



*Twenty-One Years of Hope & Healing*

Volume 21, Number 5

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

***Annual Service of Remembrance  
Sunday, December 15, 2024  
6:00 p.m.***

***First United Presbyterian Church of Dale City***

**Program will consist of readings, music, slideshow of our  
children and lighting candles in their memory**



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](mailto:bpusanova@gmail.com). We want to include all the children of members of our chapter whether you are attending the service or not.

If you would like to participate in the program by doing a reading, provide music, read the names or anything else you would like to do, please let Jodi know at [bpusanova@gmail.com](mailto:bpusanova@gmail.com).

# Annual Picnic and Lotus Flower Release

Sunday, October 6, 2024, 4 p.m. at Locust Shade Park, Marigold Pavilion

Join us to remember all the children who died too soon but are still in the hearts of family and friends. As we release lotus flowers on the pond, we are reminded of the beauty that our children brought into our lives.

Please bring a dish to share for our Pot-Luck Picnic. Chicken, Hot Dogs, and Drinks will be provided by the chapter.

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

Each person will receive one lantern per child, sibling or grandchild being remembered, unless you request additional lanterns.

For more information contact Jodi Norman at 703-656-6999 or email:

[bpusanova@gmail.com](mailto:bpusanova@gmail.com).

To RSVP go to: <https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-50257526-annual>

## Food Drive and Luncheon

Saturday, November 2<sup>nd</sup>

11 am

Manassas Church of the Brethren

10047 Nokesville Road

Manassas, VA

Pot Luck Luncheon – bring a dish to share (salad, sandwiches, desert, or casserole)

Drinks will be provided by the chapter.

<https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-51240307-food>

We will be providing food for local food pantries. Items of need:



Peanut butter  
Jelly  
Canned soup  
Canned fruit  
Canned vegetables  
Canned stew  
Canned tuna  
Canned chicken  
Toiletries

Canned Beans  
Pasta  
Pasta Sauce  
Canned Ravioli  
Rice  
Shelf-stable Milk  
Cereal  
Stove Top Stuffing

## Caring & Sharing Meetings

### In-Person Meetings

First United Presbyterian Church  
14391 Minnieville Road  
Dale City, VA  
**4<sup>th</sup> Sunday @ 3:00 p.m.**

Manassas Church of the Brethren  
10047 Nokesville Road, Room 207  
Manassas, VA 20110  
**1<sup>st</sup> Thursday @ 7:00 p.m.**

### Zoom Meetings

**2<sup>nd</sup> Thursday @ 7:00 p.m.**

I will send out an email with password and log in information prior to the meeting date.

For more information contact:  
Jodi Norman, Chapter Leader  
703-656-6999 (cell)  
[bpusanova@gmail.com](mailto:bpusanova@gmail.com)

## SAAD

(Support After Addiction Death)

**Meetings will resume in October  
Hope to have date and place soon!**

### **Support Group for Parents with No Surviving Children**

For more information contact:  
Nancy Vollmer  
703-217-8560 (c) or 703-390-0589 (h)

### Attention Siblings

Currently, our chapter does not have meetings specifically for Siblings. We have lots of bereaved siblings and need a bereaved sibling to volunteer to coordinate a meeting for siblings. These meetings can be in person or via Zoom.

If you are interested or one of your surviving children would like take on this role in the chapter, please let Jodi know by emailing [bpusanova@gmail.com](mailto:bpusanova@gmail.com).

## AMORe

(All Murdered Offspring Remembered)

**2<sup>nd</sup> Sunday @ 3:00 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](mailto:ruane.beverly@yahoo.com)

### Life After Loss Support Group for Suicide Survivors

“Shining A Light for Those in Darkness”



**1<sup>st</sup> Sunday of Each Month  
1:00~2:30 p.m.**

**Meetings held at ACTS  
9317 Grant Ave, Manassas, VA**

For more information contact: Kimberly Fleming  
Office: 571-377-8134 or Cell: 703-349-9184  
email: [kimberly.fleming@djcfoundation.org](mailto:kimberly.fleming@djcfoundation.org)  
website: [www.djcfoundation.org](http://www.djcfoundation.org)

### Sibling Support Group

The Virtual Support Group is making changes to the virtual meetings and they will now be held on the 2<sup>nd</sup> Thursday at 8 p.m.

If you are a bereaved sibling, over the age of 18, and are interested in participating in this Virtual Support Group, please complete the registration form at the link below.

<https://forms.gle/Hcwkaet1XKN5Bk6T7>

### Book Club

Our Book Club meets on the **last Monday** of the month at 7 p.m. We meet in person at Sue Cerrone's home, 9564 Basilwood Drive, Manassas, VA.

Please let us know in advance if you will be joining via Zoom. The Zoom log-in will be emailed to you a couple days before the Book Club meets. We often have our authors join the meetings.

For more information contact Sue at [suebcerrone@gmail.com](mailto:suebcerrone@gmail.com) or call 703-819-8604. Please RSVP if you are attending in person or on Zoom.

# Josh Weaver

## June 17, 1982-September 9, 2009

This is the first time I have written about my son. It is Josh's 15-year Angelversary. My son's name is Alan Joshua Weaver. He died of a cocaine/morphine accidental overdose. I did not answer the phone the night before he died. I had brought work home and had a deadline. He died on Wednesday. I had gone to his house on Sunday before and went into his room at his roommate's house. I yelled at him to get up! His girlfriend had broken up with him. I told him he needed to find another job and pay for his car insurance. What was wrong with me, I still and always will feel guilty!! He wanted to come live with me and my second husband. I told him to come and have dinner and talk to us.



I wish I had told him to just come live with us. The night before he died my ex-husband's nephew gave him crack to smoke for the first time, then he did some cocaine and then this girl gave him morphine! I guess he wanted to sleep. His friends said he was clean for a month, so I don't know if Josh did the same amount of drugs he had done before and that's what killed him? Josh called his cousin and was unable to speak. Brad (cousin) told me Josh was slurring his words, so Brad hung up instead of calling for help! On Wednesday I kept calling Josh to see what he wanted me to bring him to eat but there was no answer. So, I got some crackers and soup and started driving to his house. It seemed like it took me forever to get there, but in reality, it was only 10 minutes from my office. When I arrived, there were police, an ambulance, and a fire truck. I stopped my truck, and I believe I left it running and started screaming, "are you coming for Josh?"

The police asked if he was a diabetic, I said he could be because my Josh was 300 lbs. and 6'4". They carried him out not intubated so I thought he was ok! They put me in the ambulance and started doing compressions on my son. All I can remember is me screaming!! They took the long way to the hospital, I can remember screaming, "why are we going this way." We got to the hospital, and they continued working on my Josh! I'm a billing manager for many anesthesia doctors at Potomac Hospital and the president came immediately to the hospital to support me.

Josh was pronounced and the detectives told me not to touch him. They were conducting an investigation and autopsy. I should have touched him all over!!! My mistake! Why did I listen to them?

I did not realize Josh had such a disease. Josh had depression and I later found out he had anxiety. I thought Josh smoked marijuana and may have done cocaine once in a while and I later found out he also did opiates.

Josh was a happy lil guy who played soccer and baseball. I was a team mom and loved it! Josh started to gain weight. He played freshman football, but his coach called him a fat boy and used 4 letter words. All the other parents voiced their objections too! They wanted Josh to play football in his sophomore year, but Josh would not!! He was done with that coach! So, you have the smart kids, the jocks and then you fit in where you can find friends. Josh was an artist, and I have his artwork hanging all over my house. He loved music and to rap and he would write poetry all the time.

His beard was impeccable, always perfectly trimmed. His head was shaved because he was starting to lose hair! He always had to have his clothes perfect even though he wore a 3XL or larger to hide his size. Josh was sweet, jolly, humble and he had a great smile. He was a good kid!

He loved my mashed potatoes and coming for all holidays or whatever dinners! He was always calling his sister Katie asking her what mom had in the fridge. He had quite a sense of humor and his laughter was contagious! He wore size 14 shoes, and he was my big teddy bear! His big hugs I miss the most! He used to say "MA...I LOVE YOU!" I miss that!! I love him more than my life itself. I will forever miss him!

Written by his mom, Carol Hakenson



***In Loving Memory of  
Graham Stevenson  
3/30/85 ~ 9/22/07***

**Angelversary**

The twenty-second of September,  
Is a day I don't wish to remember,  
But I can now never forget,  
The date of my child's death.

Whenever September is mentioned,  
My thoughts go straight to Heaven,  
With trembling lips and tear-filled eyes,  
My heart aches for my son who died.

Children's anniversaries should be of marriage,  
Occasions of joy and memories to cherish,  
It's unimaginable now to me,  
To only have our son's angelversary.

It is with the power of the love we knew,  
We somehow manage to make it through,  
But the anguish within for a child who has passed,  
Stays with parents until we breathe our last.

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***In Loving Memory of  
Matthew Ruane  
9/07/83 ~ 4/29/02***



We want to wish Matthew a Happy Birthday September 7. You would have been 41 this year. It seems so long ago when you were taken away from us at the young age of 18, yet it seems like yesterday that we celebrated your 18th birthday at Dak's (one of your favorite places) and you were surprised with your PlayStation 2 that you had been wanting. Such a special birthday as you officially became an adult. We never would have imagined it was your last.

Matthew, you are missed every second of every day. When your birthday comes around and we celebrate other birthdays, your presence is missed tremendously. Even though you are not here physically I know you are with us in spirit. Enjoy your heavenly birthday. We will be celebrating for you knowing you are celebrating with us. We love you and miss you so much.

Love, mom and dad, all family and friends

*I'm home  
Dancing among the stars,  
I feel your heavy heart from afar,  
I see a thousand tears you cry,  
Cry if you must but remember to smile,  
I wish not to be a sad thought,  
I long to be a memory of glory,  
For my short life is my precious story,  
To most, it might not seem a lot.  
To me, it's everything I've got,  
The life before we had to part,  
How I danced to the beat of your heart,  
There's so much I didn't get to see,  
I pray you'll be my eyes for me,  
As each new day begins to start,  
Approach it with an open heart,  
As though your very eyes are mine,  
See things as though it's the first time,  
See awe and wonder in all that be,  
And when you do, think of me,  
Then I will see the wonders too,  
By living through the eyes of you.*

*~Author Unknown~*

## Garden News

Hello Everyone,

We made it through the hot summer and very little rain. The garden looks beautiful. I want to thank everyone that helped to keep it that way by watering and weeding. Without the consistent watering that was done, everything would have been dried up. This also shows the love and care for our children. Next year we will need to do the same thing but hopefully it won't be the consistent 90+ degrees we had this summer. If anyone that didn't get to help this year wants to next year, please contact me or Jodi. We will be starting work again in early Spring. Right now, though, we still need to continue watering so we can still enjoy its beauty while things are still blooming and growing.

Come early Spring the Butterfly Bushes will need to be cut back, the grasses cut all the way down, trimming on other bushes, and leftover weeds pulled. We need to deadhead some things once we know they are the survivors when they begin to sprout and pull the non survivors, plant new plants and mulch. We need to prepare the garden for the Butterfly Release and just to enjoy throughout the seasons.

We are going to plan on the Butterfly Release for Sunday, June 29 for next year. Hopefully, it won't be as hot and more flowers will be in bloom. I know this is much earlier than usual but letting you know now gives you notice to plan accordingly. Also, when a date is given to RSVP please do so by that date. Not just for yourself but in the note section the total number of butterflies requested. We use this to order the number of butterflies. Every year we have to guess how many to order because we know that there will be those that give us, sometimes a large number, after we order. We've been good so far in having enough but it has been close sometimes, like this year. We know that there will be times you may not know that you will be able to attend and we plan accordingly. We don't want you not to come if you haven't RSVP'd in those cases but if you put it on your calendar and do know please let us know by the RSVP date. This year we were thrilled to see all that attended. Thank you.

Thank you again to all those that helped maintain the garden this year and for everyone's support. This garden is truly a labor of love for our children, grandchildren, and siblings.

Love and hugs, Beverly, Matthew's mom



### Our Children Remembered

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.

### Rock-It Creations

If you would like to have a rock in the Memorial Garden in memory of your child, sibling or grandchild, we highly recommend that you order through "Rock-It Creations." The rocks are river rocks and will last a life-time! Your rock can be personalized and customized. Please order the large size rocks, either the custom or standard rocks, for our Memorial Garden. There is no shipping charges or taxes on the rocks.

Go to Rock-It Creations' website to order a rock in memory of your loved one, <https://www.rockitcreations.com/>

If you have any questions, contact Jodi Norman at 703-656-6999 or [bpusanova@gmail.com](mailto:bpusanova@gmail.com)



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

**Lisa Anne Maree Abaunza** 9/17/96 ~ 7/07/12  
**Simi Abrol** 9/12/84 ~ 4/01/18  
**Kirsten Lynn Adler** 2/21/94 ~ **10/24/10**  
**Zachary William Arnold** 9/23/84 ~ 5/11/14  
**Samuel W. Aylesworth, Jr.** 9/22/63 ~ 3/07/22  
**Pouneh Bahri** 10/25/88 ~ 3/04/14  
**Chad Michael Bailey** 9/14/77 ~ 3/25/20  
**Liam Bailey-Edmondson** 9/22/15 ~ 9/22/15  
**Scott R. Barley** 12/07/81 ~ 9/29/11  
**Stephanie Webber Bartley** 9/29/87 ~ 12/20/16  
**Kimberly Ann Barrett** 9/08/86 ~ 5/04/02  
**Antonino "Nino" Basile** 12/13/84 ~ **10/06/12**  
**Suzanne Baughan** 9/18/73 ~ 2/18/20  
**Jayden Lee Beale** 9/29/08 ~ 9/29/08  
**Demitrios Bedoya** 10/27/76 ~ 2/10/03  
**Trevor Austin Blake** 10/30/01 ~ 8/11/13  
**Ashley Nicole Blue** 11/23/05 ~ **10/11/19**  
**Lesly Glyn Bolton** 1/19/80 ~ **10/27/16**  
**Michael Booker** 6/06/99 ~ 9/03/20  
**Mateo Louis Bowman** 10/15/13 ~ **10/15/13**  
**Parker Evan Boyd** 9/15/98 ~ 6/04/08  
**Baron "Deuce" Braswell II** 9/29/89 ~ 1/20/06  
**Clayton Kendall Breeding** 10/23/77 ~ 12/12/01  
**Dr. Lorna Margaret Breen** 10/09/70 ~ 4/26/20  
**Alex Charles Bridwell** 1/27/89 ~ **10/31/22**  
**David John Butts** 10/18/80 ~ 12/16/05  
**Jaiden Malik Carter** 3/26/03 ~ 9/04/22  
**Pamela Sue Chaiken** 1/17/64 ~ 9/29/95  
**Lisa Marie Champlin** 10/16 ~ 9/02  
**Eduardo P "Eddy" Chavez** 2/07/06 ~ 9/20/10  
**Jason A. Clover** 7/30/84 ~ 9/28/03  
**David Joseph Cobb** 7/02/98 ~ **10/23/15**  
**Todd Clifford Coder** 7/23/84 ~ 9/24/10  
**Jason Michael Colson** 3/09/84 ~ 10/01/08  
**Ryan Dennis Conty** 10/15/20 ~ **10/15/20**  
**Terry Lee Cunningham, Jr** 9/02/94 ~ 9/30/17  
**Michael A. Doyle** 9/17/81 ~ 3/12/18  
**James "Scott" Edwards** 10/16/83 ~ 9/02/20  
**K.J. Edwards** 12/03/85 ~ **10/31/03**  
**Brian Patrick Elero** 12/30/80 ~ **10/29/01**  
**Matthew Eng** 9/16/92 ~ 6/24/23  
**Elizabeth A. Erickson** 7/23/89 ~ 9/14/89  
**Payton Rose Freeze** 10/13/98 ~ 2/10/16  
**Scott Michael Fulton** 5/25/93 ~ **10/08/21**  
**Erin Gaston** 9/27/80 ~ **10/31/08**  
**Andrew Geracoulis** 10/20/99 ~ 1/07/23  
**Eric Gonzalez** 10/03/02 ~ **10/05/02**  
**John Gregory** 9/21/73 ~ 6/3/13  
**Nathan Hamilton** 7/19/99 ~ 9/04/18

**William Clayton Holt** 9/10/84 ~ 12/23/17  
**Nicholas Hoy** 5/16/95 ~ 9/10/23  
**Olivia Jean Howard** 12/31/91 ~ 9/03/09  
**Devonte Lee Ivy** 6/16/00 ~ 9/16/19  
**Claude Lee (Jason) Jackson III** 8/20/92 ~ 9/12/15  
**Rasheem Kuwan Jenkins** 5/04/82 ~ 9/09/09  
**Cody Darrin Johnson** 9/11/02 ~ 3/06/09  
**Ryan George Khazmo** 7/10/02 ~ **10/16/21**  
**Matthew Russell King** 5/16/79 ~ 9/08/21  
**Adriana Therese Ladino** 10/31/02 ~ 3/23/19  
**Jayden William Lee** 10/ 23/10 ~ **10/23/10**  
**Tiffany Michelle Lewis** 1/26/80 ~ 10/11/96  
**Artemis Harrison McRae** 10/01/20 ~ 11/01/22  
**Roseann M. Meale** 10/04/69 ~ 1/19/97  
**John Earl Medley** 2/21/59 ~ 9/09/08  
**Annie Mirabal** 8/2/84 ~ **10/27/16**  
**Jonathan Nadal** 10/18/99 ~ **10/08/21**  
**Elijah James Nealey** 9/08/10 ~ 8/22/12  
**Steven William O'Neill** 9/04/75 ~ 9/06/75  
**Kim Ouren** 9/19/57 ~ 7/22/18  
**Zane J Pitzvada** 8/22/92 ~ 9/14/11  
**Tanja Marjatta Quinn** 10/21/84 ~ 11/17/18  
**Kira Marie Nicklas Rippy** 10/23/82 ~ 3/22/18  
**Marcus Daniel Robinson** 12/29/07 ~ **10/04/17**  
**Matthew Allan Ruane** 9/07/83 ~ 4/29/02  
**Gene "Tony" Sergent** 8/10/87 ~ 9/14/07  
**Joshua Daniel Shirt** 1/17/91 ~ **10/13/19**  
**Brandon Simms** 10/10/80 ~ 7/11/95  
**Mark Alexander Slough** 6/26/96 ~ **10/08/15**  
**Adelacia Smalley** 8/06/94 ~ **10/19/02**  
**Colby Thomas Smith** 5/25/04 ~ **10/11/15**  
**Tyler Smith** 9/20/92 ~ 8/01/06  
**Graham Thomson Stevenson** 3/30/85 ~ 9/22/07  
**Margaret Jane Suliga** 4/23/87 ~ 9/02/19  
**Hazel Athena Thomas** 5/07/21 ~ **10/24/21**  
**Bill Thompson** 9/14/51 ~ 4/19/17  
**Derek M. Tierney** 1/20/76 ~ **10/09/04**  
**Austin Trenum** 3/26/93 ~ 9/27/10  
**Brian Trotter** 11/24/94 ~ **10/17/20**  
**Ruben Chavira Urbina** 4/22/02 ~ 9/15/17  
**Chris Vogel** 9/22/69 ~ **10/14/10**  
**Melinda "Mindy" Weakley** 12/20/83 ~ 9/02/09  
**Josh Weaver** 6/17/82 ~ 9/09/09  
**Keith Alan West** 9/22/66 ~ 11/25/10  
**Jessica Dove Williams** 9/18/89 ~ 12/05/19  
**Keith William Zank** 10/09/82 ~ 5/21/22

## 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](mailto:bpusanova@gmail.com)



Bereaved Parents of the USA  
[www.bereavedparentsusa.org](http://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 contacting [bpusanova@gmail.com](mailto:bpusanova@gmail.com). Thank you!

## Tell Us Your Story

Interested in sharing your child's story for a book designed to give other Bereaved Parents hope? We are looking for parents who would be willing to be interviewed and have their story written (with your approval) OR write your own story for submission.

Contact Sue Cerrone for more info at 703-819-8604 or [Suebcerrone@gmail.com](mailto:Suebcerrone@gmail.com)

## Upcoming Events Mark Your Calendars

**Wednesday, September 18<sup>th</sup>** – Pot Luck Dinner at Larson Home

**Sunday, October 6<sup>th</sup>** – Picnic and Lotus Flower Release at Locust Shade Park

**Sunday, October 27<sup>th</sup>** – Retreat/Chapter Planning Meeting after Support Meeting

**Saturday, November 2<sup>nd</sup>** – Luncheon & Food Drive for Area Food Pantries

**Sunday, December 15<sup>th</sup>** – Service of Remembrance Candle Lighting Service

**Sunday, June 29, 2025** – Butterfly Release

**October 17-19, 2025** – Chapter Retreat at Roslyn Retreat Center, Richmond, VA

## Retreat and Chapter Planning Meeting

After our in-person Support Meeting on Sunday, October 27<sup>th</sup>, we will be having a planning meeting for our October 2025 Retreat and 2025 Chapter Events. The meeting will start at approximately 5 p.m. – we will provide pizza and beverages. Even if you don't attend the support meeting, we need all of your help and input. Please email [bpusanova@gmail.com](mailto:bpusanova@gmail.com) if you plan to attend.

## 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.

## Refreshments

If you would like to remember your child's birthday or the anniversary of his or her death, please bring your child's favorite cake or cookies to the meeting that month.

Please let Jodi know that you will be bringing refreshments.