

caring & sharing news

Helping rebuild lives following the death of a child

Volume 13, No 1

Caring and Sharing Support Meetings:

4th Sunday @ 3 p.m.
February 28

No Meeting in March (Easter)

Good Shepherd UMC
14999 Birchdale Avenue
Dale City, VA 22193

Pot Luck Social Event:

2nd Thursday @ 7 p.m.
Larson Home

6900 Cole Timothy Court
Manassas, VA 20112
703-791-6537

rlarson900@verizon.com

AMORe:

(All Murdered Offspring Remembered)

3rd Wednesday @ 6 p.m.
3182 Golansky Blvd, Suite 101
Woodbridge, VA 22192

540-628-4758 (h) or 703-395-9546 (c)
bruane01@verizon.net

For more information contact:

Jodi Norman, Chapter Leader
703-910-6277 (h) or 703-656-6999 (c)
bleachermom2000@aol.com

Mark Your Calendars:

**Annual Picnic,
Memory Walk, &
Balloon Release**



**Sunday, June 5, 2016
Locust Shade Park
Triangle, VA**

New Meeting Location Beginning in April

Due to the need for more meeting space
and a location that doesn't require the
use of stairs, beginning in **April**
we will be meeting at

First United Presbyterian Church
14391 Minnieville Road
Woodbridge, VA 22193

Meetings are held on the
4th Sunday of Each Month



A WARM WELCOME TO NEWCOMERS

We understand how difficult it is to attend
your first meeting. Feelings can be
overwhelming; we have all experienced them
and know how important it is to take that first
step. Our stories may be different but we are
alike in that we all hurt deeply. We cannot take
your pain away but we can offer friendship and
support.



We Remember Our Children

Who have birthdays and death dates
in January, February, and March

Kirsten Lynn Adler	2/21/94 ~ 10/24/10	Emily "Tabor" McMullen	1/26/84 ~ 8/31/12
Demitrios Bedoya	10/27/76 ~ 2/10/03	Christine McNabb	1/13/88 ~ 2/23/08
Christopher Wesley Blok	3/21/80 ~ 2/25/09	John Earl Medley	2/21/59 ~ 9/09/08
Baron "Deuce" Braswell II	9/29/89 ~ 1/20/06	Michael Joseph Moore	7/13/71 ~ 1/09/09
Kenny Brooks Jr	8/13/82 ~ 1/13/06	Christina Morgan	7/30/80 ~ 3/13/02
Danielle Mae Burmeister	3/26/11 ~ 3/26/11	Johnny Ray Mullins	7/11/61 ~ 1/22/02
Christopher Chapman	8/01/88 ~ 1/13/07	Shelby Nicholson	4/22/92 ~ 1/07/09
Eduardo "Eddy" Chavez	2/07/06 ~ 9/20/10	Christian Paul Norman	2/04/85 ~ 6/03/01
Jason Michael Colson	3/09/84 ~ 10/01/08	Angela Oliver	11/07/67 ~ 1/06/11
Christina Lynn Curtis	3/01/74 ~ 12/25/07	Joseph Christopher Page	1/26/88 ~ 2/07/08
Tresa Eastes	3/07/67 ~ 7/08/03	Christina Panzo Bowers	1/08/94 ~ 11/01/14
Robert Alan Finch	7/27/70 ~ 1/02/01	Michael Pennefather	12/09/95 ~ 2/04/08
Antonio (Tony) Ford-Flores	2/25/89 ~ 4/15/10	Linda Thompson Plewes	7/16/51 ~ 3/21/02
Victoria Anne Forster	1/04/89 ~ 1/04/09	Alice Amelia Porges	2/10/15 ~ 2/10/15
Bruce Lee Foxworthy	8/29/75 ~ 2/11/12	Chelsea Rae Rosengarth	2/02/86 ~ 1/27/02
Jacob Thomas Fulton	4/15/03 ~ 1/11/15	Jacqueline Simoes	11/05/66 ~ 3/15/06
Ahmad Givon Glenn	3/06/83 ~ 12/04/06	Kevin Simpson	2/10/87 ~ 1/24/09
Jacob Charles Glushefski	5/23/77 ~ 2/21/11	Ben Smith	12/22/70 ~ 1/26/03
Kourtney Michelle Hale	5/29/80 ~ 3/14/10	Kevin Michael Stanphill	3/12/80 ~ 5/09/09
Kristin Marie Harkness	3/19/89 ~ 2/22/08	Graham Stevenson	3/30/85 ~ 9/22/07
Cody Darrin Johnson	9/11/02 ~ 3/06/09	Adam Charles Sorge	5/12/84 ~ 1/04/14
Kashif Johnson	3/15/87 ~ 5/01/07	Shawn Terrill	2/23/82 ~ 12/03/06
Kwadwo Amoako Kusi	3/20/06 ~ 7/26/08	Dana Thrall	8/02/75 ~ 1/02/01
Robert Larson	3/14/94 ~ 6/30/10	Derek M. Tierney	1/20/76 ~ 10/09/04
Henry Lewis III	2/16/74 ~ 4/15/02	Caleb Milton Torres	2/11/12 ~ 2/11/12
Nicole Michelle Lee	6/22/89 ~ 1/26/08	Austin Trenum	3/26/93 ~ 9/27/10
Tiffany Michelle Lewis	1/26/80 ~ 10/11/96	Brian Floyd Weakley	1/20/80 ~ 4/19/07
Kevin McGuinn	2/08/88 ~ 8/26/08	Brenden Wilson	1/10/98 ~ 11/10/14

We apologize if there are any mistakes in the "We Remember Our Children" section. If we spelled any names incorrectly, have any dates wrong, or your child's name is not listed and have a birthday or death date during the months of January, February and March, please provide us with your child's information so they can be included correctly in future newsletters.

New Years' Hope

Written by Bart Sumner, Healing Improv



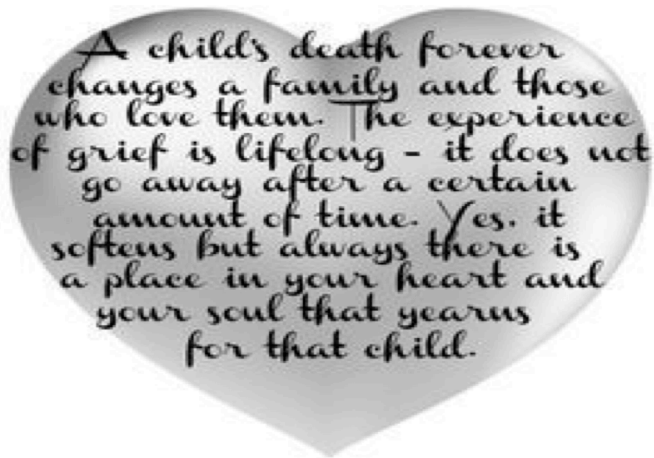
I've never been a huge fan of the New Year's Eve celebrations. Oh sure, in my younger days another excuse to party, act stupid and kiss someone who you might never get a chance to some other time was fun, but in my early twenties I moved from the east coast to the west coast, and the whole idea of waiting for midnight when I knew everyone I knew back east was already passed out and asleep took a lot of wind from the sails. In fact once the kids came a long, it became sort of a New Year's Eve tradition to celebrate with our kids and other families with kids at 9pm, and be home in bed watching the New Year arrive from under the warm sheets.

But then in October of 2009 my 10-year-old son David died. Getting through those three months and the holiday season seemed impossible. But we kept plugging forward, and before we knew it the celebration of Halloween, the nightmare of a day of giving thanks (pretty useless that year), and the nightmare of Santa coming and opening presents with his little sister without him, was done, and we were staring a new year in the face. We opted that year to go back east and visit family in Florida. There was for the first time in many years a real anticipation on my part for the year to change its last digits. The year we were leaving behind was certainly the worst I had ever been through, and the idea of starting new was so very appealing. We were staying at the beach house my brother owned, and we spent a lot of time the days leading up, walking the beach, looking at the stars at night, and feeling very miniscule in comparison to this huge cosmos we are a part of. We spent a great deal of time talking with relatives about David and memories. It was a good time for sharing grieving and feeling safe to shed the tears we knew were necessary.

When New Year's Eve arrived, we went out to the beach at sunset to watch the last sun of the year disappear into the Gulf of Mexico. My daughter, who was only 8 at the time, played in the sand. We took pictures as the sun set, celebrating our lives, our dear David's love, and the hope that life ahead, though it would always be different, still held wonders for us all.

It was a very healing and important night for us all. But it's important to note, that it changed nothing. The idea that the turning of the numbers in the Year would make a difference proved to be just another dream and hope that never really came to fruition. We still had another 9 months of "firsts" ahead of us, which David was not going to be a part of. There was no magic healing that took place. Don't get me wrong, the time spent with family and marking the passing of the year was exceedingly important, and it did us a great deal of good, but stopping the hurt it did not do. Of course now I realize that nothing stops the hurt. It is with you forever. It always has the potential to rear it's ugly head when a certain song comes on the radio, or you see the number "18" (the number he wore when he died at Football) on some random sports team, or even when you are writing a piece to share about New Years. The tears have come, they do come, and they will continue to come at times. But it was a way of marking the time. Not the time of despair since David's death, but rather the time of our survival and life forward.

Every New Year now marks another step forward into a life that we have grown, and loved and just plain lived. We are moving forward, carrying David's love forward, not only in our own hearts, but also outwardly to the world. This year in particular was a big step for me in that I finally was able to put some form to the pain and heartache, and take my life's work and create a vehicle to use it to help others who have suffered similar pain as we have. In creating Healing Improv I have been able to reach out and help others see that life does move forward, and laughter and good times can still be lived, all while holding onto the love we have. I say love we "have" because as my wife loves to remind me, love never dies. I love David as much, if not more, today as I ever did. And though I no longer feel his kiss, or hear his laughter, he affects whom I am and what I do as much as he ever did. So [2016] will be another year forward, with David making me who I am and improving on whom I was, and using his love to heal and help others. I wish a Happy New Year to all who are wounded. [2016] is another chance to move forward. It's another year to keep living. Our loved ones who are gone do not want us to stop indulging in life's treasures. Move forward and live, if not for yourself, for them, for they are still with you, every step of the way.



**I will (for the rest of my life)
miss my child every single day.**

**I will (for the rest of my life)
love my child every single day.**

**I will (for the rest of my life)
grieve my child every single
day.**

**To sum it all up, I will be done
grieving when I am done
breathing.**

**Sure I will laugh, I will love, I
will live ... but I will do all of
those things missing my child.
Always.**

Fly-Hope-Dream

Back in October Jodi, Mary Monzingo, Rachel and I enjoyed one of the most amazing and special times of our lives. We were privileged to be the first group of people to fly in a vintage 1942 Stearman.

Gareth Williams is the Founder and Chief Pilot of Fly-Hope-Dream.

Fly-Hope-Dream is a non-profit organization that helps families transform the loss of a child from tragedy to legacy, one family at a time." (Gareth Williams). Gareth founded the organization out of love for his son, Timmy, who passed away in 2008 after a long illness. Timmy loved to fly in the vintage airplane, as a passenger and a pilot. Gareth flew across the country from the east coast to the west coast providing bereaved families the opportunity to fly in an open cockpit as a way to inspire them toward a new hope and transformation. By flying, which his son loved, and providing others that are bereaved to do the same, he's keeping the memory of Timmy alive and providing healing for himself and others. There is no charge for the flight but he welcomes donations. There are expenses of maintenance and gas. Gareth does the flights strictly from his heart. Fly-Hope-Dream.org

I had the opportunity to be the first one to fly in the group. I readily volunteered. One thing you should know, though, is that I've flown in a commercial airplane twice in my life, 35 and 24 years ago, and I was terrified. This plane I was about to climb into was an open cockpit, allowing openness to the elements and a clear view of the ground below! I was never afraid-before, during, or after-only excited! I felt Matthew flying with me! It was the most amazing thing I've ever done and will probably ever do again. When you are in the air and looking at the scenery below you can't help but marvel at the beauty and know that you are not alone. None of us are ever alone. If you ever have the opportunity to fly in this wonderful plane, take it. I don't think you would ever regret it.



Plan to attend the
2016 National Gathering
Indianapolis, IN July 1-3.
Leadership Training is held on
Thursday, June 30th

The Gathering is a weekend of hope and
healing. There will be outstanding speakers
and workshops.

Speakers for the Gathering are:
Daryl & Lee Ann Hutson and Friends,
Lisa Brattain, Sandra Brosam, Barbra Schulte,
Vicki Scalzitti, and Terry Samples
(Check out their bios on the BP/USA Website)



Love in Motion Signing Choir will also be there to provide their awesome music.

Yankee Candle Fundraiser

BP/USA NOVA Chapter is partnering with Yankee Candle Fundraising. They are the world's #1 candle brand and they offer a wide range of premium candles, fragrances, and décor items at a very wide range of prices. The most important thing to know is that **40% of every sale goes to BP/USA NOVA Chapter!** The prices on the candles and other items are the same prices that you would pay at any retail store. There are a lot of beautiful Spring and Dragonfly Items available in the **2016 Spring/Summer Catalog**.



Online Shopping: Visit www.yankeecandlefundraising.com and enter **Group Number: 990078671** in the "Start Shopping" box. Then shop for catalog items and online exclusives to help raise money for the chapter. To invite friends and family to participate, fill out the "Signup to be a seller" form and use the group number to register. Simple instructions allow you to send informational e-mails to friends and family. Items they order will ship directly to them. The online shopping is currently available and will run January through June 2016.

Yankee Candle's new mobile app makes contacting family and friends to support your fundraiser easy, automated and very fast. The App lets you load all your contacts from your organization and send out one common message to all of them to shop your fundraiser online. Contact friends, relatives, co-workers, Facebook friends, Twitter followers, Pinterest Partners . . . with one quick message! Download Yankee Fundraiser at Apple App Store or Google Play.

Please support Bereaved Parents of the USA NOVA Chapter in providing needed funds to operate the Chapter, provide outreach, print newsletters, host special events and projects such as the Candle Lighting, Butterfly Release, Memorial Garden, Picnic and Balloon Release. Thank you to those that shopped during the Fall and Winter Campaign – it was so nice to get a check from Yankee Candles! Thank you for your support!

~ATTENTION ~

If you are receiving this newsletter in the mail, please, fill out the form in this newsletter and include your email address. In order to save money we would like to send the newsletter electronically.

National BP/USA Website

Have you written a story or poem you'd like to have considered for posting on our National BP/USA's website's Articles and Poems Section. We are looking for parents, siblings or grandparents who have a story that will help our readers on their grief journey. Please submit articles or poems for consideration to Matthew Groves at board4@bereavedparentsusa.org. Also contact Matthew if you would like more information.



Conference for parents with no surviving children "Finding Your Lifeline"

April 7-10, 2016

Hyatt Fair Lakes, Fairfax, VA

In Loving Memory, an all-volunteer charitable organization founded by Glen and Linda Nielsen, Lisa's parents and members of the NOVA Chapter of BP/USA, holds conferences for parents whose only or all child(ren) have died.

This year's conference will be held April 7-10 at the Hyatt Fair Lakes in Fairfax, VA. The registration fee is \$75 until Feb. 27 and then it will be \$90 at the door. Friday Night Dinner Banquet and Saturday Lunch Barbeque are available for \$30 per meal. Friday Night Banquet will have a slideshow of our children and Saturday Barbeque will have a speaker and a special event.

The hotel is offering a room rate of \$89 per night and is available 3 days before and 3 days after the conference. Deadline to make hotel reservations at this reduced rate is March 24, 2016.

Speakers and Workshops are planned. Please visit the website for complete information:
www.InLovingMemoryConference.org.

Coming Soon: Pregnancy & Infant Loss Support Group

Hello,

My name is Mary Mozingo, and my son, Mateo Louis, was born stillborn on June 10th, 2013. He is my first and only child. In the 2.5 years since his death, I have ridden the waves of grief. I have experienced all 5 stages of grief plus the other 30 that no-one knows about; that is, unless they too have lost a child.



The day my son passed, I made a promise to him to mourn him with respect, and to remember him with dignity. It was through this promise that I was able to find peace with his death and guide my subsequent actions.

As a part of my healing, I decided to start a non-profit to help other families affected by pregnancy & infant loss. I am in the midst of the "behind the scenes" legal stuff but am loving the work I am able to do so far. I am waiting to hear back from Sentara Hospital in Woodbridge to coordinate a day out of the month I could host a support group there. In the meantime, I would love to get a list of families who have been affected by pregnancy & infant loss and information if you would be interested in a support group, when you would be available, etc.

I have found so much comfort and strength in talking to and getting to know other parents of pregnancy and infant loss. Being able to talk to someone who understands my pain has brought me more comfort than talking to family & friends, despite their best intentions. I would love to come together in our children's memory to talk openly in a safe place, without the obstacles that often arrive when talking to those who have not had to experienced our loss.

Please contact me at mhmozingo@gmail.com. Thank you.

Sponsorship Opportunities

If you would like to sponsor the newsletter in memory of your child, we are requesting a donation of \$40 for a full page and \$20 for a half page. Please provide pictures, stories, poems, letters to your child, or anything you would like to put in the newsletter.

Sponsor the monthly tribute on our website in memory of your child for a \$30 donation. Please provide a photo of your child and a short quote that reminds you of your child.

Please contact Jodi Norman if you have any questions. Submissions can be emailed to bleachermom2000@aol.com. Please send check to BP/USA NOVA Chapter to P.O. Box 7675, Woodbridge, VA 22195.

Someone Cares About You

If you are receiving this newsletter and have never attended one of our meetings, it is because someone who cares about you feels that our newsletter may help you on your journey through grief. We're sorry for the reason you are receiving this newsletter but invite you to attend our monthly meetings. We cannot take away your pain but we can offer friendship and support.



When making Amazon.com Purchases Think BP/USA

Did you know that BP/USA is an affiliated member of Amazon.com?



This means that if you visit BP/USA before making an Amazon.com purchase, and click on the Amazon link on the page, that BP/USA will receive a percentage of all sales. The use of this link does not increase the cost of your purchase. Four to 13% of the sales price comes back to BP/USA.

Go to bereavedparentsusa.com and click on the Amazon.com box on the home page.

Support Group for Parents with No Surviving Children

Reston Chapter
Meets 2nd Saturday of each month at 2:00 pm

This group is only for Parents with no surviving children.

North County Government Bldg
Reston Police Station Bldg.
12000 Bowman Towne Drive
Reston, VA

For more info contact:
Nancy Vollmer - (703) 860-8587

Check Out Our New Website

<http://www.bpusanova.com>

We have a new website and I need everyone's help in updating the site. I would like to have a bio of all the children of our chapter with a photo to include in the "Our Children Remembered" Section. It can be a single photo or a collage of pictures, and information about your child.

Also, there is an opportunity to sponsor the Monthly Tribute – possibly the month of your child's birth or death date – for a \$30 donation we will feature your child for the full month! Please provide a photo and a short quote that reminds you of your child.

Please send submissions to Jodi at bleachermom2000@aol.com.

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 journey. We attend month 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 the 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 from each other to every more recently bereaved family.

*We are the Bereaved Parents of the USA.
We welcome you.*

Chapter Contact Information

Jodi Norman, Leader
P.O. Box 7675
Woodbridge, VA 22195
Phone: 703-910-6277
bpusa.nova@yahoo.com



Bereaved Parents of the USA
P.O. Box 622, St Peters, MO 63376
www.bereavedparentsusa.org

Attention: If you do not wish to continue to receive this newsletter or be on our mailing list, please let us know by mailing back the address label from this newsletter, by e-mailing bleachermom2000@aol.com or calling Jodi at 703-910-6277.



Thank you!

Bereaved Parents of the USA
Northern Virginia Chapter
P.O. Box 7675
Woodbridge, VA 22195

Bereaved Parents of the USA Northern Virginia Chapter Information Form

It is time to update our records, so please fill out this form and return it to the address below as soon as possible. Even if you have been in the Chapter for a long time, please update your information.

If you are receiving our newsletter for the first time everyone within the Northern Virginia Chapter of the Bereaved Parents of the USA wants to say that we are sorry you have the need for this newsletter but we hope our newsletter will be helpful on your journey. Please complete and return this form so that your child may be remembered in our newsletters.

If you DO NOT wish to continue to receive our newsletter and be on our mailing list, please let me know by mailing back the address label from this newsletter, or e-mail me at: bleachermom2000@aol.com. Thank you.

Please print, filling in all applicable blanks. *This is for internal use only.*

Your Name: _____

Mailing Address: _____

City: _____ State: _____ ZIP Code: _____

Home Phone _____ Cell Phone _____

E-mail: _____

Would you like to receive the newsletter in the mail _____ or electronically _____ or both _____

Child's Full Name: _____

Male _____ Female _____

Child's Birth Date: _____ Child's Death Date: _____

Cause of Child's Death: _____

Child's relationship to you (e.g. son, daughter, brother, sister, grandchild) _____

Note: The information you have given above will be confidential (*used for internal purposes only*) unless you answer "yes" to the following questions and then only for the stated purpose.

1. Do you want your child's name to appear in the newsletter's "***We Remember You***" section with birth and death dates? Yes _____ No _____

2. May we include the above information in the BP/USA Northern Virginia Chapter directory?
Yes _____ No _____

Please return to: The Bereaved Parents of the USA, Northern Virginia Chapter, P.O. Box 7675,
Woodbridge, VA 22195