



March - April 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

Spring Returns

by Keith Swett, Matt's dad

The call of the geese echoes across the river and down the valley reminding us that it is again time to head home. This river is open but the lakes still tempt careless fishermen to back bays which look solid but support little weight. The first green shoots push through bursting with life, defying the snow shadowed in the woods.

Spring first creeps and crawls in Wisconsin before bursting through the last remnants of winter. The kingdom of the cold grasps the heart in a frigid black night but now dawn and spring explode upon the scene.

Ice mountains imprison the heart but with this thaw hope and love and faith return. Tentatively at first, then faster and faster. I see signs of life and love. For the entire world Wisconsin appeared dead but it lives. If lakes and rivers return, if leaves and grass start fresh in the spring why not men?

I feel for the small hand by my side. Together we walk to the sun light, to warmth, the hope love brings. I try to see the hills and lakes through Matt's eyes; infinite possibilities crowd to the front. Choose Me! Choose Me! And so we start choosing one we save the others for another day. Infinite possibilities are held by a single finger as the geese lead the way. 🦋

UPCOMING MEETINGS & EVENTS:

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

Saturday, March 9 - Ladies Morning Coffee: 10:00 AM - Panera Bread, 439 N. LaGrange Rd, LaGrange Park

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

Friday, May 3 - Monthly Chapter Meeting: 7:30 PM to 9:30 PM - Intentions - Small group discussions and an opportunity to write and release your thoughts, feeling, should-haves etc. into our wishing fountain

Friday, June 7 - Monthly Chapter Meeting: 7:30 PM to 9:30 PM - Balloon Release

Save the Date ~ Butterfly Picnic

Mark your calendars now for the Butterfly Picnic on Sunday July 14 12:00 noon at Katherine Legge Memorial Park (South Pavilion) in Hinsdale.



Like us on Facebook:

www.facebook.com/BereavedParentsUsaHinsdaleILChapter

Escape?

*from I Walked A Mile With Sorrow, by Mary S. Cleckley
Centering Corporation 2006*

When a child dies, the pain of the loss is so deep and ever present that the people who are grieving sometimes seek ways to escape that pain. You have been encouraged to face the fact that there is no real way you can escape permanently from the pain of losing a child. You love, therefore you grieve. You may succeed in postponing your grief for a time, but it will resurface some day in some way, so you are encouraged to deal with it now.

One of the most obvious ways to attempt to postpone or escape the pain is to turn to drugs, such as excessive amounts of alcohol, tranquilizers, mood elevators, or sleeping pills. Not all physicians understand the necessity to face grief and will prescribe some of the above in an effort to make you feel better. We do not speak here, of course, to those who have medical or emotional problems that are separate and apart from the normal pain of grief and for whom the drugs are necessary. We speak, instead, of the normal symptoms of the grief process. Drugs do not cure it or make it go away; they simply postpone it and may even make it worse.

Tranquilizers and alcohol act as depressants for many people, and you go from the normal pain of grief to an even worse state. Mood elevators give you a false sense of having things under control. Sleeping pills are only effective for a short period of time before your body adjusts. When you finish with all of these things, guess what is waiting for you—your unresolved grief, and by then it may be complicated by a drug dependency.

There aren't any shortcuts—only postponements. Grief is persistent and will worry you until you face it. It takes more energy to run from it than it does to deal with it. Once you have dealt with it, the day comes when you will emerge on the other side of the most painful part able to enjoy some part of life again. The expression of grief is nature's way of helping you get to the point where you can reorganize and reinvest in life.

If this advice comes too late and you already have a drug dependency, please seek help from those organizations who understand that particular problem. Turn to a compassionate friend for that same understanding about the pain of the death of your child. 🌿

Escape?



Jamaica ~ February 2013



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 come back to BP/USA. Please share this wonderful opportunity with your families and friends. 🌿

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 Coughlin - 10
May 11, 1991 - Mar 15, 2002
Cathy Coughlin

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

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

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

Daryle J. "DJ" Hall - 22
Mar 10, 1984 - Sep 11, 2006
Accidental Drug Overdose
Bob and Sherry Hall

Deborah Gilligan Main - 35
Mar 18, 1965 - Feb 13, 2001
Melanoma
Margaret Gilligan

Emily Nylec - 9
Mar 14, 1995 - Nov 14, 2004
Single Engine Plane Crash
Jena Nylec

Eric-Alan Gottung - 24
Oct 10, 1986 - Mar 04, 2011
Suicide
Nancy & Eric Gottung

Frank Knapczyk, Jr. - 25
Mar 28, 1967 - Oct 24, 1992
Electrocution
Barbara & Frank Knapczyk

Garrett Joel Zaagman - 7
Mar 04, 1976 - Dec 09, 1983
Spinal Meningitis
Dirk & Florence Zaagman

Gina -
Mar 07, 1968 -
Fred & Carol Renzetti

Jennifer Lynn Kirwan - 17
Mar 10, 1981 - Sep 20, 1998
Auto Accident
Linda Kelley

Jessica Louise Lang - 23
Mar 03, 1980 - Dec 12, 2003
Heroin Overdose
Kristine Lang

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

Matthew Lane - 27
Mar 08, 1978 - Oct 10, 2005
Car Accident
Joylin Lane

Michael Werth - 24
Mar 18, 1978 - Mar 22, 2002
Janey Reed

Natalie Anne Ragusa - 27
Oct 24, 1975 - Mar 04, 2003
Car Accident
George Ragusa

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

Robert Joseph Gentilini, Jr. - 25
Mar 20, 1964 - May 18, 1989
Brain Infection
Bob & Mary Gentilini

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

Russel Witek - 14
Jun 16, 1994 - Mar 29, 2009
Leukemia/Brain Tumor
Dan & Helen Dennett

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 Lynn Moore - 5
Dec 18, 1998 - Mar 31, 2004
Surgical Complications
Susan Moore

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

Timmy Ciametti - 5
Feb 12, 1985 - Mar 18, 1990
Adult Respiratory Distress Syndrome
Vince & Gloria Ciametti

Timothy Kuzmicki - 16
Mar 07, 1986 - Nov 13, 2002
Motorcycle/Auto Collision
Kathy Kuzmicki

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

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
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
Irene Gangemi

Evan Holmes - 20

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

Evan Holmes - 20

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

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

**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

Paul Anthony Schneider - 17

Jun 18, 1965 - Apr 11, 1983
Paul & Dolly Schneider

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



Why?

By Traci Morlock, Sean's Sister, BP/USA, St. Louis, MO

I have asked myself that very question over the last few weeks. A friend at work lost her child the week of my brother's anniversary. Even though Sean has been gone for five years all of those memories came rushing back to me. The pain was once again fresh and new.

I have only attended one young person's funeral since Sean died. My experience at that funeral was awful. I was close to being hysterical through the whole funeral and when it came time to go up to the coffin, I fled the building. I just couldn't look into the eyes of the child's mother and sister and feel that pain all over again. I later apologized to the mother and she understood so well.

Now with my friend's child dying, I was beside myself. I didn't know if I could even go to the wake much less the funeral. I had no idea what was about to unfold for me.

My office is a small office, so when we heard about my friend's child dying the impact was felt intensely. My co-workers and I couldn't think or work. We just kept thinking about my friend and her family. One by one people began asking me what they could do for her. I immediately called my mother and the next day everyone had a pamphlet on knowing how to help a grieving co-worker. Then we began

talking about how we were feeling. I let them know some things that they might expect, and that if they thought what they were going to say was stupid then to just say that they were sorry. We then made plans to attend the wake.

I was taking things one step at a time. I went to the wake and when my mother and I arrived, car loads of kids were arriving also. I took a deep breath and in we went. I made it to the coffin. My friend had been taken out just before I arrived, so I talked with her sister. When I looked at her beautiful child all I could think of was why. Why did another young life have to end? Why did another mother have to feel this pain? Why did one more sibling have to feel the way I do? Why did another family have to change forever?

I will probably never know the answers to those questions. I know that when I looked into that brother's eyes, I knew that pain. When I hugged my friend, I remembered that numbness. I realized that I will just have to take my experiences and help anyone I can - the kids that go to my group, a co-worker, a perfect stranger. I just know that I feel a need to show people that life does go on, but in our own time. 🌱

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

Some organizations grant lifetime memberships to people who have gone above and beyond, donating much of their time, talent and gifts to the organization. It is a privilege and a way of saying thanks for their efforts and dedication. We as bereaved parents have been granted lifetime memberships to the club in which no one wants to belong. It is the inverse of a privilege for us.

The thesaurus gives “insult” as the antonym of privilege. We are insulted to be lifetime members of ‘bereaved parents’. We gave the best we could of ourselves as parents and what did we get for it? We are insulted and hurt that our parental efforts ended in the untimely death of our children.

As we start to come to grips with this insult we are humbled and raw. The humility, infused with hope, helps us to find ways to redirect our efforts to rebuild our lives one step at a time. We help ourselves, we help each other, we reach out to do good things in our children’s memory and we just give testament to other bereaved parents and the rest of the world that survival is possible.

Members of our unpopular club are everywhere, in all walks of life and parts of the world. We hear of tragedy every day. When I hear the parents mentioned in these tragic stories I always say “more members of our bereaved parents club”. From Jesus’s Mother to Mary Todd Lincoln to my great-grandmother who died in childbirth to the moms of the young people shot down in the streets of Chicago, I feel bonded to all of them by this membership. They make me want to survive and be strong.

I wish we had the power to say that membership in our club is now closed and no new members will join. Unfortunately this tragedy is part of the human condition. But we CAN pray for joy and peace and hope and love...

May you find strength in this unified struggle we have as bereaved parents. 🍀



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
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 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/>

Death Of An Only Child

By Margaret H. Gerner, BP/USA, St. Louis, MO

Parents who lose an only child lose their role of parent as well. All of our parental energy was focused on that one child no matter how young or old he was. When he is gone we don't have a place to expend that energy.

The birth of a child into a family changes your life completely. Work schedules may be changed. Your home is rearranged or enlarged to accommodate a child. Even your social life becomes different. You focused all your love, care and energy on that child. With his death the focus is gone.

If the child was young or still remained at home, the household becomes that of two persons again, or in the case of a single parent, she is left in a household completely alone. Before the death your child's presence filled the house, now it resounds with his absence.

If the child was grown and no longer lived at home, the focus of your love and care was less directed to the day-to-day concerns of the child, but was directed towards the relationship that usually develops, as children get older. That means special visiting times; holidays spent together simply loving them and being loved in return. The focus is on seeing the child develop his own life and accomplishments. With his death this special relationship is gone.

Unless he already had children, there will be no grandchildren to maintain the continuity of generations as you expected. This is a significant loss.

Our children create the role of parent for us with all the joys and responsibilities that are a part of that role. Children also provide the comfort of knowing someone close will care about us. The loss of that child brings an aloneness that the loss of a child with siblings does not.

Not to be forgotten are the special days when parents are honored. For those who have other children, Mother's and Father's Days still have meaning. For those who have lost an only child, they do not.

I personally resented it when people would say to me, "How fortunate you are to have seven other children." It was as if they were saying: "The other seven children can replace Arthur." It was not until my daughter lost her only child eleven years later, that I could see that, yes, as hard as it was to lose Arthur, I did indeed, have other children to love and be a parent to. Today, now that my remaining children are grown and our relationship has developed into mature friendships, I can see how painful it would be to have no other children.

Some parents who lose an only child have a strong need to be around other children during their grief. Others cannot be around children at all, they find it too painful. Some experience anger and resentment towards those who have children. They see it as an injustice that these parents have a number of children, while they have none.

I suggest you deal with this in whatever way is less painful for you. But remember, regardless of how you choose to handle this, remember that this is a world of children, and it is almost impossible to avoid them. A compromise between the two is to allow yourself to avoid children (if you can) in the most painful part of your grief, and then slowly expose yourself to others with children, with the full knowledge that it will be painful at first, but with time it will get easier.

I believe that the biggest factor in the grief of parents who have no surviving children is the loss of meaning to their lives. Over and over again they lament, "What is the sense of doing anything? We have worked so we could provide our child with the best we could afford. Our hopes and dreams and expectations included our child. Everything we did was with our child in mind. And now it is all gone." The meaninglessness of their lives can become overwhelming. In order to reinvest their lives these parents must find a new meaning for their existence.

In the early months the reason to go on may only be that you must. Or it may be that you feel you must go on for your spouse, parents, or other important persons in your life. If neither of these seems true for you, I suggest that you create a purpose. Maybe it's to live your life in tribute to your child's memory, or to make something positive out of the senselessness of your child's death.

Successful resolution of your grief, and a healthy reinvestment in life, can only come with finding a

Continued on next page

Death of an only child (continued)

new meaning - a meaning that does not include your child.

When you do begin to find meaning that doesn't include your child, you may feel guilty that you are even thinking of a life for yourself. It feels selfish to think of yourself instead of your child. This is a new way of thinking for you, and you'll find it hard to give yourself permission to do this.

One suggestion is to try to recapture some of the meaning your life had before your child was born. You had hopes and dreams and expectations before your child was born. Consider them again. Also, this may be the time to consider a new life goal or a new career.

To find new meaning for your life, you must choose life. Remember also that only a life with meaning is a fulfilling one. To find new meaning takes much time and much thinking and rethinking. Don't expect that such a monumental task can be completed quickly. For most parents, this takes years.

A word about having another child. If you are capable of having another child, and are considering it, know that a new baby will not end your grief. Yes, a new baby can bring joy if she is brought into a family that truly wants her for herself, but if she is brought into the family to replace a child who has died, more problems may be created than solved. Every new baby has the right to be loved and wanted for herself alone, but if she is, even unconsciously, expected to fill the void of the dead child, her life is not likely to be a happy one. It is unfair to the new child to expect her to fill the shoes of another child ... if you are thinking of having another child, it is imperative that you have worked through the grief over the child who died before you make that decision.

It's an enormous task to survive grief, much less resolve it. You must re-evaluate and re-organize your life without your child. Unless this is done your grief will never be successfully resolved. 🙏

Thank You

January 3, 2013

Dear Bereaved Parents of the Hinsdale area,

The Christmas toys, books, games, and accessories were unbelievably generous! The gifts were purchased with love for your child, you were selecting something that he/she would love to receive. I can't tell you how much the gifts were appreciated by the children's families in the two schools where I teach.

The teachers submitted the names of needy families to me. The PTA ladies helped me to distribute the gifts to the parents of these children. They had the parents come in altogether on a set date to select the gifts for their children. It was a lottery system to determine who selected first. Then Santa put the gifts under the tree in their home on Christmas morning. The parents were thrilled that they were able to provide for their children.

My 2nd school has a number of kids who live in the housing at the race tracks. They are bused in from all the area race tracks, including Arlington. I recall a few years ago, the social worker helped me select a student to receive the synthesizer. Her name was Vanessa, she was in the 6th grade, she didn't speak and had extreme autism. She really enjoyed music class.

Thank you again, everyone, for giving me the Christmas gifts to disperse. It is so much fun to give to these kids who are so needy.

Sincerely,
Suzi Scott



Notes From Beyond

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

Don't cry over me, Mom and Dad,
We are only apart for a while.
I think of you without being sad
And hope when you remember me you smile.

Where I am now is hard to explain.
From your side there are just hints from above,
A vague sense of knowing, deep in your brain,
A place or a time you are not sure of.

In my earlier state, while still in the womb,
I vaguely perceived something outside of you.
You know as much of this side of the tomb,
As beyond my fetal home I then knew.

I've been here forever, I only just came.
Eternity turns time around somehow.
Yesterday, tomorrow, today are the same.
Time is not linear, always is now.

Regarding my end, please set your mind free,
That I was young and my time was not due.
The concept of age and of fairness to me
Is as puzzling as "Why" is to you.

I know life seems indifferent and justice seems gone,
Innocents suffer and men live in fear.
Though all seems hopeless, God's work is not done,
It all fits together when seen from here.

Death dismantles your life, ends all your joys,
Pointless and tragic to mortals it seems.
But dissonant chords and mind piercing noise,
God can arrange into harmonious themes.

It seems very odd that I'm teaching you,
As you once taught me before,
But I want you to know before you come through,
Death's not an end but a door!

So, until your time comes to join me here,
Live your life to the fullest each day.
When you cross over, there's nothing to fear,
For I will be waiting to show you the way.

We Will Carry On

*A Member of the Share Pregnancy & Infant Loss
Support, Inc. Network*

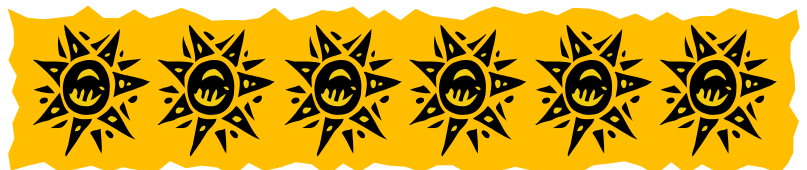
touching lives...

*healing hearts...
hope...*

giving

We Will Carry On is a support group for parents who have experienced the death of a child through a miscarriage, stillborn, or early infant death. These parents are now contemplating or are already in the early stages of a new pregnancy, and looking for the strength and support to live through this stressful and difficult time. Meetings are generally held the second Sunday of each month from 10am-Noon on the third floor of in Prentice Women's Hospital (250 E. Superior) Conference Room P on the campus of Northwestern Memorial Hospital.

The meetings are free of charge and open to anyone who wishes to attend. Discounted parking is available. Please note that this group is for adults only. For more information please contact Aviva Cohen, LCSW Perinatal Loss Program Coordinator at 312-472-3785, the Alberto Health Learning center at 312-472-3640, Physician Referral Service at 312-926-8400, or visit our website at www.nmh.org.



Golden Nuggets of Hope



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

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

The2013Gathering@Gmail.com

♥ Mark your calendar ♥

♥ Save the date ♥

♥ Start planning now ♥

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

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

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

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

♥ Mark your calendar ♥

♥ Save the date ♥

♥ Start planning now ♥

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

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

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

www.VisitCalifornia.com

CALENDAR OF EVENTS

March

March 1	Monthly Meeting: 7:30 PM - 1 on 1 Sharing
March 9	Ladies Morning Coffee: 10:00 AM Panera Bread, La Grange Park

April

April 5	Monthly Meeting: 7:30 PM - Ask It Basket
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May

May 3	Monthly Meeting: 7:30 PM - Intentions
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June

June 7	Monthly Meeting: 7:30 PM - Balloon Release
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BP/USA Hinsdale on the Web:
<http://www.bpusahinsdale.org/>



Valse Triste

from WINTERSUN by sascha

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

Spring again, spring again,
 lovely and warm and bright.
 Spring again, spring again,
 blossoms wait, smiling.

Spring again, spring again.
 Memories look at me.
 You will not see this spring.
 You will not know this spring.

Child of the other life,
 help me to dance.

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



March – April 2013