



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



July, 2019

**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

**SC MEMBER**  
**Jenny Sutton**  
Son, Austin Sutton

**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

*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 July 18, 2019**

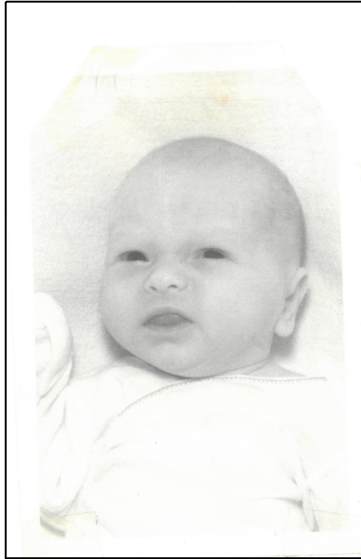


\*Steering Committee



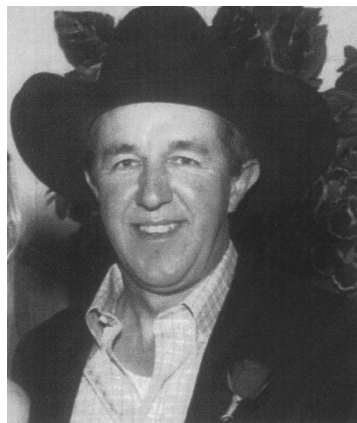
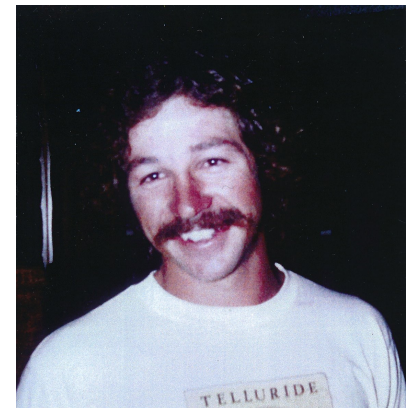
**PICTURES OF YOU**

*Pictures of baby  
On my wall  
With Mommy & Daddy  
Down the Hall  
Your first day of school  
In a silver frame  
Hugging with Grammy  
Us playing a game  
There's Christmas, Easter,  
Thanksgiving too  
I just can't count  
All the pictures of you  
You laughing and crying  
Some old & some young  
With snowmen in winter  
In the summers hot sun  
Playing the piano and  
Reading a book  
Just look at all the  
Pictures I took  
Got you fishing & eating  
Both asleep and awake  
With puppies & Bunkey  
And your first Birthday Cake  
But the camera's stopped clicking  
And the pictures have stopped  
Since that horrible day  
When our world was rocked  
No pictures of weddings  
Or grandkids to be  
I long for new pictures  
Of you I can see*



**Damon Vincent Christianson**  
Born May 30, 1977 ~ Died July 3, 2010

**Carl "Bub" Simco**  
Born June 14, 1957 ~ Died May 29, 1982



**Jay Simco**  
Born May 5, 1956 ~ Died June 26, 2014



# THE COMPASSIONATE FRIENDS

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July, 2019  
Page 3



Delecia (Dee) Brooks - Son, Andrew D. Aguilar  
Obie & Peggy Bankston - Son, David Bankston,  
Daughter, Julie Bankston  
Delena Hubschmitt - Son, Brandon Ray Hubschmitt

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.

## 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](mailto:nationaloffice@compassionatefriends.org)

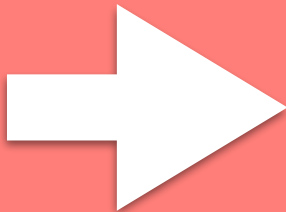
## WEBSITES:

Pikes Peak - [www.TCFPikesPeakChapter.org](http://www.TCFPikesPeakChapter.org)

Facebook - <https://www.facebook.com/TCFPikesPeak>

National - [www.compassionatefriends.org](http://www.compassionatefriends.org)

READ THIS



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](mailto:PikesPeakTCF@gmail.com)

Pictures will be returned after they have been scanned and your child's slide completed.

Loretta Chancellor in memory of  
Jay and Carl Simco

Chaela Christianson in memory of  
Damon Vincent Christianson

Chaplin Eugene Steinkirchner  
Love Gift Donation - CSPD

Carol & Don Manning in memory of  
Kyle Joe Manning

Sheila Slade in memory of  
Karen Jean Slade

## AUGUST 15, 2019

Our monthly meeting in August will be a ***Celebration of our Children*** with our annual memorial balloon release held in the parking lot of the **First Baptist Church**. Please try to arrive early.

There will also be a few readings as well as recorded music as we reflect on the lives of our children who have left us.

Following the release we will adjourn to our meeting room for refreshments and fellowship.

We will also have our button machine available to make you a button of your child. Please bring 2 copies (not the original) of the photo, 3x5 or 4x6 preferred. We suggest Walgreens for making your photo copies as they are quick and inexpensive. We will gladly make an extra button for an additional family member. There is no charge.



## Remembering Our Children On Their Birthdays

Child's Name	Birthday	Compassionate Friend
Charlie Josh Jones	Jul 1	Sue Jones, Angie Jones
Ryan Thompson	Jul 1	Yvette & Bob Thompson
Steven Bondurant	Jul 1	Karen Bondurant
Sean Michael Benjamin	Jul 1	Kathy Benjamin
Timothy Scott Williams	Jul 3	Lea Blanc
Karen Sue Crawford	Jul 4	Joy Andrews
Sean Thompson	Jul 5	Rick Korcsog & Frankie Thompson
Chris Gettle	Jul 6	Kathlene Gettle
Kyle Joe Manning	Jul 7	Carol & Don Manning
Blake Smith	Jul 8	Brian Smith
Daniel Foreman	Jul 8	Jan Foreman
Sam Blew	Jul 9	Bryan & Jennifer Blew
Anthony James "Tony" Pisor	Jul 10	Cynthia Pisor-Zapel
Lora Lee	Jul 11	Kathy Hollaway
Nathan Luther Spangenberg	Jul 12	Lois Spangenberg
Bruce White	Jul 12	Gordon White
Jack Lincoln Farrell	Jul 13	Pamela Welch
Cristoval Ornelas	Jul 13	Annette & Chris Ornelas
Travis Holappa	Jul 14	Kim & Terry Packa
Eli Witcher	Jul 16	Phyllis Lallier
Everly Jacobs	Jul 18	Raelyn Jacobs
Cris Cruz	Jul 19	Henrietta Madrid
Tiffany Maxwell	Jul 20	Diane Maxwell
Ryan Sayers	Jul 20	Tom & Kate Sayers
Justin William Winner	Jul 21	Dale & Rosanne Winner
Brian Patrick Adair	Jul 21	Duane & Mary Adair
Arthur Lipphardt Jr	Jul 23	Art & Chris Lipphardt
Amanda Stocchero	Jul 24	Sandy Stocchero
Craig Matthews	Jul 24	Cathy Genato
Raven Guinevere Hosmer	Jul 24	Terra Tice
Keltryn Lenae Brinkman	Jul 25	Jim & Judy Brinkman
Alexander Pegler	Jul 26	Eric & Lisa Pegler
Anadelia Vega	Jul 27	Dale Vega
Mallory Jane Hooper	Jul 28	Bill & Beth Hooper
Michael Williams Greist	Jul 28	Judy Greist
Scott Michael Gerwatowski	Jul 28	Linda Gerwatowski
Michelle Howie	Jul 31	Annette Howie







## Remembering Our Children On Their Anniversaries

Child's Name	Age	Anniversary	Compassionate Friend
Kyleigh Peltzer	1 year	Jul 2	Ashleigh Peltzer
Damon Vincent Christianson	33 years	Jul 3	Chaela Christianson
Heidi Susanne Wolfe	20 years	Jul 3	David & Karen Wolfe
Adam Roy Hodges	5 years	Jul 4	JoAnn Ewing
Ramon E.G. Lucero	26 years	Jul 5	Diana & Kimber Michael
Devin John Seifert	21 years	Jul 5	Steve & Debbie Seifert
Raven Guinevere Hosmer	32 years	Jul 5	Terra Tice
Nicole Megan Yagi	9 years	Jul 5	Jackie & Dennis Yagi
Sebastian Salkind	39 years	Jul 6	Skye Aubrey (c/o Shay)
Jay Aguanno	19 years	Jul 7	Jean Aguanno
Kaitlin Bartlett	17 years	Jul 8	Kim Bartlett
Andrew Aguilar	24 years	Jul 9	Delecia (Dee) Brooks
Shannon Diane McMahon	16 years	Jul 9	Robert & Jeanette McMahon
Jack C. Jefferson	5 years	Jul 11	John & Dena Jefferson
Abigail Ruth Smelser	23 years	Jul 11	Robin Myers
Chance Tyler Nichols	17 years	Jul 11	Charlie Nichols
Cristoval Ornelas	1 day	Jul 13	Annette & Chris Ornelas
Christopher Skaggs	15 years	Jul 13	Ernest & Tanya Skaggs
Jack Lincoln Farrell	1 day	Jul 13	Pamela Welch
Zachary Dean Glenn	3 years	Jul 14	Janice Bren, Kristin & Larry Glenn
Eric Paul Deming	27 years	Jul 14	Denise Deming
Avery Keirse	2 months	Jul 14	Carissa Keirse
Kristopher Lohrmeyer	17 years	Jul 16	Dan and Lori Lohrmeyer
Eli Witcher	2 days	Jul 17	Phyllis Lallier
Blake Smith	1 year	Jul 17	Brian Smith
Jeanne Burroughs Widmar	33 years	Jul 18	Arlene & Charles Burroughs
Malik Boykins	12 years	Jul 18	Matissa Dunkley
Matthew Alan Haywood	22 years	Jul 18	Roger Haywood
Ryan Rickman	11 years	Jul 19	Jean Rickman Place
Amanda Stocchero	15 years	Jul 19	Sandy Stocchero
Michael Benjamin Decker	18 years	Jul 20	Mary & Jerry Decker
Robert "Bobby" Slaughter	20 years	Jul 20	Robert Slaughter
Veronika Olivia Baca	1 year	Jul 22	Sharon Baca
Courtney Marie Becker	27 years	Jul 22	Joseph Becker
Travis Grimmer	29 years	Jul 23	Mary Lou Grimmer
Cathleen Bartlett Maxwell	6 years	Jul 24	Dick & Marty Maxwell
Travis Holappa	25 years	Jul 25	Kim & Terry Packa
Kari Ann Kirt	15 years	Jul 26	Lon and Andrea Kirt
Cyan Pratt	20 years	Jul 27	Stanley Pratt
Nicholas Bettke	22 years	Jul 28	Bruce Bettke
Christie Fike	32 years	Jul 28	Shirley & Dan Emerson
Benjamin Stewart Easton	22 years	Jul 28	Susan Stewart
Nathan Gentry	7 years	Jul 29	Susan Gentry
Haley Yarbrough	23 years	Jul 29	Andrea Yarbrough
Mike Petersen	20 years	Jul 30	Doug & Shelli Petersen
Jimmy Schmidt	13 years	Jul 30	Jim & Laurie Schmidt
Ian Steele	27 years	Jul 30	Donna Vezakis
Jonathan Steven Gabriel	5 years	Jul 31	Steve & Jane Gabriel



### Thoughtful Words

#### Vacations

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the "take it easy" kind—at a hideaway, tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobbled streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after Tricia's death, we found fast-paced vacations at places we had never been before to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn't mention her. We did, but it seemed less painful than at home.

One caution: Do allow enough time for sleep; otherwise, an exhausted body can depress you.

We've said it many times: YOU HAVE TO FIND YOUR OWN WAY, YOUR OWN PEACE. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don't be afraid of change—it can help with your re-evaluation of life.

Elizabeth Estes ~ TCF Augusta, GA

#### This is so Different

It takes a long time for the intense pain of losing someone to subside. That initial sting of pain is so overwhelming; we often believe we will never be able to go on without them. Little by little that sting becomes less intense. It doesn't mean we are doing "ok" or "over it", it's just that we just keep waking up in the morning. And when we have the courage to look out a window; we realize that life has gone on.

And that realization in itself, can throw us back into utter despair. The recovery process from losing a child is like no other. I probably shouldn't even call it a

"recovery" process. Because, do we ever really recover?

July will mark the tenth anniversary of Brad's death. How can that be? Sometimes it seems like he was just here; other times it feels like he has been gone forever. On Brad's tenth anniversary; my husband and I will bring roses to the cemetery, we will clean Brad's headstone, we will sit in lawn chairs for a couple of hours waiting for the hour of his death to arrive, and then we will hold hands and pray. It is our ritual; it is our way of honoring and remembering him. It is our way of saying "we will always love you, we will always miss you". It's the only way we know how to get through this day.

I recently became a bereaved sibling. My only sibling, my brother Danny, passed away unexpectedly in April. My mother, at 92 years old, is now a bereaved parent. It breaks my heart to watch her grieve. But there is something about her words that confirm what the loss of a child truly is. My mom has survived many losses in her life; her husband, her parents, her grandson (my Brad), several siblings and many friends. But this, the death of her child, has shattered her heart. She tells me things like "I never felt this way before when someone died" and "this is so different, I know I shouldn't question our Lord, but, I do; why did he have to take Danny?" I tell her I know her pain but, she is so overwhelmed by her own grief; my words are not a comfort to her. I totally understand that because, when Brad died, I convinced myself that no one could ever feel as sad and defeated as I did. So, I will walk this journey with my mom now, and do my best to comfort her. As for myself, I will mourn for my brother and I will miss him, but, this is very different. It's different because he wasn't my child. It is my child that I think about every single day. It is my child that will hold this special place in my heart forever. Yes mom, this is so very different.

Mary Pipala ~ TCF South Suburban Chapter, IL





### 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!**



Grief Recovery After a Substance Passing

### **Colorado Springs Chapter of GRASP**

Support Group for those who love someone who died from substance use disorder.

### **Second Wednesday of Each Month**

Springs Recovery Connection at  
The Sanctuary Church, 1930 W. Colorado Ave.  
Colorado Springs, CO 80904

New-Comers, Please Pre-Register:

Sheri Barger: [SheriBarger@icloud.com](mailto:SheriBarger@icloud.com)

Becca Wesselman: [wesselwoman@q.com](mailto:wesselwoman@q.com)

([www.grasphelp.org](http://www.grasphelp.org))

### **Wee Small Hours**

*"In the wee small hours of the morning..."* is a good way to describe the loneliness of grief. When death visits our homes, our families or our friends, it leaves grief, loneliness, and desolation in its wake. How do we survive? Is continuing worth the pain? How do we face another day, or hour or minute? Why should this have happened to me? What can I do to stop the pain?

*"In the wee small hours..."* is the time I miss you most of all." During that time no ray of light or relief from grief seems possible. Nothing seems to work right. However, we can find our way into a sunlight both bright and warm, both invigorating and encompassing. The help we so urgently need to find our way out may be the unexpected phone call, the hand reaching out to assist, the letter or card sent in sympathy, or the friend who encourages us to talk and talk some more.

We need not question how that help finds us. It is enough that it is there when it is most needed. It is enough that we can reach out and find a com- passionate friend. And when we do, we begin to fill the wee small hours— with large and wonderful memories of our loved ones.

**Roy P. Peterson ~ TCF Lexington, KY**

42ND TCF NATIONAL CONFERENCE



RINGS OUT IN  
PHILADELPHIA

JULY 19-21, 2019



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

July, 2019

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