



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



March, 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

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

*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?

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 March 21, 2019





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In Loving Memory of Julian Anthony King



Forever in our Hearts
March 18, 1984- December 31, 2005

In Loving Memory of Charlie Josh Jones



July 1, 2000 - March 16, 2013

In Loving Memory of Lauren Hoover



August 1, 1989- March 23, 2016

Life Goes On

When you lose a precious child
you think the sun will never shine again,
but you'll find it does.

You think the birds will never sing again
But you'll find they do,

And you think you will never smile again
but you'll find you will.

Time changes many things
but it can never change the precious bond of
love you shared with your loved one,
and I feel sure you will be comforted knowing
you were blessed to share precious time
together with a beautiful love that will live in
your heart forever.

FROM MY HEART TO YOURS by Patricia Rose,
patricia@patriciarose.co.uk
Taken from *Compassion Magazine*
www.tcf.org.uk



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Welcome New Friends.

Tammy Haynes - Son, Ian Izzeh
Emma Spangler - Son, Landon Spangler

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.

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

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.

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 through making a LOVE GIFT donation today.



**Ursula Hill in memory of
Kyle Curtis Hill**

**Chaplin Eugene Steinkirchner
Love Gift Donation - CSPD**

**Chaela Christianson in memory of
Damon Vincent Christianson**

**Angie Jones in memory of
Charlie Josh Jones**

**Banty & Jill Hoover in memory of
Lauren Hoover**



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	Mar 11	Natasha Schlenoff
Ava Rose Wolfe	Mar 12	Kristy Wolfe
Conri Lee Barber	Mar 13	Sean & Cherie Barledge
Marisa Nicole Pilant	Mar 14	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 & Larry 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
Tyrese Gayle	17 years	Mar 16	Mia Gayle
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 & Chris Houtz
Danae Lynne Marie Mannon	3 months	Mar 18	Art Mannon
Keltryn Lenae Brinkman	2 years	Mar 19	Jim & Judy Brinkman
Melody Agee	19 years	Mar 21	Ron Agee
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
Amanda T. Hill	34 years	Mar 27	Connie Milligan
Colin Peter Baerman	32 years	Mar 28	Paul & Kerry Baerman
Timothy Patrick Shea	21 years	Mar 31	Joe & Paula Shea



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Thoughtful Words

Spring and Nature's Lessons on Overcoming Grief By Suzane Northrop <https://www.suzanenorthrop.com>

Once again, I've been wanting something to happen sooner rather than later. This time it's Spring! However, Mother Nature says Spring will arrive when she's ready, not when I want it to. I understand that, of course, but after all, we are now past Easter, having devoured the chocolate rabbits, the colored eggs, and those special dinners. Before that it was the passing of Groundhog Day and the March 21st equinox, neither of which brought much warmth. Come on Spring, get here!

Okay, that's my mini-rant. Now I'm calming down because this morning the birds – thank God for the birds – and especially robins were everywhere. As has been in the news, so many birds had to change their flight paths to adapt to climate change, some not so easily. But that life, isn't it? Things change. As many have experienced, sometimes when we lose someone, our lives change dramatically and it feels like we will never be the same. There is truth in that, of course. So we need to take time to grieve, and then sort things out. Sooner or later, we begin to figure out how to move on as best we can, despite that initial devastating blow.

Just like with the delay of Spring this year, when we lose someone close, there are no magic wands or remotes to fast forward us to the next chapter. As humans, we need to go through the grieving process. Those of us that don't take the time to grieve, and instead do everything we can to avoid facing the reality of our emotions, are merely postponing the inevitable. At some point, now or 10 years from now, the loss will impact us emotionally. It's a good idea to deal with the loss sooner rather than later, and let the healing process begin.

Here's another thing I've learned in all my years doing this work. However long it takes you to get beyond the passing of a loved one, and into a mode of normalcy, honor that. If someone tells you to "Get over it" or "Move on already," tell them, "Walk a mile in my shoes, and then we'll talk about it!"

Just like getting beyond Winter is taking longer than usual this Spring, overcoming grief can take longer than we hoped and planned. If you find yourself in that kind of situation, just let Nature take its course. Don't rush it.

Past member, Ike Schneider, received this letter written by his neighbor Jeannette DeVane, and asked that we share it with our newsletter readers.

Dear Dad,

Heaven is far greater than I ever expected ! ! !

It is filled with the most beautiful LOVE
and LIGHT and HAPPINESS !

The LOVE here is like the LOVE I've watched pouring
out of YOU
since I passed over to the beautiful gardens I live in
now.

Please know that every time you did something
to find out what happened to me, I was beside you.

I heard every "tick and tock" of your sweet, sweet
heart,
and I would whisper to you how very sorry I was
for not being strong enough to overcome
what was happening to me.

Please know that I am surrounded by
incredible PEACE now, and I am truly HAPPY !

Please know that I visit you much
more often these days -- and YES,
I wish I had done so every Christmas,
and every Thanksgiving.

I wish I had sent you and Grandma
more Birthday Cards, and
called on the phone more spontaneously
to say how lucky I was to have
such a wonderful caring Dad like YOU...

But let me assure you,
the Birthday Cake I am making
you for our reunion in Heaven
will be the best you ever had !

I work on perfecting it every day ! ! !

When you think of me,
just picture me 8 years old,
and looking up to you with much ADMIRATION !

And, of course, running
through a field of Heavenly cherry trees,
and talking lilac bushes,
and practicing making
eternal and forever-loving Birthday Cakes for YOU !

Janelle -- Your grateful daughter !



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!



COMPASSIONATE FRIENDS

Almost immediately, we feel we are too advanced for this group of grieving parents, his father and I; two months in, we're clearly aching bereavement, differing from the poor souls around the conference table. Turns out the woman next to me has been coming for eight years (her husband stopped at six). She wears a tiny locket bearing the ashes of her daughter, killed in a car accident at seventeen. I'm horrified because ashes smashes, I don't believe in ashes. Those are not his out in the studio, then the guest room — my son's six-four and alive. The facilitator (her teenager committed suicide) asks me to tell the group one wonderful thing about my child. I don't want to use the past tense to describe him.

Finally, after she asks again, I tell a story from when he was three, and the talk was of India. On hearing many people there are poor, so poor they have to sleep on the street, he spoke consideringly: *In India, they must have to drive very carefully.* The darndest things, kids say. Anyway, I've gathered all the books, even one called Tips for Grieving. If there're tips, how bad can it be? We've seen a therapist, cried openly at home, for days and nights cried in the car and on the sidewalk, behind our sunglasses. Tears in our ears from lying on our backs crying over him. The facilitator asks if we'd be interested in putting his name on an angel ornament

for the organization's annual Christmas tree. I say that sounds like a good idea. Later, I hold the snapshot of our child at four in sweater vest and seasonal plaid shirt, staunch little khakis, singing carols with his preschool class — all that earnest, cherubic abandon. The last thing either of us wants is his name on a tree decorated in memory of children no longer living. The truth is, what we want is irrelevant. The truth is the truth is irrelevant. That aside, this grief thing: we have this.

By Anne Starling

—from [Rattle #60, Summer 2018](#)



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

March, 2019

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