



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:

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT - 719-531-5488 *

LEUKEMIA

JANE & STEVE GABRIEL - 719-282-1924 *

ADULT CHILD / SUDDEN DEATH

CHAECLA CHRISTIANSON - 719-687-6688 *

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON - 303-814-9478

MOTORCYCLE DEATH

STEVE SEIFERT - 719-331-6455

*Steering Committee

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?

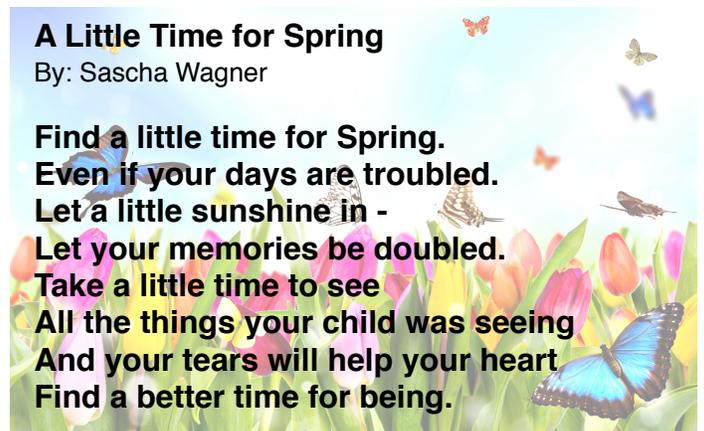
Our next meeting will be on March 15, 2018.

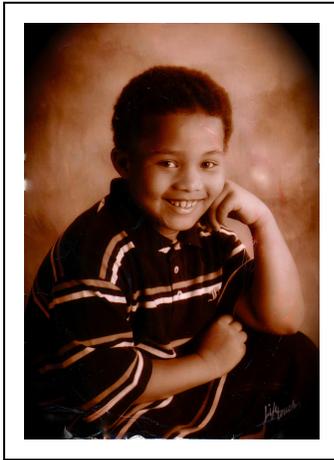
The death of your child is probably the most traumatic, life-changing event that you will ever experience. The Compassionate Friends is an organization of parents who have also lost a child to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to 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.

A Little Time for Spring

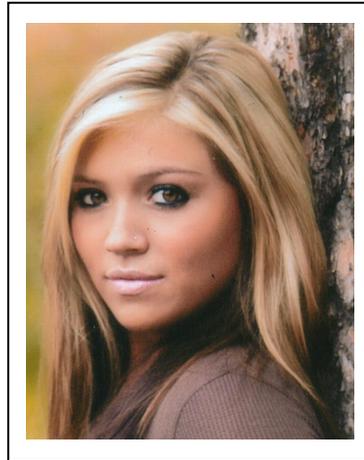
By: Sascha Wagner

**Find a little time for Spring.
Even if your days are troubled.
Let a little sunshine in -
Let your memories be doubled.
Take a little time to see
All the things your child was seeing
And your tears will help your heart
Find a better time for being.**





Angie Jones
In Loving Memory of Her Son
Charlie Josh Jones
July 1, 2000 ~ March 16, 2013



Banty & Jill Hoover
In Loving Memory of their
Daughter
Lauren Hoover
August 1, 1989 ~ March 23, 2016



Leonie Cramer
In Loving Memory of Her Son
Julian Anthony King
(Newsletter Sponsor)

Michaela R. Christianson
In Loving Memory of Her Son
Damon Vincent Christianson

Chaplain Gene Steinkirchner
C.S.P.D.

OLDER GRIEF

Older grief is gentler. It's about sudden tears swept in by a strand of music. It's about haunting echoes of first pain at Anniversaries. It's about feeling his presence for an instant one day while I'm dusting his room. It's about early pictures that invite me to fold him in my arms again. It's about memories blown in on wisps of wood smoke and sea scents.

Older grief is about aching in gentler ways, rarer longing, less engulfing fire. Older grief is about searing pain wrought into tenderness.

~Linda Zelenka TCF, Jacksonville, FL

PICTURES

I set them out. I put them away. I get them out and start to go through them. I am filled with bleak wonder that the daughter pictured there is no longer going to call, or walk in the door, or send a card filled with love and humor. Cards that brightened my day, made me laugh, and always prompted me to call her and give her a big hug when she walked in the door.

Pictures. I get them out. I run my hand over her face, lingering on her lips, remembering. And suddenly, overcome with grief, I pull that picture to me and kiss her and tell her how much I miss her. Then I look again and see her eyes that sparkled and twinkled with mischief.

Pictures. At times I hate them. They show me what I don't have. They bring back memories of a me when she was healthy and happy, a me when life with her was a joy. I am not yet at a place in my healing where I can remember those times very well. I am filled with memories of her pain, illness and death. I am still at a place that I want all of those horrible memories to be a bad dream, a dream from which I will awake and hear her voice calling me to come outside to take some pictures.

Pam Fallon, TCF/Central Oregon



Welcome New Friends.

Ginger Bair - Son, Jacob Bair

Barbara Ball - Sister, Sarah Lowes Robertson

Kevin Gutierrez - Daughter, Evelyn Maria Gutierrez

Rhonda Wilson - Son, Gabriel King Mixon

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.

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.

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

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

HOPE

It is the gift of HOPE which reigns supreme in the attributes of The Compassionate Friends. HOPE that all is not lost, HOPE that life can still be worth living and meaningful,
HOPE that the pain of loss will become less acute, and above all else, the HOPE that we do not walk alone, and that we are understood. The gift of HOPE is the greatest gift
that we can give to those who mourn.

Rev.Simon Stephens, TCF Founder



Remembering Our Children On Their Birthdays

Child's Name	Birthday	Compassionate Friend
Sebastian Salkind	Mar 1	Skye Aubrey (c/o Shay)
Wayne Allen Garrett	Mar 4	Joyce and Greg Garrett
Desiree D'Gornaz	Mar 4	Louie & Edna D'Gornaz
Amber Pacino	Mar 5	Candace & Gregory Valdez
Logan Lawrence	Mar 5	Janet & Edward Lawrence
Erin Marie McCallister	Mar 7	Steve & Carol McCallister
Keith Andrew Barrett	Mar 8	Ree Barrett
Samuel Christensen	Mar 9	Stacy Christensen
Owen William Howard	Mar 10	Mike & Carol Parker
Philip Schlenoff	Mar 11	Natasha Schlenoff
Ava Rose Wolfe	Mar 12	Kristy Wolfe
Conri Lee Barber	Mar 13	Sean & Cherie Barledge
Marisa Nicole Pilant	Mar 14	Richard and Elizabeth Jamison, Stephen & Julie Pilant
Ian Vincent	Mar 16	Vicky Campbell
Thomas Cooper	Mar 17	Marianne Lawless
Cathleen Bartlett Maxwell	Mar 17	Dick & Marty Maxwell
Julian King	Mar 18	Carl Reese & Leonie Cramer
Austin Sutton	Mar 20	Labe & Jenny Sutton
Megan Huyge	Mar 21	Stan & Rebecca Huyge
Terry "TJ" Basgall	Mar 21	Stephanie Basgall
Billy E. Hendrickson	Mar 22	Grace & Delbert Hendrickson
Michael Colgrove	Mar 23	Theresia Colgrove
Christopher J. Novich	Mar 24	Susan & Joe Novich
Nathan Pulham	Mar 24	Elliot Pulham
Clayton Champion	Mar 24	Jessie & Phyllis Roark
Marc Darby	Mar 25	Lori & Steve Darby
Scott Martinson	Mar 26	JoAnn Martinson
Justin A. Clayton	Mar 26	Terry & Sharon Clayton
Jon Van Pelt	Mar 27	Claudette Van Pelt
Kira Ann Schager	Mar 28	Frank & Lori Schager
Kari Ann Kirt	Mar 28	Lon and Andrea Kirt
Alana Durkee	Mar 30	Tina Harms
Michael Eck	Mar 31	Patricia Eck



Remembering Our Children On Their Anniversaries

Child's Name	Age	Anniversary	Compassionate Friend
Kevin Michael Burns	16 years	Mar 3	Stan & Willie Burns
Jessica Robison	17 years	Mar 3	Terri Robison
Steven James Gantz	13 years	Mar 4	Diana Gantz
Dequan Maiik Hampton	16 years	Mar 4	Simona Hampton
Brian Michael Gregory	16 years	Mar 6	Roy & Phyllis Gregory
Terry A. Shank	28 years	Mar 6	Carol Vierling
Tiffany Maxwell	34 years	Mar 7	Diane Maxwell
Michelle Sandra Seal	3 years	Mar 7	Walter & Diana Seal
Jay William Sheridan	27 years	Mar 9	Mary & Tim Sheridan
Christopher Russell Tyson	27 years	Mar 9	Cory Lynn Tyson
Terry "TJ" Basgall	25 years	Mar 11	Stephanie Basgall
Gregory Frayne	27 years	Mar 13	Marion Frayne
Andy Cope	27 years	Mar 14	Debbie & Kurt Adelbush
Chris Barns	32 years	Mar 14	Bonnie Barns
Alana Durkee	17 years	Mar 14	Tina Harms
Kevin Edward Farley	27 years	Mar 15	Elizabeth Farley
Charlie Josh Jones	12 years	Mar 16	Sue Jones, Angie Jones
Jim Agnew	31 years	Mar 17	Tom & Bev Agnew
Jody Elizabeth Houtz	17 years	Mar 18	Jane and Chris Houtz
Danae Lynne Marie Mannon	3 months	Mar 18	Art Mannon
Keltryn Lenae Brinkman	2 years	Mar 19	Jim & Judy Brinkman
John Daniel Bernard Ringo	8 years	Mar 21	Angela Randle, Paul Ringo
Christopher Calegar	10 years	Mar 22	Kevin & Linda Calegar
Megan Huyge	2 days	Mar 22	Stan & Rebecca Huyge
Michael Colgrove	1 day	Mar 23	Theresia Colgrove
Lauren Hoover	26 years	Mar 23	Jill & Banty Hoover
Gary Michael Owens	32 years	Mar 27	Freda Maria Garcia
Colin Peter Baerman	32 years	Mar 28	Paul & Kerry Baerman
Timothy Patrick Shea	21 years	Mar 31	Joe & Paula Shea



THOUGHTFUL POEMS

You Think...

You think it won't happen to you, but it does.
You think your life could never be this way, but it is.
You think you should have recognized that he was
dying, but you didn't. You think your grief is so huge
that you'll forget to breathe, but you don't.
You think the sun will forget to come up, but it
doesn't.
You think the tears will stop coming, but they don't.
You think you can't handle the pain, but you do.
You think you'll lose hope, but you don't. You think
you'll never be happy again, but you will.
You think you'll be alone forever, but you won't.
You think that you'll never laugh again, but you do.
You think you can't live without them, but you learn
how.

Angelia King, TCF/Seattle-King County

Benchmarks

Good bye would be too difficult,
Although I know you are gone.
Instead, I keep you in my heart
And your memory lives on.
I have redefined my purpose, son,
Since you are no longer here.
With your death I faced a choice
To die, exist or to live free.
My life has changed forever,
child, I'm redefined each week,
You would call these "benchmarks"
Of goals set and then achieved.
And so I set my benchmarks,
Achieving many, reshaping some...
But everything is different now
Except your mother's love.

Annette Mennen Baldwin TCF Katy, TX

Still Wishing You Were Here

The years go by and nothing changes.
We're still wishing you were here.
Living each day without you
Doesn't get easier--that is clear.
But in the morning, the sun still rises
And we all go about our busy day.
Doing what we need to do
While keeping thoughts of you at bay.
We talk with people; we work; we play.
We witness the world that you can't enjoy.
Observing the bountiful wonders of nature
Deprived of each absent girl and boy.
And in the evening, the sun does set.
The plentiful stars will soon appear.
Sending winks from the enormous night sky
To remind us you will always be near.
Paula Grossman - Houston Inner City Loop TCF

Circle

How do you bear it all?
The cry came from a mother
Whose son had died only weeks before. We were
in a circle, looking at her, Looking around,
looking away,
Tears in our hearts, in our eyes.
How do we bear it?
I don't know,
But the circle helps.
Eva Lager, TCF/Western Australia

You Are So Strong

Empty words
That don't touch the reality
That my life has become
Walking through fog
Incredible pain
Searching for the beloved face
I crave to see
The voice that I strain to hear over the noises Of
people who have no idea
Of what the world has lost
Charisse Smith, TCF, Tyler, TX



Seeking Contributors

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.

Button, Button, We'll Make You A Button!

We have purchased a photo button machine and we are ready to start making your picture buttons. Bring 2 copies of the SAME picture to your next meeting and we will have it ready for you the following month. THIS IS A FREE SERVICE TO YOU.

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 requesting one photo button per family to get started. Thereafter we will be able to make additional buttons for each member of the family as time and labor allows. Also, for those who have lost more than one child, we will gladly make a button for each child.

TCF asks for donations in memory of our children who have died.

Our chapter is funded solely through donations; therefore we sincerely appreciate your support. Your generosity helps us send newsletters, purchase brochures and cover the many expenses to help grieving families in our community. All donations are tax deductible. You and your child's name will be noted in the next newsletter. Workplace "Matching Gift" programs can increase your donation by 50-100%. Please help us help others by making a LOVE GIFT today.

The Wounded Heart

Children have preceded their parents in death for eons of time. We are not the first, nor will we be the last to enter the realm of Bereaved Parents. But for now – right now - it is Our Hearts that are freshly wounded and Our Hearts in need of mending.

Wounded hearts must be allowed to mourn and lament their loss; to pour out their pain, agony, sadness, hurt, and anger; and to release their well of tears. Wounded hearts need to be wrapped in quietness, gentleness, and compassion, away from the turmoil of daily life.

A wounded heart not allowed to mend from the depth of its agony, will be as an abscess- to swell and undermine – erupting at a distant time. Or, suppressed, will slowly choke the spirit of its host. Only the bearer will know when his heart has healed.

The wounded heart, encouraged and given the time and freedom to mend, will carry in its chambers the memory and shared love of a precious child. - *Nancy Green, TCF, Livonia, MI*



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!



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



Julian Anthony King

Born March 18, 1984 - Died December 31, 2005



With his daughter Nayloni December 2005



*Forever in our hearts
with love from Mom*

GRIEF IN SPRING?

Written by [John Pete](#) on Monday, March 23, 2015

If Spring makes you feel better and to feel new hope, that is a good, positive and nurturing thing. But it may not be true for everyone, and no one should feel they have to hide their true feelings. It is perfectly normal to experience new heightened grief and/or grief-related anxiety in Spring, just as it is in other seasons of the year. Although warmer, sunnier months can be nurturing and inspire new hopefulness, grief does not suddenly go away just because seasons change.

Spring generally brings a sudden flurry of change and things begin to move faster all around us. There is rebirth and renewal in nature as flowers and trees bloom and everything turns green again, and people quickly begin to flock to their favorite warm-weather activities. Try to take time to sit down make some plans that can nurture you and help you cope with your losses and grief.

A helpful way to respond to one's anxiousness about spring and summer is to remind yourself that YOU are in control and that the warmer months offer unique opportunities for nurturing activities such as travel, planting gardens, nature walks, photography, family gatherings, star-gazing, and many other things.

And if it helps, take comfort in the belief that your precious loved ones are with you wherever you are and whatever you are doing.

Dated Material - Please Deliver Promptly - Return Service Requested

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March, 2018

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