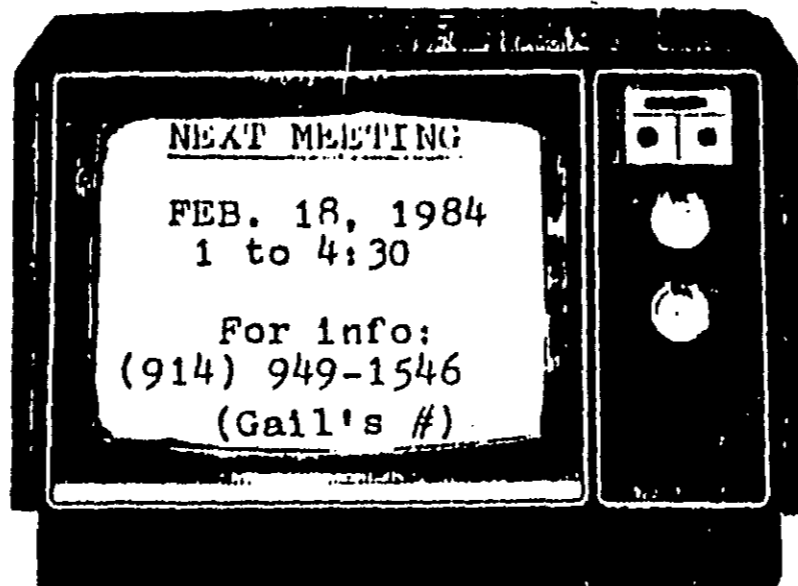


NETWORK

NEWS



A SERVICE OF
THE
BIRTHPARENT
SUPPORT
NETWORK

Need "Just Support?" Call us!
Annette at (914)238-9262 Kathy at (914)576-2037
Or Write:
Birthparent Support Network
P.O. Box 120
N. White Plains, N.Y. 10603

1984 is here and we'd like to share some of our resolutions with you.

1. We resolve to continue to offer support to birthparents and others touched by adoption.
2. We resolve to make ourselves available to other Adoption reform groups in the N.Y. area as a resource for birthparents.
3. We resolve to work towards educating adoption professionals and legislators as to our existence and goals.

AND

We hope you'll join us in making our resolutions a reality!!!

This Winter/Spring we will continue to meet on the 3rd Saturday of the month from 1pm until 4:30pm. White Plains can be reached by car, bus, or Metro North. The ride from Grand Central Station is under an hour. We plan both the start and end of our meetings around the train and bus schedules. Rides are available to and from the depots.

Our meeting notice/newsletter will be sent to you, summarizing the previous meeting, about 2 weeks before the next scheduled meeting date. If you do not wish to continue to receive this newsletter, send a postcard to us, address above, asking to be removed from the mailing list. If you know someone who wants to be added to this list, ask them to write directly to us.

If you can not attend meetings in White Plains and want to know about other birthparent meetings just call or write to us. We ask that you include a self-addressed stamped envelop in your correspondence.

If your child is over 18 and you wish to meet with adult adoptees, there are a few groups meeting in the area. We have this information for you. A few of us attend other meetings and would be glad to meet you at any meeting you are interested in.

It is very important to read about adoption. We suggest that you look at Adoption Triangle, Arthur Sorosky; Lost & Found, B.J. Lifton; and Search, Jane Askin. These books are available in the library.

We have a number of books available for purchase prepaid. This is one way you can benefit while helping us. The books are: Lost & Found, Birthmark, Twice Born, Politics of Adoption, Dear Birthmother. The price, \$11.00 for each, includes mailing.

And last, a legal action has been initiated by 2 of our group members in an effort to have their nine month old baby returned to them. The mother signed surrender but the father never consented to the adoption and wants his son. The parents have married so a favorable outcome would reunite this family. In the meantime, the mother is now pregnant. If anyone has maternity clothes they would like to pass on, this young mother can use them. She's saving every penny for the law suit. We'll keep you posted on this situation as it progresses.

Hope to see you on February 18th! Call or write for meeting location.

287 Gail, Kathy & Annette

NO COST TO YOU FUNDRAISER

Send any of the following proofs of purchase to Birthparent Support Network, P.O. Box 120, North White Plains, N.Y. 10603.

By March 31, 1984

Any La Choy canned or frozen food UPC Symbol
Net Weight Statement from Bold-3 Detergent plus cash register receipt
Tank II UPC symbol plus cash register receipt (circle Price)
Nestles Milk Chocolate Morsels bag
Planters Pecan or Walnut bag-6 oz. or larger size
Kjeldsens Cookies perforated center divider and cash register receipt
Vaseline Intensive Care Lotion-10 oz size and cash register receipt
Vaseline Petroleum Jelly 3.75 or 7.5 oz size and cash register receipt
Q-Tips Cotton Swabs-170 size plus cash register receipt
Cutex Nail Polish remover-3,4, or 6 oz. size) plus cash register receipt
Elmer's Wonder Bond Plus HEG symbol
Elmer's Carpenter's Wood Glue UPC symbol
Hungry Jack Mashed Potatoes UPC Symbol (12, 24 or 40 serve box)
Green Giant Asparagus Spears or Cut Asparagus
Green Giant Sliced or Whole Mushroom Label
B in B Sliced or Whole Mushroom Label
Mexicorn Corn with Peppers UPC-12 oz
Green Giant White Corn UPC 12 oz.
Green Giant Peas with Onions 17 oz can

By April 30, 1984

Front Panel from any Panadol except trial size
Silkience Shampoo or Conditioner (7 or 15 oz) UPC and cash register receipt
Silkience 7 oz. Hair Spray--Copy UPC # & cash register receipt
Soft & Dri Deodorant-Clip UPC Seal from package
FOHO Shampoo and/or Rinse (7 or 11 oz Size)--Clip UPC Seal from Package

By June 30, 1984

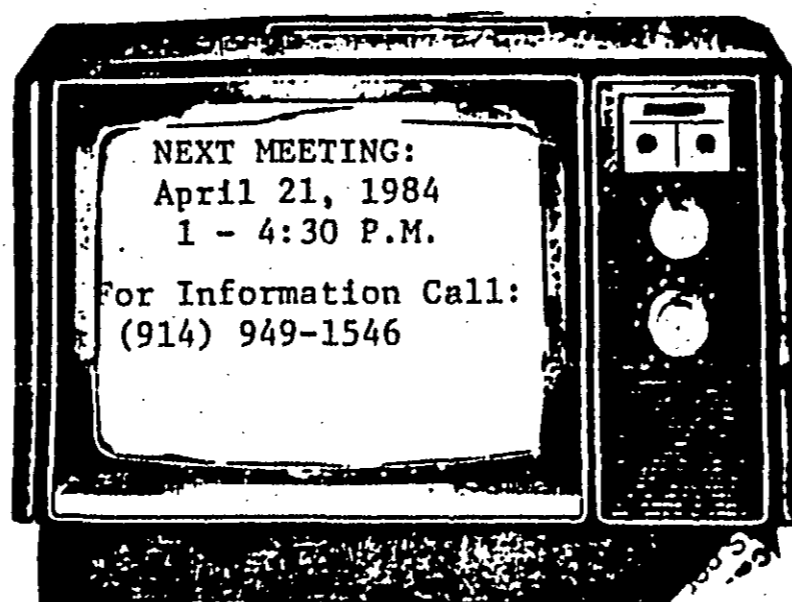
Labels from 32 oz. Hellman's Mayonaise
Labels from Skippy Peanut Butter (18 oz. or more)
Mazola Corn Oil Labels (32 oz or over--Foil Seal from Gallon size)
Mazola Margarine net wight statement from 1 lb. package

By July 31, 1984

UPC Symbols from any Cracker Barrel Cheese product
The letter P,O,S or T from inside Post Cereals
St. Joseph's Aspirin Free for Children UPC symbols
Slim-Fast label and cash register tape
Novahistine Liquid label UPC Symbol
Cepacal Mouthwash Label UPC Symbol

NETWORK

NEWS



A SERVICE OF
THE
BIRTHPARENT
SUPPORT
NETWORK

P.O. Box 120
No. White Plains, N.Y.
10603

WANT TO TALK? CALL Annette at (914) 238-9262 or Kathy (914) 632-1762

We really missed those of you who couldn't attend the March meeting. Many old and new faces greeted our new meeting location. To our surprise, the cozy church library was too small to accommodate all of us. Note that we will now be meeting in the Fellowship Room of the United Memorial Methodist Church. Follow the signs to New York Conference and you'll easily find us. Meeting dates remain the third Saturday of the month through June: Mark your calendar:

Saturday, April 21
Saturday, May 19
Saturday, June 16

If you're wondering how we keep the group going, donations are accepted at each meeting. Funds raised are used for the room rental and postage. Office supplies have been graciously donated by Nanette and I. Duplicating is shared by those who have access to a machine. Maureen has run off lots of stationery and so has Pat, who is also doing our typing. Annette has been handling our publicity and assisting with correspondence and Kathy has been manning the search support hotline. Trina keeps our periodical file current. Thanks to All!

During the past few months, requests for help and information have begun to come in regularly thereby increasing postage costs. We hope you'll consider donating a book of stamps so that we can respond to these requests and keep our mailing list growing. And, if you don't wish to receive this newsletter, ask us to remove you from the mailing list. If you can't attend meeting but want to correspond with another birthparent or if you have questions for us, write to the above address..and include a SASA.

WONDERING WHETHER TO SEARCH? HOPE THIS HELPS.....

ADOPTION -- Cynthia J. Bell

I search for you, my parents
who gave me up.

I seek you through my restlessness
my drifting from one face to another.
Seeking my reflection in you.

I've never heard you say my name:
you are mysterious
and unknown
Shadow parents.
You dwell in my heart,
which is bursting
to bring you into the light of day
and make me real.

SEE YOU SOON!

Handwritten signature of Gail.

Gail

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**HAVE YOU LOST A CHILD
TO ADOPTION?**



DO YOU OFTEN WONDER ABOUT YOUR CHILD?

MEET WITH OTHERS WHO SHARE THIS EXPERIENCE.

Family members who are separated by adoption often feel isolated. They know of no others who share this unique loss. A support group for parents who have surrendered children to adoption is available. For information about this group, send a self-addressed stamped envelop to:

**BIRTHPARENT SUPPORT NETWORK
P.O. BOX 120
NO. WHITE PLAINS, N.Y. 10603**

NETWORK

NEWS

P. O. Box 120
No. White Plains, N.Y. 10603



A SERVICE OF
THE
BIRTHPARENT
SUPPORT
NETWORK

WANT TO TALK - Call Annette (914) 238-9262 or Kathy (914) 632-1762

FIRST ANNUAL BIRTHPARENT CONFERENCE

The Birthparent Support Network and Origins are co-sponsoring a conference JUST FOR YOU. This special event will take place on June 23, 1984 at the Unitarian Society in East Brunswick, N. J. **MARK YOUR CALENDAR!!** Brochures describing the day will follow. But here's a preview of Workshops:

1. Douglas Reiniger - Attorney: Legal Issues of Birthparenthood
If you wish, submit questions in advance.
2. Mary Anne Cohen, Birthmother: Contacting your child.
3. Gail Hanssen, Birthmother: Dealing with Rejection

BUSINESS IS BOOMING - Because we now include our address in ads, mail inquiries from as far away as Rhinebeck, N. Y. have been coming in regularly. If you want to help answer letters, let me know. Also, special thanks go out this month to those at the 4/21 meeting who rallied around the need for a telephone answering machine. Each month, our meeting date, not location, is publicized on TV, radio, newspapers and Pennysavers. This month, 3 calls were received at times when birthparents were not available to talk. Only 1 person called back. We each know how hard it is to make that first contact and not be able to immediately reach another birthparent can be very frustrating. To avoid losing calls, networkers dug into their hearts and pockets and as of this meeting notice, an answering machine is in place at (914) 949-1546, our main number. Personal thanks to my mother and Ramona for their support and generosity in this endeavor.

SUMMARY OF PLANNING MEETING - 4/24/84 - Those present agreed to continue regular monthly meetings at the Memorial Methodist Church and to institute quarterly planning sessions open to all. Helping more women "come out of the closet" was identified as a BSN long term goal. To start this effort, a telephone listing is necessary. Fund raising is now underway for this. Those not at our 4/21 meeting can show support by contributing now. Indicate "Telephone Drive" on your envelope.

We are also trying to reach more women by exposure. Attached is a flyer for you to duplicate. Post copies in your Post Office, Laundromat, Supermarket, Community Bulletin Board, Women's Center or "Y" and library. (Note: All Westchester libraries have received copies). Next planning meeting: August - Date and Place to be announced.

NOTE: There will be no meetings July and August. Fall meeting dates are: 9/22 (4th Saturday), 10/20, 11/17 and 12/15.

May 13 is Mother's Day - This is a very difficult day for all of us. Feel free to call for support. And, if you get a Gannett paper look under "B" in Mother's Day Messages. Our thoughts are with you.

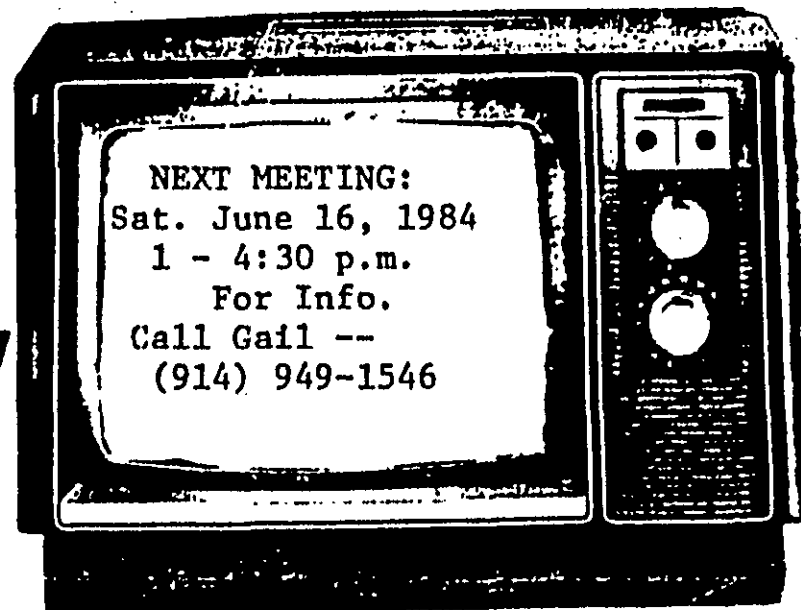
NEEDED - Crib and baby clothes for new mother - Call Gail!

NEW YORKER'S NOTE: A recent ruling changed the interpretation of the 30 Day Right to Rescind Surrender Law. Previously, parents had 30 days after signing surrender to change their minds and regain custody of their children. Now, return is not automatic. Custody will be determined by the plan that is in the child's best interests. It is unlikely that courts will rule that return to natural parents is in their children's best interests. **IF YOU KNOW OF AN EXPECTANT PARENT CONSIDERING SURRENDER IN N.Y.S., ASK THAT THEY CALL US FIRST....**

THANKS.....GAIL

NETWORK

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A SERVICE OF THE
BIRTPARENT
SUPPORT
NETWORK

WANT TO TALK???...
Call Kathy... (914) 632-1762
or
Annette..... (914) 238-9262

COME TO THE FIRST ANNUAL ORIGINS & BIRTPARENT SUPPORT NETWORK CONFERENCE!!!.

June 23, 1984 is the date..the Unitarian Center in East Brunswick, N. J. is the place. Join with scores of others in an event that explores the rights, needs and responsibilities of parents who have lost children to adoption.

ATTENDANCE IS A SHOW OF SUPPORT. Your participation demonstrates that YOU HAVE NOT MADE A NEW LIFE separate from your child. Adoption laws will be changed only if we prove they are wrong. Registration form and directions are attached. Car pools are available from: New Rochelle, White Plains, Tarrytown and New York City. If you can volunteer your car or need transportation from other areas, contact me immediately, so that we may match you with a ride.

Our last meeting of the '83-'84 season will take place on Saturday, June 16. Many have asked for summer meetings. The church is not available in the summer. If you want to offer your home for an evening meeting let me know. We will help you publicize the date. Interest is high in both Manhattan & Putnam County, so these areas will be give preference.

MOTHER'S DAY FOLLOW-UP - The Gannett chain ran the Mother's Day message we composed. The Penny-saver and Newsday refused to print stating that the message was not appropriate. Here's how it read...judge for yourself..

BIRTPARENTS: Special wishes to those who've lost children to adoption. BSN Box 120 NWP 10605 We certainly do have a long way to go.

AGENCY UPDATE - Family Services of West. has advised me that they will do a search upon the request of the adoptee only. If you surrendered through this agency we suggest you forward them a notarized waiver of confidentiality (available through us). If you surrendered elsewhere, you might want to show your support of this move towards open records by writing to:

Ms. Barbara Melamud, Family Services of West., 470 Mamaroneck Ave., W. P., N. Y. 10605

Please indicate your hope that FSW might open records to birthparents.

INPUT NEEDED: A questionnaire to area agencies is being considered so that we may have a data bank of agency policy re: search (major/minor), reunion, non-identifying info, birth records & certificate, etc. What would you like to know about your agency? Forward to Box 120 immediately.

Have you noticed our wonderful typing? Thanks to Pat for a beautiful Newsletter and a contribution of a sorely needed file cabinet..Also, thanks to Mary for such lovely baby clothes.

Your submissions:

Pieces of myself, scattered and lost
Discarded as stolen parts.
Memories of me, my life
Left in bits among the years.
Who had the right
to take such precious things?
Not a soul had such a right.
But they did it anyway.
They stole information
Knowledge denied to me.
People, loved ones taken,
Pulled from me.
And I from them.
They told me,
"It's for the best Dear"
"You'll forget, you'll see"

How did they believe that?
Did they think I'd forever be
Subject to their view?
Didn't they know I'd grow?
That I'd need those missing parts?

I've grown now, I want them back!
I'll get those pieces of me.
I'll find the lost ones.
I'll pick up the discarded ones.
I'll steal back the stolen ones.

I'll put them back together,
As best as I can.
Then, just maybe I'll be whole,
Whole enough to continue
To grow into my own life.

....Laurie.

Hope to see you June 16 and June 23.

Gail

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ORIGINS, N. J. and THE BIRTHPARENT SUPPORT NETWORK, N. Y. PRESENT
 THEIR FIRST ANNUAL CONFERENCE

MEETINGS

we meet
 ordinary women who share one experience
 we have all lost children
 to the adoption system
 each one has the same sorrow
 in her eyes
 sorrow the world denies expression
 a longing
 to know the lost baby
 some of the children have grown up
 some are found
 some have been seen
 I have a picture only
 but arms are still empty
 we share excitement
 as a search succeeds
 a mother draws close
 to finding her child
 once three
 some have not begun
 they have come
 because here we can say it out loud - how it feels

we discuss our distances
 (fifteen years, 3000 miles, nineteen years,
 thirty-four years,
 nineteen years 2500 miles, eleven years, 1500 miles,
 I don't
 know ANYTHING)
 we can't time travel
 or replace that baby
 the baby is grown now
 but we can talk
 and we can help each other
 because we know that pain
 and we are getting wiser
 smarter
 calmer
 and we will find
 those that look
 and those that grieve still
 can begin to share
 their pain
 that's why we meet

3/24/84
 CRYSTAL

THEME: WHERE DO WE STAND TODAY?

- 9:00 - 9:30 A.M. Registration and coffee
- 9:30 - 9:45 Opening Address
- 9:45 - 10:45 Keynote Address:
 Joan Calder, M.S.W., Children's Aid Society
- 11:00 - 12:15 Workshop I (Choose A,B,C, or D)
- 12:30 - 1:30 Lunch:
 P.Y.O. Brown Bag (Coffee and Tea Available)
- 1:45 - 2:45 Workshop II (Choose A,B,C, or D)
- 3:45 - 5:00 Informal Networking and Coffee

DIRECTIONS:

N.J. Turnpike North or South to Exit 9. After toll, head towards EAST Brunswick (NOT New Brunswick) on Route 18.** RIGHT turn at THIRD light, TICES LANE.* Proceed for approx. 1 mi., UNITARIAN SOCIETY is on LEFT just under the overpass.

OR: Traveling Northbound on Route 18, make a JUGWANDLE at Tices Lane (International House of Pancakes) Proceed as above.*

OR: From Route 287, take to Route 18 till you pass the Turnpike, then follow from ** above. DO NOT TAKE ROUTE 1 WHICH MAY BE CLOSED DUE TO CONSTRUCTION.

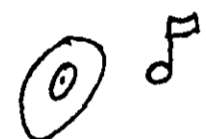
If you wish to spend the night at a N.J.'s member's home, please contact the lodging chairperson:
 Laraine Shwailik, 201-634-7948.

(Cut Here)

REGISTRATION

(Cut Here)

DATE OF CONFERENCE: SAT. June 23, 1984



WIN A RECORD!
 BOOK RAFFLES!



Name (Please Print) _____

Address _____

City, State and Zip _____

Birthparent _____ Adoptee _____ Professional _____ Other _____

WORKSHOP CHOICES:

A. Legal Aspects of Birthparenthood -
 Douglas H. Reiniger, Attorney at Law

C. Dealing With Rejection
 Gail Hanssen, National Secretary, CUB

B. Reunion & After: Reacting to Reality -
 Mary Anne Cohen, ORIGINS Co-Founder

D. Starting a Group or Helping Your Group Grow -
 Gail Davenport, A.C.S.W., Birthparent

Workshop I: First Choice _____ Second Choice _____

Workshop II: First Choice _____ Second Choice _____

If you cannot attend, but wish to make a contribution, check here _____

Please Note
 Registration
 DEAD LINE
 Date

Fee \$10.00, if received by JUNE 8, 1984. \$15.00 thereafter.

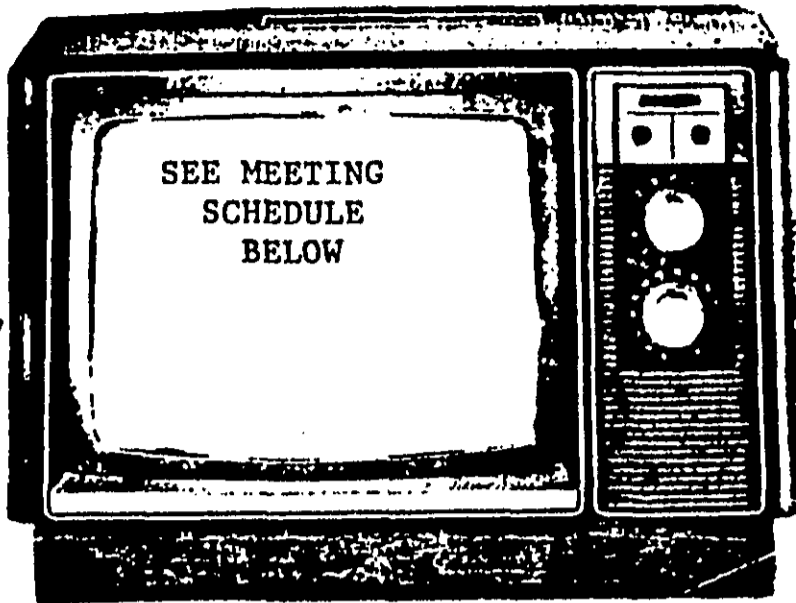
Please make checks payable to ORIGINS, and mail to: Marsha Riben, Box 268CC RD 2, Old Bridge, N.J. 08857

PLEASE DO NOT MAIL TO ORIGINS P.O. BOX (105)

Please feel free to copy this registration for anyone who has not received one.

NETWORK

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A SERVICE OF THE
BIRTHPARENT
SUPPORT
NETWORK

WANT TO TALK????????.....
Call Kathy.....(914) 632-1762
or
Annette.....(914) 238-9262

S

What a productive year this has been for BSN members. Monthly meetings, numerous reunions and a successful conference created an infectious enthusiasm among many of us. The energy is still evident as some of you begin Birthparent Support Networks in your areas.

Manhattan Meetings, hosted by Eileen, start on 7/19. For info, call her at (212) 362-1791. (This meeting was announced on WBAI on 7/4).

Putnam County meetings will begin mid-summer if interest warrants. Those in Putnam, Dutchess and Orange Counties should call Mary at (914) 225-9307 for dates and place.

Nassau County meetings at Janice's will start 7/25. Contact her at (516) 781-3319 for specifics. If you want to help start meetings in your area, contact me at (914) 949-1546 or write BSN.

Westchester Planning Meeting: A quarterly planning meeting will be held in early August. Agenda items will include incorporating BSN Chapters into our structure, speakers for the '84-85 season, early conference planning and discussion if we want to consider election of officers. If you wish to add to the agenda, contact Gail. If you plan to attend this meeting confirm by August 1.

Future Meeting Locations - Manhattan meeting space is available at CUNY Graduate Center, Midtown. Those attending the 7/19 meeting will determine if the space and available date meets the groups' needs.

Putnam meeting space has been requested at the Women's Center. Once space is secured, birthparents in the Mid-Hudson area will be advised. Nassau County meeting space may be available at the New York Inst. of Technology, Westbury Campus, if enough Nassau County birthparents plan to attend meetings, this space will be pursued.

CONFERENCE FOLLOW-UP - Over 40 natural mothers gathered to participate in the first annual Origins and BSN Conference on June 23rd. To our surprise and delight this extraordinarily well organized event drew women from as far away as Michigan and Florida. Positive feedback on workshops clearly demonstrated the need that birthparents have to explore their loss experience with each other. For a more in-depth description, see the next Origins Newsletter (for an Origins application, send a SASE to us.)

The Second Annual Conference will take place in Westchester next spring. Feel free to submit ideas & suggestions to us as well as to volunteer for the conference planning committee.

This is the final newsletter for the 1983-1984 season. You will receive post cards advising you of summer & early fall meetings. If this presents a problem, let us know.

The success of this year was the result of the efforts of many people. A special "Thank-You" goes out to these unique helpers:

Pat Maureen Laurie Ramona Nanette Janice Eileen
Mary DiDi Annette Trina

and...Marsha and Mary Anne for their support and especially KATHY!!!!

Love

Gail
Gail

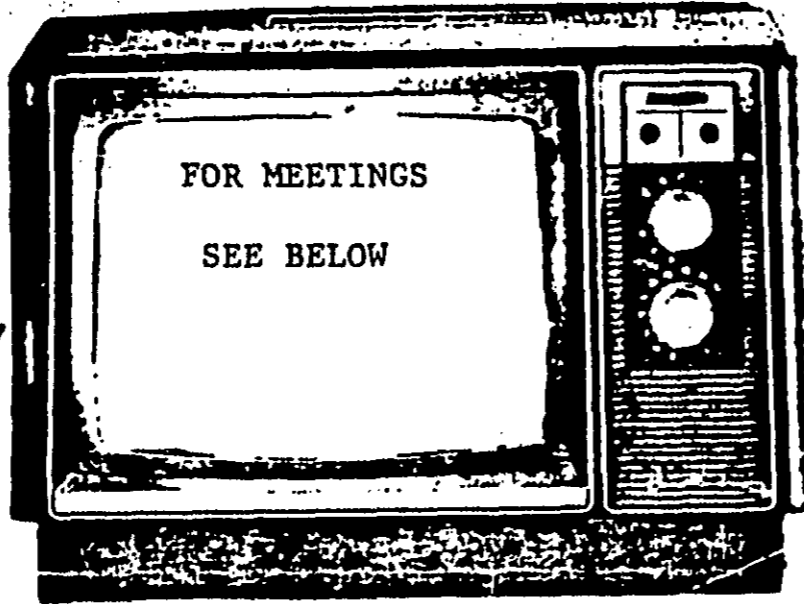
P.S. MARK THIS DATE ON YOUR CALENDAR.....LEAVE IT OPEN FOR OUR MEETING.....

Saturday, October 20th. Judith C. Mayes, MSN, RN - Psychotherapist, will be speaking with our group about ANGER.

Judy is a member of the Feminist Psychotherapy Collective of Westchester, whose approach encourages the exploration of options other than those that society defines for us.

NETWORK

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Want to talk???? Call..

Kathy... (914) 632-1762

or

Annette. (914) 239-9262

WELCOME BACK!!! This newsletter marks the opening of our second season offering support groups to birthparents.

Networks were busy as bees this summer getting new groups off the ground and these efforts have paid off. Monthly meetings are now being held in Westchester, Manhattan and Nassau County. Also, our friends in Schenectady have "adopted" our name. So, if you're in that area, BSN meetings are available to you. For information, call Felicia at (518) 370-7994.

Westchester meetings begin on Sept. 22 at the Memorial Methodist Church, 250 Bryant Ave. White Plains. Look for us in other rooms as the Fellowship Room, our regular meeting place, is being used for a conference. Call Kathy or Gail for meeting time and train schedules. Note that this is the 4th Saturday for September only.

On Oct. 20, 1984, the third Saturday in October only, we will meet at the YWCA, 515 North St., White Plains. This is around the corner from the Church on Route 127 (No. Street). Judith C. Mayes, R.N. and Psychotherapist, of the Westchester Feminist Psychotherapy Collective will be talking with us about anger. This meeting, for birthmothers only, should prove to be exciting.

Starting in November 1984, meetings resume on the 3rd Sat. of the month at the Memorial Methodist Church, usually in the Fellowship Room.... Manhattan meetings are held the 3rd Wed. of each month at the CUNY Graduate Center, 33 West 42nd St., N. Y., Room 1212. For information about the Sept. 19th meeting, contact Eileen at (212) 362-1791 (p.m.) Also, let Eileen know if you can help with refreshments, mailings, ect. ****Volunteers are especially needed to cover the BSN display table at the Sept. 22nd self-help fair at Battery Park (raindate - Sept. 23)**

On Tuesday, Sept. 18th, Janis will host the Nassau County BSN meeting at her home in North Bellemore. For directions and meeting location call Janis at (516) 781-3319. Let Janis know if you wish to help with refreshments, duplicating and mailings.

We hope to see you at any one or all of our meetings. If you're unable to attend meetings but appreciate receiving this newsletter, consider sending us 10 stamps to cover the cost of postage to you this season.

ELECTION NOTE: Are you thinking of voting for Ronald Reagan? If so, please note that when he was Governor of Calif, he said "that an unmarried mother's third and subsequent illegitimate children should be statuatorily removed for adoption". (Quote from Politics of Adoption..p. 175). Do you want a person who thinks like this to influence adoption policy?

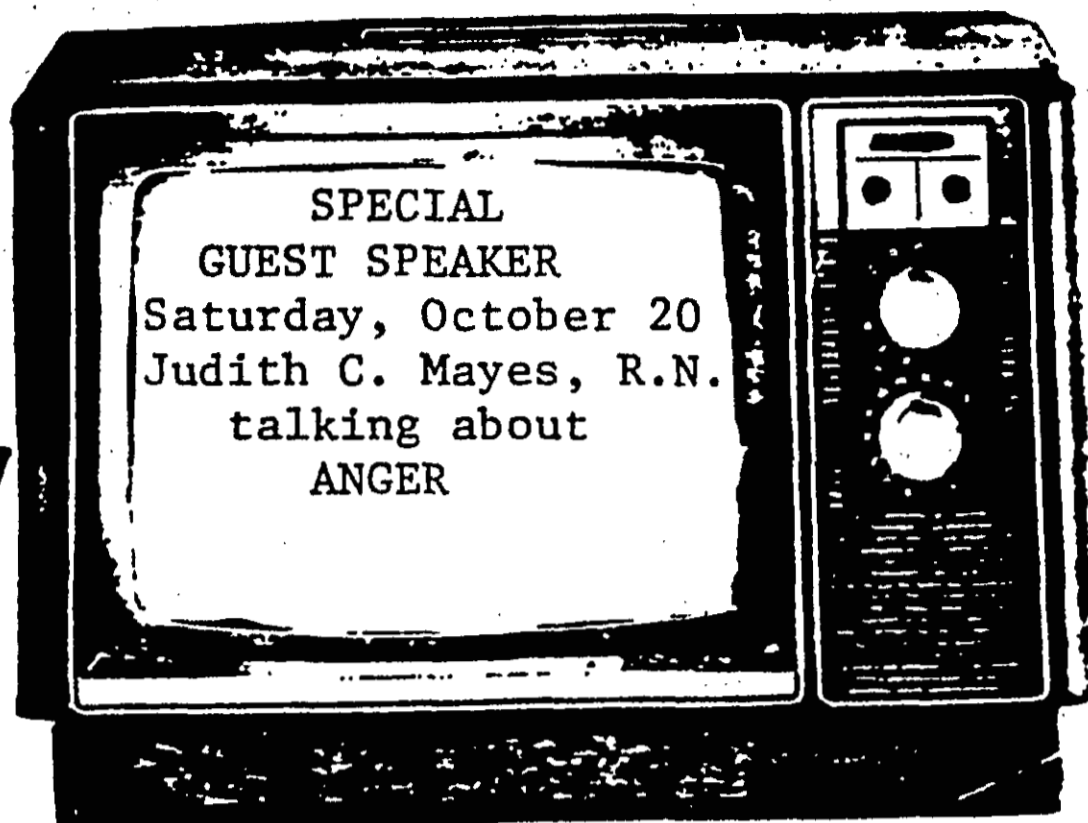
WORKSHOP NOTE: On Oct 18, 1984, the Social Work Dept. of New York Hospital in White Plains is holding a workshop entitled "Disruptions in the Family Life Cycle: Practice Implications - Looking at the Psychological Aspects of Adoption - A Clinical Perspective." If you're interested, the hospital number is (914) 997-5743. (Ed. note - I doubt if this conference will address any of the distuptions the loss of our children have caused us!)

We're glad to be back.....Love

Gail

NETWORK

NEWS



A service of:
The Birthparent Support Network
P.O. Box 120
North White Plains, N. Y. 10603

Want to talk.....Need Support....
Call: Kathy (914) 632-1762
or
Annette(914) 238-9262

BSN MEETING SCHEDULE

New York City - Wednesday, Oct. 17, 1984 7:30 - 10:00 p.m.
CUNY Graduate Center
33 West 42nd St.
Call Eileen at (212) 362-1791 for further information

White Plains *Saturday, October 20, 1984 1:00 - 4:30 p.m.
YWCA
515 North Street, White Plains
Call Gail at (914) 949-1546 for further information

Nassau County - Wednesday, October 24, 1984 7:30 - 10:00 pm.
North Bellemore
Call Janis at (516) 781-3319 for further information

Schenectady - Call Felicia at (518) 370-7994 for further information

We are looking forward to seeing many of you at our Oct. 20th workshop on Anger. Our support meeting begins promptly at 1:00, our speaker is due at 2:00. Directory located on the 2nd and 3rd floors of the "Y" for the room number. Room rental and speakers fee make it necessary for us to ask for a \$5.00 donation from all who can contribute. Note that no one will be turned away for inability to share costs.

The following disclaimer was printed in October, 1984 TEEN Magazine.

WARNING

'TEEN is being misrepresented by individuals claiming to be associated with the magazine.

Several such fraudulent cases have been tracked down and legal action is pending.

If you are contacted by any person claiming to represent 'TEEN, do not take any action until you have verified the person's credentials. A call to 'TEEN editorial offices will provide you with the desired information.

Do not, under any circumstances, meet with anyone until proper identification has been established.

Please be cautious as you attempt to contact your child. We cannot be responsible for any action taken by your child or his/her adoptive parents. Before moving ahead, brainstorm strategy within the group. If you cannot wait till the next meeting, get input from as many of us as you can reach.

The item below is quoted from the September 1984 Resolve Newsletter:

****Golden Cradle Agency of Philadelphia is planning to introduce a new concept in independent placement adoption to our area. A meeting will be held on Thursday, Sept. 6th at 8:00 p.m. at the Plainview-Old Bethpage Library to explain the details. If you are interested, call Randy at-----for more information.

The possibility that Golden Cradle will begin recruiting and brainwashing young pregnant women in the metropolitan area may make it necessary for us to develop a counter approach. Those of you who live on Long Island should monitor the personals, pennysavers and tray-liners at local fast food restaurants....YES, Golden Cradle advertises in places that teens go to. If ads appear, we will use every affordable way to present our point of view.

BSN ON THE AIR

Listen for us on WLNA-AM, 1420 on your radio dial on Tuesday, October 30, 1984 from 12 noon to 1 p.m. This interview will focus on the birthparent experience and BSN as a support group.

BSN "SPEAKERS BUREAU"

A panel of our birthparents have been invited as guest speakers at the Westchester/Rockland Adoptive Parents Committee Conference: "Adoption - The Discision and Beyond". We will, of course, talk about the ways adoptive parents can help in the reunion process.

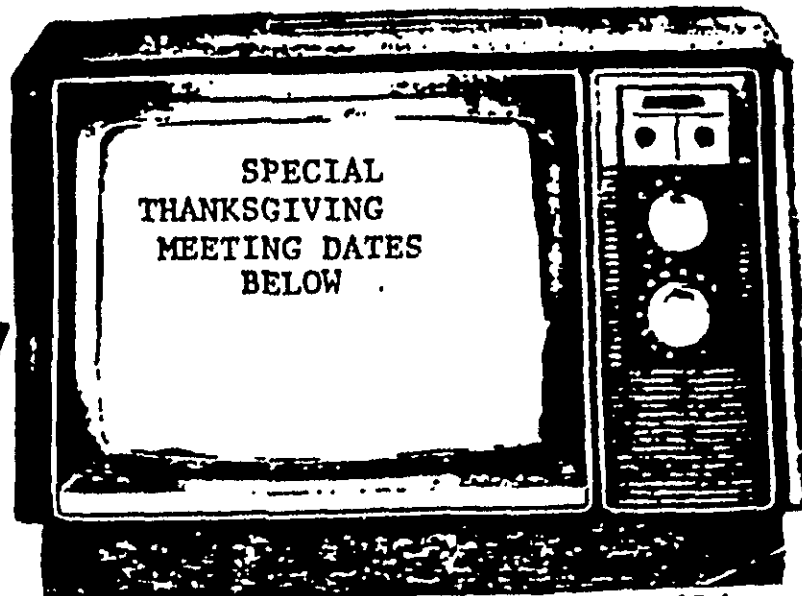
We are off to a busy start this season. Please join us for support and to help in all that has to be done.

Love

Gail
Gail

NETWORK

NEWS



A SERVICE OF
BIRTHPARENT SUPPORT NETWORK
P. O. Box 120
No. White Plains, N. Y. 10603

WANT TO TALK??? CALL...
Kathy.....(914) 632-1762
or
Annette.....(914)238-9262

REMEMBER: BSN MEETINGS ARE
OPEN TO BIRTHPARENTS ONLY

WESTCHESTER MEETING: Saturday, November 17th - 1:00 - 4:30
Memorial Methodist Church, White Plains, N. Y.
Call Gail for details (914) 949-1546

New York City Meeting: Tuesday, November 20th 8:00 - 10:00 p.m.
CUNY Graduate Center, New York City
Call Eileen for details (212) 362-1791

Nassau Meeting: Saturday, Nov. 24th
Call Janice at (516) 781-3319 for further information

Albany/Schenectady Call Felicia at (518) 370-7994

New Jersey Origins: Various locations. Call MaryAnne at (201)428-9683 for details

NEW GROUP: For mothers whose surrendered children are under 10. Interested? Call Gail. This group will be time limited and professionally led. There will be a per meeting fee.

Our mailing list is growing. Each month newsletters are sent to over 75 birth mothers and fathers. Yet, only half of those on the mailing list attend meetings. Why? Is it so painful to deal with the loss of a child to adoption that some birthmothers must withdraw from others who offer support? Does being with other birthparents intensify feelings of loss and grief to an intolerable level? Is it necessary for some birthmothers to pull back in order to cope from day to day? Are meetings too emotionally straining? Is it easier to try and forget however unsuccessful that attempt might be?

I don't have the answers but I do know that those attending meetings feel better afterwards. There is a comradeship, a sharing and caring for one another, that only comes by being there for each other.

Try and join us at our next meeting. If groups are not quite right for you, one of us is always available by phone or in person.

NOTE: Meeting notices will be sent to all who attend meetings or have sent stamps or a contribution. Others will be placed on "periodic mailings only" list. We are sorry to have to do this but we must conserve our meagre funds.

SPECIAL THANKS TO:

- Rosalyn for almost new toys and baby clothes
- Maria, a personal friend, for a crib.

All are being delivered to Jill for her new baby, Timothy, with hope that Timothy and his brother may one day meet.

- Mary and Trina for valuable literature on adoption.
- Pat for arranging both the wonderful interview at WLNA & the upcoming interview with the Peekskill Star.
- Laurie for publicity efforts in Fairfield County
- Maureen for publicity efforts in the Bronx

And especially Janice for working so hard and making Long Island a reality. Janice has tripled the number of women known to us from Nassau and Suffolk. Keep up the good work.

If you have media contact, especially television and magazine, let them know about us as a possible human interest story.

If you would like to be interviewed, please let me know (Note: We prefer that no one consent to an anonymous interview for obvious reasons).

New York Hospital staff is interested in learning more about birthmothers. If anyone would like to participate in a group meeting with their staff, kindly let me know at our next meeting. Volunteers are also needed for the interview with the Peekskill Star and for a possible group interview in conjunction with a proposed screenplay.

Feedback on the Oct. 20th meeting on anger has been very good. The speaker, Judy Mayes, gained as much from us as we did from her. Judy will be back this spring to talk on grief.

If you want to do more for BSN or want BSN to do more for you, come to the next meeting in your area. Until then.....

Gail 299

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A service of....
The Birthparent Support Network
P.O. Box 120
No. White Plains, N. Y.
10603

Need Support....Want to Talk
Call:
Kathy.....(914) 632-1762
or
Annette.....(914) 238-9262
or Group Facilitators listed below

Meetings:
White Plains: Saturday Dec. 15 12:30 - 1:30 Open meeting with interviewer
1:30 - 4:30 Support Meeting
Memorial Methodist Church - Fireside Room (1st Floor)
Call Gail (914) 949-1546 for information
Nassau County: Monday, Dec. 17 Call Janis (516) 781-3319 For details
New York City: Wednesday, Dec. 19 8:00 pm - 10:00 pm
CUNY Graduate Center
Call Eileen For details (212) 362-1761
Albany/Schenectady: Contact Felicia at (518) 370-7994
N.J. Origins Meetings Contact Mary Anne at (201) 428-9683
REMEMBER: BSN Meetings are open to Birthparents ONLY

Holidays have been long recognized as particularly difficult times for those who have experienced a loss. Especially hard are holidays during which families traditionally get together.

For Birthparents feelings of loss are intensified since in most instances, their "family" group does not include the surrendered child. Feelings of an incomplete gathering may be present and a normally festive time may have overtones of sadness.

Family members who do not see each other regularly may comment about how the youngsters present have grown. This can trigger thoughts about the surrendered child growing unseen & unknown from year to year. Even those fortunate enough to have been reunited may feel, more intensely, the loss of the infant and his/her early years, the loss of the youngster off to school, the loss of the adolescent searching for identity or the loss of the adult moving into a life of his/her own. Holidays mark the passage of time and time without our children is the greatest loss for birthparents.

Is there a way to cope with these sad times? By recognizing the sadness and where it comes from, you can have a better handle on your emotions. If you feel like crying or being alone for a while, and that's right for you, let yourself do it and DON'T FEEL GUILTY ABOUT IT. Your family most probably will sense that something is wrong. Be honest with them. Don't deny your feelings. Say something like "I'm sad because we all can't be together". If you have other children be sure they don't feel they've done or said something to upset you. Reinforce that it's not their fault by adding, "but it makes me feel soooo good to have you here." A hug or a kiss will reassure your child while making you feel better. Try thinking about what you have done to help or support other birthparents to rechannel from the sad thoughts to those that make you feel you have accomplished something.

And, of course, there is always another birthparent just a phone call away. Use this support system not only for search and reunion help, but on those days when you need it most!

On November 18, Eileen, Jim, Mary, Marie, Kathy and I participated in a conference, "Adoption: The Decision and Beyond" sponsored by the Westchester/Rockland and New York City Adoptive Parents Committee. I moderated this special group of birthparents in a panel discussion entitled "Beyond the Shadows: An Open Discussion with Birthparents". The goals of this workshop were: (1) to sensitize adoptive parents to the reasons why birthparents search, (2) To open up dialogue around how to help our children deal with the fact that they have two sets of parents and (3) to explore the reunion process. The workshop was such a fabulous success that we have been invited to present this panel at the Long Island Adoptive Parents Committee in January and at the Westchester Adoptive Parents Committee in March! A special THANK YOU to the wonderful panel participants.

Also, In April, I will be addressing medical and social service staff from all over New York at a conference about Grief and Mourning. The doctors, nurses, psychologists, psychiatrists and social workers will hear about "Delayed Grief Reaction - The Birthparent Experience". This is a real inroad in educating "the professionals" about the long term trauma of separation by adoption.

YOU CAN HAVE AN IMPACT TOO...A number of birthparents have indicated an interest in being interviewed. Come to the December 15th meeting in White Plains to take part in a one-hour interview with Pat Serven who is working on an adoption related screenplay. The interview will start at 12:30 and end at 1:30, when the support meeting begins.

Please Note: No newsletter will be printed during the holidays. However, a general meeting notice, covering all meeting locations will be sent.

HOLIDAY GREETINGS TO ALL.

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Gail.

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