



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



April, 2021

STEERING COMMITTEE

CHAPTER LEADER

Megan Riley

Son, Brandon Naymik

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/WELCOME PACKETS

Leta Levett

Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

Ron Agee

Daughter, Melody Victoria Agee

SC MEMBER

Jen Sutton

Son, Austin L. Sutton

TELEPHONE FRIENDS

Any of these members may be contacted to talk about your loss during this holiday season:

CHAPTER HELP - 719-344-3216

Megan Riley *	719-291-7413 - Call Any time
Jen Sutton *	719-354-0057 - Normal Business Hours
Jane Gabriel *	719-282-1924 - Leave Message
Ron Agee *	719-308-7473 - Between 8 and 5
Ruby Doyle *	970-560-9434 - Daytime Hours
Stew Levett *	719-534-0350 - 9 to 3pm, 9pm to 11pm
Leta Levett *	719-531-5488 - 9 to 3pm except Thursday
Raye Wilson	303-814-9478 - Daytime Hours

*Steering Committee

Welcome

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.

We understand your pain; won't you let us help you through your grief?





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!



Connie Milligan
in memory of her daughter
Amanda T. Hill

Michaela Christianson
in memory of Damon Vincent
Christianson

Chaplain Eugene Steinkirchner
Love Gift Donation - CSPD

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>

[TCFPikesPeak](https://www.facebook.com/TCFPikesPeak)

National - www.compassionatefriends.org



CHAPTER NEWS

The Pikes Peak Chapter is hosting two monthly meetings for our members. The first meeting will be a virtual Zoom meeting held the second Wednesday of each month. These meetings are intended for those that feel safer not attending in person meetings at this time or those who may not physically be able to attend our in person meetings. These meetings will be hosted and moderated initially by our new Chapter Leader Megan Riley. We will send out an email link and password prior to the meetings. Our next Zoom meeting will be on April 14th at 7:00 p.m.

We will continue to have our in person meetings at the Kempo Karate school located at 410 South 8th Street directly behind the Taco Express. Each month we will have a different facilitator hosting the group with a wide range of topics to engage our members. These in person meetings will be held the 3rd Friday of each month starting at 7:00 p.m. Each visitor will be asked to sign in and have their temperature taken. Masks will continue to be mandatory and we ask that you bring your own water bottle or drink as we look at plans on how we might safely reintroduce refreshments at our meetings. Our next meeting will be at 7:00 p.m. on April 23rd.

Meetings are available to all members each month. Should you feel a need to log in to the virtual meeting as well as attend our in person meeting, we understand your need and welcome you to attend both.



Welcome New Friends.

Sharon Hornschuch - son, David Brass

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.



IT WILL BE ANOTHER BIRTHDAY WITHOUT YOU

The sun will shine roses bloom,
geese fly throughout the sky
stocks will trade, the weatherman predict
politicians debate
it'll seem like another day just a day,
same 24 hours
not a special holiday
But to this mother who will stand at the grave
lifting balloons into the sky
serving angel food cupcakes with rainbow
icing coated with tears
fluctuating between emotions:
the grief over death
the celebration over birth
For this mother
it will be yet
another birthday without you. ❤️

Alice J. Wisler ~ TCF Wake County, NC



THE COMPASSIONATE FRIENDS

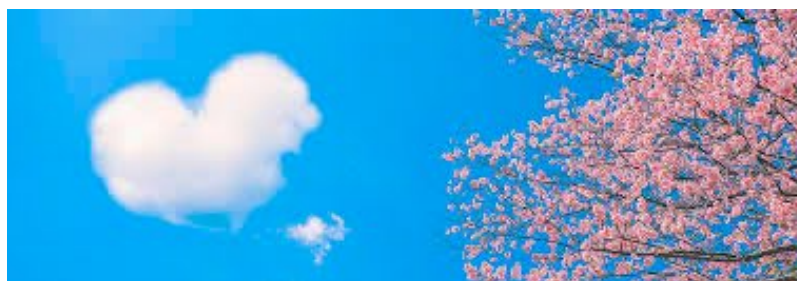
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REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

Name	Birthday	Compassionate Friend
Michael Robert Pugh	Apr 2	Robert & Donna Pugh
Christie Fike	Apr 2	Shirley & Dan Emerson
John Andrew Schoen	Apr 2	Joyce Schoen
Sarah Ness	Apr 2	Mary Ness
Kaitlin Bartlett	Apr 3	Kim Bartlett
Michael Zwirlein	Apr 3	Chris Zwirlein
Gabriel King Mixon	Apr 3	Rhonda Wilson
Steven James Gantz	Apr 4	Diana Gantz
Colin Robert Spangenberg	Apr 5	Lois Spangenberg
Mike Mozo	Apr 5	Valerie Kirchhofer
Heidi Susanne Wolfe	Apr 6	David & Karen Wolfe
Joseph Gentry Richardson	Apr 6	Miriam Gentry
Acacia Barbara Clen	Apr 8	Cindy Santarte
Tommy Kinslow	Apr 9	Pam Kinslow
David Bankston	Apr 13	Peggy & Obie Bankston
Jared Todd LeFevre	Apr 16	Susan Reed
Zachary Nicholas Hoke	Apr 16	Debra & Steve Hoke
Sabrina Stanard	Apr 17	Ramah Stanard
Colby McCarley	Apr 19	Tami Sisneros
Jonathan Steven Gabriel	Apr 19	Steve & Jane Gabriel
Caleb Norris	Apr 19	Keith Norris
Jake Holm	Apr 20	Eric & Kalyne Holm
Beau Matthew Begier	Apr 20	Don & Gina Begier
Bryan Michael Womeldorff	Apr 20	Shawn Brown
William Murphy	Apr 21	Deb Murphy
Ka'Quanthony Sutton/Glover	Apr 22	Shirley Ann LaCour
Tyrone Elliott Bautista	Apr 22	Rosemary Devney
Miguel Meza	Apr 24	Susan Meza
Logan Jude Swearingen	Apr 26	Stephanie & Landon Swearingen
Steven Miller	Apr 27	Mike Miller
Michael Stump	Apr 29	Polly Kelley
Juan Marine	Apr 29	Pamela Marine
Sara M. Losasso	Apr 30	Cindy Losasso
Micah David Smilser	Apr 30	Robin Myers
Kaden France	Apr 30	Jeremy & Sarah France





REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

Name	Age	Anniversary	Compassionate Friend
Richard McShan	23 years	Apr 1	Paul & Angelika McShan
Erin Marie McCallister	11 months	Apr 2	Steve & Carol McCallister
Matthew John McCallister	22 years	Apr 3	Steve & Carol McCallister
Brian Patrick Adair	13 years	Apr 4	Duane & Mary Adair
Skylar Lynn Boyle	22 years	Apr 4	Cathleen Boyle
Abraham Daniel Boukhari	18 years	Apr 4	David & Deborah Woodrow
Kristie Diaz	26 years	Apr 7	Julie Diaz
Douglas Radowski	41 years	Apr 8	Renee Roettger
Lindsey Everding	18 years	Apr 10	Trena Everding & Dave
KieferRocke Lee Corley	42 years	Apr 11	Jeanne Corley
Patrcia Elliott	19 years	Apr 11	Connie and Dave Elliott
Timothy Scott Williams	27 years	Apr 12	Lea Blanc
Lindsay Jean Morris	20 years	Apr 12	Linda Morris
Michael Robert Pugh	13 years	Apr 12	Robert & Donna Pugh
Eric Johnson	22 years	Apr 13	Gary Johnson
Michael Eck	15 days	Apr 14	Patricia Eck
Karey Ackerman	40 years	Apr 14	Bob & Joann Zelins
Dennis Lynn Gerringer	16 years	Apr 16	Kim Gerringer
Sarah Sunshine Wedekind	30 years	Apr 16	Lorry Pearson
Richard "Richie" Petras	3 years	Apr 16	Richard Petras
Acacia Barbara Clen	13 years	Apr 16	Cindy Santarte
Naomi Katherine Schwartz	1 year	Apr 16	Tim and Sonoko Schwartz
Jayden Pierce	4 months	Apr 17	Dawn Hendricks
Dawn Michelle Wiley	21 years	Apr 18	Luanne Wiley
Jalynn Cameron	4 months	Apr 19	Jessica Cameron
Miguel Meza	20 years	Apr 19	Susan Meza
Forrest Kelly	27 years	Apr 20	Cindy Bronner
Leah Rae Wiley	23 years	Apr 21	Russ & Kelly Wiley
Ka'Quanthony	5 years	Apr 24	Shirley Ann LaCour
McKenzie Boutin	17 years	Apr 25	Colleen Boutin
Gary Carlson	44 years	Apr 25	Phil & Rose Carlson
Blaine Joseph Steele	15 years	Apr 26	Paul Petta
Philip	24 years	Apr 26	Natasha Schlenoff
James Bishara	19 years	Apr 27	Phebe Bishara
Bill Radcliffe	48 years	Apr 27	Jane Radcliffe
John Andrew Schoen	55 years	Apr 27	Joyce Schoen
David Bankston	37 years	Apr 28	Peggy & Obie Banks-ton
Rachel Rafferty	24 years	Apr 28	Gary & Kris Rafferty
Sarah Lowes Robertson	43 years	Apr 29	Barbara Ball
Micah David Smilser	1 day	Apr 30	Robin Myers
Clay Cline	53 years	Apr 30	Arlene Robus



Grieving During the Pandemic

The coronavirus crisis has made grieving, which is already a lonely process, even lonelier because we cannot reach out and don't have access to the type of physical contact and personal support that we need and rely on to get through our most difficult times of grief. When we are grieving we may be too overwhelmed to be able to tell people what we need. We might not even know what we need in the immediate aftermath of our loss. Not having access to people stepping in and taking care of one another is devastating. It adds to our stress level. Going through birthdays, anniversaries, and not being able to share with each other adds another challenge to our grief.

During this time we struggle to take a breath. We are lost in the emptiness since our children are gone. These days our memories can overcome us, we struggle to understand why our beloved children were taken from us. Know that their presence is always there with us and try to recall the happiness that is in our hearts.

We are living through some very tough times, but we have been through the worst as parents and we will get through this. Stay safe.

Lucille Valliere - TCF Providence, RI

The Gift

I have a gift.

I did not want this gift, it meant suffering and pain. The pain came because of love, a love which had manifested itself in a child. The child brought its love to me and asked for my love. Sometimes I did not understand this. Sometimes I did not appreciate it. Sometimes I was too busy to listen quietly to this love. But the love persisted; it was always there. One day the child died. The love remained. This time the love came in other forms. This time there were memories, there was sadness and anguish, and unbelievable pain. One day a stranger said, "I understand," and did. You see the stranger had also been this way. We talked and cried together. The stranger became my friend as no other had. My friend said, "I am always here," and was. I noticed another grieving, gray and drawn with pain. I approached and spoke. I touched and comforted. I said, "I will walk with you," and did. I also had the gift.

Joe Lawley - Coventry, England "A Co-Founder of TCF"

They say her birth defects were a surprise after an "uneventful" pregnancy. Was it uneventful the day we knew she was there inside - growing? How about the day we saw her little body on the ultrasound screen and fell in love with her? Was it uneventful the first time I felt her kick? Or the second? What about the day we chose her name - Meg? All those days we dreamed and hoped and loved her? These were the happiest days of our life with her. Don't tell me it was uneventful... Please.

-Felise Freeley-O'Brien, TCF Hingham, MA



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A Mother's Touch

My husband Jeff grew up in a family of hugging, kissing, foot-rubbing, back scratchers. Affectionate folks! In my family, on the other hand, we only scratched mosquito bites, and certainly not each other's. Although we loved one another fiercely, we weren't very demonstrative. A wink, a squeeze, a peck on the cheek, a poke in the ribs – that was mushy stuff for us. Touching another person was not something that came easily to me; that is, until my first child was born.

When the nurse placed that chubby cherub in my arms, the floodgates of my heart opened, and a torrent of overwhelming love poured out. I couldn't keep my hands off the little dumpling! I learned first-hand what it means to "smother with kisses." Caressing my precious baby came as naturally as breathing.

Other children came along, and I was reborn a certified, card-carrying cuddler. I learned how many of a mother's day-to-day interactions with her children require her touch. Touching became a way of life for me as I fed, bathed, dressed, tamed cowlicks, and kissed ouchies. It's funny, but one of the things I missed most after my son Blake died was tying his shoes. When he was alive, that chore was the bane of my existence. Blake's shoes were perpetually untied or hopelessly tangled in knots that would have defied Houdini himself. I rejoiced when the shoe designers came up with Velcro closures, seeing an end to my nemesis. But would Blake wear those simple, convenient shoes? No way! Big boys wore shoes with laces, and most of all, he wanted to be like the big boys. So I armed my teeth, and kept tying and bending every fork in the house de-knotting. After Blake died, how my fingers ached to tie those little shoes one more time!

For most bereaved mothers I know, not being able to touch, to hold, to embrace our child is the most painful reality we have to face. The emptiness of our arms, the indescribable longing to have those arms filled again with our precious child, are almost more than we can bear.

At first, when our grief is fresh, it may be hard, for us to touch anyone. We may close ourselves off emotionally, willing to touch or be touched, or to run the risk of being hurt so badly again. But mothers are touchers. With time, when the pain isn't so intense, we may want to reach out once more.

None of us ever outgrows the need to be touched, no matter how old we are. And what can be so comforting as a mother's touch! Today, if you can, touch someone. Do it in the memory of your beloved child.

By Patricia Dyson TCF, Beaumont, TX

TO MY SISTER

You touched us all, you loved us all, Forever giving, forever caring, Forever forgiving.
Never wanting in return.

Blessed are those who shared your life Rich are those who carry your memories. Please rest now; your chores we will finish. 'Til we meet again . . .

Cindy Keltz ~Arlington Heights, IL



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PO Box 51345
Colorado Springs, CO 80949-1345

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