



caring & sharing news

Helping rebuild lives following the death of a child

New 
Meetings
Starting

This Fall

Overdose and Substance Abuse Support Group

First Meeting: Saturday, September 29, 2018
1:00 p.m.

Montclair Library
5049 Waterway Drive
Montclair (Dumfries), VA
*A light lunch will be provided.

A support group meeting for parents whose children have died from Drug Overdose or Substance Abuse.

For more information please contact Jodi Norman at bleachermom2000@aol.com or call 703-656-6999.

New Support Meeting Starting in October

First Meeting:
Thursday, October 4 at 7 p.m.

Annandale United Methodist Church
6935 Columbia Pike
Annandale, VA 22003

For more information about this meeting please contact Emily Slough at emilygps@verizon.net.

Or Jodi Norman at 703-656-6999
bleachermom2000@aol.com



To celebrate the birthday of Zachary Arnold

Join us on
Saturday, Sept. 22nd
Show at 7 p.m.
ComedySportz
8906-H W Broad Street
Richmond, VA

Dinner at Casa Grande, 7818 W Broad St, Richmond, VA before the show at 5 p.m.

RSVP by Wednesday, Sept. 19 to Jodi at bleachermom2000@aol.com or 703-656-6999



Save the Date

Annual Service of Remembrance

Sunday, December 9, 2018

5:30 p.m.

First United Presbyterian Church

14391 Minnieville Rd

Woodbridge, VA 22193



Caring and Sharing Support Meetings:

2nd Sunday @ 3 p.m.

First United Presbyterian Church
14391 Minnieville Road
Dale City, VA

For more information contact:

Jodi Norman, Chapter Leader
703-656-6999 (cell)

bleachermom2000@aol.com

AMORe

(All Murdered Offspring Remembered)

3rd Wednesday @ 6 p.m.

3182 Golansky Blvd, Suite 101
Woodbridge, VA

For more info contact:

Beverly Ruane

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

ruane.beverly@yahoo.com

2018 Programs

New for 2018 is adding guest speakers to some of our monthly Sunday meetings in addition to our yearly events. Below is a schedule for the year (subject to change):

September 9 – “Introduce Your Child” – bring photos and tell us about your precious child.

September 19 – AMORe Meeting

September 22 – ComedySportz in Richmond

September 29 – Overdose and Substance Abuse Support Group Meeting

October 4 – New Support Group Meeting in Annandale

October 14 – Self-Care for Bereaved Parents

October 17 – AMORe Meeting

November 1 – Support Meeting in Annandale

November 3 – Garden Work Day

November 10 – Overdose and Substance Abuse Support Group Meeting

November 11 – Aligning Venus and Mars in Loss presented by Ron Kelly

December 9 – Service of Remembrance

December 9 – No Support Meeting

Aligning Venus and Mars in Loss Presented by Ron Kelly Sunday, November 11, 2018 3:00 p.m.

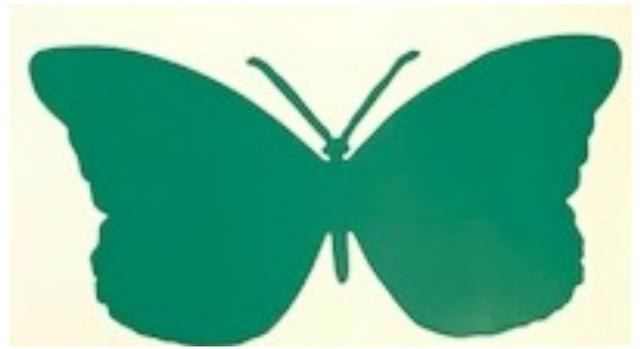
This program will give an understanding between the differing ways men might express the emotions of loss than women, and why recognizing this after loss will help strengthen a relationship, in a time when it is already difficult to deal with one's own emotions.

Ron Kelly became a bereaved parent after his precious sixteen-year-old son and only child, Jonathan, unexpectedly passed away when a rare heart disease took his life. He had been a Marine, cop, businessman, and proud, loving father to Jonathan, but with all of that behind him, he was left immobilized by the most profound of questions; "Who am I now?" With an internal desire to understand himself, Ron sought out publications on male grief, but found very little. When the need to understand did not fade, he turned to research and publications on male and female emotional behaviorism. Then, after coming to a point that he felt he was moving forward in a healthy way, Ron would publish his first award winning book, "Sometimes I Cry in the Shower." Today, Ron is a highly sought and very dynamic public speaker, workshop presenter, and corporate trainer. He speaks at national and regional conferences, universities, businesses, churches, civic organizations and more. He has appeared on multiple television and radio programs, as well as organized webinars and other streaming media to discuss his area of expertise; male vs. female grief, the impacts of grief and bereavement on the workplace, and developing a healthy ego. Ron has dedicated his life to the legacy left by his son, Jonathan, to serve others who seek understanding, healing, and personal growth.

I am looking for submissions for a booklet to give to newly bereaved parents. If you would be willing to write about how BPUSA has helped you on your grief journey, it would be greatly appreciated. Please email submissions to bleachermom2000@aol.com.



Help Support BPUSA NOVA Chapter by buying a vinyl butterfly for our vinyl banner that will be used at all our events. For a \$25 donation, you will be able to write your child's name and a short message on the butterfly. The butterflies and banner will be available at all chapter meetings.



Check out our Chapter Website

<http://www.bpusanova.com>



There are dozens of tasks that go into running our chapter and our special events. If you feel you are now in a place in your grief journey where you can help and give back to the chapter in any little way, we would love your help. Most of us find that when we reach a point of giving back to those who come after us, we gain far more than we give.

I could really use volunteers to plan our special events (Picnic/Balloon Release and Service of Remembrance). Other areas of need are in Fundraising, Publicity, Outreach, and helping at the Memorial Garden.

If you would like to volunteer to help our chapter, please contact Jodi at bleachermom2000@aol.com or 703-656-6999.



Garden News:

Our Butterfly Release this year didn't turn out as planned but did turn out! Thanks to the much -needed rain at the wrong time, we had to cancel. We were able to have an impromptu Butterfly Release the next day on Monday afternoon. The rain held out long enough for us to read our children's names and release the butterflies. Thank you to all who were able to come on such short notice. My grandson, Ethan, was a big help as our videographer until my phone got too hot and quit. We have been fortunate in the past to have good weather. Hopefully, next year we will.

The garden not only needs a lot of work in the spring to ready it for the summer but, also, needs a lot of work to ready it for the winter season. We usually trim the butterfly bushes in the spring so we can wait until then to cut them. There are other bushes that need trimming, along with the Crepe Myrtles. We can still pull weeds so there will be less to pull when things start growing again. One big thing we need to accomplish, which needed to be done a long time ago, involves the grasses. We have them planted along the right side of the garden (facing the garden). We needed them in the beginning to provide privacy in the garden. Now there are also many unwanted strays that have popped up in various places throughout the garden. Some are quite large. They need to be dug up with a shovel. So, shovels and strong arms are needed!

A work day will be scheduled Saturday November 3 at 10 a.m. Please let Jodi or me know if you can help. Put the date on the calendar! Please bring your work tools and yourself and join us!

Hugs, Beverly

IMPORTANT: With our 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.

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 bleachermom2000@aol.com

A Message from Beverly Ruane To her son, Matthew

My dear Matthew, I can't believe you would be 35 on your birthday. I'm sure, you would be married and have children.



I would have even more grandchildren! You would be so proud of your sisters and niece and nephews. I wonder what you would be like, what you would be doing, and what your life would be like. I really miss seeing your smiling face and your sense of humor. Every day I miss you more. Continue to send me signs and watch over us. We all love you and miss you!

Mom, Dad and Sisters



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703-785-5294

dhakenson@verizon.net

www.hmshistory.com

www.stuart-mosby.com



We Remember Our Children Who have Birthdays and Death Dates in September and October

Kirsten Lynn Adler	2/21/94 ~ 10/24/10	John Gregory	9/21/73 ~ 6/3/13
Zachary William Arnold	9/23/84 ~ 5/11/14	Olivia Jean Howard	12/31/91 ~ 9/03/09
Pouneh Bahri	10/25/88 ~ 3/04/14	Rasheem Kuwan Jenkins	5/04/82 ~ 9/09/09
Liam Kody Bailey-Edmundson	9/22/15 ~ 9/22/15	Cody Darrin Johnson	9/11/02 ~ 3/06/09
Scott R. Barley	12/07/81 ~ 9/29/11	Jayden William Lee	10/23/10 ~ 10/23/10
Kimberly Ann Barrett	9/08/86 ~ 5/04/02	Tiffany Michelle Lewis	1/26/80 ~ 10/11/96
Stephanie Webber Bartley	9/29/87 ~ 12/20/16	John Earl Medley	2/21/59 ~ 9/09/08
Jayden Lee Beale	9/29/08 ~ 9/29/08	Michael Sean O'Berry	9/13/94 ~ 12/15/97
Demitrios Bedoya	10/27/76 ~ 2/10/03	Kim Ouren	9/19/57 ~ 7/22/18
Trevor Austin Blake	10/30/01 ~ 8/11/13	Zane J Pitzvada	8/22/92 ~ 9/14/11
Lesly Glyn Bolton	1/19/80 ~ 10/27/16	Kira Marie Nicklas Rippy	10/23/82 ~ 3/22/18
Mateo Louis Bowman	10/15/13 ~ 10/13/13	Marcus Daniel Robinson	12/29/07 ~ 10/04/17
Parker Evan Boyd	9/15/98 ~ 6/04/08	Matthew Allan Ruane	9/07/83 ~ 4/29/02
Baron "Deuce" Braswell II	9/29/89 ~ 1/20/06	Gene "Tony" Sergent	8/10/87 ~ 9/14/07
Clayton Kendall Breeding	10/23/77 ~ 12/12/01	Brandon Simms	10/10/80 ~ 7/14/95
David John Butts	10/18/80 ~ 12/16/05	Mark Alexander Slough	06/26/96 ~ 10/08/15
Lisa Marie Champlin	10/16 ~ 9/2	Adelacia Smalley	8/06/94 ~ 10/19/02
Eduardo P "Eddy" Chavez	2/07/06 ~ 9/20/10	Colby Thomas Smith	5/25/04 ~ 10/11/15
Jason A. Clover	7/30/84 ~ 9/28/03	Tyler Smith	9/20/92 ~ 8/01/06
Todd Coder	7/23/84 ~ 9/24/10	Graham Thomson Stevenson	3/30/85 ~ 9/22/07
Jason Michael Colson	3/09/84 ~ 10/01/08	Derek M. Tierney	1/20/76 ~ 10/09/04
K.J. Edward	12/03/85 ~ 10/31/03	Bill Thompson	9/14/51 ~ 4/19/17
Brian Patrick Elero	12/30/80 ~ 10/29/01	Austin Trenum	3/26/93 ~ 9/27/10
Payton Rose Freeze	10/13/98 ~ 2/10/16	Ruben Chavira Urbina	4/22/02 ~ 9/15/17
Erin Gaston	9/27/80 ~ 10/31/08	Melinda "Mindy" Weakley	12/20/83 ~ 9/02/09
Eric Gonzalez	10/03/02 ~ 10/05/02	Josh Weaver	6/17/82 ~ 9/09/09

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

Woman asked for advice on how to deal with grief, old man's incredible reply captivates everyone

Published by Aye Duran on June 18, 2018

There is a goodbye in every hello, just as there is an end in every beginning. We all know that our inevitable finale is to leave this world, and hopefully we made an impact in this world and will leave it a better place.

Yet, despite of death being a part of the cycle of life, still, it never fails to tear a hole in our heart whenever we lose someone we love. It's just one of the hardest things humans have to go through — to grieve a departed loved one.

Death leaves a heartache that's difficult to heal. The fact that you would never see your love one's ever again, nor be able to hear their voice once more, makes the grieving process all the more devastating.

A woman seeking an advice in Reddit, an online forum community, experienced losing her cherished best friend. She was mourning over her death and turned to Reddit, looking for someone who could give her an advice in order to heal from the devastating reality... that she would never be able to hug her best friend ever again.

“My friend died. I don't know what to do.”

A lot of Redditors shared their own experiences of losing a loved one, most of them expressed their condolences towards the anonymous woman. Among the number of responses which the woman's post garnered, the comment which came from a self-confessed old man, answered with an honest and beautiful response.

Here's the old man's response to the Redditor's unfortunate circumstance, which amassed the highest upvote.

“Alright, here goes. I'm old. What that means is that I've survived (so far) and a lot of people I've known and loved did not. I've lost friends, best friends, acquaintances, co-workers, grandparents, mom, relatives, teachers, mentors, students, neighbors, and a host of other folks. I have no children, and I can't imagine the pain it must be to lose a child. But here's my two cents.”

“I wish I could say you get used to people dying. I never did. I don't want to. It tears a hole through me whenever somebody I love dies, no matter the circumstances. But I don't want it to 'not matter.' I don't want it to be something that just passes. My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love. So be it.”

“Scars are a testament to life. Scars are a testament that I can love deeply and live deeply and be cut, or even gouged, and that I can heal and continue to live and continue to love. And the scar tissue is stronger than the original flesh ever was. Scars are a testament to life. Scars are only ugly to people who can't see.”

“As for grief, you'll find it comes in waves. When the ship is first wrecked, you're drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it's some physical thing. Maybe it's a happy memory or a photograph. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.”

“In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don’t even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you’ll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out.

But in between, you can breathe, you can function. You never know what’s going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.”

“Somewhere down the line, and it’s different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or landing at O’Hare. You can see it coming, for the most part, and prepare yourself.

And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you’ll come out.”

“Take it from an old guy. The waves never stop coming, and somehow you don’t really want them to. But you learn that you’ll survive them. And other waves will come. And you’ll survive them too. If you’re lucky, you’ll have lots of scars from lots of loves. And lots of shipwrecks.”

A beloved’s death would leave you with a pain that does not fully heal, but the love you have formed and shared would always leave you with a memory that no one can ever erase.

The ones we love never truly leaves us. Mahatma Gandhi once said: ‘*a coward is someone who incapable of exhibiting love; it is the prerogative of the brave.*’ So be proud of the scars your heart has endured, it only goes to show how much love your heart could give; **it only goes to show how your heart never gets tired of loving.**

Want to help someone in grief? Put these 10 simple things into practice and I guarantee you will be a comfort and blessing in supporting anyone who is grieving.

1. Be present, now and in the future
2. Let them know you are there to hurt with them
3. Don’t try to “fix” the griever
4. Say less and listen more (there are no magic words) ... Listen and validate their pain
5. Avoid intellectualizing, rationalizing, scripturalizing or spiritualizing their loss
6. Grant grace and tolerance to allow them to grieve in their own way
7. Ask what you can do right now that might help them
8. Place no expectations or timetables on their grief
9. Keep saying the name and share stories of their loved one who they will always actively continue to love
10. Don’t help them get over it, provide long term support to help them get through it.

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

Bleachermom2000@aol.com



Bereaved Parents of the USA

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 bleachermom2000@aol.com or calling Jodi at 703-656-6999.

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