



caring & sharing news

Helping rebuild lives following the death of a child

Volume 13, No. 2

Annual Picnic, Memory Walk, & Balloon Release

**Sunday, June 5, 2016
2:00 p.m.**

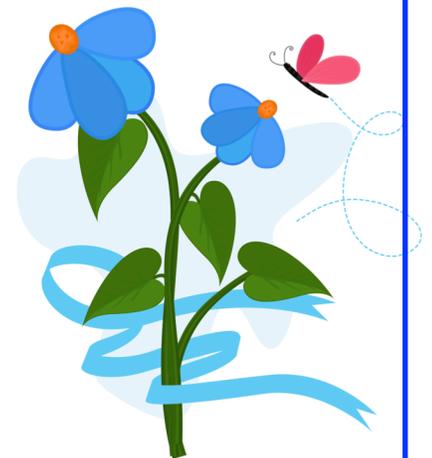
**Locust Shade Park
Marigold Pavilion
Triangle, VA**



New Meeting Location:

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

**Meetings are held on the
4th Sunday of Each Month**





We Remember Our Children

Who have birthdays and death dates
in April, May and June

Charles A. (CJ) Angelos, Jr.	5/28/85 ~ 11/18/06	Nicole Michelle Lee	6/22/89 ~ 1/26/08
Mielen Garlit Arquines	12/01/68 ~ 6/04/08	Glen Irvin Leonard II	4/13/71 ~ 12/07/09
Brandon Scott Bailey	6/21/79 ~ 5/31/99	Henry Lewis III	2/16/74 ~ 4/15/02
James “Jimmy” Barnette	7/11/98 ~ 6/03/06	Nicole Michelle Lee	6/22/89 ~ 1/26/08
Donald “Donnie” Barrett	5/14/76 ~ 5/03/02	Robert Loiseau	8/22/72 ~ 5/27/93
Kimberly Ann Barrett	9/08/86 ~ 5/04/02	Kyle Ludeman	4/12/93 ~ 8/27/13
Parker Evan Boyd	9/15/98 ~ 6/04/08	Derek Meffert	4/21/95 ~ 8/15/10
Brian Brumbaugh	11/09/83 ~ 5/02/07	Ella Miller	4/27/02 ~ 7/23/10
Brandon Bundy	5/19/84 ~ 8/24/08	Shelby Nicholson	4/22/92 ~ 1/07/09
Sarah Beth Cole	8/06/80 ~ 4/23/11	Christian Paul Norman	2/04/85 ~ 6/03/01
Brandon DeWulf	6/20/85 ~ 6/29/09	Josephine Pennefather	6/21/03 ~ 6/21/03
Corey Martin Dill	7/25/90 ~ 5/03/07	Matthew Allan Ruane	9/07/83 ~ 4/29/02
Antonio (Tony) Ford-Flores	2/25/89 ~ 4/15/10	Vernon Santmyer, Jr.	8/24/79 ~ 5/17/11
Jacob Thomas Fulton	4/15/03 ~ 1/11/15	Courtney Sharee Shelby	11/23/93 ~ 5/14/01
Raven Gileau	6/23/90 ~ 4/23/10	Colby Thomas Smith	5/25/04 ~ 10/11/15
Christina Gordon	5/08/13 ~ 5/08/13	Karl Dewan Smith	11/20/83 ~ 4/25/04
Jacob Charles Glushefski	5/23/77 ~ 2/21/11	Adam Charles Sorge	5/12/84 ~ 1/04/14
Christina Gordon	5/08/13 ~ 5/08/13	Kevin Michael Stanphill	3/12/80 ~ 5/09/09
John Gregory	9/21/73 ~ 6/03/13	Michael “Ryan” Stevens	7/07/87 ~ 5/30/07
Kourtney Michelle Hale	5/29/80 ~ 3/14/10	Neale Thompson	4/07/71 ~ 4/09/93
Gabrielle Nicole Henderson	5/28/86 ~ 6/17/99	Andre’ Waters	5/31/97 ~ 12/23/07
Desmend Holmes	6/16/06 ~ 7/21/15	Josh Weaver	6/17/82 ~ 9/09/09
Quincy Holmes	5/18/05 ~ 7/20/15	Brian Floyd Weakley	1/20/80 ~ 4/19/07
Kashif Johnson	3/15/87 ~ 5/01/07	Kyle Robert Wilson	5/25/82 ~ 4/16/07
Adrienne Leigh Ingram	6/25/79 ~ 12/02/07	Tommie J. Wonnum III	6/14/84 ~ 6/30/03
Derrick V. James	6/01/74 ~ 5/28/05	Franklin Conner Woodward	5/15/08 ~ 5/17/08
Rasheem Kuwan Jenkins	5/04/82 ~ 9/09/09	Stephen Wesley Wright	6/06/1989 ~ 11/21/13
Leslie Ann Kramer	4/20/71 ~ 12/17/06	Neil York	4/29/1993 ~ 4/25/15
Robert Larson	3/14/94 ~ 6/30/10		

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 April, May and June please provide us with your child’s information so they can be included correctly



Graham Thomson Stevenson
March 30, 1985 – September 22, 2007

A Birthday Candle

This morning we light a candle,
And watch the flame at play,
A candle lit with all our love,
On this special day.

Gone, but not forgotten,
Forever in our hearts,
The candle flame reminds us,
We are never far apart.

A life and love remembered,
We honor you this day,
And celebrate our moments,
Time can never take away.

For each precious memory,
For every treasured year,
We are so very grateful,
For the time that you were here.

Happy birthday to you in Heaven,
Feel the wishes that we send,
We'll be your mom and dad forever,
Our love will never end.

Copyright © 2010 C.A.Stevenson
<http://amotherstears.blogspot.com/>

Matthew Allan Ruane September 7, 1983~ April 29, 2002

Dearest Matthew,

Another year has come without seeing your smiling face. I can't believe it's been fourteen years. Fourteen long but short years because it seems like an eternity yet as if it happened yesterday. There is so much that happens each year that you miss. We miss your kind nature and your beautiful smile but we will always carry that with us.

We did something special this year. We had family portraits made, including your picture; my favorite, the one with you and Santa when you worked there one Christmas. Now our family portrait is complete. At least, as complete as it can get without you physically here. The portrait turned out beautiful.

I know you are always looking down on us and watching over us. Whenever you can, please continue to let us know you are around. I look forward to those signs. It makes not having you here bearable to go on.

We miss you and love you forever.
Mom, Dad, Sisters, and the kids



Kevin Michael Stanphill
March 12, 1980 ~ May 9, 2009

Happy 36th Birthday Kevin! Our "Sweet Heart Of Gold" ~
With Love in our Hearts for you forever and always.
We love you and miss you! Mama, Michael and Dad.

Sleep In Heavenly peace my darling Kevin. My
first born son, my Golden Boy, my Friend, my Kindred
Spirit, my Baby! I love you for always and for
always my son you will be ~ Mama

For your gift of laughter. For your caring and concern. For your quiet leadership and example.
For making a difference in our world. Thank you Kevin!



Some things happen in life that you can never be prepared for. They impact your life with such violence and shock that you will never be the same. You learn to move forward a shadow of who you used to be. A sideways smile that hides the scream and sadness that greets you every day upon awakening. Others forget but you don't...you're still looking for those million pieces of your heart that shattered all around your feet that horrific day. A million little pieces! You learn to breathe, you learn to laugh again, you learn to hold on to that little glimmer of light that is sometimes just out of reach. Hope is your life-line as you try to mend your heart, trying to put all of those shattered pieces together. But some of us know that no matter how hard we try one of the most beautiful pieces of our heart is not here to be found. It is so hard to accept. Nothing can take their place, nothing. So we have to sit and listen so carefully to the far off sounds...the wind through the trees. We have to feel with such concentration...the warmth from the morning sun, maybe a feather falling from a tree or a penny at our feet. We have to be still and breathe letting love fill our heart and then we can truly smile knowing that our child is the love that fills our heart always and forever.



Written by Lori Canter (Mid Hudson NY Chapter of BP/USA)

Because of You . . .

Because of you I appreciate the sunset more than before.
Because of you I stop to look up at the moon
and wish upon a star.

Because of you I look forward to hearing the birds sing
in the morning, and am thankful for
their beautiful songs.

Because of you I am more understanding of others and
accept people for who they are.

Because of you material things do not matter.

Because of you the touch of someone I love is more
precious than any gift I can receive.

Because of you I have a broken heart but
I thank God for sending you to me.

For there is no stronger love than I hold for you.
Until we meet again

~ J. Melia



A BEREAVED PARENT'S SPRING By Terre Belt

Regardless of the calendar or the meteorologists, April marks the beginning of spring for many of us. The world outside begins to awaken from its winter slumber, and the sights and sounds and smells of spring abound, from the flowers peeking out of the ground to the birds chirping merrily outside our windows to the smell of the blooming trees as we venture out for our first walk of the season.



This is what spring is all about unless, of course, you are a “newly” bereaved parent, and then you might just be oblivious to it all. In fact, you may even resent the reappearance of spring and its symbolic rebirth. The message to you from an “old timer” on this grief journey is to be easy on yourself...it won't always be this hard, and just feel whatever you feel. Don't let anyone tell you how you “should” feel this spring (or next).

Like all seasons, spring will have its share of emotional triggers for the newly bereaved – graduations, Mother's Day, planning for summer vacations, favorite flowers, and just waking up. But just as April showers bring May flowers...the tears of grief will ultimately sow the seeds of hope, and someday you, too, will see the beauty of spring again.

For those of us who have been on our grief journey for a while, not only do we recognize (and welcome) the beauty of spring again, but we also see our children in everything that is beautiful in spring. It's our way of carrying them with us through spring and through all of the seasons. So, as spring unfolds, here's wishing each of you peace and whatever joy you are able to find.

Garden News

It's that time of the year again! Spring has sprung! Things are starting to poke their heads out from the ground after the winter. Although, the crazy weather we've had would sometimes seem like it's still winter; but the beautiful weather is just around the corner!



We will need to maintain the garden as always during the spring/summer but especially because of the many visitors that come to view the other areas. When you are visiting the memorial garden please pull up a weed or so if you see them. Every little bit helps. Also, we will need to water. Last year we were blessed to have enough rain most of the time to suffice. Of course, we will see how the summer goes. Please let me know if you are able to water and when so that way we won't have multiple people at the same time. We will be having our Butterfly Release on Sunday August 14. I'm looking for volunteers to read for the program. I hope Vernon will sing again for us! Let me know if you can participate.

You can contact me by home phone (preferably by this line) 540-628-4758. My cell is 703-395-9546. My email is bruane01@verizon.net. I look forward to seeing you at the garden!

Beverly

**Caring and Sharing Support
Meetings:**

4th Sunday @ 3 p.m.

**First United Presbyterian Church
14391 Minnieville Road
Woodbridge, VA 22193
(NOTE: NEW LOCATION)**

**Use main church entrance - we meet in
room next to the kitchen**

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 (home) 703-656-6999 (cell)

bleachermom2000@aol.com

We need your help!

**Our Chapter is
Hosting the 2017
National Gathering at
HILTON WASHINGTON
DULLES AIRPORT
August 4-6, 2017**

If you are interested in being on
the planning committee for this
event of hope and healing, please
let Jodi know by sending an
email to:

bleachermom2000@aol.com

or call

703-910-6277

Pregnancy & Infant Loss Support Group

**Launch Meeting: Sunday, May 22nd
3:00 p.m.**

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



If you have experienced the loss of a baby during pregnancy, at time of birth or as an
infant, please contact Mary Mozingo at mhmozingo@gmail.com

The first meeting will be held at the same location and time as the regular
Caring and Sharing Support Meeting, but will be in a separate room.

Colby's Ride



Colby's Ride invites
the local Community to...

COLBY'S CAPED CRUSADERS



5K and Family Fun Day!

**Saturday
May 14**

8:00 - 12:00

**Woodbridge Sr.
High School**

Races

5K - \$25

**Fun Run
1 Mile - \$10**

**Family
Fun Day**

**\$5 per child
\$20 per family**

All proceeds benefit
Colby's Ride



Colby's Ride is a non-profit
foundation that provides
bikes and helmets to
underprivileged local
children in honor of
11-year old Colby Smith.

Learn more about Colby and
Colby's Ride at colbysride.com

**Come for
the run, stay
for the FUN!**

To register,
volunteer or
sponsor the race,
please visit:

colbysride.com

Connect with
Colby's Ride



Family Fun Events

Bounce House, Obstacle Courses,
Face Painting, Food, Games and Fun

Register today for the
2016 National Gathering
Indianapolis, IN July 1-3.
Leadership Training is held on
Thursday, June 30th.

Register now on the national website at
www.bereavedparentsusa.org/Gathering.html

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!



HELP US RAISE \$\$\$

with our Donation Drive Fundraiser



ITEMS WE ACCEPT AND THE PRICE WE ARE PAID FOR THEM

20¢

PER POUND FOR SOFT GOODS



CLOTHING & SHOES

Men's, women's, children's



OTHER TEXTILES

Bed/bath towels, sheets, blankets, pillows, curtains, tablecloths



ACCESSORIES

Hats, mittens, scarves, ties, socks, purses, wallets, backpacks, bags

5¢

PER POUND FOR HARD GOODS



ELECTRICAL

Small toasters, blenders, coffee makers, mixers, juicers, waffle irons, griddles, hairdryers, curling irons



KIDS

Toys, games, puzzles, stuffed animals



KITCHEN

Pots, pans, utensils, china cups, mugs, vases, dishes, cutlery, glassware, silverware, stemware



KNICK-KNACKS

Jewelry, crafts, candles, baskets, ornaments, hand tools



MEDIA

Hardback and paperback books, magazines, records, tapes, CDs, videos, DVDs, computer software



SPORTS EQUIPMENT

Balls, bats, tennis rackets, Frisbees, baseball gloves



Start saving the things you no longer need or want – clothes that no longer fit or you no longer wear. We will be collecting items for this fundraiser at a date to be determined - later this summer.

A receipt from BP/USA NOVA Chapter will be provided upon request for your donation.

Contact Bev Ruane for more information at 540-628-4758 (h) or 703-395-9546 (c)

or e-mail: bruane01@verizon.net

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.

~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.

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 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

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

Bleachermom2000@aol.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!



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