

January/February 2014



# caring & sharing news

*Helping rebuild lives following the death of a child*

## Urgent Message: We are Forced to Go Electronic!

Due to the rising cost of postage and the fact that we no longer get a discount on our printing, we need to go to electronic newsletters instead of paper copies. In order to do this we need everyone's email address.

If you would like to continue to receive your paper newsletter in the mail, we need you to let us know.

I have included a form that I need **everyone** to return to me with your updated information to include an email address and information about your child. I want to make sure I have correct information on all our beloved children.

If you no longer wish to receive our newsletter or be included on our mailing list, please let us know.

Please complete the form at the end of this newsletter and return to BP/USA NOVA Chapter, P.O. Box 7675, Woodbridge, VA 22195 or email it back to [bpusa.nova@yahoo.com](mailto:bpusa.nova@yahoo.com).

Please return no later than February 28, 2014. If we do not hear from you, you will be removed from our mailing list at that time. Your cooperation is greatly appreciated in taking the time to return the form to us.

## Thank You Accurate Printing

The Bereaved Parents of the USA, Northern Virginia Chapter would like to thank Accurate Printing in Woodbridge for their generous support the past 10 plus years by printing our newsletters and other printing for free or at a discount. Your generosity was greatly appreciated.

## Caring and Sharing Support Meetings

**3<sup>rd</sup> Sunday**

3 p.m.

Good Shepherd UMC  
14999 Birchdale Avenue  
Dale City, VA 22193  
**(Note change in location)**

**1<sup>st</sup> Wednesday**

Pot Luck Social Event  
7 p.m.

Larson Home  
6900 Cole Timothy Court  
Manassas, VA 20112  
703-791-6537  
[rlarson900@verizon.com](mailto:rlarson900@verizon.com)

Infant Loss Group  
Will no longer meet

For more information contact:  
Jodi Norman, Chapter Leader  
703-910-6277 (home)  
703-656-6999 (cell)  
[bpusa.nova@yahoo.com](mailto:bpusa.nova@yahoo.com)



# *We Remember Our Children*

*Who have Birthdays and Angelversary dates  
in January and February*

**Kirsten Lynn Adler**  
2/21/94 ~ 10/24/10

**Bruce Lee Foxworthy**  
8/29/75 ~ 2/11/12

**Shelby Nicholson**  
4/22/92 ~ 1/07/09

**Ethan Arterburn**  
2/16/07 ~ 2/28/07

**Jacob Charles Glushefski**  
5/23/77 ~ 2/21/11

**Christian Paul Norman**  
2/04/85 ~ 6/03/01

**Demitrios Bedoya**  
10/27/76 ~ 2/10/03

**Kristin Marie Harkness**  
3/19/89 ~ 2/22/08

**Angela Oliver**  
11/7/67 ~ 1/06/11

**Christopher Wesley Blok**  
3/21/80 ~ 2/25/09

**Nicole Michelle Lee**  
6/22/89 ~ 1/26/08

**Michael Pennefather**  
12/09/95 ~ 2/04/08

**Baron Braswell II**  
9/29/89 ~ 1/20/06

**Henry Lewis III**  
2/16/74 ~ 4/15/02

**Chelsea Rae Rosengarth**  
2/02/86 ~ 1/27/02

**Kenny Brooks Jr**  
8/13/82 ~ 1/13/06

**Tiffany Michelle Lewis**  
1/26/80 ~ 10/11/96

**Kevin Simpson**  
2/10/87 ~ 1/24/09

**Christopher Chapman**  
8/01/88 ~ 1/13/07

**Anthony "Tony" Mason**  
2/28/73 ~ 9/22/07

**Ben Smith**  
12/22/70 ~ 1/26/03

**Eduardo P. "Eddy"  
Chavez**  
2/07/06 ~ 9/20/10

**Emily "Tabor" McMullen**  
1/26/84 ~ 8/31/12

**Shawn Terrill**  
2/23/82 ~ 12/3/06

**Robert Alan Finch**  
7/27/70 ~ 1/02/01

**Christine McNabb**  
1/13/88 ~ 2/23/08

**Dana Thrall**  
8/02/75 ~ 1/02/01

**Antonio "Tony"  
Ford-Flores**  
2/25/89 ~ 4/15/10

**John Earl Medley**  
2/21/59 ~ 9/09/08

**Derek M. Tierney**  
1/20/76 ~ 10/09/04

**Victoria Anne Forster**  
1/04/89 ~ 1/04/09

**Michael Joseph Moore**  
7/13/71 ~ 1/09/09

**Caleb Milton Torres**  
2/11/12 ~ 2/11/12

**Johnny Ray Mullins**  
7/11/61 ~ 1/22/02

**Brian Floyd Weakley**  
1/20/80 ~ 4/19/07

## *I'm Free*

*Don't grieve for me for now I'm free.  
I'm following the path God laid you see.  
I took his hand when I heard Him call.  
I turned my back and left it all.*

*I could not stay another day,  
To laugh, to love, to work, or play.  
Tasks left undone must stay that way.  
I've found that peace at the close of the day.*

*If my parting has left a void,  
Then fill it with remembered joys.  
A friendship shared, a laugh, a kiss,  
Oh yes, these things I too will miss.*

*Be not burdened with times of sorrow.  
I wish you the sunshine of tomorrow.  
My life's been full, I savored much.  
Good friends, good times, a loved one's touch.*

*Perhaps my time seemed all too brief.  
Don't lengthen it now with undue grief.  
Lift up your heart and share with me,  
God wanted me now; He set me free!*

*Author: Unknown*



*Angie,  
I Love You and Miss You so  
very much!  
Love, Mom*

In Loving Memory of  
Angela Marie Oliver  
Nov. 7, 1967 ~ Jan. 6, 2011

*A piece of my heart lives in Heaven  
The only people who think there's a time limit for grief,  
have never lost a piece of their heart*

## Love Gifts-

### A Thoughtful Way to Remember

Love Gifts are a beautiful and loving way to remember a loved one. Through Love Gifts, we are able to reach out to others with our brochures and newsletters as well as obtain books and other information for our library. We truly appreciate every Love Gift, donation and sponsorship. Our Chapter work is done by volunteers and these donations help us reach out in many ways, including the preparation and mailing of the newsletter.

## Sponsor the Newsletter

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.

Please contact Jodi Norman if you have any questions. Submissions can be emailed to [bpusa.nova@yahoo.com](mailto:bpusa.nova@yahoo.com).

Please send check to  
BP/USA NOVA Chapter  
P.O. Box 7675  
Woodbridge, VA 22195

Listen to "Hope, Healing & Help" every Saturday from 11:00 til noon Pacific Time on KFIA 710AM Sacramento or [www.kfia.com](http://www.kfia.com).

Can't listen in at that time?  
All of their programs are available to listen to on their website, [www.hopehealinghelp.com](http://www.hopehealinghelp.com).

## 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.

Also bring a photo of your child.



**BP/USA**

**2014 NATIONAL GATHERING**

ST. LOUIS, MISSOURI | JULY 24-27

## AMAZON.COM

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](http://bereavedparentsusa.com).



## Facebook Page

A facebook page has been set up for our chapter. Members can join our group at [http://www.facebook.com/Bereaved Parents of the USA/Northern VA Chapter](http://www.facebook.com/BereavedParentsOfTheUSA/NorthernVAChapter). 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.

### Webmaster Needed

Our Chapter website is in desperate need of being updated. If you have the skills needed to be a Webmaster, we really could use your help and computer skills. We already have a site on Fat Cow but it has not been updated since 2011. We would like to include photos and bios of our children and use the site to keep our members up-to-date on what is going on in the chapter. This is a great way to do something in memory of your child.

If you are able to help us with this very important project, please call Jodi at 703-656-6999 or email [bleachermom2000@aol.com](mailto:bleachermom2000@aol.com)

### Fundraiser

We are in the process of planning a fundraiser for our Chapter. We would like to make plans to have a Designer Bag Bingo event to raise funds for projects that the Chapter would like to pursue.

If you would be interested in helping plan our fundraisers, please contact Jodi Norman at 703-910-6277 or email [bpusa.nova@yahoo.com](mailto:bpusa.nova@yahoo.com).



**Wednesday, February 5  
7 p.m.**

Pot Luck Social Event  
Larson Home  
6900 Cole Timothy Ct  
Manassas, VA

**Sunday, February 16  
3 p.m.**

Caring and Sharing Meeting  
Good Shepherd UMC  
14999 Birchdale Avenue  
Dale City, VA  
Meetings are held in the lower level – please use the entrance to the left of the main doors (Counseling Center)

**The Hope and  
Healing Conference  
April 26, 2014  
Annapolis, MD**

This is going to be a wonderful day filled with speakers and workshops, time to meet other bereaved parents, a Memory Board for photos, and gift, book and button sales.

### Infant Loss

For the parents who have had an Infant death we will not be having any more support meetings. The following are support groups in the area that can meet your needs:

MISS Foundation  
(Mothers in Sympathy and Support)  
Pender United Methodist Church  
12401 Alder Woods Drive,  
Fairfax, VA 22033  
Room 222  
Meets the 2<sup>nd</sup> Tuesday  
7:30 pm - 9:30 pm  
For more info contact:  
Roberta Quirk  
[Roberta.Quirk@missfoundation.org](mailto:Roberta.Quirk@missfoundation.org)

MIS/SHARE  
(Miscarriage, Infant Death, SIDS)  
St. Luke's United Methodist Church 7628 Leesburg Pike,  
Falls Church, VA  
Meets the 2<sup>nd</sup> Thursday  
7:30-9:30 p.m.  
For more info contact:  
703-647-0911 or  
[support@misshare.org](mailto:support@misshare.org)

# Well Meaning Statements That Devastate Mourners

By Larry M. Barber

Mourners need two things: (1) to be able to express themselves and share their grief experience without being judged and (2) to know that they have been heard and understood. Remember that the best way that you can help mourners is to be present, listen, support and encourage them. Simply being there for grievers can help them move toward healing. Here's some of the actions and sayings you should avoid doing for people in grief:

Don't judge the person or his or her circumstance. Avoid telling the mourner why the death or situations leading up to the death took place. Steer clear of telling the mourner that "Everything will be all right" or that "Everything happens for a reason." There could be some truth in those statements, but still they are not comforting to mourners in pain.

Don't try to find theological reasons for the death. (I put this rule in for well-meaning ministers, chaplains and church members.) Don't try to make the situation better by explaining it in spiritual or theological terms. Avoid saying, "It was God's will."

Don't belittle or discount their feelings. Stay away from statements like "You shouldn't feel that way." Let the mourners feel what they feel at the moment. A more appropriate response might be to affirm the person's feelings by saying "I could see how you might feel that way."

Don't say "I know how you feel." This statement is one quick way to get a rise out of an angry mourner or to shut down him or her from any further expression of grief emotions.

Don't say "I am praying for you" when you aren't. Often this declaration is made at the end of a conversation with the mourner as a way for the comforter to exit to other activities.

Stay away from "at least" statements. Some of the most discomfoting statements made to mourners start with the words "At least." Steer clear of such statements as: At least you have other children....or you can still have other children. At least they didn't suffer.... At least you know they are in a better place....

Think before you speak. After twelve years of working with grieving people, I have collected some of the most common statements made by would-be comforters that can deeply upset the mourner. Please avoid these hurtful clichés.

**Waxing theological:** It's God's will.... God needed him (her) more than we did... God never gives you more than you can handle... He (She) is in a better place.... She (He) is an angel now looking over you.... Remember, God is in control....

**Waxing philosophical:** Everything happens for a reason... People die every day. It's just part of life.... It was his (her) time... It's all for the best.... It will get better...or...It will be all right...

**Unwelcome advice:** You just need to move on.... It won't help to dwell on the past (or the death)... You need to get busy and just forget.... Aren't you going to go back to work? Get your mind off the loss... Are you able to have another baby? Quit throwing your pity party! It's been three months.... You need to get rid of all of his (her) stuff...(And when you do, can I have the....?)

When with a mourner, be there for them, listen and say only statements that let them know you have heard them, that you understand them, and that you love and support them.

**Bereaved Parents of the USA**  
**Northern Virginia Chapter Registration Form**

**Please print, filling in all applicable blanks/boxes. *This is for internal use only.***

Your Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

E-mail: \_\_\_\_\_

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 either of the following questions.**

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 \_\_\_\_\_

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**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  
[bpusa.nova@yahoo.com](mailto:bpusa.nova@yahoo.com)



Bereaved Parents of the USA  
P.O. Box 622, St Peters, MO 63376  
[www.bereavedparentsusa.org](http://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 [bpusa.nova@yahoo.com](mailto:bpusa.nova@yahoo.com) or calling Jodi at 703-910-6277.

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