



Vol. 19, No. 6

November/December 2022

caring & sharing news  
*Helping rebuild lives following the death of a child*

***That Their Light May Always Shine . . .***

***The Bereaved Parents of the USA  
Northern Virginia Chapter  
Invites you to the  
2022 Annual Service of Remembrance  
Sunday, December 4, 2022 @ 6:00 p.m.***

***First United Presbyterian Church  
14391 Minnieville Rd  
Woodbridge, VA 22193***



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



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

***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, November 23, 2022.*** 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 may take the poinsettia home with you at the end of the evening. Please let Jodi know by Wednesday, November 23<sup>rd</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, November 23, 2022.

***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, November 23<sup>rd</sup>***



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

Charles (CJ) Angelos, Jr.	5/28/85 ~ <b>11/18/06</b>	Leslie Ann Kramer	4/20/71 ~ <b>12/17/06</b>
Mielen Garlit Arquines	<b>12/01/68</b> ~ 6/04/08	Glen Irvin Leonard II	4/13/71 ~ <b>12/07/09</b>
Scott R. Barley	<b>12/07/81</b> ~ 9/29/11	David Lesser	<b>11/20/56</b> ~ <b>11/07/18</b>
Stephanie Sue Webber Bartley	9/29/87 ~ <b>12/20/16</b>	Jacob Glenn Lewis	8/06/92 ~ 11/12/13
Jennifer Lynn Becker	<b>12/30/67</b> ~ 7/26/70	Marc Lopretto	<b>11/11/76</b> ~ <b>11/26/20</b>
Tiffany Blackwood	<b>12/08/84</b> ~ 6/09/21	Sara Kelsey Lott	<b>11/01/95</b> ~ 7/23/08
Ashley Nicole Blue	<b>11/23/05</b> ~ 10/11/19	Brian Alan Mature	<b>11/23/83</b> ~ <b>11/23/12</b>
Clayton Kendall Breeding	10/23/77 ~ 12/12/01	Darren McKeever	<b>12/07/80</b> ~ <b>11/19/98</b>
Benjamin Andrew Brletic	5/17/77 ~ <b>12/30/21</b>	Jeremy Kyle Nottingham	1/25/91 ~ <b>11/22/21</b>
Brian Brumbaugh	<b>11/09/83</b> ~ 5/02/07	Michael Sean O'Berry	9/13/94 ~ <b>12/15/97</b>
Erika Danyelle (Brummett) Lott	4/06/77 ~ <b>11/05/13</b>	Brian Scott Ogden	7/04/87 ~ <b>12/24/17</b>
Amy R. Buckley	3/13/86 ~ <b>11/17/16</b>	Angela Oliver	<b>11/07/67</b> ~ 1/06/11
Claire Rebecca Buckley	7/27/11 ~ <b>11/17/16</b>	Michael Dennis Page	4/20/90 ~ <b>12/06/21</b>
Abigail Jane Buckley	4/25/15 ~ <b>11/17/16</b>	Christina Lianne Panzo-Bowers	1/08/94 ~ <b>11/01/14</b>
David John Butts	10/18/80 ~ <b>12/16/05</b>	Michael Joseph Pennefather	<b>12/09/95</b> ~ 2/04/08
Autumn Marie Coffie	4/16/88 ~ <b>12/29/14</b>	Catzby James Pitzvada	8/07/88 ~ <b>12/17/19</b>
David Justin Combs	<b>11/22/79</b> ~ <b>11/23/01</b>	Carie Ann Polizzi	<b>11/23/78</b> ~ <b>11/11/18</b>
Ryan Michael Conde	<b>12/02/04</b> ~ 02/02/17	Kylene Marie Privett	<b>12/14/83</b> ~ 8/13/07
Michael Costanzo	7/07/98 ~ <b>12/22/20</b>	Ronald Douglas Ralph, Jr.	7/27/66 ~ <b>11/04/02</b>
Christina Lynn Curtis	3/01/74 ~ <b>12/25/07</b>	Stephen P. Ramos	4/24/87 ~ <b>11/11/19</b>
Barbara Dawn (Dotson) Cleary	<b>12/3/66</b> ~ 1/21/18	Marcus Daniel Robinson	<b>12/29/07</b> ~ 10/04/17
K.J. Edwards	<b>12/03/85</b> ~ 10/31/03	Courtney Sharee Shelby	<b>11/23/93</b> ~ 5/14/01
Brian Patrick Elero	<b>12/30/80</b> ~ 10/29/01	Jacqueline Simoes	<b>11/05/66</b> ~ 3/15/06
Rhonda Lynn Flannery	7/31/63 ~ <b>11/10/01</b>	Ben Smith	<b>12/22/70</b> ~ 1/26/03
Dillon Adam Foley	<b>11/16/98</b> ~ 04/02/20	Karl Dewan Smith	<b>11/20/83</b> ~ 4/25/04
Ahmad Givon Glenn	3/06/83 ~ <b>12/04/06</b>	Ananth Vignesh Sridhar	<b>11/12/94</b> ~ 3/20/18
Christian Green	<b>11/12/91</b> ~ <b>11/01/08</b>	Grace Stone	8/20/99 ~ <b>11/01/18</b>
Emily Claire Nelson Greer	<b>11/26/95</b> ~ <b>11/06/21</b>	Jerry Damon Taybron	<b>11/21/75</b> ~ 8/18/07
Adon Gerald Grey	<b>11/05/81</b> ~ 1/20/18	Shawn Terrill	2/23/82 ~ <b>12/03/06</b>
<b>Daniel Patrick Grimsley</b>	3/02/88 ~ <b>11/17/21</b>	Brian Trotter	<b>11/24/94</b> ~ 10/17/20
Clay Matthew Haga	<b>12/09/88</b> ~ 8/26/19	Christopher Andre' Waters Jr	5/31/97 ~ <b>12/23/07</b>
Kimberley Hellandbrand	<b>11/03/69</b> ~ 4/27/19	Melinda "Mindy" Lee Weakley	<b>12/20/83</b> ~ 9/02/09
William Clayton Holt	9/10/84 ~ <b>12/23/17</b>	Keith Alan West	9/22/66 ~ <b>11/25/10</b>
Philip Reid Hottle	2/16/85 ~ <b>12/03/08</b>	Jessica Dove Williams	9/18/89 ~ <b>12/05/19</b>
Olivia Jean Howard	<b>12/31/91</b> ~ 9/03/09	Brenden Michael Wilson	1/10/98 ~ <b>11/10/14</b>
Adrienne Leigh Ingram	6/25/79 ~ <b>12/02/07</b>	Kevin Woods	<b>12/08/93</b> ~ 8/06/14
		Stephen Wesley Wright	6/06/89 ~ <b>11/21/13</b>

We apologize if there are any mistakes in the "We Remember Our Children" section. If we spelled any names incorrectly, have any dates wrong, or your child's name is not listed but have a birthdate or death date during the months of November and December, please provide us with your child's information so they can be included correctly in future newsletters. Email [bpusanova@gmail.com](mailto:bpusanova@gmail.com) with any corrections or additions.

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.**  
(no meeting in Dec)

### 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)

## 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)

## 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/>

## 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.



## 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.

## 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)

## Restaurant Social Outings

Restaurant Social Outings will be Held on the **1<sup>st</sup> Monday every other month**. A great way to meet other parents who understand this journey that we are on. We will be going to different restaurants in Woodbridge or Manassas.



We will be having our November restaurant outing on Monday, November 7<sup>th</sup> at 6:00 p.m. at United Buffet, 2942 Prince William Pkwy, Woodbridge, VA 22192. Please RSVP with an email to [bpusanova@gmail.com](mailto:bpusanova@gmail.com) or call Jodi at 703-656-6999. We will need a count for the restaurant so please RSVP by Sunday, Nov. 6th.

If you have any suggestions on restaurants please let us know.

Hope you will join us!

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

When doing your Holiday Shopping this year, shop Amazon.com, AmazonSmile will give back to our chapter.



On your first visit to AmazonSmile ([smile.amazon.com](https://smile.amazon.com)), you need to select BPUSA NOVA Chapter to receive donations from eligible purchases before you begin shopping. Amazon Smile will remember your selection, and then every eligible purchase you make at [smile.amazon.com](https://smile.amazon.com) will result in a donation to BPUSA NOVA Chapter.

Don't forget to log on to [smile.amazon](https://smile.amazon.com) before doing your shopping!

Save the date and plan to attend

BPUSA National Gathering

July 20-23, 2023

At

Hilton Washington Dulles Hotel

Herndon, VA

# Tips for Coping with Grief at the Holidays

By LITSA WILLIAMS



1. Acknowledge that the holidays will be different and hard.
2. Decide which traditions you want to keep.
3. Decide which traditions you want to change.
4. Create a new tradition in memory of your loved one.
5. Decide where you want to spend the holidays. You may want to switch up the location, or it may be of comfort to keep it the same. Either way, make a conscious decision about location.
6. Plan ahead and communicate with the people you will spend the holiday with in advance, to make sure everyone is in agreement about traditions and plans.
7. Remember that not everyone will be grieving the same way you are grieving.
8. Remember that the way others will want to spend the holiday may not match how you want to spend the holiday.
9. Put out a 'memory stocking', 'memory box', or another special place where you and others can write down memories you treasure. Pick a time to read them together.



10. Light a candle in your home in memory of the person you've lost.
11. Include one of your loved one's favorite dishes in your holiday meal.
12. Be honest. Tell people what you DO and DON'T want to do for the holidays.
13. Make a donation to a charity that was important to your loved one in their name.
14. Buy a gift you would have given to your loved one and donate it to a local charity.

15. If you are feeling really ambitious, adopt a family in memory of your loved one. This can often be done through a church, salvation army, or Goodwill.
16. See a counselor. Maybe you've been putting it off. The holidays are especially tough, so this may be the time to talk to someone.
17. Pick a few special items that belonged to your loved one and gift them to friends or family who will appreciate them.
18. Make a memorial ornament, wreath, or other decoration in honor of your loved one.
19. If you have been having a hard time parting with your loved one's clothing, use the holidays as an opportunity to donate some items to a homeless shelter or other charity.
20. Send a holiday card to friends of your loved one who you may regret having lost touch with.
21. Visit your loved one's gravesite and leave a grave blanket, wreath, poinsettia, or another meaningful holiday item.
22. Play your loved one's favorite holiday music.
23. If your loved one hated holiday music, that's okay! Play whatever music they loved.
24. Journal when you are having an especially bad day.
25. Skip holiday events if you are in holiday overload.
26. Don't feel guilty about skipping events if you're experiencing holiday overload!
27. Don't get trapped. When you go to holiday events, drive yourself so you can leave if it gets to be too much.
28. Pull out old photo albums and spend some time on the holiday looking at photos.
29. Talk to kids about the holidays. It can be confusing for kids that the holidays can be both happy and sad after a death. Let them know it is okay to enjoy the holiday, and it is okay to be sad.
30. Make a dish that your loved one used to make. Don't get discouraged if you try to make their dish and you fail. We've all been there (or, at least I've been there!).
31. Leave an empty seat at the holiday table in memory of your loved one.
32. If leaving an empty seat is too depressing, invite someone who doesn't have any family to spend the holiday with.
33. Don't send holiday cards this year if it is too sad or overwhelming.
34. Don't feel guilty about not sending holiday cards!
35. Create a 'dear photograph' with a photo of a holiday past.
36. Skip or minimize gifts. After a death, material things can seem less meaningful and the mall can seem especially stressful. Talk as a family and decide whether you truly want to exchange gifts this year.
37. Put out a photo table with photos of your loved one at holiday celebrations in the past.
38. Go to a grief group. When everyone looks so gosh-darn filled with holiday cheer, sometimes it is helpful to talk with others who are struggling.
39. Skip (or minimize) the decorations if they are too much this year. Don't worry, you'll see plenty of decorations outside your house.
40. Don't feel guilty if you skip or minimize the decorations!
41. Remember that crying is okay. The holidays are everywhere and who knows what may trigger a cry-fest. We've all been there and it's okay to cry (even if you are in the sock aisle at Target).
42. Volunteer in your loved one's memory.
43. Let your perfectionism go. If you always have the perfect tree, perfectly wrapped gifts, and perfect table, accept that this year may not be perfect and that is A-Okay. I know this is easier said than done for you type-As, but give it a try.



44. Ignore people who want to tell you what you “should” do for the holiday. Listen to yourself, trust yourself, communicate with your family, and do what works for you.
45. Seek gratitude. I am the queen of holiday funks, so I know this is tough. But try to find one daily gratitude throughout the holiday season. Write it down, photograph it, share it on Facebook. Whatever. Just look for the little things.
46. Watch the food. Food can make us feel better in the short term (damn you, dopamine!) until we feel like crap later that we ate that whole tin of holiday cookies. Don’t deprive yourself, but be careful that you don’t let food become your holiday comfort.
47. Watch the booze. Alcohol can become a fast friend when we are grieving. If that holiday party is getting to be too much, head home instead of to the open bar.
48. If you are stressed about making the holiday dinner, ask someone else to cook or buy dinner this year.
49. If you are stressed about the crowds at the mall, cut back on gifts or do your shopping online.
50. Splurge on a gift for you. Grief can make us feel a little entitled and self-involved, and that is okay sometimes (within reason, of course). Splurge on a holiday gift for yourself this year... and make it a good one!
51. Say yes to help. There will be people who want to help and may offer their support. Take them up on their offers.
52. Ask for help. If people aren’t offering, ask. This can be super-hard if it isn’t your style, but it’s important. Asking others to help with cooking, shopping, or decorating can be a big relief.
53. Have a moment of silence during your holiday prayer or toast in memory of your loved one.
54. Donate a holiday meal to a family in need through a local church, salvation army, or department of social services.
55. Identify the people who will be able to help and support you during the holidays and identify who may cause you more stress. Try to spend more time with the former group and less with the latter.
56. Make some quiet time for yourself. The holidays can be hectic, so make quiet time for yourself to journal, meditate, listen to music, etc.
57. Practice self-care. I know, how cliché. But it’s true: Whatever it is that helps you recharge, do it. You can find some self-care tips [here](#).
58. Support kids by doing a memorial grief activity together.
59. Donate altar flowers or other holiday decorations at your place of worship in memory of your loved one.
60. Prioritize and don’t overcommit. When the holidays are filled with so many parties, dinners, and events, save your energy for those that are most important. Look at everything you have to do and rank them in order of importance. Plan for the most important and skip the rest.
61. Make a list and check it twice. Grief makes it harder for us to concentrate and remember things. When you have a lot going on at the holidays, make a list even if you aren’t usually a list-maker, and write things on the calendar.
62. Skip the holidays. Really. If you just can’t face the holiday, it’s okay to take a break this year. Before you get to this extreme, consider if you could just simplify your holiday. If you do skip, still make a plan. Decide if you will still see friends or family, go see a new movie, or make another plan.
63. Enjoy yourself! The holidays will be tough, but there will also be love and joy.
64. Remember, it is okay to be happy. This doesn’t diminish how much you love and miss the person who isn’t there this holiday. Don’t feel guilty for the joy you do find this holiday season.



## **In Memory of Colby Smith by his mom, Keri Farley**

5/25/04 ~ 10/11/15

As someone who's really private, this post is pretty scary to share. But, maybe it will reach someone who needs it or maybe I just need to share it, and either of those are reason enough.

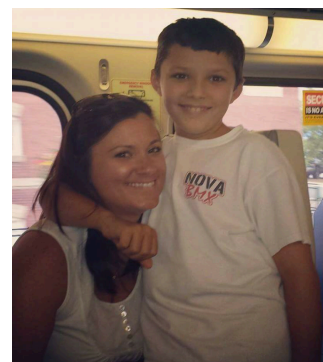
7 years ago, my life changed forever. A clear and deep line was carved in the sand - my life "before" and my life "after." I have stared at this line for 7 years. Grieving for what was on the other side. Grieving for what is missed and grieving for what will never come. Navigating a life in loss is difficult; sometimes impossible. There's no map but, thankfully, God has been my compass.

For those who have read this far, I wanted to share some of the best lessons I've learned from Colby.

Show your love and show it often, show kindness with no expectations, show compassion with no hesitations, show generosity with no desire to receive.

So please, hug the ones you love, hold the door for a stranger, offer to help your neighbor. Small things to you can mean the world to someone else.

Colby left this world better than it was when he came into it. I am determined to do the same. My hope is that for those of you reading this, you will try with me, in memory of Colby. Love you all!



## 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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