IN THE GLOAMING OF GRIEF
by Diane Romagnoli

I always liked the word ‘gloaming’: a bit obscure yet so descriptive. That time of day yearning to become night, the twilight, dusk. I found myself in this space with my grief between years two and three. Sensing the quiet that precedes the transition, I made a decision . . . I am unwilling to let darkness overcome me. I will learn how to turn on my own light.

Eleven months ago . . .

My internal space feels empty. I'm unsure how to describe this absence of feeling. Matty's story, my story . . . they're interwoven, have been since his birth. Faced with his physical death I've been walking between two worlds, from the human to the spirit and back. I find myself with more questions than answers . . . utterly exhausted physically, emotionally, mentally yet holding on to my spirituality; I sense it is my lifeline.

Is grief a journey or is grief a process? The definitions are interchangeable. When I journey, I am taking action, moving forward; choosing from the many paths offered along the way. My destination is healing and hope fuels my travels. This I have known from early grief. My plan is to arrive at healing and reside in solace. The problem . . . I'm not quite sure how to get there.

When I see grief as a process, I see transformation as my end result. Healing will bring about personal changes and hope shines a light upon the stages, phases and/or layers needed to work through. Arrive, healing, hope . . . journey and process sharing the same terminology.

Is this nothing more than semantics? Are there right words, wrong words? Words with power? Others that slow my walk to healing? I've found made up words that bring together and made up words that divide. Is there a grief vocabulary, a dictionary?

I'm simply looking for a way to live, to be. I'm slowed by crossroads and roadblocks when my internal GPS seems to be failing me. My pathway guides me to understanding how to work through the chaos, the disruption, the uncertainty, the doubt and myriad emotions that introduce themselves in my periods of mourning and grieving. Adding to the turmoil in grief, I greet the confusion that ensues when I find moments of joy, hand in hand with grief’s ache knocking on the door to my heart. I've felt the good, the not so good and have been delivered to the balance between opposing emotions. There is no simple way. I do the heavy lifting grief requires . . . everyday.

I almost give up this time. I am blanketed by the quiet and the empty. I am not giving up on life per se, yet I am ready to let go of the chains that grief’s hold has on me. I am tired of doing the work, the searching; the highs and comforts of receiving signs and the dullness that befalls me when the atmosphere of their absence surrounds me. Learning a new language, the language of spirit, is refreshing, rewarding and when doubt nicks my sheath of trust, I feel like I am failing the test. The ups, the downs, the twists, the turns . . . I am like a kite free floating on air currents and I need steady. I am tired of this feeling that something is missing, within reach, within my grasp, that one thing that will catapult me back to life but I
am unable to grab hold if I don’t know what it is. I shout out to Matthew in utter desperation, “I'm done. This is too much work. I'll see you when I'm dead.”

This is GRIEF. Words of mine that hit me like a bucket of ice water to the heart; so cold, so harsh so unexpected that it changes the invisible metronome that marks the beats I am so accustomed to . . . and then the real work begins.

I see with clarity the picture of what brought me here to this new layer of grief, yet after Matty’s second anniversary, the big picture out remains fuzzy. I’ve been thrown back to the beginning of mourning . . . not reliving that fateful day, but back to the beginning where that question “What do I do now?” looms large and loud. I find myself in a space that I am having difficulty defining. I am in that space of both recalling and reliving yet not with "what ifs" and "if onlys". I'm feeling that deep well of sadness and the longing that overshadows. Only this time I realize, these feelings are about me, I have mourned and grieved Matty but not the loss of me.

How do I now fit into my life? What does this new life look like? Where did my motivation go? Am I sadess? No, it seems to be replaced by weariness. How do I re-enter life with all its normal daily challenges and excitement, joys and sorrows, successes and failures? Why is everything I feared, disliked and have been unable to conquer personally . . . discomfort, anger, conflict, trust, letting go . . . finding my truth, my voice. Why are these “hiddens” asking to be seen, heard, acknowledged and healed? NOW?

I do not realize that my innermost desire is whispering to me. I cannot hear it. I can feel the unsettled-ness of it all, yet am unable to recognize it. I am holding onto the expectation that my . . . no wait, that's the missing! The revelation, this is not just about me. This continues to be the story of Matty and me. The MY I’m not feeling is the missing part of connection. I am privy to a connection. I know there is a connection that exists between my boy and me. I have evidenced that connection from medium readings, signs and synchronicities. I may be searching for something that does not exist but I don’t think earthly life, I felt a bond, was alive and well. There was merging; MY half of the mother and his half that made strong as the umbilical cord that it was cut at birth, it left its mark amputated limb. It was replaced invisible yet giving off physical than steel—nurtured, cared for, by Love. I am looking for that at birth by the umbilical cord. How can I find it in the absence of verbal communication? We are non-verbal, my boy and I. I must learn a new language, create space for awareness, openness and receiving with no cues, no facial expressions. I feel the dissolution of the trust, security and balance that framed our human to human bond, our attachment. Where is MY spiritual umbilical cord that will let me start over once again; that lets me know the continued connection with Matty is mine, is personal, and is two-way? I’m feeling the separation. I need to find MY spiritual link; the link that will tie a mother with her son’s spirit.

“If he would have moved to Tahoe”, I tell myself, as he had planned after college, we would have connected by phone. I could pick up that phone and call him, hear him, still feel his absence but appease the yearning, the missing. My heart would rejoice at the sound of his voice, his laughter, his “I Love you Mama” before disconnecting. When next needed, I could simply quiet these feelings of yearning and missing by picking up the phone again. The phone—the device that provides the opportunity for connection. My intention, my actions, dialing or a voice command set the stage for direct communication. His availability, his picking up on the ring, the vibration that lets him know action is needed—this is what completes our direct connection. Our combined actions, impersonal until the first “Hello”, when two hearts united in Love, kindle that unseeable bond, the attachment illuminated from within. It is the personal link that gives life to the Mother/Son, human to human connection. It is the place from where communication flows. It is my security and balance enjoyed for 36 years that lets me know all is right with the world. Is this the piece of me that I felt die the day he died?
This bond, this attachment that lives in my human physical world, elusive to me now that Matty is in the spirit realm, is the something I feel is within reach but cannot grab hold of. In the flesh we remain bonded in that mother and son relationship regardless of geographical distance. The relationship is alive, distance can have no impact.

I see the error in my thinking. MY personal link, MY natural inborn link must be soul spirit to spirit. The spirit in me must connect with his spirit. MY personal link originates from Love. A spirit connection can originate from a Medium reading, a sign received from another, a physical object like a pendulum or electronics such as an EVP reading. These connections bring much comfort and strengthen the hope needed as I embark on my journey toward healing. They validate that life continues, Love never dies. As real as these connections are, not ever will they bring me to MY personal link that transforms to MY new spiritual bond: the bond between the spirit in me to the spirit that is he . . . the bond, the attachment that is needed, searched for after death; the EXPERIENCE that validates I have found Matty in his new form, in his new home. The key to unlocking this treasure is through LOVE, only LOVE, direct from spirit to spirit, no intermediary needed. Lessons will show me a new way of thinking and deliver me a new perspective that is sorely needed for my mood, my sanity, my confusion, my growth and my healing. I have gained awareness yet it comes with no guide book. I have gained comfort yet the yearning and the missing continue—grief continues. However, Matty sends a clear sign, a validation to exactly this way of thinking. Hindsight maintains focus on the lessons that still need to be learned before the gift can be opened.

WHAT'S YOUR GRIEF?

GRIEF AFTER TRAUMATIC LOSS

Recently a reader emailed us and asked if we’d write a post about grieving a violent death. She’d been looking around the Internet for resources and information on the topic and had noticed the literature was a little light. That’s not to say good resources don’t exist, it just means they’re hard to find, so if you have a recommendation please feel free to share in the comments below. Anyway, we are going to do our part to fill in the void, however, we’re going to broaden the conversation a bit and discuss the concept of traumatic loss.

Now before I start throwing around labels and making generalizations, I have to make my usual speech about the differentness of individual grief. Although commonalities often exist amongst people who have experienced a certain type of loss, individual grief is as unique as the person experiencing it and their relationship with the person who died. Although some people might be able to relate to aspects of another person’s grief, no one can completely understand how anyone else feels. On a whole, we recommend you learn what you can from what is ‘typical’ for a certain type of grief, but take differences with a grain of salt. Okay, with that said.

A note about trauma:
Just a little more talk of subjectivity (sorry for those of you who like things black-and-white); it’s important to note that it isn’t necessarily the specific nature of the death that makes it traumatic, rather how the event is interpreted and experienced by the individual. One cannot underestimate the impact of personal factors like emotional regulation, cognitive responses, secondary stressors, coping style, prior history of trauma, and access to support and resources in determining how a person responds to an event.

It is true that certain types of death happen in a way that they are more likely to be experienced as traumatic, but it isn’t a given. So, for example, it is not a fact that a loved one’s death by homicide or MVA will be experienced as traumatic, only that it potentially could be. Ultimately, one must allow for a
wide range of variability when it comes to potentially traumatic events. All deaths have the capacity to overwhelm, shock, terrify, and shatter worldview. In fact, research has shown that PTSD symptoms are not only found in those who survive violent and sudden deaths, but also those who experience the death of a close person to terminal illness.

**Okay, So What Is Traumatic Loss?**

There’s variation in how traumatic loss is defined in the research, but for our purposes, I think this definition from Wortman & Latack (2015) does the trick:

“A death is considered traumatic if it occurs without warning; if it is untimely; if it involves violence; if there is damage to the loved one’s body; if it was caused by a perpetrator with the intent to harm; if the survivor regards the death as preventable; if the survivor believes that the loved one suffered; or if the survivor regards the death, or manner of death, as unfair and unjust.”

That’s a pretty broad definition, and we should also add circumstances in which the survivor witnessed the death, when their own life was threatened, and when the mourner experiences multiple deaths.

In addition to the nature of the death, other trauma risk factors include:

- Having to make medical decisions about life support, organ donation, etc.
- Uncertainty about whether the person has a died (ex. they are missing; information about their condition has not been disclosed)
- Media attention
- Limited opportunities for social support
- Being blamed for the death
- Prolonged court proceedings
- Having a prior history trauma

**What Is the Impact of Experiencing a Traumatic Loss?**

Generally speaking, it has been shown that traumatic death, especially violent deaths, lead to increased distress. For example, a 2003 study looking at the bereavement trajectories of 173 parents who experienced the death of a child by accident, suicide, homicide, or undetermined causes found that five years after the violent death 27.5% of mothers and 12.5% of fathers met the diagnosis for PTSD. These rates were significantly higher than those in the general population.

When someone experiences a traumatic death, their challenges become two-fold. One, they must cope with the trauma and two, they have to cope with their grief. The experiences of trauma and grief are two different things unto themselves, yet after a traumatic death, they get thrown into one big emotional blender. Things get tangled, thoughts and emotions get fused, and people sometimes find themselves utterly stuck. Understandably, it is not uncommon for people who’ve experienced a traumatic death to experience significantly more intense, pervasive, and prolonged symptoms.

**After a Traumatic Loss One May Experience:**

**Shattered assumptions about the world, themselves, and others.**

Many people live with the assumption that the world is a predictable, fair, and just place. They believe that they are in control, that they are generally safe and secure, and that other people can be trusted. Experiencing a traumatic death, something that feels profoundly meaningless and unjust, can shatter each of these assumptions and lead to a sense that the world is unsafe and unpredictable, that others are malicious and evil, and that one is powerless in protecting themselves. Going along with this, it is also common for one to question their faith and to feel abandoned by God after experiencing a traumatic event.

**Ruminations.**

It is common to ruminate about a death regardless of the circumstances. However, someone who has experienced a traumatic death might experience increased rumination as they seek to answer questions such as...

- Why did this happen?
- Who is to blame?
• Did my loved one suffer?
• Could their death have been prevented?
• Did they know they were going to die?
• Were they afraid?
• What is the meaning, reason, or purpose for all of this?

Unfortunately, many people fail to find the answers they are searching for and they continue to struggle with the randomness and senselessness of the death as well as the pain of imagining what it must have been like for their loved one at the time of their death.

**Feelings of guilt and blame.**
Even when a person is clearly not at fault, it is common to struggle with feelings of guilt and self-blame. For example, one might feel guilty for circumstances that preceded the death but which could have played a part in the chain of events. A person might make appraisals about the inadequacy of their own actions, feelings, and behaviors at the time of the death or even ruminate over actions and conflicts between the mourner and deceased well in the past. Negative thoughts about guilt and self-blame can impact how a person adjusts to bereavement and are often associated with feelings of depression and anxiety.

**Fear of grief and trauma reactions.**
After a death mourners often feel as though they are going crazy, and, as noted, those who have experienced a traumatic loss often experience intensified and prolonged grief/trauma reactions. If a person interprets their symptoms as dangerous, threatening, or indicative of a larger mental or physical problem, they are more likely to fear and inhibit their reactions. Concerns about one’s own reactions following a death add to existing emotion by causing additional anxiety, depression, anger or shame. Those who are fearful of their reactions may also engage in maladaptive and persistent avoidance of triggers or reminders which can contribute to the development of posttraumatic stress disorder and which prevent the mourner from finding meaningful ways to continue their bond with their loved one.

**Poor social support.**
Evidence suggests that social support can reduce the impact of stressful life events. Sadly, after a death, many people don’t receive effective support for a number of reasons. This is especially true after a traumatic death when the enduring impact of acute grief can last much longer than society has been taught to expect it. A few reasons why people do not receive effective support after a death include:

• People don’t know how to provide grief support
• People make comments that minimize grief, discourage expression of grief and discussion of loved ones, and push mourners to move on
• The bereaved may be inclined to physically and emotionally isolate, especially when they feel misunderstood by others
• The bereaved may feel they feel ashamed, abnormal, or weak because they continue to struggle
• The bereaved may seek support from therapists who are not trained in grief and/or trauma
• Avoidance of trauma and/or grief related triggers prevent the bereaved from engaging with others

**How Do I Cope After a Traumatic Death?**
After a traumatic loss, it is important to find ways to process and cope with complicated emotions and reactions regarding the death and the trauma… if you plan to seek support from a therapist I want to caution you that not all grief therapists have an understanding of trauma. Be selective when choosing a therapist, make sure they are licensed and ask questions about their experience working with trauma and grief. If you meet with a counselor a few times and don’t feel as though things are going well, then don’t be afraid to find someone else.
THE ONE THING NO ONE EVER SAYS ABOUT GRIEVING
(And a 4-step plan to move through your grief.)

By Katherine Schafler

(Editor’s note: While this article is not specifically about the grief of a Bereaved Parent/Sibling, it offers a perspective on the grieving process that is helpful. It may also help us acknowledge and deal with the “secondary losses” that we all suffer after the death of a child or a sibling. KC)

Another way to say that you are grieving is that a part of you is stuck in a moment in time. Sometimes the cause of the stuckness isn’t the grief itself, but the fact that you don’t even recognize that you’ve lost something and that you need to grieve.

Grief is a word that is used interchangeably with bereavement, but grief is not exclusively about the physical death of a person. Grief doesn't fit in a box, either. Some forms of grief take years to work through, other types take a few solid months, some take a single moment of deep acknowledgement.

Everyone grieves differently and for different reasons, but one thing remains constant in the process. It's the one thing no one has ever said about grieving:

“I did it right on time.”

Grieving is marked by a lag, a delay, a freezing, “Wait. What just happened?”

Grieving is also not a linear process. One moment you feel you’ve fully moved past something, the next moment it’s right back in front of your face. That’s because grief is insidious, imposing and demands to be felt. Even if you’re able to somehow avoid it all day long, grief comes back to you in your sleep. It’s laying right on your heart as you wake up.

Grief doesn’t say, “I’ve been here long enough, I think it’s time for me to leave.”

No. Grief crowds the heart, eats up all your energy and chronically imposes upon your peace. But grief isn’t some evil force that's only there to cause pain, grief is escorting up an even deeper feeling, a truth about your life, what you value and what you need. Perhaps how much you wanted something, how deeply you care about someone, how far you've come from where you were.

As Mark Nepo so beautifully puts it, "The pain was necessary to know the truth, but we don't have to keep the pain alive to keep the truth alive."

Still, grief isn’t necessarily a depression. People can be grieving and heartbroken about something and not even know it.

Here are some examples of events that cause grieving:
• A break up
• The selling of your childhood home
• What you always wanted but never got
• A person who died
• A person who is still alive but is electively absent in your life
• The loss of a dream
• Divorce
• Infertility
• Loving someone who is self-destructive
• The loss of a pet
• The end of a friendship
• Job loss or the end of a career
The typical route for grieving begins with denial, and that's actually a good thing. Ultimately, your defense mechanisms are there to protect you. Denial kicks in when it would otherwise be too overwhelming to feel it all at once. Ideally, denial slowly fades away and the grief is felt. (Ideally.)

More typically, you swallow your grief. It comes up in small spurts when you’re not paying attention, then you numb yourself to it somehow, then it jumps up more forcefully, then you numb yourself more heavily.

That is the path of staying stuck in grief. The path loops. People lose themselves on that path. Is there a better path? The answer is yes. But you don’t have to walk it unless you choose to. Some losses are so exquisitely painful, in a way that no one else could ever fully understand, that no one would fault you for staying in the loop.

If you do choose to get out of the disorienting, dizzying loop of grief, here are 4 ways to begin:

1. UNDERSTAND - That your heart is broken, even if it’s not visible to others. Keep in mind that there’s no ‘right way’ to grieve and that grieving is not a linear process. Just because it’s been 6 months, 4 years, 15 years, whatever – none of that means anything to your grief. The clock starts when you begin to recognize your grief. In other words, when you genuinely begin to address what happened (or perhaps what never happened).

2. RECOGNIZE - Before you can grieve, you have to recognize that you need to grieve. Something happened, or didn’t happen, that burdened you. Ironically, when you’re burdened, something is given to you and taken away from you at the same time. What do you feel was taken from you? What do you feel you are burdened with? The answers to those questions help you recognize what you need to grieve.

3. TOUCH - You have to touch the loss (as well as all the anger, sadness, bitterness, resilience, compassion and any other feelings you encountered during your loss). You're in touch with your grief when you make space for the feelings your loss brought into your life. It may feel counter-intuitive to go back to the feelings that you want so desperately to let go of, but there's simply no way to move through grief without making contact with it, without fully touching it, without fully feeling it. You have to pick it up, hold it, feel the weight of it in your hands, on your heart and within your life. You have to feel the whole loss. Grief demands to be felt with an insistence that needs no sleep. You either allow yourself to encounter the feelings or you remain encased in a shell of yourself under a misguided sense of self-protection.

4. MOVE - The feeling of grief can linger for so long that you almost befriend the grief. The grief becomes oddly soothing in its familiarity and its predictability. Dealing with the grief means letting go of this familiarity and moving towards something less predictable and less familiar, which is scary. Still, if you want to genuinely address the grief, you have to continue to move through the peripheral, familiar parts of your grief and go right into the epicenter of your grief. As the classic hero’s journey goes, you have to get inside the belly of the whale.

There (and only there) you will find the door to the unpredictable pieces of life that are patiently waiting for you on the other side of your pain.

So...
Understand your heart is broken.
Recognize why it’s broken.
Touch the grief.
Move towards the epicenter of your grief, as it’s the only path to other side of your pain.

Please remember, the grief you’re experiencing is yours, and you can carry it with you for as long as you like. Let go of it only when you feel ready-enough, and if you never feel ready, that’s okay. If you do feel ready to move through it, recruit professional support. Navigating through grief is unpredictable, dangerous terrain. You don’t have to do it alone.
GRIEF ISN'T SOMETHING TO GET OVER

The notion that one gets over it is a myth.

By Mary Lamia

The emotion of grief may be triggered by the loss of a loved one or the result of a life circumstance. Many people believe that if you have effectively mourned a loss you will then achieve closure. The notion that one mourns a loss and then gets over it, to the extent that emotions about the loss are not triggered in the future, is a myth.

Similarly, children have such expectations about getting over loss. They seem to believe that one needs to do something in particular in order to achieve that goal. Several years ago, as host of a radio talk show for kids, I asked listeners about the issue of loss. An 8-year old boy told me that his grandfather had died two weeks before and he wanted to know how to get over it -- he thinks about him all the time and can't concentrate on anything else. A 12-year old boy explained that his dog had died and he wanted to know what to do since he couldn't say good-bye to her and didn't think that he could ever "fill [his] heart with anything else." I didn't ask what he meant by his choice of words, however, I felt its meaning. A 13-year old girl said that she asks her brother about what clothes look good on her because she doesn't have a mom, and it always feels like something is missing. She asked, "How do I get over my mom dying?"

The misguided notion that grief is a process that allows a final working through of a loss is likely the fault of my own profession -- mental health professionals who have promoted this notion in their work with grieving individuals. Clinical data makes it clear that any significant loss, later and repeatedly, brings up longing and sadness. Is it because these people have not achieved closure by traversing prescribed stages of mourning or because they have not "worked through the loss" as some therapists boldly claim? No. It's because you never get over loss. As time passes, the intensity of feelings about the loss will lessen, you might also find ways to soothe or distract yourself, or you can partially bury grief-related feelings by creating new memories. But you're not going to get over it because that's impossible: you cannot erase emotional memory. Besides, it's not about achieving closure. Instead you have to figure out what you are going to do when your emotional memories are later triggered.

Emotions that have to do with loss are triggered throughout our lives. Usually they are in the form of anniversary reactions, such as the birthday or death day of the lost loved one or any significant holiday in which you might want to be with the person who is gone. Reminders, such as visiting a place you've been with the person you lost, will trigger a similar response. Episodes of depression or anxiety that seem to come from nowhere may have been activated by anniversary reactions or situation-matching reactions.

Grief can also be triggered by an age-matching anniversary reaction, which is when a person's age matches the age of a parent or loved one when they died. The remarkable power of age-matching anniversary reactions arising from the loss of a parent in childhood was demonstrated to me when I began training as a psychologist nearly 40 years ago. I had been treating a severely depressed man who, for many months, was not responsive to intensive psychotherapy or medication. Upon discovering with the patient that his depression began at a time in which his age matched his father's age of death, the depression miraculously lifted. Beneath his depression lay a myriad of fears that he would be like his father, which included dying at the same age of his father as well as guilt that he was not like his father and could live a full life. Although he had been unaware of the age factor, his painful feelings seemed to recreate the trauma of his father's death, which was too overwhelming for him to feel when he was ten years old. One of the reasons that grief happens to be triggered by external reminders, such as in anniversary reactions, is because grief is an emotion that sends a vague alert to help you to remember, rather than to forget. Even so, what most people do with grief is attempt to forget--to get over it--which is quite contrary to the purpose of the emotion. Rather than try to forget, one must attempt to remember and accept what
the emotion is trying to convey. There are many ways to remember. You can remember what you learned from the person you lost, remember what you enjoyed, and you can cry if you feel like crying. Even if your grief is about a relationship gone bad, there is always something that you can learn through recollection.

There are related themes of loss that people express, and later grief responses related to those losses, such as the many women and men who have given up a child for adoption. The child's birth date does not pass by without an emotional reaction, whether or not they recognize it at the time. Similarly, the date a child would have been born for a childless woman who has had a miscarriage can trigger grief. The experience of loss when a relationship ends can be triggered on the former partner's birthday, on the anniversary of when you met, or on any holiday.

Whenever I am bothered by the thought of just how misguided the notion of stages of grieving can be, I remember one patient in particular who wanted help with the depression she had every summer, which at the time she told me was when her 12-year old child had died 25 years before. She sought therapy because she was convinced that something was wrong with her. Every June, for 25 years, she had experienced a grief response. Simply knowing that she wasn’t crazy because of the intense emotions she felt made it a bit easier the next time June arrived. Rather than try to get rid of her painful feelings at the time, instead she learned to think about exactly what she would do to remember her son.

Henry Wadsworth Longfellow sums up the lifelong experience of grief in the first 3 lines of his poem:

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Secret Anniversaries of The Heart:

The holiest of all holidays are those
Kept by ourselves in silence and apart;
The secret anniversaries of the heart.
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Powerful, powerful words from Lexi Behrndt www.scribblesandcrumbs.com:

"Their story is not over. We carry them. But listen here: your story, my story, our stories are not over either. No matter how much you wished you could have stopped breathing when the breath left their lungs, no matter how hopeless your life seems, no matter how deep down in the pit anxiety or depression or PTSD have taken you. No matter how weak, how small, how fragile you may feel, you are not. You are brave. You are fierce. You have been given a sacred task, and you are the person for the job. Your story is far, far, far from over. Few people in this world meet someone who so intricately and radically changes their lives simply by entering it. Few people have their lives split into such a powerful before and after. And while it may be so easy to look at our before and after through the lens of deep pain and sorrow, you have been given a sacred gift: to know a love so pure, so raw, that it extends across world, through time, and death cannot even touch it. You’ve been given a sacred gift, a second chance, an invitation to never be the same from this point forward simply because they existed, you were chosen to be theirs, and you are tied together, eternally, your love a force greater than life itself. You are theirs. They are yours. For eternity. Press on."
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In the lilt of Irish laughter you can hear the angels sing

you are here
you are there
you are everywhere
I can always find you in my heart . . .
loving you forever ♥ mom

Adopt the pace of nature: her secret is patience.

—Ralph Waldo Emerson
Featuring Alan Pedersen performing songs from his Angels Across the USA Tour

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