



**THE
COMPASSIONATE
FRIENDS**
PIKES PEAK CHAPTER
Supporting Family After a Child Dies



August, 2019

STEERING COMMITTEE

CHAPTER LEADER
Currently Open

MAILINGS & DATABASE
Jane & Steve Gabriel
Son, Jonathan Steven Gabriel

TREASURER
Ruby Doyle
Son, Patrick Michael Doyle

NEWSLETTER EDITOR & EMAILINGS
Stewart Levett
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR
Chaela Christianson
Son, Damon Vincent Christianson

SC MEMBER/WELCOME PACKETS
Leta Levett
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR
Ron Agee
Daughter, Melody Victoria Agee

SC MEMBER
Jenny Sutton
Son, Austin Sutton

TELEPHONE FRIENDS

Any of these members may be contacted to talk about your loss:

DRUG / ALCOHOL LOSS
STEWART & LETA LEVETT - 719-531-5488 *

LEUKEMIA
JANE & STEVE GABRIEL - 719-282-1924 *

ADULT CHILD / SUDDEN DEATH
CHAECLA CHRISTIANSON - 719-687-6688 *

SKATEBOARD / AUTO ACCIDENT
RAYE WILSON - 303-814-9478

*Steering Committee

Welcome

Our support group meets on the 3rd Thursday of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. We meet at the First Baptist Church downtown at 317 E. Kiowa. We understand your pain; won't you let us help you through your grief?

The death of your child is probably the most traumatic, life-changing event that you will ever experience. The Compassionate Friends is an organization of parents who have also lost a child to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to other parents who were farther into their grief journey for guidance, support and understanding. This is done through our monthly meetings, our newsletter, our website, our Telephone Friend program, our library and our e-mail program. Each month parents find our meeting to be a safe place where they can talk about their pain and problems with others who are uniquely qualified to understand; bereaved parents offer gentle suggestions or often simply listen. We invite you to bring a friend to your first few meetings until you feel a level of comfort with the group. Do not be surprised if we talk about the happy times with our children, the wonderful memories and the various methods we have created to keep our children close to us. It is here that many bereaved parents find hope as those who are more seasoned in their grief shine the light of experience to help illuminate each grief path. We have no dues. We are self-sustaining through donations and the generosity of so many in our community.

Our next meeting will be held on August 15, 2019





LOVE GIFT DONATION

Costs are rising. We need your *Love Gift* to support our chapter & newsletter! If you can, please help.

I would like to make a donation: in Memory of a Chapter Gift

In loving memory of: _____

Love Gift Donation: \$ _____ Please make check payable to: The Compassionate Friends

Cut and mail this form with your Love Gift to: Ruby Doyle – 6552 Lange Dr. – Colorado Springs, CO 80918

Contributor Name & Address: _____

Relationship: Son Daughter Grandson Granddaughter Friend Other

Photo Enclosed: Yes No

Photo To Be Returned: Yes No

Love Gift Donations

A "Love Gift" is a wonderful way to remember your child, while also helping our TCF chapter "reach out" to bereaved families. There is no charge to attend meetings, use the library, or receive the newsletter. We depend solely upon these gifts, monetary or gifts-in-kind, to support our chapter. You may choose to donate a tax deductible "Love Gift" at any time. Let us be here for the families who do not know today that they will need us tomorrow.

Our chapter exists entirely through your donations which are tax deductible. A Love Gift is money donated to the chapter in memory of your child who has died. If you feel a Love Gift is an appropriate way to honor the memory of your child, please consider a donation, large or small. Please fill out the form located in this newsletter and mail it to the address listed. All pictures submitted will be electronically scanned and added to our electronic Child Remembered "Picture Frame" displayed at monthly meetings and then returned to you.

SUBMISSION GUIDELINES

\$50 or more - Newsletter Sponsor. May include a full page for printing. Please remember to send your page "Copy Ready" as you would like to see it printed in the newsletter.

\$25 up to \$50 - A picture, if available, and dedication to be listed in the newsletter.

\$0 up to \$25 - A Love Gift acknowledgement. All Love Gift donations should be sent directly to our treasurer, Ruby Doyle whose address is listed on the Love Gift Donation Form. Wouldn't you like to make a dedication to your child and help our chapter?

⇒ Send Love Gifts to Ruby Doyle, 6552 Lange Drive Colorado Springs, Co 80918 ⇐

Thank you for contributing and supporting the work of our local chapter!



Grief Recovery After a Substance Passing

Colorado Springs Chapter of GRASP

Support Group for those who love someone who died from substance use disorder.

Second Wednesday of Each Month

Springs Recovery Connection at
The Sanctuary Church, 1930 W. Colorado Ave.
Colorado Springs, CO 80904

New-Comers, Please Pre-Register:

Sheri Barger: SheriBarger@icloud.com
Becca Wesselman: wesselwoman@q.com

www.grasphelp.org

IS IT EASING?

I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard your name today and it did not bring back the terrible hurt feelings of when you first left me. I heard your name today with a calmness that surprised me. Many another child carries your name, and it had been torture hearing it and seeing the smiling faces on those little girls. But today I knew—I found out—what others in my footsteps found out and tried to tell me. The hurt will ease; but the memories, the love, the good times will never go away. ♥

Phoebe C. Redman, TCF, Bradenton, FL



**Kimberly Hougaard - Daughter,
Tiffany Michele Ojeda Geisbert**

At nearly every meeting we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are so sorry for the circumstances that bring us together. We understand your pain; we hope our unconditional friendship and understanding will help you through your grief. Attending a meeting for the first two or three times takes courage, but for many it is the first real step toward healing. It may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become comfortable.

ORGANIZATIONAL CONTACTS

TCF National Office
P.O. Box 3656
Oak Brook, IL 60522

630-990-0010 or toll free 877-969-0010

Email: nationaloffice@compassionatefriends.org

WEBSITES:

Pikes Peak - www.TCFPikesPeakChapter.org

Facebook - <https://www.facebook.com/TCFPikesPeak>

National - www.compassionatefriends.org



Chaela Christianson in memory of
Damon Vincent Christianson

Chaplin Eugene Steinkirchner
Love Gift Donation - CSPD

Kristen & Gary Rafferty in memory of
their daughter
Rachel

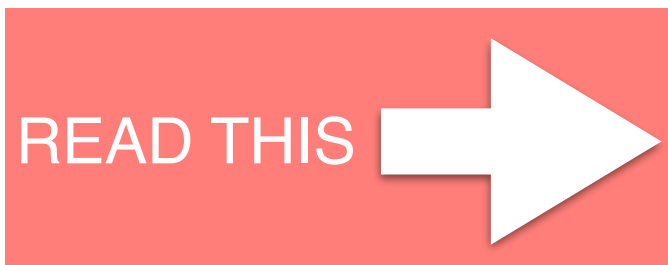
AUGUST 15, 2019

Our monthly meeting in August will be a ***Celebration of our Children*** with our annual memorial balloon release held in the parking lot of the **First Baptist Church**. Please try to arrive early.

There will also be a few readings as well as recorded music as we reflect on the lives of our children who have left us.

Following the release we will adjourn to our meeting room for refreshments and fellowship.

We will also have our button machine available to make you a button of your child. Please bring 2 copies (not the original) of the photo, 3x5 or 4x6 preferred. We suggest Walgreens for making your photo copies as they are quick and inexpensive. We will gladly make an extra button for an additional family member. There is no charge.



Digital Picture Frame - If you've been to one of our monthly meeting then you've noticed our large digital picture frame displaying picture of our children. Should you be interested in adding your child's picture to our display, please bring a picture to scan to our meeting or (preferred) email the picture, along with child information to Stew Levett at PikesPeakTCF@gmail.com
Pictures will be returned after they have been scanned and your child's slide completed.



Remembering Our Children On Their Birthdays

Child's Name	Birthday	Compassionate Friend
Eric Johnson	Aug 1	Gary Johnson
Lauren Hoover	Aug 1	Jill & Banty Hoover
Eugene Harris	Aug 2	Tonia Paguyo
Emma Renee Younger	Aug 2	Adam & Mindy Younger
Aaron Paul Levett	Aug 2	Stewart & Leta Levett
Genevieve Sucharski	Aug 2	Mark and Karen Sucharski
Eugene Harris, Jr.	Aug 2	Gene Harris, Stacey Burciago
Veronika Olivia Baca	Aug 2	Sharon Baca
Nicholas Clare Cousineau	Aug 3	George & Chris Cousineau
James Russell Kempa	Aug 4	Gayle Kempa
Matthew John McCallister	Aug 4	Steve & Carol McCallister
Rebekah Cano Moore	Aug 6	Janis Cano
Jessica Rae McKenna-Simmons	Aug 6	Debbie McKenna
Graham Stingley	Aug 7	Mary Winter-Stingley
Stella Elliott	Aug 8	Donna Elliott
Kali Albern	Aug 9	Sherri Albern
Nicholas Ryan Nelson	Aug 10	Marley Nelson Rhoad
Clayton Neal Brehm	Aug 10	Ramona Atkinson
Kimberly Denise Patterson	Aug 11	Sigrid Patterson
Lisa Marie O'Briant	Aug 11	Gary & Mary O'Briant
Omar Amaya	Aug 12	Oscar & Juana Amaya
Eric Paul Deming	Aug 12	Denise Deming
Michael Williams, Jr.	Aug 13	Carmen Randall
Christopher Calegar	Aug 15	Kevin & Linda Calegar
Zack Orr	Aug 16	Dave & Sharon Orr
Gina Marie Geffre	Aug 16	Joann Jahraus
Jackson Ahrold	Aug 16	Gretchen, Doug & Tina Blenkarn
Santiago Ruiz	Aug 17	Miriam Ruiz
Adam Cxyz	Aug 17	Robyn Zyz
Brandon Naymik	Aug 20	Megan Riley
Suzanne Bethany Thomas	Aug 20	Arnie & Mary Thomas
Susanna Jeanette Scruggs	Aug 21	Patricia Beard
James Wizezorek	Aug 21	Mary Beringer
Mark Anthony Hickman	Aug 22	Aundria & Dennis Casey
Mia Allyson Gardiner	Aug 22	Peri Gardiner
Abigail Ruth Smelser	Aug 23	Robin Myers
Kalli Rose James	Aug 24	Lindsey James
JT Tills	Aug 24	Sarah Gleeson
Lance Alan Rigby	Aug 25	Deborah Rigby
Sayge Frisco	Aug 26	Renai Frisco
Patrick Casey Hildebrand	Aug 26	Dr. Jan and Judi Hildebrand
Sheldon Pasca	Aug 26	Norma Watkins
Jake Bair	Aug 26	Ginger Bair
Mary Hope Burton	Aug 27	Jim & Betty Burton
Kevin Hardman	Aug 28	Dianne McLaughlin
Matthew Medina	Aug 29	Vicki Schwindt
Ryan Pappas	Aug 29	Susan Pappas
Robert Yankosky	Aug 30	Dave & Lucy Klos
Nolan Edward Stites	Aug 31	Richard & Marilyn Stites



Remembering Our Children On Their Anniversaries

Child's Name	Age	Anniversary	Compassionate Friend
Tyrone Elliott Bautista	19 years	Aug 1	Rosemary Devney
Jason Bradford Pfeif	18 years	Aug 1	Chris and Brad Pfeif
Chelsey Ann Kear	15 years	Aug 5	Tami Kear
Thomas Rosenkranz	20 years	Aug 5	Carolyn Kochis
Jared Todd LeFevre	34 years	Aug 5	Susan Reed
Kevin Hardman	21 years	Aug 6	Dianne McLaughlin
Sam Skaggs	10 years	Aug 7	Jennifer Skaggs
Keith Andrew Barrett	24 years	Aug 9	Ree Barrett
Jake Bair	19 years	Aug 12	Ginger Bair
Brent Eads	20 years	Aug 12	Lucy Butcher
Kali Albern	20 years	Aug 15	Sherry Albern
Jake Matthew	18 years	Aug 15	Malcolm Matthew
Laura Dean	30 years	Aug 16	Barbara Dean
Andrew Paul Weaver	20 years	Aug 17	Valerie Lightbody
Nikolas Chunn	5 years	Aug 18	Monica Chunn
Derrick Shane Moore	11 years	Aug 20	Ray & Deanna Moore
Ryan Colgrove	30 years	Aug 21	Theresia Colgrove
Nathaniel Hughes	18 years	Aug 21	Jim Hughes
Scott Martinson	6 years	Aug 21	JoAnn Martinson
Michael Ramirez	59 years	Aug 22	Jennie Ramirez
Clayton Champion	29 years	Aug 22	Jessie & Phyllis Roark
Jose N. Camacho	9 years	Aug 24	William & Veronica Camacho
Addie Marie Vande Stouwe	23 years	Aug 25	Shawn Roberson
Sayge Frisco	1 day	Aug 26	Renai Frisco
Jake Holm	19 years	Aug 27	Eric & Kalyne Holm
Nolan Edward Stites	19 years	Aug 29	Richard & Marilyn Stites

Accepting the Unacceptable

"I will never be able to accept the death of my child." Does that sound familiar? Have you said that? Not surprising. That is one, if not the most, difficult thing we have to do to get to the other side of the long dark tunnel of grief. What does "accept" mean? One parent told me he would never accept his daughter's death, because he said "accept" means to "agree, approve, to consent to," Obviously, in that context no one in their right mind would "accept" their child's death. But there are other meanings to "accept": "believe to be true," "acknowledge." We do not like the sound of those words either, but at some point, accept them, in order to get on with our lives. By stating we will not accept it, what is accomplished? ... Will it make it not true? If only it were that simple. Then I would be 100% in favor of denial. But it doesn't work that way. There are some things that cannot be changed, no matter how hard we may want them to be. One example: My husband had a heart attack a little more than a year after Eric's death. He vehemently denied he had had a heart attack. ... He continued on with his HEAVY smoking. Then came his stroke. He is now badly paralyzed on his left side. He cannot deny his stroke. And he cannot go back, and accept his heart attack, change his way of living and perhaps avert the stroke. So what did his denial accomplish? It made things worse. So it is with us. Denial won't work. At some point in time, we know it has happened. I realized for myself, it was when I could say "Eric died." I could say the word "dead." It took quite a long time. I could say "I lost a son" but not "he died." One day it just came out. It actually shocked and upset me. But afterwards, looking back, I realized that was a big step for me. Not a happy one, but it was one of my turning points.

All of the "stages" of grief that we go through are hard. There is nothing easy about it. As Darcie Sims said..."grief hurts." That almost seems like too mild a statement. The feeling is impossible to put in words. It's devastating!!

"Grief work" takes time and effort. I wish there was an easier way for all of you. I can only give you the hope and encouragement that you, too, can make it. Be kind to and patient with yourself. God Bless!

Mary Ehmann, TCF, Valley Forge, PA

The Compassionate Friends
Pikes Peak Chapter
PO Box 51345
Colorado Springs, CO 80949-1345



Annual Memorial Balloon Release

will be held at 7 pm in the **First Baptist Church** Parking Lot

THURSDAY, AUGUST 15th

Special reading, music and time to reflect,
Watching the balloons dance as they lift into the sky.

Refreshments will be served after the balloon release in our regular meeting room.
Please join us for Fellowship and to Celebrate The Children!

