

November/December 2024  
Volume 21, Number 6



**Bereaved  
Parents**  
OF THE USA

*Twenty-One Years of Hope & Healing*

***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  
14391 Minnieville Road, Dale City, VA***



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

**RSVP at the following link by  
Wednesday, December 4, 2024**

:

**<https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-52924055-annual>**

*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, sibling or grandchild to Jodi Norman, 539 Harrison Circle, Locust Grove, VA 22508. Photos can be mailed or e-mailed to [bpusanova@gmail.com](mailto:bpusanova@gmail.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 Wednesday, December 4<sup>th</sup>**. 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 will take the poinsettia home with you at the end of the evening. Please let Jodi know by Wednesday, December 4<sup>th</sup>, if you would like to sponsor a poinsettia.*

*We encourage people to participate in the program. 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) by Wednesday, December 4, 2024.*

*Since the Service of Remembrance is a week later this year, we will not be able to participate in toy donations. If you would like to bring a birthday cake kit in memory of your child to donate to local food pantries, it would be greatly appreciated. See more information in this newsletter.*

*Doors will open at 5:00 p.m. with the service starting promptly at 6:00 p.m.*

*Any questions, please contact Jodi Norman at 703-656-6999 or e-mail: [bpusanova@gmail.com](mailto:bpusanova@gmail.com)*

***RSVP by Wednesday, December 4th***



# Birthday Cake Kit

1 Cake Mix  
1 Can of Pop  
1 Jar of Frosting  
Candles

Celebrating birthdays is a big deal, especially for young children! Their excitement about turning another year older, enjoying a delicious cake, and being showered with attention is contagious. But for some families, celebrating a child's birthday with all the trimmings can be a challenge financially and can not provide what is needed. That's where we can step in to help by creating birthday cake kits for our local food pantry in memory of our precious children who can no longer celebrate.

Each kit contains the following items:

- 9x13 disposable aluminum foil pan (best with covers)
- a box of cake mix (any flavor)
- frosting (Dollar Tree Frosting is the perfect size)
- 1 can of any flavor soda (store brand will work) in case the recipient doesn't have eggs or oil
- birthday candles
- sprinkles or cake decorations
- Birthday Card
- a birthday bag to hold everything together (optional) or tie with a ribbon

Please bring complete kits to the Service of Remembrance to donate to the local food pantry in memory of our beloved children. I will have the recipe cards and stickers to put on the kits. If you would like to place a sticker on the kit stated who it is memory of or put a note in the kit, that would be great! Also, if you do not have a clear cover on the kit, please use a sticker to mark the flavor of the cake.

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

## 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.**  
**Zoom link:**

<https://us02web.zoom.us/j/86813541644?pwd=RDwOWkZmXoWXJ5NnVlT3VlY2lrQT09>

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

### 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>

## 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)

## SAAD Meeting

(Support After Addiction Death)

**3<sup>rd</sup> Monday of the Month**  
**7 p.m.**

Prince William County  
DSB Administration Building  
5 County Complex Ct  
Room 202  
Woodbridge, VA 22192

For more information and to RSVP contact:  
Jodi Norman @ 703-656-6999 or email  
[bpusanova@gmail.com](mailto:bpusanova@gmail.com)

Due to the Holidays, there will not be a meeting on Sunday, Dec 22<sup>nd</sup>.



## Friendsgiving Pot Luck Dinner

Wednesday, November 20, 2024

7 p.m.

Larson Home

6900 Cole Timothy Ct

Manassas, VA

Join us as we celebrate our Friendships as bereaved parents. Bring a Thanksgiving dish to share.

Sign-up at the following link:

<https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-51591228-friendsgiving>

## Book Club

Our Book Club meets on the last Monday of the month at 7 p.m. We will meet in person at Sue Cerrone's home, 9564 Basilwood Drive, Manassas, VA. **We will not be meeting in November and December due to the Holidays.**

Please email [bpusanova@gmail.com](mailto:bpusanova@gmail.com), if you would like to receive emails about the Book Club. We'd really love to have more people participate.

Many times, we will have the book author join us via Zoom.

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.

The books we will be reading in 2025 are:

Jan 27: Grief Sucks: But Your Life Doesn't Have To by Brooke Carlock

Feb. 24: Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing by Anita Moorjani

Mar. 31: Grief Is for People by Sloane Crosley

## Retreat and Chapter Planning Meeting

We will be having a planning meeting for our October 2025 Retreat and 2025 Chapter Events on Monday, January 6<sup>th</sup> at 7 p.m. via Zoom.

We will be making plans for the October 17-19, 2025 Retreat that will be held in Richmond. Bring ideas for the retreat and also for fundraising. The chapter needs to raise funds to finance the retreat and other chapter activities.

Zoom log in:

<https://us02web.zoom.us/j/82656593606?pwd=QJRCIAzCCVEniJUrxL0cAPwPECNeu.1>

## 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.

## 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)

## Refreshments at Meetings

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.

## Twelve Things to Remember about the Holidays and Grief

By Deb Kosmer

1. That I could not predict how I would feel or react at any given moment.
2. That as much as I miss my loved ones I would miss them even more during the holidays.
3. That my feelings were normal.
4. That I have a right to be sad. Someone I loved very much was no longer here where I could touch them. If I am angry that is okay too. Anger is a natural reaction to pain.
5. That taking care of myself and doing or not doing whatever I decided did not make me a selfish person. It just made me human and was my way of coping.
6. That regardless of who gave it or claimed to be an expert at this grieving stuff; I was the only expert on mine; and I was learning one day at a time.
7. To expect the unexpected.
8. That regardless of how much others may care about you, grief really is a solitary journey. They can walk along side of you but only you can walk through your pain.
9. That though others in my family lost that person too, relationships are not the same. It doesn't matter if we are both sons or daughters or parents or siblings; we connected uniquely in life and we will grieve their deaths uniquely as well.
10. Losses are not solitary but cumulative. When someone we love dies it can resurrect feelings about previous deaths.
11. That it is okay and usually a good idea to acknowledge the person who has died.

Some people do this by:

Hanging their Christmas stocking and tucking personal notes inside.

Buying a gift for someone in need or giving to a charity the money they would've spent on their loved one.

Helping the less fortunate by;

Helping at a soup kitchen or delivering holiday meals to the home bound

Buying a gift for someone in need or giving to a charity the money they would've spent on their loved one.

Keeping a candle lit throughout the holiday or at special times to honor their memory.

Making remembrance books or DVDs for friends and family.

Asking others to share their memories with you.

Doing something or making plans to do something that person always wanted to do but didn't get the chance to.

Beginning a new tradition.

Purchasing books or music and giving them in memory of your loved one to the city or church library.

Decorating a small or extra tree in honor of or memory of your loved one's life, using things of significance to them, e.g. sewing notions, sports memorabilia, etc.

Inviting someone for Thanksgiving dinner that would otherwise be alone.

12. THIS TOO SHALL PASS!

Though I may not believe it or want to hear this and that's okay and in time, I will be okay too.

## Surviving the Holidays

By Liene Ciguze, David's Mom

Do you ever wish holidays after child loss would come with a user manual? We used to know how to do holiday, but now we are at a total loss.

Unfortunately, there is no user manual available. Because we are so different and our life situations differ too. Some of us have other children. Some of us lost our only child. For some, it's been a while since the loss; for some, it's fresh. Some of you even lost your child around this time of year. For some, it's essential to pay tribute to your child and continue the celebrations the same way as before. Some want to skip it all and be on an uninhabited island with no Xmas trees, decorations and TV that keeps blasting us with images of perfect happy families having perfect holidays. So how do we survive holidays best?

Let me share my first experience. I lost my son in March, so by December, I was kind of robotically functioning. Since it was just two of us – my husband and me, we decided to travel. We spent Christmas Eve on the plane, which was fine by me. I didn't feel like celebrating or putting up decorations at home. My family was not happy about my decision to go away, but I made this decision for myself because that was the best decision for me then. We celebrated New Year's Eve at a hotel. There was a dinner party, and the beginning was quite civilized. I got dressed and put on make-up, we sat at a table and had some food, but when midnight approached, I broke down. I was overrun by immense sadness. I couldn't believe I have to celebrate New Years without my son. So, I excused myself and went back to my room, where I cried for probably a couple of hours until I fell asleep. So, the civilized me didn't even last until midnight.

My story might not be everyone's story, but the reason I'm sharing it is:

Holidays heighten emotions – sadness, anger, resentment. You can almost count on it. It might come from many different sources – holiday cards, movies, ads, songs, memories – you name it. So, let's assume that it will be hard, whether it's your first holiday after you've lost your child, second or 8th like in my case. There will be tough moments. And if you think about it, something would be wrong if we wouldn't have them because great love comes with great sorrow. So, let's not pretend we are fine because we are not and neither should we be.

So, how can I care for myself when it's hard? What do I need to take care of myself? These are the questions that help to decide how to spend this holiday season. And you shouldn't feel guilty about your decisions – about not doing what other people like you to do, saying yes to something and then changing your mind. Give yourself flexibility. Decide if you wish to decorate your house or not. Whether you wish to have people over or stay home alone. And I genuinely believe that you can trust yourself to know what you want for yourself if you ask yourself – what do I need this holiday season? Listen to what comes up. You will know what you want.

Two more things I've learned during my journey:

First, the fact that you feel more fragile, sad, and broken during the holiday season doesn't mean anything about your progress or how you handle the grief; it also doesn't mean anything about the future holiday. The fact of how you are feeling today doesn't mean you'll be feeling like that for the rest of your life.

Second, it's ok to experience some joy, laughter and moments of happiness during the holidays too. Moments of happiness and joy don't mean you are not grieving the loss. Grief is a lifelong marathon filled with many things, so allow for the moments of joy and happiness when they come and don't be afraid of sadness, anger and disbelief – all part of the journey.

Lots of love,  
Liene Ciguze, David's mom

## The Longest Night: grief and the winter solstice

By LITSA from "What's Your Grief"

The winter solstice is upon us. Here in the Northern Hemisphere, it's the 24-hour period with the fewest hours of daylight all year. It's sometimes referred to as the 'longest night of the year', which is either the perfect metaphor for grief and/or the perfect title for an early-aught emo album.

Though I am someone deeply impacted by the darkness of the winter [*she wrote, flicking on her S.A.D. lamp*], there is something I have long found comforting about the idea of leaning into the winter solstice. Something is reassuring about celebrating the day when the planet seems most aligned with death, grief, and loss, all the while knowing that longer days and shorter nights lie ahead.

In *Les Misérables*, Victor Hugo famously wrote, "Even the darkest night will end and the sun will rise". What he doesn't mention is that it will get dark again. Even the brightest day will end and the sun will set, after all. Though perhaps that sounds depressing, I actually find an incredible comfort in it. We were never promised a life that would be all light or all darkness. It has always been days and nights, joys and pains, calm and chaos, growth and decay. The only constant is that the states are ever-changing, be it the darkness, the weather, the seasons, our bodies, or our emotions.

Well, that and that big box stores will insist on putting their holiday decorations out earlier each year.

On the longest night of the year, in a season that finds you grieving, in a world that is filled with immense suffering and pain, it is weird to be surrounded by twinkle-lights, isn't it? The dissonance can feel too great. People we love are dead. Humans are suffering. What right do people have to hang twinkle-lights and be merry? What does it mean for *us* to hang twinkle-lights and be merry?

At the same time, we never ask what right the sun has to rise each morning. We know the night and day live side by side, doing their dance across each twenty-four span. They move up and down, across each season, longer and shorter, waxing and waning.

We've rambled more than enough about holidays and grief. We have dozens of articles about it on WYG. I'll spare you more musings and instead just send one hope your way: that you can lean into tonight's long night. Wrap it around your shoulders like a blanket, stay open to the dawn, appreciate the twinkle-lights if you can. And show yourself some kindness and compassion if you can't.

It isn't easy. It's okay if you can't.

Perhaps that is the absolute best and absolute worst thing about grief at the holidays - it may not go the way you hoped or planned, but that's okay . . . the sun will keep rising, the darkness will keep falling, and it will come back around next year for you to try it again.





## We Remember Our Children Who have Birthdays and Death Dates in November and December

<b>CJ Angelos</b>	5/28/85 ~ 11/18/06	<b>Marc Lopretto</b>	11/11/76 ~ 11/26/20
<b>Mielen Arquines</b>	12/01/68 ~ 6/04/08	<b>Erika (Brummett) Lott</b>	4/06/77 ~ 11/05/13
<b>Scott R. Barley</b>	12/07/81 ~ 9/29/11	<b>Sara Kelsey Lott</b>	11/01/95 ~ 7/23/08
<b>Stephanie Webber Bartley</b>	9/29/87 ~ 12/20/16	<b>Brian Alan Mature</b>	11/23/83 ~ 11/23/12
<b>Antonino "Nino" Basile</b>	12/13/84 - 10/06/12	<b>Darren McKeever</b>	12/07/80 ~ 11/19/98
<b>Jennifer Becker</b>	12/30/67 ~ 7/26/70	<b>Artemis McRae</b>	10/01/20 ~ 11/01/22
<b>Brandon Berenson</b>	11/24/92 ~ 8/30/21	<b>Jeremy Nottingham</b>	1/25/91 ~ 11/22/21
<b>Tiffany Blackwood</b>	12/08/84 ~ 6/09/21	<b>Michael O'Berry</b>	9/13/94 ~ 12/15/97
<b>Ashley Blue</b>	11/23/05 ~ 10/11/19	<b>Brian Ogden</b>	7/04/87 ~ 12/24/17
<b>Clayton Breeding</b>	10/23/77 ~ 12/12/01	<b>Angela Oliver</b>	11/07/67 ~ 1/06/11
<b>Benjamin Brletic</b>	5/17/77 ~ 12/30/21	<b>Michael Page</b>	4/20/90 ~ 12/06/21
<b>Brian Brumbaugh</b>	11/09/83 ~ 5/02/07	<b>Christina Panzo-Bowers</b>	1/08/94 ~ 11/01/14
<b>Abigail Buckley</b>	4/25/15 ~ 11/17/16	<b>Jaid'n Payne</b>	3/14/00 ~ 11/19/21
<b>Amy R. Buckley</b>	3/13/86 ~ 11/17/16	<b>Michael Pennefather</b>	12/09/95 ~ 2/04/08
<b>Claire Buckley</b>	7/27/11 ~ 11/17/16	<b>Louisa Pettenati</b>	11/16/23 ~ 11/19/23
<b>Erwin F. Burock</b>	12/17/48 ~ 5/25/13	<b>LaTonya Phillips</b>	11/16/76 ~ 11/01/01
<b>David John Butts</b>	10/18/80 ~ 12/16/05	<b>Catzby Pitzvada</b>	8/07/88 ~ 12/17/19
<b>Barbara (Dotson) Cleary</b>	12/3/66 ~ 1/21/18	<b>Carie Ann Polizzi</b>	11/23/78 ~ 11/11/18
<b>Autumn Coffie</b>	4/16/88 ~ 12/29/14	<b>Kylene Privett</b>	12/14/83 ~ 8/13/07
<b>David Combs</b>	11/22/79 ~ 11/23/01	<b>Tanja Quinn</b>	10/21/84 ~ 11/17/18
<b>Ryan Conde</b>	12/02/04 ~ 02/02/17	<b>Ronald Ralph, Jr.</b>	7/27/66 ~ 11/04/02
<b>Michael Costanzo</b>	7/07/98 ~ 12/22/20	<b>Stephen P. Ramos</b>	4/24/87 ~ 11/11/19
<b>Christina Curtis</b>	3/01/74 ~ 12/25/07	<b>Marcus Robinson</b>	12/29/07 ~ 10/04/17
<b>K.J. Edwards</b>	12/03/85 ~ 10/31/03	<b>Courtney Shelby</b>	11/23/93 ~ 5/14/01
<b>Brian Elero</b>	12/30/80 ~ 10/29/01	<b>Jacqueline Simoes</b>	11/05/66 ~ 3/15/06
<b>Rhonda Flannery</b>	7/31/63 ~ 11/10/01	<b>Cody Slayton</b>	12/11/12 ~ 8/09/21
<b>Dillon Foley</b>	11/16/98 ~ 4/02/20	<b>Ben Smith</b>	12/22/70 ~ 1/26/03
<b>Kimberley Geisler</b>	11/29/93 ~ 11/15/12	<b>Karl Smith</b>	11/20/83 ~ 4/25/04
<b>Ahmad Glenn</b>	3/06/83 ~ 12/04/06	<b>Ananth Sridhar</b>	11/12/94 ~ 3/20/18
<b>Christian Green</b>	11/12/91 ~ 11/01/08	<b>Grace Stone</b>	8/20/99 ~ 11/01/18
<b>Emily Nelson Greer</b>	11/26/95 ~ 11/06/21	<b>Jerry Taybron</b>	11/21/75 ~ 8/18/07
<b>Adon Grey</b>	11/05/81 ~ 1/20/18	<b>Shawn Terrill</b>	2/23/82 ~ 12/03/06
<b>Daniel Grimsley</b>	3/02/88 ~ 11/17/21	<b>Brian Trotter</b>	11/24/94 ~ 10/17/20
<b>Clay Haga</b>	12/09/88 ~ 8/26/19	<b>Andrew Vogel</b>	6/25/69 ~ 11/13/13
<b>Kimberley Hellandbrand</b>	11/03/69 ~ 4/27/19	<b>Kevin Woods</b>	12/08/93 ~ 8/06/14
<b>Victoria Holman</b>	12/27/98- 07/23/22	<b>Andre' Waters</b>	5/31/97 ~ 12/23/07
<b>William Holt</b>	9/10/84 ~ 12/23/17	<b>Melinda "Mindy" Weakley</b>	12/20/83 ~ 9/02/09
<b>Philip Hottle</b>	2/16/85 ~ 12/03/08	<b>Keith West</b>	9/22/66 ~ 11/25/10
<b>Olivia Howard</b>	12/31/91 ~ 9/03/09	<b>Jessica Williams</b>	9/18/89 ~ 12/05/19
<b>Adrienne Ingram</b>	6/25/79 ~ 12/02/07	<b>Brenden Wilson</b>	1/10/98 ~ 11/10/14
<b>Leslie Ann Kramer</b>	4/20/71 ~ 12/17/06	<b>Stephen Wright</b>	6/06/89 ~ 11/21/13
<b>David Lesser</b>	11/20/56 ~ 11/07/18	<b>Ahmet Yilmaz</b>	12/18/97 ~ 4/02/24

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 November or December, 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.

## Upcoming Events Mark Your Calendars

**Wednesday, November 20<sup>th</sup>, 7 p.m. – Pot Luck  
“Friendsgiving” Dinner at Larson Home**

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

**Monday, January 6<sup>th</sup>, 2025, 7 p.m.- Retreat  
Planning Meeting via Zoom**

**March, June, September and November 2025 –  
Pot Luck Dinners at Larson Home**

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

**July 25-27, 2025 – National Gathering, Pittsburgh,  
PA**

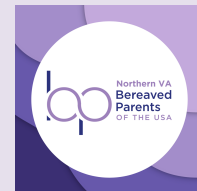
**Sunday, October 5, 2025 – Annual Picnic and  
Lotus Flower Release**

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

**December 2025 – Annual Service of Remembrance**

## 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 mailing back the address label from this newsletter, by emailing [bleachermom2000@aol.com](mailto:bleachermom2000@aol.com) or calling Jodi at 703-656-6999.

## 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.

## Attention

Due to the rising costs of printing and postage, we will no longer mail out the newsletter. Newsletters will be sent out via email. If you are not already receiving our newsletters via email, please send an email to [bpusanova@gmail.com](mailto:bpusanova@gmail.com) with your information to include an email address.

If you do not have an email address, please let us know so we can send you a newsletter.