



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



August, 2018

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

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

CHAE LA CHRISTIANSON - 719-687-6688 *

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON - 303-814-9478

MOTORCYCLE DEATH

STEVE SEIFERT - 719-331-6455

*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 on August 16, 2018
as part of our Annual Balloon Release**





10 Years Ago... July/August 2008



Dedication of our Compassionate Friends park bench located in Monument Valley Park.

To The Newly Bereaved

As the years pass, we see new members come into our chapter, and we try to help them with their grief as we progress in our own. Over and over again I have seen newly bereaved parents come to their first meeting totally devastated and convinced that their lives are over. Through the months (and years) I have seen them struggle and suffer as they try to find meaning in their lives again. And they do!

Through all the anger, pain and tears, somehow the human spirit is able to survive and flower again in a new life – perhaps a changed life and possibly a sadder one, but a stronger one nevertheless.

We feel so weak and crushed when our beloved children die, but I know, because I have seen it countless times in the years I have been involved with The Compassionate Friends – that we can make it together. When you walked through the door for the first meeting, you were frightened and nervous; but with the first step you made a statement about your life. With that first step through the door, you said you wanted to try, you wanted to find a reason for living again, and that you weren't willing to be swallowed up by your grief. You wanted to go forward, and those first steps into The Compassionate Friends began your journey. The journey will be a long one, for you loved your child with all your heart and soul. When that child died, a part of you was ripped away. It takes time to repair that large hole. The journey will not always be steady or constant; there will be many setbacks. Those of us who have taken the journey before you can assure you that, while there may be no rainbow at the other end, there is indeed "light at the end of the tunnel." We want to help you as we were helped, but in the beginning and in the long run, you must help yourself. You have to want to get better, to talk about your loss, and to struggle through the grief. We will listen, suggest, share, laugh and cry with you; and we hope, at this time next year, you'll be several steps along in your personal journey through grief. Then you can begin to help others.

Karen Schendel TCF Houston, TX

Wounds of the spirit... are most gently soothed and made whole by the passing years.

Under the old scars flows again the calm, healthful tide of life.... Under a great loss the heart impetuously cries that it can never be happy again, and perhaps in its desperation says that it wishes never to be comforted. But though angels do not fly down to open the grave and restore the lost, the days and months come as angels with healing in their wings. Under their touch aching regret passes into tender memory; into hands that were empty new joys are softly pressed; and the heart that was like the trees stripped of its leaves and beaten by winter's tempests is clothed again with the green of spring. ~George S. Merriam



Welcome New Friends.

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.

TO OUR NEW MEMBERS

Coming to your first meeting is the hardest thing to do. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you will find the right person or just the right words that will help you in your grief or comfort you. Remember we have all been there and even though circumstances may be different we really do understand. You are not alone.

TO OUR SEASONED MEMBERS

We need your encouragement and support. You are the string that ties our group together. Each meeting the pain will not always be this bad it really does get better with wisdom. Show others that there is hope, from someone who has found it.

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

TCF asks for donations in memory of our children who have died.

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.

TCF asks for donations in memory of our children who have died.

Our chapter is funded solely through donations; therefore we sincerely appreciate your support. Your generosity helps us send newsletters, purchase brochures and cover the many expenses to help grieving families in our community. All donations are tax deductible. You and your child's name will be noted in the next newsletter. Workplace "Matching Gift" programs can increase your donation by 50-100%. Please help us help others by making a LOVE GIFT today.



Eugene Steinkirchner
Love Gift Donation - CSPD

Ursula Hill in memory of her grandson
Kyle Curtis Hill

Chaela Christianson in memory of
Damon Christianson



Remembering Our Children On Their Birthdays - August

Child's Name	Birthday	Compassionate Friend
Eric Johnson	Aug 1	Gary Johnson
Lauren Hoover	Aug 1	Jill & Banty Hoover
Eugene Harris, Jr.	Aug 2	Gene Harris
Genevieve Sucharski	Aug 2	Mark & Karen Sucharski
Emma Renee Younger	Aug 2	Adam & Mindy Younger
Aaron Paul Levett	Aug 2	Stewart & Leta Levett
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
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
Adam Czyz	Aug 17	Robyn Czyz
Santiago Ruiz	Aug 17	Miriam Ruiz
Suzanne Bethany Thomas	Aug 20	Arnie & Mary Thomas
Brandon Naymik	Aug 20	Megan Riley
James Wiezorek	Aug 21	Mary Beringer
Susanna Jeanette Scruggs	Aug 21	Patricia Beard
Mia Allyson Gardiner	Aug 22	Peri Gardiner
Mark Anthony Hickman	Aug 22	Aundria & Dennis Casey
Abigail Ruth Smelser	Aug 23	Robin Myers
JT Tills	Aug 24	Sarah Gleeson
Robert Romaine Bonsaint	Aug 24	Linda Fletcher
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
Andrew Paul Whiteman	Aug 27	Lyle Whiteman
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 - August

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
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	Sherri 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

Some things I've learned in the last seven years:

Grief doesn't leave us, it only abates, even if only for a short period of time. That doesn't mean we don't feel "better" as the years go on, it means that grief is still a real and understandable factor. The heart simply cannot go on grieving as we have done in the early stages of the loss of our loved one without giving out. We have an innate sense of survival – even if we don't wish it.

Grief is somewhat like the tide. One of my favorite things to do is to sit on the rocks in Maine and watch the tide come in and go out. I never realized until recently that as the tide comes in, I feel euphoric and anticipate the full tide. Then as the tide starts to recede, I start to feel uneasy – and then when the tide is low, I feel empty. Now I can relate this to my grief. At times, I look forward to certain events and have a euphoric feeling – then as the event passes, emptiness! My daughter is no longer on this earth.

I've learned that laughter has its place. It's a great escape – but then I must come back to reality.

Proverbs 14: 13 says it well – "Laughter can conceal a heavy heart; when the laughter ends, the grief remains."

I've learned that there are people who just can't understand what we are going through – it's no particular fault of theirs. They just don't know how to relate to us. On the other hand, there are people who are understanding, compassionate and will shed a tear with us and give us a hug. I've learned to put limits on myself. Grieving is hard work – it wears you down after a while. I now know it's o.k. to say "no" and to mean it and stick by that decision. It really doesn't matter what other people think.

Seven years ago, I didn't even know there was such an organization as "The Compassionate Friends." If I had known, I couldn't have related. Now I do, and I commiserate with each of you and also thank all of you who have become my friends. I know we all wish we didn't have a reason to be here. I go through that feeling twice a month when I'm getting ready to come here – but I thank God that we are now all together and that we have this safe place to come to.

Bonnie Corbett. TCF, Rochester NY Chapter



THOUGHTFUL POEMS

All I Need to Know

I am beginning to know your children
From the things I've heard you tell,
From the pictures that you've brought here
I think I know them well
Our hurt and sorrow are immense
I'm not sure where to start.
Compassion after all is
Your pain in my heart.
My thanks to you for listening
To words wrung from my soul.
We are The Compassionate Friends
That's all I need to know.
Jack Brown, TCF Louisville

The Elephant In The Room

There's an elephant in the room.
It is large and squatting, so it is hard to get around it.
Yet we squeeze by with "How are you?" and "I'm fine..."
And a thousand other forms of trivial chatter.
We talk about the weather.
We talk about work.
We talk about everything else...
Except the elephant in the room.
We all know it is there.
We are thinking about the elephant as we talk together.
It is constantly on our minds.
For, you see, it is a very big elephant.
It has hurt us all.
But we do not talk about the elephant in the room.
Oh, please, say her name.
Oh, please, say "Barbara" again.
Oh, please, let's talk about the elephant in the room.
For if we talk about her death,
Perhaps we can talk about her life.
Can I say "Barbara" to you and not have you look away:
For if I cannot,
then you are leaving me alone...
in a room...
with an elephant.
- Terry Kettering - TCF Victoria, AU

I am doing fine

I said I'm, doing good
Then I turned my head and cried.
I smiled and told my eyes to sparkle
Then I turned my head and cried.
I told a joke and laughed heartily
Then I turned my head and cried.
I offered comfort and encouragement
Then I turned my head and cried.
I did what has to be done
Then I turned my head and cried.
Then I turned my head and cried.
And felt my broken heart.

- Charlotte Roberts - TFC, Montgomery, AL

ONE LITTLE CANDLE

I lit a candle tonight,
in honor of you
Remembering your life,
and all the times we'd been through.
Such a small little light the candle made
until I realized how much in darkness it lit the way.
All the tears I've cried in all my grief and pain
what a garden they grew,
watered with human rain
I sometimes can't see beyond the moment,
in hopeless despair
But then your memory sustains me,
in heartaches repair.
I can wait for the tomorrow,
when my sorrows ease
Until then, I'll light this candle,
and let my memories run free
- Sheila Simmons, TCF Dallas, GA

MY SISTER, MY FRIEND

Within our hearts
You will always be.
Our minds will be filled
With sweet memories.
Your spirit and love
Will never be gone,
For each life you touched
Will carry them on.
- Catherine Hall - TCF Hinsdale, IL



Seeking Contributors

We are always looking for material from our chapter members to include in this newsletter. It is the perfect way to share your child, grandchild or sibling with all of us. Tell us about the special things you did in their memory or simply tell us the special things you will always remember and keep close to your heart. It is a beautiful way for us to get to know more about your loved one. It unites us as a bereaved family and it will help us all to become closer. Where there is unity, there is strength, strength that we can give to and draw from one other. We would also welcome any book reviews. If you have read a book that has helped you on your journey please tell us about it. There are many, many grief books out there. Some will be more healing than others. It is so helpful to be guided to the right ones. Please forward any writings, poems, book reviews etc. to Stew Levett PikesPeakTCF@gmail.com or you may use the U.S. Mail and send it to me at 160 El Dorado Ln., Colorado Springs, CO 80919.

Button, Button, We'll Make You A Button!

We have purchased a photo button machine and we are ready to start making your picture buttons. Bring 2 copies of the **SAME** picture to your next meeting and we will have it ready for you the following month. **THIS IS A FREE SERVICE TO YOU.**

Please bring your pictures to any of our monthly meetings. We will need a 3"x5" or 4"x6" photo of your child but would prefer NOT using the original photo. We suggest using Walgreens who can quickly make good 4"x6" copies from your original.

For best results make sure the photo of your child is centered and not too close to the edge or the results may not turn out as expected.

We are requesting one photo button per family to get started. Thereafter we will be able to make additional buttons for each member of the family as time and labor allows. Also, for those who have lost more than one child, we will gladly make a button for each child.

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!

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



August, 2018

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



Our Child's Annual Memorial Balloon Release

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

THURSDAY, AUGUST 16th

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!

