



4th Quarter 2016

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
2016*

*Annual Service of Remembrance
Sunday, December 4, 2016
5:30 p.m.*

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



*Please RSVP by
Saturday, November 26
703-656-6999 or*

By email: bleachermom2000@aol.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 to Jodi Norman, 539 Harrison Circle, Locust Grove, VA 22508. Photos can be mailed, sent on a disc or e-mailed to bleachermom2000@aol.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 Saturday, November 26, 2016. Photos will not be accepted after this date.*** 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 Saturday, November 26, 2016 if you would like to sponsor a poinsettia.

We encourage people to participate in the program. If you would like to participate please let Jodi know by November 26th, so you can be included in the program.

Doors will open at 5:00 p.m. with the service starting promptly at 5:30 p.m.

Please bring an unwrapped gift to be given to Trevor's Treasures for children in area hospitals this Christmas. If you would like, bring a gift that you would've bought for your child, sibling or grandchild.

Any questions, please contact Jodi Norman at 703-656-6999 or e-mail:
bleachermom2000@aol.com



We Remember Our Children

Who have birthdays and death dates
in October, November and December

Kirsten Lynn Adler	2/21/94 ~ 10/24/10	Glen Irvin Leonard II	4/13/71 ~ 12/07/09
CJ Angelos, Jr.	5/28/85 ~ 11/18/06	Jacob Glenn Lewis	8/06/92 ~ 11/12/13
Mielen Garlit Arquines	12/01/68 ~ 6/04/08	Tiffany Michelle Lewis	1/26/80 ~ 10/11/96
Scott R. Barley	12/7/81 ~ 9/29/11	Erika (Brummett) Lott	4/06/77 ~ 11/05/13
Jennifer Lynn Becker	12/30/67 ~ 7/26/70	Sara Lott	11/01/95 ~ 7/23/08
Demitrios Bedoya	10/27/76 ~ 2/10/03	Darren McKeever	12/07/80 ~ 11/19/98
Trevor Austin Blake	10/30/01 ~ 8/11/13	Michael Sean O'Berry	9/13/94 ~ 12/15/97
Mateo Louis Bowman	10/15/13	Angela Oliver	11/07/67 ~ 1/06/11
Clayton Breeding	10/23/77 ~ 12/12/01	Christina Panzo-Bowers	1/08/94 ~ 11/01/14
Brian Brumbaugh	11/09/83 ~ 5/02/07	Michael Pennefather	12/09/95 ~ 2/04/08
David John Butts	10/18/80 ~ 12/16/05	Kylene Marie Privett	12/14/83 ~ 8/13/07
Lisa Marie Champlin	10/16 ~ 9/2	Ronald Ralph, Jr	7/27/66 ~ 11/04/02
Jason Michael Colson	3/09/84 ~ 10/01/08	Courtney Sharee Shelby	11/23/93 ~ 5/14/01
David Justin Combs	11/22/79 ~ 11/23/01	Brandon Simms	10/10/80 ~ 7/14/95
Christina Lynn Curtis	3/01/74 ~ 12/25/07	Jacqueline Simoes	11/05/66 ~ 3/15/06
K.J. Edwards	12/03/85 ~ 10/31/03	Adelacia Smalley	08/06/94 ~ 10/19/02
Brian Patrick Elero	12/30/80 ~ 10/29/01	Ben Smith	12/22/70 ~ 1/26/03
Rhonda Lynn Flannery	7/31/63 ~ 11/10/01	Colby Thomas Smith	5/25/04 ~ 10/11/15
Payton Rose Freeze	10/13/98 ~ 2/10/16	Karl Dewan Smith	11/20/83 ~ 4/25/04
Erin Gaston	9/27/80 ~ 10/31/08	Jerry Damon Taybron	11/21/75 ~ 8/18/07
Ahmad Givon Glenn	3/06/83 ~ 12/04/06	Shawn Terrill	2/23/82 ~ 12/03/06
Eric Gonzalez	10/03/02 ~ 10/05/02	Derek M. Tierney	1/20/76 ~ 10/09/04
Philip Reid Hottle	2/16/85 ~ 12/03/08	Andre' Waters	5/31/97 ~ 12/23/07
Olivia Jean Howard	12/31/91 ~ 9/03/09	Mindy Weakley	12/20/83 ~ 9/02/09
Adrienne Leigh Ingram	6/25/79 ~ 12/02/07	Brenden Wilson	1/10/98 ~ 11/10/14
Leslie Ann Kramer	4/20/71 ~ 12/17/06	Kevin Woods	12/08/93 ~ 8/06/14
Jayden William Lee	10/23/10	Stephen Wesley Wright	6/06/89 ~ 11/21/13

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 October, November and December, please provide us with your child's information so they can be included correctly in future newsletters.



In Loving Memory of
Colby Thomas Smith
5/25/04 ~ 10/11/15



Colby's Ride, founded in honor of 11-year old Colby Smith, who died in a biking accident on October 11, 2015, is committed to providing bicycles and helmets for underprivileged children in our community.



Kind. Loving. Generous. Patient. Humorous. Spiritual. These are just a few words to describe Colby. He was and is our only child, the first-born grandson, a nephew, a cousin, a friend, and an amazing example to all who met him.

A story we like to share with others is a story of his charitable spirit. Six months before Colby passed away, he recognized that children in our neighborhood could not afford bicycles. With this knowledge, he took it upon himself to use his allowance money to purchase used bicycles at yard sales so his friends could enjoy what he enjoyed most - riding a bike. For him, knowing that he had helped make someone smile was worth more to him than anything he could have purchased for him self.

We were blessed to have been chosen to be Colby's parents. He truly is a gift from God and we are eternally grateful for our 11 years with him. Through the pain and heartache, we will try our very best to be a fraction of what our sweet boy was to us and many.

We will hold him in our hearts forever, until we can hold him again in Heaven.

Warmly,
Keri Farley, Colby's mom

Grief In Autumn ~ Alone and Missing You

Autumn is the season of change, and the season of dying. Brown grass and dried gardens with remnants of vegetable vines and a lonely shriveled tomato hanging on a broken stem remind us the summer has gone.

It is a difficult time for people prone to depression, or those grieving the death of a loved one.

Days are colder and the early evening darkness brings too much quiet time causing us to notice the absence of the one we have loved.

Short days tell us the winter will come and the days of holiday cheer. This realization brings a feeling of dread and panic. What will I do? How will it be? How will I be? Can I survive?

Change and holidays are catalysts that propel the roller coaster of grief, turning calm days into sleepless nights and reopening wounds that have just begun to heal.

Emotional triggers include Halloween with its festive and fun spirit evoking memories of early childhood, wide-eyed and innocent, exploring and participating in a world of make believe. I can be a pirate, or a princess or Dorothy of Kansas. Now I know the world includes grief and all that comes with it. I know about suicide, and disease, and being scared.

Painful memories abound, reflections not of our loved one but on how we coped, what we did instead, how we held it together. Questions everywhere, should I have done more? Did I care enough?

I am alone and I am missing you.

At times it seems new memories will never happen, at least authentic peaceful ones.

I watch the happiness of others quietly resenting the healthy intact families finding joy at their holiday table. A tinge of jealousy sneaks its way to the surface. The holidays present another level of grief.

The season of dying is also the season of preparation.

Age and a traveled path help me to appreciate this irony of autumn. Nature is both cruel in the presentation of emotional triggers and yet loving and supportive in its message to prepare and to have gratitude.

I feel forewarned and I know what to expect. Awareness reduces the number of surprises and adds predictability. Like a squirrel I gather good books and movies to occupy and nurture the wanderings of my mind. My journal lies ready at the bedside. Maybe I will change holiday rituals and side step the pain of the old ones.

Brisk walks and crisp air help to awaken the lethargy. The cold which chills me to the bone encourages comfort food and rich soup, lovely soft flannels and colorful plaids. I can fill my empty home with the smells of freshly baked bread, cinnamon and raisins.

The lonely early night, although dark, reveals diamonds in the sky and the silence for reflecting on what once was. Warm memories unfold and I am at peace. I know where to find you.

Nature sends the brown bear to hibernate, the geese migrate and I am reminded to seek solace. The quiet safe place inside where I can care for myself, where my heart can be still. Where I can experience connection to those I miss, and where I can remember who I am.

Autumn has forewarned me and I have a suspicion of what to expect. I will nurture myself. I will say "yes" to the friends who understand and "no" to those who don't. I will get up and keep going and I will cry when I cry.

I am alone, missing you.

<http://www.journeythroughloss.com>





bereaved parents usa
national gathering
august 4-6, 2017 | washington, dc
www.bereavedparentsusa.org

Our Chapter is Hosting the
2017 National Gathering at
HILTON WASHINGTON DULLES
August 4-6, 2017

Mark your calendar and plan to attend!

If you are interested in being on the planning committee for this event of hope and healing, please let Jodi know by sending an email to: bleachermom2000@aol.com or call 703-656-6999.

Check Out Our Website

<http://www.bpusanova.com>

I need everyone's help in updating our website. I would like to have a bio of all the children of our chapter with a photo to include in the "Our Children Remembered" Section. It can be a single photo or a collage of pictures, and information about your child.

Also, there is an opportunity to sponsor the Monthly Tribute. I would like to feature a child having a birthday during that month. We will feature your child for the full month! Please provide a photo and a short quote or one-liner that reminds you of your child.

Please send submissions to Jodi at bleachermom2000@aol.com.

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



AmazonSmile is a simple and automatic way for you to support BPUSA every time you shop, **at no cost to you**. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization, Bereaved Parents of the USA, Northern Virginia Chapter.

On your first visit to AmazonSmile (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 will result in a donation BPUSA NOVA Chapter

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 bleachermom2000@aol.com. Please send check to BP/USA NOVA Chapter to P.O. Box 7675, Woodbridge, VA 22195.

IMPORTANT: With our new website and publishing our newsletter on the website, your child's name, birthdate and death date may be on the website. If you have any objection to your child's name and information being on the website please let Jodi know as soon as possible at bleachermom2000@aol.com.

Caring and Sharing Support Meetings:

4th Sunday @ 3 p.m.

Oct. 23 and Nov. 27

(No meeting in December)

First United Presbyterian Church

14391 Minnieville Road

Woodbridge, VA 22193

**Use main church entrance - we meet in
room next to the kitchen**

AMORe:

(All Murdered Offspring Remembered)

3rd Wednesday @ 6 p.m.

3182 Golansky Blvd, Suite 101

Woodbridge, VA 22192

540-628-4758 (h) or 703-395-9546 (c)

bruane01@verizon.net

For more information contact:

Jodi Norman, Chapter Leader

540-755-2552 (h) 703-656-6999 (c)

bleachermom2000@aol.com

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

Reston Chapter

**Meets 2nd Saturday of each month
at 2:00 pm**

**This group is only for Parents with no
surviving children.**

North County Government Bldg

Reston Police Station Bldg.

12000 Bowman Towne Drive

Reston, VA

For more info contact:

Nancy Vollmer - (703) 860-8587

Pregnancy & Infant Loss Support Group

**If you have experienced the
loss of a baby during
pregnancy, at time of birth
or as an infant, please contact Mary
Mozingo at mhmozingo@gmail.com.**



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.

*We, as bereaved parents, help grieving parents and
families rebuild their lives after the death of a child.*

The mission of Bereaved Parents of the USA

Donations

A donation has been received in memory of one of our long-time members, Walter Zeitfuss, stepfather of Robert Loiseau.

I realize that this is a subject that none of us want to think about, but when a bereaved parent dies, consider requesting donations to BPUSA NOVA Chapter or to the BPUSA National Organization in lieu of flowers. It is important to let your families know that this is where you would like your memorials to go.

BPUSA is a 501(c)3 non-profit organization.

Yankee Candle Fundraiser

Our chapter is still participating in the Yankee Candle Fundraiser. Our chapter receives 40% of your order. There are a lot of beautiful Fall and Christmas Items available in the **2016 Fall/Winter Catalog. Online Shopping:** Visit www.yankeecandlefundraising.com and enter **Group Number: 990078671** in the "Start Shopping" box.

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: 703-656-6999
<http://www.bpusanova.com>
bleachermom2000@aol.com



National Information:

<http://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 e-mailing bleachermom2000@aol.com or calling Jodi at 703-656-6999. Thank you!



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