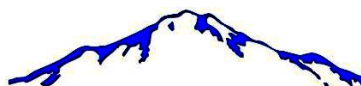




THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



Dec/January, 2022

STEERING COMMITTEE

CHAPTER LEADER - Acting

Stewart Levett
Son, Aaron Paul Levett

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:

CHAPTER HELP - 719-344-3216

Jen Sutton * 719-354-0057

Jane Gabriel * 719-282-1924

Ron Agee * 719-308-7473

Ruby Doyle * 970-560-9434

Stew Levett * 719-534-0350

Leta Levett * 719-531-5488

Raye Wilson 303-814-9478

*Steering Committee

Welcome

Attending your first TCF meeting can be difficult. Feelings can be overwhelming. We have all experienced them and know how important it is to take that first step. Please attend two or three meetings before deciding if TCF is right for you. There are no dues or fees. If you choose, you need not speak a word at a meeting. We are an international, non-denominational group, offering support and information to bereaved parents, siblings, and grandparents. We need not walk alone.

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



Welcome New Friends.

Bill Spach - Daughter, Allison Spach

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.

2022



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!



Michaela Christianson
in memory of Damon Vincent Christianson

Chaplain Steinkirchner
Love Gift Donation

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

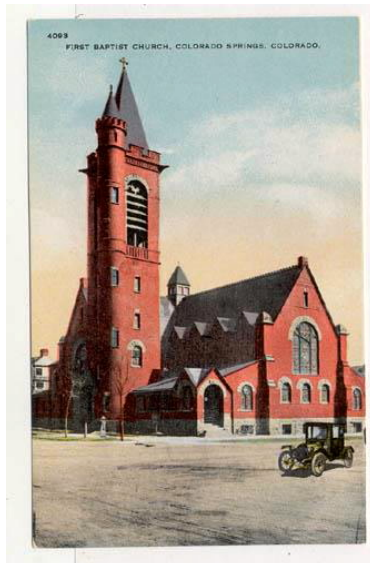
Facebook - <https://www.facebook.com/TCFPikesPeak>

TCFPikesPeak

National - www.compassionatefriends.org



CHAPTER NEWS



GOOD NEWS! Starting in **January** we will once again be holding our in person monthly meetings at the First Baptist Church. We will meet in our previous meeting room upstairs at 7:00 pm and revert back to our pre-pandemic third Thursday of each month. We look forward to starting back up at the church.

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 purchase brochures and cover the many of the expenses that help grieving families in our community. All donations are tax deductible. You and your child's name will be noted in our next newsletter. Workplace "Matching Gift" programs can increase your donation by 50-100%. Please help us help others by making a LOVE GIFT today.

Refreshments Anyone?

It's been awhile since we were able to enjoy refreshments at our monthly meetings. We hope to have our coffee pot back on as well as cool drinks and other refreshments starting in January. As before, we encourage you to bring and share your child's favor snack on their birthday month or feel free to bring some treats to share just because you're a nice person!

We've all endured a tough two years and now we look forward to meeting and seeing each other once again in the coziness of the church and certainly want to thank those people at the First Baptist Church who have made our meetings once again possible.

SEASONED GRIEF

There used to be a point to summing up a year just passed, not as a personal accomplishment but as a reflection. Leaving previous hurts behind was welcomed and the sensible thing to do. I thought I was getting wiser as I was getting older, with the New Year's clean slate full of possibilities. Becoming another person seemed simple, another chance at getting it right. Like redemption, being forgiven for having blundered or been found wanting. But death changed everything, without permission. Resolutions made sincerely and broken quickly, offended my need to hold on to the past—to rewind life very fast, backwards so that I could capture what I had lost. Still, time went on, regardless of my pleas. And when exhaustion sets in, as eventually it must, I understood there would be another future; not the one I thought I had the right to expect, but one where I dared carry hope in my heart again.

Eva Lager TCF Perth, Western Australia



Remembering Our Children On Their Birthdays

Name	Birth	Compassionate Friend	Name	Birth	Compassionate Friend
Joshua Aaron Munkirs	Dec 1	Dana & Laura Munkirs	Zachary Conner	Jan 2	Bryan & Michelle Conner
David Brass	Dec 1	Sharon Hornschuch	Ernest Price Hurst, Jr.	Jan 2	Nancy Hurst
Robbie Rickman	Dec 1	Jean Rickman Place	Adam Roy Hodges	Jan 3	JoAnn Ewing
Abraham Daniel Boukhari	Dec 2	David & Deborah Woodrow	Andrew Talley II	Jan 4	Jackie Talley
Anthony Crisp	Dec 3	Trudy Crisp	Addie Marie Vande Stouwe	Jan 4	Shawn Roberson
John Doggett	Dec 7	Sandra Searles	Jamie Jackman	Jan 5	Sherry Jackman & K. Spooner
John Walther	Dec 8	Joseph Walther	Alyanna Livingston	Jan 5	Kirstin Klinkerman
Daniel Mopper	Dec 9	Pia Schalin	Nicole Megan Yagi	Jan 6	Jackie & Dennis Yagi
Zachary Nathaniel McClary	Dec 9	Gloria & James Olsen	Ramon E.G. Lucero	Jan 6	Diana & Kimber Michael
Trinity Sumlin	Dec 11	Sheryl Sumlin	John Daniel Ringo	Jan 8	Paul Ringo & Angela Randle
Daniel J. Whisler	Dec 11	JoAnn Mowdy	Nickolas Robert Vingren	Jan 8	Dale Vingren
Rachael Samulenc	Dec 12	Megan Samulenc	Tyrone Binnebose	Jan 10	Natasha Binnebose
Kirsten Amanda Texan	Dec 12	Donna Loughridge	Terry A. Shank	Jan 11	Carol Vierling
Kristopher Lohrmeyer	Dec 13	Dan and Lori Lohrmeyer	Vadah Lynne Blocker	Jan 11	Sterling Blocker
Christopher Clark	Dec 13	Dona Sanders	Megan White	Jan 12	Gordon White
Shawn McClelland	Dec 14	Kathy McClelland	Seth Fieser	Jan 15	Megan Fieser
Marcus Richards	Dec 14	Martha Williams	Jaclyn Williams	Jan 17	Sandy & Rob Williams
Gavin Perez	Dec 14	Shannon Paolini	Brody Richard Cisneros	Jan 20	Julie & Will Cisneros
Noelle Pearl	Dec 15	Michelle Fleming	Mallory Paulene Hendrickson	Jan 21	Celine & Gary Hendrickson
Jayden Pierce	Dec 15	Dawn Hendricks	Corey Reynolds	Jan 22	Barb Reynolds-Zornes
Kylie Kelleher	Dec 16	Kaelin Donald	Jody Elizabeth Houtz	Jan 23	Jane and Chris Houtz
Chris Reiter	Dec 18	Sharon Reiter	Eric Evans	Jan 23	Linda & Dick Evans
Nathaniel Hughes	Dec 19	Jim Hughes	Blaine Joseph Steele	Jan 23	Paul Petta
Timothy Patrick Shea	Dec 22	Joe & Paula Shea	Kade Riefenberg	Jan 24	Andy Gibson
Nicolas Jay Broughton	Dec 23	Rose Broughton	Stephen Lucas Tyler	Jan 24	Catherine Tyler
Katie Kennedy	Dec 23	Van & Kathy Kennedy	Sarah Sunshine Wedekind	Jan 25	Lorry Pearson
Trevor "T.J." Franks	Dec 24	Penny Franks	Gregory Frayne	Jan 25	Marion & Larry Frayne
Joey Urbanowicz	Dec 25	Joe Urbanowicz	Aaron Lee Gallob	Jan 27	Lou & Erma Gallob
Robert (Robby) George, Jr.	Dec 25	Robert & Margaret George	Kevin Michael Burns	Jan 27	Stan & Willie Burns
Noah Christian Wilder	Dec 27	Nicole Wilder	Sean O'Connor	Jan 28	Dennis & Tracy O'Connor
Sheri Cavin	Dec 27	Alan Cavin	Joshua Cesar Menendez	Jan 28	Julio Menendez & Dianna Castellanos
Rachel Rafferty	Dec 27	Gary & Kris Rafferty	Shawn Adelgren	Jan 31	Russ & Dee Adelgren
Megan Lane	Dec 28	Sandra Gail Lane	Robert "Bobby" Slaughter	Jan 31	Robert Slaughter
Anthony Anselmo	Dec 28	Vicki & Frank Anselmo			
Joshua Samuel Shelton	Dec 28	Cherie Berglund-Hensley			
Kyle Curtis Hill	Dec 28	Ursula Hill			
Andrew Aguilar	Dec 28	Delecia (Dee) Brooks			
Chelsey Ann Kear	Dec 29	Tami Kear			
Lindsay Jean Morris	Dec 30	Linda Morris			
Melody Agee	Dec 31	Ron Agee			

Laughter is not a sign of "less grief". Laughter is not a sign of "less love".
It's a sign that many of our thoughts and memories are happy ones. It's a sign we know our dear children would have us laugh again. It's okay to laugh.
Patricia Lufty Nevitt, TCF Austin TX



REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

Name	Age	Passed	Compassionate Friend	Name	Age	Passed	Compassionate Friend
Ian Izzeh	34 years	Dec 2	Tammy Haynes	Scott Lauther	43 years	Jan 1	Marte Lauther
Mia Allyson Gardiner	16 years	Dec 4	Peri Gardiner	Elijah Sharp	23 years	Jan 1	Jason & Lana Sharp
Eric Sutton Skinner	19 years	Dec 4	David & Gail Skinner	Susan Gordon	17 years	Jan 4	Mr & Mrs Arthur Gordon
Lisa Marie O'Briant	22 years	Dec 5	Gary & Mary O'Briant	Pierce Ford	29 years	Jan 5	Jeff & Cookie Ford
Renee Lee Seiberlich	1 year	Dec 5	Joe & Leda Seiberlich	Savannah L. Burke	6 weeks	Jan 12	Herman & April Burke
Landon Spangler	11 years	Dec 6	Emma Spangler	Michelle Howie	32 years	Jan 12	Annette Howie
Ian Vincent	31 years	Dec 8	Vicky Campbell	Amber Pacino	22 years	Jan 12	Candace Valdez
Bryan Sasz	46 years	Dec 10	Bill & Donna Sasz	Fred Chavez	32 years	Jan 14	Annette Atchison
Logan J Swearingen	6 years	Dec 11	Stephanie & Landon Swearingen	Jim Eley	43 years	Jan 19	Judith Eley
Jackson Ahrold	9 years	Dec 12	Doug & Tina Blenkarn	Sara M. Losasso	14 years	Jan 19	Cindy Losasso
Marc Darby	12 years	Dec 12	Lori & Steve Darby	Joshua W. Lewis Gohlke	20 years	Jan 19	Karen Swank
Christopher Clark	50 years	Dec 12	Dona Sanders	Nicholas Ryan Nelson	23 years	Jan 22	Marley Nelson Rhoades
Mallory Jane Hooper	25 years	Dec 13	Bill & Beth Hooper	Mark Van Matre	46 years	Jan 24	Patricia Van Matre
Joseph Richardson	1 year	Dec 13	Marcia Richardson	Patrick Michael Doyle	21 years	Jan 27	Ruby Doyle
Isaac Sartain	12 years	Dec 14	Gregory Sartain	Clinton Boland	24 years	Jan 27	Velda Fields
Logan Riley	1 day	Dec 17	Heather Claypool	Megan Lane	18 years	Jan 27	Sandra Gail Lane
Ember Maria Arthur	30 years	Dec 17	Jeanette Newville	Gregory Randall Davis	18 years	Jan 29	Cora Davis
Samuel Hesselberg	17 years	Dec 18	Steve & Leanne Hesselberg	Ernest Price Hurst, Jr.	44 years	Jan 30	Nancy Hurst
Audrina Elyse Escano	18 years	Dec 20	Chris & Christina Pearson	Amy Mae Lugenbeel	2 years	Jan 31	Terry & Barb Lugenbeel
Anthony Anselmo	22 years	Dec 21	Vicki & Frank Anselmo	Juan Marine	29 years	Jan 31	Pamela Marine
David Brass	36 years	Dec 22	Sharon Hornschuch	<div> <p>The Child That's Not There By Tricia Palmer, TCF, Tidewater, VA In memory of my son, Gabriel Boyer</p> <p>The child that's not there Takes up every piece of me</p> <p>The child that's not there Consumes my every thought</p> <p>The child that's not there Makes me feel like I failed</p> <p>The child that's not there</p> <p>Took away a main reason for being</p> <p>But</p> <p>The children that are there Still somehow bring me joy</p> <p>The children that are there Still need my love</p> <p>The children that are there Don't need any more grief</p> <p>The children that are there Force me to go on.</p> </div>			
Tyler Glicken	19 years	Dec 22	Ginger Jones				
Patrick Niedringhaus	18 years	Dec 22	Leah & Dave Niedringhaus				
Douglas M Gratton	23 years	Dec 23	Luci Abrahamson				
Tiffany M Geisbert	33 years	Dec 23	Kimberly Hougaard				
Kiana Meade	14 years	Dec 23	Monica Meade				
Robbie Rickman	21 years	Dec 25	Jean Rickman Place				
Everly Jacobs	3 years	Dec 26	Raelyn Jacobs				
Henry Rael	37 years	Dec 26	Maria Rael				
Chris Reiter	28 years	Dec 27	Sharon Reiter				
Kirsten Amanda Teran	23 years	Dec 28	Donna Loughridge				
Ariel Allen	3 years	Dec 29	Judy Allen				
Rebekah Cano Moore	20 years	Dec 29	Janis Cano				
Mary Hope Burton	7 years	Dec 30	Jim & Betty Burton				
Steven Bondurant	33 years	Dec 31	Karen Bondurant				
Julian King	21 years	Dec 31	Carl Reese & Leonie Cramer				
Matthew Flint	26 years	Dec 31	Cathy Flint				
Michael Zwirlein	25 years	Dec 31	Chris Zwirlein				



A Remnant

I am a wretched seamstress, although there have been numerous attempts on my part over the years to remedy that. At this point, I am fairly content with my ability to sew on a button. I can also, with help, produce a pretty snazzy pillowcase.

During those previous attempts to acquire some skill, I did have to occasionally venture into a fabric store. In most fabric stores, there is a "remnant table." Leftover pieces from bolts of fabric. Often not in sufficient quantity to make much of anything. Always sold at a discount. Sometimes a very steep discount.

These scraps may be from fabric that never was anything more than cheap. It may be a design or color that has gone out of fashion. In some cases, it may be a small fragment of something that was once a fine, valuable fabric. But what does one do with such a leftover?

I sometimes think of myself now as a remnant, a trace of the person I used to be before my son died. Whether the fabric that was my former self was cheap cotton, gaudy polyester, sturdy woven wool, or a finely made silk is up for debate. But here I am a remnant, wondering what to make of what is left. Or, indeed, sometimes wondering if it is even worth the effort.

I guess one option is to sort of throw myself in the proverbial trash heap. But I try...most of the time? some of the time?...to find ways to be useful and productive and engaged. I try to stay off the trash heap. I try to make something out of what is left.

Peggi Johnson - TCF Piedmont, VA

January One

New Year

new life – new hope

new expectations – new beginnings

Old Times

old fears – old places

old disappointments – old dead ends

I am aware of my resistance to change

aware of how reality is and how

I am aware of how I feel vulnerable

Birthdays

death days – celebrations – anniversaries

Seeking a new future as the haunting

past returns

I AM ME

Change is possible and difficult, inevitable

I LIVE ON NOW

Cindy Bouman TCF, Hinsdale, IL

This is Another Year Just Beginning

This is another year just beginning – afresh with new days, new opportunities, new challenges. It occurs to me, however, this is a very difficult task to keep from concentrating on past years and the sadnesses we endure just because it is a new year and the calendar has flipped the page.

Moving on to a brighter tomorrow and letting go of the pain of yesterday is a gradual process. We cross that threshold one step at a time – a small one at first, faltering and stumbling – but somehow getting there. With patience, effort, and persistence, once again we will be able to celebrate life as the year stretches on before us, putting behind us our sadness, our guilts, our failures and our pain.

We will be able to smile again. We will be able to remember our precious children in life rather than death. We will recognize in our days many little blessings and will be able to share our joys with others.

Whenever that "New Year" begins for you, I celebrate with you that marvelous accomplishment, and wish you great peace, courage, and comfort

Alice Weening TCF, Cincinnati, OH



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

LETTING GO vs FORGETTING

When my brother passed away, I had a difficult time distinguishing between "letting go" and "forgetting". I felt that to let go of T.C. would mean to start forgetting him. Needless to say, I was unwilling to do this. Eventually I learned I could let go without forgetting my brother. Learning to let go was and is a day-to-day process. The memory of my brother is stronger and clearer today because it is not as clouded by pain. With each day there is more acceptance.

The reason I'm sharing this with you is because I used to be very concerned that T.C.'s friends would forget him. It hurt to think of all of them going on with their lives without T.C. My family received visits, cards, and letters when T.C. passed away. Slowly, however, the contact became less and less.

I met a woman the other day who recognized my name. We talked for awhile and I learned that her daughter was very close to my brother. I also learned that her daughter continues to visit the accident site and remembers T.C. and their friendship.

This made me understand that the power of love is stronger than I ever imagined. Not only has my memories of my brother remained clear, but he is remembered by his friends. I'm sure some of you can understand these feelings and I wanted to share this with you. Maybe it will help you to understand that you can let go without forgetting. Maybe it will remind you that a person lives on in the hearts of many.

By Judy Cloer' - TCF, Tampa FL

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