



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



May, 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:

CHAPTER HELP - 719-344-3216

- 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!



Loretta Chancellor
in memory of her sons Jay & Carl Simco

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

National - www.compassionatefriends.org



CHAPTER NEWS

The Pikes Peak Chapter is hosting two monthly meetings for our members. The first meeting will be a virtual Zoom meeting held the second Wednesday of the month. These meetings are intended for those that feel safer not attending in person meetings at this time or those who may not physically be able to attend our in person meetings. We will send out an email link and password prior to the meetings. Our next Zoom meeting will be on May 12th at 7:00 p.m.

We will continue to have our in person meetings at the Kempo Karate school located at 410 South 8th Street directly behind the Taco Express. Each month we will have a different facilitator hosting the group with a wide range of topics to engage our members. These in person meetings will be held the 3rd Friday of each month starting at 7:00 p.m. Each visitor will be asked to sign in and have their temperature taken. Masks will continue to be mandatory upon entry but may be removed once you are seated. We ask that you bring your own water bottle or drink as we look at plans on how we might safely reintroduce refreshments at our meetings. Our next meeting will be at 7:00 p.m. on May 21st.

Meetings are available to all members each month. Should you feel a need to log in to the virtual meeting as well as attend our in person meeting, we understand your need and welcome you to attend both.



Welcome New Friends.

Bryan and Michelle Conner - Son, Zachary Conner

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.



Music During May's Meeting

During our May in person meeting Ron Agee will make a music player available to those who would like to share their child's favorite song or a song that was special to your relationship with your child.

We ask that you share one song with the group and if time permits after everyone has shared, other songs may be played. Please come prepared with a story about the song you wish to share and if you can put your song on your phone we will Bluetooth the music over to Ron's magic box.

This should be a fun night and a time for you to share that special connection with your child.





THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



May, 2021
Page 4

REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

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 Kulas
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
Patrick Niedringhaus	May 5	Leah & Dave Niedringhaus
Anthony Paul Gratton	May 5	Luci Abrahamson
Jay Simco	May 5	Loretta Chancellor
Abbi Rose Starzynski	May 5	Sherry Starzynski
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
Malachi Mooneyham	May 1	Damien Mooneyham
Jacob Hunter Smathers	May 14	Patty Smathers
Malik Boykins	May 14	Matissa Dunkley
Ashley Meston	May 15	Jerry Meston
Liam N. McDougal Lasher	May 15	Ashley Snyder
Michael Benjamin Decker	May 16	Mary & Jerry Decker
Kyle Lyon	May 16	Tami Lyon
Andrew Paul Weaver	May 16	Valerie Lightbody
Reanna Maria Reedy	May 17	Carol Reedy
Jason Fields	May 17	Teresa Fields
Rocke Lee Corley	May 18	Jeanne Corley
Jeremiah Martinez	May 18	Lionel & Geri Martinez
Kai Milner	May 19	Petra Milner
Brian Michael Gregory	May 20	Roy & Phyllis Gregory
Jonathan Ell-Duncan	May 20	Dan & Becky Duncan
Ryan Colgrove	May 20	Theresia Colgrove
Kara Nichols	May 20	Julia Nichols
Chris Keenan	May 21	Julieanna Bala
Jeffrey Russell Schumaker	May 23	John & Vera Stomacher
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 ANNIVERSARY

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 & Obie 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
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	15 days	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
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



The Day The Earth Stopped Spinning

When I lost my child the earth ceased to spin.
The moon will not rise, the tide won't come in.

The sun insists on having its way,
Blasting its rays and rising each day.

Another day comes, my child is not here;
Another day comes, I live my worst fear.

Each morning I wake with the same painful thought;
Why am I here when my sweet child is not?

All moments that pass I question this fate;
While other lives carry on, I sit and I wait.

I wait for an answer, for some reason why...
Praying for it to be me that could die.

Through my sorrow and grief I have made a life choice;
To keep my son's memory alive and give him a voice.

I share stories of my son and the man he would be;
a boy who lived life and was a hero to me.

Who would grow up and make the world a better place;
Who would save the seas and the oceans from the human race.

When I lost my child the earth ceased to spin.
But the moon still must rise and the tide must come in.

And since the sun insists on having its way,
I will live in my child's memory each and every day.

~By Kim Turner TCF, Heart of Florida Chapter

Second Sunday of May

Many happy memories
Linger in our hearts this day
As we each remember our child
Who has left this earthly plane.
The day is bittersweet for us,
The mothers who have lost so much,
For to remove all pain could well
Erase the precious life we touched.
Tears will trace the memories of
Other, happier Mother's Days,
As we dwell in a quiet reverie
This Second Sunday of May

Annette Mennen Baldwin TCF, Katy, TX

A Mother's Touch

My husband Jeff grew up in a family of hugging, kissing, foot-rubbing, back scratchers. Affectionate folks! In my family, on the other hand, we only scratched mosquito bites, and certainly not each others. Although we loved one another fiercely, we weren't very demonstrative. A wink, a squeeze, a peck on the cheek, a poke in the ribs – that was mushy stuff for us. Touching another person was not something that came easily to me; that is, until my first child was born. When the nurse placed that chubby cherub in my arms, the floodgates of my heart opened, and a torrent of overwhelming love poured out. I couldn't keep my hands off the little dumpling! I learned first-hand what it means to "smother with kisses." Caressing my precious baby came as naturally as breathing.

Other children came along, and I was reborn a certified, card-carrying cuddler. I learned how many of a mother's day-to-day interactions with her children require her touch. Touching became a way of life for me as I fed, bathed, dressed, tamed cowlicks, and kissed ouchies.

It's funny, but one of the things I missed most after my son Blake died was tying his shoes. When he was alive, that chore was the bane of my existence. Blake's shoes were perpetually untied or hopelessly tangled in knots that would have defied Houdini himself. I rejoiced when the shoe designers came up with Velcro closures, seeing an end to my nemesis. But would Blake wear those simple, convenient shoes? No way! Big boys wore shoes with laces, and most of all, he wanted to be like the big boys. So I armed my teeth, and kept tying and bending every fork in the house de-knotting. After Blake died, how my fingers ached to tie those little shoes one more time!

For most bereaved mothers I know, not being able to touch, to hold, to embrace our child is the most painful reality we have to face. The emptiness of our arms, the indescribable longing to have those arms filled again with our precious child, are almost more than we can bear. At first, when our grief is fresh, it may be hard, for us to touch anyone. We may close ourselves off emotionally, willing to touch or be touched, or to run the risk of being hurt so badly again. But mothers are touchers. With time, when the pain isn't so intense, we may want to reach out once more.

None of us ever outgrows the need to be touched, no matter how old we are. And what can be so comforting as a mother's touch! Today, if you can, touch someone. Do it in the memory of your beloved child.

By Patricia Dyson TCF, Beaumont, TX



SEASONS

For some reason a thought popped into my head. Maggie was born in the winter and died in the winter. Justin was born in the summer and died in the summer. There were many years between life and death for which I am eternally grateful. So many happy memories that spanned all the seasons.

Whether your child lived for hours, days, weeks, months or years you will find happy memories. They may be locked up in your grief if you are newly bereaved but mine surfaced rapidly. I truly hope yours do too.

I was thinking that our grief has its seasons. Denial, Anger, Depression and Hope. Denial comes when you get the phone call or knock on the door. I think grief begins here. Anger – you want to blame someone or something for the loss of your child. Depression is as though we're in a fog and don't know if we can go on. We either can't sleep or want to sleep all the time. We've lost interest in what we used to enjoy. We gain weight or lose weight. Hope is when we've accepted our loss and we're going to be OK in our new normal a step at a time. Grief, unfortunately, hasn't gone away for me and I don't expect it will. It's like a computer program running in the background, just as seasons do. It's always there; always in our minds whether we realize it or not. Some days we are aware of the weather, other days we're not. I don't deal well with rainy days and those are the days my grief program pops up. I'm fatigued and sad. Others love the rain and their program stays in the background. It's been 12 years since Maggie died and I haven't dwelled on it for several years. But there are triggers, like birthdays or holidays that cause a storm of emotions in me.

Like the seasons associated with weather, they dovetail; one turning slowly into the next. There is nothing we can do to hurry Spring, just as we can't hurry Hope. We have to ride it out. Everyone grieves differently and at their own pace. We can look to the weather to see that's true. As each season turns we sometimes don't know how to dress. As parents, grandparents or siblings in grief we are sometimes at a loss for how we should feel. Is it alright to laugh, for example? I think it's time to laugh when you are ready to laugh.

Unlike the earth's seasons our seasons of grief (above) may not come in that order. Let them happen. Treat yourself as if you're in emotional intensive care. In a few days it will be 2 years since Justin left us. I feel I'm in the Hope season but others still surface. It will be a while yet.

Use the seasons of denial, anger and depression as your least favorite seasons. Hope is like Spring when flowers bloom and the rain cleanses the earth. We start anew. Wishing you a happy Hopeful Spring.

By: Marilyn Andreatta TCF, Tampa Bay, FL

*You are present in every inhalation and Your light shines brightly in my sky,
Your memory surrounds me every moment It's Mother's Day and I miss you,
precious child.* - Joanne Cacciatore, PhD

May, 2021

*Copyright © 2021 - All Rights Reserved
The Compassionate Friends, Inc.*

Dated Material - Please Deliver Promptly - Return Service Requested

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

