



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



January, 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!



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](https://www.facebook.com/TCFPikesPeak)

National - www.compassionatefriends.org



Welcome New Friends.

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.

As Long As I Can

As long as I can, I will look at the world for both of us. As long as I can, I will laugh with the bird, I will sing with flowers, I will play to the stars, for both of us. As long as I can, I will remember how many things on this earth were your joy. And I will live as well as you would want me to live, as long as I can.

Sascha Wagner

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Thought For The Day

It is not easy returning to the world of normalcy when your world is so upside down. It is not easy to stop being a mother or father to your child that has died. The thought for the day is a word — patience — patience with yourself who suddenly and powerlessly has been thrown into this horrid nightmare; patience with your spouse who always seems to be having an up day when you are having a down day; patience with relatives and friends who wish to help but seem to hurt with hollow advice and logical words; and patience with time, for it takes time to adjust, and time can move so slowly.

PATIENCE!

Rose Moen TCF Carmel-Indianapolis, IN

CHAPTER NEWS

Our chapter has been without a formal Chapter Leader since October, 2017 a little over three years. During that period of time each member of the Steering Committee has pitched in to do various tasks that have needed to be done to keep our Chapter alive and running. I have acted as the acting Chapter Leader during much of that time because National TCF requires us to have one.

I am happy to announce that **Megan Riley** will permanently be taking over this role for our Chapter starting the new year and we are all excited about what she's going to bring to the group.

Our Steering Committee has discussed the possibility of hosting both a monthly Zoom meeting and an in person meeting for those that feel safe in intermingling with others. Megan has proposed the possibility of having the 2nd Wednesday reserved for the Zoom calls and the 3rd Friday for our in person meetings. We will send out information to everyone once the details have been finalized.

As the community begins to open back up, we look forward to reinstating some of the activities we had to cancel due to the Covid this past year.





REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

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
Nickolas Robert Vingren	Jan 10	Dale Vingren
Tyrone Binnebose	Jan 11	Natasha Binnebose
Terry A. Shank	Jan 11	Carol Vierling
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
Mallory Paulene Hendrickson	Jan 22	Celine & Gary Hendrickson
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
Stephen Lucas Tyler	Jan 25	Catherine Tyler
Sarah Sunshine Wedekind	Jan 25	Lorry Pearson
Gregory Frayne	Jan 25	Marion & Larry Frayne
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 ANNIVERSARY

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	1 month	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, Jan McDonough
Nicholas Ryan Nelson	23 years	Jan 22	Marley Nelson Rhoads
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

♥ From When to Now ♥

When you left my heart was broken, for all of the words that were left unspoken.

When you left I thought my life was at its end. I began to not only miss the past but the future with all of the love and time we would spend.

When you left my life changed forever; as my brother we was supposed to grow old together.

Now that you're gone, as hard as it might be, I know that life must go on. You're in my heart and mind everyday. I often see things and smile at what you would say. And then with a heavy heart and weak smile, attempt to get through the day.

As my faith in God remains rooted and grounded, I understand now that the Lord has a plan for you that couldn't be ousted.

Now that you're gone I thank the Lord daily for allowing me to be your sis. The short time we had together was filled with love, joy and bliss.

When you left I was broke and weak.

Now that you're gone, through your love and memories I have the strength to speak. I speak of my love and how much I miss you. I keep you alive with every tear and smile I have when I think of you.

When you left you were my brother and friend.

Now that you're gone, I'll wait patiently until I see you again.

Tanya Boudreaux - TCF, San Diego, CA



Nemo's Vigil

My son, Todd had two dogs in his life that were bonded solely to him. The first was a poodle who was with him from age five until age 21. Todd was always her person. Todd loved that dog.

Todd and his family decided to adopt Nemo in 2000. Nemo is a mixed breed, probably part Blue Healer, part German Shepard. Nobody really knows. Nemo was Todd's dog from the beginning. Todd loved Nemo and took him with him whenever he could. Nemo was the protector and playmate of Todd's children and Todd's loyal companion in life.

Nemo jumped in the car when Todd said "load up" or "let's go." Todd was building a new home for his family, and Nemo always accompanied him to the job site. When Todd left home to run errands, Nemo went along with him. At night Nemo would wait at the top of the stairs for Todd to come home. If Todd traveled, Nemo would spend every night at his post until Todd came home.

When Todd died in December of 2002, Nemo's world forever changed. His best friend, his partner in life, his joy, was gone. But Nemo didn't know this. Nemo sat at the top of the stairs and waited as family and friends came to the house after the Memorial Service. Nemo became so confused, so concerned, and yet, he didn't know what had happened. He knew all was in chaos, and he preferred the ordered world of his beloved master, Todd.

Todd never came home. Nemo changed. He no longer interacts with the family. He no longer participates in daily activities or plays with the kids. Nobody asks him to "load up." He simply observes the mounting chaos and distances himself from the family and the menagerie of animals that have been added. Each evening, he sits at the top of the stairs.

It is said that dogs do not understand time. And so, every time the door opens, Nemo perks up and turns his head from side to side and looks. But it's never Todd entering the house. Nemo drops his weary head on his paws and he waits. Nemo's vigil will continue until he, too, leaves this plane.

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

Grieving In Pairs

How many times have people said, "Well, thank God you have each other" How many times have you felt "each other" to be entirely inadequate at meeting your needs?

Alarming statistics are available telling us of the rocky road parents encounter in their marriage after the death of a child. We sometimes see in ourselves a touchiness or quickness to become irritated that wasn't there before. It always seems that my "bad" day is my wife's "good" day, or the day she wakes up crying was the day I had planned on playing tennis.

Or sometimes, even more difficult, we both have a bad day and find no help from the other in pulling things back together. How can one person hold up another when he is himself face down in the mud?

Every person grieves differently. This is a rule that even applies within a family. And the needs of every individual are different. While you may need to talk and talk and talk, your spouse may need some time alone to reflect inwardly.

You have both been through the worst experience of your life. And while at times you can face recovery as a team, sometimes you must develop the patience to be able to wait out certain needs alone or with someone else. Realize that no matter how it is shown, your partner hurts, too.

Gerry Hunt TCF White River Junction, VT



"Wishes for Bereaved Parents For The Coming Year"

by Joe Rosseau, Former National TCF President

- * To the Newly Bereaved, we wish you patience - patience with yourselves in the painful weeks, months, even years ahead.
- * To the Bereaved Siblings, We wish you and your parents a new understanding of each others needs and the beginnings of good communication.
- * To Those Of You Who Are Single Parents, we wish you the inner resources we know you will need to cope, often alone, with your loss.
- * To Those Of You Who Are Plagued With Guilt, we wish you the reassurance that you did the very best you could under the circumstances and that your child knew that.
- * To Those Of You Who Have Suffered Multiple Losses, those who have experienced the death of more than one child, we wish you the endurance you will need to fight your way back to a meaningful life again.
- * To Those Of You Who Are Deeply Depressed, we wish you the first steps out of the "valley of the shadow."
- * To Those Experiencing Marital Difficulties after the death of your child, we wish you a special willingness and ability to communicate with each other.
- * To All the Fathers, we wish you the ability to express your grief, to move beyond society's conditioning, to cry.
- * To Those With Few or No memories Of Your Child, perhaps because you suffered through a stillbirth, a miscarriage, or infant death, we wish you the sure knowledge that your child is a person and THAT YOUR GRIEF IS REAL.
- * To Those Of You Who Have Experienced The Death of An Only Child or All Your Children, we offer you our eternal gratitude for serving as such an inspiration to the rest of us.
- * To Those Of You Unable To Cry, we wish you healing tears.
- * To Those Of You Who Are Tired, exhausted from grieving, we wish you the strength to face just one more hour, just one more day.
- * To All Others with Special Needs that we have not mentioned, we wish you the understanding you need and the assurance that you are loved.

A NEW YEAR IS FOR HOPE

It has a different number.

Days have gone by.

We've accumulated more time between ourselves and our child's death.

We may have rearranged our perspective - have different ideas about what is most important and what hardly matters.

In this new year, we know that there will be ups and downs. Some good moments and some bad moments.

And if we take just one moment, just one hour, just one step at a time -

TOGETHER WE CAN MAKE IT.



The Compassionate Friends
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