



Volume 20, Number 1

January/February 2023

caring & sharing news

*Helping rebuild lives following the death of a child*

*Twenty Years of Hope & Healing*

## Alan Pedersen's Farewell Tour

Sunday, March 5, 2023

3:00 p.m.

First United Presbyterian Church

14391 Minnieville Rd

Woodbridge, VA 22193



**The Angels Across the USA Tour 2023  
is all about hope, featuring the  
message and music of Alan Pedersen.  
Join us for Alan's Farewell Tour!**

Event is free - Donations are greatly appreciated!

Dinner will be served after the event.

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

RSVP by March 1st

## THE HOLIDAYS ARE BEHIND US

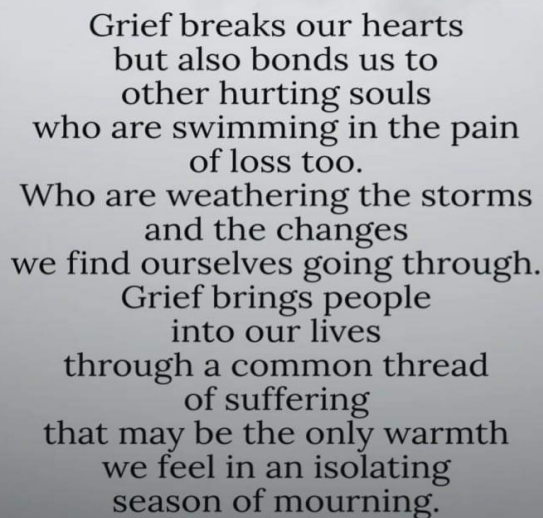
It is the new year. The holidays are behind us. We did with them what we could. Whether they were a time of sorrow, a time of joy, or a combination of each, they are now a part of our memories. In a strange way, as a memory in our hearts and in our minds, our child's place is there amongst all the other memories of the season. There is hurt along with the memory, but also thankfulness for the memory.

Now we look out on a winter landscape. The earth is cold, the land sharply defined. Yet underneath the hard crust, the great energy and warmth of our earth is guarding and providing life to all that grows. We may personally know the coldness and hardness of a grief so fresh that we feel numb; a grief so hurtful that our body feels physically hard; our throat tight from the muscles pulled by tears, shed or unshed; our chests banded tightly by the muscles of a mourning heart.

If we are not now experiencing this, our memories recollect so easily those early days. Yet, as we live these days, like the earth from which we receive our sustenance, we, too, in our searching, find places of warmth and change and love and growth, deep within. Let our hearts and minds dwell in these places and be warmed and renewed by them, and let us have the courage and love to share them with our loved ones, to talk about even that first dim shape of new hope, or of new acceptance, or of new understanding, or of new love.

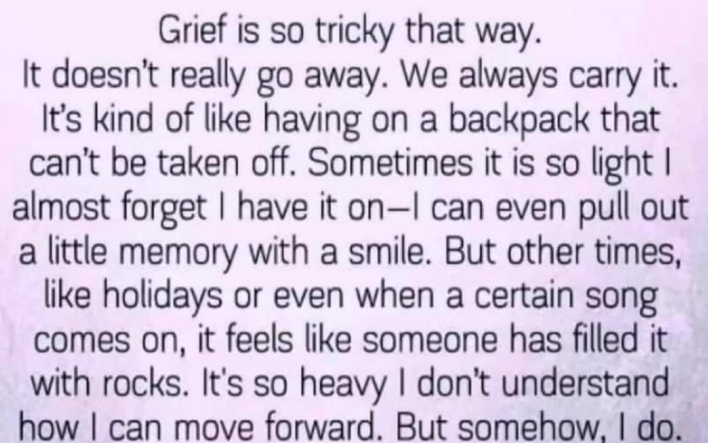
These are the new roots, born of our love of our child, forming and stirring within, gathering strength so that our lives, at the right time, can blossom once again and be fruitful in a new and deeper way.

~ Marie Andrews, TCF, Southern Maryland



Grief breaks our hearts  
but also bonds us to  
other hurting souls  
who are swimming in the pain  
of loss too.  
Who are weathering the storms  
and the changes  
we find ourselves going through.  
Grief brings people  
into our lives  
through a common thread  
of suffering  
that may be the only warmth  
we feel in an isolating  
season of mourning.

-Liz Newman



Grief is so tricky that way.  
It doesn't really go away. We always carry it.  
It's kind of like having on a backpack that  
can't be taken off. Sometimes it is so light I  
almost forget I have it on—I can even pull out  
a little memory with a smile. But other times,  
like holidays or even when a certain song  
comes on, it feels like someone has filled it  
with rocks. It's so heavy I don't understand  
how I can move forward. But somehow, I do.

-Hannah Dearth

**"Grief is the price we pay for love"**

**Queen Elizabeth II**

## A love letter from those who have passed on...

Words by Tahlia Hunter

Take the love you have for me  
And radiate it outwards  
Allowing it to touch and impact others  
Take the memory you have of me  
And use it as a source of inspiration  
To live fully, meaningfully and intentionally  
Take the image you have of me in your mind  
And allow it to fuel you  
To take action  
Seize the day  
And be reminded of what is most important in life  
Take the care you have for me  
And let it remind you  
To care for yourself fully  
And shower yourself with your own love  
And take the pain and grief you feel  
Following my loss  
And alchemize it into Love, compassion and beauty  
Build a castle from the wreckage of my passing  
And allow it to unlock your greatness and potential  
And empower you to become more than you ever  
thought you were capable of being  
And know that I can never truly leave you  
And will always remain beside you  
Watching over you in spirit  
And that the love I have for you lives on  
Through the connections you form  
The kindness and compassion you share  
And the future relationships and  
friendships you cultivate.  
And until we are one day reunited  
I will remain with you  
Through the storms and chaos of life  
And am always beside you  
Walking with you, laughing with you, crying with you  
and smiling with you  
And I am proud of you for being strong  
I am proud of you for being brave  
And I am proud of you for being you.

## New Year's Resolutions

1. I will try not to expect so much understanding from others who have not walked the same path.
2. I will be kind to myself - health, appearance and time to be alone.
3. I will remember that I owe it to myself to try to enjoy life.
4. I will try to be more considerate of my spouse, children and parents. They, too, are coping and deserve my help.
5. I resolve in memory of my child to do something to help someone else. For I know that in doing this, my child will live on through me.

~TCF Mobile Alabama~

The most painful tears  
are not the ones that  
fall from your eyes and  
cover your face. They're  
the ones that fall from  
your heart and cover  
your soul.



**"Grief only exists where love lived first" - Franchesca Cox**

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.

### 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)

## AMORE

(All Murdered Offspring Remembered)

2<sup>nd</sup> Sunday @ 3 p.m.

(note change in meeting day)

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)

## Sibling Support Group

Our National BPUSA Sibling Coordinator, Katie Alger, will be facilitating a Zoom Support Meeting for any bereaved sibling over the age of 18.

Zoom Meetings will be held on the last Thursday of each month @ 8 p.m.

If you or your surviving children are interested in participating in the Sibling Support Group, the link to join the zoom email list is:

<https://virtual-bereaved-sibling-chapter-meeting.mailchimpsites.com/>

## Life After Loss Support Group for Suicide Survivors

“Shining A Light for Those in Darkness”

Last Wednesday of Each Month  
7:00-8:00 p.m.

### Parents of Suicide Loss Support Group

1<sup>st</sup> Sunday of the 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)

## Support Group for Parents with No Surviving Children

2<sup>nd</sup> Saturday of each month at 2:00 p.m.  
North County Government Bldg.  
Reston Police Station  
12000 Bowman Towne Drive  
Reston, VA

For more info contact: Nancy Vollmer  
703 216-8560 (c) or 703-390-0589 (h)

Call Nancy to make sure they are meeting before going to the meeting.

# *Commemorating 20 Years of Hope and Healing*

*Wednesday, February 1, 2023*

*6:00 p.m.*

*United Buffet*

*2942 Prince William Pkwy,  
Woodbridge, VA 22192*

*\$20.50 includes buffet dinner, beverages,  
dessert, tax and tip*

*We will have a short program and some  
special surprises to help us  
commemorate 20 years as a Chapter.*

***Please join us for this very special  
event!***

*Please RSVP to Jodi by Sunday, January 29th  
[Email bpusanova@gmail.com](mailto:bpusanova@gmail.com) or  
call 703-656-6999*

## **Volunteers Needed**

**Chapter Planning Meeting**  
Help plan chapter activities for 2023  
and the National Gathering

**Sunday, January 22**  
Immediately following  
Monthly Support Meeting

## **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)

## **Book Club**

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

We will choose a new book each month, all  
books will deal with grief and loss.

The Zoom log-in will be emailed to everyone  
a couple days before the Book Club meets.

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.

If you are interested in the Book Club please  
let Jodi know so you will receive the Book  
Club announcements via email.

## **NATIONAL GATHERING 2023**



**Bereaved Parents of the USA**

July 21-23 ♥ Hilton Washington Dulles Hotel ♥ Herndon, VA

[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)



The BPUSA National Gathering is a three-day event with keynote speakers, workshops, meals, and memorial ceremonies designed to help bereaved parents and their families understand that they are not alone in their grief. Participants come away feeling refreshed and revitalized, better informed about the grieving process, more aware of hope and promise, and affirmed by meeting new friends who travel the same path. This year's Gathering theme, Forever in My Heart, reminds us that the memories and love shared are eternal and that there is a way to continue forward with hope, strength, positivity, and love.

Please plan to join us and feel the love as we remember our children, siblings, and grandchildren together.

**The 2023 National BPUSA Gathering will be held July 20-23 at the HILTON WASHINGTON DULLES AIRPORT, 13869 Park Center Road, Herndon, VA 20171. Our chapter has been asked to support the National Board of Directors in putting on this event.**

Some of the things that our chapter has been tasked with coordinating and running are the Hospitality Room (snacks and drinks), Creation Station (craft area), Thursday Night's Dessert Reception and Closing Ceremony.

I really need everyone's help in making this Gathering a success! I need ideas, suggestions, and people willing to help pre-Gathering and at the Gathering.

Here are some of things that we will need:

1. Donations!! Money or products. Need people to solicit donations! Ideas for donations: Michael's, Hobby Lobby, Royal Farms, Wal Mart, Sheetz, and any others that give back to the Community.
  - a. We will need to have drinks (waters, sodas), healthy snack items (individually wrapped items would be best), coffee, fruit, paper products.
  - b. Items for the creation station – Paper to make heart template, votive candle holders to decorate for our children, coloring pages, markers, crayons, scissors, and stickers. Other butterfly and heart craft ideas are greatly appreciated.
2. Sponsorships – it would be nice to get local sponsors to help us pay for our chapter members to attend and to help with Gathering Expenses.
3. Items for the Raffle – heart and butterfly-themed items: purses, scarves, jewelry, candles, decorative items, etc. If you have a home business and want to donate a basket of items that would be great. Gift cards for nationwide restaurants and businesses (Message Envy, Chipotle, Outback, Amazon, Gas such as Sheetz or WAWA, etc.) are great items!
4. A committee chairperson and volunteers for the Hospitality Room.
5. Chairperson to plan the closing ceremony.
6. Volunteers to staff the creation station and plan crafts
7. We would like to have chair messages and Yoga sessions, so if you know of anyone who is willing to provide these services, we would really appreciate it.

If you or someone you know would like to be considered to do a workshop, the workshop application is available on the Bereaved Parents website: <https://fs26.formsite.com/d1qbkm/mvtzywao6d/index.html>

Plan to attend – you do not want to miss this great event! Please let me know if you would like to help with the Gathering at [bpusanova@gmail.com](mailto:bpusanova@gmail.com). We will be having our first planning meeting after our January Support Meeting on January 22.

Thank you, Jodi



## We Remember Our Children Who have Birthdays and Death Dates in January and February



Kirsten Lynn Adler	2/21/94 ~ 10/24/10	Nicole Michelle Lee	6/22/89 ~ 1/26/08
Joseph Michael Atalla	3/19/85 ~ 1/24/22	Henry Lewis III	2/16/74 ~ 4/15/02
Zaria Jasmyn Nevaen Agee	1/28/04 ~ 6/09/19	Tiffany Michelle Lewis	1/26/80 ~ 10/11/96
Ethan Arterburn	2/16/07 ~ 2/28/07	April Charlotte Lillicotch	7/27/04 ~ 2/24/20
Suzanne Baughan	9/18/73 ~ 2/18/20	Ian Patrick McDonald	5/05/89 ~ 1/12/15
Demitrios Bedoya	10/27/76 ~ 2/10/03	Kevin McGuinn	2/08/88 ~ 8/26/08
Bryan Christopher Bingel	1/08/80 ~ 3/04/08	Emily "Tabor" McMullen	1/26/84 ~ 8/31/12
Christopher Wesley Blok	3/21/80 ~ 2/25/09	Christine McNabb	1/13/88 ~ 2/23/08
Lesly Glyn Bolton	1/19/80 ~ 10/27/16	Roseann M. Meale	10/04/69 ~ 1/19/87
Baron "Deuce" Braswell II	9/29/89 ~ 1/20/06	John Earl Medley	2/21/59 ~ 9/09/08
Kenny Brooks Jr	8/13/82 ~ 1/14/06	Michael Joseph Moore	7/13/71 ~ 1/09/09
Joseph Brendan Birkebile	6/26/89 ~ 1/11/11	Johnny Ray Mullins	7/11/61 ~ 1/22/02
Pamela Sue Chaiken	1/17/64 ~ 9/29/95	Christian Paul Norman	2/04/85 ~ 6/03/01
Christopher Chapman	8/01/88 ~ 1/13/07	Jeremy Kyle Nottingham	1/25/91 ~ 11/22/21
Eduardo P "Eddy" Chavez	2/07/06 ~ 9/20/10	Angela Oliver	11/07/67 ~ 1/06/11
Barbara Dawn (Dotson) Cleary	12/3/66 ~ 1/21/18	Joseph Christopher Page	1/26/88 ~ 2/07/08
Alaina Michelle Combo	2/01/17 ~ 2/01/17	Christina Lianne Panzo-Bowers	1/08/94 ~ 11/01/14
Ryan Michael Conde	12/02/04 ~ 2/02/17	Michael Joseph Pennefather	12/09/95 ~ 2/04/08
Christopher Da-Sean Currin	1/04/94 ~ 1/04/22	Timothy Michael John Peyton	6/13/68 ~ 2/09/17
Stephen Brian Donnelly	1/08/72 ~ 2/15/18	Alice Amelia Porges	2/10/15 ~ 2/10/15
David Joseph Erickson	1/07/91 ~ 1/07/91	Clarke "Dani" Reese	8/31/93 ~ 2/25/07
Robert Alan Finch	7/27/70 ~ 1/02/01	Brandon Roat	2/02/92 ~ 2/13/17
Baja Flagg	1/07/91 ~ 3/15/20	Chelsea Rae Rosengarth	2/02/86 ~ 1/27/02
Antonio (Tony) Ford-Flores	2/25/89 ~ 4/15/10	Joshua Daniel Shirt	1/17/91 ~ 10/13/19
Victoria Anne Forster	1/04/89 ~ 1/04/09	Ronald Mark "Bud" Shirt	4/05/57 ~ 1/06/99
Bruce Lee Foxworthy	8/29/75 ~ 2/11/12	Kevin Simpson	2/10/87 ~ 1/24/09
Payton Rose Freeze	10/13/98 ~ 2/10/16	Ben Smith	12/22/70 ~ 1/26/03
Jacob Thomas Fulton	4/15/03 ~ 1/11/15	Mary Ann Smoot	3/31/84 ~ 1/17/22
Ezekiel Josiah Gales	1/30/98 ~ 6/08/20	Adam Charles Sorge	5/12/84 ~ 1/04/14
Jacob Charles Glushefski	5/23/77 ~ 2/21/11	Robert Andrew Starling	8/02/93 ~ 2/04/18
Adon Gerald Grey	11/05/81 ~ 1/20/18	Shawn Terrill	2/23/82 ~ 12/03/06
Kristin Marie Harkness	3/19/89 ~ 2/22/08	Dana Thrall	8/02/75 ~ 1/02/01
Ashley Hoefling	8/22/85 ~ 2/08/17	Derek M. Tierney	1/20/76 ~ 10/09/04
Philip Reid Hottle	2/16/85 ~ 12/03/08	Caleb Milton Torres	2/11/12 ~ 2/11/12
Ryan Gardiner James	2/17/99 ~ 7/06/19	Brian Floyd Weakley	1/20/80 ~ 4/19/07
John William Kennedy	1/16/94 ~ 8/11/18	Brenden Michael Wilson	1/10/98 ~ 11/10/14

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 January and February, 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](mailto:bpusanova@gmail.com)



Bereaved Parents of the USA  
[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 [bpusanova@gmail.com](mailto:bpusanova@gmail.com) or calling Jodi at 703-656-6999.

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Northern Virginia Chapter  
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