



March/April 2022

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

Volume 19 No. 2



Alan Pedersen and
Angels Across the USA Tour
Presents:
**Heartaches, Highways & Hope
Concert**

Sunday, April 24, 2022

(Note Date Change)

3:00 p.m.

**First United Presbyterian Church
14391 Minnieville Road
Dale City, VA**

**The concert will be in place of the monthly support meeting.*

The Angels Across the USA Tour 2022, is all about hope, featuring the message and music of Alan Pedersen. Join us for Alan's Spring Tour, "Heartaches, Highways and Hope," in Woodbridge, Virginia with a concert featuring his newly recorded music.

Please RSVP on the Eventbrite link below:

<https://www.eventbrite.com/e/heartaches-highways-hope-concert-message-and-music-of-alan-pedersen-tickets-291912276477>

**Event is free – Donations are greatly appreciated!
Dinner will be served after the concert.**

For more information contact Jodi at bpusanova@gmail.com or call 703-656-6999



When Tragedy Strikes

*Rebuilding Your Life with Hope and Healing
After the Death of Your Child*



PRESENTED BY...

LAURA AND DAVE DIEHL

*Author, Speaker
And Founders of GPS Hope*

RSVP to Jodi at 703-656-6999 or
e-mail bpusanova@gmail.com

After the death of a child, there is no closure. It is like learning how to live with an amputation—you are forever changed and need to learn how to live a new “normal.” There can be a feeling of desperation to find someone farther ahead on the path who can understand the crushing pain that makes you feel like you can’t even breathe at times.

Laura Diehl was plunged into that place with the death of her daughter and meets the deep need to connect with others who have experienced what cannot be put into words. Come meet this award-winning author, speaker, podcaster and singer, who shares the raw account of her faith-based journey from deep darkness back into light and life, as she extends a hand of hope to those traveling on the path behind her who need to rebuild their lives after the death of a child.

BP USA & TCF joint meeting at

MOORE'S CARE SERVICES

311 Central Rd

Fredericksburg, VA

Sunday April 10th 3:00 p.m.

April 29, 2002. The last day that Matthew Allan Ruane, beloved son, brother, grandson, uncle, nephew, cousin, friend was with us on this earth. Twenty years has passed but the memory of that day that an evil person decided Matthew shouldn't live anymore is burnt into our memories as if it was yesterday. Our hearts still break every time there is an event in which Matthew should be here. He has missed so much: the birth of a niece and four more nephews; two weddings of his sisters; moves to new houses for us and his younger sister and to Florida for his oldest sister; my retirement and his dad's illnesses. Just to name a few. The list goes on and on.



Matthew, there are so many things around that remind us of you and you not being here. Not a day goes by that you are not thought about. You send us signs that you are with us. Thank you. We miss you and love you more than anyone could ever know. One day we will see each other again. Love mom, dad, and family

Matthew Allan Ruane
9/07/83 ~ 4/29/02

**“May there be
comfort in knowing
that someone so special
will never be forgotten.”**

—JULIE HÉBERT

*Like scattered seeds,
memories
bloom forever.*

Lean Into Spring

By William Alexander



Spring has sprung. The flowers are blooming. The birds are singing. The sun is shining. So why do you feel so dark? So stuck? So empty? So sad, overwhelmed and angry? Why do you long for cold, rainy, dark days? Because you are grieving.

Because Spring can feel like pressure. Pressure to be present and live life in spite of how you are feeling on the inside. Pressure to feel a semblance of normal. Pressure to believe in the possibility of new. Spring, feels like a betrayal of your grief.

Grief is not predictable. It does not follow an order as the seasons do. It is personal. It is painful. It is messy. Grief can feel surprising, shocking, never-ending.

Spring feels contrary to the realities of grief. To the experience of mourning. Sadness, anger, anxiety, loneliness, feeling overwhelmed....those feelings do not match the sights and sounds of Spring. And yet there is much to be learned from the audacity of Spring. Those feelings of deep grief are the winter frost forcing us to lie dormant, to turn in, to be in (and of) our grief. Trust in time that your Spring will come. That you too will begin to thaw. That in time you can and you will push through the bitter heaviness of grief.

You will bloom once again, new and different. You will begin to grow towards the sun and find respite and healing in its warmth.

Your Spring will come. In your time. In your way. Perhaps in the most trivial and unexpected ways...hearing the song of a bird and allowing that song to fill you. Noticing the crocus poking through the snow and experiencing a sense of awe at its resilience, strength and courage. Feeling the warmth of sunshine from the inside out. Moments previously not accessible now experienced with heightened awareness and even gratitude.

Lean into Spring. Go outside each day and write one sound in nature you hear. One new flower or growth you see. Add to this list daily. At the end of one week reflect on this experience. Were you able to find some comfort (and maybe even hope) noticing leaves on branches once barren, lying dormant under the weight of ice and snow? Nature provides a model for grieving, healing, and resilience. Nature teaches us that there is a season for everything.

Earth teach me to forget myself as melted snow forgets its life. Earth teach me resignation as the leaves which die in the fall. Earth teach me courage as the tree which stands all alone. Earth teach me regeneration as the seed which rises in the spring.

"Grieving doesn't
make you imperfect.
It makes you human."

SARAH DESSEN

"The pain
passes, but
the beauty
remains."

PIERRE AUGUSTE RENOIR

There is a meeting for everyone! Join us at one of these meetings!

Caring & Sharing Meetings

In-Person Meetings are Back

4th Sunday of each month
3:00 p.m.

First United Presbyterian Church
14391 Minnieville Road
Dale City, VA

For more information contact:
Jodi Norman, Chapter Leader
703-656-6999 (cell)
bpusanova@gmail.com

AMORe

(All Murdered Offspring Remembered)

3rd Wednesday @ 6 p.m.
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



Life After Loss Support Group for Suicide Survivors

"Shining A Light for Those in Darkness"

1st Sunday of Each 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
website: www.djcfoundation.org

Zoom Meetings **2nd Thursday @ 7:00 p.m.**

I will send out an email with password and
log in information prior to the meeting
date.

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**

If you or your surviving children are
interested in participating in the Sibling
Support Group, please email Katie at
bpvirtualsiblingchapter@gmail.com
for the zoom link.

Support Group for Parents with No Surviving Children

2nd 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
703-217-8560 (c) or 703-390-0589 (h)

*Call Nancy to find out if they are meeting in
person.

Our sincere sympathy to the family of Nyra Garber. Nyra, the mom of Christopher Aleskowitz, died on March 2, 2022 at the age of 61.



Please Check E-mails & Facebook

Almost all of our Chapter Communication is done via email. Please check your emails at least once a week. Everything from the newsletter to Chapter Announcements are sent through email. It would also be helpful to respond to all emails sent regarding the Chapter. That lets me know that you did see the email and that I have a correct email address – a simple “got it” would be better than no response at all!

It would also be helpful if you would join our private Facebook page. Please check this page on a regular basis. A Facebook page has been set up for our chapter. Members can join our group at Bereaved Parents of the USA/Northern VA Chapter. 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.

Help Needed to Update Website
<http://www.bpusanova.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 bpusanova@gmail.com.

**Save the Date:
Butterfly Release
Sunday, July 17**



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, Butterfly 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 bpusanova@gmail.com or 703-656-6999.

NATIONAL GATHERING 2022



Bereaved Parents USA

JULY 22-24 ♥ ST. LOUIS, MISSOURI

amazonsmile

You shop. Amazon gives.

Amazon will give to BPUSA NOVA Chapter if you sign up for Amazon Smile. To get started with AmazonSmile, visit smile.amazon.com and sign in with your Amazon.com credentials. Choose **Bereaved Parents of The USA 51 Northern Virginia Chapter** to receive donations. Select us as your charity and start shopping! Don't forget to use Smile.Amazon.com when you sign in to shop on Amazon.

Garden News



Spring has sprung! We've had quite a roller coaster of weather and temperatures but very soon those desired temperatures will be steady which means the growth of new life everywhere, including, the Bereaved Parents Memorial Garden.

With the new growth, also come the dreaded weeds. The weeds are relentless. No matter what we do to curb them they insist on taking over! There is some cleaning up we need to do that unfortunately weather and other circumstances prevented us doing in the fall. There are leaves and general cleanup still to do; in addition to planting more plants and eventually spreading mulch. We will need help with preparing and maintaining the garden for our children and for us and visitors to enjoy. Also, with the new growth and rising temperatures this summer the garden will need watering. We have a water source and hose to do so. Volunteers for that are needed. If you do go water, please let me or Jodi know so we can plan watering accordingly.

Maintenance of the Memorial Garden is all of our responsibility. It is a garden for ALL OF OUR CHILDREN. It's a comforting and safe place to go and relax and reflect. It's very difficult for just Jodi and I to do it because we both live almost an hour away. Thank you to all that have helped us in the past. We couldn't have done it without you. If you just go to visit the garden, lay flowers or a stone down please pull a few weeds. That's less weeds for others to pull. I, personally, keep gloves and garden tools in my trunk so if I go, even on the spur of the moment, I'll be prepared.

If you have not placed a stone in the garden and would like to do so you can purchase beautiful river rock stones that are durable and that you can personalize from Rock-it-Creations.

We need to prepare and beautify our garden for all to enjoy and to prepare for our annual Butterfly Release. The date will be later announced but will be in July or August so be sure to read your email.

You can contact me through my email ruane.beverly@yahoo.com; home phone 540-628-4758 or call or text through my cell 703-395-9546. Jodi can be reach by email bpusanova@gmail.com or cell 703-656-6999.

I look forward to seeing you at the garden!
Hugs, Beverly

Book Club

Monday, March 28 at 7:00 p.m. will be the First Book Club meeting, which will be an informational meeting. We will meet both on Zoom and in person at Sue Cerrone's home, 9564 Basilwood Drive, Manassas, VA.



Our first book will be "Arrow Through My Soul" by Miles Lambert. The author has sent us copies of his book so the book will be handed out at the first meeting. If you attend by Zoom, the book will be mailed to you.

The story is about a dad from Williamsburg, VA who is trying to deal with the tragic death of his daughter as well as come to terms with her mental illness. A list of discussion questions will be provided to use while reading the book.

Please bring titles of books that you would like to add to the list of books for the group to read.

The Zoom log-in will be emailed to everyone a couple days before the Book Club meets. Sue is asking that you only attend the in-person meeting if you are vaccinated for Covid-19.

For more information contact Sue at suebcerrone@gmail.com or call 703-819-8604. Please RSVP if you are attending in person or on Zoom.

Your Help is Needed

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 Jodi at bpusanova@gmail.com.





We Remember Our Loved Ones

Who have Birthdays and Death Dates
in March and April

Simi Abrol	9/12/84 ~ 4/01/18	Thomas Langston	4/05/92 ~ 8/04/18
Emily Andrews	8/02/97 ~ 3/14/16	Robert Andrew Larson	3/14/94 ~ 6/30/10
Tyrone Trone Ashford	3/30/98 ~ 06/20/21	Glen Irvin Leonard II	4/13/71 ~ 12/07/09
William Bruce Austin II	5/11/84 ~ 4/10/18	Henry Lewis III	2/16/74 ~ 4/15/02
Pounch Bahri	10/25/88 ~ 3/04/14	Erika (Brummett) Lott	4/6/77 ~ 11/05/13
Chad Michael Bailey	9/14/77 ~ 3/25/20	Kyle Ludeman	4/12/93 ~ 8/27/13
Bryan Christopher Bingel	1/08/80 ~ 3/04/08	Derek Meffert	4/21/95 ~ 8/15/10
Matthew Bingel	4/23/87 ~ 4/23/87	Christina Morgan	7/30/80 ~ 3/13/02
Christopher Wesley Blok	3/21/80 ~ 2/25/09	Nicholas James Nelson	7/16/90 ~ 4/19/18
Michael Eugene Brown	3/26/84 ~ 4/13/17	Michael Dennis Page	4/20/90 ~ 12/06/21
Abigail Jane Buckley	4/25/15 ~ 11/17/16	Thomas Parker	8/26/92 ~ 4/15/19
Amy R. Buckley	3/13/86 ~ 11/17/16	Stephen P. Ramos	4/24/87 ~ 11/11/19
Danielle Mae Burmeister	3/26/11 ~ 3/26/11	Kira Marie Nicklas Rippy	10/23/82 ~ 3/22/18
Justine Noel Carlton	3/30/98 ~ 5/11/20	Eric Noah Rivers	5/15/95 ~ 3/19/20
Autumn Marie Coffie	4/16/88 ~ 12/29/14	Matthew Allan Ruane	9/07/83 ~ 4/29/02
Sarah Beth Cole	8/06/80 ~ 4/23/11	Lionel Andres Salvador	3/30/13 ~ 3/30/13
Jason Michael Colson	3/09/84 ~ 10/01/08	Ronald Mark "Bud" Shirt	4/05/57 ~ 1/06/99
Christina Lynn Curtis	3/01/74 ~ 12/25/07	Klee Simmons	3/27/89 ~ 8/09/15
Forrest Grant Dotson	8/25/79 ~ 4/19/17	Jacqueline Simoes	11/05/66 ~ 3/15/06
Michael A. Doyle	9/17/81 ~ 3/12/18	Karl Dewan Smith	11/20/83 ~ 4/25/04
Bryan Eastes	8/18/80 ~ 4/18/17	Ananth Vignesh Sridhar	11/12/94 ~ 3/20/18
Baja Flagg	1/07/91 ~ 3/15/20	Kevin Michael Stanphill	3/12/80 ~ 5/09/09
Antonio Ford-Flores	2/25/89 ~ 4/15/10	Daniel "Cody" Starr	4/13/88 ~ 7/30/20
Dillon Adam Foley	11/16/98 ~ 4/02/20	Graham Stevenson	3/30/85 ~ 9/22/07
Jacob Thomas Fulton	4/15/03 ~ 1/11/15	Margaret Jane Suliga	4/23/87 ~ 9/02/19
John Alexis Giandoni	3/21/77 ~ 3/15/18	Beckett Josef TePaske	4/04/12 ~ 5/12/15
Raven Gileau	6/23/90 ~ 4/23/10	Bill Thompson	9/14/51 ~ 4/19/17
Ahmad Givon Glenn	3/06/83 ~ 12/04/06	Linda Thompson Plewes	7/16/51 ~ 3/21/02
Dwayne Eddie Gonsorcik	5/26/74 ~ 4/26/13	Neale Thompson	4/07/71 ~ 4/09/93
Justin Green	3/28/94 ~ 3/28/94	Austin Trenum	3/26/93 ~ 9/27/10
Kourtney Michelle Hale	5/29/80 ~ 3/14/10	Anthony Joseph Turchiano	8/04/79 ~ 4/29/17
Kristin Marie Harkness	3/19/89 ~ 2/22/08	Ruben Chavira Urbina	4/22/02 ~ 9/15/17
Kimberley Hellandbrand	11/03/69 ~ 4/27/19	Brian Floyd Weakley	1/20/80 ~ 4/19/07
Kyle Irwin	07/27/92 ~ 4/21/20	Kyle Robert Wilson	5/25/82 ~ 4/16/07
Cody Darrin Johnson	9/11/02 ~ 3/06/09	Baby Woods	3/15/16 ~ 3/15/16
Kashif Johnson	3/15/87 ~ 5/01/07	Noah Woods	4/19/16 ~ 4/19/16
Leslie Ann Kramer	4/20/71 ~ 12/17/06	Jakari D. Wright	3/31/97 ~ 8/18/18
Kwadwo Amoako Kusi	3/20/06 ~ 7/26/08	Neil York	4/29/93 ~ 4/25/15
Adriana Therese Ladino	10/31/02 ~ 3/23/19		

We apologize if there are any mistakes in the "We Remember Our Loved One" section. If we spelled any names incorrectly, have any dates incorrect or your loved one's name is not listed and has a birthday or death date during the months of March and April, please provide us with your loved one's information so they can be included correctly in future newsletters.

Welcome,

You are not alone...

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



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 bpusanova@gmail.com or calling Jodi at 703-656-6999.

Bereaved Parents of the USA
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