



October 17-19, 2025

Roslyn Retreat Center
Richmond, VA

Presenters:

Alan Pedersen

Kris Munsch

Dr. Doug & BJ Jensen

Brigitte Brown-Jackson

Sue Cerrone

Hogan Hilling

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

<http://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 per person registration fee of \$300 (double occupancy) or \$350 (single occupancy).

Commuter rates are also available if you wish to come for any of the days and not stay overnight.

For more information email: bpusanova@gmail.com

To Register:

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

Annual Service of Remembrance
Sunday, December 14, 2025
6:00 p.m.

First United Presbyterian Church of Dale City

Program will consist of readings, music, slideshow of our children and lighting candles in their memory



If we do not already have your child's photo to be used in our slideshow, please send a photo to Jodi at bpusanova@gmail.com. We want to include all the children of members of our chapter whether you are attending the service or not.

If you would like to participate in the program by doing a reading, provide music, read the names or anything else you would like to do, please let Jodi know at bpusanova@gmail.com.

Retreat

After our in-person Support Meeting on Sunday, September 28th, we will be putting together the tote bags for our October 2025 Retreat. The meeting will start at approximately 5 p.m. Even if you don't attend the support meeting, we need all of your help. Please email bpusanova@gmail.com if you plan to attend.

Refreshments

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.

In Loving Memory of
Matthew Ruane
9/07/83 ~ 4/29/02



Forty-two years old! That's what you will be on September 7. It's hard to believe because I see you as my 18-year-old baby boy. We all miss you so very much. I wish we could celebrate your birthday here on earth together. The last birthday we celebrated with you was your 18th birthday with family and friends. The last birthday meal we had with you was at Daks, one of your favorite places to eat. You wanted a PlayStation 2 which we surprised you with at dinner. We were so happy that night and thought we had many more birthdays to celebrate together.

Every birthday I wonder where you would be and what you would be doing and who you would be with. I know you would be happy and making others happy. That was your personality.

We will celebrate your birthday here on earth as you celebrate in heaven. We will always miss you and always love you. Until we meet again....your family.

Caring & Sharing Meetings

In-Person Meetings

First United Presbyterian Church
14391 Minnieville Road
Dale City, VA
4th Sunday @ 3:00 p.m.

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.

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

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

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

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

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

Sibling Support Group

The Virtual Support Group is making changes to the virtual meetings and they will now be held on the 3rd Tuesday 7:30-9:00 pm

If you are a bereaved sibling, over the age of 18, and are interested in participating in this Virtual Support Group, please contact Amanda Hughes, Sibling Coordinator at 202-596-7573 or siblings@bereavedparentsusa.org

Book Club

Our Book Club meets on the **last Monday** of the month at 7 p.m. We meet in person at Sue Cerrone's home, 9564 Basilwood Drive, Manassas, VA. **No meeting in September.**

Please let us know in advance if you will be joining via Zoom. The Zoom log-in will be emailed to you a couple days before the Book Club meets. We often have our authors join the meetings.

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.

Garden News

Happy Fall Y'all!

Thank you to all who helped take care of the Memorial Garden this year. Jodi did a lot of extra work this year with the many of perennials she provided and planted to bring more color to the garden. There were others that planted some flowers and added special touches of their own. A special thank you to all that watered. That helped keep the garden and the newly planted flowers alive to be enjoyed during the Butterfly Release and throughout the season.

We had some very hot and dry weather for awhile in which the garden needed watering at least every other day but unfortunately that didn't happen as often as it should have. After the Butterfly Release, some things dried up but fortunately most things survived. The garden will need to continue care until the end of the growing season. If anyone can help weed and water, please contact me or Jodi through our emails, phone, texts, and facebook. In advance we really appreciate any and all help.

As far as a Fall work day, if one is scheduled you will be notified by email and facebook (mine or Jodi's page and the BP NoVa page). Otherwise, work may be spur of the moment in which you could be notified a day or two before. There normally isn't as much to do in the Fall. We definitely need help come Spring. There will be a garden update in the newsletter next year.

Once again, thank you for all of the help this year and for all of the help in the future. The garden belongs to all of us and our children. The Memorial Garden is and will always be a labor of love.

Love and hugs, Beverly



Our Children Remembered

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

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



Falling into Autumn, Season of Bitter and Sweet

Written by Kathryn McGrath

The air has changed. Rather than being sun-kissed by the warmth of the day during the summer months, the crisp air of fall is an invigorating embrace which envelopes me and is a welcomed presence. The air is not the only change this season brings: classes have resumed, regular work schedules have begun again, and the rhythm of busy schedules have ensued. This past summer, now a sweet memory, has ended; however, as the seasons ebb and flow, I can look forward to next summer. Now however, I am falling in love with autumn once again.

Of all seasons, fall is my favorite. With every fiber of my being, I look forward to the moments that give me a sense of comfort, those moments of grace when something inside of me changes and I feel an indescribable peace. I like to consider that these precious moments are when I am most grounded and present to my life and the lives of those around me. I also believe these moments are when I truly know that while my brother has passed from this life to the next, his life has simply changed rather than ended, just as the seasons change from one to the next and yet share commonalities year to year.

My brother died on October 29th, 1994 in a motor vehicle accident. His death was unexpected and in my opinion, untimely. Almost seventeen years later, I remember quite well the events of that day; however, I am often taken aback when the sight of pumpkins or the smell of hot apple cider, even the sensation of the warmth that particular drink brings to my throat and stomach, cause my eyes to well-up with tears.

The associations that I have made between the day of the frightful accident to various autumnal smells, sights, and tastes, add a bit of longing to my life of what could be, as well as a profound gratitude for the gifts that remain – the smells, sights, and tastes of autumnal things, the people who I love and care for deeply, and the life that I have to live.

The month of October and fall as a whole are often difficult. Yet, there comes simultaneously a sense of peace. I know that the life of my brother and my own life have changed since his death, like the seasons change from one to the next, and while I cannot fully articulate the paradox of the grief I have known, I do know that for me the bitterness and sweetness of this time of year impact one another. These, the bitterness and sweetness, give my life a certain sustenance and meaning: I mourn the loss of my brother and simultaneously, have a great appreciation for the life that has been given to me and the lives of those whom I love. I intend, therefore, to enjoy this season to its fullest, because indeed it is a gift!

In Loving Memory

***I'm sending a dove to heaven
With a parcel on its wings,
Be careful when you open it,
It's full of beautiful things.***

***Inside are a million kisses,
Wrapped up in a million hugs,
To say how much I miss you,
And to send you all my love.***

***I hold you close within my heart,
And there you will remain,
To walk with me throughout
my life,
Until we meet again.***

Heal Grief Autumn

Autumn is a season that can stir deep emotions, such as absence, longing, or loneliness, echoing the turning of the year. It invites reflection on change, reminding us that letting go is part of a larger rhythm a sacred pause between fullness and rest.

Autumn offers a path of transformation, inviting us to soften into what is, and it models for us a path of release, allowing space for something new. It is a season that can deepen grief, but it also offers a comforting metaphor for those experiencing grief, symbolizing release and the passage of time. Autumn teaches us that life is cyclical, and grief can give way to personal growth and renewal.

Lightness within Darker Days: Creating Routines

Written by Susan Reynolds

It's that time of year again when weather changes, light changes, and layers come out to keep us warm. It's that time of year again when traditions and aromas of childhood and warmth fill the stores and environments we occupy.

Maybe this time, the past traditions and changes don't fit our outlook of life woven with loss or grief. Our pockets may be laden with heavy loss. Another change? What can we do for ourselves as autumn shifts from the sunny days of summer to the shadowing and hibernating days of fall and winter?

In loss, one often has "rolled with the punches" long enough. One has held a stiff upper lip and smiled with uttered condolences when all one wanted to do was scream like the costumed children that will soon be at your doorstep (and not the good kind of screaming with joy).

Routine in loss can help to lessen the blows of change. Old routines may not foot the bill but adding a different rhythm may. Below are a few suggestions. I sought refuge through the winter with the following. See if any strike a cord with you or if you can find a way to tweak the ideas to create a "temporary routine" in this transitory time. Your personal space, where you take yourself and what you place around yourself is a powerful tool in transition and healing.

Start the day with artificial sunlight. Phillips' go Lite is compact for travel and 15 minutes of exposure while checking emails or eating breakfast will cast potential doldrums away and help with body clock for the evening's sleep.

Add some Chai tea or aromatic tea to create a soothing sense of home or comfort. Buy yourself a new mug with a daily affirmation or a new pattern that attracts you.

Light a candle in your personal space as a daily ritual. Essential oils are also an easy and economical aromatic tool to peak your performance or calm you down. You may discover your senses have changed as well.

Hang crystals in the windows to catch daily sun. They create unbridled movement and unexpected play when you may not "feel" playful. Mobiles hanging from the ceiling can provide the same with a gentle breeze from a heating register or overhead fan.

Volunteer with children or take classes with people you do not know. Why? No expectations! You can tell your story if you want, but a fresh page requires nothing but you showing up in the form you are now. Children and toddlers are a physical and mental refresher.

At bedtime, a new cozy robe, slippers, bedside journal and book. These are something someone can gift to you as well. A simple routine of warm milk and honey or chamomile tea and biscuit may nurture the evening and can be an empowering new routine.

Remember your dormant resiliency. Nutrition for yourself can be found in a new routine. This is a time of storing for spring's green growth and your own new buds.

What can you imagine? Just add an ingredient. Looking forward to the sprouts!

As times passes
our tears will dry,
our hearts will mend,
but our love for you
will never end.

But memories will never
fade.
Like a light that guides me,
Your love, your beauty
Will always find me...

I hope by sharing
my own experience
it will help to dry
someone else's
weeping eyes.

We Remember Our Children Who have Birthdays and Death Dates in September and October

Lisa Anne Maree Abaunza	9/17/96 ~ 7/07/12
Simi Abrol	9/12/84 ~ 4/01/18
Kirsten Lynn Adler	2/21/94 ~ 10/24/10
Zachary William Arnold	9/23/84 ~ 5/11/14
Samuel W. Aylesworth, Jr.	9/22/63 ~ 3/07/22
Pouneh Bahri	10/25/88 ~ 3/04/14
Chad Michael Bailey	9/14/77 ~ 3/25/20
Liam Bailey-Edmondson	9/22/15 ~ 9/22/15
Scott R. Barley	12/07/81 ~ 9/29/11
Stephanie Webber Bartley	9/29/87 ~ 12/20/16
Antonino "Nino" Basile	12/13/84 ~ 10/06/12
Suzanne Baughan	9/18/73 ~ 2/18/20
Jayden Lee Beale	9/29/08 ~ 9/29/08
Demitrios Bedoya	10/27/76 ~ 2/10/03
Trevor Austin Blake	10/30/01 ~ 8/11/13
Ashley Nicole Blue	11/23/05 ~ 10/11/19
Lesly Glyn Bolton	1/19/80 ~ 10/27/16
Michael Booker	6/06/99 ~ 9/03/20
Mateo Louis Bowman	10/15/13 ~ 10/15/13
Parker Evan Boyd	9/15/98 ~ 6/04/08
Baron "Deuce" Braswell II	9/29/89 ~ 1/20/06
Clayton Kendall Breeding	10/23/77 ~ 12/12/01
Dr. Lorna Margaret Breen	10/09/70 ~ 4/26/20
Alex Charles Bridwell	1/27/89 ~ 10/31/22
David John Butts	10/18/80 ~ 12/16/05
Jaiden Malik Carter	3/26/03 ~ 9/04/22
Pamela Sue Chaiken	1/17/64 ~ 9/29/95
Lisa Marie Champlin	10/16 ~ 9/02
Eduardo P "Eddy" Chavez	2/07/06 ~ 9/20/10
Jason A. Clover	7/30/84 ~ 9/28/03
David Joseph Cobb	7/02/98 ~ 10/23/15
Todd Clifford Coder	7/23/84 ~ 9/24/10
Jason Michael Colson	3/09/84 ~ 10/01/08
Ryan Dennis Conty	10/15/20 ~ 10/15/20
Terry Lee Cunningham, Jr	9/02/94 ~ 9/30/17
Michael A. Doyle	9/17/81 ~ 3/12/18
James "Scott" Edwards	10/16/83 ~ 9/02/20
K.J. Edwards	12/03/85 ~ 10/31/03
Brian Patrick Elero	12/30/80 ~ 10/29/01
Matthew Eng	9/16/92 ~ 6/24/23
Elizabeth A. Erickson	7/23/89 ~ 9/14/89
Payton Rose Freeze	10/13/98 ~ 2/10/16
Scott Michael Fulton	5/25/93 ~ 10/08/21
Erin Gaston	9/27/80 ~ 10/31/08
Andrew Geracoulis	10/20/99 ~ 1/07/23
Eric Gonzalez	10/03/02 ~ 10/05/02
John Gregory	9/21/73 ~ 6/3/13
Gray Mason Hall	2/22/01 ~ 9/01/24
Nathan Hamilton	7/19/99 ~ 9/04/18

William Clayton Holt	9/10/84 ~ 12/23/17
Nicholas Hoy	5/16/95 ~ 9/10/23
Olivia Jean Howard	12/31/91 ~ 9/03/09
Devonte Lee Ivy	6/16/00 ~ 9/16/19
Claude Lee (Jason) Jackson III	8/20/92 ~ 9/12/15
Rasheem Kuwan Jenkins	5/04/82 ~ 9/09/09
Cody Darrin Johnson	9/11/02 ~ 3/06/09
Ryan George Khazmo	7/10/02 ~ 10/16/21
Matthew Russell King	5/16/79 ~ 9/08/21
Adriana Therese Ladino	10/31/02 ~ 3/23/19
Jayden William Lee	10/ 23/10 ~ 10/23/10
Tiffany Michelle Lewis	1/26/80 ~ 10/11/96
Artemis Harrison McRae	10/01/20 ~ 11/01/22
Roseann M. Meale	10/04/69 ~ 1/19/97
John Earl Medley	2/21/59 ~ 9/09/08
Annie Mirabal	8/2/84 ~ 10/27/16
Jonathan Nadal	10/18/99 ~ 10/08/21
Elijah James Nealey	9/08/10 ~ 8/22/12
Steven William O'Neill	9/04/75 ~ 9/06/75
Kim Ouren	9/19/57 ~ 7/22/18
Zane J Pitzvada	8/22/92 ~ 9/14/11
Tanja Marjatta Quinn	10/21/84 ~ 11/17/18
Kira Marie Nicklas Rippy	10/23/82 ~ 3/22/18
Marcus Daniel Robinson	12/29/07 ~ 10/04/17
Matthew Allan Ruane	9/07/83 ~ 4/29/02
Gene "Tony" Sergeant	8/10/87 ~ 9/14/07
Joshua Daniel Shirt	1/17/91 ~ 10/13/19
Brandon Simms	10/10/80 ~ 7/11/95
Mark Alexander Slough	6/26/96 ~ 10/08/15
Adelacia Smalley	8/06/94 ~ 10/19/02
Colby Thomas Smith	5/25/04 ~ 10/11/15
Tyler Smith	9/20/92 ~ 8/01/06
Graham Thomson Stevenson	3/30/85 ~ 9/22/07
Margaret Jane Suliga	4/23/87 ~ 9/02/19
Hazel Athena Thomas	5/07/21 ~ 10/24/21
Bill Thompson	9/14/51 ~ 4/19/17
Derek M. Tierney	1/20/76 ~ 10/09/04
Austin Trenum	3/26/93 ~ 9/27/10
Brian Trotter	11/24/94 ~ 10/17/20
Ruben Chavira Urbina	4/22/02 ~ 9/15/17
Chris Vogel	9/22/69 ~ 10/14/10
Melinda "Mindy" Weakley	12/20/83 ~ 9/02/09
Josh Weaver	6/17/82 ~ 9/09/09
Keith Alan West	9/22/66 ~ 11/25/10
Jessica Dove Williams	9/18/89 ~ 12/05/19
Keith William Zank	10/09/82 ~ 5/21/22

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

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

Attention: If you do not wish to continue to receive this newsletter or be on our mailing list, please let us know by contacting bpusanova@gmail.com. Thank you!

Upcoming Events Mark Your Calendars

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*

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.

HMS Productions, Inc.



Don Hakenson

Author/Producer/Narrator/Film Maker/Tour Guide

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dhakenson@verizon.net
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Jiffy Lube Live Fundraising

I would like to thank our wonderful volunteers who worked the concession stand at Jiffy Lube Live Concerts. A huge thank you to the following volunteers: Judy Fryett, Linda Harkness, Laura Lillicotch, Conor Lillicotch, Debbie Shirt, Tim Shirt, Marie Harrison, LeeAnna Roberts, Bev Ruane, Gay Shelby, Toni Payne, Nadia Major and Kelly Norman. We had fun and raised funds for expenses of the Fall Retreat.