street, Western Springs, Illinois  
Eleanor Byrne (708-485-6160) and Sally Yarberry (708-560-0393), Chapter Co-Leaders*

## Summer

*by Keith Swett, Matt's dad*

Heaven must have pine trees overlooking a lake, soft breezes, laughing children. But today looking down at the kids playing on the slide, jumping off the dock, running from their parents, I am missing Matt. The lake is a place we have often been and each summer I look for Matt there. Today I don't see him.

"Where are you Matt? Why can't I find you?" I wonder if eleven years is too long and am I losing you forever. Other parents talk about kids coming home from college or finding a job and moving back to the area. There are grandkids and birthdays, lots and lots of joy in the warm sun. For me, no moving home, no grandkids, no water sports.

But this is Eagle River, 27 lakes linked by a river, joined to the Wisconsin. My family has gathered here for as long as any of us can remember. Eagles patrol the lakes, surveying their kingdom. Beauty, power, and continuity clothe the eagles and those who watch them. The eagles have greeted us for 150 years. We don't always see them but they are always there.

An eagle drifts by on the air currents, hunting or protecting those it loves. You never hear eagles. You have to catch them out of the corner of your eye. There is laughter and joy at the lake. Pushing too hard I miss Matt, but I find him always near when I look out of the

### UPCOMING MEETINGS & EVENTS:

**REMINDER: We will NOT have a regular monthly meeting in July because the Butterfly Release Picnic is July 12 - See you at the picnic!**

#### **Sunday, July 12 - Family Picnic & Butterfly Release:**

12 Noon - at Katherine Legge Memorial Park South Pavilion, Hinsdale, IL. Reservation form available on our website ["Calendar" page] and in this newsletter. Please RSVP and reserve your butterfly(s) no later than July 5.

#### **Friday, July 24 - Sunday, July 26 - 2015 National Gathering for the Bereaved Parents of the USA:**

Seasons of Healing, Sheraton Hartford Hotel at Bradley Airport, Hartford, CT

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

#### **Tuesday, August 4 - Monthly Chapter Meeting:**

7:00 PM to 8:30 PM - Open discussion: "Regret & Forgiveness" and Annual School Supplies Drive

Write and release your thoughts, feelings, should-haves, etc. into our wishing pond.

School Supplies - We will be collecting donations of new school supplies for needy children.

#### **Tuesday, September 1 - Monthly Chapter Meeting:**

7:00 PM to 8:30 PM - Small group discussions; Still time to donate school supplies.

corner of my eye. The lake is still here and all the usual happiness. Watching the eagle effortlessly drift, a small hand finds mine. Watch the eagle. Watch the eagle. Matt wants to watch the eagle. 🦅



## BP/USA Chicagoland Chapter

**Bereaved Parents of the USA** is a self-help support group which is run entirely by volunteers who are also bereaved parents. The volunteers are a little further down the road in their grief and can give back to the chapter by helping with the many jobs it takes to keep the chapter running.

If you feel that you are ready to give back to the Chapter and would like to volunteer your time and talent, please contact the Chapter Co-Leaders Eleanor or Sally.

Chapter Co-Leaders:

Eleanor Byrne (708) 485-6160

Sally Yarberry (708) 560-0393

[psyrbrry@hotmail.com](mailto:psyrbrry@hotmail.com)



## HELP NEEDED TO REBUILD CHAPTER LENDING LIBRARY

Due to storage constraints, our chapter has not been able to display our Lending Library ever since we changed locations in 2013. Now, thanks to a generous donation from Nancy Butler, in honor of her son Dr. Phillip Butler, we have purchased a library-style book cart that can be wheeled into our meeting room each month.

As it's been awhile since there was any point in purchasing new books, we have compiled a Wish List of recently-published books. Please consider purchasing and donating a book from our Wish List, or making a donation allowing us to purchase a book to include in our Lending Library.

All donated books will display a sticker with the name of the donor and the name of the child in whose honor the book was donated. Please contact Sally for a list of titles: [psyrbrry@hotmail.com](mailto:psyrbrry@hotmail.com); 708-738-0396

## Welcome

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

New attendees:

♥ Megan & Chris Colwell, parents of Hudson

♥ Joyce Connolly, mother of Nancy Inamine

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

## ♥ ♥ ♥ Love Gifts ♥ ♥ ♥

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

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

Mail your check to:

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

It is also recommended that you email your love gift message to the newsletter editor, [celeste\\_hardy@hotmail.com](mailto:celeste_hardy@hotmail.com).

*Thank You!*



*In loving memory of  
Brandon Hardy*

*August 13, 1980 until December 28, 2002*

Happy Birthday Brandon! Wow, you would be 35 years old this year! It is hard to believe you have been gone from this Earth for almost 13 years. I imagine you would be married and have a couple children by now if you were still here. Not sure where your life's work would have taken you. Now I can only imagine that Jesus is keeping you busy in Heaven. You were never one to just sit around, but always with a purpose, or at least some list of things to get done. Keep your light shining bright dear son...

Love always & forever,  
Mom & Dad  
Celeste & Don Hardy







**Butterfly Release & Family Picnic**

Sunday, July 12, 2015; 12:00 noon

Katherine Legge Memorial Park – South Pavilion  
60<sup>th</sup> and County Line Road, Hinsdale

Donations \$12.00 per adult, or \$20.00 per couple, plus \$5.00 per child

1 butterfly included with adult donations

Extra butterflies: \$12.00 each

***To safeguard the butterflies, they have to be released at 12:15 p.m.....don't be late!***

Chicken, beverages and utensils will be provided by BP/USA

Please bring a dish to share:

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

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

**Please RSVP with donation by July 5, 2015:**

Sally Yarberry

708-738-0396

Hm: 708-560-0393

[psyrbrry@hotmail.com](mailto:psyrbrry@hotmail.com)

BP/USA Chicagoland Chapter

P.O. Box 320

Western Springs, IL 60558

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Name: \_\_\_\_\_

No. of People (total): \_\_\_\_\_ No. of Children Included: \_\_\_\_\_

No. of Butterflies: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_



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

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

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

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

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

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

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

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

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

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

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



**Katie Evans - 35**  
Mar 24, 1978 - Jul 16, 2013  
Heroin Overdose  
Anne & Ed Evans

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Vincenza - 47**  
Jul 30, 1966 - Mar 08, 2014  
Cancer  
Margherita Arrowsmith

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*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*

**Jennifer Erin Morris – 16**

Jul 15, 1982 - Aug 10, 1998

Auto Accident

Wendy &amp; Dan Morris

**William Kavanaugh – 3**

May 24, 1992 - Jul 04, 1995

Hit by a Van

Maribeth Kavanaugh

**Zachary "Zach" Pfingston - 13**

Sep 20, 1996 - Jul 31, 2009

Seizure

Manjula &amp; Jack Pfingston

**Branden Martinez - 6 Weeks**

Jun 26, 2011 - Aug 08, 2011

Infection

Kyle Martinez &amp; Missy Babyar

**Brandon Hardy - 22**

Aug 13, 1980 - Dec 28, 2002

Auto Accident

Don &amp; 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

**Casey Reiter - 25**

Aug 11, 1984 - Dec 15, 2009

Heart Attack

Sandy Tummlillo

**Corinne Naumann - 23**

Aug 14, 1986 - Apr 14, 2010

Cheryl Naumann

**Dan Woods - 29**

Mar 12, 1978 - Aug 22, 2007

Hypertrophic Cardiomyopathy

Mary Woods

**Danny Golden - 22**

Aug 26, 1975 - Aug 24, 1998

Suicide

Janet Mallo

**David Horn - 7**

Aug 05, 1973 - Nov 20, 1980

Leukemia

Russ &amp; Linda Horn

**Frank Gianfortune Jr - 19**

Aug 01, 1968 - Dec 06, 1987

Auto Accident

Ms. Adel Gianfortune

**Gino Grandenitti - 20**

Aug 14, 1990 - May 30, 2011

Cancer

Vic Grandenitti

**Gregory Michael Humbert - 30**

Aug 31, 1961 - Oct 31, 1991

Auto Accident

Marge Humbert

**Jason Matthew Bill - 13**

Aug 17, 1981 - Jun 14, 1995

Water Sport Accident

Nancy Stein

**Thomas Burton - 22**

Apr 14, 1954 - Aug 27, 1976

Suicide

Patricia &amp; Erwin Burton

**Kimberly Ann Olson - 15**

Feb 14, 1983 - Aug 20, 1998

Histicytic Disorder

Larry &amp; Danita Olson

**Mark Thomas Fornek - 6**

May 16, 1992 - Aug 04, 1998

Floodwater Drowning

Greg &amp; Wendy Fornek

**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 &amp; 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 &amp; Linda Dore

**Patrick Vincent DeMauro - 19**

Jan 28, 1982 - Aug 29, 2001

Car Accident

Vincent &amp; Debbie DeMauro

**Ron Buccieri - 42**

Mar 22, 1961 - Aug 31, 2003

Unknown

Carol Polich

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*

**Brian Eck - 39**

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

**Jamie Mitchell - 31**

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

**Chris Marie Longo - 18**

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

**Christopher Kavanagh - 25**

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

**Daniel Meyer - 7**

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

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

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



**Eric Byrne - 44**

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

**Frank P. Amelio - 27**

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

**Jennifer Lynn Kirwan - 17**

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

**Jill Kathleen Ebert - 6**

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

**Jimmy Lekas - 18**

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

**Johnny Hurley - 28**

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

**Joshua Burkett - 27**

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

**Kelly Ann Meicrotto - 23**

May 25, 1980 - Sep 01, 2003  
Lenore Robinson

**Kerri L. Gartner - 22**

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

**Laura Ryeczyk -**

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

**Lily Claire Domagala - 16 Months**

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

**Marty Sobanski (Brother) - 28**

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

**Michael Atella - 60**

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

**Mike Seaney - 44**

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

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

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

**Phillip G. Dore - 21**

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

**Rachel Krueger - 21**

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

**Richie Chow - 27**

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

**Douglas McCallum - 19**

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

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

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



## Back to School Shopping

*A Chicagoland Chapter charitable project*

Dear Fellow Bereaved Parents,

For the past several years we have collected donations of school supplies for children in need. If you would like to participate in this optional charitable project in memory of your child **please bring your donations to the August or September Chapter meeting.**

Crayola markers (tropical or classic colors)  
Crayola colored pencils  
Crayola crayons  
Fiskars scissors  
Pencils  
Pencil sharpeners  
Pink erasers  
Elmer's glue sticks  
Stickers  
Zippered pencil case

The homeroom teachers and I want to thank you for donating school supplies to the poverty level children in my school. I will ask the homeroom teachers which children don't have their supplies, then compile bags and place the bags in their lockers. They are very appreciative of the little things in life. Some of the students' home life may not be very stable or happy. The children, whose parents tend the race horses, live at the area race tracks and live in horrible conditions. They must live at Arlington Race Track part of the year and bus to Cicero. The tracks have seasons when they're open, and they must move and live at the track that is open.

These students are so cute and polite, and they love Art!

Suzi Scott  
Art Teacher  
Lincoln School  
Cicero





## To get somewhere you have to leave nowhere behind

by Rob Anderson  
Brendon's dad

<http://fromheartbreaktohealing.weebly.com/to-get-somewhere-you-have-to-leave-nowhere-behind.html>

When I first tried to ride my bike without training wheels and without my dad holding onto the seat, a mixture of excitement and fear pulsed through my body. I felt much more fear than excitement. I was afraid of falling down, breaking my leg or crashing into a tree and killing myself. "Somebody save me..... pleaseeeeee!" We lived outside Toledo, Ohio with a soaring cottonwood tree in our parkway. Unbeknownst to me, someone planted a magnet inside that tree. When I started pedaling my bike I was yanked into its trunk, and not in a nice way. OUCH!! Challenging my fear was not something I wanted to do, but if I wanted to ride with my friends I had to conquer that fear. At the time I didn't understand the subtle things I was learning by pushing myself and expanding my comfort zone. I didn't know my confidence would grow, propelling me to take risks in other areas later in my life. The lesson I learned was that to get somewhere I had to leave nowhere behind.

After my son died, I found myself living in nowhere and it was fine with me. My comfort zone was destroyed, nothing would ever be the same again. My past life ended and this new unwanted journey propelled me into areas I knew nothing about. The pain was so intense; the suffering so great, I sometimes didn't want to live another moment or even try. "Nowhere is just fine thank you." And that's where I stayed for a long time. In the beginning that was okay. It was okay to feel anything I wanted to feel; to do anything I wanted that didn't hurt myself or others; to stumble and fall in my new crippled life. Nowhere became very comfortable, somewhere was not a place I wanted to go.

It's when nowhere became our comfort zone and we resisted going somewhere, that we

made the decision to either stay in nowhere or challenge ourselves, get back on our bike and work at going somewhere, even though we didn't know where somewhere would take us. Getting back on, spinning the pedals in place, balancing our bike as we threw our leg over the bar again was a scary thing to do. But when we said, "Anywhere is better than nowhere," is when our healing began. And it must begin if we're going to go somewhere with our lives. The unknown can be a frightening place because we're walking blind. And yes, we may fall down, but each time we get back up, we're on our way to somewhere and we're a little bit stronger, a little bit more healed.

Grief is scary stuff. The scariest stuff I've ever known. As a combat veteran, wounded in Viet Nam, the terror I felt in the jungle paled in comparison to the terror I felt when I learned of the death of my son. Grief pounded on me, pinned me down, and wouldn't let me up for a long time. We all know that feeling and how terrifying grief can be. It's the monster under the bed that's now out from under the bed and holding us down, just about scaring us to death. When we decide to move out of nowhere, we managed to breathe, we managed to exist.

How do we start going somewhere and leave nowhere behind? We start by expressing our pain in positive ways. If we express it negatively through violence, abuse, excessive drinking or taking drugs, we'll be stuck in nowhere until those destructive behaviors stop. Nowhere is not a good place to live. Trying to bury our pain only creates more pain; it will not go away or weaken if we run from the pain. It will chase us down because our pain, our grief is our lifetime companion. If we confront it and work at our healing, the pain can lessen, our lives can get better. But they will only get better if we want them to get better and we do our work. It's not easy to start the healing. It's hard to jump into the deep end of the pool of our grief and try to swim with all the burdens in our new lives dragging us down, but it can be done.

What are positive ways we can express our suffering? We've been bitten by the poisonous snake of death and we need to get that poison out. One of the best ways to bleed out the poison of our suffering is to talk about it, talk

*Continued on next page*



*To get somewhere ... continued from previous page*

about all of it. It's okay to be angry, guilty, resentful, feel sorry for ourselves and experience the myriad of other emotions that churn inside us. It's okay to express them not only through talking, but also through crying, writing, yelling at the wall, screaming in the car, beating up a pillow, hugging a friend, exercising, painting, making a memory book and on and on. If we have to, let others know what we need, ask for help. It's not a sign of weakness to say, "I don't know what to do, help me." That's a sign of strength and a desire to go somewhere and leave nowhere behind. Early in our new lives it's necessary to let ourselves feel and express all our emotions, even the scary ones. As we do our healing work, it's important to understand that holding on to the ugly emotions will keep us at nowhere; letting them go will get us going somewhere.

Forgiveness and letting go are positive ways to leave nowhere behind and move somewhere ahead. Letting go of our anger towards those who don't "get it" is a good way to move somewhere. No one gets it like we do, don't expect them to. Letting go of expectations of others who we think should be supporting us will help us heal. Forgiving those who hurt us, even though they thought they were trying to help, is a positive way to heal. Letting go of blame, guilt, resentment and our child's physical death are ways to propel us forward in our healing. Moving forward with our lives is always our goal. Even though we will stumble and fall many, many times (and that's okay) it's absolutely paramount to our healing that we get back up and move ahead, move somewhere further down the road on our journey. Forgiveness and letting go can be powerful healers.

"What can I do to keep from staying in nowhere?" Even though the death of our children has absolutely crushed us, it is because of their lives that we must fight for our lives. What are the little things in your life that will take you down your path to somewhere; to a better, happier and more meaningful life? One way to move to somewhere is to reach out and help others.

Helping others will help us heal. As we involve ourselves in the lives of others we can once again find meaning in our lives.

We will always have the love we have for our children. We can no longer give it directly to them, but we can still give it away to others, spreading our love around by volunteering at a hospital, our church or at a school, mowing a neighbor's lawn, washing their windows, working for our community festival or going to a nursing home and visiting with the elderly. We can give a compliment, hold open a door, and give someone a ride when they need it. There are lots of ways to get involved, lots of ways to go somewhere; ways to help ourselves by helping others.

We must continuously fight nowhere by working at going somewhere. Somewhere is a place of hope, a place where our lives can have meaning again. As we fight for our somewhere, we fight for the return of our smiles and the return of the lives of our kids. The fight is worth it, life is worth it, we, and our kids, are worth it. 🌱

## Gentle Reminders

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

*from Rachel's Cry A Journey Through Grief,  
Tennessee Valley Publishing, Knoxville, TN 1996*

With gentle reminders I am blest,  
Soft surprises on me are pressed,  
As when I, gazing at the moon,  
Feel your presence as my guest.

When I hear the cry of a loon,  
Or catch a brief snatch of a tune  
That we once shared some time ago,  
You seem so near, I'm not alone.

I sense your breath as breezes blow  
And your soft kiss in flakes of snow.  
In mists sometimes your form I see,  
Or in the sunset's afterglow

I often feel you here with me.  
Your soul from body now set free  
Has the welcome ability  
Gentle reminders to bring to me.



## 2015 National Gathering

Date: Friday, June 12, 2015

Hi Chapter Leaders,

Please pass on this information, regarding the 2015 National Gathering of the Bereaved Parents of the USA in Hartford, CT to members of your chapter.

Join us July 24 - 26th for "Seasons of Healing" which promises to be a helpful and healing weekend for families grieving the death of a child, grandchild, or sibling.

Keynote speakers include Sara Ruble, Kelly Buckley, Scarlett Lewis, Dave Roberts, Deb Carlin Polhill, and Bart Sumner.

They are all outstanding speakers that you do not want to miss hearing as they provide the hope we need to tackle this journey through the Seasons of Healing.

Nearly 50 workshops will be offered on a variety of grief topics. We will also offer a sibling program of activities and special workshops. We have special workshops scheduled for both the younger and older siblings. The workshop schedule should be complete in the next week or so - stay tuned for updates!

Registration is only \$60 and room rates at the Sheraton Hartford Hotel at Bradley Airport are \$89 per night, with up to 4 people per room.

Opportunities are available to sponsor a page in the program book, sponsor a centerpiece or a workshop all in memory of your child. You can also order t-shirts or picture buttons!

We are also in need of donations for the raffle and silent auction, if anyone is interested in donating any items! We would also like to have table favors for each of the meals, so if your chapter or any individual would like to donate approx. 300 items that would be greatly appreciated. Let me know of any donations!

We look forward to welcoming you to Hartford as we share a healing weekend together celebrating the lives of our beautiful children, grandchildren and siblings who have gone too soon.

Please go to [www.BereavedParentsUSA.org](http://www.BereavedParentsUSA.org) to register and for any information related to the 2015 National Gathering!

If you have any questions, please feel free to contact me through email at [bleachermom2000@aol.com](mailto:bleachermom2000@aol.com).

Hope to see you in July,  
Jodi Norman

## On Picking Up the Pieces

*by Mary S. Cleckley from I Walked A Mile with Sorrow*

Someone said to me not too many months after my son died that she was glad to see that I was "picking up the pieces and going on." Well, I am picking up the pieces all right, but what she doesn't know is that they are almost a whole set of new pieces! I haven't been able to go on as though nothing about me has changed since his death. I'm a new me and I am still learning about how the new me reacts to old situations.

I am finding that this new set of pieces doesn't exactly fit together all nicely and neatly like a jigsaw puzzle. Some of the old pieces are still hanging in there, but they don't quite mesh with some of the new pieces. I am in the process of grinding off the rough edges now, hoping eventually for a better fit, one that I can live with more comfortably. Time, patience, and hard work are helping me accomplish this.

How are the rough edges of your new pieces coming along? 🍷





Bereaved Parents of the USA  
**2015 NATIONAL GATHERING**  
HARTFORD, CT • JULY 24 - 26

Sheraton Hartford Hotel at Bradley Airport  
1 Bradley Intl Airport  
Windsor Locks, CT 06096

For more information contact:  
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National BP/USA Website:  
<http://www.bereavedparentsusa.org>

Our committee has been working on plans for this year's National Gathering and we are anxious to share this annual event with you. Although not one of us ever imagined we would be associated with a bereaved parent/sibling group, many of us have found that our grief journey is somewhat more bearable when taking this journey with others who truly understand. Some of you have been making this journey for many years while others have barely begun theirs. Hand-in-hand, step-by-step, we walk this road together, offering one another hope. We guarantee that you will be touched by someone during your weekend in Hartford, CT with us, whether it is by a speaker, workshop presenter, a song you hear, or a "fellow traveler" seated next to you at a meal who can see that you need a hug. We would be pleased and honored to share this experience, and many others, with you. Please join us the weekend of July 24-26 for an event you'll be glad you didn't miss, as we explore the "Seasons of Healing."



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



July - August - September 2015

CALENDAR OF EVENTS	
July	
<u>No Regular Monthly Meeting in July</u>	
July 12	<u>Family Picnic &amp; Butterfly Release:</u> 12:00 Noon - Katherine Legge Memorial Park South Pavilion, Hinsdale
July 24-26	<u>2015 National Gathering:</u> Seasons of Healing, Hartford, CT
August	
August 4	<u>Monthly Chapter Meeting:</u> 7:00 PM - Open Discussion & Annual School Supplies Drive
September	
September 1	<u>Monthly Chapter Meeting:</u> 7:00 PM - Small Group Discussions; still time to donate school supplies



## Another Summer

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

Leaving another summer behind,  
adding one more bouquet  
to your stores of remembrance,  
holding new images  
summerwarm to your mind.

Leaving another summer behind,  
with old, familiar mementos  
of long-ago times in the sun.  
And did you discover once more  
how grief changes memories  
to anniversaries?

**BP/USA Chicagoland on the Web:**

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