



Volume 20, Number 3

May/June 2023

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

Twenty Years of Hope & Healing



Wings of Hope Butterfly Release

Sunday, August 13, 2023

5:30 p.m.

BPUSA Memorial Garden

St. Benedict Monastery,

9535 Linton Hall Road, Bristow, VA

The highlight of the Butterfly Release will be the individual and mass release of the butterflies accompanied by music, inspirational readings and remembering our children.

We are requesting a \$5 donation per butterfly. RSVP's and orders for the butterflies must be received by July 23rd to Bev Ruane at 540-628-4758 or ruane.beverly@yahoo.com.

Refreshments will be provided by the chapter after the program and release of the butterflies.

If you would like to participate in the program, please let Bev Ruane know what you would like to do.

Please bring lawn chairs as there is no seating at the garden.

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

Caring & Sharing Meetings

In-Person Meetings

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



DAVID J COBB
FOUNDATION

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.

AMORe

(All Murdered Offspring Remembered)

2nd Sunday @ 3:00 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

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 @ 8 p.m.

If you or your surviving children are interested in participating in the Sibling Support Group, the link to join the zoom email list is:

<https://virtual-bereaved-sibling-chapter-meeting.mailchimpsites.com/>

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.

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.

Check Out Our Website

<http://www.bpusanova.com>

I need everyone's help in updating our website. If you have not already done so, please write a bio of your child and include a photo or a collage of pictures to include in “Our Children Remembered” Section. We would like to have all the children of our chapter included on this page. Please send submissions to Jodi at bpusanova@gmail.com.

Rock-It Creations

If you would like to have a rock in the Memorial Garden in memory of your child, sibling or grandchild, we highly recommend that you order through “Rock-It Creations.” The rocks are river rocks and will last a life-time! Your rock can be personalized and customized. Please order the large size rocks, either the custom or standard rocks, for our Memorial Garden. There is no shipping charges or taxes on the rocks.

Go to Rock-It Creations' website to order a rock in memory of your loved one,

<https://www.rockitcreations.com/>

If you have any questions, contact Jodi Norman at 703-656-6999 or bpusanova@gmail.com



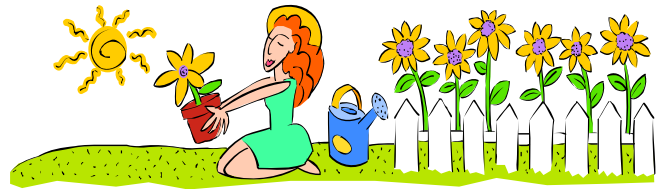
Garden News

The Memorial Garden belongs to all of us Bereaved Parents. It's a labor of love! We could really use your help to keep the garden maintained, weeded and watered. When you work in the garden, it's a way to honor your child.

There are garden vases at the garden that you can use to place fresh cut flowers. Please refrain from putting artificial flowers out in the garden during the flower growing season, May to October. If you would like to plant some flowers, you are more than welcome to do so. Please plant flowers that are deer resistant. Perennials are preferred.

If you can help out with the garden please contact Bev or Jodi so we can notify you of any garden work days. At any time, you are available to do work on the garden, please go out there and do what you can.

If you have any questions about the garden, please contact Bev Ruane at 540-628-4758 (h) or 703-395-9546 (c) or email: ruane.beverly@yahoo.com or Jodi at 703-656-6999 or bpusanova@gmail.com.



Photos Wanted

2023 marks 20 years of Hope and Healing for our BPUSA Northern VA Chapter. I would like to put together a video montage of photos from the past 20 years. If you have any photos of our chapter activities, please email them to Jodi at bpusanova@gmail.com. The video will be shown at our Service of Remembrance on Sunday, December 10th.

Our sincere sympathy to the family of Gwen Bolton. Gwen, mom of Lesly Glyn Bolton and grandma of Christopher Andre' Waters Jr. died on April 23, 2023



Tell Us Your Story

Interested in sharing your child's story for a book designed to give other Bereaved Parents hope?

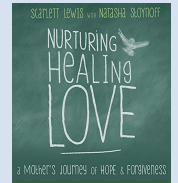


We are looking for parents who would be willing to be interviewed and have their story written (with your approval) OR write your own story for submission.

Contact Sue Cerrone for more info at 703-819-8604 or Suebcerrone@gmail.com.

Book Club

Our Book Club meets on the last Monday of the month at 7 p.m. Please note date change for May and June, our meeting will be held on Monday, June 12th.



We meet both on Zoom and in person at Sue Cerrone's home, 9564 Basilwood Drive, Manassas.

We are currently reading, Nurturing Healing Love: A Mother's Journey of Hope and Forgiveness by Scarlett Lewis.

Please email bpusanova@gmail.com, if you would like to receive emails about the Book Club.

The Zoom log-in will be emailed to everyone a couple days before the Book Club meets. 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.

Upcoming Social Events

Monday, May 15th @ 6 p.m. – Mother's Day Dinner at United Buffet, 2942 Prince William Pkwy, Woodbridge, VA 22192

Saturday, June 10th @ 11 a.m. – Brunch at Ashton Family Restaurant, 9920 Cockrell Road, Manassas, VA

August, Date TBD – Pot Luck Dinner at Valerie & Rich Larson's home

Sunday, October 8th, Annual Picnic & Lotus Flower Launch, Locust Shade Park, Triangle, VA

Chapter Newsletters

If you like to write and would like to contribute to our chapter newsletters, I would love to include your writings about your grief journey in our newsletters. Our Newsletter is published 6 times a year. Email submissions to bpusanova@gmail.com.

Now's the time to register to attend the National Gathering. Early-bird registration of \$75 ends on June 1st. Hotel reservation deadline is June 18th. Rooms are \$94 per night. The National Website has all the information.

NATIONAL GATHERING CONFERENCE 2023



Bereaved Parents of the USA

July 21-23 ♥ Hilton Washington Dulles Hotel ♥ Herndon, VA

www.bereavedparentsusa.org

2023 National BPUSA Gathering

Our chapter leader, Jodi Norman, has done an amazing job for 20 years now to keep the Bereaved Parents of the USA, Northern Virginia chapter, active and thriving. She is always planning and organizing a variety of events, hoping each of us find something that fulfills our needs as we search for anything that will help us in our individual paths to healing. Is it the monthly in-person meetings? The monthly zoom meetings? The book club? Social events that include restaurant outings, potluck dinners, the theater? Getting your hands dirty at the memorial garden? Butterfly releases? Christmas candlelight ceremonies? There is something for everyone. Whether you have been lucky enough to find your niche, or remain undecided in your individual needs, we have an invitation for you that we truly hope you will consider.

Each year, the Bereaved Parents of the USA organization hosts a National Gathering. Most years it has rotated locations around the country, but recently they are being held at least two years in a row in a particular location. Our local chapter, in fact, hosted the Gathering in Northern Virginia in 2011, then again in 2017. We are very happy to share that six years later it is again being held in Northern Virginia, and this time it is being hosted by the National Board of Directors. It will take place Thursday, July 20 - Sunday, July 23 at the Dulles Hilton in Herndon, Virginia. You can go to the BPUSA web-site for complete details, but I wanted to encourage all of you to not disregard this upcoming event in three months.

We lost our 18-year-old daughter Kristin in 2008. In 2009, I attended my first Gathering which was held in New York City. I had some reluctance because after all, who wants to spend their weekend with a bunch of distraught people who have suffered the loss of a child? Luckily, Jodi convinced me to join her and I'm so glad I took that step and attended. In fact, in the 15 years since the loss of Kristin, I have attended 12 Gatherings in a number of states, to include FL, TN, CA, CT, MO, AR, and IN. At each, there have been 150-250 parents (and some siblings) in attendance. Once the event ends, on Sunday, you may find it difficult to leave because every person you have met there "gets it." We may be on our individual journeys, but we all share that moment when we received the most devastating news of our lives.

The Gatherings include a number of workshops (we hosted 64 over one weekend). You select the workshops that pertain most to your situation or are simply of interest to you. There are four key speakers invited to share their stories and their messages of hope and healing. These occur after meals at select times. Even if you choose to not eat the meals offered at the hotel, everyone is invited into the ballroom afterwards. You don't have to stay in the hotel, but rooms are offered at a discount, and to be honest, it's in the evening that we have "sharing sessions" where deeper connections are formed. One highlight is Saturday evening when we have a candlelight ceremony following dinner (a good meal to attend). Each of our children's pictures are shown on the large screen, their names are read, and a candle is lit in their memory. Sad? Of course, but don't we all love sharing our children with others? This is our chance.

As I've shared, more detailed information can be found on the BPUSA website, but I wanted to give you a firsthand account of this event, "forever in my heart" and encourage you to not miss it. The early bird cost is \$75 per person until June 1st and \$95 after that date. In conclusion, that first annual Gathering I attended 14 years ago, in 2009, I met and connected with a woman named Beverly. Since that time, she has been one of my closest friends, along with her husband Bernie (both Compassionate Friends chapter leaders). There are others I've met over the years, too many to name, but we reconnect at the Gatherings and it's always like a mini-reunion. I'm really hoping you will join Jodi, my husband Tom, me and others in Dulles this year. I promise that you will find it is definitely worth your time. Those who live in Northern Virginia should especially take advantage of the location! Can't wait to meet you! See you there!

Your Fellow Traveler,
Linda Harkness
Ruckersville, Virginia
Mom of Kristin Marie Harkness
March 19, 1989 - February 22, 2008



International Bereaved Mother's Day



- Speak their names
- Tell their stories
- Remember with us
- Gone but never forgotten



A father's love

cannot be measured solely by the footsteps that echo through his halls, but by those that will echo forever in his heart and walk unheard beside him everyday.
-kp

Out of the Ashes / FB



The first Sunday in May each year (the week before Mother's Day) is a special day to have our never-ending grief acknowledged because of our never-ending love for our child who is no longer here with us.

International Bereaved Mother's Day

WWW.GPSHOPE.ORG

**My child died.
I don't need advice.
All I need is for you
to gently close your mouth,
open wide your heart and
walk with me until
I can see in color again.**

Angela Miller

Mothers
hold their children's hands
for a short while
but their hearts *forever.*



It takes a strong man
to be a father,
it takes an even stronger
man to be a
grieving father.

A thousand words can't bring you back

*I know because I tried,
and neither can a million tears
I know because I cried.*

~ Sarah Ratliff

**Nothing will
ever take away
our memories.**

Catherine Pulsifer

www.wow4u.com



We Remember Our Children

Who have Birthdays and Death Dates in May and June

Zaria Jasmyn Nevaen Agee	1/28/04 ~ 6/09/19
Fabio Mauricio Amarillo	5/26/88 ~ 6/02/19
Charles (CJ) Angelos, Jr	5/28/85 ~ 11/18/06
Zachary William Arnold	9/23/84 ~ 5/11/14
Mielen Garlit Arquines	1 2/01/68 ~ 6/04/08
William Bruce Austin II	5/11/84 ~ 4/10/18
Brandon Scott Bailey	6/21/79 ~ 5/31/99
James "Jimmy" Barnette	7/11/98 ~ 6/03/06
Donald "Donnie" Barrett	5/14/76 ~ 5/03/02
Kimberly Ann Barrett	9/08/86 ~ 5/04/02
Jamie William Billek	6/25/06 ~ 6/25/06
Joseph Brendan Birkebile	6/26/89 ~ 1/11/11
Tiffany Blackwood	12/08/84 ~ 6/09/21
Parker Evan Boyd	9/15/98 ~ 6/04/08
Benjamin Andrew Brletic	5/17/77 ~ 12/30/21
Samantha Margaret Brown	6/05/90 ~ 4/24/21
Brian Brumbaugh	11/09/83 ~ 5/02/07
Brandon Bundy	5/19/84 ~ 8/24/08
Erwin F. Burock	12/17/48 ~ 5/25/13
Justine Noel Carlton	3/30/98 ~ 5/11/21
Cole James Clark	5/11/13 ~ 5/15/17
Baby Combo	5/08/16~5/08/16
Emmanuel Camden Conty	5/29/19 ~ 5/29/19
Brandon DeWulf	6/20/85 ~ 6/29/09
Corey Martin Dill	7/25/90 ~ 5/03/07
David John Drumheller	8/30/89 ~ 6/20/16
Scott Michael Fulton	5/25/93 ~ 10/08/21
Ezekiel Josiah Gales	1/30/98 ~ 6/08/20
Raven Gileau	6/23/90 ~ 4/23/10
Jacob Charles Glushefski	5/23/77 ~ 2/21/11
Dwayne Eddie Gonsorcik	5/26/74 ~ 4/26/13
Christina Gordon	5/08/13 ~ 5/08/13
John Gregory	9/21/73 ~ 6/03/13
Kourtney Michelle Hale	5/29/80 ~ 3/14/10
Aliyah Denise Henderson	5/20/03 ~ 8/23/22
Gabrielle Nicole Henderson	5/28/86 ~ 6/17/99

Olivia Rose Cecilia Henry	5/27/02 ~ 5/26/12
Daniel Franklin Houston	8/10/68 ~ 6/13/16
Ethan Humphrey	6/23/16 ~ 7/22/16
Adrienne Leigh Ingram	6/25/79 ~ 12/2/07
Devonte Lee Ivy	6/16/00 ~ 9/16/19
Derrick V. James	6/01/74 ~ 5/28/05
Rasheem Kuwan Jenkins	5/04/82 ~ 9/09/09
Kashif Johnson	3/15/87 ~ 5/01/07
Matthew Russell King	5/16/79 ~ 9/08/21
Robert Andrew Larson	3/14/94 ~ 6/30/10
Nicole Michelle Lee	6/22/89 ~ 1/26/08
Robert Loiseau	8/22/72 ~ 5/27/93
Robert Henry Maples	6/07/76 ~ 7/05/18
Ian Patrick McDonald	5/05/89 ~ 1/12/15
Christian Paul Norman	2/04/85 ~ 6/03/01
Josephine Pennefather	6/21/03 ~ 6/21/03
Timothy Michael John Peyton	6/13/68 ~ 2/09/17
Eric Noah Rivers	5/15/95 ~ 3/19/20
Christian Jamar Roberts	4/21/99 ~ 5/15/22
Carl Andrew Runion	7/27/94 ~ 5/14/21
Vernon Santmyer, Jr.	8/24/79 ~ 5/17/11
Courtney Sharee Shelby	11/23/93 ~ 5/14/01
Mark Alexander Slough	6/26/96 ~ 10/08/15
Colby Thomas Smith	5/25/04 ~ 10/11/15
Adam Charles Sorge	5/12/94 ~ 1/04/14
Kevin Michael Stanphill	3/12/80 ~ 5/09/09
Michael "Ryan" Stevens	7/07/87 ~ 5/30/07
RoseAnn "Rose" M. Taylor	6/02/44 ~ 1/02/23
Beckett Josef TePaske	5/04/12 ~ 5/12/15
Hazel Athena Thomas	5/07/21 ~ 10/24/21
Christopher Andre' Waters Jr	5/31/97 ~ 12/23/07
Josh Weaver	6/17/82 ~ 9/09/09
Kyle Robert Wilson	5/25/82 ~ 4/16/07
Tommie J. Wonnum III	6/14/84 ~ 6/30/03
Franklin Conner Woodward	5/15/08 ~ 5/17/08
Stephen Wesley Wright	6/06/89 ~ 11/21/13

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 May and June, please provide us with your loved one's information so they can be included correctly in future newsletters.

Bereaved Parents of the USA Credo

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

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