

July/August 2025
Volume 22, Issue 4



Presenters:

Alan Pedersen

Kris Munsch

Doug & BJ Jensen

Brigitte Brown-Jackson

Sue Cerrone

*A quiet place to relax,
restore and renew.*

<https://www.roslyncenter.org/>

Join us as we come together to offer hope and healing to bereaved parents and to honor and remember our precious children at a beautiful and peaceful retreat center in Richmond, VA

All-Inclusive Accommodations:

2 nights lodging and 5 meals are included in the registration fee of \$300 (double occupancy) or \$350 (single occupancy).

For more information email: bpusanova@gmail.com

To Register:

<https://form.jotform.com/bpusanova/retreat-registration>

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

Caring & Sharing Meetings

In-Person Meetings First United Presbyterian Church

14391 Minnieville Road
Dale City, VA

4th Sunday @ 3:00 p.m.
No Meeting in July

Manassas Church of the Brethren

10047 Nokesville Road, Room 207
Manassas, VA 20110

1st Thursday @ 7:00 p.m.

Zoom Meetings

2nd Thursday @ 7:00 p.m

<https://us02web.zoom.us/j/86813541644?pwd=RDBwOWkzZmxoWXJ5NnovT3VIY2lrQT09>

For more information contact:

Jodi Norman, Chapter Leader

703-656-6999 (cell)

bpusanova@gmail.com

Ruckersville Support Group Meeting

3rd Sunday @ 2:00 pm

Four Seasons Clubhouse

Card Room

444 Four Seasons Drive
Ruckersville, VA 22968

For more information contact:

Linda Harkness 703-405-7379

harknesslm@gmail.com

SAAD

(Support After Addiction Death)

2nd Monday of the Month

(No Meetings Until Further Notice)

Prince William County
DSB Administration Building
5 County Complex Ct
Woodbridge, VA 22192

AMORe

(All Murdered Offspring Remembered)

2nd Sunday @ 3:00 p.m.

(No Meetings until Fall)

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

Attention Siblings

Currently, our chapter does not have meetings specifically for Siblings. We have lots of bereaved siblings and need a bereaved sibling to volunteer to coordinate a meeting for siblings. These meetings can be in person or via Zoom.

If you are interested or one of your surviving children would like take on this role in the chapter, please let Jodi know by emailing bpusanova@gmail.com.

. Support Group for Parents with No Surviving Children

**Virtual Meetings on 2nd Saturday
2-4 pm**

For more information contact:

Tina M.

tm35710@gmail.com

Chapter Book Club

Join us as we read books on bereavement and grief, authored by Bereaved Parents who know what we are going through and understand our pain.



We will be meeting again starting in September. Our book for Sept. is [Grief Is for People](#) by Sloane Crosley. For our October meeting we will be reading [Lives Unfinished: Parents' Reflections on Child Loss](#) by Susan Lataille.

We meet at Sue Cerrone's home, 9564 Basilwood Drive, Manassas, VA on the last Monday of the month at 7:00 p.m. If you are interested in being a part of this group, please let me know by sending an email to bpusanova@gmail.com.

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

Garden News

Just want to remind everyone that our Memorial Garden is a beautiful, peaceful place to go to remember our precious children. It is open to everyone and it is a place you can go to get fresh air and enjoy the beautiful surroundings.

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 cut the flowers to fit in the vases. 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.

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.



Refreshments at Meetings

If you would like to remember your child's birthday or the anniversary of his or her death, please bring your child's favorite cake or cookies to the meeting that month.

Please let Jodi know that you will be bringing refreshments.

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

Facebook Fundraisers

Facebook Fundraisers are an easy way to raise funds for our chapter. In 2024, \$1,768.73 was raised by chapter members who set up a fundraiser for their birthday or Giving Tuesday. Please consider doing a Facebook fundraiser for your birthday, your child's birthday or death day or Giving Tuesday (in November).

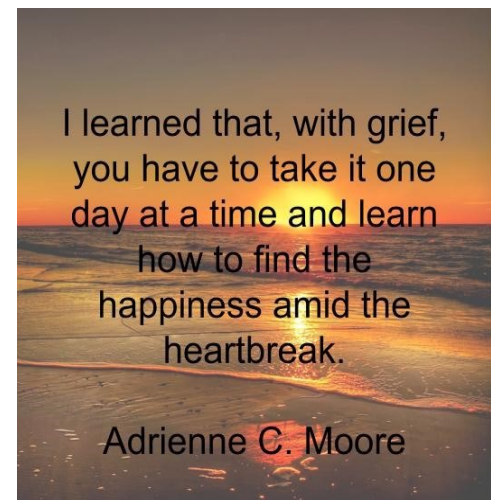
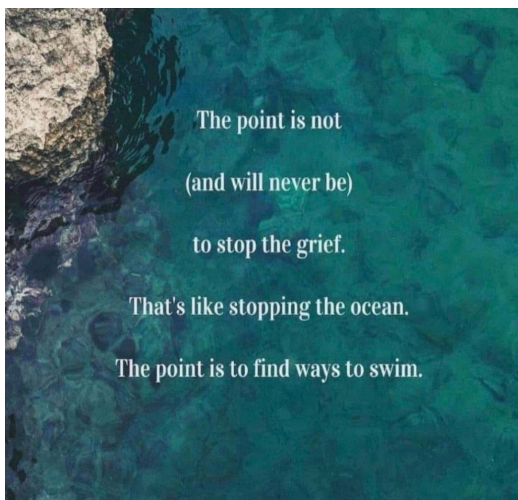
To set up a Facebook Fundraiser, click on the menu icon (the 9 dots), scroll down to Community Resources and select Bereaved Parents of the USA (BP/USA NOVA CHAPTER). Set up the page with your personal information and share it on your Facebook page. Facebook and Pay Pal takes care of the rest!

Compassionate Ways to Address Summertime Grief

Summer means longer days, hotter temperatures, more time by the water, and social get-togethers with good food and cold drinks. For those who are grieving, summer can include fresh grief waves as the sensory cues are reminders of past memories along with the acute and painful awareness that their child is no longer here to share it. Griefers may find they lack the energy to enjoy all of the events and activities they once did before their child died. Wherever you find yourself today in your grief, some compassionate reminders may cushion the difficulty that comes with grieving in the summer season.

1. Check-in on your sleep hygiene, nutrition and exercise. These three components of health greatly affect the intensity of grief experiences. Summertime can create a change in routine for many, and it is easy to let self-care slide. Now is a good time to create a stable routine that works for you.
2. Take time to note what was special about your relationship with your child during summertime. Create a ritual or activity that honors it. Did you spend time taking walks? Consider visiting some of your favorite trails. Have a special summer snack? Invite people who are close to share it with you and talk about your child. Finding ways to connect to the good memories and aspects of your relationship can build resiliency and a comforting connection to your child. Get creative.
3. Allow yourself to feel your pain. Grief comes with a mixture of many feelings. Find ways to express your feelings whether it is journaling, talking with a friend, creating art or writing a letter to your child and telling them how you feel. Pain and difficult emotions are a healing part of grief. Find a safe time each day to feel and observe your pain, and then turn to your list of enjoyable activities that can help ground you as you rest from your feelings.
4. Re-engage with your community—but have an escape route ready. Being alone can be re-charging, but too much isolation creates more stress. For each event, make a plan with options so you can regroup or exit if you find that you do not have the energy. Recruit friends or family to help you. Be specific with your requests so that everyone is on the same page with how best to support you during social gatherings.
5. Depending on your unique life events of the same time last year, your body can respond as if those traumatic memories were happening in the present. If you find that a sense of panic or anxiety is welling up without an obvious present stressor or a distressing memory keeps coming to mind, consider finding a safe person to talk to about these memories in a safe place. Grief counselors are trained to help you heal from traumatic memories and can provide support. If you are finding that it is difficult to do life's tasks or are needing a listening ear, reach out to friends or a counselor.

Rachel Thompson is an Associate Professional Clinical Counselor (APCC), Certified Grief Counseling Specialist (CGCS), and EMDR Trained Therapist



Coping with Grief in the Summer

Grief is a complex and deeply personal experience, one that knows no boundaries of time or season. Yet, there can be an unexpected shift in its intensity when summer arrives.

As temperatures rise and the world around us bursts into vibrant life, the burden of loss can feel heavier than ever. In this blog, we'll explore why grief may feel heightened in the summer and offer insights on navigating your own journey with loss.

Summer often disrupts established routines. Children are out of school, vacations are planned, and work schedules may shift. For those grieving, these disruptions can magnify feelings of loneliness and isolation. The absence of familiar routines can accentuate the void left by their loved one, which can cause a feeling of disconnection from the world around them.

Anniversaries, birthdays, and special occasions can trigger waves of grief, regardless of the season. However, the summertime hosts its share of significant dates, from family reunions to milestone celebrations. For those mourning the loss of a loved one, these occasions serve as stark reminders of their absence, heightening feelings of sorrow and longing.

Summer is synonymous with socialization – backyard barbecues, beach outings, and outdoor festivals abound. For the grieving, social gatherings can be fraught with discomfort and anxiety. The pressure to appear happy and engaged in the midst of festivities can feel overwhelming, which can lead to a heightened sense of alienation from others.

Summer is the season of vibrant landscapes and blooming flowers, which can feel like a stark contrast to the internal feeling of grief. The juxtaposition of nature growth with your own sense of loss might be jarring, intensifying feelings of despair and hopelessness. Changing seasons also brings the ever present passing of time to the forefront of your mind, which can serve as a poignant reminder of the permanence of loss.

For some, the heat of summer can exacerbate feelings of irritability, fatigue, and emotional vulnerability. Physical discomfort, such as excessive sweating and dehydration, can further amplify the emotional distress experienced by the grieving.

Navigating grief during the summer months can feel overwhelming. By acknowledging the unique challenges posed by the season and seeking support from loved ones or professional resources, it's possible to find solace in the midst of ongoing grief.

Posted on www.sciencecare.com



Happy Heavenly Birthday, Tony!

We miss you and love you so much!



Seize the day and
the
Angel Food Cake!

Anthony Turchiano
8/4/79 ~ 4/29/17

Picture Buttons

Anyone interested in a picture button of your child/children/sibling/grandchild, please let me know and I will make as many buttons as you would like to have.

Please email a picture, that you would like used to make a button, to bpusanova@gmail.com. If I already have a picture, just let me know how many buttons you would like and I will use the picture I have.

Please do not crop the pictures as the more space around the child the better.



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.

We could really use volunteers to plan our special events (Picnic, Butterfly Release, and Service of Remembrance).

Would love to have someone volunteer to plan social events, ie. Dinner, Brunch, Lunch, etc. I'd like to have something social every month or every other month.

If you are interested in helping plan the chapter retreat, please let me know.

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.

Chapter Newsletters

If you enjoy writing and would like to contribute to our chapter newsletter, I would love to include your writings about your grief journey in our newsletters. Email any submissions to:

bpusanova@gmail.com

Attention: If you do not wish to continue to receive this newsletter or be on our mailing list, please let us know by emailing bpusanova@gmail.com or calling Jodi at 703-656-6999.

July is National
Bereaved Parents
Awareness Month

"What we have once enjoyed, we
can never lose. All that we love
deeply becomes part of us."

— Helen Keller —



We Remember Our Children Who have Birthdays and Death Dates in July and August



Lisa Abaunza	9/17/96 ~ 7/07/12	Bruce Foxworthy	8/29/75 ~ 2/11/12	Thomas Parker	8/26/92 ~ 4/15/19
Michael Alcantara II	8/04/05 ~ 5/15/24	Clay Haga	12/09/88 ~ 8/26/19	Evan Peugh	8/03/90 - 4/26/14
Jason Alexander	7/02/74 ~ 7/24/13	Charlotte Gaston	7/21/98 ~ 6/23/21	Catzby Pitzvada	8/07/88 ~ 12/17/19
Cora Bardwell	8/24/98 ~ 7/10/20	Aliyah Henderson	5/20/03 ~ 8/23/22	Zane Pitzvada	8/22/92 ~ 9/14/11
Jimmy Barnette	7/11/98 ~ 6/03/06	Nathan Hamilton.	7/19/99 ~ 9/04/18	Linda Plewes	7/16/51 ~ 3/21/02
Jennifer Becker	12/30/67 ~ 7/26/70	Ashley Hoefling	8/22/85 ~ 2/08/17	Kylene Privett	12/14/83 ~ 8/13/07
Brandon Berenson	11/24/92 ~ 8/30/21	Victoria Holman	12/27/98- 07/23/22	Khalif Privott	7/21/94 ~ 7/13/16
Trevor Blake	10/30/01 ~ 8/11/13	Daniel Houston	8/10/68 ~ 6/13/16	Ronald Ralph, Jr	7/27/66 ~ 11/04/02
Kenny Brooks Jr	8/13/82 ~ 1/14/06	Ethan Humphrey	6/23/16 ~ 7/22/16	Clarke "Dani" Reese	8/31/93 ~ 2/25/07
Jason Brunzman	8/21/04 ~ 2/14/24	Kyle Irwin	7/27/92 ~ 4/21/20	Carl Runion	7/27/94 ~ 5/14/21
Claire Buckley	7/27/11 ~ 11/17/16	Jason Jackson	8/20/92 ~ 9/12/15	Vernon Santmyer, Jr.	8/24/79 ~ 5/17/11
Brandon Bundy	5/19/84 ~ 8/24/08	Ryan James	2/17/99 ~ 7/06/19	Matthew Scott	8/07/78 ~ 7/19/20
Hailey Cavin	6/11/95 ~ 8/17/23	John Kennedy	1/16/94 ~ 8/11/18	Gene "Tony" Sergeant	8/10/87 ~ 9/14/07
Christopher Chapman	8/01/88 ~ 1/13/07	Ryan Khazmo	7/10/02 ~ 10/16/21	Klee Simmons	3/27/89 ~ 8/09/15
Jason A. Clover	7/30/84 ~ 9/28/03	Kwadwo Kusi	3/20/06 ~ 7/26/08	Brandon Simms	10/10/80 ~ 7/14/95
David Cobb	7/02/98 ~ 10/23/15	Thomas Langston	4/05/92 ~ 8/04/18	Cody Slayton	12/11/12 ~ 8/09/21
Todd Coder	7/23/84 ~ 9/24/10	April Lillicotch	7/27/04 ~ 2/24/20	Liam Slayton	8/17/16 ~ 8/09/21
Sarah Cole	8/06/80 ~ 4/23/11	Robert Loiseau	8/22/72 ~ 5/27/93	Adelacia Smalley	8/06/94 ~ 10/19/02
Michael Costanzo	7/07/98 ~ 12/22/20	Sara Lott	11/01/95 ~ 7/23/08	Kevin Smith	8/24/79 ~ 3/28/16
Rosanna Crist	4/10/86 ~ 7/30/23	Kyle Ludeman	4/12/93 ~ 8/27/13	Tyler Smith	9/20/92 ~ 8/01/06
Ryan Cross	7/12/97 ~ 7/26/17	Brienna Lux	8/09/90 ~ 8/17/20	Daniel "Cody" Starr	4/13/88 ~ 7/30/20
Anthony Cruz-Santos	7/06/04 ~ 7/12/21	Robert Maples	6/07/76 ~ 7/05/18	Robert Starling	8/02/93 ~ 2/04/18
Gregory Dennis	8/26/98 ~ 7/26/17	Kevin McGuin	2/08/88 ~ 8/26/08	Michael "Ryan" Stevens	7/07/87 ~ 5/30/07
Corey Dill	7/25/90 ~ 5/03/07	Emily "Tabor" McMullen	1/26/84 ~ 8/31/12	Grace Stone	8/20/99 ~ 11/01/18
Forrest Dotson.	8/25/79 ~ 4/19/17	Derek Meffert	4/21/95 ~ 8/15/10	Leiliana Schwartz	7/11/09 ~ 6/02/24
David Drumheller	8/30/89 ~ 6/20/16	Annie Mirabal	8/02/84 ~ 10/27/16	Jerry Taybron	11/21/75 ~ 8/18/07
Bryan Eastes	8/18/80 ~ 4/18/17	Michael Moore	7/13/71 ~ 1/09/09	Dana Thrall	8/02/75 ~ 1/02/01
Val Ensor, Jr.	8/2/94 ~ 1/21/16	Christina Morgan	7/30/80 ~ 3/13/02	Anthony Turchiano	8/04/79 ~ 4/29/17
Elizabeth Erickson	7/23/89 ~ 9/14/89	Johnny Mullins	7/11/61 ~ 1/22/02	Kisha Woods	8/06/17 ~ 8/06/17
Robert Finch	7/27/70 ~ 1/02/01	Elijah Nealey	9/08/10 ~ 8/22/12	Kevin Woods	12/08/93 ~ 8/06/14
Omisha Flagg-McDowell	8/28/80 ~ 7/08/21	Nicholas Nelson	7/16/90 ~ 4/19/18	Jakari D. Wright	3/31/97 ~ 8/18/18
Rhonda Flannery	7/31/63 ~ 11/10/01	Brian Ogden	7/04/87 ~ 12/24/17		
Ryan Fox	4/10/84 ~ 7/29/24	Kim Ouren	9/19/57 ~ 7/22/18		

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

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.



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Col. John S. Mosby & Civil War Documentaries
Civil War Books, Tours & Films
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dhakenson@verizon.net
www.hmshistory.com
www.stuart-mosby.com

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.

2025 & 2026 Events

July 25-27 – National Gathering, Pittsburgh

September (Date TBD) – Pot Luck Dinner

**October 17-19 – Chapter Retreat at Roslyn
Retreat Center, Richmond, VA**

December 14 – Annual Service of Remembrance

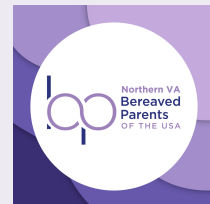
**Sunday, May 31, 2026 - Annual Picnic and Lotus
Flower Release**

Sunday, July 12, 2026 – Butterfly Release

***Dates and Events are subject to change**

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

Chapter Leadership

Chapter Leader: Jodi Norman
Co-Leaders: Bev Ruane, Debbie & Tim Shirt
Manassas Meeting Leaders: Sue Cerrone,
Melody Ridgeway & Jodi Norman
Book Club Leader: Sue Cerrone
Ruckersville Leader: Linda Harkness

Someone Cares About You

If you are receiving this newsletter and have never attended one of our meetin 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.



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.