



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



January, 2020

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:

CHAPTER HELP - 719-344-3216

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

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 held on Jan. 16, 2020



*Steering Committee



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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!



Chaplain Eugene Steinkirchner
Love Gift Donation - CSPD

Sheila Slade
In Memory of Jean Slade

Michaela Christianson
in memory of Damon Vincent Christianson

Cheryl, Kevin and Melissa MacDuff
In memory of Charles M. Mac Duff
From his loving Mother, Father and Sister

Anonymous Donor

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



A Picture for the New Year

I can't believe another year has gone without you here
For us to be around you every day and have you near.
You'd be older of course, perhaps with wife and child
Trying to protect and keep them safe
As we did.
I catch glimpses of your picture and
As you stare back at me from your silver frame
I feel just how deeply the time you've been gone.
With each passing year I find myself older but
You are 26 forever, and ever, and ever.
As long as I have a picture you'll be by my side.
For me to remember. For me to love.
As long as I have a picture.

Stew Levett - Pikes Peak TCF

My Constant Companion

Grief is my companion,
It takes me by the hand,
And walks along beside me
in a dark and barren land.
How long will this lonesome journey last,
How much more can my weary heart bear?
Since your death, I've been lost in the fog,
Too burdened with sorrow and care.
People tell me my sadness will fade,
And my tears will reach their end.
Grief and I must complete our journey,
And then maybe I'll find happiness again.

By Kelly Roper - Courtesy of lovetoknow.com

It comes and goes, as the cold snow blows,
drifting aimlessly until piling on my heart.
Anger, sadness, pain and guilt,
all gifts I bring unwillingly as the holidays impart.
I try to hide my grieving heart
beneath gifts and decorations,
but eventually, they come apart.
The holiday season comes on quick
and leaves just as fast.
Although seasons and grief depart,
they linger in the heart.

Author Unknown

LOVE AND HOPE

*On a cold winter day the sun went out Grief walked in
to stay
I turned away from the unwanted guest And bid him be
on his way.*

*Grief was merciless, he brought his friends,
Loneliness, Fear and Despair.
They walk these rooms unceasingly
In the somber cloaks they wear.*

*Every so often now, Love pays a call She always has
Hope by her side
I welcome Love as well as Hope For I thought surely
they had died.*

*Love counsels Grief in a most gentle way Bids him be
still for a while
Then Love walks with me through memory's hall And
for a time...I can smile.*

Kerry Marston, TCF, Grand Junction, CO

JANUARY WARMTH

Like a tree in winter
which has lost its leaves,
we look ahead to spring
for new growth and warmth
of the sun to heal the pain in our heart.
Let us make January a time
To reach out to each other
And give that warmth from our hearts,
And in return,
We will all show new growth.

Pat Dodge, Sacramento Valley, CA

For The New Year

Where there is pain,
let there be softening
Where there is bitterness,
let there be acceptance
Where there is silence,
let there be communication
Where there is loneliness,
let there be friendships
Where there is despair,
let there be hope.

Ruth Eisman, TCF Louisville, KY



Remembering Our Children On Their Birthdays

Child's Name	Birthday	Compassionate Friend
Ernest Price Hurst, Jr.	Jan 2	Nancy Hurst
Adam Roy Hodges	Jan 3	JoAnn Ewing
Andrew Talley II	Jan 4	Jackie Talley
Addie Marie Vande Stouwe	Jan 4	Shawn Roberson
Jamie Jackman	Jan 5	Sherry Jackman/Knelson Spooner
Alyanna Livingston	Jan 5	Kirstin Klinkerman
Nicole Megan Yagi	Jan 6	Jackie & Dennis Yagi
Ramon E.G. Lucero	Jan 6	Diana & Kimber Michael
John Daniel Ringo	Jan 8	Paul Ringo, Angela Randle
Kyle Snyder	Jan 9	LuAnn Walters
Nickolas Robert Vingren	Jan 10	Dale Vingren
Terry A. Shank	Jan 11	Carol Vierling
Tyrone Binnebose	Jan 11	Natasha Binnebose
Vadah Lynne Blocker	Jan 12	Sterling Blocker
Megan White	Jan 15	Gordon White
Seth Fieser	Jan 17	Megan Fieser
Jaclyn Williams	Jan 20	Sandy & Rob Williams
Brody Richard Cisneros	Jan 21	Julie & Will Cisneros
Adriano Bermudez	Jan 22	C.J. LaPointe
Mallory Paulene Hendrickson	Jan 22	Celine & Gary Hendrickson
Eric Evans	Jan 23	Linda & Dick Evans
Jody Elizabeth Houtz	Jan 23	Jane and Chris Houtz
Corey Reynolds	Jan 23	Barb Reynolds-Zornes
Kade Riefenberg	Jan 24	Andy Gibson
Blaine Joseph Steele	Jan 24	Paul Petta
Sarah Sunshine Wedekind	Jan 25	Lorry Pearson
Gregory Frayne	Jan 25	Marion & Larry Frayne
Stephen Lucas Tyler	Jan 25	Catherine Tyler
Aaron Lee Gallob	Jan 27	Lou & Erma Gallob
Kevin Michael Burns	Jan 27	Stan & Willie Burns
Sean O'Connor	Jan 28	Dennis & Tracy O'Connor
Joshua Cesar Menendez	Jan 28	Julio Menendez, Dianna Castellanos
Shawn Adelgren	Jan 31	Russ & Dee Adelgren
Robert "Bobby" Slaughter	Jan 31	Robert Slaughter



Remembering Our Children On Their Anniversaries

Child's Name	Age	Anniversary	Compassionate Friend
Scott Lauther	43 years	Jan 1	Marte Lauther
Elijah Sharp	23 years	Jan 1	Jason & Lana Sharp
Susan Gordon	17 years	Jan 4	Mr & Mrs Arthur Gordon
Pierce Ford	29 years	Jan 5	Jeff & Cookie Ford
Savannah L. Burke	6 weeks	Jan 12	Herman & April Burke
Michelle Howie	32 years	Jan 12	Annette Howie
Amber Pacino	22 years	Jan 12	Candace & Gregory Valdez
Fred Chavez	32 years	Jan 14	Annette Atchison
Jim Eley	43 years	Jan 19	Judith Eley
Sara M. Losasso	14 years	Jan 19	Cindy Losasso
Joshua W. Lewis Gohlke	20 years	Jan 19	Karen Swank
Jacob Sanchez	3 months	Jan 22	Denise Langhorst, Janine McDonough
Nicholas Ryan Nelson	23 years	Jan 22	Marley Nelson Rhoades
Mark Van Matre	46 years	Jan 24	Patricia Van Matre
Patrick Michael Doyle	21 years	Jan 27	Ruby Doyle
Clinton Boland	24 years	Jan 27	Velda Fields
Megan Lane	18 years	Jan 27	Sandra Gail Lane
Gregory Randall Davis	18 years	Jan 29	Cora Davis
Ernest Price Hurst, Jr.	44 years	Jan 30	Nancy Hurst
Amy Mae Lugenbeel	2 years	Jan 31	Terry & Barb Lugenbeel
Juan Marine	29 years	Jan 31	Pamela Marine

For The New Year

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.

- 1) Let's not try to imagine the future - take one day at a time.
- 2) Allow yourself time to cry, both alone, and with your loved ones.
- 3) Don't shut out other family members from your thoughts and feelings. Share these difficult times. You may all become closer for it.
- 4) Try to be realistic about your expectations of yourself, your spouse, other family members and friends. Each of us is an entity, therefore different. So how can there be perfect understanding?
- 5) When a good day comes, relish it - don't feel guilty and don't be discouraged because it doesn't last. It WILL come again and multiply.
- 6) Take care of your health. Even though the mind might not care, a sick body will only compound your troubles. Drink lots of water and take stress type multiple vitamins; rest (even if you don't sleep), and get moderate exercise. Help your body heal, as well as your mind.
- 7) Share your feelings with other Compassionate Friends (or other groups you may choose) and let them share with you. As you find you are caring about the pain of others, you are starting to come out of your shell - a very healthy sign. I know following these suggestions won't be easy. But it's worth a try, don't you think? Nothing to lose and perhaps much to gain.

Mary Ehmann, TCF, Valley Forge, PA



NEW YEAR, NEW CHAPTER...IS IT TIME TO MOVE ON FROM GRIEF?

We hear that question all too often. There's a false belief that grief is "something to get over." Well to those bereaved, take comfort in the fact that it's not!

Grief is a journey, a journey that lasts a lifetime. It's a true testament to a love held so deeply within our heart and mind. Grief is not something one can decide to erase. The reality is that even decades after a loved one has died, triggers can evoke emotions as intense as when one first began their journey with grief.

That doesn't mean one can't move on and be happy again. Recent studies reveal that keeping a loved one close within our heart and mind actually facilitates a healthy grief recovery. Although our loved one may not be physically present, they are very present within us.

When we pretend to have moved on, we stop talking about and stop celebrating the life of someone so dear to us. This often creates resentment and isolation from others. We at HealGrief.org encourage you to speak freely, to celebrate the life you hold so dearly, talk about them too...it's okay. Whether silently, yet hopefully publicly, we encourage you to remember their birthday, honor their memory and keep them close.

For those bereaved, we suggest not to close a chapter; rather open a new one, taking the love and memories with you.

We wish our community a healthy grief recovery, in that tears of sadness become smiles from memories.

Courtesy of HealGrief.org

Facing A New Year Can Be Difficult After The Death Of A Loved One

By Christine MacMillan, MSW, RSW - Reprinted from boomingencore.com

While other people compile their resolutions for the start of the new year which will more than likely be something like resolving to be more patient, lose weight or start exercising, a new year without a loved one poses different challenges. You may have managed, with tears and longing, to get through Christmas without your loved one but you may be surprised that New Year's Eve as well as the new year may be emotionally confusing and difficult.

You may have been anticipating some relief in leaving behind a year marked with memories of loss and pain but may find the new year does not live up to your expectations; instead you may be feeling some anxiety or apprehension.

Understand that the coming year also marks time without your loved one.

This will be a time when you will start to create memories which do not include your loved one so do not underestimate the power of this process as you strive to move through your grief.

Be sure to be gentle with yourself and try these resolutions for the coming year:

- **Be courageous and review the last year**—including the pain, the challenges as well as the 'gifts'
- **Do not compare your grief journey with others or where you believe you "ought" to be**; each grief journey is unique; accept you are where you are supposed to be
- **Give yourself permission to "not be your usual self" right now** do things differently if you wish
- **Get plenty of rest; slow down, stop, relax or sleep**; it can all be very restorative since grieving requires a lot of energy
- **Exercise gently**; go for walks, stretch, try yoga, deep breathing or meditation
- **Make healthy food choices and drink plenty of water**
- **Surround yourself with those who are supportive of your grief** and who do not try to "hurry" you through it
- **Be tolerate, gentle and patient with yourself** ; your body and soul naturally want to heal, so allow that to unfold one day at a time

The beginning of the New Year is so often attached with great expectations and when you are facing it without the presence of a loved one it can sometimes seem overwhelming. Be sure to be kind to yourself and take the necessary time you need to grieve.

This may in fact be the best resolution you can make.



Grief in the New Year, Hope to Heal - Rhonda O'Neill, Author of the book, *The Other Side of Complicated Grief*

As 2020 approaches, we reluctantly add one more year to the list of years spent without our loved one. Whether you lost your loved one in 2019, or many years ago, it is important to remember that where there was great love, there will also be deep grief and no matter how long it has been since the death of your loved one that grief will continue to surface when you least expect it.

For every special moment you shared with your loved one, there will be just as many moments of emptiness and longing for them. Nostalgia is a part of grief that is a double-edged sword...remembering the love and happiness you shared ultimately brings the sharp pain of the void that is left in your life, and in your heart, without them. But no matter how painful it is remembering what you have lost, it is this love you shared that will eventually help you heal enough to find the life that is out there waiting for you to live. This may not be the life you had planned, but there is still some happiness that can be found.

There is hope to HEAL your broken heart enough to find some joy again.

H – Honor your pain and your loss

Give yourself permission to grieve regardless of how long it's been since your loved one died. By honoring your loss, the unsettled emotions that are involved in your grief will become more manageable. Allow yourself to feel your loss and the emotions it brings. Remember the love you shared, and know that it is always with you. This love will always belong to you. This love can never be lost.

E - Engage actively in the process of healing

This process looks different for each of us. Start engaging in healing by becoming aware of any patterns of grieving that may keep you stuck in the pain. If you have inadvertently isolated yourself do your best to attempt to get back out among friends and family. They won't necessarily understand what you're going through, but they can still provide some companionship.

Try a support group, or possibly seeing a grief therapist. Sometimes just being able to talk about what you are feeling and going through can bring some relief and enable you to make small steps forward.

Journal your thoughts and feelings. For me, allowing my feelings to flow from me and through the pen out onto paper, provided a sense of comfort for me. My thoughts and feelings were no longer locked up inside me with no place to go.

A – Acknowledge the emotions that demand to be felt

The reality is that grief will drag you through a huge range of emotions, ranging from guilt to fear to despair to anger. The scope of possible emotions is almost endless. Each one of us will experience different emotions as we grieve, at different intensities and lengths. You should be aware that the emotional ups and downs that you are experiencing are normal. Healing your grief is a process. Don't feel guilty that you are experiencing all of these emotions. These emotions are what you must experience to eventually heal your broken heart.

If you need to cry, cry. Your body is telling you that it needs the release that only tears can bring. If you need to scream, scream. If you keep the screams inside, they will eat at you, undermining your ability to mend your broken heart, and the repression of these emotions may eventually make you physically ill.

Let your emotions do what they are meant to do...Heal.

L – Look for small things that can bring some joy back into your life

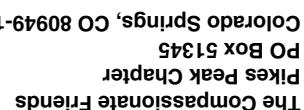
When I was lost in my grief, I discovered small things that brought me happiness:

- Spending time with the young children in my family made me smile. Their innocent joy in life was infectious and I found happiness sharing time with them, bringing me hope that I could feel joy again.

- I intentionally sought out the few friends who could make me forget about my pain for a moment and laugh. I did my best to limit the amount of time spent around those people who brought me negative energy.

These are just a few of the ways that I eventually created a path that would lead me to a place where I was able to live with my losses and start to experience some joy again. Find what brings you some joy.

After millions of steps on my grief journey, I finally realize that every step I take is a step closer to being with my loved ones again. But, I also realize that it is my choice whether these steps are taken with sorrow, or whether I attempt to find some joy in the remainder of my journey. Finding joy in life again doesn't mean you will ever forget your loved one. It does mean that you honor the place they had in your life and the love you shared...allowing love and loss to walk side by side into 2020. **Pain and loss will change you, but they don't have to define you.**



PO Box 51345

Pikes Peak Cha

The Compassionate Friends



January, 2020

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