



Upcoming Events

March 19th - General Meeting - 7:00 p.m. - First Baptist Church

STEERING COMMITTEE

CHAPTER LEADER - ACTING
LARAINÉ ASARO-ANDERSON
Son, Michael Edward Anderson

MAILINGS & DATABASE
JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

SECRETARY
LEONIE CRAMER
Son, Julian Anthony King

TREASURER
YVETTE THOMPSON
Son, Ryan Barry Thompson

**NEWSLETTER EDITOR &
EMAILINGS**
STEWART LEVETT
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR
BOB THOMPSON
Son, Ryan Barry Thompson

SC MEMBER/LIBRARIAN
CHAE LA CHRISTIANSON
Son, Damon Vincent Christianson

SC MEMBER/WELCOME PACKETS
LETA LEVETT
Son, Aaron Paul Levett

TELEPHONE FRIENDS

Any of these members may be contacted to talk about your loss:

CHAPTER LEADER - ACTING

LARAINÉ ASARO-ANDERSON * 351-7653

DRUG / ALCOHOL LOSS
STEWART & LETA LEVETT * 531-5488

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON * 573-2743

LEUKEMIA
JANE & STEVE GABRIEL * 282-1924

ADULT CHILD / SUDDEN DEATH

CHAE LA CHRISTIANSON * 687-6688

SUICIDE
LARITA ARCHIBALD 596-2575

SKATEBOARD / AUTO ACCIDENT
RAYE WILSON (303) 814-9478

*Please feel free to contact any of these Steering Committee members if you can not reach our Chapter Leader. **

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





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?

Our next meeting will be on March 19, 2015.

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.

You Need Not Walk Alone.

Support Resources

TCF Online Chat Groups:

www.compassionatefriends.org/resources/online_Support.aspx

- For questions, please contact Diana Jorden, 925-432-3854, who moderates the general grief and suicide loss rooms on Friday nights and Sunday. TCF online offers several specialized chat rooms, all moderated by moms who have been in chat for at least 2 years or more. We offer a sibling-only chat, loss under 1 year, loss over 2 years, loss of only child, suicide survivor, infant/pregnancy loss, and every night (and Monday mornings) there is a general loss room open to parents, step and grand, and siblings.
- You can sign up for the online TCF National newsletter at www.compassionatefriends.org
- You can reach our TCF National Facebook page through the link on the same home page of our national website. You will be asked to join Facebook if you are not already a member, and we hope you'll find our Facebook page as interesting as do the more than 11,000 fans who have already found us!



Juana & Oscar Amaya
in loving memory of their son

Omar Amaya

8/12/1992 ~ 11/21/2013

It's been a year without, not a day goes by that you aren't missed and loved. The world is a little darker without your smile, a little quieter without your laugh and a little colder without your warm heart. You truly made this a better life and we will carry our memories of you with us forever. Loved and missed!



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



February 2015
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Sheila Slade
in loving memory of her daughter
Karen Jean Slade
2/2/1950 ~ 2/7/1980



Debbie & Steven Seifert
In loving memory of our son
Devin J. Seifert
5/11/1993 - 7/5/2014
We miss you so much!





Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
James R. Hurst	Feb 1	Kim Troeger
Karen-Jean Slade	Feb 2	Sheila Slade
Kent Curtis Junglen	Feb 3	James Junglen
Adrienne Levett Berger	Feb 3	Stewart Levett
Stephen Merle Schmoker	Feb 5	Shirley & Ralph Greer
Michael William Sarmento	Feb 7	Donna (Sarmiento) Pugh
Kimberley Dawn Leir	Feb 8	Adaline & Herb Leir
Tyler Glicken	Feb 8	Ginger Jones
Samuel Hesselberg	Feb 9	Steve & Leanne Hesselberg
Ryan Rickman	Feb 11	Jean Rickman
Lindsay Yvonne Davis	Feb 11	Susan & Jerry Davis
Jay Aguanno	Feb 12	Jean Aguanno
Claire Palmer	Feb 12	Jo & Lawrence Palmer
Kevin Edward Farley	Feb 15	Elizabeth Farley
Gary Carlson	Feb 15	Phil & Rose Carlson
Ember Maria Arthur	Feb 16	Jeanette Newville
Aaron Steffens	Feb 16	Lynn Nickel
Alyssa Eck	Feb 17	Patricia Eck
Zachary Dean Glenn	Feb 18	Janice Bren / Kristin & Larry Glenn
Chance Tyler Nichols	Feb 19	Charlie Nichols
Kendall Ford Young	Feb 20	Ford & Ann Young
Nikolas Chunn	Feb 21	Monica Chunn
Michelle Sandra Seal	Feb 23	Walter & Diana Seal
Jade Skye Baxter	Feb 24	Christina & Steven Baxter
Darrell Lewis Mitchell	Feb 27	George & Freda Mitchell
Fred Chavez	Feb 27	Annette Atchison
Michael Ramirez	Feb 27	Jennie Ramirez
Ariel Allen	Feb 28	Judy Allen
Jason Lamb	Feb 28	Jan Lyons-Lamb



Chaela Christianson
in loving memory of her son
Damon Vincent Christianson
5/30/1977 ~ 7/3/2010



Chaplain
Gene Steinkirchner
CSPD





Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Paul A. Behr	2 months	Feb 1	Cynthia & Steve Behr
James Craig Stiegelmeier	25 years	Feb 2	Betty Stiegelmeier
Craig Matthews	30 years	Feb 4	Cathy Genato
Scott Michael Gerwatowski	21 years	Feb 4	Linda Gerwatowski
James R. Hurst	5 days	Feb 5	Kim Troeger
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
Jade Skye Baxter	2 years	Feb 9	Christina & Steven Baxter
Patrick Casey Hildebrand	21 years	Feb 9	Dr. Jan & Judi Hildebrand
Darrell Lewis Mitchell	20 years	Feb 9	George & Freda Mitchell
Yancy Hufford	26 years	Feb 11	Patty & Larry 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
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
Kent Curtis Junglen	31 years	Feb 18	James Junglen
Graham Stingley	23 years	Feb 18	Mary Winter-Stingley
Logan Lawrence	23 years	Feb 22	Janet & Edward Lawrence
Kirsten Evelyn Cornell	9 years	Feb 23	Will & Marion Cornell
Marisa Nicole Pilant	2 years	Feb 23	Richard & Elizabeth Jamison / Stephen & Julie Pilant
Joshua Samuel Shelton	7 weeks	Feb 24	Cherie Berglund-Hensley
Reanna Maria Reedy	21 years	Feb 25	Carol Reedy
Jeremy Laurence	25 years	Feb 26	Ted & Sherrill Laurence
Sean Thompson	24 years	Feb 26	Rick Korcsog & Frankie Thompson
Richard Joseph Armstrong	4 years	Feb 27	Chuck & Helen Armstrong





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 returned unless you specify for us to keep them and place them on our Child Remembered board displayed at monthly meetings.

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.

\$0 to \$50 - A picture, if available, and dedication to be listed in the newsletter. Love Gift donations should be sent directly to our treasurer, Yvette Thompson 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 Yvette Thompson, 5012 Rocking R Dr., Colorado Springs, CO 80915 ⇐
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

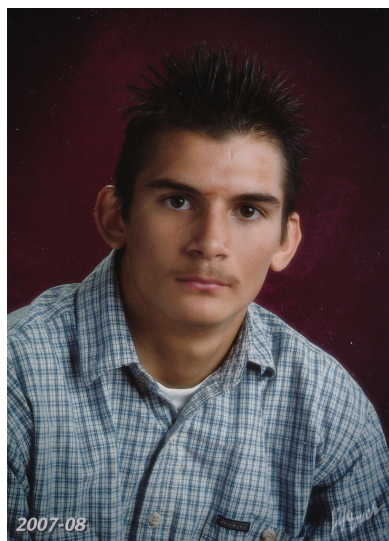
Cut and mail this form with your Love Gift to: Yvette Thompson – 5012 Rocking R Dr. – Colorado Springs, CO 80915

Contributor Name & Address: _____

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

Photo Enclosed: ☐ Yes ☐ No

Photo To Be Returned: ☐ Yes ☐ No



**Ursula Hill
in loving memory of her grandson
Kyle Curtis Hill
12/28/1992 ~ 5/31/2014**



For the Newly Bereaved

In the early minutes, days, weeks, months and even years of grief, we find ourselves in all consuming grief and pain beyond description.

We find it difficult to carry on our everyday lives or to think of little except our children's death.

Even our once wonderfully happy memories, shared with our children while they lived, now bring us pain for a time.

Bereaved parents do not "get over" the death of their children nor "snap out of it" as the outside world seems to think we can and should. The death of our children is not an illness or a disease from which we recover. It is a life altering change with which we must learn to live.

With the death of our children we are forced to do the "impossible," build a new life and discover a "new normal" for ourselves and our families in a world that no longer includes our beloved children. It is important for newly bereaved parents to know that they will experience a wide and often frightening variety of intense feelings after the death of their child.

It is also important for newly bereaved parents to understand and know that all of the feelings you experience are very natural and normal under the circumstances. Equally important for you to know and believe is that, as much as you cannot possibly believe it, you will not always feel this powerful and all consuming grief.

But right now you must follow the instincts of your soul and allow your bodies and hearts to grieve. The grief resulting from your child's death cannot be skirted over, around or under.

You must go through it in order to come out on the other side.

Shirley Blakely Curle- TCF, Central AR

LETTING GO

Recently I received an award for volunteering in the community. I was honored to receive it. Some of the people in my life mentioned that it looked like I had "let go" of the pain of losing my child. "Let go?" Of course, they don't understand.

But when the award was mentioned at our monthly Compassionate Friends meeting, a bereaved mother made an interesting observation that touched my heart and reminded me why I need this special group to keep me centered and balanced.

"I remember that article you read to us last Mother's Day . . . the one your son wrote about how proud he was of you," she said. "Wouldn't it be great to put that article in our memory book with the newspaper article about your award? He was right about you. He was proud of you."

What a great idea! What a wonderful way to bring my son into my life even though he is no longer on this plane. That's what Compassionate Friends do . . . they help to bring our children into our lives even though our children are no longer alive. For a few hours each month, our children return to us. We're proud parents who can share our children's stories and keep our children in our lives . . . without explaining why we won't be "letting go."

~ Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX





HEALING WORDS

Rituals

I don't know why rituals help us heal, but often they do. One day, less than a year after Philip had died, a friend and I met on a private beach in Gloucester, Massachusetts. The beach was special to both of us, because the mother she had lost and the son I had lost had both spent wonderfully happy hours on it.

We didn't quite know how to do a ritual, so we made one for us. We each gathered a large handful of stones, and then we sat down on the sandy beach with our stones by our sides, facing one another. Each of us in turn placed a stone down on the sand and as we did so, we shared something about the loved one we had lost. Our anecdotes ran the gamut from happy and funny to sad and longing. We laughed and we cried. Gradually the stones formed a circle, and we then placed the two remaining stones in its center, in honor of Philip and her mom. We stood up, hugged and went to have lunch at a favorite place nearby. Here we shared photographs and more memories. By the time we parted, we both knew her mom and my son

were happily alive in both our memories.

In California, I met my dear friend Nell at the first TCF Marin meeting I attended. And ever since, on the birthdays of our sons and on the day they each died, Nell and I have gathered at a special beach to do our own ritual, similar to the first, but unique to us. We like to toss flowers into the ocean in honor of John and Philip. Nell often brings something to read, which I like and will do in the future too. We too laugh and cry. We often, but not always, do the circle of stones. I love that I'm getting to know her John, and that she is becoming acquainted with my Philip. Though our two beloved sons died, their spirits, their humor, their extraordinary creativity and their love are very present in these gentle sharing times. I encourage you to do whatever rituals are helpful and easy for you. Feel free to borrow ours. May whatever you do to celebrate and remember your child touch and bring ease to your heart.

**-By Catherine (Kitty) Reeve,
TCF Marin & San Francisco CA Chapters**

A Fable

There once lived a family who felt that they had been especially blessed by God. They had health, they felt secure in their love of God and their love for each other.

On the mantel of their fireplace stood a vase. It was a strong, sturdy vase; attractive but not extravagant. It had been a wedding gift and to them, it symbolized their family. It had withstood the bumps of moving and toddlers' antics as the family had withstood the buffets and ordeals of life. The scars and chips could be detected on very close scrutiny.

The day the oldest son in the family died, the vase was found on the mantel, shattered into many pieces. No one bothered to gather up the pieces. It was left for some time in its broken condition on the mantel.

After some time had passed, thought was given to putting the vase back together. Little enthusiasm was generated but eventually the task was begun. The family worked together, each adding a piece or a suggestion about getting it mended. Each one of the family members got discouraged and more than once one of them was heard to say, "it can't be done."

Finally, after many months, the vase was back in its normal place on the mantel. To the casual observer it looked strong and sturdy, and no one would guess it was less than perfect. But on closer examination, it obviously had been shattered and put back together, and on turning it around, one could see that one large piece was missing. It had never been found and served to remind the family that although their hearts could mend and heal, their lives would never be the same.

Written by Jeanette Isley, TCF Topeka, KS



THOUGHTFUL POEMS

IF YOU MENTION MY CHILD'S NAME

If you mention my child's name
I may cry.
But if you don't mention it,
You will break my heart.

~Author Unknown

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

THERE IS HOPE

Now that your life knows every darkness and sorrow,
Now that your time trembles with mourning and pain,
Now that your eyes see only empty horizons,
Now that your hand touches the center of grief:
Leave yourself open to Comfort and Caring
Leave yourself open to Softness and Friendship
Leave yourself open to Kindness and Blessings,
And try to listen for the still music of Hope.

By Sascha Wagner

Our Butterflies

We are weary caterpillars awash on life's tide.
Little do we realize there's a butterfly inside.
Our feet solidly on the ground,
the earth it holds our eye.
It's hard to imagine that one day we will fly.
While we mourn our children's loss
they fly freely up above.
Floating free and peacefully
on breezes of God's love.
Their wings an iridescent glow,
their bodies are pure light.
And somewhere choirs of angels sang
the moment they took flight.
They live in joy and happiness
and peace we cannot know.
We can only bide our time
and await our time to go.
But one day we will join them
and together we will fly.
Then we will have forgotten
we ever said goodbye.

By Marilyn Futrell, the Heart of FL TCF Chapter

HEARTS AND LOVE

February, the month of love Hearts are everywhere
Hearts of chocolate
Hearts of paper
Hearts, hearts, hearts,
The love of the lost
It's gone forever
Unless you recall it somehow ...
So get you a heart
of whatever source
And give it away
Right now.

The love that comes back
Because you gave it away
Is the best kind of love, you know
Hearts of love for the living.

Mary E. Pauley, TCF BaGrange, GA



The Compassionate Friends
Pikes Peak Chapter
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