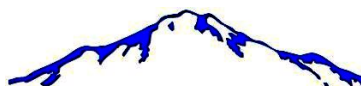




THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



March, 2022

STEERING COMMITTEE

CHAPTER LEADER

Stewart Levett
Son, Aaron Paul Levett

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

SC MEMBER

Robyn Czyz
Son, Adam James Czyz

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CHAPTER HELP - 719-344-3216

Jen Sutton * 719-354-0057

Jane Gabriel * 719-282-1924

Ron Agee * 719-308-7473

Ruby Doyle * 970-560-9434

Stew Levett * 719-534-0350

Leta Levett * 719-531-5488

Raye Wilson 303-814-9478

*Steering Committee

Welcome



Attending your first TCF meeting can be difficult. Feelings can be overwhelming. We have all experienced them and know how important it is to take that first step. Please attend two or three meetings before deciding if TCF is right for you. There are no dues or fees. If you choose, you need not speak a word at a meeting. We are an international, non-denominational group, offering support and information to bereaved parents, siblings, and grandparents. We need not walk alone.

We understand your pain; won't you let us help you through your grief?



TCF 45th National Conference
Houston, TX • August 5-7, 2022

ORGANIZATIONAL CONTACTS

TCF National Office Address:
The Compassionate Friends
48660 Pontiac Trail #930808
Wixom, MI 48393
(877) 969-0010

Email: nationaloffice@compassionatefriends.org

WEBSITES:

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



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 Gene Steinkirchner
Love Gift Donation

Ron Agee
in memory of Melody V. Agee

Gary & Kristyn Rafferty
in memory of Rachel 'Rae' Rafferty

Marcia Richardson
in memory of her mother Miriam Gentry

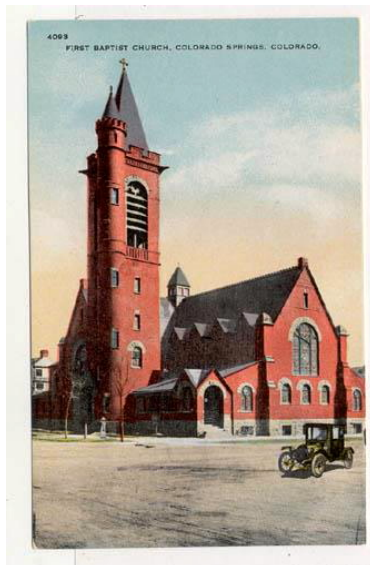
To all grandparents who grieve
doubly - for their grandchildren lost,
and for their children's grief.

Miriam Gentry
August 4, 1934 - April 11, 2021





CHAPTER NEWS



We hold our in person monthly meetings at the First Baptist Church. We will meet in our meeting room upstairs behind the office at 7:00 pm on the third Thursday of each month. We look forward to seeing you. The **March 17th** meeting will be moderated by Steering Committee member Leta Levett.

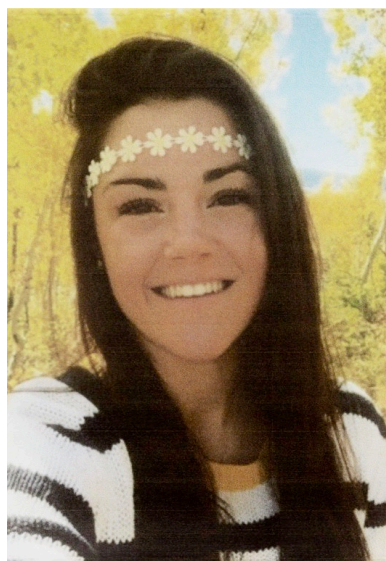
TCF asks for donations in memory of our children who have died.

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

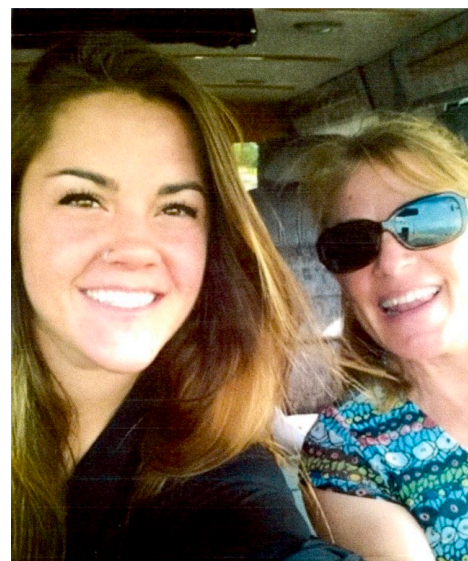
Refreshments Anyone?

It's been awhile since we were able to enjoy refreshments at our monthly meetings. We hope to have our coffee pot back on as well as cool drinks and other refreshments. As before, we encourage you to bring and share your child's favor snack on their birthday month or feel free to bring some treats to share just because you're a nice person!

We've all endured a tough two years and now we look forward to meeting and seeing each other once again in the coziness of the church and certainly want to thank those people at the First Baptist Church who have made our meetings once again possible.



Rachel 'Rae' Rafferty...
went home to heaven near
Jackson Hole, Wyoming,
28 April 2018





Remembering Our Children On Their Birthdays

Name	Birth	Compassionate Friend	Name	Birth	Compassionate Friend
Sebastian Salkind	Mar 1	Skye Aubrey (c/o Shay)	Cathleen Bartlett Maxwell	Mar 17	Dick & Marty Maxwell
Giovani Duran	Mar 1	Kelly & Gustavo Duran	Julian King	Mar 18	Carl Reese & Leonie Cramer
Debby McKenna	Mar 3	Mary McKenna	Austin Sutton	Mar 20	Jenny Sutton
Wayne Allen Garrett	Mar 4	Joyce and Greg Garrett	Megan Huyge	Mar 21	Stan & Rebecca Huyge
Desiree D'Gornaz	Mar 4	Louie & Edna D'Gornaz	Terry "TJ" Basgall	Mar 21	Stephanie Basgall
Logan Lawrence	Mar 5	Janet & Edward Lawrence	Billy E. Hendrickson	Mar 22	Grace & Delbert Hendrickson
Amber Pacino	Mar 5	Candace & Gregory Valdez	Michael Colgrove	Mar 23	Theresia Colgrove
Erin Marie McCallister	Mar 7	Steve & Carol McCallister	Christopher J. Novich	Mar 24	Susan & Joe Novich
Keith Andrew Barrett	Mar 8	Ree Barrett	Clayton Champion	Mar 24	Jessie & Phyllis Roark
Samuel Christensen	Mar 9	Stacy Christensen	Marc Darby	Mar 25	Lori & Steve Darby
Owen William Howard	Mar 10	Mike & Carol Parker	Scott Martinson	Mar 26	JoAnn Martinson
Philip Samuel Schlenoff	Mar 11	Natasha Schlenoff	Justin A. Clayton	Mar 26	Terry & Sharon Clayton
Ava Rose Wolfe	Mar 12	Kristy Wolfe	Jon Van Pelt	Mar 27	Claudette Van Pelt
Conri Lee Barber	Mar 13	Sean Barber & Cherie Barledge	Kari Ann Kirt	Mar 28	Lon and Andrea Kirt
Marisa Nicole Pilant	Mar 14	Stephen & Julie Pilant	Kira Ann Schager	Mar 28	Frank & Lori Schager
Ian Vincent	Mar 16	Vicky Campbell	Alana Durkee	Mar 30	Tina Harms
Thomas Cooper	Mar 17	Marianne Lawless	Michael Eck	Mar 31	Patricia Eck

In January, 2013 we received our first Love Gift donation from police chaplain Gene Steinkirchner after former Chapter Leader Lorraine Anderson and I spoke about our chapter at the CSPD central command center. Chaplain Gene has donated to our chapter monthly since. We received this note from him this past month along with his last donation to our Chapter. Thank you Chaplain Gene for your support!

"It's been great to support you all these years. I wish you all many blessings in the months and years to come."

God Bless
Chaplain Gene



Lifetime Achievement

CSPD Chaplain Gene Steinkirchner



REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

Name	Age	Passed	Compassionate Friend	Name	Age	Passed	Compassionate Friend
Kevin Michael Burns	16 years	Mar 3	Stan & Willie Burns	Kevin Edward Farley	27 years	Mar 15	Elizabeth Farley
Jessica Robison	17 years	Mar 3	Terri Robison	Tyrese Gayle	17 years	Mar 16	Mia Gayle
Steven James Gantz	13 years	Mar 4	Diana Gantz	Charlie Josh Jones	12 years	Mar 16	Sue Jones
Dequan Maiik Hampton	16 years	Mar 4	Simona Hampton	Jim Agnew	31 years	Mar 17	Tom & Bev Agnew
Brian Michael Gregory	16 years	Mar 6	Roy & Phyllis Gregory	Jody Elizabeth Houtz	17 years	Mar 18	Jane & Chris Houtz
Terry A. Shank	28 years	Mar 6	Carol Vierling	Danae LynneMannon	0 years	Mar 18	Art Mannon
Tiffany Maxwell	34 years	Mar 7	Diane Maxwell	Melody Agee	19 years	Mar 21	Ron Agee
Michelle Sandra Seal	3 years	Mar 7	Walter & Diana Seal	John Daniel Ringo	8 years	Mar 21	Angela Randle
Jay William Sheridan	27 years	Mar 9	Mary & Tim Sheridan	Christopher Calegar	10 years	Mar 22	Kevin & Linda Calegar
Christopher R. Tyson	27 years	Mar 9	Cory Lynn Tyson	Megan Huyge	0 years	Mar 22	Stan & Rebecca Huyge
Terry "TJ" Basgall	25 years	Mar 11	Stephanie Basgall	Michael Colgrove	0 years	Mar 23	Theresia Colgrove
Gregory Frayne	27 years	Mar 13	Marion & Larry Frayne	Lauren Hoover	26 years	Mar 23	Jill & Banty Hoover
Andy Cope	27 years	Mar 14	Debbie & Kurt Adelbush	Amanda T. Hill	34 years	Mar 27	Connie Milligan
Chris Barns	32 years	Mar 14	Bonnie Barns	Colin Peter Baerman	32 years	Mar 28	Paul & Kerry Baerman
Alana Durkee	17 years	Mar 14	Tina Harms	Timothy Patrick Shea	21 years	Mar 31	Paula Shea

Spring is Coming

If you are newly bereaved and looking toward your "first" spring, you may be surprised by some of the feelings you may experience during the next few weeks. We hear so much about the beauty of spring – the new life and the feelings of renewal that are supposed to accompany this lovely time of year. During my "first" year, I expected that spring would cheer me up, and make me feel lots better. How surprised and frustrated I was when, on one of those truly magnificent spring days as life seems to burst forth everywhere, I was "in the pits." When a friend said to me, "Doesn't a day like this really lift your spirits and make you feel better?" I had to reply honestly that I was having a really bad day --that the sense of loss and emptiness was greatly intensified. Gradually, I began to realize that my expectations for spring were unrealistically high. I had looked forward to spring with the wrong kind of hope. When we are newly bereaved, we are constantly looking for something to take away the pain and make our lives all right again. Unfortunately, there is no magical event or moment when this takes place. It does happen, but only with time and the grief work which we all must do before we can be healed.

The coming of spring cannot make everything okay again. What it can do, however, is remind us that regardless of what happens in our lives, nature's process will continue, and that can offer us hope. I am looking forward to spring this year. I welcome the sun's warmth, the return of the birds from their winter in the south, and forsythia, the daffodils and the greening of the world. Know that someday you will once again welcome spring.

Be gentle and patient with yourself and with nature. Don't expect too much. Be ready to let a little of the hope that spring can offer into your heart.

-Evelyn Billings
TCF Springfield, MA



A FAMILIAR FACE

My family was on vacation traveling from Houston to the Black Hills of South Dakota. We were traveling through Kansas and it was getting dark and late. I got out of our car to check us into a motel. The woman waiting on me was obviously very tired. When she saw me, she opened her eyes widely and just looked at me for a while. The expression on her face was as if she saw someone who looked very familiar and very close to her. I knew instinctively that I reminded her of someone special. As I started to fill out the forms, she began to cry. She was in too much pain to explain herself to me. I reached over to hold her hand. The next morning when I came to check out, she was making small talk but her eyes were remembering a face that looked like mine. As I told her goodbye, she started to cry again.

Years later my thirteen year old son, Ryan, died. Six months after his death, I was shopping and saw a young boy who looked a lot like Ryan. I followed him from aisle to aisle. I told this boy's mom that my son had just died and her son looked so much like mine. I pulled out pictures of Ryan and she agreed the boys did look a lot alike. Their clothes were even similar. The mom told her son to give me a hug: "a real one with both arms." While I was hugging this young man, I asked God to please let Ryan's spirit move through his body so I could touch Ryan again. The hug felt like Ryan. I closed my eyes and pretended it was Ryan. That hug felt like salve on my broken heart.

I wonder if God ever lets our children's spirits come into some other person for just a few seconds so we can feel some sort of relief? When that woman in Kansas was looking at me like I was someone else, I did—for a few brief seconds—feel like another person. I hope the tearful woman felt it, too.

—Niecy Moss, TCF Houston-West

THE AFTERMATH OF SUICIDE

I've never experienced the death of a close loved one before, and when David died, my world came crashing down around my ears like I would never have believed possible, shattering me into a million pieces. My brother and I were close but I had no inkling, no suspicion, that he was contemplating suicide, and had been for a long time. The night my sister Susan called to tell me that David was dead is forever etched in my memory. If I shut my eyes, I can transport myself back to that time and place almost three years ago and still hear her voice, crying. His death is a very painful memory, and one that I don't call up, but it is there nonetheless. The overwhelming, overlapping feelings of shock, disbelief, numbness, despair, and sadness are very vivid. On top of all that, and at the same time, I was outraged at what he had done to us, to me. I must admit I said to myself, how DARE he do this!! I couldn't even begin to guess how many times I said "I can't believe this is happening." The first six months after he died was a very confusing, emotionally draining period for me. I was obsessed with wanting answers, especially from David. I read many books on suicide and, finally, after reading Iris Bolton's book, I came to realize what she said was true —you can ask "why" a million times but you finally have to let it go, because the person you need the answers from is not here to give them to you. If only for the sake of your own sanity, you have to stop asking "why". Our family drew closer together from this tragedy and it made me more aware of how much I value and love them. I also had the support of a very dear friend who was willing to spend what must have been hundreds of hours talking and crying right along with me. (Dave was her best friend.)

I still get very angry at him for changing our lives so irrevocably. That anger inevitably turns into sadness, for myself, that I cannot see his smiling face, hear his laughter, or watch with pride as he grew into this crazy world we called adulthood. Yes, I had dreams for him, too. He was a very intelligent, warm, sensitive and caring young man and I was eager to see what direction his life would take. I can't help but wonder, what would he be like today? I miss him very, very much.

I will never agree with his solution, but it was his choice to make and I have to learn to live with it. I am absolutely certain beyond a shadow of a doubt that I will see him again, and then I will get answers to my questions. I have no choice but to wait till that time.

Nikki Wright, Mo-Kan TCF



Melody V. Agee

12/31/1992 ~ 3/21/2012



**We all miss Melody, her
shiny blue eyes and
unbelievable spirit.
She never left us
completely, because her
song is in our hearts.**



Domestic Violence

The Conversation

As I stand above your grave
Sadness hitting wave by wave,
Wish I could have one more day
To speak things I want to say.

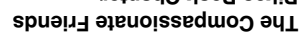
Rest easy Father for I'm here,
The times we had we're so dear
We will never be apart
For I rest safe in your heart.

I never got to say good-bye
Day you were going to die,
My world became oh so dark
And my soul stitched with this mark.

Daddy can you not hear me
You would not need to see me,
I step behind you today
Those steps can no longer stray.

I still feel you in my heart
Of you I still have a part-
No matter sun, stars above
You are still the child I love.

Papa my love for you stays
Much longer than there are days,
My laughter in your ears still
Forget me you never will.



PO Box 51345

The Compassionate Friends

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