

caring & sharing news

Helping rebuild lives following the death of a child

Due to the upcoming Holidays, we will not be having our monthly Support Meetings in November and December! See you all at the Annual Service of Remembrance! Meetings will resume on the 2nd Sunday in January!

That Their Light May Always Shine . . .

*The Bereaved Parents of the USA
Northern Virginia Chapter
Invites you to the
2017*

*Annual Service of Remembrance
Sunday, December 3, 2017*

5:30 p.m.

*First United Presbyterian Church
14391 Minnieville Rd
Woodbridge, VA 22193*



*Please RSVP by
Sunday, November 26th
703-656-6999
or email: bleachermom2000@aol.com*

The Annual Service of Remembrance provides an opportunity for parents, grandparents, siblings, relatives and friends to remember our precious children.



Please join us in celebration of our children's lives as we enter this Holiday Season with Love, Compassion and Hope for all.



Slide Presentation ~ During the program, we will be presenting a slide presentation of our children. To have your child(ren) included, please provide a photo of your child to Jodi Norman, 539 Harrison Circle, Locust Grove, VA 22508. Photos can be mailed, sent on a disc or e-mailed to bleachermom2000@aol.com. If you are sending an original photo to be scanned, it will be returned to you. Also, provide the child's name, date of birth and date of death. ***Deadline to submit a photo is Sunday, November 26, 2017. Photos will not be accepted after this date.*** Any questions, contact Jodi at 703-656-6999.

Fellowship and Pot Luck Dinner to follow the service. Please bring a main dish, salad, side dish or dessert to share. Beverages will be provided.

Please bring a framed photo of your child (no larger than 8x10) identified with your child's name and age. A table will be set up for you to display your child's picture.

Poinsettias will be used to decorate for our Service. If you would like to sponsor a poinsettia in memory of your child, we are asking for a \$15 donation. You may take the poinsettia home with you at the end of the evening. Please let Jodi know by Sunday, November 26, 2017 if you would like to sponsor a poinsettia.

We encourage people to participate in the program. If you would like to participate please let Jodi know by November 26th, so you can be included in the program.

Doors will open at 5:00 p.m. with the service starting promptly at 5:30 p.m.

This year we have chosen "Colby's Ride" as our charity to support this Holiday Season. Colby's Ride, founded in honor of 11-year-old Colby Smith, who died in a biking accident on October 11, 2015, will provide bikes to children who cannot afford them at Christmas. Donations of bicycles and/or bicycle helmets made in memory of your child would be greatly appreciated. Helmets for older children, ages 10 and up are the greatest need for Colby's Ride, but any bicycle helmet will be greatly appreciated. If you would like to donate a bicycle, you can either purchase a bike or donate money towards a bike that Colby's Ride will purchase. If you have any questions about Colby's Ride, please contact Keri Farley, Colby's mom at 571-229-6274.

Any questions, please contact Jodi Norman at 703-656-6999 or e-mail: bleachermom2000@aol.com



We Remember Our Children

Who have Birthdays and Death Dates in October, November, December

Kirsten Lynn Adler	2/21/94 ~ 10/24/10	Leslie Ann Kramer	4/20/71 ~ 12/17/06
Charles (CJ) Angelos, Jr.	5/28/85 ~ 11/18/06	Jayden William Lee	10/23/10
Mielen Garlit Arquines	12/01/68 ~ 6/04/08	Glen Irvin Leonard II	4/13/71 ~ 12/07/09
Pouneh Bahri	10/25/88 ~ 3/04/14	Jacob Glenn Lewis	8/06/92 ~ 11/12/13
Scott R. Barley	12/07/81 ~ 9/29/11	Tiffany Michelle Lewis	1/26/80 ~ 10/11/96
Stephanie Sue Webber Bartley	9/29/87 ~ 12/20/16	Sara Lott	11/01/95 ~ 7/23/08
Jennifer Lynn Becker	12/30/67 ~ 7/26/70	Darren McKeever	12/07/80 ~ 11/19/98
Demitrios Bedoya	10/27/76 ~ 2/10/03	Michael Sean O'Berry	9/13/94 ~ 12/15/97
Trevor Austin Blake	10/30/01 ~ 8/11/13	Angela Oliver	11/07/67 ~ 1/06/11
Lesly Glyn Bolton	1/19/80 ~ 10/27/16	Christina Lianne Panzo-Bowers	1/08/94 ~ 11/01/14
Mateo Louis Bowman	10/15/13	Michael Joseph Pennefather	12/09/95 ~ 2/04/08
Clayton Kendall Breeding	10/23/77 ~ 12/12/01	Kylene Marie Privett	12/14/83 ~ 8/13/07
Brian Brumbaugh	11/09/83 ~ 5/02/07	Ronald Douglas Ralph, Jr.	7/27/66 ~ 11/04/02
Erika Danyelle (Brummett) Lott	4/06/77 ~ 11/05/13	Marcus Daniel Robinson	12/29/07 ~ 10/04/17
David John Butts	10/18/80 ~ 12/16/05	Courtney Sharee Shelby	11/23/93 ~ 5/14/01
Lisa Marie Champlin	10/16 ~ 9/02	Brandon Simms	10/10/80 ~ 7/14/95
Autumn Marie Coffie	4/16/88 ~ 12/29/14	Jacqueline Simoes	11/05/66 ~ 3/15/06
Jason Michael Colson	3/09/84 ~ 10/01/08	Mark Alexander Slough	06/26/96 ~ 10/08/15
David Justin Combs	11/22/79 ~ 11/23/01	Adelacia Smalley	08/06/94 ~ 10/19/02
Christina Lynn Curtis	3/01/74 ~ 12/25/07	Ben Smith	12/22/70 ~ 1/26/03
K.J. Edwards	12/03/85 ~ 10/31/03	Colby Thomas Smith	5/25/04 ~ 10/11/15
Brian Patrick Elero	12/30/80 ~ 10/29/01	Karl Dewan Smith	11/20/83 ~ 4/25/04
Rhonda Lynn Flannery	7/31/63 ~ 11/10/01	Jerry Damon Taybron	11/21/75 ~ 8/18/07
Payton Rose Freeze	10/13/98 ~ 2/10/16	Shawn Terrill	2/23/82 ~ 12/03/06
Erin Gaston	9/27/80 ~ 10/31/08	Derek M. Tierney	1/20/76 ~ 10/09/04
Ahmad Givon Glenn	3/06/83 ~ 12/04/06	Christopher Andre' Waters Jr	5/31/97 ~ 12/23/07
Eric Gonzalez	10/03/02 ~ 10/05/02	Melinda "Mindy" Lee Weakley	12/20/83 ~ 9/02/09
Philip Reid Hottle	2/16/85 ~ 12/03/08	Brenden Michael Wilson	1/10/98 ~ 11/10/14
Olivia Jean Howard	12/31/91 ~ 9/03/09	Kevin Woods	12/08/93 ~ 8/06/14
Adrienne Leigh Ingram	6/25/79 ~ 12/02/07	Stephen Wesley Wright	6/06/89 ~ 11/21/13

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 but have a birthdate or death date during the months of October, November and December, please provide us with your child's information so they can be included correctly in future newsletters. Email bleachermom2000@aol.com with any corrections or additions.

Please Don't Forget About My Child Who Died

Please, don't forget about my child. This is my heartfelt plea. I know you love and care about my family. I know that you don't always understand nor do I expect you to. I know that you wouldn't want to cause more pain to our already aching hearts. So, you mention my child less for fear of stirring up the dust that has seemingly settled. The truth is, the idea that my child will one day be forgotten is one of my greatest fears.

The less you talk about him the more that fear feels like a reality. I don't expect him to be the topic of every conversation. I don't expect you to mention him every time I see you. Perhaps at one time or another, I wanted that. But time has taken me further and further away from the early days of deep, suffocating grief. Even though I am always reluctant to admit it, I know the world has carried on. But what I need and what I want now is just to know that he has not been forgotten.

Maybe that means the occasional, "I thought about him the other day..." but mostly it means I need you to remember the important day he was born and the day he died. You see my friend, I don't expect you to fix any of this. And really all I need is to know that his name can be mentioned without fear, without guilt, and without uncertainty. I need to know that he is remembered because, at the very least, he deserves that. He does not deserve to be swept under a rug because you fear my tearful response. Or because you think that my grief has subsided. Or because you have moved on. Or because you have trouble talking about him.

He deserves better than to be forgotten or remain unmentioned. After all, he is still my child. My child is a huge part of who I am now. You know this. His name and his face replay in my mind every single day. Even the days I smile or the days when joy washes over me. He is still at the heart of who I am now. And I need you to know that it's okay. It is okay to speak his name whether it is a good day, bad day, or a sad day. It's okay and it's what I need from time to time.

I need to be reassured that his life holds within it so much value, still. I need to know that his story is not over and his story has not been forgotten, even though he has been gone for some time now. I need to know that I do not remember him alone. And all it takes to remind me of these things is to say his precious name. I don't need gifts, I don't need flowers or cards. I just need you to say his name aloud, unapologetically, and unprovoked.

I need you to remember the significance of important days like his birthday. Because while they are normal average days to you, they are days that we remember, that we mourn. They are days that bring up extremely complicated feelings. It doesn't matter how many years have passed. These days are significant to my family. And they always will be.

So please, please don't forget about my child. The greatest gift you can give to my family is the gift of remembrance. It costs you nothing. It requires very little. Yet it is more precious than gold. Hearing my child's name is the greatest reminder that he has not been forgotten.

And there is nothing that I want more.

<http://www.huffingtonpost.com> 10/13/16



GETTING THROUGH THE HOLIDAYS: 10 PRACTICAL SUGGESTIONS

By Ellen Gerst

No matter what your faith or whether you celebrate religiously or secularly, there seems to be no avoiding that holiday fever that surrounds us all at this time of year. It is normally a time for family get-togethers, gift sharing and parties galore. These events only tend to emphasize the fact that your loved one is missing from this normally happy and festive time.

So, what are some ways to help yourself to feel better during this season, especially if you have recently lost a loved one, or, even after many years, holiday time is re-emphasizing the missing person in your life?

Here are ten practical suggestions.

1. Learn to say NO -- and not feel bad about doing so! Say no to those obligations that make you feel sad or stir up memories you don't feel strong enough to confront yet. You can skip parties, both personal and work related. You are not obligated to live up to others' expectations of you.
2. No need to bake those holiday goodies this year. There is way too much of that stuff around anyway tempting us to stray from healthy eating. Staying away from sweets will help to regulate your blood sugar too, which will keep you on a steadier emotional keel.
3. If you need to buy gifts, use catalogs and the Internet to shop stress free at any time of day or night. You might use theme buying to make it easier on yourself. Pick one store where you can purchase everyone's gift -- perhaps one for the women and one for the men. For example, Victoria's Secret is a great one for the women in your life. Not only do they have wonderful lingerie, you can find perfume, lotions and potions, CDs, and PJs. Throw in a bottle of wine for the age appropriate, and you're set! Try Home Depot for the men.
4. Scale your holiday decorating down or simply skip it this year. If you want to put up a few Christmas lights, ask a friend to help.
5. If you usually create a holiday letter to send to friends, try writing a generic one and simply personalize the heading and signature. If you have kids and grandkids, focus on their achievements. It's easier to find "happy" items to report about them.
6. Keep your expectations of self in check. Be patient and generous with yourself. Afford yourself the same kindness with which you treat others in times of need.
7. If you previously celebrated this season with lots of rituals, perhaps only include one or two. Do what's right for you and your family. You also can create new traditions that are a better fit for your life right now.
8. If you have no family around, do something special for yourself, for example take a spa day; go on a hike on a beautiful trail; take a trip; read those books you have meaning to get to but are piled up on your night table.
9. Find a place in your heart to which you can retreat when the holiday atmosphere seems too oppressive. This could be filled with fond memories, funny holiday situations from years past, or a place of gratitude that you are still here and coping with your new life.
10. Let others know what you need. They want to help, but perhaps they just don't know what to do for you. Help them out -- make a list!! Great inexpensive holiday presents that give throughout the year might include certificates to help around the house, babysitting, lunch out with friends, etc.

The underlying theme about how to move through the holiday season as gracefully (and quickly) as possible is to do what feels right for you. And, if that means avoiding festivities this season, so be it. Maybe next year you will be able to handle this time of year more easily.

Too often we underestimate
the power of a touch,

A smile,

A kind word,

A listening ear,

An honest compliment,

Or the smallest act of caring,

all of which

Have the potential to turn a life around.

~ Leo Buscaglia



Please Check E-mails & Facebook

Almost all of our Chapter Communication is done via email. Please check your emails at least once a week. Everything from the newsletter to Chapter Announcements are sent through email. It would also be helpful to respond to all emails sent regarding the Chapter. That lets me know that you did see the email and that I have a correct email address – a simple “got it” would be better than no response at all!

It would also be helpful if you would join our private facebook page. Please check this page on a regular basis. A facebook page has been set up for our chapter. Members can join our group at Bereaved Parents of the USA/Northern VA Chapter. This is a closed group for privacy purposes, so nothing posted here will go into your regular News Feed for your regular FB friends to see. Request to join the group and approval will be sent to you.

Check Out Our Website

<http://www.bpusanova.com>

I need everyone's help in updating our website. If you have not already done so, please write a bio of your child and include a photo or a collage of pictures to include in “Our Children Remembered” Section.

Beginning in January 2018, for a \$20 donation, we will feature your child during his or her birth month. Please provide a photo of child. Your child will be featured for the full month. Please send submissions, by the 15th of the month prior to the month your child will be featured, to Jodi at bleachermom2000@aol.com.

New Date for Meetings

Beginning, January 2018, we will be meeting on the 2nd Sunday instead of the 4th Sunday of each month! Same time and place!

Caring and Sharing Support Meetings:

Beginning January 2018

2nd Sunday @ 3 p.m.

(Note new date for meetings!)

First United Presbyterian Church

14391 Minnieville Road

Dale City, VA

For more information contact:

Jodi Norman, Chapter Leader

703-656-6999 (cell)

bleachermom2000@aol.com

AMORe

(All Murdered Offspring Remembered)

3rd Wednesday @ 6 p.m.

3182 Golansky Blvd, Suite 101

Woodbridge, VA

For more info contact:

Beverly Ruane

540-628-4758 (h) or 703-395-9546 (c)

ruane.beverly@yahoo.com



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save the date!




whispers of hope

Bereaved Parents of the USA
NATIONAL GATHERING CONFERENCE
AUGUST 3-5, 2018 🌿 MEMPHIS, TN

Whispering Woods Conference Center

www.bereavedparentsusa.org




There are dozens of tasks that go into running our chapter and our special events. If you feel you are now in a place in your grief journey where you can help and give back to the chapter in any little way, we would love your help. Most of us find that when we reach a point of giving back to those who come after us, we gain far more than we give.

I could really use volunteers to plan our special events (Picnic/Balloon Release and Service of Remembrance). Other areas of need are in Fundraising, Publicity, Outreach, and helping at the Memorial Garden.

If you would like to volunteer to help our chapter, please contact Jodi at bleachermom2000@aol.com or 703-656-6999.


When doing your Holiday shopping this year, shop Amazon.com, remember that AmazonSmile will give back to our chapter.



AmazonSmile is a simple and automatic way for you to support BPUSA every time you shop, **at no cost to you**. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization, Bereaved Parents of the USA, Northern Virginia Chapter.

On your first visit to AmazonSmile (smile.amazon.com), you need to select BPUSA NOVA Chapter to receive donations from eligible purchases before you begin shopping. Amazon Smile will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation to BPUSA NOVA Chapter.


It is with great sadness that I announce the death of two of our Bereaved Parents.



Our sincere sympathy to:

The Mayzel Family on the October 9th death of Cynthia Mayzel, mother of Jacob Lewis.

The Clover Family on the October 24th death of John Clover, father of Jason Clover.



*Congratulations
on your
Wedding*

Mr. & Mrs. Barr

*Congratulations
Fran Wonnun
&
Bishop Barr
on your
October 7th Wedding!
Wishing you many
Years of
Love & Happiness!*

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: 703-656-6999
Bleachermom2000@aol.com



Bereaved Parents of the USA
www.bereavedparentsusa.org

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.



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 emailing bleachermom2000@aol.com or calling Jodi at 703-656-6999.

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