



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



Feb/March, 2021

STEERING COMMITTEE

CHAPTER LEADER

Megan Riley

Son, Brandon Naymik

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 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.

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!



Ed and Janet Lawrence
in memory of Logan Patrick Lawrence

Marion and Larry Frayne
in memory of Gregory Frayne

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



CHAPTER NEWS

Starting in March the Pikes Peak Chapter will start hosting two monthly meetings for our members. The first meeting will be a virtual Zoom meeting held the second Wednesday of each month. These meetings are intended for those that feel safer not attending in person meetings at this time or those who may not physically be able to attend our in person meetings. These meetings will be hosted and moderated initially by our new Chapter Leader Megan Riley. We will send out an email link and password prior to the meetings. Our next Zoom meeting will be on March 10th at 7:00 p.m.

We will continue to have our in person meetings at the Kempo Karate school located at 410 South 8th Street directly behind the Taco Express. Each month we will have a different facilitator hosting the group with a wide range of topics to engage our members. These in person meetings will be held the 3rd Friday of each month starting at 7:00 p.m. Each visitor will be asked to sign in and have their temperature taken. Masks will continue to be mandatory and we ask that you bring your own water bottle or drink as we look at plans on how we might safely reintroduce refreshments at our meetings. Our next meeting will be at 7:00 p.m. on March 19th.

Meetings are available to all members each month. Should you feel a need to log in to the virtual meeting as well as attend our in person meeting, we understand your need and welcome you to attend both.

The Anniversary

Let me be sad today,
Give me this day to mourn.
It's the date my little son died,
And also the date he was born.

Let me think back to his birth
The fear of viewing him, dead.
Memories of holding him close,
And cradling his little head.

Allow me to visit his grave,
To let a few balloons go,
To place flowers lovingly,
And trim the grass that does grow.

Allow me tears to cry,
Love fills my heart to the brim
Spilling it on those close by.
While always longing for him

Elizabeth Dent TCF McMinnville, OR

SPRING TEARS

When the sun's sharp brilliance echoes in the luminescent blue,
a grim oppressive darkness stabs my aching heart anew.

It's golden glow upon my face, the warmth of winter's sun holds
the promise of renewal when the icy months are done.

It is this vow of nature's resurgence in the Spring
that bows my head, and breaks my heart - unlocks my
suffering ...for you will miss again the beauty of this time of year,
the growing warmth, the sunny days when life will reappear.

For nature has no power over death that holds you still, And
though I know, I still resent Spring's early daffodil... Oh, would
that I could speak to Mother Nature face to face! To beg she
work her magic on your lonely resting place.

Why can't it be your rebirth when the grey cold days are gone?
Why mightn't you not live again to see Spring's fresh new dawn...
and feel the warmth of sunshine, relish in the greening earth...
to open arms embracing life, why can't it be your birth?

You were so young, your life so new when death crept through
the door And in my grief, beloved child, I'll ask forevermore
the reason why the earth's renewed when Spring comes 'round
each year ...yet in your grave you're silent still and I, condemned,
am here.

Sally Migliaccio - TCF Manhatten



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REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

Name	Birthday	Compassionate Friend
Bill Radcliffe	Feb 1	Jane Radcliffe
Karen-Jean Slade	Feb 2	Sheila Slade
Carrie Claire-Eileen Noyd	Feb 4	Travis Noyd
Michael William Sarmento	Feb 7	Donna (Sarmento) Pugh
Tyrese Gayle	Feb 8	Mia Gayle
Kimberley Dawn Leir	Feb 8	Adaline and Herb Leir
Tyler Glicker	Feb 8	Ginger Jones
Samuel Hesselberg	Feb 9	Steve & Leanne Hesselberg
Ryan Rickman	Feb 11	Jean Rickman Place
Karey Ackerman	Feb 11	Bob & Joann Zelins
Lindsay Yvonne Davis	Feb 11	Susan & Jerry Davis
Jay Aguanno	Feb 12	Jean Aguanno
Claire Palmer	Feb 12	JoAnn & Lawrence Palmer
Kiana Meade	Feb 15	Monica Meade
Gary Carlson	Feb 15	Phil & Rose Carlson
Kevin Edward Farley	Feb 15	Elizabeth Farley
Ember Maria Arthur	Feb 16	Jeanette Newville
Treasura Carswell-Benford	Feb 16	Linda Benford
Aaron Steffens	Feb 16	Lynn Nickel
Joyhanna Benford-Grimm	Feb 17	Linda Benford
Alyssa Eck	Feb 17	Patricia Eck
Zachary Dean Glenn	Feb 18	Janice Bren
Zachary Dean Glenn	Feb 18	Kristin & Larry Glenn
Chance Tyler Nichols	Feb 19	Charlie Nichols
Riley Calen Winters	Feb 21	Lucrecia & Joel Sjoerdsma
Nikolas Chunn	Feb 21	Monica Chunn
Haley Yarbrough	Feb 22	Andrea Yarbrough
Michelle Sandra Seal	Feb 23	Walter & Diana Seal
Jade Skye Baxter	Feb 24	Christina & Steven Baxter
Michael Ramirez	Feb 27	Jennie Ramirez
Fred Chavez	Feb 27	Annette Atchison
Darrell Lewis Mitchell	Feb 27	George & Freda Mitchell
Brooke Hromadka	Feb 27	J.D. Farmer
Jason Lamb	Feb 28	Jan Lyons-Lamb
Ariel Allen	Feb 28	Judy Allen

Is It Easing?

I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard your name today and it did not bring back the terrible hurt feelings of when you first left me.

I heard your name today with a calmness that surprised me. Many another child carried your name, and it had been torture hearing it and seeing the smiling faces on those little girls.

But today I know. I found out what others in my footsteps found out and tried to tell me. The hurt will ease; but the memories, the love, the good times will never go away.

—Phoebe C. Redman, TCF Bradenton, FL



REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

Name	Birthday	Compassionate Friend
Sebastian Salkind	Mar 1	Skye Aubrey (c/o Shay)
Giovani Duran	Mar 1	Kelly & Gustavo Duran
Wayne Allen Garrett	Mar 4	Joyce and Greg Garrett
Desiree D'Gornaz	Mar 4	Louie & Edna D'Gornaz
Logan Lawrence	Mar 5	Janet & Edward Lawrence
Amber Pacino	Mar 5	Candace & Gregory Valdez
Erin Marie McCallister	Mar 7	Steve & Carol McCallister
Keith Andrew Barrett	Mar 8	Ree Barrett
Samuel Christensen	Mar 9	Stacy Christensen
Owen William Howard	Mar 10	Mike & Carol Parker
Philip Schlenoff	Mar 11	Natasha Schlenoff
Ava Rose Wolfe	Mar 12	Kristy Wolfe
Conri Lee Barber	Mar 13	Sean & Cherie Barledge
Marisa Nicole Pilant	Mar 14	Stephen & Julie Pilant
Ian Vincent	Mar 16	Vicky Campbell
Thomas Cooper	Mar 17	Marianne Lawless
Cathleen Bartlett Maxwell	Mar 17	Dick & Marty Maxwell
Julian King	Mar 18	Carl Reese & Leonie Cramer
Austin Sutton	Mar 20	Jenny Sutton
Megan Huyge	Mar 21	Stan & Rebecca Huyge
Terry "TJ" Basgall	Mar 21	Stephanie Basgall
Billy E. Hendrickson	Mar 22	Grace & Delbert Hendrickson
Michael Colgrove	Mar 23	Theresia Colgrove
Christopher J. Novich	Mar 24	Susan & Joe Novich
Clayton Champion	Mar 24	Jessie & Phyllis Roark
Marc Darby	Mar 25	Lori & Steve Darby
Scott Martinson	Mar 26	JoAnn Martinson
Justin A. Clayton	Mar 26	Terry & Sharon Clayton
Jon Van Pelt	Mar 27	Claudette Van Pelt
Kari Ann Kirt	Mar 28	Lon and Andrea Kirt
Kira Ann Schager	Mar 28	Frank & Lori Schager
Alana Durkee	Mar 30	Tina Harms
Michael Eck	Mar 31	Patricia Eck

The secret of The Compassionate Friends is simple. There is no line between the helper and being helped. In the early months of people's membership in TCF, it seems that most of the time is spent absorbing ideas, crying and letting the grief flow, and learning the "ropes" of being a bereaved parent. The next step is reaching out to others and helping them. It is not a big step, for listening to another person sort out his life helps us to sort out our lives, too. But it is an important step because it is the first point at which the movement is reversed. All our energy had been going inward. We had been feeling so empty inside that we kept withdrawing into ourselves. But at the point when we turn around is the point when we first listen to another, speak the words of comfort and hope, and share our pain instead of just feeling our pain. At that time the real healing has started.

Dennis Klass, PhD. Advisor, TCF, St Louis, MO



REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

Name	Age	Anniversary	Compassionate Friend
Paul A. Behr	0 years	Feb 1	Cynthia & Steve Behr
Craig Matthews	30 years	Feb 4	Cathy Genato
Scott Michael	21 years	Feb 4	Linda Gerwatowski
Jaclyn Williams	14 years	Feb 6	Sandy & Rob Williams
Tristan Millman Troeger	25 years	Feb 7	Lisa & Joel Millman
Karen-Jean Slade	30 years	Feb 7	Sheila Slade
Genie Thomas	39 years	Feb 8	Jamie Thomas
Jade Skye Baxter	2 years	Feb 9	Christina & Steven Baxter
Patrick Casey Hildebrand	21 years	Feb 9	Dr. Jan and Judi Hildebrand
Michael Stump	32 years	Feb 9	Polly Kelley
Darrell Lewis Mitchell	20 years	Feb 9	George & Freda Mitchell
Lora Lee	40 years	Feb 11	Kathy Hollaway
Yancy Hufford	26 years	Feb 11	Patty Hufford
Steven Miller	17 years	Feb 11	Mike Miller
Amy Feight	30 years	Feb 12	Patty & Bill Feight
Stephen James Benjamin	26 years	Feb 13	Kathy Benjamin
Noelle Pearl	17 years	Feb 13	Michelle Fleming
Adam Czyz	18 years	Feb 15	Robyn Czyz
Anthony Glusko	26 years	Feb 15	Jeaneatte Glusko
Keith Hampton	30 years	Feb 15	Martha Hampton
Alexander Beall	30 years	Feb 15	Haven Stillwater
John Doggett	47 years	Feb 16	Sandra Searles
Peter Joseph Noel	20 years	Feb 16	Janet Noel Starritt
Eric Cowles	3 months	Feb 17	Doug & Leah Cowles
Alyssa Eck	1 day	Feb 17	Patricia Eck
Stella Elliott	6 months	Feb 17	Donna Elliott
Treasure Carswell-Benford	3 days	Feb 18	Linda Benford
Alexander Lucas	23 years	Feb 18	Suzanne Lucas
Graham Stingley	23 years	Feb 18	Mary Winter-Stingley
Clara Johnson	26 years	Feb 21	Julie Sanchez
Logan Lawrence	23 years	Feb 22	Janet & Edward Lawrence
Carrie Claire-Eileen Noyd	24 years	Feb 22	Travis Noyd
Kirsten Evelyn Cornell	9 years	Feb 23	Will & Marion Cornell
Marisa Nicole Pilant	2 years	Feb 23	Stephen & Julie Pilant
Joshua Samuel Shelton	0 years	Feb 24	Cherie Berglund-Hensley
Sam Blew	13 years	Feb 24	Bryan & Jennifer Blew
Reanna Maria Reedy	21 years	Feb 25	Carol Reedy
Sean Thompson	24 years	Feb 26	Rick Korcsog & Frankie Thompson
Richard Joseph Armstrong	4 years	Feb 27	Chuck & Helen Armstrong
Daniel Mopper	38 years	Feb 27	Pia Schalin
Jordan James Miranda	24 years	Feb 29	Mike & Jonette Miranda



REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

Name	Age	Anniversary	Compassionate Friend
Kevin Michael Burns	16 years	Mar 3	Stan & Willie Burns
Jessica Robison	17 years	Mar 3	Terri Robison
Steven James Gantz	13 years	Mar 4	Diana Gantz
Dequan Maiik Hampton	16 years	Mar 4	Simona Hampton
Brian Michael Gregory	16 years	Mar 6	Roy & Phyllis Gregory
Terry A. Shank	28 years	Mar 6	Carol Vierling
Tiffany Maxwell	34 years	Mar 7	Diane Maxwell
Michelle Sandra Seal	3 years	Mar 7	Walter & Diana Seal
Jay William Sheridan	27 years	Mar 9	Mary & Tim Sheridan
Christopher Russell Tyson	27 years	Mar 9	Cory Lynn Tyson
Terry "TJ" Basgall	25 years	Mar 11	Stephanie Basgall
Gregory Frayne	27 years	Mar 13	Marion & Larry Frayne
Andy Cope	27 years	Mar 14	Debbie & Kurt Adelbush
Chris Barns	32 years	Mar 14	Bonnie Barns
Alana Durkee	17 years	Mar 14	Tina Harms
Kevin Edward Farley	27 years	Mar 15	Elizabeth Farley
Tyrese Gayle	17 years	Mar 16	Mia Gayle
Charlie Josh Jones	12 years	Mar 16	Sue Jones
Jim Agnew	31 years	Mar 17	Tom & Bev Agnew
Jody Elizabeth Houtz	17 years	Mar 18	Jane and Chris Houtz
Danae Lynne Marie Mannon	0 years	Mar 18	Art Mannon
Melody Agee	19 years	Mar 21	Ron Agee
John Daniel Bernard Ringo	8 years	Mar 21	Angela Randle
Christopher Calegar	10 years	Mar 22	Kevin & Linda Calegar
Megan Huyge	0 years	Mar 22	Stan & Rebecca Huyge
Michael Colgrove	0 years	Mar 23	Theresia Colgrove
Lauren Hoover	26 years	Mar 23	Jill & Banty Hoover
Amanda T. Hill	34 years	Mar 27	Connie Milligan
Colin Peter Baerman	32 years	Mar 28	Paul & Kerry Baerman
Timothy Patrick Shea	21 years	Mar 31	Joe & Paula Shea

Beautiful Dream

Eyes open wide
I awake from a beautiful dream
Within seconds the painful reality of my life
sets in
I find myself wanting to scream
Grief so strong
Impossible to explain

Living with a broken heart

Struggling with the pain
Eyes closed tight
I pray for that beautiful dream
A short escape from the painful reality
That makes me want to scream

Robert Willis - TCF, Frederick, MD



Walking the Lonesome Valley

One of my favorite gospel songs is “You’ve Got to Walk That Lonesome Valley” which is attributed to various composers in the early 20th Century. Many adaptations have been made to the words, yet all seem to fit.

This gospel song is particularly poignant for bereaved parents. We must take our grief journey alone. We must take our grief journey on our own terms and in our own way. I found myself humming and then singing this gospel song after my son died over nine years ago.

I was never really alone in this lonesome valley, however; many are taking this same walk, in their own ways and on their own terms. In TCF, we learn from other parents who walk the lonesome valley. We receive hope from those who take this journey with us. Some bereaved parents choose to return to the darkest places in the lonesome valley and help our newly bereaved parents as they define their own personal journey. Gradually, after thousands of steps, the bereaved parent comes to the place of resolution and emerges from the valley into the gauzy sunlight of hope and peace.

Reach out for assuring words and thoughts and ideas and hope. Take comfort in knowing that each of us is walking the lonesome valley.

You’ve got to walk that lonesome valley
You’ve got to walk it by yourself
There’s no one here can walk it for you
You’ve got to walk it by yourself
I must walk this lonesome valley,
I have to walk it by myself,
Oh, nobody else can walk it for me,
I have to walk it by myself.
I must go and stand my trial,
I have to stand it by myself,
O, nobody else can stand it for me,
I have to stand it by myself.

Annette Mennen Baldwin - TCF Katy, TX

ON GRATITUDE

My feet were cold from the icy pavement as I waited for the morning bus. The bitter winter was receding and I was working hard on gratitude. I bent my head deeper into my scarf and saw a penny in the street.

I had just returned from a regional meeting of The Compassionate Friends in Green Bay, Wisconsin. A presenter held up his ‘Pennies from Heaven’ and declared that signs from our loved ones are everywhere. I wonder... I picked up that penny and found my reading glasses.

I work on gratitude with some skepticism. Was this a treasure or just a muddy little coin? The date imprinted in the copper became clear— 1983—the year my son was born.

Surprise and tears triggered by that date immediately washed across my face. I no longer felt cold. I meandered through memories of a day in July some 20+ years ago when I delivered that child.

“Collect yourself,” I said to myself under my breath. I might scare my mass transit bus mates. In the cold air I turned my face away from the others and watched my breath puff into icy clouds.

The bus appeared and I boarded with everyone else. I was a penny richer that day and grateful beyond measure for the treasure trove of memories that lay in my hand.



Monica Colberg - TCF Minneapolis, MN



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

Feb/March, 2021

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