



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

Twenty-One Years of Hope & Healing



Wings of Hope Butterfly Release

Sunday, August 18, 2024

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 at the link below:

<https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-49366381-butterfly>

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 at ruane.beverly@yahoo.com or call 540-628-4758.

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

Fly and Remember Kite Festival

Saturday, June 8th

1-4 p.m.

Field behind
Manassas Church
of the Brethren
10047 Nokesville Rd
Manassas, VA 20110

Attendees will have the opportunity to personalize a kite in memory of their beloved child, grandchild or sibling and then fly the kite in their loved one's honor. "Fly & Remember" offers families an opportunity to celebrate the lives of our loved ones gone way too soon.

Donation of \$5 per kite.

Refreshments will be provided by the chapter.

Please RSVP on the link below by May 25th so kites can be ordered.

<https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-48305795-flyand>

Mother's Day Dinner

Tuesday, May 14

5:30 pm

United Buffet

2942 Prince William Pkwy

Woodbridge, VA

RSVP:

<https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-48373507-mothers>

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 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.

Change: There WILL be a meeting in May!

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

Support Group for Parents with No Surviving Children

For more information contact:

Nancy Vollmer

703-217-8560 (c) or 703-390-0589 (h)

Sibling Support Group

The Virtual Support Group is making changes to the virtual meetings and they will now be held on the 2nd Thursday at 8 p.m.

If you are a bereaved sibling, over the age of 18, and are interested in participating in this Virtual Support Group, please complete the registration form at the link below.

<https://forms.gle/Hcwkaet1XKN5Bk6T7>



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

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

SAAD

(Support After Addiction Death)

**Meetings are on hold for the summer-
Meetings will resume in September**

For more information contact:

Jodi Norman, Chapter Leader

703-656-6999 (cell)

bpusanova@gmail.com



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 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. Anyone is more than welcome to and encouraged to pull weeds and/or plant flowers. If you see weeds or invasive plants that do not belong in the garden, please pull them!

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 and drought resistant. Perennials are preferred.

Watering is our greatest need, we would like to have a schedule of who is available to do the watering. If there is a certain day of the week that works for you, please let us know.

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.



Garden Orientation

Do you need to know where to find the water and hose to water the garden? What weeds need to be pulled?

We are offering an orientation on working at the Memorial Garden on Saturday, May 11 and Wednesday, May 15. Both days will be at 10:30 a.m. Please bring a picnic lunch to enjoy at the garden after Orientation. Bring a picnic blanket or lawn chairs to enjoy your lunch on.

Please let us know which day you plan to attend at bpusanova@gmail.com.

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.

Attention Siblings

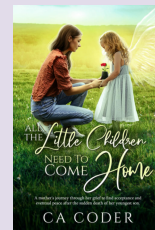
Currently, our chapter does not have meetings specifically for Siblings. We have lots of bereaved siblings and need a bereaved sibling to volunteer to coordinate a meeting for siblings. These meetings can be in person or via Zoom.

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.

Bereaved Siblings are also encouraged to attend the National Gathering as there will be workshops for siblings and it's a great opportunity to meet other siblings.

Book Club

Our Book Club meets on the last Monday of the month at 7 p.m.
We will not be meeting in May as it falls on Memorial Day.



Our book for June will be **“All the Little Children Need to Come Home”** by our chapter member, **Cheryl Coder**. The book is available on Amazon.

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

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.

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.

Donations for Raffle at National Gathering

Our chapter will be donating 2 baskets for the Raffle at the National Gathering. We are going to make a Virginia Basket and a Butterfly Basket. We are looking for items that have a butterfly theme and things that represent Virginia. Here is a link of a store in Fredericksburg <https://www.madeinva.com/> that carry VA specific items. TJ Maxx, Homegoods, Cracker Barrel are also good places to find these type of items.

Some items that you may find for either basket are snacks, tote bags/purses, jewelry, mugs/water bottles, towels, blankets, stationary, candles, housewares, - the list is endless!

If you would like to donate an item, please let Jodi know. Items are needed by July 20th.

In addition to the chapter donation, if anyone would like to donate a gift card or item for the raffle – it would be greatly appreciated. Make a tag stating that the item is donated in memory of your child.

Bereaved Parents of the USA

NATIONAL GATHERING

“As the weekend with fellow bereaved parents comes to an end, I place my hands over my heart and feel its fullness. My soul has grown new roots. My spirit has been gently sheltered inside a carefully created container, allowing a rare freedom.”

~ Recent Attendee

EVENT HIGHLIGHTS

Keynote Speakers

Michele Benyo - Good Grief Parenting
Mandy Eaton - Adrienne's Fund
Roger Moroney - Alive Alone
Becky Russell - Weepyseeds

Workshops

From poignant storytelling to practical coping strategies, these sessions create a space for shared experiences, fostering connection and understanding.

Candle Lighting Ceremony

We gather to share in a sacred moment of remembrance. Each flickering flame represents a cherished memory, a love that continues to illuminate our path through grief.

Connecting with Others

In the embrace of this community, find not only solace but also the courage to endure, mend, and heal on the journey through grief.



More Information

www.bereavedparentsusa.org



**JULY
26 - 28**

**HILTON
WASHINGTON
DULLES HOTEL**

HERNDON, VIRGINIA

**Register today – early registration ends on June 1st
Hotel reservation deadline is June 23rd. Rooms are \$94 per night.**



We Remember Our Children

Who have Birthdays and Death Dates in May and June

Zaria Jasmyn Nevaen Agee	1/28/04 ~ 6/09/19	Daniel Franklin Houston	8/10/68 ~ 6/13/16
Fabio Mauricio Amarillo	5/26/88 ~ 6/02/19	Ethan Humphrey	6/23/16 ~ 7/22/16
Charles (CJ) Angelos, Jr	5/28/85 ~ 11/18/06	Adrienne Leigh Ingram	6/25/79 ~ 12/2/07
Zachary William Arnold	9/23/84 ~ 5/11/14	Devonte Lee Ivy	6/16/00 ~ 9/16/19
Mielen Garlit Arquines	2/01/68 ~ 6/04/08	Derrick V. James	6/01/74 ~ 5/28/05
Tyrone Trone Ashford	3/30/98 ~ 06/20/21	Rasheem Kuwan Jenkins	5/04/82 ~ 9/09/09
William Bruce Austin II	5/11/84 ~ 4/10/18	Kashif Johnson	3/15/87 ~ 5/01/07
Brandon Scott Bailey	6/21/79 ~ 5/31/99	Matthew Russell King	5/16/79 ~ 9/08/21
James "Jimmy" Barnette	7/11/98 ~ 6/03/06	Robert Andrew Larson	3/14/94 ~ 6/30/10
Donald "Donnie" Barrett	5/14/76 ~ 5/03/02	Nicole Michelle Lee	6/22/89 ~ 1/26/08
Kimberly Ann Barrett	9/08/86 ~ 5/04/02	Robert Loiseau	8/22/72 ~ 5/27/93
Jamie William Billek	6/25/06 ~ 6/25/06	Robert Henry Maples	6/07/76 ~ 7/05/18
Joseph Brendan Birkebile	6/26/89 ~ 1/11/11	Ian Patrick McDonald	5/05/89 ~ 1/12/15
Tiffany Blackwood	12/08/84 ~ 6/09/21	Christian Paul Norman	2/04/85 ~ 6/03/01
Michael Booker	6/06/99 ~ 9/03/20	Nickolas Steven Nosbisch	6/09/88 ~ 6/08/18
Parker Evan Boyd	9/15/98 ~ 6/04/08	Josephine Pennefather	6/21/03 ~ 6/21/03
Benjamin Andrew Brletic	5/17/77 ~ 12/30/21	Timothy Michael John Peyton	6/13/68 ~ 2/09/17
Samantha Margaret Brown	6/05/90 ~ 4/24/21	Eric Noah Rivers	5/15/95 ~ 3/19/20
Brian Brumbaugh	11/09/83 ~ 5/02/07	Christian Jamar Roberts	4/21/99 ~ 5/15/22
Brandon Bundy	5/19/84 ~ 8/24/08	Carl Andrew Runion	7/27/94 ~ 5/14/21
Erwin F. Burock	12/17/48 ~ 5/25/13	John Christian Rusaw	2/04/72 ~ 6/08/23
Justine Noel Carlton	3/30/98 ~ 5/11/21	Vernon Santmyer, Jr.	8/24/79 ~ 5/17/11
Hailey Katlyn Cavin	6/11/95 ~ 8/17/23	Courtney Sharee Shelby	11/23/93 ~ 5/14/01
Cole James Clark	5/11/13 ~ 5/15/17	Mark Alexander Slough	6/26/96 ~ 10/08/15
Baby Combo	5/08/16 ~ 5/08/16	Benjamin Gilbert Smith, III	6/07/91 ~ 9/25/11
Emmanuel Camden Conty	5/29/19 ~ 5/29/19	Colby Thomas Smith	5/25/04 ~ 10/11/15
Brandon DeWulf	6/20/85 ~ 6/29/09	Derek Smith	6/26/77 ~ 1/29/24
Corey Martin Dill	7/25/90 ~ 5/03/07	Adam Charles Sorge	5/12/94 ~ 1/04/14
David John Drumheller	8/30/89 ~ 6/20/16	Kevin Michael Stanphill	3/12/80 ~ 5/09/09
Matthew Eng	9/16/92 ~ 6/24/23	Michael "Ryan" Stevens	7/07/87 ~ 5/30/07
Scott Michael Fulton	5/25/93 ~ 10/08/21	RoseAnn "Rose" M. Taylor	6/02/44 ~ 1/02/23
Ezekiel Josiah Gales	1/30/98 ~ 6/08/20	Beckett Josef TePaske	5/04/12 ~ 5/12/15
Raven Gileau	6/23/90 ~ 4/23/10	Hazel Athena Thomas	5/07/21 ~ 10/24/21
Jacob Charles Glushefski	5/23/77 ~ 2/21/11	Andrew Vogel	6/25/69 ~ 11/13/13
Dwayne Eddie Gonsorcik	5/26/74 ~ 4/26/13	Christopher Andre' Waters Jr	5/31/97 ~ 12/23/07
Christina Gordon	5/08/13 ~ 5/08/13	Christopher (Deuce) Wheeler, II	5/08/18 ~ 1/08/23
John Gregory	9/21/73 ~ 6/03/13	Josh Weaver	6/17/82 ~ 9/09/09
Melvin Eugene Hakenson, Jr.	4/25/76 ~ 6/13/23	Kyle Robert Wilson	5/25/82 ~ 4/16/07
Kourtney Michelle Hale	5/29/80 ~ 3/14/10	Tommie J. Wonnum III	6/14/84 ~ 6/30/03
Aliyah Denise Henderson	5/20/03 ~ 8/23/22	Franklin Conner Woodward	5/15/08 ~ 5/17/08
Gabrielle Nicole Henderson	5/28/86 ~ 6/17/99	Stephen Wesley Wright	6/06/89 ~ 11/21/13
Olivia Rose Cecilia Henry	5/27/02 ~ 5/26/12	Keith William Zank	10/09/82 ~ 5/21/22

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 contacting bpusanova@gmail.com. Thank you!

2024 Events

Tuesday, May 14th – Mother's Day Dinner at United Buffet

Saturday, June 8th – Fly and Remember Kite Festival

July TBD– Pot Luck Dinner at Larson Home

July 25 – Chapter Leadership Training, Herndon, VA

July 26-28 – National Gathering, Herndon, VA

Sunday, August 18th - Butterfly Release

September TBD– Luncheon & Birthday Cake Kits for Area Food Pantries

Sunday, October 6th – Picnic and Lotus Flower Release at Locust Shade Park

November TBD– Pot Luck Dinner at Larson Home

Sunday, December 8th – Service of Remembrance Candle Lighting Service

THE HISTORY OF MOTHER'S DAY

Anna Jarvis, founded the first official Mother's Day in 1908 to honor her Bereaved mother, Ann Jarvis.

Ann Jarvis had lost several children in the course of her life. She gave birth to a dozen children, with only 4 surviving to adulthood. So, Mother's Day was created in honour of a Bereaved Mother!

The history of Mother's Day has such a heartfelt, meaningful roots! This day to honor Bereaved Mother's was set aside to be held on the second Sunday in May each year.

Throughout the years, the true meaning of Bereaved Mother's Day has been lost and forgotten, as well as the Bereaved Mother, and only recognized as Mother's Day for those whose children still walked the earth.

So, in May 2010, Bereaved Mother's Day was moved to the first Sunday in May.

As Paul Harvey would say:

"Now you know the rest of the story!"

I am praying everyone reaches out to a Bereaved Mother this week, or this Sunday. Let them know their child will never be forgotten.