



In Memory of our Beloved Children, join us on Saturday, January 13th at noon for a Pot Luck Luncheon and an afternoon putting together Birthday Cake Kits for local Food Pantries. Please bring items for the birthday cake kits (any flavor of cake/frosting), foil cake pans with lids, and a salad or sandwiches to share.

Manassas Church of the Brethren
10047 Nokesville Rd, Manassas, VA



Birthday Cake Kit

1 Cake Mix

1 Can of Pop

1 Jar of Frosting

Candles

That Their Light May Always Shine . . .

***Please join us in celebration of our children's lives
as we enter this Holiday Season with
Love, Compassion and Hope for all***

Annual Service of Remembrance

Sunday, December 10, 2023

6:00 p.m.

***First United Presbyterian Church of Dale City
14391 Minnieville Road, Dale City, VA***



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

RSVP at the following link by
Wednesday, November 29, 2023:

[https://www.signupgenius.com/go/10C0948ACAE22A4F8C
F8-45351750-annual](https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-45351750-annual)

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, sibling or grandchild 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 Wednesday, November 29, 2023.** 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 Wednesday, November 29th if you would like to sponsor a poinsettia.

We encourage people to participate in the program. 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 by Wednesday, November 29, 2023.

Please bring an unwrapped toys or clothing for a child, ages 0-12 for the Salvation Army Angel Tree project. If you would like, bring a gift that you would've bought for your child, sibling or grandchild.

Doors will open at 5:00 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: <mailto:bpusanova@gmail.com>

RSVP by Wednesday, November 29th

Meeting Guidelines for BPUSA NOVA Chapter

- **All that you hear and share at these meetings is confidential and not to be shared outside of this meeting. Our members bare their hearts and souls and we want them to know this as a safe place to bring their grief work**
- Meeting format – we will start the meeting by introducing ourselves and our child/children who have died. Giving brief information – their name, age, cause of death or anything you would like to tell us about your child, if you have other children, etc. After everyone has introduced their child and themselves, we will then discuss any issues you and the group would like to talk about. Some meetings, if there is time, we may have a special topic to discuss.
- Nothing is required of you at our BPUSA meetings. You are free to talk and share your feelings, and you are equally as free not to say a word. Try not to stay away from our meetings because you feel you cannot talk or share. Much is learned by just listening to others who are where you are today or who have gone through the same experiences, feelings and thoughts that you are going through right now.
- All who would like to will be given the opportunity to share; we ask that there be no side conversations. It is difficult for people, especially newly bereaved to get up the courage to share and it makes it even more difficult for them when they have to try to talk over side conversations. Be respectful of those who have the floor at that time.
- We respect all cultures, religions, and beliefs, so please be respectful to what others believe in. Please avoid the subject of politics. Even though we meet in a church building we are not affiliated with any religion.
- Please do not worry about tears in this meeting. Tears are an important part of our grief work and each of us in this room has shed more than our share of tears. We especially express this feeling of not being uncomfortable crying with our fathers; in here we say, “real men DO cry.” We will always have tissues on hand.
- As we go around the room, you may hear that some have been attending for many years (10, 15, 20+ years). Do not let that frighten you into thinking you will still be in the condition you are now in 10 or more years. Those who are that far down the line are here to “give back” to others what was given to them when they lost their loved one.
- We hope you will not judge whether the meetings are for you after attending just one meeting. Each meeting is different. We urge you to attend three or four meetings before making any decisions. If you do this and give the group the opportunity to help and find that it makes a difference, we will be glad to have you as a continued member of our BPUSA family.
- You may feel sad when you go home from the meeting, and it can be overwhelming to hear about the loss of others’ children but remember that you were sad when you came to the meeting. Your sadness is primarily connected to your loss. Meetings can be crucial for people who put their grief on the back burner to go back to work, care for other family members, etc. Meetings give you the opportunity to express your grief with others who truly understand you. We have learned that the only way through grief is through it...you cannot go over it, under it or around it...you must go through it to get to the other side. Remember “grief shared is grief divided.”
- We have no “magic” to take away your pain, but we can offer you our understanding, love and support. If there is one thing that you will take away from the meeting, may it be a glimmer of “hope”.

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.

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

Book Club

Our Book Club meets on the last Monday of the month at 7 p.m. We will meet both on Zoom and in person at Sue Cerrone's home, 9564 Basilwood Drive, Manassas, VA.

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.

Many times, we will have the book author join us via Zoom.

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.

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"



DAVID J COBB
FOUNDATION

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

**Virtual Support Meetings for
any bereaved sibling over the age of 18
will be held on the
last Thursday of each month.**

Join Zoom Meeting

<https://us02web.zoom.us/j/84851846327?pwd=dJlJiM3VPdkFkVzFvWWtxbm80RkdWdz09>

Meeting ID: 848 [5184 6327](https://us02web.zoom.us/j/84851846327?pwd=dJlJiM3VPdkFkVzFvWWtxbm80RkdWdz09)

Passcode: 3EDn58

Due to the Christmas Holiday, there will not be a meeting on Sunday, Dec 24th.

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.

Attention

Due to the rising costs of printing and postage, we will no longer mail out the newsletter. Newsletters will be sent out via email. If you are not already receiving our newsletters via email, please send an email to bpusanova@gmail.com with your information to include an email address.

If you do not have an email address, please let us know so we can send you a newsletter.

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

Photos Needed

It isn't too early to send photos of your child for our December Service of Remembrance Slide show. If I don't have your child's picture, please send to Jodi at bpusanova@gmail.com as soon as possible.

I am also looking for photos of any chapter events over the past 20 years. I would like to put together a slideshow for the Service of Remembrance commemorating our chapter's 20-year anniversary.

Salvation Army Angel Tree

When shopping for Christmas this year, purchase a toy or clothing for a needy child in Prince William County. The children are ages 0-12. Bring your gift to the Service of Remembrance on Dec. 10th.

Some of the requests are:

Clothing (Shirts and Pants) sizes 5, 8, 10, 12, & 14 for both boys and girls.



Toys that are requested are:

Books, Lego Sets, Amazon Fire Tablets, Paw Patrol Toys, Art and Craft Sets such as sets for drawing, bead kits and other crafts. Girls request Barbies, “American Girl” type dolls, Baby Dolls, Disney Princess toys and Princess Clothes. Preschool ride on toys, Soccer Balls, Playground Balls and Bedding with Characters. They would also appreciate diapers (sizes 2-5) and wipes.

Celebrate our Children

During your child's birthday month, we would like you to bring a cake or your child's favorite snack to our support meetings.

Drinks will be provided by the chapter.

There will be a sign-up sheet at the meetings or you can email Jodi to sign up at bpusanova@gmail.com.





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

Charles A. (CJ) Angelos, Jr.	5/28/85 ~ 11/18/06	David Lesser	11/20/56 ~ 11/07/18
Mielen Garlit Arquines	12/01/68 ~ 6/04/08	Marc Lopretto	11/11/76 ~ 11/26/20
Scott R. Barley	12/07/81 ~ 9/29/11	Erika Danyelle (Brummett) Lott	4/06/77 ~ 11/05/13
Stephanie Sue Webber Bartley	9/29/87 ~ 12/20/16	Sara Kelsey Lott	11/01/95 ~ 7/23/08
Antonino "Nino" Basile	12/13/84 - 10/06/12	Brian Alan Mature	11/23/83 ~ 11/23/12
Jennifer Lynn Becker	12/30/67 ~ 7/26/70	Darren McKeever	12/07/80 ~ 11/19/98
Tiffany Blackwood	12/08/84 ~ 6/09/21	Artemis Harrison McRae	10/01/20 ~ 11/01/22
Ashley Nicole Blue	11/23/05 ~ 10/11/19	Jeremy Kyle Nottingham	1/25/91 ~ 11/22/21
Clayton Kendall Breeding	10/23/77 ~ 12/12/01	Michael Sean O'Berry	9/13/94 ~ 12/15/97
Benjamin Andrew Brletic	5/17/77 ~ 12/30/21	Brian Scott Ogden	7/04/87 ~ 12/24/17
Brian Brumbaugh	11/09/83 ~ 5/02/07	Angela Oliver	11/07/67 ~ 1/06/11
Abigail Jane Buckley	4/25/15 ~ 11/17/16	Michael Dennis Page	4/20/90 ~ 12/06/21
Amy R. Buckley	3/13/86 ~ 11/17/16	Christina Lianne Panzo-Bowers	1/08/94 ~ 11/01/14
Claire Rebecca Buckley	7/27/11 ~ 11/17/16	Jaid'n Thomas Ian Payne	3/14/00 ~ 11/19/21
Erwin F. Burock	12/17/48 ~ 5/25/13	Michael Joseph Pennefather	12/09/95 ~ 2/04/08
David John Butts	10/18/80 ~ 12/16/05	Catzby James Pitzvada	8/07/88 ~ 12/17/19
Barbara Dawn (Dotson) Cleary	12/3/66 ~ 1/21/18	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	Tanja Marjatta Quinn	10/21/84 ~ 11/17/18
Ryan Michael Conde	12/02/04 ~ 02/02/17	Ronald Douglas Ralph, Jr.	7/27/66 ~ 11/04/02
Michael Costanzo	7/07/98 ~ 12/22/20	Stephen P. Ramos	4/24/87 ~ 11/11/19
Christina Lynn Curtis	3/01/74 ~ 12/25/07	Marcus Daniel Robinson	12/29/07 ~ 10/04/17
K.J. Edwards	12/03/85 ~ 10/31/03	Courtney Sharee' Shelby	11/23/93 ~ 5/14/01
Brian Patrick Elero	12/30/80 ~ 10/29/01	Jacqueline Simoes	11/05/66 ~ 3/15/06
Rhonda Lynn Flannery	7/31/63 ~ 11/10/01	Ben Smith	12/22/70 ~ 1/26/03
Dillon Adam Foley	11/16/98 ~ 4/02/20	Karl Dewan Smith	11/20/83 ~ 4/25/04
Kimberley Michelle Geisler	11/29/93 ~ 11/15/12	Ananth Vignesh Sridhar	11/12/94 ~ 3/20/18
Ahmad Givon Glenn	3/06/83 ~ 12/04/06	Grace Nicole Stone	8/20/99 ~ 11/01/18
Christian Green	11/12/91 ~ 11/01/08	Jerry Damon Taybron	11/21/75 ~ 8/18/07
Emily Claire Nelson Greer	11/26/95 ~ 11/06/21	Shawn Terrill	2/23/82 ~ 12/03/06
Adon Gerald Grey	11/05/81 ~ 1/20/18	Brian Trotter	11/24/94 ~ 10/17/20
Daniel Patrick Grimsley	3/2/88 ~ 11/17/21	Andrew Vogel	6/25/69 ~ 11/13/13
Clay Matthew Haga	12/09/88 ~ 8/26/19	Kevin Woods	12/08/93 ~ 8/06/14
Kimberley Joyce Hellandbrand	11/03/69 ~ 4/27/19	Christopher Andre' Waters Jr.	5/31/97 ~ 12/23/07
Victoria Renee Holman	12/27/98- 07/23/22	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	Jessica Dove Williams	9/18/89 ~ 12/05/19
Olivia Jean Howard	12/31/91 ~ 9/03/09	Brenden Michael Wilson	1/10/98 ~ 11/10/14
Adrienne Leigh Ingram	6/25/79 ~ 12/02/07	Stephen Wesley Wright	6/06/89 ~ 11/21/13
Leslie Ann Kramer	4/20/71 ~ 12/17/06		

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 November or December, please provide us with your child's information so they can be included correctly in future newsletters.

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

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Northern VA Chapter
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