

Volume 16 Number 5

September/October 2019

caring & sharing news

Helping rebuild lives following the death of a child

Annual Picnic, Memory Walk, & Lotus Flower Lantern Release



Sunday, September 22, 2019

4:00 p.m.

Locust Shade Park – Marigold Pavilion

On Sunday, September 22, 2019, join us at our Annual Picnic, Memory Walk and new this year, Lotus Flower Lantern Release to remember all the children who died too soon but still walk in the hearts of family and friends. We would like to take this opportunity to unite the bereaved families of our local area to support the mission of the Bereaved Parents of the USA, Northern Virginia Chapter. Whether you walk one mile or a hundred feet, what matters is that you have taken the time to join with family and friends – new and old – who are walking the same journey as you. Please bring a dish to share for our Pot-Luck Picnic. Chicken, Hot Dogs and Drinks will be provided by the chapter.

Each person registered will receive one lantern unless you send an email to: bpusanova@gmail.com to request additional lanterns.

Monetary donations appreciated to cover the cost of the lotus flower lanterns and picnic expenses.

RSVP: <https://www.eventbrite.com/e/annual-picnic-memory-walk-and-lotus-flower-lantern-release-tickets-64951359264>

For more information contact Jodi Norman, Leader at 703-656-6999 or email: bpusanova@gmail.com.

BPUSA Northern VA Chapter is proud to sponsor an award-winning songwriter, recording artist and speaker who will inspire us with his hope-filled words and music.

Alan Pedersen



Saturday, November 23, 2019

10:00 am – 3:00 pm

**Winding Creek Community Center
5850 Moonbeam Drive
Woodbridge, Virginia 22193**

For more information contact:

Jodi Norman, 703-656-6999

e-mail: bpusanova@gmail.com

Angels
ACROSS THE USA

The Angels Across the USA Tour 2019, is all about hope, featuring the message and music of Alan Pedersen. The Tour is supported by hundreds of families and organizations who sponsor butterfly decals bearing the names and home towns of their loved ones who have died. These decals are lovingly placed on the Angels Across the USA van which travels across the country.

The Tour works with organizations large and small who are reaching out to those in grief and offers to present a program regardless of their ability to pay a fee or the expenses of travel. The Angels Tour will travel to more than 100 cities in 2019.

RSVP: <https://www.eventbrite.com/e/a-day-with-alan-pedersen-tickets-70357474099>

Save the Date

Annual Service of Remembrance

Sunday, December 8, 2019

6:00 p.m.

First United Presbyterian Church

14391 Minnieville Rd

Woodbridge, VA 22193



Photos Needed for Service of Remembrance Slideshow

If we do not already have your child's photo to be used in our slideshow, please send a photo to Jodi at bpusanova@gmail.com. We want to include all the children of members of our chapter whether you are attending the service or not.

Check out our Chapter Website

<http://www.bpusanova.com>

You will find all announcements regarding our chapter on the website. Also, please check your email and Facebook for Chapter Announcements. The easiest way to get the word out about Chapter happenings is via the internet. If we do not have an email address for you, please email bpusanova@gmail.com with your email address.

Our website has a "We Remember Our Children" section and we need your help to update this page. Please write a bio for your child and submit a photo or a collage of photos. We would like to have all the children of our chapter included on this page. Please send submissions to Jodi at bpusanova@gmail.com.

2019 Programs

Below is a schedule for the remainder of 2019 (subject to change):

September 8 – Kristi DiFilippo, LCSW, Capital Hospice

September 22 – Chapter Picnic, Memory Walk and Lotus Flower Lantern Release at Locust Shade Park

October 13 – Program to Be Announced

November 2 – Learn to Crochet

November 10 – Anna Whiston-Donaldson

November 21 – Alan Pedersen Event

November 23 - A Day with Alan Pedersen Workshop

December 8 – Annual Service of Remembrance

December 8 – No Support Meeting

Free Grief Counseling

Capital Caring Hospice of Fredericksburg is offering short term grief counseling free of charge to bereaved parents. The Fredericksburg office provides services to Dumfries, Triangle, Stafford, Fredericksburg, Spotsylvania, Locust Grove, Caroline County and King George County.

Please contact Kristi DiFilippo, LCSW at 540-735-0972 if you are in need of grief counseling. Check out their website: capitalcaring.org

There is a meeting for everyone! Join us at one of these meetings!

Caring and Sharing Support Meetings:

2nd Sunday @ 3 p.m.
First United Presbyterian Church
14391 Minnieville Road
Dale City, VA
4th Sunday starting in January

For more information contact:
Jodi Norman, Chapter Leader
703-656-6999 (cell)

AMORe

(All Murdered Offspring Remembered)

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

**A support group meeting for parents
whose children have been murdered.**

For more info contact:
Beverly Ruane
540-628-4758 (h) or 703-395-9546 (c)
ruane.beverly@yahoo.com

Support Meeting in Annandale VA

1st Thursday of Every Month
7 p.m.

Annandale United Methodist Church
6935 Columbia Pike
Annandale, VA 22003

For more information about this meeting please
contact Emily Slough at emilygps@verizon.net.

Or Jodi Norman at 703-656-6999
bleachermom2000@aol.com


Overdose and Substance Abuse Support Group

First Sunday of Every Month
2:00 p.m.

American Legion Post 28
17934 Liming Lane, Triangle, VA 22172

**A support group meeting for parents whose
children have died from Drug Overdose or
Substance Abuse.**

For more information please contact:
Jodi Norman at bpusanova@gmail.com
or call 703-656-6999
or
Kathie Kelly at tcffred@gmail.com
or 540-220-4325

 **Parents of Suicide Loss**
**SUPPORT
GROUP**
We Understand the Struggle
You are not Alone

WHEN ● First Sunday, Every Month:
1pm - 2:30pm
WHERE ● ACTS
9317 Grant Ave., Manassas, VA
DETAILS ● Support group for parents who have lost a
child to suicide. This is a safe place to share
stories of your loved ones and receive the
support needed to deal with the loss.

Life After Loss Support Group for Suicide Survivors

“Shining A Light for Those in Darkness”

Last Wednesday of Each Month

For more information contact:
Kimberly Fleming
Office: 571-377-8134 or Cell: 703-349-9184
email: kimberly.fleming@djcfoundation.org
website: www.djcfoundation.org



Learn to Crochet and The Peyton Heart Project

On Saturday, November 2, 2019

Christa Arnold-Coleman will be teaching us how to crochet. Place and time to be determined.

As a chapter, we will be participating in the Peyton Heart Project.

A global project created to help end suicide and bullying and the stigma surrounding mental health issues. The Peyton Heart Project was inspired by several stories including that of a 13-year-old boy named Peyton James who died by suicide in 2014.

The chapter will be crocheting hearts for Springwoods Elementary School to give to the students for Valentine's Day.



Garden News

The Butterfly Release on August 18 was as meaningful and emotional as always. We had many people there despite the hot weather. All came to remember children who are gone too soon. The butterflies were beautiful as each one was released as a child's name was read. I'm very grateful for those that helped ready the Memorial Garden for the special occasion.

The garden will continue to grow a little while longer before the dormant season kicks in. So will the weeds. If you go there to visit, please reach down and pull up a couple of weeds. Every little bit helps. We will try to schedule a garden workday later in the fall after things stop growing. Our focus will be pulling weeds (as always) and trimming. If we do not have one in the fall, there will be a work day scheduled in the early Spring where a lot of help will be needed. You will be notified of scheduled dates so please check your newsletter and particularly your email. There is always a lot of information and updates in your email. Facebook, too, will have information. Please plan to come. The more people working, the faster completed. The garden doesn't take care of itself. It takes a lot of hard work. Jodi and I live an hour away, so we get up there as often as we can.

In the meantime, please come and enjoy the peacefulness of the Memorial Garden. It was created for us bereaved parents and our children.

Love and hugs, Beverly

Angels

ACROSS THE USA

BPUSA NOVA Chapter will host
Alan Pedersen and the Angels
Thursday, November 21st at 6:00 p.m.
Susan Hoefling's Home
6318 Cavalier Corridor
Falls Church, VA 22044

Please RSVP to Susan at 571-232-7449 or
susanehoefling@gmail.com

I am looking for submissions for a booklet to give to newly bereaved parents. If you would be willing to write about how BPUSA has helped you on your grief journey, it would be greatly appreciated. Please email submissions to bpusanova@gmail.com



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, Butterfly 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 bpusanova@gmail.com or 703-656-6999.

A Message from Beverly Ruane to Her Son, Matthew



Dear Matthew,

Happy 36th Heavenly Birthday, Matthew! Your age is now twice the age of when you died. Little did we know that when we celebrated your 18th birthday that it would be your last on earth. We had a surprise party at Monica's. We went out to eat at Dak's, one of your favorite restaurants. You were surprised with the PlayStation 2. We all had such a nice happy time.

We miss you so very much. Not a day goes by that you are not thought about. Happy memories pop up when least expected. Year after year, we will continue to remember your birthday. We will just have to celebrate here on earth while you celebrate in heaven. We love you.

"I'll love you for always. I'll like you forever. As long as I'm living, my baby (boy) you'll be."

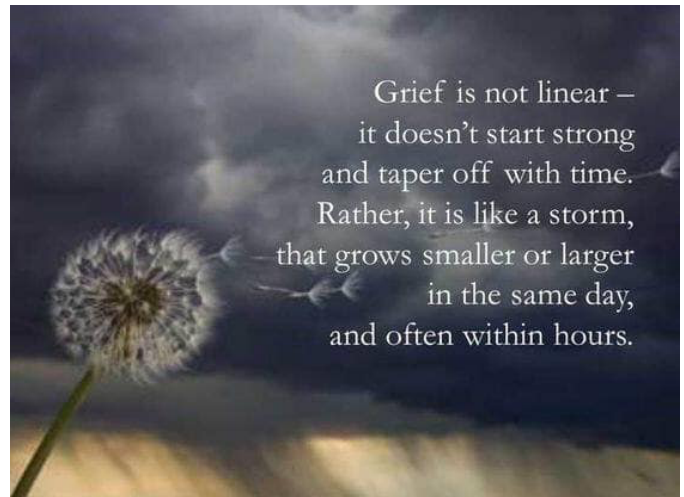
Love: mom, dad, sisters, niece, nephews, and all family and those who knew you.

People will start to talk about him and then say, "Oh, I'm sorry," and I say, "No, I love to talk about him. More, more, more. . ." because that brings him alive and it brings him closer and it means that he hasn't been forgotten.

GLORIA VANDERBILT
on 23-year-old son Carter's suicide



...
www.GriefDiaries.com



Grief is not linear –
it doesn't start strong
and taper off with time.
Rather, it is like a storm,
that grows smaller or larger
in the same day,
and often within hours.

IF I HAD A FLOWER FOR EVERY
TIME I THOUGHT OF YOU, I COULD
WALK THROUGH MY GARDEN

forever.

-- TENNYSON



THERE IS A SACREDNESS IN TEARS.
THEY ARE NOT THE MARK OF
WEAKNESS, BUT OF POWER.
THEY SPEAK MORE ELOQUENTLY
THAN TEN THOUSAND TONGUES.
THEY ARE THE MESSENGERS OF
OVERWHELMING GRIEF, OF DEEP
CONTRITION, AND OF
UNSPEAKABLE LOVE.

WASHINGTON IRVING
Your tango



We Remember Our Children Who have Birthdays and Death Dates in September and October

Simi Abrol	9/12/84 ~ 4/01/18	Eric Gonzalez	10/03/02 ~ 10/05/02
Kirsten Lynn Adler	2/21/94 ~ 10/24/10	John Gregory	9/21/73 ~ 6/3/13
Zachary William Arnold	9/23/84 ~ 5/11/14	William Clayton Holt	9/10/84 ~ 12/23/17
Pounch Bahri	10/25/88 ~ 3/04/14	Olivia Jean Howard	12/31/91 ~ 9/03/09
Liam Kody Bailey-Edmundson	9/22/15 ~ 9/22/15	Rasheem Kuwan Jenkins	5/04/82 ~ 9/09/09
Scott R. Barley	12/07/81 ~ 9/29/11	Cody Darrin Johnson	9/11/02 ~ 3/06/09
Kimberly Ann Barrett	9/08/86 ~ 5/04/02	Jayden William Lee	10/23/10 ~ 10/23/10
Stephanie Webber Bartley	9/29/87 ~ 12/20/16	Tiffany Michelle Lewis	1/26/80 ~ 10/11/96
Jayden Lee Beale	9/29/08 ~ 9/29/08	John Earl Medley	2/21/59 ~ 9/09/08
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	Kim Ouren	9/19/57 ~ 7/22/18
Lesly Glyn Bolton	1/19/80 ~ 10/27/16	Zane J Pitzvada	8/22/92 ~ 9/14/11
Mateo Louis Bowman	10/15/13 ~ 10/13/13	Kira Marie Nicklas Rippy	10/23/82 ~ 3/22/18
Parker Evan Boyd	9/15/98 ~ 6/04/08	Marcus Daniel Robinson	12/29/07 ~ 10/04/17
Baron "Deuce" Braswell II	9/29/89 ~ 1/20/06	Matthew Allan Ruane	9/07/83 ~ 4/29/02
Clayton Kendall Breeding	10/23/77 ~ 12/12/01	Gene "Tony" Sergeant	8/10/87 ~ 9/14/07
David John Butts	10/18/80 ~ 12/16/05	Brandon Simms	10/10/80 ~ 7/14/95
Lisa Marie Champlin	10/16 ~ 9/2	Mark Alexander Slough	06/26/96 ~ 10/08/15
Eduardo P "Eddy" Chavez	2/07/06 ~ 9/20/10	Adelacia Smalley	8/06/94 ~ 10/19/02
Jason A. Clover	7/30/84 ~ 9/28/03	Colby Thomas Smith	5/25/04 ~ 10/11/15
David Joseph Cobb	7/02/98 ~ 10/23/15	Tyler Smith	9/20/92 ~ 8/01/06
Todd Coder	7/23/84 ~ 9/24/10	Graham Thomson Stevenson	3/30/85 ~ 9/22/07
Jason Michael Colson	3/09/84 ~ 10/01/08	Derek M. Tierney	1/20/76 ~ 10/09/04
Terry Lee Cunningham, Jr	9/02/94 ~ 9/30/17	Bill Thompson	9/14/51 ~ 4/19/17
Michael A. Doyle	9/17/81 ~ 3/12/18	Austin Trenum	3/26/93 ~ 9/27/10
K.J. Edwards	12/03/85 ~ 10/31/03	Ruben Chavira Urbina	4/22/02 ~ 9/15/17
Brian Patrick Elero	12/30/80 ~ 10/29/01	Melinda "Mindy" Weakley	12/20/83 ~ 9/02/09
Payton Rose Freeze	10/13/98 ~ 2/10/16	Josh Weaver	6/17/82 ~ 9/09/09
Erin Gaston	9/27/80 ~ 10/31/08	Keith Alan West	9/22/66 ~ 11/25/10

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

Bereaved Parents of the USA Welcome

We are the parents whose children have died. We are the siblings whose brothers and sisters no longer walk with us through life. We are the grandparents who have buried grandchildren.

We come together as Bereaved Parents of the USA to provide a safe space where grieving families can connect, share our stories, and learn to rebuild our lives.

We attend meetings whenever we can and for as long as we find helpful. We share our fears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness, knowing these emotions will be met with compassion and understanding. As we support, comfort and encourage one another, we offer hope and healing. As we confront the deaths of our loved ones, our shared grief brings us to a common ground that transcends differences, building mutual understanding across the boundaries of culture, race, faith, values, abilities, and lifestyle.

Together we celebrate the lives of our children, siblings, and grandchildren, sharing the joys and the heartbreaks as well as the love that will never fade. Together, strengthened by the bonds we create, we offer what we have learned from one another to every bereaved family, no matter how recent or long ago the death.

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
bpusanova@gmail.com
Website: bpusanova.com



National Website: 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 bpusanova@gmail.com or calling Jodi at 703-656-6999.

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