



STEERING COMMITTEE

CHAPTER LEADER
Stewart Levett - Acting

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

SC MEMBER
Megan Riley
Son, Brandon Naymik

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.

Due to our current pandemic situation, we are not meeting in person but will do Zoom chat meetings. We hope to get back to in person meetings as soon as the Covid situation improves.

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!



St. Patrick's Catholic Church

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

National - www.compassionatefriends.org



Welcome New Friends.

Kaelin Donald - Daughter, Kylie Kelleher

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.

Compassionate Friends Zoom Meeting
Time: Dec 18, 2020 07:00 PM Mountain
Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/83921211727?
pwd=YWtNUzRldktXUUxwSGswdERMVFFpdz09](https://us02web.zoom.us/j/83921211727?pwd=YWtNUzRldktXUUxwSGswdERMVFFpdz09)

Meeting ID: 839 2121 1727
Passcode: 588177

I Will Light Candles This Holiday

Candles of joy despite all the sadness,
Candles of hope where despair keeps watch,
Candles of courage for fears ever present,
Candles of peace for tempest tossed days,
Candles of grace to ease heavy burdens,
Candles of love to inspire all my living,
Candles that will burn all the year long.

TCF Portland, Oregon

**NEWSLETTER MAILINGS TO BE
DISCONTINUED**

During our Steering Committee meeting in October we discussed the need to discontinue the mailings of our monthly newsletter.

Dwindling numbers due to the lack of desire to continue receiving, change of addresses, death, and the fact that most prefer email copies has led us to this decision. Our friends at The First Baptist Church who have done our printing for so many years have also had to cut back the services they provide us so, it just made sense to “pull the plug.”

December will be the last month that we will mail out hard copies of the newsletter in bulk to our distribution list. Please contact us if this presents a problem and we will do our best to work with you to resolve this issue.

Stew Levett - Editor

CHAPTER NEWS

Our chapter has been without a formal Chapter Leader since October, 2017 a little over three years. During that period of time each member of the Steering Committee has pitched in to do various tasks that have needed to be done to keep our Chapter alive and running. I have acted as the acting Chapter Leader during much of that time because National TCF requires us to have one.

I am happy to announce that **Megan Riley** will permanently be taking over this role for our Chapter starting the new year and we are all excited about what she’s going to bring to the group. Additionally, Jen Sutton will be helping out Ruby Doyle with the Treasurer duties. We are all happy to see the chapter moving forward as I’m sure it will continue to serve the Pikes Peak community for many years to come. S.L.



REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

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
Daniel Mopper	Dec 9	Pia Schalin
Zachary Nathaniel McClary	Dec 9	Gloria & James Olsen
Trinity Sumlin	Dec 11	Sheryl Sumlin
Daniel J. Whisler	Dec 11	JoAnn Mowdy
Rachael Samulenck	Dec 12	Megan Samulenck
Kirsten Amanda Teran	Dec 12	Donna Loughridge
Kristopher Lohrmeyer	Dec 13	Dan and Lori Lohrmeyer
Christopher Clark	Dec 13	Dona Sanders
Shawn McClelland	Dec 14	Kathy McClelland
Marcus Richards	Dec 14	Martha Williams
Gavin Perez	Dec 14	Shannon Paolini
Noelle Pearl	Dec 15	Michelle Fleming
Jayden Pierce	Dec 15	Dawn Hendricks
Kylie Kelleher	Dec 16	Kaelin Donald
Chris Reiter	Dec 18	Sharon Reiter
Nathaniel Hughes	Dec 19	Jim Hughes
Timothy Patrick Shea	Dec 22	Joe & Paula Shea
Nicolas Jay Broughton	Dec 23	Rose Broughton
Katie Kennedy	Dec 23	Van & Kathy Kennedy
Trevor "T.J." Franks	Dec 24	Penny Franks
Joey Urbanowicz	Dec 25	Joe Urbanowicz
Robert (Robby) George, Jr.	Dec 25	Robert & Margaret George
Noah Christian Wilder	Dec 27	Nicole Wilder
Sheri Cavin	Dec 27	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
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



REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

Name	Age	Anniversary	Compassionate Friend
Ian Izzeh	34 years	Dec 2	Tammy Haynes
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
Landon Spangler	11 years	Dec 6	Emma Spangler
Ian Vincent	31 years	Dec 8	Vicky Campbell
Bryan Sasz	46 years	Dec 10	Bill, Donna & Stephanie Sash
Logan Jude Swearingen	6 years	Dec 11	Stephanie & Landon Swearing
Jackson Ahrold	9 years	Dec 12	Doug, Tina Blenkarn
Marc Darby	12 years	Dec 12	Lori & Steve Darby
Christopher Clark	50 years	Dec 12	Dona Sanders
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	1 day	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
Tiffany Michele 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



Christmas Has No Color

*Christmas has no color now
Since you were torn away.
Twinkling lights and wrappings bright
Are only shades of gray.*

*I thought we had a hundred years
To say what you meant to me.
How could I have known we'd had our last time
Spent 'round the Christmas tree.*

*Christmas has no color now
The tomorrows come no more.
I'll never see your face again
Appearing at my door.*

*If I had only known back then
Your life so soon would end,
I'd have hugged you close with all my might
For I'd had no better friend.*

*It's too late now to make amends
For all I'd meant to do.
Though Christmas has no color now
I'll always remember you.*

Stephen Willis(sibling) Son of Nancy Willis
TCF Nashville, TN Written in tribute to Angela



'Twas the Night Before Christmas"

~ For Bereaved Parents ~

'Twas the month before Christmas and I dreaded the days,
That I knew I was facing - the holiday craze.
The stores were all filled with holiday lights,
In hopes of drawing customers by day and by night.

As others were making their holiday plans,
My heart was breaking - I couldn't understand.
I had lost my dear child a few years before,
And I knew what my holiday had in store.

When out of nowhere, there arose such a sound,
I sprang to my feet and was looking around,
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash

The sight that I saw took my breath away,
And my tears turned to smiles in the light of the day.
When what to my wondering eyes should appear,
But a cluster of butterflies fluttering near.
With beauty and grace they performed a dance,
I knew in a moment this wasn't by chance.

The hope that they gave me was a sign from above,
That my child was still near me and that I was loved.
The message they brought was my holiday gift,
And I cried when I saw them in spite of myself.

As I knelt closer to get a better view,
One allowed me to pet it - as if it knew -
That I needed the touch of its fragile wings,
To help me get through the holiday scene.

In the days that followed I carried the thought,
Of the message the butterflies left in my heart -
That no matter what happens or what days lie ahead,
Our children are with us - they're not really dead.

Yes, the message of the butterflies still rings in my ears,
A message of hope - a message so dear.
And I imagined they sang as they flew out of sight,
"To all bereaved parents - We love you tonight!"

-By Faye McCord - TCF, Jackson, MS



A "New" New Year's Resolution

Instead of the old kind of New Year's resolutions we used to make and break, let's make some this year and really try to keep them.

- ◆ Try not to imagine the future; take one day at a time.
- ◆ Allow yourself time to cry, both alone and with your loved ones.
- ◆ Don't shut out other family members from your thoughts and feelings. Share these difficult times. You may all become closer for it.
- ◆ Try to be realistic about your expectations of yourself, your spouse, other family members and friends. If each of us is unique and different, how can there be perfect understanding?
- ◆ When a good day comes, relish it. Don't feel guilty and don't be discouraged because it doesn't last. They will come again and multiply.
- ◆ Take care of your health. Even though the mind might not care, a sick body will only compound your troubles. Drink lots of water, take stress-type vitamins, rest (even if you don't sleep), and get moderate exercise. Help your body to heal as well as your mind.
- ◆ Share your feelings with other compassionate friends and let them share with you. You will find that as you begin caring about the pain of others, you will start to come out of your shell - a very healthy sign.

I know that following these resolutions won't be easy, but what has been? It is worth a try. There is nothing to lose and perhaps much to gain.

Mary Ehmann, TCF, Valley Forge, PA

The New Year

With the holidays past, we're off on another 365 now. Some of you, I know, wonder if you can make it. That's such an enormous amount of time to contemplate all at once, isn't it? You may have some of your "firsts" coming in the months ahead, and the normal impulse seems to be to lump all those days together and start dreading them concurrently, like a prisoner serving several life sentences.

It's possible to do it that way, but that's the hard way. Getting through this day may take all the energy you can muster. Why try to handle March or May or July (or whenever your special days are) now? You can't really, and you end up by the trying only defeating yourself in your effort to effectively survive this day.

When this day is past, March or May or July will still be there, trying to defeat your tomorrow - but only if you let them! Get past this day - and tomorrow and tomorrow and tomorrow. By the time March, May or July gets here you will have improved your coping skills. You can better handle your special days with more practice. I encourage you to know you can and will be better. Use this New Year constructively to facilitate that end, and utilize the help that is available to you through your compassionate friends.

Mary Cleckly, TCF Atlanta GA



December, 2020

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