

August, 2013



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



Upcoming Events

August 15th - General Meeting - 7:00 p.m. - First Baptist Church
September 19th - General Meeting - 7:00 p.m. - First Baptist Church

Pikes Peak Chapter Steering Committee

Chapter Leader

Laraine Asaro-Boyd - Acting
Son, Michael Edward Anderson

MAILINGS & DATABASE

JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

TREASURER

FRANK SCHAGER
Daughter, Kira Ann Schager

NEWSLETTER EDITOR & EMAILINGS

STEWART LEVETT
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

BOB & YVETTE THOMPSON
Son, Ryan Barry Thompson

SC MEMBER

LEONIE CRAMER
Son, Julian Anthony King

SC MEMBER

CHAELA CHRISTIANSON
Son, Damon Christianson

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?

Our next meeting will be on August 15, 2013.

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.

You Need Not Walk Alone.

TELEPHONE FRIENDS

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

CHAPTER LEADER - ACTING

LARAIN ASARO-BOYD
Mom of Michael E. Anderson

★ 351-7653

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT

★ 531-5488

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON

★ 573-2743

LEUKEMIA

JANE & STEVE GABRIEL

★ 282-1924

SUICIDE

LARITA ARCHIBALD

596-2575

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON

(303) 814-9478

★ Please feel free to contact any Steering Committee member if you are unable to reach our Chapter Leader.



WE HAVE A WEBSITE!

In my life, before "that day" I wasn't aware nor did I feel a need for The Compassionate Friends or any other self help group. After October 18, 2005 I did all kinds of searches for groups like ours. It sure was nice to find information about TCF and the Candle Lighting Service which started my road to recovery. So it is with that purpose in mind that I'm please to announce our new website.

We now have a web presence which will allow newly bereaved parents to view information about our local chapter, our activities, donation options with much more planned for the future.

To visit our web page please load into your browser www.TCFPikesPeakChapter.org or hit the link as displayed here.

We hope that many won't need to find us but it is comforting to know we are there if they do.

We are quickly approaching December and with it our annual Worldwide Candle Lighting.

The date this year is December 8th and once again will be held in the sanctuary of the First Baptist Church at 7:00 p.m.

Now is a good time to look through your photos to submit for our slide show. Old slides may be updated or a new one created for your child.

More information about this special event will be forthcoming in next months newsletter or you may write to me should you have any questions at PikesPeakTCF@gmail.com.

Stew Levett - Editor

Summertime

It sounds so easy. A soft, warm word—time to run barefoot, time to leave windows open all night. Summertime. Somehow it seems, doesn't it, that it's especially meant for children. Children on beaches, children on swings, children in large pools, children in tiny tubs.

We who do not have all of our children with us may feel the summertime in two ways. One is to remember shared events and adventures—there were so many. Long rides in a hot car, a nap in the back seat. The famous question, "Are we there yet?" Everything from a heat rash to ice cream cones and sand castles.

For us, another way to feel summertime is the special emptiness brought about by children who are no longer on this earth. They used to trot along on hikes in the hills; they used to gather wood for an evening fire. Now summer brings us again the melancholy awareness of their absence. Have you ever walked on some unfamiliar path, surprised about not having been there with the children? Even when there's nothing to remember, we are reminded of the children's absence.

We have been diminished by death. Some of us may still have living children. Other parents have no children left. They have lost an only child, perhaps. Or all of their children died. And here we are, grateful for the warmth of summer mornings, aware of the ripe beauty of nature, trying to deal with our children's absence with all the grace of which we are capable. Often we do not want to burden others with our grief. Or we may be convinced that others don't wish to share our distress. We have learned, after all, that the world around us is not always able to understand how we feel.

Besides, we were taught to be brave. Many of us will do everything we can to appear "normal" after our loss. But we were also taught to be honest. And when you feel the hurt, when you seem almost to be lost in the shadows of this golden summertime, don't hide your sorrow. The grief of your spirit can perhaps be kept a secret on the outside. Yet, your deepest feelings, unexpressed, can burn into your existence with harmful force.

You can be both brave and honest. You know that it's brave to share grief, be it old grief or new grief. And revealing that sorrow is also honest. Of course, nothing can wipe away much of your pain, but sharing grief is helpful. You will know that after you have expressed the painful sorrow you once kept hidden, and you find yourself, finally, smiling at the memories and the blessings of past summertimes.

Sascha Wagner

The Compassionate Friends
Supporting Family After a Child Dies

Light a candle for all
children who have died

**Worldwide
Candle
Lighting®**

... that their light
may always shine.

Sunday, December 8, 2013
7 PM Around the Globe



Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Eric Johnson	Aug 1	Gary Johnson
Genevieve Sucharski	Aug 2	Mark and Karen Sucharski
Aaron Paul Levett	Aug 2	Leta & Stewart Levett
Eugene Harris, Jr.	Aug 2	Gene Harris, Stacey Burciago, Tonia Paguyo
Veronika Olivia Baca	Aug 2	Sharon Baca
Emma Renee Younger	Aug 2	Adam & Mindy Younger
Nicholas Clare Cousineau	Aug 3	George & Chris Cousineau
Matthew John McCallister	Aug 4	Steve & Carol McCallister
James Russell Kempa	Aug 4	Gayle Kempa
Rebekah Cano Moore	Aug 6	Janis Cano
Graham Stingley	Aug 7	Mary Winter-Stingley
Jessica Stockwell	Aug 7	Mark & Sally Stockwell
Stella Elliott	Aug 8	Donna Elliott
Clayton Neal Brehm	Aug 10	Ramona Atkinson
Kimberly Denise Patterson	Aug 11	Sigrid Patterson
Lisa Marie O'Briant	Aug 11	Gary & Mary O'Briant
Michael Williams, Jr.	Aug 13	Carmen Randall
Ayla Amaya Sanchez	Aug 15	Jennifer Sanchez
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 Blenkarn, Doug & Tina Blenkarn
Suzanne Bethany Thomas	Aug 20	Arnie & Mary Thomas
Susanna Jeanette Scruggs	Aug 21	Patricia Beard
Raul Garcia	Aug 21	Rena Gonzalez
Mia Allyson Gardiner	Aug 22	Peri Gardiner
Abigail Ruth Smelser	Aug 23	Robin Myers
Lance Alan Rigby	Aug 25	Deborah Rigby
Patrick Casey Hildebrand	Aug 26	Dr. Jan and Judi Hildebrand
Sayge Frisco	Aug 26	Renai Frisco
Sheldon Pasca	Aug 26	Norma Watkins
Mary Hope Burton	Aug 27	Jim & Betty Burton
Andrew Paul Whiteman	Aug 27	Lyle Whiteman
Kevin Hardman	Aug 28	Dianne McLaughlin
Matthew Medina	Aug 29	Vicki Schwindt
Nolan Edward Stites	Aug 31	Richard & Marilyn Stites



Miriam Gentry
in loving memory of her Grandson

Joseph Gentry Richardson



Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Tyrone Elliott Bautista	19 years	Aug 1	Rosemary Devney
Bradly Garrard	18 years	Aug 1	Sally Garrard
Jason Bradford Pfeif	18 years	Aug 1	Chris & Brad Pfeif
Chelsey Ann Kear	15 years	Aug 5	Tami Kear
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
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
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
Sayge Frisco	1 day	Aug 26	Renai Frisco
Kimberly Elizabeth Pratt	17 years	Aug 27	Pam Bilberry
Zach Joseph	24 years	Aug 28	Garry & Renee Joseph
Ian Matthew Anderson	18 years	Aug 29	Joann & David Butler
Nolan Edward Stites	19 years	Aug 29	Richard & Marilyn Stites

COME, LET ME TAKE YOUR HAND

Come, let me take your hand. For where you must walk, I too, have walked. The road that we must walk is not one that we would choose to walk; it is a difficult road, full of many obstacles. Yes, we are still fathers. We love and remember our sons or daughters who have died. Their death has left us with a hole in our heart, an ache in our stomach, a pain in our chest and eyes that cannot see as they are filled with tears. We must grieve because we dared to love and it is through grief that we will recover. We may never have the life that we once had, but we can build another life. Our heart will heal, our pain will lessen and we will be able to talk about our son or daughter without the tears. There will come the day when we dare to laugh again.

- Paul Kinney TCF, Louisville, KY





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
National - www.compassionatefriends.org

Online Support

The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship.

The friendly atmosphere encourages conversation among friends; friends who understand the emotions you’re experiencing. There are general bereavement sessions as well as more specific sessions. Please check the schedule for dates and times of the sessions.

Note: Times posted on the schedule are based upon Eastern Time.

www.compassionatefriends.org

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 returned unless you specify for us to keep them and place them on our Child Remembered board displayed at monthly meetings.

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.

\$0 to \$50 - A picture, if available, and dedication to be listed in the newsletter. Love Gift donations should be sent directly to our treasurer, Frank Schager 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 Frank Schager, 2235 McArthur Ave., Colorado Springs, CO 80909** ⇐

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

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: Frank Schager – 2235 McArthur Ave – Colorado Springs, CO 80909

Contributor Name & Address: _____

Relationship: Son Daughter Grandson Granddaughter Friend Other

Photo Enclosed: Yes No

Photo To Be Returned: Yes No



THOUGHTFUL POEMS

The Child That's Not There

The child that's not there
Takes up every piece of me
The child that's not there
Consumes my every thought
The child that's not there
Makes me feel like I failed
The child that's not there
Took away a main reason for being
But

The children that are there
Still somehow bring me joy
The children that are there
Still need my love
The children that are there
Don't need any more grief
The children that are there
Force me to go on.

Tricia Palmer

In memory of my son, Gabriel Boyer
TCF ~ Tidewater, VA

ON NOT SAYING IT

I never got around to saying it.
There was always tomorrow,
When the time would be more appropriate.
Besides, you hated "embarrassment,"
Or was the embarrassed one really me?
Now I say it a lot,
To the sky, to your photo, to a gravestone.
Knowing facts say you cannot hear it,
But believing, inside me, you can.
When a child, a youth, then a young man,
I remember how you watched my face.
First as your god, then as your monitor,
Finally, I hope, as a friend.
But "I love you," as years went by,
Were words we kept bottled inside.
Now that you've left, the bottle overflows.
Until I, too, cross the Divide,
I have to believe you knew.
And forgave me for not saying it.

Leonard Ruppert, TCF, Atlanta, GA

THE GIFT OF SOMEONE WHO LISTENS

Those of us who have travelled a while
Along this path called grief
Need to stop and remember that mile,
That first mile of no relief.
It wasn't the person with answers
Who told us of ways to deal.
It wasn't the one who talked and talked
That helped us start to heal.
Think of the friends who quietly sat
And held our hands in theirs.
The ones who let us talk and talk
And hugged away our tears.
We need to always remember
That more than the words we speak,
It's the gift of someone who listens
That most of us desperately seek.

Nancy Myerholtz, TCF Waterville/Toledo, OH

As Long As I Can

By Sascha

As long as I can, I will look at the world for both of us.
As long as I can, I will laugh with the bird, I will sing with
flowers, I will play to the stars, for both of us.
As long as I can, I will remember how many things on
this earth were your joy. And I will live as well as you
would want me to live, as long as I can.

FOR MY HERO

When my son died, I thought
you would hold me and comfort me
and make everything right
like you always did.

You never let me down before.
When you couldn't fix things,
I was furious with you.

You wouldn't even talk or cry
or throw things
like I did.

When you didn't grieve my way,
the right way, I thought
you love him less
and said so.

Now I know you didn't let me down.
You cried, you cared, you did the best
that any man in pain could do.

And I forgive you
for not being Superman
or me.

Pat Dyson - TCF, Beaumont, TX



HEALING WORDS

Who Was That Person?

Rich Edler, TCF, South Bay/LA Chapter

An eight year retrospective...

Who was that person? He looked like me. But I don't think I know him anymore.

Who was that person? He had so many friends. He was popular at cocktail parties and told good jokes.

Today, he seeks out one person he can really talk to and that is enough. His telephone rolodex is a lot smaller, but so much more important.

Who was that person? He had such different priorities.

He skated over life, like an ice skater on a frozen pond. He never thought about how cold the water was. Now he has a totally new perspective on the world. He reaches out to people who hurt because he knows how they feel. He has been there. He has felt the ice water.

Who was that person? He had an orderly chronological sense of time. Now the world is divided forever into simply "before" and "after."

Who was that person? He used to rush through dinner or cut the family vacation short to get back to the office.

Now he thinks back to the family times as the most wonderful times of his life. He knows what is irreplaceable.

Who was that person? He used to worry about so many imaginary troubles, most of which never happened anyway. Now he spends most of his time in the present.

He appreciates today's sunset, daisies, simple things and good friends. He knows how precious each moment is.

Who was that person? He used to think about what he wanted to get out of life. Now he thinks about how grateful he is for the gifts he has had.

Who was that person? He used to measure his goals in terms of where he is going. Now he focuses more on what his life will have been about. He asks less and less why his child died, and more often, "Why did he live?"

Who was that person? He had never heard of The Compassionate Friends. Now they are his best friends. And he knows that by helping someone else through TCF, he also helps himself. Who was that person? I don't think I know him anymore.

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Alone, the nat'l magazine of The Compassionate Friends

AFTERGLOW

We came to the beach in Florida intending to watch the sun set over the Gulf. The sun had already disappeared over the horizon, apparently lost beyond the waters. After a brief period, emerging from where the sun had set arose a brilliant afterglow, seemingly covering the sky with a growing, pulsating display of molten gold.

I was struck by the spectacular beauty emanating from the sun already gone from view. Involuntarily I thought, just like our children! When the sunshine of their lives disappeared, we expected eternal darkness to remain. After our initial period of grief, we find that each child has left an afterglow – the memories of the beauty and joy their lives brought us.

It is incumbent upon each of us left on the beach of mortal life to allow ourselves to maintain that afterglow and continue to bring meaning to the "suns" of our lives who have disappeared from view "over the horizon."

Hopefully, we can help one another honor our children's lives by perpetuating their afterglow with our own meaningful lives of hope, optimism, and peace.

Toba S. Cohen, TCF, Bustleton, PA



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**The Compassionate Friends
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The Compassionate Friends**