



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



May, 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 May 16, 2019





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PIKES PEAK CHAPTER
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May, 2019
Page 2

Damon Vincent Christianson May 30, 1977- July 3, 2010

"I Had a Mother Who Prayed for Me"

(Author Unknown)

I had a mother who prayed for me
Pleaded with the Lord every day for me
Oh what a difference it made for me
That I had a mother who prayed for me.
Some have had kings in their heritage,
Men to whom honor was paid.
I don't have those in my ancestry,
But I had a mother who prayed.
Some boast of worldly success,
And trust in the riches they've made.
But this was my surest asset-

I had a mother who prayed.
My mother's prayers cannot save me,
Only my own confession can avail,
But my mother introduced me to Jesus,
The One who can never fail.
I had a mother who prayed for me
Pleaded with the Lord every day for me
Oh what a difference it made for me
That I had a mother who prayed.



Patrick Michael Doyle May 24, 1988 - January 27, 2010

Patrick,
We Love You and Miss You.
We Honor You & Our Memories of You.

May 24, 2019 ~ Your 31st Birthday



Jacob Foreman June 1, 2006 - May 8, 2016
Daniel Foreman July 8, 2009 - May 8, 2016

From your family who loves and misses you so much!





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Welcome New Friends.

Don & Delena Hubschmitt - Son, Brandon Roy Hubschmitt
Andrea Yarbrough - Daughter, Haley Yarbrough

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



May, 2019
Page 3

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.



Jan Foreman In memory of
Jacob and Daniel Foreman
by your family, who love you so much

Ruby Doyle in memory of
Patrick Michael Doyle

Chaela Christianson in memory of
Damon Vincent Christianson

Chaplin Eugene Steinkirchner
Love Gift Donation - CSPD

The Anonymous donors at our
April 17 meeting



Remembering Our Children On Their Birthdays

Child's Name	Birthday	Compassionate Friend
Cody Darby	May 1	Lori & Steve Darby
Chris Weisenborn	May 1	Gina Weisenborn
Alexander Beall	May 1	Haven Stillwater
Robyn Kulas	May 2	Patty Kula
Harvey Nicole King	May 2	Jerima King
Susan Gordon	May 3	Mr & Mrs Arthur Gordon
Martin Joseph Lanoue	May 4	Judy Lanoue
Sara Hernandez	May 4	Kayhy Hernandez
Jay Simco	May 5	Loretta Chancellor
Abbi Rose Starzynski	May 5	Sherry Starzynski
Patrick Niedringhaus	May 5	Leah & Dave Niedringhaus
Anthony Paul Gratton	May 5	Luci Abrahamson
Douglas Radowski	May 7	Renee Roettger
Jose N. Camacho	May 8	William & Veronica Camacho
Gregory Randall Davis	May 9	Cora Davis
Devin John Seifert	May 11	Steve & Debbie Seifert
Thomas Rosenkranz	May 11	Carolyn Kochis
Avery Keirse	May 12	Carissa Keirse
Henry Rael	May 13	Maria Rael
Malik Boykins	May 14	Matissa Dunkley
Malachi Mooneyham	May 14	Damien Mooneyham
Jacob Hunter Smathers	May 14	Patty, Becky & Renee Smathers
Ashley Meston	May 15	Jerry Meston
Liam N. McDougal Lasher	May 15	Ashley Snyder
Andrew Paul Weaver	May 16	Valerie Lightbody
Denise Elaine Bear	May 16	Dona & Tanya Flores
Michael Benjamin Decker	May 16	Mary & Jerry Decker
Kyle Lyon	May 16	Tami Lyon
Reanna Maria Reedy	May 17	Carol Reedy
Jason Fields	May 17	Teresa Fields
Jeremiah Martinez	May 18	Lionel & Geri Martinez
Rocke Lee Corley	May 18	Jeanne Corley
Kai Milner	May 19	Petra Milner
Ryan Colgrove	May 20	Theresia Colgrove
Jonathan Ell-Duncan	May 20	Dan & Becky Duncan
Brian Michael Gregory	May 20	Roy & Phyllis Gregory
Kara Nichols	May 20	Julia Nichols
Jeremy Laurence	May 20	Ted & Sherrill Laurence
Chris Keenan	May 21	Julieanna Bala
Jeffrey Russell Schumaker	May 23	John & Vera Schumaker
Joshua C. Attardi	May 23	Paula Attardi
Douglas Michael Gratton	May 23	Luci Abrahamson
Patrick Michael Doyle	May 24	Ruby Doyle
Skylar Lynn Boyle Ringland	May 24	Cathleen Boyle
Tristan Millman Troeger	May 25	Lisa & Joel Millman
Audrina Elyse Escano	May 25	Chris & Christina Pearson
Erica Lynn Groat	May 25	Linda Groat
Jordan James Miranda	May 26	Mike & Jonette Miranda
Andrew Uveges	May 30	Joe & Kisten Uveges
Damon Vincent Christianson	May 30	Chaela Christianson



Remembering Our Children On Their Anniversaries

Child's Name	Age	Anniversary	Compassionate Friend
Dylan Sagraves	30 years	May 1	Lance & Terri Hill
Shawn Adelgren	20 years	May 2	Russ & Dee Adelgren
Julie Bankston	25 years	May 4	Peggy Bankston
Alyanna Livingston	4 months	May 4	Kirstin Klinkerman
Martin Joseph Lanoue	1 day	May 4	Judy Lanoue
Malachi Mooneyham	18 years	May 4	Damien Mooneyham
Jason Lamb	32 years	May 5	Jan Lyons-Lamb
Douglas Chadwick, Jr.	26 years	May 6	Deborah Chadwick
Daniel Foreman	7 years	May 8	Jan Foreman
Jacob Foreman	10 years	May 8	Jan Foreman
Andrew Talley II	27 years	May 8	Jackie Talley
Joshua Cesar Menendez	1 year	May 10	Dianna Castellanos, Julio Menendez
Marcus Richards	38 years	May 10	Martha Williams
Kendall Ford Young	14 years	May 11	Ford & Ann Young
Justin A. Clayton	16 years	May 12	Terry & Sharon Clayton
Genevieve Sucharski	18 years	May 12	Mark and Karen Sucharski
Branden Howland	17 years	May 13	Julianne Howland
Kaden France	2 weeks	May 14	Jeremy & Sarah France
Joshua Aaron Munkirs	25 years	May 14	Dana & Laura Munkirs
Jason Nathaniel Lurch	23 years	May 15	Kathleen & John Lurch
Riley Calen Winters	15 years	May 15	Lucrecia & Joel Sjoerdsma
Gavin Perez	2 years	May 16	Shannon Paolini
Brandon Naymik	18 years	May 16	Megan Riley
Paul Kovacevic	29 years	May 17	Mary Kovacevic
Tyrone Binnebose	2 years	May 18	Natasha Binnebose
Kimberley Dawn Leir	6 years	May 18	Adaline and Herb Leir - TCF Regina
Jeremiah Martinez	1 day	May 18	Lionel & Geri Martinez
Michael Williams, Jr.	28 years	May 18	Carmen Randall
Kai Milner	16 years	May 19	Petra Milner
Kira Ann Schager	5 years	May 19	Frank & Lori Schager
Andrew Uveges	15 years	May 19	Joe & Kisten Uveges
James Wiezorek	31 years	May 20	Mary Beringer
Eric Evans	26 years	May 21	Linda & Dick Evans
Christopher Clayton	22 years	May 22	Eric and Janice Hodson
Christopher J. Novich	15 years	May 22	Susan & Joe Novich
Mark Anthony Hickman	22 years	May 23	Aundria & Dennis Casey
Zachary Nicholas Hoke	6 years	May 24	Debra & Steve Hoke
Zack Orr	12 years	May 25	Dave & Sharon Orr
Carl Simco	27 years	May 28	Loretta Chancellor
Leah Ann Trutna	21 years	May 28	Steve & Phyllis Trutna
Nicholas Clare Cousineau	3 years	May 29	George & Chris Cousineau
Gina Marie Geffre	14 years	May 29	Joann Jahraus
Michael William Sarmiento	46 years	May 29	Donna (Sarmiento) Pugh
Nicolas Jay Broughton	18 years	May 30	Rose Broughton
Mallory Paulene	1 year	May 30	Celine & Gary Hendrickson
Kyle Curtis Hill	21 years	May 31	Ursula Hill





Thoughtful Words

SOMEHOW IT'S SPRING

Posted on April 18th, 2017

It's spring in some places now. And in some places it will be winter for another couple of weeks (months?). Somewhere the tulips are beginning to push through the soft earth and somewhere the birds are returning to sing. Somewhere the air is warmer, the breezes more gentle, the land begins to awaken from a frozen sleep. The trees are beginning to bud and even the air smells fresh and clean. Somewhere windows are open and the sound of the vacuum can be heard, marking the beginning of spring cleaning... a ritual given to us long before our forefathers set sail for a new world. Somewhere the last holiday decoration is being packed away (those holiday diehards!) and somewhere a lawn mower is being readied for a new season.

As spring approaches, we begin to shed our overcoats and stand in front of the mirror... examining the body for the extra lumps we've accumulated during the hibernation season. We lace up our jogging shoes and make our way to the sidewalks, high school tracks and to the gym, eager to strip away the added inches that came because it was dark and gloomy and food seemed to soothe and comfort during the dark days of winter. Somewhere someone is planning a wedding, a graduation, a family reunion. Vacation brochures begin to appear and plans are discussed in anticipation of summer.

Spring is the reawakening season... the great wake up call for the earth. Somewhere, someone is answering that get up call... greeting the new season with vim, vigor, and vitality. There are smiles and renewed energy and hope seems to simply float on the softened air. Somewhere... all of that is occurring, but not within me. It's still snowing inside my being. It's still winter inside here and there aren't any tulips about to burst open in my spirit. I've still got my snow boots on and the sun hasn't quite made it to my world. It's still winter inside me... I wonder if spring will ever come.

Oh, there have been moments of spring in the past. Wonderful, warm fleeting moments; moments when I "forgot" about the pain, the emptiness, the despair, the grief. Moments when the world was right side up and the music made me dance. But they were only moments and I'm waiting for spring to arrive in me. Hope... the major ingredient in spring, seems to elude my grasp. Just when I think there might be some hope, a memory comes creeping across my soul and it's winter again in my heart. It's this lack of hope that seems especially cruel during springtime. I thought this winter inside me would end and I was looking forward to a more peaceful time in my life. I thought we would settle down, plant a garden and live our life filled with memories and the opportunity to make new ones. HA! I thought grief would end at some point. The books all say it will... everyone else looks like their grief has subsided... how come spring missed us?!

A season without hope is the ultimate in despair and I've spent too many such seasons. Where does hope go and how do I get it back?

Hope is that elusive something that keeps us moving, even in the dark. We are only powerless when we have no hope, no vision, no faith in our own abilities. We may be helpless at times. We may question the arrival of spring but we are only truly powerless when we have no hope no dreams...

Don't lose the hope! Search for it! Fight for it! Demand its return. Hope changes as we do and it can be so disguised that we may not recognize it, but it can be found — in the moments of our memories. We probably won't ever have totally happy lives again... We probably didn't have that kind of life anyway; we just thought we did.

Don't let death rob you of the moments of joy still to be remembered, and found. Don't let grief rob you of those spring places where love and joy live forever in the heart. Somewhere it is spring... Deal with the anger, the guilt, the depression as it comes and then let it go as you can... so there is room for joy to come again. Let hope come in... it's spring.

~Darcie Sims, Compassionate Friends



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



May, 2019
Page 7

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!



Grief Recovery After a Substance Passing

Colorado Springs Chapter of GRASP
Support Group for those who love someone
who died from substance use disorder.

Second Wednesday of Each Month
Springs Recovery Connection at
The Sanctuary Church, 1930 W. Colorado Ave.
Colorado Springs, CO 80904

New-Comers, Please Pre-Register:

Sheri Barger: SheriBarger@icloud.com

Becca Wesselman: wesselwoman@q.com

(www.grasphelp.org)

Graduation Time

It's June and graduation time again. Your child would have been among those wearing the cap and gown, walking down the aisle to the ever stirring "Pomp and Circumstance." Now there is a vacant spot in the line. Should you attend? Can you stand the pain? Will people think you are strange?

As always you must follow your heart. So, go if you'd like to and don't hide your tears. It's quite all right to miss your own child while celebrating the achievements of others.

Just remember: That your instincts are the most important ones; that no one else can make this decision for you, and that it doesn't really matter what other people think.

It was your child who died. This is your pain and you have the right to feel it and deal with it in your own way - and may a bit more healing take place in the doing.

Peggy Gibson, TCF Nashville, TN

42ND TCF NATIONAL CONFERENCE



RINGS OUT IN
PHILADELPHIA

JULY 19-21, 2019



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

May, 2019

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