



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



December, 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

CHAELO 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 on Dec. 20, 2018



MERRY CHRISTMAS



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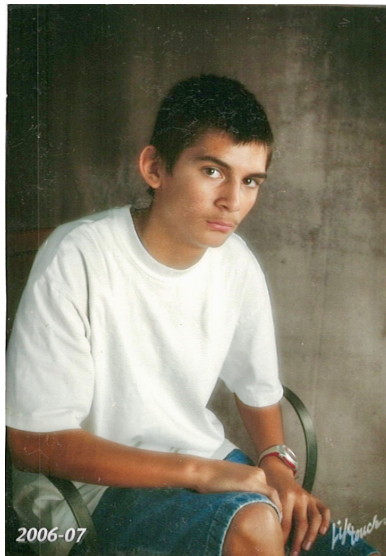


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**Juana Amaya
In Loving Memory of her son**

Omar Amaya

August 12, 1992 ~ November 21, 2013



In Loving Memory of

Kyle Curtis Hill

**“On the 28th is your 26th birthday.
We love and miss you so much.”**

Dad, Grandma & Papa

An Angel's Christmas Wish

I looked through the clouds and what did I see,
The face of my mother, and her thoughts were of me.
Her eyes filled with tears and her face looked so sad,
My wings fluttered softly and I felt so bad;
For I could do nothing to change how she felt,
Nor could I alter the hand fate had dealt.
My tears fell like raindrops, my heart felt so tight,
I lifted my face to heaven and told God of my plight,
For I can never be free just to fly,
As long as there's one lonely tear in your eye.
My years on earth were spent to please you,
And though what has happened was not my own choice,

The plan, my mother dear, came from a much higher voice.
As the birthday of our Savior and Lord draws so near,
I have a small plea I would like you to hear,
Remember me, Mom, with happiness and smiles,
And know when you do my soul will soar miles.
My wings will be light, and my heart will be free,
In the brightest sunshine is where you'll.. see me.

Sandy Siewers, written in memory of Cassandra Radke
~lovingly lifted from TCF Wabash Valley Chapter



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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.



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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.



Juana Amaya in memory of her son
Omar Amaya

Chaplin Eugene Steinkirchner
Love Gift Donation - CSPD

Ursula Hill in memory of her grandson
Kyle Curtis Hill

Chaela Christianson in memory of
Damon Christianson

Marion & Larry Frayne in memory of
Gregory Frayne



Remembering Our Children On Their Birthdays - December

Child's Name	Birthday	Compassionate Friend
Joshua Aaron Munkirs	Dec 1	Dana & Laura Munkirs
Robbie Rickman	Dec 1	Jean Rickman Place
Abraham Daniel Boukhari	Dec 2	David & Deborah Woodrow
Anthony Crisp	Dec 3	Trudy Crisp
John Doggett	Dec 7	Sandra Searles
John Walther	Dec 8	Joseph Walther
Zachary Nathaniel James McClary	Dec 9	Gloria & James Olsen
Daniel Mopper	Dec 9	Pia Schalin
Daniel J. Whisler	Dec 11	JoAnn Mowdy
Trinity Sumlin	Dec 11	Sheryl Sumlin
Rachael Samulenck	Dec 12	Megan Samulenck
Kirsten Amanda Teran	Dec 12	Donna Loughridge
Kristopher Lohrmeyer	Dec 13	Dan and Lori Lohrmeyer
Marcus Richards	Dec 14	Martha Williams
Gavin Perez	Dec 14	Shannon Paolini
Noelle Pearl	Dec 15	Michelle Fleming
Jayden Pierce	Dec 15	Dawn Hendricks
Chris Reiter	Dec 18	Sharon Reiter
Nathaniel Hughes	Dec 19	Jim Hughes
Timothy Patrick Shea	Dec 22	Joe & Paula Shea
Katie Kennedy	Dec 23	Van & Kathy Kennedy
Nicolas Jay Broughton	Dec 23	Rose Broughton
Trevor "T.J." Franks	Dec 24	Penny Franks
Robert (Robby) George, Jr.	Dec 25	Robert & Margaret George
Noah Christian Wilder	Dec 27	Nicole Wilder
Sheri Cavin	Dec 27	Susan & Alan Cavin
Rachel Rafferty	Dec 27	Gary & Kris Rafferty
Megan Lane	Dec 28	Sandra Gail Lane
Anthony Anselmo	Dec 28	Vicki & Frank Anselmo
Joshua Samuel Shelton	Dec 28	Cherie Berglund-Hensley
Kyle Curtis Hill	Dec 28	Ursula Hill
Chelsey Ann Kear	Dec 29	Tami Kear
Lindsay Jean Morris	Dec 30	Linda Morris
Melody Agee	Dec 31	Ron Agee



Remembering Our Children On Their Anniversaries - December

Child's Name	Age	Anniversary	Compassionate Friend
Mia Allyson Gardiner	16 years	Dec 4	Peri Gardiner
Eric Sutton Skinner	19 years	Dec 4	David & Gail Skinner
Lisa Marie O'Briant	22 years	Dec 5	Gary & Mary O'Briant
Renee Lee Seiberlich	1 year	Dec 5	Joe & Leda Seiberlich
Ian Vincent	31 years	Dec 8	Vicky Campbell
Bryan Sasz	46 years	Dec 10	Bill, Donna & Stephanie Sasz
Logan Jude Swearingen	6 years	Dec 11	Stephanie & Landon Swearingen
Jackson Ahrold	9 years	Dec 12	Doug & Tina and Gretchen Blenkarn
Marc Darby	12 years	Dec 12	Lori & Steve Darby
Joseph Gentry Richardson	1 year	Dec 13	Miriam Gentry
Mallory Jane Hooper	25 years	Dec 13	Bill & Beth Hooper
Isaac Sartain	12 years	Dec 14	Gregory Sartain
Logan Riley		Dec 17	Heather Claypool
Ember Maria Arthur	30 years	Dec 17	Jeanette Newville
Samuel Hesselberg	17 years	Dec 18	Steve & Leanne Hesselberg
Audrina Elyse Escano	18 years	Dec 20	Chris & Christina Pearson
Anthony Anselmo	22 years	Dec 21	Vicki & Frank Anselmo
Tyler Glicken	19 years	Dec 22	Ginger Jones
Patrick Niedringhaus	18 years	Dec 22	Leah & Dave Niedringhaus
Douglas Michael Gratton	23 years	Dec 23	Luci Abrahamson
Kiana Meade	14 years	Dec 23	Monica Meade
Nathan Pulham	33 years	Dec 24	Elliot Pulham
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
Chris Gettle	51 years	Dec 29	Kathlene Gettle
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



Have Yourself a Merry Little Christmas

Lyrics by Ralph Blane

*Have yourself a merry little Christmas
Let your heart be light
Next year all our troubles will be
Out of sight*

*Have yourself a merry little Christmas
Make the yule-tide gay
Next year all our troubles will be
Miles away*

*Once again as in olden days
Happy golden days of yore
Faithful friends who are dear to us
Will be near to us once more*

*Someday soon, we all will be together
If the Fates allow
Until then, well have to muddle through somehow
So have yourself a merry little Christmas now*

LIGHT A CANDLE

And I will light a candle for you.
To shatter all the darkness and bless the times we
knew.

Like a beacon in the night.
The flame will burn bright
and guide us on our way.
Oh, today I light a candle for you.

The seasons come and go,
And I'm weary of the change.
I keep moving on,
you know it's not the same.
And when I'm walking all alone,
Do you hear me call your name?
Do you hear me sing the songs we used to sing?
You filled my life with wonder,
Touched me with surprise,
I always saw that something special deep within
Your eyes.

And through the good times and the bad,
We carried on with pride.
I hold onto the love and life we knew.

Paul Alexander, TCF Atlanta, GA

A Gift for the Bereaved

by Maria Kubitz

The holidays can be a lonely and difficult time for people who have lost someone close to them. Lonely from the isolation they feel at secretly – or not so secretly – resenting the joy the season brings when they are filled with despair so deep that it colors their every thought. Difficult because the overwhelming pain of missing someone so dear to them leaves them feeling as if it would have been easier if the world itself had just come to an end when their loved one died.

When you experience a loss so profound that it shakes you to your very core, your outlook on life inevitably changes. Things that once seemed important may tend to appear trivial in the sobering reality of the fragility and unpredictability of life. In this light, the materialism of Christmas and other gift-giving holidays might seem unimportant to them. Short of bringing their loved one back from the dead, they may not want to receive anything that can be wrapped in a box.

Thinking back to that first holiday season after my four-year-old daughter's death, I didn't want to receive gifts at all. What I craved the most involved no wrapping paper or bows. Many days I didn't have the energy to venture out of the house or sometimes even to talk, and would have appreciated the simple act of quiet companionship. Sometimes all I wanted was a loving hug and someone to cry with.

Over the years since my daughter's death, my grief has evolved and my needs have changed. However, one thing has remained the same: I miss hearing her name. After the first few weeks and months after Margareta's death, most people stopped talking about her. It had become too painful for them. It is very isolating to feel the pain of missing someone, constantly think of them, and yet feel as though the rest of the world has forgotten about them.

The best gift family and friends could offer me now is the gift of hearing them say her name out loud without me bringing her up first. I would love the simple act of hearing them say, "I thought of Margareta today. I really miss her." It might bring tears to my eyes, but it would bring happiness to my aching heart.

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Going Home For Christmas

He little knew the sorrow that was in his vacant chair;
He never guessed they'd miss him, or he'd surely have been there;
He couldn't see his mother or the lump that filled her throat,
Or the tears that started falling as she read his hasty note;
And he couldn't see his father, sitting sorrowful and dumb,
Or he never would have written that he thought he couldn't come.
He little knew the gladness that his presence would have made,
And the joy it would have given, or he never would have stayed.
He didn't know how hungry had the little mother grown
Once again to see her baby and to claim him for her own.
He didn't guess the meaning of his visit Christmas Day
Or he never would have written that he couldn't get away.
He couldn't see the fading of the cheeks that once were pink,
And the silver in the tresses; and he didn't stop to think
How the years are passing swiftly, and next Christmas it might be
There would be no home to visit and no mother dear to see.
He didn't think about it -- I'll not say he didn't care.
He was heedless and forgetful or he'd surely have been there.
Are you going home for Christmas? Have you written you'll be there?

Going home to kiss the mother and to show her that you care?
Going home to greet the father in a way to make him glad?
If you're not I hope there'll never come a time you'll wish you had.
Just sit down and write a letter -- it will make their heart strings hum
With a tune of perfect gladness -- if you'll tell them that you'll come.

By Edgar Guest



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

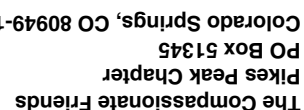
Contributor Name & Address: _____

Relationship: ☐ Son ☐ Daughter ☐ Grandson ☐ Granddaughter ☐ Friend ☐ Other

Photo Enclosed: ☐ Yes ☐ No

Photo To Be Returned: ☐ Yes ☐ No





The Compassionate Friends

PO Box 51345

Pikes Peak Chapter

The Compassionate Friends



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