



Vol. 16, No. 6

November/December 2019

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

2019 Annual Service of Remembrance

Sunday, December 8, 2019, 6:00 p.m.

First United Presbyterian Church

14391 Minnieville Rd

Woodbridge, VA 22193



Please RSVP by

Sunday, December 1, 2019 at

<https://www.eventbrite.com/e/annual-service-of-remembrance-tickets-79678459417>

For more information contact Jodi at 703-656-6999

or email: 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 to Jodi Norman, 539 Harrison Circle, Locust Grove, VA 22508. Photos can be mailed or e-mailed to 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 Sunday, December 1, 2019. 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 Sunday, December 1st 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 December 1st, so you can be included in the program.

Doors will open at 5:30 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

***"Handling the Holidays"
Presented by Alan Pedersen***

**BPUSA NOVA Chapter will host
Alan Pedersen and the Angels
Thursday, November 21st at 6:00 p.m.
Susan Hoefling's Home
6318 Cavalier Corridor
Falls Church, VA 22044**

**Please RSVP to Susan at 571-232-7449 or
susanehoefling@gmail.com**

Caring and Sharing Support Meetings:

2nd Sunday @ 3 p.m.

****4th Sunday starting in January 2020****

**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**

BPUSA NOVA Chapter is proud to sponsor an award-winning songwriter, recording artist and speaker who will inspire us with his hope-filled words and music.

Alan Pedersen



Saturday, November 23, 2019

10:00 am – 3:00 pm

**Winding Creek Community
Center**

**5850 Moonbeam Drive
Woodbridge, Virginia 22193**

**For more information contact:
Jodi Norman, 703-656-6999
e-mail: bpusanova@gmail.com**

Angels
ACROSS THE USA

The Angels Across the USA Tour 2019, is all about hope, featuring the message and music of Alan Pedersen. The Tour is supported by hundreds of families and organizations who sponsor butterfly decals bearing the names and home towns of their loved ones who have died. These decals are lovingly placed on the Angels Across the USA van which travels across the country. The Angels Tour will travel to more than 100 cities in 2019.

RSVP: <https://www.eventbrite.com/e/a-day-with-alan-pedersen-tickets-70357474099>

Support Meeting in Annandale VA

1st Thursday of Every Month
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
bpusanova@gmail.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



DAVID J COBB
FOUNDATION

Life After Loss Support Group For Suicide Survivors

“Shining A Light For Those In Darkness”

Last Wednesday of Each Month
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

Overdose and Substance Abuse Support Group

NO MEETING IN DECEMBER

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

For more information please contact:
Jodi Norman at bpusanova@gmail.com
or call 703-656-6999
Or
Kathie Kelly at tcffred@gmail.com
or 540-220-4325



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 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.

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 703-860-8587

When doing your Holiday
Shopping this year, shop
Amazon.com, remember that
AmazonSmile will give back to our 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 to BPUSA NOVA Chapter.

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.

HOPE FOR THE THANKSGIVING HOLIDAY

By Patti Cox

The holidays can be an especially difficult time of year for those who are grieving. When everyone around you seems happy and full of holiday cheer, you may want to just skip the holidays all together. The sights, sounds and smells of the holiday season can be overwhelming and the period of time leading up to the holidays can actually be worse than the day itself.

Before Thanksgiving Day, think about what might be tough and plan ahead, for example the “empty chair,” should you keep it in place or remove it from the table all together? Should the oldest child or another family member sit there now? Should you set a place in honor of your loved one? There’s no right or wrong answer, do what’s best for you and your family.

Be realistic... Don’t over schedule, you know yourself better than anyone. Set realistic goals and always have more than one plan. By having multiple plans – plan A, B and C – you can quickly move to the next plan if the previous one isn’t working or becomes too difficult.

It’s important to remember that you don’t have to do things the way you’ve always done them. It may be a good time to start some new traditions, this doesn’t mean you’re going to lose the old traditions; you can always go back to them or incorporate them again when you’re ready. Just because you’ve always put on a huge feast doesn’t mean you have to this year, have everyone bring a dish, have another family member host Thanksgiving dinner, or go out to a restaurant this year.

Address the “elephant in the room,” by acknowledging your loved one and including him or her in your gathering by lighting a candle, making a toast in his or her honor, or sharing favorite memories and funny stories about them. It may be difficult to start these conversations but it will benefit everyone around you and help each of you heal a little bit at a time.

A wonderful new tradition is to cover the table with a plain table cloth, provide permanent markers for family members and guests to write what they’re “thankful” for on the table cloth, a favorite memory or message to your loved one, and children can have fun by drawing pictures. Bring the tablecloth out at each holiday until it’s full and then start a new one!

Remember to give “thanks” for what you had and what you still have... memories, love and feelings in our hearts can never be taken from us unless we let them. This year give thanks that the grief you feel is based on the enormous love you’ve shared!



When The Most Wonderful Time Of The Year... Isn't

By Kristi Hugstad

The holidays aren't always joyful — especially if you're grieving. Be sure to take care of yourself first.

Stuffed turkeys and yuletide carols might be the stuff of holiday cheer, but when you're grieving, twinkling lights and festive dishes could simply be salt on your open wounds. The holidays – with their ubiquitous scents, sounds, sights and feelings – likely reminds you of a happier time, or simply a time spent with someone you loved who is gone. Your “ghosts” of Christmases, Thanksgivings, New Years' or Hanukahs past might still be haunting you this holiday season. Here's what you can do to get through it.

Plan ahead

You've heard the old adage that a failure to plan is a plan to fail. If you're dreading the holiday season, the last thing you want to do is *make plans for it*. But guess what? Avoiding the holidays – like avoiding your grief – will only make it worse. Plan where you'll be and who you'll be with for any major holidays you celebrate. Make sure to choose company that understands what you're going through and can act as a support system for you. If other family members are grieving, talk about how each family member feels comfortable celebrating. What is comforting for one might be painful for another, so be candid with your feelings.

Take care of yourself first

Regardless of what you're going through, the holiday season can be draining. But when you're grieving, the stress of family plans, work obligations, gift lists and party planning can seem insurmountable. During this time, give *yourself* the greatest gift you can: self-care. Practice healthy nutrition, good sleep habits and engage in some quiet relaxation or meditation on a daily basis. Don't feel guilty for skipping out on your office holiday party in order to relax and recharge. Only *you* know how to best care for yourself, so if that involves surrounding yourself with family and friends, do it. If it means quiet time alone, that's okay too.

Ask for help

If you're like most people, “help” is a four-letter word you try to avoid. But when you're grieving, you *need* support. Sadly, after a death, even though your friends and family *want* to help, they simply don't know how. That's where you come in. Don't be afraid to ask for help – and to do so specifically. If you need someone to simply give you a call every day to lift your spirits, *ASK!* Believe me, people want to help; they just need you to tell them how to do so effectively.

Do some good

Grieving has a way of turning our feelings *inward*. That's only natural, as you are forced to confront your new reality of a life without a person or relationship you valued. But one of the best ways for you to get the focus off your grief is to simply lend a helping hand. Fortunately, charitable opportunities abound this time of the year, so find a good cause and get involved. Whether you're simply dropping change in a collection jar or organizing a food drive from scratch, serving others is both comforting and healing throughout the grieving process.

Remember that you're unique

Unless you live in a Hallmark original movie, holidays are rarely perfect – for *anyone*, let alone someone suffering through a loss. Be careful not to compare your holiday celebrations with those of a friend, family member or acquaintance (which likely looks more picture-perfect on social media than it was in reality). Likewise, don't feel pressure to grieve in a certain way, either. There's no guilt in enjoying a holiday gathering or event, even if your loss is recent.

Get some help

Grief knows no season, but it can certainly be accentuated by memories of a certain time of year. If you need a little extra help through the holiday season, be sure to attend a grief group or schedule extra time with your therapist, if necessary.





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

Charles (CJ) Angelos, Jr.	5/28/85 ~ 11/18/06	Leslie Ann Kramer	4/20/71 ~ 12/17/06
Mielen Garlit Arquines	12/01/68 ~ 6/04/08	Glen Irvin Leonard II	4/13/71 ~ 12/07/09
Scott R. Barley	12/07/81 ~ 9/29/11	Jacob Glenn Lewis	8/06/92 ~ 11/12/13
Stephanie Sue Webber Bartley	9/29/87 ~ 12/20/16	Sara Kelsey Lott	11/01/95 ~ 7/23/08
Jennifer Lynn Becker	12/30/67 ~ 7/26/70	Brian Alan Mature	11/23/83 ~ 11/23/12
Clayton Kendall Breeding	10/23/77 ~ 12/12/01	Darren McKeever	12/07/80 ~ 11/19/98
Brian Brumbaugh	11/09/83 ~ 5/02/07	Michael Sean O'Berry	9/13/94 ~ 12/15/97
Erika Danyelle (Brummett) Lott	4/06/77 ~ 11/05/13	Brian Scott Ogden	7/04/87 ~ 12/24/17
Amy R. Buckley	3/13/86 ~ 11/17/16	Angela Oliver	11/07/67 ~ 1/06/11
Claire Rebecca Buckley	7/27/11 ~ 11/17/16	Christina Lianne Panzo-Bowers	1/08/94 ~ 11/01/14
Abigail Jane Buckley	4/25/15 ~ 11/17/16	Michael Joseph Pennefather	12/09/95 ~ 2/04/08
David John Butts	10/18/80 ~ 12/16/05	Carie Ann Polizzi	11/23/78 ~ 11/11/18
Autumn Marie Coffie	4/16/88 ~ 12/29/14	Kylene Marie Privett	12/14/83 ~ 8/13/07
David Justin Combs	11/22/79 ~ 11/23/01	Ronald Douglas Ralph, Jr.	7/27/66 ~ 11/04/02
Ryan Michael Conde	12/02/04 ~ 02/02/17	Marcus Daniel Robinson	12/29/07 ~ 10/04/17
Christina Lynn Curtis	3/01/74 ~ 12/25/07	Courtney Sharee Shelby	11/23/93 ~ 5/14/01
Barbara Dawn (Dotson) Cleary	12/3/66 ~ 1/21/18	Jacqueline Simoes	11/05/66 ~ 3/15/06
K.J. Edwards	12/03/85 ~ 10/31/03	Ben Smith	12/22/70 ~ 1/26/03
Brian Patrick Elero	12/30/80 ~ 10/29/01	Karl Dewan Smith	11/20/83 ~ 4/25/04
Rhonda Lynn Flannery	7/31/63 ~ 11/10/01	Ananth Vignesh Sridhar	11/12/94 ~ 3/20/18
Ahmad Givon Glenn	3/06/83 ~ 12/04/06	Jerry Damon Taybron	11/21/75 ~ 8/18/07
Christian Green	11/12/91 ~ 11/01/08	Shawn Terrill	2/23/82 ~ 12/03/06
Adon Gerald Grey	11/05/81 ~ 1/20/18	Christopher Andre' Waters Jr	5/31/97 ~ 12/23/07
Clay Matthew Haga	12/09/88 ~ 8/26/19	Melinda "Mindy" Lee Weakley	12/20/83 ~ 9/02/09
William Clayton Holt	9/10/84 ~ 12/23/17	Keith Alan West	9/22/66 ~ 11/25/10
Philip Reid Hottle	2/16/85 ~ 12/03/08	Brenden Michael Wilson	1/10/98 ~ 11/10/14
Olivia Jean Howard	12/31/91 ~ 9/03/09	Kevin Woods	12/08/93 ~ 8/06/14
Adrienne Leigh Ingram	6/25/79 ~ 12/02/07	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 November and December, please provide us with your child's information so they can be included correctly in future newsletters. Email bpusanova@gmail.com with any corrections or additions.

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



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.

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