



**STEERING COMMITTEE**

**CHAPTER LEADER**  
Stewart Levett - Acting

**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**  
Megan Riley  
Son, Brandon Naymik

**TELEPHONE FRIENDS**

Any of these members may be contacted to talk about your loss:

**CHAPTER HELP** - 719-344-3216

**DRUG / ALCOHOL LOSS**  
STEWART & LETA LEVETT - 719-531-5488 \*

**LEUKEMIA**  
JANE & STEVE GABRIEL - 719-282-1924 \*

**SUICIDE**  
JEN SUTTON - 719-354-0057 \*

**SKATEBOARD / AUTO ACCIDENT**  
RAYE WILSON - 303-814-9478

\*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.

Our support group is currently meeting on the 3rd **Friday** of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. We are meeting at the **Universal Kempo Karate School** located at **410K South 8th Street**, directly behind the Taco Express.

Due to our current pandemic situation, all guests will be required to fill out a Covid-19 questionnaire and have their temperature taken. Masks will be required upon entering but may then be removed once you are seated. We ask that no food be brought into the school but individual, non-alcoholic drinks will be allowed.

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!**



Jane Radcliffe  
in memory of Bill Radcliffe

Gary and Kristyn Rafferty  
in memory of Rachael K. Rafferty

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](mailto:nationaloffice@compassionatefriends.org)

**WEBSITES:**

**Pikes Peak** - [www.TCFPikesPeakChapter.org](http://www.TCFPikesPeakChapter.org)

**Facebook** - <https://www.facebook.com/TCFPikesPeak>

[TCFPikesPeak](http://TCFPikesPeak)

**National** - [www.compassionatefriends.org](http://www.compassionatefriends.org)



### STATUS OF OUR MONTHLY MEETINGS

Our monthly support group is currently meeting on the 3rd **Friday** of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. **We are meeting at the Universal Kempo Karate School located at 410K South 8th Street, directly behind the Taco Express.**

Due to our current pandemic situation, all guests will be required to fill out a Covid-19 questionnaire and have their temperature taken. Masks will be required upon entering. We ask that no food be brought into the school but individual, non-alcoholic drinks will be allowed.

We believe we have enough space and chairs to accommodate all who wish to attend but we do ask that you acknowledge your desire to attend by sending us a request at [pikespeaktcf@gmail.com](mailto:pikespeaktcf@gmail.com).

Last months meeting was attended by fifteen members. Won't you join us this month? Mark your calendars for Friday, November 20th at 7:00 p.m.



### Welcome New Friends.

**Cordell & Theresa Atkins - Daughter, Cassandra Maureen**

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.

### LEVEL ORANGE

What does Level Orange mean and how will it affect our meeting?

El Paso County is currently at "Safer at Home" Level Orange which means a further tightening up of group and business rules concerning Covid-19.

Our meeting place can remain open but we are required to limit the attendance of our group meetings to 25% of our population or 50 people whichever is LESS. We will have to cap our meetings at **13 people** which does not include our facilitator or staff members.

We will require all participants to wear their masks throughout the meeting for everyone's safety. There will be no exceptions. This is a change from previous meeting where we could remove our masks once we were seated. Please bring your own water bottle.

As a result of these new guidelines, we will require all participants to pre-register prior to our meeting. **Thank you for your understanding and cooperation.**

### NEWSLETTER MAILINGS TO BE DISCONTINUED

During our Steering Committee meeting in October we discussed the need to discontinue the mailings of our monthly newsletter.

Dwindling numbers due to the lack of desire to continue receiving, change of addresses, death, and the fact that most prefer email copies has led us to this decision. Our friends at The First Baptist Church who have done our printing for so many years have also had to cut back the services they provide us so, it just made sense to "pull the plug."

December will be the last month that we will mail out hard copies of the newsletter in bulk to our distribution list. Please contact us if this presents a problem and we will do our best to work with you to resolve this issue.

Stew Levett - Editor



REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

Name	Birthday	Compassionate Friend
Brandon Roy Hubschmitt	Nov 1	Delena & Don Hubschmitt
Rebecca Ann Reynolds	Nov 1	Ken and Barbara Reynolds
Robert Howie	Nov 1	Annette Howie
Chloe Faith Gafford	Nov 3	Brian & Jocelyn Gafford
Patrcia Elliott	Nov 4	Connie and Dave Elliott
Dylan Sagraves	Nov 4	Lance & Terri Hill
Nick Naples	Nov 4	Laurie Naples
Michael Keeney	Nov 6	Charlotte Keeney
Carlos Martinez	Nov 6	Marilyn Martinez
Kristie Diaz	Nov 7	Julie Diaz
Nicole Johnson	Nov 7	Sherry Turner
Vinnie Franz	Nov 8	Barb Franz
McKenzie Boutin	Nov 9	Colleen Boutin
Kimberly Ann Hayes	Nov 10	Patty and Patrick Hayes
Colin Peter Baerman	Nov 14	Paul & Kerry Baerman
Daniel Stafford Gettman	Nov 14	Louise Gettman
Clay Cline	Nov 14	Arlene Robush
Eric Cowles	Nov 15	Doug & Leah Cowles
Clara Johnson	Nov 15	Julie Sanchez
Scott Lauther	Nov 16	Marte Lauther
Shannon Diane McMahon	Nov 17	Robert & Jeanette McMahon
Joshua W. Lewis Gohlke	Nov 19	Karen Swank
Travis Grimmer	Nov 20	Mary Lou Grimmer
Scott White	Nov 21	Gordon White
Richard "Richie" Petras	Nov 21	Richard Petras
Leah Ann Trutna	Nov 22	Steve & Phyllis Trutna
Evan Carara	Nov 22	Cindy & J.D. Carara
Amanda T. Hill	Nov 23	Connie Milligan
Dean Berry	Nov 23	Kira & Nick Berry
Branden Howland	Nov 23	Julianne Howland
Patrick Roger Pennington	Nov 24	Roger & Joan Pennington
Brandon Ferrari	Nov 24	Kim Welch
Savannah L. Burke	Nov 25	Herman & April Burke
Danae Lynne Marie Mannon	Nov 26	Art Mannon
Mark Van Matre	Nov 27	Patricia Van Matre
Michael Christopher Rushmore	Nov 28	Bob & Carol Rushmore
Jalynn Cameron	Nov 28	Jessica Cameron
Paul A. Behr	Nov 29	Cynthia & Steve Behr





## REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

Name	Age	Anniversary	Compassionate Friend
Michael Williams Greist	12 years	Nov 1	Judy Greist
Jaden Alexander Founds	1 month	Nov 3	Kimberly Founds
Chloe Faith Gafford	1 day	Nov 3	Brian & Jocelyn Gafford
Justin William Winner	13 years	Nov 5	Dale & Rosanne Winner
Seth Fieser	10 months	Nov 8	Megan Fieser
Alexander Pegler	3 years	Nov 9	Eric & Lisa Pegler
Emma Renee Younger	3 months	Nov 9	Adam & Mindy Younger
Robert Howie	13 days	Nov 12	Annette Howie
Mike Mozo	27 years	Nov 12	Valerie Kirchhofer
Gabriel King Mixon	29 years	Nov 12	Rhonda Wilson
Shawn McClelland	21 years	Nov 15	Kathy McClelland
Lindsay Yvonne Davis	26 years	Nov 18	Susan & Jerry Davis
Michael Keeney	45 years	Nov 18	Charlotte Keeney
Sean Michael Benjamin	34 years	Nov 20	Kathy Benjamin
Anthony Crisp	27 years	Nov 20	Trudy Crisp
Tyler Schmidt	23 years	Nov 20	Valerie & Jeff Schmidt
Aaron Lee Gallob	28 years	Nov 21	Lou & Erma Gallob
Robert Yankosky	32 years	Nov 21	Dave & Lucy Klos
Susanna Jeanette Scruggs	23 years	Nov 22	Patricia Beard
Joseph Michael Chavez	29 years	Nov 22	Herman & Patty Chavez
Thea Kimberlin	3 years	Nov 22	John Kimberlin
Tommy Kinslow	20 years	Nov 22	Pam Kinslow
Brandon Ferrari	31 years	Nov 22	Kim Welch
Conri Lee Barber	8 months	Nov 23	Sean Barber & Cherie Barledge
Kyndal North	14 years	Nov 23	Jordana North
Sid Shell		Nov 23	James Selvig
Kimberly Benson	16 years	Nov 24	Debbie Diekman
Wade Lehman	19 years	Nov 24	Lori Lehman
Joyhanna Benford-Grimm	28 years	Nov 25	Linda Benford
Jonathan Ell-Duncan	17 years	Nov 25	Dan & Becky Duncan
Michael Ornelas	2 months	Nov 27	Annette & Chris Ornelas
Dean Berry	6 days	Nov 28	Kira & Nick Berry
Sheldon Pasca	20 years	Nov 30	Norma Watkins

### Why We Attend a Support Group:

Because we never want the world to forget the name of our loved one. Because when we reach out to help someone else, we also help ourselves. Because someone was there for us when we needed it most. The best way to say "thank you" is to pass it on by being there for others. Because here we have found better friends and closer bonds than we ever thought possible. Because here we can cry and not even know someone's last name or what they do for a living and it doesn't matter. Because few people are qualified to say to a newly bereaved person, "I know how you feel." Because we, too, need to talk, to remember, to share. We may be further along than many here, but we never forget. Because our presence might help newly bereaved understand that they can survive and live a happy and productive life—one that is different than our life before, but more compassionate and dedicated to offering help to those in need.



This year has been like no other year in recent history. The Corona virus has forced most chapters of The Compassionate Friends to cancel plans for their annual Candle Lighting service.

With that a given for the Pikes Peak chapter, we thought we would provide you with a couple of links so you may honor your child “virtually” this year.

Every year you are invited to post a message in the Remembrance Book which will be available, during the event, at TCF’s national website at [www.compassionatefriends.org](http://www.compassionatefriends.org). The

Remembrance Book will be open to post a message Tuesday, December 1st, through Monday, December 14th. During this period you will be able to view your message in the Remembrance Book as well as view the messages of others.

Additionally, photos can be posted on our Worldwide Candle Lighting Facebook page located at [https://www.facebook.com/tcfwcl/about/?ref=page\\_internal](https://www.facebook.com/tcfwcl/about/?ref=page_internal). This Facebook page is online now though I’m uncertain if they are accepting your photos now or whether there will be a separate posting on December 13th. You may contact the page administrator for more information.

At our November chapter meeting, we will add this to our discussion topics as well as other methods you can remember and honor your child during this holiday season.



Dear Friends,

It’s hard when the Holiday Season comes around during a difficult time in our lives. We know the pain of being without our children, but it intensifies especially around this time of year. While most people are celebrating and rejoicing the holidays, those of us going through this grief journey only know the pain and sadness in our hearts.

It can be helpful to share our anxieties and listen to others who are further down this road of grief. For many of us, sharing with the group has given us the strength and comfort to help get through these difficult times. Each passing event tells us that we can survive.

Whatever is beautiful, whatever is meaningful, whatever brings you happiness, may it be yours this holiday season and throughout the coming year.

Lovingly lifted from Lucille Valliere - TCF North Providence, RI



### **I'm Beginning**

I'm beginning to know your children  
From the things I heard you tell.  
From the pictures that you've brought here  
I think I know them well  
Our hurt and sorrow are immense  
I'm not sure where to start.  
Compassion after all is  
Your Pain in my heart.  
My thanks to you for listening  
To words wrung from my soul.  
We are The Compassionate Friends That's all I  
need to know.

Jack Brown TCF Louisville

### **Fathers Weep at Graves**

I see them weep  
The fathers at the stones  
Taking off the brave armor  
Forced to wear in the work place  
Clearing away the debris  
With gentle fingers  
Inhaling the sorrow  
Diminished by anguish  
Their hearts desiring  
What they cannot have –  
To walk hand in hand  
With children no longer held–  
To all the fathers who leave a part  
Of their hearts at the stones  
May breezes underneath the trees of time  
Ease their pain  
As they receive healing tears  
...the gift the children give.

Alice J. Wisler - Victoria, Australia



### **Your Compassionate Friend**

I can tell by that look friend, that you need to talk,  
So come take my hand and let's go for a walk.  
See, I'm not like the others - I won't shy away,  
Because I want to hear what you've got to say. Your child has died  
and you need to be heard,  
But they don't want to hear a single word.  
They tell you your child's "with God", so be strong.  
They say all the "right" things that somehow seem wrong.  
They're just hurting for you and trying to say,  
They'd give anything to help take your pain away.  
But they're struggling with feelings they can't understand  
So forgive them for not offering a helping hand.  
I'll walk in your shoes for more than a mile.  
I'll wait while you cry and be glad if you smile.  
I won't criticize you or judge you or scorn,  
I'll just stay and listen 'til your night turns to morn.  
Yes, the journey is hard and unbearably long,  
And I know that you think that you're not quite that strong.  
So just take my hand 'cause I've got time to spare,  
And I know how it hurts, friend, for I have been there.  
See, I owe a debt you can help me repay  
For not long ago, I was helped the same way.  
As I stumbled and fell thru a world so unreal,  
So believe when I say that I know how you feel.  
I don't look for praise or financial gain  
And I'm sure not the kind who gets joy out of pain.  
I'm just a strong shoulder who'll be here 'til the end-  
I'll be your Compassionate Friend.

Steven L. Channing - TCF Winnipeg, Canada

### **Getting Better?**

Getting Better?  
My tears feel warm on my cheeks now—  
Not burning hot.  
Is this a sign I'm "getting better"?  
When I cry now I am almost often alone.  
In the car, in the shower.  
Or sometimes taking a walk.  
I do not cry in public or feel as much panic.  
Is this a sign I'm "getting better"?  
I sleep the night through sometimes  
And awaken without tears—for awhile.  
They come now while I'm brushing my teeth.  
Or making coffee  
And are always gone before I say "Good morning."  
Is this a sign "I'm getting better"?  
Yes, I think so—but when does the pain end?  
Perhaps when I no longer ask  
Is this a sign I'm "getting better"?

Shirley Blakely Curle - TCF Central Arkansas



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

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