



January/February 2017

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

Volume 14. No. 1

2017 New Year's Resolutions for the Bereaved

- **I resolve to** not place time limits on my grief; it will take as long as it takes.
- **I resolve to** acknowledge my grief as my own—that it is as individual as I am—and will take shape in its own unique way.
- **I resolve to** be mindful of the need for flexibility when it comes to the expectations of others (and myself).
- **I resolve to** not be pressured by “shoulds.”
- **I resolve to** cut myself some slack when I am not as productive as I might like, behave in ways uncharacteristic of my usual self or simply “don’t care.”
- **I resolve to** accept that others may not understand my pain, and it is probably not realistic to expect that of them. (Until one has walked the path, how can one know the terrain?)
- **I resolve to** express my feelings without guilt, and not apologize for tears.
- **I resolve to** be grateful for concerned others who willingly just listen.
- **I resolve to** recognize that my acceptance of assistance and support of others allows them the blessing of giving.
- **I resolve to** forgive those who say or do that which feels hurtful, recognizing that unkindness is not intended.
- **I resolve to** extend to myself the same grace and patience I would to others, were they in my situation.
- **I resolve to** find some little way each day to begin to reinvest in life, in an effort to move toward hope and a sense of purpose.
- **I resolve to** continue to speak my loved one’s name, tell our stories and embrace my memories.

From the website for Hospice of the Red River Valley

We Remember Our Childrer

Who have birthdays and death dates
in January and February



Kirsten Lynn Adler	2/21/94 ~ 10/24/10	Emily “Tabor” McMullen	1/26/84 ~ 8/31/12
Demitrios Bedoya	10/27/76 ~ 2/10/03	Christine McNabb	1/13/88 ~ 2/23/08
Christopher Wesley Blok	3/21/80 ~ 2/25/09	John Earl Medley	2/21/59 ~ 9/09/08
Baron “Deuce” Braswell II	9/29/89 ~ 1/20/06	Michael Joseph Moore	7/13/71 ~ 1/09/09
Bryan Christopher Bingel	1/08/80 ~ 3/04/08	Johnny Ray Mullins	7/11/61 ~ 1/22/02
Lesly Glyn Bolton	1/19/80 ~ 10/27/16	Shelby Nicholson	4/22/92 ~ 1/07/09
Kenny Brooks Jr	8/13/82 ~ 1/13/06	Christian Paul Norman	2/04/85 ~ 6/03/01
Christopher Chapman	8/01/88 ~ 1/13/07	Angela Oliver	11/07/67 ~ 1/06/11
Eduardo “Eddy” Chavez	2/07/06 ~ 9/20/10	Joseph Christopher Page	1/26/88 ~ 2/07/08
Robert Alan Finch	7/27/70 ~ 1/02/01	Christina Panzo Bowers	1/08/94 ~ 11/01/14
Antonio (Tony) Ford-Flores	2/25/89 ~ 4/15/10	Michael Pennefather	12/09/95 ~ 2/04/08
Victoria Anne Forster	1/04/89 ~ 1/04/09	Alice Amelia Porges	2/10/15
Bruce Lee Foxworthy	8/29/75 ~ 2/11/12	Chelsea Rae Rosengarth	2/02/86 ~ 1/27/02
Payton Rose Freeze	10/13/98 ~ 2/10/16	Kevin Simpson	2/10/87 ~ 1/24/09
Jacob Thomas Fulton	4/15/03 ~ 1/11/15	Ben Smith	12/22/70 ~ 1/26/03
Jacob Charles Glushefski	5/23/77 ~ 2/21/11	Adam Charles Sorge	5/12/84 ~ 1/04/14
Kristin Marie Harkness	3/19/89 ~ 2/22/08	Shawn Terrill	2/23/82 ~ 12/03/06
Philip Reid Hottle	2/16/85 ~ 12/03/08	Dana Thrall	8/02/75 ~ 1/02/01
Henry Lewis III	2/16/74 ~ 4/15/02	Derek M. Tierney	1/20/76 ~ 10/09/04
Nicole Michelle Lee	6/22/89 ~ 1/26/08	Caleb Milton Torres	2/11/12 ~ 2/11/12
Tiffany Michelle Lewis	1/26/80 ~ 10/11/96	Brian Floyd Weakley	1/20/80 ~ 4/19/07
Kevin McGuinn	2/08/88 ~ 8/26/08	Brenden 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 wrong, or your child’s name is not listed and have 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

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

Bereaved Parents of the USA 2017 National Gathering

Hilton Washington Dulles Airport Hotel
Washington, DC

August 4-6, 2017

Chapter Leadership Training: August 3, 2017

www.bereavedparentsusa.org

Gathering Speakers

Anna Whiston-Donaldson

Dr. Doug & BJ Jensen

Gareth Williams

Sarah Kravits

Kelly Buckley

Ron Kelly

Tom Zuba

reflect

renew

remember



Dear Newly Bereaved Parent,

I am SO sorry for your loss! You know the old saying, "I know how you feel?" Well, in this case, I really do know how you feel! I remember when my daughter was killed in 2002, I wanted, no, I NEEDED to know that some how, some way, some day the pain and sadness I was feeling would subside. I just looked up the definition of subside because I wanted to make sure I was using it in the right context and sure enough, it fits perfectly because this is what it means.....become less intense, violent, or severe. That's exactly what I was looking for at those meetings! I needed to meet someone, especially a mom that was further along in her grief journey so I could have hope that this raw pain and sadness I was feeling lessen over the years. Not only did I find those moms but I also met a handful of other moms who had lost their children around the same time frame as me! I'm still very much in contact with those women and over the years we've been able to help each other and we have a bond that only those of us that are part of the Bereaved Parents, a group NO ONE wants to belong to has! I'm not going to tell you the pain will go away because it won't. I'm not going to tell you that time heals ALL wounds, because it doesn't. I'm not going to tell you that eventually you won't think about or miss your daughter/son, because you will think about him/her every single moment of every single day. I'm not going to tell you that your life will go back to "normal" someday, because it won't. What I can tell you is that, for me and with God's help, I live a new "normal" now. I even wrote a poem about it (see next page). (I have all of my poems and the story about my daughter Chelsea's death in my "notes" section of my Facebook page if you ever wanted to read them) but....over time, you will not cry EVERY day and you'll stop feeling guilty when the days come when you don't cry. The pain and suffering you are experiencing now, will subside. You too will begin to live a new "normal". I'm not going to lie, there will be times when that rawness rears it's ugly head from time to time even 15 years from now. Like around the holidays or on his/her birthday or on the anniversary of his/her death. That's where I am today. It's the holidays, the anniversary of Chelsea's death is January 27th, her birthday is February 2nd and her funeral was February 4th. So I was picking out her casket on her 16th birthday. Don't let ANYONE tell you how to grieve or how long to grieve. Don't expect everyone to tell you what you want to hear because trust me, some people will say things to you that aren't helpful but it's only because they just don't know what to say but I'm sure they mean well. When they're facing us, they're facing their WORST nightmare! Because by seeing us, it makes it too real for them and they realize, it could happen to them too!

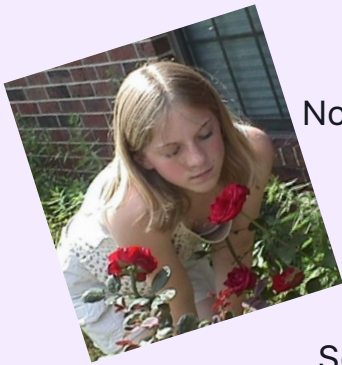
I sometimes explain it like...Your heart will always have a hole but over time it will scab over but sometimes that scab will be ripped off and will have to heal over once again. I hope in finding me, you've found "that mom" who is further along in her grief journey and that in "meeting" me, you've seen HOPE for your future! I'm sure it's what our children would want for us but I also know we can't deny these emotions we feel!

Nancy Feeney-Rosengarth

My New Normal

Is this my new normal
My new facade
Am I the only one that thinks it's odd
No more family meals, family games or photographs
No more coming to tears when she laughs
How can it be that her love was so relied upon
And now my Chelsea is actually gone
I think about her each and every day
That, I promise you, will never fade away
Sometimes I lie awake at night trying to fall asleep
But the memories and missing her make me weep
I feel like she's missing out on oh so much
Like her siblings, other family, nieces and such
How much I wish I could have her here
That would be the last time I shed a tear
Why does it have to be this way
Why did she have to die and not live another day
She's in Heaven, what more could one ask
In the warmth of God's love she does bask
But right now I'm feeling selfish and want
To feel her physical love and presence too
I want to feel happy and not so blue
So please Lord, give me a pass to Heaven
Or at least let her visit me in my dreams tonight
Then these demons of sleeplessness I might be able to fight!

Written by Nancy Rosengarth on 10/26/2011
In Loving Memory of Chelsea Rae Rosengarth
2/2/86 - 1/27/02



My dear family and friends, as you know by now, this time of year starting with Thanksgiving and ending with Chelsea's anniversary of her funeral are the hardest times of the year for me. I use poems, Chelsea's FB Page and notes such as these as my outlets. I'm not looking for sympathy and I know you're already praying for me and my family during this time without me even asking so I thank you in advance. I guess I'm just asking that you all bare with me if I seem to be "wrapped" up in my loss during this time. I love you all! God Bless! ~ Nancy

Caring and Sharing Support Meetings:

4th Sunday @ 3 p.m.

January 22 & February 26
First United Presbyterian Church
14391 Minnieville Rd
Dale City, VA 22193

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
703-656-6999 (cell)
bleachermom2000@aol.com

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 Mzingo 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.

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.

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.

~ATTENTION~

If you are receiving this newsletter in the mail please fill out the form in this newsletter and include your email address. In order to save money we would like to send the newsletter electronically. Thank You!

Bereaved Parents of the USA

Northern Virginia Chapter Information Form

It is time to update our records, so please fill out this form and return it to the address below as soon as possible. Even if you have been in the Chapter for a long time, please update your information.

If you are receiving our newsletter for the first time everyone within the Northern Virginia Chapter of the Bereaved Parents of the USA wants to say that we are sorry you have the need for this newsletter but we hope our newsletter will be helpful on your journey. Please complete and return this form so that your child may be remembered in our newsletters and on our website.

Please print, filling in all applicable blanks. *This is for internal use only.*

Your Name: _____

Mailing Address: _____

City: _____ State: _____ ZIP Code: _____

Home Phone _____ Cell Phone _____

E-mail: _____

Would you like to receive the newsletter in the mail _____ or electronically _____ or both _____

Child's Full Name: _____

Male _____ Female _____

Child's Birth Date: _____ Child's Death Date: _____

Cause of Child's Death: _____

Child's relationship to you (e.g. son, daughter, brother, sister, grandchild) _____

Note: The information you have given above will be confidential (*used for internal purposes only*) unless you answer "yes" to the following questions and then only for the stated purpose.

1. Do you want your child's name to appear in the newsletter and website "We Remember You" section with birth and death dates? The newsletter is also published on the website. Yes _____ No _____

2. May we include the above information in the BP/USA Northern Virginia Chapter directory? Yes _____ No _____

3. Is it ok for us to use your child's name, birth and death dates on our website? Yes _____ No _____

Please return to: The Bereaved Parents of the USA, Northern Virginia Chapter, P.O. Box 7675, Woodbridge, VA 22195

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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