



Upcoming Events

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

STEERING COMMITTEE

CHAPTER LEADER

LARAINÉ ASARO-ANDERSON
Son, Michael Edward Anderson

MAILINGS & DATABASE

JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

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

CHAELE CHRISTIANSON
Son, Damon Vincent Christianson

SC MEMBER/WELCOME PACKETS

LETA LEVETT
Son, Aaron Paul Levett

SC MEMBER

LEONIE CRAMER
Son, Julian Anthony King

TELEPHONE FRIENDS

Any of these members may be contacted to talk about your loss:
All telephone numbers are 719 unless otherwise indicated.

CHAPTER LEADER

LARAINÉ ASARO-ANDERSON * 344-3216

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

CHAELE CHRISTIANSON * 687-6688

SUICIDE

LARITA ARCHIBALD 596-2575

MULTIPLE LOSSES

LORI DARBY 464-4703

MOTORCYCLE DEATH

STEVE SEIFERT 331-6455

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.*

**Steering Committee Member*





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 January 19, 2017.

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!



We are always looking for material from our chapter members to include in this newsletter. It is the perfect way to share your child, grandchild or sibling with all of us. Tell us about the special things you did in their memory or simply tell us the special things you will always remember and keep close to your heart. It is a beautiful way for us to get to know more about your loved one. It unites us as a bereaved family and it will help us all to become closer. Where there is unity, there is strength, strength that we can give to and draw from one other.

We would also welcome any book reviews. If you have read a book that has helped you on your journey please tell us about it. There are many, many grief books out there. Some will be more healing than others. It is so helpful to be guided to the right ones. Please forward any writings, poems, book reviews etc. to Stew Levett PikesPeakTCF@gmail.com or you may use the U.S. Mail and send it to me at 160 El Dorado Ln., Colorado Springs, CO 80919.



GRIEF: OUR ACT OF LOVE

"I had a child who died". How simple these words are, yet how painful they are to say. The death of a child is the harshest blow life has to offer, it destroys our trust in the world at the most basic level. Grief is our total response to the death of our child; our body, mind, emotions and spirit all react to the loss. While many of us wish to stop the intense grief work we are doing, we find it impossible for many reasons.

First, grief is an act of love, not a lack of strength or faith. The more we loved our child, the greater will be our grief. The more integrated our lives were with the life of our child, the more we will miss his or her presence. The intensity of our grief is often representative of the intensity of our love. Second, grief is a process that we must go through in order to maintain our wholeness and our sanity. One of the earliest and hardest lessons we bereaved parents learn is that men and women grieve differently; women generally grieve more openly than do men, and women on the whole are more comfortable verbally expressing their feelings of loss. While segments of our culture dictate that it is more "manly" not to cry, we know this is not true. In fact, it has recently been found that tears of sadness contain enzymes that inhibit the concentration of gastric acids; therefore crying during times of stress will actually decrease the incidence of gastric ulcers many of us develop as a result of our loss.

Grief work also helps us to complete unfinished business with our child and close the past relationship that we had. We will never "get over" the loss of your child not would we really want to. We are who we are partly because of our relationship with our child. Our lives will always be influenced by our son or daughter, but most of us will eventually learn to live a

meaningful life, despite our tragedy. Our child will always be with us in spirit and in love and we often feel a need to hold on to tangible items, such as toys or clothes, to maintain that feeling of closeness. But, intense grief work allows us to let go of the relationship we had and create a new relationship with our child. Our remembrances, love and feelings of oneness with our child can never be destroyed...

Grief over the death of a child is the hardest work that most of us will ever do. While we all wish for the pain to stop, we need to remember that we grieve intensely because we loved intensely. It is unrealistic to expect the grief to ever totally go away, because the love we have for our child will never go away. Our grief is an act of love.

Elaine Grier, TCF Atlanta

"....but you're not HERE"

I see your face in my memory, and I speak to your pictures each day,
But you're not HERE.
I listen to your voice on tape and read and reread your cards and letters,
But you're not HERE.
I speak of you as often as I can, to whomever will listen, and, at times, it seems that I can sense your presence,
But you're not HERE.
I caress the sock and sneaker that you were wearing the day of your accident, It makes me feel closer to you,
But you're not HERE.
I know that we'll be together again; it gives me some comfort, but my heart cries out,
Why, oh why aren't you HERE?

Mel Giniger - From TCF Livonia, MI



Welcome New Friends.

Nelia Rosemary Lang - Daughter of Shannon & Cade Lang
Liam N. McDougal Lasher - Son of Ashley Snyder
Noah Christian Wilder - Son of Nicole Wilder
Keith Hampton - Son of Martha Hampton

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.



Chaela Christianson - In Loving Memory of Damon Vincent Christianson
Chaplain Gene Steinkirchner - 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:

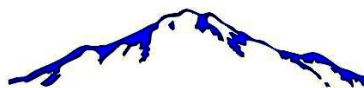
Pikes Peak - www.TCFPikesPeakChapter.org
Facebook - <https://www.facebook.com/TCFPikesPeak>
National - www.compassionatefriends.org

TO OUR NEW MEMBERS

Coming to your first meeting is the hardest thing to do. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you will find the right person or just the right words that will help you in your grief or comfort you. Remember we have all been there and even though circumstances may be different we really do understand. You are not alone.

TO OUR SEASONED MEMBERS

We need your encouragement and support. You are the string that ties our group together. Each meeting the pain will not always be this bad it really does get better with wisdom. Show others that there is hope, from someone who has found it.



Button, Button, We'll Make Your Button!

Hey, guess what? We have purchased a photo button making machine and we are ready to start making your picture buttons. So, bring 2 copies (In case we make a mistake) of the SAME picture to your next meeting and we will have it ready for you the following months meeting.

Please bring your pictures to any of our monthly meetings. We will need a 3"x5" or 4"x6" photo of your child but would prefer NOT using the original photo. We suggest using Walgreens who can quickly make good 4"x6" copies from your original.

For best results make sure the photo of your child is centered and not too close to the edge or the results may not turn out as expected.



We are initially requesting one photo button per family to get us started. Thereafter we will be able to make additional buttons for each member of the family as time and labor allows. This is still new to us so we request that you bring two pictures just in case we make a mistake with the first one. Also, for those who have lost more than one child, we will gladly make a button for each child.

Resolutions

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in our chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what our meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved in our chapter. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs. Have a happier New Year!



Remembering Our Children On Their Birthdays - December '16 & January '17

Child's Name	Date of Birth	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
Dwayne Stoppel	Dec 3	Pearl Stoppel
John Doggett	Dec 7	Sandra Seamless
John Walther	Dec 8	Joseph Walther
Zachary Nathaniel James McClary	Dec 9	Gloria & James Olsen
Trinity Sumlin	Dec 11	Sheryl Sumlin
Daniel J. Whisler	Dec 11	JoAnn Mowdy
Matthew Stockwell	Dec 11	Sally Stockwell
Rachael Samulenck	Dec 12	Megan Samulenck
Kirsten Amanda Teran	Dec 12	Donna Loughridge
Kristopher Lohrmeyer	Dec 13	Dan & Lori Lohrmeyer
Gavin Perez	Dec 14	Shannon Paolini
Jayden Pierce	Dec 15	Dawn Hendricks
Noelle Pearl	Dec 15	Michelle Fleming
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
Robert (Robby) George, Jr.	Dec 25	Robert & Margaret George
Sheri Cavin	Dec 27	Susan & Alan Cavin
Noah Christian Wilder	Dec 27	Nichole Wilder
Megan Lane	Dec 28	Sandra Gail Lane
Joshua Samuel Shelton	Dec 28	Cherie Berglund-Hensley
Kyle Curtis Hill	Dec 28	Ursula Hill
Anthony Anselmo	Dec 28	Vicki & Frank Anselmo
Chelsey Ann Kear	Dec 29	Tami Kear
Lindsay Jean Morris	Dec 30	Linda Morris
Ernest Price Hurst, Jr.	Jan 2	Nancy Hurst
Adam Roy Hodges	Jan 3	JoAnn Ewing
Addie Marie Vande Stouwe	Jan 4	Shawn Roberson
Andrew Talley II	Jan 4	Jackie Talley
Alyanna Livingston	Jan 5	Kirstin Klinkerman
Jamie Jackman	Jan 5	Sherry Jackman/Knelson Spooner
Ramon E.G. Lucero	Jan 6	Diana & Kimber Michael
Nicole Megan Yagi	Jan 6	Jackie & Dennis Yagi
John Daniel Ringo	Jan 8	Paul Ringo & Angela Randle
Ronald Eugene Peterson	Jan 9	Ron Peterson
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
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
Corey Reynolds	Jan 23	Barb Reynolds
Jody Elizabeth Houtz	Jan 23	Jane and Chris Houtz
Eric Evans	Jan 23	Linda & Dick Evans
Blaine Joseph Steele	Jan 24	Paul Petta
Kade Riefenberg	Jan 24	Andy Gibson
Sarah Sunshine Wedekind	Jan 25	Lorry Pearson
Stephen Lucas Tyler	Jan 25	Catherine Tyler
Aaron Lee Gallob	Jan 27	Lou & Erma Gallob
Kevin Michael Burns	Jan 27	Stan & Willie Burns
Joshua Cesar Menendez	Jan 28	Julio Menendez & Dianna Castellanos
Sean O'Connor	Jan 28	Dennis & Tracy O'Connor
Shawn Adelgren	Jan 31	Russ & Dee Adelgren
Robert "Bobby" Slaughter	Jan 31	Robert Slaughter & Ginger Slaughter





Remembering Our Children On Their Anniversaries - December '16 & January '17

Child's Name	Forever Age	Date of Death	Compassionate Friend
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
Ian Vincent	31 years	Dec 8	Vicky Campbell
Jackson Ahrold	9 years	Dec 12	Doug & Tina Blenkarn
Marc Darby	12 years	Dec 12	Lori & Steve Darby
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		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
Lee Levett	61 Years	Dec 21	Stewart Levett
Tyler Glickin	19 years	Dec 22	Ginger Jones
Patrick Niedringhaus	18 years	Dec 22	Leah & Dave Niedringhaus
Robbie Rickman	21 years	Dec 25	Jean Rickman Place
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
Chris Gettle	51 years	Dec 29	Kathlene Gettle
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
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
Judy Gambill	17 years	Jan 12	Andrea Gambill
Michelle Howie	32 years	Jan 12	Annette Howie
Fred Chavez	32 years	Jan 14	Annette Atchison
Jim Eley	43 years	Jan 19	Judy 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 Rhoad
Mark Van Matre	46 years	Jan 24	Patricia Van Matre
Patrick Michael Doyle	21 years	Jan 27	Ruby Doyle
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



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

I FELT I WAS HEALED

I felt I was healed, felt I was ok
Ten years had passed to make me this way.
Worked with others who were feeling the pain
So tears and the heartache would soon go away.
I make the newsletter and work on the slides
That we watch as we remember the better times.
But life has a way of throwing a curve
That rocks to the core and shatters the nerves.
My brother has died and though he was ill
A hole has re-opened once again I must fill.

I know all the steps that take me through grief
Of the traps to watch out for, oh what a relief.
Though same it is different, the hurt is still there
I miss my little brother and wish he were here.



Stew Levett - Pikes Peak TCF



HEALING WORDS

What is new about the New Year

There is a lot of silliness about ringing in the New Year, and I have never been able to enter into the spirit with noise-makers, funny hats and loud hurrahs. Since the death of my son, I especially find myself wondering what this is all about. I think some of the partying and celebrating are motivated by a deep desire for a new start in our lives, a desire to leave behind some of the problems, sorrows, worries, and pain of the year just ending. The short, sunless days and long, dark nights make us want something to cheer us. So we give the New Year's Eve party a try.

But it really doesn't work for most of us, because we soon know that we are just the same, and the heaviness in our hearts, as we continue with the struggle to cope with the loss of our child, remains with us. Can we find new ways to live our lives in the New Year?

I'd like to suggest a few things we can try. Let's make an effort to find new friends, and a good place to do that is at Compassionate Friends' Meetings. Here you are with a group of people who care about each other in special ways. We understand the pain and anger, the confusion and inertia suffered by bereaved parents.

In this New Year let's also find new ways to be close to the family we have left. We feel regrets about hugs not given, letters not written, "I love you's" not said often enough.

But we can do all of these things now. We can establish new memories with the family we have right now.

Another way to move into this New Year with a better feeling is to think about what we can do for others because that is truly a way to help ourselves, too. If we can reach out to other sorrowing families, give a gift of our time, a note of love, a listening ear, or a shoulder to lean on, we'll grow stronger ourselves.

For those parents who are suffering the deep pain of the newly bereaved, none of the things I've mentioned may be possible now. For you, I hold out the hope that soon your days will be just a little lighter, your tears healing, your friends strengthening, and your memories filled more with the good times, and less with the unhappiness of your grief.

Dory Rooker, TCF, Upper Valley, VT

THOUGHTFUL POEMS

New year, new year,
What will you bring?
How many smiles to smile,
How many songs to sing?
New year, new year,
What will you give?
How many children will
Prosper and live?
New year, new year,
Come and be kind.
Let us have hope again
And peace of mind.
~Sascha Wagner~

For All Our Lost Children

I will see you again
In the fullness of time.
You will reach out your hand,
I will take it in mine.
As together we walk,
All the sorrow filled years
Will dissolve in a cloud
In the midst of our tears.
I will see you again,
We will laugh as before.
I will kiss your dear face,
As I pass through the door

To a place where you are,
And a bright shining sun
Will assure my glad heart
That my life has begun.
I will see you again,
Though the journey be long,
I will try, for your sake,
To sing some kind of song.
And for you I'll endeavor
to live through my pain,
'til the moment, dear child,
When I see you again.

Betty Kenna, TCF UK



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



January 2017

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